

**2013 California Dietary Practices Survey**

**Table 6: Reported Consumption of at Least One Fruit and/or Vegetable**

*Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)*

	Percent who Reported Eating						
	At Least 1 Fruit or Juice	At Least 1 Vegetable or Salad	At Least 1 Vegetable or Fruit	At Least 1 Fruit (not juice)	At Least 1 Juice	At Least 1 Vegetable (not salad)	At Least 1 Salad
<b>Total</b>	<b>71.0</b>	<b>71.3</b>	<b>87.1</b>	<b>61.8</b>	<b>28.5</b>	<b>58.5</b>	<b>28.1</b>
<b>Sex</b>							
Male	65.2 ***	66.2 ***	82.8 ***	53.0 ***	28.0	53.5 ***	25.7 *
Female	76.6	76.3	91.3	70.1	29.0	63.4	30.4
<b>Age</b>							
18 - 24	59.4 ***	62.5 *	75.6 ***	43.2 ***	33.2 **	52.2 *	23.1
25 - 34	69.4	74.4	87.0	59.6	33.8	62.3	29.3
35 - 50	71.0	73.5	88.4	63.4	23.9	61.4	26.3
51 - 64	75.3	70.0	91.3	68.1	25.4	52.8	30.2
65+	79.6	71.7	90.5	71.1	31.0	59.3	32.9
<b>Ethnicity</b>							
White	69.6 *	76.4 ***	88.2 **	61.4	24.6 ***	63.7 ***	31.3 *
Hispanic	77.0	62.8	87.3	64.8	38.5	49.7	22.6
Black	68.4	71.2	88.1	58.5	25.2	58.0	27.7
Asian/Other	63.6	65.0	75.6	58.4	27.1	53.4	24.9
<b>Education</b>							
Less than High School	67.0	57.4 ***	81.0 ***	59.1	31.0 **	45.6 ***	18.1 ***
High School Graduate	70.7	68.5	85.2	59.3	33.9	54.4	27.8
Some College	70.5	71.5	87.8	60.6	24.9	58.4	26.0
College Graduate	74.5	83.1	92.4	67.1	25.1	71.2	37.2
<b>Income</b>							
Less than \$15,000	69.6	67.5 ***	84.0 *	58.6	32.2 ***	55.2 ***	25.2
\$15,000 - 24,999	75.9	71.7	90.0	64.6	34.2	61.2	25.9
\$25,000 - 34,999	66.3	71.9	87.9	55.4	33.4	60.5	30.3
\$35,000 - 49,999	73.8	70.0	91.2	63.3	18.7	54.1	34.2
\$50,000+	68.5	82.3	90.2	65.2	16.3	70.5	30.9
<b>Overweight Status</b>							
Overweight/Obese	69.7	70.5	86.4	60.5	27.6	57.3	27.5
Not Overweight	73.8	72.0	87.7	63.5	30.4	60.6	28.7
<b>Physically Active</b>							
Met Aerobic Recommendation	76.5 ***	77.0 ***	90.9 ***	67.2 ***	29.1	64.4 ***	30.0
Did Not Meet Aerobic Recommendation	63.7	62.9	82.1	53.8	28.4	49.7	26.3
<b>SNAP/CalFresh Status, % FPL</b>							
Participant	69.7	70.6 **	85.5 **	60.0 *	32.6 ***	57.7 *	28.0
Likely Eligible, ≤ 130%	72.3	66.9	90.0	56.2	31.0	56.7	21.9
Not Eligible, > 185%	72.4	79.0	91.8	66.9	18.1	66.6	31.2

