

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 1: Healthy Eating Practices Score¹ Among California Children (N=856)

	Average California Daily Food Guide Healthy Eating Practices Score
Total	2.7
Gender	
Males	2.8 *
Females	2.6
Ethnicity	
White	2.8
African American	2.8
Latino	2.7
Asian/Other	2.5
Food Stamp Status, % FPL	
Participant, ≤ 130%	2.8
Likely Eligible, ≤ 130%	2.5
Potentially Eligible, 131-≤ 185%	2.7
Not Eligible, >185%	2.7
Overweight Status	
Not Overweight	2.8
Overweight/Obese	2.6
Physical Activity	
≥ 60 minutes	2.9 ***
< 60 minutes	2.5
School Breakfast	
Yes	2.9 *
No	2.7
School Lunch	
Yes	2.7
No	2.7
Nutrition Lesson	
Yes	2.7
No	2.7
Exercise Lesson	
Yes	2.7
No	2.7

¹ The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; any beans; and any whole grain bread. The maximum number of points was seven.

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<.001

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Table 2: Total Servings of Fruits and Vegetables Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads ¹	Fruits and Juices	Vegetables and Salads ¹
Total	3.1	1.9	1.2
Gender			
Males	3.1	1.9	1.2
Females	3.1	1.9	1.2
Ethnicity			
White	3.1	1.8	1.2
African American	3.8	2.5	1.3
Latino	3.1	1.9	1.2
Asian/Other	2.9	1.9	1.1
Food Stamp Status, % FPL			
Participant, ≤ 130%	3.3	2.0	1.3
Likely Eligible, ≤ 130%	2.9	1.6	1.2
Potentially Eligible, 131-≤ 185%	3.3	1.9	1.3
Not Eligible, >185%	3.2	1.9	1.2
Overweight Status			
Not Overweight	3.2	1.9	1.2
Overweight/Obese	3.1	1.8	1.2
Physical Activity			
≥ 60 minutes	3.3 **	2.1 **	1.2
< 60 minutes	3.0	1.7	1.2
School Breakfast			
Yes	3.7 ***	2.3 ***	1.4 *
No	3.0	1.8	1.2
School Lunch			
Yes	3.1	1.9	1.3
No	3.1	2.0	1.1
Nutrition Lesson			
Yes	3.3 *	2.0 *	1.2
No	3.0	1.7	1.2
Exercise Lesson			
Yes	3.2 *	1.9 *	1.2
No	2.5	1.4	1.1

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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 2a: Total Cups of Fruits and Vegetables Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings¹ of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

How many servings of dry beans did your child eat?

For children ages 9-11, the recommended amount of fruits and vegetables is 3-5 cups per day.¹

	Reported Mean Cups ²		
	Fruits, Juices, Vegetables and Salads ³	Fruits and Juices	Vegetables and Salads ³
Total	2.3	1.2	1.0
Gender			
Males	2.3	1.3	1.1
Females	2.2	1.2	1.0
Ethnicity			
White	2.1 ^a ***	1.1 ^a **	1.0 ^{ab} **
African American	2.9 ^b	1.7 ^b	1.2 ^b
Latino	2.4 ^a	1.3 ^a	1.1 ^b
Asian/Other	2.0 ^a	1.2 ^a	0.8 ^a
Food Stamp Status, % FPL			
Participant, ≤ 130%	2.6	1.4	1.2
Likely Eligible, ≤ 130%	2.2	1.1	1.1
Potentially Eligible, 131-≤ 185%	2.4	1.3	1.1
Not Eligible, >185%	2.2	1.2	1.0
Overweight Status			
Not Overweight	2.2	1.2	1.0
Overweight/Obese	2.3	1.2	1.1
Physical Activity			
≥ 60 minutes	2.4 **	1.3 **	1.1 *
< 60 minutes	2.1	1.1	1.0
School Breakfast			
Yes	2.8 ***	1.5 ***	1.3 ***
No	2.1	1.1	1.0
School Lunch			
Yes	2.3 *	1.2	1.1 ***
No	2.1	1.2	0.9
Nutrition Lesson			
Yes	2.4 *	1.3 *	1.1
No	2.1	1.1	1.0
Exercise Lesson			
Yes	2.3	1.3 *	1.0
No	1.9	0.9	1.0

¹ Based on the 2005 *Dietary Guidelines for Americans*. Recommendations vary by age, gender, and level of physical activity.

