



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 $\frac{1}{2}$ 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!

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References: 2020-2025 Dietary Guidelines for Americans. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf. Accessed on: October 3, 2021. Phytonutrients: Paint your Plate with the colors of the rainbow. <https://www.health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501>. Accessed on: October 3, 2021. How Much Water Do You Need. <https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need>. Accessed on: October 3, 2021.