

Nutrition

**Oregon Healthy Teens 2005, 8th Grade State Summary
20-25. (Summary variable.) Five-a-day measure: In the past 7
days, average servings per day where student reported
consuming fruits or vegetables.**

	Total	Female	Male
Total	100.0	100.0	100.0
None	.9	.6	1.2
< One serving per day	9.3	8.3	10.3
1 to < 3 servings per day	42.8	44.1	41.5
3 to < 5 servings per day	23.6	24.8	22.4
5 or more servings per day	23.4	22.2	24.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005, 8th Grade State Summary
20-25. (Summary variable.) Five-a-day measure: In the past 7
days, average servings per day where student reported
consuming fruits or vegetables.**

	Total	Female	Male
Total	8,378	4,212	4,166
None	76	27	49
< One serving per day	754	354	400
1 to < 3 servings per day	3,579	1,847	1,732
3 to < 5 servings per day	2,015	1,049	966
5 or more servings per day	1,954	935	1,019

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005, 8th Grade State Summary
20. During the past 7 days, on how many days did you drink
100% fruit juices?**

	Total	Female	Male
Total	100.0	100.0	100.0
I did not drink 100% fruit juice during the past 7 days	20.3	20.4	20.3
1 to 3 times during the past 7 days	34.8	37.3	32.2
4 to 6 times during the past 7 days	16.5	16.2	16.8
1 time per day	9.7	9.4	9.9
2 times per day	9.5	9.0	10.0
3 times per day	4.7	4.3	5.1
4 or more times per day	4.5	3.4	5.7

Weighted percentages exclude missing and/or refused answers.

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Oregon Healthy Teens 2005, 8th Grade State Summary
20. During the past 7 days, on how many days did you drink
100% fruit juices?

	Total	Female	Male
Total	8,497	4,260	4,237
I did not drink 100% fruit juice during the past 7 days	1,676	839	837
1 to 3 times during the past 7 days	2,928	1,579	1,349
4 to 6 times during the past 7 days	1,474	709	765
1 time per day	833	410	423
2 times per day	823	390	433
3 times per day	402	188	214
4 or more times per day	361	145	216

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
21. During the past 7 days, on how many days did you eat
fruit?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat fruit during the past 7 days	9.0	7.7	10.3
1 to 3 times during the past 7 days	31.7	31.4	32.1
4 to 6 times during the past 7 days	21.3	23.0	19.6
1 time per day	15.1	14.9	15.2
2 times per day	12.7	13.6	11.7
3 times per day	5.4	5.6	5.1
4 or more times per day	4.9	3.7	6.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
21. During the past 7 days, on how many days did you eat
fruit?

	Total	Female	Male
Total	8,499	4,270	4,229
I did not eat fruit during the past 7 days	770	341	429
1 to 3 times during the past 7 days	2,716	1,352	1,364
4 to 6 times during the past 7 days	1,851	1,004	847
1 time per day	1,272	626	646
2 times per day	1,049	562	487
3 times per day	437	224	213
4 or more times per day	404	161	243

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2005, 8th Grade State Summary
22. During the past 7 days, on how many days did you eat green salad?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat green salad during the past 7 days	32.8	27.9	37.8
1 to 3 times during the past 7 days	37.0	39.3	34.7
4 to 6 times during the past 7 days	13.1	15.1	11.0
1 time per day	12.4	13.4	11.5
2 times per day	2.7	2.7	2.7
3 times per day	.8	.7	.9
4 or more times per day	1.2	.9	1.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
22. During the past 7 days, on how many days did you eat green salad?

	Total	Female	Male
Total	8,510	4,273	4,237
I did not eat green salad during the past 7 days	2,765	1,194	1,571
1 to 3 times during the past 7 days	3,208	1,722	1,486
4 to 6 times during the past 7 days	1,118	627	491
1 time per day	1,024	540	484
2 times per day	232	123	109
3 times per day	64	29	35
4 or more times per day	99	38	61

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
23. During the past 7 days, on how many days did you eat potatoes? (Does not include French fries, fried potatoes or potato chips.)

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat potatoes during the past 7 days	37.8	38.0	37.6
1 to 3 times during the past 7 days	47.9	49.6	46.1
4 to 6 times during the past 7 days	7.8	7.0	8.5
1 time per day	4.4	4.0	4.9
2 times per day	1.3	1.0	1.6
3 times per day	.4	.2	.6
4 or more times per day	.5	.3	.8

Weighted percentages exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005, 8th Grade State Summary
23. During the past 7 days, on how many days did you eat potatoes? (Does not include French fries, fried potatoes or potato chips.)

