

Table 3 Distribution of the studied adolescent females in some intermediate schools in Riyadh according to their preferred food

| Preferred food                           | Underweight (%) | Normal weight (%) | Overweight (%) | Morbidly obese (%) | Total (%) | Chi-squared | P-value |
|--|-----------------|-------------------|----------------|--------------------|-----------|-------------|---------|
| Food at school                           |                 |                   |                |                    |           |             |         |
| Cheese sandwich                          | 60.0            | 37.7              | 41.7           | 50.0               | 45.54     |             |         |
| Burger                                   | 6.7             | 0.0               | 8.3            | 0.0                | 2.97      |             |         |
| Chocolate                                | 26.7            | 41.5              | 41.7           | 33.3               | 36.63     |             |         |
| Biscuits                                 | 16.7            | 7.5               | 16.7           | 16.7               | 11.88     |             |         |
| Ice cream                                | 6.7             | 1.9               | 8.3            | 0.0                | 3.96      |             |         |
| Fizzy drinks                             | 10.0            | 11.3              | 25.0           | 0.0                | 11.88     | 0.629       | > 0.05  |
| Milk                                     | 0.0             | 1.9               | 0.0            | 0.0                | 0.99      |             |         |
| Juice                                    | 30.0            | 32.1              | 58.3           | 50.0               | 35.64     |             |         |
| Fruits or vegetables                     | 3.3             | 0.0               | 0.0            | 0.0                | 0.99      |             |         |
| Nothing                                  | 0.0             | 5.7               | 8.3            | 0.0                | 3.96      |             |         |
| Chips and snacks                         | 36.7            | 43.4              | 33.3           | 33.3               | 39.6      |             |         |
| Favourite drink                          |                 |                   |                |                    |           |             |         |
| Tea                                      | 13.3            | 5.7               | .0             | 16.7               | 7.92      |             |         |
| Power drinks                             | 10.0            | 17.0              | 7.7            | 0.0                | 12.87     |             |         |
| Fresh juice                              | 13.3            | 28.3              | 23.1           | 0.0                | 21.78     | 0.228       | > 0.05  |
| Coffee                                   | 13.3            | 7.5               | 15.4           | 0.0                | 9.90      |             |         |
| Fizzy drinks                             | 86.7            | 71.7              | 69.2           | 100.0              | 78.22     |             |         |
| Packet juice                             | 10.0            | 30.2              | 30.8           | 33.3               | 24.75     |             |         |
| Low-calorie fizzy drinks                 | 76.7            | 50.9              | 53.8           | 50.0               | 59.41     |             |         |
| Food preferred while watching television |                 |                   |                |                    |           |             |         |
| Fast foods                               | 89.7            | 85.5              | 84.6           | 80.0               | 86.28     |             |         |
| Main meal                                | 3.4             | 9.1               | 0.0            | 20.0               | 6.86      | 0.531       | > 0.05  |
| Coffee                                   | 0.0             | 0.0               | 7.7            | 0.0                | 0.98      |             |         |
| Desserts and fizzy drinks                | 31.0            | 20.0              | 23.1           | 0.0                | 22.55     |             |         |
| Fruits and vegetables                    | 0.0             | 3.6               | 15.4           | 0.0                | 3.92      |             |         |