

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 1: Total Servings of Fruits and Vegetables Reported by California Children Yesterday (N=651)

	Reported Mean Servings (½ cup-eq)		
	Fruits and Vegetables	Fruits	Vegetables
Total	3.5	2.0	1.5
Gender			
Male	3.4	1.9	1.5
Female	3.5	2.1	1.4
Age			
6-8	3.5	2.1*	1.4*
9-11	3.4	1.8	1.6
Ethnicity			
White	3.3	1.9	1.4
Black	3.2	1.8	1.5
Hispanic	3.5	2.0	1.5
Asian/Other	3.4	2.1	1.3
Parent Education			
Less than High School	3.6	2.0	1.6
High School Graduate	3.4	1.9	1.5
Some College/Graduate	3.3	1.9	1.4
Overweight Status			
Not Overweight	3.6	2.1	1.5
Overweight/Obese	3.4	1.9	1.5
Physical Activity			
≥ 60 minutes	3.6*	2.1	1.6
< 60 minutes	3.2	1.8	1.4
School Breakfast			
Yes	3.8*	2.3**	1.5
No	3.3	1.9	1.5
School Lunch			
Yes	3.9***	2.2**	1.6**
No	3.2	1.8	1.3
Fast Food			
Yes	3.1	1.6*	1.5
No	3.5	2.0	1.5
Nutrition Lesson			
Yes	3.5	1.9	1.6
No	3.4	2.0	1.4

Fruit servings are defined per the *Dietary Guidelines for Americans 2010* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

Vegetable servings are defined per the *Dietary Guidelines for Americans 2010* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

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 2: Total Servings of Fruits Reported by California Children Yesterday (N=651)

	Reported Mean Servings (½ cup-eq)		
	Fruits	Whole Fruit	100% Fruit Juice
Total	2.0	1.2	0.8
Gender			
Male	1.9	1.1*	0.8
Female	2.1	1.3	0.8
Age			
6-8	2.1*	1.3	0.9
9-11	1.8	1.1	0.7
Ethnicity			
White	1.9	1.1	0.8
Black	1.8	0.9	0.9
Hispanic	2.0	1.2	0.8
Asian/Other	2.1	1.2	0.8
Parent Education			
Less than High School	2.0	1.2	0.8
High School Graduate	1.9	1.1	0.9
Some College/Graduate	1.9	1.1	0.8
Overweight Status			
Not Overweight	2.1	1.2	0.9
Overweight/Obese	1.9	1.1	0.8
Physical Activity			
≥ 60 minutes	2.1	1.2	0.9
< 60 minutes	1.8	1.1	0.7
School Breakfast			
Yes	2.3**	1.3	1.0*
No	1.9	1.1	0.7
School Lunch			
Yes	2.2**	1.2	1.0**
No	1.8	1.1	0.7
Fast Food			
Yes	1.6*	0.9	0.7
No	2.0	1.2	0.8
Nutrition Lesson			
Yes	1.9	1.1	0.8
No	2.0	1.2	0.8

Fruit servings are defined per the *Dietary Guidelines for Americans 2010* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

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ANOVA

* p<.05

** p<.01

*** p<.001

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**Table 3: Breakdown of the Fruits and Vegetables Reported
by California Children Yesterday (N=651)**

Types of Fruits and Vegetables	Mean Servings (½ cup-eq)
Fruits	2.0
Citrus Juice	0.36
Fruit Juice excluding Citrus Juice	0.44
Citrus Fruit	0.26
Fruit excluding Citrus Fruit	0.91
Fried Fruits	0.00
Vegetables	1.5
Dark-green Vegetables	0.08
Deep-yellow Vegetables	0.15
Tomato	0.32
White Potatoes	0.11
Fried Potatoes	0.11
Other Starchy Vegetables	0.10
Legumes (cooked dried beans)	0.20
Other Vegetables	0.40
Fried Vegetables	0.00
Vegetable Juice	0.01
Avocado and Similar	0.01

Fruit servings are defined per the *Dietary Guidelines for Americans 2010* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

Vegetable servings are defined per the *Dietary Guidelines for Americans 2010* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

Columns may not add up to the totals due to rounding.

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Table 4: Range in Number of Servings of Fruits and Vegetables Reported
by California Children Yesterday (N=651)

	Servings (½ cup-eq) of Fruits and Vegetables, Percent		
	0-1 ¹	2-4	5+
Total	19.1	53.8	27.1
Gender			
Male	21.3	54.7	24.0
Female	16.8	52.9	30.3
Age			
6-8	18.1	53.6	28.3
9-11	20.3	54.2	25.6
Ethnicity			
White	23.3	49.4	27.3
Black	25.4	50.1	24.5
Hispanic	16.3	56.2	27.5
Asian/Other	36.5	37.6	25.9
Parent Education			
Less than High School	17.0	55.0	27.9
High School Graduate	17.3	52.7	30.0
Some College/Graduate	22.9	52.7	24.4
Overweight Status			
Not Overweight	18.5	51.7	29.8
Overweight/Obese	19.6	53.5	26.9
Physical Activity			
≥ 60 minutes	13.9	56.2	29.9
< 60 minutes	25.3	51.1	23.6
School Breakfast			
Yes	13.3	54.4	32.3
No	20.9	53.7	25.5
School Lunch			
Yes	16.2	50.2	33.6
No	21.3	56.7	22.0
Fast Food			
Yes	17.1	64.5	18.4
No	19.4	52.4	28.3
Nutrition Lesson			
Yes	22.1	49.8	28.1
No	17.9	56.2	26.0

Fruit servings are defined per the *Dietary Guidelines for Americans 2010* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count. Vegetable servings are defined per the *Dietary Guidelines for Americans 2010* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

¹ Categorized as having less than 1.5 servings.

