

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 14: Breakdown of the High Fiber and Whole Grain Foods  
Reported by California Children (Diary Sample)**

<b>High Fiber and Whole Grain Foods</b>	<b>Mean Servings</b>
<b>Total</b>	<b>0.6</b>
Dry Beans	0.3
High Fiber Cereal <sup>1</sup>	0.2
High Fiber Whole Grain Breads <sup>2</sup>	0.1
All Cereal <sup>3</sup>	0.7
All Whole Grain Breads <sup>4</sup>	0.5

<sup>1</sup> High fiber cereal is defined as cereal containing 3 or more grams of dietary fiber.

<sup>2</sup> High fiber whole grain bread is defined as bread containing 2 or more grams of dietary fiber.

<sup>3</sup> This includes cold and hot breakfast cereals.

<sup>4</sup> This includes all breads reported as whole grains.

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**Table 15: Range in the Number of Servings of Dry Beans Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of dry beans did you/your child eat?

	Servings of Dry Beans Reported, Percent of Children		
	0 <sup>1</sup>	0.5+	
<b>Total</b>	<b>66</b>	<b>34</b>	
<b>Gender</b>			
Males	62	38	*
Females	71	29	
<b>Ethnicity</b>			
White	74	26	***
African American	71	29	
Latino	53	47	
Asian/Other	77	23	
<b>Income</b>			
≤\$19,999	61	39	***
\$20,000 - \$49,999	57	43	
≥\$50,000	76	24	
<b>Federal Poverty Level</b>			
≤ 185%	57	43	***
> 185%	72	28	
<b>Food Stamps</b>			
Yes	57	43	*
No	68	32	
<b>Overweight Status</b>			
Not at Risk	69	31	
At Risk/Overweight	63	37	
<b>Physical Activity</b>			
≥60 minutes	69	31	
<60 minutes	64	36	
<b>School Breakfast</b>			
Yes	60	40	
No	68	32	
<b>School Lunch</b>			
Yes	60	40	***
No	76	24	
<b>Nutrition Lesson</b>			
Yes	66	34	
No	67	33	
<b>Exercise Lesson</b>			
Yes	66	34	
No	67	33	

<sup>1</sup> Categorized as having less than 0.5 servings.

Rows may not add up to 100% 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<.001

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**Table 16: Consumption of Cereal<sup>1</sup> and High Fiber Cereal<sup>2</sup> by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of cereal did you/your child eat?

	1 or More Servings of Cereal <sup>3</sup>	0.5 or More Servings of Higher Fiber Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
<b>Total</b>	43	22	32
<b>Gender</b>			
Males	43	24	33
Females	42	20	31
<b>Ethnicity</b>			
White	39	21	31
African American	52	25	33
Latino	45	25	35
Asian/Other	46	15	23
<b>Income</b>			
≤\$19,999	49	30 *	40
\$20,000 - \$49,999	45	24	35
≥\$50,000	40	18	27
<b>Federal Poverty Level</b>			
≤ 185%	50 **	29 **	39 *
> 185%	39	19	28
<b>Food Stamps</b>			
Yes	48	31 *	43 *
No	42	21	30
<b>Overweight Status</b>			
Not at Risk	45 *	22	30
At Risk/Overweight	37	21	32
<b>Physical Activity</b>			
≥60 minutes	46	23	33
<60 minutes	40	21	31
<b>School Breakfast</b>			
Yes	41	33 ***	41 *
No	43	20	30
<b>School Lunch</b>			
Yes	44	23	31
No	41	22	33
<b>Nutrition Lesson</b>			
Yes	46 *	26 **	36 *
No	39	17	27
<b>Exercise Lesson</b>			
Yes	43	23	33
No	43	21	31

<sup>1</sup> This includes cold and hot breakfast cereals.

<sup>2</sup> High fiber cereal is defined as cereal containing 3 or more grams of dietary fiber.

<sup>3</sup> Categorized as having more than 0.5 servings.

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 17: High Fiber Food Consumption by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of dry beans, cereal, and whole grain bread did you/your child eat?

	1 or More Servings of High Fiber Foods <sup>1</sup> , Percent of Children
<b>Total</b>	<b>51</b>
<b>Gender</b>	
Males	55 *
Females	47
<b>Ethnicity</b>	
White	48 ***
African American	46
Latino	60
Asian/Other	36
<b>Income</b>	
≤\$19,999	57 ***
\$20,000 - \$49,999	58
≥\$50,000	44
<b>Federal Poverty Level</b>	
≤ 185%	62 ***
> 185%	45
<b>Food Stamps</b>	
Yes	61
No	49
<b>Overweight Status</b>	
Not at Risk	49
At Risk/Overweight	55
<b>Physical Activity</b>	
≥60 minutes	53
<60 minutes	49
<b>School Breakfast</b>	
Yes	58
No	50
<b>School Lunch</b>	
Yes	55 *
No	46
<b>Nutrition Lesson</b>	
Yes	54
No	48
<b>Exercise Lesson</b>	
Yes	52
No	50

<sup>1</sup> This includes children that had at least one of the following: 0.5+ servings of dry beans, 0.5+ servings of high fiber cereal, or 0.5+ servings of high fiber whole grain bread.

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

Chi Square Test

\* p<.05

\*\*\* p<.001

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**Table 78: Range in the Number of Servings of High Fiber Whole Grain Bread<sup>1</sup> Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of whole grain bread did you/your child eat?

	Servings of High Fiber Whole Grain Bread Reported, Percent of Children	
	0 <sup>2</sup>	0.5+
<b>Total</b>	<b>89</b>	<b>11</b>
<b>Gender</b>		
Males	88	12
Females	90	10
<b>Ethnicity</b>		
White	87	13
African American	88	12
Latino	89	11
Asian/Other	95	5
<b>Income</b>		
≤\$19,999	89	11
\$20,000 - \$49,999	91	9
≥\$50,000	87	13
<b>Federal Poverty Level</b>		
≤ 185%	90	10
> 185%	88	12
<b>Food Stamps</b>		
Yes	94	6
No	88	12
<b>Overweight Status</b>		
Not at Risk	90	10
At Risk/Overweight	85	15
<b>Physical Activity</b>		
≥60 minutes	86	14
<60 minutes	91	9
<b>School Breakfast</b>		
Yes	91	9
No	88	12
<b>School Lunch</b>		
Yes	91	9
No	85	15
<b>Nutrition Lesson</b>		
Yes	87	13
No	90	10
<b>Exercise Lesson</b>		
Yes	89	11
No	88	12

<sup>1</sup> High fiber whole grain bread is defined as bread containing 2 or more grams of dietary fiber.

<sup>2</sup> Categorized as having less than 0.5 servings.

Rows may not add up to 100% 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