² The following assumptions were used to convert servings to cups: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

³ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

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 3: Breakdown of the Fruits and Vegetables Reported by California Children (N=856)

Fruits and Vegetables	Mean Servings
Total	3.1
Fruits	1.3
Juices	0.6
Vegetables ¹	1.0
Salads	0.2

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

Column may not add up to the total due to rounding.

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Table 4: Servings of Fruits, Juices, and Vegetables Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits	Juices	Vegetables ¹
Total	1.3	0.6	1.0
Gender			
Males	1.2**	0.7***	1.0
Females	1.5	0.5	1.0
Ethnicity			
White	1.4	0.4 ^a ***	1.0
African American	1.5	1.0 ^c	1.1
Latino	1.2	0.7 ^b	1.0
Asian/Other	1.3	0.5 ^{ab}	0.9
Food Stamp Status, % FPL			
Participant, ≤ 130%	1.3	0.7	1.0
Likely Eligible, ≤ 130%	1.1	0.6	1.0
Potentially Eligible, 131-≤ 185%	1.3	0.6	1.1
Not Eligible, > 185%	1.4	0.5	1.0
Overweight Status			
Not Overweight	1.4*	0.5*	1.0
Overweight/Obese	1.2	0.6	1.0
Physical Activity			
≥ 60 minutes	1.4**	0.6	1.0
< 60 minutes	1.2	0.5	1.0
School Breakfast			
Yes	1.6**	0.8***	1.1*
No	1.3	0.5	1.0
School Lunch			
Yes	1.3	0.6	1.0
No	1.4	0.5	1.0
Nutrition Lesson			
Yes	1.4*	0.6	1.0
No	1.2	0.5	1.0
Exercise Lesson			
Yes	1.3*	0.6	1.0
No	1.0	0.4	0.8

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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 5: Range in Number of Servings of Salads Reported per Typical Weekday for All Eating Occasions (N=856)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Servings of Salads, Percent	
	0 ¹	1+
Total	88.9	11.1
Gender		
Males	88.2	11.8
Females	89.5	10.5
Ethnicity		
White	85.9	14.1
African American	83.3	16.7
Latino	91.1	8.9
Asian/Other	91.0	9.0
Food Stamp Status, % FPL		
Participant, ≤ 130%	87.0	13.0
Likely Eligible, ≤ 130%	91.4	8.6
Potentially Eligible, 131-≤ 185%	90.8	9.2
Not Eligible, >185%	88.0	12.0
Overweight Status		
Not Overweight	88.5	11.5
Overweight/Obese	89.5	10.5
Physical Activity		
≥ 60 minutes	85.9	14.1
< 60 minutes	91.6	8.4
School Breakfast		
Yes	86.4	13.6
No	89.5	10.5
School Lunch		
Yes	87.8	12.2
No	90.6	9.4
Nutrition Lesson		
Yes	87.9	12.1
No	90.3	9.7
Exercise Lesson		
Yes	88.8	11.2
No	90.4	9.6

¹ Categorized as having 0.5 servings or less.

