



# 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

### Totally Awesome

Oats have been a popular food for thousands of years, and for good reason! Just a half cup of these ancient grains is packed with nutrients, including a mix of fiber, protein, and fat for an *oat*-standing start to your day. Although they are usually eaten for breakfast, these nutritional powerhouses can be eaten at any time of the day.

#### Try It Sweet

Top your oatmeal with fresh fruit, such as blueberries or strawberries, and a nut butter for a sweet breakfast treat



#### Try It Savory

Top your oatmeal with eggs, sauteed veggies, salsa, or hot sauce for a filling twist on traditional oatmeal

#### Fiber

Oats are high in fiber, which aids in digestion and supports your gut microbiome. Fiber can also contribute to lowering the risk of coronary heart disease, and, along with a healthy diet, may aid in weight management.

#### Protein

With about 6 grams of protein in a ½ cup serving, oats provide a good source of high-quality plant-based protein. Plant-based proteins have a lower carbon footprint than animal proteins.

#### Healthy Fats

Oats contain healthy fats called unsaturated fatty acids. Along with the protein and fiber in oats, fats help keep you full until your next meal.

#### Antioxidants

Oats contain plant compounds called antioxidants, which may play a role in reducing inflammation. Over time, chronic inflammation can lead to long term health problems.

*How does Reese eat her oatmeal? Witherspoon!*

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