

2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 24: Consumption of High Protein Foods 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, poultry, fish, eggs, beans, tofu and other soy alternatives do you think you should eat every day to be healthy?

	Ate High Protein Foods Yesterday, Percent of Adolescents	Servings of Meat Believed Needed, Percent of Adolescents		
		0-1	2	3+
Total	85	17	27	56
Gender				
Males	89 ***	19	27	54
Females	82	16	26	58
Ethnicity				
White	86	11	28	61 ***
African American	85	25	21	55
Latino	83	24	29	47
Asian/Other	92	17	18	66
Gender by Age				
Males				
12-13	87	19	27	54
14-15	93	18	28	54
16-17	88	19	26	55
Females				
12-13	79	18	24	59
14-15	85	13	23	63
16-17	81	17	31	52
Smoking Status				
Non-Smokers	86	17	27	55
Smokers	78	18	19	63
Physical Activity Status				
Regular	87 ***	15	26	59 ***
Irregular	78	24	30	45
Overweight Status				
Not at Risk	85	16	25	59 *
At Risk/Overweight	87	21	30	50
Income Related Food Risk				
Yes	86	26	28	46 ***
No	85	14	27	59

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<.05

*** p<.001

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Table 91: Consumption of Soy Products among California Adolescents

Yesterday how many servings of soy foods did you eat? This would include soybeans, soy burgers, tofu, or soy milk. This does not include soy sauce or soy oil.

	Ate Soy Products Yesterday, Percent of Adolescents
Total	13
Gender	
Males	13
Females	13
Ethnicity	
White	9
African American	5
Latino	16
Asian/Other	25
Gender by Age	
Males	
12-13	14
14-15	13
16-17	12
Females	
12-13	14
14-15	13
16-17	12
Smoking Status	
Non-Smokers	13
Smokers	12
Physical Activity Status	
Regular	13
Irregular	15
Overweight Status	
Not at Risk	13
At Risk/Overweight	11
Income Related Food Risk	
Yes	18
No	12

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

Chi Square Test

* p<.05

*** p<.001