



# 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



### Go Nuts for Nuts!

Feeling nutty? If not, you should be! Nuts and seeds are a healthy addition to any meal. Both nuts and seeds are high in fiber, plant-based protein, and healthy fat. In addition, they have been shown to help with heart health, inflammation, and weight loss. If your typical meal routine isn't all it's *cracked* up to be, look to seeds and nuts to give that extra crunch and creativity to your dishes. Read on for inspiration to incorporate more *nut*-ritious nuts and seeds into your diet.

#### Almond(s Give Me) Joy

Pack protein, healthy fat, and fiber into your afternoon snack by adding almonds; 1 oz of almonds has 6 grams of protein.

1. Peel 1 banana or slice 1 apple
2. Spread on 1 tablespoon of peanut butter or 1 teaspoon of honey
3. Sprinkle with 1-2 tablespoons of slivered almonds

#### Get Pumped for Pumpkin

Pump up the texture, flavor, and fiber of your morning meals by adding pumpkin seeds. 1 oz of pumpkin seeds have 8.5 grams of protein.

1. Place 1 cup of cooked oatmeal into a bowl
2. Top with 1 tablespoon of pumpkin seeds
- \* Optional: sprinkle cinnamon on top and add 1 tablespoon of dried cranberries

**Pro Tip:** Watch your portions. A standard serving of nuts is about one ounce (or ¼ cup) of raw nuts, or 2 Tbsp of nut butter. While they are packed with health benefits, nuts and seeds are naturally high in calories and fat, so a little bit goes a long way!

#### Omega Minds

Walnuts have a distinct, brain-like appearance and are rich in omega-3 fatty acids. Studies indicate that a diet high in omega-3 fatty acids may play a key role in cognitive function and behavior. Walnuts are truly *brain food*.

1. Add ½ cup of fat-free froyo or Greek yogurt to a bowl
2. Top with 2 tablespoons of chopped walnuts and a drizzle of honey for a sweet treat

#### Soak Up the Sunflower Seeds

Tiny but mighty, sunflower seeds are high in protein, vitamin B6, and magnesium, so consider adding this crunchy and savory treat to your snack routine.

1. Add 1/4 cup of sunflower seeds to a bowl
2. Spice up your seeds by adding your favorite seasoning, such as chili or garlic powder, from the condiments bar

### Putting the nut in nutrition 😊

Revised By: Alice Stejskal

References: Can walnut consumption benefit brain health? Available at: <https://nutrition.org/can-walnut-consumption-benefit-brain-health>. Accessed on: November 13, 2021. Enjoy the Health Benefits of Eating Nuts & Seeds. <https://www.samhealth.org/about-samaritan/news-search/2020/12/07/are-nuts-and-seeds-good-for-you>. Accessed on: November 13, 2021. Omega-3 supplementation improves cognition and modifies brain activation in young adults. Available at: <https://pubmed.ncbi.nlm.nih.gov/24470182>. Accessed on: November 16, 2021. Seeds, sunflower seed kernels, dried. Available at: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170562/nutrients>. Accessed on: November 16, 2021.

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