

ELON lifestyle

Self-discipline: the key to staying slim



Laura Hals/ Photo Editor

Careful taking too many servings at the dining halls. To avoid gaining weight, students should start making changes in their diet.

Keep the freshman 15 off for good by learning which foods are healthy on campus

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—Jeff Gazda, Resident District Manager of ARAMARK

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Liza Burzotta

Reporter

College independence can be both a blessing and a curse.

It's your first year at college and mom's not there telling you what to do. If you want to pull an all-nighter, go ahead. If you want to stay out until 2 a.m. partying on a Tuesday night, nothing's stopping you. If you want to gain the freshman 15, be my guest.

Wait a second that last one doesn't sound like a lot of fun. Unfortunately, packing on the pounds seems to be the focus of most college freshmen.

There are many reasons first-year college students gain the weight. One contributing factor is eating at all-you-can-eat buffet style dining halls.

Although the food in Harden and McEwen are healthy, for the most part, it's easy to get three helpings of Beef Stroganoff instead of just one.

Jeff Gazda, Resident District Manager of ARAMARK said, "Students just need self discipline. The dining halls can't just offer carrot sticks. The dining halls can't force you to eat right, only push you in the right direction."

To avoid gaining weight students don't have to eat just a salad and water. It's important to eat in moderation. Also, the sugary sweets may look tempting and it's ok to have a few, but don't over do it. Without mom making your plate for you, use discretion on what is good to eat and what you should stay away from.

Most colleges have vegetarian choices at all meals, including salad and sandwich bars. There's usually enough variety.

One tip is trying to eat grilled food over fried food. Simply ask for a grilled chicken sandwich at Chick-fil-a instead of the fried one. This is a simple trick for a more nutritional meal.

Realize the importance of fruit in your daily diet. Eat an apple, orange or banana instead of a bag of chips with your lunch. There is fresh fruit in Octagon, Danieley, McEwen and Harden.

Switch from whole milk to low fat milk. This is a small change that could help you in the long run.

Another reason students may gain the weight is due to the transition period that is occurring. College can be stressful, especially for freshmen. How people deal with change varies, some people tend to feel sad, stressed, anxious and homesick, causing a change in eating habits.

According to Gazda, there is a huge lifestyle change and students aren't as active. In high school, students may have been involved on a sports team, but in college students spend their time sitting in the library without any time to work out.

Also, at home students weren't going to bed as late and ordering 5-5-5 from Domino's at 1 a.m. And the one big factor is the alcohol. Students may not realize it but alcohol has empty calories that add pounds.

It may sound easy to avoid the freshman 15, but in college, nothing is easy. It's important to remember to stay active, eat in moderation and take Domino's off your speed dial.

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