

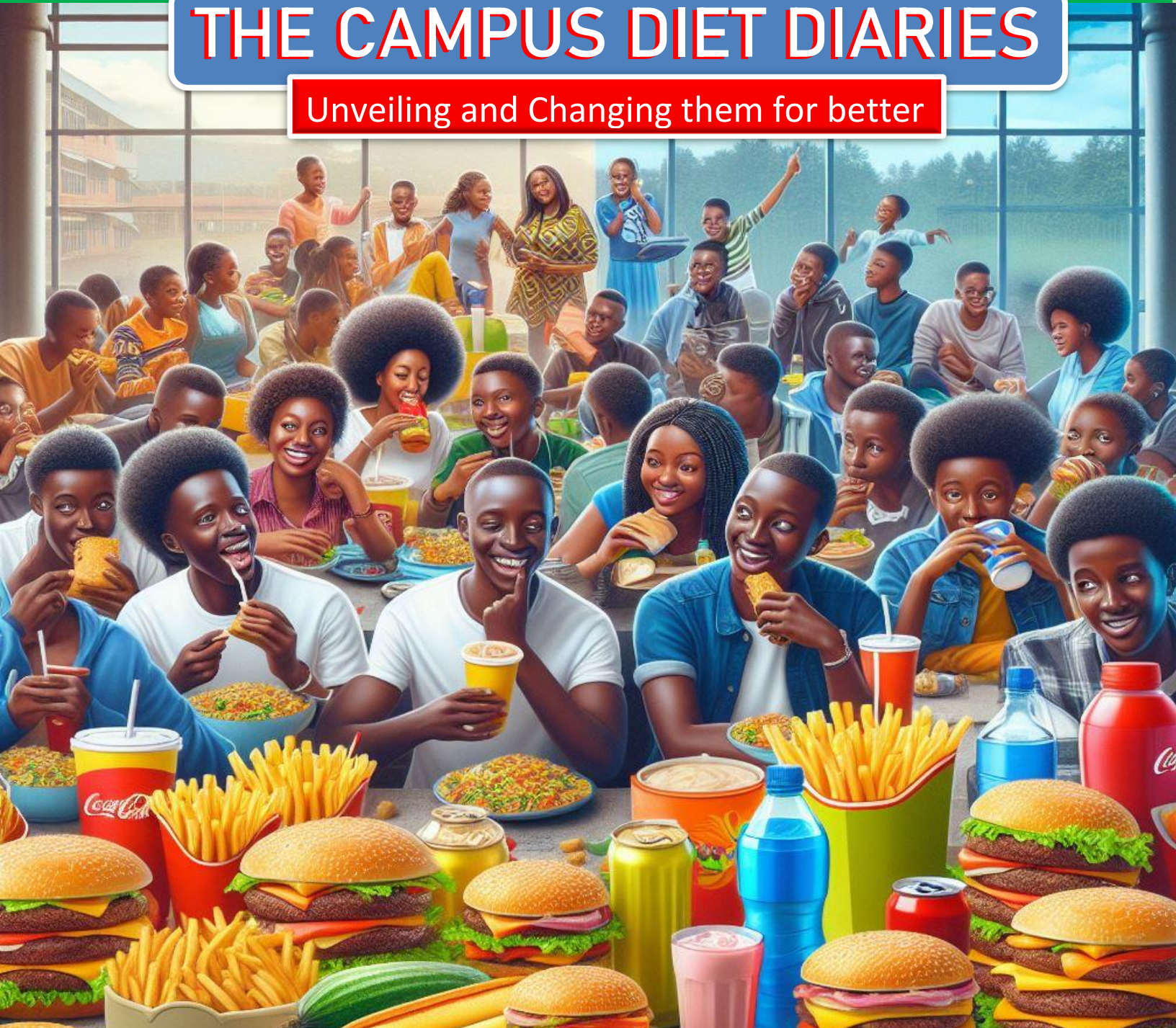


THE NUTRICONNECT
Unlocking The Power Of Nutrition Together

NEWSLETTER

THE CAMPUS DIET DIARIES

Unveiling and Changing them for better



WORD FROM CHIEF EDITOR



MATSIKO ALEX

BSc. Human Nutrition, year 2

Makerere University

Welcome Back, Nutriconnect Family!

