

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 26: Breakdown of the Protein Rich Foods Reported by California Children (N=823)**

<b>Protein Rich Foods</b>	<b>Mean Servings</b>
<b>Total</b>	<b>2.4</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>	0.5
Nuts and seeds	0.3
Eggs	0.2
Soybeans or soy products	0.1
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.)

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 27: Total Servings of Protein Rich Foods Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

How many servings of protein did 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>2.4</b>	<b>0.6</b>	<b>0.7</b>
<b>Gender</b>			
Males	2.5 *	0.7 **	0.7
Females	2.3	0.5	0.7
<b>Ethnicity</b>			
White	2.3	0.6	0.6a **
African American	2.6	0.6	0.9 <sup>b</sup>
Latino	2.4	0.6	0.7 <sup>ab</sup>
Asian/Other	2.4	0.5	0.8 <sup>ab</sup>
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	2.3	0.6	0.8
Likely Eligible, ≤ 130%	2.4	0.5	0.8
Potentially Eligible, 131-≤ 185%	2.4	0.6	0.7
Not Eligible, >185%	2.4	0.6	0.7
<b>Overweight Status</b>			
Not Overweight	2.3	0.6	0.7 *
Overweight/Obese	2.5	0.6	0.8
<b>Physical Activity</b>			
≥60 minutes	2.4	0.6	0.7
<60 minutes	2.3	0.6	0.7
<b>School Breakfast</b>			
Yes	2.6 *	0.7	0.8
No	2.3	0.6	0.7
<b>School Lunch</b>			
Yes	2.3	0.6 *	0.7
No	2.5	0.5	0.7
<b>Nutrition Lesson</b>			
Yes	2.4	0.6	0.7
No	2.4	0.6	0.7
<b>Exercise Lesson</b>			
Yes	2.4	0.6	0.7
No	2.1	0.5	0.6

<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

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 28: Range in Number of Servings of Protein Rich Foods Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

How many servings of protein did your child eat?

	Servings of All Protein Rich Foods Reported, Percent of Children		
	0-1	2	3+
<b>Total</b>	<b>28.3</b>	<b>40.0</b>	<b>31.7</b>
<b>Gender</b>			
Males	22.5	44.8	32.7
Females	34.0	35.3	30.7
<b>Ethnicity</b>			
White	30.9	40.8	28.3
African American	29.3	26.6	44.0
Latino	25.7	42.8	31.5
Asian/Other	30.1	35.0	35.0
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	31.9	36.3	31.8
Likely Eligible, ≤ 130%	23.9	45.6	30.5
Potentially Eligible, 131-≤ 185%	24.3	41.2	34.5
Not Eligible, >185%	29.8	38.9	31.3
<b>Overweight Status</b>			
Not Overweight	31.3	38.3	30.4
Overweight/Obese	22.5	43.9	33.6
<b>Physical Activity</b>			
≥60 minutes	24.7	42.0	33.3
<60 minutes	31.1	38.5	30.4
<b>School Breakfast</b>			
Yes	19.7	41.8	38.6
No	30.6	39.6	29.8
<b>School Lunch</b>			
Yes	29.0	42.7	28.3
No	27.1	35.5	37.4
<b>Nutrition Lesson</b>			
Yes	30.5	37.7	31.8
No	25.2	43.2	31.6
<b>Exercise Lesson</b>			
Yes	27.4	40.3	32.3
No	38.5	36.5	25.0

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

2007 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> Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

