

2011 California Dietary Practices Survey

Table 41: Reported Consumption of Any Milk, Trends 1989-2011

Yesterday, how many glasses of milk, or drinks made with milk, such as chocolate milk, a milkshake, chai, latte, or milk on cereal did you have?

	Percent who Reported Drinking Milk												Trends	
	1989	1991 ¹	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2009-11	1997-11
Total	41	56	57	57	53	55	55	55	58	60.8	62.0	53.0	-9.0***	0.0
Sex														
Male	44	57	57	60*	53	56	60**	55	57	59.7	61.9	53.1	-8.8***	0.1
Female	39	54	57	54	53	55	52	54	59	61.8	62.1	53.0	-9.1***	0.0
Males														
18 - 24	65**	61	63**	71**	63**	64***	63	53	58	67.6**	68.3	63.0*	-5.3	0.0
25 - 34	46	58	60	60	54	54	59	51	54	67.1	62.7	47.1	-15.6**	-6.9
35 - 50	39	53	52	49	49	57	61	52	55	50.5	59.8	58.0	-1.8	9.0*
51 - 64	38	52	46	62	42	39	57	62	58	60.5	57.6	46.9	-10.7	4.9
65+	34	69	69	72	65	65	59	61	66	61.4	65.2	45.9	-19.3*	-19.1**
Females														
18 - 24	46	54	64**	51*	61*	58	57	61	65	66.7*	65.3**	53.3	-12.0	-7.7
25 - 34	41	52	63	56	53	55	58	54	57	69.9	69.8	51.7	-18.1**	-1.3
35 - 50	34	55	54	52	49	54	46	50	60	55.0	65.3	54.7	-10.6*	5.7
51 - 64	37	50	41	46	46	46	46	50	54	57.3	50.4	55.0	4.6	9.0
65+	39	62	63	70	63	62	52	63	57	68.5	56.8	48.5	-8.3	-14.5*
Ethnicity														
White	41	59*	60***	57***	55***	57***	58**	56**	58***	58.9***	58.8***	52.8**	-6.0*	-2.2
Hispanic	47	55	61	64	61	62	58	60	69	68.8	71.7	60.8	-10.9***	-0.2
Black	32	44	40	35	32	32	45	44	48	51.0	44.4	46.0	1.6	14.0*
Asian/Pacific Islander						33	43	44	46	51.5	64.4	45.3	-19.1**	NA
Education														
Less than High School	49	57	60	64	58	61	57***	56	66***	57.9	70.3*	63.8***	-6.5	5.8
High School Graduate	44	54	59	59	54	57	61	55	61	65.3	59.0	59.7	0.7	5.7
Some College	40	55	58	53	50	54	48	53	50	60.5	59.1	47.3	-11.8**	-2.7
College Graduate	36	57	53	57	55	52	57	55	54	58.6	61.6	46.9	-14.7***	-8.1*
Income														
Less than \$15,000	46*	58	64*	52	56	59	55	54	59***	60.8	65.2*	55.7	-9.5**	-0.3
\$15,000 - 24,999	51	52	59	63	56	58	60	58	58	65.6	65.5	55.5	-10.0*	-0.5
\$25,000 - 34,999	39	60	57	54	51	53	52	50	57	62.0	61.8	54.4	-7.4	3.4
\$35,000 - 49,999	39	54	57	60	54	54	55	55	53	64.5	61.8	48.5	-13.3*	-5.5
\$50,000+	35	53	51	55	50	50	56	54	59	56.2	55.9	49.4	-6.5	
Overweight Status														
Overweight/Obese							58	55	59	61.7	61.3	54.1	-7.2**	NA
Not Overweight							53	54	56	59.1	63.3	51.6	-11.7***	NA
SNAP/CalFresh Status, % FPL														
Participant												54.7	NA	NA
Likely Eligible, ≤ 130%												54.4	NA	NA
Not Eligible, > 185%												51.0	NA	NA

¹ Lowfat milk was introduced to California in 1990.

