Introduction

The study was about effects of eating habits on the body mass index of adolescents in UMHS. Adolescents consume sweetened beverages, fast food high in fats, decreased consumption of fruits, vegetables and dairy products and results of the finding show that these affect BMI.

Objectives of the study

1. To establish the BMI of adolescents at Uganda Martyrs High School Rubaga Division.

2. To determine the foods eaten by adolescents at Uganda Martyrs High school Rubaga Division.

3. To assess the knowledge of adolescents on healthy diet at Uganda Martyrs High school Rubaga Division.

4. To develop an eating plan for adolescents' normal BMI at Uganda Martyrs high school Rubaga Division.

Methodology

Questionnaires were used to collect data, these consisted of a number of questions typed in definite order with close- ended and open -ended structured and semi structured questions. Interviews were used as qualitative collection method to generate and obtain detailed information about eating habits. Observation was used in limitation to observe types of foods and beverages purchased by adolescents. Research questions were addressed by responses of 153 out of 270 respondents who were got by simple random sampling, answering a food questionnaire and measurement of BMI was done.

Key findings and discussion

Number of meals consumed three meals that were 54.9%. Time for first meal was 7.00 with 82%. Best time for eating was lunch time 57.5%. Sweet products consumption; sometimes 64.7%,Sweetproducts consumed; tea/coffe61%,processed juice 52% .Snacks; often consumed Chapattis 53.6%. Deep fried food most consumed; chips 32.7%. Vegetables or fruit eaten; sometimes 65.4%. Diet; different only during some times in the week 58.2%. One of the staple

food eaten; posho (maize flour meal) 48.4%. One serving of accompaniments eaten; beans 60.1%.Combination of food preferred; rice and sweet potatoes 40.3%.Knowledge of health diet; a diet rich in different foods 56.9%.Effect of high fat consumption; those that agreed 67%. BMI; between 18.5 and 25, 59.5%. relation between indicators of eating habits and body mass index Pearson's chi square tests at significant level (2 tailed) 0.05 were all important.

Conclusion and Recommendations

Based on the findings, it is recommended that, the school authority should consider the best time of eating to be breakfast. Reduce consumption of sweet products especially processed juices. Public Health workers through Ministry of education introduce Nutrition education to schools and teach students benefits of proper food for their Nutrition status. Public health workers to work together with National bureau of standards to educate young people on the contents of some processed juices and the effects on BMI. The school caterer should include vegetables and fruits that are rarely consumed in the menu because these are some of the cheap foods to provide. Uganda traditional foods should be included in the diet and other staple foods ought to be considered in the diet for proper meal plan. Diets should be different throughout the week and planned together with the student leader.