

COLLEGE CORNER

The Guide To Healthy Eating In College

(NAPSA)—Newfound knowledge isn't the only thing college freshmen brought home after their fall semester. Odds are, they also rounded out the semester with some extra poundage.

According to the Tufts Longitudinal Health Study, two-thirds of college students gain weight during their first year at college because of unhealthy eating and drinking. However, parents can help college-bound students avoid packing on the pounds by giving them both food smarts and tools for healthy eating on-campus.

"College is often the first time when students are responsible for selecting their own meals and maintaining a healthy eating plan," says Kris Clark, Ph.D., FACSM & Director of Sports Nutrition, Penn State University. "As students learn to adjust to independent living, the myth of the dreaded 'freshman 15' can quickly become a reality. Many fall prey to late-night junk food binges, overeating in the dining commons or constant grazing on high-calorie, high-fat foods."

A simple way to maintain healthy eating behaviors—and ward off unhealthy weight gain—is to keep plenty of healthy foods in the dorm room.

"Many college students take late morning classes and end up sleeping through breakfast, which can lead to increased hunger later in the day," says Dr. Clark. "Parents can help their students start the semester on a healthier note by sending them back to school with a supply of high-energy snacks like dried or canned fruit, peanut butter and crackers."

Another easy solution for increasing the consumption of



Effective meal planning can help college students avoid tacking on the "freshman 15."

essential nutrients is to prepare meals right in the dorm. Students need only a few accessories to prepare delicious, healthy meals. A mini-refrigerator and microwave are two dorm room must-haves to store perishables and heat good-for-you meals. A blender for delicious smoothies rounds out the college pantry.

Packing individual snacks in small Gladware storage containers is a convenient way to keep food easily available in mini-fridges, on tight shelves or in a backpack for a bite between classes. The containers are great for storing and reheating leftovers or preparing individual-sized snacks. Gladware containers are strong enough to withstand being tossed around in a backpack, yet are affordable so students won't feel bad if they are left in the library. Plus, the containers are microwave-safe.

For recipe tips and additional information, visit www.glad.com.