





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

#Trending or True?

Have you noticed that the more you scroll through social media, the more “must-try” health trends appear on your feed? One post promises to heal your gut, while the next claims to repair your skin barrier, and somehow, they all guarantee every essential nutrient in one “quick fix.” The problem is that the information you see on social media is rarely verified by experts. Many of these trends simply recycle misinformation and lack the scientific evidence to support their bold claims. The Healthy Dining Team is here to break down the buzz and give you the science behind the scroll. Influence may be loud, but evidence gets the final word.

The Trend	The Truth
<p>Protein Overload: Extra protein is appearing in everything from your morning coffee to your favorite pastries and popcorn. But is this “protein overload” essential or simply excessive? We are taking a closer look at whether these protein-boosted products live up to the hype.</p> 	<p>Most Americans get more protein than they need. Many “protein-packed” products add unnecessary sugar and fat while failing to deliver high-quality nutrients. For a powerful protein boost, try these:</p> <ul style="list-style-type: none"> • Lentils and legumes • Lean proteins: chicken, fish, and shellfish. • Nuts and seeds • Tofu
<p>Stacked Water: Real Hydration or Marketing Sensation?</p> <p>Stacked water elevates plain water into a DIY concoction that promises a flavorful, nutrient-packed sip. These drinks typically include “boosters” such as collagen, creatine, probiotics, electrolytes, and Vitamin C, often alongside carbohydrates in the form of sugar. While this sounds like a sweet sip, let’s uncover if it’s a smart one.</p>	<ul style="list-style-type: none"> • Many of the ingredients in stacked water are “boosters” and sweeteners that contribute unwanted added sugar, salt, and calories. Level up your choices with these healthier swaps: Adding a squeeze of citrus or fresh fruit to water • Eating a balanced diet of leafy greens, fruits, and vegetables to offer similar benefits • Opting for naturally flavored seltzer water
<p>Detoxing the Detox: There is a range of detox diets that claim to use “natural” approaches to remove toxic substances from your body, while promoting weight loss and improved health.</p> 	<p>Detox diets lack strong evidence and may cause irritability, fatigue, and nutrient deficiencies. Your kidneys and liver are your natural detoxifiers! Support your body with balanced meals, movement, sleep, and stress management, not restrictive cleanses. Remember: Detox your feed before you detox your diet.</p>

Fact Check Your Feed

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References: *Dietary Guidelines for Americans 2025-2030: Progress on added sugar, protein hype, saturated fat contradictions.* Available at: <https://nutritionsource.hsph.harvard.edu/2026/01/09/dietary-guidelines-for-americans-2025-2030/>. Accessed on: February 23, 2026. *Protein Dazed, And Still Confused.* Available at: <https://ific.org/media/protein-dazed-and-still-confused-new-ific-research-reveals-americas-high-protein-hype-doesnt-match-knowledge/>. Accessed on February 23, 2026. *Hydration boosters not necessary with balanced diet.* Available at: <https://www.uclahealth.org/news/article/hydration-boosters-not-necessary-with-balanced-diet>. Accessed on February 23, 2026. *Detoxification: The science behind social media claims of detox health benefits.* Available at: <https://www.openaccessgovernment.org/article/detoxification-the-science-behind-social-media-claims-of-detox-health-benefits/178598/>. Accessed on February 23, 2026.