

2005 California Dietary Practices Survey

Table 36: Consumption of Deep-Fried Foods

Yesterday did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?

	Percent Who Ate Deep-Fried Foods
Total	20
<i>Sex</i>	
Males	23 *
Females	18
<i>Males</i>	
18 - 24	34 *
25 - 34	20
35 - 50	21
51 - 64	26
65+	14
<i>Females</i>	
18 - 24	22 *
25 - 34	21
35 - 50	19
51 - 64	17
65+	8
<i>Ethnicity</i>	
White	14 ***
Hispanic	23
Black	30
Asian/Pacific Islander	20
<i>Education</i>	
Less than High School	28 ***
High School Graduate	23
Some College	19
College Graduate	14
<i>Income</i>	
Less than \$15,000	23 *
\$15,000 - 24,999	24
\$25,000 - 34,999	15
\$35,000 - 49,999	17
\$50,000+	16
<i>Physically Active</i>	
Did Not Meet Recommendations	23 **
Met Recommendations	17
<i>Overweight Status</i>	
Overweight/Obese	22 **
Not Overweight	16
<i>Poverty Index</i>	
Food Stamp Participants	19 **
All Other Respondents/ ≤ 130% FPL	26
All Other Respondents/ > 130% FPL	16

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

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Table 37: Consumption of Chips and Other Fried Snack Foods

Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods?

	Percent Who Ate Fried Snack Foods
Total	21
<i>Sex</i>	
Males	22
Females	20
<i>Males</i>	
18 - 24	29
25 - 34	18
35 - 50	21
51 - 64	24
65+	20
<i>Females</i>	
18 - 24	35 **
25 - 34	22
35 - 50	14
51 - 64	18
65+	18
<i>Ethnicity</i>	
White	22
Hispanic	20
Black	22
Asian/Pacific Islander	19
<i>Education</i>	
Less than High School	23
High School Graduate	21
Some College	19
College Graduate	21
<i>Income</i>	
Less than \$15,000	18
\$15,000 - 24,999	19
\$25,000 - 34,999	24
\$35,000 - 49,999	24
\$50,000+	21
<i>Physically Active</i>	
Did Not Meet Recommendations	22
Met Recommendations	20
<i>Overweight Status</i>	
Overweight/Obese	21
Not Overweight	21
<i>Poverty Index</i>	
Food Stamp Participants	22
All Other Respondents/ ≤ 130% FPL	19
All Other Respondents/ > 130% FPL	20

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

2005 California Dietary Practices Survey

Table 38: Consumption of High Fat Sweets and Breakfast Pastries

Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars?

Did you eat any that were reduced fat or fat-free?

Yesterday, did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants, or pop tarts?¹

Did you eat any that were reduced fat or fat-free?

	Percent Who Ate	
	High Fat Sweets ²	Breakfast Pastries ³
Total	45	17
<i>Sex</i>		
Males	42 *	18
Females	48	16
<i>Males</i>		
18 - 24	36 ***	14
25 - 34	30	20
35 - 50	46	22
51 - 64	50	13
65+	51	14
<i>Females</i>		
18 - 24	58 *	22
25 - 34	45	18
35 - 50	44	17
51 - 64	45	14
65+	57	9
<i>Ethnicity</i>		
White	53 ***	12 ***
Hispanic	29	29
Black	47	14
Asian/Pacific Islander	44	13
<i>Education</i>		
Less than High School	30 ***	28 ***
High School Graduate	47	16
Some College	46	16
College Graduate	54	10
<i>Income</i>		
Less than \$15,000	42 **	22 ***
\$15,000 - 24,999	40	22
\$25,000 - 34,999	38	20
\$35,000 - 49,999	57	14
\$50,000+	50	10
<i>Physically Active</i>		
Did Not Meet Recommendations	43 *	20 *
Met Recommendations	48	14
<i>Overweight Status</i>		
Overweight/Obese	42 **	18
Not Overweight	50	16
<i>Poverty Index</i>		
Food Stamp Participants	37 ***	22 ***
All Other Respondents/ ≤ 130% FPL	38	25
All Other Respondents/ > 130% FPL	51	12

¹ In the Spanish translation of the survey, this question includes "pan dulce".

