



## **Are the foods and drinks in your school canteen healthy? An Assessment of the Nutritional Value of the Foods and Drinks Sold at the School Canteens of De La Salle Araneta University**

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**Abstract:** Schools are the best places to implement solutions to over-nutrition and obesity since children and young adults spend most of their time in school and consequently, spend more time eating in school than at home. Thus, the need for a study to find out the quality of foods children and young adults eat at school canteens. This is a descriptive study aimed to assess the nutritional value of the foods and drinks offered by the three (3) school canteens of De La Salle Araneta University (DLSAU).

The data of the study were mainly derived from the ocular field observations of what kind of foods and drinks these three school canteens offer and what kind of food and drinks students from grade school, high school, and college buy and eat. The foods and drinks were categorized into healthy foods and drinks and unhealthy foods and drinks based from the 2010 Australian dietary guidelines for children and adolescents and from the 2012 dietary guidelines for Filipinos.

Results of the study showed that most foods and drinks of the three (3) school canteens were found to be unhealthy with one canteen serving nearly all unhealthy foods and drinks. Moreover, most students across all levels buy and eat unhealthy foods and drinks from these canteens.

The unhealthy foods and drinks students eat from these canteens are indicative of the rising trend of obesity in the Philippines and the global obesity pandemic.

**Key Words:** Food and Nutrition; Obesity