

Table 3 Comparison of energy and nutrient intake in male and female high-school students

Nutrient	Males	Females	P-value
	Mean (SD)	Mean (SD)	
Energy (kcal/d)	2160(675.7)	1920 (565.15)	0.0001
Protein (g/d)	55.5(25.21)	50.1 (20.3)	0.18
Carbohydrates (g/d)	308.38(90.3)	308.38 (90.3)	0.68
Fat (g/d)	34.10 (68.5)	30.3 (60.8)	0.49
Fibre (g/d)	5.23 (4.25)	5.25 (4.10)	0.39
Vitamin A (IU/d)	920.1 (875.2)	1100.1 (955.2)	0.001
Vitamin D (IU/d)	150.15 (90.85)	110.5 (80.85)	0.05
Vitamin E (mg/d)	6.35 (6.45)	5.45 (4.35)	0.11
Vitamin C (mg/d)	30.5 (42.3)	30.5 (42.3)	0.66
Vitamin B1 (mg/d)	1.0 (0.5)	0.9 (0.5)	0.56
Vitamin B2 (mg/d)	1.1 (0.6)	1.0 (0.3)	0.09
Vitamin B3(mg/d)	14.7 (6.9)	13.2 (1.2)	0.16
Vitamin B6 (mg/d)	1.2 (0.7)	1.12 (0.63)	0.23
Vitamin B9 (folate) (µg/d)	228 (125.72)	284.22(140.10)	0.06
Vitamin B12 (µg/d)	2.6 (1.6)	2.5 (1.5)	0.67
Calcium (mg/d)	345.5 (575.15)	345.5 (575.15)	0.71
Iron (mg/d)	17.3 (8.5)	9.5 (15.5)	0.07
Zinc (mg/d)	4.5 (8.0)	3.2 (6.0)	0.0001

SD = standard deviation; d = day.