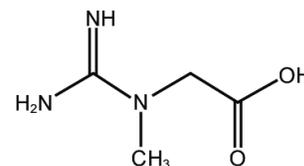




EATING 101

RU DINING HEALTHY?



Creatine

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

Creatine, what does that mean?

Calling all gym bros and workout pros! You might have heard the word creatine circling around, but what exactly is this compound? Creatine is a compound found in most tissues in the body and supplies energy for muscle use. It is created internally by the liver and is also found in certain food sources. For some, *bulking* intake of creatine may aid in high intensity performance. For others, because creatine holds water, it will only make their muscles feel fuller and may not improve strength and performance. It can also increase the rate of building muscle tissue during rest intervals. Creatine is synthesized in the body from the amino acids - glycine, arginine, and methionine. Listed below are foods found in our dining halls that can bring your creatine levels to the *max*:

Animal Sources of Creatine

- Milk, beef, pork, and fish (tuna, salmon, and cod)

Remember, creatine is synthesized by the amino acids arginine, glycine, and methionine. Think of them as the budding blocks of creatine. Therefore, consuming food sources with these amino acids can boost your creatine synthesis! Here are some food sources that contain the building blocks of creatine:

Non-Animal Sources of Creatine

- (Arginine) Pumpkin Seeds, Sesame Seeds, Seaweed, Lentils, Soybeans
- (Glycine) Seaweed, Pumpkin Seeds, Soybeans, Sesame Seeds
- (Methionine) Seaweed, Sesame Seeds, Soybeans

Recently, creatine supplementation has gained popularity among athletes looking to improve performance. However, keep in mind manufacturers are not required to prove that a supplement works before marketing it, or even that it contains what is stated on the label. Instead of expensive and potentially unsafe supplementation, head over to the dining hall stir-fry station to get your creatine from meals like teriyaki tofu with brown rice and vegetables topped with sesame seeds.

Be creative with your creatine!

Authored By: Holly Dorsett

Reviewed By: Dr. Tracy Anthony Department of Nutritional Sciences

References: *Effects of creatine supplementation on exercise performance* Available at: <https://pubmed.ncbi.nlm.nih.gov/10461712/> Accessed: September 30, 2022

Creatine Available at: <https://www1.udel.edu/chem/C465/senior/fall00/Performance2/creatine> Accessed: September 30, 2022.

Food Data Central Available at: <https://fdc.nal.usda.gov/fdc-app.html#/> Accessed: September 30, 2022

Supplements and Ergogenic Aids Available at: <https://www.eatright.org/food/vitamins-and-supplements/dietary-supplements/supplements-and-ergogenic-aids> Accessed: September 30, 2022

RUTGERS
Student Affairs

Dining Services

Instagram / Facebook / Twitter / @rutgersdining
food.rutgers.edu