

Nutrition

**Oregon Healthy Teens 2005, 11th 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	.7	.5	.8
< One serving per day	8.9	8.8	9.0
1 to < 3 servings per day	48.8	50.1	47.6
3 to < 5 servings per day	23.9	24.0	23.7
5 or more servings per day	17.7	16.6	18.9

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005, 11th 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	7,869	4,011	3,858
None	63	25	38
< One serving per day	746	369	377
1 to < 3 servings per day	3,851	2,005	1,846
3 to < 5 servings per day	1,823	949	874
5 or more servings per day	1,386	663	723

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005, 11th 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	18.9	21.5	16.3
1 to 3 times during the past 7 days	39.6	41.9	37.3
4 to 6 times during the past 7 days	18.2	16.7	19.6
1 time per day	8.8	8.5	9.1
2 times per day	8.6	6.8	10.3
3 times per day	3.6	3.0	4.2
4 or more times per day	2.4	1.7	3.2

Weighted percentages exclude missing and/or refused answers.

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Oregon Healthy Teens 2005, 11th Grade State Summary
20. During the past 7 days, on how many days did you drink
100% fruit juices?

	Total	Female	Male
Total	7,926	4,023	3,903
I did not drink 100% fruit juice during the past 7 days	1,533	875	658
1 to 3 times during the past 7 days	3,153	1,684	1,469
4 to 6 times during the past 7 days	1,419	686	733
1 time per day	675	320	355
2 times per day	659	260	399
3 times per day	284	126	158
4 or more times per day	203	72	131

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th 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	8.5	6.9	10.1
1 to 3 times during the past 7 days	38.6	39.4	37.8
4 to 6 times during the past 7 days	21.4	22.1	20.7
1 time per day	13.5	12.7	14.2
2 times per day	11.9	12.8	11.0
3 times per day	4.0	4.4	3.6
4 or more times per day	2.1	1.7	2.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th Grade State Summary
21. During the past 7 days, on how many days did you eat
fruit?

	Total	Female	Male
Total	7,924	4,028	3,896
I did not eat fruit during the past 7 days	722	308	414
1 to 3 times during the past 7 days	3,094	1,585	1,509
4 to 6 times during the past 7 days	1,678	889	789
1 time per day	1,047	512	535
2 times per day	910	495	415
3 times per day	308	170	138
4 or more times per day	165	69	96

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2005, 11th 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	26.1	22.5	29.8
1 to 3 times during the past 7 days	43.5	45.9	41.2
4 to 6 times during the past 7 days	16.6	18.4	14.8
1 time per day	10.6	10.4	10.8
2 times per day	2.2	2.2	2.2
3 times per day	.5	.4	.5
4 or more times per day	.5	.3	.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th Grade State Summary
22. During the past 7 days, on how many days did you eat green salad?

	Total	Female	Male
Total	7,928	4,029	3,899
I did not eat green salad during the past 7 days	2,106	912	1,194
1 to 3 times during the past 7 days	3,438	1,841	1,597
4 to 6 times during the past 7 days	1,289	726	563
1 time per day	831	427	404
2 times per day	178	91	87
3 times per day	44	20	24
4 or more times per day	42	12	30

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th 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	31.9	33.8	29.9
1 to 3 times during the past 7 days	52.8	53.4	52.3
4 to 6 times during the past 7 days	10.3	8.9	11.7
1 time per day	3.3	2.7	3.8
2 times per day	1.0	.8	1.3
3 times per day	.3	.2	.4
4 or more times per day	.4	.2	.6

Weighted percentages exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005, 11th 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	7,922	4,029	3,893
I did not eat potatoes during the past 7 days	2,500	1,356	1,144
1 to 3 times during the past 7 days	4,187	2,150	2,037
4 to 6 times during the past 7 days	810	364	446
1 time per day	288	112	176
2 times per day	78	31	47
3 times per day	24	8	16
4 or more times per day	35	8	27

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th 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	44.9	43.4	46.4
1 to 3 times during the past 7 days	42.3	42.8	41.7
4 to 6 times during the past 7 days	6.9	7.9	5.9
1 time per day	3.7	3.8	3.7
2 times per day	1.4	1.5	1.3
3 times per day	.3	.3	.4
4 or more times per day	.5	.2	.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th Grade State Summary
24. During the past 7 days, on how many days did you eat carrots?

