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Background: Fast food consumption has become very popular, since most students live a hectic lifestyle and do not have time to prepare traditional home cooked meals. These fast foods meals tend to be high in fat, protein and calorie content and frequent consumption of these meals can lead to a person becoming overweight or obese.

Objectives: The purpose of this study was to identify the popular meals at the University of the West Indies: to quantify the macronutrient component of meal samples from seven different on campus food establishments: and to compare the macronutrient content of similar meals samples from three different days: as well as to compare different fast food meal sample with one traditional meal sample.

Design: Seven types of popular foods provided by the different food establishments on campus were analyzed for their proximate ash, fat, protein (Nx6.25), crude fiber and soluble carbohydrate content, using the standard procedure (AOAC) 2000.

Results: Proximate analysis showed that the fat content was high in fried chicken, cheese pie and meat pizza ranging from a mean of 18.25g -33.32g/100g. Mean protein content was high in meat pizza, fried chicken and roti with a range from 12.69g-13.84g/100g. The lowest protein content was in chicken sub which had 9.34g/100g. Mean crude fiber was the highest in roti with 2.25g/100g and soluble carbohydrate had many variations in their results the highest amount was in vegetarian pizza with the amount of 32.60g/100g.

Conclusion: The results of this study highlighted that the fat was the macronutrient consumed in the largest amount in the most popular food consumed. It was also found that cheese pie had more soluble carbohydrates than vegetarian pizza on day one but had less on day three. KFC had more fat and protein than roti on day one, it can therefore be concluded that such findings demonstrate a need for healthy food choices and chronic disease prevention.