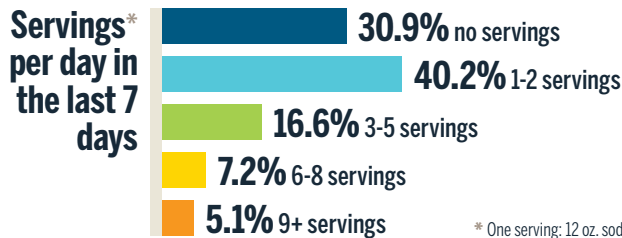


# healthyhorns issues brief

# Nutrition

FALL 2023

## Sugar-Sweetened Beverages

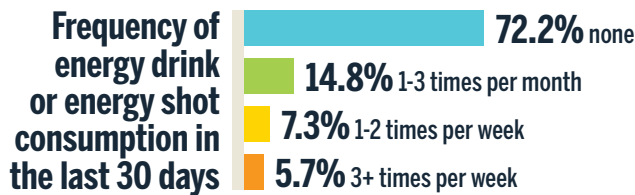


Consumed 3+ servings\* per day in the last 7 days



\* One serving: 12 oz. soda; 8 oz. sweetened, flavored water or sports drink; or 6 oz. sweetened coffee, tea or juice.

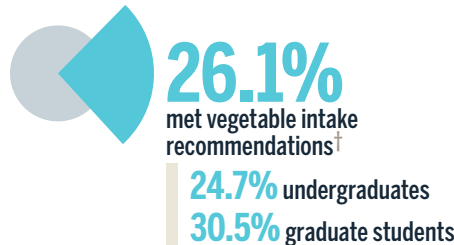
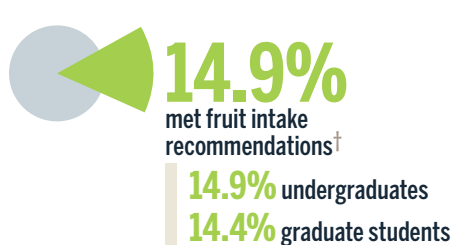
## Energy Drinks or Energy Shots



Drank 1+ energy drink or energy shot in the last 30 days

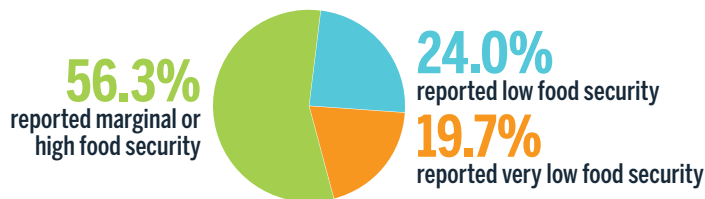


## Fruit and Vegetable Intake (average servings consumed per day in the last 7 days)



<sup>†</sup> Recommended daily servings: 1.5-2 cups of fruit, 2-3 cups of vegetables.<sup>1</sup>

## Food Security<sup>‡</sup>



<sup>‡</sup> Based on frequency students reported going hungry, reducing meal sizes or running out of food in the last 30 days due to insufficient money to buy food.<sup>2</sup>

<sup>1</sup> U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025, 9th Ed. Washington, DC: U.S. Dept of Agriculture; 2020.

<sup>2</sup> Coleman-Jensen A, Nord M, Singh A. Household Food Security in the United States in 2012. Washington, DC: U.S. Dept of Agriculture; 2013. Report No. ERR-155.

## healthyhorns

University Health Services  
Counseling and Mental Health Center  
Longhorn Wellness Center  
Division of Student Affairs

Data source is 2023 American College Health Association's National College Health Assessment (ACHA-NCHA III).  
**FIELD DATES: OCTOBER 8-NOVEMBER 12, 2023.** Total of 2,478 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.

