



# EATING 101

## RU DINING HEALTHY?



A Weekly Newsletter Brought to You by the RU Healthy Dining Team-  
A Joint Project Between RU Dining Services and The Department of Nutritional Sciences

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## H2Oohh Yeah

We've all heard that you should drink at least eight glasses of water a day, but how important is it, really? The answer: *extremely!* The human body is made up of 55 to 75 percent water (lean people tend to have a higher percentage, as muscle holds more water than fat), and nearly every cell in the human body needs sufficient water to function properly.

At least eight, 8-ounce glasses of water are recommended per day in order to replenish all the water your body releases on a daily basis. **For instance:**

- Between two and four cups is expelled each day through normal breathing--even more during cold weather
- About one cup of water is lost during each trip to the bathroom
- Approximately two cups is lost if you sweat during the day (not including exercise-induced sweat)
- If you have sweaty feet, beware: you're losing about one cup of water a day from your feet alone

A person is not considered dehydrated until they have lost at least ten percent of their body weight in fluids, but as little as a two percent loss can result in fatigue, dulled memory and impaired athletic performance. On the other hand, there are many benefits of being properly hydrated. **Water functions in the body to:**

- Aid circulation
- Help flush out toxins
- Facilitate digestion and nutrient absorption
- Improve muscle tone
- Prevent kidney stones and urinary tract infections
- Reduce bloating



An easy way to check if you're getting enough water is to take a peek at your urine. If it is light and clear, you're getting enough water, but if it is a dark or intense yellow then you should consider upping your water intake.

Although water is the best solution to quench your thirst, good alternatives include diluted fruit juices, low-fat milk, and seltzer water. Limit your intake of full-calorie sodas and sugary juices. In addition to sugar slowing down the rate at which water is absorbed into the body, caffeine acts as a natural diuretic. Other good sources of water include juicy fruits such as oranges, apples, and grapes, and foods such as vegetables, yogurt, and green salad. To make filling your water quota more appetizing, drink it cold, with a splash of fruit juice for flavor.

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

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Sources: <http://www.clevelandclinic.org/health/health-info/docs/2700/2731.asp?index=7250>

<http://www.pwd.org/environment/tapwater/health.php>

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Questions? E-mail the Healthy Dining Team at [peggyp@rci.rutgers.edu](mailto:peggyp@rci.rutgers.edu). Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis, and past newsletters, view our web page at <http://food.Rutgers.edu>