

## 2005 California Dietary Practices Survey

**Table 4: Consumption of at Least One Fruit and/or Vegetable**

Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)

	Percent Who Ate/Drank						
	At Least 1 Fruit or Juice	At Least 1 Vegetable or Salad	At Least 1 Vegetable or Fruit	At Least 1 Fruit (Not Juice)	At Least 1 Juice	At Least 1 Vegetable (Not Salad)	At Least 1 Salad
<b>Total</b>	<b>77</b>	<b>75</b>	<b>91</b>	<b>66</b>	<b>37</b>	<b>60</b>	<b>30</b>
<b>Sex</b>							
Males	74 **	69 ***	87 ***	61 ***	35	56 ***	28
Females	80	81	95	71	39	65	32
<b>Males</b>							
18 - 24	69 **	52 ***	78 *	53 **	30	43 **	30
25 - 34	64	62	83	55	26	49	20
35 - 50	76	76	90	63	38	61	32
51 - 64	76	73	89	63	39	60	25
65+	85	81	91	76	39	66	35
<b>Females</b>							
18 - 24	78	75	95	58 *	51	59	34
25 - 34	76	79	94	70	38	67	26
35 - 50	79	83	95	72	37	67	31
51 - 64	82	85	96	71	35	61	39
65+	88	80	95	81	40	64	32
<b>Ethnicity</b>							
White	76	81 ***	92 *	67	32 ***	67 ***	33 **
Hispanic	80	62	87	67	47	46	24
Black	74	66	89	56	40	52	25
Asian/Pacific Islander	79	87	96	71	39	74	41
<b>Education</b>							
Less than High School	77 **	60 ***	85 ***	66 ***	44 *	46 ***	23 **
High School Graduate	72	74	89	58	34	60	31
Some College	73	78	91	62	34	64	29
College Graduate	82	84	96	75	35	69	35
<b>Income</b>							
Less than \$15,000	70 ***	63 ***	83 ***	60 ***	36	49 ***	22 ***
\$15,000 - 24,999	80	70	94	69	44	56	24
\$25,000 - 34,999	75	79	91	59	32	63	36
\$35,000 - 49,999	67	81	89	57	34	65	33
\$50,000+	81	84	94	72	34	69	37
<b>Physically Active</b>							
Did Not Meet Recommendations	73 ***	70 ***	88 ***	61 ***	37	56 ***	26 **
Met Recommendations	81	80	94	72	36	65	34
<b>Overweight Status</b>							
Overweight/Obese	75 *	74	89 **	64	36	58 *	30
Not Overweight	80	78	93	68	39	65	30
<b>Poverty Index</b>							
Food Stamp Participants	77	66 ***	88 ***	60	42	58 ***	19 ***
All Other Respondents/ ≤ 130% FPL	72	63	87	64	37	48	23
All Other Respondents/ > 130% FPL	78	83	94	68	35	68	35

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

## 2005 California Dietary Practices Survey

**Table 5: Average Number of Servings of Fruits and Vegetables Eaten by Adults**

Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)

