

## 2005 California Dietary Practices Survey

**Table 24: Persons Who Drank Any Milk**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast food milk shake, chai, latte, or have milk on cereal?*

	Percent Who Drank Milk
<b>Total</b>	<b>58</b>
<i>Sex</i>	
Males	57
Females	59
<i>Males</i>	
18 - 24	58
25 - 34	54
35 - 50	36
51 - 64	58
65+	66
<i>Females</i>	
18 - 24	65
25 - 34	57
35 - 50	60
51 - 64	54
65+	57
<i>Ethnicity</i>	
White	58
Hispanic	69
Black	48
Asian/Pacific Islander	46
<i>Education</i>	
Less than High School	66
High School Graduate	61
Some College	50
College Graduate	54
<i>Income</i>	
Less than \$15,000	59
\$15,000 - 24,999	58
\$25,000 - 34,999	57
\$35,000 - 49,999	53
\$50,000+	59
<i>Physically Active</i>	
Did Not Meet Recommendations	60
Met Recommendations	58
<i>Overweight Status</i>	
Overweight/Obese	59
Not Overweight	56
<i>Poverty Index</i>	
Food Stamp Participants	66
All Other Respondents/ ≤ 130% FPL	60
All Other Respondents/ > 130% FPL	55

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 25: Consumption of Whole Milk (Out of Milk Drinkers)**

Base: Out of milk drinkers

Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?

	Percent Who Drank Whole Milk
<b>Total</b>	<b>22</b>
<i>Sex</i>	
Males	23
Females	21
<i>Males</i>	
18 - 24	11
25 - 34	41
35 - 50	36
51 - 64	26
65+	11
<i>Females</i>	
18 - 24	23
25 - 34	21
35 - 50	29
51 - 64	14
65+	11
<i>Ethnicity</i>	
White	18
Hispanic	27
Black	36
Asian/Pacific Islander	24
<i>Education</i>	
Less than High School	33
High School Graduate	20
Some College	23
College Graduate	13
<i>Income</i>	
Less than \$15,000	26
\$15,000 - 24,999	28
\$25,000 - 34,999	22
\$35,000 - 49,999	32
\$50,000+	14
<i>Physically Active</i>	
Did Not Meet Recommendations	26
Met Recommendations	17
<i>Overweight Status</i>	
Overweight/Obese	24
Not Overweight	20
<i>Poverty Index</i>	
Food Stamp Participants	29
All Other Respondents/ ≤ 130% FPL	26
All Other Respondents/ > 130% FPL	19

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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## 2005 California Dietary Practices Survey

**Table 26: Consumption of Low Fat Milk (Out of Milk Drinkers)**

Base: Out of Milk Drinkers

Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?

	Percent Who Drank Low Fat <sup>1</sup> Milk
<b>Total</b>	<b>39</b>
<i>Sex</i>	
Males	37
Females	41
<i>Males</i>	
18 - 24	26
25 - 34	36
35 - 50	40
51 - 64	36
65+	42
<i>Females</i>	
18 - 24	28
25 - 34	35
35 - 50	35
51 - 64	57
65+	52
<i>Ethnicity</i>	
White	50
Hispanic	25
Black	20
Asian/Pacific Islander	39
<i>Education</i>	
Less than High School	29
High School Graduate	30
Some College	34
College Graduate	57
<i>Income</i>	
Less than \$15,000	32
\$15,000 - 24,999	26
\$25,000 - 34,999	24
\$35,000 - 49,999	37
\$50,000+	54
<i>Physically Active</i>	
Did Not Meet Recommendations	33
Met Recommendations	46
<i>Overweight Status</i>	
Overweight/Obese	36
Not Overweight	43
<i>Poverty Index</i>	
Food Stamp Participants	28
All Other Respondents/ ≤ 130% FPL	31
All Other Respondents/ > 130% FPL	46

<sup>1</sup> Low fat milk is used to refer to nonfat or 1% milk.

