

## **ABSTRACT**

This study sought to determine the factors influencing the food choices of students at the University of the West Indies St. Augustine. The survey was carried out using a sample population of seventy-five university students on campus. The main information gathering tool used was the administering of questionnaires to the sample population. The statistical tools used to analyse the data gathered were provided by the Statistical Package for the Social Sciences otherwise known as SPSS which also aided in the presentation of results. Results were presented mainly in tables and bar charts. The results showed that certain factors affected students and their food choices. The factors proven by this study to affect student food choice are:

- Age
- Gender
- Ethnicity
- Religion
- Choice to live on or off campus
- Home address
- Household income
- Student income
- Tertiary education level
- Faculty
- Physical activity
- Stress level
- Perceived physiological effects
- Mood
- Allergies