

2002 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

Table 11: Total Servings of Whole Grain Products 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	28	56	16
Gender			
Males	26	56	19
Females	31	56	14
Ethnicity			
White	23	57	20
African American	37	50	12
Latino	31	56	13
Asian/Other	31	52	17
Gender by Age			
Males			
12-13	21	64	15
14-15	27	50	23
16-17	28	53	19
Females			
12-13	27	60	13
14-15	33	54	13
16-17	31	54	15
Smoking Status			
Non-Smokers	29	55	17
Smokers	18	69	13
Physical Activity Status			
Regular	24	58	18
Irregular	42	47	11
Overweight Status			
Not at Risk	27	56	17
At Risk/Overweight	32	54	15
Income Related Food Risk			
Yes	31	54	15
No	28	55	17

¹ Includes whole grain bread and whole wheat tortillas and cereal that is a good source of fiber (≥ 2.5 grams per serving).

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 15: Servings of Beans Eaten by California Adolescents

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			Reported Eating Beans
	Servings of Beans Reported			
	0	1	2+	
Total	76	17	8	24
Gender				
Males	74	17	10	26
Females	78	16	6	22
Ethnicity				
White	81	12	7	19
African American	81	12	7	19
Latino	65	24	11	35
Asian/Other	83	12	4	17
Gender by Age				
Males				
12-13	69	19	12	31
14-15	80	11	9	20
16-17	72	20	8	28
Females				
12-13	81	12	7	19
14-15	69	24	7	31
16-17	83	13	4	17
Smoking Status				
Non-Smokers	75	17	8	25
Smokers	82	10	8	18
Physical Activity Status				
Regular	76	16	8	24
Irregular	73	19	8	27
Overweight Status				
Not at Risk	76	17	7	24
At Risk/Overweight	76	15	9	24
Income Related Food Risk				
Yes	66	23	11	34
No	76	16	8	24

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