Greetings once again, and a warm welcome to the second issue of Volume Two of the NutriConnect newsletter! As always, I'm thrilled to connect with you, our amazing readers, who consistently dedicate their time to staying informed about all things about nutrition. Your continued support is what fuels our passion to bring you insightful and valuable content on your campus wellness journey. This issue delves into a topic particularly close to our hearts: **Campus Diet Diaries, Unveiling and Changing them for the Better**. We all know that navigating the unique challenges of campus life can often lead to less-than-ideal dietary habits. From late-night study sessions fueled by sugary snacks to the convenience of fast food options, it's easy to fall into routines that don't necessarily nourish our bodies and minds.

But fear not, fellow foodies! This issue is your roadmap to revamping your campus diet. We'll be uncovering the hidden truths behind those seemingly harmless yet not-so-healthy choices we often make. We'll equip you with practical tips and tricks to navigate the campus cafeteria and grocery store with confidence, ensuring you make informed decisions that prioritize your well-being. Remember, a healthy you is a happy you! By making small, sustainable changes to your diet, you'll be amazed at the positive impact it has on your energy levels, focus, and overall academic performance.

However, this journey isn't meant to be a solitary one. We, at Nutriconnect, believe in the power of community. So, don't hesitate to share your experiences, challenges, and triumphs with us! Your feedback is the spice that keeps our content flavorful and relevant. Let us know what resonates with you, what questions linger, and what topics you'd like to see explored in future issues.

Together, let's rewrite the narrative of the "typical" campus diet. Let's create a culture of informed choices and celebrate the vibrant tapestry of healthy eating habits on campus. We're excited to embark on this adventure with you!

With warmest regards, Matsiko Alex

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NOURISHING THE MIND: LINK BETWEEN NUTRITION AND MENTAL HEALTH



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Introduction:

In our drive to mental well-being, we frequently overlook a vital piece of the riddle: **what we eat**. Whereas we attentively focus on therapy sessions, going to the gym, and practicing mindfulness, the importance of our diet often takes a backseat. Yet, current research is shining a bright light on the deep connection between the food we eat and how we feel. It's time we identify nutrition as not just a side note but an important element of our mental health toolkit.

The Problem:

Look around, and you'll see a society extremely rooted in poor dietary practices. We're enclosed by convenience foods burdened with sugars, unhealthy fats, and processed carbs. These adoptions aren't just causing chaos on our physical health but they're also captivating a toll on our mental well-being. Studies tell us that those harmful diets are linked to higher rates of depression, anxiety, and other mental health problems. And it's not just what we're eating; it's also what we're missing out on. Nutrient shortages, like not getting enough omega-3s or essential vitamins and minerals, can make mental health fights even worse, leaving us feeling exhausted and less able to cope with stress.

Solution:

So, what's the solution? It's simple: nurture your body and mind with a diet rich in nutritious goodness. Think lively fruits and vegetables, hearty whole grains, lean proteins, and healthy fats. These foods are packed with the essential nutrients your brain desires to function at its best. Take omega-3 fatty acids, they're like fighters for your brain, it's found in fish like salmon or in seeds like flax. They swoop in to fight inflammation and give your neurotransmitters a boost, helping to ease feelings of depression and anxiety.

But let's not forget about the gut. That's right, your gut health plays a starring role in your mental well-being. By loading up on probiotic-rich foods like yogurt and fermented veggies, you're nurturing your gut microbiome the bustling community of bacteria that call your digestive system home. This

community has a direct line to your brain, influencing your mood, cognition, and behavior. So, feed it well, and you'll be rewarded with increased mental resilience and emotional balance.