² Of high fat sweets, 17 percent reported were reduced fat.

³ Of breakfast pastries, 20 percent reported were reduced fat.

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

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Table 39: Consumption of Soda

Yesterday, how many cans or glasses of regular carbonated soft drinks such as cola, lemon lime, or sweetened non-carbonated beverages such as Gatorade, Snapple, Sunny Delight, or Kool-Aid did you drink? ¹

	Percent ² Who Drank Any Soda	Mean Servings ³ of Soda
Total	48	1.0
Sex		
Males	53 ***	1.2 ***
Females	43	0.8
Males		
18 - 24	54 **	1.8 ^b ***
25 - 34	62	1.2 ^{ab}
35 - 50	56	1.3 ^b
51 - 64	49	1.1 ^{ab}
65+	38	0.6 ^a
Females		
18 - 24	52 **	1.0 ^{ab} *
25 - 34	48	1.0 ^b
35 - 50	46	0.9 ^{ab}
51 - 64	42	0.8 ^{ab}
65+	27	0.5 ^a
Ethnicity		
White	43 ***	1.0 ^b ***
Hispanic	62	1.2 ^b
Black	49	1.0 ^{ab}
Asian/Pacific Islander	35	0.5 ^a
Education		
Less than High School	59 ***	1.4 ^c ***
High School Graduate	51	1.1 ^{bc}
Some College	47	1.0 ^b
College Graduate	39	0.7 ^a
Income		
Less than \$15,000	50 *	1.1 ^{ab} *
\$15,000 - 24,999	54	1.2 ^b
\$25,000 - 34,999	51	1.0 ^{ab}
\$35,000 - 49,999	45	0.9 ^{ab}
\$50,000+	43	0.9 ^a
Physically Active		
Did Not Meet Recommendations	54 ***	1.2 ***
Met Recommendations	42	0.8
Overweight Status		
Overweight/Obese	53 ***	1.1 **
Not Overweight	41	0.9
Poverty Index		
Food Stamp Participants	59 ***	1.4 ^b ***
All Other Respondents/ ≤ 130% FPL	52	1.1 ^{ab}
All Other Respondents/ > 130% FPL	43	0.9 ^a

¹ This includes any sweetened, non-carbonated beverages that are not 100% fruit juice.

² A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

³ A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

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 40: Range in Servings of High Calorie, Low Nutrient Foods

Yesterday did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants or pop tarts?
 Yesterday did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion
 Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods?
 Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars?

	Servings of High Calorie Low Nutrient Foods		
	Eaten, Percent ¹		
	0	1	2+
Total	32	40	28
<i>Sex</i>			
Males	33	38	30
Females	32	42	27
<i>Males</i>			
18 - 24	32	32	36
25 - 34	43	34	24
35 - 50	29	42	30
51 - 64	30	37	33
65+	31	43	26
<i>Females</i>			
18 - 24	18	49	34
25 - 34	30	41	29
35 - 50	35	40	25
51 - 64	36	40	24
65+	37	40	23
<i>Ethnicity</i>			
White	31	43	26
Hispanic	36	36	28
Black	30	40	30
Asian/Pacific Islander	36	37	26
<i>Education</i>			
Less than High School	36	31	33
High School Graduate	35	33	32
Some College	32	41	26
College Graduate	28	49	23
<i>Income</i>			
Less than \$15,000	33	37	30
\$15,000 - 24,999	33	37	30
\$25,000 - 34,999	35	42	23
\$35,000 - 49,999	31	37	32
\$50,000+	32	43	25
<i>Physically Active</i>			
Did Not Meet Recommendations	33	35	31
Met Recommendations	32	44	24
<i>Overweight Status</i>			
Overweight/Obese	34	37	29
Not Overweight	30	44	26
<i>Poverty Index</i>			
Food Stamp Participants	31	45	24
All Other Respondents/ ≤ 130% FPL	34	34	32
All Other Respondents/ > 130% FPL	32	42	26

¹Excludes soda or other sweetened beverages.

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

* p<.05

** p<.01

*** p<.001