

Table 4 Association between gingivitis and daily consumption of food groups

Consumption of food groups	Mild (n = 258)		Moderate (n = 201)		Severe (n = 45)		P-value ^a
	No.	%	No.	%	No.	%	
<i>Fruit & vegetables: vitamin C-rich (tomatoes, oranges)</i>							
Adequate	149	58	91	45	22	49	0.027
Inadequate	109	42	110	55	23	51	
<i>Fruit & vegetables: vitamin A-rich (carrots, spinach)</i>							
Adequate	90	35	64	32	12	27	0.508
Inadequate	168	65	137	68	33	73	
<i>Fruit & vegetables: other (bananas, peas)</i>							
Adequate	73	28	52	26	9	20	0.478
Inadequate	185	72	149	74	36	80	
<i>Bread & cereals (pasta, rice)</i>							
Adequate	116	45	78	39	17	38	0.350
Inadequate	142	55	123	61	28	62	
<i>Dairy (milk, yogurt, cheese)</i>							
Adequate	172	67	113	56	24	53	0.038
Inadequate	86	33	88	44	21	47	
<i>Meat & legumes (eggs, chicken)</i>							
Adequate	90	35	64	32	8	18	0.076
Inadequate	168	65	137	68	37	82	
<i>Sugars (chocolate, jam) (times/day)</i>							
≤ 3	80	31	38	19	10	22	0.003
3-7	120	47	92	46	17	38	
> 7	58	22	71	35	18	40	

^aChi-squared test.