



Avoiding the “Freshman 15”

The combination of all-you-can-eat dining halls, late-night snacking, inadequate sleep, alcohol use/abuse, and reduced physical activity from not continuing on with school sports all contribute to the dreaded “Freshman 15”. Follow these tips to stay healthy:

AVOID SKIPPING MEALS. It may seem logical to skip meals and save calories. However, those who skip meals likely end up overindulging later due to hunger. Eating 3 meals and small snacks regularly help keep your metabolism up and burning calories.

EAT BREAKFAST DAILY. It doesn't have to be anything fancy. A bowl of whole grain cereal with skim milk and a piece of fruit is quick, easy, and healthy. Eating a healthy breakfast shortly after you awake helps kick start your metabolism, fuels your brain and body with essential nutrients, and may help you make healthy choices all day long. Breakfast eaters generally keep their weight in check more than those who regularly skip.



INCLUDE EXERCISE REGULARLY. Physical activity has countless benefits and should be incorporated at least 5 days a week. Join an intramural team, get a gym pass and find a workout buddy for accountability, try new fitness classes, walk to all your classes rather than taking the bus, or sign up for gym classes for college credit if available. 30 minutes of exercise daily is only 2% of your day!

SNACK HEALTHY. Have healthy snacks readily available to prevent the urge to purchase a not-so-healthy choice from the vending machine or overindulge in your next meal. Healthy snacks can include berries with non-fat or low-fat yogurt, vegetables and hummus, unsalted nuts and dried fruit, or string cheese with a piece of fruit. Make air-popped popcorn rather than microwave popcorn doused in butter.

LIMIT ALCOHOL CONSUMPTION. Despite it being illegal, the calories from alcohol can quickly add up and decrease your food inhibitions leading to craving and eating junk food later on in the night.

KEEP A FOOD JOURNAL. www.myfitnesspal.com is a great resource to track calories and keep yourself accountable.

GET ENOUGH SLEEP. Sleeping 7-8 hours nightly will help ward off late-night cravings.

CHOOSE WATER. Opt for water rather than sugary beverages such as pop, energy drinks, and juice. Those beverages not only contain several hundred calories, but they may end up making you crave other sugary foods packed with calories.

DON'T DEPRIVE YOURSELF. Allow for occasional indulgences.

EAT SLOWLY AND MINDFULLY. In the fast pace of college life, it might be easiest to scarf down your meal and be on your way. It takes the brain 20 minutes to realize it is full though. Enjoy your meal, put down your utensil between bites, and engage in conversation to slow down.

OPT FOR SECONDS ON FRUITS & VEGGIES. If you are still hungry after one helping, start with seconds on fruits and vegetables; they are lower in calories and provide great nutrients to keep you healthy.

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