

2007 California Dietary Practices Survey

Table 62b: Percent of Californians who Ate High Calorie, Low Nutrient Foods

Yesterday did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants or poparts?

Yesterday did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?

Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods?

Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars?

	High Calorie Low Nutrient Foods, Percent		
	0	1	2+
Total	33.8	41.3	25.0
<i>Sex</i>			
Males	30.3	40.9	28.8
Females	37.1	41.6	21.3
<i>Males</i>			
18 - 24	37.3	33.9	28.8
25 - 34	23.9	45.8	30.3
35 - 50	31.6	35.5	32.9
51 - 64	26.8	46.3	26.8
65+	35.0	48.9	16.1
<i>Females</i>			
18 - 24	27.8	45.0	27.2
25 - 34	33.8	40.9	25.3
35 - 50	38.2	41.3	20.5
51 - 64	44.5	37.0	18.5
65+	37.0	47.4	15.6
<i>Ethnicity</i>			
White	34.6	44.3	21.1
Hispanic	34.2	37.6	28.1
Black	29.5	31.0	39.5
Asian/Pacific Islander	25.9	43.7	30.3
<i>Education</i>			
Less than High School	35.3	37.9	26.8
High School Graduate	31.6	41.0	27.4
Some College	33.5	39.7	26.7
College Graduate	35.1	44.9	19.9
<i>Income</i>			
Less than \$15,000	37.0	38.6	24.3
\$15,000 - 24,999	34.2	36.4	29.4
\$25,000 - 34,999	32.6	42.1	25.3
\$35,000 - 49,999	27.4	42.2	30.4
\$50,000+	31.1	47.2	21.7
<i>Physically Active</i>			
Did Not Meet Recommendations	31.9	41.0	27.2
Met Recommendations	35.4	41.2	23.5
<i>Overweight Status</i>			
Overweight/Obese	32.7	41.1	26.2
Not Overweight	34.9	42.3	22.8
<i>Poverty Index</i>			
SNAP Participant	33.8	41.1	25.1
All Other/ ≤ 130% FPL	39.1	32.4	28.5
All Other/ > 130% - ≤ 185% FPL	38.9	30.7	30.4
All Other/ > 185% FPL	31.4	45.8	22.8

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

2007 California Dietary Practices Survey

Table 58: Consumption of Deep-Fried Foods, Trends 1993-2007

Yesterday did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?

	Percent who Ate Deep-Fried Foods								Trends	
	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
Total	21	21	20	19	19	19	20	19.7	-0.3	-0.3
Sex										
Males	22	25**	23**	22**	23***	19	23*	20.4	-2.6	-2.6
Females	20	18	17	16	16	19	18	19	1.0	2.0
Males										
18 - 24	29	40	31**	34***	31*	24	34*	14.5*	-20.0***	-16.5**
25 - 34	23	26	28	26	22	24	20	24.6	4.6	-3.4
35 - 50	24	29	24	24	24	18	21	24.6	3.6	0.6
51 - 64	19	16	18	12	19	13	26	18.9	-7.1	0.9
65+	14	7	12	12	14	14	14	9.4	-4.6	-2.6
Females										
18 - 24	34***	22***	24*	28***	20*	27***	22*	29.4**	7.4	5.4
25 - 34	24	27	19	16	17	26	21	24.9	3.9	5.9
35 - 50	19	22	18	16	18	20	19	17.4	-1.6	-0.6
51 - 64	17	9	16	10	15	14	17	14.8	-2.2	-1.2
65+	11	5	9	10	6	8	8	10.4	2.4	1.4
Ethnicity										
White	15***	18	17**	16***	16***	16***	14***	14.7***	0.7	-2.3
Hispanic	32	24	22	24	22	25	23	24.3	1.3	2.3
Black	29	27	28	33	33	27	30	35.6	5.6	7.6
Asian/Pacific Islander				17	26	27	20	23.1	3.1	
Education										
Less than High School	32***	24	26	24*	17*	21***	28***	23.4**	-4.6	-2.6
High School Graduate	24	21	20	21	23	24	23	22.5	-0.5	2.5
Some College	21	21	20	20	20	23	19	19.9	0.9	-0.1
College Graduate	15	20	18	15	16	13	14	13.8	-0.2	-4.2
Income										
Less than \$15,000	30***	22	18	20	18	22**	23*	24.5***	1.5	6.5*
\$15,000 - 24,999	23	20	19	19	19	22	24	20.2	-3.8	1.2
\$25,000 - 34,999	21	25	23	21	19	28	15	18.1	3.1	-4.9
\$35,000 - 49,999	20	22	19	21	18	16	17	21.7	4.7	2.7
\$50,000+	14	23	21	16	22	15	16	14.0	-2.0	-7.0**
Physically Active										
Did Not Meet Recommendations					22***	22*	23**	22.6*	-0.4	
Met Recommendations					15	17	17	17.3	0.3	
Overweight Status										
Overweight/Obese					21*	19	22**	20.1	-1.9	
Not Overweight					16	19	16	18.6	2.6	
Poverty Index										
SNAP Participant						24*	19**	23.3***	4.3	
All Other/ ≤ 130% FPL						24	26	24.2	-1.8	
All Other/ > 130% FPL						17	16	15.3	-0.7	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use $p < 0.01$ as the definition of "statistically significant".

