**Proofreading changes proposed**

1. **CHANGE**

The combined prevalence of overweight and obesity was 40.9% and

9.5%, respectively, in the age group 15-24 years of age (SANHANES

2012). (page 1 Introduction)

**TO:**

The combined prevalence of overweight and obesity was 40.9% and

9.5%, *among females and males,* respectively, in the age group 15-24 years of age (SANHANES 2012).7

1. **CHANGE**: “‘fat’ cakes”(page 4 under the relevance of eating breakfast and personal food choices)

**TO**: “fat” cakes

1. **CHANGE**: Our findings show that young women to have more choices to buy healthy foods, (page 5 under dietary practices)

**TO**: Our findings show that young women wanted to have more choices to buy healthy foods,

1. **CHANGE**: twofold (page 5 under future direction)

**TO**: two-fold