N=1505

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

**2013 California Dietary Practices Survey**

**Table 7: Reported Mean Servings of Fruits and Vegetables Eaten by Adults**

*Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)*

	Reported Mean Servings		
	Fruits & Vegetables	Fruits & Juices	Vegetables & Salads
<b>Total</b>	<b>4.5</b>	<b>2.1</b>	<b>2.4</b>
<b>Sex</b>			
Male	4.1 ***	2.0 **	2.1 ***
Female	4.9	2.3	2.6
<b>Age</b>			
18 - 24	4.0	1.6 a ***	2.4
25 - 34	4.7	2.2 b	2.5
35 - 50	4.6	2.1 ab	2.6
51 - 64	4.5	2.4 b	2.1
65+	4.5	2.3 b	2.1
<b>Ethnicity</b>			
White	4.6	1.9 b ***	2.6 a **
Hispanic	4.6	2.5 a	2.1 b
Black	4.3	2.0 b	2.3 ab
Asian/Other	4.4	2.3 ab	2.0 ab
<b>Education</b>			
Less than High School	4.0 a ***	2.2	1.7 a ***
High School Graduate	4.2 a	2.1	2.1 ab
Some College	4.4 a	2.0	2.4 b
College Graduate	5.4 b	2.3	3.1 c
<b>Income</b>			
Less than \$15,000	4.5	2.2	2.3
\$15,000 - 24,999	4.6	2.2	2.3
\$25,000 - 34,999	4.5	1.9	2.5
\$35,000 - 49,999	4.2	2.0	2.2
\$50,000+	4.7	2.0	2.7
<b>Overweight Status</b>			
Overweight/Obese	4.3 *	2.0 *	2.3
Not Overweight	4.8	2.3	2.5
<b>Physically Active</b>			
Met Aerobic Recommendation	5.1 ***	2.4 ***	2.7 ***
Did Not Meet Aerobic Recommendation	3.7	1.8	2.0
<b>SNAP/CalFresh Status, % FPL</b>			
Participant	4.7	2.2	2.5 a **
Likely Eligible, ≤ 130%	4.0	2.1	1.9 b
Not Eligible, > 185%	4.6	2.0	2.6 a

N=1505

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

Categories sharing a common letter (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

**2013 California Dietary Practices Survey**

**Table 8: Range of Reported Fruit and Vegetable Servings**

*Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)*

	Servings Reported, Percent				
	0	1-2	3-4	5+	
<b>Total</b>	<b>12.2</b>	<b>21.3</b>	<b>26.8</b>	<b>39.8</b>	
<i>Sex</i>					
Male	16.2	23.0	26.5	34.3	***
Female	8.3	19.6	27.0	45.1	
<i>Age</i>					
18 - 24	22.4	15.8	25.6	36.2	***
25 - 34	13.0	18.9	24.8	43.3	
35 - 50	10.7	21.9	28.7	38.7	
51 - 64	8.2	27.3	23.9	40.6	
65+	9.5	21.3	29.6	39.5	
<i>Ethnicity</i>					
White	10.7	22.8	26.4	40.1	*
Hispanic	12.3	20.5	27.0	40.1	
Black	11.9	21.2	28.4	38.5	
Asian/Other	24.4	11.6	25.3	38.8	
<i>Education</i>					
Less than High School	18.8	25.3	21.0	34.9	***
High School Graduate	13.7	20.8	28.7	36.9	
Some College	11.1	23.3	28.6	37.1	
College Graduate	7.4	17.3	26.8	48.5	
<i>Income</i>					
Less than \$15,000	15.7	20.0	24.2	40.1	**
\$15,000 - 24,999	8.6	21.5	29.3	40.7	
\$25,000 - 34,999	12.1	16.9	34.1	37.0	
\$35,000 - 49,999	8.5	31.8	26.7	33.0	
\$50,000+	8.3	23.7	26.9	41.2	
<i>Overweight Status</i>					
Overweight/Obese	13.0	21.5	27.0	38.5	
Not Overweight	11.4	20.8	25.1	42.6	
<i>Physically Active</i>					
Met Aerobic Recommendation	8.2	19.6	27.2	45.1	***
Did Not Meet Aerobic Recommendation	17.6	23.7	27.9	30.8	
<i>SNAP/CalFresh Status, % FPL</i>					
Participant	13.7	19.6	26.6	40.1	*
Likely Eligible, ≤ 130%	10.0	28.1	26.8	35.0	
Not Eligible, > 185%	7.0	23.8	29.3	39.9	

