



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

Sugar, Spice & Everything Nice: Natural Food Remedies

Flu season is here, and we want to give our best defense to combat any illnesses that may arise. No one wants to have to focus on tissues and thermometers when exams and assignments are looming. Getting sick is not uncommon for students, and while taking Tylenol® may be your first instinct, perhaps consider incorporating natural remedies to help ease the symptoms of an illness. Head to the nearest dining hall to try the foods below.

(Ginger) Spice Up Your Life

Are you are feeling nauseous? Have an upset stomach? If so, ginger's natural anti-emetic properties may be able to help. Ginger can be found in the dining halls' Asian cuisine, or in pickled form at the Busch and Brower sushi stations. Next time you find yourself feeling a little queasy, spice up your life with some ginger to settle your stomach.

Ooh, Honey

Did you know that locally sourced honey, like the varieties found in the dining halls, can serve as a low-dose form of immunotherapy? Bees pick up local pollen which may help fight seasonal allergies. If you are feeling under the weather, add this sweet treat to some hot tea or drizzle it over oatmeal to ease a sore throat.



I Got Hot Sauce in My Bag, Swag

If you are suffering with a stuffy nose, a chemical called *capsaicin*, found in hot peppers and spicy foods may help. It serves to thin out mucus that can congest breathing passageways. If you think you can handle the heat, head to the pasta/pizza station and toss some red pepper flakes over your meal, or mix Sriracha into your favorite stir-fry sauce.

It is best to think of food as a complementary source of treatment rather than a miracle cure. Listening to your body and consulting with your health care provider is important because natural food remedies are not a substitute for medical attention.



Soothe that sniffle with a squeeze of Sriracha



Revised by: Vivian Lee

Reviewed By: Marina Vineis, RYT, RDN- Dining Services

References: Ernst E, et al. *Efficacy of ginger for nausea and vomiting: a systematic review of randomized clinical trials*. Available at: Pub Med.gov. Accessed on Sept. 16, 2019. *Capsaicin*. Available at: <http://www.uofmhealth.org/health-library/ut1025spec>. Accessed on: Sept. 16, 2019. *Can a Spoonful of Honey Keep the Allergies Away?* Available at: <https://www.bestfoodfacts.org/honey-to-help-allergies/> Accessed on: Sept. 16, 2019.

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.