

## **ABSTRACT**

A review was conducted to examine the barriers of healthy eating among young people 16-25 years in the area of San Fernando. A questionnaire was administered to a sample of 55 people in the area. The leading barriers to healthy eating were healthy food availability, willpower, busy lifestyles and price of healthy foods. There are three types of factors in the review that influenced healthy-eating barriers-social, cultural and environmental. Other barriers included time, marketing, peer pressure, lengthy preparation, unappealing food and lack of knowledge. Benefits were also identified and ranged from prevention of diseases and living longer to looking attractive and having more control of weight. Potential solutions were addressed and recommendations were made.