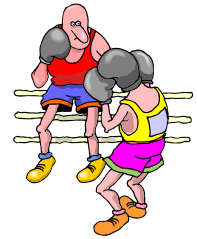




EATING 101

RU DINING HEALTHY?



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

FIGHT THE FIFTEEN...AND WIN!

When you think of college, what comes to your mind? Football games, frat parties, friends, but what about the "freshman fifteen?" While incoming college freshmen have a lot to look forward to, many are haunted by the rumored weight gain.

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, not fifteen! The weight gain calculates out to eating approximately 112 excess calories per day. Any weight gain during the first year of college 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 meals spaced out during the day can help you maintain a healthy weight. Choose a variety of foods such as fruits, vegetables, whole grains and beans in appropriate amounts to keep you satisfied.

Rise, shine & eat: Eating a healthy breakfast can provide you with the energy to concentrate and stay focused during those morning classes. Studies have shown that individuals who eat breakfast are less likely to overeat at lunch.

Choose healthy snacks: College life and snacking go hand and hand. Low fat snacks such as popcorn, whole grain pretzels, fruit and veggies are great snack 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 over math problem can add up.

Control portion sizes: If there are several items in the dining hall that you want to try, keeping the portion sizes small can help you from packing on the pounds.

Don't forget to exercise: Get off the bus a stop early, join an intramural sports team or take a walk around campus with a friend. Establishing a regular exercise routine promotes health and is an important factor in weight stability.

College is the time to gain knowledge - not weight!



Hoffman, D., Policastro, P, Quick, V, and Lee, S. Changes in Body Weight and Fat Mass of Men and Women in the First Year of College: A Study of the "Freshman Fifteen". *J Am Coll Health*. 2006;55:41-46.

Breakfast Research Institute, Available at <http://www.breakfastresearchinstitute.org/> Accessed on 5/19/09

Questions? E-mail the Healthy Dining Team at 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>