



## Steer clear of the 'Freshman 15'

By Christy Lee

### Foods to avoid or eat very sparingly:

- ❗ butter and cream
- ❗ sausage, bacon, hot dogs etc.,
- ❗ ice cream (unless it is low fat or sugar free)
- ❗ soda (excess sugar only turns to fat)
- ❗ candy, cakes (you know, all the sugary, fattening stuff)
- ❗ anything made with lard, palm oil or coconut oil
- ❗ milk and cheese (dairy products are full of fat and cholesterol) Try soy cheese and soy milk! There are now lots of different types of non dairy milks around. Just ask your grocery clerk to order some.
- ❗ fried foods
- ❗ pastas and processed grains such as white rice
- ❗ excess salt (by limiting your sodium intake you will immediately lose excess water weight)

### Healthy foods:

- ❗ raw fruits
- ❗ raw and cooked vegetables
- ❗ nuts and seeds (in moderation)
- ❗ grains (whole unprocessed grains)
- ❗ beans (great source of protein and iron!)
- ❗ fish (sushi and sashimi are best since cooking destroys many vitamins and minerals. If you do cook it try to broil or steam it)
- ❗ lean meats (chicken, turkey, beef etc.)
- ❗ eggs (no more than a few times per week unless you remove the yolk. The yolk contains lots of cholesterol and is very fattening)
- ❗ drink lots of water!

**A**s college students on a tight budget with a busy schedule, our eating, exercise and sleep habits sometimes experience a turn for the worse.

In fact, so many college freshmen gain weight due to poor eating habits that first year that the extra pounds have come to be known as the "Freshman 15."

Unhealthy eating habits affect our level of energy and motivation. When homework doesn't get done, we have to stay up late, and then we don't get enough sleep. If we can't even get our homework done, we sure won't find time to go work out and burn off the extra calories from all the sodas we drink to stay awake. And the vicious cycle goes on and on and on. But there is hope for staying healthy in college!

Proper eating habits are essential. Though the cafeteria might not be all that appetizing, it does offer a wide variety of choices with which to meet food pyramid recommendations.

A problem, however, is that most cafeterias don't place a limit on portions, and it is easy to get too much, says Kristin Barber, a college wellness coordinator.

Eating a regular sized value meal as opposed to super-sizing is a step in the right direction, adds Barber.

"Water is the great alternative," she notes. It is cheaper and healthier, plus it gives you more energy while making you feel full.

Staying active is also an important part piece of the puzzle. Making time to work out three times a week is highly recommended. If nothing else, walk to class instead of driving, and use the stairs instead of the elevator.

It is also important to keep a consistent sleep schedule. Getting enough sleep needs to be a priority.

Eating right, exercising regularly and getting enough sleep are keys to staying healthy in college. You'll not only feel better, you'll be more productive too. 🍌