

2007 California Dietary Practices Survey

Table 34: Consumption of Whole Grain Breads or 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?

	Percent Eating Whole Grain Breads or Whole Wheat Tortillas
Total	47.4
<i>Sex</i>	
Males	48.4
Females	46.4
<i>Males</i>	
18 - 24	60.3 *
25 - 34	45.3
35 - 50	42.2
51 - 64	50.1
65+	56.1
<i>Females</i>	
18 - 24	63.8 **
25 - 34	58.5
35 - 50	55.5
51 - 64	49.7
65+	37.1
<i>Ethnicity</i>	
White	50.0
Hispanic	44.8
Black	48.0
Asian/Pacific Islander	39.5
<i>Education</i>	
Less than High School	35.0 ***
High School Graduate	49.0
Some College	51.7
College Graduate	50.3
<i>Income</i>	
Less than \$15,000	45.4
\$15,000 - 24,999	43.9
\$25,000 - 34,999	41.7
\$35,000 - 49,999	48.8
\$50,000+	52.6
<i>Physically Active</i>	
Did Not Meet Recommendations	39.8 ***
Met Recommendations	53.4
<i>Overweight Status</i>	
Overweight/Obese	46.9
Not Overweight	48.5
<i>Poverty Index</i>	
SNAP Participant	44.7 *
All Other/ ≤ 130% FPL	42.2
All Other/ > 130% - ≤ 185% FPL	47.2
All Other/ > 185% FPL	51.9

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

2007 California Dietary Practices Survey

Table 35: Consumption of Breakfast Cereals

Yesterday, did you eat any breakfast cereal?

	Percent who Ate Breakfast Cereal
Total	35.3
<i>Sex</i>	
Males	33.0
Females	37.7
<i>Males</i>	
18 - 24	28.6
25 - 34	36.0
35 - 50	24.8
51 - 64	36.3
65+	53.2
<i>Females</i>	
18 - 24	35.4
25 - 34	44.7
35 - 50	29.0
51 - 64	37.2
65+	51.0
<i>Ethnicity</i>	
White	36.1
Hispanic	36.7
Black	25.0
Asian/Pacific Islander	33.3
<i>Education</i>	
Less than High School	30.7
High School Graduate	36.2
Some College	32.7
College Graduate	40.2
<i>Income</i>	
Less than \$15,000	33.8
\$15,000 - 24,999	37.5
\$25,000 - 34,999	34.8
\$35,000 - 49,999	35.5
\$50,000+	36.0
<i>Physically Active</i>	
Did Not Meet Recommendations	30.1
Met Recommendations	39.5
<i>Overweight Status</i>	
Overweight/Obese	34.4
Not Overweight	37.2
<i>Poverty Index</i>	
SNAP Participant	33.3
All Other/ ≤ 130% FPL	34.5
All Other/ > 130% - ≤ 185% FPL	42.4
All Other/ > 185% FPL	35.6

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

2007 California Dietary Practices Survey

Table 36: Consumption of High Fiber Cereals

Yesterday did you eat a breakfast cereal?

What was the name of the cereal you ate yesterday? ¹

	Percent who Ate High Fiber Cereal
Total	16.6
Sex	
Males	16.4
Females	16.8
Males	
18 - 24	11.1 ***
25 - 34	13.7
35 - 50	9.6
51 - 64	23.8
65+	38.2
Females	
18 - 24	9.2 **
25 - 34	19.2
35 - 50	13.2
51 - 64	17.6
65+	28.7
Ethnicity	
White	20.3 ***
Hispanic	10.5
Black	10.7
Asian/Pacific Islander	18.8
Education	
Less than High School	10.9 **
High School Graduate	15.3
Some College	16.5
College Graduate	22.0
Income	
Less than \$15,000	14.8
\$15,000 - 24,999	17.8
\$25,000 - 34,999	17.9
\$35,000 - 49,999	16.4
\$50,000+	18.4
Physically Active	
Did Not Meet Recommendations	11.3 ***
Met Recommendations	20.6
Overweight Status	
Overweight/Obese	15.3
Not Overweight	19.0
Poverty Index	
SNAP Participant	14.8
All Other/ ≤ 130% FPL	14.3
All Other/ > 130% - ≤ 185% FPL	24.7
All Other/ > 185% FPL	17.8