N=1505

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

## 2013 California Dietary Practices Survey

**Table 9: Reported Consumption of at Least Two Fruits and Three Vegetables**

*Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)*

	Percent Reporting		
	2+ Fruit	3+ Vegetables	2+ Fruit & 3+ Vegetables
<b>Total</b>	<b>52.3</b>	<b>36.8</b>	<b>22.4</b>
<i>Sex</i>			
Male	47.5 ***	32.0 ***	17.9 ***
Female	57.0	41.3	26.8
<i>Age</i>			
18 - 24	45.9	37.8	22.1
25 - 34	53.6	36.9	22.9
35 - 50	52.0	40.1	23.8
51 - 64	53.4	31.5	19.7
65+	55.9	34.0	22.3
<i>Ethnicity</i>			
White	48.2 ***	39.4	22.4
Hispanic	61.0	32.2	23.0
Black	51.2	35.8	20.7
Asian/Other	52.6	35.3	23.8
<i>Education</i>			
Less than High School	52.4	24.7 ***	18.0 ***
High School Graduate	53.0	32.2	19.6
Some College	49.6	36.6	20.5
College Graduate	54.1	49.3	29.9
<i>Income</i>			
Less than \$15,000	53.5	35.0	22.7
\$15,000 - 24,999	57.4	36.2	23.4
\$25,000 - 34,999	47.9	44.7	21.5
\$35,000 - 49,999	47.3	30.2	19.1
\$50,000+	48.8	41.8	25.6
<i>Overweight Status</i>			
Overweight/Obese	51.2	35.1	20.6 *
Not Overweight	53.3	39.7	25.3
<i>Physically Active</i>			
Met Aerobic Recommendation	56.3 ***	40.7 ***	24.9 **
Did Not Meet Aerobic Recommendation	46.4	31.1	18.7
<i>SNAP/CalFresh Status, % FPL</i>			
Participant	53.1	37.9	24.6
Likely Eligible, ≤ 130%	52.3	30.8	16.4
Not Eligible, > 185%	51.0	38.3	21.5

N=1505

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

## 2013 California Dietary Practices Survey

**Table 10: Knowledge of MyPlate Fruit and Vegetable Recommendations**

*How much of your plate does the government recommend be fruits and vegetables at each meal?*

	Percent Reporting One-Half
<b>Total</b>	<b>18.3</b>
<i>Sex</i>	
Male	13.1 ***
Female	23.4
<i>Age</i>	
18 - 24	7.9 ***
25 - 34	20.8
35 - 50	19.9
51 - 64	22.2
65+	16.1
<i>Ethnicity</i>	
White	20.8 *
Hispanic	16.4
Black	14.3
Asian/Other	13.5
<i>Education</i>	
Less than High School	15.1
High School Graduate	16.3
Some College	19.5
College Graduate	21.4
<i>Income</i>	
Less than \$15,000	20.6
\$15,000 - 24,999	18.8
\$25,000 - 34,999	13.9
\$35,000 - 49,999	10.2
\$50,000+	17.4
<i>Overweight Status</i>	
Overweight/Obese	18.9
Not Overweight	17.1
<i>Physically Active</i>	
Met Aerobic Recommendation	20.2 *
Did Not Meet Aerobic Recommendation	15.5
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	19.2
Likely Eligible, ≤ 130%	16.8
Not Eligible, > 185%	15.6

N=1505

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

Chi Square Test

\* p<.05

\*\*\* p<.001

**2013 California Dietary Practices Survey**

**Table 11: Mean Fruit and Vegetables Thought Consumed**

*Following 24 hour recall question module...*

*Yesterday, how many total servings of fruit do you think you ate (drank)?*

*Yesterday, how many total servings of vegetables do you think you ate (drank)?*

	Mean	
	Servings of Fruit Thought Consumed	Servings of Vegetables Thought Consumed
<b>Total</b>	<b>2.5</b>	<b>2.4</b>
<i>Sex</i>		
Male	2.4	2.3
Female	2.5	2.5
<i>Age</i>		
18 - 24	2.7	2.6
25 - 34	2.4	2.6
35 - 50	2.3	2.5
51 - 64	2.5	2.1
65+	2.5	2.2
<i>Ethnicity</i>		
White	2.3	2.5
Hispanic	2.8	2.3
Black	2.3	2.6
Asian/Other	2.8	2.3
<i>Education</i>		
Less than High School	2.5	1.9
High School Graduate	2.3	2.2
Some College	2.4	2.5
College Graduate	2.6	2.9
<i>Income</i>		
Less than \$15,000	2.5	2.3
\$15,000 - 24,999	2.4	2.3
\$25,000 - 34,999	2.5	2.6
\$35,000 - 49,999	2.1	2.1
\$50,000+	2.3	2.8
<i>Overweight Status</i>		
Overweight/Obese	2.4	2.4
Not Overweight	2.6	2.5
<i>Physically Active</i>		
Met Aerobic Recommendation	2.6	2.5
Did Not Meet Aerobic Recommendation	2.3	2.3
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	2.5	2.5
Likely Eligible, ≤ 130%	2.4	1.8
Not Eligible, > 185%	2.2	2.6

N=1353; 1347

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

Categories sharing a common letter (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

