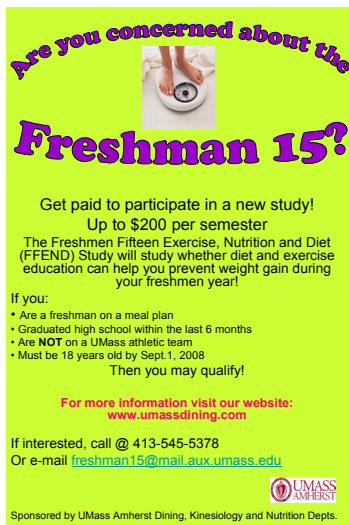


Did you know...?

The "freshmen fifteen" is a colloquial term describing weight gain experienced by some first year college students. Recent studies show that modern freshmen are gaining only 3-7 pounds during their first two on-campus semesters, but many incoming freshmen fear weight gain nonetheless.



Are you concerned about the Freshman 15?

Get paid to participate in a new study!
Up to \$200 per semester

The Freshmen Fifteen Exercise, Nutrition and Diet (FFEND) Study will study whether diet and exercise education can help you prevent weight gain during your freshmen year!

If you:

- Are a freshman on a meal plan
- Graduated high school within the last 6 months
- Are **NOT** on a UMass athletic team
- Must be 18 years old by Sept. 1, 2008

Then you may qualify!

For more information visit our website:
www.umassdining.com

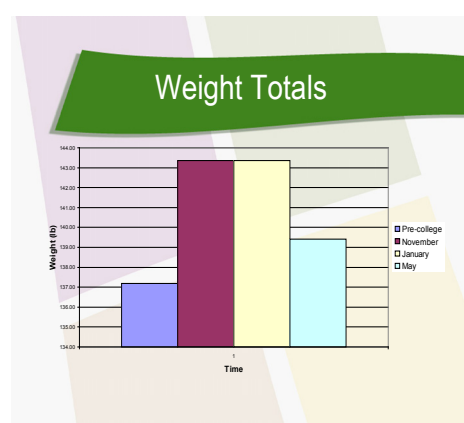
If interested, call @ 413-545-5378
Or e-mail freshman15@mail.aux.umass.edu

Sponsored by UMass Amherst Dining, Kinesiology and Nutrition Depts.

During the 2008-2009 academic year, UMass Dining conducted the Freshmen Fifteen Exercise, Nutrition and Diet Study to determine whether education on portion control, physical activity and nutrition would reduce weight gain in first year students. Study participants included UMass freshmen who were divided into two groups. One group of freshmen attended three educational sessions and the second group did not. Subjects in the education group took pre and post tests at each session to assess baseline learning. There was a significant increase in knowledge sited after the post test was administered. Both groups reported their dinner meal intake three times a week, which was analyzed using UMass Dining's nutrition website. All subjects also reported their physical activity and alcohol consumption each week, if any. Participants were weighed three times throughout the course of the study and self-reported their pre-college weights. From pre-college (Summer 2008) to the end of the study (May 2009), the education group did not significantly change their weight, while the control group, who did not receive education, gained an average of one pound. After attending the sessions, the

participants in the education group significantly increased their vegetable intake and decreased their alcohol intake. Both groups increased physical activity, but it was more significant in the education group.

The participants in both groups on average gained far less than the 15 pounds of popular lore. This may reflect a general trend towards lower weight gain during the first year of college supported by current research. With the variety of foods available in the dining commons, it is now up to you to exercise and select the foods that make you productive and healthy this year.



If you find yourself preoccupied with food and/or weight, make an appointment with the Dietitian at University Health Services by calling (413) 577-5101.

For more information on healthy eating habits, why breakfast is important and other nutrition topics, visit our website at www.umassdining.com/nutrition.

Written by Heather Morin RD

The nutrition information in this newsletter is for educational purposes only. Information in this newsletter shall not be construed as medical, nutritional, fitness or other professional advice, nor is it intended to provide medical treatment or legal advice. UMass Dining recommends that you meet with the appropriate professional advisors regarding any individual conditions.