

2011 California Dietary Practices Survey

Table 33: Reported Mean Servings of Whole Grain Bread, Whole Grains, High Fiber Cereal, and Beans

Yesterday, how many servings of whole grains, such as whole wheat pasta, brown rice, wild rice,
 Yesterday, how many servings of whole grain breads, such as 100% whole wheat, wheatberry, bran, rye, pumpnickel, or whole wheat tortillas did you have?
 Yesterday, how many bowls of hot or cold cereal did you have?
 What was the name of the cereal you ate yesterday?
 Yesterday, how many servings of beans, such as kidney beans, chili beans, bean soup, bean salad, or lentils did you have?

	Mean Servings Reported		
	Whole Grain Bread	Other Whole Grains	Beans
Total	1.6	0.6	0.4
<i>Sex</i>			
Male	1.9 ***	0.9 *	0.4
Female	1.4	0.4	0.3
<i>Males</i>			
18 - 24	2.5 ^b ***	0.7	0.2 ^a **
25 - 34	2.1 ^{ab}	0.7	0.5 ^b
35 - 50	1.7 ^a	1.3	0.4 ^{ab}
51 - 64	1.7 ^a	1.0	0.3 ^{ab}
65+	1.6 ^a	0.3	0.2 ^a
<i>Females</i>			
18 - 24	1.5	0.4	0.3
25 - 34	1.5	0.4	0.4
35 - 50	1.5	0.4	0.4
51 - 64	1.2	0.4	0.3
65+	1.3	0.4	0.3
<i>Ethnicity</i>			
White	1.6 ^{ab} **	0.8	0.3 ^a ***
Hispanic	1.9 ^b	0.5	0.5 ^b
Black	1.3 ^a	0.4	0.3 ^a
Asian/Pacific Islander	1.2 ^a	0.6	0.2 ^a
<i>Education</i>			
Less than High School	1.6 ^{ab} *	1.2	0.5 ^b **
High School Graduate	1.8 ^b	0.5	0.4 ^{ab}
Some College	1.5 ^a	0.6	0.3 ^a
College Graduate	1.6 ^{ab}	0.5	0.3 ^a
<i>Income</i>			
Less than \$15,000	1.5	0.4 ^a **	0.4 ^a ***
\$15,000 - 24,999	1.7	0.4 ^a	0.3 ^a
\$25,000 - 34,999	1.8	0.7 ^{ab}	0.6 ^b
\$35,000 - 49,999	1.6	2.3 ^b	0.4 ^{ab}
\$50,000+	1.6	0.7 ^a	0.3 ^a
<i>Overweight Status</i>			
Overweight/Obese	1.6	0.7	0.4 **
Not Overweight	1.7	0.5	0.3
<i>SNAP/CalFresh Status, % FPL</i>			
Participant	1.6	0.7	0.4 ^b ***
Likely Eligible, ≤ 130%	1.7	0.3	0.5 ^b
Not Eligible, > 185%	1.6	0.6	0.2 ^a

N=1,418; 1,420; 1,420; 1,420

¹ High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

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 35: Reported Consumption of Breakfast Cereal

Yesterday, did you eat any breakfast cereal?

What was the name of the cereal you ate yesterday?

	Percent who Reported Eating	
	Any Breakfast Cereal	High Fiber Cereal ¹
Total	39.0	21.8
<i>Sex</i>		
Male	38.5	21.7
Female	39.5	21.9
<i>Males</i>		
18 - 24	41.0	17.0
25 - 34	37.4	20.0
35 - 50	34.5	20.6
51 - 64	36.7	22.7
65+	52.1	32.4
<i>Females</i>		
18 - 24	43.0	13.0 **
25 - 34	34.5	15.9
35 - 50	35.9	20.8
51 - 64	42.1	26.4
65+	48.1	35.0
<i>Ethnicity</i>		
White	36.8 **	21.2
Hispanic	46.8	23.2
Black	39.1	19.5
Asian/Pacific Islander	34.9	25.3
<i>Education</i>		
Less than High School	40.7	15.0 **
High School Graduate	38.9	23.0
Some College	37.2	19.8
College Graduate	39.9	26.5
<i>Income</i>		
Less than \$15,000	38.8	18.4 **
\$15,000 - 24,999	37.0	20.5
\$25,000 - 34,999	37.9	26.2
\$35,000 - 49,999	41.3	14.4
\$50,000+	39.8	27.2
<i>Overweight Status</i>		
Overweight/Obese	38.1	21.1
Not Overweight	41.2	23.5
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	38.5	17.8 ***
Likely Eligible, ≤ 130%	39.0	20.6
Not Eligible, > 185%	41.5	28.5