## 2013 California Dietary Practices Survey

**Table 12: Percent of Adults Thinking They Should Eat More Fruit and Vegetables**

*Do you think you eat the right amount of fruit now, or do you think you should eat less or more?*

*Do you think you eat the right amount of vegetables now, or do you think you should eat less or more?*

	Percent	
	Thinking They Should Eat More Fruit	Thinking They Should Eat More Vegetables
<b>Total</b>	<b>61.2</b>	<b>62.4</b>
<i>Sex</i>		
Male	64.7 **	64.1
Female	57.8	60.8
<i>Age</i>		
18 - 24	67.6 ***	70.9 ***
25 - 34	72.3	66.0
35 - 50	58.6	61.7
51 - 64	59.5	61.8
65+	46.7	51.6
<i>Ethnicity</i>		
White	61.3 **	58.6 ***
Hispanic	62.9	71.5
Black	64.9	56.9
Asian/Other	45.2	67.9
<i>Education</i>		
Less than High School	62.3 ***	72.0 ***
High School Graduate	67.7	69.4
Some College	66.4	60.6
College Graduate	48.8	51.0
<i>Income</i>		
Less than \$15,000	64.5 **	65.0 *
\$15,000 - 24,999	68.0	64.7
\$25,000 - 34,999	61.4	59.8
\$35,000 - 49,999	60.5	61.9
\$50,000+	52.0	53.3
<i>Overweight Status</i>		
Overweight/Obese	63.2 *	65.7 ***
Not Overweight	57.7	55.5
<i>Physically Active</i>		
Met Aerobic Recommendation	58.2 **	58.3 ***
Did Not Meet Aerobic Recommendation	66.2	67.8
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	63.9 ***	65.3 ***
Likely Eligible, ≤ 130%	70.5	63.7
Not Eligible, > 185%	51.7	52.4

N=1493; 1499

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

## 2013 California Dietary Practices Survey

**Table 13: Top Reasons Californians Report Not Eating More Fruits and Vegetables**

Base: Out of those who think they should eat more fruits and vegetables

What is the one main reason you don't eat more fruits and vegetables?

	Percent				
	Too Expensive	Not Readily Available	Not in the Habit	Too Much Time to Prepare	Other <sup>1</sup>
<b>Total</b>	<b>15.9</b>	<b>16.2</b>	<b>11.9</b>	<b>12.3</b>	<b>43.7</b>
<i>Sex</i>					
Male	12.6	14.4	11.9	16.4	44.7
Female	19.2	17.9	11.9	8.2	42.8
<i>Age</i>					
18 - 24	9.1	20.9	13.1	24.4	32.4
25 - 34	20.0	13.7	10.6	10.4	45.2
35 - 50	14.3	16.0	14.7	9.8	45.1
51 - 64	21.8	17.1	8.1	9.3	43.7
65+	12.9	13.7	10.9	10.9	51.5
<i>Ethnicity</i>					
White	17.2	16.4	13.1	11.1	42.1
Hispanic	12.7	17.1	11.8	12.9	45.5
Black	19.2	18.0	8.5	9.2	45.1
Asian/Other	12.6	6.4	9.2	25.6	46.2
<i>Education</i>					
Less than High School	17.2	8.0	12.5	19.3	43.0
High School Graduate	16.0	13.4	13.6	10.6	46.3
Some College	19.3	18.9	8.1	10.6	43.1
College Graduate	10.6	22.8	13.9	11.1	41.5
<i>Income</i>					
Less than \$15,000	23.4	11.5	12.9	11.7	40.5
\$15,000 - 24,999	16.8	18.2	9.5	9.5	46.0
\$25,000 - 34,999	10.3	13.3	10.2	18.8	47.4
\$35,000 - 49,999	8.8	19.6	5.8	14.1	51.8
\$50,000+	3.1	27.7	15.4	14.0	39.7
<i>Overweight Status</i>					
Overweight/Obese	17.5	16.2	10.0	12.1	44.2
Not Overweight	13.6	16.1	17.3	11.7	41.4
<i>Physically Active</i>					
Met Aerobic Recommendation	15.6	16.4	13.4	10.9	43.6
Did Not Meet Aerobic Recommendation	16.8	14.9	10.0	15.1	43.2
<i>SNAP/CalFresh Status, % FPL</i>					
Participant	20.6	11.9	11.7	13.7	42.0
Likely Eligible, ≤ 130%	18.0	12.5	13.8	8.2	47.6
Not Eligible, > 185%	4.1	26.3	11.0	13.2	45.4

N=1080

<sup>1</sup> "Other" includes don't like the taste, unsure how to select good quality fruits and vegetables, unsure how to prepare, concerned about food safety, spoil too fast, quality is poor, they are messy, etc.

