

ABSTRACT

TITLE: A survey on the soft drink consumption of University students

INTRODUCTION: Universities and colleges is one of the last places where young adults can be exposed to nutritional education in large numbers. They are also exposed to a lot of food products especial the convenient item such as soft drinks. A soft drink as a nonalcoholic, flavored, carbonated beverage usually commercially prepared and sold in bottles or cans.

LITERATURE REVIEW: Sugar-sweetened soft drinks are a prevalent source of readily absorbable sugars and have been associated with an increased risk of obesity and diabetes. . Calories from beverages do not displace calories from other foods throughout the day, often leading to energy imbalance, and numerous studies have documented that beverages are a leading contributor to energy intakes.

METHODOLOGY: A 15 item questionnaire was distributed among 18-30 year old undergraduates of the University. The questionnaire included habits and general knowledge on nutrition, health and soft drinks. SPSS v. 19.0 was used to produce frequencies and cross-tabulations as well as graphs and charts that illustrated the analysis of data collected.

RESULTS: Twenty six out of the eighty two students who completed the questionnaire consumed soft drinks at least once a week. Caffeinated carbonated drinks were consumed by 66.7% of the sample. Twenty students said that being around friends who consumed soft drinks was the main source for consumption while nineteen said advertisement was their source. Sixty-eight students who said yes to consuming soft drinks said they preferred water as a thirst quencher. Fifty three students said that their consumption of soft drinks did not increase since being on campus.

CONCLUSION: Soft drink consumption does contribute to obesity when taken into consideration that when it adds up in too much consumption it can lead to excess calories/ excess sugar in one's diet. This study however lacked certain factors such as anthropometrics and meal consumption to support the statement. This survey would need to be taken on a larger scale as a pre study for the statement.