

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Healthy Eating Practices Score<sup>1</sup> Among California Children (Diary Sample)**

	Average California Daily Food Guide Healthy Eating Practices Score
<b>Total</b>	<b>2.7</b>
<b>Gender</b>	
Males	2.8*
Females	2.6
<b>Ethnicity</b>	
White	2.8
African American	2.8
Latino	2.7
Asian/Other	2.5
<b>Food Stamp/FPL</b>	
Food Stamp Participant	2.8
No FS/ ≤130% FPL	2.5
No FS/ >130%-≤185% FPL	2.7
No FS/ >185% FPL	2.7
<b>Overweight Status</b>	
Not Overweight	2.8
Overweight/Obese	2.6
<b>Physical Activity</b>	
≥ 60 minutes	2.9***
< 60 minutes	2.5
<b>School Breakfast</b>	
Yes	2.9*
No	2.7
<b>School Lunch</b>	
Yes	2.7
No	2.7
<b>Nutrition Lesson</b>	
Yes	2.7
No	2.7
<b>Exercise Lesson</b>	
Yes	2.7
No	2.7

<sup>1</sup> The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; any beans; and any whole grain bread. The maximum number of points was seven.

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<.05

\*\*\* p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads <sup>1</sup>	Fruits and Juices	Vegetables and Salads <sup>1</sup>
<b>Total</b>	<b>3.1</b>	<b>1.9</b>	<b>1.2</b>
<b>Gender</b>			
Males	3.1	1.9	1.2
Females	3.1	1.9	1.2
<b>Ethnicity</b>			
White	3.1	1.8	1.2
African American	3.8	2.5	1.3
Latino	3.1	1.9	1.2
Asian/Other	2.9	1.9	1.1
<b>Food Stamp/FPL</b>			
Food Stamp Participant	3.3	2.0	1.3
No FS/ ≤130% FPL	2.9	1.6	1.2
No FS/ >130%-≤185% FPL	3.3	1.9	1.3
No FS/ >185% FPL	3.2	1.9	1.2
<b>Overweight Status</b>			
Not Overweight	3.2	1.9	1.2
Overweight/Obese	3.1	1.8	1.2
<b>Physical Activity</b>			
≥ 60 minutes	3.3 **	2.1 **	1.2
< 60 minutes	3.0	1.7	1.2
<b>School Breakfast</b>			
Yes	3.7 ***	2.3 ***	1.4 *
No	3.0	1.8	1.2
<b>School Lunch</b>			
Yes	3.1	1.9	1.3
No	3.1	2.0	1.1
<b>Nutrition Lesson</b>			
Yes	3.3 *	2.0 *	1.2
No	3.0	1.7	1.2
<b>Exercise Lesson</b>			
Yes	3.2 *	1.9 *	1.2
No	2.5	1.4	1.1

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, 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<.05

\*\* p<.01

\*\*\* p<.001

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**Table 2a: Total Cups of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Cups		
	Fruits, Juices, Vegetables and Salads <sup>1</sup>	Fruits and Juices	Vegetables and Salads <sup>1</sup>
<b>Total</b>	<b>2.3</b>	<b>1.2</b>	<b>1.0</b>
<b>Gender</b>			
Males	2.3	1.3	1.1
Females	2.2	1.2	1.0
<b>Ethnicity</b>			
White	2.1 <sup>a</sup> ***	1.1 <sup>a</sup> **	1.0 <sup>ab</sup> **
African American	2.9 <sup>b</sup>	1.7 <sup>b</sup>	1.2 <sup>b</sup>
Latino	2.4 <sup>a</sup>	1.3 <sup>a</sup>	1.1 <sup>b</sup>
Asian/Other	2.0 <sup>a</sup>	1.2 <sup>a</sup>	0.8 <sup>a</sup>
<b>Food Stamp/FPL</b>			
Food Stamp Participant	2.6	1.4	1.2
No FS/ ≤130% FPL	2.2	1.1	1.1
No FS/ >130%-≤185% FPL	2.4	1.3	1.1
No FS/ >185% FPL	2.2	1.2	1.0
<b>Overweight Status</b>			
Not Overweight	2.2	1.2	1.0
Overweight/Obese	2.3	1.2	1.1
<b>Physical Activity</b>			
≥ 60 minutes	2.4 **	1.3 **	1.1 *
< 60 minutes	2.1	1.1	1.0
<b>School Breakfast</b>			
Yes	2.8 ***	1.5 ***	1.3 ***
No	2.1	1.1	1.0
<b>School Lunch</b>			
Yes	2.3 *	1.2	1.1 ***
No	2.1	1.2	0.9
<b>Nutrition Lesson</b>			
Yes	2.4 *	1.3 *	1.1
No	2.1	1.1	1.0
<b>Exercise Lesson</b>			
Yes	2.3	1.3 *	1.0
No	1.9	0.9	1.0

