



# EATING 101

## RU DINING HEALTHY?

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

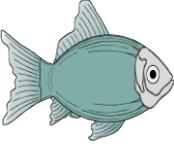
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### The Planetary Diet

Extra! Extra! Global warming is a *hot* topic these days. While maintaining environmental sustainability is important, another concern is the ability to provide healthy food for a growing population. A non-profit organization called the EAT-Lancet Commission on Food, Planet, Health, sought advice from over 30 scientists across the globe to reach a consensus outlining what comprises a healthy and sustainable diet. Their research shows that in order to shift practices towards sustainability, we must minimize food waste and make changes to the foods we eat.

Continue reading to learn about eating habits that will benefit both your body and our planet.

**Foods to Emphasize**

  
**Fish**

  
**Vegetables**

  
**Fruit**

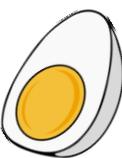
  
**Legumes**

  
**Whole Grains**

  
**Nuts**

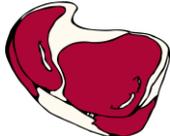
**Optional Foods**

**Foods to Limit**

  
**Eggs**

  
**Poultry**

  
**Dairy**

  
**Red Meat**

  
**Starchy Vegetables**



The Commission recommends a diet that emphasizes plant foods and limits animal products for promotion of both health and environmental welfare.



**Eat Sustainably In the Dining Hall**

- Try a dairy alternative, such as soymilk
- Reduce waste! Take only the food you think you will finish
- Instead of red meat, make plant protein the focus of your plate (think: soy, chickpeas, or lentils)
- Fill up a reusable bottle at the filtered water stations to stay hydrated

### DID YOU KNOW?

Rutgers is a member of the *Menus of Change University Research Collaborative (MCURC)*, which works towards many of the same health and sustainability goals outlined by EAT-Lancet. <http://www.menusofchange.org/principles-resources/moc-principles/>

*For What It's Earth, Let's Make a Difference*

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References: *EAT-Lancet Summary Commission Report*. Available at: [https://eatforum.org/content/uploads/2019/07/EAT-Lancet\\_Commission\\_Summary\\_Report.pdf](https://eatforum.org/content/uploads/2019/07/EAT-Lancet_Commission_Summary_Report.pdf). Accessed on: September 9, 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](mailto:peggyp@dining.rutgers.edu).