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| **Table 5** Differences in energy, macronutrients, fiber and cholesterol among adolescents’ diets of Area Toledo Study | | | | |
|  | Total (n=53) | Boys (n=22) | Girls (n=31) | P |
| Energy intake (kcal) | 2147 (392) | 2279 (522) | 2060 (259) | 0.151 |
| Energy intake (kJ) | 8983 (1640) | 9535 (2184) | 8619 (1084) | 0.151 |
| Protein (g) | 87.8 (26.0) | 89.3 (20.0) | 86.2 (33.0) | 0.386 |
| Carbohydrates (g) | 238.6 (62.4) | 244.5 (76.8) | 235.1 (44.2) | 0.608 |
| Fats (g) | 89.8 (28.0) | 97.8 (37.0) | 89.1 (17.0) | 0.490 |
| SFA (g) | 30.0 (11.0) | 30.0 (14.0) | 29.8 (10.0) | 0.401 |
| MUFA (g) | 41.0 (13.0) | 46.8 (14.0) | 40.6 (13.0) | 0.520 |
| PUFA (g) | 9.9 (4.0) | 11.4 (5.0) | 9.5 (3.0) | 0.067 |
| ω-6 PUFA/ω-3 PUFA (g/g) | 6.9 (2.9) | 7.3 (3.1) | 6.8 (2.3) | 0.461 |
| Fiber (g) | 19.6 (9.0) | 19.3 (13.0) | 19.6 (8.0) | 0.751 |
| Cholesterol (mg) | 354.5 (176.0) | 392.0 (226.0) | 349.0 (118.0) | 0.601 |
| Alcohol (g) | 0.0 (0.0) | 0.0 (0.0) | 0.0 (0.0) | 0.835 |
| Proteins (%kcal) | 16.0 (4.0) | 16.7 (3.0) | 15.5 (5.0) | 0.430 |
| Carbohydrates (%kcal) | 45.3 (6.0) | 45.3 (6.0) | 45.5 (7.0) | 0.874 |
| Fats (%kcal) | 38.3 (6.0) | 37.8 (8.0) | 38.4 (6.0) | 0.978 |
| Alcohol (%kcal) | 0.0 (0.0) | 0.0 (0.0) | 0.0 (0.0) | 0.835 |

Results are reported as Median (interquartile range); U de Mann-Whitney (statistical significance was set up at *P*< 0.05). SFA, Saturated fatty acids; MUFA, Monounsaturated fatty acids; PUFA, Polyunsaturated fatty acids.