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 27: Consumption of Cheese**

*Yesterday, how many times did you have cheese, for example cheeseburger, pizza, in a casserole, on a sandwich or as a snack?*

	<b>Percent Who Had Any Cheese</b>
<b>Total</b>	<b>53</b>
<i>Sex</i>	
Males	53
Females	52
<i>Males</i>	
18 - 24	58
25 - 34	51
35 - 50	55
51 - 64	50
65+	48
<i>Females</i>	
18 - 24	40 *
25 - 34	58
35 - 50	56
51 - 64	53
65+	47
<i>Ethnicity</i>	
White	59 ***
Hispanic	49
Black	39
Asian/Pacific Islander	35
<i>Education</i>	
Less than High School	51 **
High School Graduate	45
Some College	52
College Graduate	58
<i>Income</i>	
Less than \$15,000	49 ***
\$15,000 - 24,999	46
\$25,000 - 34,999	37
\$35,000 - 49,999	60
\$50,000+	61
<i>Physically Active</i>	
Did Not Meet Recommendations	48 **
Met Recommendations	57
<i>Overweight Status</i>	
Overweight/Obese	52
Not Overweight	53
<i>Poverty Index</i>	
Food Stamp Participants	46 **
All Other Respondents/ ≤ 130% FPL	48
All Other Respondents/ > 130% FPL	56

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Chi Square Test

\* p<.05

\*\* p<.01

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## 2005 California Dietary Practices Survey

**Table 28: Consumption of Yogurt**

*Yesterday did you eat any yogurt, not including frozen yogurt?*

	Percent Who Ate Any Yogurt
<b>Total</b>	<b>18</b>
<i>Sex</i>	
Males	14 ***
Females	22
<i>Males</i>	
18 - 24	6 ***
25 - 34	23
35 - 50	11
51 - 64	12
65+	19
<i>Females</i>	
18 - 24	16
25 - 34	24
35 - 50	20
51 - 64	26
65+	25
<i>Ethnicity</i>	
White	19
Hispanic	16
Black	16
Asian/Pacific Islander	24
<i>Education</i>	
Less than High School	15 ***
High School Graduate	13
Some College	17
College Graduate	25
<i>Income</i>	
Less than \$15,000	16 ***
\$15,000 - 24,999	19
\$25,000 - 34,999	17
\$35,000 - 49,999	23
\$50,000+	20
<i>Physically Active</i>	
Did Not Meet Recommendations	15 **
Met Recommendations	22
<i>Overweight Status</i>	
Overweight/Obese	18
Not Overweight	18
<i>Poverty Index</i>	
Food Stamp Participants	16
All Other Respondents/ ≤ 130% FPL	16
All Other Respondents/ > 130% FPL	20

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 29: Consumption of Soy**

*Yesterday, how many times did you eat soy products, such as soy beans, soy burgers, tofu, soy cheese, or soy milk?*

	Percent Ate Any Soy
<b>Total</b>	<b>13</b>
<i>Sex</i>	
Males	14
Females	12
<i>Males</i>	
18 - 24	19
25 - 34	12
35 - 50	15
51 - 64	10
65+	14
<i>Females</i>	
18 - 24	13
25 - 34	11
35 - 50	13
51 - 64	17
65+	7
<i>Ethnicity</i>	
White	15
Hispanic	8
Black	8
Asian/Pacific Islander	29
<i>Education</i>	
Less than High School	9
High School Graduate	12
Some College	10
College Graduate	19
<i>Income</i>	
Less than \$15,000	11
\$15,000 - 24,999	10
\$25,000 - 34,999	12
\$35,000 - 49,999	5
\$50,000+	18
<i>Physically Active</i>	
Did Not Meet Recommendations	10
Met Recommendations	17
<i>Overweight Status</i>	
Overweight/Obese	10
Not Overweight	17
<i>Poverty Index</i>	
Food Stamp Participants	12
All Other Respondents/ ≤ 130% FPL	11
All Other Respondents/ > 130% FPL	15

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Chi Square Test

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**2005 California Dietary Practices Survey**

**Table 30: Proportion of California Adults Who Ate High Fat Milk Products (of Persons Eating the Food)**

*Base: Out of Milk Drinkers and Cheese Eaters Respectively  
Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?  
Yesterday, was the cheese you ate regular cheese?*

