



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

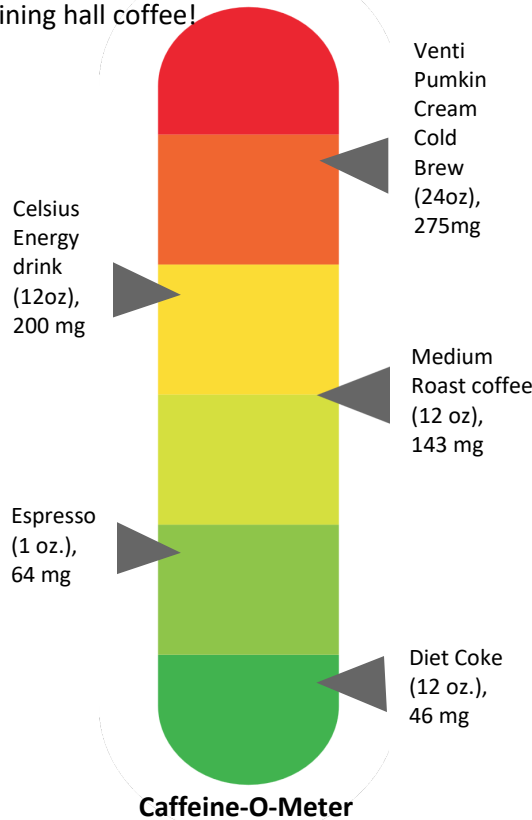
Balancing Your Brew

As busy college students, many of you rely on coffee to get through the day or power through those late-night study sessions. Are you tired of just chugging coffee? Let's elevate your daily brew. While coffee itself is a naturally low-calorie energy boost, it is easy to pack on extra calories with sugary add-ins. Let's dive deeper *into the pot* on how to make the most of your dining hall coffee!

R U Crazy About Caffeine?

A standard 12 oz cup of coffee contains about 143 mg of caffeine. A moderate amount of caffeine can boost alertness and focus, but too much can lead to feeling anxious or restless. According to the Dietary Guidelines, anything over 400 mg of caffeine per day is excessive. To avoid *over brewing* it try to:

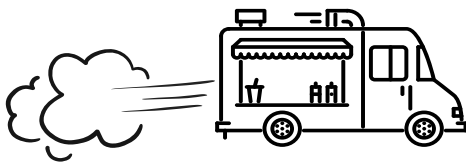
- Limit to 2-3 standard cups of coffee per day.
- Opt for a combination of half decaf and half regular coffee.
- Limit coffee intake to 6 hours before bed to avoid disrupting your sleep quality.



The Sweetness Strategy

Creamers, whole milk, and syrups can add delicious flavor to your coffee, but they often come with a hefty dose of fat and added sugar. Below are simple ways to be mindful of added calories while keeping your coffee satisfying:

- Try adding spices like cinnamon, cardamom, nutmeg, cloves, or ginger.
- Swap out creamers for lower-fat milk options.
- Limit your packets of sugar.
- Use one pump of syrup instead of two.



Swipe and Sip at the Starbucks Truck

You may have seen a Starbucks coffee truck around campus. Did you know you can use your meal swipes there for a total of \$10 worth of items? Before chugging your daily Pumpkin Cream Cold Brew, check out the *Caffeine-O-Meter* above to see how much caffeine it contains.

The grind that supports the grind.

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References: *The Nutrition Source: Coffee* Available at: <https://nutritionsource.hsph.harvard.edu/food-features/coffee/> Accessed on 9/12/24.
Caffeine Effects on Sleep Taken 0, 3, or 6 Hours Before Going to Bed Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3805807/> Accessed on 9/12/24.
Dietary Guidelines for Americans 2020-2025 Available at: <https://www.dietaryguidelines.gov> Accessed on 9/12/24.