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GETTING SYRACUSE UNIVERSITY STUDENTS TO EAT MORE FRUITS AND VEGETABLES

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ABSTRACT

This survey study aims to analyze eating habits of Syracuse University students who have a meal plan. *«Nutrition assessment in the Syracuse University campus»* filled out by the SU students finds that most of the subjects eat less fruits and vegetables than recommended daily amount, however, they consume so much fast food.

BACKGROUND

- ❖ According to Dietary Guidelines for Americans 2020-2025, Almost **90%** of Americans do not meet vegetable recommendations; this number is about **80%** for fruits.
- ❖ The recommended daily amount of fruits is **1.5 cups**; it is **2 cups** for vegetables.
- ❖ Poor dietary habits mean poor academic achievements and health concerns.

METHODS

The self-administered online survey involved a total of **47** Syracuse University students who have a meal plan and eat in **the Ernie-Davis Dining Hall**. Participants were between the ages of 18 and 44 years and have been eating at the Dining Hall at least for a week. It was an anonymous survey and informed consent was obtained from the participants prior to the survey.

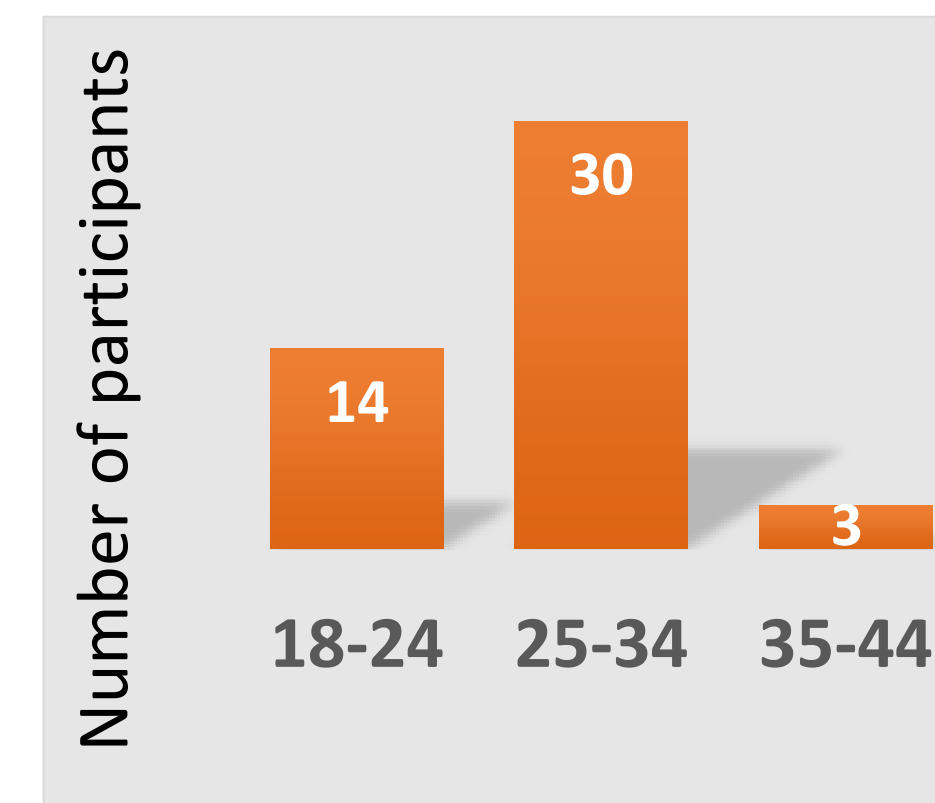
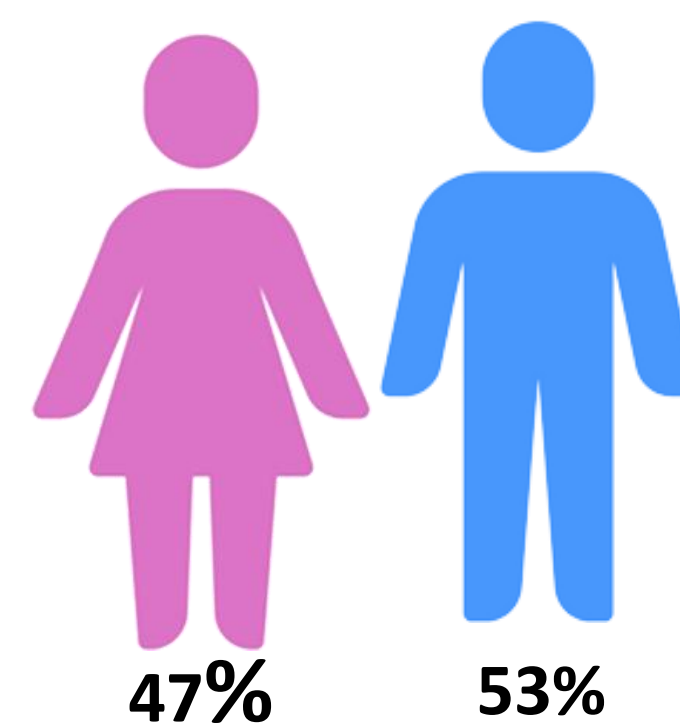
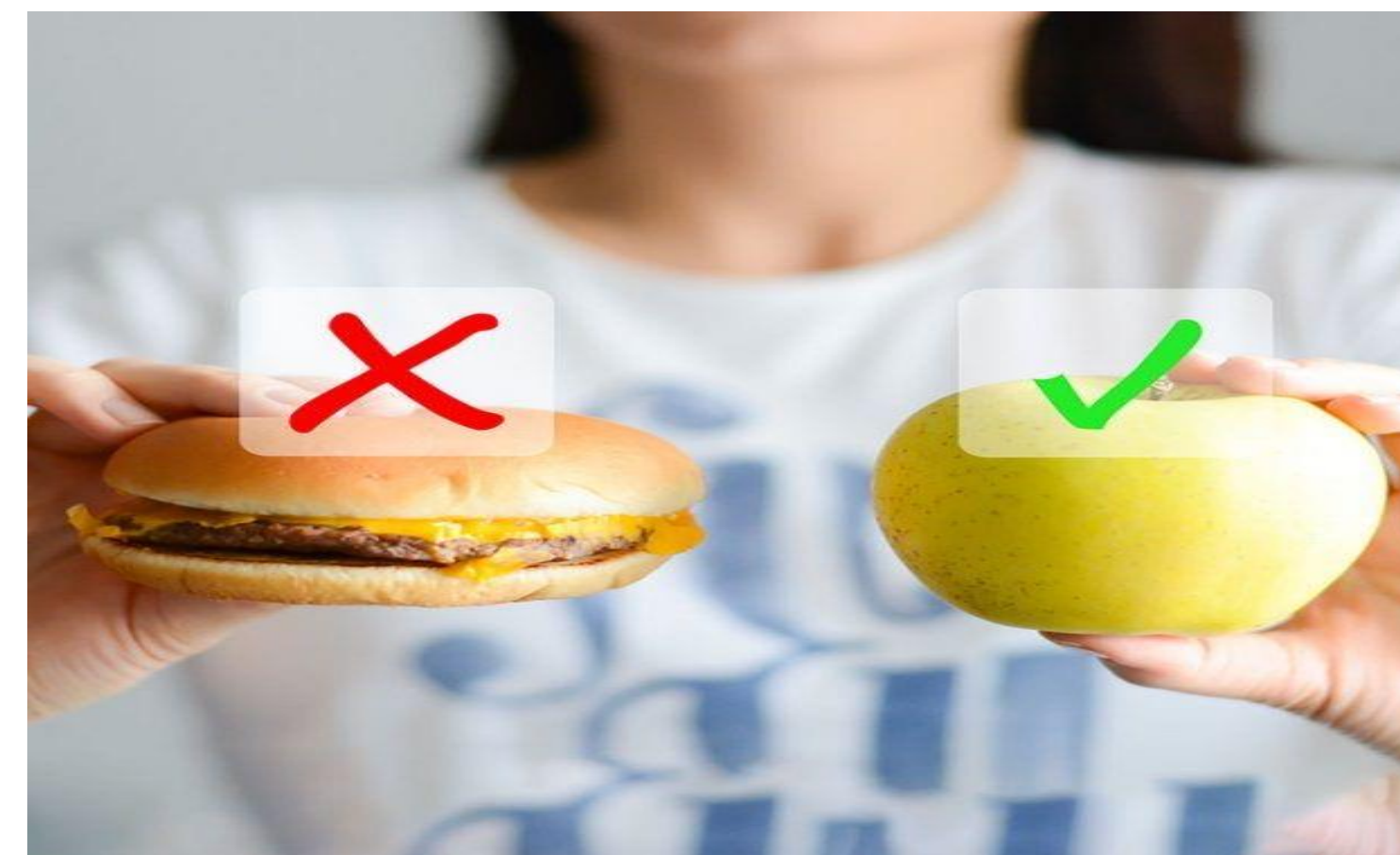
«Nutrition assessment in the Syracuse University campus»



