

OH NO! It's the Dreaded Freshman 15!

Here are five ways college students can eat healthy and avoid gaining weight:

**Correctable
and
Manageable!**

**Documented
Phenomena**

- Keep healthy snacks handy. Dorm room refrigerators should be stocked with healthy, satisfying snacks, such as fruit, string cheese, Greek yogurt, hummus, and baby carrots.
- Drink water. Too many calories from sugary drinks and alcoholic beverages can lead to weight gain. These drinks can also cause spikes in blood sugar that can increase hunger.
- Stay active. Exercise plays a key role in staying fit and healthy. Boost your daily activity levels by walking to class, going to the gym, or participating in intramural sports.
- Eat regular meals. Skipping meals can lead to overeating and weight gain. Eating breakfast can also jumpstart your metabolism and help you concentrate in class and on tests.
- Get enough sleep. Sleeping less than six hours each night can affect hormone levels that control appetite, cravings, and metabolism. People who do not get enough sleep often crave high-calorie junk food the body can quickly break down for energy.

