



# 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

### What's in Your Glass?

Many beverages may quench your thirst, but may also add unnecessary calories and sugar to your diet. If you think you have created a nutritious meal, you might want to double-check the drink accompanying it. When it comes to nutrition, not all drinks are created equal.

#### Sports drinks

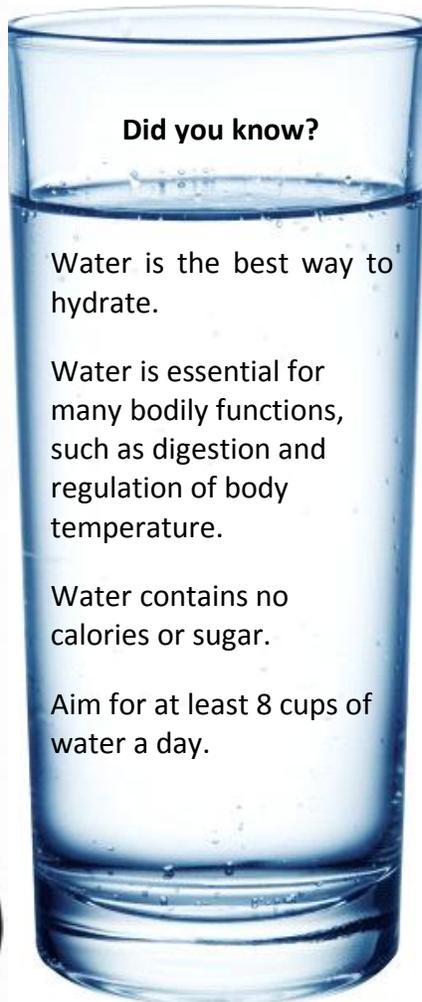
*Did you know?* Sports drinks may only be beneficial after at least one hour of strenuous exercise. Otherwise, they just add extra calories and sugar.

*Try this:* For extra electrolytes, bite into a piece of fresh fruit accompanied by a glass of water.

#### Juice

*Did you know?* Half a cup of 100% fruit juice supplies 100% of your daily value of vitamin C. Drinking more juice will add extra sugar and calories.

*Try this:* If you find yourself drinking more than half a cup of juice, dilute your juice with water or seltzer.



#### Did you know?

Water is the best way to hydrate.

Water is essential for many bodily functions, such as digestion and regulation of body temperature.

Water contains no calories or sugar.

Aim for at least 8 cups of water a day.

#### Soda

*Did you know?* The high levels of phosphates in carbonated beverages can have a negative effect on your bones.

*Try this:* If you are craving something fizzy, try squeezing a wedge of lemon into a glass of seltzer.

#### Milk

*Did you know?* Low fat and skim milk have approximately the same amount of calcium, riboflavin, vitamin A, and vitamin D as whole milk but with less fat.

*Try this:* Don't drink cow's milk? The dining halls also offer rice, soy, and almond milk all fortified with calcium and vitamin D.

### Water you waiting for?

Revised by: Kiran Ali

References: McGuire, M., Beerman, K. Nutritional Sciences From Fundamentals to Food. California: Wadsworth, 2013. *Nutrition Info about Beverages*. Retrieved from: <http://www.eatright.org/resource/health/weight-loss/tips-for-weight-loss/rethink-your-drinks> Accessed on: 24 September 2016

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Questions? Follow us on our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU\_HDT**), SnapChat (**RU\_HDT**) or e-mail us at [peggyp@dining.edu](mailto:peggyp@dining.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, visit our web page at <http://food.rutgers.edu>.