Looking for something to pass the time while you wait for your next class? Test your knowledge by completing the second edition of our nutrition newsletter.

Across
4. Fruits, vegetables, and whole grains are high in _____, a carbohydrate that slows digestion and leaves you feeling fuller for longer.
7. Garbanzo beans, also known as ________, are a great source of fiber.
8. The Scarlet Knight burger contains a blend of 50% mushrooms and 50% beef, and an easy way to cut down on ______ fat intake.
9. The ______ program, introduced to Rutgers in 2016, has prevented over 700,000 each of cups, lids, and straws from going into landfills.

Down
1. Harvest Café, Livingston Dining Commons, and Neilson Dining Hall offer _______ every day.
2. Nuts, beans, and tofu are all plant-forward foods that are high in ______.
3. _______ noodles, or “Zoodles” are a healthier alternative to regular pasta.
5. Salmon, sardines, and anchovies are all good sources of ____3 fatty acids.
6. Woody’s Café, which accepts meal swipes, is located on the _______ Campus.
10. Menus of Change is an initiative that is supported by Rutgers that promotes a _______-forward diet.

Tag us on social media with a photo of your completed crossword puzzle – the first 10 students will win a prize!

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Rutgers Student Affairs
Questions? Follow us on Facebook (RU Healthy Dining Team), Twitter (@RUHDT), Instagram (@RU_HDT), SnapChat (RU_HDT) or email peggyydining@rutgers.edu