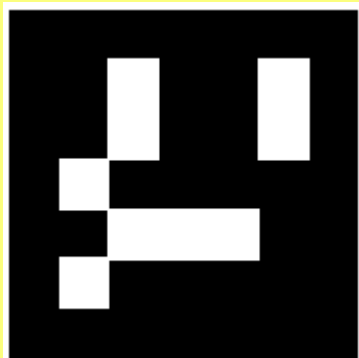
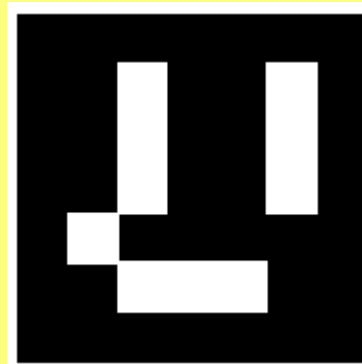


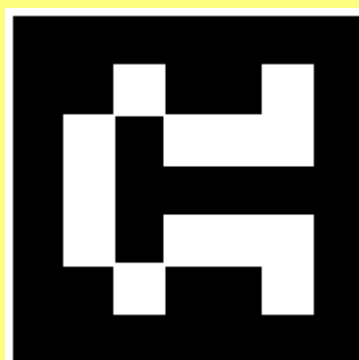
I eat about three times a day with some snacks. I try to eat healthy but it doesn't always work out that- sometimes eat fast food.



I try to eat healthy but often struggle because of living on campus. I still try to keep the choices I do make balanced with fruits and vegetables and limit the sweets.



Not as healthy when I am at school compared to home. Still very aware of the nutrition I am taking in.



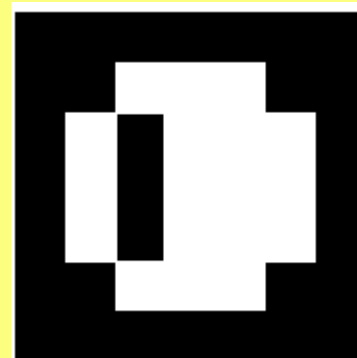
I eat out more often than not. I try to make sure when I eat out it isn't fast food all the time, but I don't strictly follow that rule.



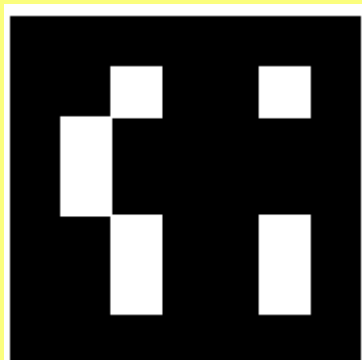
I typically try to eat healthy but being away at school makes it harder. I try to avoid junk food as well and trying to only eat it on the weekends.



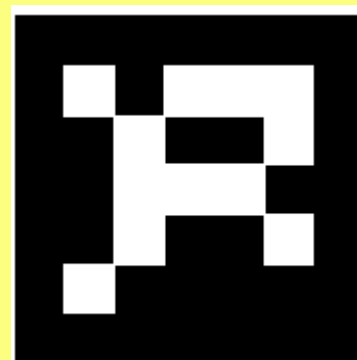
I try to eat something light for breakfast like cereal or an apple. For lunch I eat healthy sandwiches but sometimes due to school and work I end up eating fast food. For dinner I eat fruits.



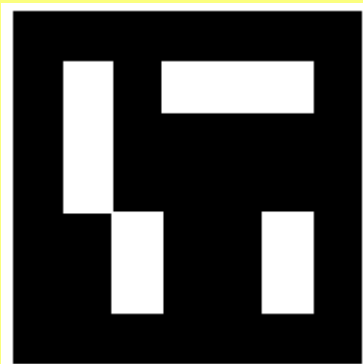
I try to eat healthy but sometimes drink soda pop and I enjoy desserts. harder to eat healthy when I am at school.



