

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 14: Breakdown of the High Fiber and Whole Grain Foods Reported by California Children (N=823)

High Fiber and Whole Grain Foods	Mean Servings
Total	0.7
Dry Beans	0.3
High Fiber Cereal ¹	0.2
High Fiber Whole Grain Breads ²	0.3
All Cereal ³	0.7
All Whole Grain Breads ⁴	0.6

¹ High fiber cereal is defined as cereal containing 3 or more grams of dietary fiber.

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

³ This includes cold and hot breakfast cereals.

⁴ This includes all breads reported as whole grains.

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Table 15: Range in the Number of Servings of Dry Beans Reported by California Children per Typical Weekday for All Eating Occasions (N=823)

How many servings of dry beans did your child eat?

	Servings of Dry Beans, Percent	
	0 ¹	0.5+
Total	64.7	35.3
Gender		
Males	62.2	37.8
Females	67.1	32.9
Ethnicity		
White	71.5	28.5
African American	61.9	38.1
Latino	56.7	43.3
Asian/Other	75.6	24.4
Food Stamp Status, % FPL		
Participant, ≤ 130%	57.7	42.3
Likely Eligible, ≤ 130%	58.1	41.9
Potentially Eligible, 131-≤ 185%	60.9	39.1
Not Eligible, >185%	68.3	31.7
Overweight Status		
Not Overweight	64.5	35.5
Overweight/Obese	63.9	36.1
Physical Activity		
≥60 minutes	65.5	34.5
<60 minutes	64.0	36.0
School Breakfast		
Yes	53.2	46.8
No	67.8	32.2
School Lunch		
Yes	59.9	40.1
No	72.6	27.4
Nutrition Lesson		
Yes	62.8	37.2
No	67.2	32.8
Exercise Lesson		
Yes	64.9	35.1
No	61.5	38.5

¹ 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<.01

*** p<.001

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Table 16: Cereal¹ and High Fiber Cereal² Reported by California Children per Typical Weekday for All Eating Occasions (N=823)

How many servings of cereal did your child eat?

	1+ Servings of Cereal ³	0.5+ Servings of High Fiber Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
Total	42.3	25.5	35.5
Gender			
Males	42.9	26.9	37.3
Females	41.8	24.0	33.6
Ethnicity			
White	41.4	28.0	39.1
African American	40.7	28.8	37.0
Latino	45.0	24.2	32.9
Asian/Other	36.8	22.5	35.2
Food Stamp Status, % FPL			
Participant, ≤ 130%	39.0	25.2	36.0
Likely Eligible, ≤ 130%	44.7	31.0	40.0
Potentially Eligible, 131-≤ 185%	39.3	24.3	30.9
Not Eligible, >185%	43.0	24.4	35.6
Overweight Status			
Not Overweight	43.5	26.1	36.2
Overweight/Obese	39.4	24.7	35.2
Physical Activity			
≥60 minutes	41.1	28.3	38.6
<60 minutes	43.3	23.2	32.9
School Breakfast			
Yes	36.9	26.2	36.0
No	43.8	25.3	35.4
School Lunch			
Yes	40.5	27.1	37.8
No	45.3	22.7	31.7
Nutrition Lesson			
Yes	43.0	23.3	33.7
No	41.5	28.3	37.7
Exercise Lesson			
Yes	42.7	25.1	35.2
No	38.0	29.7	38.4

¹ This includes cold and hot breakfast cereals.

² High fiber cereal is defined as cereal containing 3 or more grams of dietary fiber.

³ Categorized as having more than 0.5 servings.

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Table 17: High Fiber Food Reported by California Children per Typical Weekday for All Eating Occasions (N=823)

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

	1+ Servings of High Fiber Foods ¹ , Percent
Total	61.8
Gender	
Males	63.8
Females	59.8
Ethnicity	
White	61.7 *
African American	59.3
Latino	66.0
Asian/Other	50.0
Food Stamp Status, % FPL	
Participant, ≤ 130%	61.4
Likely Eligible, ≤ 130%	69.1
Potentially Eligible, 131-≤ 185%	63.9
Not Eligible, >185%	59.5
Overweight Status	
Not Overweight	61.4
Overweight/Obese	65.3
Physical Activity	
≥60 minutes	62.5
<60 minutes	61.3
School Breakfast	
Yes	67.3
No	60.3
School Lunch	
Yes	61.4
No	62.5
Nutrition Lesson	
Yes	61.5
No	62.3
Exercise Lesson	
Yes	61.8
No	62.5

¹ 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

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Table 78: Range in the Number of Servings of High Fiber Whole Grain Bread¹ Reported by California Children per Typical Weekday for All Eating Occasions (N=823)

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

	Servings of High Fiber Whole Grain Bread, Percent	
	0 ²	0.5+
Total	86.2	13.8
Gender		
Males	86.4	13.6
Females	86.1	13.9
Ethnicity		
White	82.9	17.1
African American	95.4	4.6
Latino	86.9	13.1
Asian/Other	87.9	12.1
Food Stamp Status, % FPL		
Participant, ≤ 130%	93.2	6.8
Likely Eligible, ≤ 130%	90.1	9.9
Potentially Eligible, 131-≤ 185%	92.1	7.9
Not Eligible, >185%	82.8	17.2
Overweight Status		
Not Overweight	84.6	15.4
Overweight/Obese	88.3	11.7
Physical Activity		
≥60 minutes	83.8	16.2
<60 minutes	88.2	11.8
School Breakfast		
Yes	93.9	6.1
No	84.1	15.9
School Lunch		
Yes	91.5	8.5
No	77.6	22.4
Nutrition Lesson		
Yes	84.1	15.9
No	89.2	10.8
Exercise Lesson		
Yes	85.5	14.5
No	95.0	5.0

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

² 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<.01

*** p<.001