

EATING 101 RU DINING HEALTHY?



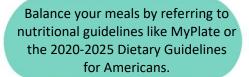
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

A Recipe for Successful Meal Planning

Have you ever strolled into the dining hall, only to be captivated by the sheer abundance of food stations and the plethora of choices available? Do you find yourself overwhelmed by the choices that you decide to play it safe and go for pizza? Do not fret, the Rutgers Healthy Dining Team is here to introduce you to the concept of meal planning! Meal planning is the planning ahead of foods or meals that will be eaten over the next few days. Studies show planning your meals ahead of time is associated with better adherence to nutritional guidelines and improved diet variety. Read below to see how you can meal plan in the Rutgers Dining Facilities.

Start by going to your MyRutgers App or <u>http://food.rutgers.edu/</u> to find weekly menus for each dining facility.

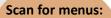


Don't see an entrée you like? Try combining different foods from each station to create an original meal with your favorite foods and new options.

> Give yourself time at the start of each week to plan your meals. Jot them down in a journal or your Notes App for east reference.

Meal Planning Example

- Breakfast at Busch Dining Hall
 Oatmeal with assorted fruits and a side of Greek yogurt.
- Lunch at Neilson Dining Hall
 DIY chicken veggie wrap with
 vegetables from the salad bar, such as peppers and spinach.
- Dinner at Livingston
 Dining Commons
 Salmon with brown rice
 and a side of hearty
 vegetable soup





Need to plan a **quick meal on the go**? Stop by **The Atrium** for pre-packaged sushi, a cup of fruit, and a water.

Enjoy Plan-tastic Meals!

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 References: Meal Planning. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5288891/. Accessed on: February 7, 2024.



Dining Services

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Questions? Like us on Facebook (RU Healthy Dining Team, follow us on Instagram (@ru_hdt), or email nutrition@dining.rutgers.edu.