

2003 California Dietary Practices Survey

Table 21: Consumption of Whole Grain Breads or Corn Tortillas

Question: Yesterday, did you eat any whole grain breads such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or corn tortillas?

	Percent
Total	40
<i>Sex</i>	
Males	40
Females	40
<i>Males</i>	
18 - 24	24 ***
25 - 34	37
35 - 50	39
51 - 64	45
65+	62
<i>Females</i>	
18 - 24	32 *
25 - 34	41
35 - 50	37
51 - 64	40
65+	54
<i>Ethnicity</i>	
White	43 **
Hispanic	37
Black	30
Asian/Pacific Islander	31
<i>Education</i>	
Less than high school	35 *
High school graduate	37
Some college	39
College graduate	45
<i>Income</i>	
Less than \$15,000	36
\$15,000 - 24,999	38
\$25,000 - 34,999	42
\$35,000 - 49,999	43
\$50,000+	43
<i>Physically Active</i>	
Did not meet recommendations	35 ***
Met recommendations	44
<i>Overweight Status</i>	
Overweight/Obese	40
Not overweight	41
<i>Poverty Index</i>	
Food Stamp users	40 *
Non Food Stamp users/ <130% FPL	33
Non Food Stamp users/ >130% FPL	43

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<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey
Table 22: Consumption of Breakfast Cereals

Question: Yesterday, did you eat any breakfast cereal?

	Percent
Total	34
<i>Sex</i>	
Males	35
Females	33
<i>Males</i>	
18 - 24	42 ***
25 - 34	29
35 - 50	28
51 - 64	41
65+	51
<i>Females</i>	
18 - 24	29 ***
25 - 34	29
35 - 50	25
51 - 64	34
65+	56
<i>Ethnicity</i>	
White	36
Hispanic	31
Black	29
Asian/Pacific Islander	32
<i>Education</i>	
Less than high school	31
High school graduate	35
Some college	32
College graduate	36
<i>Income</i>	
Less than \$15,000	34
\$15,000 - 24,999	36
\$25,000 - 34,999	27
\$35,000 - 49,999	33
\$50,000+	35
<i>Physically Active</i>	
Did not meet recommendations	32
Met recommendations	36
<i>Overweight Status</i>	
Overweight/Obese	31 *
Not overweight	37
<i>Poverty Index</i>	
Food Stamp users	24
Non Food Stamp users/ <130% FPL	36
Non Food Stamp users/ >130% FPL	35

FPL=Federal Poverty Level

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Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 23: Consumption of High Fiber Cereals¹

Questions: Yesterday, did you eat any breakfast cereal?
 If yes, what was it?

	Percent
Total	19
Sex	
Males	18
Females	20
Males	
18 - 24	12 ***
25 - 34	9
35 - 50	15
51 - 64	28
65+	39
Females	
18 - 24	14 ***
25 - 34	16
35 - 50	13
51 - 64	25
65+	39
Ethnicity	
White	23 ***
Hispanic	12
Black	15
Asian/Pacific Islander	10
Education	
Less than high school	13
High school graduate	18
Some college	21
College graduate	21
Income	
Less than \$15,000	14
\$15,000 - 24,999	16
\$25,000 - 34,999	20
\$35,000 - 49,999	24
\$50,000+	21
Physically Active	
Did not meet recommendations	18
Met recommendations	21
Overweight Status	
Overweight/Obese	17 *
Not overweight	22
Poverty Index	
Food Stamp users	4 ***
Non Food Stamp users/ <130% FPL	15
Non Food Stamp users/ >130% FPL	22

FPL=Federal Poverty Level

¹ High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

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Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey

Table 24: Consumption of Beans

Question: Yesterday, did you eat any beans such as kidney beans, refried beans or chili beans?

	Percent
Total	27
<i>Sex</i>	
Males	31 ***
Females	23
<i>Males</i>	
18 - 24	31
25 - 34	35
35 - 50	32
51 - 64	22
65+	35
<i>Females</i>	
18 - 24	25
25 - 34	29
35 - 50	22
51 - 64	19
65+	21
<i>Ethnicity</i>	
White	23 ***
Hispanic	46
Black	17
Asian/Pacific Islander	17
<i>Education</i>	
Less than high school	45 ***
High school graduate	24
Some college	25
College graduate	24
<i>Income</i>	
Less than \$15,000	30 **
\$15,000 - 24,999	33
\$25,000 - 34,999	30
\$35,000 - 49,999	26
\$50,000+	22
<i>Physically Active</i>	
Did not meet recommendations	28
Met recommendations	26
<i>Overweight Status</i>	
Overweight/Obese	29
Not overweight	25
<i>Poverty Index</i>	
Food Stamp users	29 **
Non Food Stamp users/ <130% FPL	36
Non Food Stamp users/ >130% FPL	24

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

*** p<.001

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Table 25: Consumption of Both Whole Grain Breads/Corn Tortillas and High Fiber Cereal

Question: Yesterday, did you eat both whole grain breads/corn tortillas and high fiber cereal?

