

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 27: Total Servings of Protein Rich Foods Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

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

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

<sup>1</sup> 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.).

<sup>2</sup> 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