

2004 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 16: Servings of Each Milk Product (Milk, Cheese, Yogurt, and Dairy Desserts) Consumed by California Adolescents

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have yogurt or dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

| | Mean Servings ¹ of Milk Products Reported Yesterday | | | |
|---------------------------------|--|----------------------|------------|-------------------------|
| | All Milk Products | Milk | Cheese | Yogurt & Dairy Desserts |
| Total | 3.5 | 1.9 | 0.9 | 0.7 |
| Gender | | | | |
| Males | 3.9 *** | 2.2 *** | 1.0 | 0.7 |
| Females | 3.1 | 1.6 | 0.9 | 0.6 |
| Ethnicity | | | | |
| White | 4.0 ^c *** | 2.3 ^c *** | 1.0 | 0.7 |
| African American | 2.5 ^a | 1.2 ^a | 0.9 | 0.5 |
| Latino | 3.3 ^b | 1.7 ^b | 0.9 | 0.6 |
| Asian/Other | 3.3 ^b | 1.9 ^b | 0.8 | 0.7 |
| Gender by Age | | | | |
| Males | | | | |
| 12-13 | 4.2 ^b * | 2.4 | 0.9 | 0.9 ^b *** |
| 14-15 | 3.8 ^{ab} | 2.2 | 1.0 | 0.7 ^a |
| 16-17 | 3.5 ^a | 2.1 | 1.0 | 0.5 ^a |
| Females | | | | |
| 12-13 | 3.5 ^b ** | 1.7 ^b * | 1.0 | 0.7 ^b ** |
| 14-15 | 3.2 ^b | 1.7 ^{ab} | 0.9 | 0.7 ^b |
| 16-17 | 2.7 ^a | 1.4 ^a | 0.8 | 0.5 ^a |
| Smoking Status | | | | |
| Non-Smokers | 3.5 | 1.9 | 0.9 ** | 0.7 |
| Smokers | 3.9 | 2.1 | 1.2 | 0.5 |
| Physical Activity Status | | | | |
| Regular | 3.7 *** | 2.0 *** | 1.0 | 0.7 * |
| Irregular | 3.0 | 1.6 | 0.8 | 0.6 |
| Overweight Status | | | | |
| Not at Risk | 3.7 *** | 2.0 ** | 1.0 ** | 0.7 ** |
| At Risk/Overweight | 3.1 | 1.7 | 0.8 | 0.5 |
| Income Related Food Risk | | | | |
| Yes | 3.4 | 1.8 | 0.9 | 0.7 |
| No | 3.5 | 1.9 | 0.9 | 0.6 |

¹ Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal one serving.

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 (modified version of Tukey's Standardized Range Test) at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001