

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 20: Breakdown of the Types of Grains Reported by California Children (N=651)

Types of Grains	Mean Servings (oz-eq)
Total Grains	5.06
Grains, Flour and Dry Mixes	1.00
Loaf-type Bread and Plain Rolls	1.16
Other Breads (quick breads, corn muffins, tortillas)	1.36
Crackers	0.08
Pasta	0.28
Ready-to-eat Cereal (not presweetened)	0.19
Ready-to-eat Cereal (presweetened)	0.38
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers	0.36
Snack Bars	0.07
Snack Chips	0.15
Popcorn	0.02

Grain servings are defined per the *Dietary Guidelines for Americans 2010* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply.

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Table 21: Total Servings of Grains Reported by California Children (N=651)

	Mean Servings (oz-eq)			
	Total Grains	Whole Grains ¹	Some Whole Grains ²	Refined Grains ³
Total	5.1	1.4	0.3	3.4
Gender				
Male	5.2	1.4	0.3	3.6
Female	4.9	1.4	0.3	3.2
Age				
6-8	5.0	1.5	0.3	3.2
9-11	5.1	1.3	0.2	3.6
Ethnicity				
White	5.6 *** a	1.1 * a	0.4 * ab	4.1 *** a
Black	6.3 a	1.1 a	0.4 a	4.7 a
Hispanic	4.7 b	1.5 a	0.2 b	3.0 b
Asian/Other	5.9 ab	1.2 a	0.4 ab	4.3 a
Parent Education				
Less than High School	4.4 *** a	1.5	0.2 * a	2.8 *** a
High School Graduate	5.3 b	1.5	0.3 ab	3.5 b
Some College/Graduate	5.9 b	1.3	0.3 b	4.2 c
Overweight Status				
Not Overweight	5.1	1.4	0.3	3.4
Overweight/Obese	5.3	1.4	0.3	3.6
Fruits and Vegetables				
Met MyPlate (2½-5 cups)	5.8 **	1.6	0.3	3.8
Below Guideline	5.0	1.4	0.3	3.3
Physical Activity				
≥ 60 minutes	5.4 ***	1.4	0.3 *	3.7 **
< 60 minutes	4.7	1.4	0.2	3.1
School Breakfast				
Yes	5.1	1.0 ***	0.3	3.8 *
No	5.0	1.5	0.2	3.3
School Lunch				
Yes	5.2	1.2 ***	0.3	3.7 **
No	5.0	1.6	0.2	3.2
Fast Food				
Yes	6.7 ***	1.0 **	0.3	5.3 ***
No	4.8	1.5	0.3	3.1
Nutrition Lesson				
Yes	5.1	1.5	0.3	3.3
No	5.1	1.3	0.2	3.5

Grain servings are defined per the *Dietary Guidelines for Americans 2010* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply.

¹ Whole grains include grain products in which a whole grain ingredient is the first ingredient on the food label.

² Some whole grains include grain products in which a whole grain (e.g., whole wheat flour, oatmeal, brown rice, whole rye meal) or a partial whole grain ingredient (e.g., wheat bran, wheat germ) appears anywhere else on the label.

³ Refined grains include grain products in which no whole grain ingredients are identified on the label.

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 23: Proportion of California Children Meeting the Recommendations for Grains, Whole Grains, and Enriched Grains (N=651)

	Percent Eating Recommended Servings	
	Total Grains (4-7 oz-eq)	Whole Grains (2-3½ oz-eq)
Total	47.1	21.9
Gender		
Male	47.5	19.3
Female	46.7	24.6
Age		
6-8	51.0 *	26.3 **
9-11	42.3	16.7
Ethnicity		
White	60.6 ***	14.6
Black	62.3	17.3
Hispanic	41.5	24.1
Asian/Other	60.7	20.0
Parent Education		
Less than High School	35.5 ***	24.0
High School Graduate	51.9	20.8
Some College/Graduate	61.5	19.4
Overweight Status		
Not Overweight	49.3	21.7
Overweight/Obese	45.1	21.4
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	62.4 **	33.7 **
Below Guideline	44.8	20.2
Physical Activity		
≥ 60 minutes	52.5 **	22.9
< 60 minutes	40.5	20.7
School Breakfast		
Yes	48.0	11.9 ***
No	46.8	25.0
School Lunch		
Yes	48.3	14.0 ***
No	46.1	28.0
Fast Food		
Yes	73.0 ***	11.0 *
No	43.4	23.5
Nutrition Lesson		
Yes	47.2	23.7
No	47.8	20.2

Grain servings are defined per the *Dietary Guidelines for Americans 2010* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. 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 whole grains is 2-3½ ounce-equivalents along with 2-3½ ounce-equivalents of enriched grains, totaling 4-7 ounce-equivalents of grains 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 24: Servings of Cereal and Cereal Type Reported by California Children Out of Cereal Eaters (N=651)

	Out of Cereal Eaters		
	Mean Servings of Cereal	Percent of Cereal Reported	
		Presweetened ¹	Whole Grain ²
Total	0.6	25.0	26.1
Gender			
Male	0.6	26.3	26.8
Female	0.6	23.7	25.4
Age			
6-8	0.6 *	26.5	27.7
9-11	0.5	23.3	24.2
Ethnicity			
White	0.6 * a	27.7	25.0
Black	0.4 a	22.0	14.6
Hispanic	0.6 a	25.1	28.5
Asian/Other	0.6 a	23.0	18.8
Parent Education			
Less than High School	0.5	21.5	27.9
High School Graduate	0.6	28.3	21.1
Some College/Graduate	0.6	28.4	26.0
Overweight Status			
Not Overweight	0.6	25.2	27.7
Overweight/Obese	0.6	27.4	26.2
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	0.7	22.1	27.7
Below Guideline	0.6	25.5	25.9
Physical Activity			
≥ 60 minutes	0.6	28.1 *	26.6
< 60 minutes	0.5	21.3	25.6
School Breakfast			
Yes	0.6	26.7	30.0
No	0.6	24.5	24.9
School Lunch			
Yes	0.7	27.1	28.3
No	0.5	23.4	24.4
Fast Food			
Yes	0.6	30.7	32.3
No	0.6	24.2	25.2
Nutrition Lesson			
Yes	0.6	26.7	23.6
No	0.6	24.4	27.6

Grain servings are defined per the *Dietary Guidelines for Americans 2010* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply.

¹ Presweetened cereals contain 21.2% total sugars per WIC guidelines.

² Whole grains include grain products in which a whole grain ingredient is the first ingredient on the food label.

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

Chi Square Test

* p<.05

** p<.01

*** p<.001