



EATING 101 RU DINING HEALTHY?

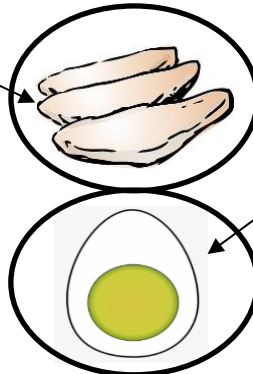
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Dining Misconceptions Debunked

“Brown bananas are spoiled. Pink chicken is always undercooked. The dining facilities serve poor quality meat and poultry. All oil used to cook food is unhealthy”. These common food, nutrition, and dining facility myths obscure the truth about safe eating on campus. 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° Fahrenheit. Checking temperature is a mandatory food practice for Rutgers Dining Services that ensures that 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 compounds reacting in the yolk. This discoloration of well-cooked eggs does not impact food safety, taste, or nutritional quality.

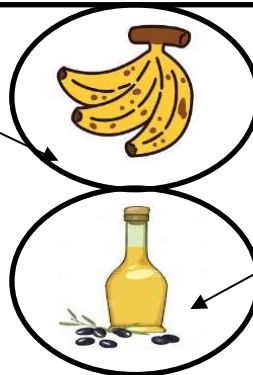
Dining serves HIGH QUALITY meat and poultry.



Rutgers Dining only purchases USDA Prime or Choice grade meats, just like your favorite fine dining restaurants. All poultry served in the dining halls are USDA Grade A, which is the highest quality.

Brown spots on a banana DO NOT mean it is rotten.

When bananas ripen they release ethene gas, causing ripening and softening of fruits, which leads to browning. Brown spotted bananas are just as full of vitamins and minerals as bright yellow bananas.



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

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://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/color-meat-and-poultry> Accessed on 1/26/23.

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