The insufficient intake of fruit and vegetables and the high intake of sugar and saturated fat are habits related to the risk factors of Chronic Non-Communicable Diseases. This study was aimed to evaluate the frequency of consumption of healthy eating markers in adolescents. Cross-sectional study with 958 students of the eighth year of Elementary School to the third year of High School in the urban area of Palmeira das Missões-Southern Brazil. Healthy eating markers were the daily consumption of fruits, vegetables, beans and milk that were evaluated through a food frequency questionnaire. The markers were related to gender, age, self-declared ethnicity, socioeconomic status, nutritional status and physical activity. Data were analyzed by SPSS software. The mean age was 15.27±1.26 years. The daily consumption of milk was 74.1%, of beans was 60.9%, fruits was 47.7% and vegetables was 41.5%. The consumption of fruits was higher between girls (p=0.022) and between adolescents aged 16-19 years (p=0.030). The bean consumption was higher in boys (p=0.018), between non-white adolescents (p=0.004) and physically actives (p=0.003). The adolescents who consume more milk are the high middle class (p=0.025) and the physically actives (p=0.011). The results of this study indicate a higher frequency of consumption of healthy food markers (milk and beans), and a low frequency of consumption of fruits and vegetables. The fruit consumption was related to gender and age; consumption of beans with gender, skin color and physical activity; and consumption of milk with socioeconomic status and physical activity.