



EATING 101

RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and the New Jersey Institute for Food, Nutrition, and Health

A new edition of Dear HDT has arrived! You have questions; we have answers.

Dear HDT,

A few of my friends have gone on a gluten-free diet, is this something I should try?

It depends. Gluten-free diets are prescribed to individuals with Celiac disease, an autoimmune disease that results in inflammation of the small intestine. Gluten free diets omit wheat, barley, and rye. Unless you have a gluten intolerance or Celiac disease, a gluten-free diet is not recommended due to potential nutritional deficiencies of several vitamins and minerals.

I want to lose weight this semester. Would it be a good idea to eliminate fats from my diet?

Not really. Fats are an important part of the diet. They provide flavor, help us feel full longer, and help absorb fat soluble vitamins. Weight loss occurs when you burn more calories than you eat. It is important to eat a well-balanced diet no matter what your goals are!

What is included with the new Scarlet Plan in the dining halls?

Unlimited Food. The Scarlet Plan includes unlimited meal swipes to in-house dining in any of the four large dining halls for a single semester. Additionally, you are given \$250 in Dining Dollars to spend at take-out, Henry's Diner, and dining operated cafes.

I'm not sure how much food I should be putting on my plate when I go to the dining hall. Are there any resources that can help me with this?

Of course! One of the Student Nutritionists on HDT created a newsletter all about proper portion sizes titled "The Helping Hand". The HDT newsletters can be found online at <http://food.rutgers.edu/aboutus/healthydining/eating-101-newsletter/>. Another great resource is the USDA MyPlate, a visual tool that shows estimates of how much space each food group should take up on your plate. Check out www.choosemyplate.gov for more information. If you have further questions, feel free to contact one of Dining Services' Registered Dietitians by going to <http://food.rutgers.edu/nutrition/>.

Does drinking coffee have any health benefits?

A little bit. In small doses, caffeine can temporarily boost cognitive abilities such as attention and reaction time, and physical abilities like high-intensity exercise. However, excessive consumption may do more harm than good. If you are a coffee drinker, limit yourself to no more than three or four 8 oz. cups per day. Coffee is a quick way to get some caffeine in your system, you should beware of coffee-containing drinks such as Frappuccino's and lattes that are often very high in added sugar and calories.

Didn't get your question answered? Find us on social media or approach us at one of our booths and ask away! You may be featured in our next edition of *Dear HDT*.

XOXO,
HDT

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References: *Going Gluten-Free Just Because? Here's what you need to know.* Available at: <https://www.health.harvard.edu/blog/going-gluten-free-just-because-heres-what-you-need-to-know-201302205916> Accessed on: 2/4/19. *All About Oils.* Available at:

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<http://food.rutgers.edu/scarletpplan/#1529331602769-bd352486-e566> Accessed on: 2/7/19. *Benefits of Coffee.* Available at:

<https://www.eatright.org/health/wellness/preventing-illness/benefits-of-coffee> Accessed on: 2/7/19. *A review of caffeine's effect on cognitive, physical, and occupational performance.* Available at: <https://www.sciencedirect.com/science/article/pii/S0149763416300690#sec0015> Accessed on : 3/1/19.

Questions? Like us on Facebook (**RU Healthy Dining Team**), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.