



Healthy Eating at Providence College

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Research Question

Do college students prioritize healthy eating, and does Ray Dining Hall fulfill those needs?

About the Data

- Students lack the knowledge about the impact healthy eating has on their daily lives
 - Increases energy level
 - Disease prevention
 - Improves mental health
- Students are MOST satisfied with vegetables and fruit
- Students VALUE protein the most, but are LEAST satisfied with the meat
- Top stations at Ray Dining Hall
 - Salad Bar
 - U Cook

Our Recommendations

- 1) Provide students with healthy eating instructions
- 2) Supply better protein options
- 3) Invest in a wider variety of produce