



# 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

### H2O: What to Know

Water is one of the body's most essential nutrients. You cannot survive long without it. Continue reading below to *drink up* the necessary knowledge you need to stay properly hydrated.

#### Tips to Stay Hydrated on Campus

- ✓ Take advantage of the filtered water stations available in all dining halls
- ✓ Carry a reusable water bottle, such as your Dining Services Cupanion with you to class—there are many filtered water fountains for refilling on every campus
- ✓ To add flavor to your water routine, try infusing fresh fruit such as lemon or lime into your water, or opt for sparkling water
- ✓ Try eating more fruits and veggies. They generally have high water content and are high in nutrients

#### Why Water?

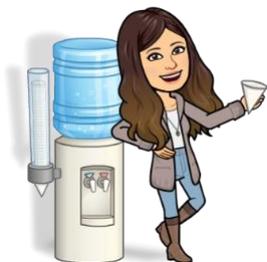
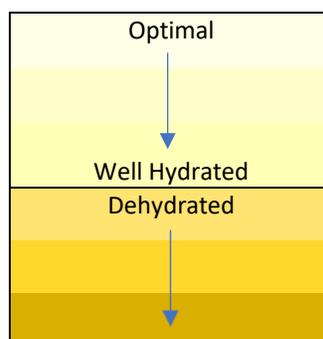
Water comprises 60% of our body weight. All of our cells and organs need water to function. Water helps to regulate body temperature, acts as a lubricant, and can also prevent and relieve constipation by moving food through the intestines.



#### Don't Sweat It

Proper hydration is essential, especially during exercise. Being even slightly dehydrated can hinder exercise performance and cognitive function. A *(pee)*ce of advice is to look at your urine color to help determine hydration status: if your body is properly hydrated, your urine should be a pale yellow color. If you feel thirsty, you are already dehydrated. Other signs of hypohydration include premature fatigue, decreased exercise capacity, headache and dizziness. Fluid lost during exercise through sweat, if not replenished, can lead to hypohydration. Strive for consistent water intake to maintain optimal hydration.

#### Urine Color Chart



*Water ever floats your boat*

Revised By: Dana Ikeda

Reviewed By: Tracy Anthony, Ph.D.-Dept. of Nutritional Sciences

References: *Hydrate Right*. Available at: <https://www.eatright.org/fitness/sports-and-performance/hydrate-right/hydrate-right>.

Accessed on: 4/7/19. *Get the Facts: Drinking Water and Intake*. Available at: <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>. Accessed on: 4/7/19.

Questions? Like us on Facebook (**RU Healthy Dining Team**), follow us on Twitter (**@ru\_hdt**), Instagram (**@ru\_hdt**), Snapchat (**ru\_hdt**) or email **peggyp@dining.rutgers.edu**.