

What's behind the weight gain?

Factors that play into weight gain during the first year of college:

1. **Freedom.** You are finally free of your parents and can do anything you want! Unfortunately, this also means you can eat anything you want. While there are many healthy food choices available on campus, many students opt for fried foods and develop late night eating habits, choices that add unneeded, excess calories.
2. **Drinking alcohol beverages.** Hate to say it but, all those nights you are out partying you are consuming empty calories (calories that carry no nutritional value). These empty calories pack on the pounds quickly if you're not watching your diet.
3. **Late night eating.** Late night drinking often leads to late night eating. Alcohol increases the appetite, often times causing you to order in some food after a night of drinking.
4. **Lack of exercise.** Enough said.
5. **Snacking while studying or watching T.V.** When you are focused on something else you are not really paying attention to how much food you are consuming. By the end of a TV show you may have consumed a whole bag of potato chips without even realizing it.
6. **Skipping meals.** When you skip a meal because you are so busy, your chances of overeating later are greater. Studies show that skipping breakfast can slow down your metabolism.
7. **High calorie fluids.** Fluids such as soda, smoothies, sugary juices, milk shakes, and Frappuccinos can contain well over 300 calories in a 12 oz. serving.

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Already have the Freshman 15?

Tips to lose the freshman 15!

- Set reasonable eating and exercising goals – and take action. Update these goals regularly to help stay motivated.
- Eat slowly! Try using your non-dominant hand to eat. Take a sip of water between each bite. Try eating with chopsticks!
- Scale back on portion sizes. Use a small plate and fork.
- Cut out late unhealthy late-night snacking habits.
- Eat regularly. Do not skip meals!
- Drink lots of water.
- Get enough sleep. Try to get at least 6 hours of sleep each night.
- Think positively!

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THE FRESHMAN 15



Tips to prevent weight gain at any age!

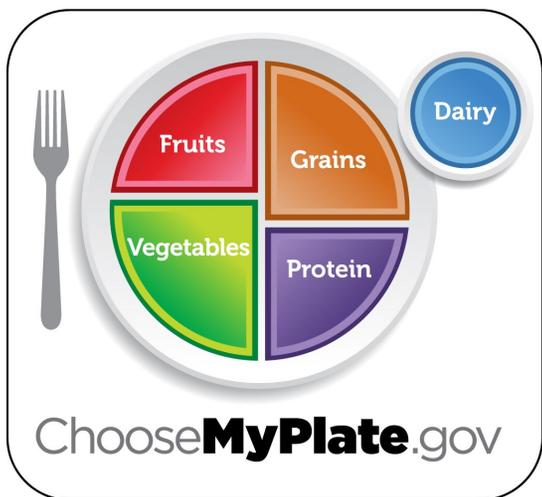
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Tips to Prevent Weight Gain

1. *View dorm food critically.* Visit the UD Daily tab on Porches to find out the nutrition facts on the foods you are going to consume. Choose foods low in fat and high in dietary fiber.

2. *Replace fried foods* with baked, steamed, or grilled foods. Fried foods are high in fat and calories and contribute to weight gain.

3. *Eat foods from ALL five food groups.* Meats and beans, fruits, vegetables, dairy, and grains— make your plate colorful! Limit fat consumption.



4. *Stock your refrigerator with healthy snack foods.* Keep apples, carrots, hummus, and mixed nuts on hand for a quick and healthy snack. Limit buying junk food to avoid temptation!



5. *Eat smaller meals more frequently,* rather than infrequent, large meals. This will help keep your blood glucose level more stable and keeps your metabolism up! Control how much you consume by using small bowls or plates.

6. *Say no to late night food.* Late night meals and mindless eating while studying can contribute to weight gain. Avoid that 2 am pizza— instead, take a study break and munch on a healthy snack.

7. *Tell Mom NO.* Tell her to leave out the cookies and sweet treats in the care packages. Ask for mixed nuts and healthy alternatives.

8. *Drink alcoholic beverages in moderation.* Keep in mind a serving of beer can range from 80-150 calories. Drink slowly and alternate between water and alcoholic drinks.

9. *Exercise regularly.* The University of Dayton has an excellent workout facility for all students; there is no reason not to use it! Workout with a friend- you can push each other to intensify workouts at the gym and encourage each other to continue going. Plan ahead. Schedule workout classes or specific times to go to the gym, and stick to it!



10. *Drink at least 8 cups of water everyday.* Replace your sugary drinks such as pop, juices, and frappuccinos with water. Drinking at least 8 cups of water will make you feel better throughout the day. Need more flavor? Try adding a lemon or cucumber slice.