

**2003 California Dietary Practices Survey**  
**Table 28: Consumption of Any Milk**

Question: Yesterday, did you drink any milk, including chocolate milk, or a fast food milkshake or have milk on cereal?

	<b>Percent</b>
<b>Total</b>	<b>55</b>
<i>Sex</i>	
Males	55
Females	54
<i>Males</i>	
18 - 24	53
25 - 34	51
35 - 50	52
51 - 64	62
65+	61
<i>Females</i>	
18 - 24	61
25 - 34	54
35 - 50	50
51 - 64	50
65+	63
<i>Ethnicity</i>	
White	56
Hispanic	60
Black	44
Asian/Pacific Islander	44
<i>Education</i>	
Less than high school	56
High school graduate	55
Some college	53
College graduate	55
<i>Income</i>	
Less than \$15,000	54
\$15,000 - 24,999	58
\$25,000 - 34,999	50
\$35,000 - 49,999	55
\$50,000+	54
<i>Physically Active</i>	
Did not meet recommendations	54
Met recommendations	56
<i>Overweight Status</i>	
Overweight/Obese	55
Not overweight	54
<i>Poverty Index</i>	
Food Stamp users	53
Non Food Stamp users/ <130% FPL	57
Non Food Stamp users/ >130% FPL	54

FPL=Federal Poverty Level

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

Chi-Square Test:

\*\* p<.01

**2003 California Dietary Practices Survey**  
**Table 29: Milk Consumption by Type of Milk, Out of Milk Drinkers**

Question: Yesterday, did you drink any milk, including chocolate milk, or a fast food milkshake or have milk on cereal?

	Percent			
	Whole	2%	1%	Nonfat
<b>Total</b>	<b>29</b>	<b>30</b>	<b>19</b>	<b>22</b>
<i>Sex</i>				
Males	31	26	21	23
Females	28	33	17	22
<i>Males</i>				
18 - 24	44	14	25	17
25 - 34	39	22	23	16
35 - 50	26	32	17	25
51 - 64	22	28	21	30
65+	27	28	19	27
<i>Females</i>				
18 - 24	43	32	16	10
25 - 34	36	28	16	20
35 - 50	25	36	13	27
51 - 64	17	39	24	20
65+	17	39	24	20
<i>Ethnicity</i>				
White	21	28	24	27
Hispanic	49	33	8	9
Black	53	26	14	6
Asian/Pacific Islander	14	42	12	31
<i>Education</i>				
Less than high school	57	26	5	12
High school graduate	37	33	18	13
Some college	24	32	23	20
College graduate	16	27	22	35
<i>Income</i>				
Less than \$15,000	47	28	13	12
\$15,000 - 24,999	42	30	12	16
\$25,000 - 34,999	20	36	27	16
\$35,000 - 49,999	24	36	20	20
\$50,000+	18	27	22	33
<i>Physically Active</i>				
Did not meet recommendations	37	28	17	18
Met recommendations	21	30	21	27
<i>Overweight Status</i>				
Overweight/Obese	30	34	16	20
Not overweight	27	26	22	25
<i>Poverty Index</i>				
Food Stamp users	52	27	9	13
Non Food Stamp users/ <130% FPL	52	27	12	9
Non Food Stamp users/ >130% FPL	21	30	22	28

FPL=Federal Poverty Level

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Chi-Square Test:

\* p<.05

\*\*\* p<.001

**2003 California Dietary Practices Survey  
Table 30: Consumption of Any Cheese**

**Question: Yesterday, did you eat any cheese, like on a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?**

	<b>Percent</b>
<b>Total</b>	<b>54</b>
<i>Sex</i>	
Males	55
Females	52
<i>Males</i>	
18 - 24	70 ***
25 - 34	54
35 - 50	58
51 - 64	43
65+	48
<i>Females</i>	
18 - 24	62 **
25 - 34	54
35 - 50	56
51 - 64	44
65+	42
<i>Ethnicity</i>	
White	60 ***
Hispanic	43
Black	53
Asian/Pacific Islander	35
<i>Education</i>	
Less than high school	41 ***
High school graduate	54
Some college	58
College graduate	56
<i>Income</i>	
Less than \$15,000	46 **
\$15,000 - 24,999	52
\$25,000 - 34,999	53
\$35,000 - 49,999	57
\$50,000+	60
<i>Physically Active</i>	
Did not meet recommendations	53
Met recommendations	56
<i>Overweight Status</i>	
Overweight/Obese	53
Not overweight	55
<i>Poverty Index</i>	
Food Stamp users	56 ***
Non Food Stamp users/ <130% FPL	42
Non Food Stamp users/ >130% FPL	58

