

**2009 California Dietary Practices Survey**

**Table 33: Mean Servings of Whole Grain Bread, Whole Grains, High Fiber Cereal, and Beans Reported**

Yesterday, how many servings of whole grains, such as whole wheat pasta, brown rice, wild rice, quinoa, bulgur, or barley did you have?

Yesterday, how many servings of whole grain breads, such as 100% whole wheat, wheatberry, bran, rye, pumpernickel, or whole wheat tortillas did you have?

Yesterday, how many bowls of hot or cold cereal did you have?

What was the name of the cereal you ate yesterday?

Yesterday, how many servings of beans, such as kidney beans, chili beans, bean soup, bean salad, or lentils did you have?

	Mean Servings Reported			
	Whole Grain Bread	Other Whole Grains	High Fiber Cereal <sup>1</sup>	Beans
<b>Total</b>	<b>1.5</b>	<b>0.5</b>	<b>0.2</b>	<b>0.4</b>
<b>Sex</b>				
Males	1.6 *	0.5	0.3	0.4
Females	1.4	0.4	0.2	0.4
<b>Males</b>				
18 - 24	1.2 <sup>a</sup> *	0.3	0.2 <sup>a</sup> **	0.3 <sup>a</sup> *
25 - 34	1.8 <sup>ab</sup>	0.6	0.3 <sup>ab</sup>	0.4 <sup>ab</sup>
35 - 50	1.9 <sup>b</sup>	0.6	0.2 <sup>a</sup>	0.6 <sup>b</sup>
51 - 64	1.4 <sup>ab</sup>	0.5	0.3 <sup>ab</sup>	0.4 <sup>ab</sup>
65+	1.6 <sup>ab</sup>	0.6	0.4 <sup>b</sup>	0.4 <sup>ab</sup>
<b>Females</b>				
18 - 24	1.1 <sup>a</sup> *	0.4	0.1 <sup>a</sup> ***	0.5 <sup>a</sup> *
25 - 34	1.7 <sup>b</sup>	0.5	0.3 <sup>b</sup>	0.5 <sup>a</sup>
35 - 50	1.4 <sup>ab</sup>	0.4	0.1 <sup>a</sup>	0.4 <sup>a</sup>
51 - 64	1.3 <sup>ab</sup>	0.4	0.2 <sup>ab</sup>	0.3 <sup>a</sup>
65+	1.6 <sup>ab</sup>	0.4	0.3 <sup>b</sup>	0.3 <sup>a</sup>
<b>Ethnicity</b>				
White	1.5	0.4 <sup>a</sup> *	0.2	0.3 <sup>a</sup> ***
Hispanic	1.6	0.5 <sup>ab</sup>	0.2	0.7 <sup>b</sup>
Black	1.6	0.4 <sup>ab</sup>	0.3	0.3 <sup>a</sup>
Asian/Pacific Islander	1.4	0.7 <sup>b</sup>	0.3	0.3 <sup>a</sup>
<b>Education</b>				
Less than High School	1.6	0.5 <sup>ab</sup> ***	0.2 <sup>a</sup> **	0.7 <sup>b</sup> ***
High School Graduate	1.4	0.3 <sup>a</sup>	0.2 <sup>a</sup>	0.3 <sup>a</sup>
Some College	1.5	0.5 <sup>ab</sup>	0.2 <sup>a</sup>	0.4 <sup>a</sup>
College Graduate	1.6	0.6 <sup>b</sup>	0.3 <sup>b</sup>	0.3 <sup>a</sup>
<b>Income</b>				
Less than \$15,000	1.5	0.4	0.2	0.5 <sup>b</sup> ***
\$15,000 - 24,999	1.6	0.5	0.2	0.5 <sup>b</sup>
\$25,000 - 34,999	1.7	0.6	0.2	0.4 <sup>ab</sup>
\$35,000 - 49,999	1.7	0.6	0.2	0.3 <sup>ab</sup>
\$50,000+	1.5	0.5	0.3	0.3 <sup>a</sup>
<b>Physically Active</b>				
Did Not Meet Recommendations	1.3 ***	0.4 **	0.2 *	0.4
Met Recommendations	1.7	0.6	0.3	0.4
<b>Overweight Status</b>				
Overweight/Obese	1.6	0.5	0.2	0.4
Not Overweight	1.4	0.5	0.2	0.4
<b>SNAP/CalFresh Status, % FPL</b>				
Participant, ≤ 130%	1.6	0.5	0.2 <sup>a</sup> **	0.5 <sup>b</sup> ***
Likely Eligible, ≤ 130%	1.4	0.4	0.2 <sup>ab</sup>	0.5 <sup>ab</sup>
Potentially Eligible, 131 - 185%	1.8	0.3	0.1 <sup>a</sup>	0.5 <sup>ab</sup>
Not Eligible, > 185%	1.5	0.5	0.3 <sup>b</sup>	0.3 <sup>a</sup>

