AVOIDING THE FRESHMAN 15

ALTHOUGH MOST COLLEGE FRESHTMEN ONLY GAIN AN AVERAGE OF 2-5 POUNDS, THIS MAY BE MORE THAN DESIRED. THE FOLLOWING TIPS MAY HELP AVOID FRESHMAN WEIGHT GAIN:

Get adequate sleep. Fatigue can lead to unnecessary eating.

Enjoy the variety of foods offered, but remember there is always more than you can eat. Make high calorie deep fried foods & highly sweetened drinks an occasional choice, if desired, but not a routine choice.

Avoid restrictive dieting. Deprivation may lead to overeating or eating disorders.

Keep active. Take a class or join an intramural team with the Fitness Center at the Rec Sports Office, join one of many community sports teams, or get out and enjoy the abundant outdoor seasonal activities in the area.

Avoid night-time snacking, especially on high calorie, high fat & high sugar foods such as pizza, ice cream, chips and other packaged snack foods. For times when you’re really hungry and not just bored, stock up with healthy items such as fresh fruit, canned fruits in their own juice, dried fruits, nuts, peanut butter, raw baby carrots, popsicles, yogurt, whole grain breads, rolls, bagels, crackers and cereals, lean deli meats, string cheese, tea, hot chocolate, and flavored coffees for a moderate calorie sweet splurge.