

**A DIETARY SURVEY OF THE RESIDENTIAL STUDENT POPULATION  
OF THE UNIVERSITY OF PERADENIYA**

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In the residential campus of the University of Peradeniya 98 percent of the total student population is accommodated in the 10 halls of residence. Subjects were selected from two each of the men's and women's hostels respectively.

Quantity and quality measurements were made on each food item consumed by the subjects during the experimental period. Main differences in dietary intake could be attributed to distinction in sex and individual eating habits with an increase intake of all nutrients for men students. Daily calorie intake averaged 2,387 and 1,858 calories for men and women students respectively, indicative of a calorie-deficiency status. Results obtained for protein (animal + vegetable) consumption were higher than those recommended for the country. Comparison with the only reported instance of Institutional feeding in Sri Lanka conducted in 1961 reveal no significant variations in nutritional assessment during the ensuing period.