¹ 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

2007 California Dietary Practices Survey

Table 37: Consumption of Beans, Trends 1989-2007

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

	Percent who Ate Beans										Trends	
	1989	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
Total	22	25	28	25	30	26	27	27	28	27.8	-0.2	-2.2
Sex												
Males	24	29**	31*	23	34**	25	29	31***	32***	29.5	-2.5	-4.5
Females	20	21	26	26	27	28	26	23	23	26.1	3.1	-0.9
Males												
18 - 24	24	32	33	28	44**	26	32**	31	26**	29.1	3.1	-14.9*
25 - 34	29	31	37	23	40	26	40	35	45	28.7	-16.3**	-11.3*
35 - 50	19	31	28	23	31	28	25	32	29	33.1	4.1	2.1
51 - 64	18	21	24	22	26	22	22	22	24	27.7	3.7	1.7
65+	35	26	32	15	26	16	25	35	34	23.3	-10.7	-2.7
Females												
18 - 24	27*	20	29	19	29	31**	30	25	27	21.3	-5.7	-7.7
25 - 34	26	30	31	30	31	39	32	29	25	28.0	3.0	-3.0
35 - 50	22	20	28	33	27	23	25	22	26	28.0	2.0	1.0
51 - 64	13	16	21	23	24	28	22	19	22	27.0	5.0	3.0
65+	11	17	19	20	24	21	20	21	17	21.3	4.3	-2.7
Ethnicity												
White	18***	21***	26***	22***	27***	22***	23***	23***	22***	22.1***	0.1	-4.9*
Hispanic	35	43	43	36	46	44	44	46	49	40.1	-8.9*	-5.9
Black	17	19	19	25	22	22	28	17	12	19.0	7.0	-3.0
Asian/Pacific Islander						17	14	17	9	31.1	22.1***	
Education												
Less than High School	31*	41***	46***	44***	43***	42***	47***	45***	43***	41.4***	-1.6	-1.6
High School Graduate	22	19	22	23	27	24	27	24	27	25.2	-1.8	-1.8
Some College	19	25	27	20	30	24	26	25	20	20.5	0.5	-9.5***
College Graduate	20	21	27	25	28	24	21	24	22	27.8	5.8*	-0.2
Income												
Less than \$15,000	27*	33	27	30	34**	29*	33***	30**	33**	27.4	-5.6	-6.6*
\$15,000 - 24,999	23	24	33	26	32	22	32	33	34	30.3	-3.7	-1.7
\$25,000 - 34,999	21	24	30	18	38	23	38	30	22	29.3	7.3	-8.7
\$35,000 - 49,999	16	25	27	20	30	35	20	26	26	30.0	4.0	0.0
\$50,000+	15	22	25	25	24	26	22	22	23	26.5	3.5	2.5
Physically Active												
Did Not Meet Recommendations							29	28	30*	27.4	-2.6	
Met Recommendations							25	26	25	28.1	3.1	
Overweight Status												
Overweight/Obese							28	29	29	27.8	-1.2	
Not Overweight							26	25	26	27.4	1.4	
Poverty Index												
SNAP Participant							29**	29***	25.6***		-3.4	
All Other/ ≤ 130% FPL							36	40	40.2		0.2	
All Other/ > 130% FPL							24	23	26.5		3.5	

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

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

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Table 38: Consumption of Both Whole Grain Breads/Whole Wheat Tortillas and High Fiber Cereal, Trends 1989-2007

