



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



Fight the Freshman Fifteen...and Win!

Are you a first-year student afraid of gaining the infamous “Freshman 15”? Fear not, the Healthy Dining Team is here to reveal the facts and bust all the “Freshman 15” myths. Although some college freshmen do gain weight, studies have shown that these gains are much less than 15 pounds. Gaining weight as a first-year student can be related to living in a new environment where you have more freedom to decide when, what, and how much to eat. With endless, all-you-care-to-eat options at the dining halls, late night snacking while studying, and frequent trips to Starbucks for the newest specialty drinks, it can be easy to overeat without noticing.

Tip the scale in your favor by following these suggestions:

Mix it up: Choose a variety of foods such as fruits, vegetables, whole grains, and lean proteins in appropriate portions to keep yourself satisfied throughout the day.

Rise, Shine, & Dine: Regular breakfast habits can keep you energetic in work and study. In addition, eating breakfast can increase satiety, thereby reducing overeating later in the day to restrict weight gain.

Choose healthy snacks: Fiber-rich snacks such as popcorn, whole wheat crackers with smashed avocado, apples and peanut butter, or carrots with hummus dip will help keep you satisfied. Just remember, eating too much of any food can lead to weight gain, regardless of how healthy the food may be.



Limit eating while studying: Mindless munching while you read, write a paper, or complete math problems can lead to consuming extra calories without even realizing it. Try setting aside separate times to eat and study.

Control portion sizes: If there are several items in the dining hall that catch your eye, try sampling small amounts of multiple food items instead of piling your plate.

Move those muscles: Walk to class when possible, get off a bus stop early, try exercising at one of the Rutgers Fitness Centers, or take a walk around campus with a friend. Establishing a regular exercise routine is not only important for weight maintenance and overall health but can also help manage stress.

Rutgers students: 1, Freshman 15: 0!

Reviewed By : Holly Dorsett

Works Cited . *The Effects of College on Weight: Examining the “Freshman 15” Myth and Other Effects of College Over the Life Cycle.* Available at: <https://read.dukeupress.edu/demography/article/54/1/311/167676/The-Effects-of-College-on-Weight-Examining-the> Accessed on August 8, 2022. *Healthy Weight, Nutrition, and Physical Activity.* Available at: <https://www.cdc.gov/healthyweight/index.html> Accessed on August 8, 2022. *Effects of regular breakfast habits on metabolic and cardiovascular diseases.* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8568444/>. Accessed on April 26, 2023.

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