And don't underestimate the power of mindfulness at mealtime. Slow down, savor each bite, and tune in to your body's hunger and fullness signals. Building a healthy relationship with food fosters a deeper connection to your body and nourishes not just your physical hunger but your emotional hunger too.

Conclusion.

As we traverse the ups and downs of mental health, let's not overlook the importance of what's on our plates. By making mindful choices and prioritizing nutrient-rich foods, we can give our brains the support they need to thrive. It's not just about feeling good physically, it's about feeling good mentally too. So, let's embrace the link between nutrition and mental health, and empower ourselves to live happier, healthier lives, body, mind, and soul.

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HEALTHY SNACKING STRATEGIES



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Health is a state of complete physical, mental and social wellbeing and not merely the absence of infirmity or disease. (*World Health Organization 1948*). Health is a resource for living. Over the recent years, aspects of health such as mental health have become the center of many conversations around health and therefore we cannot ignore the correlation between healthy eating habits and the general wellbeing of any individual.

A snack is a small portion of food eaten between regular meals. They may be simple, prepackaged items, raw fruits or vegetables or more complicated dishes but they are traditionally considered less than a full meal. (*Wikipedia and Merriam Webster Dictionary*). Examples of snacks may include crisps, apples, and sodas among others. Snacking can be either advantageous or detrimental depending on the quality of the snacks and the frequency of snacking. Remember the old adage, "Too much of anything is always bad".

We now turn to the definition of a strategy; a strategy is a general plan or set of plans intended to achieve something over a long period. (*Collins Dictionary*) You'll often hear the word strategy being used in political or business settings to describe a specific course of action to be undertaken in order to achieve particular goals, vision and mission.

So, what then are these healthy snacking strategies; these are the intentional ways in which one can enjoy snacks in a healthy way intended for both short term and long-term gain. So, there is indeed a choice to be made in light of the various snacking options available. That choice isn't an easy one to make if our goal is to be healthy; physically, mentally, and socially. But I dare say, it's not impossible and I'll show you why shortly.

A study conducted at International University of East Africa, Kampala district Uganda in 2022 among a sample group of 221 university students revealed that the majority feed regularly on fast foods. (<http://ir.ciu.ac.ug:8080/handle/123456789/1468>)

Research has shown a positive correlation between healthy eating and an individual's mental wellbeing, with findings indicating a reduction in incidence of depression and suicide with a healthy eating pattern.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9441951/>)

Fruits are some of the healthy snacks available that we

can ably incorporate into our daily diet as a healthy snacking strategy. The recommended fruit intake by the World Health Organization is at least 400 grams per day, or five servings of 80 grams (one 80 gram serving is equivalent to a small piece about the size of a tennis ball).

Your question at this point could be, how I, a university student, eat healthy snacks for example fruits even under a low budget. So let's think for a minute, how often do you buy a meal per week, let's say on average, 7 times a week for about 5000 each, amounting to 35000 Ug shs. You probably buy a soda or snack like crisps sometimes. Allow me to suggest that adding a healthy snack such as a banana or apple each day of the week is an expense worth investing in for your own wellbeing. It is often said that health is wealth so there is a need for us to make some bold decisions, for example being more intentional about including these healthy snacks in our diet even if it means spending that extra amount of money, which actually serves us full circle in the end.

One other healthy snacking strategy I highly recommend, especially given the increased environmental temperatures over the past couple of months, is staying hydrated. Invest in a sizable water bottle and have your water close by for when the urge to drink a soda hits you and even if it doesn't. Remember the goal is to take baby steps in building these healthy snacking habits.

It's also important that we substitute the fast foods we've gotten very accustomed to eating with the more natural traditional foods, and yes, it is possible if we will be more intentional about making healthy lifestyle choices.

In a nutshell, these healthy snacking strategies are not rocket science theories that people suggest to make life miserable. Quite the contrary, they build our health holistically. Build your health holistically today by being more intentional. Happy healthy snacking!

