

Executive Summary

1,247

Students Surveyed

62%

Make Healthy Choices

38%

Exceed Daily Calorie Needs

Our analysis reveals significant opportunities to improve student nutrition through targeted interventions and awareness programs.

Key Trends & Patterns

Weekend Effect

Students consume 45% more junk food on weekends

Late Night Snacking

73% of students snack after 10 PM during exams

Budget Impact

Students with higher budgets (\$15+/day) show 28% better nutritional scores

Demographics Insights

Gender Differences

- Female students skip breakfast 15% more often
- Male students consume 22% more calories on average
- Female students prefer salads and fruits
- Male students prefer protein-heavy meals

Living Situation Impact

- Hostel students: 65% rely on canteen food
- Day scholars: 80% bring home-made lunch
- Off-campus: 45% cook their own meals
- PG students: 55% order food online

Problem Areas

Critical Issues Identified

Nutritional Gaps

- Low fiber intake (45% below RDA)
- Insufficient vegetables (32% below RDA)
- High sodium consumption (180% above RDA)

Behavioral Patterns

- Irregular meal timing
- Stress-induced eating
- Social influence on food choices

Recommendations

Short-term Actions

- • Implement nutrition labeling in canteens
- • Launch healthy eating awareness campaign
- • Introduce healthy late-night snack options
- • Create mobile app for meal planning

Long-term Strategy

- • Partner with nutritionists for meal planning
- • Establish campus organic garden
- • Integrate nutrition education in curriculum
- • Create peer support groups for healthy eating