

**2013 California Dietary Practices Survey**

**Table 17: Reported Mean Servings of Whole Grain Foods**

*Yesterday, how many servings of whole grains, other than bread or cereal, such as whole wheat pasta, brown rice, wild rice, quinoa, bulgur, or barley did you have? Yesterday, how many servings of whole grain or high fiber bread, such as 100% whole wheat or whole wheat tortillas did you have?*

	Mean Servings Reported		
	Whole Grain Bread	Other Whole Grains	Total Whole Grain/High Fiber Foods
<b>Total</b>	<b>1.4</b>	<b>0.4</b>	<b>1.8</b>
<i>Sex</i>			
Male	1.6 ***	0.4	2.0 ***
Female	1.2	0.4	1.6
<i>Age</i>			
18 - 24	2.1 b ***	0.5 ab **	2.6 b ***
25 - 34	1.5 c	0.4 ab	1.9 c
35 - 50	1.1 d	0.5 a	1.6 cd
51 - 64	1.4 cd	0.4 ab	1.7 cd
65+	1.2 d	0.3 b	1.5 d
<i>Ethnicity</i>			
White	1.1 a ***	0.4 a **	1.5 a ***
Hispanic	1.6 b	0.4 ab	2.1 b
Black	1.5 b	0.5 ab	2.0 b
Asian/Other	2.3 c	0.6 b	2.9 c
<i>Education</i>			
Less than High School	1.7 a ***	0.3 a ***	2.0
High School Graduate	1.4 ab	0.4 a	1.8
Some College	1.2 b	0.4 ab	1.7
College Graduate	1.3 b	0.5 b	1.8
<i>Income</i>			
Less than \$15,000	1.5 a *	0.4 a **	1.9
\$15,000 - 24,999	1.4 ab	0.5 ab	1.9
\$25,000 - 34,999	1.3 ab	0.4 ab	1.7
\$35,000 - 49,999	1.0 b	0.4 ab	1.4
\$50,000+	1.3 ab	0.6 b	1.9
<i>Overweight Status</i>			
Overweight/Obese	1.4	0.4 **	1.7 *
Not Overweight	1.5	0.5	2.0
<i>Physically Active</i>			
Met Aerobic Recommendation	1.4	0.5 *	1.9
Did Not Meet Aerobic Recommendation	1.3	0.4	1.7
<i>SNAP/CalFresh Status, % FPL</i>			
Participant	1.5 a **	0.4	1.9
Likely Eligible, ≤ 130%	1.3 ab	0.4	1.6
Not Eligible, > 185%	1.2 b	0.5	1.7

N=1503; 1502; 1500

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 18: Reported Consumption of Beans**

*Yesterday, how many servings of beans, such as kidney beans, chili beans, bean soup, bean salad, or lentils did you have?*

	Percent Eating Any Beans
<b>Total</b>	<b>31.2</b>
<i>Sex</i>	
Male	33.0
Female	29.4
<i>Age</i>	
18 - 24	30.2
25 - 34	31.7
35 - 50	33.0
51 - 64	31.9
65+	26.5
<i>Ethnicity</i>	
White	23.4
Hispanic	50.8
Black	21.9
Asian/Other	34.5
<i>Education</i>	
Less than High School	48.4
High School Graduate	28.7
Some College	26.1
College Graduate	28.0
<i>Income</i>	
Less than \$15,000	32.0
\$15,000 - 24,999	32.3
\$25,000 - 34,999	30.8
\$35,000 - 49,999	39.5
\$50,000+	27.9
<i>Overweight Status</i>	
Overweight/Obese	31.5
Not Overweight	30.2
<i>Physically Active</i>	
Met Aerobic Recommendation	30.2
Did Not Meet Aerobic Recommendation	33.0
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	32.6
Likely Eligible, ≤ 130%	29.9
Not Eligible, > 185%	27.8

N=1504

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

Chi Square Test

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 19: Reported Consumption of Cereal**

*Yesterday, how many bowls of hot cereal, like oatmeal, or cold cereal did you have?*

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

	Percent who Reported Eating	
	Any Breakfast Cereal	High Fiber Cereal <sup>1</sup>
<b>Total</b>	<b>39.1</b>	<b>20.3</b>
<i>Sex</i>		
Male	40.8	19.9
Female	37.5	20.7
<i>Age</i>		
18 - 24	50.0 ***	14.6 ***
25 - 34	36.5	15.0
35 - 50	32.9	19.0
51 - 64	39.3	24.4
65+	46.7	31.9
<i>Ethnicity</i>		
White	37.9	21.6
Hispanic	40.4	18.4
Black	40.2	21.9
Asian/Other	41.8	14.6
<i>Education</i>		
Less than High School	42.0 ***	16.5
High School Graduate	43.8	20.8
Some College	40.8	23.3
College Graduate	30.7	19.5
<i>Income</i>		
Less than \$15,000	40.4	18.6
\$15,000 - 24,999	38.9	19.7
\$25,000 - 34,999	39.5	22.7
\$35,000 - 49,999	41.6	26.7
\$50,000+	34.9	20.3
<i>Overweight Status</i>		
Overweight/Obese	38.1	20.6
Not Overweight	40.4	19.7
<i>Physically Active</i>		
Met Aerobic Recommendation	42.1 **	23.6 ***
Did Not Meet Aerobic Recommendation	34.9	15.8
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	40.5	19.1 *
Likely Eligible, ≤ 130%	37.4	16.2
Not Eligible, > 185%	38.6	25.1

N=1505; 1505

<sup>1</sup> High fiber cereals are defined as those having 3 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<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 20: Reported Consumption of No Whole Grain Bread, Whole Grains, High Fiber Cereal, or Beans**

*Yesterday, how many servings of whole grains, other than bread or cereal, such as whole wheat pasta, brown rice, wild rice, quinoa, bulgur, or barley did you have?*

*Yesterday, how many servings of whole grain or high fiber bread, such 100% whole wheat or whole wheat tortillas did you have?*

*Yesterday, how many bowls of hot cereal, like oatmeal, 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?*

	<b>Percent who Reported Eating No Whole Grains, Whole Grain Bread, High Fiber Cereal, or Beans</b>
<b>Total</b>	<b>17.3</b>
<i>Sex</i>	
Male	17.6
Female	16.9
<i>Age</i>	
18 - 24	14.8
25 - 34	14.5
35 - 50	19.7
51 - 64	18.1
65+	16.8
<i>Ethnicity</i>	
White	21.3 ***
Hispanic	8.3
Black	20.0
Asian/Other	14.8
<i>Education</i>	
Less than High School	17.2
High School Graduate	16.1
Some College	19.6
College Graduate	15.9
<i>Income</i>	
Less than \$15,000	19.4
\$15,000 - 24,999	12.9
\$25,000 - 34,999	17.9
\$35,000 - 49,999	17.2
\$50,000+	18.2
<i>Overweight Status</i>	
Overweight/Obese	18.3
Not Overweight	16.0
<i>Physically Active</i>	
Met Aerobic Recommendation	15.4 **
Did Not Meet Aerobic Recommendation	21.0
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	17.7
Likely Eligible, ≤ 130%	12.8
Not Eligible, > 185%	19.5

N=1503

<sup>†</sup> High fiber cereals are defined as those having 3 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