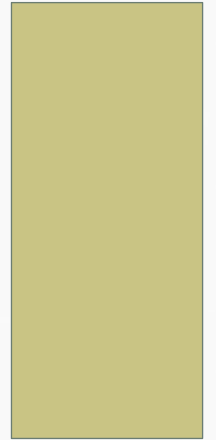


HEALTHY EATING FOR COLLEGE STUDENTS

AMANDA FALK



OUTLINE

- Video

https://www.youtube.com/watch?v=pGCVVqkNN_0

- Transitioning to college
- Nutritional trends versus needs
- Eating behaviors
- Healthy choices on a budget
- Nutrition education

TRANSITIONING TO COLLEGE

- Between ages 18 and 24 → critical time for significant and rapid weight gain (Brown, O'Connor, & Savaiano, 2014)
 - Average adult: 2 lbs/year
 - College students: 4-9 lbs/year
- Critical time period (Yahia, Brown, Rapley & Chung, 2016)
 - Habits formed during college years can persist into adult years
- Individuals are now needing to make independent choices about food (Graham & Laska, 2012)
 - Many adopt unhealthy practices

COLLEGE STUDENT STATISTICS

- 60% consume less than 2 servings of fruits and vegetables each day (Rao, Lozano, & Taani, 2014)
- 40-50% either exercise irregularly or not at all (Rao, Lozano, & Taani, 2014)
- First year college students (Deliens, Clarys, De Bourdeaudhuij, & Deforche, 2014)
 - Decrease in bread and vegetable consumption
 - Increase in fat intake and alcohol consumption

NUTRITIONAL TRENDS

- On average, college students consume:
 - 1 serving of fruit
 - 1.5 servings of vegetables
 - ½ a serving of low-fat dairy
 - 1.4 servings of whole grains



- College students overconsume:
 - Processed foods
 - Fast foods
 - Sugary foods
 - High-fat foods

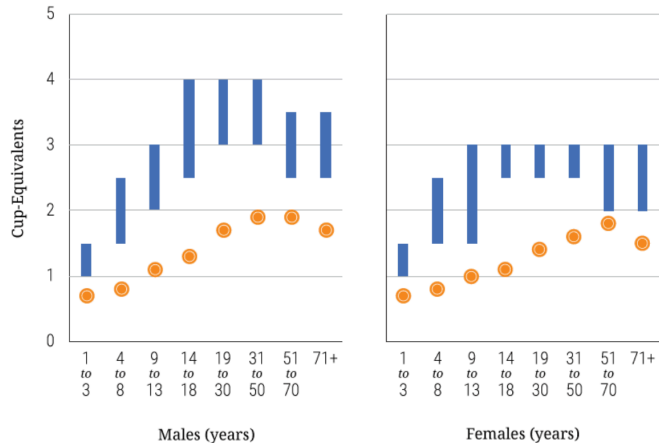


(Rao, Lozano, & Taani, 2014)

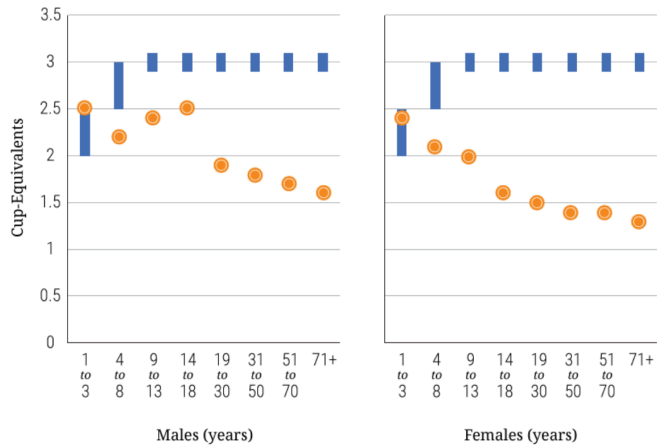
■ Recommended Intake Ranges | ● Average Intake



