

Table 1. Frequency of daily meals and snacks of Greek adolescents. Results are given as absolute numbers (n) and percentages (%)

	Boys				Girls				Total			
	Eat		Don't eat		Eat		Don't eat		Eat		Don't eat	
	n	%	n	%	n	%	n	%	n	%	n	%
Meals												
Breakfast	124	77	37	23	134	71	55	29	258	74	92	26
Midmorning snack	70	44	90	56	82	43	107	57	152	43	198	57
Lunch	159	99	2	1	188	99	1	1	347	99	3	1
Afternoon snack	92	57	69	43	101	53	88	47	193	55	157	45
Dinner	136	84	25	16	135	71	54	29	271	77	79	23
Before bed snack	24	15	137	85	12	6	177	94	36	10	314	90