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

Chi Square Test

** p<.01

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Table 6: Range in Number of Servings of Fried Potatoes¹ Reported per Typical Weekday for All Eating Occasions (N=856)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Servings of Fried Potatoes, Percent	
	0 ²	1+
Total	92.2	7.8
Gender		
Males	91.1	8.9
Females	93.4	6.6
Ethnicity		
White	96.5	3.5
African American	89.9	10.1
Latino	89.7	10.3
Asian/Other	92.3	7.7
Food Stamp Status, % FPL		
Participant, ≤ 130%	88.3	11.7
Likely Eligible, ≤ 130%	88.1	11.9
Potentially Eligible, 131-≤ 185%	94.0	6.0
Not Eligible, >185%	93.6	6.4
Overweight Status		
Not Overweight	93.7	6.3
Overweight/Obese	88.9	11.1
Physical Activity		
≥ 60 minutes	94.6	5.4
< 60 minutes	90.1	9.9
School Breakfast		
Yes	88.3	11.7
No	93.3	6.7
School Lunch		
Yes	90.1	9.9
No	95.9	4.1
Nutrition Lesson		
Yes	91.1	8.9
No	93.8	6.2
Exercise Lesson		
Yes	92.3	7.7
No	91.7	8.3

¹ This includes french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.

² Categorized as having 0.5 servings or less.

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

Chi Square Test

* p<.05

** p<.01

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Table 7: Range in Number of Servings of Fruits and Vegetables Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Servings of Fruits and Vegetables ¹ , Percent			
	0 ²	1-2	3-4	5+
Total	9.4	37.4	34.6	18.6
Gender				
Males	9.6	37.1	35.2	18.1
Females	9.2	37.8	33.9	19.1
Ethnicity				
White	6.9	39.0	36.8	17.3
African American	7.1	34.6	32.6	25.7
Latino	10.6	36.6	34.4	18.4
Asian/Other	12.3	38.0	30.0	19.7
Food Stamp Status, % FPL				
Participant, ≤ 130%	8.2	35.5	31.8	24.6
Likely Eligible, ≤ 130%	13.5	31.2	40.9	14.4
Potentially Eligible, 131-≤ 185%	6.7	42.1	31.2	20.0
Not Eligible, >185%	8.9	38.6	33.8	18.7
Overweight Status				
Not Overweight	9.2	36.2	35.9	18.6
Overweight/Obese	10.0	39.2	31.1	19.7
Physical Activity				
≥ 60 minutes	8.2	32.8	38.4	20.7
< 60 minutes	10.5	41.8	31.1	16.7
School Breakfast				
Yes	4.0	31.9	36.6	27.6
No	10.8	38.9	34.0	16.3
School Lunch				
Yes	7.8	37.9	35.4	18.9
No	12.0	36.7	33.2	18.1
Nutrition Lesson				
Yes	8.6	37.6	33.5	20.3
No	10.4	37.2	36.1	16.3
Exercise Lesson				
Yes	9.7	35.5	35.3	19.5
No	4.7	66.2	23.0	6.0

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

² Categorized as having 0.5 servings or less.

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.

Chi Square Test

* p<.05

*** p<.001

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Table 8: Percent of Children who Reported Eating the Recommended Five or More Servings of Fruits and Vegetables on a Typical Weekday (N=856)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations ¹ , Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads ²	Both 2+ Servings of Fruits and 3+ Servings of Vegetables ²	5+ Servings of Any Fruits and Vegetables ²
Total	46.7	8.2	4.5	18.6
Gender				
Males	45.3	8.5	5.2	18.1
Females	48.1	7.8	3.9	19.1
Ethnicity				
White	44.9	6.8	Insufficient Sample Size for Analysis	17.3
African American	54.7	8.2		25.7
Latino	47.6	8.3		18.4
Asian/Other	43.9	11.6		19.7
Food Stamp Status, % FPL				
Participant, ≤ 130%	46.1	8.6	6.4	24.6
Likely Eligible, ≤ 130%	48.5	6.9	3.2	14.4
Potentially Eligible, 131-≤ 185%	44.3	10.0	6.5	20.0
Not Eligible, >185%	46.7	8.1	4.3	18.7
Overweight Status				
Not Overweight	46.9	7.8	4.0	18.6
Overweight/Obese	45.7	10.0	6.0	19.7
Physical Activity				
≥ 60 minutes	52.1**	6.7	3.9	20.7
< 60 minutes	41.7	9.5	5.1	16.7
School Breakfast				
Yes	61.8***	10.3	8.3**	27.6**
No	42.7	7.6	3.5	16.3
School Lunch				
Yes	46.4	9.1	5.0	18.9
No	47.2	6.6	3.6	18.1
Nutrition Lesson				
Yes	46.8	7.7	4.3	20.3
No	46.5	8.8	4.8	16.3
Exercise Lesson				
Yes	48.0*	8.5	Insufficient Sample Size for Analysis	19.5**
No	27.7	2.8		6.0