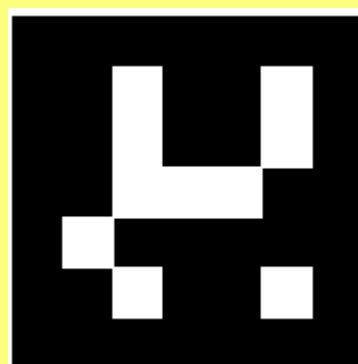
At school its hard but usually a granola bar and fruit for breakfast, a wrap for dinner or lunch, and then veggies and hummus.



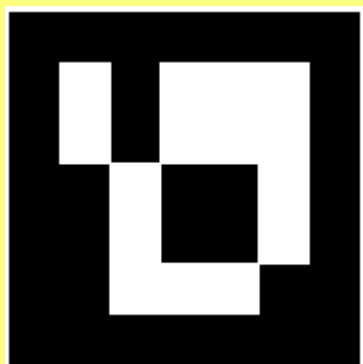
vegetarian, eat breakfast some days before class, can eat a lot of junk food so I refrain from allowing myself to buy any



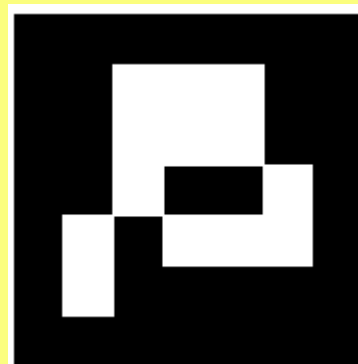
Somewhat unhealthy but I try to incorporate healthy options whenever I can. This is due to my hectic work and school schedule.



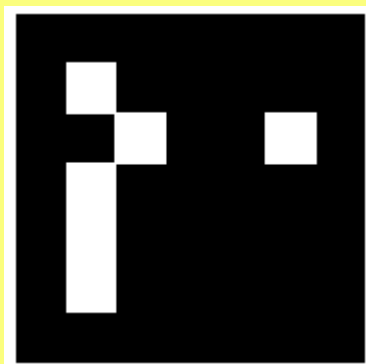
Most healthy diet, but since I'm an athlete have room for some bad foods to burn off quickly



I eat fruit and vegetables with every meal. I only drink water, no soda. I tend to stay away from greasy food.



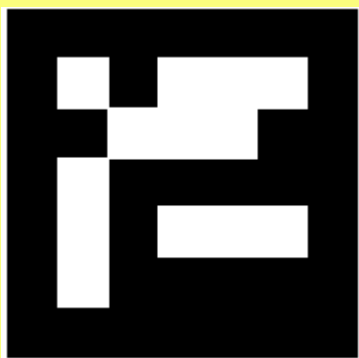
I have been eating mainly proteins and some fruits and vegetables every day with some less healthy snack foods.



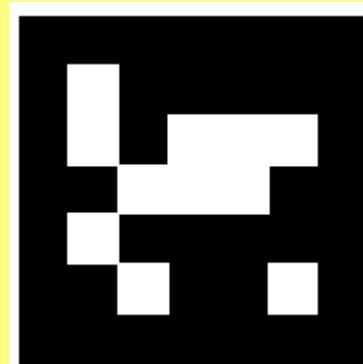
I eat a lot of chicken and broccoli for dinner, and usually tuna sandwiches for lunch.



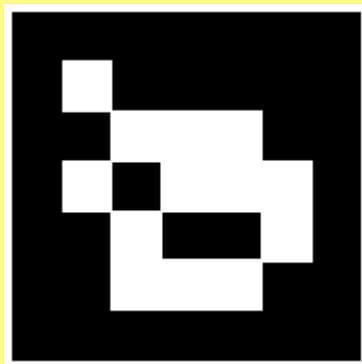
I eat a very healthy diet. Occasionally, i will eat out and get unhealthy food.



