

2009 California Dietary Practices Survey

Table 58: Reported Consumption of Deep-Fried Foods, Trends 1993-2009

Yesterday how many servings of deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings did you have?

	Percent who Reported Eating Deep-Fried Foods									Trends	
	1993	1995	1997	1999	2001	2003	2005	2007	2009	2007-09	1997-09
Total	21	21	20	19	19	19	20	19.7	23.0	3.3*	3.0*
<i>Sex</i>											
Males	22	25**	23**	22**	23***	19	23*	20.4	24.3	3.9	1.3
Females	20	18	17	16	16	19	18	19.0	21.6	2.6	4.6*
<i>Males</i>											
18 - 24	29	40	31**	34***	31*	24	34*	14.5*	37.9***	23.4***	6.9
25 - 34	23	26	28	26	22	24	20	24.6	20.9	-3.7	-7.1
35 - 50	24	29	24	24	24	18	21	24.6	27.9	3.3	3.9
51 - 64	19	16	18	12	19	13	26	18.9	14.3	-4.6	-3.7
65+	14	7	12	12	14	14	14	9.4	20.6	11.2*	8.6
<i>Females</i>											
18 - 24	34***	22***	24*	28***	20*	27***	22*	29.4**	33.7**	4.3	9.7
25 - 34	24	27	19	16	17	26	21	24.9	24.2	-0.7	5.2
35 - 50	19	22	18	16	18	20	19	17.4	22.2	4.8	4.2
51 - 64	17	9	16	10	15	14	17	14.8	15.8	1.0	-0.2
65+	11	5	9	10	6	8	8	10.4	14.4	4.0	5.4
<i>Ethnicity</i>											
White	15***	18	17**	16***	16***	16***	14***	14.7***	20.2**	5.5**	3.2
Hispanic	32	24	22	24	22	25	23	24.3	27.5	3.2	5.5
Black	29	27	28	33	33	27	30	35.6	31.1	-4.5	3.1
Asian/Pacific Islander				17	26	27	20	23.1	20.1	-3.0	
<i>Education</i>											
Less than High School	32***	24	26	24*	17*	21***	28***	23.4**	31.2***	7.8*	5.2
High School Graduate	24	21	20	21	23	24	23	22.5	28.1	5.6	8.1**
Some College	21	21	20	20	20	23	19	19.9	23.2	3.3	3.2
College Graduate	15	20	18	15	16	13	14	13.8	13.2	-0.6	-4.8*
<i>Income</i>											
Less than \$15,000	30***	22	18	20	18	22**	23*	24.5***	26.3***	1.8	8.3**
\$15,000 - 24,999	23	20	19	19	19	22	24	20.2	24.2	4.0	5.2
\$25,000 - 34,999	21	25	23	21	19	28	15	18.1	33.3	15.2**	10.3*
\$35,000 - 49,999	20	22	19	21	18	16	17	21.7	14.8	-6.9	-4.2
\$50,000+	14	23	21	16	22	15	16	14.0	17.5	3.5	-3.5
<i>Physically Active</i>											
Did Not Meet Recommendations					22***	22*	23**	22.6*	25.8**	3.2	
Met Recommendations					15	17	17	17.3	17.3	0.0	
<i>Overweight Status</i>											
Overweight/Obese					21*	19	22**	20.1	25.0*	4.9*	
Not Overweight					16	19	16	18.6	20.0	1.4	

N=1,451

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 Dietary Practices Survey

Table 59: Reported Consumption of Chips and Other Fried Snack Foods, Trends 1993-2009

Yesterday, how many servings of potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods did you have?

