

**2005 California Dietary Practices Survey**

**Table 17: Consumption of Whole Grain Breads/Whole Wheat Tortillas**

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

	<b>Percent Ate Whole Grains</b>
<b>Total</b>	<b>44</b>
<i>Sex</i>	
Males	41
Females	46
<i>Males</i>	
18 - 24	32
25 - 34	29
35 - 50	49
51 - 64	41
65+	50
<i>Females</i>	
18 - 24	38
25 - 34	47
35 - 50	42
51 - 64	48
65+	58
<i>Ethnicity</i>	
White	46
Hispanic	41
Black	56
Asian/Pacific Islander	43
<i>Education</i>	
Less than High School	36
High School Graduate	43
Some College	46
College Graduate	48
<i>Income</i>	
Less than \$15,000	42
\$15,000 - 24,999	43
\$25,000 - 34,999	49
\$35,000 - 49,999	41
\$50,000+	42
<i>Physically Active</i>	
Did Not Meet Recommendations	42
Met Recommendations	46
<i>Overweight Status</i>	
Overweight/Obese	42
Not Overweight	47
<i>Poverty Index</i>	
Food Stamp Participants	41
All Other Respondents/ ≤ 130% FPL	43
All Other Respondents/ > 130% FPL	43

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

**2005 California Dietary Practices Survey**

**Table 18: Consumption of Breakfast Cereals**

*Yesterday, did you eat any breakfast cereal?*

	<b>Percent Who Ate Breakfast Cereal</b>
<b>Total</b>	<b>35</b>
<b>Sex</b>	
Males	33
Females	37
<b>Males</b>	
18 - 24	27 ***
25 - 34	17
35 - 50	38
51 - 64	34
65+	51
<b>Females</b>	
18 - 24	42 **
25 - 34	36
35 - 50	32
51 - 64	34
65+	50
<b>Ethnicity</b>	
White	42 ***
Hispanic	31
Black	36
Asian/Pacific Islander	20
<b>Education</b>	
Less than High School	33 **
High School Graduate	39
Some College	28
College Graduate	39
<b>Income</b>	
Less than \$15,000	34
\$15,000 - 24,999	35
\$25,000 - 34,999	31
\$35,000 - 49,999	30
\$50,000+	38
<b>Physically Active</b>	
Did Not Meet Recommendations	33 *
Met Recommendations	38
<b>Overweight Status</b>	
Overweight/Obese	33
Not Overweight	37
<b>Poverty Index</b>	
Food Stamp Participants	32
All Other Respondents/ ≤ 130% FPL	31
All Other Respondents/ > 130% FPL	38

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

**2005 California Dietary Practices Survey**

**Table 19: Consumption of High Fiber Cereals**

*Yesterday did you eat a breakfast cereal?*

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

	<b>Percent Who Ate High Fiber Cereal</b>
<b>Total</b>	<b>18</b>
<b>Sex</b>	
Males	17
Females	19
<b>Males</b>	
18 - 24	3 ***
25 - 34	10
35 - 50	16
51 - 64	24
65+	35
<b>Females</b>	
18 - 24	17 ***
25 - 34	14
35 - 50	16
51 - 64	18
65+	34
<b>Ethnicity</b>	
White	26 ***
Hispanic	9
Black	19
Asian/Pacific Islander	10
<b>Education</b>	
Less than High School	10 ***
High School Graduate	21
Some College	16
College Graduate	23
<b>Income</b>	
Less than \$15,000	14
\$15,000 - 24,999	18
\$25,000 - 34,999	14
\$35,000 - 49,999	20
\$50,000+	21
<b>Physically Active</b>	
Did Not Meet Recommendations	16 *
Met Recommendations	20
<b>Overweight Status</b>	
Overweight/Obese	18
Not Overweight	19
<b>Poverty Index</b>	
Food Stamp Participants	10 ***
All Other Respondents/ ≤ 130% FPL	13
All Other Respondents/ > 130% FPL	22

<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<.001

## 2005 California Dietary Practices Survey

**Table 20: Consumption of Beans**

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

	Percent Who Ate Beans
<b>Total</b>	<b>28</b>
<i>Sex</i>	
Males	32 ***
Females	23
<i>Males</i>	
18 - 24	26 **
25 - 34	45
35 - 50	29
51 - 64	24
65+	34
<i>Females</i>	
18 - 24	27
25 - 34	25
35 - 50	26
51 - 64	22
65+	17
<i>Ethnicity</i>	
White	22 ***
Hispanic	49
Black	12
Asian/Pacific Islander	9
<i>Education</i>	
Less than High School	43 ***
High School Graduate	27
Some College	20
College Graduate	22
<i>Income</i>	
Less than \$15,000	33 **
\$15,000 - 24,999	34
\$25,000 - 34,999	22
\$35,000 - 49,999	26
\$50,000+	23
<i>Physically Active</i>	
Did Not Meet Recommendations	30 *
Met Recommendations	25
<i>Overweight Status</i>	
Overweight/Obese	29
Not Overweight	26
<i>Poverty Index</i>	
Food Stamp Participants	29 ***
All Other Respondents/ ≤ 130% FPL	40
All Other Respondents/ > 130% FPL	23

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

**2005 California Dietary Practices Survey**

**Table 21: Consumption of Both Whole Grain Breads/Whole Wheat Tortillas and High Fiber Cereals**

Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas?<sup>1</sup>

Yesterday did you eat a breakfast cereal?

