

2009 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=856)**

<b>High Fiber and Whole Grain Foods</b>	<b>Mean Servings</b>
<b>Total</b>	<b>0.9</b>
Dry Beans	0.3
High Fiber Cereal <sup>1</sup>	0.2
High Fiber Whole Grain Breads <sup>2</sup>	0.3
All Cereal <sup>3</sup>	0.7
All Whole Grain Breads <sup>4</sup>	0.7

<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 Reported by California Children per Typical Weekday for All Eating Occasions (N=856)**

How many servings of dry beans did your child eat?

	Servings of Dry Beans Reported, Percent of Children		
	0 <sup>1</sup>	0.5+	
<b>Total</b>	<b>60.3</b>	<b>39.7</b>	
<b>Gender</b>			
Males	57.9	42.1	
Females	62.6	37.4	
<b>Ethnicity</b>			
White	66.1	33.9	***
African American	51.6	48.4	
Latino	54.0	46.0	
Asian/Other	74.2	25.8	
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	49.6	50.4	**
Likely Eligible, ≤ 130%	51.4	48.6	
Potentially Eligible, 131-≤ 185%	60.5	39.5	
Not Eligible, >185%	64.1	35.9	
<b>Overweight Status</b>			
Not Overweight	63.0	37.0	
Overweight/Obese	56.5	43.5	
<b>Physical Activity</b>			
≥60 minutes	55.1	44.9	**
<60 minutes	65.1	34.9	
<b>School Breakfast</b>			
Yes	49.8	50.2	**
No	63.0	37.0	
<b>School Lunch</b>			
Yes	53.5	46.5	***
No	71.8	28.2	
<b>Nutrition Lesson</b>			
Yes	59.0	41.0	
No	62.0	38.0	
<b>Exercise Lesson</b>			
Yes	60.4	39.6	
No	58.6	41.4	

<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<.01

\*\*\* p<.001

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**Table 16: Cereal<sup>1</sup> and High Fiber Cereal<sup>2</sup> Reported by California Children per Typical Weekday for All Eating Occasions (N=856)**

How many servings of cereal did your child eat?

	1 or More Servings of Cereal <sup>3</sup>	0.5 or More Servings of High Fiber Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
<b>Total</b>	<b>43.7</b>	<b>29.5</b>	<b>40.8</b>
<b>Gender</b>			
Males	47.9 *	29.8	39.0
Females	39.6	29.2	42.8
<b>Ethnicity</b>			
White	44.3 *	30.4	42.3
African American	63.5	35.0	43.7
Latino	42.8	27.3	36.8
Asian/Other	35.8	32.9	54.0
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	52.0	29.5	39.7
Likely Eligible, ≤ 130%	41.0	26.7	34.8
Potentially Eligible, 131-≤ 185%	48.4	33.2	45.0
Not Eligible, >185%	42.5	29.6	42.0
<b>Overweight Status</b>			
Not Overweight	41.8	30.1	41.9
Overweight/Obese	47.9	28.1	38.1
<b>Physical Activity</b>			
≥60 minutes	48.1 *	31.4	42.9
<60 minutes	39.6	27.7	38.9
<b>School Breakfast</b>			
Yes	38.2	26.3	36.4
No	45.1	30.4	42.0
<b>School Lunch</b>			
Yes	44.9	27.0 *	36.7 **
No	41.6	33.7	48.2
<b>Nutrition Lesson</b>			
Yes	47.3 *	30.4	42.7
No	38.6	28.2	38.2
<b>Exercise Lesson</b>			
Yes	43.4	30.1	41.6
No	48.5	20.1	28.2

<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.

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Chi Square Test

\* p<.05

\*\* p<.01

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**Table 17: High Fiber Food Reported by California Children per Typical Weekday for All Eating Occasions (N=856)**

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

	1 or More Servings of High Fiber Foods <sup>1</sup> , Percent of Children
<b>Total</b>	<b>66.6</b>
<b>Gender</b>	
Males	68.5
Females	64.8
<b>Ethnicity</b>	
White	66.8
African American	79.1
Latino	66.2
Asian/Other	61.3
<b>Food Stamp Status, % FPL</b>	
Participant, ≤ 130%	69.5
Likely Eligible, ≤ 130%	65.0
Potentially Eligible, 131-≤ 185%	65.1
Not Eligible, >185%	66.9
<b>Overweight Status</b>	
Not Overweight	68.6
Overweight/Obese	63.0
<b>Physical Activity</b>	
≥60 minutes	72.4
<60 minutes	61.1
<b>School Breakfast</b>	
Yes	71.7
No	65.2
<b>School Lunch</b>	
Yes	67.8
No	64.5
<b>Nutrition Lesson</b>	
Yes	68.5
No	63.9
<b>Exercise Lesson</b>	
Yes	66.5
No	67.3

<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.

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\*\* p<.01

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**Table 78: Range in the Number of Servings of High Fiber Whole Grain Bread<sup>1</sup> Reported by California Children per Typical Weekday for All Eating Occasions (N=856)**

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

	Servings of High Fiber Whole Grain Bread Reported, Percent of Children	
	0 <sup>2</sup>	0.5+
<b>Total</b>	<b>83.3</b>	<b>16.7</b>
<b>Gender</b>		
Males	80.1	19.9
Females	86.3	13.7
<b>Ethnicity</b>		
White	79.0	21.0
African American	76.1	23.9
Latino	87.4	12.6
Asian/Other	81.6	18.4
<b>Food Stamp Status, % FPL</b>		
Participant, ≤ 130%	87.0	13.0
Likely Eligible, ≤ 130%	92.5	7.5
Potentially Eligible, 131-≤ 185%	87.7	12.3
Not Eligible, >185%	79.3	20.7
<b>Overweight Status</b>		
Not Overweight	79.9	20.1
Overweight/Obese	88.6	11.4
<b>Physical Activity</b>		
≥60 minutes	77.6	22.4
<60 minutes	88.5	11.5
<b>School Breakfast</b>		
Yes	92.4	7.6
No	80.8	19.2
<b>School Lunch</b>		
Yes	89.6	10.4
No	72.4	27.6
<b>Nutrition Lesson</b>		
Yes	83.4	16.6
No	83.0	17.0
<b>Exercise Lesson</b>		
Yes	83.1	16.9
No	86.1	13.9

<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.

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