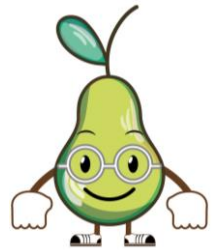




EATING 101

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

The Facts Behind Snacks

Usually when you think of snacking, you think of foods such as chips or candy which might not be great for your body if consumed in excess. However, intentional, and mindful snacking can contribute important nutrients to your diet such as complex carbohydrates and lean protein, instead of empty calories. Adding a snack between longer meals gaps can prevent over-eating when mealtime arrives. Snacking when you are hungry can also provide a boost of energy to keep you going during back-to-back classes or extended study sessions. Next time you are hungry and in between meals, think smart with one of these snacking tips!

Select to Satisfy

Combining a small amount of a healthy fats, with a complex carbohydrate, will keep you satiated longer. Try reviving a *dip* in energy levels by dipping apple slices or carrot sticks (complex carbs) in peanut butter or hummus (healthy fats).

Snack Mindfully

We tend to eat past our satiety signals when we are distracted. Try to be mindful in your snacking approach, and not snack while doing something else. Instead of snacking while doing homework or watching a show, allow yourself a break to enjoy a quick nutrient-dense snack.

Mix It Up!

Combining a handful of nuts with seeds, dried fruit, or granola is a terrific way to combine a variety of nutrients into a cohesive snack. You can find a variety of trail mix items in the dining halls such as granola and chia seeds.



Eating a well-balanced meal at the dining hall with a combination of lean protein, vegetables, whole grains, and healthy fats will help keep you satisfied between meals. However, for longer stretches, adding in a snack like a fresh piece of fruit from the dining halls can help give you the energy boost you need.

Do not let hunger “snack” up on you!

Authored By: Alyssa Guidetti

Reviewed by Dr. Peggy Policastro, RDN-IFNH/Dining Services

References: *The Science of Snacking*. Available at: <https://www.hsph.harvard.edu/nutritionsource/snacking/>. Accessed on: October 1, 2022.
7 Ways to Snack Smarter. Available at: <https://www.health.harvard.edu/staying-healthy/7-ways-to-snack-smarter>. Accessed on: October 4, 2022.

RUTGERS
Student Affairs

Dining Services

 / @rutgersdining
food.rutgers.edu