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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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.