

**Table 4 Reported eating behaviour of the study participants**

Question		Total ( <i>n</i> = 300)	Males	Females
		No. (%)	No. (%)	No. (%)
How frequently did you eat food from fast food restaurants?	Daily	19 (6)	10 (53)	9 (47)
	Frequently	38 (13)	21 (55)	17 (45)
	Sometimes	207 (69)	100 (48)	107 (52)
	Never	36 (12)	12 (33)	24 (67)
How frequently did you skip eating breakfast?	Daily	48 (16)	29 (60)	19 (40)
	Frequently	59 (20)	31 (53)	28 (48)
	Sometimes	76 (25)	31 (41)	45 (59)
	Never	117 (39)	52 (44)	65 (56)
How frequently did you eat snacks like candy, chocolate, chips, cookies, etc.?	≥ 3 times	76 (25)	38 (50)	38 (50)
	2 times	51 (17)	27 (53)	24 (47)
	1 time	151 (50)	69 (46)	82 (54)
	Never	22 (7)	9 (41)	13 (59)
How many times did you eat fruits last week?	None	25 (8)	14 (56)	11 (44)
	1 time	36 (12)	19 (53)	17 (47)
	2 times	59 (20)	36 (61)	23 (39)
	3 times	180 (60)	74 (41)	106 (59)
How many times did you eat vegetables last week?	None	36 (12)	18 (50)	18 (50)
	1 time	62 (21)	31 (50)	31 (50)
	2 times	94 (31)	52 (55)	42 (45)
	3 times	108 (36)	42 (39)	66 (61)