

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 1: Healthy Eating Practices Score¹ Among California Children (N=823)

	Average California Daily Food Guide Healthy Eating Practices Score
Total	2.7
Gender	
Males	2.8
Females	2.6
Ethnicity	
White	2.7
African American	2.7
Latino	2.8
Asian/Other	2.5
Food Stamp Status, % FPL	
Participant, ≤ 130%	2.7
Likely Eligible, ≤ 130%	2.7
Potentially Eligible, 131-≤ 185%	2.7
Not Eligible, >185%	2.8
Overweight Status	
Not Overweight	2.7
Overweight/Obese	2.8
Physical Activity	
≥ 60 minutes	2.9 ***
< 60 minutes	2.6
School Breakfast	
Yes	2.9 *
No	2.7
School Lunch	
Yes	2.8
No	2.7
Nutrition Lesson	
Yes	2.8
No	2.7
Exercise Lesson	
Yes	2.7
No	2.5

¹ The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; any beans; and any whole grain bread. The maximum number of points was seven.

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<.001

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Table 2: Total Servings of Fruits and Vegetables Reported by California Children per Typical Weekday for All Eating Occasions (N=823)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads ¹	Fruits and Juices	Vegetables and Salads ¹
Total	3.1	1.8	1.3
Gender			
Males	3.0	1.7	1.3
Females	3.2	1.8	1.4
Ethnicity			
White	3.1	1.7	1.3
African American	3.2	2.0	1.2
Latino	3.2	1.8	1.3
Asian/Other	3.1	1.7	1.4
Food Stamp Status, % FPL			
Participant, ≤ 130%	3.1	1.7	1.4
Likely Eligible, ≤ 130%	3.0	1.7	1.3
Potentially Eligible, 131-≤ 185%	3.1	1.8	1.3
Not Eligible, >185%	3.2	1.8	1.4
Overweight Status			
Not Overweight	3.1	1.8	1.3
Overweight/Obese	3.1	1.6	1.4
Physical Activity			
≥ 60 minutes	3.3**	1.9**	1.4
< 60 minutes	3.0	1.6	1.3
School Breakfast			
Yes	3.8***	2.2***	1.5*
No	3.0	1.7	1.3
School Lunch			
Yes	3.2	1.8	1.4
No	3.1	1.8	1.3
Nutrition Lesson			
Yes	3.1	1.7	1.4
No	3.2	1.9	1.3
Exercise Lesson			
Yes	3.1	1.8	1.4
No	2.9	1.7	1.2

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, 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 2a: Total Cups of Fruits and Vegetables Reported by California Children per Typical Weekday for All Eating Occasions (N=823)

How many servings¹ of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

How many servings of dry beans did your child eat?

For children ages 9-11, the recommended amount of fruits and vegetables is 3-5 cups per day.¹

	Reported Mean Cups ²		
	Fruits, Juices, Vegetables and Salads ³	Fruits and Juices	Vegetables and Salads ³
Total	2.3	1.2	1.1
Gender			
Males	2.3	1.1	1.1
Females	2.3	1.2	1.1
Ethnicity			
White	2.1	1.1	1.0
African American	2.5	1.5	1.1
Latino	2.4	1.2	1.2
Asian/Other	2.1	1.1	1.0
Food Stamp Status, % FPL			
Participant, ≤ 130%	2.4	1.2	1.3
Likely Eligible, ≤ 130%	2.3	1.2	1.2
Potentially Eligible, 131-≤ 185%	2.3	1.2	1.1
Not Eligible, >185%	2.2	1.2	1.1
Overweight Status			
Not Overweight	2.2	1.2	1.0 *
Overweight/Obese	2.3	1.1	1.2 *
Physical Activity			
≥ 60 minutes	2.4 *	1.3 *	1.1
< 60 minutes	2.2	1.1	1.1
School Breakfast			
Yes	2.9 ***	1.6 ***	1.4 ***
No	2.1	1.1	1.0
School Lunch			
Yes	2.4 *	1.2	1.2 ***
No	2.1	1.2	0.9
Nutrition Lesson			
Yes	2.3	1.1	1.2 *
No	2.3	1.2	1.0
Exercise Lesson			
Yes	2.3	1.2	1.1
No	2.3	1.3	1.0

¹ Based on the 2005 *Dietary Guidelines for Americans*. Recommendations vary by age, gender, and level of physical activity.

