From the menus we plan to the ingredients we choose, UCR Dining is about to change the way we serve you. Bon Appetit.

**OUR VISION**

Welcome to the intersection of delicious, nutritious, sustainable and socially responsible dining.

With the menus we plan to the ingredients we choose, UCR Dining is about to change the way we serve you.

**REDUCE**

- Ounce for ounce, fruit juice contains as much sugar as regular soda. Sometimes even more. Juice marked “no sugar added” is just as sugary.
- Sugary drinks increase risk of type 2 diabetes, heart disease and other chronic conditions.
- Many adults get as many as 226 calories from sugary drinks alone each day. That’s half a meal’s worth!

**SUGARY**

- Water is the “perfect” beverage. It helps you feel more energetic, sharpens your mind, and saves you money.
- Want some more flavor in your water? Add lemon wedges or sliced strawberries, or herbs like mint.
- Rule of thumb: Stick to beverages with no more than 12 grams of sugar per 12-ounce serving.

**BEVERAGES**

- There are roughly 10 packs of sugar (40 grams!) in a 12-ounce can of regular soda.
- Diet sodas may not keep you trim. Some studies suggest they increase your appetite. Drink them only occasionally.
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**Global Nutrition Initiative**

Dining, Housing, Residential Services

UCR