



# EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

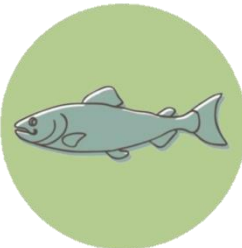
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## It's Greek to Me: The Alpha of $\Omega$ mega-3

Have you been *herring* a lot about Omega-3s? Omega-3 fatty acids are essential fats, meaning our bodies don't make them, so we must get them from our diet. There are three main omega-3s: EPA, DHA (obtained from fish), and the most common, ALA (found in nuts and oils). Omega-3s also have great health benefits and may aid in the improvement of brain cognition and development. Next time you're at the dining halls, try incorporating some of the choices below!



Nuts and seeds are high in omega-3 fatty acids. This includes flaxseeds, walnuts, and chia seeds. Try incorporating nuts and seeds as a topping on your salad or yogurt. You can also have a handful of nuts as a quick snack. *Nut* too bad.



Fatty fish like salmon, tuna, mackerel, and trout are excellent sources of either DHA or EPA omega-3 fatty acids. Try having about two servings of seafood a week. You can find salmon or tuna at the hot foods station in the dining halls.



Plant based oils such as flaxseed oil, soybean oil, and canola oil contain omega-3s. Consider adding a little oil on top of a salad or pasta. The dining halls use a blend of canola oil and olive oil when preparing food.

If you are not able to consume the choices listed above, consider speaking with a registered dietitian or your primary care provider about alternative options.

Make sure you obtain “oil” of the omega-3s you need!

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References: *Omega-3 Fatty Acids: An Essential Contribution* Available at: <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/omega-3-fats/> Accessed on: October 4, 2022. *Omega-3 Fatty Acids* Available at: <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/#h3> Accessed on: October 4, 2022. *The Importance of Marine Omega-3s for Brain Development and the Prevention and Treatment of Behavior, Mood, and Other Brain Disorders* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7468918/> Accessed on: October 24, 2022.

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