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

The following assumptions were used to calculate cups from servings: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

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<.05

\*\* p<.01

\*\*\* p<.001

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**Table 3: Breakdown of the Fruits and Vegetables Reported by California Children**

<b>Fruits and Vegetables</b>	<b>Mean Servings</b>
<b>Total</b>	<b>3.1</b>
Fruits	1.3
Juices	0.6
Vegetables	1.0
Salads	0.2
Green salads <sup>1</sup>	0.2
All potatoes	0.2
All fried vegetables <sup>2</sup>	0.2
Fried potatoes only	0.2

<sup>1</sup> This includes green salad, tossed salad, lettuce salad, and lettuce tomato salad.

<sup>2</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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**Table 4: Servings of Fruits, Juices, and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits	Juices	Vegetables <sup>1</sup>
<b>Total</b>	1.3	0.6	1.0
<b>Gender</b>			
Males	1.2**	0.7***	1.0
Females	1.5	0.5	1.0
<b>Ethnicity</b>			
White	1.4	0.4 <sup>a</sup> ***	1.0
African American	1.5	1.0 <sup>c</sup>	1.1
Latino	1.2	0.7 <sup>b</sup>	1.0
Asian/Other	1.3	0.5 <sup>ab</sup>	0.9
<b>Food Stamp/FPL</b>			
Food Stamp Participant	1.3	0.7	1.0
No FS/ ≤130% FPL	1.1	0.6	1.0
No FS/ >130%-≤185% FPL	1.3	0.6	1.1
No FS/ >185% FPL	1.4	0.5	1.0
<b>Overweight Status</b>			
Not Overweight	1.4*	0.5*	1.0
Overweight/Obese	1.2	0.6	1.0
<b>Physical Activity</b>			
≥ 60 minutes	1.4**	0.6	1.0
< 60 minutes	1.2	0.5	1.0
<b>School Breakfast</b>			
Yes	1.6**	0.8***	1.1*
No	1.3	0.5	1.0
<b>School Lunch</b>			
Yes	1.3	0.6	1.0
No	1.4	0.5	1.0
<b>Nutrition Lesson</b>			
Yes	1.4*	0.6	1.0
No	1.2	0.5	1.0
<b>Exercise Lesson</b>			
Yes	1.3*	0.6	1.0
No	1.0	0.4	0.8

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

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**Table 5: Range in Number of Servings of Salads Eaten per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Salads, Percent	
	0 <sup>1</sup>	1+
<b>Total</b>	<b>88.9</b>	<b>11.1</b>
<b>Gender</b>		
Males	88.2	11.8
Females	89.5	10.5
<b>Ethnicity</b>		
White	85.9	14.1
African American	83.3	16.7
Latino	91.1	8.9
Asian/Other	91.0	9.0
<b>Food Stamp/FPL</b>		
Food Stamp Participant	87.0	13.0
No FS/ ≤130% FPL	91.4	8.6
No FS/ >130%-≤185% FPL	90.8	9.2
No FS/ >185% FPL	88.0	12.0
<b>Overweight Status</b>		
Not Overweight	88.5	11.5
Overweight/Obese	89.5	10.5
<b>Physical Activity</b>		
≥ 60 minutes	85.9	14.1
< 60 minutes	91.6	8.4
<b>School Breakfast</b>		
Yes	86.4	13.6
No	89.5	10.5
<b>School Lunch</b>		
Yes	87.8	12.2
No	90.6	9.4
<b>Nutrition Lesson</b>		
Yes	87.9	12.1
No	90.3	9.7
<b>Exercise Lesson</b>		
Yes	88.8	11.2
No	90.4	9.6

