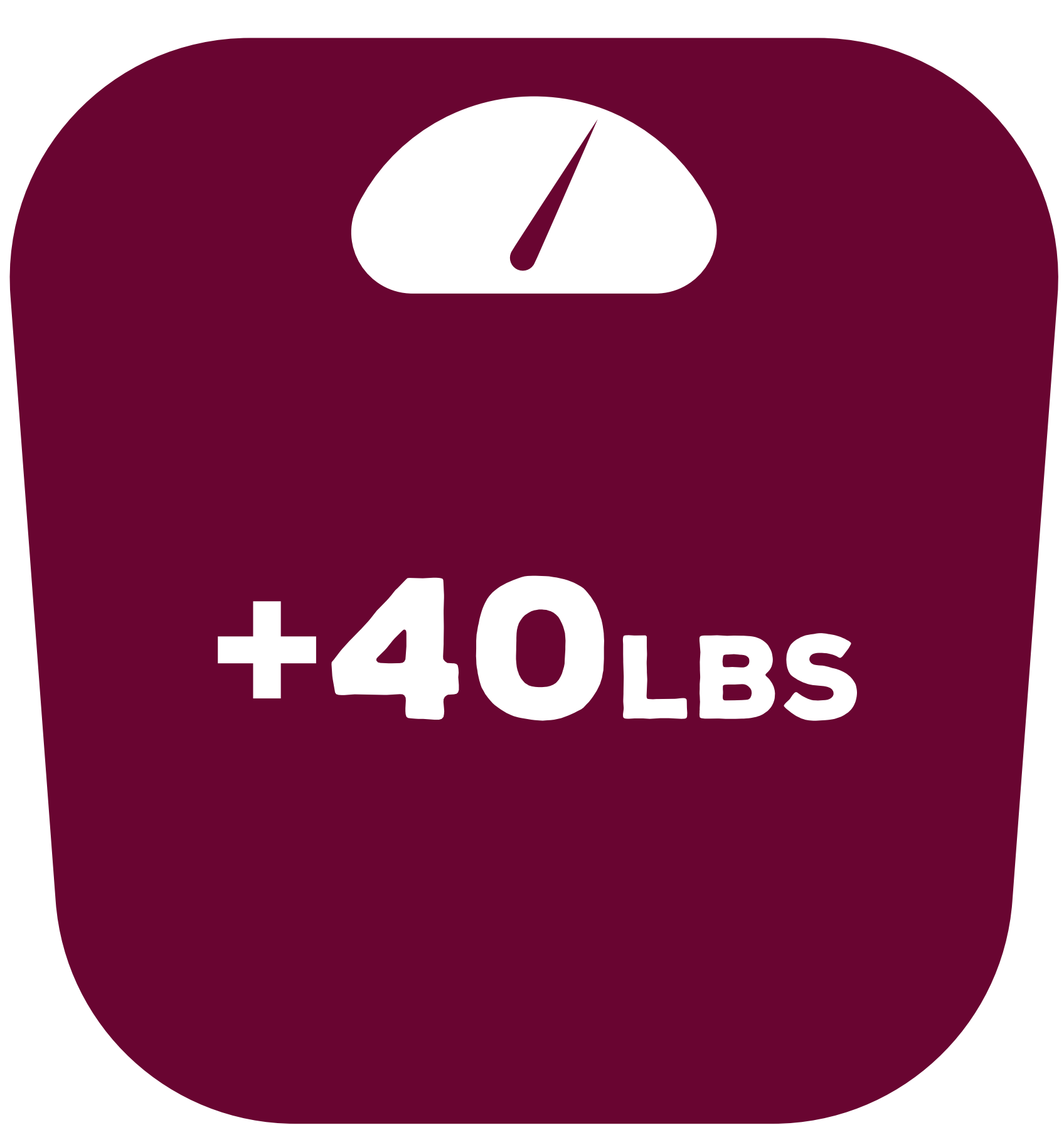


# 4

## STATS YOU DIDN'T KNOW ABOUT NUTRITION

College students report eating out at  
restaurants or fast food at least

**1-3 TIMES A WEEK**



During a student's college  
career, they are likely to gain

**40 POUNDS**



60% of college students report being

**FOOD INSECURE**

at some point during their college career



**FOOD INSECURITY:**  
seriously lacking accessibility to  
food or funds.

# PIZZA

is the most popular food choice  
among college students.