ALCOHOL AND BEVERAGE CONSUMPTION



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Like Alexander Ahammer said "when alcohol becomes legal, youth perceive it to be much less risky than before"

I turned 18 the day before I left home for university, conveniently passing the Uganda's threshold for buying alcohol just in time to explore student pubs and bars.

lining up shots in the student bar. I knew heavy drinking could wreak its toll in the life span but I hadn't considered that my youth would bring additional dangers compared to someone of 30, 40 or 50. Surely, the risk was the same for all adults. Anyway, you sip it, alcohol is a low-grade poison. We all know this -- if you're ingesting something that makes you wobbly, forgetful and prone to questionable choices, it's probably not a super food. Although most people can tolerate a drink with nary a hiccup, but for those who experience alcohol intolerance, just a sip can bring a tinge of pink to their cheeks, a sign that toxins are building in their system. For every molecule of alcohol down the hatch, an equal amount of the nefarious acetaldehyde brews in the blood. All drinkers even those whose metabolism are situated to squelch toxins experience damage when they partake, but for people who carry a faulty version of the gene, the toxins run amok. Continue drinking and the soft hue deepens to something more akin to a rash, often spreading to other parts of the body. If I'd heard what I know about the unique ways that alcohol can affect the young adult's brain, I might have been a bit more cautious.

At 18 my brain is still metamorphosing and would reach maturity for at least seven years. This alters the way we respond to alcohol and drinking during critical period that can have long term consequences for our cognitive development.

Not like alcohol, few activities are completely risk-free. When I take an example of my old grandfather sitting under a big mango tree sipping a glass of chilled locally but meticulously crafted hibiscus juice while enjoying the cool breeze of lake Kwania, the old man in his 80s looks younger than his age compared to a drunkard of my age.

Nonalcoholic beverages take the toll in notorious teetotaler communities like my own. Even when the dry January is behind us, most people in my community still find peace in taking at least a glass of a nonalcoholic drink per day. While the availability of mock tails and nonalcoholic beverages may be better for general health of the society, the picture is less clear for those ones with alcohol addiction. Although these could provide a healthier living, they could as well be a potent reminder of the real thing since some nonalcoholic beverages contain similar taste, look; and in many cases, even the brand, and that experience could lead someone to have craving for alcohol and to pursue the full-strength version.

It's not about banishing alcohol altogether but knowing your risk and adjusting your lifestyle for safer living.

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[Scope beyond headlines by Stanford university school of medicine; and why alcohol is so dangerous \(an article by BBC\)](#)



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Stress eating has certainly become a go to go thing for most people nowadays, either fully aware of it or totally doing it subconsciously. It has become a disease that started out as a friend.

Stress eating also known as emotional eating is eating as a way to deal with positive and negative emotions although it is usually seen as coping with negative emotions like stress, anger but it sometimes includes eating for positive emotions such as overeating for a party or to improve an already good mood. It's not only humans who suffer stress eating but even animals do but it's more intense for example, when an octopus is stressed it sometimes eats its arms.

Amusingly the strongest food craving hit when one is emotionally weak. According to me, stress eating has proved to be a weight gaining demon because no one who stress eats tends to turn to a healthy food for comfort but instead run to the high calorie foods, if this doesn't show there is something or a ghost in that fatty foods that calls to your name once you are stressed, I don't know what does.

Your emotions become so fond of food to an extent that when you are sad, you no longer express your emotions normally instead you reach out for a candy bar.

But current studies have come up with amazing answers that put to rest our question, “why stress eat?”

The studies show that once one is stressed, their adrenal glands release two hormones: adrenaline and cortisol, as a result glucose is released in the blood stream which gives you energy to escape that risky situation since adrenaline triggers the fight and flight response. Once the threat has gone, the adrenaline levels wear off hence dropping the blood sugar. This is when the cortisol hormone comes in high levels to replenish energy supply quickly.

