



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



A new edition of *Dear HDT* has arrived! You have questions; we have answers.

Dear HDT,

There are so many diets out there: Atkins, paleo, keto, raw food. Should I follow these diets to lose weight?

While these fad diets may cause initial weight loss, the results are unlikely to carry over once typical eating habits resume. Diet culture can trick you into thinking dieting equates to health, but that is far from the truth. Following any fad diets long-term is not sustainable due to the restrictive rules. Fad diets may even lead to nutrient deficiencies. The best 'diet' plan includes eating nutritious foods from all food groups, as well as regular physical activity.

I heard about intermittent fasting. What is this?

Intermittent fasting is a meal plan that involves a structured schedule of eating, followed by prolonged fasting. The theory behind this meal plan is that since you are eating for only a select period of time, your body is able to burn off fat for the rest of the day. Research has suggested that this diet is no more effective at weight loss than simply eating fewer calories. A more sustainable practice is using your body's hunger cues and practicing mindful eating to determine when and how much to eat, rather than following a strict eating schedule.



Are all vegan foods healthy?

A vegan diet, if done appropriately, may be helpful in the treatment and prevention of certain diseases. However, not all vegan-friendly foods are healthy. Chips and sugary cereals, although containing no animal products, may still be high in fats, added sugars, and salt. To ensure a healthy vegan diet, focus on the consumption of minimally processed foods such as fruits, vegetables, whole grains, and plant-based proteins.

Are canned/frozen fruits and vegetables less nutritious than fresh foods?

Canned and frozen foods often get a bad rap, but do not let the packaging fool you. While fresh produce undergoes less processing than canned or frozen produce, this does not mean it is more nutritious. Canned and frozen fruits and vegetables are picked right after harvest and are quickly packaged to maintain their taste and nutritional value. While the dining hall often uses fresh produce, if you are purchasing canned products, choose fruits canned in their own juices and vegetables low in sodium. Whether the fruits and vegetables on your plate come from a can, a frozen bag, or right from the plant, they are all great additions to a balanced diet!

Should I be participating in juice cleanses or detoxes?

Whether it be powder, juices, or smoothies, these cleanses and detox diets are promoted to consumers with the claim that they will clear out toxins from the body. Lucky for us, our body does this on its own! Organs such as the liver, kidney, and digestive tract work hard to get rid of any potentially harmful toxins that may exist in your body. There is no need for extreme changes in the diet. Eating a well-balanced diet will help support your natural detox system.

Did not get your question answered? Find us on social media or approach us at one of our booths and ask away! You may be featured in our next edition of *Dear HDT*.

XOXO,
HDT members

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