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

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

Chi Square Test

\*\* p<.01

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 6: Range in Number of Servings of Fried Potatoes<sup>1</sup> Eaten per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Fried Potatoes, Percent	
	0 <sup>2</sup>	1+
<b>Total</b>	92.2	7.8
<b>Gender</b>		
Males	91.1	8.9
Females	93.4	6.6
<b>Ethnicity</b>		
White	96.5	3.5
African American	89.9	10.1
Latino	89.7	10.3
Asian/Other	92.3	7.7
<b>Food Stamp/FPL</b>		
Food Stamp Participant	88.3	11.7
No FS/ ≤130% FPL	88.1	11.9
No FS/ >130%-≤185% FPL	94.0	6.0
No FS/ >185% FPL	93.6	6.4
<b>Overweight Status</b>		
Not Overweight	93.7	6.3
Overweight/Obese	88.9	11.1
<b>Physical Activity</b>		
≥ 60 minutes	94.6	5.4
< 60 minutes	90.1	9.9
<b>School Breakfast</b>		
Yes	88.3	11.7
No	93.3	6.7
<b>School Lunch</b>		
Yes	90.1	9.9
No	95.9	4.1
<b>Nutrition Lesson</b>		
Yes	91.1	8.9
No	93.8	6.2
<b>Exercise Lesson</b>		
Yes	92.3	7.7
No	91.7	8.3

<sup>1</sup> This includes french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.

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

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

Chi Square Test

\* p<.05

\*\* p<.01

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Fruits and Vegetables <sup>1</sup> , Percent			
	0 <sup>2</sup>	1-2	3-4	5+
<b>Total</b>	<b>9.4</b>	<b>37.4</b>	<b>34.6</b>	<b>18.6</b>
<b>Gender</b>				
Males	9.6	37.1	35.2	18.1
Females	9.2	37.8	33.9	19.1
<b>Ethnicity</b>				
White	6.9	39.0	36.8	17.3
African American	7.1	34.6	32.6	25.7
Latino	10.6	36.6	34.4	18.4
Asian/Other	12.3	38.0	30.0	19.7
<b>Food Stamp/FPL</b>				
Food Stamp Participant	8.2	35.5	31.8	24.6
No FS/ ≤130% FPL	13.5	31.2	40.9	14.4
No FS/ >130%-≤185% FPL	6.7	42.1	31.2	20.0
No FS/ >185% FPL	8.9	38.6	33.8	18.7
<b>Overweight Status</b>				
Not Overweight	9.2	36.2	35.9	18.6
Overweight/Obese	10.0	39.2	31.1	19.7
<b>Physical Activity</b>				
≥ 60 minutes	8.2	32.8	38.4	20.7
< 60 minutes	10.5	41.8	31.1	16.7
<b>School Breakfast</b>				
Yes	4.0	31.9	36.6	27.6
No	10.8	38.9	34.0	16.3
<b>School Lunch</b>				
Yes	7.8	37.9	35.4	18.9
No	12.0	36.7	33.2	18.1
<b>Nutrition Lesson</b>				
Yes	8.6	37.6	33.5	20.3
No	10.4	37.2	36.1	16.3
<b>Exercise Lesson</b>				
Yes	9.7	35.5	35.3	19.5
No	4.7	66.2	23.0	6.0

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

<sup>2</sup> 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

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations <sup>1</sup> , Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads	Both 2+ Servings of Fruits and 3+ Servings of Vegetables	5+ Servings of Any Fruits and Vegetables
<b>Total</b>	<b>46.7</b>	<b>8.2</b>	<b>4.5</b>	<b>18.6</b>
<b>Gender</b>				
Males	45.3	8.5	5.2	18.1
Females	48.1	7.8	3.9	19.1
<b>Ethnicity</b>				
White	44.9	6.8	Insufficient Sample Size for Analysis	17.3
African American	54.7	8.2		25.7
Latino	47.6	8.3		18.4
Asian/Other	43.9	11.6		19.7
<b>Food Stamp/FPL</b>				
Food Stamp Participant	46.1	8.6	6.4	24.6
No FS/ ≤130% FPL	48.5	6.9	3.2	14.4
No FS/ >130%-≤185% FPL	44.3	10.0	6.5	20.0
No FS/ >185% FPL	46.7	8.1	4.3	18.7
<b>Overweight Status</b>				
Not Overweight	46.9	7.8	4.0	18.6
Overweight/Obese	45.7	10.0	6.0	19.7
<b>Physical Activity</b>				
≥ 60 minutes	52.1**	6.7	3.9	20.7
< 60 minutes	41.7	9.5	5.1	16.7
<b>School Breakfast</b>				
Yes	61.8***	10.3	8.3**	27.6**
No	42.7	7.6	3.5	16.3
<b>School Lunch</b>				
Yes	46.4	9.1	5.0	18.9
No	47.2	6.6	3.6	18.1
<b>Nutrition Lesson</b>				
Yes	46.8	7.7	4.3	20.3
No	46.5	8.8	4.8	16.3
<b>Exercise Lesson</b>				
Yes	48.0*	8.5	Insufficient Sample Size for Analysis	19.5**
No	27.7	2.8		6.0

