

Table 4 Dietary habits among female university students by blood pressure group

Dietary habit	Blood pressure group				P-value
	Total	Normal	Prehypertension	Hypertension	
	No.	%	%	%	
<i>Cooking fat</i>					
Saturated	61	88.7	11.3	0.0	0.162
Unsaturated	252	81.6	15.8	2.6	
Combined	57	83.0	9.4	7.5	
<i>Frequency of vegetable consumption (times/week)</i>					
0	11	81.8	18.2	0.0	0.764
1-6	192	83.2	13.0	3.8	
7+	167	84.6	13.6	1.9	
<i>Frequency of fruit consumption (times/week)</i>					
0	35	82.9	11.4	5.7	0.729
1-6	229	83.2	14.5	2.3	
7+	106	84.6	12.5	2.9	
<i>Frequency of fast food consumption (times/week)</i>					
0	21	90.0	10.0	0.0	0.994
1-3	272	82.8	14.2	3.1	
4+	77	83.8	13.5	2.7	