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?¹

	Percent who Ate Both Whole Grain Breads/Corn Tortillas and High Fiber Cereal										Trends	
	1989 ²	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
Total	9	10	12	9	6	10	6	10	10	10.2	0.2	4.2***
Sex												
Males	10	10	11	8	6	9	6	10	9	10.2	1.2	4.2**
Females	9	9	12	10	6	10	6	10	11	10.2	-0.8	4.2**
Males												
18 - 24	7***	8*	12***	13*	6**	3***	6***	3***	0***	8.9***	8.9**	2.9
25 - 34	4	7	5	5	3	8	6	2	4	7.4	3.4	4.4
35 - 50	7	8	9	7	5	7	3	8	12	3.8	-8.2***	-1.2
51 - 64	11	14	14	4	9	7	4	17	10	17.6	7.6	8.6*
65+	29	22	23	17	13	25	15	29	16	25.3	9.3	12.3*
Females												
18 - 24	4***	2***	8***	5***	4**	7**	1**	5***	11**	2.8***	-8.2*	-1.2
25 - 34	3	5	8	5	3	6	6	8	7	10.0	3.0	7.0**
35 - 50	9	7	10	7	5	10	5	7	9	9.4	0.4	4.4*
51 - 64	7	8	11	10	9	8	5	13	9	9.0	0.0	0.0
65+	21	26	24	27	11	20	11	22	22	21.8	-0.2	10.8*
Ethnicity												
White	11	13***	14**	10	7	12**	7**	12**	14***	12.8**	-1.2	5.8***
Hispanic	6	3	8	11	6	7	2	7	6	5.9	-0.1	-0.1
Black	12	6	8	12	3	4	5	8	16	7.5	-8.5	4.5
Asian/Pacific Islander						4	6	3	2	10.0	8.0*	
Education												
Less than High School	8	8***	9	14	5	8	3**	10	6**	3.8***	-2.2	-1.2
High School Graduate	7	7	11	10	6	9	4	9	13	10.0	-3.0	4.0
Some College	10	8	10	8	5	10	5	13	7	12.6	5.6*	7.6***
College Graduate	11	16	15	8	8	11	8	9	12	12.4	0.4	4.4*
Income												
Less than \$15,000	9	13	11	10	6	11	6	8	10	9.3	-0.7	3.3
\$15,000 - 24,999	6	8	13	14	6	9	4	10	11	10.7	-0.3	4.7
\$25,000 - 34,999	11	10	12	11	5	8	6	9	7	12.2	5.2	7.2*
\$35,000 - 49,999	10	8	8	7	8	10	6	11	13	8.8	-4.2	0.8
\$50,000+	10	9	12	7	5	10	6	11	9	11.3	2.3	6.3***
Physically Active												
Did Not Meet Recommendations							5	10	9	5.8***	-3.2*	
Met Recommendations							6	10	11	13.3	2.3	
Overweight Status												
Overweight/Obese							5	9	10	9.1	-0.9	
Not Overweight							7	11	11	12.0	1.0	
Poverty Index												
SNAP Participant								3*	6	8.8	2.8	
All Other/ ≤ 130% FPL								8	8	9.9	1.9	
All Other/ > 130% FPL								11	11	12.0	1.0	

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

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

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 39: Consumption of No Whole Grain Breads/Whole Wheat Tortillas, High Fiber Cereal, or Beans, Trends 1989-2007

