Nutty Nutrition

If you aren’t nuts over your routine dining hall meals, look to nuts and seeds to give that extra crunch and creativity to your usual dishes. Nuts and seeds are high in fiber and protein, and have a variety of essential nutrients and minerals. Often overlooked, nuts and seeds are a healthy addition to any meal.

Almond(s Give Me) Joy
Class today left you feeling nutty? Pack protein, healthy fat, and fiber into your afternoon snack by adding almonds.
1. Peel 1 banana or slice 1 apple
2. Spread on 1 tablespoon of peanut butter or 1 teaspoon of honey
3. Sprinkle on 1 tablespoon of almond slices

Bump’ with some Pumpkin
Boost the texture, flavor, and fiber of your morning meals by adding pumpkin seeds.

Pump up your breakfast with these tasty seeds.
1. Put 1 cup of oatmeal into a bowl
2. Add 1 tablespoon of pumpkin seeds
* Optional: sprinkle cinnamon on top and add 1 tablespoon of dried cranberries

Nutty Brains
Walnuts have a distinct, brain-like appearance and are full of omega-3 fatty acids. Studies indicate that omega-3 fatty acids may play a key role in cognitive function and behavior. Walnuts truly are brain food.
1. Add ½ cup of fat-free froyo or Greek yogurt to a bowl
2. Top off your dessert with 2 tablespoons of chopped walnuts

Super Sunflower Seeds
Tiny but mighty, sunflower seeds are high in protein, vitamin B6 and magnesium. Swap out your usual potato chips for this sunny snack.
1. Add 1/2 cup of sunflower seeds to a bowl
2. Spice up your seeds by adding your favorite seasoning, such as chili powder, from the condiments bar

Cashew at the dining hall, how ‘bout that?

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Questions? Follow us on our Facebook (RU Healthy Dining Team), Twitter (@RUHDT), Instagram (@RU_HDT), SnapChat (RU_HDT) or e-mail us at peggyp@dining.rutgers.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