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 59: Consumption of Chips and Other Fried Snack Foods, Trends 1993-2007

Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods?

	Percent who Ate Fried Snack Foods								Trends	
	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
Total	21	21	21	21	24	20	21	21.2	0.2	0.2
Sex										
Males	24*	21	23	23	27**	20	22	23.9*	1.9	0.9
Females	18	20	19	20	20	19	20	18.5	-1.5	-0.5
Males										
18 - 24	27*	37**	24	23	30	19	29	27.2*	-1.8	3.2
25 - 34	33	24	26	26	32	25	18	27.7	9.7	1.7
35 - 50	23	18	24	20	24	23	21	24.4	3.4	0.4
51 - 64	17	17	14	24	24	13	24	25.1	1.1	11.1*
65+	18	11	22	27	26	17	20	8.0	-12.0*	-14.0**
Females										
18 - 24	24	22	30***	29*	21	20*	35**	29.2*	-5.8	-0.8
25 - 34	20	19	22	20	23	24	22	22.0	0.0	0.0
35 - 50	20	23	23	22	20	20	14	15.4	1.4	-7.6*
51 - 64	14	17	12	15	21	20	18	17.0	-1.0	5.0
65+	15	17	11	14	17	9	18	12.9	-5.1	1.9
Ethnicity										
White	19***	20	20	21	24	18*	22	19.4**	-2.6	-0.6
Hispanic	22	22	23	19	20	23	20	22.9	2.9	-0.1
Black	45	22	23	30	29	22	22	34.6	12.6*	11.6
Asian/Pacific Islander				19	29	27	19	21.0	2.0	
Education										
Less than High School	15*	22	22	15***	20	16***	23	20.7**	-2.3	-1.3
High School Graduate	25	23	22	20	26	25	21	27.3	6.3	5.3
Some College	23	19	24	28	22	22	19	20.6	1.6	-3.4
College Graduate	19	19	17	19	24	15	21	16.5	-4.5	-0.5
Income										
Less than \$15,000	20	22	23	19	21	18	18	17.7	-0.3	-5.3
\$15,000 - 24,999	25	22	22	22	23	21	19	25.2	6.2	3.2
\$25,000 - 34,999	18	16	22	21	26	24	24	23.4	-0.6	1.4
\$35,000 - 49,999	21	24	16	28	25	23	24	27.3	3.3	11.3*
\$50,000+	24	19	21	22	24	18	21	21.5	0.5	0.5
Physically Active										
Did Not Meet Recommendations					23	22	22	22.9	0.9	
Met Recommendations					24	18	20	20.1	0.1	
Overweight Status										
Overweight/Obese					22	21	21	22.3	1.3	
Not Overweight					26	18	21	19.5	-1.5	
Poverty Index										
SNAP Participant						36***	22	20.9	-1.1	
All Other/ ≤ 130% FPL						15	19	19.5	0.5	
All Other/ > 130% FPL						19	20	22.4	2.4	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

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 60: Consumption of High-Fat Sweets and Breakfast Pastries

Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars?

Yesterday, did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants, or poparts?