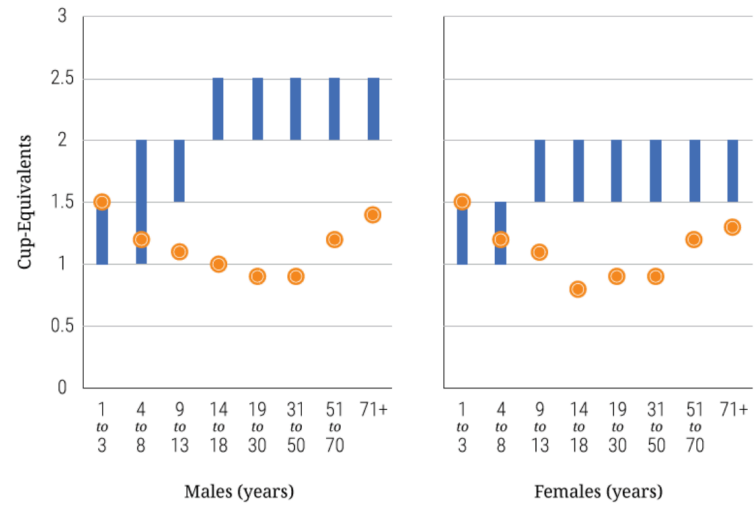
Vegetables




Dairy



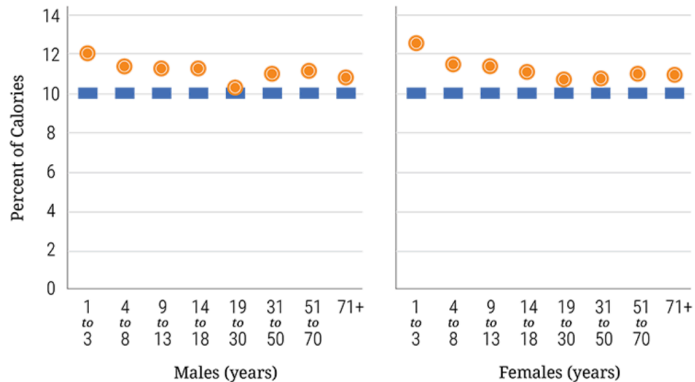

Fruits



■ Recommended Maximum Limit ● Average Intake



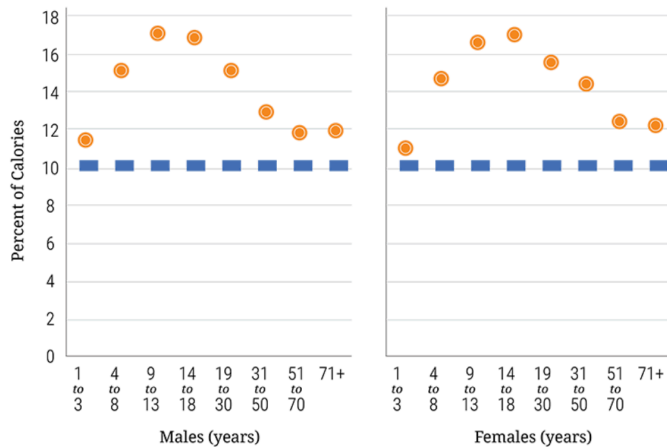
Saturated Fats



■ Recommended Maximum Limit ● Average Intake



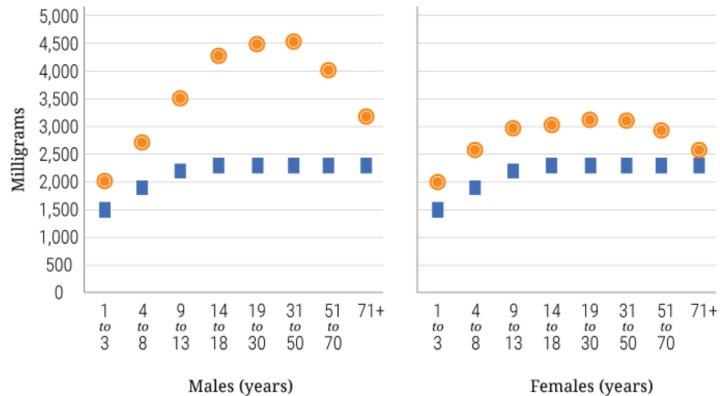
Added Sugars



■ Recommended Maximum Limit (UL) ● Average Intake



Sodium



WHAT DOES THIS MEAN?