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 8a: Percent of Children Meeting MyPyramid Fruit and Vegetable Recommendations (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations <sup>1</sup> , Percent		
	Cups of Fruit	Cups of Vegetables <sup>2</sup>	Cups of Both Fruits and Vegetables
<b>Total</b>	<b>30.6</b>	<b>8.9</b>	<b>3.2</b>
<b>Gender</b>			
Males	30.5	6.2**	2.4
Females	30.8	11.5	3.9
<b>Ethnicity</b>			
White	25.5**	6.4	Insufficient Sample Size for Analysis
African American	44.4	13.9	
Latino	33.8	10.1	
Asian/Other	24.8	8.1	
<b>Food Stamp/FPL</b>			
Food Stamp Participant	30.2	14.8**	Insufficient Sample Size for Analysis
No FS/ ≤130% FPL	27.2	9.8	
No FS/ >130%-≤185% FPL	34.1	15.2	
No FS/ >185% FPL	31.0	6.6	
<b>Overweight Status</b>			
Not Overweight	30.0	7.3*	2.4
Overweight/Obese	31.4	12.3	4.6
<b>Physical Activity</b>			
≥ 60 minutes	31.4	4.7***	1.2**
< 60 minutes	30.0	12.8	5.0
<b>School Breakfast</b>			
Yes	41.3***	15.6***	9.4***
No	27.8	7.1	1.5
<b>School Lunch</b>			
Yes	30.2	11.0**	4.3*
No	31.4	5.3	1.2
<b>Nutrition Lesson</b>			
Yes	32.2	7.9	2.9
No	28.5	10.2	3.5
<b>Exercise Lesson</b>			
Yes	31.5*	8.4*	Insufficient Sample Size for Analysis
No	17.1	16.5	

<sup>1</sup> Based on the 2005 *Dietary Guidelines for Americans*; Recommendations vary by age, gender, and level of physical activity.

<sup>2</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

The following assumptions were used to calculate cups from servings: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

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Chi Square Test

\* p<.05

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\*\*\* p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did you/your child eat/drink in this category:

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Apples	Apples	Apples	Apples	Apples	Apples	Apples
2nd	Orange Juice	Orange Juice	Bananas	Bananas	Orange Juice	Orange Juice	Apple Juice
3rd	Apple Juice	Apple Juice	Orange Juice	Strawberries	Apple Juice	Apple Juice	Bananas
4th	Bananas	Bananas	Apple Juice	Apple Juice	Oranges	Bananas	Oranges
5th	Oranges	Strawberries	Oranges	Orange Juice	Grapes	Oranges	Orange Juice
6th	Strawberries	Fruit Juice	Strawberries	Fruit Juice	Fruit Juice	Peaches	Strawberries
7th	Fruit Juice <sup>1</sup>	Oranges	Grapes	Oranges	Grape Juice	Strawberries	Fruit Juice
8th	Grapes	Grapes	Peaches	Grapes	Bananas	Fruit Juice	Grapes
9th	Peaches	Peaches	Fruit Juice	Watermelon	Cranberry Juice	Grapes	Fruit Salad
10th	Apple Sauce Pears	Pears	Apple Sauce	Pears	Pears	Fruit (unspecified)	Peaches
Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad <sup>2</sup>	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
2nd	Carrots	Tomato Sauce	Carrots	Carrots	Corn	Carrots	Tomato Sauce
3rd	Tomato Sauce <sup>3</sup>	Carrots	Tomato Sauce	Tomato Sauce	Green Beans	Tomato Sauce	Non-Fried Potatoes
4th	Corn	Corn	Corn	Corn	Carrots	Corn	Corn
5th	Green Beans <sup>4</sup>	Green Beans	Broccoli	Green Beans	Mixed Vegetables	Non-Fried Potatoes	Mixed Vegetables
6th	Broccoli	Non-Fried Potatoes	Mixed Vegetables	Broccoli	Green Peas	Broccoli	Spinach
7th	Non-Fried Potatoes <sup>5</sup>	Broccoli	Green Beans	Non-Fried Potatoes	Broccoli	Mixed Vegetables	Green Beans
8th	Mixed Vegetables <sup>6</sup>	Mixed Vegetables	Non-Fried Potatoes	Veggies on Sandwich or Taco	Tomatoes	Green Beans	Tomatoes
9th	Vegetables on Sandwich or Taco <sup>7</sup>	Vegetables on Sandwich or Taco	Tomatoes	Tomatoes	Veggies on Sandwich or Taco	Veggies on Sandwich or Taco	Cabbage
10th	Tomatoes	Tomatoes	Vegetables on Sandwich or Taco	Mixed Vegetables	Tomato Sauce	Lettuce	Carrots

