

AVOIDING THE "FRESHMAN 15"

Smart Eating - For a quick check on your diet, count how many food groups you have included at a meal or snack. The more, the better! Follow these additional suggestions to avoid the "Freshman Fifteen."

1. **Eat whole grains** (whole wheat flour will be listed at the first ingredient on the label) as often as possible.
2. **Stay fit with fruits and vegetables.** Choose whole foods, rather than juices, but use canned and frozen too. Aim for 7 to 9 servings daily from these food groups to help with weight loss or to avoid gain.
3. **Eat less meat at meals.** A healthy serving should be no bigger than a deck of cards. Try meat substitutes such as dried beans, tofu, seeds and nuts. Treat meat as a flavor accompaniment to your meal, not the main course.
4. **Go lowfat with dairy products.** Choose skim milk or one half percent milk. Watch out for cheese and ice cream! When you can, opt for low fat cheese and frozen yogurt instead of full fat products. High fat meat and dairy products contain saturated fat that clogs arteries and promotes heart disease. Try to avoid it!
5. **Use fats, oils, and sweets sparingly** but don't try to omit all fat and sugar from your diet. A small piece of chocolate, or small brownie won't hurt you occasionally. The key is in the portion size, and how often you eat it. Once or twice per week treat yourself to a small indulgence.
6. **Be patient with change.** Habits are hard to break, so set small achievable goals when trying to eat healthier. For instance, you might initially decide to cut back on fast food. After you are successful with this goal, you can set another goal with your eating.
7. **Liquid calories add up fast**, remember, and are not as satisfying as solid food.
 - Supersize drink (McDonald's) - 490 calories
 - 16 ounces orange juice - 220 calories
 - 1 can regular beer - 150 calories
 - 12 oz. Chocolate mocha from Einsteins - 310 calories
8. **Fast food puts it on fast!**
 - Big Mac - 560 calories
 - Supersize fries - 540 calories
 - Taco salad with salsa - 850 calories
 - Burrito supreme - 440
 - Pizza (cheese) Pizza Hut, 1 slice - 300
 - Plain bagel (Paneras) @ 300 calories