



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

Love the Skin You're In

Here at the RU Healthy Dining Team, we love talking about nutrition. *Love it.* But sometimes it's important to step back and explain *why* we care so much about well-balanced eating. Our job is to help students choose foods that nourish and support their bodies so that they can tackle the semester. However, if you're not happy with how you look, you might fall into unbalanced and unsustainable eating patterns. So, we want to take a minute to talk about *positive body image*, and to remind you that healthy comes in all shapes and sizes, including yours.

Positive Body Image is the viewpoint of accepting, respecting, and appreciating your body. Some components include:

1. Cultivating good opinions about the body.
I'm eating a well-balanced meal so that my amazing brain can dominate this late-night study session.
2. Accepting the body and all its "imperfections."
I may feel bloated right now, but I recognize fullness is only a temporary feeling and I appreciate my gut microbiome working so hard.
3. Paying attention to your body's needs.
I feel a little cranky – am I hungry, thirsty, or tired?
4. Letting go of the need to eat like someone else.
Even though I'm putting more food on my plate than the person in front of me at the dining hall, I know my plate will fuel

Self-Compassion is the ability to realize that while nobody is perfect and we all have flaws, we all deserve respect, empathy, and compassion – regardless of what we choose to eat. Some dimensions of self-compassion are:

1. Developing mindfulness of your thoughts and feelings about your body without judgement or criticism.
Don't ignore your cravings. If you want something sweet, enjoy the experience! Just be mindful of how much you're having and how often.
2. Understanding that we share a common humanity – that whatever you're going through, you're not alone.
We're all human. Some days we make more nutritious choices than others, but it all balances out in the end.
3. Adopting self-kindness, or the ability to treat yourself like you would a dear friend – with understanding and gentleness.
I wasn't in line with my nutrition goals today, but I'm a good person who is trying their best.

If you're having a hard time getting to a positive place, talking with someone can be a huge help. Rutgers offers confidential counselling services. Call 848-932-7884 to make an appointment or visit <https://nbstudenthealthportal.rutgers.edu> for more information.

You don't have to "weight" to feel good about yourself.

Authored By: Jenny Campbell

Reviewed By: Christopher Gunning, RDN-Rutgers Student Health Services

References: *Towards a Comprehensive Understanding of Body Image: Integrating Positive Body Image, Embodiment and Self-Compassion* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8323527/> Accessed on October 28, 2022. *Self-compassion, body image, and disordered eating: A review of the literature* Available at <https://www.sciencedirect.com/science/article/pii/S1740144516301000> Accessed on: October 28, 2022

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