

## Mayo Clinic Minute: 4 ideas for avoiding the 'freshman 15'

In this season of packing up for college, here's a warning about packing on the "freshman 15."

"It's usually not actually 15 (pounds). It's often seven or eight," says [Dr. Denise Millstine](#), a Mayo Clinic internal medicine physician.

Still, it's extra weight that Dr. Millstine says is often caused by a change in activity and eating habits from high school to college.

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Video	Audio
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	Still, it's extra weight that Dr. Denise Millstine says is often caused by a change in activity and eating habits from high school to college.
	You're going to be eating at a cafeteria or eating out more. Stop and think: How am I going to manage this?"
	Dr. Millstine offers four daily goals for every freshman. No. 1: Eat plants.
	"Ideally, at least five fruits and vegetables every day."
	No. 2: Don't drink a lot of calories.
	"If you're going to class and you're grabbing a coffee drink or a smoothie, it can have a lot of calories in it."
	No. 3: Find ways to move.
	"Take the stairs instead of the elevator. Always make sure you're walking to class."
	And No. 4: Get decent sleep.

	"Trying to get that seven to nine hours of sleep consistently, whatever your body requires, can help you to manage your weight."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.