

2001 California Dietary Practices Survey

Table 57: Frequency of Using Butter, Margarine, or Mayonnaise

Question: How often do you use butter, margarine, or mayonnaise on your bread or tortillas?

	Percent Used			
	Always	Sometimes	Rarely / Never	
Total	30	37	33	
<i>Sex</i>				
Males	30	36	34	
Females	30	38	33	
<i>Males</i>				
18 - 24	17	46	37	***
25 - 34	27	35	38	
35 - 50	28	37	36	
51 - 64	43	34	23	
65+	43	27	29	
<i>Females</i>				
18 - 24	21	46	33	
25 - 34	25	44	31	
35 - 50	33	35	32	
51 - 64	28	33	39	
65+	36	31	33	
<i>Ethnicity</i>				
White	33	36	31	***
Hispanic	20	40	40	
Black	32	32	36	
Asian/ Pacific Islander	25	48	27	
<i>Education</i>				
Less than high school	27	32	41	*
High school graduate	33	38	29	
Some college	31	39	30	
College graduate	28	36	36	
<i>Income</i>				
Less than \$15,000	29	37	34	
\$15,000 - 24,999	30	38	33	
\$25,000 - 34,999	31	35	35	
\$35,000 - 49,999	30	42	28	
\$50,000+	34	35	31	
<i>Physically Active</i>				
Did not meet recommendations	34	37	30	***
Met recommendations	25	37	38	
<i>Overweight Status</i>				
Overweight/Obese	32	37	31	
Not overweight	29	36	35	

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

Chi square test:

* p<.05

** p<.01

*** p<.001

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Table 58: Consumption of Deep Fat Fried Foods, Trends 1993-2001

Question: Yesterday, did you eat any deep fat fried foods like french fries, fried chicken, chicken nuggets, fried fish, fried shrimp, or onion rings?

	Percent Ate Deep Fat Fried Foods					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	21	21	20	19	19	NC	-1	-1	NC
<i>Sex</i>									
Males	22	25 **	23 **	22 **	23 ***	3	-2	-1	1
Females	20	18	17	16	16	-2	-1	-1	NC
<i>Males</i>									
18 - 24	29	40	31 **	34 ***	31 *	11	-9	4	-3
25 - 34	23	26	28	26	22	3	2	-2	-4
35 - 50	24	29	24	24	24	5	-5	NC	NC
51 - 64	19	16	18	12	19	-3	2	-6	7
65+	14	7	12	12	14	-7	5	NC	2
<i>Females</i>									
18 - 24	34 ***	22 ***	24 *	28 ***	20 *	-12	2	4	-8
25 - 34	24	27	19	16	17	3	-8	-3	1
35 - 50	19	22	18	16	18	3	-4	-2	2
51 - 64	17	9	16	10	15	-8	7	-6	5
65+	11	5	9	10	6	-6	4	1	-4
<i>Ethnicity</i>									
White	15 ***	18	17 **	16 ***	16 ***	3	-1	-1	NC
Hispanic	32	24	22	24	22	-8*	-2	2	-2
Black	29	27	28	33	33	-2	1	5	NC
Asian/Pacific Islander				17	26				9
<i>Education</i>									
Less than high school	32 ***	24	26	24 *	17 *	-8	2	-2	-7
High school graduate	24	21	20	21	23	-3	-1	1	2
Some college	21	21	20	20	20	NC	-1	NC	NC
College graduate	15	20	18	15	16	5	-2	-3	1
<i>Income</i>									
Less than \$15,000	30 ***	22	18	20	18	-8	-4	2	-2
\$15,000 - 24,999	23	20	19	19	19	-3	-1	NC	NC
\$25,000 - 34,999	21	25	23	21	19	4	-2	-2	-2
\$35,000 - 49,999	20	22	19	21	18	2	-3	2	-3
\$50,000+	14	23	21	16	22	9***	-2	*-5	6*
<i>Physically Active</i>									
Did not meet recommendations					22 ***				
Met recommendations					15				
<i>Overweight Status</i>									
Overweight/Obese					21 *				
Not overweight					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 59: Consumption of Chips and Other Fried Snack Foods, Trends 1993-2001

Question: Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds, or other fried snacks?