	Mean Servings Eaten		
	Fruits & Vegetables	Fruits & Juices	Vegetables & Salads
<b>Total</b>	<b>4.4</b>	<b>2.2</b>	<b>2.2</b>
<b>Sex</b>			
Males	4.0 ***	2.1 *	1.9 ***
Females	4.8	2.4	2.4
<b>Males</b>			
18 - 24	3.3	1.9	1.4 <sup>a</sup> *
25 - 34	4.1	2.0	2.1 <sup>ab</sup>
35 - 50	4.1	2.1	2.0 <sup>ab</sup>
51 - 64	3.8	2.1	1.6 <sup>ab</sup>
65+	4.6	2.4	2.2 <sup>b</sup>
<b>Females</b>			
18 - 24	4.7	2.2	2.6
25 - 34	5.0	2.4	2.6
35 - 50	4.9	2.3	2.6
51 - 64	4.6	2.3	2.3
65+	4.7	2.6	2.1
<b>Ethnicity</b>			
White	4.5 <sup>ab</sup> **	2.2	2.3 <sup>b</sup> ***
Hispanic	4.3 <sup>ab</sup>	2.5	1.8 <sup>a</sup>
Black	3.6 <sup>a</sup>	2.0	1.6 <sup>a</sup>
Asian/Pacific Islander	5.2 <sup>b</sup>	2.2	3.0 <sup>c</sup>
<b>Education</b>			
Less than High School	4.2 <sup>a</sup> **	2.4 <sup>ab</sup> **	1.8 <sup>a</sup> ***
High School Graduate	4.1 <sup>a</sup>	2.0 <sup>a</sup>	2.1 <sup>ab</sup>
Some College	4.3 <sup>ab</sup>	2.0 <sup>a</sup>	2.3 <sup>b</sup>
College Graduate	4.9 <sup>b</sup>	2.4 <sup>b</sup>	2.4 <sup>b</sup>
<b>Income</b>			
Less than \$15,000	3.9 <sup>a</sup> ***	2.2	1.7 <sup>a</sup> ***
\$15,000 - 24,999	4.4 <sup>ab</sup>	2.5	1.9 <sup>a</sup>
\$25,000 - 34,999	4.4 <sup>ab</sup>	2.0	2.3 <sup>ab</sup>
\$35,000 - 49,999	4.1 <sup>ab</sup>	1.9	2.1 <sup>ab</sup>
\$50,000+	4.9 <sup>b</sup>	2.2	2.6 <sup>b</sup>
<b>Physically Active</b>			
Did Not Meet Recommendations	4.0 ***	2.0 ***	1.9 ***
Met Recommendations	4.9	2.5	2.4
<b>Overweight Status</b>			
Overweight/Obese	4.2 *	2.1 *	2.1
Not Overweight	4.7	2.4	2.3
<b>Poverty Index</b>			
Food Stamp Participants	4.6 <sup>ab</sup> *	2.5	2.2 <sup>ab</sup> ***
All Other Respondents/ ≤ 130% FPL	4.0 <sup>a</sup>	2.2	1.7 <sup>a</sup>
All Other Respondents/ > 130% FPL	4.7 <sup>b</sup>	2.2	2.4 <sup>b</sup>

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

## 2005 California Dietary Practices Survey

**Table 6: Range of Fruit and Vegetable Servings**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Servings Eaten, Percent				
	0	1 - 2	3 - 4	5+	
<b>Total</b>	<b>9</b>	<b>22</b>	<b>27</b>	<b>42</b>	
<i>Sex</i>					
Males	13	24	26	38	***
Females	5	21	28	46	
<i>Males</i>					
18 - 24	22	24	30	24	**
25 - 34	17	22	19	42	
35 - 50	10	24	24	42	
51 - 64	11	26	34	28	
65+	9	20	26	45	
<i>Females</i>					
18 - 24	5	20	38	36	*
25 - 34	6	26	16	52	
35 - 50	5	20	26	48	
51 - 64	4	22	31	43	
65+	5	14	37	43	
<i>Ethnicity</i>					
White	8	23	27	42	***
Hispanic	13	20	28	38	
Black	11	30	29	31	
Asian/Pacific Islander	4	11	25	60	
<i>Education</i>					
Less than High School	15	18	27	40	***
High School Graduate	11	26	30	33	
Some College	9	28	24	39	
College Graduate	4	18	27	50	
<i>Income</i>					
Less than \$15,000	17	21	28	34	***
\$15,000 - 24,999	6	26	32	36	
\$25,000 - 34,999	9	19	30	42	
\$35,000 - 49,999	11	24	23	42	
\$50,000+	6	21	22	51	
<i>Physically Active</i>					
Did Not Meet Recommendations	12	22	30	35	***
Met Recommendations	6	22	23	49	
<i>Overweight Status</i>					
Overweight/Obese	11	21	29	39	**
Not Overweight	7	22	26	46	
<i>Poverty Index</i>					
Food Stamp Participants	12	18	26	44	***
All Other Respondents/ ≤ 130% FPL	13	19	36	31	
All Other Respondents/ > 130% FPL	6	23	24	47	

