



30 Ways to Survive Dining Hall and Dorm Room Food: Tips to Avoid the Freshman 15

RN, Penelope M. Klatell PhD

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The “15” in Freshman 15 may be an arbitrary number, but many college freshmen do gain weight during their first year and continue right through college and beyond. College life should be enjoyed. Students shouldn’t live in fear of gaining weight, nor should they feel like they need to skip meals or follow crazy diets. Everyone needs to eat. Food is the body’s fuel and without a steady supply of the good stuff how can you ever get out of low gear or have a shot at acing an exam or getting a paper done on time? The solution: establishing really good food habits and making informed food choices and decisions that prevent weight gain while allowing you to eat well and enjoy what you eat. The 30 ways (and 30 bonus tips) in 30 Ways to Survive Dining Hall and Dorm Room Food: Tips to Avoid the Freshman 15 give you solid information and practical suggestions to make good, better, and best choices in the dining hall, your dorm room, at parties and games, at the movies, and on road trips.

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