



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

Get Stoked for Breakfast

In the same way a fire uses wood to burn, our bodies use food to function. Breakfast provides the energy we need to blaze through the day. Different foods are digested at different speeds, so for that all-day glow, *rem-ember* to build your breakfast with the right fuel.

Macronutrients including **carbohydrates**, **protein**, and **fat** are our body's source of fuel. Carbohydrates provide quick energy, much like using kindling to start a fire. Protein takes longer to digest, like tossing a log onto the kindling. Fat, like coal, burns low and slow, keeping you satiated and ready to tackle the day.

- Simple carbohydrates (like the sugars in fruit juice and some sweeten cereal) digest quickly, so pair them with a longer burning fuel
- Complex carbohydrates (like whole grains and fiber-rich fruit) slow digestion and keep you feeling full longer. Try swapping apple juice for an apple, and white bread for whole grain bread



Fire it up with carbohydrates

like

Fresh Fruit, Whole Wheat Bread, & English Muffins



then

Keep the flame alive with protein

like

Eggs, Greek Yogurt, & Vegetarian Breakfast Patties



last

Round it out with healthy fats

like

Peanut Butter, Olive Oil, & Nuts



- Eggs are the classic breakfast protein, but the dining hall also offers vegetarian breakfast patties, egg whites, and Greek yogurt
- You can find healthy fats in peanut butter, nuts, and plant oils, such as olive oil. Fats are the most energy dense macronutrient, so a little bit goes a long way

Fire on all cylinders by eating breakfast daily

Revised By: Jenny Campbell

References: Power Up With Breakfast <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast>

Accessed on: September 20, 2021. McGuire, Michelle, and Kathy A. Beerman. *Nutritional Sciences: From Fundamentals to Food*. Available from: VitalSource Bookshelf, (3rd Edition). Cengage Learning US, 2012. Accessed on September 21, 2021

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