

WHAT YOU OUGHT TO KNOW. "The young do not know enough to be prudent, and therefore they attempt the impossible, and achieve it, generation after generation". Pearl S. Buck



young & free

Advice. "During your stay at campus try and have a balanced diet of proteins, carbohydrates, vitamins accompanied with vegetables. However the only way one can achieve this is by coming up with a feeding time table allocating what to eat and when." CATHERINE NANOZI, NUTRITIONIST

VICES. You indulge uncontrollably yet you could be getting it wrong. Some say you are what you eat. **Phionah Nassanga** finds out what you could be doing wrong for your health.

Keeping healthy while at campus

Life at campus is adventurous, it being the first time for many students to live or act independently. They get time and space to make their own meals, choose what to eat and drink, such as chips, pizza, burgers and alcohol. But creating a healthy lifestyle while at campus requires you to learn the consequences of your behaviour on your health.

Addiction
When he joined university in 2014, little did Ronald Kigozi know that he would end up a drug addict.

"Before I joined campus, I was not a drug addict. Not until I made friends with a group of students whom I later discovered did drugs," he says.

"One day I almost fell off the fourth floor of my hostel room, but I was saved by a student who happened to see me before I could jump. I frequently engaged in fights and caused chaos most of the time."

Kigozi tried hiding his habits from his parents, but at some point his mother became suspicious.

"During my stay at home, I would spend a day locked inside my bedroom and not allowing in any of my siblings, but only a few friends that came by," he recounts.

In 2016, he was taken to a rehab centre where he spent about six months.

"Recovering did not come easy. I would feel the urge to smoke and I still feel its impact," he says.

What goes wrong?

Muhsin Ssenkubuge, a former student of Mubs, says monitoring and managing what one eats would be a good idea, but at times finances limit your options.

For example, he says, boys living in hostels hardly cook for themselves and as a result rolex, beans and chapattis become the order of the day. For some alcohol and smoking replace food.

Catherine Nanozi, a nutritionist at Cathy's Wellness Centre at Nsambya, says when making healthy choices, students must watch what they feed on, how often they work out, sleep and other practices that might affect them unknowingly.

"While campusers have a right to choose what they think is the right meal for them, you will find many opting for what they think is tasty, minding less about the consequences," she says, adding that this does not only apply to foods but anything that



you choose to consume.

Junk

Foods such as chips, pizza, kebab and rolex are tasty and are every campusers' choice, especially when it comes to meals. This would not be bad only if they did not consume it frequently.

"Junk is always deep-fried, a process that brings about trans fatty acids in the body, resulting in high blood pressure and obesity which are dangerous for one's health. At most these foods are thoroughly soaked with fats," Nanozi says.

The nutritionist adds that opting for baked foods instead of junk would be better option as they contain low calories, fats and they are healthy. But she has a word for those who cannot resist junk food.

"After eating junk one should drink a glass of warm water with lemon which will help cut down some of the fats."

Alcohol and smoking

Once alcohol gets into an empty stomach one is most likely to feel unsteady and dizzy sooner than expected. The higher the percentage of alcohol in any cocktail, the longer it stays in the body system and the drunker you feel.

Dr Ibrahim Mbaziira, a general practitioner at Kitebi Hospital, says as long as one is above the age of 18 they are allowed to take alcohol. However, it is advisable for one to slow down their consumption rate,

"Drink once in a while, not on a daily basis or else you will become an addict which affects the liver and the kidney as time goes by. It also leads to depression and anxiety," he advises.

He says some students go as far as smoking weed with an intention of keeping high and once someone is high there is no way they will think of eating food, which might result in ulcers in the long run.

"This is an unhealthy habit which can result in lung cancer, heart diseases and we have also heard of people running crazy because of using substances like marijuana."

Sleeping habits

Dr Sabrina Kitaka says students are not known for an early to bed attitude; they party past midnight daily and forget that sleep is a fundamental part of living healthy.

"Sleep deprivation can lead to reduced brain function, fatigue, headaches and weight loss, putting your life at risk of felling sick," says Dr Kitaka, adding that recommended resting time is between seven to nine hours to give the body enough time to relax and recover from fatigue.

Lack of enough sleep drains one's mental abilities as it can compromise their decision making and creativity, this can also result in low immunity leading to sickness. She advises students to come up with a schedule of all your classes, meals, and late night activities. This will help you balance assignment due dates with partying and resting. Have principled friends,

Mind what you eat. Makerere University students share a meal with the late AIGP Andrew Felix Kaweesi during a strike. The students were protesting against the quality of food at the university.

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