	Total	Female	Male
Total	8,503	4,271	4,232
I did not eat potatoes during the past 7 days	3,130	1,599	1,531
1 to 3 times during the past 7 days	4,130	2,131	1,999
4 to 6 times during the past 7 days	680	307	373
1 time per day	380	178	202
2 times per day	103	38	65
3 times per day	34	8	26
4 or more times per day	46	10	36

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
24. During the past 7 days, on how many days did you eat carrots?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat carrots during the past 7 days	46.9	45.7	48.2
1 to 3 times during the past 7 days	34.7	36.8	32.7
4 to 6 times during the past 7 days	8.3	8.8	7.9
1 time per day	5.9	5.8	6.0
2 times per day	1.9	1.3	2.5
3 times per day	.9	.6	1.1
4 or more times per day	1.4	1.1	1.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
24. During the past 7 days, on how many days did you eat carrots?

	Total	Female	Male
Total	8,508	4,270	4,238
I did not eat carrots during the past 7 days	3,927	1,930	1,997
1 to 3 times during the past 7 days	2,971	1,551	1,420
4 to 6 times during the past 7 days	748	397	351
1 time per day	512	249	263
2 times per day	167	65	102
3 times per day	69	30	39
4 or more times per day	114	48	66

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2005, 8th Grade State Summary
25. During the past 7 days, on how many days did you eat other vegetables?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat other vegetables during the past 7 days	14.4	12.2	16.5
1 to 3 times during the past 7 days	37.1	37.6	36.6
4 to 6 times during the past 7 days	22.5	23.3	21.7
1 time per day	14.0	15.3	12.8
2 times per day	6.7	6.9	6.5
3 times per day	2.7	3.0	2.5
4 or more times per day	2.6	1.7	3.4

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
25. During the past 7 days, on how many days did you eat other vegetables?

	Total	Female	Male
Total	8,500	4,265	4,235
I did not eat other vegetables during the past 7 days	1,205	509	696
1 to 3 times during the past 7 days	3,148	1,605	1,543
4 to 6 times during the past 7 days	1,933	1,009	924
1 time per day	1,207	652	555
2 times per day	571	294	277
3 times per day	233	125	108
4 or more times per day	203	71	132

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
26. During the past 7 days, how many glasses of milk did you drink?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not drink milk during the past 7 days	9.4	12.5	6.3
1 to 3 glasses during the past 7 days	14.8	17.3	12.2
4 to 6 glasses during the past 7 days	16.6	16.3	16.9
1 glass per day	15.3	15.7	14.9
2 glasses per day	21.0	19.8	22.3
3 glasses per day	11.5	9.8	13.2
4 or more glasses per day.	11.3	8.6	14.1

Weighted percentages exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005, 8th Grade State Summary
26. During the past 7 days, how many glasses of milk did you drink?

	Total	Female	Male
Total	8,493	4,267	4,226
I did not drink milk during the past 7 days	808	537	271
1 to 3 glasses during the past 7 days	1,214	711	503
4 to 6 glasses during the past 7 days	1,389	703	686
1 glass per day	1,298	676	622
2 glasses per day	1,772	846	926
3 glasses per day	1,029	431	598
4 or more glasses per day.	983	363	620

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

27. During the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	8.4	9.7	7.1
1 day	8.6	10.0	7.2
2 to 4 days	21.7	25.2	18.3
5 to 6 days	15.8	16.3	15.3
7 days	45.4	38.8	52.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

27. During the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male
Total	8,521	4,275	4,246
0 days	713	422	291
1 day	728	440	288
2 to 4 days	1,839	1,084	755
5 to 6 days	1,318	692	626
7 days	3,923	1,637	2,286

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2005, 8th Grade State Summary
28. During the past 7 days, how many times did you drink soft drinks?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not drink soft drinks in the past 7 days	15.0	17.7	12.3
1 to 3 times during the past 7 days	37.7	39.4	36.0
4 to 6 times during the past 7 days	19.2	19.6	18.7
1 time per day	11.0	9.9	12.1
2 times per day	8.2	6.8	9.7
3 times per day	3.4	2.9	4.0
4 or more times per day	5.4	3.6	7.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
28. During the past 7 days, how many times did you drink soft drinks?

	Total	Female	Male
Total	8,504	4,273	4,231
I did not drink soft drinks in the past 7 days	1,282	755	527
1 to 3 times during the past 7 days	3,251	1,694	1,557
4 to 6 times during the past 7 days	1,606	827	779
1 time per day	915	415	500
2 times per day	700	294	406
3 times per day	294	124	170
4 or more times per day	456	164	292

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
29. During the past 7 days, on how many days did you buy soft drinks at school?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not buy soft drinks at school	82.7	84.6	80.7
1 day	9.1	8.5	9.8
2 days	3.9	3.5	4.4
3 days	2.0	1.9	2.1
4 days	.8	.6	1.1
5 or more days	1.4	.9	2.0

Weighted percentages exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005, 8th Grade State Summary

29. During the past 7 days, on how many days did you buy soft drinks at school?

	Total	Female	Male
Total	8,503	4,271	4,232
I did not buy soft drinks at school	7,009	3,612	3,397
1 day	799	367	432
2 days	343	149	194
3 days	165	76	89
4 days	69	25	44
5 or more days	118	42	76

Unweighted counts exclude missing and/or refused answers.