



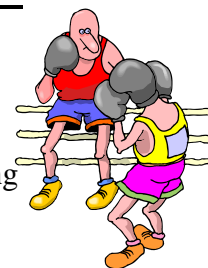
# EATING 101

## RU DINING HEALTHY?

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

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### FIGHT THE FIFTEEN...AND WIN!



Football games, frat parties, friends, and the "freshman fifteen"! While incoming college freshmen have a lot to look forward to, many are worried about the rumored weight gain that sometimes haunts new college students.

A recent study at Rutgers University has shown that the "Freshmen 15" is a myth. While the study did find that three-quarters of the students gained weight their first year, the average weight gained was seven pounds, which calculates out to eating approximately 112 excess calories per day. Any weight gain during the first year is attributed to being in a new environment and having more freedom to decide when, what, and how much to eat. From endless trips to the cafeteria line, late night munchies, or the temptation of the grease trucks, it is likely to feel a few extra pounds sneaking on.

#### **Tip the scale in your favor by following these suggestions:**

***Eat regular meals:*** Well-balanced, healthy meals spaced out during the day are satisfying. Variety is the spice of life; choose nutrient packed fruits, vegetables, whole grains and beans in appropriate amounts.

***Rise, shine & eat:*** Eating breakfast helps maintain the energy to stay awake during a morning class and you will be less tempted to overeat at lunch.

***Choose healthy snacks:*** College life and snacking go hand and hand. Low fat snacks such as popcorn, pretzels, fruit, and veggies make great choices. Just remember, excess calories (from all foods) can lead to weight gain.

***Don't eat while studying:*** Set aside separate times to eat and study. Mindless munching while you read, write a paper or ponder a math problem will cause you to consume extra calories.

***Control portion sizes:*** If there are several items in the cafeteria line you want to try, keep the portion sizes small.

***Don't forget to exercise:*** Get off the bus a stop early, join intramural sports teams at the gym, or take walks around campus with friends. Establishing a regular exercise routine promotes health and is the best predictor of weight stability.

**College is the time to gain knowledge - not weight! With a little thought and planning, you can manage your new schedule without packing on unwanted pounds.**

<http://ur.rutgers.edu/medrel/viewArticle.html?ArticleID=4956>

Bauer, Joy. *The Complete Idiot's Guide® to Total Nutrition*. Indianapolis: Alpha Books, 1999.

Questions? E-mail the RU Healthy Dining Team at [peggyp@rci.rutgers.edu](mailto: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>