

# FOODSERVICE DIRECTOR

Your Source  
For Operational  
Excellence

## TRENDWATCH

### FAREWELL TO THE FRESHMAN 15?

College students are adopting some fairly healthy diet and lifestyle practices, according to recent research, especially with respect to exercise and eating meatless meals (if not adopting a no-meat lifestyle).

In addition, nutrition-conscious students say organic foods are important to them and that they'd pay more for them.

*Student Opinions*

believe exercise is important ..	93%
exercise regularly .....	65%
are vegetarian/vegan .....	6%
eat vegetarian/vegan .....	32%

SOURCE: Y-PULSE COLLEGE STUDENT  
EATING HABIT SURVEY, OCT. 2005