



PHOTO ILLUSTRATION: TARA STIEGLITZ

**SUCK IT UP** A diet of noodles and beer isn't exactly recommended, and can result in the dreaded "Freshman 15". Or 35.

# Weight gain a heavy issue

Many first-year students fear gaining the infamous "Freshman 15." However, experts say its possible to keep off the pounds with proper diet and exercise

KIM MISUTKA  
News Staff

First-year university students—or all university students for that matter—tend to gain weight during the academic year, but according to experts preventing the "Freshman 15" is no different than following what you've been taught your entire life: make healthy choices and get adequate exercise and sleep.

Althea Livingston, Food Ombudsperson for Lister Centre explained that being away from home is new to many students, and in an environment with no restrictions to food, it's easy to gain weight.

"For a lot of people it is the first time on their own, and they think it is kind of exciting to be able to buy whatever they want. You have to sort of think about it though. Yeah, it is fun, but do I want to suffer the consequences of eating junk food for a whole year?" Livingston said.

According to Livingston, it isn't impossible to eat healthy while living in residence, but people need to be careful about what they're consuming. She advises staying away from deep-fried foods and watching portion sizes.

"A lot of the entrees are pretty big and a lot of people don't know you can order half-orders, or just get sides or a vegetarian option," Livingston said.

Kim Flatt Vice-President (Internal) with Health Nuts, says the "Freshman 15" can be avoided with the right mindset.

Health Nuts is a volunteer-run kitchen that aims to help students eat healthy on a budget. Each kitchen gives students a chance to try something new and learn something in the process.

"It's easy not to notice you're gaining weight until your clothes start getting tight. Even then, between academic, work, social life, et cetera, health isn't always a top priority. But living a healthy lifestyle doesn't need to take a lot of time. It can be as simple as getting off the bus a few stops early, taking the stairs to class instead of the elevator and packing a lunch instead of grabbing a burger," Flatt said.

And, though going out is a part of the university way of life, a couple drinks too many could lead to more than a hangover.

"Often students don't realize the

amount of energy they may consume in a night out at the bar. Alcohol contains seven calories per gram so it is quite energy dense. Top it off with some pizza and chicken wings, you've probably consumed enough energy to constitute an entire meal," Flatt said.

Charlotte Varem-Sanders, a Registered Dietician with Athletic Nutrition Services, explained that putting on a couple pounds is a lot easier than most people realize.

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ALTHEA LIVINGSTON,  
LISTER FOOD OMBUDSPERSON

"3500 calories extra intake will help you gain one pound. This can add up slowly," Varem-Sanders said.

In addition to being conscious of what you put inside your body, Flatt stressed that staying healthy is a lifestyle choice, and pointed out that there are many resources available on campus to help students stay on track.

"Campus Recreation intramurals and programs are an excellent opportunity to stay active and meet new people. Healthy eating is a matter of choice, and can mean planning ahead for meals during classes, what groceries you need, et cetera. Health Nuts addresses all of those issues throughout the year during their kitchens," Flatt said.

Nutritional information and support can also be found at Student Health Resource Centre, and if personalized advice is desired, nutritional counseling is also available to students at a discounted rate.

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## CALORIE COUNTER

Many students don't know how many calories are in the foods they consume day-in and day-out. So the Gateway has compiled a handy list of foods commonly eaten by university students along with the calorie counts of each, so you know what is tipping the scales. So eat, drink and be wary.

Food	Total calories
<b>Pizza:</b>	
14" pepperoni pizza	2647
<b>Beer:</b>	
Heineken Premium Light Beer	99
Beck's Dark Beer	150
Budweiser	145
Corona Extra	147
Corona Light	105
Molson's Canadian	150
Stella Artois	135
Samuel Adams Light	124
Mike's Hard Lemonade	240
Smirnoff Vodka Ice, Triple Black	253
<b>Fruit:</b>	
1 medium banana	105
1 medium apple	72
1 large orange	86
1 tomato	22
1 peach	31
50 blueberries	39
<b>Tim Horton's:</b>	
1 Chocolate Chip Muffin	430
1 Low Fat Blueberry Muffin	290
<b>Subway:</b>	
Chicken Breast on Italian Bread (6")	330
Meatball Marinara on Italian Bread (6")	560
<b>Miscellaneous:</b>	
1 Figaroo Fig Bar:	150
1 McDonald's Hamburger:	260
1 Can Coca-Cola	140
1 hot dog with bun, ketchup	365
2 tablespoons peanut butter	188
1 medium baked potato	161

All information above collected from [www.calorieking.com](http://www.calorieking.com)

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