

2001 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
Total	2.3
Beef, pork and other red meats ¹	0.7
Poultry and fish ²	0.7
Processed meats ³	0.4
Nuts and seeds	0.2
Eggs	0.2
Other protein rich foods	0.1

¹ 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.).

² 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.).

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

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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 ¹	Poultry and Fish ²
Total	2.3	0.7	0.7
Gender			
Males	2.5 ***	0.8	0.7
Females	2.1	0.7	0.6
Ethnicity			
White	2.2 ^a *	0.7	0.6 ^a ***
African American	2.7 ^a	0.7	1.1 ^b
Latino	2.3 ^a	0.7	0.7 ^a
Asian/Other	2.6 ^a	0.8	0.8 ^{ab}
Income			
≤\$19,999	2.7 ^b **	1.0 ^b ***	0.7
\$20,000 - \$49,999	2.3 ^a	0.7 ^a	0.6
≥\$50,000	2.2 ^a	0.6 ^a	0.7
Federal Poverty Level			
≤ 185%	2.4 *	0.8 **	0.6
> 185%	2.2	0.6	0.7
Food Stamps			
Yes	2.8 ***	1.1 ***	0.6
No	2.2	0.7	0.7
Overweight Status			
Not at Risk	2.3	0.7	0.7
At Risk/Overweight	2.3	0.7	0.7
Physical Activity			
≥60 minutes	2.4 **	0.8 ***	0.7
<60 minutes	2.2	0.6	0.7
School Breakfast			
Yes	2.5	0.9 ***	0.7
No	2.3	0.7	0.7
School Lunch			
Yes	2.3	0.8 ***	0.7
No	2.3	0.6	0.7
Nutrition Lesson			
Yes	2.4 **	0.8	0.7
No	2.1	0.7	0.6
Exercise Lesson			
Yes	2.4 *	0.7	0.7
No	2.2	0.7	0.7

¹ 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.).

² 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

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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+	
Total	32	39	29	
Gender				
Males	25	42	33	***
Females	38	37	25	
Ethnicity				
White	36	40	24	*
African American	25	29	46	
Latino	28	41	31	
Asian/Other	29	36	35	
Income				
≤\$19,999	27	26	47	***
\$20,000 - \$49,999	32	41	28	
≥\$50,000	33	42	25	
Federal Poverty Level				
≤ 185%	27	38	34	*
> 185%	34	40	26	
Food Stamps				
Yes	26	31	44	*
No	32	40	28	
Overweight Status				
Not at Risk	33	40	27	
At Risk/Overweight	29	39	33	
Physical Activity				
≥60 minutes	27	41	32	*
<60 minutes	36	38	27	
School Breakfast				
Yes	27	38	36	
No	33	40	28	
School Lunch				
Yes	30	37	33	*
No	34	42	23	
Nutrition Lesson				
Yes	27	43	30	**
No	37	34	28	
Exercise Lesson				
Yes	28	42	30	**
No	38	34	28	

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

*** p<.001

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Table 29: Range in Number of Servings of Beef, Pork and Other Red Meats¹ 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 ²	1	2+
Total	60	33	7
Gender			
Males	60	32	8
Females	59	34	7
Ethnicity			
White	62	31	6
African American	66	23	11
Latino	56	36	7
Asian/Other	57	34	9
Income			
≤\$19,999	48	41	11
\$20,000 - \$49,999	59	34	8
≥\$50,000	63	31	6
Federal Poverty Level			
≤ 185%	52	39	8
> 185%	64	30	7
Food Stamps			
Yes	43	44	13
No	62	32	6
Overweight Status			
Not at Risk	61	33	6
At Risk/Overweight	60	32	9
Physical Activity			
≥60 minutes	54	37	9
<60 minutes	65	29	5
School Breakfast			
Yes	51	40	9
No	62	32	7
School Lunch			
Yes	54	37	9
No	68	28	4
Nutrition Lesson			
Yes	58	34	8
No	61	32	7
Exercise Lesson			
Yes	59	32	9
No	60	35	5

¹ 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.).

² 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

*** p<.001

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Table 30: Range in Number of Servings of Poultry and Fish¹ 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 ²	1	2+
Total	61	30	9
Gender			
Males	59	31	10
Females	63	30	7
Ethnicity			
White	67	27	6
African American	48	26	26
Latino	59	34	7
Asian/Other	55	32	13
Income			
≤\$19,999	56	35	10
\$20,000 - \$49,999	61	31	8
≥\$50,000	62	29	9
Federal Poverty Level			
≤ 185%	63	29	8
> 185%	60	31	9
Food Stamps			
Yes	62	31	6
No	60	30	9
Overweight Status			
Not at Risk	62	30	8
At Risk/Overweight	62	28	10
Physical Activity			
≥60 minutes	62	30	9
<60 minutes	60	31	9
School Breakfast			
Yes	60	31	9
No	61	30	9
School Lunch			
Yes	60	31	9
No	62	30	8
Nutrition Lesson			
Yes	57	34	9
No	65	26	9
Exercise Lesson			
Yes	62	31	8
No	60	30	10

¹ 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.).

² 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<.001

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Table 31: Range in Number of Servings of Processed Meats¹ 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 ²	1+
Total	79	21
Gender		
Males	75	25
Females	83	17
Ethnicity		
White	76	24
African American	76	24
Latino	82	18
Asian/Other	82	18
Income		
≤\$19,999	78	22
\$20,000 - \$49,999	78	22
≥\$50,000	80	20
Federal Poverty Level		
≤ 185%	79	21
> 185%	79	21
Food Stamps		
Yes	74	26
No	80	20
Overweight Status		
Not at Risk	80	20
At Risk/Overweight	77	23
Physical Activity		
≥60 minutes	76	24
<60 minutes	82	18
School Breakfast		
Yes	77	23
No	79	21
School Lunch		
Yes	80	20
No	77	23
Nutrition Lesson		
Yes	78	22
No	80	20
Exercise Lesson		
Yes	79	21
No	79	21

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

² 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