

Table 1 Prevalence of healthy and unhealthy dieting behaviours among female Palestinian students (n = 410)

Behaviour type	Frequency							
	Always		Often		Sometimes		Never	
	No.	%	No.	%	No.	%	No.	%
Healthy dieting								
Increase consumption of fruit & vegetables	106	25.9	88	21.5	104	25.4	112	27.3
Eat less meat	49	12.0	51	12.4	114	27.8	196	47.8
Increase exercise	43	10.5	64	15.6	125	30.5	178	43.4
Use artificial sweeteners	42	10.2	59	14.4	125	30.5	184	44.9
Eat low-calorie foods	34	8.3	67	16.3	114	27.8	195	47.6
Eliminate sweets and junk food	34	8.3	61	14.9	121	29.5	194	47.3
Reduce amount of food at each meal	33	8.0	44	10.7	168	41.0	165	40.2
Eliminate snacking between meals	29	7.1	59	14.4	133	32.4	189	46.1
Eat low-carbohydrate food	22	5.4	48	11.7	132	32.2	208	50.7
Eat or drink low fat food	20	4.9	40	9.8	60	14.6	290	70.7
Unhealthy dieting								
Skip breakfast	29	7.1	37	9.0	71	17.3	273	66.6
Skip other meals to lose weight	15	3.7	26	6.3	85	20.7	284	69.3
Increase smoking	7	1.7	3	0.7	9	2.2	391	95.4
Fast for more than 24 hours	7	1.7	12	2.9	19	4.6	372	90.7
Vomit after eating	5	1.2	8	2.0	27	6.6	370	90.2
Initiate smoking	4	1.0	4	1.0	19	4.6	383	93.4
Use medications ^a	3	0.7	7	1.7	25	6.1	375	91.5

^aDiet pills, laxatives, enemas, diuretics, appetite suppressants.