***Table 4***

Components of the DQI-R by breakfast intake and skipping

| DQI Component | Scoring criteria | Scoring % | Total group mean score (SD) | Mean diet quality score among adolescents who consumed breakfast | Mean diet quality score among adolescents who skipped breakfast |
| --- | --- | --- | --- | --- | --- |
| Total fat ≤30% energy intake | ≤30% = 10  >30, ≤40% = 5  >40% = 0 | 48.0%  52.0%  0% | 7.4 (±2.5) | 7.4 | 7.2 |
| Saturated fat ≤10% energy intake | ≤10% = 10  >10, ≤13% = 5  >13% = 0 | 63.5%  23.4%  13.1% | 7.5 (±3.6) | 7.6 | 7.3 |
| Dietary cholesterol < 300 mg per day | ≤300 = 10  >300, ≤400 = 5  >400 = 0 | 73.0%  9.0%  18.0% | 7.7 (±3.9) | 7.6 | 8.4 |
| 2-4 servings fruit per day,bc  % recommended servings | ≥100%  99-50%  <50% | 4.9%  14.3%  80.7% | 1.6 (±0.7) | 1.7 | 1.2 |
| 3-5 servings vegetables per day,bc  % recommended servings | ≥100%  99-50%  <50% | 5.3%  24.2%  70.5% | 3.5 (±0.3) | 3.3 | 3.9 |
| 6-11 servings grains per day,bc  % recommended servings | ≥100%  99-50%  <50% | 87.3%  11.1%  1.6% | 9.5 (±1.4) | 9.5 | 9.6 |
| Calcium intake as a % AId for agec | ≥100%  99-50%  <50% | 2.9%  18.9%  78.3% | 3.2 (±2.5) | 3.4 | 2.3 |
| Iron intake as a percentage 1989 RDAa for age | ≥100%  99-50%  <50% | 59.0%  34.4%  6.6% | 8.7 (±1.9) | 8.9 | 7.9 |
| Dietary diversity score | ≥6  ≥3, <6  <3 | 0%  26.2%  73.8% | 2.5 (±1.0) | 2.6 | 2.1 |
| Dietary moderation score | ≥7  ≥4, <7  <4 | 42.6%  52.9%  4.5% | 6.6 (±1.6) | 6.4 | 7.1 |
| Total Diet Quality Scoree |  |  | 58.3 (±9.9) | 59.0 | 57.0 |

bBased on 1600, 2200 or 2800 kcal diet.

cUsed as a continuous variable.

dAI = adequate intake value.

aRDA = recommended dietary allowance.

eMaximum possible score = 100.