FPL=Federal Poverty Level

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Chi-Square Test:

\*\* p<.01

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2003 California Dietary Practices Survey

Table 31: Consumption of Reduced Fat Cheese, Out of Those Who Consume Cheese

Question: Yesterday, did you have any cheese? If yes, was it reduced fat, lowfat, fat free, or regular?

Base: People who reported eating cheese.

	Percent
<b>Total</b>	<b>14</b>
<i>Sex</i>	
Males	15
Females	14
<i>Males</i>	
18 - 24	18 *
25 - 34	10
35 - 50	11
51 - 64	18
65+	28
<i>Females</i>	
18 - 24	10
25 - 34	11
35 - 50	14
51 - 64	14
65+	26
<i>Ethnicity</i>	
White	14
Hispanic	17
Black	13
Asian/Pacific Islander	8
<i>Education</i>	
Less than high school	16
High school graduate	14
Some college	12
College graduate	16
<i>Income</i>	
Less than \$15,000	13
\$15,000 - 24,999	15
\$25,000 - 34,999	18
\$35,000 - 49,999	11
\$50,000+	14
<i>Physically Active</i>	
Did not meet recommendations	11 *
Met recommendations	17
<i>Overweight Status</i>	
Overweight/Obese	14
Not overweight	15
<i>Poverty Index</i>	
Food Stamp users	15
Non Food Stamp users/ <130% FPL	17
Non Food Stamp users/ >130% FPL	15

FPL=Federal Poverty Level

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Chi-Square Test:

\* p<.05

**2003 California Dietary Practices Survey  
Table 32: Consumption of Yogurt**

**Question: Yesterday, did you eat any yogurt?**

	<b>Percent</b>
<b>Total</b>	<b>13</b>
<i>Sex</i>	
Males	11 *
Females	15
<i>Males</i>	
18 - 24	15
25 - 34	9
35 - 50	11
51 - 64	12
65+	11
<i>Females</i>	
18 - 24	9 ***
25 - 34	18
35 - 50	12
51 - 64	12
65+	27
<i>Ethnicity</i>	
White	14
Hispanic	14
Black	5
Asian/Pacific Islander	15
<i>Education</i>	
Less than high school	11
High school graduate	12
Some college	12
College graduate	16
<i>Income</i>	
Less than \$15,000	10
\$15,000 - 24,999	13
\$25,000 - 34,999	12
\$35,000 - 49,999	17
\$50,000+	14
<i>Physically Active</i>	
Did not meet recommendations	11 *
Met recommendations	15
<i>Overweight Status</i>	
Overweight/Obese	12 *
Not overweight	16
<i>Poverty Index</i>	
Food Stamp users	12
Non Food Stamp users/ <130% FPL	11
Non Food Stamp users/ >130% FPL	14

FPL=Federal Poverty Level

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Chi-Square Test:

\* p<.05

\*\*\* p<.001

**2003 California Dietary Practices Survey**  
**Table 33: Consumption of Any Soy Products**

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

	<b>Percent</b>
<b>Total</b>	<b>14</b>
<i>Sex</i>	
Males	12 *
Females	15
<i>Males</i>	
18 - 24	6
25 - 34	13
35 - 50	12
51 - 64	14
65+	13
<i>Females</i>	
18 - 24	12
25 - 34	16
35 - 50	16
51 - 64	18
65+	11
<i>Ethnicity</i>	
White	15 ***
Hispanic	6
Black	7
Asian/Pacific Islander	29
<i>Education</i>	
Less than high school	8 ***
High school graduate	9
Some college	11
College graduate	21
<i>Income</i>	
Less than \$15,000	10 *
\$15,000 - 24,999	12
\$25,000 - 34,999	8
\$35,000 - 49,999	16
\$50,000+	16
<i>Physically Active</i>	
Did not meet recommendations	10 ***
Met recommendations	18
<i>Overweight Status</i>	
Overweight/Obese	10 ***
Not overweight	18
<i>Poverty Index</i>	
Food Stamp users	8
Non Food Stamp users/ <130% FPL	11
Non Food Stamp users/ >130% FPL	15

FPL=Federal Poverty Level

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Chi-Square Test:

\* p<.05

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2003 California Dietary Practices Survey

Table 34: Consumption of Any Lowfat Frozen Dairy Desserts

Question: Yesterday, did you eat any lowfat frozen dairy desserts like frozen yogurt, light ice cream, or soft serve?

