

Nutrition

**Oregon Healthy Teens 2006, 8th Grade State Summary
21-26. (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	.5	.3	.7
< One serving per day	9.2	8.9	9.5
1 to < 3 servings per day	41.7	42.8	40.5
3 to < 5 servings per day	23.3	23.3	23.3
5 or more servings per day	25.3	24.7	26.0

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 8th Grade State Summary
21-26. (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	3,557	1,803	1,754
None	22	6	16
< One serving per day	309	150	159
1 to < 3 servings per day	1,507	774	733
3 to < 5 servings per day	839	434	405
5 or more servings per day	880	439	441

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 8th Grade State Summary
21. During the past 7 days, how many times 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	17.8	19.0	16.7
1 to 3 times during the past 7 days	34.6	36.5	32.7
4 to 6 times during the past 7 days	19.2	17.4	20.9
1 time per day	9.1	9.4	8.8
2 times per day	10.0	10.1	9.8
3 times per day	5.1	4.1	6.1
4 or more times per day	4.3	3.5	5.0

Weighted percentages exclude missing and/or refused answers.

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Oregon Healthy Teens 2006, 8th Grade State Summary
21. During the past 7 days, how many times did you drink
100% fruit juices?

	Total	Female	Male
Total	3,593	1,823	1,770
I did not drink 100% fruit juice during the past 7 days	627	334	293
1 to 3 times during the past 7 days	1,231	659	572
4 to 6 times during the past 7 days	685	324	361
1 time per day	347	182	165
2 times per day	357	182	175
3 times per day	189	81	108
4 or more times per day	157	61	96

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
22. During the past 7 days, how many times did you eat fruit?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat fruit during the past 7 days	7.3	7.0	7.6
1 to 3 times during the past 7 days	31.5	30.7	32.4
4 to 6 times during the past 7 days	21.2	21.8	20.7
1 time per day	15.5	16.2	14.8
2 times per day	14.2	14.2	14.2
3 times per day	5.4	5.1	5.6
4 or more times per day	4.9	5.1	4.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
22. During the past 7 days, how many times did you eat fruit?

	Total	Female	Male
Total	3,596	1,822	1,774
I did not eat fruit during the past 7 days	279	132	147
1 to 3 times during the past 7 days	1,128	569	559
4 to 6 times during the past 7 days	758	381	377
1 time per day	561	291	270
2 times per day	506	263	243
3 times per day	190	96	94
4 or more times per day	174	90	84

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2006, 8th Grade State Summary
23. During the past 7 days, how many times 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	32.9	29.3	36.2
1 to 3 times during the past 7 days	36.3	37.9	34.9
4 to 6 times during the past 7 days	14.1	15.6	12.7
1 time per day	12.0	12.1	11.8
2 times per day	2.9	3.2	2.6
3 times per day	.6	1.0	.3
4 or more times per day	1.2	.8	1.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
23. During the past 7 days, how many times did you eat green salad?

	Total	Female	Male
Total	3,595	1,819	1,776
I did not eat green salad during the past 7 days	1,153	499	654
1 to 3 times during the past 7 days	1,342	712	630
4 to 6 times during the past 7 days	511	302	209
1 time per day	417	208	209
2 times per day	100	60	40
3 times per day	27	21	6
4 or more times per day	45	17	28

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
24. During the past 7 days, how many times 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	36.0	37.2	34.9
1 to 3 times during the past 7 days	48.4	48.8	48.0
4 to 6 times during the past 7 days	7.8	6.6	9.0
1 time per day	4.5	4.9	4.2
2 times per day	2.2	1.7	2.6
3 times per day	.6	.3	.9
4 or more times per day	.5	.4	.5

Weighted percentages exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2006, 8th Grade State Summary
24. During the past 7 days, how many times did you eat potatoes? (Does not include French fries, fried potatoes or potato chips.)

	Total	Female	Male
Total	3,592	1,822	1,770
I did not eat potatoes during the past 7 days	1,317	689	628
1 to 3 times during the past 7 days	1,728	887	841
4 to 6 times during the past 7 days	281	127	154
1 time per day	165	85	80
2 times per day	64	26	38
3 times per day	17	4	13
4 or more times per day	20	4	16

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
25. During the past 7 days, how many times did you eat carrots?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat carrots during the past 7 days	45.2	44.0	46.4
1 to 3 times during the past 7 days	36.1	36.7	35.5
4 to 6 times during the past 7 days	8.7	9.2	8.2
1 time per day	5.4	5.7	5.1
2 times per day	2.1	1.9	2.3
3 times per day	1.1	1.1	1.0
4 or more times per day	1.5	1.3	1.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
25. During the past 7 days, how many times did you eat carrots?