	Percent who Ate	
	High-Fat Sweets	Breakfast Pastries
Total	40.7	15.5
Sex		
Males	41.7	19.5 ***
Females	39.8	11.7
Males		
18 - 24	41.5	20.8
25 - 34	42.3	16.2
35 - 50	36.7	22.7
51 - 64	47.7	18.3
65+	46.6	17.1
Females		
18 - 24	37.4	11.8
25 - 34	38.3	13.0
35 - 50	38.6	13.9
51 - 64	39.2	8.9
65+	48.5	8.5
Ethnicity		
White	44.8 ***	11.6 ***
Hispanic	31.6	22.5
Black	37.7	14.5
Asian/Pacific Islander	51.6	14.3
Education		
Less than High School	32.5 ***	23.6 ***
High School Graduate	37.0	15.1
Some College	43.3	15.8
College Graduate	47.6	10.5
Income		
Less than \$15,000	35.9 ***	15.2
\$15,000 - 24,999	34.5	21.4
\$25,000 - 34,999	45.3	15.8
\$35,000 - 49,999	43.7	15.0
\$50,000+	47.9	12.9
Physically Active		
Did Not Meet Recommendations	39.4	16.9
Met Recommendations	41.9	13.9
Overweight Status		
Overweight/Obese	40.8	16.6
Not Overweight	40.8	13.8
Poverty Index		
SNAP Participant	37.7 **	15.1
All Other/ ≤ 130% FPL	33.6	20.6
All Other/ > 130% - ≤ 185% FPL	37.8	17.9
All Other/ > 185% FPL	46.1	14.0

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

Chi Square Test

** p<.01

*** p<.001

2007 California Dietary Practices Survey

Table 61: Consumption of Soda

Yesterday, how many cans or glasses of regular carbonated soft drinks such as cola, lemon lime, or sweetened non-carbonated beverages such as Gatorade, Snapple, Sunny Delight, or Kool-Aid did you drink? ¹

	Percent who Drank Any Soda ²	Mean Servings of Soda ³
Total	49.9	1.2
Sex		
Males	56.2 ***	1.5 ***
Females	43.7	0.9
Males		
18 - 24	66.2 **	1.9 ^b **
25 - 34	63.9	1.8 ^b
35 - 50	54.2	1.4 ^{ab}
51 - 64	49.7	1.3 ^{ab}
65+	45.2	0.7 ^a
Females		
18 - 24	52.9 **	1.3 ^b ***
25 - 34	47.5	1.0 ^b
35 - 50	46.5	1.0 ^b
51 - 64	40.6	0.8 ^{ab}
65+	25.9	0.4 ^a
Ethnicity		
White	45.1 ***	1.1 ^{ab} **
Hispanic	60.9	1.3 ^{ab}
Black	61.7	1.6 ^b
Asian/Pacific Islander	35.2	0.9 ^a
Education		
Less than High School	60.8 ***	1.4 ^{bc} ***
High School Graduate	58.6	1.6 ^c
Some College	50.6	1.1 ^b
College Graduate	33.4	0.7 ^a
Income		
Less than \$15,000	51.1 **	1.3
\$15,000 - 24,999	59.0	1.3
\$25,000 - 34,999	56.4	1.2
\$35,000 - 49,999	49.8	1.1
\$50,000+	43.4	1.0
Physically Active		
Did Not Meet Recommendations	54.4 **	1.2
Met Recommendations	45.7	1.1
Overweight Status		
Overweight/Obese	56.1 ***	1.3 ***
Not Overweight	39.9	0.9
Poverty Index		
SNAP Participant	56.1 **	1.4 ^b ***
All Other/ ≤ 130% FPL	52.7	1.3 ^{ab}
All Other/ > 130% - ≤ 185% FPL	48.7	1.0 ^a
All Other/ > 185% FPL	44.3	1.0 ^a

¹ This includes any sweetened, non-carbonated beverages that are not 100% fruit juice.

² A box around a group of numbers signifies that differences observed within this group are statistically significant. Chi Square Test

³ 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 ANOVA

** p<.01

*** p<.001

2007 California Dietary Practices Survey

Table 61a: Consumption of Soda, Trends 1999-2007

Yesterday, how many cans or glasses of regular carbonated soft drinks such as cola, lemon lime, or sweetened non carbonated beverages such as Gatorade, Snapple, Sunny Delight, or Kool-Aid did you drink? ¹