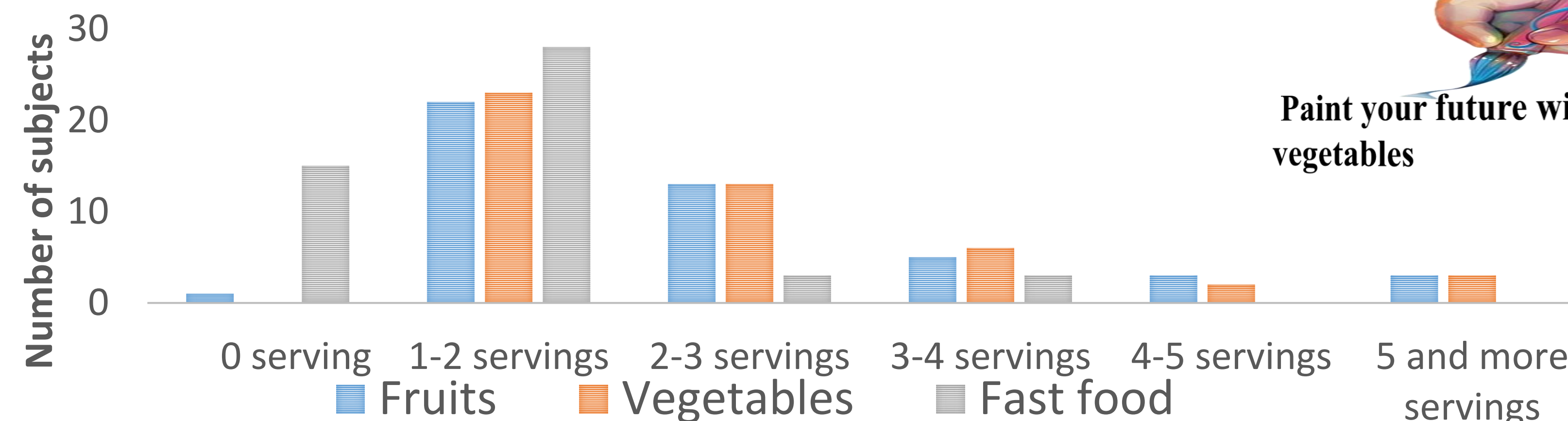
RESULTS

Among the 47 subjects, male subjects were dominated **25 (53%)** and female participants were **22 (47%)**. 34 students have been eating in the Ernie Davis Dining Hall for 2-3 weeks.

Chose your side



DAILY CONSUMPTION OF FOOD

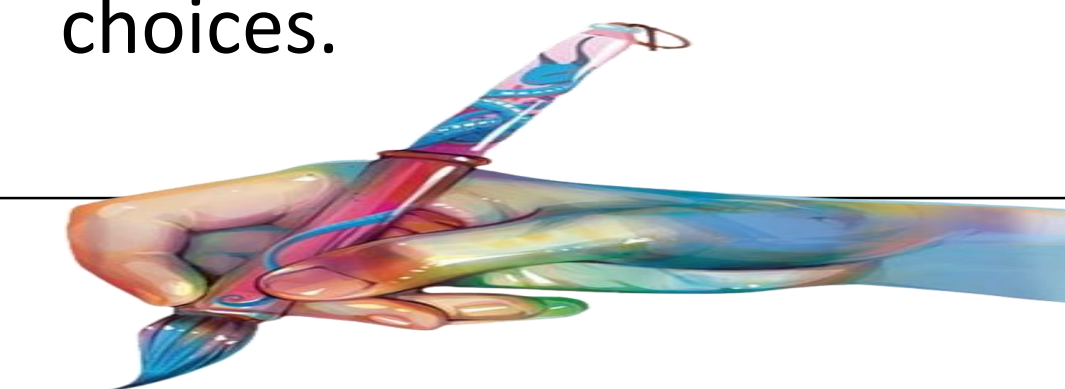


CONCLUSION

In order to have proper nutrition from the diet, we have to maintain a balanced diet on a daily basis. Therefore, we need to consume the recommended amount of fruits and vegetables and reduce fast food intake. In conclusion, our study shows that SU students do not maintain healthy dietary habits.

RECOMMENDATIONS

- ✓ University officials should raise awareness among students about health concerns from not eating enough fruits and vegetables, and promote consuming less fast food.
- ✓ Providing Ernie Davis Residence Hall with refrigerators and fill it with fruits and vegetables
- ✓ Reducing fast food choices in the Ernie Davis Dining Hall and increasing healthy food choices.



Paint your future with pigments derived from fruits and vegetables

References

