



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

Think About Your Drink

Some beverages like sodas and energy drinks are known for their high sugar content. However, other beverages that may seem innocent can be loaded with sugar, such as sports drinks, lemonade, fruit juice, or sweetened iced tea.

Limiting your intake of sugary drinks may help you maintain a healthy weight and follow a more nourishing diet. Read below to find out how you can reduce your intake of sugar sweetened beverages while still savoring the sweet things in life.

Average Teaspoons of Sugar per 12-ounce Serving

Diet Cola	0 tsp
Unsweetened Tea	0 tsp
Lemonade	6¼ tsp 
Orange Juice	7½ tsp 
Sweetened Iced Tea	8½ tsp 
Cola	10¼ tsp 
Fruit Punch	11½ tsp 

Want to Tone it Down?

Dilute 100% fruit juice with seltzer or add unsweetened iced tea to lemonade for fruity options in the dining halls

Still Craving the Sweet?

Fill your cup only halfway to reduce your portion size

Thirsty?

Keep a reusable water bottle on hand and refill it with water throughout the day

Need Flavor?

Make infused water by adding sliced lemon, berries, or cucumbers for a refreshing drink without the added sugars

Have a good relation-sip with your drink!

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References: *Rethink Your Drink*. Available at https://www.cdc.gov/healthyweight/healthy_eating/drinks.html Accessed on:

December 13th, 2021. *Parent Tips: How Much Sugar and Calories are in Your Favorite Drink?* Available at

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-sugar-in-drinks.pdf> Accessed on: December 13th, 2021.

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