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The Fastest Way to a Freshman Fifteen

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Welcome to college. Your parents have big expectations for you: get good grades, learn to domesticate yourself and maybe even find that special someone. They are also anticipating that you will return home for Thanksgiving break a little more “doughy” than you were on move-in day. We say, do them one better. Why settle for a “freshman 15” when you are fully capable of the “freshman 40”? Grab a donut, and we’ll take you through these glutinous guidelines.

**drunk delicacies**

Cap off your night of indulgence with some delicious drunk munchies courtesy of the Welch Avenue food vendors. You can pamper yourself with a Super Dog or a gyro, which pack 580 and 460 calories, respectively. For maximum effect, get all three. You’re worth it.

**bagels for breakfast**

If you’re truly invested in this calorie consume-a-thon, skip the apples and granola bars in the morning. Instead, opt for a bagel with cream cheese. A plain bagel with a tablespoon of cream cheese will start your day off with a solid 243 calories. Add two percent milk, and you’ve got a good dose of saturated fat on top of it.

**load up on desserts**

By the time you reach college, you know the ultimate way to stack on the pounds is to load up on the sweets. Make sure to get a couple scotcharoos every time they serve them at the UDCC, and you’ll be well on your way to your weight-gain goal. With 326 calories, 123 of them from fat, you can reach that Kirstie Alley physique before winter break.

The average plus sized model wears a size 10, 12, 14 or 16; making all average sized women in the U.S. plus sized or overweight.

**THE IDEAL IS UNREAL**

Being skinny wasn’t always attractive. A thin body type wasn’t preferred by men who were looking for a woman, with whom they wanted to have children.

Photoshop is not only used to make models appear skinnier, but it is also used to make plus sized models look bigger too.

About 99 percent of all photos in magazines are retouched.

Although the media is prone to using models who are “cocaine chic” (the look of a model who is so skinny, s/he appears to be using cocaine), it is beginning to feature people with healthier bodies.

**TWIGGY**

was one of the first drastically skinny, international models in the 1960s. After Twiggy, skinny models were the new norm.

**Actually. Don’t worry about that freshman fifteen. A college degree means you’re less likely to become obese. Check out ethosmagazine.org for the scoop!**