	Percent who Reported Eating Fried Snack Foods									Trends	
	1993	1995	1997	1999	2001	2003	2005	2007	2009	2007-09	1997-09
Total	21	21	21	21	24	20	21	21.2	22.2	1.0	1.2
<i>Sex</i>											
Males	24 *	21	23	23	27 **	20	22	23.9 *	24.9 *	1.0	1.9
Females	18	20	19	20	20	19	20	18.5	19.6	1.1	0.6
<i>Males</i>											
18 - 24	27 *	37 **	24	23	30	19	29	27.2 *	35.6 *	8.4	11.6
25 - 34	33	24	26	26	32	25	18	27.7	24.1	-3.6	-1.9
35 - 50	23	18	24	20	24	23	21	24.4	25.4	1.0	1.4
51 - 64	17	17	14	24	24	13	24	25.1	20.1	-5.0	6.1
65+	18	11	22	27	26	17	20	8.0	17.6	9.6	-4.4
<i>Females</i>											
18 - 24	24	22	30 ***	29 *	21	20 *	35 **	29.2 *	22.1	-7.1	-7.9
25 - 34	20	19	22	20	23	24	22	22.0	18.0	-4.0	-4.0
35 - 50	20	23	23	22	20	20	14	15.4	21.1	5.7	-1.9
51 - 64	14	17	12	15	21	20	18	17.0	20.9	3.9	8.9*
65+	15	17	11	14	17	9	18	12.9	15.3	2.4	4.3
<i>Ethnicity</i>											
White	19 ***	20	20	21	24	18 *	22	19.4 **	23.7	4.3*	3.7
Hispanic	22	22	23	19	20	23	20	22.9	21.6	-1.3	-1.4
Black	45	22	23	30	29	22	22	34.6	25.6	-9.0	2.6
Asian/Pacific Islander				19	29	27	19	21.0	16.7	-4.3	16.7
<i>Education</i>											
Less than High School	15 *	22	22	15 ***	20	16 ***	23	20.7 **	16.5 **	-4.2	-5.5
High School Graduate	25	23	22	20	26	25	21	27.3	27.5	0.2	5.5
Some College	23	19	24	28	22	22	19	20.6	25.0	4.4	1.0
College Graduate	19	19	17	19	24	15	21	16.5	19.5	3.0	2.5
<i>Income</i>											
Less than \$15,000	20	22	23	19	21	18	18	17.7	21.3	3.6	-1.7
\$15,000 - 24,999	25	22	22	22	23	21	19	25.2	28.0	2.8	6.0
\$25,000 - 34,999	18	16	22	21	26	24	24	23.4	17.9	-5.5	-4.1
\$35,000 - 49,999	21	24	16	28	25	23	24	27.3	26.8	-0.5	10.8*
\$50,000+	24	19	21	22	24	18	21	21.5	20.2	-1.3	-0.8
<i>Physically Active</i>											
Did Not Meet Recommendations					23	22	22	22.9	21.3	-1.6	
Met Recommendations					24	18	20	20.1	21.2	1.1	
<i>Overweight Status</i>											
Overweight/Obese					22	21	21	22.3	23.1	0.8	
Not Overweight					26	18	21	19.5	21.3	1.8	

N=1,451

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 Dietary Practices Survey

Table 60: Reported Consumption of High-Fat Sweets and Breakfast Pastries

Yesterday, how many servings of desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars did you have?

Yesterday, how many servings of breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants, or poptarts did you have?

	Percent who Reported Eating	
	High-Fat Sweets	Breakfast Pastries
Total	44.7	14.2
<i>Sex</i>		
Males	47.5 *	15.6
Females	41.9	12.8
<i>Males</i>		
18 - 24	23.1 ***	6.7
25 - 34	46.5	19.0
35 - 50	46.3	16.8
51 - 64	60.0	16.5
65+	63.8	14.7
<i>Females</i>		
18 - 24	47.9 *	10.6
25 - 34	32.0	12.8
35 - 50	40.9	14.0
51 - 64	43.2	10.1
65+	50.9	15.5
<i>Ethnicity</i>		
White	50.3 ***	10.2 ***
Hispanic	31.0	24.6
Black	47.8	12.2
Asian/Pacific Islander	49.3	9.3
<i>Education</i>		
Less than High School	30.9 ***	25.7 ***
High School Graduate	38.5	12.7
Some College	49.1	11.8
College Graduate	55.1	10.0
<i>Income</i>		
Less than \$15,000	38.5 ***	16.5 **
\$15,000 - 24,999	48.1	20.5
\$25,000 - 34,999	35.0	12.2
\$35,000 - 49,999	50.0	9.8
\$50,000+	52.1	10.8
<i>Physically Active</i>		
Did Not Meet Recommendations	46.2	14.1 *
Met Recommendations	43.0	8.9
<i>Overweight Status</i>		
Overweight/Obese	44.6	15.1
Not Overweight	45.5	12.8
<i>SNAP/CalFresh Status, % FPL</i>		
Participant, ≤ 130%	41.6 ***	15.7 **
Likely Eligible, ≤ 130%	31.7	20.2
Potentially Eligible, 131 - 185%	61.4	21.1
Not Eligible, > 185%	51.3	10.1

