

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 26: Breakdown of the Protein Rich Foods Reported by California Children (N=856)

Protein Rich Foods	Mean Servings
Total	2.4
Beef, pork and other red meats ¹	0.7
Poultry and fish ²	0.8
Processed meats ³	0.4
Nuts and seeds	0.2
Eggs	0.2
Soybeans or soy products	0.0
Other protein rich foods	0.1

¹ This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

² This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

³ This protein variable includes all processed meats (i.e. sausage, lunch meat, bacon, hot dogs, bologna, chorizzo, etc.)

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Table 27: Total Servings of Protein Rich Foods Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of protein did your child eat?

	Reported Mean Servings		
	All Protein Rich Foods	Beef, Pork and Other Red Meats ¹	Poultry and Fish ²
Total	2.4	0.7	0.8
Gender			
Males	2.6 ***	0.8 ***	0.8
Females	2.3	0.6	0.7
Ethnicity			
White	2.4 ^{ab} ***	0.7	0.7 ^a ***
African American	3.1 ^c	0.6	1.2 ^b
Latino	2.3 ^a	0.7	0.7 ^a
Asian/Other	2.7 ^{bc}	0.6	0.9 ^a
Food Stamp Status, % FPL			
Participant, ≤ 130%	2.5	0.7	0.8
Likely Eligible, ≤ 130%	2.4	0.7	0.7
Potentially Eligible, 131-≤ 185%	2.4	0.6	0.8
Not Eligible, >185%	2.5	0.7	0.8
Overweight Status			
Not Overweight	2.4	0.7	0.8
Overweight/Obese	2.5	0.7	0.8
Physical Activity			
≥60 minutes	2.6 **	0.7	0.8
<60 minutes	2.3	0.6	0.7
School Breakfast			
Yes	2.5	0.7	0.8
No	2.4	0.7	0.8
School Lunch			
Yes	2.4	0.7	0.8
No	2.4	0.6	0.7
Nutrition Lesson			
Yes	2.6 ***	0.7 **	0.8
No	2.3	0.6	0.8
Exercise Lesson			
Yes	2.4	0.7	0.8
No	2.4	0.7	0.7

¹ This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

² This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

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

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<.01

*** p<.001

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Table 28: Range in Number of Servings of Protein Rich Foods Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of protein did your child eat?

	Servings of All Protein Rich Foods Reported, Percent		
	0-1	2	3+
Total	26.2	39.4	34.3
Gender			
Males	22.8	39.5	37.8 *
Females	29.6	39.4	31.0
Ethnicity			
White	24.3	41.8	33.9 **
African American	15.0	34.1	50.9
Latino	29.6	40.7	29.7
Asian/Other	23.9	30.0	46.2
Food Stamp Status, % FPL			
Participant, ≤ 130%	25.5	38.6	35.8
Likely Eligible, ≤ 130%	27.7	39.9	32.4
Potentially Eligible, 131-≤ 185%	26.0	41.1	32.9
Not Eligible, >185%	26.0	39.0	35.0
Overweight Status			
Not Overweight	25.4	41.6	33.0
Overweight/Obese	27.6	35.7	36.6
Physical Activity			
≥60 minutes	20.5	40.5	39.0 **
<60 minutes	31.6	38.4	30.1
School Breakfast			
Yes	23.4	41.3	35.3
No	27.0	38.9	34.1
School Lunch			
Yes	25.6	39.6	34.8
No	27.3	39.0	33.6
Nutrition Lesson			
Yes	22.8	39.3	37.9 **
No	31.1	39.5	29.4
Exercise Lesson			
Yes	26.7	39.0	34.3
No	20.2	45.1	34.7

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<.01

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Table 29: Range in Number of Servings of Beef, Pork and Other Red Meats¹ Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of protein did your child eat?

