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| **Table 6** Differences in energy, macronutrients, fiber and cholesterol among adolescents’ diets of Area Toledo Study | | | | |
|  | Total (n=53) | Boys (n=22) | Girls (n=31) | *P* |
| SFA (%kcal) | 13.0 (4.0) | 13.0 (5.0) | 12.9 (3.0) | 1.000 |
| MUFA (%kcal) | 17.4 (4.0) | 17.7 (3.0) | 16.7 (4.0) | 0.468 |
| PUFA (%kcal) | 4.3 (1.0) | 4.7 (1.0) | 4.2 (1.0) | 0.062 |
| SFA/Carbohydrates (g/g) | 0.12 (0.26) | 0.12 (0.26) | 0.13 (0.20) | 0.508 |
| PUFA/SFA (g/g) | 0.34 (0.0) | 0.41 (0.0) | 0.32 (0.0) | 0.002 |
| (MUFA+PUFA)/SFA (g/g) | 1.7 (0.0) | 1.8 (0.0) | 1.6 (0.0) | 0.130 |
| Adherence to Mediterranean diet, scorea | 5.0 (2.0) | 5.0 (2.0) | 5.0 (2.0) | 0.909 |
| Healthy Eating Index (HEI), scoreb | 64.9 (22.0) | 64.0 (29.0) | 67.0 (19.0) | 0.859 |
| HEI. Cereals-Legumes (0-10) | 8.2 (2.4) | 8.3 (2.9) | 8.4 (2.39) | 0.704 |
| HEI. Vegetables (0-10) | 6.6 (5.4) | 7.3 (5.3) | 6.0 (5.8) | 0.281 |
| HEI. Fruits (0-10) | 7.6 (7.0) | 7.4 (8.1) | 8.4 (6.9) | 0.496 |
| HEI. Dairy (0-10) | 6.5 (3.6) | 6.8 (3.9) | 6.5 (3.7) | 0.765 |
| HEI. Meat-Fish-Eggs (0-10) | 10.0 (0.0) | 10.0 (0.0) | 10.0 (0.0) | 0.818 |
| HEI. Food variety (0-10) | 5.0 (4.0) | 5.5 (5.0) | 5.0 (5.0) | 0.419 |

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. aAdherence to Mediterranean diet (0-13 score); bHEI, Health Eating Index (0-100 score).