N=1,451

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 Dietary Practices Survey

Table 61: Reported Consumption of Sugar-Sweetened Beverages (SSBs)

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 Reported Drinking Any SSBs ²	Mean Servings of SSBs ³
Total	49.9	1.1
<i>Sex</i>		
Males	56.9 ***	1.3 ***
Females	43.0	0.9
<i>Males</i>		
18 - 24	68.3 ***	1.5 ^b **
25 - 34	65.4	1.5 ^b
35 - 50	60.2	1.5 ^b
51 - 64	40.7	1.1 ^{ab}
65+	40.6	0.6 ^a
<i>Females</i>		
18 - 24	63.2 ***	1.4 ^c ***
25 - 34	48.3	1.1 ^b ^c
35 - 50	39.5	0.7 ^{ab}
51 - 64	38.1	0.8 ^{ab}
65+	32.4	0.5 ^a
<i>Ethnicity</i>		
White	43.5 ***	1.1
Hispanic	59.7	1.1
Black	50.0	1.1
Asian/Pacific Islander	53.2	0.9
<i>Education</i>		
Less than High School	52.5 *	1.1 ^{ab} **
High School Graduate	55.1	1.3 ^b
Some College	47.9	1.0 ^{ab}
College Graduate	45.0	0.9 ^a
<i>Income</i>		
Less than \$15,000	53.7	1.1 ^{abc} **
\$15,000 - 24,999	52.1	1.0 ^a
\$25,000 - 34,999	50.4	1.5 ^{bc}
\$35,000 - 49,999	45.9	1.4 ^{bc}
\$50,000+	46.2	0.9 ^a
<i>Physically Active</i>		
Did Not Meet Recommendations	51.2 **	1.1 **
Met Recommendations	42.5	0.8
<i>Overweight Status</i>		
Overweight/Obese	52.6 *	1.2 *
Not Overweight	46.4	1.0
<i>SNAP/CalFresh Status, % FPL</i>		
Participant, ≤ 130%	53.7 *	1.1
Likely Eligible, ≤ 130%	50.9	1.3
Potentially Eligible, 131 - 185%	38.6	1.1
Not Eligible, > 185%	46.0	1.0

N=1,451

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 procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

2009 California Dietary Practices Survey

Table 61a: Reported Consumption of Sugar-Sweetened Beverages (SSBs), Trends 1999-2009