² The following assumptions were used to convert servings to cups: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

³ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

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 3: Breakdown of the Fruits and Vegetables Reported by California Children (N=823)

Fruits and Vegetables	Mean Servings
Total	3.1
Fruits	1.2
Juices	0.6
Vegetables ¹	1.1
Salads	0.3

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

Column may not add up to the total due to rounding.

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Table 4: Servings of Fruits, Juices, and Vegetables Reported by California Children per Typical Weekday for All Eating Occasions (N=823)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits	Juices	Vegetables ¹
Total	1.2	0.6	1.1
Gender			
Males	1.1*	0.6	1.1
Females	1.3	0.5	1.1
Ethnicity			
White	1.3	0.5 ^a **	1.1
African American	1.1	0.9 ^b	0.9
Latino	1.2	0.6 ^{ab}	1.1
Asian/Other	1.2	0.5 ^a	1.2
Food Stamp Status, % FPL			
Participant, ≤ 130%	1.1	0.6	1.1
Likely Eligible, ≤ 130%	1.0	0.6	1.0
Potentially Eligible, 131-≤ 185%	1.1	0.7	1.0
Not Eligible, >185%	1.3	0.5	1.1
Overweight Status			
Not Overweight	1.3	0.5	1.1
Overweight/Obese	1.1	0.5	1.1
Physical Activity			
≥ 60 minutes	1.3*	0.6	1.1
< 60 minutes	1.1	0.5	1.0
School Breakfast			
Yes	1.3	0.9***	1.2
No	1.2	0.5	1.0
School Lunch			
Yes	1.2	0.6	1.1
No	1.3	0.5	1.1
Nutrition Lesson			
Yes	1.2	0.5*	1.1
No	1.2	0.6	1.0
Exercise Lesson			
Yes	1.2*	0.5**	1.1
No	0.8	0.8	1.0

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, 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 5: Range in Number of Servings of Salads Reported per Typical Weekday for All Eating Occasions (N=823)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Servings of Salads, Percent	
	0 ¹	1+
Total	87.3	12.7
Gender		
Males	88.5	11.5
Females	86.1	13.9
Ethnicity		
White	86.8	13.2
African American	87.9	12.1
Latino	87.6	12.4
Asian/Other	87.1	12.9
Food Stamp Status, % FPL		
Participant, ≤ 130%	88.2	11.8
Likely Eligible, ≤ 130%	86.2	13.8
Potentially Eligible, 131-≤ 185%	89.4	10.6
Not Eligible, >185%	86.9	13.1
Overweight Status		
Not Overweight	88.9	11.1
Overweight/Obese	85.5	14.5
Physical Activity		
≥ 60 minutes	85.1	14.9
< 60 minutes	89.1	10.9
School Breakfast		
Yes	83.0	17.0
No	88.5	11.5
School Lunch		
Yes	85.6	14.4
No	90.1	9.9
Nutrition Lesson		
Yes	86.4	13.6
No	88.6	11.4
Exercise Lesson		
Yes	87.4	12.6
No	86.3	13.7

¹ Categorized as having 0.5 servings or less.

