We've all heard the warnings and rumors surrounding the Freshman 15, and some studies have gone far enough to sug- gest that it could actually be the Freshman 45! Realistically, most students will not gain nearly this amount of weight. National studies suggest the average amount of weight gained during a year is around 3-10 pounds. For many students, this may be the first time calorie dense options such as pizza, baked goods, and beer are readily available. Another culprit is that students do not expend enough energy to burn the calories consumed, and they don’t realize how quickly their calories add up! Read on to find tips about how to maintain a healthy lifestyle while attending college.

Maintaining a Healthy Lifestyle

There are several ways to improve your health while at UND. Try these helpful hints and take the time to figure out what works for you!

- **Eat Slowly:** Try not to eat on the run. Sit down and enjoy your meals. On average, it can take 20 minutes for your brain to realize your stomach is full. You may have to unbutton your pants and you’ll end up over-consuming calories.

- **Eat the Rainbow:** In short—eat colorful fruits and veggies. The richer the color, the more nutrient dense the food. Try to get as many colors in your diet as possible.

- **Get Out:** While our warm days are numbered here in Grand Forks, try to get out for a walk, run, bike ride, or play intramural sports. Do anything you can to stay active, and you will be rewarded! Shoot for at least 30 minutes of exercise five times per week. Ever heard that those who exercise sleep more soundly? Well, it’s true.

- **Stick to a Schedule:** Research suggests that you should eat breakfast within one hour of waking. Next should be lunch, followed by dinner, with healthy snacks in between.

- **Drink Water:** Drinking water will not only keep you hydrated, but it will also keep you feeling full.

### Fast Facts

Alcoholic beverages are upwards of 200 calories each. Add in a late night fast food run, and you’ve probably consumed 1,000 or more calories in one evening!

- **The top five most nutrient-dense foods are:** 1. Kale; 2. Collards; 3. Bok Choy; 4. Spinach; and 5. Brussel Sprouts. Other great foods include blueberries, salmon, oranges, oatmeal, carrots, tomatoes, and whole grains.

One pound of body fat equates to approximately 3500 calories. The average individual burns anywhere from 75-100 calories walking a mile.

Several studies show that individuals who get the appropriate amount of sleep each night (7-8 hours) have healthier body weights than those who do not.

### Did You Know... You Can Eat Healthy On Campus!

- **Guiding Stars**
  The UND Dining Centers feature the Guiding Stars nutritional rating system to take the guesswork out of choosing healthy meal choices.

- **Culinary Corner**
  Culinary Corner is the demonstration kitchen located on the first floor of the UND Wellness Center. Classes are open to students, Wellness Center members, faculty and staff. A student-friendly favorite is the “cheap, fast, and healthy” class!

- **MyPlate**
  MyPlate was created to improve the nutrition and well-being of Americans. It also serves as a reminder to make healthy food choices as you plan your meals.

- **Nutrition Presentations**
  The Health & Wellness Hub offers presentations and activities related to nutrition. Check out our website (und.edu/hwhub) to request presentations on portion sizes, reading food labels, the freshman 15, Guiding Stars, and Super Foods. We’d be happy to assist you with your presentation needs!