| Variable | time:1 | time:2 | mean difference | p-value |
| --- | --- | --- | --- | --- |
| hight | 126.03 ± 6.90 | 131.30 ± 6.46 | 5.27 ± 2.22 | <0.001 |
| weight | 27.58 ± 7.62 | 32.22 ± 10.70 | 4.64 ± 3.79 | <0.001 |
| BMI | 17.29 ± 3.97 | 18.63 ± 4.93 | 1.34 ± 1.73 | 0.001 |
| knowledge | 17.84 ± 2.01 | 18.61 ± 2.14 | 0.77 ± 2.31 | 0.032 |
| self | 16.20 ± 2.98 | 16.57 ± 3.01 | 0.36 ± 2.05 | 0.245 |
| level |  |  |  | NaN |
| level:1 | 4(17.4%) | 3(13.0%) |  |  |
| level:2 | 11(47.8%) | 11(47.8%) |  |  |
| level:3 | 4(17.4%) | 3(13.0%) |  |  |
| level:4 | 4(17.4%) | 6(26.1%) |  |  |
| eyes |  |  |  | 0.011 |
| eyes:1 | 5(13.5%) | 13(35.1%) |  |  |
| eyes:2 | 32(86.5%) | 24(64.9%) |  |  |
| X2\_2 |  |  |  | 0.110 |
| X2\_2:1 | 8(18.2%) | 6(13.6%) |  |  |
| X2\_2:2 | 21(47.7%) | 33(75.0%) |  |  |
| X2\_2:3 | 12(27.3%) | 3(6.8%) |  |  |
| X2\_2:4 | 3(6.8%) | 2(4.5%) |  |  |
| X2\_4 |  |  |  | 0.008 |
| X2\_4:1 | 8(18.2%) | 20(45.5%) |  |  |
| X2\_4:2 | 19(43.2%) | 9(20.5%) |  |  |
| X2\_4:3 | 6(13.6%) | 14(31.8%) |  |  |
| X2\_4:4 | 11(25.0%) | 1(2.3%) |  |  |
| X2\_5 |  |  |  | 0.166 |
| X2\_5:1 | 7(15.9%) | 13(29.5%) |  |  |
| X2\_5:2 | 12(27.3%) | 15(34.1%) |  |  |
| X2\_5:3 | 20(45.5%) | 10(22.7%) |  |  |
| X2\_5:4 | 5(11.4%) | 6(13.6%) |  |  |
| X3\_1 |  |  |  | 0.655 |
| X3\_1:0 | 2(4.5%) | 3(6.8%) |  |  |
| X3\_1:1 | 42(95.5%) | 41(93.2%) |  |  |
| X3\_2 |  |  |  | 0.527 |
| X3\_2:0 | 7(15.9%) | 5(11.4%) |  |  |
| X3\_2:1 | 37(84.1%) | 39(88.6%) |  |  |
| X3\_3 |  |  |  | 0.317 |
| X3\_3:0 | 6(13.6%) | 3(6.8%) |  |  |
| X3\_3:1 | 38(86.4%) | 41(93.2%) |  |  |
| X3\_4 |  |  |  | 1.000 |
| X3\_4:0 | 1(2.3%) | 1(2.3%) |  |  |
| X3\_4:1 | 43(97.7%) | 43(97.7%) |  |  |
| X3\_5 |  |  |  | 0.248 |
| X3\_5:0 | 11(25.0%) | 7(15.9%) |  |  |
| X3\_5:1 | 33(75.0%) | 37(84.1%) |  |  |
| X3\_6 |  |  |  | 0.480 |
| X3\_6:0 | 7(15.9%) | 5(11.4%) |  |  |
| X3\_6:1 | 37(84.1%) | 39(88.6%) |  |  |
| X3\_7 |  |  |  | 0.491 |
| X3\_7:0 | 21(47.7%) | 18(40.9%) |  |  |
| X3\_7:1 | 23(52.3%) | 26(59.1%) |  |  |