Hence sending one into a sugar craving mode because sugar supplies their body with quick energy it thinks it needs, this explains why most stress eaters reach out for high calorie, sugary, fat foods rather than a healthy coleslaw salad.

And also, even if one is not eating food high in calories, cortisol hormone slows down their metabolism.

The downside of all this is that the sugar you gain while eating fatty foods, your body stores it in form of abdominal fat which is

it becomes difficult to lose weight thereby bringing to light why most stress eaters are obese.

Some research suggests a gender difference in stress coping behavior, with most women turning to food for comfort and men to alcohol or smoking hence a large number of stress eaters are women.

Most stress eaters are not aware that they are stress eaters or some are still living in denial. Here are pointers to check yourself with;

- Do you eat more when feeling stressed?
- You eat when you're not hungry or when full.
- You reward yourself with food.
- You regularly eat until you've suffered yourself.
- Food makes you feel safe
- You feel like food is a friend.
- You feel out of control around food.

The best way to come up with coping mechanisms for your stress eating is to start with identifying your emotional eating triggers whether it is stress, stuffing emotions, childhood habits, boredom or social influence.

Then find other ways to feed your feelings:

- Calling someone who makes you feel better when you are stressed.
- Expending your nervous energy by dancing to your favorite music.
- In case you are bored read a book or watch some comedy.
- Seek professional help from a mental health professional about stress eating coping therapies. In a nutshell, food can distract you from your pain. But food can't take away your pain. In fact, overeating the wrong foods can create more pain.

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When someone talks about campus students, the expected age is 18 to 28 years in Uganda.

A number of factors drive the campus students towards making diet options. For the side of the females, they tend to prevent weight gain in an aspect of maintaining the portable "campus figure".

Realistic energy intake where campus students consume low density meals may be achieved by including vegetables such as cucumber in their diets (90% water and low calories) this not only reduce calorie intake but also rehydrates the body due to high water content. They should also choose fats sensibly by avoiding most fats, including enough unsaturated oils to support health but not excess to oversupply calories. Nuts provide unsaturated fat and protein and people who regularly eat nuts often maintain a healthy body weight. Nuts can be taken as snacks between the major meals. Small plates and bowls /tall and thin drinking glasses and luncheon sized plates enable maintenance of a minimum energy intake. Selecting grapes with their high-water content instead of raisins increases the volume and cuts the energy intake by half.

Campus dwellers on vegan diets lack omega 3 fatty acids one of the major fatty acids. This prompts campus students to include fish in their diets to obtain this important fatty acid.

Campus students maintain their bodies hydrated by taking at least 2 liters of water on a daily basis.

Caffeine is known for improving temporary cognitive ability thus normally abused by campus students in order to attain good grades. Campus students should moderately use caffeinated soft drinks to avoid its adverse effects.

Fruits and vegetables are a major source of the antioxidants; Vitamin C from orange, pawpaw, Vitamin E from spinach, broccoli and carotenoids such as lycopene from tomatoes. These antioxidants being "*free radical scavengers*" reduce risks of cancer. Vitamin E increased intake levels enhance antibody responses hence improving body's ability to fight diseases. One should consume one cup of cooked vegetables or two cups of raw chopped fruits and vegetables daily.

For protein sources such as chicken and meat, grilled portions are better since grilling reduces the amount of fat in meat and thus preventing increase of free triglyceride in blood. One should also

reduce fried French chips since they are fried using saturated cooking oil. This reduces the risk of coronary heart disease and hypertension which would come as a result of clogging of arteries. One should consume not more than 2 feast sized pieces of meat.

NUTRITIONAL PSYCHIATRY



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Have you ever asked yourself and wondered how the brain is able to be always “be on”, to take care of your daily living from breathing to movements, thoughts senses to mention but a few 24/7 including when asleep?

This is because the brain requires fuel obtained from the food and drinks that we take in. Just like a car engine that requires fuel for operation. However, the contents and type of food that one takes also affects brain function just like different car specifications have the fuel suitable for their operation.

