

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 14: Breakdown of the High Fiber and Whole Grain Foods  
Reported by California Children (Diary Sample)**

<b>High Fiber and Whole Grain Foods</b>	<b>Mean Servings</b>
<b>Total</b>	<b>0.7</b>
Dry Beans	0.3
High Fiber Cereal <sup>1</sup>	0.2
High Fiber Whole Grain Breads <sup>2</sup>	0.2
All Cereal <sup>3</sup>	0.6
All Whole Grain Breads <sup>4</sup>	0.6

<sup>1</sup> High fiber cereal is defined as cereal containing 3 or more grams of dietary fiber.

<sup>2</sup> High fiber whole grain bread is defined as bread containing 2 or more grams of dietary fiber.

<sup>3</sup> This includes cold and hot breakfast cereals.

<sup>4</sup> This includes all breads reported as whole grains.

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 15: Range in the Number of Servings of Dry Beans Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of dry beans did you/your child eat?

	Servings of Dry Beans Reported, Percent of Children		
	0 <sup>1</sup>	0.5+	
<b>Total</b>	<b>62</b>	<b>38</b>	
<b>Gender</b>			
Males	60	40	
Females	64	36	
<b>Ethnicity</b>			
White	72	28	***
African American	43	57	
Latino	54	46	
Asian/Other	68	32	
<b>Food Stamp/FPL</b>			
Food Stamp Participant	49	51	***
No FS/ ≤130% FPL	43	57	
No FS/ >130%-≤185% FPL	66	34	
No FS/ >185% FPL	67	33	
<b>Overweight Status</b>			
Not at Risk	64	36	
At Risk/Overweight	58	42	
<b>Physical Activity</b>			
≥60 minutes	60	40	
<60 minutes	63	37	
<b>School Breakfast</b>			
Yes	47	53	***
No	65	35	
<b>School Lunch</b>			
Yes	54	46	***
No	75	25	
<b>Nutrition Lesson</b>			
Yes	65	35	*
No	58	42	
<b>Exercise Lesson</b>			
Yes	64	36	
No	57	43	

<sup>1</sup> Categorized as having less than 0.5 servings.

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

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**Table 16: Consumption of Cereal<sup>1</sup> and High Fiber Cereal<sup>2</sup> by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

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

	1 or More Servings of Cereal <sup>3</sup>	0.5 or More Servings of High Fiber Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
<b>Total</b>	<b>40</b>	<b>21</b>	<b>31</b>
<b>Gender</b>			
Males	45*	22	31
Females	36	20	31
<b>Ethnicity</b>			
White	42	25	36
African American	34	17	29
Latino	41	19	27
Asian/Other	37	19	30
<b>Food Stamp/FPL</b>			
Food Stamp Participant	40	30***	40***
No FS/ ≤130% FPL	36	7	10
No FS/ >130%-≤185% FPL	42	14	20
No FS/ >185% FPL	41	25	37
<b>Overweight Status</b>			
Not at Risk	41	22	32
At Risk/Overweight	38	19	29
<b>Physical Activity</b>			
≥60 minutes	41	21	31
<60 minutes	40	21	31
<b>School Breakfast</b>			
Yes	38	25	30
No	41	20	31
<b>School Lunch</b>			
Yes	40	19	27*
No	41	24	37
<b>Nutrition Lesson</b>			
Yes	38	19	29
No	43	23	32
<b>Exercise Lesson</b>			
Yes	41	22	32
No	39	19	28

<sup>1</sup> This includes cold and hot breakfast cereals.

<sup>2</sup> High fiber cereal is defined as cereal containing 3 or more grams of dietary fiber.

<sup>3</sup> Categorized as having more than 0.5 servings.

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

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\* p<.05

\*\*\* p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 17: High Fiber Food Consumption by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of dry beans, cereal, and whole grain bread did you/your child eat?

	1 or More Servings of High Fiber Foods <sup>1</sup> , Percent of Children
<b>Total</b>	<b>61</b>
<b>Gender</b>	
Males	62
Females	60
<b>Ethnicity</b>	
White	56 *
African American	71
Latino	65
Asian/Other	52
<b>Food Stamp/FPL</b>	
Food Stamp Participant	66
No FS/ ≤130% FPL	65
No FS/ >130%-≤185% FPL	49
No FS/ >185% FPL	62
<b>Overweight Status</b>	
Not at Risk	61
At Risk/Overweight	60
<b>Food Stamps</b>	
Yes	66
No	60
<b>Physical Activity</b>	
≥60 minutes	63
<60 minutes	59
<b>School Breakfast</b>	
Yes	72 **
No	58
<b>School Lunch</b>	
Yes	63
No	56
<b>Nutrition Lesson</b>	
Yes	58
No	63
<b>Exercise Lesson</b>	
Yes	60
No	61

<sup>1</sup> This includes children that had at least one of the following: 0.5+ servings of dry beans, 0.5+ servings of high fiber cereal, or 0.5+ servings of high fiber whole grain bread.

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 78: Range in the Number of Servings of High Fiber Whole Grain Bread<sup>1</sup> Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of whole grain bread did you/your child eat?

	Servings of High Fiber Whole Grain Bread Reported, Percent of Children	
	0 <sup>2</sup>	0.5+
<b>Total</b>	<b>81</b>	<b>19</b>
<b>Gender</b>		
Males	82	18
Females	80	20
<b>Ethnicity</b>		
White	80	20
African American	80	20
Latino	81	19
Asian/Other	84	16
<b>Food Stamp/FPL</b>		
Food Stamp Participant	89	11
No FS/ ≤130% FPL	82	18
No FS/ >130%-≤185% FPL	89	11
No FS/ >185% FPL	78	22
<b>Overweight Status</b>		
Not at Risk	81	19
At Risk/Overweight	81	19
<b>Physical Activity</b>		
≥60 minutes	79	21
<60 minutes	82	18
<b>School Breakfast</b>		
Yes	86	14
No	80	20
<b>School Lunch</b>		
Yes	85	15
No	73	27
<b>Nutrition Lesson</b>		
Yes	78	22
No	84	16
<b>Exercise Lesson</b>		
Yes	79	21
No	84	16

<sup>1</sup> High fiber whole grain bread is defined as bread containing 2 or more grams of dietary fiber.

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

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.

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