



# 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

## How about Hummus?

Have you heard the hummus hype? A staple of Middle Eastern cuisine, hummus is typically a combination of cooked ground chickpeas, olive oil, lemon juice, tahini (sesame seed paste), salt and garlic. This tan-colored spread may not catch your eye right away, but will certainly tantalize your taste buds and add a nutritional bonus to your meal with its high protein and fiber content. Keep reading below to learn about the nutritional benefits of hummus, and many ways to enjoy it in the dining hall.



**Hummus, AKA:**

- A **dip** for raw veggies found at the salad bar
- A substitute for the processed **salad dressings** available in the dining hall
- A **mayo alternative** for wraps and sandwiches at the deli station, or on meat/veggie burgers offered
- A **spread** for whole grain bread or toast to make a snack with complete protein

Chickpeas	Lemon Juice	Olive Oil	Tahini (sesame seed paste)
This legume is the main ingredient in hummus. It is a plant-based source of protein and dietary fiber.	Hummus typically contains lemon juice in small amounts. A whole raw lemon provides over 100% of Vitamin C daily requirements. Vitamin C has an important role in immune function, and helps the body absorb non-heme iron, the type found in plant-based foods.	Olive oil is comprised mainly of healthy monounsaturated fat. Studies have shown that olive oil consumption can help to reduce risk of cardiovascular disease.	Tahini is used as an ingredient in other popular foods from around the world, including halva and baba ghanoush.

**Did You Know?**  
Hummus comes in a variety of flavors that can be used at every meal. Try a plain variety on toast for breakfast, red pepper on a wrap for lunch, garlic on the side at dinner, and even chocolate hummus on a banana for dessert!

### Hummus Where the Heart Is

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References: *Extra Virgin Olive Oil and Cardiovascular Diseases: Benefits for Human Health* Available at: <https://www.ncbi.nlm.nih.gov/pubmed/29141571>. Accessed on: 11/4/19. *Vitamin C*. Available at: <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>. Accessed on: 11/4/19. *The Nutritional Value and Health Benefits of Chickpeas and Hummus* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5188421/>. Accessed on: 11/4/19. *What is Tahini? Ingredients, Benefits, Downsides, and Nutrition* Available at: <https://www.healthline.com/nutrition/what-is-tahini>. Accessed on: 11/10/19. *USDA National Nutrient Database for Standard Reference Release 28*. Available at: <https://ods.od.nih.gov/pubs/usdandb/VitaminC-Content.pdf>. Accessed on: 11/10/19.

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