



EATING 101

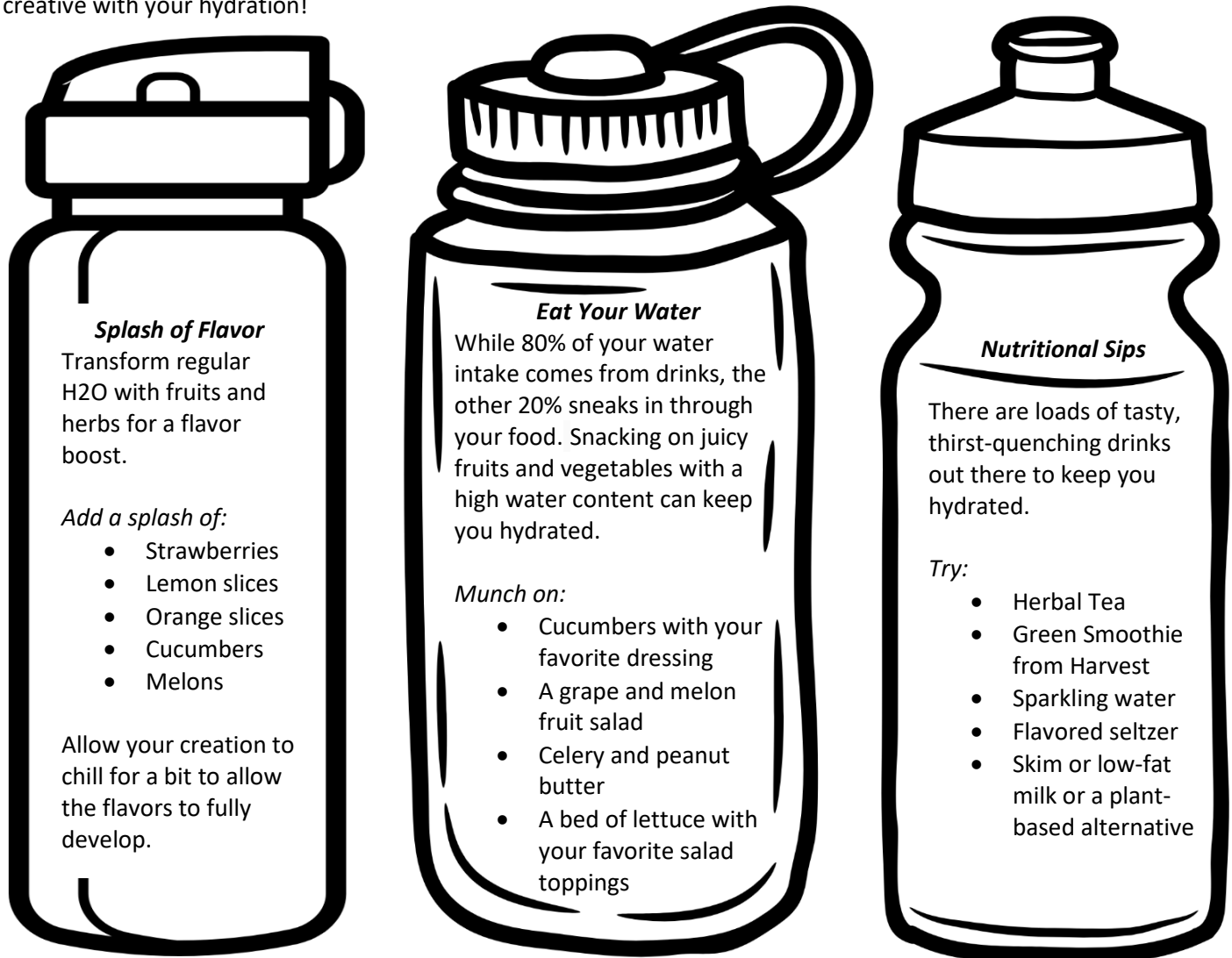
RU DINING HEALTHY?



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?* Grab your favorite water bottle and get creative with your hydration!



Sips Happens, Stay Hydrated.

Authored By: Candace Johnson

Reviewed By: Dr. Peggy Policastro, RDN-Rutgers Dining Services

References: *Hydrating for Health*. Available at: <https://newsinhealth.nih.gov/2023/05/hydrating-health>. Accessed on 2/20/25. *Water, Hydration and Health*. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC2908954/>. Accessed on 2/26/25. *Cognitive Performance and Dehydration*. Available at: Adan, A. (2012). Cognitive Performance and Dehydration. *Journal of the American College of Nutrition*, 31(2), 71–78. <https://doi.org/10.1080/07315724.2012.10720011>. Accessed on 2/20/25. *Cognitive Effects of hydration*. Available at: https://www.osha.gov/sites/default/files/2023BeatTheHeatWinners/Contest_Innovative_KentPrecision_CognitiveEffectsHydration.pdf. Accessed on 2/26/25.