

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

Get Your Facts on Veganism

Veganism focuses on the avoidance of animal products, whether it be motivated by health concerns, environmental advocacy, or ethically-based reasons. A healthy vegan diet promotes the consumption of whole foods such as fruits, vegetables, legumes, grains and seeds. Despite some common misconceptions about the diet being nutrient deficient, there are many health benefits to going vegan. Keep reading below to debunk three major myths about veganism.

Myth #1

Vegan diets do not provide enough protein.

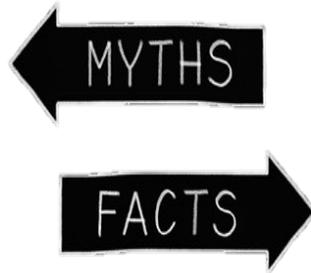


Fact #1

Tofu, beans, quinoa, chickpeas, etc. are all packed with plant-based proteins. By consuming a variety of these foods throughout your day you can meet and possibly exceed your recommended protein requirement. Stroll through the dining hall to locate these and other plant-based proteins.

Myth #2

A vegan diet is unhealthy because it is high in carbohydrates.

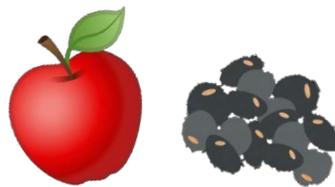


Fact #2

Complex carbohydrates provide vitamins, minerals, and long-lasting energy. Some nutrient dense sources of carbohydrates include fruits and vegetables. Be sure to fill your plate in the dining hall with whole grain breads, whole fruits, and sautéed or steamed vegetables.

Myth #3

I will constantly be hungry if I follow a vegan diet.



Fact #3

A healthy vegan diet contains a good amount of fiber and monounsaturated fats, which will leave you feeling full and satisfied. Examples of foods that can increase satiety include lentils, kidney and black beans, olive oil, and nuts. Venture through the dining hall to find these satiating foods.

This is Just the Vegan-ning!

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References: *Building a Healthy Vegetarian Meal Myths and Facts*. Available at: <https://www.eatright.org/food/nutrition/vegetarian-and-special-diets/building-a-healthy-vegetarian-meal-myths-and-facts> Accessed on: 11/21/19. *Is a vegetarian or vegan diet for you*.

Available at: <https://www.health.harvard.edu/staying-healthy/is-a-vegetarian-or-vegan-diet-for-you> Accessed on: 11/6/19. *More Than Just a Diet: An Inquiry into Veganism*. Available at: http://repository.upenn.edu/cgi/viewcontent.cgi?article=1021&context=anthro_seniortheses Accessed on: 11/6/19.

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