

2011 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Total Servings of Fruits and Vegetables Reported
by California Children Yesterday (N=334)**

	Reported Mean Servings (½ cup-eq)		
	Fruits and Vegetables	Fruits	Vegetables
Total	3.4	1.9	1.5
Gender			
Boy	3.3	1.9	1.5
Girl	3.5	2.0	1.5
Ethnicity			
Hispanic	3.5	2.0	1.5
Non-Hispanic	3.0	1.7	1.3
Parent Education			
Less than High School	3.6	2.0	1.6
High School Graduate	3.4	2.0	1.4
Some College/Graduate	3.2	1.7	1.4
Overweight Status			
Not Overweight	3.5	2.0	1.5
Overweight/Obese	3.5	1.9	1.6
Physical Activity			
≥ 60 minutes	3.5	2.0	1.5
< 60 minutes	3.3	1.8	1.4
School Breakfast			
Yes	3.5	2.1	1.4
No	3.4	1.9	1.5
School Lunch			
Yes	3.7	2.2	1.5
No	3.3	1.8	1.5
Fast Food			
Yes	3.7	1.9	1.8
No	3.4	1.9	1.4
Nutrition Lesson			
Yes	3.5	2.0	1.6
No	3.2	1.8	1.4

Fruit servings are defined per the *Dietary Guidelines for Americans 2005* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

Vegetable servings are defined per the *Dietary Guidelines for Americans 2005* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

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 2: Total Servings of Fruits Reported by California Children Yesterday (N=334)

	Reported Mean Servings (½ cup-eq)		
	Fruits	Whole Fruit	100% Fruit Juice
Total	1.9	1.2	0.8
Gender			
Boy	1.9	1.2	0.7
Girl	2.0	1.1	0.8
Ethnicity			
Hispanic	2.0	1.3*	0.7
Non-Hispanic	1.7	0.8	0.9
Parent Education			
Less than High School	2.0	1.4	0.7
High School Graduate	2.0	1.1	0.9
Some College/Graduate	1.7	0.9	0.8
Overweight Status			
Not Overweight	2.0	1.2	0.8
Overweight/Obese	1.9	1.1	0.8
Physical Activity			
≥ 60 minutes	2.0	1.2	0.8
< 60 minutes	1.8	1.1	0.8
School Breakfast			
Yes	2.1	1.0	1.1
No	1.9	1.2	0.7
School Lunch			
Yes	2.2	1.3	0.8
No	1.8	1.1	0.7
Fast Food			
Yes	1.9	1.1	0.7
No	1.9	1.2	0.8
Nutrition Lesson			
Yes	2.0	1.2	0.8
No	1.8	1.1	0.7

Fruit servings are defined per the *Dietary Guidelines for Americans 2005* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

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 Yesterday (N=334)**

Types of Fruits and Vegetables	Mean Servings (½ cup-eq)
Fruits	1.9
Citrus Juice	0.45
Fruit Juice excluding Citrus Juice	0.30
Citrus Fruit	0.16
Fruit excluding Citrus Fruit	0.99
Fried Fruits	0.00
Vegetables	1.5
Dark-green Vegetables	0.12
Deep-yellow Vegetables	0.10
Tomato	0.29
White Potatoes	0.13
Fried Potatoes	0.10
Other Starchy Vegetables	0.10
Legumes (cooked dried beans)	0.24
Other Vegetables	0.39
Fried Vegetables	0.02
Vegetable Juice	0.01
Avocado and Similar	0.01

Fruit servings are defined per the *Dietary Guidelines for Americans 2005* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

Vegetable servings are defined per the *Dietary Guidelines for Americans 2005* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

Columns may not add up to the totals due to rounding.

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Table 4: Range in Number of Servings of Fruits and Vegetables Reported by California Children Yesterday (N=334)

	Servings (½ cup-eq) of Fruits and Vegetables, Percent		
	0-1 ¹	2-4	5+
Total	28.4	43.4	28.1
Gender			
Boy	33.3	35.9	30.7*
Girl	24.3	49.7	26.0
Ethnicity			
Hispanic	25.6	42.8	31.6*
Non-Hispanic	36.9	45.2	17.9
Parent Education			
Less than High School	26.7	41.2	32.1
High School Graduate	33.8	38.0	28.2
Some College/Graduate	28.1	48.4	23.4
Overweight Status			
Not Overweight	27.0	45.9	27.0
Overweight/Obese	29.4	38.1	32.5
Physical Activity			
≥ 60 minutes	27.3	44.0	28.7
< 60 minutes	29.4	42.9	27.7
School Breakfast			
Yes	20.5	54.5	25.0
No	29.7	41.7	28.6
School Lunch			
Yes	18.8	49.4	31.8
No	31.7	41.4	26.9
Fast Food			
Yes	30.2	41.9	27.9
No	28.2	43.6	28.2
Nutrition Lesson			
Yes	27.3	42.6	30.1
No	31.1	44.5	24.4

Fruit servings are defined per the *Dietary Guidelines for Americans 2005* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count.

