



# EATING 101 RU DINING HEALTHY?

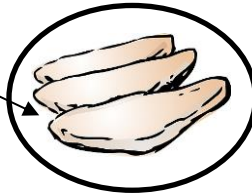
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## Dining Misconceptions Debunked

“Brown bananas are spoiled. Pink chicken is always undercooked. The dining hall serves poor quality meat and poultry. All oil used to cook food is unhealthy”. These common food, nutrition, and dining hall myths obscure the truth about safe eating in our campus dining halls. The Healthy Dining Team is here to debunk these myths and state the facts, allowing you to feel secure about what is on your plate.

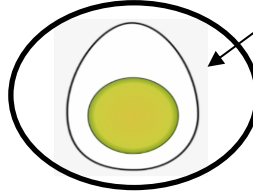
**The color of cooked chicken DOES NOT indicate doneness. Temperature does.**

Safely cooked poultry can vary in color from white, to pink, to tan. Poultry is safe to eat when it has been cooked to 165 degrees Fahrenheit. Checking temperature is a mandatory food practice for Rutgers Dining Services that ensures all food served is safe to eat.



**A green ring on a hard cooked egg DOES NOT imply it is spoiled.**

Green rings around an egg yolk are the result of longer cooking times. The green color is due to the sulfur/iron compound reactions in the yolk. This discoloration of well-cooked eggs does not impact food safety or nutritional quality.



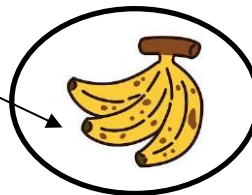
**Dining serves HIGH quality meat and poultry.**



Rutgers Dining only purchases USDA prime or choice grade meats, like your favorite fine dining restaurants. All poultry served in the dining halls are USDA grade A, the highest quality.

**Brown spots on a banana DOES NOT mean it is rotten.**

When bananas ripen, they release ethene gas, causing ripening or softening of fruits, which leads to browning. Brown spotted bananas are equally nutritious in vitamins and minerals to bright yellow bananas.



**Healthy oil options ARE used to cook food in the dining halls.**

Dining uses a mixture of canola and olive oil in food preparation. Both oils contain heart healthy monounsaturated fats. Cook-to-order meals can be requested to be made with less or no oil.



*Do not fear- HDT myth busters are here!*

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References: *6 Things to Know about the Inside of an Egg*. Available at: <https://eggsafety.org/six-things-to-know-about-the-inside-of-an-egg/>

Accessed on 1/26/23. *10 Nutrition Myths*. Available at: <https://www.nytimes.com/2023/01/19/well/eat/nutrition-myths.html> Accessed on

1/26/23. *Bananas Brown Food Waste*. Available at: <https://studyfinds.org/bananas-brown-food-waste/> Accessed on 1/31/23. *The Color of Meat*

*and Poultry*. Available at: <https://fsis-dev.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/color-meat-and-poultry#:~:text=Ground%20poultry%20varies%20in%20color%20according%20to%20the,attached%20fat%20in%20proportion%20to%20the%20whole%20bird.>

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