



# 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

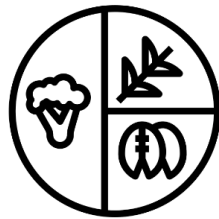
## Sweat Smart: Electrolyte Essentials

Whether you are fueling a run around Buccleuch Park or hitting the Livingston Recreation Center, maintaining proper hydration is key for allowing your brain and body to perform optimally. However, there is another piece to the puzzle of hydration beyond your level of water intake: electrolytes! Electrolytes are essential minerals that play a key role in maintaining many of our bodies' physiological functions (e.g., hydration, nerve and muscle function, blood pressure). Sodium and potassium are the two main electrolytes lost in sweat and key factors impacting the fluid balance within our body, especially when we exercise. Electrolyte imbalances from fluid loss can lead to dehydration symptoms such as muscle cramps, headaches, and/or brain fog. Read below to dive deeper into the most *electrifying* way to maintain electrolyte balance.

### Electrolytes through Diet

Did you know you can get your electrolytes naturally? Whole foods like fruits, vegetables, and low-fat dairy are packed with these essential minerals, as well as loads of other vitamins and antioxidants your body craves. Think of it as supercharging your health without the sugar-rush of a sugar-sweetened electrolyte beverage. Here's your guide to delicious electrolyte powerhouses:

Sodium	Potassium	Calcium	Magnesium
-Table salt	-Potato with skin	- Leafy green	-Nuts and seeds
-Canned goods	-Banana	vegetables	-Beans
-Condiments	-Spinach	-Wheat/oat-based	-Peanut butter
-Cheese	-Beans and lentils	cereals	-Soymilk
	-Tuna	-Low-fat dairy products	-Whole grains



### Electrolyte Drinks

Electrolyte drinks come in a variety of forms – some are electrolyte enhanced waters while other contains added sugars for energy to fuel and refuel the body. While they may seem like a healthy alternative to soda, when deciding what to drink with your dining hall meal, save these drinks for their main purpose – hydration and energy and electrolyte replenishment for exercise. It is best to stick to water for everyday hydration and meals.

*Electrify your lifestyle!*

References: *Are electrolyte-loaded sports drinks healthy?* Available at: <https://health.clevelandclinic.org/electrolyte-drinks-beneficial-or-not> Accessed on: 2/14/24  
*Food Sources of Select Nutrients.* Available at: <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients> Accessed on: 2/18/24

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