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 has 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!

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

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

Putting the nut in nutrition 😊

References:
- Can walnut consumption benefit brain health? Available at: https://nutrition.org/can-walnut-consumption-benefit-brain-health.

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