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?¹

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

	Percent who Ate No Whole Grain Breads/Whole Wheat Tortillas, High Fiber Cereal, or Beans										Trends	
	1989 ¹	1991	1993	1995	1997	1999	2001	2003	2005	2007	2005-07	1997-07
Total	40	34	30	35	34	34	36	36	33	33.3	0.3	-0.7
<i>Sex</i>												
Males	39	32	30	34	33	34	36	34*	32	31.1	-0.9	-1.9
Females	41	36	29	36	34	34	36	39	34	35.3	1.3	1.3
<i>Males</i>												
18 - 24	49*	32	29*	28	23*	38	40**	43***	48**	25.6	-22.4***	2.6
25 - 34	41	29	36	36	39	37	27	36	33	32.7	-0.3	-6.3
35 - 50	43	32	31	39	37	31	43	35	29	33.6	4.6	-3.4
51 - 64	34	38	32	34	27	38	40	33	32	32.0	0.0	5.0
65+	22	26	17	26	33	28	27	14	23	25.0	2.0	-8.0
<i>Females</i>												
18 - 24	53	47	35	49	33	39	32	47***	40	45.3	5.3	12.3
25 - 34	43	31	33	38	33	30	38	38	33	34.8	1.8	1.8
35 - 50	42	38	24	31	36	38	34	45	37	37.7	0.7	1.7
51 - 64	36	35	33	38	40	33	42	40	34	31.6	-2.4	-8.4
65+	31	29	27	28	26	28	33	23	25	26.4	1.4	0.4
<i>Ethnicity</i>												
White	38	32	29***	36**	36***	34***	38**	35***	32***	34.0	2.0	-2.0
Hispanic	43	25	21	23	20	26	29	28	26	29.1	3.1	9.1**
Black	47	39	42	36	42	45	34	52	36	38.4	2.4	-3.6
Asian/Pacific Islander						54	48	56	46	36.7		-9.3
<i>Education</i>												
Less than High School	38	23***	24	16***	25**	26*	31	31*	33	33.5	0.5	8.5*
High School Graduate	43	43	32	37	37	38	38	40	33	34.1	1.1	-2.9
Some College	42	34	33	40	31	36	37	40	37	36.6	-0.4	5.6
College Graduate	35	30	27	35	37	33	36	34	31	29.0	-2.0	-8.0**
<i>Income</i>												
Less than \$15,000	42	28	33	31	30*	26***	30*	37	33	36.0	3.0	6.0
\$15,000 - 24,999	39	31	28	33	33	40	37	36	32	32.8	0.8	-0.2
\$25,000 - 34,999	35	36	32	37	28	42	30	29	32	37.9	5.9	9.9
\$35,000 - 49,999	39	34	31	35	36	30	42	34	42	28.7	-13.3*	-7.3
\$50,000+	43	35	29	37	39	34	39	38	34	30.2	-3.8	-8.8**
<i>Physically Active</i>												
Did Not Meet Recommendations							38	40*	34	37.8***	3.8	
Met Recommendations							34	35	33	29.3	-3.7	
<i>Overweight Status</i>												
Overweight/Obese							39*	36	34	33.5	-0.5	
Not Overweight							34	37	32	32.8	0.8	
<i>Poverty Index</i>												
SNAP Participant								38	35	36.5	1.5	
All Other/ ≤ 130% FPL								37	31	31.0	0.0	
All Other/ > 130% FPL								37	35	31.0	-4.0	

¹ Consumption of corn tortillas was not asked in 1989.

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Chi Square Test

* p<.05

** p<.01

*** p<.001

2007 California Dietary Practices Survey

Table 40: 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? ¹

	Percent		
	Ate Whole Grain Bread	Ate High-Fiber Cereal ¹	Ate Both
Total	47.4	16.6	10.2
<i>Sex</i>			
Males	48.4	16.4	10.2
Females	46.4	16.8	10.2
<i>Males</i>			
18 - 24	60.3 *	11.1 ***	8.9 ***
25 - 34	45.3	13.7	7.4
35 - 50	42.2	9.6	3.8
51 - 64	50.1	23.8	17.6
65+	56.1	38.2	25.3
<i>Females</i>			
18 - 24	63.8 **	9.2 **	2.8 ***
25 - 34	58.5	19.2	10.0
35 - 50	55.5	13.2	9.4
51 - 64	49.7	17.6	9.0
65+	37.1	28.7	21.8
<i>Ethnicity</i>			
White	50.0	20.3 ***	12.8 **
Hispanic	44.8	10.5	5.9
Black	48.0	10.7	7.5
Asian/Pacific Islander	39.5	18.8	10.0
<i>Education</i>			
Less than High School	35.0 ***	10.9 **	3.8 ***
High School Graduate	49.0	15.3	10.0
Some College	51.7	16.5	12.6
College Graduate	50.3	22.0	12.4
<i>Income</i>			
Less than \$15,000	45.4	14.8	9.3
\$15,000 - 24,999	43.9	17.8	10.7
\$25,000 - 34,999	41.7	17.9	12.2
\$35,000 - 49,999	48.8	16.4	8.8
\$50,000+	52.6	18.4	11.3
<i>Physically Active</i>			
Did Not Meet Recommendations	39.8 ***	11.3 ***	5.8 ***
Met Recommendations	53.4	20.6	13.3
<i>Overweight Status</i>			
Overweight/Obese	46.9	15.3	9.1
Not Overweight	48.5	19.0	12.0
<i>Poverty Index</i>			
SNAP Participant	44.7 *	14.8	8.8
All Other/ ≤ 130% FPL	42.2	14.3	9.9
All Other/ > 130% - ≤ 185% FPL	47.2	24.7	13.8
All Other/ > 185% FPL	51.9	17.8	11.7

¹ 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