

Table 5 Dietary and home environment factors associated with consumption of the recommended daily intake of fruits and vegetables^a (n = 619): multivariate analysis

Variable	Odds ratio (95% confidence interval) ^b		
	Model 1	Model 2	Model 3
Dietary behaviour			
Breakfast	1.1 (0.9–1.2)	1.0 (0.9–1.2)	0.9 (0.8–1.1)
Lunch	1.3 (1.1–1.6)	1.3 (1.1–1.6)	1.3 (1.0–1.6)
Dinner	0.9 (0.8–1.1)	0.9 (0.8–1.1)	0.9 (0.8–1.1)
Soft drinks	1.7 (1.2–2.6)	2.4 (1.6–3.5)	2.5 (1.6–3.9)
Snacking	1.1 (0.9–1.3)	1.2 (0.96–1.4)	1.3 (1.0–1.6)
Fast-food meals	0.8 (0.6–1.1)	0.8 (0.6–1.1)	0.9 (0.7–1.3)
Sex (male)	—	1.6 (1.1–2.4)	1.7 (1.1–2.7)
Age	—	1.1 (0.9–1.3)	1.2 (0.9–1.4)
Home environment			
Family affluence	—	—	1.0 (0.8–1.4)
Parental support for healthy eating	—	—	1.1 (0.99–1.2)
Family meal frequency	—	—	0.9 (0.7–1.2)
Family meal priority	—	—	0.9 (0.8–1.00)
Family meal atmosphere	—	—	1.1 (0.99–1.2)
Home availability of fruits and vegetables	—	—	0.97 (0.7–1.4)

^aEating fruit and vegetables 5 or more times a day.

^bGeneralized linear mixed model – model 1: unadjusted model [AIC (Akaike information criterion) = 547.2]; model 2: adjusted for age and sex (AIC = 667.4); model 3: adjusted for dietary behaviour, age, sex