Table 1. Frequency of demographic variables in participants (n=400)

Demographic variables		Frequency	Percent
Gender	Male	184	46
	Female	216	54
Educational level	Reading and writing	246	61.5
	High school	115	28.7
	University	39	9.8
Marital status	Single	69	17.3
	Married	288	72
	Divorced	13	3.3
	Widow	30	7.4
Economic situation	Good	70	17.5
	Moderate	162	40.5
	Poor	168	42

Table 2. Relationship between the average consumption of different food groups and the demographic variables of participants in the study

Variable		Eating fruits Mean±SD	Eating vegetables Mean±SD	Eating fish Mean±SD	Eating meat Mean±SD
Education	Reading and writing	96.16±1.2	32.30±2.3	36.30±1.3	50.268±1.1
	High school	19.89±2.2	25.74±2.3	37.41±1.3	70.53±1.1
	University	98.30±1.3	99.56±1.4	37.82±1.3	73.70±1.1
P value		<0.001	0.004	0.009	<0.001
Marital status	Single	73.21±1.2	09.15±2.3	37.50±1.3	65.47±1.2
	Married	15.68±2.2	29.79±2.3	37.70±1.3	62.40±1.2
	Divorced	94.53±1.1	68.2±1	38.38±1.3	0.43±0.23
	Widow	71.60±1.1	59.86±2.2	51.66±1.3	37.16±1.1
P value		0.007	0.003	0.66	0.043
Economic situation	Good	22.91±2.3	34.52±2.4	34.22±1.3	70.77±1.2
	Moderate	7.74±2.2	24.71±2.3	39.53±1.3	64.43±1.2
	Poor	57.64±1.1	18.99±2.2	33.95±1.3	4419±1.2
P value		<0.001	<0.001	<0.001	<0.001
Gender	Male	96.44±1.2	34.63±2.3	65.38±1.3	66.44±1.2
	Female	1.51±2.2	27.48±2.3	38.65±1.3	56.35±1.2
P value		0.725	0.518	0.972	0.134

Table 3. Relationship between oil consumption, cigarette and hookah smoking and physical activity with demographic variables of participants in the study (n=400)

Variable		Oil type			Smoking		Hookah		Physical activity	
		Solid oil No. (%)	Liquid oil No. (%)	Other No. (%)	Yes No. (%)	No No. (%)	Yes No. (%)	No No. (%)	Yes No. (%)	No No. (%)
Education	Reading and writing	49 (69)	193 (59.6)	4 (80)	74 (50)	172 (68.3)	49 (86)	197 (57.4)	74 (50)	172 (68.3)
	High school	19 (26.8)	95 (29.3)	1 (20)	54 (36.5)	61 (24.2)	8 (14)	107 (31.2)	54 (36.5)	61 (24.2)
	University	3 (4.2)	36 (11.1)	0	20 (13.5)	19 (7.5)	0	39 (11.4)	20 (13.5)	19 (7.5)
P value		0.317			0.001		<0.001		0.001	
Marital status	Single				34 (23)	35 (13 9)	3 (5 3)	66 (19.2)	34 (23)	35 (13.9)
	Married				106 (71.6)	182 (72.2)	38 (6.7)	250 (72.9)	106 (7.6)	182 (72.2)
	Divorced				3 (2)	10 (4)	5 (8.8)	8 (2 3)	3 (2)	10 (4)
	Widow				5 (3.4)	25 (9.9)	11 (19.3)	19 (5.5)	5 (3.4)	25 (9.9)
P value					0.012		<0.001		0.012	
Economic situation	Good	5 (7)	64 (19.8)	1 (20)	27 (18.2)	43 (17.1)	8 (14)	62 (18.1)	27 (18.2)	43 (17.1)
	Moderate	25 (35.2)	133 (41)	4 (80)	68 (45.9)	94 (37.3)	18 (31.6)	144 (42)	68 (45.9)	94 (37.3)
	Poor	41 (57.7)	127 (39.2)	0	53 (35.8)	115 (45.6)	31 (45.4)	137 (39.9)	53 (35.8)	115 (45.6)
P value		0.005			0.140		0.123		0.140	
Gender	Male	22 (31)	158 (48.8)	4 (80)	79 (53.4)	105 (41.7)	10 (17.5)	174 (50.7)	79 (53.4)	105 (41.7)
	Female	49 (69)	166 (51.2)	1 (20)	69 (46.6)	147 (58.3)	47 (82.5)	169 (49 3)	69 (46.6)	147 (58.3)
P value		0.008			0.015		<0.001		0.023	