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 43: Reported Consumption of Whole Milk (out of Milk Drinkers), Trends 1989-2011

Base: Out of milk drinkers

Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?

	Percent who Reported Drinking Whole Milk												Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2009-11	1997-11
Total	41	31	29	22	25	31	30	29	22	29.2	24.0	25.1	1.1	0.1
Sex														
Male	45	29	30	23	25	30	32 **	31	23	31.5	25.7	29.1 *	3.4	4.1
Female	38	32	27	22	26	32	27	28	21	27.1	22.2	21.0	-1.2	-5.0
Males														
18 - 24	31	46 **	31 ***	46 ***	24	28	38	44 *	11 ***	28.9 *	22.5	34.9	12.4	10.9
25 - 34	51	38	49	23	35	33	37	39	41	38.3	21.0	30.6	9.6	-4.4
35 - 50	49	21	30	25	24	34	34	26	36	22.6	28.9	31.2	2.3	7.2
51 - 64	42	17	24	7	19	23	33	22	26	40.1	33.8	21.7	-12.1	2.7
65+	50	29	7	13	18	20	12	27	11	28.5	17.8	20.6	2.8	2.6
Females														
18 - 24	50	45	36 *	29 *	29 *	39 *	42 *	43 **	23 *	30.9	30.0	14.3	-15.7	-14.7
25 - 34	39	49	34	33	36	38	34	36	21	26.3	18.3	21.3	3.0	-14.7*
35 - 50	33	29	25	19	25	36	24	25	29	29.4	24.5	23.0	-1.5	-2.0
51 - 64	30	19	21	8	23	21	25	17	14	29.4	21.4	23.7	2.3	0.7
65+	38	30	16	16	17	22	14	20	11	16.7	16.7	18.0	1.3	1.0
Ethnicity														
White	31 ***	22 ***	18 ***	12 ***	17 ***	22 ***	21 ***	21 ***	18 **	22.2 **	21.3	20.2 **	-1.1	3.2
Hispanic	66	58	56	46	44	44	53	49	27	32.2	27.5	28.5	1.0	-15.5***
Black	64	48	59	40	50	65	55	53	36	40.7	28.2	42.5	14.3	-7.5
Asian/Pacific Islander						42	27	14	24	36.9	23.6	30.8	7.2	NA
Education														
Less than High School	62 ***	55 ***	53 ***	45 ***	51 ***	48 ***	58 ***	57 ***	33 ***	42.0 ***	31.3 ***	26.5 *	-4.8	-24.5***
High School Graduate	49	39	39	28	33	38	34	37	20	33.2	31.0	29.8	-1.2	-3.2
Some College	34	30	24	19	24	30	23	24	23	29.4	25.0	27.6	2.6	3.6
College Graduate	26	14	15	14	13	18	20	16	13	16.7	11.7	16.2	4.5	3.2
Income														
Less than \$15,000	53 ***	49 ***	42 ***	41 ***	38 ***	44 ***	38 ***	47 ***	26 ***	41.8 ***	33.6 ***	32.5 ***	-1.1	-5.5
\$15,000 - 24,999	45	29	39	29	31	40	34	42	28	35.3	30.4	27.0	-3.4	-4.0
\$25,000 - 34,999	49	37	29	19	19	27	32	20	22	31.7	20.0	17.9	-2.1	-1.1
\$35,000 - 49,999	27	24	19	17	19	26	27	24	32	17.5	17.3	26.0	8.7	7.0
\$50,000+	19	17	11	14	17	14	20	18	14	14.4	11.1	11.8	0.7	-5.2
Overweight Status														
Overweight/Obese							27	30	24	28.5	23.5	22.9 *	-0.6	NA
Not Overweight							30	27	20	30.4	24.6	29.9	5.3	NA
SNAP/CalFresh Status, % FPL														
Participant												29.7 ***	NA	NA
Likely Eligible, ≤ 130%												36.0	NA	NA
Not Eligible, > 185%												10.8	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 44: Reported Consumption of Low Fat Milk¹ (out of Milk Drinkers), Trends 1989-2011

Base: Out of milk drinkers

Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?

