

The freshman 15, demystified

What's the real scoop on weight gain in college? What are ways to avoid it?

SOT

Rachel Bult

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"You add more calories than you intend to. Also, stress and lack of sleep can cause increased cravings for sweets and comfort foods." (:11)

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"When I was in college, I would have a protein smoothie in the morning to help fill me up. But you could also keep fruit, string cheese, unsalted nuts or bell peppers with hummus. Just things that are healthier and quicker to grab and go." (:16)