

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 10: Servings of Whole Grain Breads and Tortillas Reported by California Adolescents (N=1,223)

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

	Servings of Whole Grain Breads and Tortillas Reported, Percent of Adolescents		
	0	1-3	4+
Total	28.2	53.5	18.3
Gender			
Males	24.2	53.9	21.8
Females	32.4	52.9	14.6
Ethnicity			
White	23.9	56.8	19.2
African American	26.5	56.5	17.1
Latino	35.4	51.1	13.4
Asian/Other	20.2	49.3	30.5
Gender by Age			
Males			
12-13	20.4	51.0	28.6
14-15	24.8	54.6	20.6
16-17	27.6	56.2	16.2
Females			
12-13	27.6	60.5	11.9
14-15	30.2	44.1	25.7
16-17	39.8	54.0	6.2
Income			
<\$15,000	25.4	54.2	20.4
\$15,000 - \$24,999	29.2	59.3	11.5
\$25,000 - \$34,999	32.0	47.7	20.4
\$35,000 - \$49,999	31.6	50.8	17.6
\$50,000 - \$74,999	34.2	55.9	9.9
≥\$75,000	22.1	55.5	22.4
Food Stamp Status, % FPL			
Participant, ≤130%	24.5	50.3	25.2
Likely Eligible, ≤130%	32.7	52.6	14.8
Potentially Eligible, 131-185%	40.2	47.7	12.1
Not Eligible, >185%	25.6	56.5	17.9
Smoking Status			
Non-Smokers	27.8	53.6	18.6
Smokers	37.1	50.6	12.3
Physical Activity Status			
Regular	25.4	54.5	20.1
Irregular	35.7	50.6	13.6
Overweight Status			
Not Overweight	25.4	55.0	19.6
Overweight/Obese	33.7	49.9	16.4

Based on the *Dietary Guidelines for Americans, 2005*: Adolescents should consume whole-grain products often; at least half the grains should be whole grains.

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

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 12: Consumption of Cereal and High Fiber Cereal by California Adolescents (N=1,225)

Yesterday how many bowls of cereal did you eat?
 What cereal did you eat the most of yesterday?

	Percent of Adolescents		
	Any Cereal	High Fiber Cereal ¹	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
Total	55.6	12.8	22.6
Gender			
Males	62.4 ***	13.5	21.7
Females	48.4	11.9	23.9
Ethnicity			
White	50.3 *	11.1 ***	22.1 ***
African American	56.3	4.9	8.7
Latino	60.0	10.5	16.7
Asian/Other	56.9	27.8	48.8
Gender by Age			
Males			
12-13	66.4	13.5 **	20.3 **
14-15	60.2	8.3	13.8
16-17	60.5	18.9	31.2
Females			
12-13	52.6	8.3	15.6 **
14-15	49.8	12.4	22.9
16-17	42.5	15.3	36.0
Income			
<\$15,000	55.6 **	7.1 *	12.2 ***
\$15,000 - \$24,999	61.1	16.4	26.8
\$25,000 - \$34,999	63.5	5.3	8.3
\$35,000 - \$49,999	62.4	11.7	18.8
\$50,000 - \$74,999	59.6	17.0	28.5
≥\$75,000	46.9	15.6	32.3
Food Stamp Status, % FPL			
Participant, ≤130%	59.4 ***	14.8 *	24.7 ***
Likely Eligible, ≤130%	65.9	10.2	15.4
Potentially Eligible, 131-185%	59.4	4.2	7.1
Not Eligible, >185%	50.8	15.4	29.6
Smoking Status			
Non-Smokers	55.8	13.2 *	23.4 *
Smokers	51.7	3.1	6.0
Physical Activity Status			
Regular	58.6 ***	14.2 *	23.8
Irregular	47.4	8.8	18.7
Overweight Status			
Not Overweight	55.3	14.3 *	25.4 *
Overweight/Obese	53.7	8.8	16.4

¹ High fiber cereals are defined as those having 3 or more grams of dietary fiber per serving.

