



DTH FILE/DANIEL VAN NIEKERK

Rising senior Ian Bensberg started working out in middle school when he began playing football. Now he lifts on campus at the Student Recreation Center, where many students go to ward off the dreaded "freshman 15."

Keeping off the pounds comes from moderation

Exercise, balanced diet key for health

"Not having great food choices around me in my room really causes the problem."

BY ANITA RAO
STAFF WRITER

The freshman 15. Three dreaded words that every incoming college first-year hears ages before they even get to college.

From day one of first semester, waffle fries, freshly baked chocolate chip cookies and cheesy pesto pizza are all available with a quick swipe of your One Card.

With a wide range of options available for every meal at Lenoir and Rams Head dining halls, indulging in tasty, fatty foods is all too easy.

Hamburgers, pizza and soda were staple dietary items for freshman James Malloy during his first semester at UNC.

"I eat less healthy here, but I try to make up for it by working out more," Malloy said.

Late nights in the library also can lead to stacks of snacks and unhealthy choices.

"You need some sort of inspiration, and food is the only thing available at times," freshman Chantelle Soto said.

For junior Amandalin Rehburg, late-night munchies caused her diet to become more unhealthy during the year.

"Not having great food choices around me in my room really causes the problem," Rehburg said.

"Being healthy should really start at the store. Keep in mind what you're buying to snack on later, and make sure it's healthy."

Even the seemingly small decisions, such as choosing between cherry Coke and milk, can add up after a period of time.

"Soda loads you with empty

calories and doesn't provide much energy," junior Emily Joy Rothchild said.

The most important thing is balance, said Sara Stahlman, health educator for UNC Campus Health Services.

"No food is a bad food, but moderation is really important," Stahlman said.

"Cheeseburgers, pizza and ice cream can all be a part of a balanced diet, but not if you eat all three of them every single meal."

Stahlman suggested moderating your meal by dividing your plate into thirds — filling one third with vegetables, one third with carbohydrates and one third with sources of protein.

With two free gyms, a plethora of intramural and club sports and plenty of paths all at students' disposal on campus, Soto said avoiding the freshman 15 shouldn't be too hard.

"Just eat less and move more," Soto said.

But what with juggling trying to get enough sleep, hanging out with new friends and indulging in the freshman experience, students often forget to make time to be conscious about dietary decisions.

Aside from the many campus recreation facilities, Campus Health also provides free consultations with nutritionists where students can meet with registered dietitians for free.

"I don't know that framing it as the 'freshman 15' is really ideal, because it's not really about how you look and how much weight you've gained or lost," Stahlman said.

"If you eat good food, you are going to feel healthier and be more active, and that's really what it's all about."

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