N=1,451

<sup>1</sup> High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

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

**2009 California Dietary Practices Survey**

**Table 35: Reported Consumption of Breakfast Cereal**

*Yesterday, did you eat any breakfast cereal?*

*What was the name of the cereal you ate yesterday?*

	Percent who Reported Eating	
	Any Breakfast Cereal	High Fiber Cereal <sup>1</sup>
<b>Total</b>	<b>40.6</b>	<b>20.8</b>
<i>Sex</i>		
Males	40.8	22.0
Females	40.4	19.6
<i>Males</i>		
18 - 24	46.2 ***	16.3 ***
25 - 34	42.1	22.0
35 - 50	30.7	13.9
51 - 64	44.3	31.4
65+	60.3	40.6
<i>Females</i>		
18 - 24	36.2	12.8 ***
25 - 34	47.7	24.8
35 - 50	34.7	12.0
51 - 64	39.9	23.0
65+	47.3	30.0
<i>Ethnicity</i>		
White	40.3	22.1
Hispanic	39.3	17.0
Black	44.4	18.9
Asian/Pacific Islander	42.9	24.4
<i>Education</i>		
Less than High School	35.0 **	16.1 **
High School Graduate	41.7	18.8
Some College	35.4	18.2
College Graduate	46.7	27.3
<i>Income</i>		
Less than \$15,000	37.0	17.4
\$15,000 - 24,999	40.2	19.3
\$25,000 - 34,999	44.4	22.8
\$35,000 - 49,999	34.4	20.5
\$50,000+	43.6	24.1
<i>Physically Active</i>		
Did Not Meet Recommendations	40.7	20.4 *
Met Recommendations	45.8	27.0
<i>Overweight Status</i>		
Overweight/Obese	38.4	20.4
Not Overweight	43.4	20.4
<i>SNAP/CalFresh Status, % FPL</i>		
Participant, ≤ 130%	38.1 *	18.1 ***
Likely Eligible, ≤ 130%	39.6	17.2
Potentially Eligible, 131 - 185%	32.9	12.9
Not Eligible, > 185%	45.3	26.9

N=1,451

<sup>1</sup> High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

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 Dietary Practices Survey

Table 37: Reported Consumption of Beans, Trends 1989-2009

Yesterday did you eat any beans such as kidney beans, refried beans, chili beans, bean soup, bean salad, or lentils?

