

What's behind the weight gain

There are a few 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 eating anything you want too. While there are many healthy food choices on campus, many students opt for all you can eat buffet's, fried foods, and late night snacking. These food options add excess calories that you don't need.
2. **Drinking alcohol beverages.** Hate to say it but, all those nights you are out partying your consuming empty calories (calories that carry no nutritional value). These empty calories pack on the pounds quickly if your not watching your diet.
3. **Late night eating.** Late night drinking often leads to late night eating. Alcohol increases the appetite, often times causing your or 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 your not really paying attention to how much food you are consuming. By the end of your study session you 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 over eating later are greater.
7. **High calorie fluids.** Fluids such as soda, smoothies, sugary juices, milk shakes, and frappachino's can contain well over 300 calories in 12 oz. Serving. So limit high calorie drinks.

Freshman 15: Fact or Fiction

A study conducted by Cornell University shows:

- Students gain an average of 4 pounds during the first 12 weeks on campus not 15 pounds.

Weight gain is linked to:

- all-you-can-eat dining facilities
- evening snacking
- Empty-calorie food choices
- Recent dieting experiences

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Worried about gaining the Freshman



Tips to prevent weight gain at any age!

Steps to prevent weight gain!!

Step 1 View dorm food critically. Go on the dining website to find out the nutrition facts on the foods you are going to consume. Choose foods low in fat and high in dietary fiber

Step 2 Replace fried foods with baked, steamed, or grilled foods. Skip casseroles, fried foods and deserts.

Step 3 Eat foods from ALL five food groups. Meats and beans, fruits, vegetables, dairy, and grains. Limit fat consumption!



Food Guide Pyramid

Step 4 Stock your refrigerator with healthy snack foods. Stock up with apples, oranges, carrots, and mixed nuts. Limit buying junk food. If you don't buy a lot of junk food you cannot eat a lot of junk food.

Step 5 Eat smaller meals more frequently, rather than infrequent, large meals. This will help keep your blood glucose level more stable.

Step 6 Say no to late night food. When your roommate wants to order a pizza at 2am. Tell them that your going to go to bed instead.



Late night food

Step 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.

Step 8 Drink alcoholic beverages in moderation. Keep in mind a serving of beer can range from 80-150 calories per serving.

Step 9 *Exercise regularly.* The University of Dayton has an excellent workout facility for all student, there is no reason not to use it. Buddy up. Workout with a friend, you can push one another to workout harder or just make it to the gym on day's you don't want to workout.



Step 10 Drink at least 8 cups of water everyday. Replace your sugary drink such as pop, juices and frappachino's with water. Drinking 8 cups of water will make you feel better throughout the day.