	Percent Ate Fried Snack Foods					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	21	21	21	21	24	NC	NC	NC	3
<i>Sex</i>									
Males	24 *	21	23	23	27 **	-3	2	NC	4
Females	18	20	19	20	20	2	-1	1	NC
<i>Males</i>									
18 - 24	27 *	37 **	24	23	30	10	-13	-1	7
25 - 34	33	24	26	26	32	-9	2	NC	6
35 - 50	23	18	24	20	24	-5	6	-4	4
51 - 64	17	17	14	24	24	NC	-3	10	NC
65+	18	11	22	27	26	-7	11	5	-1
<i>Females</i>									
18 - 24	24	22	30 ***	29 *	21	-2	8	-1	-8
25 - 34	20	19	22	20	23	-1	3	-2	3
35 - 50	20	23	23	22	20	3	NC	-1	-2
51 - 64	14	17	12	15	21	3	-5	3	6
65+	15	17	11	14	17	2	-6	3	3
<i>Ethnicity</i>									
White	19 ***	20	20	21	24	1	NC	1	3
Hispanic	22	22	23	19	20	NC	1	-4	1
Black	45	22	23	30	29	-23**	1	7	-1
Asian/Pacific Islander				19	29				10
<i>Education</i>									
Less than high school	15 *	22	22	15 ***	20	7	NC	-7	5
High school graduate	25	23	22	20	26	-2	-1	-2	6*
Some college	23	19	24	28	22	-4	5	4	-6
College graduate	19	19	17	19	24	NC	-2	2	5
<i>Income</i>									
Less than \$15,000	20	22	23	19	21	2	1	-4	2
\$15,000 - 24,999	25	22	22	22	23	-3	NC	NC	1
\$25,000 - 34,999	18	16	22	21	26	-2	6	-1	5
\$35,000 - 49,999	21	24	16	28	25	3	-8	13**	-3
\$50,000+	24	19	21	22	24	-5	2	1	2
<i>Physically Active</i>									
Did not meet recommendations					23				
Met recommendations					24				
<i>Overweight Status</i>									
Overweight/Obese					22				
Not overweight					26				

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 60a: Consumption of High Fat Sweets, Breakfast Pastries, and Frozen Dairy Desserts

*Question: Yesterday, did you eat any desserts like cake, pie, cookies, brownies, or chocolate candy
 Yesterday, did you eat any breakfast pastries like doughnuts, danish, sweet rolls, muffins, croissants,
 or pop tarts?
 Yesterday, did you eat any lowfat frozen dairy desserts like frozen yogurt, light ice cream, or soft serve?*

	Percent Ate		
	High Fat Sweets	Breakfast Pastries	Lowfat Frozen Dairy Desserts ¹
Total	42	15	14
<i>Sex</i>			
Males	42	18 ***	14
Females	41	12	13
<i>Males</i>			
18 - 24	45	17	11 ***
25 - 34	39	17	9
35 - 50	39	18	12
51 - 64	42	17	20
65+	50	24	28
<i>Females</i>			
18 - 24	40	9	19
25 - 34	47	14	14
35 - 50	38	10	10
51 - 64	33	12	12
65+	46	12	15
<i>Ethnicity</i>			
White	45 ***	12 ***	12 ***
Hispanic	32	23	19
Black	47	19	6
Asian/ Pacific Islander	35	11	20
<i>Education</i>			
Less than high school	24 ***	22 **	14
High school graduate	44	16	14
Some college	44	13	12
College graduate	44	12	14
<i>Income</i>			
Less than \$15,000	37	18 *	14
\$15,000 - 24,999	43	18	12
\$25,000 - 34,999	40	12	16
\$35,000 - 49,999	48	12	20
\$50,000+	45	12	11
<i>Physically Active</i>			
Did not meet recommendations	40	16 *	14
Met recommendations	44	13	13
<i>Overweight Status</i>			
Overweight/Obese	39 *	16	13
Not overweight	45	14	14

¹ About 2/3 of frozen dairy desserts were regular varieties, not reduced in 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 60b: Consumption of Deep Fried Foods

