

Table 2 Dietary habits of participants aged 20 years and over according to hypertension status and prevalence of hypertension: national health survey, Morocco 2000

Frequency of food consumption	Non-hypertensives		Hypertensives		Prevalence of hypertension %	P-value
	No.	%	No.	%		
Beef						0.644
Rarely	286	26.3	203	28.5	41.5	
Moderately	181	16.6	117	16.4	39.3	
Frequently	622	57.1	393	55.1	38.7	
Lamb						0.002
Rarely	474	43.5	370	51.9	43.8	
Moderately	231	21.2	134	18.8	36.7	
Frequently	384	35.3	209	29.3	35.2	
Chicken						0.004
Rarely	197	18.1	159	22.3	44.7	
Moderately	246	22.6	187	26.2	43.2	
Frequently	646	59.3	367	51.5	36.2	
Fish						<0.001
Rarely	237	21.8	232	32.5	49.5	
Moderately	228	20.9	160	22.4	41.2	
Frequently	624	57.3	321	45.0	34.0	
Eggs						<0.001
Rarely	188	17.3	178	25.0	48.6	
Moderately	166	15.2	100	14.0	37.6	
Frequently	735	67.5	435	61.0	37.2	
Fresh vegetables						0.348
Rarely	10	0.9	12	1.7	54.5	
Moderately	19	1.7	11	1.5	36.7	
Frequently	1060	97.3	690	96.8	39.4	
Beans						<0.001
Rarely	351	32.2	295	41.4	45.7	
Moderately	307	28.2	164	23.0	34.8	
Frequently	431	39.6	254	35.6	37.1	
Fresh fruits						0,015
Rarely	91	8.4	81	11.4	47.1	
Moderately	132	12.1	108	15.1	45.0	
Frequently	866	79.5	524	73.5	37.7	
Dried fruits						0.014
Rarely	719	66.0	515	72.2	41.7	
Moderately	196	18.0	112	15.7	36.4	
Frequently	174	16.0	86	12.1	33.1	

Table 2 Dietary habits of participants aged 20 years and over according to hypertension status and prevalence of hypertension: national health survey, Morocco 2000 (concluded)

Frequency of food consumption	Non-hypertensives		Hypertensives		Prevalence of hypertension %	P-value
	No.	%	No.	%		
Olive oil						0.982
Rarely	279	25.6	184	25.8	39.7	
Moderately	83	7.6	53	7.4	39.0	
Frequently	727	66.8	476	66.8	39.6	
Vegetable oil						0.338
Rarely	54	5.0	40	5.6	42.6	
Moderately	14	1.3	14	2.0	50.0	
Frequently	1021	93.8	659	92.4	39.2	
Butter						0.526
Rarely	438	40.2	306	42.9	41.1	
Moderately	145	13.3	95	13.3	39.6	
Frequently	506	46.5	312	43.8	38.1	
Dairy						0.674
Rarely	223	20.5	155	21.7	41.0	
Moderately	144	13.2	102	14.3	41.5	
Frequently	722	66.3	456	64.0	38.7	
Tea						0.757
Rarely	40	3.7	31	4.3	43.7	
Moderately	12	1.1	9	1.3	42.9	
Frequently	1037	95.2	673	94.4	39.4	
Coffee						0.877
Rarely	642	59.0	423	59.3	39.7	
Moderately	98	9.0	67	9.4	40.6	
Frequently	349	32.0	223	31.3	39.0	