



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

Build-a-Bowl

Looking through your pantry at a loss for what to eat? Stop right there. Let us help you transform those common pantry items into a nutritious and delicious meal. Whether it be breakfast, lunch, dinner or dessert, the options are endless when it comes to building your own well-balanced bowl.

Unbelieva-bowl Base

Behind every successful bowl is a base that supports it. Pick one that is nutrient dense to get the most bang for your base. Savory or sweet, you are in for a treat!

- ✓ Brown rice
- ✓ Quinoa
- ✓ Mixed greens
- ✓ Oatmeal
- ✓ Greek yogurt



Protein Packed

Lean animal proteins and plant-based proteins will keep you feeling full and satisfied. Add any of these proteins to your bowl and *voilà*.

- ✓ Frozen chicken breast
- ✓ Canned salmon or tuna
- ✓ Egg
- ✓ Tofu
- ✓ Canned beans or lentils
- ✓ Assorted nuts/seeds

A Pop of Color

Add a pop of color to your bowl by choosing a variety of fruits and veggies. Different colored fruits and veggies add an array of antioxidants and nutrients. Canned and frozen can be just as nutritious as fresh.

- ✓ Vegetables such as: carrots, mushrooms, broccoli, red peppers, purple cabbage
- ✓ Fruits such as: apples, grapes, blueberries, pears, oranges

Go “Good Fat”, Not “Low Fat”

Moderate levels of beneficial fats in the diet (mainly from non-hydrogenated plant sources and fish) are associated with optimal nutrition and healthy weight. Don't hesitate to add a healthy source of fat to your bowl.

- ✓ Fatty Fish (salmon, tuna, sardines)
- ✓ Avocado
- ✓ Olives / Olive Oil
- ✓ Nuts and Nut Butters



Don't stop bowl-ieving

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References: *Menus of Change, Principles of Healthy, Sustainable Menus*. Available at: <http://www.menusofchange.org/principles-resources/moc-principles/>. Accessed on 3/5/2020. Rutgers Dining Services. Available at: <http://food.rutgers.edu/>. Accessed on: 3/5/2020.

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.