



EATING 101 RU DINING HEALTHY?

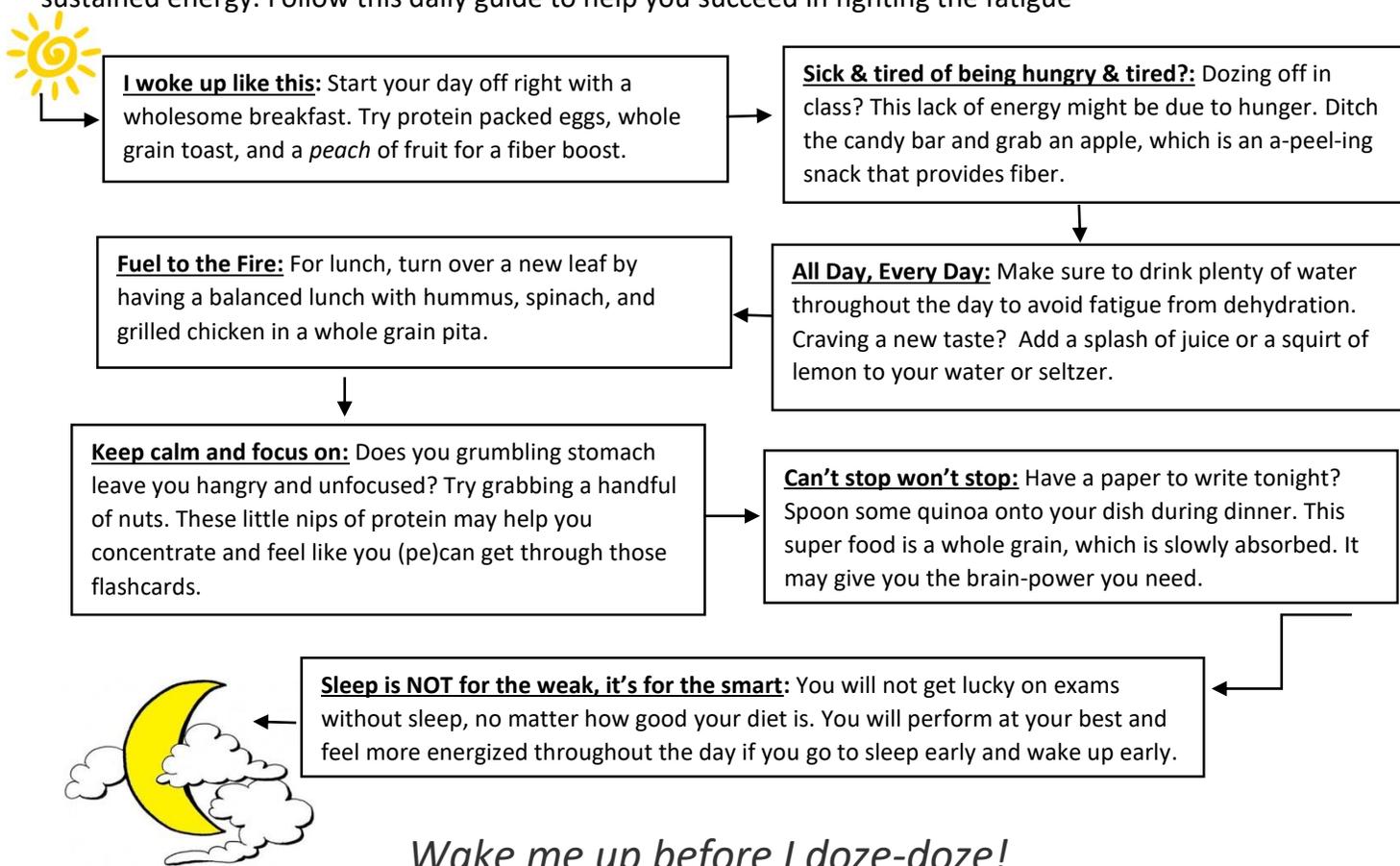
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

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



Need A Wake-Up Call?

It's 2:30pm on a Tuesday afternoon; you're only one hour into your three-hour lecture. You are battling your eyelids and your eyelids are winning. How can you fight the mid-day slump? A caffeinated drink may give you a morning pick-me-up, but it will not help keep you focused throughout the day. Eating a balanced diet with foods high in protein, fiber, and healthy fats will slow digestion and provide you with sustained energy. Follow this daily guide to help you succeed in fighting the fatigue



Wake me up before I doze-doze!

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