	Percent who Reported Drinking Low Fat Milk												Trends	
	1989 ²	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2009-11	1997-11
Total	17	32	30	39	35	38	35	41	39	33.1	31.8	27.0	-4.8*	-8.0***
Sex														
Male	13	31	25**	34**	32	37	29***	44	37	33.5	30.5	24.5	-6.0	-7.5*
Female	21	33	34	44	38	39	42	39	41	32.8	33.1	29.4	-3.7	-8.6*
Males														
18 - 24	15	17	22	11**	22	41	23	42	26	40.6**	19.7**	11.1**	-8.6	-10.9
25 - 34	10	25	17	33	38	29	32	39	36	21.7	33.3	20.5	-12.8	-17.5*
35 - 50	20	36	30	39	32	35	29	42	40	35.5	26.8	24.6	-2.2	-7.4
51 - 64	7	39	29	44	33	48	28	51	36	33.7	31.3	31.7	0.4	-1.3
65+	5	36	27	41	32	42	34	46	42	42.9	51.1	48.5	-2.6	16.5
Females														
18 - 24	17	26	36	43**	30	31	24*	26	28**	24.9**	16.7**	24.5*	7.8	-5.5
25 - 34	15	25	31	27	32	41	41	36	35	24.9	28.8	18.7	-10.1	-13.3
35 - 50	29	34	33	46	39	34	42	40	35	30.9	31.0	30.2	-0.8	-8.8
51 - 64	19	38	34	64	49	44	39	44	57	39.7	42.3	29.9	-12.4	-19.1*
65+	25	43	36	52	39	47	55	46	52	48.0	50.8	47.1	-3.7	8.1
Ethnicity														
White	19	36***	37***	51***	45***	46***	43***	51***	50***	42.5***	40.9***	32.8***	-8.1*	-12.2***
Hispanic	11	19	10	17	16	24	18	18	25	23.5	24.3	17.5	-6.8	1.5
Black	5	12	24	15	12	19	16	20	20	17.3	17.9	22.5	4.6	10.5
Asian/Pacific Islander						34	34	43	39	37.7	22.0	25.6	3.6	NA
Education														
Less than High School	19	15***	13***	21***	10***	19***	14***	17***	29***	20.1***	20.6***	22.6***	2.0	12.6*
High School Graduate	8	25	19	26	18	27	32	30	30	24.7	23.0	14.5	-8.5*	-3.5
Some College	20	30	32	40	37	41	34	44	34	35.1	31.7	27.6	-4.1	-9.4*
College Graduate	25	48	43	54	52	52	48	57	57	47.8	47.7	44.5	-3.2	-7.5
Income														
Less than \$15,000	17	25	22**	25**	18***	29***	29***	25***	32***	19.1***	20.3***	18.8***	-1.5	0.8
\$15,000 - 24,999	12	34	22	35	28	25	25	28	26	24.6	24.4	21.1	-3.3	-6.9
\$25,000 - 34,999	15	26	30	42	43	36	39	43	24	28.9	38.7	41.1	2.4	-1.9
\$35,000 - 49,999	14	32	34	41	36	51	32	41	37	35.8	34.7	36.0	1.3	0.0
\$50,000+	27	40	42	48	47	54	46	55	54	52.7	50.7	39.2	-11.5*	-7.8
Overweight Status														
Overweight/Obese							36	36**	36*	29.4**	29.0*	27.6	-1.4	NA
Not Overweight							34	47	43	39.1	35.5	25.9	-9.6*	NA
SNAP/CalFresh Status, % FPL														
Participant												17.9***	NA	NA
Likely Eligible, ≤ 130%												31.1	NA	NA
Not Eligible, > 185%												44.6	NA	NA

¹Low fat milk is used to refer to nonfat or 1% milk.

