### 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

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**March is National Nutrition Month®**

Celebrate National Nutrition Month by **Going Further with Food**

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<table>
<thead>
<tr>
<th>Sunday</th>
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<td>4 March fourth and try a new vegetable at the dining hall</td>
<td>5 Pack a snack like trail mix with walnuts for brain power in class</td>
<td>6 HDT Booth [LDC] 6pm-8pm</td>
<td>7 HDT Booth [Brower] 6pm-8pm</td>
<td>1 Start your month with breakfast: include a protein, whole grain, and fruit</td>
<td>2 Learn to read the nutrition facts label properly at <a href="http://www.eatright.org">www.eatright.org</a></td>
<td>3 Season your meals with herbs &amp; spices instead of salt</td>
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<td>11 Eat seafood such as salmon twice a week for healthy omega-3 fatty acids</td>
<td>12 Go meatless for a day: make vegetables the center of your plate</td>
<td>13 Split your order with a friend to avoid over-eating</td>
<td>14 National Registered Dietitian Day: thank your local RDN</td>
<td>15 Fill half of your plate with fruits and veggies</td>
<td>16 Practice moderation: order a kid-sized treat instead of full-size</td>
<td>17 Get your green on: try a green smoothie or hearty salad</td>
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<td>18 Avoid food waste: get creative with your leftovers</td>
<td>19 Pick up a newsletter at the dining hall to learn more about beans</td>
<td>20 Dip veggies in hummus for a crunchy snack and boost of protein and fiber</td>
<td>21 Exercise more: get off the bus a stop early and walk the rest of the way</td>
<td>22 Kick your oatmeal up a notch by adding berries and nuts</td>
<td>23 Pack a banana in your bag for a snack between classes</td>
<td>24 Follow the Healthy Dining Team on Twitter, Instagram, and Facebook</td>
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<td>25 Watch your portion sizes: use smaller plates and bowls</td>
<td>26 Read the Dear HDT Newsletter in the dining hall to answer your nutrition questions</td>
<td>27 Add chickpeas to your soup or salad for protein &amp; fiber</td>
<td>28 Attend the Evening of Healthy Indulgences in the dining halls</td>
<td>29 Chef Dessert Demo [all dining halls] 12pm-2pm</td>
<td>30 Focus on fruit this Friday: try to eat at least three servings</td>
<td>31 Proper nutrition does not end here: keep up your healthful habits all year!</td>
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**Revised by:** Madeline Holt

**Reviewed by:** Dr. Peggy Policastro, RDN- IFNH/Dining Services

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References: 18 Health Tips for 2018. Available at:

Questions? Follow us on Facebook ([RU Healthy Dining Team](https://www.facebook.com/RU_HDT/)), Twitter ([@RUHDT](https://twitter.com/RUHDT)), Instagram ([@RU_HDT](https://www.instagram.com/ru_hdt/)), Snapchat ([RU_HDT](https://www.snapchat.com/add/RU_HDT)) or e-mail us at peggydp@dining.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at [http://food.rutgers.edu](http://food.rutgers.edu).