



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

H2Ohh Yeah

What do you call water that is good for you? *Well water!* The human body is made up of about 60% water, which is essential for many bodily functions. It is recommended that men and women consume 124 ounces and 92 ounces of water daily, respectively. However, the exact amount will vary based on age, sex, life stage, and activity level. While this may sound like a lot of water for you to drink, keep in mind that 20% of water intake comes from food. To make sure your body is well hydrated, peek at your urine next time you use the bathroom. Your urine should be pale yellow. Learn the basics of how your body utilizes water to keep you *flowing* throughout the day.

<p>Water Loss Throughout the Day:</p> <p>Urine: ~1 cup lost during each trip to the bathroom</p> <p>Breath: 2-4 cups are expelled each day through normal breathing-- even more during cold weather</p> <p>Sweat: 2 cups during the day (not including exercise-induced sweat)</p>	<p>Tips to Replenish Water Stores Throughout the Day :</p> <p>Carry a reusable water bottle with you throughout the day to refill in campus buildings or the dining hall</p> <p>Add slices of lemon or lime to your water to add flavor</p> <p>Incorporate foods that have a high water content (70-100% water)</p> <p>Ex: lettuce, carrots, watermelon, strawberries, and yogurt.</p>
--	---

Dehydration

Even slight dehydration can result in fatigue, dulled memory, and impaired athletic performance

Where to Find Water in the Dining Halls

- Look for the silver triple-filtered water dispensers in each dining hall
- Incorporate vegetables and fruit in your meals
- Add a serving of broth-based soup to your meal
 - Sip on decaffeinated hot or cold beverages

Drink Options

In addition to drinking water, other ways to hydrate include drinking diluted 100% fruit juices, low-fat milk, and seltzer water

Water, water everywhere; let's all have a drink!

Revised By: Erin Ormsby

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

References: *Water* at: <https://www.hsph.harvard.edu/nutritionsource/water/>. Accessed on: February 9, 2022. *Get the Facts: Drinking Water and Intake* at: <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>. Accessed on: February 9, 2022. *How Much Water Do You Need* at: <https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need#:~:text=Adequate%20intake%20levels%20for%20water,for%20men%20about%2015.5%20cups>. Accessed on: February 23, 2022.