N=1,420

¹ High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

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

Chi Square Test

** p<.01

*** p<.001

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Table 37: Reported Consumption of Beans

Yesterday did you eat any beans such as kidney beans, refried beans, chili beans, bean soup, bean salad, or lentils?

	Percent who Reported Eating Beans												Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2009-11	1997-11
Total	22	25	28	25	30	26	27	27	28	27.8	31.0	25.3	-5.7***	-4.7**
Sex														
Male	24	29**	31*	23	34**	25	29	31***	32***	29.5	32.4	24.1	-8.3***	-9.9***
Female	20	21	26	26	27	28	26	23	23	26.1	29.6	26.5	-3.1	-0.5
Males														
18 - 24	24	32	33	28	44**	26	32**	31	26**	29.1	19.2*	10.9***	-8.3	-33.1***
25 - 34	29	31	37	23	40	26	40	35	45	28.7	32.1	32.3	0.2	-7.7
35 - 50	19	31	28	23	31	28	25	32	29	33.1	38.4	26.9	-11.5**	-4.1
51 - 64	18	21	24	22	26	22	22	22	24	27.7	31.4	25.8	-5.6	-0.2
65+	35	26	32	15	26	16	25	35	34	23.3	33.3	13.7	-19.6**	-12.3*
Females														
18 - 24	27*	20	29	19	29	31**	30	25	27	21.3	35.8**	25.8	-10.0	-3.2
25 - 34	26	30	31	30	31	39	32	29	25	28.0	37.6	29.0	-8.6	-2.0
35 - 50	22	20	28	33	27	23	25	22	26	28.0	31.8	28.3	-3.5	1.3
51 - 64	13	16	21	23	24	28	22	19	22	27.0	20.1	25.7	5.6	1.7
65+	11	17	19	20	24	21	20	21	17	21.3	20.7	21.4	0.7	-2.6
Ethnicity														
White	18***	21***	26***	22***	27***	22***	23***	23***	22***	22.1***	23.9***	20.7***	-3.2	-6.3**
Hispanic	35	43	43	36	46	44	44	46	49	40.1	48.5	36.9	-11.6***	-9.1**
Black	17	19	19	25	22	22	28	17	12	19.0	24.4	19.5	-4.9	-2.5
Asian/Pacific Islander						17	14	17	9	31.1	24.5	14.0	-10.5*	NA
Education														
Less than High School	31*	41***	46***	44***	43***	42***	47***	45***	43***	41.4***	50.7***	36.9***	-13.8**	-6.1
High School Graduate	22	19	22	23	27	24	27	24	27	25.2	24.2	27.2	3.0	0.2
Some College	19	25	27	20	30	24	26	25	20	20.5	30.7	19.1	-11.6***	-10.9***
College Graduate	20	21	27	25	28	24	21	24	22	27.8	24.5	23.8	-0.7	-4.2
Income														
Less than \$15,000	27*	33	27	30	34**	29*	33***	30**	33**	27.4	37.1***	26.7*	-10.4***	-7.3*
\$15,000 - 24,999	23	24	33	26	32	22	32	33	34	30.3	36.0	22.3	-13.7***	-9.7*
\$25,000 - 34,999	21	24	30	18	38	23	38	30	22	29.3	30.1	35.9	5.8	-2.1
\$35,000 - 49,999	16	25	27	20	30	35	20	26	26	30.0	22.1	26.9	4.8	-3.1
\$50,000+	15	22	25	25	24	26	22	22	23	26.5	23.6	20.8	-2.8	-3.2
Overweight Status														
Overweight/Obese							28	29	29	27.8	31.9	27.0	-4.9*	NA
Not Overweight							26	25	26	27.4	29.7	22.4	-7.3**	NA
SNAP/CalFresh Status, % FPL														
Participant												25.9***	NA	NA
Likely Eligible, ≤ 130%												35.8	NA	NA
Not Eligible, > 185%												17.3	NA	NA

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

2011 California Dietary Practices Survey

Table 38: Reported Consumption of Both Whole Grain Breads/Whole Wheat Tortillas and High Fiber Cereal

Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas?