²Lowfat milk (1%) was introduced to California in 1990.

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 46: Reported Mean Servings of Milk and Cheese

Yesterday, how many glasses of milk, or drinks made with milk, such as chocolate milk, a milkshake, chai, latte, or milk on cereal did you have?
 Yesterday, how many servings of cheese did you have, for example a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?

	Mean Servings Reported	
	Milk (out of Everyone)	Cheese
Total	0.9	0.9
<i>Sex</i>		
Male	1.0 **	1.0
Female	0.8	0.9
<i>Males</i>		
18 - 24	1.5 ^b ***	1.0 ^{ab} ***
25 - 34	0.8 ^a	1.4 ^b
35 - 50	1.1 ^{ab}	0.9 ^a
51 - 64	0.9 ^a	0.8 ^a
65+	0.7 ^a	0.6 ^a
<i>Females</i>		
18 - 24	1.0	0.8 ^a *
25 - 34	0.8	1.1 ^a
35 - 50	0.8	1.0 ^a
51 - 64	0.8	0.7 ^a
65+	0.7	0.7 ^a
<i>Ethnicity</i>		
White	1.0 ^{ab} **	1.0 ^b ***
Hispanic	1.0 ^b	0.9 ^b
Black	0.6 ^{ab}	0.8 ^b
Asian/Pacific Islander	0.6 ^a	0.3 ^a
<i>Education</i>		
Less than High School	1.0 ^{ab} ***	0.8
High School Graduate	1.2 ^b	0.9
Some College	0.8 ^a	1.0
College Graduate	0.8 ^a	0.9
<i>Income</i>		
Less than \$15,000	1.0	0.9 ^a **
\$15,000 - 24,999	0.9	1.0 ^a
\$25,000 - 34,999	0.9	1.3 ^b
\$35,000 - 49,999	1.0	0.9 ^a
\$50,000+	0.8	0.9 ^a
<i>Overweight Status</i>		
Overweight/Obese	1.0	1.0 *
Not Overweight	0.8	0.8
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	1.0	1.0 ^b **
Likely Eligible, ≤ 130%	0.8	0.7 ^a
Not Eligible, > 185%	0.8	0.9 ^{ab}

N=1,419

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

2011 California Dietary Practices Survey

Table 48: Reported Consumption of Soy

Yesterday, how many servings of soy products, such as soy beans, soy burgers, tofu, soy cheese, or soy milk did you have:

	Percent Reported Eating Any Soy
Total	11.1
<i>Sex</i>	
Male	11.9
Female	10.4
<i>Males</i>	
18 - 24	12.0
25 - 34	5.8
35 - 50	13.4
51 - 64	15.5
65+	12.2
<i>Females</i>	
18 - 24	5.4
25 - 34	10.3
35 - 50	11.4
51 - 64	14.3
65+	7.8
<i>Ethnicity</i>	
White	12.6
Hispanic	3.5
Black	2.3
Asian/Pacific Islander	31.0
<i>Education</i>	
Less than High School	3.3
High School Graduate	7.3
Some College	9.2
College Graduate	20.9
<i>Income</i>	
Less than \$15,000	7.2
\$15,000 - 24,999	7.7
\$25,000 - 34,999	7.8
\$35,000 - 49,999	12.6
\$50,000+	20.5
<i>Overweight Status</i>	
Overweight/Obese	7.6
Not Overweight	17.3
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	8.5
Likely Eligible, ≤ 130%	10.3
Not Eligible, > 185%	18.5

N=1,420

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

Chi Square Test

*** p<.001

2011 California Dietary Practices Survey

Table 51: Reported Consumption of Milk, Yogurt, or Cheese (At Least Two Different Items)

Yesterday, how many glasses of milk, or drinks made with milk, such as chocolate milk, a milkshake, chai, latte, or milk on cereal did you have?