	Percent who Reported Eating Beans											Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2007-09	1997-09
<b>Total</b>	22	25	28	25	30	26	27	27	28	27.8	31.0	3.2	1.0
<b>Sex</b>													
Males	24	29**	31*	23	34**	25	29	31***	32***	29.5	32.4	2.9	-1.6
Females	20	21	26	26	27	28	26	23	23	26.1	29.6	3.5	2.6
<b>Males</b>													
18 - 24	24	32	33	28	44**	26	32**	31	26**	29.1	19.2*	-9.9	-24.8***
25 - 34	29	31	37	23	40	26	40	35	45	28.7	32.1	3.4	-7.9
35 - 50	19	31	28	23	31	28	25	32	29	33.1	38.4	5.3	7.4
51 - 64	18	21	24	22	26	22	22	22	24	27.7	31.4	3.7	5.4
65+	35	26	32	15	26	16	25	35	34	23.3	33.3	10.0	7.3
<b>Females</b>													
18 - 24	27*	20	29	19	29	31**	30	25	27	21.3	35.8**	14.5*	6.8
25 - 34	26	30	31	30	31	39	32	29	25	28.0	37.6	9.6	6.6
35 - 50	22	20	28	33	27	23	25	22	26	28.0	31.8	3.8	4.8
51 - 64	13	16	21	23	24	28	22	19	22	27.0	20.1	-6.9	-3.9
65+	11	17	19	20	24	21	20	21	17	21.3	20.7	-0.6	-3.3
<b>Ethnicity</b>													
White	18***	21***	26***	22***	27***	22***	23***	23***	22***	22.1***	23.9***	1.8	-3.1
Hispanic	35	43	43	36	46	44	44	46	49	40.1	48.5	8.4*	2.5
Black	17	19	19	25	22	22	28	17	12	19.0	24.4	5.4	2.4
Asian/Pacific Islander						17	14	17	9	31.1	24.5	-6.6	
<b>Education</b>													
Less than High School	31*	41***	46***	44***	43***	42***	47***	45***	43***	41.4***	50.7***	9.3*	7.7
High School Graduate	22	19	22	23	27	24	27	24	27	25.2	24.2	-1.0	-2.8
Some College	19	25	27	20	30	24	26	25	20	20.5	30.7	10.2**	0.7
College Graduate	20	21	27	25	28	24	21	24	22	27.8	24.5	-3.3	-3.5
<b>Income</b>													
Less than \$15,000	27*	33	27	30	34**	29*	33***	30**	33**	27.4	37.1***	9.7**	3.1
\$15,000 - 24,999	23	24	33	26	32	22	32	33	34	30.3	36.0	5.7	4.0
\$25,000 - 34,999	21	24	30	18	38	23	38	30	22	29.3	30.1	0.8	-7.9
\$35,000 - 49,999	16	25	27	20	30	35	20	26	26	30.0	22.1	-7.9	-7.9
\$50,000+	15	22	25	25	24	26	22	22	23	26.5	23.6	-2.9	-0.4
<b>Physically Active</b>													
Did Not Meet Recommendations							29	28	30*	27.4	29.3	1.9	
Met Recommendations							25	26	25	28.1	30.3	2.2	
<b>Overweight Status</b>													
Overweight/Obese							28	29	29	27.8	31.9	4.1	
Not Overweight							26	25	26	27.4	29.7	2.3	

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 Dietary Practices Survey

Table 38: Reported Consumption of Both Whole Grain Breads/Whole Wheat Tortillas and High Fiber Cereal, Trends 1989-2009

Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas?

Yesterday did you eat a breakfast cereal?

What was the name of the cereal you ate yesterday?<sup>1</sup>

	Percent who Reported Eating Both Whole Grain Breads/Whole Wheat Tortillas and High Fiber Cereal											Trends	
	1989 <sup>2</sup>	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2007-09	1997-09
<b>Total</b>	9	10	12	9	6	10	6	10	10	10.2	14.4	4.2***	8.4***
<b>Sex</b>													
Males	10	10	11	8	6	9	6	10	9	10.2	14.7	4.5*	8.7***
Females	9	9	12	10	6	10	6	10	11	10.2	14.1	3.9*	8.1***
<b>Males</b>													
18 - 24	7***	8*	12***	13*	6**	3***	6***	3***	0***	8.9***	10.7***	1.8	4.7
25 - 34	4	7	5	5	3	8	6	2	4	7.4	13.9	6.5	10.9***
35 - 50	7	8	9	7	5	7	3	8	12	3.8	10.2	6.4**	5.2**
51 - 64	11	14	14	4	9	7	4	17	10	17.6	15.0	-2.6	6.0
65+	29	22	23	17	13	25	15	29	16	25.3	35.3	10.0	22.3***
<b>Females</b>													
18 - 24	4***	2***	8***	5***	4**	7**	1**	5***	11**	2.8***	12.6***	9.8*	8.6*
25 - 34	3	5	8	5	3	6	6	8	7	10.0	16.8	6.8	13.8***
35 - 50	9	7	10	7	5	10	5	7	9	9.4	7.4	-2.0	2.4
51 - 64	7	8	11	10	9	8	5	13	9	9.0	15.2	6.2	6.2
65+	21	26	24	27	11	20	11	22	22	21.8	25.2	3.4	14.2**
<b>Ethnicity</b>													
White	11	13***	14**	10	7	12**	7**	12**	14***	12.8**	16.0	3.2	9.0***
Hispanic	6	3	8	11	6	7	2	7	6	5.9	12.8	6.9***	6.8***
Black	12	6	8	12	3	4	5	8	16	7.5	15.6	8.1	12.6***
Asian/Pacific Islander						4	6	3	2	10.0	11.2	1.2	
<b>Education</b>													
Less than High School	8	8***	9	14	5	8	3**	10	6**	3.8***	12.1	8.3***	7.1**
High School Graduate	7	7	11	10	6	9	4	9	13	10.0	13.5	3.5	7.5***
Some College	10	8	10	8	5	10	5	13	7	12.6	13.3	0.7	8.3***
College Graduate	11	16	15	8	8	11	8	9	12	12.4	17.3	4.9*	9.3***
<b>Income</b>													
Less than \$15,000	9	13	11	10	6	11	6	8	10	9.3	12.2	2.9	6.2**
\$15,000 - 24,999	6	8	13	14	6	9	4	10	11	10.7	14.8	4.1	8.8**
\$25,000 - 34,999	11	10	12	11	5	8	6	9	7	12.2	19.5	7.3	14.5***
\$35,000 - 49,999	10	8	8	7	8	10	6	11	13	8.8	13.1	4.3	5.1
\$50,000+	10	9	12	7	5	10	6	11	9	11.3	15.5	4.2	10.5***
<b>Physically Active</b>													
Did Not Meet Recommendations							5	10	9	5.8***	13.1**	7.3***	
Met Recommendations							6	10	11	13.3	20.6	7.3***	
<b>Overweight Status</b>													
Overweight/Obese							5	9	10	9.1	14.7	5.6***	
Not Overweight							7	11	11	12.0	13.4	1.4	

