

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 10: Servings of Whole Grain Breads and Tortillas Eaten by California Adolescents

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	32	52	16
Gender			
Males	34	48	19
Females	31	57	12
Ethnicity			
White	30	50	20
African American	41	46	13
Latino	33	56	12
Asian/Other	37	51	13
Gender by Age			
Males			
12-13	32	49	19
14-15	29	50	21
16-17	40	44	16
Females			
12-13	32	57	11
14-15	31	54	14
16-17	30	58	12
Smoking Status			
Non-Smokers	32	52	16
Smokers	36	50	14
Physical Activity Status			
Regular	33	51	16
Irregular	32	56	12
Overweight Status			
Not at Risk	31	52	16
At Risk/Overweight	36	52	12

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<.01

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Table 11: Total Servings of Whole Grain Products¹ Eaten by California Adolescents

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

	Serving of Whole Grain Products ¹ Reported, Percent of Adolescents		
	0	1-3	4+
Total	32	51	17
Gender			
Males	33	48	20
Females	31	55	14
Ethnicity			
White	29	49	22
African American	41	45	13
Latino	32	56	12
Asian/Other	37	50	13
Gender by Age			
Males			
12-13	30	49	21
14-15	29	50	22
16-17	40	44	16
Females			
12-13	31	58	11
14-15	31	53	16
16-17	30	54	16
Smoking Status			
Non-Smokers	32	52	17
Smokers	36	44	20
Physical Activity Status			
Regular	32	50	18
Irregular	32	57	12
Overweight Status			
Not at Risk	31	51	18
At Risk/Overweight	34	53	13

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

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

Chi Square Test

* p<.05

*** p<.001

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Table 12: Consumption of Cereal¹ and Whole Grain Cereal by California Adolescents

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

	Percent of Adolescents		
	Any Cereal	Whole Grain Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
Total	47	7	14
Gender			
Males	41	8	14
Females	54	6	13
Ethnicity			
White	48	10	20
African American	56	6	14
Latino	45	4	8
Asian/Other	46	5	10
Gender by Age			
Males			
12-13	34	8	12
14-15	39	7	11
16-17	49	11	21
Females			
12-13	42	6	10
14-15	54	7	15
16-17	65	6	16
Smoking Status			
Non-Smokers	46	7	13
Smokers	55	14	27
Physical Activity Status			
Regular	47	8	16
Irregular	47	3	6
Overweight Status			
Not at Risk	45	8	14
At Risk/Overweight	52	7	14

¹ One bowl equals one 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

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Table 13: Cross Tabulation of Whole Grain Consumption among California Adolescents by Belief in the Number of Servings Needed

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

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.

Yesterday how many bowls of cereal did you eat?

What cereal did you eat the most of yesterday?

Servings of Whole Grain Believed to Be Needed	Believed Number of Servings, Percent of Adolescents	Servings of Whole Grain Products ¹ Eaten, Percent of Adolescents		
		0	1-3	4+
0-1	7	46	49	5
2-3	41	38	56	6
4+	52	26	49	25

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

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

Chi Square Test

*** p<.001

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Table 14: Belief by California Adolescents about the Number of Servings of Whole Grain Breads, Tortillas and High Fiber Cereal Needed Each Day for Good Health

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 Less	4+
Total	48	52
Gender		
Males	46	54
Females	51	49
Ethnicity		
White	38	62
African American	65	35
Latino	57	43
Asian/Other	54	46
Gender by Age		
Males		
12-13	43	57
14-15	43	57
16-17	52	48
Females		
12-13	51	49
14-15	53	47
16-17	48	52
Smoking Status		
Non-Smokers	49	51
Smokers	47	53
Physical Activity Status		
Regular	46	54
Irregular	60	40
Overweight Status		
Not at Risk	47	53
At Risk/Overweight	55	45

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

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* p<.05

*** p<.001

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Table 15: Servings of Beans Eaten by California Adolescents

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

	Servings of Beans Reported, Percent of Adolescents	
	0	1+
Total	72	28
Gender		
Males	70	30
Females	75	25
Ethnicity		
White	77	23
African American	84	16
Latino	61	39
Asian/Other	79	21
Gender by Age		
Males		
12-13	69	31
14-15	74	26
16-17	67	33
Females		
12-13	71	29
14-15	74	26
16-17	79	21
Smoking Status		
Non-Smokers	72	28
Smokers	75	25
Physical Activity Status		
Regular	74	26
Irregular	68	32
Overweight Status		
Not at Risk	73	27
At Risk/Overweight	72	28

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<.001