

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 26: Breakdown of the Protein Rich Foods Reported by California Children  
(Diary Sample)**

Protein Rich Foods	Mean Servings
<b>Total</b>	<b>2.3</b>
Beef, pork and other red meats <sup>1</sup>	0.6
Poultry and fish <sup>2</sup>	0.7
Processed meats <sup>3</sup>	0.4
Nuts and seeds	0.2
Eggs	0.2
Soybeans or soy products	0.0
Other protein rich foods	0.1

<sup>1</sup> This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

<sup>2</sup> This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

<sup>3</sup> This protein variable includes all processed meats (i.e. sausage, lunch meat, bacon, hot dogs, bologna, chorizzo, etc.)

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 27: Total Servings of Protein Rich Foods Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of protein did you/your child eat?

	Reported Mean Servings		
	All Protein Rich Foods	Beef, Pork and Other Red Meats <sup>1</sup>	Poultry and Fish <sup>2</sup>
<b>Total</b>	<b>2.3</b>	<b>0.6</b>	<b>0.7</b>
<b>Gender</b>			
Males	2.5 *	0.7	0.7
Females	2.2	0.6	0.7
<b>Ethnicity</b>			
White	2.3 <sup>a</sup> ***	0.6 <sup>a</sup> *	0.7 <sup>a</sup> *
African American	2.7 <sup>ab</sup>	0.5 <sup>ab</sup>	1.0 <sup>b</sup>
Latino	2.2 <sup>a</sup>	0.6 <sup>ab</sup>	0.7 <sup>a</sup>
Asian/Other	2.8 <sup>b</sup>	0.8 <sup>b</sup>	0.8 <sup>ab</sup>
<b>Food Stamp/FPL</b>			
Food Stamp Participant	2.5	0.6 <sup>ab</sup> **	0.7
No FS/ ≤130% FPL	2.5	0.8 <sup>b</sup>	0.7
No FS/ >130%-≤185% FPL	2.2	0.7 <sup>ab</sup>	0.7
No FS/ >185% FPL	2.3	0.6 <sup>a</sup>	0.7
<b>Overweight Status</b>			
Not at Risk	2.2 *	0.6	0.7 *
At Risk/Overweight	2.4	0.6	0.8
<b>Physical Activity</b>			
≥60 minutes	2.3	0.6	0.7
<60 minutes	2.4	0.6	0.7
<b>School Breakfast</b>			
Yes	2.5	0.7	0.7
No	2.3	0.6	0.7
<b>School Lunch</b>			
Yes	2.3	0.7	0.7
No	2.4	0.6	0.7
<b>Nutrition Lesson</b>			
Yes	2.4 *	0.6	0.7
No	2.2	0.6	0.7
<b>Exercise Lesson</b>			
Yes	2.4	0.6	0.7
No	2.3	0.6	0.7

<sup>1</sup> This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

<sup>2</sup> This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

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 (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 28: Range in Number of Servings of Protein Rich Foods Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of protein did you/your child eat?

	Servings of All Protein Rich Foods Reported, Percent of Children		
	0-1	2	3+
<b>Total</b>	<b>29</b>	<b>40</b>	<b>31</b>
<b>Gender</b>			
Males	27	38	35
Females	32	42	26
<b>Ethnicity</b>			
White	29	41	30
African American	29	37	34
Latino	31	43	26
Asian/Other	22	27	51
<b>Food Stamp/FPL</b>			
Food Stamp Participant	23	42	34
No FS/ ≤130% FPL	30	33	37
No FS/ >130%-≤185% FPL	36	40	24
No FS/ >185% FPL	29	42	29
<b>Overweight Status</b>			
Not at Risk	33	42	26
At Risk/Overweight	25	38	37
<b>Physical Activity</b>			
≥60 minutes	30	38	32
<60 minutes	29	42	29
<b>School Breakfast</b>			
Yes	30	33	37
No	29	42	29
<b>School Lunch</b>			
Yes	30	42	28
No	28	37	35
<b>Nutrition Lesson</b>			
Yes	29	37	33
No	29	43	28
<b>Exercise Lesson</b>			
Yes	28	41	31
No	31	38	30

Rows may not add up to 100% due to rounding.