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

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

	Percent	
	Ate deep-fried foods	Ate fried snack foods
Total	19	24
Sex		
Males	23***	27**
Females	16	20
Males		
18 - 24	31*	30
25 - 34	22	32
35 - 50	24	24
51 - 64	19	24
65+	14	26
Females		
18 - 24	20*	21
25 - 34	17	23
35 - 50	18	20
51 - 64	15	21
65+	6	17
Ethnicity		
White	16***	24
Hispanic	22	20
Black	33	29
Asian/Pacific Islander	26	29
Education		
Less than high school	17*	20
High school graduate	23	26
Some college	20	22
College graduate	16	24
Income		
Less than \$15,000	18	21
\$15,000 - 24,999	19	23
\$25,000 - 34,999	19	26
\$35,000 - 49,999	18	25
\$50,000+	22	24
Physically Active		
Did not meet recommendations	22***	23
Met recommendations	15	24
Overweight Status		
Overweight/Obese	21*	22
Not overweight	16	26

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 61: Consumption of Soda

Question: Yesterday, how many cans or glasses of regular soda or sweetened carbonated beverages did you drink?

	Percent Drank Any Soda ²	Mean Servings ¹ of Soda
Total	49	1.0
<i>Sex</i>		
Males	55 ***	1.2 ***
Females	43	0.8
<i>Males</i>		
18 - 24	68 **	1.8 ^c ***
25 - 34	56	1.0 ^{ab}
35 - 50	54	1.0 ^{ab}
51 - 64	51	1.4 ^{bc}
65+	43	0.7 ^a
<i>Females</i>		
18 - 24	58 ***	1.1 ^b ***
25 - 34	55	1.1 ^b
35 - 50	38	0.7 ^a
51 - 64	36	0.6 ^a
65+	32	0.4 ^a
<i>Ethnicity</i>		
White	45 ***	0.9
Hispanic	56	1.0
Black	59	1.2
Asian/ Pacific Islander	46	1.0
<i>Education</i>		
Less than high school	53 *	1.1 ^b **
High school graduate	52	1.1 ^b
Some college	49	1.0 ^{ab}
College graduate	44	0.8 ^a
<i>Income</i>		
Less than \$15,000	47	0.9
\$15,000 - 24,999	53	1.1
\$25,000 - 34,999	44	0.8
\$35,000 - 49,999	58	1.2
\$50,000+	46	0.9
<i>Physically Active</i>		
Did not meet recommendations	51	1
Met recommendations	46	0.9
<i>Overweight Status</i>		
Overweight/Obese	53 **	1.0
Not overweight	45	0.9

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

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

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA and Chi square test:

- * p<.05
- ** p<.01
- *** p<.001

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Table 62: Consumption of High Calorie, Low Nutrient Foods

Question: Yesterday did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants or pop tarts? Do not include reduced fat or fat-free items.
 Yesterday did you eat any deep-fried foods like french fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?
 Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods? Do not include reduced fat or fat-free items.
 Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars? Do not include reduced fat, fat-free, or lower fat items.

	Servings ¹ of High Calorie, Low Nutrient Foods Reported, Mean
Total	1.0
Sex	
Males	1.1 *
Females	0.9
Males	
18 - 24	1.2
25 - 34	1.1
35 - 50	1.0
51 - 64	1.0
65+	1.1
Females	
18 - 24	0.9
25 - 34	1.0
35 - 50	0.9
51 - 64	0.8
65+	0.8
Ethnicity	
White	1.0 ^a *
Hispanic	1.0 ^a
Black	1.3 ^b
Asian/ Pacific Islander	1.0 ^{ab}
Education	
Less than high school	0.8 ^a **
High school graduate	1.1 ^b
Some college	1.0 ^{ab}
College graduate	1.0 ^{ab}
Income	
Less than \$15,000	0.9
\$15,000 - 24,999	1.0
\$25,000 - 34,999	1.0
\$35,000 - 49,999	1.0
\$50,000+	1.0
Physical Activity	
Did not meet recommendations	1.0
Met recommendations	1.0
Overweight Status	
Overweight/Obese	1.0
Not overweight	1.0

¹ Each report of "any" was counted as one serving.

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

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

Chi Square Test:

* p<.05

** p<.01