

Table 3 Descriptive statistics for food groups consumed by the study participants (n = 21 111): CASPIAN Study

Food group	Times consumed/week		
	Mean	SD	Median
Dairy products	14.76	2.91	14.00
Animal protein	7.43	1.01	7.00
Plant protein	6.66	1.05	6.00
Fast food	2.32	0.16	2.00
Salty/fatty snacks	4.92	0.53	3.00
Sweets/candies	9.79	1.91	8.00
Vegetables ^a	7.69	1.62	7.00
Fruits (fresh, dried, juice)	8.45	0.58	8.00
Fruits and vegetables ^a	15.97	1.89	15.00
Carbohydrates	25.27	1.94	25.00

SD = standard deviation.