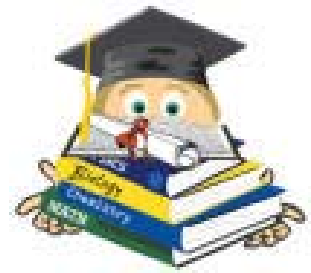


# EATING 101

## RU DINING HEALTHY?



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

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### *What's your G.P.A. in Eating 101?*

## How to get a 4.0 in Eating Healthy in the Dining Hall

Will the year ahead be a nutrition nightmare or a dietary delight? The choices you make in the dining hall will be the determining factor. Rutgers Dining Services provides a buffet style service to satisfy a variety of palates including vegetarian meals. Despite the plethora of choices available, by no means do you have to sample everything on the menu to have a healthy diet or get your money's worth at the dining hall.

For starters, check the menu ahead of time by visiting the dining website: <http://food.rutgers.edu>. You can also use the nutrient analysis located at the same web page as a guide to balanced meals.



### Additional Suggestions

- When choosing meats or poultry, select baked, broiled or grilled items rather than fried or breaded items.
- For a beverage, choose water or fat free milk. Limit soda, fruit drinks and juice. They contain excess sugar, which adds empty calories. Each cup of soda or juice adds approximately 100 calories to your meal.
- Limit foods with cheese sauces, cream sauces, dressings or gravies as these contribute extra calories but not extra nutrients.
- Choose low calorie condiments such as vinegar, mustard, lemon juice or jelly instead of mayonnaise, butter and cream cheese, which can add 100 calories to your meal with just one tablespoon.
- Frozen yogurt is low fat and a good source of calcium, but limit the candy toppings, as one serving can easily add a few hundred calories to your dessert.
- Include foods such as whole grain cereal or bread, legumes, vegetables and fruit, which will add beneficial fiber. Most college students only eat 1.5 cups of fruit or vegetables per day; however current recommendations for college aged students are approximately 6 cups of fruits and vegetables per day. Be sure to grab a piece of fruit to include at your meal or as a snack.



*Use this nutrition study guide to ace  
your first exam of the semester – Eating 101!!*

References: Thomason, et al. Baseline fruit and vegetable intake among adults in seven 5 A Day study centers located in diverse geographic areas. *JADA* (1999) 99: 1241-1248.  
<http://www.mypyramid.gov>

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Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. Questions? Email the RU Healthy Dining Team: [peggyp@rci.rutgers.edu](mailto:peggyp@rci.rutgers.edu) For more info, nutrient analysis and past newsletters check out our web page at <http://food.rutgers.edu/>