| X3\_9 |  |  |  | 0.005 |
| X3\_9:0 | 12(27.3%) | 4(9.1%) |  |  |
| X3\_9:1 | 32(72.7%) | 40(90.9%) |  |  |
| X3\_10 |  |  |  | 0.617 |
| X3\_10:0 | 17(38.6%) | 15(34.1%) |  |  |
| X3\_10:1 | 27(61.4%) | 29(65.9%) |  |  |
| rice |  |  |  | 0.564 |
| rice:0 | 1(2.3%) | 2(4.5%) |  |  |
| rice:1 | 43(97.7%) | 42(95.5%) |  |  |
| nut |  |  |  | 0.197 |
| nut:0 | 27(61.4%) | 22(50.0%) |  |  |
| nut:1 | 17(38.6%) | 22(50.0%) |  |  |
| fish |  |  |  | 0.705 |
| fish:0 | 4(9.1%) | 5(11.4%) |  |  |
| fish:1 | 40(90.9%) | 39(88.6%) |  |  |
| juice |  |  |  | 0.102 |
| juice:0 | 5(11.4%) | 1(2.3%) |  |  |
| juice:1 | 39(88.6%) | 43(97.7%) |  |  |
| chocolate |  |  |  | 1.000 |
| chocolate:0 | 1(2.3%) | 1(2.3%) |  |  |
| chocolate:1 | 43(97.7%) | 43(97.7%) |  |  |
| milk |  |  |  | 0.564 |
| milk:0 | 9(20.5%) | 7(15.9%) |  |  |
| milk:1 | 35(79.5%) | 37(84.1%) |  |  |
| vegetable |  |  |  | 0.564 |
| vegetable:0 | 2(4.5%) | 3(6.8%) |  |  |
| vegetable:1 | 42(95.5%) | 41(93.2%) |  |  |
| ice.cream |  |  |  | 0.564 |
| ice.cream:0 | 2(4.5%) | 1(2.3%) |  |  |
| ice.cream:1 | 42(95.5%) | 43(97.7%) |  |  |
| X4\_1 |  |  |  | NaN |
| X4\_1:1 | 6(13.6%) | 3(6.8%) |  |  |
| X4\_1:2 | 8(18.2%) | 12(27.3%) |  |  |
| X4\_1:3 | 16(36.4%) | 11(25.0%) |  |  |
| X4\_1:4 | 14(31.8%) | 18(40.9%) |  |  |
| X4\_2 |  |  |  | NaN |
| X4\_2:1 | 6(13.6%) | 4(9.1%) |  |  |
| X4\_2:2 | 5(11.4%) | 12(27.3%) |  |  |
| X4\_2:3 | 18(40.9%) | 12(27.3%) |  |  |
| X4\_2:4 | 15(34.1%) | 16(36.4%) |  |  |
| X4\_3 |  |  |  | NaN |
| X4\_3:1 | 1(2.3%) | 1(2.3%) |  |  |
| X4\_3:2 | 2(4.5%) | 3(6.8%) |  |  |
| X4\_3:3 | 12(27.3%) | 8(18.2%) |  |  |
| X4\_3:4 | 29(65.9%) | 32(72.7%) |  |  |
| X4\_4 |  |  |  | NaN |
| X4\_4:1 | 3(6.8%) | 1(2.3%) |  |  |
| X4\_4:2 | 3(6.8%) | 3(6.8%) |  |  |
| X4\_4:3 | 8(18.2%) | 7(15.9%) |  |  |
| X4\_4:4 | 30(68.2%) | 33(75.0%) |  |  |
| X4\_5 |  |  |  | NaN |
| X4\_5:1 | 2(4.5%) | 1(2.3%) |  |  |
| X4\_5:2 | 3(6.8%) | 7(15.9%) |  |  |
| X4\_5:3 | 17(38.6%) | 9(20.5%) |  |  |
| X4\_5:4 | 22(50.0%) | 27(61.4%) |  |  |