

**Background:** Globally it's observed that at least 7% of the total population in colleges and universities are obese or malnourished or wasted. According to the American College Health Association revealed that only 7.3% of students ate five or more servings of fruits and vegetables daily. The transition to college life often worsens dietary habits among students which could contribute to weight problems especially during the first year of college or university and continue during later years of life as such more literature is available to ascertain the healthy eating influences in life of university students.

**Objective of the study:** The main objective of the study was to assess factors influencing healthy eating habits among university students in Makindye division-Kampala District

**Methodology:** A cross sectional study was conducted among 383 students attending university studies. Both researcher and self-administered questionnaires were used to collect quantitative data and qualitative data using focus group discussion among students. SPSS was used to enter and analyze data. Chi square and logistic regression were used to determine the association and relationship between independent variables and healthy eating habits  
**Results:** 37% of the students had healthy eating habits while 63% had unhealthy eating habits. The factor that influenced healthy eating habits was course taken (OR=0.039, CI=0.170-0.938 P=0.035)

**Conclusion and recommendations:** There is still a high burden of unhealthy eating habits among university students in Makindye Division–Kampala district.

The following were recommended in order to increase on healthy eating habits among university students: There is need for university students to attend sessions concerning healthy eating habits throughout the university life, there is need for universities to conduct periodical sessions about healthy eating habits and the relationships to diseases and infections, need to regulate the food stuffs sold at and near the universities in order to indirectly influence the health eating habits, conduct health talks in different universities about healthy eating habits

Monitor and institute markets and restaurants near universities and hostels

Limit the advertisement about unhealthy foods that may cause university students to adopt to unhealthy eating habits as well as promoting advertisement of healthy foods that can make adoption of healthy eating habits.