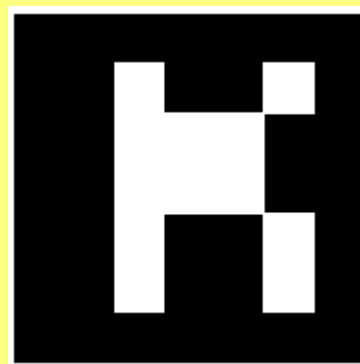
I eat healthy all the time when possible. I treat myself occasionally. I don't really like the greasy meals, if anything I would eat sweets over the greasy meals.



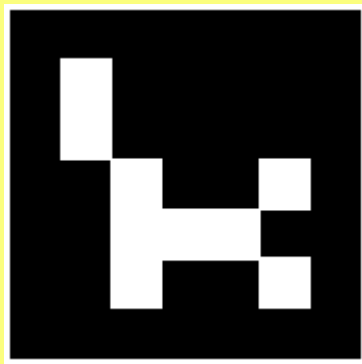
2 meals a day. Rarely eat snacks.
Fairly balanced diet.



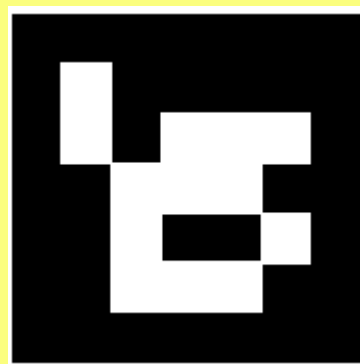
i eat very healthy. Maybe eat out 1-2 times a week.



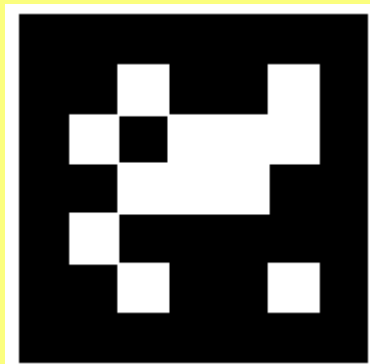
My current diet is terrible. I barely have time to eat a meal in a day. When i do eat it's mostly not healthy.



Current diet right now isn't very good. I eat at the school's cafeteria and they do not have the best choices.



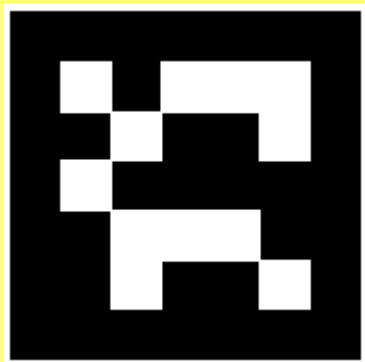
College diet, cheap and easy foods most nights. Weekends traditionally, cook better homemade meals



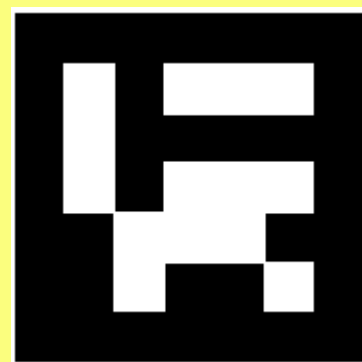
Random. Not strict diet, changes during season



I eat a lot of carbs from pizza and pasta. I also eat a lot of cookies.



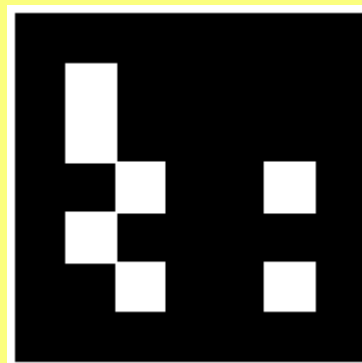
At school I eat a lot of pizza or burgers with fries. Occasionally I try to have a salad or a fruit juice with this.