<sup>1</sup>High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

<sup>2</sup>Consumption of corn tortillas was not asked in 1989, but was included in 1991-2003. In 2005 and 2007, whole wheat tortillas were added.

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 Dietary Practices Survey**

**Table 39: Reported Consumption of No Whole Grain Breads/Whole Wheat Tortillas, High Fiber Cereal, or Beans, Trends 1989-2009**

Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas?

Yesterday did you eat a breakfast cereal?

What was the name of the cereal you ate yesterday?<sup>1</sup>

Yesterday did you eat any beans such as kidney beans, refried beans, chili beans, bean soup, bean salad, or lentils?

	Percent who Reported Eating No Whole Grain Breads/Whole Wheat Tortillas, High Fiber Cereal, or Beans											Trends	
	1989 <sup>1</sup>	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2007-09	1997-09
<b>Total</b>	<b>40</b>	<b>34</b>	<b>30</b>	<b>35</b>	<b>34</b>	<b>34</b>	<b>36</b>	<b>36</b>	<b>33</b>	<b>33.3</b>	<b>21.9</b>	<b>-11.4***</b>	<b>-12.1***</b>
<b>Sex</b>													
Males	39	32	30	34	33	34	36	34*	32	31.1	23.2	-7.9***	-9.8***
Females	41	36	29	36	34	34	36	39	34	35.3	20.5	-14.8***	-13.5***
<b>Males</b>													
18 - 24	49*	32	29*	28	23*	38	40**	43***	48**	25.6	39.4***	13.8*	16.4*
25 - 34	41	29	36	36	39	37	27	36	33	32.7	28.3	-4.4	-10.7*
35 - 50	43	32	31	39	37	31	43	35	29	33.6	18.4	-15.2***	-18.6***
51 - 64	34	38	32	34	27	38	40	33	32	32.0	18.6	-13.4*	-8.4
65+	22	26	17	26	33	28	27	14	23	25.0	14.7	-10.3	-18.3**
<b>Females</b>													
18 - 24	53	47	35	49	33	39	32	47***	40	45.3	27.7*	-17.6*	-5.3
25 - 34	43	31	33	38	33	30	38	38	33	34.8	20.0	-14.8**	-13.0**
35 - 50	42	38	24	31	36	38	34	45	37	37.7	21.5	-16.2***	-14.5***
51 - 64	36	35	33	38	40	33	42	40	34	31.6	22.3	-9.3	-17.7***
65+	31	29	27	28	26	28	33	23	25	26.4	10.9	-15.5**	-15.1**
<b>Ethnicity</b>													
White	38	32	29***	36**	36***	34***	38**	35***	32***	34.0	23.7**	-10.3***	-12.3***
Hispanic	43	25	21	23	20	26	29	28	26	29.1	16.0	-13.1***	-4.0
Black	47	39	42	36	42	45	34	52	36	38.4	22.2	-16.2*	-19.8**
Asian/Pacific Islander						54	48	56	46	36.7	27.3	-9.4	
<b>Education</b>													
Less than High School	38	23***	24	16***	25**	26*	31	31*	33	33.5	19.3**	-14.2***	-5.7
High School Graduate	43	43	32	37	37	38	38	40	33	34.1	27.3	-6.8*	-9.7**
Some College	42	34	33	40	31	36	37	40	37	36.6	25.0	-11.6***	-6.0
College Graduate	35	30	27	35	37	33	36	34	31	29.0	16.4	-12.6***	-20.6***
<b>Income</b>													
Less than \$15,000	42	28	33	31	30*	26***	30*	37	33	36.0	22.4	-13.6***	-7.6*
\$15,000 - 24,999	39	31	28	33	33	40	37	36	32	32.8	20.1	-12.7***	-12.9***
\$25,000 - 34,999	35	36	32	37	28	42	30	29	32	37.9	18.5	-19.4***	-9.5*
\$35,000 - 49,999	39	34	31	35	36	30	42	34	42	28.7	23.6	-5.1	-12.4*
\$50,000+	43	35	29	37	39	34	39	38	34	30.2	22.4	-7.8*	-16.6***
<b>Physically Active</b>													
Did Not Meet Recommendations							38	40*	34	37.8***	25.0**	-12.8***	
Met Recommendations							34	35	33	29.3	17.3	-12.0***	
<b>Overweight Status</b>													
Overweight/Obese							39*	36	34	33.5	20.9	-12.6***	
Not Overweight							34	37	32	32.8	23.9	-8.9***	

