

Table 3 Association of dietary pattern changes with gender and length of stay in Saudi Arabia (n = 1437)

Length of stay in Saudi Arabia			
Covariate	< 5 yr, n = 634	≥ 5 yr, n = 803	P
<i>Fruit/vegetable intake, mean (SD)</i>			
Number of days eating fruit	0.39 (1.79)	0.09 (1.74)	0.001*
Number of fruit servings/day change	0.08 (0.88)	-0.11 (0.95)	< 0.001
Number of days of ate Vegetables change	-0.05 (1.54)	-0.09 (1.29)	0.639*
Number of Vegetable servings change	-0.03 (0.93)	-0.02 (0.82)	0.345*
Fast food change	3.26 (6.66)	1.27 (3.84)	< 0.001
<i>Gender</i>			
	Male, n = 840	Female, n = 597	P
Number of days eating fruit	0.43 (1.92)	-0.07 (1.48)	< 0.001*
Number of fruit servings/day change	0.06 (0.93)	-0.14 (0.91)	< 0.001*
Number of days of ate Vegetables change	-0.06 (1.59)	-0.09 (1.11)	0.698
Number of Vegetable servings change	-0.02 (0.85)	-0.04 (0.89)	0.334*
Fast food change	3.32 (6.52)	0.49 (2.2)	< 0.001*
<i>MetS NCEP_ATPIII criteria</i>			
	Normal, n = 1059	MetS, n = 378	P
Number of days eating fruit	0.23 (1.84)	0.22 (1.56)	0.933
Number of fruit servings/day change	0.0 (0.93)	-0.09 (0.9)	0.097*
Number of days of ate Vegetables change	-0.07 (1.47)	-0.09 (1.22)	0.886*
Number of Vegetable servings change	-0.01 (0.87)	-0.08 (0.88)	0.369*
Fast food change	2.42 (5.63)	1.36 (4.43)	0.001

*Tests performed by Mann-Whitney U test. MetS = metabolic syndrome; NCEP-ATP III = National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III); SD = standard deviation.