

Table 1 Comparison of intake frequencies for food groups, energy and macronutrients for Saudi Arabian female adolescents over the course of the study, 2020

Variable	Baseline Mean (SD)	Immediately after 3-month intervention Mean (SD)	3-month follow-up Mean (SD)
Intervention group (n = 68)			
Cereal & grains ^a	0.68 (0.29)	0.74 (0.43)	0.69 (0.33)
Fish, poultry & meat products ^a	0.45 (0.12)	0.43 (0.19)	0.43 (0.16)
Dairy products ^a	0.1 (0.07)	0.16 (0.05)	0.17 (0.05)
Mixed dishes ^a	0.22 (0.05)	0.19 (0.03)	0.29 (0.35)
Sweetened beverages ^a	0.38 (0.14)	0.27 (0.10)	0.27 (0.07)
Sweet baked goods ^a	0.16 (0.03)	0.13 (0.03)	0.14 (0.05)
Fruit & vegetables ^a	0.12 (0.03)	0.13 (0.04)	0.16 (0.09)
Dietary energy (kcal)	4847.88 (1321.82)	4620.28 (1231.93)	4571.96 (1458.58)
Carbohydrates (g)	730.73 (184.54)	870.93 (814.41)	752.62 (335.18)
Protein (g)	196.32 (58.97)	197.73 (88.52)	199.63 (91.31)
Fat (g)	158.44 (49.32)	194.18 (234.04)	156.3 (72.69)
Control group (n = 70)			
Cereal & grains	1.18 (0.79)	0.72 (0.41)	0.72 (0.40)
Fish, poultry & meat products	0.63 (0.48)	0.54 (0.07)	0.56 (0.10)
Dairy products	0.1 (0.14)	0.08 (0.02)	0.08 (0.02)
Mixed dishes	0.27 (0.24)	0.39 (0.67)	0.34 (0.53)
Sweetened beverages	0.44 (0.19)	0.45 (0.17)	0.46 (0.18)
Sweet baked goods	0.16 (0.04)	0.15 (0.04)	0.15 (0.02)
Fruit & vegetables	0.12 (0.02)	0.12 (0.02)	0.12 (0.02)
Dietary energy (kcal)	4580.38 (1545.01)	3973.27 (905.68)	4226.12 (999.97)
Carbohydrates (g)	777.48 (404.04)	747.36 (567.75)	782.13 (580.79)
Protein (g)	274.34 (270.13)	222.92 (231.67)	218.48 (233.41)
Fat (g)	185.05 (127.82)	174.5 (163.96)	172.11 (175.83)

^aFrequency (weekly).
SD = standard deviation.