

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 24: Consumption of Meat and Belief about the Number of Servings of Meat Needed for Good Health among California Adolescents**

Yesterday, how many servings of meat, poultry, fish, and eggs did you eat?

How many servings of meat, chicken or fish do you think you should eat every day to be healthy?

	Ate Meat Yesterday, Percent of Adolescents	Servings of Meat Believed Needed, Percent of Adolescents		
		0-1	2	3+
<b>Total</b>	<b>81</b>	<b>20</b>	<b>30</b>	<b>50</b>
<b>Gender</b>				
Males	85	18	30	53
Females	77	22	30	47
<b>Ethnicity</b>				
White	85	15	31	54
African American	72	22	42	36
Latino	76	30	28	43
Asian/Other	88	10	23	67
<b>Gender by Age</b>				
<b>Males</b>				
12-13	82	18	30	52
14-15	84	16	29	55
16-17	88	19	30	50
<b>Females</b>				
12-13	82	25	26	50
14-15	74	21	33	46
16-17	77	22	32	47
<b>Smoking Status</b>				
Non-Smokers	81	20	30	50
Smokers	81	21	24	55
<b>Physical Activity Status</b>				
Regular	83	17	29	53
Irregular	73	32	33	36
<b>Overweight Status</b>				
Not at Risk	82	18	29	53
At Risk/Overweight	81	24	36	41

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

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 25: Cross Tabulation of Meat Consumption among California Adolescents by Belief in the Number of Servings of Meat Needed**

Yesterday how many servings of meat, poultry, fish, and eggs did you eat?

How many servings of meat, chicken or fish do you think you should eat every day to be healthy?

Servings of Meat Believed to be Needed	Believed Number of Servings, Percent of Adolescents	Servings of Meat Eaten, Percent of Adolescents		
		0	1	2+
0-1	20	29	43	28
2	30	16	44	40
3+	50	15	24	62

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

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\*\*\*  $p < .001$