



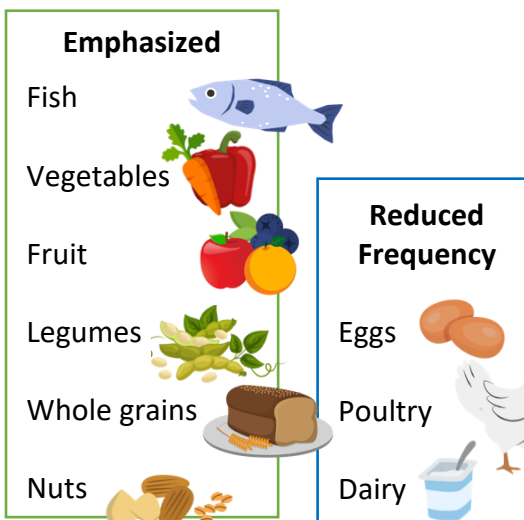
EATING 101 RU DINING HEALTHY?



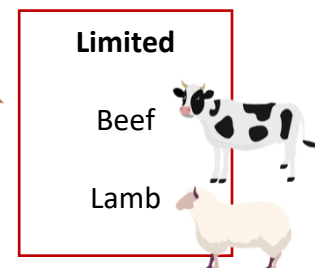
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Plant Forward, Planet Forward

The Earth is our home, and our job is to protect it. How can you join the mission to help our planet? Start by including sustainable practices in the dining hall with your everyday eating routine. The food that you eat can have an impact on your health, as well as the environment. Take note that the production of animal-based proteins depletes more of the Earth's resources than plant-based proteins. Rutgers Dining Services supports sustainable practices in all steps of the food system, and *you too* can take part in the mission. Consider a way of eating called *The Planetary Diet* next time you fill your plate in the dining hall.



The Planetary Diet by EAT-Lancet Commission recommends limiting animal products for promotion of both health and environmental welfare



Practice showing your love to our planet when eating at the dining hall by



- Trying dairy alternatives such as soy milk
- Swapping red meat for plant-based proteins
 - Try soy products, peas, beans, or lentils
- Centering your plate with colorful fruits and vegetables
- Choosing whole intact grains like brown rice or quinoa
- Eating in the dining hall instead of getting take-out to limit use of disposables
- Using a reusable water container when possible



It is obtainable to live sustainable!

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References: *EAT-Lancet Summary Commission Report*. Available at: [https://eatforum.org/content/uploads/2019/07/EAT-Lancet Commission Summary Report.pdf](https://eatforum.org/content/uploads/2019/07/EAT-Lancet_Commission_Summary_Report.pdf). Accessed on: January 31, 2023. 2022-23 Rutgers Dining Services Sustainability Practices. Available at: <http://food.rutgers.edu/diningsustainability/>. Accessed on: January 24, 2023.