

## Healthy Eating Habits to Avoid Freshman Weight Gain

- Eat at regular, planned meal times (It's OK if times vary day to day based on your class schedule).
- Plan to eat within 1 hour of waking and every 3-4 hours thereafter.
- SCHEDULE the times you'll eat on a calendar in the same way you do for your class schedule. In fact, LOOK at your class schedule and plan your meal times around it. (Use schedule below.)
- Use your dining card to buy healthy foods to stock your dorm room refrigerator with:
  - string cheese
  - hard boiled eggs
  - yogurt
  - fresh fruit: bananas, apples, etc.
  - individual cartons of skim milk
  - mini packages of crackers/graham crackers
  - individual packets of peanut butter and jelly: spread on individual packets of crackers
  - mini boxes of cereal
  - individual packets of instant oatmeal
- Keep low calorie "finger food" munchies on hand:
  - grapes
  - cherry tomatoes
  - baby carrots
  - snap peas
  - air popper and popcorn
  - berries
  - sliced apples
  - edamame (green soybeans)
- Decide what healthy choice you're going to eat **before** you get to the cafeteria and make a beeline for what you've decided on, avoiding other temptations.
- When eating in the cafeteria, review your plate before checking and ask yourself, "Would Mom or Dad approve?"
- If you **MUST** eat fast food, order like a child. Think KIDS menu!
- Avoid "mindless" eating. Become aware of the non-hunger cues that motivate you to eat. Eat only when physically hungry, never when "mentally" hungry.
- Consider weighing yourself once a week or try on your favorite pair of jeans/shorts once a week. You'll gain **1** pound before you gain **5** pounds, and you'll gain **5** before you gain....
- Establish accountability with a friend.
- Try to get at least 7 hours sleep/night.
- Consider modifying habits that interfere with sleep:
  - caffeine
  - nicotine
  - alcohol
  - eating too close to bedtime
  - eating a large meal before bedtime
- Drink enough water: carry a water bottle with you at all times and/or try to drink a large glass of water with every meal.
- Arm yourself with information. Many restaurants post their nutrition information online. Also, [www.calorieking.com](http://www.calorieking.com) is also a GREAT calorie resource.
- ASU Menu and Nutrition Information: <http://www.sundevildining.com>

### Class and Eating Schedule

- Fill in your class schedule first.
- Then schedule your meal times. Try to eat every 3-4 hours.

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