Vegetable servings are defined per the *Dietary Guidelines for Americans 2005* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

¹ Categorized as having less than 1.5 servings.

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

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 5: Proportion of California Children Meeting the Recommendations
for Fruits and Vegetables Yesterday (N=334)

	Percent Eating Recommended Servings			
	Fruits and Vegetables ^{1,2} (5+ Servings)	Fruits and Vegetables ^{1,3} (3-5 cup-eq)	Fruits ³ (1½-2 cup-eq)	Vegetables ³ (1½-3 cup-eq)
Total	28.1	12.3	24.0	9.6
Gender				
Boy	30.7	8.5	24.2	7.2
Girl	26.0	15.5	23.8	11.6
Ethnicity				
Hispanic	31.6*	13.2	26.0	11.6*
Non-Hispanic	17.9	9.5	17.9	3.6
Parent Education				
Less than High School	32.1	16.0	27.5	13.0
High School Graduate	28.2	12.7	23.9	9.9
Some College/Graduate	23.4	7.0	19.5	6.3
Overweight Status				
Not Overweight	27.0	13.5	25.0	10.1
Overweight/Obese	32.5	12.7	26.2	11.1
Physical Activity				
≥ 60 minutes	28.7	12.4	26.8	10.5
< 60 minutes	27.7	12.6	20.2	7.6
School Breakfast				
Yes	25.0	15.9	27.3	Insufficient Sample Size
No	28.6	11.7	23.4	
School Lunch				
Yes	31.8	12.9	28.2	10.6
No	26.9	12.0	22.5	9.2
Fast Food				
Yes	27.9	14.0	27.9	Insufficient Sample Size
No	28.2	12.0	23.4	
Nutrition Lesson				
Yes	30.1	13.4	25.4	11.5
No	24.4	10.1	21.8	5.9

Fruit servings are defined per the *Dietary Guidelines for Americans 2005* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count. Vegetable servings are defined per the *Dietary Guidelines for Americans 2005* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

¹ Total fruits and vegetables includes all fruits and vegetables combined. It is not limited to children meeting both the individual fruit and vegetable criteria.

² Based on the *Dietary Guidelines for Americans 2000* recommendation to eat 5 or more servings of fruits and vegetables every day for good health.

³ Based on the *Dietary Guidelines for Americans 2010*. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of fruits is 1½-2 cups and 1½-3 cups of vegetables with a combined total of 3-5 cups per day. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 7: Children's Belief About the Number of Cups of Fruits and Vegetables Needed for Good Health Based on MyPlate Recommendations (N=334)

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

	Believed Recommended Cups of Fruits and Vegetables Needed, Percent
Total	31.1
Gender	
Boy	26.3
Girl	34.9
Ethnicity	
Hispanic	30.1
Non-Hispanic	33.7
Parent Education	
Less than High School	33.9
High School Graduate	19.7
Some College/Graduate	33.6
Overweight Status	
Not Overweight	31.4
Overweight/Obese	30.0
Physical Activity	
≥ 60 minutes	35.3
< 60 minutes	24.5
School Breakfast	
Yes	31.7
No	31.0
School Lunch	
Yes	27.7
No	32.3
Fast Food	
Yes	25.0
No	32.0
Nutrition Lesson	
Yes	33.5
No	26.4

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans 2010*. 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.

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 8: Cups of Fruits and Vegetables Children Believe Are Needed Compared with Reported Fruit and Vegetable Consumption Yesterday (N=334)

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

Fruit and Vegetable Belief	Percent	Reported Eating Recommended Cups of Fruits and Vegetables, Percent	
		Yes	No
Believed the Correct Number of Cups			
Yes	31.1	14.6	85.4
No	68.9	9.9	90.1

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans 2010*. 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. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

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

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Chi Square Test

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** p<.01

*** p<.001

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Table 9: Proportion of Children who Reported Eating One or More Servings of Fruits, Juices, and Vegetables by Meals and Snacks Yesterday (N=334)

Meal Times	Reported Eating 1 or More Servings (½ cup-eq) ¹ , Percent			
	Fruits	Juices	Vegetables	Fruits, Juices, or Vegetables
Total	52.1	34.1	74.3	90.4
Breakfast	18.6	15.3	9.9	36.5
Lunch	21.9	10.2	35.0	53.9
Dinner	10.8	11.7	48.2	58.4
Snacks	22.5	7.8	9.6	32.3

Fruit servings are defined per the *Dietary Guidelines for Americans 2005* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count. Vegetable servings are defined per the *Dietary Guidelines for Americans 2005* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees.

¹ Categorized as having 0.5 or more servings.