To Lose Weight In College All You Have To Do Is Eat

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by Janet Sutherland

"IT ISN'T hard to lose weight in college. Just skip breakfasts. A mid-morning coke at the Union will carry you through."

Such misleading advice is designed especially for you by well-meaning "experts" on freshman eating. A woman who follows such typical food propaganda will not only lose weight but also lack the efficiency and energy so necessary in her first year at college.

Take a second look at the college eating situation. You may be new at college dating and activities but you should be familiar with food. You've been sitting down to a hearty meal of Mother's cooking for many years. Choosing your menus will not be a question of cost or cafeteria-type selection. Nutrients and calories are the first consideration of the dormitory dietician in planning the menus each day. All you have to do is eat them. That 10, 2 or 4 o'clock coke substituted for breakfast may reduce calories but alas, it will also cut out essential nutrients. A root beer and doughnut can't reduce early morning fatigue as can fruit juice and a toasty breakfast cereal.

Skipping Meals

Dormitory dining room hostesses report that about 30 per cent of the women in freshman halls skip breakfasts. On the weekends the percentage is even higher. Saturday morning after a 12 o'clock Friday night only a little over half of the usual number eat breakfast, while on Sunday the total drops to one-fourth of the usual figure. Lunch is the most popular meal with less than 10 per cent absent.

Experiments on the effects of skipping breakfasts are being made by the physiology department of the University of Iowa with six women as subjects. Timed reactions, efficiency and exercise tests have been used to determine the value of breakfasts.

Liquid Menus

Mental aptitude tests have been included to find out the mental effects caused by meal skimping. Weight-losing diets such as liquid-only menus are not generally endorsed for anyone to try. Dieting is each student's own problem but you must consult a physician if you want to lose 15 or 20 pounds. However, by counting calories the average college woman may keep alert while varying her weight up or down as she wishes.

The basis for calorie-counting in diets is the basic seven food essentials. Miss Dorothy Vorhies, who teaches nutrition to first-year home economics and science women, outlines the following foods as essential each day: three cups of milk, a serving of meat, cereal, green vegetables, potatoes, and one other vegetable, two fruits, bread and butter and three to five eggs a week. This of course does not include sweets. The 900 to 400 calories furnished by a frosty malt or pie a la mode are not considered because there's no difficulty in getting them at spreads and in-between snacks. A 2½-hour walk or 3½-hours of dish-washing is needed to burn up the energy supplied by such fats and carbohydrates.

Basic Seven

The basic seven give 1200 to 1400 calories and provide about one-half of the daily 2000 to 2500 needed. A new experiment is being tried at the University of Nebraska where 20 women have been on a supervised reducing diet for a year. The daily caloric intake was cut to 1,200 and then steadily increased during the 9 weeks. The food was planned to take off weight and still maintain health and psychological satisfaction. A substantial breakfast was included in order to avoid fatigue during the day and bedtime snacks were encouraged in order to conform to dormitory customs. However, an apple and a graham cracker were recommended because they furnish only 135 calories. The women lost an average of 14.1 pounds in 9 weeks because they needed to leave out only 3,500 calories to take off one pound of weight. Plans are now being made to continue weight reduction without laboratory supervision in the dormitory.

Complexion Care

Gaining weight correctly is just as hard as losing it and, although not as common as reducing, many freshmen women put the emphasis on eggs, milk, and other dairy products which add calories rather than concentrating on fried foods and pastries. The latter increase skin trouble as they add pounds.

Many women forget complexion and skin care in their desire to remodel their figures. A change in living conditions, water and food may endanger your complexion, so remember to say "yes" to the waiter's query about a second glass of milk at mealtime. Eat as few fats as possible to prevent a sluggish skin. You'll find that citrus fruits and tomatoes have no limit in their potentialities as skin tonics and weight fighters. Iron in foods adds rosiness to checks and can be found in liver, eggs and especially molasses and raisin cookies. For your next spread write home for them instead of the less-nutritious fudge.