	Servings of Beef, Pork and Other Red Meats Reported, Percent		
	0 ²	1	2+
Total	61.7	30.5	7.8
Gender			
Males	59.0	31.8	9.3
Females	64.4	29.3	6.3
Ethnicity			
White	56.1	35.3	8.5
African American	61.0	34.6	4.5
Latino	63.9	27.6	8.5
Asian/Other	68.7	27.1	4.2
Food Stamp Status, % FPL			
Participant, ≤ 130%	58.1	31.9	10.0
Likely Eligible, ≤ 130%	59.2	33.9	6.9
Potentially Eligible, 131-≤ 185%	64.8	26.9	8.3
Not Eligible, >185%	62.3	30.0	7.6
Overweight Status			
Not Overweight	61.5	31.4	7.1
Overweight/Obese	62.8	28.8	8.3
Physical Activity			
≥60 minutes	58.3	32.8	8.8
<60 minutes	64.9	28.3	6.8
School Breakfast			
Yes	57.3	35.5	7.2
No	62.9	29.2	7.9
School Lunch			
Yes	59.3	32.4	8.3
No	65.8	27.3	6.9
Nutrition Lesson			
Yes	59.0	30.9	10.1
No	65.6	29.9	4.5
Exercise Lesson			
Yes	62.3	29.8	7.9
No	52.8	40.8	6.4

¹ This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

² Categorized as having 0.5 servings or less.

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<.01

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Table 30: Range in Number of Servings of Poultry and Fish¹ Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of protein did your child eat?

	Servings of Poultry and Fish Reported, Percent		
	0 ²	1	2+
Total	53.0	39.1	7.8
Gender			
Males	52.2	38.9	8.9
Females	53.9	39.3	6.8
Ethnicity			
White	58.7	35.7	5.6
African American	29.5	50.0	20.5
Latino	53.4	40.1	6.4
Asian/Other	47.7	39.0	13.2
Food Stamp Status, % FPL			
Participant, ≤ 130%	54.0	35.1	10.9
Likely Eligible, ≤ 130%	57.0	36.5	6.5
Potentially Eligible, 131-≤ 185%	50.5	40.1	9.4
Not Eligible, >185%	52.2	40.2	7.5
Overweight Status			
Not Overweight	54.4	38.1	7.6
Overweight/Obese	52.0	39.6	8.4
Physical Activity			
≥60 minutes	51.6	39.1	9.3
<60 minutes	54.4	39.2	6.5
School Breakfast			
Yes	52.7	40.0	7.3
No	53.1	38.9	8.0
School Lunch			
Yes	50.3	42.4	7.3
No	57.6	33.6	8.8
Nutrition Lesson			
Yes	54.8	37.5	7.7
No	50.6	41.4	8.0
Exercise Lesson			
Yes	53.1	39.0	8.0
No	52.7	41.9	5.4

¹ This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

² Categorized as having 0.5 servings or less.

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 31: Range in Number of Servings of Processed Meats¹ Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of protein did your child eat?

	Servings of Processed Meats Reported, Percent	
	0 ²	1+
Total	79.9	20.1
Gender		
Males	79.3	20.7
Females	80.5	19.5
Ethnicity		
White	78.8	21.2
African American	67.2	32.8
Latino	84.6	15.4
Asian/Other	69.9	30.1
Food Stamp Status, % FPL		
Participant, ≤ 130%	76.0	24.0
Likely Eligible, ≤ 130%	85.4	14.6
Potentially Eligible, 131-≤ 185%	81.5	18.5
Not Eligible, >185%	78.5	21.5
Overweight Status		
Not Overweight	80.5	19.5
Overweight/Obese	79.3	20.7
Physical Activity		
≥60 minutes	83.3	16.7
<60 minutes	76.7	23.3
School Breakfast		
Yes	77.6	22.4
No	80.5	19.5
School Lunch		
Yes	79.5	20.5
No	80.5	19.5
Nutrition Lesson		
Yes	79.0	21.0
No	81.1	18.9
Exercise Lesson		
Yes	79.8	20.2
No	81.0	19.0

¹ This protein variable includes all processed meats (i.e. sausage, lunch meat, bacon, hot dogs, bologna, chorizzo, etc.)

² Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

Chi Square Test

* p<.05

** p<.01