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Abstract

Background: Lifestyle changes in Saudi Arabia have affected the dietary intake of adolescents, who now consume more unhealthy foods.

Aims: We assessed the dietary intake of female Saudi Arabian adolescents living in Arar.

Method: In this randomised cluster study, female students were selected randomly from assigned schools to form the intervention (n = 68) and control (n = 70) groups. Initially, a 60-minute seminar was held for mothers of students in the intervention group. Subsequently, 6 90-minute sessions were held over 3 months for the intervention group on topics such as food groups, healthy and unhealthy eating, body image and physical activity. The data were analysed using generalized estimating equations.

Results: The interaction effect (group by time) between the groups revealed statistically significant differences for dairy products (P **The effectiveness of the nutrition intervention on intake frequency of food groups, energy and macronutrients**

A generalized estimating equations test was conducted to gauge intake frequency of the 7 food groups, energy and macronutrients. Significant differences were found in the mean scores at baseline between the groups for cereals and grains; fish, poultry and red meat; and sweetened beverages. Thus, these variables were viewed as covariates during the analysis, which showed the intake frequencies of both groups for the food groups, energy and macronutrients.

When the baseline score for intake of cereals and grains was excluded, the effect on the groups was statistically significant ($P < 0.001$), whereas no significant effect was reported for intake of cereals and grains ($P = 0.370$). The interaction time (group by time) effect was statistically significant for intake of dairy products (P