

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 30: Breakdown of the Dairy Products Reported by California Children (N=334)

Types of Dairy Products	Mean Servings (1 cup-eq)
Total Dairy	1.71
Milk ¹	1.08
Cheese	0.41
Yogurt	0.05
Dairy Desserts ²	0.12
Nondairy Alternatives ³	0.06

Dairy servings are generally based on the *Dietary Guidelines for Americans 2005*, which defines a serving as approximately equivalent to the amount of calcium in 1 cup of milk or yogurt, 1 ½ ounces of natural cheese and 2 ounces of processed cheese. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Servings include dairy consumed separately (plain) and in recipes containing dairy, e.g., soup, lasagna, casseroles, commercial entrees.

¹ Milk includes milk and flavored milks.

² Dairy Desserts include ice cream, milk shakes, frozen yogurt, ice cream sandwiches, custard, pudding, fudgsicles, sweetened meal replacement, etc.

³ Nondairy alternatives include soy, rice, and grain based nondairy alternatives.

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Table 31: Total Servings of Dairy Products Reported by California Children (N=334)

	Reported Mean Servings (1 cup-eq)	
	All Dairy Products	Milk ¹
Total	1.7	1.1
Gender		
Boy	1.6	1.0
Girl	1.8	1.1
Ethnicity		
Hispanic	1.7	1.2*
Non-Hispanic	1.7	0.9
Parent Education		
Less than High School	1.9	1.2
High School Graduate	1.7	1.1
Some College/Graduate	1.5	1.0
Overweight Status		
Not Overweight	1.8	1.2
Overweight/Obese	1.7	1.0
Physical Activity		
≥ 60 minutes	1.8*	1.2
< 60 minutes	1.5	1.0
School Breakfast		
Yes	2.0	1.4*
No	1.7	1.0
School Lunch		
Yes	2.2***	1.5***
No	1.5	0.9
Fast Food		
Yes	1.9	1.0
No	1.7	1.1
Nutrition Lesson		
Yes	1.7	1.0
No	1.7	1.2

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¹ Milk includes milk and flavored milks.

A box around a group of numbers signifies that differences observed within this group are statistically significant. Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

- * p<.05
- ** p<.01
- *** p<.001

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Table 33: Proportion of California Children Meeting the Recommendations for Dairy Products (N=334)

	Percent Eating Recommended Servings of Dairy (2½-3 cup-eq)
Total	19.2
Gender	
Boy	9.2 ***
Girl	27.6
Ethnicity	
Hispanic	18.8
Non-Hispanic	20.2
Parent Education	
Less than High School	22.1
High School Graduate	14.1
Some College/Graduate	18.8
Overweight Status	
Not Overweight	23.0
Overweight/Obese	17.5
Physical Activity	
≥ 60 minutes	23.0 *
< 60 minutes	12.6
School Breakfast	
Yes	25.0
No	18.3
School Lunch	
Yes	30.6 **
No	15.3
Fast Food	
Yes	20.9
No	18.9
Nutrition Lesson	
Yes	19.1
No	19.3

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Based on the *Dietary Guidelines for Americans 2010*. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of dairy products is 2½-3 cup-equivalents per day. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 34: Type of Fluid Milk Reported by California Children (N=334)

	Type of Milk Consumed ¹ , Out of Milk Drinkers ² , Percent			Out of All Children, Percent who Drank Low Fat Milk ³
	Nonfat/1%	2%	Whole	
Total	12.2	73.5	14.3	19.2
Gender				
Boy	18.7	66.4	14.9	22.9
Girl	6.9	79.4	13.8	16.0
Ethnicity				
Hispanic	10.9	76.9	12.2	16.8
Non-Hispanic	16.9	61.5	21.5	26.2
Parent Education				
Less than High School	7.5	82.5	10.0	13.7
High School Graduate	11.7	71.7	16.7	19.7
Some College/Graduate	17.3	64.5	18.2	24.2
Overweight Status				
Not Overweight	12.7	72.2	15.1	19.6
Overweight/Obese	14.3	67.9	17.9	18.3
Physical Activity				
≥ 60 minutes	12.2	73.4	14.4	19.1
< 60 minutes	11.8	73.5	14.7	18.5
School Breakfast				
Yes	17.1	75.6	7.3	27.3
No	11.5	73.1	15.4	17.9
School Lunch				
Yes	17.9	70.5	11.5	30.6
No	10.2	74.5	15.3	15.3
Fast Food				
Yes	11.8	58.8	29.4	20.9
No	12.3	75.4	12.3	18.9
Nutrition Lesson				
Yes	8.9	74.4	16.7	15.3
No	16.5	72.5	11.0	24.4

¹ Categorization was based on intake (not frequency); if two milk types were equally consumed child was placed in higher fat category. This includes flavored milk, but not flavored milk powder.

² Milk drinkers includes those reporting more than 0 servings of milk.

³ Includes those reporting 0.5 or more servings of nonfat and/or 1% milk only.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5

Chi Square Test

* p<.05

** p<.01

*** p<.001