



"POTTY TALK"

AVOIDING THE "FRESHMAN 15": EATING WELL AND LOOKING GOOD!!!

The average college student is often pressed for time, under a lot of stress and eating on the go. But eating a healthy diet can help you feel better, cope with stress and perform better in the classroom and on the athletic field. It really isn't that hard to get started. . . Remember, the best rule of thumb to follow when trying to change your diet is the "80/20 rule".

"THE 80/20 RULE": Try to stick to **healthier choices 80% of the time**, and then **20% of the time** you can go ahead & have that late night burger, pizza, fries & mozzarella sticks at the Bronco.



BALANCE means NOT DENYING YOURSELF foods you like or labeling foods "good" or "bad".

HOW TO STOP THE "FRESHMAN 15"

Some people do gain weight when they come to college, but the **VAST majority DO NOT**. And---weight gain isn't only because of Benson food. Many of the reasons you might gain weight in college are due to **SOCIAL** and **EMOTIONAL FACTORS** that you can **EASILY control!**

- ❖ **Lack of a consistent schedule.** The crazy schedules of college students can also cause crazy eating patterns. **DON'T SKIP meals.** Create an eating schedule and stick to it. Don't substitute snacking for a well balanced meal. Also, **eat shortly after waking up to moderate hunger** for the rest of the day.
- ❖ **So many options.** Benson provides many different choices (some healthy, some not-so-healthy). Pick up the guide to **"Eating Healthy in Benson"** at the **Wellness Center (x4409)** to learn which Benson foods are healthier.
- ❖ **No Exercise.** It can be easy to fall in to a routine of sleeping late, watching lots of TV or playing on the internet. Create a consistent, healthy exercise routine (try 30 minutes 4-5 days per week). **YOGA, PILATES, KICK BOXING** & many other **fitness classes** are offered each quarter at **Malley**.
- ❖ **Emotional eating and non-hunger eating.** We often eat to mask emotions, procrastinate, relax, or celebrate when we are not really hungry. **Pay attention to WHY you are eating.** You can seek counseling at the **Counseling Center (x4172)** if you think you might have a problem with eating.
- ❖ **Social eating.** Food is more than just nutrients. We use eating as a social activity and way to bond and form relationships. Often this happens at 2 or 3:00 am!! Limit late night, high fat snacking.
- ❖ **Excessive alcohol intake.** Large quantities of alcohol equate to large numbers of calories, which often leads to rapid weight gain. Avoid that "beer belly" and steer clear of excessive eating.
- ❖ **Don't Obsess and DON'T DIET!** Nothing makes you more unhappy and prone to over or under-eating than obsessing about every little thing you consume, weighing yourself, or constantly criticizing your body. **Seek professional help** if you find your thoughts and behaviors around food are becoming obsessive.



Healthy/Lower-fat Snacks

- Raw Veggies and Dip
- Trail Mix
- Frozen Yogurt
- Air-Popped Popcorn
- Fruit (dried or fresh)
- Pretzels
- Low-fat Yogurt or Cheese Sticks
- Broth-Based Soups
- Frozen Fruit Popsicles
- Mixed Fruit Bowls
- Jell-O or Low-Fat Pudding Snacks
- Nutrition or Breakfast Bars
- Fig Newtons or Graham Crackers
- Instant Oatmeal
- Fruit Smoothies or Parfait
- Celery sticks and Peanut Butter



Which Foods Are Best for You??

Ever wonder which foods pack the most nutritional punch?

According to the "Nutrition Action Newsletter" . . . the following are the best foods to eat based on the **highest number** of carotenoids, vitamins & minerals available per serving.

Best Fruits: Guava, Watermelon, Grapefruit, Kiwi, Papaya, Cantaloupe, Apricots, Oranges, and Strawberries

Best Vegetables: Collard Greens, Spinach, Kale, Red Pepper (raw), Sweet Potato, Pumpkin, Carrots, Broccoli, Lettuce, Potato (with skin)

Best Beans: Soybeans, Pinto, Chickpeas, Lentils, Navy, Black, White, Lima, Kidney, Split Peas.

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How Much Should I Eat??

What you eat influences how you feel, how you perform mentally and physically, and how you sleep at night.

Minimum Daily Adult Caloric Needs

Weight in lbs.	Very Sedentary	Sedentary	Active	Very Active
100	1309	1418	1527	1636
120	1571	1702	1833	1964
140	1833	1985	2138	2291
160	2095	2269	2444	2618
180	2356	2553	2749	2945
200	2618	2836	3055	3273
220	2880	3120	3360	3600

- Very Sedentary:** activities primarily include sitting
- Sedentary:** activities primarily include walking
- Active:** activities include exercising 3 days per week
- Very Active:** activities include exercising at least 5 days per week

Are you getting enough calories to function at your best???

The amount of energy produced when food is digested is measured in calories. If you eat fewer calories than you need, you may be depriving yourself of the necessary energy and nutrients that are essential for your body to remain healthy and functional.



"Food For Thought: Eating Healthy at SCU"

Afraid of the "Freshman 15"? Want to learn how to eat healthy in college with no time, no money, & BENSON food?

Come join the Peer Health Educators and learn important information about how to eat healthy and feel great!

Thursday, October 20th
5:30 - 6:30 p.m.
Malley Conference Room



"Potty Talk" is brought to you by the Wellness Center. To learn more about the topics discussed here, please contact:

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