Rows may not add up to 100 percent 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<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 7: Percent of Adults Eating Three Vegetables and Two Fruits**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Percent Ate 3+ Vegetables and 2+ Fruits
<b>Total</b>	<b>22</b>
<i>Sex</i>	
Males	19 *
Females	24
<i>Males</i>	
18 - 24	17
25 - 34	20
35 - 50	20
51 - 64	14
65+	23
<i>Females</i>	
18 - 24	17
25 - 34	26
35 - 50	28
51 - 64	21
65+	20
<i>Ethnicity</i>	
White	23
Hispanic	19
Black	16
Asian/Pacific Islander	27
<i>Education</i>	
Less than High School	18 *
High School Graduate	21
Some College	20
College Graduate	26
<i>Income</i>	
Less than \$15,000	12 ***
\$15,000 - 24,999	19
\$25,000 - 34,999	24
\$35,000 - 49,999	18
\$50,000+	30
<i>Physically Active</i>	
Did Not Meet Recommendations	17 ***
Met Recommendations	26
<i>Overweight Status</i>	
Overweight/Obese	19 **
Not Overweight	25
<i>Poverty Index</i>	
Food Stamp Participants	20 ***
All Other Respondents/ ≤ 130% FPL	12
All Other Respondents/ > 130% FPL	26

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

## 2005 California Dietary Practices Survey

**Table 8: Percent of Adults Eating Two or Fewer Servings of Fruits and Vegetables**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Percent Who Ate 2 or Fewer Servings
<b>Total</b>	<b>31</b>
<i>Sex</i>	
Males	37 ***
Females	26
<i>Males</i>	
18 - 24	46
25 - 34	39
35 - 50	34
51 - 64	37
65+	29
<i>Females</i>	
18 - 24	25
25 - 34	33
35 - 50	25
51 - 64	26
65+	20
<i>Ethnicity</i>	
White	31 ***
Hispanic	33
Black	40
Asian/Pacific Islander	15
<i>Education</i>	
Less than High School	34 ***
High School Graduate	37
Some College	36
College Graduate	22
<i>Income</i>	
Less than \$15,000	38 *
\$15,000 - 24,999	32
\$25,000 - 34,999	28
\$35,000 - 49,999	35
\$50,000+	27
<i>Physically Active</i>	
Did Not Meet Recommendations	34 *
Met Recommendations	28
<i>Overweight Status</i>	
Overweight/Obese	32
Not Overweight	28
<i>Poverty Index</i>	
Food Stamp Participants	30
All Other Respondents/ ≤ 130% FPL	33
All Other Respondents/ > 130% FPL	29

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 9: Belief That Five Servings or More of Fruits and Vegetables Should Be Eaten Every Day For Good Health**

*Have you heard of any recommendations on the total number of servings of fruits and vegetables you should eat everyday for good health? What is the number of servings recommended?*

	Percent Believing 5+ Servings
<b>Total</b>	<b>55</b>
<i>Sex</i>	
Males	45 ***
Females	64
<i>Males</i>	
18 - 24	62 **
25 - 34	48
35 - 50	43
51 - 64	39
65+	33
<i>Females</i>	
18 - 24	68
25 - 34	69
35 - 50	63
51 - 64	67
65+	57
<i>Ethnicity</i>	
White	61 ***
Hispanic	46
Black	51
Asian/Pacific Islander	48
<i>Education</i>	
Less than High School	46 ***
High School Graduate	51
Some College	54
College Graduate	64
<i>Income</i>	
Less than \$15,000	48 **
\$15,000 - 24,999	52
\$25,000 - 34,999	48
\$35,000 - 49,999	55
\$50,000+	62
<i>Physically Active</i>	
Did Not Meet Recommendations	47 ***
Met Recommendations	64
<i>Overweight Status</i>	
Overweight/Obese	51 **
Not Overweight	59
<i>Poverty Index</i>	
Food Stamp Participants	52 ***
All Other Respondents/ ≤ 130% FPL	44
All Other Respondents/ > 130% FPL	59

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 10: Total Servings of Fruits and Vegetables Heard for Good Health**

Have you heard of any recommendations on the total number of servings of fruits and vegetables you should eat every day for good health? What is the number of servings recommended?