Yesterday did you eat a breakfast cereal?

What was the name of the cereal you ate yesterday? ¹

	Percent who Reported Eating Both Whole Grain Breads/Whole Wheat Tortillas and High Fiber Cereal												Trends	
	1989 ²	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2009-11	1997-11
Total	9	10	12	9	6	10	6	10	10	10.2	14.4	16.8	2.4	10.8***
Sex														
Male	10	10	11	8	6	9	6	10	9	10.2	14.7	17.3	2.6	11.3***
Female	9	9	12	10	6	10	6	10	11	10.2	14.1	16.3	2.2	10.3***
Males														
18 - 24	7***	8*	12***	13*	6**	3***	6***	3***	0***	8.9***	10.7***	17.0	6.3	11.0**
25 - 34	4	7	5	5	3	8	6	2	4	7.4	13.9	14.8	0.9	11.8***
35 - 50	7	8	9	7	5	7	3	8	12	3.8	10.2	15.5	5.3	10.5***
51 - 64	11	14	14	4	9	7	4	17	10	17.6	15.0	18.0	3.0	9.0*
65+	29	22	23	17	13	25	15	29	16	25.3	35.3	25.7	-9.6	12.7*
Females														
18 - 24	4***	2***	8***	5***	4**	7**	1**	5***	11**	2.8***	12.6***	10.8*	-1.8	6.8*
25 - 34	3	5	8	5	3	6	6	8	7	10.0	16.8	13.1	-3.7	10.1***
35 - 50	9	7	10	7	5	10	5	7	9	9.4	7.4	13.9	6.5*	8.9***
51 - 64	7	8	11	10	9	8	5	13	9	9.0	15.2	19.4	4.2	10.4**
65+	21	26	24	27	11	20	11	22	22	21.8	25.2	26.2	1.0	15.2**
Ethnicity														
White	11	13***	14**	10	7	12**	7**	12**	14***	12.8**	16.0	15.8	-0.2	8.8***
Hispanic	6	3	8	11	6	7	2	7	6	5.9	12.8	18.0	5.2*	12.0***
Black	12	6	8	12	3	4	5	8	16	7.5	15.6	12.5	-3.1	9.5**
Asian/Pacific Islander						4	6	3	2	10.0	11.2	22.1	10.9*	NA
Education														
Less than High School	8	8***	9	14	5	8	3**	10	6**	3.8***	12.1	10.7*	-1.4	5.7*
High School Graduate	7	7	11	10	6	9	4	9	13	10.0	13.5	18.0	4.5	12.0***
Some College	10	8	10	8	5	10	5	13	7	12.6	13.3	15.9	2.6	10.9***
College Graduate	11	16	15	8	8	11	8	9	12	12.4	17.3	19.7	2.4	11.7***
Income														
Less than \$15,000	9	13	11	10	6	11	6	8	10	9.3	12.2	14.3*	2.1	8.3***
\$15,000 - 24,999	6	8	13	14	6	9	4	10	11	10.7	14.8	14.2	-0.6	8.2**
\$25,000 - 34,999	11	10	12	11	5	8	6	9	7	12.2	19.5	20.4	0.9	15.4***
\$35,000 - 49,999	10	8	8	7	8	10	6	11	13	8.8	13.1	11.5	-1.6	3.5
\$50,000+	10	9	12	7	5	10	6	11	9	11.3	15.5	20.5	5.0	15.5***
Overweight Status														
Overweight/Obese						5	9	10	9.1	14.7	16.3		1.6	NA
Not Overweight						7	11	11	12.0	13.4	18.0		4.6*	NA
SNAP/CalFresh Status, % FPL														
Participant												13.5**	NA	NA
Likely Eligible, ≤ 130%												16.9	NA	NA
Not Eligible, > 185%												21.8	NA	NA

¹ High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

² Consumption of corn tortillas was not asked in 1989, but was included in 1991-2003. In 2005 and 2007, whole wheat tortillas were added.

