



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

Mediterranean Style

You have heard of vegetarianism and veganism, but what about their lesser-known cousin, the Mediterranean diet? Many people think that the Mediterranean diet is a specific dietary plan, but it is actually a *style* of eating that originates from countries bordering the Mediterranean Sea like Greece, Italy, and Spain. This lifestyle approach also involves daily physical activity and has been consistently linked with positive health benefits. Read below to find out what contributes to a Mediterranean dietary lifestyle and how you can practice this healthy way of eating in the Rutgers dining halls.

Fruits, Vegetables, and Whole Grains

The Mediterranean diet is centered around fruits, vegetables and whole grains. They can replace most, if not all, highly processed foods (pre-packaged food items with added ingredients) in your diet.

How-To: Assemble a plate with assorted veggies (ie. broccoli, string beans and sliced peppers), chickpeas, and whole grains such as quinoa or brown rice.



Healthy Fats

Remember, not all fats are created equal. Healthy fats (i.e. mono and polyunsaturated fats) can be found in nuts, seeds and olive oil. These fats are Mediterranean staples and provide essential nutrients.

How-To: Replace creamy dressings or condiments with olive oil and add nuts in place of croutons for a crunch. Every dining hall serves a variety of nuts and a bottle of olive oil is available at the salad bar.



Protein Portions

The Mediterranean diet emphasizes fish consumption as a main protein source, but plant-based protein is also a great choice. Meats are not omitted completely, but are enjoyed in controlled portions.

How-To: A variety of fish is offered in the dining halls. Check your Rutgers app to see when they are being served. Hummus and beans are plant sources of protein to try.

Water, Water, Water!

By choosing to drink water with your next meal, you are already practicing a key component of the Mediterranean diet. A refreshing glass of water helps avoid excess sugar and calories.

How to: Try sparkling water or add a lemon slice for some flavor.



Sea all the Benefits of this Healthy Lifestyle?

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