	Percent Servings Heard			
	0 - 2	3 - 4	5+	Don't Know
<b>Total</b>	<b>6</b>	<b>19</b>	<b>60</b>	<b>14</b>
<i>Sex</i>				
Males	9	23	49	19
Females	4	17	69	10
<i>Males</i>				
18 - 24	5	46	43	5
25 - 34	7	23	49	21
35 - 50	7	20	53	19
51 - 64	11	12	55	22
65+	18	25	35	21
<i>Females</i>				
18 - 24	3	24	61	12
25 - 34	4	13	73	10
35 - 50	3	14	74	9
51 - 64	6	19	65	10
65+	6	21	62	11
<i>Ethnicity</i>				
White	6	15	66	13
Hispanic	8	22	52	17
Black	4	28	48	20
Asian/Pacific Islander	8	27	55	10
<i>Education</i>				
Less than High School	9	31	44	16
High School Graduate	10	21	57	13
Some College	4	27	56	13
College Graduate	4	8	74	14
<i>Income</i>				
Less than \$15,000	6	27	53	14
\$15,000 - 24,999	11	21	56	12
\$25,000 - 34,999	13	22	58	7
\$35,000 - 49,999	6	15	67	13
\$50,000+	4	15	66	15
<i>Physically Active</i>				
Did Not Meet Recommendations	9	22	54	15
Met Recommendations	4	17	66	13
<i>Overweight Status</i>				
Overweight/Obese	8	20	58	13
Not Overweight	4	17	64	14
<i>Poverty Index</i>				
Food Stamp Participants	6	22	56	16
All Other Respondents/ ≤ 130% FPL	8	30	48	14
All Other Respondents/ > 130% FPL	6	16	65	13

Rows may not add up to 100 percent 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

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 11: Belief About Whether Eating Right Amount of Fruits and Vegetables Now**  
*Do you think you eat the right amount of fruits and vegetables now, or do you think you should eat more?*

	<b>Percent That Think They Should Eat More</b>
<b>Total</b>	<b>71</b>
<b>Sex</b>	
Males	69
Females	74
<b>Males</b>	
18 - 24	82 ***
25 - 34	71
35 - 50	73
51 - 64	67
65+	44
<b>Females</b>	
18 - 24	84 **
25 - 34	77
35 - 50	77
51 - 64	70
65+	60
<b>Ethnicity</b>	
White	68
Hispanic	75
Black	76
Asian/Pacific Islander	68
<b>Education</b>	
Less than High School	76 *
High School Graduate	74
Some College	70
College Graduate	67
<b>Income</b>	
Less than \$15,000	75
\$15,000 - 24,999	76
\$25,000 - 34,999	68
\$35,000 - 49,999	69
\$50,000+	68
<b>Physically Active</b>	
Did Not Meet Recommendations	78 ***
Met Recommendations	65
<b>Overweight Status</b>	
Overweight/Obese	73 *
Not Overweight	68
<b>Poverty Index</b>	
Food Stamp Participants	80 *
All Other Respondents/ ≤ 130% FPL	73
All Other Respondents/ > 130% FPL	69

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

## 2005 California Dietary Practices Survey

**Table 12: Why Californians Are Not Eating More Fruits and Vegetables**

Base: Out of Those Who Think They Should Eat More Fruits and Vegetables

For yourself, do you agree or disagree...

*It's hard to get fruits and vegetables at restaurants.*

*It's hard to get fruits and vegetables at fast food places.*

*It's hard to get fruits and vegetables at work, such as in the cafeteria, vending machines, food trucks or nearby restaurants.*

*Fruits and vegetables are too expensive.*

	Percent Agreeing			
	Hard to Buy in Restaurants	Hard to Buy in Fast Food Places	Hard to Get at Work	Too Expensive
<b>Total</b>	<b>37</b>	<b>76</b>	<b>64</b>	<b>32</b>
<i>Sex</i>				
Males	35	76	65	27
Females	39	76	63	37
<i>Males</i>				
18 - 24	41	77	57	39
25 - 34	41	76	75	23
35 - 50	35	78	69	21
51 - 64	25	71	52	28
65+	18	67	60	36
<i>Females</i>				
18 - 24	55	89	75	36
25 - 34	36	79	58	31
35 - 50	36	73	62	38
51 - 64	40	72	63	36
65+	33	67	62	44
<i>Ethnicity</i>				
White	28	80	62	29
Hispanic	54	72	68	36
Black	35	76	53	29
Asian/Pacific Islander	36	78	61	15
<i>Education</i>				
Less than High School	52	66	68	45
High School Graduate	36	78	64	31
Some College	28	79	58	32
College Graduate	32	80	65	22
<i>Income</i>				
Less than \$15,000	48	67	61	43
\$15,000 - 24,999	46	78	69	42
\$25,000 - 34,999	42	85	63	39
\$35,000 - 49,999	19	77	52	26
\$50,000+	26	76	64	19
<i>Physically Active</i>				
Did Not Meet Recommendations	41	74	64	33
Met Recommendations	33	78	64	31
<i>Overweight Status</i>				
Overweight/Obese	38	74	64	31
Not Overweight	35	79	64	31
<i>Poverty Index</i>				
Food Stamp Participants	51	78	60	44
All Other Respondents/ ≤ 130% FPL	50	66	69	39
All Other Respondents/ > 130% FPL	26	76	64	24

