



EATING 101

RU DINING HEALTHY?



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

Timing Your Dining

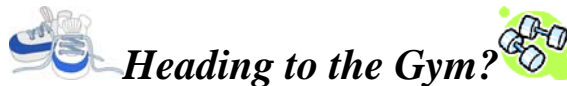
Ever wonder how to get the most out of your meals? Remember: it's not only *what* you eat, but also *when* you eat. In order to maintain your energy levels, it's important to have small, low-fat, balanced meals at regular intervals throughout the day. Carbohydrates, the main source of dietary glucose, are the body's preferred fuel. Unfortunately, some fad diets may discourage carbohydrates when actually they are crucial to brain and muscle cell function.



Rise and Shine

Keep It Constant! Eat at regular intervals (every three to four hours) to maintain your energy levels.

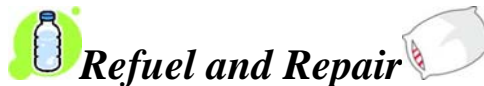
Break the Fast! Your muscles and brain work best when given a steady supply of glucose (energy). After a nightly fast, these cells run low on glucose. Have a healthy breakfast with a balance of carbohydrates and protein to replenish your supply of glucose and help you work at your maximum potential. In fact, research suggests that eating breakfast improves your mental performance. An ideal breakfast consists of complex-carbohydrates and protein. Try an egg sandwich with whole wheat bread or oatmeal mixed with yogurt. Even if you're running short on time, having *something* is better than nothing.



Heading to the Gym?

Keep Your Cool! Staying hydrated is vital to your physical performance. Water is responsible for cooling down your muscles when they heat up during exercise. This allows you to push through the last 15 minutes of your workout.

Fuel Up! Eat a low-fat, balanced meal two to four hours prior to physical activity. Eating right before exercise may cause nausea due to the workload required for digestion. Pre-exercise snacks, such as supplement bars and shakes, are not necessary for the average person. Assuming that you have had your pre-exercise meal, your body is fueled up and ready to go.



Refuel and Repair

Drink! Replacing your fluids is crucial to refueling after you exercise and returning your muscles to their pre-exercise state.

Replenish! When choosing an evening snack, choose light options with a mix of carbohydrates and protein so that you can have a peaceful slumber. Try apples and peanut butter or a cup of hot cocoa made with skim milk.

Eat Right from Morning to Night!

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References: Division of Nutrition & Health Services. (n.d.). *Pre-and Post-Event Meals*. Nutrition and Health Services Available at <http://nhs.ky.gov/sports/apost.htm>. Accessed on Oct. 19, 2009.

Gropper, S. S., Smith, J. L., & Groff, J. L. *Advanced Nutrition and Human Metabolism, Fifth Edition* (pp. 251-274). Belmont, CA: Wadsworth.

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Question? E-mail the Healthy Dining Team at 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>.