	Percent who Drank Soda					Trends			
	1999	2001	2003	2005	2007	2001-07	2003-07	2005-07	1999-07
Total	47	49	52	48	49.9	0.9	-2.1	1.9	2.9
Sex									
Males	53***	55***	58***	53***	56.2***	1.2	-1.8	3.2	3.2
Females	41	43	48	43	43.7	0.7	-4.3	0.7	2.7
Males									
18 - 24	66***	68**	63**	54**	66.2**	-1.8	3.2	12.2	0.2
25 - 34	61	56	67	62	63.9	7.9	-3.1	1.9	2.9
35 - 50	57	54	58	56	54.2	0.2	-3.8	-1.8	-2.8
51 - 64	39	51	50	49	49.7	-1.3	-0.3	0.7	10.7
65+	36	43	47	38	45.2	2.2	-1.8	7.2	9.2
Females									
18 - 24	60***	58***	64***	52**	52.9**	-5.1	-11.1	0.9	-7.1
25 - 34	49	55	54	48	47.5	-7.5	-6.5	-0.5	-1.5
35 - 50	40	38	51	46	46.5	8.5*	-4.5	0.5	6.5
51 - 64	32	36	39	42	40.6	4.6	1.6	-1.4	8.6
65+	28	32	29	27	25.9	-6.1	-3.1	-1.1	-2.1
Ethnicity									
White	45**	45***	49**	43***	45.1***	0.1	-3.9	2.1	0.1
Hispanic	55	56	61	62	60.9	4.9	-0.1	-1.1	5.9
Black	53	59	61	49	61.7	2.7	0.7	12.7	8.7
Asian/Pacific Islander	39	46	54	35	35.2	-10.8	-18.8*	0.2	-3.8
Education									
Less than High School	54***	53*	57***	59***	60.8***	7.8	3.8	1.8	6.8
High School Graduate	53	52	60	51	58.6	6.6*	-1.4	7.6*	5.6
Some College	51	49	54	47	50.6	1.6	-3.4	3.6	-0.4
College Graduate	37	44	44	39	33.4	-10.6**	-10.6**	-5.6	-3.6
Income									
Less than \$15,000	48**	47	56	50*	51.1**	4.1	-4.9	1.1	3.1
\$15,000 - 24,999	54	53	52	54	59.0	6.0	7.0	5.0	5.0
\$25,000 - 34,999	40	44	54	51	56.4	12.4	2.4	5.4	16.4**
\$35,000 - 49,999	48	58	56	45	49.8	-8.2	-6.2	4.8	1.8
\$50,000+	41	46	50	43	43.4	-2.6	-6.6*	0.4	2.4
Physically Active									
Did Not Meet Recommendations		51	56**	54***	54.4**	3.4	-1.6	0.4	
Met Recommendations		46	48	42	45.7	-0.3	-2.3	3.7	
Overweight Status									
Overweight/Obese		53**	56**	53***	56.1***	3.1	0.1	3.1	
Not Overweight		45	48	41	39.9	-5.1*	-8.1**	-1.1	
Poverty Index									
SNAP Participant			68**	59***	56.1***		-11.9*	-2.9	
All Other/ ≤ 130% FPL			57	52	52.7		-4.3	0.7	
All Other/ > 130% FPL			50	43	45.0		-5.0**	2.0	

¹ This includes any sweetened, non-carbonated beverages that are not 100% fruit juice.

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

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

2007 California Dietary Practices Survey

Table 62a: Consumption of High Calorie, Low Nutrient Foods

Yesterday did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants or poparts?

Yesterday did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?

Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods?

Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars?

	Mean Number of High Calorie, Low Nutrient Foods Reported
Total	1.0
Sex	
Males	1.1
Females	0.9
Males	
18 - 24	1.0
25 - 34	1.1
35 - 50	1.1
51 - 64	1.1
65+	0.8
Females	
18 - 24	1.1 ^a *
25 - 34	1.0 ^a
35 - 50	0.9 ^a
51 - 64	0.8 ^a
65+	0.8 ^a
Ethnicity	
White	0.9 ^a **
Hispanic	1.0 ^{ab}
Black	1.2 ^b
Asian/Pacific Islander	1.1 ^{ab}
Education	
Less than High School	1.0
High School Graduate	1.0
Some College	1.0
College Graduate	0.9
Income	
Less than \$15,000	0.9
\$15,000 - 24,999	1.0
\$25,000 - 34,999	1.0
\$35,000 - 49,999	1.1
\$50,000+	1.0
Physically Active	
Did Not Meet Recommendations	1.0
Met Recommendations	0.9
Overweight Status	
Overweight/Obese	1.0
Not Overweight	0.9
Poverty Index	
SNAP Participant	1.0
All Other/ ≤ 130% FPL	1.0
All Other/ > 130% - ≤ 185% FPL	1.0
All Other/ > 185% FPL	1.0

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