Mental health conditions include but not limited to depression, schizophrenia and anxiety disorder (Puspitasari et al., 2020). These are approximated to be at 22.9% in children and 24.2% in adults in Uganda most of which include depression and anxiety (Opio et al., 2022). Unfortunately, the impact of diet as a cause and in management of the psychiatric disorders has been overlooked.

Food choices, mood and mental health are very much interlaced. Mood drives the kind of food choices one makes while the food choices can also affect mood. These ultimately affect the different aspects of one’s mental health. Cravings are also psychological and affect food choices. Common cravings in society today are driven towards sugary and processed foods (high fat foods) which in excess could lead to adverse health effects like type 2 diabetes and hypertension (Opie et al., 2017).

There is a unique association between the gut and the brain via the gut- brain axis, a bidirectional communication network that links the enteric and central nervous system. Whereas there are pathogenic bacteria there is also symbiotic bacteria known as the *micro biome* found in the colon of the gastrointestinal tract. This bacteria is important in formation of important elements such as short chain fatty acids, vitamin K, Biotin and Neurotransmitters (Mayer et al., 2022). Growth of this bacteria is stimulated by intake of foods rich in fiber and limited by highly processed foods Findings indicate a reduction in the incidence of depression and suicide with a healthy eating pattern. (Grajek et al., 2022). Neurotransmitters produced but the micro biome include serotonin. Serotonin is a neurotransmitter that regulates sleep (through production of melatonin, a neurotransmitter for sleep)

and appetite, mediate moods and inhibit pain 95% of which is produced in the gastrointestinal tract. Being lined with millions of nerve cells, this indicates that the gut not only has a digestive role but it is also important in driving mood, emotions, anxiety and plays overall importance in mental health management (Bektaş et al., 2020) cravings short term. But they will lead to a spike and a drop-in blood sugar which leads to more cravings. A spike after sugar intake is characterized by Euphoria, excited, happy and calm while a crash is characterized by anxiety, nervousness, headaches, depression, irritability and a feeling of loneliness (Doan et al., 2022). This cycle can negatively affect your mental health. On the other hand, whole grain carbohydrate releases sugars in the blood at a more stable manner preventing mood fluctuations. Studies and clinical evidence have shown that consumption of sugar has addictive potential and its consumption is among adolescents (Onaolapo et al., 2020). This explains why such foods are addictive and commonly craved for.

Although the level of calories consumed is increasing, we are not taking in the recommended amounts of the micro and macro elements that play a significant role in the proper functioning of the nervous system-B vitamins, zinc, magnesium (Opie et al., 2017)

Important food for brain health includes; fish, fruits, vegetables, whole grains, nuts and seeds, lean protein.

In conclusion, the significance and role played by nutrition in mental health cannot be considered minor, it is evident that food choices are changing for the worst especially among campus students causing an increase in mental health disorders overtime. This therefore undoubtedly creates the need for incorporation of nutrition in mental health management.

“This is the law of malnutrition: When your food quality or quantity deteriorates, your mood is the first casualty, even before your physical health begins to deteriorate.” -Julia Ross

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**NAMPIIMA JOAN***Public health nutritionist*

5. Kindly introduce yourself to our readers?

Greetings, I'm Nampiima Joan, a dedicated public health nutritionist deeply committed to advocating for nutrition across all stages of human life. I firmly believe in empowering individuals to make informed choices for their health and well-being.

6. Could you explain to us what stage of the lifecycle/ development that most campus students belong to?

Most campus students typically fall within the late adolescent or young adult stage of development. This phase is characterized by significant physical growth and ongoing psychosocial development, making it a pivotal period for shaping lifelong nutrition behaviors.

7. How different are the nutrient needs at this stage of the lifecycle where most campus students belong from those of other age groups?

The nutrient requirements during the late adolescent stage, where most campus students belong, are notably higher compared to other age groups. This is primarily due to the rapid physical growth, as well as the increasing demands for energy, protein, vitamins, and minerals to support overall biological, cognitive and psychosocial development.