	Percent
<b>Total</b>	<b>12</b>
<i>Sex</i>	
Males	12
Females	13
<i>Males</i>	
18 - 24	15
25 - 34	7
35 - 50	11
51 - 64	12
65+	18
<i>Females</i>	
18 - 24	20 *
25 - 34	10
35 - 50	10
51 - 64	11
65+	19
<i>Ethnicity</i>	
White	11 **
Hispanic	19
Black	9
Asian/Pacific Islander	12
<i>Education</i>	
Less than high school	20 ***
High school graduate	15
Some college	12
College graduate	8
<i>Income</i>	
Less than \$15,000	18 ***
\$15,000 - 24,999	16
\$25,000 - 34,999	8
\$35,000 - 49,999	12
\$50,000+	9
<i>Physically Active</i>	
Did not meet recommendations	12
Met recommendations	13
<i>Overweight Status</i>	
Overweight/Obese	14
Not overweight	11
<i>Poverty Index</i>	
Food Stamp users	17 ***
Non Food Stamp users/ <130% FPL	20
Non Food Stamp users/ >130% FPL	10

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Chi-Square Test:

\* p<.05

\*\* p<.01

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**2003 California Dietary Practices Survey**  
**Table 35: Proportion of California Adults Who Ate High Fat Milk Products**

**Question:** Yesterday, was the milk you drank whole milk?  
 Yesterday, was the cheese you ate regular cheese?  
**Base:** Out of Milk Drinkers and Cheese Eaters Respectively

	Percent	
	Whole Milk	Regular Cheese
<b>Total</b>	<b>29</b>	<b>54</b>
<i>Sex</i>		
Males	31	55
Females	28	52
<i>Males</i>		
18 - 24	44 *	70 ***
25 - 34	39	54
35 - 50	26	58
51 - 64	22	43
65+	27	48
<i>Females</i>		
18 - 24	43 **	62 **
25 - 34	36	54
35 - 50	25	56
51 - 64	17	44
65+	20	42
<i>Ethnicity</i>		
White	21 ***	60 ***
Hispanic	49	43
Black	53	53
Asian/Pacific Islander	14	35
<i>Education</i>		
Less than high school	57 ***	41 ***
High school graduate	37	54
Some college	24	58
College graduate	16	56
<i>Income</i>		
Less than \$15,000	47 ***	46 **
\$15,000 - 24,999	42	52
\$25,000 - 34,999	20	53
\$35,000 - 49,999	24	57
\$50,000+	18	60
<i>Physically Active</i>		
Did not meet recommendations	37 ***	53
Met recommendations	21	56
<i>Overweight Status</i>		
Overweight/Obese	30	53
Not overweight	27	55
<i>Poverty Index</i>		
Food Stamp users	52 ***	56 ***
Non Food Stamp users/ <130% FPL	52	42
Non Food Stamp users/ >130% FPL	21	58

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Chi-Square Test:

\* p<.05

\*\* p<.01

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2003 California Dietary Practices Survey

Table 36: Consumption of Milk, Yogurt, or Cheese (At least two different items)

Question: Yesterday, did you eat at least two items of milk, yogurt, or cheese?