	Percent	
	Whole Milk	Regular Cheese
<b>Total</b>	<b>22</b>	<b>53</b>
<i>Sex</i>		
Males	23	53
Females	21	52
<i>Males</i>		
18 - 24	11 ***	58
25 - 34	41	51
35 - 50	20	55
51 - 64	26	50
65+	11	48
<i>Females</i>		
18 - 24	23 *	40 *
25 - 34	21	58
35 - 50	29	56
51 - 64	14	53
65+	11	47
<i>Ethnicity</i>		
White	18 **	59 ***
Hispanic	27	49
Black	36	39
Asian/Pacific Islander	24	35
<i>Education</i>		
Less than High School	33 ***	51 **
High School Graduate	20	45
Some College	23	52
College Graduate	13	58
<i>Income</i>		
Less than \$15,000	26 ***	49 ***
\$15,000 - 24,999	28	46
\$25,000 - 34,999	22	37
\$35,000 - 49,999	32	60
\$50,000+	14	61
<i>Physically Active</i>		
Did Not Meet Recommendations	26 **	48 **
Met Recommendations	17	57
<i>Overweight Status</i>		
Overweight/Obese	24	52
Not Overweight	20	53
<i>Poverty Index</i>		
Food Stamp Participants	29	46 **
All Other Respondents/ ≤ 130% FPL	26	48
All Other Respondents/ > 130% FPL	19	56

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\* p<.05

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**2005 California Dietary Practices Survey**

**Table 31: Consumption of Milk, Yogurt, or Cheese (At least two different items)**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal?  
 Yesterday, how many times did you have cheese, for example cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?  
 Yesterday did you eat any yogurt, not including frozen yogurt?*

	<b>Percent Who Ate at Least Two Items</b>
<b>Total</b>	<b>40</b>
<i>Sex</i>	
Males	38
Females	42
<i>Males</i>	
18 - 24	31
25 - 34	46
35 - 50	38
51 - 64	33
65+	37
<i>Females</i>	
18 - 24	38
25 - 34	46
35 - 50	43
51 - 64	40
65+	40
<i>Ethnicity</i>	
White	43
Hispanic	41
Black	27
Asian/Pacific Islander	30
<i>Education</i>	
Less than High School	42
High School Graduate	36
Some College	37
College Graduate	43
<i>Income</i>	
Less than \$15,000	34
\$15,000 - 24,999	38
\$25,000 - 34,999	35
\$35,000 - 49,999	44
\$50,000+	46
<i>Physically Active</i>	
Did Not Meet Recommendations	37
Met Recommendations	44
<i>Overweight Status</i>	
Overweight/Obese	40
Not Overweight	38
<i>Poverty Index</i>	
Food Stamp Participants	41
All Other Respondents/ ≤ 130% FPL	36
All Other Respondents/ > 130% FPL	42

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**2005 California Dietary Practices Survey**

**Table 32: Consumption of No Milk, Yogurt, or Cheese**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal?  
 Yesterday, how many times did you have cheese, for example cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?  
 Yesterday did you eat any yogurt, not including frozen yogurt?*

	<b>Percent Who Had No Milk, Yogurt, or Cheese</b>
<b>Total</b>	<b>17</b>
<i>Sex</i>	
Males	18
Females	17
<i>Males</i>	
18 - 24	12
25 - 34	20
35 - 50	20
51 - 64	18
65+	13
<i>Females</i>	
18 - 24	23
25 - 34	17
35 - 50	14
51 - 64	16
65+	18
<i>Ethnicity</i>	
White	14
Hispanic	14
Black	29
Asian/Pacific Islander	28
<i>Education</i>	
Less than High School	14
High School Graduate	20
Some College	23
College Graduate	13
<i>Income</i>	
Less than \$15,000	17
\$15,000 - 24,999	20
\$25,000 - 34,999	26
\$35,000 - 49,999	15
\$50,000+	14
<i>Physically Active</i>	
Did Not Meet Recommendations	19
Met Recommendations	15
<i>Overweight Status</i>	
Overweight/Obese	16
Not Overweight	19
<i>Poverty Index</i>	
Food Stamp Participants	17
All Other Respondents/ ≤ 130% FPL	18
All Other Respondents/ > 130% FPL	17

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Chi Square Test

\* p<.05

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 33: Consumption of Milk, Any Milk and by Type**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal? Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?*