I do not get to eat as well as I did. I wish I ate better, but in college it is hard because of money.



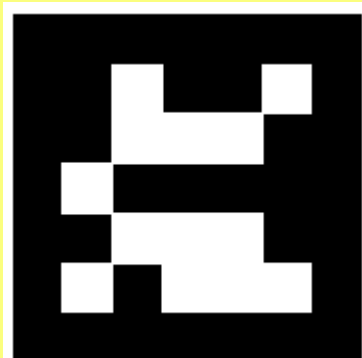
Whatever the dining hall is serving. When i am hungry i look for something filling more than healthy.



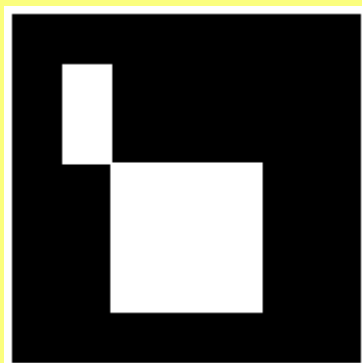
Current diet is rather poor. I eat a lot of fried chicken and mash I also tend to eat a lot of desserts.



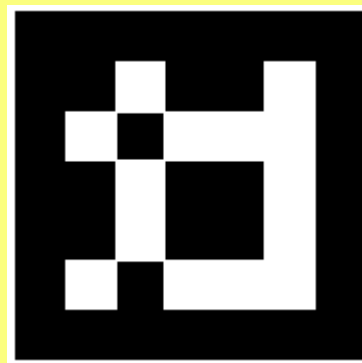
No diet. I eat what makes me feel good



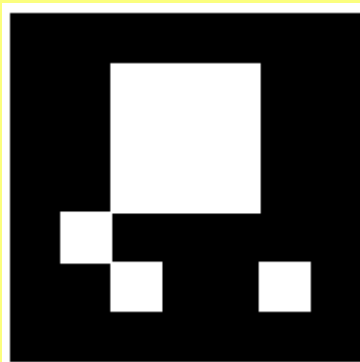
I eat very basic foods like pizza and pasta. I don't try many new things.



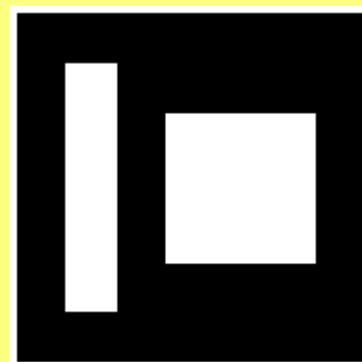
Making sure I have enough protein intake, as well with fiber, and I try to avoid carbs.



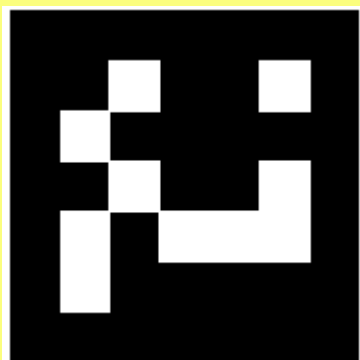
My current diet is eggs and a meat every morning for breakfast. For lunch ill usually have some chicken salad and sometimes a side of veggies. for dinner i usually eat less carbs and more protein and veggies.



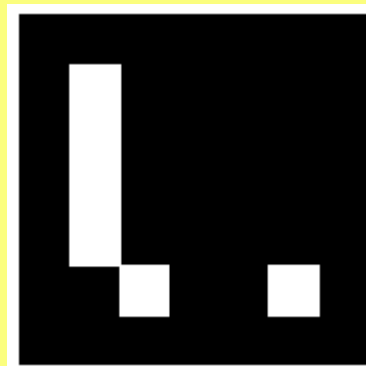
I eat three meals per day usually, and try to avoid carbs.



