

**Table 3** Binary logistic regression for smoking among Iranian students (*n* = 82 806) based on dietary habits, 2012–2013

<b>Food</b>	<b>Unadjusted OR (95% CI)</b>	<b>Model 1 OR (95% CI)</b>	<b>Model 2 OR (95% CI)</b>
<b>Fruit (servings/day)</b>			
Rarely	1.00	1.00	1.00
≤ 1	0.52 (0.47–0.59)	0.52 (0.47–0.59)	0.80 (0.67–0.95)
2–3	0.34 (0.30–0.38)	0.34 (0.31–0.38)	0.68 (0.57–0.82)
> 3	0.45 (0.40–0.52)	0.47 (0.41–0.54)	0.78 (0.64–0.96)
<b>Vegetables (servings/week)</b>			
Not weekly	1.00	1.00	1.00
1	0.97 (0.89–1.06)	0.98 (0.90–1.07)	1.25 (1.22–1.40)
2–3	0.83 (0.76–0.91)	0.84 (0.77–0.92)	1.21 (1.07–1.36)
1/day	1.07 (0.96–1.19)	1.10 (0.99–1.22)	1.36 (1.17–1.57)
<b>Dairy products (servings/week)</b>			
Not weekly	1.00	1.00	1.00
1	0.32 (0.30–0.35)	0.32 (0.30–0.35)	0.35 (0.31–0.39)
2–3	0.09 (0.08–0.10)	0.09 (0.08–0.10)	0.08 (0.07–0.09)
1/day	0.06 (0.05–0.07)	0.06 (0.05–0.07)	0.05 (0.04–0.06)
<b>Fast foods (times/week)</b>			
Rarely	1.00	1.00	1.00
1	3.93 (3.32–4.65)	4.08 (3.44–4.83)	1.67 (1.27–2.19)
2–3	1.21 (1.11–1.31)	1.26 (1.16–1.37)	1.06 (0.94–1.18)
Every day	0.85 (0.79–0.91)	0.88 (0.82–0.94)	0.93 (0.86–1.02)
<b>Carbonated beverages (times/week)</b>			
Rarely	1.00	1.00	1.00
1–2	2.66 (2.42–2.92)	2.71 (2.46–2.98)	2.33 (2.03–2.67)
Every day	1.45 (1.36–1.54)	1.46 (1.37–1.55)	1.59 (1.47–1.73)
<b>Breakfast consumption (days/week)</b>			
< 1	1.00	1.00	1.00
1–2	0.41 (0.36–0.47)	0.41 (0.36–0.47)	0.69 (0.58–0.83)
3–4	0.44 (0.39–0.50)	0.44 (0.39–0.49)	0.96 (0.81–1.14)
Every day	0.51 (0.46–0.56)	0.51 (0.46–0.56)	1.33 (1.13–1.56)

OR = odds ratio; CI = confidence interval.

Model 1: age and sex were adjusted.

Model 2: additionally adjustment was made for all variables mentioned in Table 1 except age group and sleep duration.