

FOODSERVICE DIRECTOR

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