<sup>1</sup> Consumption of corn tortillas was not asked in 1989.

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 Dietary Practices Survey**

**Table 40: Reported Consumption of Whole Grain Breads, Whole Grains, High Fiber Cereal, or All Three**

Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas?

Yesterday, how many servings of whole grains, such as whole wheat pasta, brown rice, wild rice, quinoa, bulgur, or barley did you have?

Yesterday did you eat a breakfast cereal?

What was the name of the cereal you ate yesterday?

	Percent who Reported Eating			
	Whole Grain Bread	Other Whole Grains	High Fiber Cereal <sup>1</sup>	All 3
<b>Total</b>	<b>64.8</b>	<b>31.4</b>	<b>20.8</b>	<b>6.7</b>
<i>Sex</i>				
Males	62.0 *	31.6	22.0	7.8
Females	67.6	31.2	19.6	5.6
<i>Males</i>				
18 - 24	55.3 ***	18.3 **	16.3 ***	2.9 ***
25 - 34	52.8	36.1	22.0	12.6
35 - 50	70.9	30.3	13.9	4.9
51 - 64	54.3	31.7	31.4	5.0
65+	76.8	45.6	40.6	20.3
<i>Females</i>				
18 - 24	63.2	31.6	12.8 ***	0.0 **
25 - 34	66.4	37.6	24.8	7.3
35 - 50	66.1	30.4	12.0	4.2
51 - 64	65.5	27.0	23.0	5.1
65+	79.1	29.4	30.0	11.8
<i>Ethnicity</i>				
White	66.2 ***	30.9 *	22.1	8.0
Hispanic	67.3	31.2	17.0	5.9
Black	71.1	20.0	18.9	5.6
Asian/Pacific Islander	51.2	38.8	24.4	3.5
<i>Education</i>				
Less than High School	63.8	26.9 ***	16.1 **	5.4 ***
High School Graduate	63.3	24.3	18.8	3.1
Some College	63.1	33.3	18.2	6.8
College Graduate	68.2	39.3	27.3	10.5
<i>Income</i>				
Less than \$15,000	62.4	27.8	17.4	4.8
\$15,000 - 24,999	68.6	35.0	19.3	6.5
\$25,000 - 34,999	73.2	34.4	22.8	7.4
\$35,000 - 49,999	64.2	36.4	20.5	7.4
\$50,000+	63.6	33.7	24.1	9.1
<i>Physically Active</i>				
Did Not Meet Recommendations	60.8 ***	27.8 **	20.4 *	5.5 **
Met Recommendations	71.6	37.0	27.0	10.1
<i>Overweight Status</i>				
Overweight/Obese	65.5	29.0 *	20.4	6.4
Not Overweight	63.3	35.2	20.4	7.2
<i>SNAP/CalFresh Status, % FPL</i>				
Participant, ≤ 130%	63.6	30.8	18.1 ***	5.1 *
Likely Eligible, ≤ 130%	61.6	31.9	17.2	4.9
Potentially Eligible, 131 - 185%	74.3	30.0	12.9	5.7
Not Eligible, > 185%	65.6	33.5	26.9	9.5

N=1,451

<sup>1</sup>High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

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