

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

Table 11: Total Servings of Whole Grain Products Eaten by California Adolescents

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels, or whole wheat tortillas, but not flour or corn tortillas.

Yesterday how many bowls of cereal did you eat?

What cereal did you eat the most of yesterday?

	Serving of Whole Grain Products ¹ Reported, Percent of Adolescents			
	0	1-3	4+	
Total	25	58	17	
Gender				
Males	22	57	21	***
Females	29	58	13	
Ethnicity				
White	18	60	22	***
African American	27	62	10	
Latino	29	58	14	
Asian/Other	33	50	17	
Gender by Age				
Males				
12-13	24	64	13	***
14-15	15	63	22	
16-17	26	45	29	
Females				
12-13	23	59	19	***
14-15	23	69	8	
16-17	42	46	11	
Smoking Status				
Non-Smokers	25	59	17	**
Smokers	38	39	23	
Physical Activity Status				
Regular	23	58	19	***
Irregular	33	56	11	
Overweight Status				
Not at Risk	24	56	20	*
At Risk/Overweight	27	60	13	
Income Related Food Risk				
Yes	34	50	16	**
No	24	59	17	

¹ Includes whole grain bread and whole wheat tortillas and cereal that is a good source of fiber (≥ 2.5 grams per serving).

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<.01

*** p<.001

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Table 15: Servings of Beans Eaten by California Adolescents

Yesterday how many servings of beans did you eat? This would include kidney beans, refried beans, chilibeans, black beans, bean soup, bean salad, or lentils.

	Percent of Adolescents			
	Servings of Beans Reported			Reported Eating Beans
	0	1	2+	
Total	73	17	9	27
Gender				
Males	70	18	12	30
Females	77	17	6	23
Ethnicity				
White	79	14	7	21
African American	69	15	16	31
Latino	66	23	11	34
Asian/Other	82	13	5	18
Gender by Age				
Males				
12-13	69	19	12	31
14-15	70	18	12	30
16-17	70	18	13	30
Females				
12-13	76	16	8	24
14-15	74	21	5	26
16-17	82	13	5	18
Smoking Status				
Non-Smokers	73	17	9	27
Smokers	77	17	7	23
Physical Activity Status				
Regular	74	16	10	26
Irregular	71	22	8	29
Overweight Status				
Not at Risk	74	18	8	26
At Risk/Overweight	77	12	11	23
Income Related Food Risk				
Yes	66	18	16	34
No	75	18	8	25

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<.01

*** p<.001