

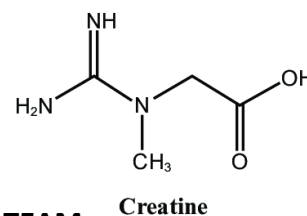


EATING 101

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



Creatine, Built not Bought

Hey gym lovers, athletes, and fitness fans! You have probably heard of creatine -maybe your workout buddy takes it, or you have thought about trying it yourself? But what is it? Creatine is naturally found in your muscles and helps regenerate creatine phosphate, a key energy source for short bursts of energy, such as weightlifting and sprinting. It can boost muscle strength and power and may aid recovery, though it does not improve endurance. The effects of creatine can vary from person to person and depend on factors such as your diet, training style, and baseline muscle creatine levels. Your body makes creatine from the amino acids arginine, glycine, and methionine, and you can also get it from foods like meat and fish. Creating supplements can be helpful, but a balanced diet is also effective. Ready to fuel your fitness? The Healthy Dining Team is here to help you find more creatine-rich options or plant-based sources of key amino acids right in the dining halls.

Animal Sources of Creatine:

- **Beef** (ex: Beef Snow Pea Stir Fry)
- **Pork** (ex: Asian Pork Ribs)
- Fish such as **tuna, salmon, cod, flounder**, and other varieties (ex: Roasted Citrus Salmon, Baked Flounder, Maui Tuna, Tuna Salad Wrap)

Plant Sources (contain the building blocks of Creatine):

- **Soybeans** (ex: Buffalo Tofu Wrap)
- **Seaweed** (ex: Seaweed Salad, Sushi)
- **Sesame** and **pumpkin seeds** (ex: Charred Broccoli with Sesame Tahini, Hummus)
- **Beans** and **lentils** (ex: Stewed white bean and Lentil Soup)

Supplement Smart - Creatine powder and gummies are sold as supplements, but did you know that manufacturers are not required to prove they work, or even contain what is listed on the label? Go beyond the scoop by combining smart supplementation with creatine-rich meals for optimal gains.

Find Your Strength on the Plate!

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References: *The Effects of Creatine Supplementation on Upper- and Lower-Body Strength and Power: A Systematic Review and Meta-Analysis* Available at: <https://pubmed.ncbi.nlm.nih.gov/40944139/> Accessed: October 9, 2025 *Creatine* Available at: <https://www.mayoclinic.org/drugs-supplements-creatine/art-20347591> Accessed: October 9, 2025. *10 Health and Performance Benefits of Creatine* Available at: <https://www.healthline.com/nutrition/10-benefits-of-creatine#energy> Accessed: October 9, 2025 *Creatine supplementation and muscle-brain axis: a new possible mechanism?* Available at: <https://pubmed.ncbi.nlm.nih.gov/40771202/> Accessed: October 9, 2025 *Rutgers Nutrislice Busch Dining Hall Menu* Available at: <https://rutgers.nutrislice.com/menu/busch-dining-hall/dinner/2025-10-04> Accessed: October 1, 2025