	Percent
Total	10
<i>Sex</i>	
Males	10
Females	10
<i>Males</i>	
18 - 24	3 ***
25 - 34	2
35 - 50	8
51 - 64	17
65+	29
<i>Females</i>	
18 - 24	5 ***
25 - 34	8
35 - 50	7
51 - 64	13
65+	22
<i>Ethnicity</i>	
White	12 **
Hispanic	7
Black	8
Asian/Pacific Islander	3
<i>Education</i>	
Less than high school	10
High school graduate	9
Some college	13
College graduate	9
<i>Income</i>	
Less than \$15,000	8
\$15,000 - 24,999	10
\$25,000 - 34,999	9
\$35,000 - 49,999	11
\$50,000+	11
<i>Physically Active</i>	
Did not meet recommendations	10
Met recommendations	10
<i>Overweight Status</i>	
Overweight/Obese	9
Not overweight	11
<i>Poverty Index</i>	
Food Stamp users	3 *
Non Food Stamp users/ <130% FPL	8
Non Food Stamp users/ >130% FPL	11

FPL=Federal Poverty Level

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Chi-Square Test:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 26: Consumption of No Whole Grain Breads/Corn Tortillas, High Fiber Cereal, or Beans

Question: Yesterday, did you eat any whole grain breads/corn tortillas, high fiber cereal, or beans?

	Percent
Total	36
<i>Sex</i>	
Males	34 *
Females	39
<i>Males</i>	
18 - 24	43 ***
25 - 34	36
35 - 50	35
51 - 64	33
65+	14
<i>Females</i>	
18 - 24	47 ***
25 - 34	38
35 - 50	45
51 - 64	40
65+	23
<i>Ethnicity</i>	
White	35 ***
Hispanic	28
Black	52
Asian/Pacific Islander	56
<i>Education</i>	
Less than high school	31 *
High school graduate	40
Some college	40
College graduate	34
<i>Income</i>	
Less than \$15,000	37
\$15,000 - 24,999	36
\$25,000 - 34,999	29
\$35,000 - 49,999	34
\$50,000+	38
<i>Physically Active</i>	
Did not meet recommendations	40 *
Met recommendations	35
<i>Overweight Status</i>	
Overweight/Obese	36
Not overweight	37
<i>Poverty Index</i>	
Food Stamp users	38
Non Food Stamp users/ <130% FPL	37
Non Food Stamp users/ >130% FPL	37

FPL=Federal Poverty Level

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Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey

Table 27: Consumption of Whole Grain Breads, High Fiber Cereal¹, or Both

Question: Yesterday, did you eat any whole grain breads/corn tortillas or high fiber cereal?

	Percent		
	Whole Grain Bread	High Fiber Cereal ¹	Both
Total	40	19	10
<i>Sex</i>			
Males	40	18	10
Females	40	20	10
<i>Males</i>			
18 - 24	24 ***	12 ***	3 ***
25 - 34	37	9	2
35 - 50	39	15	8
51 - 64	45	28	17
65+	62	39	29
<i>Females</i>			
18 - 24	32 *	14 ***	5 ***
25 - 34	41	16	8
35 - 50	37	13	7
51 - 64	40	25	13
65+	54	39	22
<i>Ethnicity</i>			
White	43 **	23 ***	12 **
Hispanic	37	12	7
Black	30	15	8
Asian/Pacific Islander	31	10	3
<i>Education</i>			
Less than high school	35 *	13	10
High school graduate	37	18	9
Some college	39	21	13
College graduate	45	21	9
<i>Income</i>			
Less than \$15,000	36	14	8
\$15,000 - 24,999	38	16	10
\$25,000 - 34,999	42	20	9
\$35,000 - 49,999	43	24	11
\$50,000+	43	21	11
<i>Physically Active</i>			
Did not meet recommendations	35 ***	18	10
Met recommendations	44	21	10
<i>Overweight Status</i>			
Overweight/Obese	40	17 *	9
Not overweight	41	22	11
<i>Poverty Index</i>			
Food Stamp users	40 *	4 ***	3 *
Non Food Stamp users/ <130% FPL	33	15	8
Non Food Stamp users/ >130% FPL	43	22	11

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