Background: Body image dissatisfaction related to actual or perceived body size is widely reported among female adolescents in western countries while sparsely reported among Asian women. Understanding body image and dietary behavior of adolescents is necessary because unhealthy eating habits and distorted body image may contribute to the development of eating disorders which pose a threat to the healthy nutritional state of the adolescent’s present and later life. Data obtained from this study will be useful in planning better focused and more effective health and nutrition promotion programs for the youth. Objective: To determine the prevailing body image, nutrient intake and body mass index (BMI) and their relationships among selected adolescent female University of the Philippines Los Baños (UPLB) students. Methods: A semi-structured questionnaire was used to gather relevant data from 128 randomly selected adolescent female students from UPLB. Height and weight were collected following standard techniques. The mean nutrient intake was obtained from recall of a three-day food intake. Body image was assessed using a perception rating scale - underweight, just right, overweight. Body size drawings were also used to assess the other body image study, the “perceived current” is “desired” instead body size and any discrepancy between the two was considered as body size dissatisfaction. Data were further analyzed using descriptive statistics, chi-square test, Student’s t-tests, analysis of variance and correlations. Results: About 74.2 percent of the students had normal BMI, 18.8 percent were underweight and seven percent were overweight. While the majority (74.2 percent) of the students had realistic body image, as a result of their correct perception of their own body size, body size dissatisfaction was found to be common among the students, irrespective of their BMI because students generally desired thinner body sizes. The adequacy levels for intakes of energy and most nutrients such as protein, iron, calcium, vitamin A, vitamin C, thiamin and riboflavin were all below 80 percent of the recommended. Calcium and iron were the least adequately met nutrients at 38.2 percent and 35.2 percent, respectively. Moreover, the mean nutrient intake was not significantly different among students in various body image and BMI categories indicating that students, irrespective of their current nutritional state, did not alter their intake as a result of their perception. Some socio-economic factors as household income, food expenditure and maternal education had no influence on the mean intake of students, maybe because most students belong to households with high income and highly educated parents. Conclusion: Both the current body image perception and BMI did not influence the nutrient intake of the adolescent students, perhaps due to the homogeneity of the sample, that is, students had
similar socio-economic and demographic characteristics and most of them belong to healthy weight range. **Recommendations:** Future studies need to explore the body image and eating habits of other groups of adolescents, like the out-of-school youth, and to also include their family and social environment. Meanwhile, robust and sustained nutrition and health education/promotion among the students, focusing on the importance of positive body image, healthy weight range and healthy eating practices and lifestyle, should be undertaken jointly by school officials and the students via student organizations.