

Table 2 Food consumption of children aged 12–18 years in Gaza Strip during their first 7 years of life

Variable	No.	%
No. of times fish consumed per month		
1–2	150	52.4
3+	136	47.6
Total	286	100.0
Consumption of animal proteins (e.g. meat, chicken, fish, cheese)		
High	100	28.6
Moderate	170	48.6
Low	80	22.9
Total	350	100.0
Consumption of plant proteins (e.g. nuts, peas, beans, rice, wheat, maize)		
High	107	30.6
Moderate	155	44.3
Low	88	25.1
Total	350	100.0
Consumption of calcium-rich foods (e.g. milk, yogurt, cheese)		
High	276	78.9
Moderate	47	13.4
Low	27	7.7
Total	350	100.0
Consumption of vitamin C from fruits (e.g. oranges)		
High	281	80.3
Moderate	54	15.4
Low	15	4.3
Total	350	100.0
Consumption of vitamin C from vegetables (e.g. spinach, chilli)		
High	195	55.7
Moderate	34	9.7
Low	121	34.6
Total	350	100.0