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

Fantastic Fruits

You probably hear it all the time: “Eat more fruits and vegetables!” Sometimes it seems like veggies get all the attention, but fruit is also berry important. According to the 2020-2025 Dietary Guidelines for Americans, about 80% of the US population does not meet their recommended fruit intake. Fruit sometimes gets a bad rap because of its sugar content, but it’s packed with beneficial nutrients and is an essential part of a healthy diet. It’s time to show fruit more ap-peach-iation!

How much fruit should you be eating?

⇒ The 2020-2025 Dietary Guidelines for Americans recommends approximately 2 cups of fruit per day
⇒ One cup of fruit = 1 cup of whole fruit, 1 cup of 100% fruit juice, or ½ cup of dried fruit
⇒ At least half of your daily fruit consumption should come from whole fruits

What are the health benefits of fruit?

⇒ Whole fruits are a good source of fiber, which is important for digestive health
⇒ Fruits contain phytonutrients which can be protective against chronic disease
⇒ Many fruits have a high-water content and can aid in hydration
⇒ Eat the rainbow: different colored fruits offer different health benefits

How to incorporate more fruit into your diet:

⇒ Grab an apple, banana, or orange on your way out of the dining hall to snack on later
⇒ Try a whole orange instead of orange juice with breakfast
⇒ Add sliced banana to cereal or yogurt
⇒ Top oatmeal with fresh or dried fruit
⇒ Mix fresh or dried fruit such as apples, strawberries, or dried cranberries into your salad
⇒ Enjoy a side of fruit salad with lunch or dinner
⇒ Blend fresh or frozen fruit, yogurt, and water together to make a fruit smoothie

Go bananas for more fruit!

Author: Alice Stejskal
Reviewed by: Dr. Peggy Policastro, RDN-Dining Services/IFNH