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

2011 California Dietary Practices Survey

Table 39: Reported Consumption of No Whole Grain Bread, Whole Grains, High Fiber Cereal, or Beans

Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas?

Yesterday did you eat a breakfast cereal?

What was the name of the cereal you ate yesterday?¹

Yesterday did you eat any beans such as kidney beans, refried beans, chili beans, bean soup, bean salad, or lentils?

	Percent who Reported Eating No Whole Grain Breads/Whole Wheat Tortillas, High Fiber Cereal, or Beans												Trends	
	1989 ¹	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2009-11	1997-11
Total	40	34	30	35	34	34	36	36	33	33.3	21.9	20.7	-1.2	-13.3***
Sex														
Male	39	32	30	34	33	34	36	34*	32	31.1	23.2	19.4	-3.8	-13.6***
Female	41	36	29	36	34	34	36	39	34	35.3	20.5	21.9	1.4	-12.1***
Males														
18 - 24	49*	32	29*	28	23*	38	40**	43***	48**	25.6	39.4***	13.9	-25.5***	-9.1
25 - 34	41	29	36	36	39	37	27	36	33	32.7	28.3	20.5	-7.8	-18.5***
35 - 50	43	32	31	39	37	31	43	35	29	33.6	18.4	21.0	2.6	-16.0***
51 - 64	34	38	32	34	27	38	40	33	32	32.0	18.6	21.9	3.3	-5.1
65+	22	26	17	26	33	28	27	14	23	25.0	14.7	16.4	1.7	-16.6*
Females														
18 - 24	53	47	35	49	33	39	32	47***	40	45.3	27.7*	35.5*	7.8	2.5
25 - 34	43	31	33	38	33	30	38	38	33	34.8	20.0	20.7	0.7	-12.3*
35 - 50	42	38	24	31	36	38	34	45	37	37.7	21.5	20.3	-1.2	-15.7***
51 - 64	36	35	33	38	40	33	42	40	34	31.6	22.3	22.1	-0.2	-17.9***
65+	31	29	27	28	26	28	33	23	25	26.4	10.9	16.5	5.6	-9.5
Ethnicity														
White	38	32	29***	36**	36***	34***	38**	35***	32***	34.0	23.7**	22.5*	-1.2	-13.5***
Hispanic	43	25	21	23	20	26	29	28	26	29.1	16.0	15.9	-0.1	-4.1
Black	47	39	42	36	42	45	34	52	36	38.4	22.2	26.4	4.2	-15.6*
Asian/Pacific Islander						54	48	56	46	36.7	27.3	22.1	-5.2	NA
Education														
Less than High School	38	23***	24	16***	25**	26*	31	31*	33	33.5	19.3**	23.4	4.1	-1.6
High School Graduate	43	43	32	37	37	38	38	40	33	34.1	27.3	18.3	-9.0**	-18.7***
Some College	42	34	33	40	31	36	37	40	37	36.6	25.0	22.2	-2.8	-8.8**
College Graduate	35	30	27	35	37	33	36	34	31	29.0	16.4	19.9	3.5	-17.1***
Income														
Less than \$15,000	42	28	33	31	30*	26***	30*	37	33	36.0	22.4	22.1	-0.3	-7.9*
\$15,000 - 24,999	39	31	28	33	33	40	37	36	32	32.8	20.1	20.1	0.0	-12.9***
\$25,000 - 34,999	35	36	32	37	28	42	30	29	32	37.9	18.5	18.4	-0.1	-9.6
\$35,000 - 49,999	39	34	31	35	36	30	42	34	42	28.7	23.6	23.3	-0.3	-12.7*
\$50,000+	43	35	29	37	39	34	39	38	34	30.2	22.4	20.8	-1.6	-18.2***
Overweight Status														
Overweight/Obese							39*	36	34	33.5	20.9	21.2	0.3	NA
Not Overweight							34	37	32	32.8	23.9	19.6	-4.3	NA
SNAP/CalFresh Status, % FPL														
Participant												21.7	NA	NA
Likely Eligible, ≤ 130%												13.9	NA	NA
Not Eligible, > 185%												22.3	NA	NA

¹ Consumption of corn tortillas was not asked in 1989.

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