



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!

Incoming college students may be fearful of gaining the rumored “Freshman 15”, but what they may not know is that the “Freshman 15” is actually somewhat of a myth. A review of multiple studies showed that on average 61% of students gained weight in their first year of college, however the average weight gained was seven and a half pounds, not fifteen. Gaining weight as a first-year student can be related to living in a new environment and having more freedom to decide when, what, and how much to eat. With endless, all-your-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: 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 tend to manage their weight better.

Choose healthy snacks: Fiber-rich snacks such as popcorn, whole grain pretzels, or fruits and veggies 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 compute 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.

Don't forget to exercise: Get off the bus a stop early, try out one of the RU Recreation Fitness & Wellness classes, or take a walk around campus with a friend. Establishing a regular exercise routine is not only important for weight maintenance but can also be a fun stress-reliever!



KO the Semester With Healthy Habits

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References: *A meta-analysis of weight gain in first year university students: is freshman 15 a myth?*. Available at:

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Questions? Like us on Facebook (**RU Healthy Dining Team**), follow us on Twitter (**@ru_hdt**), Instagram (**@ru_hdt**), Snapchat (**ru_hdt**) or email **peggyp@dining.rutgers.edu**.

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