



EATING 101

RU DINING HEALTHY?



A Weekly Newsletter Brought to You by the RU Healthy Dining Team-
A Joint Program Between RU Dining Services and The Department of Nutritional Sciences

Be Seen With a New Cuisine

Tired of eating the same foods time after time? Do you have a curious palate that is ready to taste something new? If so, take your tastes buds on a trip around the world by exploring the various flavors, textures and aromas of ethnic foods.

Put your next order of burgers and fries on hold and reap the benefits of these ethnic cuisines.

Italian: Some familiar Italian foods that have deep roots in America include pasta, ravioli and pizza. Italian pasta dishes provide a boost of energy from the carbohydrates, along with the fat content from creamy sauces. Try whole-wheat pastas and a light sauce next time you dine. Bon Appetite!



Indian: This cuisine offers hot and spicy dishes along with many herb-flavored vegetarian varieties. Some common spices include curry, cumin, and cardamom. A tender chicken dish called *Tandoori Tikka Masala*, is served in a rich and creamy sauce and often consumed with rice, naan (a flat dipping bread) and roti (a thin tortilla-shaped bread). Broaden your horizons by trying an Indian vegan dish at your next trip to the dining hall.

Japanese: Sushi is a well-liked and trendy item from this cuisine. Sushi provides an excellent source of protein from the fish, tofu, egg or seafood fillings. Steaming is a popular Japanese cooking technique, which is a lower fat alternative to frying.



Chinese: Chinese cuisine has many regional roots that use a wide variety of cooking techniques, such as stir frying, simmering, steaming and deep frying. Common proteins of this cuisine include pork, beef, chicken and seafood. Remember to ask for steamed veggies as a healthy side dish!

Middle Eastern: Common components in many Middle Eastern dishes include honey, yogurt, chickpeas, pita and olive oil. Hummus, a mixture of lemon juice, garlic, tahini and chickpeas, offers a complete protein when eaten with whole wheat pita bread.

Mexican: Dishes from this cuisine use a refreshing blend of vegetables, rice, beans, cilantro and chili peppers. Make a healthy modification to your Mexican adventure by asking for whole wheat tortillas, brown rice and less cheese.



Ethnic foods are not only a gateway to explore new flavors, but can also provide you with an inside look and new appreciation for different cultures.

Try a new taste from a different place!

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References: All Business. International Cuisine Reaches America's Main Street. Available at:

<http://www.allbusiness.com/manufacturing/food-manufacturing-fruit/664238-1.html>. Accessed on March 23, 2009.

Questions? E-mail the Healthy Dining Team at peggyp@rci.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis, and past newsletters, view our web page at <http://food.rutgers.edu>