



# 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's on Your Plate?

With so much advice available about what you should or should not eat, how can you know what information to trust? Thankfully, there is no need to follow any trendy or restrictive diets. Look to MyPlate for up-to-date nutritional guidance based on the 2020-2025 Dietary Guidelines for Americans. For a balanced diet, aim to meet the daily recommendations for each food group on most days. MyPlate (pictured below) can be helpful to visualize a typical balanced meal.

#### FRUITS: 1 ½ - 2 ½ cups daily

(1 cup = 1 piece of fresh fruit or 1 cup 100% fruit juice)

Fruits contain a variety of antioxidants and nutrients such as vitamin C and potassium that can be protective against chronic disease such as heart disease and cancer.

#### DAIRY: 3 cups daily

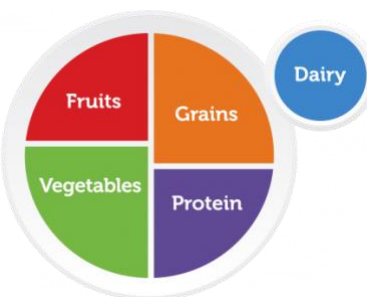
(1 cup = 1 cup of milk or yogurt, 2 slices of cheese)

Dairy contains calcium and vitamin D; two nutrients essential for bone strength. Low-fat dairy is preferable. Avoiding dairy? Fortified soy milk and yogurt will also do the trick.

#### VEGGIES: 2-4 cups daily

(1 cup = 1 cup raw or cooked vegetables or vegetable juice, 2 cups raw leafy greens)

Like fruits, vegetables contain a wide array of antioxidants and nutrients such as vitamin A and folate that can protect against disease. Consume a variety of fruits and vegetables to get the most nutrients in your diet!



#### GRAINS: 5-10 oz. daily

(1 oz = 1 slice bread, 1 cup cold cereal, ½ cup cooked pasta or rice)

Grains provide carbohydrates to fuel our bodies throughout the day. Make at least half of your grains whole grains. Whole grains contain more fiber, which aids in digestive health. Whole grains have also been shown to reduce the risk of heart disease and help with weight management.

#### PROTEIN: 5-7 oz. daily

(1 oz = 1 oz meat, ¼ cup beans, 1 egg, ½ oz nuts)

Protein is essential to the body from muscle maintenance to hormone function. Vary your protein sources with lean meat, fish, poultry, and plant-based proteins to get a wide range of nutrients and avoid overdoing it on the saturated fat and cholesterol.

*Make your plate match MyPlate!*

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References: *Dietary Guidelines for Americans, 2020-2025*. Available at: <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>. Accessed on: 2/25/21. *What's on Your Plate?* Available at: <https://www.myplate.gov/>. Accessed on: 2/25/21.

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