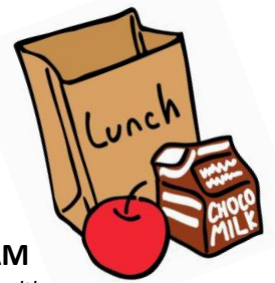




EATING 101 RU DINING HEALTHY?

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



What You're Missing By Skipping

Your busy schedule does not have to interfere with your ability to eat healthy! Sacrificing a meal for extra study time, a nap, or a class might do you more harm than good. Read below to learn how eating regularly throughout the day may have positive effects on your mind and body.

Diet Quality

Skipping meals may reduce the quality of your diet, which can impact health over time. In a recent study, skipping meals was associated with a reduced daily consumption of fruits, vegetables and whole grains. Optimize your nutrition by eating regular, nutrient-dense meals throughout the day.

Academic Performance

Skipping breakfast has been linked with poor academic performance in college students. We are not able to function at our best without giving our bodies adequate energy from balanced meals. Do your mind a favor and take a break to eat and maintain the focus you need for your virtual classes.

Mood

Skipping meals may even affect your mood. Skipping breakfast has been associated with depression and low happiness scores in college students. Whereas eating a daily breakfast and eating three meals per day has been linked with higher happiness scores.



Whether it is at home or on campus, mealtime is the best time!

Preparing meals ahead of time and keeping healthy snacks on hand can ensure you have all the energy you need. You may be less tempted to skip mealtime when you have nutritious meals already prepared.

Find Some Time to Feed Your Mind!

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