

**A COMPARISON OF FRUIT AND VEGETABLE INTAKE BETWEEN NUTRITION AND NON – NUTRITION STUDENTS IN THE FACULTY OF FOOD AND AGRICULTURE AT THE UNIVERSITY OF THE WEST INDIES ST. AUGUSTINE.**

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**Background:** Fruits and vegetables are gifts of nature which contains many health benefits, it is packed with vitamins and minerals which when consumed by humans give essential benefits such as protection against certain diseases and illness and it is readily convenient. This study had sought to tests the hypothesis of Nutrition students having a greater amount of fruit and vegetable intake than non-nutrition students in the faculty of food and agriculture. It also concluded the relationship between fruit and vegetable consumption and gender, living status, BMI and waist circumference of students in the faculty of food and agriculture. There are 864 students registered in this faculty, 80 of those were nutrition students.

**Objective:** (1)To compare if nutrition students consume more fruit and vegetable than non-nutrition students in the faculty of food and agriculture (2) To evaluate what limits fruit and vegetable consumption within the group of university students and to look at gender differences (3)To compare if there is any difference in living status and fruit and vegetable intake (4)To determine if BMI and waist circumference have any relationship between fruit and vegetable intake (5)To conclude reasons for fruit and vegetable consumption.

**Design:** A cross sectional study was employed and nutrition tools such as a one day method (24 hr recall), fruit and vegetable frequency and cup equivalents was used to collect data about fruit and vegetable intake among students in the faculty of food and agriculture at the University of the West Indies. Eighty persons, forty nutrition students and forty non-nutrition students, more females completed it as males were not dominant in this faculty. Twenty two males and fifty eight females completed the survey. The data was collected, tabulated, coded and analysed. Independent t test, ANOVA and linear regression were performed.

**Results:** Analysis of the one day Recall, Fruit and vegetable Frequency and cup equivalents Questionnaire indicated that there is no association between Fruit Intake, Gender and BMI (Body Mass Index). Nutrition students had a higher fruit and vegetables intake and waist circumference and living status had a significant difference with fruit and vegetables index.

**Conclusion:** Nutrition students consumed significantly more fruit and vegetable than non-nutrition students in the Faculty of Food and Agriculture at the University of the West Indies. They also had a waist circumference in the normal range, livings status had a significant difference as well. Students living on campus had less fruit and vegetable consumption than those who resides at home. There was no significant difference in intake between genders nor did intake differ statistically by BMI ranges