Yesterday, how many servings of yogurt did you eat, not including frozen yogurt?

Yesterday, how many servings of cheese did you have, for example a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?

	Percent who Reported Eating at Least 2 Items
Total	40.2
<i>Sex</i>	
Male	38.2
Female	42.2
<i>Males</i>	
18 - 24	56.0 **
25 - 34	38.7
35 - 50	36.1
51 - 64	31.3
65+	30.1
<i>Females</i>	
18 - 24	40.9
25 - 34	41.4
35 - 50	43.9
51 - 64	37.9
65+	46.6
<i>Ethnicity</i>	
White	41.0
Hispanic	38.6
Black	43.9
Asian/Pacific Islander	33.7
<i>Education</i>	
Less than High School	46.3
High School Graduate	40.5
Some College	37.8
College Graduate	39.3
<i>Income</i>	
Less than \$15,000	39.8
\$15,000 - 24,999	39.9
\$25,000 - 34,999	43.7
\$35,000 - 49,999	40.8
\$50,000+	40.9
<i>Overweight Status</i>	
Overweight/Obese	39.1
Not Overweight	42.7
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	41.3
Likely Eligible, ≤ 130%	35.3
Not Eligible, > 185%	40.4

N=1,420

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

Chi Square Test

** p<.01

2011 California Dietary Practices Survey

Table S2: Reported Consumption of No Milk, Yogurt, or Cheese, Trends 1991-2011

Yesterday, how many glasses of milk, or drinks made with milk, such as chocolate milk, a milkshake, chai, latte, or milk on cereal did you have?

Yesterday, how many servings of yogurt did you eat, not including frozen yogurt?

Yesterday, how many servings of cheese did you have, for example a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?

	Percent who Reported No Milk, Yogurt, or Cheese											Trends	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2009-11	1997-11
Total	24	21	22	23	21	21	17	17	16.5	14.9	17.1	2.2	-5.9***
<i>Sex</i>													
Male	24	21	20	23	20	18*	17	18	16.4	14.7	18.3	3.6	-4.7*
Female	23	22	23	22	22	23	17	17	16.7	15.1	16.0	0.9	-6
<i>Males</i>													
18 - 24	15	17*	7**	15***	10***	17	7*	12	10.3	10.7	14.0**	3.3	-1
25 - 34	25	17	20	21	16	18	20	20	11.5	15.1	12.3	-2.8	-7.7
35 - 50	27	25	27	21	21	17	19	20	19.5	16.0	20.6	4.6	-0.4
51 - 64	26	29	20	41	34	22	17	18	19.7	15.0	17.1	2.1	-23.9***
65+	24	12	17	23	14	20	18	13	18.9	14.7	32.9	18.2*	9.9
<i>Females</i>													
18 - 24	21	16	26	12*	20	12**	9**	23	11.6	6.4**	20.4	14.0**	8.4
25 - 34	17	17	24	21	15	18	15	17	15.4	12.7	13.8	1.1	-7.2
35 - 50	25	22	25	22	25	24	22	14	18.1	13.2	13.5	0.3	-8.5*
51 - 64	25	33	25	29	26	27	24	16	18.9	25.9	16.4	-9.5	-12.6*
65+	24	24	13	23	24	31	11	18	16.8	15.5	21.2	5.7	-1.8
<i>Ethnicity</i>													
White	19**	17***	19**	20***	18***	18*	13***	14***	14.9***	15.1**	15.3***	0.2	-4.7*
Hispanic	26	19	21	22	19	24	20	14	15.1	12.7	16.4	3.7	-5.6
Black	34	37	37	37	42	28	24	29	22.8	27.8	20.7	-7.1	-20.6*
Asian/Pacific Islander					44	23	31	28	27.8	10.8	33.7	22.9***	NA
<i>Education</i>													
Less than High School	30	22	20	27	23	27*	24*	14***	17.8	13.2*	13.1	-0.1	-13.9***
High School Graduate	25	22	18	23	23	18	17	20	17.5	18.4	15.9	-2.5	-7.1*
Some College	23	22	26	24	20	22	16	23	17.0	16.8	17.3	0.5	-6.7*
College Graduate	20	20	21	20	20	18	15	13	14.4	10.9	20.2	9.3***	0.2
<i>Income</i>													
Less than \$15,000	23	23	21	25	21	22	23**	17*	20.6*	18.0	17.6	-0.4	-7.4**
\$15,000 - 24,999	29	24	21	22	22	17	18	20	16.8	12.5	13.6	1.1	-8.4**
\$25,000 - 34,999	22	22	26	22	19	23	20	26	10.7	10.6	9.7	-0.9	-11.7**
\$35,000 - 49,999	23	20	18	27	22	25	14	15	18.7	10.7	22.1	11.4*	-4.9
\$50,000+	21	19	22	19	20	16	13	14	13.9	15.5	19.1	3.6	0.1
<i>Overweight Status</i>													
Overweight/Obese						20	18	16	15.9	16.0	16.5	0.5	NA
Not Overweight						21	15	19	17.6	13.0	17.6	4.6	NA
<i>SNAP/CalFresh Status, % FPL</i>													
Participant											14.6*	NA	NA
Likely Eligible, ≤ 130%											24.3	NA	NA
Not Eligible, > 185%											17.8	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 54: Reported Servings of Milk

Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal? How many glasses of milk, drinks made with milk, or bowls of cereal with milk did you have yesterday?

	Reported Servings, Percent			
	0	1	2	3+
Total	47.0	31.3	13.4	8.3
<i>Sex</i>				
Male	47.0	27.5	15.0	10.5
Female	47.0	35.0	11.8	6.2
<i>Males</i>				
18 - 24	36.6	16.8	27.7	18.8
25 - 34	52.9	26.5	16.1	4.5
35 - 50	42.0	31.9	13.4	12.6
51 - 64	53.1	27.3	8.6	10.9
65+	54.1	28.4	12.2	5.4
<i>Females</i>				
18 - 24	46.2	24.7	17.2	11.8
25 - 34	48.3	31.7	11.7	8.3
35 - 50	45.5	40.0	9.8	4.7
51 - 64	45.0	38.6	12.1	4.3
65+	51.5	32.0	12.6	3.9
<i>Ethnicity</i>				
White	47.2	30.5	11.7	10.6
Hispanic	39.3	35.3	17.0	8.4
Black	54.0	31.0	12.6	2.3
Asian/Pacific Islander	54.7	29.1	16.3	0.0
<i>Education</i>				
Less than High School	36.0	39.3	17.8	7.0
High School Graduate	40.2	31.6	16.2	12.0
Some College	52.7	28.7	10.9	7.7
College Graduate	53.2	29.6	11.1	6.2
<i>Income</i>				
Less than \$15,000	44.2	32.0	15.1	8.7
\$15,000 - 24,999	44.5	33.9	12.8	8.8
\$25,000 - 34,999	45.6	30.1	15.5	8.7
\$35,000 - 49,999	51.5	24.3	14.6	9.7
\$50,000+	50.4	33.1	9.8	6.6
<i>Overweight Status</i>				
Overweight/Obese	45.9	31.0	14.0	9.0
Not Overweight	48.4	32.0	12.4	7.3
<i>SNAP/CalFresh Status, % FPL</i>				
Participant	45.3	29.7	15.1	9.9
Likely Eligible, ≤ 130%	45.6	37.5	12.5	4.4
Not Eligible, > 185%	49.0	34.8	10.3	6.0

N=1,419

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

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

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