	Total	Female	Male
Total	3,591	1,820	1,771
I did not eat carrots during the past 7 days	1,642	820	822
1 to 3 times during the past 7 days	1,281	652	629
4 to 6 times during the past 7 days	302	169	133
1 time per day	195	105	90
2 times per day	73	30	43
3 times per day	40	20	20
4 or more times per day	58	24	34

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2006, 8th Grade State Summary
26. During the past 7 days, how many times 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	13.7	12.4	14.9
1 to 3 times during the past 7 days	36.6	35.8	37.3
4 to 6 times during the past 7 days	23.6	24.3	22.9
1 time per day	13.2	14.1	12.4
2 times per day	7.5	8.7	6.4
3 times per day	3.0	2.6	3.3
4 or more times per day	2.4	2.1	2.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
26. During the past 7 days, how many times did you eat other vegetables?

	Total	Female	Male
Total	3,590	1,817	1,773
I did not eat other vegetables during the past 7 days	518	244	274
1 to 3 times during the past 7 days	1,293	634	659
4 to 6 times during the past 7 days	851	448	403
1 time per day	485	258	227
2 times per day	259	146	113
3 times per day	88	45	43
4 or more times per day	96	42	54

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2006, 8th Grade State Summary
27. 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	8.2	11.0	5.6
1 to 3 glasses during the past 7 days	14.4	17.9	10.9
4 to 6 glasses during the past 7 days	18.4	17.2	19.5
1 glass per day	15.3	16.5	14.1
2 glasses per day	20.3	18.6	21.9
3 glasses per day	11.9	9.0	14.7
4 or more glasses per day	11.6	9.8	13.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
27. During the past 7 days, how many glasses of milk did you drink?

	Total	Female	Male
Total	3,588	1,816	1,772
I did not drink milk during the past 7 days	302	207	95
1 to 3 glasses during the past 7 days	524	331	193
4 to 6 glasses during the past 7 days	629	302	327
1 glass per day	577	312	265
2 glasses per day	713	335	378
3 glasses per day	429	161	268
4 or more glasses per day	414	168	246

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
28. 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	9.1	10.9	7.4
1 day	8.0	10.5	5.6
2 to 4 days	21.5	25.4	17.7
5 to 6 days	15.9	15.6	16.3
7 days	45.5	37.6	53.0

Weighted percentages exclude missing and/or refused answers.

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Oregon Healthy Teens 2006, 8th Grade State Summary

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

	Total	Female	Male
Total	3,600	1,824	1,776
0 days	322	189	133
1 day	320	202	118
2 to 4 days	766	464	302
5 to 6 days	562	283	279
7 days	1,630	686	944

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

29. 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 during the past 7 days	18.1	20.5	15.8
1 to 3 times during the past 7 days	39.5	42.5	36.5
4 to 6 times during the past 7 days	17.4	15.4	19.3
1 time per day	9.7	8.1	11.2
2 times per day	7.1	6.2	8.0
3 times per day	2.9	2.8	2.9
4 or more times per day	5.4	4.5	6.4

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

29. During the past 7 days, how many times did you drink soft drinks?

	Total	Female	Male
Total	3,598	1,823	1,775
I did not drink soft drinks during the past 7 days	593	356	237
1 to 3 times during the past 7 days	1,456	790	666
4 to 6 times during the past 7 days	642	286	356
1 time per day	355	143	212
2 times per day	259	118	141
3 times per day	109	52	57
4 or more times per day	184	78	106

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2006, 8th Grade State Summary
30. 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	83.8	87.4	80.3
1 day	9.0	7.1	10.9
2 days	3.6	3.1	4.0
3 days	1.8	1.1	2.5
4 days	.8	.6	1.0
5 or more days	1.0	.8	1.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
30. During the past 7 days, on how many days did you buy soft drinks at school?

	Total	Female	Male
Total	3,587	1,820	1,767
I did not buy soft drinks at school	2,998	1,592	1,406
1 day	324	129	195
2 days	136	54	82
3 days	66	23	43
4 days	22	7	15
5 or more days	41	15	26

Unweighted counts exclude missing and/or refused answers.