

Table 2 Distribution of the high-school students by eating behaviour and gender

Eating behaviour	Males (n = 351)	Females (n = 269)	P-value ^a
	No. (%)	No. (%)	
Meal frequency (past 7 days)			
Breakfast (days)			< 0.001
Never	46 (13.2)	53 (19.8)	
1-2	67 (19.2)	75 (28.0)	
3-4	43 (12.3)	44 (16.4)	
5-6	37 (10.6)	21 (7.8)	
Daily	156 (44.7)	75 (28.0)	
Lunch (days)			
Never	8 (2.3)	5 (1.9)	
1-2	22 (6.3)	21 (7.8)	
3-4	62 (17.7)	62 (23.1)	
5-6	43 (12.3)	40 (14.9)	
Daily	216 (61.5)	140 (52.2)	
Dinner (days)			< 0.01
Never	15 (4.3)	6 (2.2)	
1-2	42 (12.0)	42 (15.6)	
3-4	45 (12.8)	66 (24.5)	
5-6	71 (20.2)	43 (16.0)	
Daily	178 (50.7)	112 (41.6)	
Frequency of foods/drinks consumed			
Soft drinks intake (past 7 days)^b			
None	57 (16.4)	51 (19.0)	
Less than once a day	148 (42.5)	126 (47.0)	
At least once a day	143 (41.1)	91 (34.0)	
Frequency of eating fast food (past 7 days)			
Never	79 (22.6)	50 (18.6)	
1-2 times	175 (50.1)	137 (50.9)	
≥ 3 times	95 (27.2)	82 (30.5)	
Snacking frequency (previous day)			
Never	77 (22.1)	53 (19.7)	
Once	128 (36.7)	89 (33.1)	
2-3 times	101 (28.9)	86 (32.0)	
≥ 4 times	43 (12.3)	41 (15.2)	
Fruit and 100% fruit juice intake			< 0.01
≥ 2 portions per day	132 (37.7)	70 (26.1)	
Vegetable intake^c			< 0.01
≥ 3 portions per day	111 (31.8)	56 (20.9)	
Fruit and vegetable intake			< 0.01
≥ 5 portions per day	116 (33.2)	57 (21.3)	

^aChi-squared test.^bA can, bottle or glass.^cGreen salad, potatoes (excluding French fries), carrots or other vegetables