



nutrinews

written by Gale Welter, MS, RD, CSCS
Nutrition Counselor, Campus Health Service



GROUP MEETINGS

Healthy Options on Campus

Nutrition Info and Demonstration Table

when: Every other Wednesday at Noon

where: Student Union food areas

location will vary, watch for us!

Changes for Life

healthy weight education and support group

when: every Tuesday at Noon

where: Campus Health (3rd Flr. East Conf. Rm)

cost: \$5 per meeting (or \$50 per semester)

Q: What can I do to avoid gaining the "Freshman 15"?

A: Here are some simple steps to avoid weight gain as you adjust to campus life:

Put yourself on a schedule. It was easy to take for granted the regular mealtimes at home. Establishing an eating schedule for meals and snacks is a fundamental way to avoid cravings, energy slumps and eventual "catch up" overeating.

Give up grazing, eat meals instead. Grazing has its place with a thoughtful plan, but it is too easy to grab a pretzel here, and some fries there. Even if what you grab is "good" food, grazing is not going to satisfy your hunger, and you're more likely to overeat. A better plan is regular meals.

Eat "something" shortly after you wake up. Yes, this is the breakfast lecture. You can't deny the facts – people who eat something within an hour of waking up eat less calories overall and have better concentration. Try a combination of carbs and protein (e.g., cereal and milk, yogurt, leftover slice of pizza) to avoid feeling hungry sooner than 3 hours later.

Commit to at least one serving of fruit and one serving of vegetables at both lunch and dinner. They are filling, low cal, and are loaded with vitamins, minerals and phytochemicals, which are really good for you.

Go back for dessert after you finish your meal, if you still want it.

Balance your choices. If you have a choice of pasta, potatoes, and bread, choose one, not all three. Then add some vegetables/fruit and some protein (unfried chicken, fish, other meats, cottage cheese, hard boiled

eggs, beans, tuna, milk and yogurt).

Become aware of non-hunger cues that motivate you to eat. Boredom, fatigue, procrastination, stress and loneliness can lead any of us to eat occasionally. The ability to manage non-hunger eating is key to avoiding weight gain. Have low-cal munchies on hand (baby carrots, popcorn, fresh or canned fruit, tootsie roll pops, sugar-free hot chocolate, etc.) and create a list of 5 things to do instead of eating.

Be mindful of recreational eating. It's easy to graze on lots of calories as you sit and visit with friends.

Alcohol has lots of calories. So do the foods that are usually available with it. Have a plan to be low-cal and safe.

Adapted from A College Student's Guide to Eating Well on Campus, by Ann Selkowitz Litt, © 2000, Tulip Hill Press, Bethesda, MA.

Questions? email: wildcatnutrition@yahoo.com

Visit our website for more info: www.health.arizona.edu (Go to "On-Line Library" and click on "Nutrition") • For individual nutrition appointments, call 621-9202. \$25 initial, \$15 follow-up