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As high schoolers transition into college different eating habits are formed, either good or bad. As we become adults what we put into our body is important. What are eating habits? In reaction to social and cultural factors, people choose, consume, and follow particular foods or diets through deliberate, group-wide, and repetitive activities.

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Studies have shown that many incoming college students tend to have unhealthy eating habits. This is due to having more freedom or becoming more stressed and using food as a coping mechanism. In certain cases people just tend to eat less. Reasons why college students form unhealthy habits are due to stress, transitioning into a new environment.

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My personal experience:

As someone who has just transitioned into college I usually always skip breakfast due to being in a rush and late to my class and throughout the day im snacking on unhealthy foods. Throughout the day im generally tired and exhausted due to not having the nutrients necessary to function properly.

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Ways to improve unhealthy eating habits:

- Create a meal plan
- Incorporating healthy foods
- Meditating to relieve stress

Benefits:

Healthy foods can assist their bodies in being focused and productive, which is necessary for paying attention in class and remembering material. In addition to preventing infections, a balanced diet can assist students avoid missing class due to illness.

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Sources :

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC422551/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC315356/>

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