

Dietary Habits of International Students

Highlighting the dietary routine of international students during their stay in Siena and how the city influences it.

Dietary Habits Survey

This abstract delves into the nuances of dietary behaviors among international students, highlighting the factors influencing their food choices and consumption patterns, highlighting their stay in Siena and the influence of the city in their food routine.

17 international students in Siena from all over the world were interviewed.

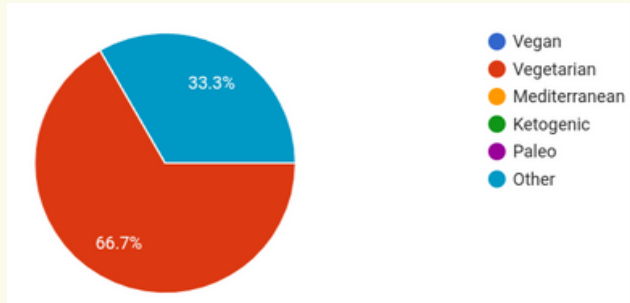
10 women and 7 men

10 different nationalities.

The survey consist on knowing which dietary habit they follow, what induced them to follow it and the advantages and disadvantages they've found living here in Siena related to food variety and availability.

WHICH DIETARY HABIT DO YOU FOLLOW?

Of 17 questioned students in total, the 82.4% answered not following an specific dietary habit, meanwhile the 17.6% does.



Promoting greener habits

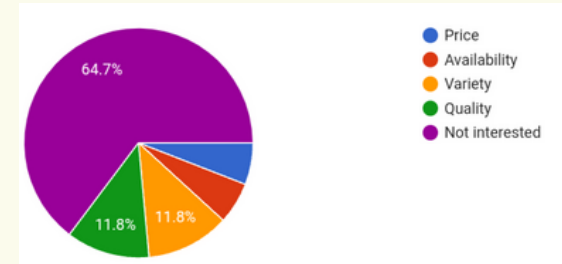
Shifting to a greener food routine benefits both our health and the environment. Choosing plant-based options reduces your carbon footprint, conserves water, and minimizes land use. Plus, plant-based diets are often associated with lower risks of chronic diseases like heart disease and diabetes, while promoting overall well-being.



The students that identified themselves as vegetarians, confirmed this and mentioned it as the reasons they chose to follow this lifestyle.

WHAT ARE THE REASONS YOU DONT FOLLOW ANY OF THESE DIETARY HABITS

Of 17 students that answered, the 64.7% responded not being interested, the 11.8% because of quality and variety, and 5.9% each because of price and availability.



Conclusion

Even though it was believed that one of the reasons of students not incorporating greener habits in their diets is the availability, turned out to be the interest on this topic, however some of them commented Siena is this lifestyle with local producers