How many servings of protein did 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>66.2</b>	<b>30.1</b>	<b>3.7</b>
<b>Gender</b>			
Males	60.2	35.8	4.0
Females	72.1	24.4	3.5
<b>Ethnicity</b>			
White	63.3	31.6	5.2
African American	65.9	28.8	5.3
Latino	66.5	31.2	2.3
Asian/Other	71.4	24.2	4.4
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	65.0	28.5	6.5
Likely Eligible, ≤ 130%	70.5	28.3	1.2
Potentially Eligible, 131-≤ 185%	60.9	36.9	2.2
Not Eligible, > 185%	66.6	29.0	4.3
<b>Overweight Status</b>			
Not Overweight	67.1	28.9	3.9
Overweight/Obese	64.4	31.8	3.8
<b>Physical Activity</b>			
≥60 minutes	61.3	35.6	3.0
<60 minutes	70.0	25.7	4.3
<b>School Breakfast</b>			
Yes	56.8	40.2	2.9
No	68.7	27.3	4.0
<b>School Lunch</b>			
Yes	61.3	35.9	2.8
No	74.2	20.5	5.3
<b>Nutrition Lesson</b>			
Yes	67.5	29.5	3.1
No	64.4	31.0	4.6
<b>Exercise Lesson</b>			
Yes	65.4	30.9	3.7
No	75.1	21.3	3.7

<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> 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

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 30: Range in Number of Servings of Poultry and Fish<sup>1</sup> Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

How many servings of protein did your child eat?

	Servings of Poultry and Fish Reported, Percent of Children		
	0 <sup>2</sup>	1	2+
<b>Total</b>	<b>58.8</b>	<b>34.3</b>	<b>6.9</b>
<b>Gender</b>			
Males	58.8	34.3	6.8
Females	58.7	34.2	7.0
<b>Ethnicity</b>			
White	64.9	30.7	4.4
African American	47.9	39.3	12.8
Latino	57.7	35.4	7.0
Asian/Other	53.1	36.9	10.0
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	51.4	40.7	7.9
Likely Eligible, ≤ 130%	56.3	36.4	7.3
Potentially Eligible, 131-≤ 185%	53.2	41.6	5.2
Not Eligible, >185%	61.9	30.9	7.2
<b>Overweight Status</b>			
Not Overweight	58.5	36.4	5.1
Overweight/Obese	57.0	34.6	8.4
<b>Physical Activity</b>			
≥60 minutes	59.6	36.3	4.1
<60 minutes	58.1	32.7	9.2
<b>School Breakfast</b>			
Yes	51.9	39.4	8.7
No	60.7	32.9	6.5
<b>School Lunch</b>			
Yes	56.5	36.8	6.7
No	62.5	30.0	7.4
<b>Nutrition Lesson</b>			
Yes	59.9	31.8	8.3
No	57.3	37.7	5.1
<b>Exercise Lesson</b>			
Yes	57.9	34.9	7.3
No	69.4	27.4	3.2

<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<.05

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 31: Range in Number of Servings of Processed Meats<sup>1</sup> Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

How many servings of protein did your child eat?

	Servings of Processed Meats Reported, Percent of Children	
	0 <sup>2</sup>	1+
<b>Total</b>	<b>73.9</b>	<b>26.1</b>
<b>Gender</b>		
Males	70.2	29.8 *
Females	77.7	22.3
<b>Ethnicity</b>		
White	73.8	26.2
African American	67.1	32.9
Latino	73.3	26.7
Asian/Other	78.7	21.3
<b>Food Stamp Status, % FPL</b>		
Participant, ≤ 130%	78.9	21.1
Likely Eligible, ≤ 130%	71.0	29.0
Potentially Eligible, 131-≤ 185%	71.6	28.4
Not Eligible, >185%	74.5	25.5
<b>Overweight Status</b>		
Not Overweight	71.0	29.0
Overweight/Obese	77.3	22.7
<b>Physical Activity</b>		
≥60 minutes	70.0	30.0 *
<60 minutes	77.0	23.0
<b>School Breakfast</b>		
Yes	72.6	27.4
No	74.3	25.7
<b>School Lunch</b>		
Yes	78.0	22.0 **
No	67.2	32.8
<b>Nutrition Lesson</b>		
Yes	73.4	26.6
No	74.7	25.3
<b>Exercise Lesson</b>		
Yes	72.8	27.2 *
No	87.6	12.4

<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.

Chi Square Test

\* p<.05

\*\* p<.01