

What can I do to avoid weight gain?

Whether you're a new student trying to avoid the infamous "freshman 15," or you're a seasoned Wildcat looking to lose a few pounds, maintaining a healthy weight while adjusting to life on campus can be tough. Here are a few tips to skip unwanted weight gain and stay healthy at the UA.

- 1. Resist "non-hunger" cues** that drive you to eat like boredom, loneliness, procrastination, stress, and fatigue. Have low-cal snacks on hand (baby carrots, popcorn, apple slices, grape tomatoes, frozen juice bars, etc.) or make a list of things to do instead of eating (go for a walk, call a friend/ family member, take a power nap, etc.).
- 2. Watch what you drink.** Calories from alcohol (and food after), soda, energy drinks, juices, smoothies, coffee drinks and sports drinks can add up quickly.
- 3. Don't skip meals!** Mainstream diet advice tells us to eat smaller, more frequent meals to achieve a healthy weight, but research shows that while increasing meal

frequency does not promote greater weight loss, it may help decrease hunger and improve appetite control. Bottom line? It's important to eat regularly to avoid energy slumps, cravings and eventual "catch up" overeating.

- 4. Watch your portions.** Eating oversized portions can be a big obstacle if you're trying to control your weight. Save yourself some calories and money by boxing up half of your food when eating out and saving it for later. If you're preparing your own food, fill at least half your plate with vegetables and/or fruit and the remaining space with the other parts of your meal. You can also eat from smaller plates or drink from smaller glasses for better portion control.
- 5. Keep moving.** If you haven't checked out Campus Rec, now is the time! Whether you like exercising alone or with a friend, they have tons of activities and programs to choose from. For a full list of activities visit rec.arizona.edu.



CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.