

Table 2 Distribution of the studied adolescent females in some intermediate schools in Riyadh according to adolescents eating pattern

Adolescents' eating pattern	Underweight (%) (n = 30)	Normal weight (%) (n = 56)	Overweight (%) (n =15 )	Morbidly obese (%) (n =6 )	Total (%) (n = 107)	Chi-squared	P-value
Main meal of the day							
Breakfast	10.0	11.1	0.0	16.7	9.5	5.373	> 0.05
Lunch	83.3	72.2	76.9	66.7	76.2		
Dinner	6.7	16.7	23.1	16.7	14.3		
Eating breakfast							
Yes	60.0	48.2	46.2	83.3	53.2	6.976	> 0.05
No	0.0	10.7	15.4	0.0	7.5		
Sometimes	40.0	41.1	38.5	16.7	39.3		
Daily water intake							
Less than 6 cups /day	56.7	34.0	7.0	4.0	58.9	1.473	> 0.05
6 to 8 cups /day	33.3	15.0	4.0	2.0	29.9		
More than 8 cups /day	10.0	7.0	2.0	0.0	11.2		
Daily fruit and vegetables consumption							
Yes	16.7	16.1	7.7	16.7	15.0	8.378	> 0.05
No	6.7	23.2	30.8	50.0	21.2		
Sometimes	76.7	60.7	61.5	33.3	63.8		
Daily milk consumption							
Yes	36.7	17.9	33.3	33.3	26.4	4.367	> 0.05
No	26.7	48.2	33.3	50.0	39.6		
Sometimes	36.7	33.9	33.3	16.7	34.0		
Daily consumption of snacks							
Yes	93.3	85.7	92.3	100	89.5	3.468	> 0.05
No	6.7	8.9	7.7	0.0	7.6		
>3 times	0.0	5.4	0.0	0.0	2.9		