**Table 2:** Behavioral characteristics.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Total (%)** | **Males (%)** | **Females (%)** | **p** |
| No breakfast | 36.8 | 36.8 | 36.8 | 0.999 |
| Currently Exercising | 55.4 | 69 | 44.3 | 0.001 |
| Taking Protein Supplements | 12.4 | 21.8 | 4.7 | 0.000 |
| Taking Vitamins/minerals supplements | 21.8 | 18.4 | 24.5 | 0.304 |
| Currently Smoking | 24 | 31 | 18.1 | 0.037 |
| Meal preparation by: |  |  |  |  |
| Self | 29 | 29.9 | 28.3 | 0.813 |
| Parents | 63.7 | 63.2 | 64.2 |  |
| Grandparents | 5.7 | 4.6 | 6.6 |  |
| Other | 1.6 | 2.3 | 0.9 |  |
| Meals per day |  |  |  |  |
| ≤ 3 | 47.2 | 41.4 | 51.9 | 0.146 |
| ≥ 4 | 52.8 | 58.6 | 48.1 |  |
| Meals away from home |  |  |  |  |
| Daily | 9.8 | 8 | 11.3 | 0.949 |
| 4-6 times/week | 13 | 13.8 | 12.3 |  |
| 1-3 times/week | 45.6 | 47.1 | 44.3 |  |
| 1-3 times/month | 24.4 | 24.1 | 24.5 |  |
| Few times/year or never | 7.3 | 6.9 | 7.5 |  |
| Fried food consumption |  |  |  |  |
| Daily | 0.5 | 1.1 | 0 | 0.311 |
| 4-6 times/week | 5.2 | 6.9 | 3.8 |  |
| 1-3 times/week | 50.3 | 55.2 | 40.2 |  |
| 1-3 times/month | 29 | 24.1 | 33 |  |
| Few times/year or never | 15 | 12.6 | 17 |  |
| Extra salt at the table |  |  |  |  |
| Much | 16.1 | 14.9 | 17 | 0.716 |
| Little | 44.6 | 42.5 | 46.2 |  |
| Not at all | 39.4 | 42.5 | 36.8 |  |
| Water consumption |  |  |  |  |
| ≤ 3 glasses | 17.1 | 5.8 | 26.4 | 0.017 |
| 4-7 | 51.8 | 54.7 | 50 |  |
| > 8 | 30.6 | 39.5 | 23.6 |  |