

2003 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	2.5
Beef, pork and other red meats ¹	0.7
Poultry and fish ²	0.7
Processed meats ³	0.5
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.)

2003 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 ¹	Poultry and Fish ²
Total	2.5	0.7	0.7
Gender			
Males	2.6 ***	0.8 ***	0.7
Females	2.3	0.6	0.7
Ethnicity			
White	2.2 ^a **	0.6	0.6 ^a ***
African American	2.7 ^{ab}	0.7	0.8 ^{ab}
Latino	2.6 ^b	0.7	0.7 ^{ab}
Asian/Other	2.6 ^{ab}	0.7	0.9 ^b
Income			
≤\$19,999	3.0 ^b ***	0.9 ^b *	0.9 ^b **
\$20,000 - \$49,999	2.5 ^a	0.6 ^a	0.7 ^b
≥\$50,000	2.3 ^a	0.7 ^{ab}	0.6 ^a
Federal Poverty Level			
≤ 185%	2.6 *	0.8 **	0.8 **
> 185%	2.4	0.6	0.6
Food Stamps			
Yes	3.4 ***	1.0 **	1.0 *
No	2.4	0.7	0.7
Overweight Status			
Not at Risk	2.3 ***	0.6 *	0.7
At Risk/Overweight	2.7	0.8	0.8
Physical Activity			
≥60 minutes	2.6 **	0.7	0.7
<60 minutes	2.3	0.6	0.7
School Breakfast			
Yes	2.9 ***	0.9 **	1.0 ***
No	2.4	0.6	0.6
School Lunch			
Yes	2.5	0.8 ***	0.8 **
No	2.4	0.5	0.6
Nutrition Lesson			
Yes	2.4	0.7	0.7
No	2.5	0.6	0.7
Exercise Lesson			
Yes	2.5	0.7 *	0.7
No	2.4	0.6	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

2003 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+	
Total	26	39	36	
Gender				
Males	21	40	40	**
Females	31	38	31	
Ethnicity				
White	34	35	31	*
African American	20	37	43	
Latino	21	41	38	
Asian/Other	19	45	36	
Income				
≤\$19,999	25	25	51	*
\$20,000 - \$49,999	27	38	35	
≥\$50,000	25	43	32	
Federal Poverty Level				
≤ 185%	25	37	37	
> 185%	26	40	35	
Food Stamps				
Yes	19	18	63	**
No	26	40	34	
Overweight Status				
Not at Risk	28	43	30	***
At Risk/Overweight	20	33	47	
Physical Activity				
≥60 minutes	24	36	40	
<60 minutes	27	42	31	
School Breakfast				
Yes	20	27	54	***
No	27	42	32	
School Lunch				
Yes	24	40	36	
No	27	38	35	
Nutrition Lesson				
Yes	26	40	34	
No	25	37	38	
Exercise Lesson				
Yes	24	39	36	
No	28	38	34	

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

2003 California Children's Healthy Eating and Exercise Practices Survey

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	62	30	8
Gender			
Males	56	33	11
Females	68	26	6
Ethnicity			
White	65	27	8
African American	64	33	3
Latino	58	33	9
Asian/Other	64	28	9
Income			
≤\$19,999	48	42	10
\$20,000 - \$49,999	66	26	8
≥\$50,000	62	30	8
Federal Poverty Level			
≤ 185%	55	34	11
> 185%	65	28	7
Food Stamps			
Yes	51	27	21
No	62	30	7
Overweight Status			
Not at Risk	63	30	7
At Risk/Overweight	61	29	10
Physical Activity			
≥60 minutes	61	29	10
<60 minutes	62	31	7
School Breakfast			
Yes	50	39	11
No	60	28	8
School Lunch			
Yes	55	35	10
No	71	23	6
Nutrition Lesson			
Yes	58	34	9
No	66	26	8
Exercise Lesson			
Yes	60	31	10
No	65	29	6

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

2003 California Children's Healthy Eating and Exercise Practices Survey

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	60	34	6
Gender			
Males	60	33	7
Females	60	36	4
Ethnicity			
White	67	30	3
African American	56	32	12
Latino	57	40	2
Asian/Other	52	29	19
Income			
≤\$19,999	51	39	10
\$20,000 - \$49,999	58	36	6
≥\$50,000	64	32	5
Federal Poverty Level			
≤ 185%	56	37	7
> 185%	62	33	5
Food Stamps			
Yes	53	32	15
No	60	35	5
Overweight Status			
Not at Risk	61	34	5
At Risk/Overweight	57	36	7
Physical Activity			
≥60 minutes	60	33	7
<60 minutes	60	36	4
School Breakfast			
Yes	47	40	13
No	63	33	4
School Lunch			
Yes	54	38	7
No	68	29	3
Nutrition Lesson			
Yes	62	31	7
No	57	39	4
Exercise Lesson			
Yes	60	34	7
No	60	36	4

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<.01

*** p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

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	71	29
Gender		
Males	68	32
Females	75	25
Ethnicity		
White	73	27
African American	61	39
Latino	70	30
Asian/Other	76	24
Income		
≤\$19,999	64	36
\$20,000 - \$49,999	71	29
≥\$50,000	73	27
Federal Poverty Level		
≤ 185%	73	27
> 185%	71	29
Food Stamps		
Yes	58	42
No	72	28
Overweight Status		
Not at Risk	77	23
At Risk/Overweight	61	39
Physical Activity		
≥60 minutes	68	32
<60 minutes	76	24
School Breakfast		
Yes	77	23
No	70	30
School Lunch		
Yes	75	25
No	66	34
Nutrition Lesson		
Yes	69	31
No	74	26
Exercise Lesson		
Yes	69	31
No	76	24

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<.05

*** p<.001