

ABSTRACT

Background: Student's eating habits are influenced by several factors which may be social, cultural, religious, economic and environmental factors and these tend to change over one's lifespan and across generations which directly affect their well being. **Purpose of study:** The aim of study was to determine the factors influencing the eating habits among students at IUEA, Kampala district – Uganda.

Methodology: The study used a cross sectional study design that was carried out at International University of East Africa among 221 university students who were selected using a convenient sampling method. Data was collected using online questionnaires and the results were processed using statistical package for social sciences (SPSS) to present it into frequency tables, graphs and pie charts.

Findings: The existing feeding habits showed that 110(49.7%) ate two meals over the weekend yet only 8(39.8%) ate two meals during the weekly days, 128(57.9%) found it convenient to eat in the evening and 197(89.1%) skipped meals sometime. Ethnicity ($P = 0.01$), watching of nutrition programs on TV ($P = 0.000$), peer influence on eating practices ($P = 0.000$), foods consumed while at campus ($P = 0.050$), residence ($P = 0.001$), easy and quick to vegetables ($P = 0.028$) were significantly associated to eating habits of students.

Conclusion and Recommendations: The study revealed that students' eating pattern was mainly influenced by the school related factors and eating patterns compared to the individual related factors with majority feeding irregularly on fast foods. Therefore, efforts are needed to educate students on the correct eating habits to enhance proper health and well being.