<sup>1</sup> Fruit Juices include any unspecified fruit juice or any combination fruit juice, such as Juicy Juice.

<sup>2</sup> Green Salad includes tossed salad, lettuce salad, lettuce and tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads.

<sup>3</sup> Tomato Sauce includes pizza sauce and spaghetti sauce.

<sup>4</sup> Green Beans includes green beans, string beans, beans unspecified, and all other beans.

<sup>5</sup> Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes.

<sup>6</sup> Mixed Vegetables include mixed vegetables in casseroles, stir fry with mixed vegetables, mixed vegetables in soup/chili/stew, mixed vegetables with tomato, mixed vegetables with broccoli, all other mixed vegetables, all other mixed vegetables specified, mixed vegetables unspecified, and vegetables unspecified.

<sup>7</sup> Vegetables on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc.

Shaded boxes or a box around a group were tied for a ranking.

Source: California Department of Public Health, *Network for a Healthy California*: February 2011.

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**Table 10a: Belief About the Number of Cups of Fruits and Vegetables Needed for Good Health Based on MyPyramid Recommendations (Phone Sample)**

How many total cups of fruits and vegetables do you think you should eat every day for good health?

	Believed Recommended Cups of Fruits and Vegetables Needed, Percent of Children <sup>1,2</sup>	
	Yes	No
<b>Total</b>	<b>39.5</b>	<b>60.5</b>
<b>Gender</b>		
Males	31.7	68.3
Females	47.7	52.3
<b>Ethnicity</b>		
White	36.3	63.7
African American	38.9	61.1
Latino	42.2	57.8
Asian/Other	38.1	61.9
<b>Food Stamp/FPL</b>		
Food Stamp Participant	43.4	56.6
No FS/ ≤130% FPL	30.8	69.2
No FS/ >130%-≤185% FPL	35.7	64.3
No FS/ >185% FPL	42.7	57.3
<b>Overweight Status</b>		
Not Overweight	37.3	62.7
Overweight/Obese	43.5	56.5
<b>Physical Activity</b>		
≥ 60 minutes	32.0	68.0
< 60 minutes	46.0	54.0
<b>School Breakfast</b>		
Yes	42.2	57.8
No	38.7	61.3
<b>School Lunch</b>		
Yes	37.4	62.6
No	43.8	56.2
<b>Nutrition Lesson</b>		
Yes	42.6	57.4
No	34.9	65.1
<b>Exercise Lesson</b>		
Yes	40.0	60.0
No	35.0	65.0

<sup>1</sup> Excludes those reporting "don't know."

<sup>2</sup> Based on the 2005 *Dietary Guidelines for Americans*; Recommendations vary by age, gender, and level of physical activity.

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

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**Table 11: Cups of Fruits and Vegetables Believed Needed Compared with Actual Fruit and Vegetable Consumption (Phone Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

How many total cups of fruits and vegetables do you think you should eat every day for good health?

Fruits and Vegetables	Percent	Ate Recommended Total Cups <sup>1</sup> of Fruits and Vegetables, Percent	
		Yes	No
Believed Recommended Cups <sup>1</sup> Needed			
Yes	39.5	9.4	90.6
No	60.5	8.7	91.3

<sup>1</sup> Based on the 2005 *Dietary Guidelines for Americans*; Recommendations vary by age, gender, and level of physical activity.

Excludes those reporting "don't know."

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

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