	Total	Female	Male
Total	7,919	4,026	3,893
I did not eat carrots during the past 7 days	3,611	1,773	1,838
1 to 3 times during the past 7 days	3,292	1,708	1,584
4 to 6 times during the past 7 days	537	306	231
1 time per day	300	153	147
2 times per day	111	62	49
3 times per day	27	12	15
4 or more times per day	41	12	29

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2005, 11th 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	11.6	10.5	12.8
1 to 3 times during the past 7 days	41.4	41.8	40.9
4 to 6 times during the past 7 days	24.6	24.9	24.3
1 time per day	13.2	13.8	12.6
2 times per day	6.5	6.8	6.2
3 times per day	1.9	1.6	2.2
4 or more times per day	.9	.7	1.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th Grade State Summary
25. During the past 7 days, on how many days did you eat other vegetables?

	Total	Female	Male
Total	7,916	4,025	3,891
I did not eat other vegetables during the past 7 days	972	437	535
1 to 3 times during the past 7 days	3,257	1,657	1,600
4 to 6 times during the past 7 days	1,928	1,009	919
1 time per day	1,011	532	479
2 times per day	530	292	238
3 times per day	144	67	77
4 or more times per day	74	31	43

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th 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	12.5	16.3	8.6
1 to 3 glasses during the past 7 days	19.7	23.0	16.4
4 to 6 glasses during the past 7 days	17.2	18.7	15.7
1 glass per day	16.4	16.8	16.0
2 glasses per day	17.6	13.8	21.5
3 glasses per day	9.8	7.4	12.1
4 or more glasses per day.	6.9	4.0	9.8

Weighted percentages exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005, 11th Grade State Summary
26. During the past 7 days, how many glasses of milk did you drink?

	Total	Female	Male
Total	7,915	4,025	3,890
I did not drink milk during the past 7 days	985	654	331
1 to 3 glasses during the past 7 days	1,536	926	610
4 to 6 glasses during the past 7 days	1,344	721	623
1 glass per day	1,284	679	605
2 glasses per day	1,389	569	820
3 glasses per day	802	305	497
4 or more glasses per day.	575	171	404

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th 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	10.2	10.3	10.1
1 day	10.8	11.9	9.7
2 to 4 days	25.6	27.7	23.6
5 to 6 days	16.4	17.5	15.4
7 days	36.9	32.6	41.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th Grade State Summary

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

	Total	Female	Male
Total	7,925	4,027	3,898
0 days	820	410	410
1 day	860	488	372
2 to 4 days	2,087	1,154	933
5 to 6 days	1,250	666	584
7 days	2,908	1,309	1,599

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2005, 11th 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	18.9	22.9	14.9
1 to 3 times during the past 7 days	34.2	37.8	30.6
4 to 6 times during the past 7 days	18.5	17.8	19.2
1 time per day	10.9	9.7	12.0
2 times per day	9.2	6.7	11.7
3 times per day	4.1	3.0	5.2
4 or more times per day	4.2	2.1	6.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th Grade State Summary
28. During the past 7 days, how many times did you drink soft drinks?

	Total	Female	Male
Total	7,927	4,027	3,900
I did not drink soft drinks in the past 7 days	1,402	880	522
1 to 3 times during the past 7 days	2,724	1,537	1,187
4 to 6 times during the past 7 days	1,468	709	759
1 time per day	875	406	469
2 times per day	746	276	470
3 times per day	342	115	227
4 or more times per day	370	104	266

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 11th 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	65.1	71.2	59.1
1 day	13.5	12.9	14.2
2 days	8.2	6.9	9.5
3 days	5.9	4.2	7.7
4 days	2.8	2.2	3.5
5 or more days	4.4	2.7	6.1

Weighted percentages exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005, 11th Grade State

Summary

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

	Total	Female	Male
Total	7,910	4,018	3,892
I did not buy soft drinks at school	4,954	2,769	2,185
1 day	1,137	546	591
2 days	704	307	397
3 days	483	178	305
4 days	248	96	152
5 or more days	384	122	262

Unweighted counts exclude missing and/or refused answers.