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

## 2005 California Dietary Practices Survey

**Table 13: Have You Ever Worked in a Garden**

*As an adult, have you ever worked in a garden to grow fruits and vegetables?*

	Percent Who Worked in Garden
<b>Total</b>	<b>45</b>
<i>Sex</i>	
Males	44
Females	45
<i>Males</i>	
18 - 24	13 ***
25 - 34	22
35 - 50	52
51 - 64	69
65+	64
<i>Females</i>	
18 - 24	20 ***
25 - 34	34
35 - 50	51
51 - 64	58
65+	55
<i>Ethnicity</i>	
White	58 ***
Hispanic	25
Black	32
Asian/Pacific Islander	46
<i>Education</i>	
Less than High School	27 ***
High School Graduate	40
Some College	53
College Graduate	55
<i>Income</i>	
Less than \$15,000	34 ***
\$15,000 - 24,999	34
\$25,000 - 34,999	51
\$35,000 - 49,999	47
\$50,000+	58
<i>Physically Active</i>	
Did Not Meet Recommendations	40 ***
Met Recommendations	50
<i>Overweight Status</i>	
Overweight/Obese	43
Not Overweight	48
<i>Poverty Index</i>	
Food Stamp Participants	33 ***
All Other Respondents/ ≤ 130% FPL	30
All Other Respondents/ > 130% FPL	53

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

Chi Square Test

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Cross Tab 14: Servings of Fruits and Vegetables Heard Recommended by Servings of Fruits and Vegetables Eaten**

*Have you heard of any recommendations on the total number of servings of fruits and vegetables you should eat every day for good health?*

*What is the number of servings recommended?*

*Did you have any fruit, vegetables, salad, or juice for your [meal or snack] yesterday?*

*Which fruit, vegetables, salad or juice did you have at your [meal or snack] yesterday?*

*How many servings of (each fruit, vegetable, juice or salad) did you eat for your [meal or snack]?*

Range of Servings of Fruits and Vegetables Heard Recommended	Range of Servings of Fruits and Vegetables Eaten <sup>1</sup>				Mean Servings of Fruits and Vegetables Eaten <sup>2</sup>
	0 - 2	3 - 4	5+		
0 - 2	47	19	34	***	3.7 <sup>a</sup> ***
3 - 4	38	30	32		3.9 <sup>a</sup>
5+	24	27	49		4.9 <sup>b</sup>

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

<sup>1</sup> A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

<sup>2</sup> 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<.001

## 2005 California Dietary Practices Survey

### Cross Tab 15: Servings of Fruits and Vegetables Thought Should Be Eaten by Servings of Fruits and Vegetables Eaten

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

Did you have any fruit, vegetables, salad, or juice for your [meal or snack] yesterday?

Which fruit, vegetables, salad or juice did you have at your [meal or snack] yesterday?

How many servings of (each fruit, vegetable, juice or salad) did you eat for your [meal or snack]?

Range of Servings of Fruits and Vegetables Thought Should Be Eaten	Range of Servings of Fruits and Vegetables Eaten <sup>1</sup>			Mean Servings of Fruits and Vegetables Eaten <sup>2</sup>
	0 - 2	3 - 4	5+	
0 - 2	45	29	26	3.4 <sup>a</sup>
3 - 4	36	32	33	3.8 <sup>a</sup>
5+	24	24	51	5.1 <sup>b</sup>

Rows may not add to 100 percent due to rounding.

<sup>1</sup> A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

<sup>2</sup> 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<.001

## 2005 California Dietary Practices Survey

### Cross Tab 16: Ate Five or More Servings of Fruits and Vegetables by Obese and Overweight Status

*Did you have any fruit, vegetables, salad, or juice yesterday?*

Overweight Status	Percent Who	
	Ate < 5 Servings of Fruits and Vegetables	Ate 5+ Servings of Fruits and Vegetables
Obese	54	46
Overweight	58	42
Not overweight	67	33

\*\*

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

Chi Square Test

\*\* p<.01