

The Lowdown on Freshman Weight Gain

“Freshman 15” statistics show there is some truth to the unwanted weight gain experienced by some students in their first year of college, but the actual amount gained is debatable.

Whether it's 2 pounds, 4 pounds, 6 pounds, 7 pounds, 10 pounds or 15 pounds...

...the bottom line is that freshman weight gain is very possible.

The good news is that it's **not** inevitable. It's all up to **you** whether you experience freshman weight gain.

Understanding HOW and WHY freshman weight gain happens is necessary in keeping it from graduating with you.

Quick Math Lesson: How College Weight Gain Happens

To do what it takes to beat freshman weight gain, you must be proficient in one particular mathematical equation:

3500 calories = 1 pound of body fat

If you eat and drink 3500 extra calories over the course of the semester (without burning them off), you'll gain one pound over the semester. If you eat 7000 excess calories, you'll gain 2 pounds....35,000 extra calories and you'll gain 10 pounds.

You therefore need to be aware of where extra calories can sneak in and then take some steps to make sure they **don't**.

All-you-can-eat dining, fast food, late night eating, caloric beverages (coffee drinks, soda pop, smoothies, etc.) alcohol intake, skipping meals (and subsequently overeating at a later time), snacking while studying, and emotional eating all are potential sources of excess calories.

Sleep deprivation, stress, lack of a structured schedule, freedom to eat whatever you want, and inconsistent exercise are most certainly to blame as well.

Dietitian's Recommended Reading List

- Eating Well on Campus by Ann Selkowitz Litt, M.S, R.D, L.D
- Fighting the Freshman 15: A College Women's Guide to Getting Real about Food and Keeping the Pounds Off by Robyn Flipse, R.D
- The Dorm Room Diet by Daphne Oz
- The Dorm Room Diet Planner by Daphne Oz
- Online Resource: <http://www.personal-nutrition-guide.com/freshman-weight-gain.html>
- Take the “Avoid the Freshman 15 Challenge:”

<http://www.personal-nutrition-guide.com/freshman-15-challenge.html>