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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

Chi Square Test

\* p<.05

\*\*\* p<.001

**2013 California Dietary Practices Survey**

**Table 14: Barriers to Eating More Fruits and Vegetables**

Base: Out of those who think they should eat more fruits and vegetables  
For yourself, do you agree or disagree...

*It's hard to get fruits and vegetables at fast food restaurants.*

*It's hard to get fruits and vegetables at other restaurants.*

*It's hard to get fruits and vegetables at work, such as in the cafeteria, vending machines, food trucks or nearby restaurants.*

*Fruits and vegetables are too expensive.*

	Percent Agreeing			
	Hard to Buy in Restaurants	Hard to Buy in Fast Food Places	Hard to Get at Work	Too Expensive
<b>Total</b>	<b>33.5</b>	<b>73.2</b>	<b>58.8</b>	<b>42.2</b>
<i>Sex</i>				
Male	32.3	72.6	59.0	39.9
Female	34.6	73.7	58.6	44.5
<i>Age</i>				
18 - 24	29.0	76.1	58.4	35.9
25 - 34	38.1	71.9	64.3	44.1
35 - 50	33.1	71.8	58.9	44.7
51 - 64	33.6	72.7	51.7	44.9
65+	31.6	76.3	56.7	36.6
<i>Ethnicity</i>				
White	23.1 ***	73.9 *	54.1 ***	35.3 ***
Hispanic	47.7	75.6	65.2	50.8
Black	42.8	64.5	53.6	49.2
Asian/Other	39.3	74.7	72.5	50.1
<i>Education</i>				
Less than High School	46.3 ***	78.0	75.0 ***	60.0 ***
High School Graduate	39.3	75.2	55.6	39.3
Some College	29.1	69.6	58.2	46.4
College Graduate	23.4	71.3	50.8	29.8
<i>Income</i>				
Less than \$15,000	36.8 ***	76.0	65.0 **	51.8 ***
\$15,000 - 24,999	40.8	70.1	58.9	47.6
\$25,000 - 34,999	36.7	72.4	66.4	40.9
\$35,000 - 49,999	32.2	79.2	57.0	40.7
\$50,000+	20.5	73.8	50.0	22.7
<i>Overweight Status</i>				
Overweight/Obese	34.3	74.6	60.3	46.4 ***
Not Overweight	30.4	72.0	56.9	34.9
<i>Physically Active</i>				
Met Aerobic Recommendation	31.1 *	73.8	54.9 ***	37.0 ***
Did Not Meet Aerobic Recommendation	37.4	73.6	65.5	51.7
<i>SNAP/CalFresh Status, % FPL</i>				
Participant	35.3 ***	74.3	62.6 **	47.0 ***
Likely Eligible, ≤ 130%	47.8	73.5	65.0	64.6
Not Eligible, > 185%	22.3	74.7	51.2	25.0

N=1379; 1302; 1150; 1497

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

**2013 California Dietary Practices Survey**

**Cross Tab 15: Gardening by Reported Fruit and Vegetable Consumption**

*Do you currently have a garden to grow fruits and vegetables, either at your home or at a shared site?*

*Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)*

Have a Garden	Percent Reported Eating		Mean Servings Fruits & Vegetables Eaten
	<5 Servings of Fruits & Vegetables	5+ Servings Fruits & Vegetables	
Yes	53.9	46.1	5.0
No	63.1	36.9	4.2

N=1503

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.

Chi Square Test

ANOVA

\*\*\* p<.001

**2013 California Dietary Practices Survey**

**Cross Tab 16: Think Eat Right Amount of Fruits and Vegetables by Fruit and Vegetable Consumption**

*Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)*

*Do you think you eat the right amount of fruit now, or do you think you should eat less or more?*

*Do you think you eat the right amount of vegetables now, or do you think you should eat less or more?*

Percent	Percent Reported Eating		Mean Servings of Fruits & Vegetables Eaten
	<5 Servings of Fruits & Vegetables	5+ Servings Fruits & Vegetables	
Think Eat Right Amount of Fruits & Vegetables	40.9	59.1	6.6
Think Should Eat More Fruits & Vegetables	71.3	28.7	3.5

\*\*\*

\*\*\*

N=1489

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.

Chi Square Test

ANOVA

\*\*\* p<.001