



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

Surf the (Food) Web

Did you know that technology can be used as a tool to gather nutrition information? There are several trusted websites and resources online that can help guide your food and nutrition choices. From learning more about nutrition topics to previewing menus or nutrition facts from the Rutgers dining halls, these sites have you covered. Look below for a few places to start your search.

Choosemyplate.gov

This website includes portion guidelines and more information about the major food groups: fruits, vegetables, grains, protein, and dairy. The MyPlate icon offers a colorful visual guide for how to fill your plate at each meal.

Eatright.org

Eatright.org publishes evidence-based articles that contain accurate information on the latest hot topics in food and nutrition. This site also has great recipes, comprehensive guides, and helpful nutrition tips. Authors are typically Registered Dietitians who are trusted professionals for credible nutrition guidance.

Food.rutgers.edu

The link above will take you to the Rutgers Dining website, your one stop shop for all things food related at Rutgers. Dining locations on each campus are listed as well as daily menus and nutrition facts for each dining hall. A collection of Healthy Dining Team newsletters can also be found on the site.

Research Tip

When searching for trusted sources online, look for websites that end in .gov, .org, and .edu

Keep it on the download

Authored By: Gabby Harrison

Reviewed By: Dr. Peggy Policastro, RDN-IFNH and Dining Services

References: *EatRight*, *Academy of Nutrition and Dietetics*. Available at: www.eatright.org/. Accessed on: December 8, 2019. "Rutgers Dining Services," *Dining Services*. Available at: www.food.rutgers.edu/. Accessed on: December 8, 2019. *ChooseMyPlate*, U.S. Department of Agriculture. Available at: www.choosemyplate.gov/. Accessed on: December 8, 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.