

Table 1 Dietary behaviour patterns in Kuwait

Dietary behaviour	Frequency	Valid %
<i>No. of meals/snacks per day</i>		
1 or 2	420	38.6
3 or 4	572	52.6
5 or 6	76	7.0
> 6	14	1.3
<i>Fruit eating habits</i>		
Never	74	6.8
Once weekly	255	23.5
Twice weekly	236	21.8
Three times or more weekly	518	47.8
<i>Vegetable eating habits</i>		
Never	43	4.0
1 or 2 times weekly	158	14.6
3 or 4 times weekly	239	22.1
> 4 times weekly	642	59.3
<i>Red meat eating habits</i>		
Never	123	11.4
1 or 2 times weekly	516	47.8
3 or 4 times weekly	350	32.4
5 or 6 times weekly	64	5.9
> 6 times weekly	27	2.5
<i>White meat eating habits</i>		
Never	33	3.0
1 or 2 times weekly	416	38.4
3 or 4 times weekly	460	42.5
5 or 6 times weekly	111	10.3
> 6 times weekly	62	5.7
<i>Dairy eating/drinking habits</i>		
Never	83	7.7
1 or 2 times weekly	245	22.9
3 or 4 times weekly	295	27.9
5 or 6 times weekly	172	16.1
> 6 times weekly	274	25.6
<i>Sweet soft drink consumption habits</i>		
None	530	49.6
1 or 2 drinks daily	375	35.1
3-5 drinks daily	118	11.0
> 5 drinks daily	45	4.2