¹ Based on the recommendation to eat five or more servings of fruits and vegetables every day for good health.

² Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 8a: Percent of Children Meeting MyPyramid Fruit and Vegetable Recommendations (N=856)

How many servings¹ of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?
 How many servings of dry beans did your child eat?

	Children Meeting Fruit and Vegetable Recommendations ^{1,2} , Percent		
	Cups of Fruit	Cups of Vegetables ³	Cups of Both Fruits and Vegetables ³
Total	30.6	8.9	3.2
Gender			
Males	30.5	6.2**	2.4
Females	30.8	11.5	3.9
Ethnicity			
White	25.5**	6.4	Insufficient Sample Size for Analysis
African American	44.4	13.9	
Latino	33.8	10.1	
Asian/Other	24.8	8.1	
Food Stamp Status, % FPL			
Participant, ≤ 130%	30.2	14.8**	Insufficient Sample Size for Analysis
Likely Eligible, ≤ 130%	27.2	9.8	
Potentially Eligible, 131-≤ 185%	34.1	15.2	
Not Eligible, >185%	31.0	6.6	
Overweight Status			
Not Overweight	30.0	7.3*	2.4
Overweight/Obese	31.4	12.3	4.6
Physical Activity			
≥ 60 minutes	31.4	4.7***	1.2**
< 60 minutes	30.0	12.8	5.0
School Breakfast			
Yes	41.3***	15.6***	9.4***
No	27.8	7.1	1.5
School Lunch			
Yes	30.2	11.0**	4.3*
No	31.4	5.3	1.2
Nutrition Lesson			
Yes	32.2	7.9	2.9
No	28.5	10.2	3.5
Exercise Lesson			
Yes	31.5*	8.4*	Insufficient Sample Size for Analysis
No	17.1	16.5	

¹ The following assumptions were used to convert servings to cups: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

² Based on the 2005 Dietary Guidelines for Americans. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of fruits and vegetables is 3-5 cups per day.

³ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (N=856)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Apples	Apples	Apples	Apples	Apples	Apples	Apples
2nd	Orange Juice	Orange Juice	Bananas	Bananas	Orange Juice	Orange Juice	Apple Juice
3rd	Apple Juice	Apple Juice	Orange Juice	Strawberries	Apple Juice	Apple Juice	Bananas
4th	Bananas	Bananas	Apple Juice	Apple Juice	Oranges	Bananas	Oranges
5th	Oranges	Strawberries	Oranges	Orange Juice	Grapes	Oranges	Orange Juice
6th	Strawberries	Fruit Juice	Strawberries	Fruit Juice	Fruit Juice	Peaches	Strawberries
7th	Fruit Juice ¹	Oranges	Grapes	Oranges	Grape Juice	Strawberries	Fruit Juice
8th	Grapes	Grapes	Grapes	Grapes	Bananas	Fruit Juice	Grapes
9th	Peaches	Peaches	Fruit Juice	Watermelon	Cranberry Juice	Grapes	Fruit Salad
10th	Apple Sauce Pears	Pears	Apple Sauce	Pears	Pears	Fruit (unspecified)	Peaches
Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad ²	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
2nd	Carrots	Tomato Sauce	Carrots	Carrots	Corn	Carrots	Tomato Sauce
3rd	Tomato Sauce ³	Carrots	Tomato Sauce	Tomato Sauce	Green Beans	Tomato Sauce	Non-Fried Potatoes
4th	Corn	Corn	Corn	Corn	Carrots	Corn	Corn
5th	Green Beans ⁴	Green Beans	Broccoli	Green Beans	Mixed Vegetables	Non-Fried Potatoes	Mixed Vegetables
6th	Broccoli	Non-Fried Potatoes	Mixed Vegetables	Broccoli	Green Peas	Broccoli	Spinach
7th	Non-Fried Potatoes ⁵	Broccoli	Green Beans	Non-Fried Potatoes	Broccoli	Mixed Vegetables	Green Beans
8th	Mixed Vegetables ⁶	Mixed Vegetables	Non-Fried Potatoes	Veggies on Sandwich or Taco	Tomatoes	Green Beans	Tomatoes
9th	Vegetables on Sandwich or Taco ⁷	Vegetables on Sandwich or Taco	Tomatoes	Tomatoes	Veggies on Sandwich or Taco	Veggies on Sandwich or Taco	Cabbage
10th	Tomatoes	Tomatoes	Vegetables on Sandwich or Taco	Mixed Vegetables	Tomato Sauce	Lettuce	Carrots

