

Table 2. KIDMED test and KIDMED index in Greek adolescents (n=350) aged 12-18 years, by gender

KIDMED index		Male (%)	Female (%)	Total (%)
Fruit or fruit juice daily		45	58	51.7
Second serving of fruit daily		36	48	42
Fresh or cooked vegetables daily		22	40	32
Fresh or cooked vegetables >1/day		16	34	25
Regular fish consumption (at least 2-3/week)		55	60	57.4
>1/week fast-food (hamburger)restaurant		34	50	42.9
Pulses >1/week		55	63	59.7
Pasta or rice almost daily (≥ 5 /week)		34	39	36.3
Cereal or cereal product for breakfast		63	45	53.4
Regular nut consumption (at least 2-3/week)		13	17	15.4
Use of olive oil at home		96	97	96.6
No breakfast		23	29	26.3
Dairy product for breakfast		42	46	44
Commercially baked goods or pasties for breakfast		76	79	77.7
Two yoghurts and/or 40 gr cheese daily		50	47	48
Sweets and candy several times a day		85	80	82.6
KIDMED INDEX		Poor (≤ 3)	Average (4-7)	Good (≥ 8)
Sex	Male	52	41	7
	Female	39	50	11
Mother's education Level (%)	Low	7	3	10
	Medium	61	57	58
	High	32	40	32
Father's education Level (%)	Low	11	6	10
	Medium	51	62	45
	High	38	32	45