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DON'T:
Consume fried
foods too often.

BE SMART IN THE CAFETERIA LINE

L.A.-based nutritionist and fitness expert Christine Bybee acknowledges the challenges freshmen face when navigating the college cafeteria and its overwhelming number of options. "Take the time to learn a little about food," says Bybee. "You will have a super-healthy freshman year."

DON'T:

- Consume fried foods too often.
- Order cheesy foods. (Cheese is high in fat so it's best to omit when you can.)
- Order smoothies. ("They are loaded with calories, and you will find yourself hungry again in about 1 to 2 hours," says Bybee.)
- Add a milkshake to your meal. ("They pack about 800 calories.")

DO:

- Order grilled foods such as a chicken sandwich, with a side of fresh fruit instead of fries.
- Substitute turkey burgers for beef burgers (the turkey meat tends to be leaner than beef).
- Pair chicken soft tacos with a side of rice.
- Order broth-based soup such as chicken noodle.
- Eat low-fat cottage cheese.

THE 'INFAMOUS 15' WEIGHS HEAVILY OVER IN



JOHN MCCOY > LA.COM

DO: Order grilled foods such as a chicken sandwich, with a side of fresh fruit instead of fries. Nutritionist Patrice Barber, left, talks to students Isabel Tzou and Kimberly Newberry in the USC dining hall.

BY SEMHAR DEBESSAI > LA.COM

It's your first year at college, and with all the potentially scary things to face (communal bathrooms, Greek-life recruiters, a soap-phobic roommate), eating should be the last thing you fear.

But the threat of the infamous Freshman 15 — the 15 pounds students are said to gain in their first year of college — has loomed over many an incoming freshman class.

The reality?

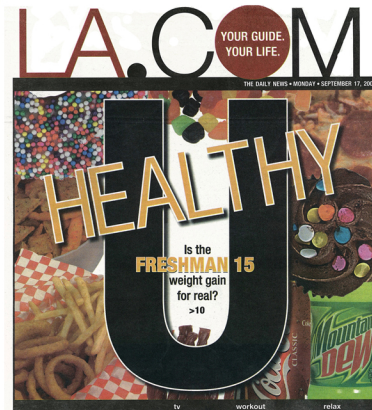
"A full third of students do not gain any weight at all," says Patrice Barber, Trojan Hospitality Nutritionist at USC. "The two-thirds that do, the average weight gain is nowhere near the legendary and mythic Freshman 15."

Great! So there's nothing to worry about, right?

Not quite, according to Ellen Bauersfeld, staff dietitian at the Quad Student Health Center at California State University, Northridge. "There are big changes that happen (that can affect weight and health) when people go to college," she says.

Namely an increase in dining out, lack of meal structure, later nights and a decrease in physical activity all contribute to weight gain and establish unhealthy habits that can continue well into adulthood.

When hunger strikes, it might be unrealistic to expect



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This balance is something has taken great pride in making that, Barber says, "students are ing out in the world."

Freshman Kimberly Newberry variety offered to her at US's buffet-style restaurant special.

The soft-spoken student excited more by the frequent daily — than its nutritional

"I'm from Nebraska," says we still have fruit, but it's not

Similarly, her roommate, native, gets her lunchtime k garnished salad. Ask her what

Tzou says it depends on the burger, could be pasta, "but Barber is equally content.

"When the healthy choice students are more likely to

Forcing anything on a college otherwise, Barber adds, is g

Parkside is a popular venerous meal plan. But the all tempting invitation for over

purses across the country, in programs to curb that impu