




## 15 Smart ways to beat the Freshman 15!

### 1. Rest Up

According to the Mayo Clinic, people who don't get their 8 hours of sleep can experience hormonal fluctuations that increase appetite. Do yourself a favor and turn out the lights at a normal hour—Youtube will still be there in the morning!

### 2. Eat Breakfast

Eating breakfast can curb craving for snacks and help you resist the temptation to overeat at lunch, not to mention giving you the energy to stay awake in your early classes! Your best bets for breakfast are running down to your quad's dining hall for a nutritious and well-balanced meal (don't forget to grab a piece

of fruit!) or head over to The Coop , Dreidel's  or Bagel Express  at the campus center for a made-to-order meal swipe. If you don't have time to sit down to breakfast make sure you have some healthy breakfast foods ready to go in your micro-fridge. The Outtakes Store



has all sorts of cereals, milk, granola bars, yogurt, fruit and juices—everything you need to build a healthy breakfast back in your room.

### 3. Don't Drink your Calories

Don't forget that it's not only what you eat that has calories, but what you drink too! A Starbucks Double Chocolate Chip Frappuccino Grande size has 580 calories in it, which is about the same number of calories in a Wendy's Big Bacon Classic. If you upgraded the coffee to Venti size (720 calories), you could throw in a Wendy's medium soda for about the same calorie content! Also, remember that alcohol can be high in calories (so are the mixers!), especially when consumed in large quantities.

### 4. Avoid Unnecessary Snacking

Be mindful of what you eat when you are watching TV or cramming for a test. When you aren't paying attention you may eat more goodies than you intend. Try to have some healthy snacks on hand, so it will be ok to indulge a little. Good options are fruits and veggies with a low fat dip, some unbuttered popcorn, or whole grain crackers. Don't forget that sometimes your body is telling you it is thirsty—not hungry. A nice cool glass of water might be in order.

### 5. Sometimes Less is More

Have you ever tried a cheeseburger without the cheese or mashed potatoes without the gravy? Take advantage of the spices and low calorie condiments provided at the salad bar to add flavor, not calories to foods. Spicy condiments like mustard, hot sauce or wasabi flavor quickly and require less to make your food taste great. Creamy condiments that contain fat like mayo, sour cream, heavy dressings, butter and cream cheese should be used in moderation and with discretion.

### 6. Don't Weigh Yourself Down

Carrying three loaded dinner plates to your table doesn't burn off the calories you are about to consume. It may be hard to decide between the many delicious food stations in the dining room, but your body won't thank you if you eat everything! It's good to try new things, but keep healthy portion sizes in mind.

Here are some easy portion control guidelines that don't require measuring tape:

- One serving of meat or poultry is about the size of a deck of cards.
- One serving of fish (3 ounces) is about the size of a standard checkbook.
- One serving of fruit or vegetables should be about the size of a baseball.
- One serving of ice cream (1/2 a cup) is about the size of a tennis ball.
- One serving of cheese is about the size of 6 dice.

### 7. Salad and Healthy are NOT the Same

Just because it is green and has some lettuce in it doesn't mean it's good for you. Beware of limiting your diet to salads alone, as lighter lettuces are mostly water, and lack in nutrients your body needs. Also, beware of high calorie salads masquerading as the "healthy" alternative. Wendy's Southwest Taco Salad contains 790 calories, mostly in sour cream, creamy ranch dressing and its tortilla strips. We

recommend going heavy on the veggies, topping your salad with tuna, turkey, olives, or beans, and then dressing it up with your own blend of oil and vinegar, or trying one of the light salad dressings available.

#### **8. Make it your Own**

Love marinara sauce but think a plate of spaghetti is too heavy? Grab some veggies from the salad bar and bring 'em to the server station for a marinara topper! Make yourself a healthy pizza alternative with a piece of toasted bread, a couple of tomato slices and some Parmesan cheese, or top your breakfast waffle with some fruit and cottage cheese. And don't forget, you can always make yourself a healthy sandwich from whole wheat bread in the breadbox, and turkey, lettuce and veggies from the salad bar.

#### **9. Got Calcium?**

We know that milk builds strong bones and can fight osteoporosis, but did you know that green leafy vegetables and fortified orange juice (as well as all those wholesome dairy goods), have significant amounts of calcium too? For the lactose intolerant there are plenty of alternatives to plain old milk such as soymilk, dried nuts and fruits. If you are watching your calories you don't have to worry, skim milk has the same amount of calcium as whole milk!

#### **10. Water, Please!**

According to the ADA, your body needs a minimum eight 8 oz. glasses of water each day (more if it is hot or you are working out). It's easy to forget to drink when you are studying hard or have a long day of class, so take a bottle with you wherever you go (or fill up your university coffee mug with some nice cool water instead!). Also, remember that the caffeine in soda, coffee and tea is a diuretic, and it may dehydrate you rather than quench your thirst!

#### **11. Mix it Up**

Even if that just means heading over to a different dining hall on a theme night, or picking up a roll at Olo Sushi, variety can be the spice of life. Our chefs are always coming up with new menu items to wow and dazzle you, so try something new! Even your old favorites can become something tasty and exotic if you flavor them right. Instead of sauce on your chicken why not try salad dressing? (Raspberry Vinaigrette is my favorite!)

#### **12. Split it**

Most people don't come down to dine alone. Make use of that and bond over a brownie, or cut a coffee cake. By sharing your dessert with a friend you get to try a variety of delicious treats without the calories and the guilt!

#### **13. Say "No" to Crash Dieting**

Only by incorporating daily physical activity and eating a well balanced diet, will you be able to lose the weight and *keep it off!* Crash diets, aside from being harmful to your health, are impossible to maintain. If you have nutritional concerns or would like dietary recommendations, our advice is to speak to one of our on campus nutritionists, or your doctor to discuss a healthy and manageable long-term diet plan.

Campus nutritionists:

*Karen Kettlewell, MS, RD 442-5958    Cheri Domanico 437-3672    Evelyn Sondaval 442-2668*

#### **14. Take a Hike (and a friend)!**

The CDC suggests that as a daily commitment to their health each person walk 10,000 steps every day (2000 steps = 1 mile). Whether you walk the scenic path around Indian Lake (which is about 1400 steps), or are just strolling the podium (approximately 1200 steps all the way around), buddy up and take a friend with you on your walk and the time will fly right by!

#### **15. Let Us Know**

If you have a special diet request, or you are just hungry for something mom used to make, let your quad or retail manager know and we'll be happy to help! Another way to have your voice be heard or have your needs met is to fill out comment cards or log on to the "Be Heard!" section of the Dine On Campus website. And don't forget that you can always apply to be on the Albany Student Dining Advisement Committee ([www.albany.edu/uas/dining\\_services\\_adv\\_committee.htm](http://www.albany.edu/uas/dining_services_adv_committee.htm)), and become an integral part of the decision making here on campus!

**For more Nutrition information visit these links:**

CDC <http://www.cdc.gov/HealthyLiving/> Mayo Clinic <http://www.mayoclinic.com/health/healthy-eating/>  
ADA <http://www.eatright.org/> Chartwells <http://www.dineoncampus.com/albany>