

# The “Freshman 15” Obstacles

## 1. Whacked out schedules

- ◆ Respect the importance of meal times, and put yourself on a schedule.
  - Eating regularly makes it easier to avoid the out-of-control eating that occurs when you get really hungry.
- ◆ Eat shortly after you wake up.
  - Eating within an hour of waking up revs up your metabolism, gets your brain into gear, and helps control “pigging out” later in the day.
- ◆ Choose decent late night snacks.

## 2. So many choices

- ◆ Make two trips through the line instead of one.
  - What looks good at the end of the meal may be different than when you went through the line hungry.
- ◆ Commit to at least one serving of fruits and one serving of vegetables at both lunch and dinner.
  - Unadorned, they are low in fat and calories and fairly filling.
- ◆ Balance your choices.
  - Remember the Food Guide Pyramid and plan your meals. ([www.mypyramid.gov](http://www.mypyramid.gov))

## 3. So little control

- ◆ Go for plain food.
  - Opt for the more basically prepared foods. Choose items such as grilled chicken over chicken fried chicken.
- ◆ Cruise through the dining room before making any selections.
  - Make your choices wisely.

## 4. Emotional and non-hunger eating

- ◆ Become aware of the non-hunger cues that motivate you to eat.
  - When the cues hit, give yourself five minutes to see if you really want to eat. If you do, set a realistic portion of food, sit down and focus on eating.
- ◆ Have low-calorie munchies on hand.
- ◆ Don't resort to “fat free” when you're trying to cope with non-hunger eating.
  - Fat-free is not calorie-free. You're more likely to give yourself permission to over-indulge in fat-free treats.
- ◆ To manage the food/mood connection, create a list of at least three things you can do instead of eating when you're bored, stressed, tired, or sad.
  - Create your list so that you are armed and ready when the “mood” hits. Choices could include reading, calling a friend, going for a walk, etc.

## 5. Recreational eating

- ◆ Take deliberate steps to end your meal.
  - Brush your teeth, suck on a mint, chew gum, or drink a glass of water to cue yourself that the meal is over.
- ◆ When you're done eating, get up and remove your plate.
  - Any food left on your plate will surely be consumed if left in front of you long enough.
- ◆ Create alternative activities
  - Next time the “munch bunch” gets together, bring something else to do while they are eating, or suggest an alternative activity.

## 6. Alcohol consumption

- ◆ Pay attention to the calories in alcohol.
  - Large quantities of alcohol equate to large quantities of calories. “Munchies” often accompany alcohol consumption.
- ◆ Never drink on an empty stomach.
- ◆ Alternate each beverage with water or seltzer.
  - Filling in with these fluids allows you to have something in your hand and space out your alcohol intake.
- ◆ Dilute mixers with water or seltzer.
  - This is a good way to cut out calories.