

## **Nutrition Knowledge, Meal Patterns and Nutritional Status of Energy Drink Users in a Ghanaian University**

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**ABSTRACT** A cross-sectional survey was conducted to assess the nutrition knowledge, meal patterns and nutritional status of energy drink users in the Methodist University College, Ghana. One hundred and twenty (120) energy drink users were purposively selected and interviewed using a combination of methods, including a structured questionnaire, anthropometry and dietary assessment methods. Data collected were analyzed using the Statistical Package for Social Sciences (SPSS) software (Version 16). Most of respondents (76%) had poor to fair nutrition knowledge and majority (80%) ate 3 times a day. Female respondents met 97 percent of energy requirement while the males met only 66 percent. Energy drinks did not make much contribution to energy intake among the respondents. The mean BMI of males and females were 23.52 kg/m<sup>2</sup> and 24.2 kg/m<sup>2</sup> respectively. About two-thirds had normal BMIs and a third were either overweight, obese or underweight. No significant relationships were observed between frequency of consumption of energy drinks and nutrition knowledge, diet quality and nutritional status.