

The freshman 15, demystified

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

RUN TIME - :35

ANCHOR LEDE

Jetting off to college brings excitement. But it also brings the obligation of taking care of your health without a parent's watchful eye. Dorm buffets, sugary drinks and sleeping in all the time can lead to your clothes feeling tighter and your self-esteem feeling lower. Tim Ditman has ways to stay healthy.

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Tips for eating in college include:

- Exercise portion control.
- If you're on a meal plan that means buffet meals every day, go to a healthier station first.
- For workouts, find movement you enjoy.
- Keep healthy snacks, not junk food, at arm's reach...says OSF dietitian Rachel Bult.

\*\*\*SOT\*\*\*

Rachel Bult  
OSF HealthCare dietitian

**"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)**

I'm Tim Ditman.

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Smartphone apps, health care providers and local social service groups can also help with a young person's food choices. And the OSF website has healthy recipes.