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 Reported Drinking Any SSBs ¹						Trends	
	1999	2001	2003	2005	2007	2009	2007-09	1999-09
Total	47	49	52	48	49.9	49.9	0.0	2.9
<i>Sex</i>								
Males	53 ***	55 ***	58 ***	53 ***	56.2 ***	56.9 ***	0.7	3.9
Females	41	43	48	43	43.7	43.0	-0.7	2.0
<i>Males</i>								
18 - 24	66 ***	68 **	63 **	54 **	66.2 **	68.3 ***	2.1	2.3
25 - 34	61	56	67	62	63.9	65.4	1.5	4.4
35 - 50	57	54	58	56	54.2	60.2	6.0	3.2
51 - 64	39	51	50	49	49.7	40.7	-9.0	1.7
65+	36	43	47	38	45.2	40.6	-4.6	4.6
<i>Females</i>								
18 - 24	60 ***	58 ***	64 ***	52 **	52.9 **	63.2 ***	10.3	3.2
25 - 34	49	55	54	48	47.5	48.3	0.8	-0.7
35 - 50	40	38	51	46	46.5	39.5	-7.0	-0.5
51 - 64	32	36	39	42	40.6	38.1	-2.5	6.1
65+	28	32	29	27	25.9	32.4	6.5	4.4
<i>Ethnicity</i>								
White	45 **	45 ***	49 **	43 ***	45.1 ***	43.5 ***	-1.6	-1.5
Hispanic	55	56	61	62	60.9	59.7	-1.2	4.7
Black	53	59	61	49	61.7	50.0	-11.7	-3.0
Asian/Pacific Islander	39	46	54	35	35.2	53.2	18.0**	14.2*
<i>Education</i>								
Less than High School	54 ***	53 *	57 ***	59 ***	60.8 ***	52.5 *	-8.3*	-1.5
High School Graduate	53	52	60	51	58.6	55.1	-3.5	2.1
Some College	51	49	54	47	50.6	47.9	-2.7	-3.1
College Graduate	37	44	44	39	33.4	45.0	11.6***	8.0*
<i>Income</i>								
Less than \$15,000	48 **	47	56	50 *	51.1 **	53.7	2.6	5.7
\$15,000 - 24,999	54	53	52	54	59.0	52.1	-6.9	-1.9
\$25,000 - 34,999	40	44	54	51	56.4	50.4	-6.0	10.4
\$35,000 - 49,999	48	58	56	45	49.8	45.9	-3.9	-2.1
\$50,000+	41	46	50	43	43.4	46.2	2.8	5.2
<i>Physically Active</i>								
Did Not Meet Recommendations	48 *	51	56 **	54 ***	54.4 **	51.2 **	-3.2	3.2
Met Recommendations	38	46	48	42	45.7	42.5	-3.2	4.5
<i>Overweight Status</i>								
Overweight/Obese	51 **	53 **	56 **	53 ***	56.1 ***	52.6 *	-3.5	1.6
Not Overweight	43	45	48	41	39.9	46.4	6.5*	3.4

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

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 Dietary Practices Survey

Table 61b: Reported Consumption of Energy Drinks

Yesterday, how many cans of energy drinks, such as Red Bull, Rockstar, or Monster, did you drink?

	Percent who Reported Drinking Any Energy Drinks
Total	3.9
<i>Sex</i>	
Males	5.5 **
Females	2.4
<i>Males</i>	
18 - 24	Insufficient Sample Size for Analysis
25 - 34	
35 - 50	
51 - 64	
65+	
<i>Females</i>	
18 - 24	Insufficient Sample Size for Analysis
25 - 34	
35 - 50	
51 - 64	
65+	
<i>Ethnicity</i>	
White	3.4 **
Hispanic	6.6
Black	2.2
Asian/Pacific Islander	1.0
<i>Education</i>	
Less than High School	8.2 ***
High School Graduate	4.7
Some College	4.4
College Graduate	0.2
<i>Income</i>	
Less than \$15,000	4.3 *
\$15,000 - 24,999	5.3
\$25,000 - 34,999	0.8
\$35,000 - 49,999	7.4
\$50,000+	2.5
<i>Physically Active</i>	
Did Not Meet Recommendations	4.6 *
Met Recommendations	2.1
<i>Overweight Status</i>	
Overweight/Obese	4.3
Not Overweight	2.5
<i>SNAP/CalFresh Status, % FPL</i>	
Participant, ≤ 130%	4.8 *
Likely Eligible, ≤ 130%	6.1
Potentially Eligible, 131 - 185%	4.2
Not Eligible, > 185%	1.9

N=1,451

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 Dietary Practices Survey

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

Yesterday, how many servings of breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants, or poptarts did you have?

Yesterday how many servings of deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings did you have?

Yesterday, how many servings of potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods did you have?

