



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

Dear HDT

A new edition of *Dear HDT* has arrived! You have questions; we have answers.

Q: Will intermittent fasting help me lose weight?

A: Maybe. Intermittent fasting involves setting up an eating and noneating period each day. Some think that your body will burn more calories during the hours spent not eating. Sorry to burst your bubble, but studies have not shown that intermittent fasting will cause significant weight loss when compared to controlled calorie restriction. While intermittent fasting may help some lose weight, another option is to use your body's hunger cues and practice mindful eating.

Q: I have heard a lot about detox diets and cleanses.

Can I do a cleanse to lose weight?

A: Be careful! If you are looking for short term weight loss, this may do the trick. However, besides being very restrictive and lacking in nutrients, weight will most likely be gained back upon returning to normal eating habits. For long-term and sustainable weight loss, try to consume a balanced diet that includes vegetables, lean protein, and whole grains.

Q: I am thinking of following a plant-based diet. Will I get enough protein?

A: Totally! While many may fear that meat is the only adequate protein source, that is far from the truth. Plant-based foods like beans, lentils, nuts, seeds, and tofu contain ample amounts of protein. Even if you do not follow a vegetarian or vegan diet, consuming more plant-based protein foods is a great choice because they are typically higher in fiber and lower in saturated fat than animal-based protein foods. To learn how to include more plants in your diet, check out our Powered by Plants newsletter.

Q: What is gluten? Why shouldn't I eat it?

A: Who says you can't eat gluten? Gluten is perfectly healthy for those without celiac disease, gluten intolerance, or wheat allergies. Gluten is found in some grains like wheat, barley, rye, and sometimes oats. Gluten is often found in products that contain high amounts of fiber and other beneficial nutrients, so feel free to enjoy that whole wheat bread and pasta!

Q: Where can I find the nutrition information on foods from the dining hall?

A: Look no further than The Rutgers Dining Services website, <http://food.rutgers.edu/>! Here you'll find nutrition information for all dining hall recipes, including nutrition labels for any single food item. You can also select multiple items to create a nutrition report for your whole meal. For further questions, check out our nutrition FAQ page or contact one of Dining Services' Registered Dietitians by visiting <http://food.rutgers.edu/nutritionfaq/>.

Didn't get your question answered? Find us on social media @ru_HDT and ask away!

XOXO HDT

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