8. Highlight any reasons as to why a campus student should be mindful about their dietary habits

It's crucial for campus students to be mindful of their dietary habits as unhealthy eating behaviors prevalent among them, such as frequent dieting and consumption of high-fat, high-sugar foods, can lead to various health risks. These risks include impaired growth and development, reduced productivity, obesity, poor bone health, and early onset of cardiovascular diseases, all of which can significantly impact their physical, academic performance and overall well-being.

1. With the ever-changing trends in food choices for the worst, in your opinion what do you think could be done to promote healthy eating behaviors among the campus students?

Addressing adolescent eating behaviors requires a multifaceted approach, encompassing factors like peer influence, food availability, food costs, convenience, body image, mass media and personal beliefs. Strategies could involve modifying the campus food environment to offer healthier options at affordable prices, implementing nutrition education programs highlighting the benefits of good nutrition on academic and athletic performance, and leveraging social media influencers as advocates for healthy eating.

2. How detrimental have these trends been towards adolescent health and nutrition?

The evolving trends in food choices and behaviors among adolescents have profound implications for their health and nutrition. These trends not only hinder their physical and cognitive development but also contribute to decreased productivity and increased prevalence of obesity and cardiovascular diseases.

3. Lifestyle is one of the key terms among these youth today, kindly elaborate lifestyle from a nutritional point of view?

From a nutritional standpoint, lifestyle encompasses the 'what, when, where, why, and how' of food choices within one's way of living. This includes factors beyond diet, such as smoking, alcohol consumption, physical activity levels, and the use of dietary supplements, all of which can significantly impact overall health

4. Any tips on meal prepping amidst the busy schedules that most of these students go through?

Amidst busy schedules, effective meal prepping can be a game-changer for campus students.

Some tips to consider;

- opt for simple meals that require minimal preparation (simple meals like portages, porridges, stir fry)

- Prioritize healthy snack options like yoghurt, fruits, milk, cereals. This would help meeting some nutrient requirements
- Buying pre-prepared foods like chopped vegetables, peeled matooke or Irish
- Engaging in meal prep with friends can also make the process more enjoyable and cost-effective.

9. In your experience have you dealt with adolescents who have developed complications as a result of their dietary habits, if so, what conditions do they usually present with?

In my experience, adolescents with poor dietary habits often present with a range of complications including micronutrient deficiencies, compromised bone health, cardiovascular diseases, obesity, mental health issues like depression, fatigue, impaired academic and athletic performance, as well as overall poor health.

10. What could be the consequences of improper lifestyle and dietary habits among campus students?

Improper lifestyle and dietary habits among campus students can have significant and far-reaching consequences on their health and well-being both in the present and future. Some of which include impaired academic and physical performance, increased risk of chronic diseases, compromised mental health, social and emotional implications, reduced productivity and consequently higher financial burden.

11. Any concluding remarks?

In conclusion, fostering healthy eating behaviors among campus students is paramount for their present well-being and future success. By addressing the underlying factors influencing dietary habits and promoting positive lifestyle choices, we can empower them to lead healthier, more fulfilling lives.

STUDENT INTERVIEWS

Question : Are your dietary habits at campus different from those when home, if so how and why?



Yes, they are different, at home we always eat a variety, diverse meals unlike campus where we eat what is available. This is because I stay in a village setting where food is readily available and there is enough time to prepare these meals

Nakanwagi Mariam Muyomba
BSc. Human Nutrition III
Makerere University



Oh yes, they have greatly changed. At home, I eat what I can call a balanced diet with the foods being readily available and more affordable. Also staying alone doesn't really give me the morale to prepare a meal so I find myself buying what is available.

Gertrude Grace Oroma
Human nutrition III
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Yes, they have obviously changed. I am okay with having one meal a day. This is because of the time and other expenses such that there less left for expenditure on meals.

