



# 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 Fifteen...and Win!

Incoming college students are often haunted by the rumored “freshman 15”, but did you know the “freshman 15” is, in fact, a myth? Research conducted at Rutgers University found that three-quarters of the students studied gained weight their first year of college, however the average weight gain was seven pounds, not fifteen. This weight gain correlates to eating roughly 100 excess calories per day during your freshman year of college. Weight gain during the first year of college can be attributed to being in a new environment and having more freedom to decide when, what, and how much to eat. With endless trips to the dining hall, late night munchies when studying, and the temptation of the grease trucks, one is likely to feel a few extra pounds sneaking on.

#### 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 amounts to keep you satisfied throughout the day.

**Rise, shine, & dine:** Eating a healthy breakfast can provide you with the energy to concentrate and stay focused during morning classes. Studies show that individuals who eat breakfast are less likely to overeat at lunch and can better manage their weight.

**Choose healthy snacks:** Low fat snacks such as popcorn, whole grain pretzels, or fruits and veggies are great choices. Just remember, excess calories from all foods can lead to weight gain, regardless of how healthy the food may be.

**Limit eating while studying:** Try setting aside separate times to eat and study. Mindless munching while you read, write a paper, or compute math problems 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 prevent you from packing on the pounds. Try sampling *small amounts* of multiple food items instead of piling your plate.

**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 can be a great source of fun and is an important factor in weight maintenance.



### Everybody was Kung-Food Fighting

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References: *Changes in Body Weight and Fat Mass of Men and Women in the First Year of College: A Study of the "Freshman Fifteen"*. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/16889314>. Accessed on: August 4, 2016. *IFICF, Breakfast and Health*. Available at: <http://www.foodinsight.org/Content/6/IFICF%20Brkfast%20Review%20FINAL.pdf>. Accessed on: August 4, 2016.

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