



**1** The Freshman 15 is inevitable

**2** Eating food on the campus meal plan is the fastest way to pack on pounds

**3** Late night snacking is the reason most college student's gain weight

**4** Skipping breakfast can help you to lose weight

**5** If you're overweight, it's best to get the weight off quickly by dieting

## **1** The Freshman 15 is inevitable

**false.** The Freshman 15 is a fictitious term. There are studies to support and dispute the Freshman 15. The reality is, off to college means being faced with many changes. Weight gain can occur due to the changes in lifestyle. But...it's not inevitable. To be prepared, check in to [www.collegeeatingguide.com](http://www.collegeeatingguide.com) to read the Monthly Food Bites column or pick up a copy of *The College Student's Guide to Eating Well on Campus*, by Ann Selkowitz Litt. (Tulip Hill Press, 2000)

Eating food on the campus meal plan is the fastest way to pack on pounds  
**false.** Campus meal plans offer a variety of food. It is up to you to make sound food choices from what is offered. Check out the October Food Bites column for more information on this.

Late night snacking is the reason why most kids gain weight in college  
**true and false.** Your schedule changes...if you are going to be up late at night be sure to plan to eat a good snack even if it is after some "magic" hour. If you don't plan ahead, you will be more likely to make poor food choices. It's never when you eat that causes weight gain, it's how much you eat.

## Skipping breakfast can help you to lose weight

**false.** Many people believe that skipping breakfast saves calories. Research has shown quite the opposite to be true. Eating a good breakfast gets your body going early and cuts down on the nighttime munchies.

If you are overweight, it's best to get the weight off quickly by dieting

**false.** Dieting, or restrictive eating, will never result in permanent weight loss. If you need to lose weight, you will need to eat less and exercise more. But eating less does not mean eating as little as possible to achieve a quick result. Learn more about healthy weight loss in subsequent columns.