- Due to increase in energy-dense, non-nutritive foods, college students are at risk for weight gain, which can lead to continued unhealthy behaviors and weight gain into adult years
 - Diet-related chronic diseases
 - CVD
 - Type 2 diabetes
 - Some cancers
 - Hypertension

(Brown, O'Connor, Savaiano, 2014)

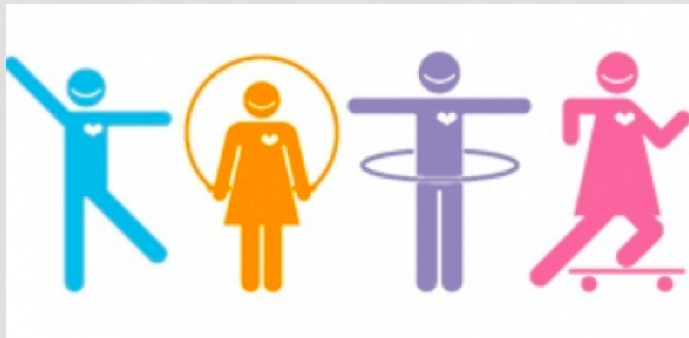
NUTRITIONAL NEEDS

- Males age 18-25
 - 2,400-3,200 calories/day depending on activity level
 - 56 g protein
 - 130 g carbohydrate
 - 33.6 g fiber
 - 20-35% of kcal for total fat
- Females age 18-25
 - 1,800-2,400 calories/day depending on activity level
 - 46 g protein
 - 130 g carbohydrate
 - 28 g fiber
 - 20-35% of kcal for total fat

(USDA Dietary Guidelines 2015-2020, 8th Edition)

PHYSICAL ACTIVITY

- Less than half of college students meet physical activity requirements (Rao, Lozano, & Taani, 2014)
- For adults 18-64 years of age:
 - At least 150 minutes of moderate-intensity/week
 - Or 75 minutes vigorous-intensity aerobic activity/week
 - Muscle-strengthening exercises should be incorporated at least 2 days/week



(USDA Dietary Guidelines 2015-2020, 8th Edition)

DRIVING FACTORS

- Stated in a study examining determinants of eating behaviors of among college students:
 - Taste
 - Healthy vs. unhealthy options
 - Self-discipline
 - Related to autonomy and can influence eating behavior
 - Stress
 - Transition to college is stressful
 - Exam times
 - Eating behaviors can be influenced in both directions

(Rao, Lozano, & Taani, 2014)

DRIVING FACTORS

- Dietary knowledge
 - Acknowledged that nutrition education is the first step
- Time and convenience
 - Would rather spend time on other things than to cook a meal
- Parental control
 - Parents have crucial role in eating behaviors
 - w/o parental guidance at college, behaviors can be impacted
- Price
 - Product prices and individual budgets influence choices

(Rao, Lozano, & Taani, 2014)

HEALTHY EATING ON A BUDGET

- Know how much money you have to spend on food
- Buy generic brands
- Buy whole foods
- Opt for low price Superfoods
- Frozen fruits and veggies
- Coupons and sale items are your friends
- Meal plan



(Cox, 2016)

NUTRITION LABEL READING

- Dining halls
 - Many dining halls have nutrition labels for all items
 - Campus dining phone apps with nutrition facts
 - Campus dining websites with menu and nutritional information
 - Allergy information
- Living on your own
 - Accountability
 - Look for sodium, calories, sugar, fat



(NIU Campus Dining)

TIPS FOR COLLEGE STUDENTS

- Be prepared
 - Know why you're eating/snacking
- Keep smart snacks on hand
- Don't skip breakfast
- Know the dining hall
 - Utilize salad bar, choose fruit as a dessert, practice portion control
- Don't drink calories
- Stay active



(Marcason, 2015)

WAYS TO IMPROVE EATING HABITS AMONG COLLEGE STUDENTS

- Introductory Nutrition Courses
 - Students are easily targeted and are more receptive to nutrition information (Brown, Larsen, Nyland, & Eggett, 2013)
- Freshmen or transfer student nutrition orientation
 - Education on nutrition label use
 - Frequent nutrition label use is associated with increased dietary quality and healthier behaviors (Graham & Laska, 2012).
 - MyPlate education
 - Utilizing campus dining resources such as apps and websites to make better choices

USING TEXT MESSAGING TO PROVIDE NUTRITION EDUCATION

- Post-intervention:
 - Increased awareness of MyPlate
 - Increased food group recognition
 - Regular text messages fostered compliance/success
 - About half of intervention participants thought text messages were an effective way to receive nutrition information

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