

Table 4 Numbers and percentages of normal and overweight or obese adolescents according to dietary behaviour

| Dietary behaviour                                     | Normal weight |       | Overweight or obese |       | Total |     | P                 |
|-------------------------------------------------------|---------------|-------|---------------------|-------|-------|-----|-------------------|
|                                                       | n             | %     | n                   | %     | n     | %   |                   |
| <b>Eat breakfast regularly each day</b>               |               |       |                     |       |       |     |                   |
| Yes                                                   | 1141          | 88.66 | 146                 | 11.34 | 476   | 100 | 0.87              |
| No                                                    | 420           | 88.24 | 56                  | 11.76 | 1287  | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |
| <b>Eat lunch regularly each day</b>                   |               |       |                     |       |       |     |                   |
| Yes                                                   | 1511          | 88.67 | 193                 | 11.33 | 1704  | 100 | 0.46              |
| No                                                    | 50            | 8.75  | 9                   | 15.25 | 59    | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |
| <b>Eat dinner regularly each day</b>                  |               |       |                     |       |       |     |                   |
| Yes                                                   | 1021          | 87.71 | 143                 | 12.29 | 1164  | 100 | 0.14              |
| No                                                    | 540           | 90.15 | 59                  | 9.85  | 599   | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |
| <b>Eat between meals</b>                              |               |       |                     |       |       |     |                   |
| Yes                                                   | 940           | 88.68 | 120                 | 11.32 | 1060  | 100 | 0.88              |
| No                                                    | 621           | 88.34 | 82                  | 11.66 | 703   | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |
| <b>Fruit consumption (days/week)</b>                  |               |       |                     |       |       |     |                   |
| < 3                                                   | 829           | 86.99 | 124                 | 12.94 | 953   | 100 | 0.06              |
| ≥ 3                                                   | 732           | 90.37 | 78                  | 10.04 | 810   | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |
| <b>Vegetable consumption (days/week)</b>              |               |       |                     |       |       |     |                   |
| < 3                                                   | 277           | 85.76 | 46                  | 14.24 | 323   | 100 | 0.12              |
| ≥ 3                                                   | 1284          | 89.17 | 156                 | 10.83 | 1440  | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |
| <b>Milk and dairy product consumption (days/week)</b> |               |       |                     |       |       |     |                   |
| < 3                                                   | 917           | 89.73 | 105                 | 10.27 | 1022  | 100 | 0.07              |
| ≥ 3                                                   | 644           | 86.91 | 97                  | 13.09 | 741   | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |
| <b>Soda and soft drink consumption (days/week)</b>    |               |       |                     |       |       |     |                   |
| < 3                                                   | 1202          | 89.51 | 141                 | 10.49 | 1343  | 100 | 0.03 <sup>+</sup> |
| ≥ 3                                                   | 359           | 85.47 | 61                  | 14.53 | 420   | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |
| <b>Sweets and chocolate consumption (days/week)</b>   |               |       |                     |       |       |     |                   |
| < 3                                                   | 1310          | 88.87 | 164                 | 11.13 | 1474  | 100 | 0.37              |
| ≥ 3                                                   | 251           | 86.85 | 38                  | 13.15 | 289   | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |
| <b>Cake, pastry, biscuit consumption (days/week)</b>  |               |       |                     |       |       |     |                   |
| < 3                                                   | 1313          | 89.38 | 156                 | 10.62 | 1469  | 100 | 0.07              |
| ≥ 3                                                   | 248           | 84.36 | 46                  | 15.64 | 294   | 100 |                   |
| Total                                                 | 1561          | 88.54 | 202                 | 11.46 | 1763  | 100 |                   |