

Table 4 KIDMED scores according to BMI classification in school children in Tafilaleet Oasis (n = 3684)

KIDMED test (16 questions)	BMI class			P*
	Thinness n (%)	Normal n (%)	Ov/Ob n (%)	
Takes a fruit or fruit juice every day	233 (81.54)	2526 (86.21)	410 (87.42)	0.076
Has a second fruit every day	156 (54.74)	1827 (62.35)	314(66.95)	0.004
Has fresh or cooked vegetables regularly once a day	273 (95.79)	2765 (94.37)	427 (91.04)	0.008
Has fresh or cooked vegetables more than once a day	205 (71.93)	2111 (72.04)	329 (70.15)	0.697
Consumes fish regularly (at least 2 or 3 times/week)	79 (27.72)	1032 (35.22)	186 (39.66)	0.004
Goes more than once a week to a fast-food	47 (16.49)	486 (16.59)	117 (24.95)	< 0.001
Likes pulses and eats them more than once a week	266 (93.33)	2620(89.42)	400 (85.28)	0.002
Consumes pasta or rice almost every day (≥ 5 times/week)	78 (27.37)	950(32.42)	170 (36.25)	0.040
Has cereals or grains (bread, etc.) for breakfast	259 (90.88)	2703 (92.25)	426 (90.83)	0.449
Consumes nuts regularly (at least 2 or 3 times/week)	148 (51.93)	1399(47.75)	253 (53.94)	0.025
Uses olive oil at home	265 (92.98)	2668(91.05)	423 (90.19)	0.421
Skips breakfast	97 (34.04)	1118(38.16)	193 (41.15)	0.148
Has a dairy product for breakfast (yoghurt, milk, etc.)	131 (45.96)	1447(49.39)	230 (49.04)	0.544
Has commercially baked goods or pastries for breakfast	26 (9.12)	329 (11.23)	83 (17.70)	< 0.001
Takes two yoghurts and/or some cheese (40 g) daily	49(17.19)	626(21.37)	102 (21.75)	0.240
Takes sweets and candy several times every day	31(10.88)	328 (11.13)	76 (16.20)	0.007

*Significance at 5%. BMI = body mass index; Ov/Ob = overweight and obesity.