	Percent
<b>Total</b>	<b>35</b>
<i>Sex</i>	
Males	36
Females	35
<i>Males</i>	
18 - 24	42
25 - 34	31
35 - 50	39
51 - 64	31
65+	35
<i>Females</i>	
18 - 24	38
25 - 34	33
35 - 50	36
51 - 64	27
65+	41
<i>Ethnicity</i>	
White	38 ***
Hispanic	35
Black	23
Asian/Pacific Islander	24
<i>Education</i>	
Less than high school	31
High school graduate	35
Some college	35
College graduate	37
<i>Income</i>	
Less than \$15,000	29
\$15,000 - 24,999	38
\$25,000 - 34,999	32
\$35,000 - 49,999	39
\$50,000+	37
<i>Physically Active</i>	
Did not meet recommendations	31 **
Met recommendations	38
<i>Overweight Status</i>	
Overweight/Obese	35
Not overweight	36
<i>Poverty Index</i>	
Food Stamp users	36
Non Food Stamp users/ <130% FPL	31
Non Food Stamp users/ >130% FPL	37

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Chi-Square Test:

\*\* p<.01

\*\*\* p<.001

**2003 California Dietary Practices Survey**  
**Table 37: Consumption of No Milk, Yogurt, or Cheese**

Question: Yesterday, did you eat any milk, yogurt, or cheese?

	<b>Percent</b>
<b>Total</b>	<b>17</b>
<i>Sex</i>	
Males	17
Females	17
<i>Males</i>	
18 - 24	7 *
25 - 34	20
35 - 50	19
51 - 64	17
65+	18
<i>Females</i>	
18 - 24	9 **
25 - 34	15
35 - 50	22
51 - 64	24
65+	11
<i>Ethnicity</i>	
White	13 ***
Hispanic	20
Black	24
Asian/Pacific Islander	31
<i>Education</i>	
Less than high school	24 *
High school graduate	17
Some college	16
College graduate	15
<i>Income</i>	
Less than \$15,000	23 **
\$15,000 - 24,999	18
\$25,000 - 34,999	20
\$35,000 - 49,999	14
\$50,000+	13
<i>Physically Active</i>	
Did not meet recommendations	17
Met recommendations	16
<i>Overweight Status</i>	
Overweight/Obese	18
Not overweight	15
<i>Poverty Index</i>	
Food Stamp users	20 **
Non Food Stamp users/ <130% FPL	23
Non Food Stamp users/ >130% FPL	14

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Chi-Square Test:

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2003 California Dietary Practices Survey**  
**Table 38: Range in Servings of Milk Consumed**

**Questions: Yesterday, did you drink any milk, including chocolate milk, or a fast-food milk shake, or have milk on cereal?  
 How many glasses of milk did you have yesterday?**

	Percent			
	0	1	2	3+
<b>Total</b>	<b>48</b>	<b>32</b>	<b>12</b>	<b>8</b>
<i>Sex</i>				
Males	47	32	12	9
Females	48	32	13	6
<i>Males</i>				
18 - 24	47	28	7	18
25 - 34	51	27	10	12
35 - 50	50	28	14	8
51 - 64	40	43	13	4
65+	41	39	16	4
<i>Females</i>				
18 - 24	43	29	19	9
25 - 34	47	37	9	7
35 - 50	52	30	12	6
51 - 64	55	33	8	4
65+	41	34	19	6
<i>Ethnicity</i>				
White	47	30	14	10
Hispanic	41	43	12	4
Black	59	23	12	6
Asian/Pacific Islander	57	35	5	3
<i>Education</i>				
Less than high school	44	37	12	6
High school graduate	47	32	14	7
Some college	51	29	13	7
College graduate	48	32	11	9
<i>Income</i>				
Less than \$15,000	48	38	10	4
\$15,000 - 24,999	44	35	13	8
\$25,000 - 34,999	54	20	16	10
\$35,000 - 49,999	47	33	14	6
\$50,000+	49	30	12	9
<i>Physically Active</i>				
Did not meet recommendations	49	34	11	6
Met recommendations	47	31	13	9
<i>Overweight Status</i>				
Overweight/Obese	48	32	13	7
Not overweight	48	31	12	9
<i>Poverty Index</i>				
Food Stamp users	48	31	12	8
Non Food Stamp users/ <130% FPL	46	43	9	3
Non Food Stamp users/ >130% FPL	48	30	12	9

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\* p<.05

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**2003 California Dietary Practices Survey**  
**Cross Tab 39: Milk Products by Recommendations Heard**

**Question: Have you heard of any recommendations on the total number of servings of milk products you SHOULD have every day for good health? What was the number of servings recommended?**

Servings of Milk Products Heard	Consumption of Milk Products, Percent	
	0-2 servings	3+ servings
0-2 servings	96	76
3+ servings	4	24

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 \*\*\* p<.001