Ariyo Fatuma
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LATEST ACTIVITIES OF MUHUNSA



Komugisha Vivian, a student of BSc.Food Science and Technology year 1 at Makerere University receives her reward from the Ag HOD, Dr.Mugabi Robert for emerging the winner for best article writer of the second issue; 2nd volume.



Tumukunde Jennifer, Alex Nchuti and Lutgard Musiime from Nutrition Garage pose for a photo after a mentorship session with the Human Nutrition students.



Nutrition students that volunteered to offer nutrition services to the people at the 30th Anniversary of the Economic Policy and Research Centre medical camp at CTF 2, Makerere University



One of the delegates of MUHUNSA, Abaasa Daisy giving a career guidance talk to the students of Kawempe Muslim Secondary School on their Career's Day



A nutrition student measuring blood pressure of a client at the Africa Test & Treat Initiative Community Engagement Activity at Bulange Building Mengo



Students of the School of Food Technology, Nutrition and Bioengineering who made it to the Vice Chancellors list cut a cake to celebrate together after being rewarded with certificates.



The deputy speaker of MUHUNSA, the 89th Vice Guild President of Makerere University along with other members of MUHUNSA at Buddo Preparatory School as she celebrates 30 years of existence and providing a holistic education to the children of the nation



Members of MUHUNSA pose for a photo with Dr Gaston Tumuhimbise, the outgoing General Secretary of The Nutrition Society of Uganda (NSU) at the NSU Multi-Stakeholder Nutrition Dialogue at Imperial Royale Hotel

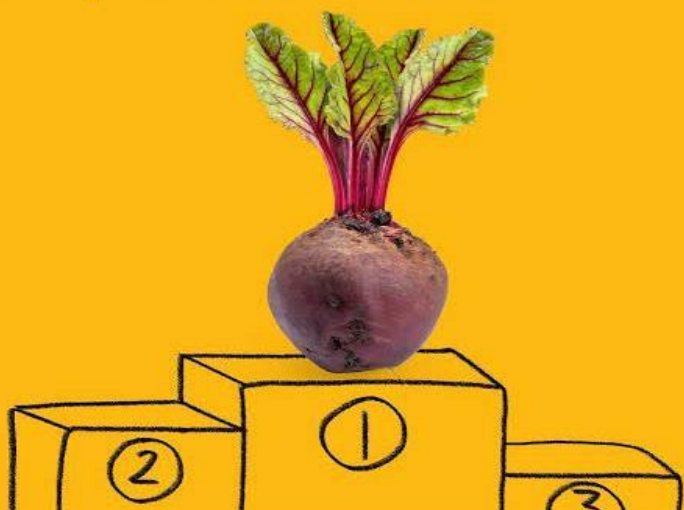
NUTRITION FACTS

1. Some youth skip meals, especially breakfast, which can lead to overeating later in the day and poor food choices.
2. Failure to consume enough water and taking sugary beverages instead, contributes to excess calorie intake.
3. Some youth may not be aware of the importance of nutrition and how it affects their health.
4. Many young people consume high amounts of processed foods that are high in sugar, salt and unhealthy fats which contribute to weight gain and other health problems.

NUTRITION JOKES

**Why do beets
always win?**

They are un-beet-able.



Apparently, you have to eat
healthy more than once
to get in shape.



99GAP.COM

This is cruel and unfair.

Thank you for taking the time to read our newsletter. We hope you found it informative, engaging and inspiring.

As a team of dedicated nutritionists, we are passionate about helping you achieve optimal health and well-being through the power of nutrition.

We welcome your feedback, suggestions, and topic ideas for future newsletters, so please endeavor to reach out to us on our email thenutricconnect@gmail.com.

We would like to hear from you!

And if you're looking for personalized nutrition advice, we are here to help

“ Let thy food be thy medicine and medicine be thy food “ - Hippocrates

Courtesy of Makerere University
Human Nutrition Students
Association (MUHUNSA)



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