



EATING 101

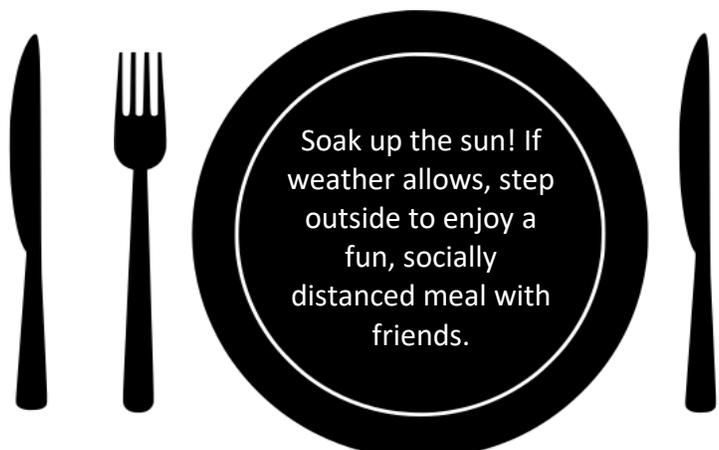
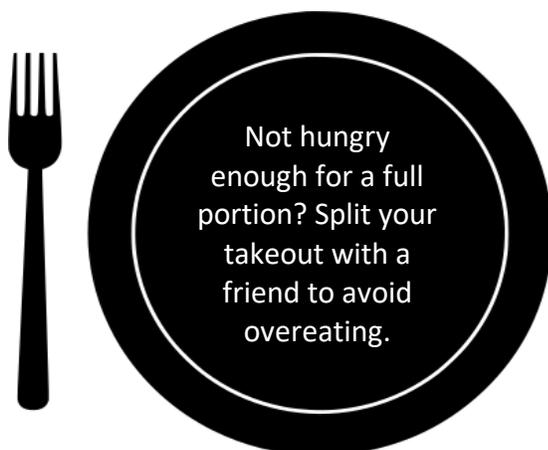
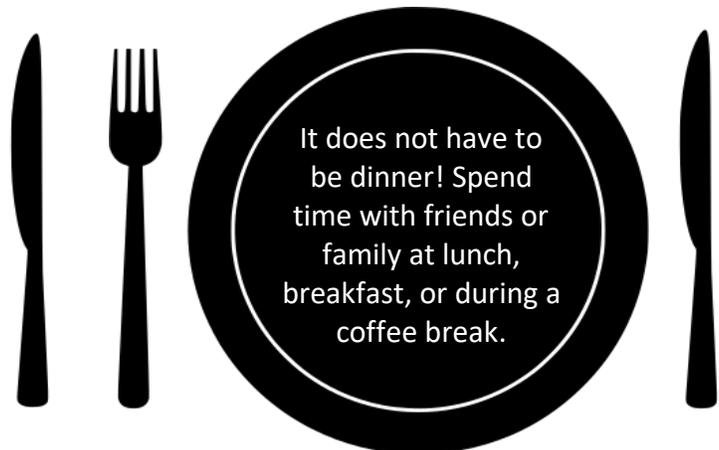
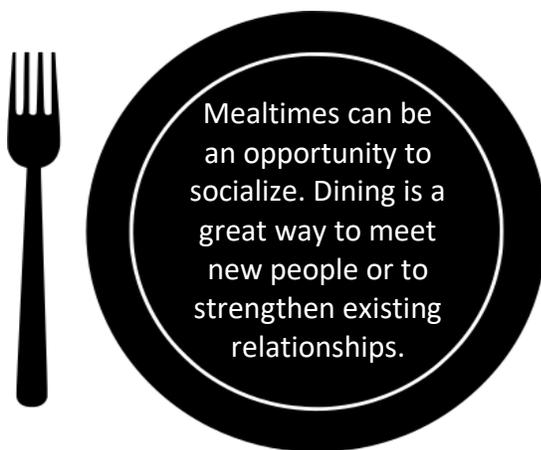
RU DINING HEALTHY?

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

Better Together

While we often think of studying together as a way to increase learning and boost grades, we don't usually associate eating together as a way to achieve A's in health and happiness. Research has suggested that families who eat together may have lower rates of stress and depression, better academic performance, healthier eating habits, and a greater connection to each other. In college, friends can become your chosen family away from home. Now that classes are back on campus, take advantage of your time together by gathering your friends and heading to a dining location during your next study break (just be sure to follow the CDC guidelines!). Look to the plates below for tips to make your next meal satisfy not only your nutritional needs, but also your social needs.



Break bread and crack a smile 😊

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Reviewed By: Dr. Peggy Policastro, PhD, RDN-Dining Services/IFNH

References: *Harnessing the Power of Family Dinners to Create Change in Family Therapy*. Available at: <https://onlinelibrary-wiley-com.proxy.libraries.rutgers.edu/doi/10.1002/anzf.1185> Accessed on: April 23rd, 2021. *CDC COVID-19 Guidelines*. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html> Accessed on: April 28, 2021.

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.