

Beat the...

FRESHMAN 15

Be Prepared

- ✓ Being away from home can stir up emotions
- ✓ Ask yourself if you are really hungry or just bored
- ✓ Make it a goal to eat breakfast each day – reduces weight gain

Re-think Your Drink

- ✓ Soda, juice, and alcohol provide extra calories
- ✓ Drink 2-3 liters of water/day

Cafeteria Advice

- ✓ Avoid the “all you can eat” mentality
- ✓ Eat correct portion sizes
- ✓ Fill half of your plate with fruits and vegetables

Keep Healthy Snacks Around

- ✓ Junk food temptation is removed
- ✓ **Some ideas:** fruits, vegetables, granola bars, yogurt, rice cakes, and whole-grain cereal

Get a Move On

- ✓ Make time for regular activity
- ✓ Helps with sleep and stress
- ✓ Walk or ride your bike to class
- ✓ Take advantage of the exercise facility



For more information or
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