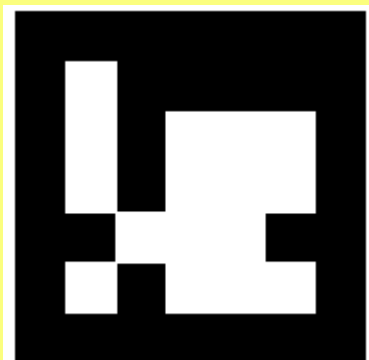
I eat very healthy these days and I am trying to cut down on carbs



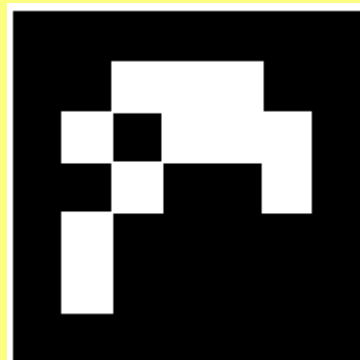
I try to eat as healthy as possible. 3 meals a day consisting of meat and veggies.



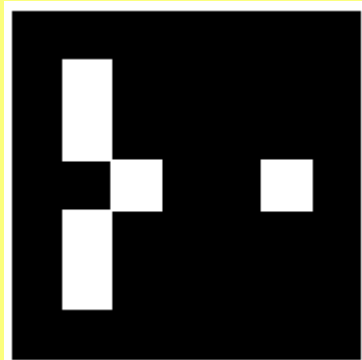
I have a diet of meats and other high protein foods.



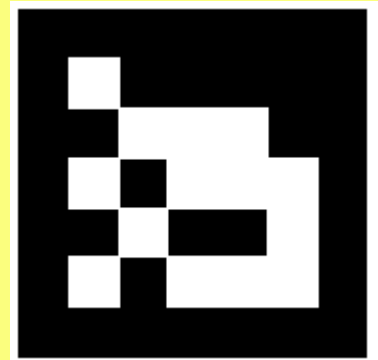
I eat a paleo based diet high in protein and low in fat. I stay away from processed foods as much as I can.



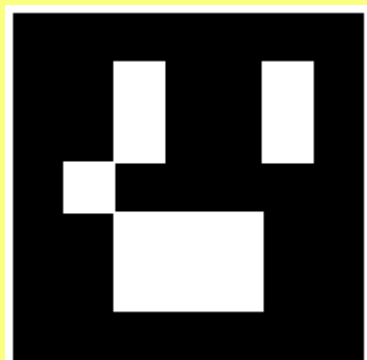
I used to eat whatever but since I've come to college i try to eat fruits and vegetables every day. I also avoid fried foods and have started eating more meat.



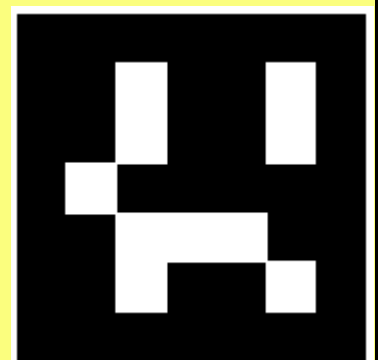
I try to maintain a healthy diet. I always try to eat foods that are beneficial to my health and that will impact me in the long run.



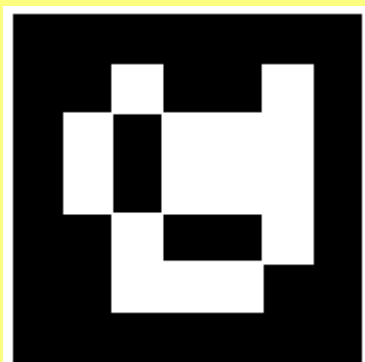
I focus mostly on proteins and fruits. I eat a lot less vegetables and a few carbohydrates.



I eat lots of fruit and veggies. I eat lots of chicken.