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 14: Belief by California Adolescents About the Number of Servings of Whole Grain Products Needed Each Day for Good Health (N=1,220)

How many total servings of whole grain bread, tortillas and cereal do you think you should eat every day to be healthy?

	Servings of Whole Grain Products ¹ Believed Needed, Percent of Adolescents	
	3 or Fewer	4+
Total	72.5	27.5
Gender		
Males	70.0	30.0
Females	75.2	24.8
Ethnicity		
White	72.8	27.2
African American	65.6	34.4
Latino	72.2	27.8
Asian/Other	76.1	23.9
Gender by Age		
Males		
12-13	67.2	32.8
14-15	69.4	30.6
16-17	73.4	26.6
Females		
12-13	69.6	30.4
14-15	80.3	19.7
16-17	76.0	24.0
Income		
<\$15,000	68.4	31.6
\$15,000 - \$24,999	75.5	24.5
\$25,000 - \$34,999	72.8	27.2
\$35,000 - \$49,999	57.8	42.2
\$50,000 - \$74,999	82.1	17.9
≥\$75,000	75.4	24.6
Food Stamp Status, % FPL		
Participant, ≤130%	77.2	22.8
Likely Eligible, ≤130%	68.0	32.0
Potentially Eligible, 131-185%	63.5	36.5
Not Eligible, >185%	74.0	26.0
Smoking Status		
Non-Smokers	72.5	27.5
Smokers	72.0	28.0
Physical Activity Status		
Regular	73.6	26.4
Irregular	69.7	30.3
Overweight Status		
Not Overweight	74.2	25.8
Overweight/Obese	68.0	32.0

¹ Includes whole grain bread, tortillas and high-fiber cereal.

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Chi Square Test

* p<.05

*** p<.001

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Table 15: Servings of Beans Reported by California Adolescents (N=1,209)

Yesterday how many servings of beans did you eat? This would include kidney beans, refried beans, chilibeans, black beans, bean soup, bean salad, or lentils.

	Percent of Adolescents			Eating Beans Reported
	Servings of Beans Reported			
	0	1	2+	
Total	74.1	19.0	7.0	25.9
Gender				
Males	74.5	18.5	6.9	25.5
Females	73.6	19.4	7.0	26.4
Ethnicity				
White	78.9	14.0	7.1	21.1
African American	88.7	10.1	1.1	11.3
Latino	64.5	26.6	8.9	35.5
Asian/Other	80.5	8.9	4.1	19.5
Gender by Age				
Males				
12-13	67.6	21.5	10.9	32.4
14-15	78.8	16.7	4.6	21.2
16-17	77.1	17.5	5.4	22.9
Females				
12-13	73.4	22.1	4.5	26.6
14-15	74.4	15.4	10.2	25.6
16-17	73.0	20.8	6.3	27.0
Income				
<\$15,000	70.4	22.6	7.0	29.6
\$15,000 - \$24,999	64.6	27.0	8.4	35.4
\$25,000 - \$34,999	64.1	21.0	15.0	35.9
\$35,000 - \$49,999	75.6	16.1	8.4	24.4
\$50,000 - \$74,999	79.7	8.4	3.7	20.3
≥\$75,000	79.7	14.8	5.5	20.3
Food Stamp Status, % FPL				
Participant, ≤130%	74.1	17.6	8.3	26.0
Likely Eligible, ≤130%	59.9	31.1	8.9	40.1
Potentially Eligible, 131-185%	73.2	17.3	9.5	26.8
Not Eligible, >185%	79.2	15.9	6.0	20.8
Smoking Status				
Non-Smokers	74.1	19.4	6.5	25.9
Smokers	73.6	9.6	16.8	26.4
Physical Activity Status				
Regular	73.6	19.7	6.7	26.4
Irregular	75.5	17.0	7.6	24.5
Overweight Status				
Not Overweight	73.8	18.6	7.6	26.2
Overweight/Obese	74.4	20.2	5.4	25.6

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