

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

Hydrate to Elevate

Staying hydrated is the extra credit that every college student needs. Proper hydration keeps you healthy and supercharges your brainpower by boosting overall well-being, cognitive function, focus, and short-term memory—key factors for success in a demanding academic environment. Aim for one cup of water for every 20 pounds of body weight to stay hydrated. While water is the gold standard for staying hydrated, many other refreshing options keep things interesting. *So, wat-er you waiting for? G*rab your favorite water bottle and get creative with your hydration!

Splash of Flavor

Transform regular H2O with fruits and herbs for a flavor boost.

Add a splash of:

- Strawberries
- Lemon slices
- Orange slicesCucumbers
- Melons

Allow your creation to chill for a bit to allow the flavors to fully develop.

Eat Your Water

While 80% of your water intake comes from drinks, the other 20% sneaks in through your food. Snacking on juicy fruits and vegetables with a high water content can keep you hydrated.

Munch on:

- Cucumbers with your favorite dressing
- A grape and melon fruit salad
- Celery and peanut butter
- A bed of lettuce with your favorite salad toppings

Nutritional Sips

There are loads of tasty, thirst-quenching drinks out there to keep you hydrated.

Try:

- Herbal Tea
- Green Smoothie from Harvest
- Sparkling water
- Flavored seltzer
- Skim or low-fat milk or a plantbased alternative

Sips Happens, Stay Hydrated.

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