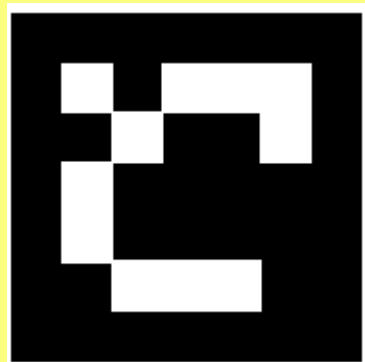
I am very health conscious. I eat many fruits, veggies, and proteins.



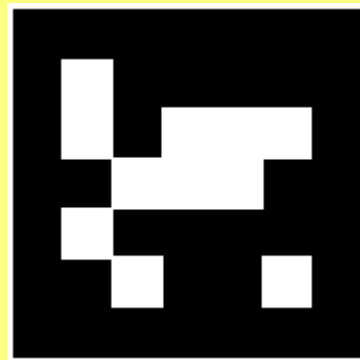
Very healthy. Good balance of proteins and vegetables



I eat some vegetables almost every day and fruit a couple of times a week. I eat meat a few times a week. I dont eat fast food and try to limit fried food.



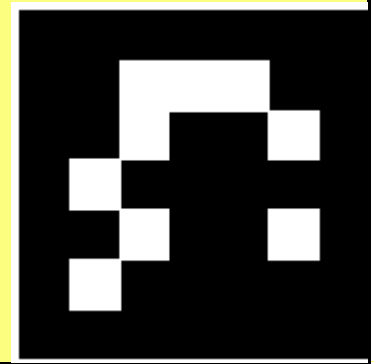
A lot of rice and veggies, eggs for breakfast, chicken is usually the only kind of meat I eat.



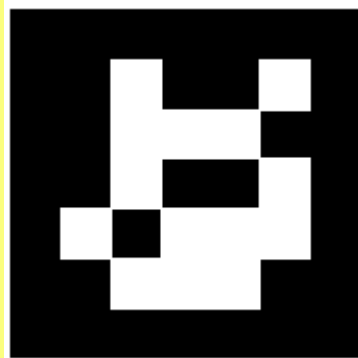
I usually eat very healthy. I incorporate fresh fruits and vegetables into every meal.



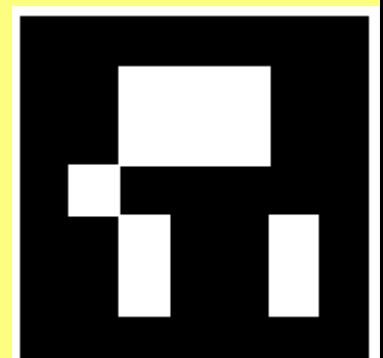
High in protein, fruits, and veggies. Low in fats.



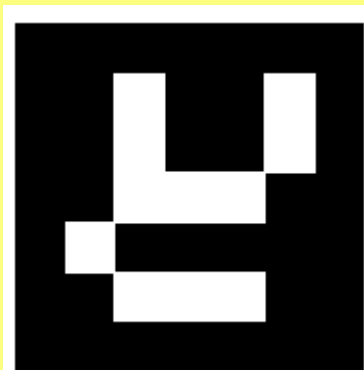
Very healthy and clean. A lot of protein and vegetables



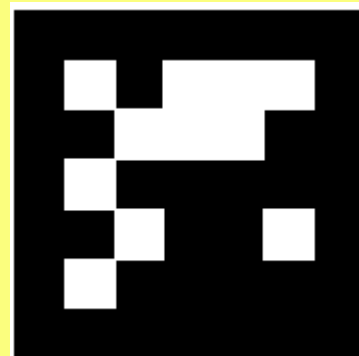
I am not vegetarian. I love red meat like steak and salami. I try to limit the amount of carbs I eat



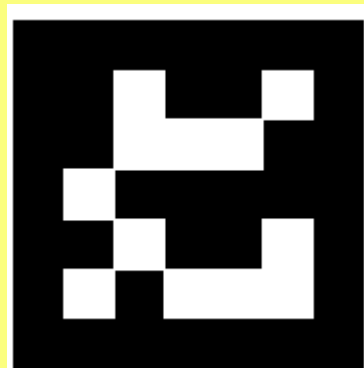
Diet consists of 3000-4000 calories a day well rounded from meats, vegetables, and fruit.