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Table 6: Range in Number of Servings of Fried Potatoes¹ Reported per Typical Weekday for All Eating Occasions (N=823)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Servings of Fried Potatoes, Percent	
	0 ²	1+
Total	92.2	7.8
Gender		
Males	89.7	10.3
Females	94.6	5.4
Ethnicity		
White	92.9	7.1
African American	90.1	9.9
Latino	93.3	6.7
Asian/Other	87.5	12.5
Food Stamp Status, % FPL		
Participant, ≤ 130%	88.9	11.1
Likely Eligible, ≤ 130%	92.8	7.2
Potentially Eligible, 131-≤ 185%	91.0	9.0
Not Eligible, >185%	92.8	7.2
Overweight Status		
Not Overweight	94.5	5.5
Overweight/Obese	88.1	11.9
Physical Activity		
≥ 60 minutes	90.6	9.4
< 60 minutes	93.4	6.6
School Breakfast		
Yes	88.3	11.7
No	93.2	6.8
School Lunch		
Yes	90.5	9.5
No	94.9	5.1
Nutrition Lesson		
Yes	92.2	7.8
No	92.0	8.0
Exercise Lesson		
Yes	91.7	8.3
No	97.4	2.6

¹ This includes french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.

² Categorized as having 0.5 servings or less.

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

Chi Square Test

* p<.05

** p<.01

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Table 7: Range in Number of Servings of Fruits and Vegetables Reported by California Children per Typical Weekday for All Eating Occasions (N=823)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Servings of Fruits and Vegetables ¹ , Percent			
	0 ²	1-2	3-4	5+
Total	8.6	42.3	29.8	19.3
Gender				
Males	10.7	40.4	31.0	17.9
Females	6.6	44.1	28.7	20.7
Ethnicity				
White	8.9	39.6	34.0	17.5
African American	9.2	40.2	30.7	19.9
Latino	9.3	43.6	25.6	21.5
Asian/Other	5.6	44.9	33.4	16.1
Food Stamp Status, % FPL				
Participant, ≤ 130%	8.7	44.3	28.7	18.3
Likely Eligible, ≤ 130%	9.8	41.8	29.9	18.5
Potentially Eligible, 131-≤ 185%	7.7	45.4	30.1	16.8
Not Eligible, >185%	8.6	41.3	29.9	20.3
Overweight Status				
Not Overweight	9.3	42.8	27.8	20.2
Overweight/Obese	7.0	43.1	34.0	15.9
Physical Activity				
≥ 60 minutes	7.3	40.1	29.5	23.1
< 60 minutes	9.7	44.0	30.1	16.3
School Breakfast				
Yes	3.2	30.2	38.9	27.7
No	10.1	45.5	27.3	17.0
School Lunch				
Yes	6.7	43.3	31.1	18.8
No	11.8	40.5	27.7	20.1
Nutrition Lesson				
Yes	8.8	42.5	29.9	18.8
No	8.4	41.9	29.7	19.9
Exercise Lesson				
Yes	8.5	42.2	29.9	19.4
No	10.2	42.5	28.8	18.4

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, 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 8: Percent of Children who Reported Eating the Recommended Five or More Servings of Fruits and Vegetables on a Typical Weekday (N=823)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations ¹ , Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads ²	Both 2+ Servings of Fruits and 3+ Servings of Vegetables ²	5+ Servings of Any Fruits and Vegetables ²
Total	43.5	10.7	7.4	19.3
Gender				
Males	41.5	10.0	5.7	17.9
Females	45.5	11.4	9.1	20.7
Ethnicity				
White	43.3	11.2	8.2	17.5
African American	52.6	4.1	4.1	19.9
Latino	43.7	10.3	7.4	21.5
Asian/Other	39.6	13.5	7.0	16.1
Food Stamp Status, % FPL				
Participant, ≤ 130%	42.9	10.6	8.2	18.3
Likely Eligible, ≤ 130%	43.8	8.2	2.0	18.5
Potentially Eligible, 131-≤ 185%	45.0	9.7	8.6	16.8
Not Eligible, >185%	43.1	11.6	8.3	20.3
Overweight Status				
Not Overweight	43.3	10.8	8.2	20.2
Overweight/Obese	43.2	9.7	6.3	15.9
Physical Activity				
≥ 60 minutes	46.4	11.6	8.8	23.1 *
< 60 minutes	41.2	10.0	6.3	16.3
School Breakfast				
Yes	62.8 ***	13.7	9.2	27.7 **
No	38.2	9.9	6.9	17.0
School Lunch				
Yes	43.9	10.7	7.2	18.8
No	42.8	10.8	7.8	20.1
Nutrition Lesson				
Yes	41.5	11.9	9.0 *	18.8
No	46.2	9.2	5.2	19.9
Exercise Lesson				
Yes	43.3	11.0	7.5	19.4
No	46.2	6.7	5.6	18.4

