**LOCAL RESEARCH ON STUDENT DIETS**

**Dublin City University:**

* DCU have a Nutrition Step by Step Guide on nutrition for students, top tips for healthy eating. The guideline also contains a student menu specifically catering for students on a budget, a menu catering for the ‘busy student’, and also nutrition tips catering for students sitting exams. DCU also has a healthcare professional on campus. <https://www.dcu.ie/sites/default/files/students/Nutrition_31_08_12%20(2).pdf>

**Trinity College Dublin:**

* Trinity have nutrition tips for their students, but on a much smaller scale. Simply put their ‘tips’ only display a detailed food pyramid. Trinity believe eating healthily on campus is a combination of knowledge and choice. However, the staff at catering services are well-informed about healthy eating and make every effort to provide healthy choices at all venues and at all times.
* Under their Mental Health Management on their website, they have a section dedicated to students suffering from eating disorders. ‘Proyouth’ aims to promote healthy eating habits and prevent eating disorders in college students around Ireland – however when I clicked on the link Proyouth is no longer available for students in Ireland.  
  <https://www.tcd.ie/collegehealth/assets/documents/healthy_eating.pdf>

**Dublin Institute of Technology:**

* Nothing.

**University College Cork:**

* One page on healthy eating. Suggested a service that brings dinner to the student from Mondays – Thursdays for a set price. <http://collegeroad.ie/welfare/healthy-eating/>

**University of Limerick:**

* Have a set meal plan for their students for a fixed price. <http://www.studentliving.ul.ie/media/ULMealPlanFlyerAcademicYear20142015(1)1.pdf>

**Irish Students Research Article:**

<http://spunout.ie/opinion/article/examining-what-college-students-eat>