
Abstract

Background: Healthy dietary behaviors are acquired during adolescence and track into adulthood. To promote dietary behaviors of adolescents, studying the predisposing and enabling factors that are associated with dietary behaviors is indispensable.

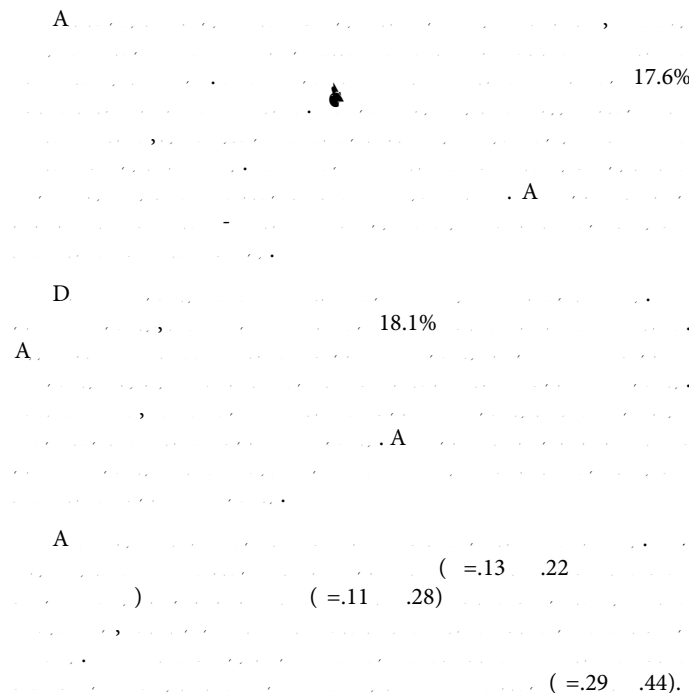
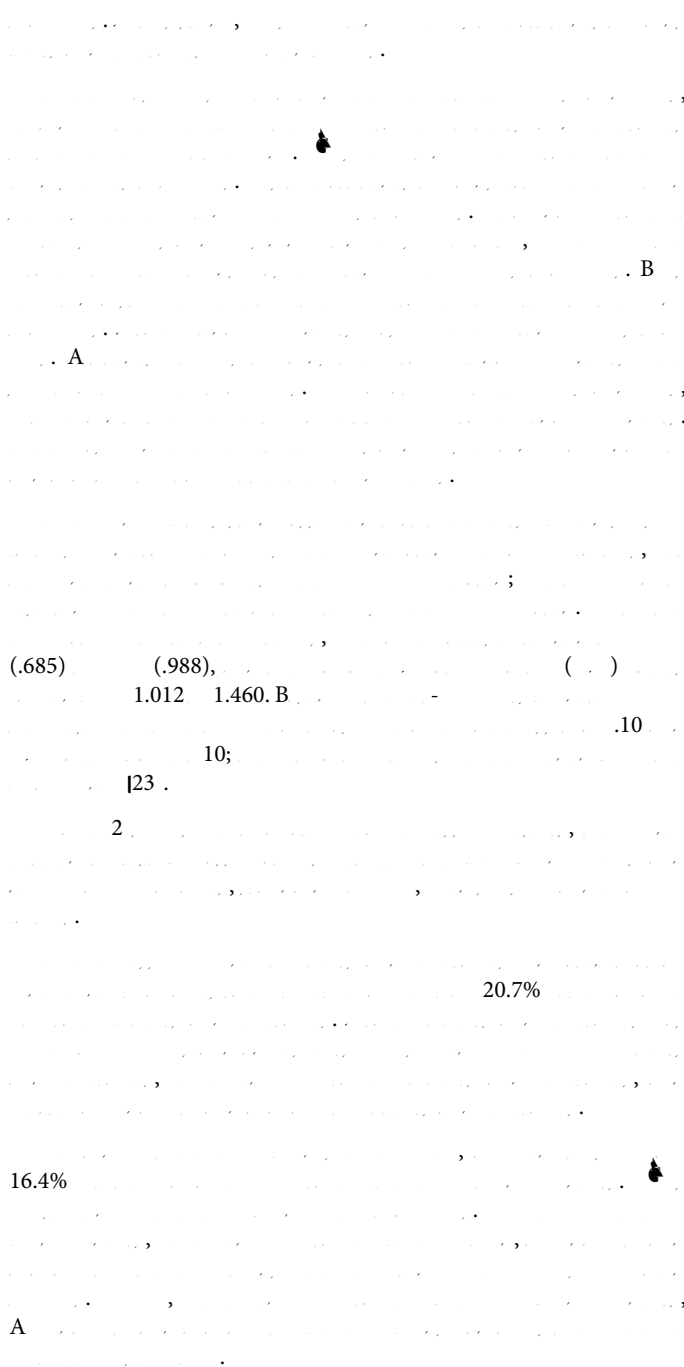
Objectives: This study investigates the relationship between dietary behaviors and attitudes as predisposing

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Discussion

The present study investigated the determinants of dietary behaviors among adolescents in Khartoum State. The results showed that availability of food groups in the household, affordability of food groups, and attitudes towards food groups were significant predictors of intake. The availability of food groups in the household was the strongest predictor for all four food groups (fruits/vegetables, energy, protein, and dairy). This finding is consistent with previous research indicating that household availability is a key determinant of dietary intake. Affordability of food groups was also a significant predictor, particularly for energy and protein intake. Attitudes towards food groups, specifically liking and perceiving the importance of food groups to the body, were also significant predictors. These findings suggest that interventions to improve dietary intake should focus on increasing the availability and affordability of healthy food groups and promoting positive attitudes towards these food groups.

Predictors ^a	Fruits/Vegetables group	Energy group	Protein group	Dairy group
Gender	.116***	.108***	.069*	.013
Age	-.005	.001	-.033	-.059
Standard of Living	.051	.043	-.065	.044
Attitudes in terms of liking the food group	.104**	.185***	.054	.240***
Attitudes in terms of perceiving the importance of food group to the body	.092**	.130***	.087**	.071*
Affordability of the food group by the household	.166***	.112**	.155***	.155***
Availability of the food group in the household	.267***	.157***	.302***	.166***
R ²	.207	.164	.176	.181

*p .05; ** p .01; *** p .001
^aStandardized beta weight reported

Table 2: Multivariate linear regression analysis for fruits and vegetables, energy, protein, and dairy intake among adolescents' boys and girls living in Khartoum State.



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