

Table 3. Association between food insecurity and food frequency

Food item	Food frequency	Food secure N (%)	Food insecurity N (%)	P-value
Red meat	Daily	3 (1.2)	0	<0.001*
	Weekly	168 (65.4)	27 (38.0)	
	Monthly or less	86 (33.5)	44 (62.0)	
White meat	Daily	34 (13.2)	1 (1.4)	<0.001*
	Weekly	212 (82.5)	51 (71.8)	
	Monthly or less	11 (4.3)	19 (26.8)	
Fish	Daily	–	–	0.487
	Weekly	25 (9.7)	5 (7.0)	
	Monthly or less	232 (90.3)	66 (93.0)	
Processed meat	Daily	32 (12.5)	7 (9.9)	0.016*
	Weekly	92 (35.8)	14 (19.7)	
	Monthly or less	133 (51.8)	50 (70.4)	
Milk and yogurt	Daily	131 (51.0)	14 (19.7)	<0.001*
	Weekly	115 (44.7)	45 (63.4)	
	Monthly or less	11 (4.3)	12 (16.9)	
Labneh and Nabulsi cheese	Daily	164 (63.8)	27 (38.0)	<0.001*
	Weekly	90 (35.0)	36 (50.7)	
	Monthly or less	3 (1.2)	8 (11.3)	
Processed cheese	Daily	25 (9.7)	3 (4.2)	0.004*
	Weekly	100 (38.9)	16 (22.5)	
	Monthly or less	132 (51.4)	52 (73.2)	
Egg	Daily	114 (44.4)	18 (25.4)	<0.001*
	Weekly	127 (49.4)	39 (54.9)	
	Monthly or less	16 (6.2)	14 (19.7)	
Legumes (as a main dish)	Daily	–	–	<0.001*
	Weekly	134 (52.1)	53 (74.6)	
	Monthly or less	123 (47.9)	18 (25.4)	
Legumes (as a side dish)	Daily	10 (3.9)	1 (1.4)	0.507
	Weekly	168 (65.4)	50 (70.4)	
	Monthly or less	79 (30.7)	20 (28.2)	
Nuts	Daily	30 (11.7)	0	<0.001*
	Weekly	120 (46.7)	22 (31.0)	
	Monthly or less	107 (41.6)	49 (69.0)	
Seeds	Daily	46 (17.9)	5 (7.0)	0.077
	Weekly	101 (39.3)	30 (42.3)	
	Monthly or less	110 (42.8)	36 (50.7)	
Seasonal fruits	Daily	77 (30.0)	4 (5.6)	<0.001*
	Weekly	141 (54.9)	30 (42.3)	
	Monthly or less	39 (15.2)	37 (52.1)	
Non seasonal fruits	Daily	70 (27.2)	7 (9.9)	<0.001*
	Weekly	123 (47.9)	32 (45.1)	
	Monthly or less	64 (24.9)	32 (45.1)	
Fresh juice	Daily	39 (15.2)	1 (1.4)	<0.001*
	Weekly	109 (42.4)	11 (15.5)	
	Monthly or less	109 (42.4)	59 (83.1)	
Vegetables (fresh)	Daily	154 (59.9)	28 (39.4)	<0.001*
	Weekly	95 (37.0)	33 (46.5)	
	Monthly or less	8 (3.1)	10 (14.1)	
Vegetables (cooked)	Daily	41 (16.0)	2 (2.8)	<0.001*
	Weekly	198 (77.0)	56 (78.9)	
	Monthly or less	18 (7.0)	13 (18.3)	
White bread	Daily	219 (85.2)	64 (90.1)	0.539
	Weekly	19 (7.4)	4 (5.6)	
	Monthly or less	19 (7.4)	3 (4.2)	
Brown bread	Daily	92 (35.8)	22 (31.0)	0.747
	Weekly	35 (13.6)	10 (14.1)	
	Monthly or less	130 (50.6)	39 (54.9)	
Rice and pasta	Daily	67 (26.1)	7 (9.9)	0.015*
	Weekly	182 (70.8)	61 (85.9)	
	Monthly or less	8 (3.1)	3 (4.2)	
Cereals	Daily	3 (1.2)	0	0.548
	Weekly	66 (25.7)	21 (29.6)	
	Monthly or less	188 (73.2)	50 (70.4)	

Food item	Food frequency	Food secure N (%)	Food insecurity N (%)	P-value
Refined cereals	Daily	6 (2.3)	1 (1.4)	0.330
	Weekly	24 (9.3)	3 (4.2)	
	Monthly or less	227 (88.3)	67 (94.4)	
Beverages (industrial)	Daily	46 (17.9)	11 (15.5)	0.751
	Weekly	93 (36.2)	29 (40.8)	
	Monthly or less	118 (45.9)	31 (43.7)	
Eastern desserts	Daily	3 (1.2)	2 (2.8)	0.001*
	Weekly	65 (25.3)	4 (5.6)	
	Monthly or less	189 (73.5)	65 (91.5)	
Western desserts	Daily	8 (3.1)	0	0.103
	Weekly	47 (18.3)	8 (11.3)	
	Monthly or less	202 (78.6)	63 (88.7)	
Chocolate and biscuits	Daily	109 (42.4)	22 (31.0)	0.016*
	Weekly	109 (42.4)	28 (39.4)	
	Monthly or less	39 (15.2)	21 (29.6)	
Honey	Daily	31 (12.1)	0	<0.001*
	Weekly	40 (15.6)	5 (7.0)	
	Monthly or less	186 (72.4)	66 (93.0)	
Molasses	Daily	4 (1.6)	0	0.519
	Weekly	18 (7)	4 (5.6)	
	Monthly or less	235 (91.4)	67 (94.4)	
Jam	Daily	2 (0.8)	1 (1.4)	0.444
	Weekly	44 (17.1)	8 (11.3)	
	Monthly or less	211 (82.1)	62 (87.3)	
Fast food	Daily	2 (0.8)	0	0.005*
	Weekly	56 (21.8)	4 (5.6)	
	Monthly or less	199 (77.4)	67 (94.4)	
Traditional restaurants	Daily	4 (1.6)	0.0	0.098
	Weekly	31 (12.1)	15 (21.1)	
	Monthly or less	222 (86.4)	56 (78.9)	
Restaurants	Daily	1 (0.4)	0	0.114
	Weekly	14 (5.4)	0	
	Monthly or less	242 (94.2)	71 (100.0)	
Snacks (ships)	Daily	119 (46.3)	24 (33.8)	0.167
	Weekly	96 (37.4)	32 (45.1)	
	Monthly or less	42 (16.3)	15 (21.1)	