Beat the Freshman 15

Eat three meals a day. Never skip breakfast because it gives you the energy to get through the morning.

Keep a balanced diet. Eat healthy foods from the five food groups: grains, fruits, vegetables, dairy, and meats/protein-based foods with minimal fats and sugars.

Control your portion size. Eating smaller portions of food can help you maintain your weight. Share your entrée with a friend or take a doggy bag for another meal.

Stock your dorm with healthy snacks. Such as nuts, fruits, rice cakes, yogurt, pretzels, etc.

Keep a food journal. Write down everything you eat and drink each day. Track of how many calories you consume in a day, and adjust your calorie intake to your findings.

Avoid alcohol. One beer contains about 150 calories. If you do decide to drink, put a limit on how much you intake.

Drink water. Try to drink at least eight glasses of water each day.

Keep late nights to a minimum. If you stay up all night studying, partying, etcetera, you will be more likely to crave a midnight snack.

Exercise. Try to visit the campus gym three times a week. You have to stay active in order to burn off those excess calories.

Get enough sleep. Try to get at least seven or eight hours of sleep each night.