



## Avoiding Weight Gain In College

(NAPSA)—The freshman 15—the term used for those extra pounds students tend to pack on during their first year in college—is actually about five to seven pounds, according to the most comprehensive study of its kind by Brown University Medical School. But the study shows sophomores weighed an average of nine pounds more than when they started college.

Researchers say possible explanations for the weight gain include more drinking, more socializing that involves eating, high-fat foods in dorm cafeterias and less physical activity.

“The freedom associated with kids going off to college can bring about bad habits,” says Sunbelt Registered Dietitian, Dr. Joanne V. Lichten, Ph.D., and author of “Dr. Jo’s No Big Deal Diet.” “Moderation, discipline and a balanced lifestyle are the keys to a healthy college career.”

Lichten offers the following tips:

- Make time for exercise. Walk or bike to class—just don’t settle into a sedentary lifestyle.
- Don’t skip meals—it leads to overeating at the next meal. It’s easier to keep a healthier weight with more meals, not less.
- Watch portion sizes—just because the cafeteria is all-you-can-eat doesn’t mean you should eat all you can.
- Get adequate sleep—new research shows that sleep deprivation leads to weight gain.
- Keep healthy grab-and-go snacks on hand, like fresh fruit,



**Keep healthy grab-and-go snacks on hand, like fresh fruit, peanut butter and crackers, and breakfast and granola bars.**

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Sunbelt Oats & Honey Chewy Granola Bars are individually wrapped for freshness and portion management and are one of several Sunbelt products to receive the Whole Grains Council (WGC) basic stamp. Each granola bar has half a serving (eight grams) of whole grains and just 130 calories. The suggested retail price: \$1.99 for a box of eight bars. That’s the lowest of the major brands.

Why are whole grains important? According to the WGC, the benefits include reduced risk of stroke, type 2 diabetes and heart disease, as well as better weight maintenance. While you receive the greatest health benefit if you eat at least three servings of whole grains daily, some studies show reduced health risks from as little as one serving daily. “Every whole grain in your diet helps,” says Lichten.

For more tips visit Sunbelt Snacks.com.