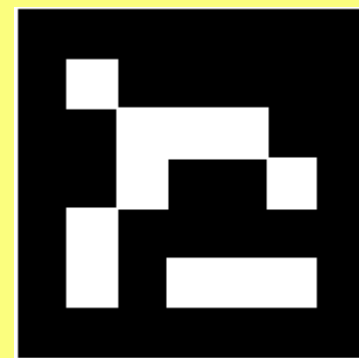
I will eat a full breakfast every morning consisting of eggs, potatoes, and a type of meat with juice. I will have a sandwich or something light for lunch. For dinner I will have meat and vegetables of some sort.



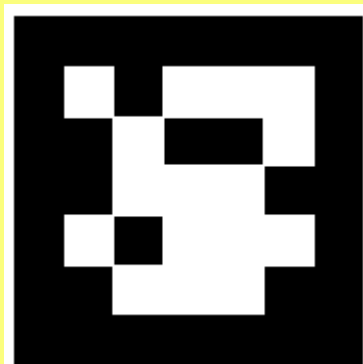
I am on a very balanced diet, eating 4-5 small meals a day filled with fruits, vegetables, lean meat, and good carbs.



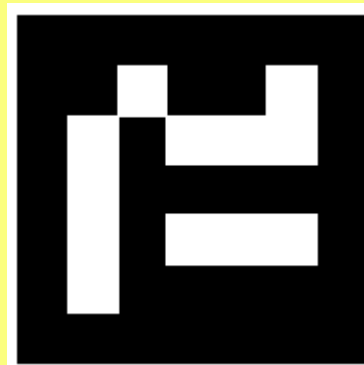
For breakfast I have oatmeal. For lunch I have a sandwich and fruit. For dinner I usually have a piece of meat, rice or pasta, and a vegetable.



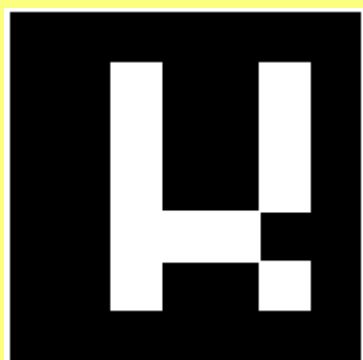
My diet consists of fruits, vegetables, grains, dairy, and proteins.



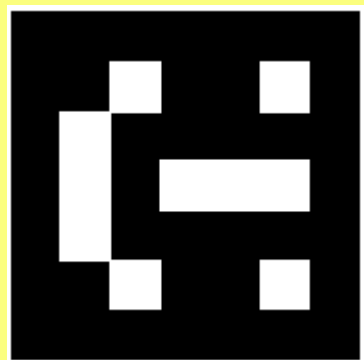
My current diet is balanced and includes food from all the food groups.



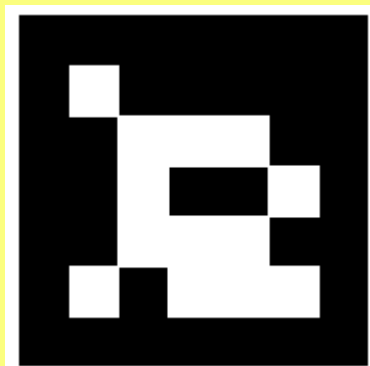
I normally eat a salad every day. I try to get at least every food group into my diet



I eat fruits, dairy, meat and carbs



Eat fruits and vegetables daily and with almost every meal. Diet mostly consists of meat as well.



I typically eat a very healthy and balanced meal. I consume fruits and vegetables in about every meal.

