

Assessment of Nutrition Knowledge and Food Choices Among Bingham University Students, Karu

Unuabor Onons Felicita*, Haroun Omeiza Isah

Department of Community Medicine and Primary Health Care

*Corresponding Author

ABSTRACT

This study examined the relationship between nutrition knowledge and food choices among undergraduate students of Bingham University, Karu. A descriptive cross-sectional research design was employed, involving 388 students selected through multi stage sampling. Data were collected using a structured self-administered questionnaire covering socio-demographic characteristics, nutrition knowledge, sources of nutrition information, factors influencing food choices, and the relationship between nutrition knowledge and dietary behaviors. The data were analyzed using SPSS version 27, applying descriptive and inferential statistics. Findings revealed that 85% of the respondents understood the concept of a balanced diet, while 85.4% were aware of the health risks associated with excessive sugar consumption. Furthermore, 72.3% could correctly identify dietary protein sources, although 62% lacked knowledge about the role of dietary fiber in preventing constipation. The most common sources of nutrition information were social media (97%) and online platforms (97.7%), while only 30% of respondents obtained nutrition education from formal academic courses. Nutritional value (88.6%) and food price (74.5%) were the most significant factors influencing food choices, whereas cultural background had a minimal impact. Although 63.5% of respondents indicated that their nutrition knowledge guided their dietary decisions, 83.1% admitted to rarely reading food labels, highlighting a persistent gap between knowledge and practice. The study concludes that while students exhibit a generally high level of nutrition awareness, practical and environmental barriers hinder the translation of knowledge into consistent healthy food choices. It recommends structured nutrition education programs, campus-based awareness campaigns, and policies promoting affordable and healthy food options for students.