Yesterday, how many servings of desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars did you have?

	Mean Servings of High Calorie, Low Nutrient Foods
Total	1.5
<i>Sex</i>	
Males	1.6 **
Females	1.3
<i>Males</i>	
18 - 24	1.6
25 - 34	1.5
35 - 50	1.7
51 - 64	1.4
65+	1.5
<i>Females</i>	
18 - 24	1.7
25 - 34	1.2
35 - 50	1.4
51 - 64	1.2
65+	1.3
<i>Ethnicity</i>	
White	1.5 ^{ab} *
Hispanic	1.5 ^{ab}
Black	1.8 ^b
Asian/Pacific Islander	1.2 ^a
<i>Education</i>	
Less than High School	1.6 ^b *
High School Graduate	1.6 ^b
Some College	1.5 ^{ab}
College Graduate	1.3 ^a
<i>Income</i>	
Less than \$15,000	1.5 ^{ab} *
\$15,000 - 24,999	1.7 ^b
\$25,000 - 34,999	1.5 ^{ab}
\$35,000 - 49,999	1.5 ^{ab}
\$50,000+	1.3 ^a
<i>Physically Active</i>	
Did Not Meet Recommendations	1.5 **
Met Recommendations	1.2
<i>Overweight Status</i>	
Overweight/Obese	1.5
Not Overweight	1.4
<i>SNAP/CalFresh Status, % FPL</i>	
Participant, ≤ 130%	1.6 ^b **
Likely Eligible, ≤ 130%	1.6 ^{ab}
Potentially Eligible, 131 - 185%	1.8 ^{ab}
Not Eligible, > 185%	1.3 ^a

N=1,451

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

2009 California Dietary Practices Survey

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

Yesterday, how many servings of breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants, or poparts did you have:
 Yesterday how many servings of deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings did you have:
 Yesterday, how many servings of potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods did you have:
 Yesterday, how many servings of desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars did you have:

	Reported High Calorie Low Nutrient Foods, Percent		
	0	1	2+
Total	31.5	31.5	37.0
<i>Sex</i>			
Males	29.1	29.7	41.3
Females	33.8	33.4	32.8
<i>Males</i>			
18 - 24	34.0	20.4	45.6
25 - 34	31.0	26.6	42.4
35 - 50	30.2	27.8	42.0
51 - 64	26.6	36.7	36.7
65+	19.1	41.2	39.7
<i>Females</i>			
18 - 24	22.1	42.1	35.8
25 - 34	39.9	31.1	29.1
35 - 50	36.6	26.3	37.0
51 - 64	36.0	36.0	28.1
65+	25.9	41.7	32.4
<i>Ethnicity</i>			
White	29.8	31.8	38.4
Hispanic	34.5	28.3	37.2
Black	27.8	27.8	44.4
Asian/Pacific Islander	34.5	37.9	27.6
<i>Education</i>			
Less than High School	37.1	23.4	39.6
High School Graduate	32.0	27.6	40.4
Some College	27.3	33.5	39.2
College Graduate	30.9	38.2	30.9
<i>Income</i>			
Less than \$15,000	36.1	26.3	37.6
\$15,000 - 24,999	26.6	28.9	44.5
\$25,000 - 34,999	27.4	37.1	35.5
\$35,000 - 49,999	32.0	32.0	36.1
\$50,000+	29.8	35.7	34.5
<i>Physically Active</i>			
Did Not Meet Recommendations	30.4	30.2	39.5
Met Recommendations	34.6	36.4	29.0
<i>Overweight Status</i>			
Overweight/Obese	30.8	30.7	38.4
Not Overweight	31.9	32.8	35.3
<i>SNAP/CalFresh Status, % FPL</i>			
Participant, ≤ 130%	32.7	27.3	39.9
Likely Eligible, ≤ 130%	35.8	25.9	38.3
Potentially Eligible, 131 - 185%	20.0	38.6	41.4
Not Eligible, > 185%	29.0	37.3	33.7

N=1,451

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