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

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 5: Proportion of California Children Meeting the Recommendations for Fruits and Vegetables Yesterday (N=651)

	Percent Eating Recommended Servings			
	Fruits and Vegetables ^{1,2} (5+ Servings)	Fruits and Vegetables ^{1,3} (2½-5 cup-eq)	Fruits ³ (1-2 cup-eq)	Vegetables ³ (1½-3 cup-eq)
Total	26.9	12.8	26.8	10.1
Gender				
Male	23.7	11.2	22.6 *	7.7 *
Female	30.2	14.4	31.2	12.6
Age				
6-8	28.1	14.5	31.6 **	10.4
9-11	25.5	10.7	21.0	9.8
Ethnicity				
White	27.3	12.7	24.6	9.3
Black	24.2	10.9	24.2	5.9
Hispanic	27.3	12.8	27.6	10.7
Asian/Other	25.9	15.8	25.8	14.4
Parent Education				
Less than High School	27.7	13.8	26.8	11.5
High School Graduate	29.4	15.1	32.2	8.3
Some College/Graduate	24.4	10.0	24.1	9.1
Overweight Status				
Not Overweight	29.8	14.6	27.4	9.6
Overweight/Obese	26.6	10.6	26.9	12.4
Physical Activity				
≥ 60 minutes	29.8	14.8	28.2	12.2 *
< 60 minutes	23.3	10.2	25.2	7.5
School Breakfast				
Yes	32.1	13.0	32.6	10.7
No	25.3	12.7	25.0	9.9
School Lunch				
Yes	33.5 ***	16.3 *	31.9 **	12.7
No	21.8	10.0	22.8	8.2
Fast Food				
Yes	18.1	5.8 *	15.0 *	8.2
No	28.1	13.7	28.5	10.4
Nutrition Lesson				
Yes	27.7	12.1	24.4	12.1
No	25.9	12.8	27.0	9.6

Fruit servings are defined per the *Dietary Guidelines for Americans 2010* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

Vegetable servings are defined per the *Dietary Guidelines for Americans 2010* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

¹ Total fruits and vegetables includes all fruits and vegetables combined. It is not limited to children meeting both the individual fruit and vegetable criteria.

² Based on the *Dietary Guidelines for Americans 2000* recommendation to eat 5 or more servings of fruits and vegetables every day for good health.

³ Based on the *Dietary Guidelines for Americans 2010*. Recommendations vary by age, gender, and level of physical activity. For children ages 6-11, the recommended amount of fruits is 1-2 cups and 1½-3 cups of vegetables with a combined total of 2½-5 cups 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

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.

* p<.05

** p<.01

*** p<.001

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Table 7: Children's Belief About the Number of Cups of Fruits and Vegetables Needed for Good Health Based on MyPlate Recommendations (N=651)

How many total cups of fruits and vegetables do you think you should eat every day for good health?

	Believed Recommended Cups of Fruits and Vegetables Needed, Percent
Total	45.2
Gender	
Male	45.3
Female	45.1
Age	
6-8	54.2***
9-11	34.4
Ethnicity	
White	49.7
Black	48.4
Hispanic	43.9
Asian/Other	46.2
Parent Education	
Less than High School	44.8
High School Graduate	48.9
Some College/Graduate	44.0
Overweight Status	
Not Overweight	47.8
Overweight/Obese	39.8
Physical Activity	
≥ 60 minutes	44.7
< 60 minutes	45.6
School Breakfast	
Yes	38.7
No	47.2
School Lunch	
Yes	40.2*
No	49.2
Fast Food	
Yes	43.4
No	45.5
Nutrition Lesson	
Yes	46.3
No	42.3

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans 2010*. Recommendations vary by age, gender, and level of physical activity. For children ages 6-11, the recommended amount of fruits and vegetables is 2½-5 cups 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 8: Cups of Fruits and Vegetables Children Believe Are Needed Compared with Reported Fruit and Vegetable Consumption Yesterday (N=651)

How many total cups of fruits and vegetables do you think you should eat every day for good health?

Fruit and Vegetable Belief	Percent	Reported Eating Recommended Cups of Fruits and Vegetables, Percent	
		Yes	No
Believed the Correct Number of Cups			
Yes	45.2	14.9	85.1
No	54.8	10.9	89.1

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans 2010*. Recommendations vary by age, gender, and level of physical activity. For children ages 6-11, the recommended amount of fruits and vegetables is 2½-5 cups 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.

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

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 9: Proportion of Children who Reported Eating One or More Servings of Fruits, Juices, and Vegetables by Meals and Snacks Yesterday (N=651)

Meal Times	Reported Eating 1 or More Servings (1/2 cup-eq) ¹ , Percent			
	Fruits	Juices	Vegetables	Fruits, Juices, or Vegetables
Total	65.3	40.9	70.4	94.6
Breakfast	18.8	17.3	7.0	38.2
Lunch	37.6	15.1	33.8	67.9
Dinner	9.8	14.4	51.4	64.0
Snacks	25.5	6.9	7.5	37.1

Fruit servings are defined per the *Dietary Guidelines for Americans 2010* as one medium apple, banana, orange or pear, 1/2 cup of chopped, cooked, or canned fruit, 1/4 of cup dried fruit or 1/2 cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

Vegetable servings are defined per the *Dietary Guidelines for Americans 2010* as 1 cup of raw leafy vegetables, 1/2 cup of other cooked or raw vegetables, or 1/2 cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

¹ Categorized as having 0.5 or more servings.