

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

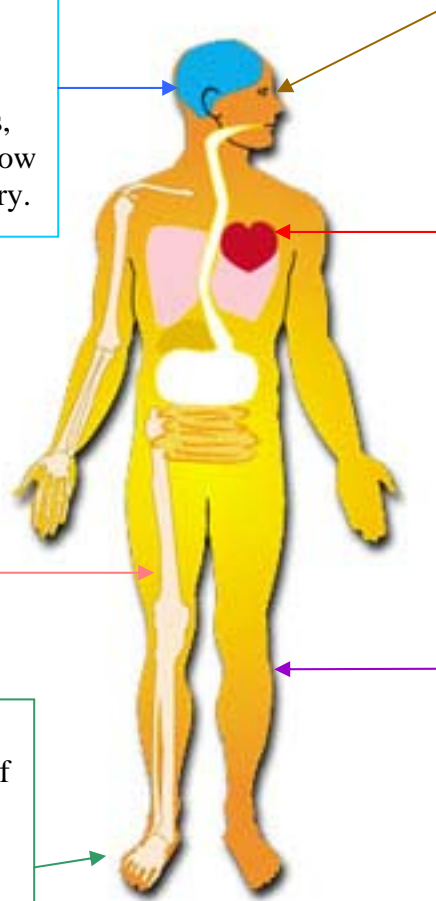
Good Nutrition from Head to Toe

Everyone has heard the phrase, “you are what you eat.” Don’t worry you won’t be turning into that burger on your plate! Rather, food is a fuel that is needed in the right quality and quantity for optimal health. Let’s take a look at the roles of some important nutrients from foods in the diet:

Brain: The brain’s best fuel is glucose. Since the brain cannot store this nutrient, it needs a continual supply. Carbohydrates are a major source of glucose and optimize brain function. Also, foods like blueberries, strawberries, prunes and fatty fish show positive benefits to short term memory.

Bone: Along with calcium, Vitamin D helps protect against bone disease. The body makes it from sunlight, but increased amounts are needed from the diet, especially during winter. Vitamin D is found in fortified milk and cereals, fatty fish, and egg yolks.

Feet: Keep your body active! Physical activity can lower the risk of chronic diseases. Try to get at least 30 minutes of moderate physical activity daily.



Eyes: Vitamin A promotes normal vision, especially in dim light. Vitamin A rich food sources include carrots, sweet potatoes, milk, eggs, and tomatoes.

Heart: In addition to a low saturated fat, high fiber diet, eating omega 3’s can help prevent heart disease and fight inflammation. Omega 3’s are found in foods such as salmon, walnuts, flaxseed, and canola oil.

Skin: Vitamin E is an antioxidant that reduces sun damage and helps improve skin texture. Good sources are almonds, vegetable oils, seeds, spinach and other dark, green leafy vegetables.

Eat Well Feel Well!

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References:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_19778_ENU_HTML.htm Accessed on September 24, 2009.

DiSilvestro, Robert A., Hampl, Jeffrey S., and Gordon M. Wardlaw. *Perspectives in Nutrition*. Boston: McGraw-Hill, 2004.

Questions? E-mail the RU 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>.