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

Chi Square Test

\* p<.05

\*\* p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 29: Range in Number of Servings of Beef, Pork and Other Red Meats<sup>1</sup> Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of protein did you/your child eat?

	Servings of Beef, Pork and Other Red Meats Reported, Percent of Children		
	0 <sup>2</sup>	1	2+
<b>Total</b>	<b>63</b>	<b>30</b>	<b>7</b>
<b>Gender</b>			
Males	63	28	9
Females	63	33	4
<b>Ethnicity</b>			
White	66	28	6
African American	74	20	6
Latino	63	31	6
Asian/Other	49	40	11
<b>Food Stamp/FPL</b>			
Food Stamp Participant	65	29	6
No FS/ ≤130% FPL	54	30	16
No FS/ >130%-≤185% FPL	61	35	4
No FS/ >185% FPL	66	29	5
<b>Overweight Status</b>			
Not at Risk	64	30	6
At Risk/Overweight	64	29	8
<b>Physical Activity</b>			
≥60 minutes	64	30	6
<60 minutes	62	30	7
<b>School Breakfast</b>			
Yes	59	33	8
No	64	30	6
<b>School Lunch</b>			
Yes	62	31	7
No	65	29	6
<b>Nutrition Lesson</b>			
Yes	64	29	7
No	62	32	6
<b>Exercise Lesson</b>			
Yes	64	29	7
No	61	33	5

<sup>1</sup> This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

<sup>2</sup> Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

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

Chi Square Test

\* p<.05

\*\* p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 30: Range in Number of Servings of Poultry and Fish<sup>1</sup> Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of protein did you/your child eat?

	Servings of Poultry and Fish Reported, Percent of Children		
	0 <sup>2</sup>	1	2+
<b>Total</b>	<b>57</b>	<b>35</b>	<b>8</b>
<b>Gender</b>			
Males	55	36	9
Females	60	33	7
<b>Ethnicity</b>			
White	59	35	7
African American	43	46	12
Latino	58	35	7
Asian/Other	57	30	13
<b>Food Stamp/FPL</b>			
Food Stamp Participant	59	30	11
No FS/ ≤130% FPL	56	36	9
No FS/ >130%-≤185%	62	27	11
No FS/ >185% FPL	57	37	6
<b>Overweight Status</b>			
Not at Risk	60	35	5
At Risk/Overweight	54	34	12
<b>Physical Activity</b>			
≥60 minutes	57	37	6
<60 minutes	57	34	9
<b>School Breakfast</b>			
Yes	63	32	5
No	56	36	9
<b>School Lunch</b>			
Yes	57	36	7
No	57	34	9
<b>Nutrition Lesson</b>			
Yes	55	35	10
No	59	35	6
<b>Exercise Lesson</b>			
Yes	56	35	9
No	59	35	6

<sup>1</sup> This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

<sup>2</sup> Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

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

Chi Square Test

\*\* p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 31: Range in Number of Servings of Processed Meats<sup>1</sup> Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of protein did you/your child eat?

	Servings of Processed Meats Reported, Percent of Children	
	0 <sup>2</sup>	1+
<b>Total</b>	<b>80</b>	<b>20</b>
<b>Gender</b>		
Males	78	22
Females	82	18
<b>Ethnicity</b>		
White	81	19
African American	77	23
Latino	80	20
Asian/Other	79	21
<b>Food Stamp/FPL</b>		
Food Stamp Participant	69	31
No FS/ ≤130% FPL	84	16
No FS/ >130%-≤185% FPL	81	19
No FS/ >185% FPL	81	19
<b>Overweight Status</b>		
Not at Risk	81	19
At Risk/Overweight	78	22
<b>Physical Activity</b>		
≥60 minutes	79	21
<60 minutes	81	19
<b>School Breakfast</b>		
Yes	79	21
No	80	20
<b>School Lunch</b>		
Yes	80	20
No	79	21
<b>Nutrition Lesson</b>		
Yes	78	22
No	82	18
<b>Exercise Lesson</b>		
Yes	80	20
No	80	20

<sup>1</sup> This protein variable includes all processed meats (i.e. sausage, lunch meat, bacon, hot dogs, bologna, chorizzo, etc.)

<sup>2</sup> Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.