What was the name of the cereal you ate yesterday?<sup>2</sup>

	<b>Percent Who Ate Both Whole Grain Breads/Corn Tortillas and High Fiber Cereal</b>
<b>Total</b>	<b>10</b>
<b>Sex</b>	
Males	9
Females	11
<b>Males</b>	
18 - 24	0 ***
25 - 34	4
35 - 50	12
51 - 64	10
65+	16
<b>Females</b>	
18 - 24	11 **
25 - 34	7
35 - 50	9
51 - 64	9
65+	22
<b>Ethnicity</b>	
White	14 ***
Hispanic	6
Black	16
Asian/Pacific Islander	2
<b>Education</b>	
Less than High School	6 **
High School Graduate	13
Some College	7
College Graduate	12
<b>Income</b>	
Less than \$15,000	10
\$15,000 - 24,999	11
\$25,000 - 34,999	7
\$35,000 - 49,999	13
\$50,000+	9
<b>Physically Active</b>	
Did Not Meet Recommendations	9
Met Recommendations	11
<b>Overweight Status</b>	
Overweight/Obese	10
Not Overweight	11
<b>Poverty Index</b>	
Food Stamp Participants	6
All Other Respondents/ ≤ 130% FPL	8
All Other Respondents/ > 130% FPL	11

<sup>1</sup>Consumption of corn tortillas was not asked in 1989, however it was included as a whole grain in the 1991-1999 surveys, and was not included as a whole grain in the 2001-2005 surveys. In 2001-2005, whole wheat tortillas were included as whole grains.

<sup>2</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<.01

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 22: Consumption of No Whole Grain Breads/Whole Wheat Tortillas, High Fiber Cereal, or Beans**

*Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpnickel, 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?*

	<b>Percent Who Ate No Whole Grain Breads/Corn Tortillas, High Fiber Cereal, or Beans</b>
<b>Total</b>	<b>33</b>
<i>Sex</i>	
Males	32
Females	34
<i>Males</i>	
18 - 24	48**
25 - 34	33
35 - 50	29
51 - 64	32
65+	23
<i>Females</i>	
18 - 24	40
25 - 34	33
35 - 50	37
51 - 64	34
65+	25
<i>Ethnicity</i>	
White	32***
Hispanic	26
Black	36
Asian/Pacific Islander	46
<i>Education</i>	
Less than High School	33
High School Graduate	33
Some College	37
College Graduate	31
<i>Income</i>	
Less than \$15,000	33
\$15,000 - 24,999	32
\$25,000 - 34,999	32
\$35,000 - 49,999	42
\$50,000+	34
<i>Physically Active</i>	
Did Not Meet Recommendations	34
Met Recommendations	33
<i>Overweight Status</i>	
Overweight/Obese	34
Not Overweight	32
<i>Poverty Index</i>	
Food Stamp Participants	35
All Other Respondents/ ≤ 130% FPL	31
All Other Respondents/ > 130% FPL	35

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

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Chi Square Test

\*\* p<.01

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 23: Consumption of Whole Grain Breads, High Fiber Cereal, or Both**

*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?*

	Percent Who		
	Ate Whole Grain Bread	Ate High-Fiber Cereal <sup>1</sup>	Ate Both
<b>Total</b>	<b>44</b>	<b>18</b>	<b>10</b>
<i>Sex</i>			
Males	41	17	9
Females	46	19	11
<i>Males</i>			
18 - 24	32***	3***	0***
25 - 34	29	10	4
35 - 50	49	16	12
51 - 64	41	24	10
65+	50	35	16
<i>Females</i>			
18 - 24	38*	17***	11**
25 - 34	47	14	7
35 - 50	42	16	9
51 - 64	48	18	9
65+	58	34	22
<i>Ethnicity</i>			
White	46	26***	14***
Hispanic	41	9	6
Black	56	19	16
Asian/Pacific Islander	43	10	2
<i>Education</i>			
Less than High School	36**	10***	6**
High School Graduate	43	21	13
Some College	46	16	7
College Graduate	48	23	12
<i>Income</i>			
Less than \$15,000	42	14	10
\$15,000 - 24,999	43	18	11
\$25,000 - 34,999	49	14	7
\$35,000 - 49,999	41	20	13
\$50,000+	42	21	9
<i>Physically Active</i>			
Did Not Meet Recommendations	42	16*	9
Met Recommendations	46	20	11
<i>Overweight Status</i>			
Overweight/Obese	42*	18	10
Not Overweight	47	19	11
<i>Poverty Index</i>			
Food Stamp Participants	41	10***	6
All Other Respondents/ ≤ 130% FPL	43	13	8
All Other Respondents/ > 130% FPL	43	22	11

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Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001