	Percent Who		
	Drank Any Milk	Drank Whole Milk (out of everyone)	Drank Nonfat Milk (out of everyone)
<b>Total</b>	<b>58</b>	<b>13</b>	<b>12</b>
<i>Sex</i>			
Males	57	13	12
Females	59	12	13
<i>Males</i>			
18 - 24	58	6***	8
25 - 34	54	22	12
35 - 50	55	11	13
51 - 64	58	15	10
65+	66	8	11
<i>Females</i>			
18 - 24	65	15*	9*
25 - 34	57	12	8
35 - 50	60	18	10
51 - 64	54	7	19
65+	57	6	18
<i>Ethnicity</i>			
White	58***	10***	14*
Hispanic	69	18	10
Black	48	17	4
Asian/Pacific Islander	46	11	13
<i>Education</i>			
Less than High School	66***	22***	11***
High School Graduate	61	12	6
Some College	50	12	9
College Graduate	54	7	18
<i>Income</i>			
Less than \$15,000	59	15***	9***
\$15,000 - 24,999	58	16	7
\$25,000 - 34,999	57	12	8
\$35,000 - 49,999	53	17	11
\$50,000+	59	8	18
<i>Physically Active</i>			
Did Not Meet Recommendations	60	16***	10**
Met Recommendations	58	10	15
<i>Overweight Status</i>			
Overweight/Obese	59	14	11
Not Overweight	56	11	14
<i>Poverty Index</i>			
Food Stamp Participants	66*	19***	11
All Other Respondents/ ≤ 130% FPL	60	16	9
All Other Respondents/ > 130% FPL	55	11	14

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Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 34: Range in Servings of Milk Consumed**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal? How many glasses of milk, drinks made with milk, or bowls of cereal with milk did you have yesterday?*

	Servings Drank, Percent				
	0	1	2	3+	
<b>Total</b>	<b>44</b>	<b>33</b>	<b>15</b>	<b>8</b>	
<i>Sex</i>					
Males	45	32	14	9	
Females	42	34	15	8	
<i>Males</i>					
18 - 24	42	40	7	11	
25 - 34	48	32	10	10	
35 - 50	48	26	16	10	
51 - 64	44	31	17	8	
65+	37	41	18	4	
<i>Females</i>					
18 - 24	35	40	15	10	
25 - 34	45	30	18	7	
35 - 50	41	36	15	8	
51 - 64	48	31	14	7	
65+	44	34	16	6	
<i>Ethnicity</i>					
White	45	30	14	11	***
Hispanic	32	43	17	8	
Black	54	28	14	4	
Asian/Pacific Islander	54	26	17	2	
<i>Education</i>					
Less than High School	35	41	15	9	**
High School Graduate	40	37	15	8	
Some College	52	27	12	8	
College Graduate	47	29	16	8	
<i>Income</i>					
Less than \$15,000	42	36	15	7	
\$15,000 - 24,999	42	34	14	10	
\$25,000 - 34,999	45	40	12	4	
\$35,000 - 49,999	48	30	14	8	
\$50,000+	44	30	16	10	
<i>Physically Active</i>					
Did Not Meet Recommendations	42	35	16	8	
Met Recommendations	44	32	14	10	
<i>Overweight Status</i>					
Overweight/Obese	43	33	15	9	
Not Overweight	46	32	13	9	
<i>Poverty Index</i>					
Food Stamp Participants	34	35	17	14	**
All Other Respondents/ ≤ 130% FPL	40	37	17	6	
All Other Respondents/ > 130% FPL	47	30	15	9	

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

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## 2005 California Dietary Practices Survey

**Cross Tab 35: Milk Products Consumed by Recommendations Heard**

*Have you heard of any recommendations on the total number of servings of milk products you should have every day for good health?*

*What is the total number of servings of milk products that is recommended you should have every day for good health?*

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast food milk shake, chai, latte, or have milk on cereal?*

*How many glasses of milk, drinks made with milk, or bowls of cereal with milk did you have yesterday?*

Servings of Milk Products Heard Recommended	Consumption of Milk Products, Percent	
	0 - 2 servings	3+ servings
0 - 2 servings	39	61
3+ servings	17	83

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Chi Square Test

\*\* p<.01