¹ Fruit Juices include any unspecified 100% fruit juice or any combination 100% fruit juice, such as Juicy Juice.

² Green Salad includes tossed salad, lettuce salad, lettuce and tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads.

³ Tomato Sauce includes pizza sauce and spaghetti sauce.

⁴ Green Beans includes green beans, string beans, beans unspecified, and all other beans.

⁵ Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes.

⁶ Mixed Vegetables include mixed vegetables in casseroles, stir fry with mixed vegetables, mixed vegetables in soup/chili/stew, mixed vegetables with tomato, mixed vegetables with broccoli, all other mixed vegetables, all other mixed vegetables specified, mixed vegetables unspecified, and vegetables unspecified.

⁷ Vegetables on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc.

Shaded boxes or a box around a group were tied for a ranking.

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Table 10a: Children's Belief About the Number of Cups of Fruits and Vegetables Needed for Good Health Based on MyPyramid Recommendations (N=390)

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 of Children ^{1,2}	
	Yes	No
Total	39.5	60.5
Gender		
Males	31.7	68.3
Females	47.7	52.3
Ethnicity		
White	36.3	63.7
African American	38.9	61.1
Latino	42.2	57.8
Asian/Other	38.1	61.9
Food Stamp Status, % FPL		
Participant, ≤ 130%	43.4	56.6
Likely Eligible, ≤ 130%	30.8	69.2
Potentially Eligible, 131-≤ 185%	35.7	64.3
Not Eligible, >185%	42.7	57.3
Overweight Status		
Not Overweight	37.3	62.7
Overweight/Obese	43.5	56.5
Physical Activity		
≥ 60 minutes	32.0	68.0
< 60 minutes	46.0	54.0
School Breakfast		
Yes	42.2	57.8
No	38.7	61.3
School Lunch		
Yes	37.4	62.6
No	43.8	56.2
Nutrition Lesson		
Yes	42.6	57.4
No	34.9	65.1
Exercise Lesson		
Yes	40.0	60.0
No	35.0	65.0

¹ Excludes those reporting "don't know."

² Based on the 2005 Dietary Guidelines for Americans. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of fruits and vegetables is 3-5 cups per day.

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.

Chi Square Test

** p<.01

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 11: Cups of Fruits and Vegetables Children Believe Are Needed Compared with Reported Fruit and Vegetable Consumption (N=390)

How many servings¹ of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

How many servings of dry beans did your child eat?

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

Fruit and Vegetable Belief	Percent	Ate Recommended Total Cups ¹ of Fruits and Vegetables, Percent	
		Yes	No
Believed the Correct Number of Cups ²			
Yes	39.5	9.4	90.6
No	60.5	8.7	91.3

¹ The following assumptions were used to convert servings to cups: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

² Based on the 2005 *Dietary Guidelines for Americans*. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of fruits and vegetables is 3-5 cups per day.

Excludes those reporting "don't know."

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