



# 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

### Sweet, or Sneaky?

No need to sugarcoat it, America's sugar consumption is higher than ever. The real question is: *RU sure* you know where your sugar is hiding? From "healthy" snacks to sweetened beverages, added sugars and sweeteners can sneak in under many different names. But do not worry, the Healthy Dining Team is here to help you unleash your inner sweet-tooth detective and crack the case on hidden sugars.

#### Decoding the Label

To see what you are actually consuming, check the Nutrition Facts Label. While "Total Sugars" includes naturally occurring *and* added sugars, "Added Sugars" indicates only the sweeteners added during processing.

- **Know Your Limit:**  
The 2026 Dietary Guidelines recommend no more than 10 grams of added sugar per meal.
- **Ingredients to Watch:**  
Scan the ingredient list for syrups, honey, or words ending in "-ose" (like fructose, dextrose, or sucrose).

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	2/3 cup (55g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
<b>Total Sugars</b> 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### Satisfy Your Sweet Tooth

Choose whole, fresh foods from Rutgers Dining Services, like fresh fruits and sweet potatoes, to satisfy cravings without the extra sugar. Try these Smart Sugar Swaps:

- **Hydrate:**  
Instead of soda, opt for diet soda, no-sugar-added seltzer, or infused water.
- **Customize:**  
Trade your regular dessert for a fruit-and-yogurt parfait.
- **Spice it up:**  
Sprinkle cinnamon on oatmeal, yogurt, or coffee instead of sugar for a natural flavor boost.

*Sweet Choices Lead to Sweet Victories*



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References: *Low Calorie Sweeteners*, Available at: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/low-calorie-sweeteners>, Accessed on February 15 2025. *5 Ideas to Reduce Sugar In Your Diet*, Available at: <https://diabetes.org/es/node/636481>, Accessed on February 15 2025. *Nutrition for Life: Sugar Substitutes*, Available at: [https://professional.diabetes.org/sites/dpro/files/2023-12/sugar\\_substitutes.pdf](https://professional.diabetes.org/sites/dpro/files/2023-12/sugar_substitutes.pdf), Accessed on February 15 2025



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