¹ Based on the recommendation to eat five or more servings of fruits and vegetables every day for good health.

² Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 8a: Percent of Children Meeting MyPyramid Fruit and Vegetable Recommendations (N=823)

How many servings¹ of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?
 How many servings of dry beans did your child eat?

	Children Meeting Fruit and Vegetable Recommendations ^{1,2} , Percent		
	Cups of Fruit	Cups of Vegetables ³	Cups of Both Fruits and Vegetables ³
Total	29.2	11.0	5.4
Gender			
Males	26.9	7.5**	3.8*
Females	31.6	14.4	6.9
Ethnicity			
White	26.6	8.0	Insufficient Sample Size for Analysis
African American	38.5	11.9	
Latino	31.2	13.6	
Asian/Other	25.3	8.7	
Food Stamp Status, % FPL			
Participant, ≤ 130%	29.0	17.6*	8.4**
Likely Eligible, ≤ 130%	25.5	12.3	3.5
Potentially Eligible, 131-≤ 185%	38.0	14.7	11.6
Not Eligible, >185%	27.9	8.7	3.7
Overweight Status			
Not Overweight	29.2	9.0*	3.5*
Overweight/Obese	28.7	13.8	7.5
Physical Activity			
≥ 60 minutes	26.9	5.7***	1.9***
< 60 minutes	31.1	15.1	8.1
School Breakfast			
Yes	44.4***	18.0***	10.1**
No	25.1	9.0	4.1
School Lunch			
Yes	29.9	11.8	5.3
No	28.1	9.5	5.5
Nutrition Lesson			
Yes	26.4*	11.4	5.2
No	33.0	10.3	5.5
Exercise Lesson			
Yes	29.2	11.0	5.2
No	29.9	10.7	7.0

¹ The following assumptions were used to convert servings to cups: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

² Based on the 2005 Dietary Guidelines for Americans. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of fruits and vegetables is 3-5 cups per day.

³ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

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

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (N=823)

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Apples	Apples	Apples	Apples	Orange Juice	Apples	Apples
2nd	Orange Juice	Orange Juice	Apple Juice	Apple Juice	Apples	Orange Juice	Orange Juice
3rd	Apple Juice	Apple Juice	Orange Juice	Bananas	Apple Juice	Apple Juice	Bananas
4th	Bananas	Bananas	Bananas	Orange Juice	Oranges	Bananas	Fruit Juice
5th	Oranges	Fruit Juice	Strawberries	Strawberries	Fruit Juice	Oranges	Strawberries
6th	Fruit Juice ¹	Oranges	Oranges	Fruit Juice	Bananas	Strawberries	Oranges
7th	Strawberries	Strawberries	Fruit Juice	Oranges	Grapes	Fruit Juice	Apple Juice
8th	Peaches	Grapes	Peaches	Grapes	Pears	Peaches	Peaches
9th	Grapes	Mixed Fruit	Grapes	Apple Sauce	Peaches	Mixed Fruit	Watermelon
10th	Pears	Pears	Watermelon	Watermelon	Fruit Salad	Grapes	Grapes

Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad ²	Green Salad					
2nd	Carrots	Carrots	Carrots	Carrots	Tomato Sauce	Corn	Carrots
3rd	Corn	Tomato Sauce	Corn	Tomato Sauce	Green Beans	Carrots	Mixed Vegetables
4th	Tomato Sauce ³	Corn	Tomato Sauce	Corn	Corn	Tomato Sauce	Broccoli
5th	Non-Fried Potatoes ⁴	Non-Fried Potatoes	Broccoli	Broccoli	Non-Fried Potatoes	Non-Fried Potatoes	Tomato Sauce
6th	Broccoli	Lettuce	Tomatoes	Lettuce	Mixed Vegetables	Broccoli	Corn
7th	Green Beans ⁵	Green Beans	Non-Fried Potatoes	Tomatoes	Broccoli	Tomatoes	Non-Fried Potatoes
8th	Lettuce	Broccoli	Green Beans	Green Beans	Carrots	Green Beans	Green Beans
9th	Tomatoes	Mixed Vegetables	Lettuce	Non-Fried Potatoes	Tomatoes	Lettuce	Lettuce
10th	Mixed Vegetables ⁶	Tomatoes	Mixed Vegetables	Mixed Vegetables	Lettuce	Mixed Vegetables	Green Peas

¹ Fruit Juices include any unspecified 100% fruit juice or any combination 100% fruit juice, such as Juicy Juice.

² Green Salad includes tossed salad, lettuce salad, lettuce and tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads.

³ Tomato Sauce includes pizza sauce and spaghetti sauce.

⁴ Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes.

⁵ Green Beans includes green beans, string beans, beans unspecified, and all other beans.

⁶ Mixed Vegetables include mixed vegetables in casseroles, stir fry with mixed vegetables, mixed vegetables in soup/chili/stew, mixed vegetables with tomato, mixed vegetables with broccoli, all other mixed vegetables, all other mixed vegetables specified, mixed vegetables unspecified, and vegetables unspecified.

Shaded boxes or a box around a group were tied for a ranking.

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Table 10a: Children's Belief About the Number of Cups of Fruits and Vegetables Needed for Good Health Based on MyPyramid Recommendations (N=327)

How many total servings of fruits and vegetables do you think you should eat every day for good health?

	Believed Recommended Cups of Fruits and Vegetables Needed, Percent ^{1,2}	
	Yes	No
Total	43.9	56.1
Gender		
Males	39.9	60.1
Females	47.4	52.6
Ethnicity		
White	40.4	59.6
African American	41.7	58.3
Latino	44.3	55.7
Asian/Other	51.4	48.6
Food Stamp Status, % FPL		
Participant, ≤ 130%	34.4	65.6
Likely Eligible, ≤ 130%	42.2	57.8
Potentially Eligible, 131-≤ 185%	40.8	59.2
Not Eligible, >185%	46.5	53.5
Overweight Status		
Not Overweight	41.0	59.0
Overweight/Obese	48.0	52.0
Physical Activity		
≥ 60 minutes	33.6	66.4
< 60 minutes	52.4	47.6
School Breakfast		
Yes	48.7	51.3
No	42.5	57.5
School Lunch		
Yes	44.3	55.7
No	43.4	56.6
Nutrition Lesson		
Yes	43.1	56.9
No	45.1	54.9
Exercise Lesson		
Yes	44.7	55.3
No	23.9	76.1

**

¹ Excludes those reporting "don't know."

² Based on the 2005 Dietary Guidelines for Americans. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of fruits and vegetables is 3-5 cups per day.

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

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 11: Cups of Fruits and Vegetables Children Believe Are Needed Compared with Reported Fruit and Vegetable Consumption (N=327)

How many servings¹ of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

How many servings of dry beans did your child eat?

How many total cups of fruits and vegetables do you think you should eat every day for good health?

Fruit and Vegetable Belief	Percent	Ate Recommended Total Cups ^{1,2} of Fruits and Vegetables, Percent	
		Yes	No
Believed the Correct Number of Cups ²			
Yes	43.9	13.9	86.1
No	56.1	10.1	89.9

¹ The following assumptions were used to convert servings to cups: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

² Based on the 2005 *Dietary Guidelines for Americans*. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of fruits and vegetables is 3-5 cups per day.

Excludes those reporting "don't know."

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