

# Nutrition

**Oregon Healthy Teens 2006, 11th 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	.8	.3	1.2
< One serving per day	9.2	8.1	10.4
1 to < 3 servings per day	44.6	46.4	42.9
3 to < 5 servings per day	25.1	25.7	24.5
5 or more servings per day	20.3	19.5	21.0

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th 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	2,574	1,303	1,271
None	18	5	13
< One serving per day	246	112	134
1 to < 3 servings per day	1,141	591	550
3 to < 5 servings per day	649	341	308
5 or more servings per day	520	254	266

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th 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	16.2	17.9	14.4
1 to 3 times during the past 7 days	39.9	42.6	37.3
4 to 6 times during the past 7 days	18.1	17.7	18.6
1 time per day	9.9	8.8	11.0
2 times per day	8.8	8.3	9.3
3 times per day	4.3	2.9	5.7
4 or more times per day	2.8	1.9	3.7

Weighted percentages exclude missing and/or refused answers.

# Nutrition

**Oregon Healthy Teens 2006, 11th Grade State Summary**  
**21. During the past 7 days, how many times did you drink**  
**100% fruit juices?**

	Total	Female	Male
Total	2,590	1,305	1,285
I did not drink 100% fruit juice during the past 7 days	436	244	192
1 to 3 times during the past 7 days	1,016	546	470
4 to 6 times during the past 7 days	476	228	248
1 time per day	234	110	124
2 times per day	245	117	128
3 times per day	107	35	72
4 or more times per day	76	25	51

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th 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	8.1	6.2	10.1
1 to 3 times during the past 7 days	36.3	36.5	36.1
4 to 6 times during the past 7 days	20.7	20.0	21.5
1 time per day	15.3	14.6	16.1
2 times per day	12.4	13.6	11.1
3 times per day	4.2	5.5	2.8
4 or more times per day	3.0	3.5	2.4

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th Grade State Summary**  
**22. During the past 7 days, how many times did you eat fruit?**

	Total	Female	Male
Total	2,589	1,307	1,282
I did not eat fruit during the past 7 days	216	84	132
1 to 3 times during the past 7 days	940	480	460
4 to 6 times during the past 7 days	530	254	276
1 time per day	393	194	199
2 times per day	318	176	142
3 times per day	112	74	38
4 or more times per day	80	45	35

Unweighted counts exclude missing and/or refused answers.

## Nutrition

**Oregon Healthy Teens 2006, 11th 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	26.1	22.2	30.0
1 to 3 times during the past 7 days	42.8	44.1	41.5
4 to 6 times during the past 7 days	17.0	18.9	15.1
1 time per day	10.8	11.3	10.3
2 times per day	2.5	2.8	2.1
3 times per day	.3	.3	.3
4 or more times per day	.5	.3	.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th Grade State Summary**  
**23. During the past 7 days, how many times did you eat green salad?**

	Total	Female	Male
Total	2,589	1,306	1,283
I did not eat green salad during the past 7 days	659	287	372
1 to 3 times during the past 7 days	1,106	576	530
4 to 6 times during the past 7 days	450	245	205
1 time per day	290	158	132
2 times per day	60	31	29
3 times per day	9	4	5
4 or more times per day	15	5	10

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th 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	33.1	34.1	32.1
1 to 3 times during the past 7 days	51.2	53.8	48.7
4 to 6 times during the past 7 days	10.5	8.4	12.6
1 time per day	3.1	2.4	3.8
2 times per day	1.2	.8	1.6
3 times per day	.5	.3	.7
4 or more times per day	.3	.2	.4

Weighted percentages exclude missing and/or refused answers.

## Nutrition

**Oregon Healthy Teens 2006, 11th 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	2,585	1,306	1,279
I did not eat potatoes during the past 7 days	871	452	419
1 to 3 times during the past 7 days	1,325	695	630
4 to 6 times during the past 7 days	255	109	146
1 time per day	81	31	50
2 times per day	29	11	18
3 times per day	15	5	10
4 or more times per day	9	3	6

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th 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	46.2	43.8	48.6
1 to 3 times during the past 7 days	38.7	40.2	37.2
4 to 6 times during the past 7 days	8.1	9.1	7.1
1 time per day	4.8	4.8	4.8
2 times per day	1.3	1.4	1.2
3 times per day	.4	.3	.5
4 or more times per day	.6	.5	.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th Grade State Summary**  
**25. During the past 7 days, how many times did you eat carrots?**

	Total	Female	Male
Total	2,584	1,305	1,279
I did not eat carrots during the past 7 days	1,164	565	599
1 to 3 times during the past 7 days	1,034	531	503
4 to 6 times during the past 7 days	204	111	93
1 time per day	122	69	53
2 times per day	33	18	15
3 times per day	9	4	5
4 or more times per day	18	7	11

Unweighted counts exclude missing and/or refused answers.

## Nutrition

**Oregon Healthy Teens 2006, 11th 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	12.5	11.2	13.7
1 to 3 times during the past 7 days	38.1	36.9	39.4
4 to 6 times during the past 7 days	25.4	26.3	24.6
1 time per day	14.1	14.9	13.3
2 times per day	6.0	6.2	5.7
3 times per day	2.3	2.6	2.0
4 or more times per day	1.5	1.8	1.3

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th Grade State Summary**  
**26. During the past 7 days, how many times did you eat other vegetables?**

	Total	Female	Male
Total	2,586	1,306	1,280
I did not eat other vegetables during the past 7 days	324	152	172
1 to 3 times during the past 7 days	987	481	506
4 to 6 times during the past 7 days	661	341	320
1 time per day	359	192	167
2 times per day	158	86	72
3 times per day	57	31	26
4 or more times per day	40	23	17

Unweighted counts exclude missing and/or refused answers.

## Nutrition

**Oregon Healthy Teens 2006, 11th 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	14.4	17.9	10.9
1 to 3 glasses during the past 7 days	17.8	21.6	14.1
4 to 6 glasses during the past 7 days	17.1	19.0	15.3
1 glass per day	17.8	18.8	16.9
2 glasses per day	16.7	13.0	20.4
3 glasses per day	9.4	6.1	12.8
4 or more glasses per day	6.7	3.6	9.7

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th Grade State Summary**  
**27. During the past 7 days, how many glasses of milk did you drink?**

	Total	Female	Male
Total	2,583	1,304	1,279
I did not drink milk during the past 7 days	357	232	125
1 to 3 glasses during the past 7 days	469	281	188
4 to 6 glasses during the past 7 days	443	240	203
1 glass per day	455	239	216
2 glasses per day	441	185	256
3 glasses per day	244	85	159
4 or more glasses per day	174	42	132

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th 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	9.8	8.5	11.1
1 day	10.2	11.5	8.9
2 to 4 days	27.1	28.4	25.7
5 to 6 days	17.1	17.8	16.3
7 days	35.8	33.7	37.9

Weighted percentages exclude missing and/or refused answers.

# Nutrition

## Oregon Healthy Teens 2006, 11th Grade State Summary

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

	Total	Female	Male
Total	2,585	1,305	1,280
0 days	247	105	142
1 day	265	159	106
2 to 4 days	694	364	330
5 to 6 days	435	235	200
7 days	944	442	502

Unweighted counts exclude missing and/or refused answers.

## Oregon Healthy Teens 2006, 11th 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	20.2	25.1	15.3
1 to 3 times during the past 7 days	37.1	40.4	33.8
4 to 6 times during the past 7 days	17.7	14.8	20.6
1 time per day	10.6	9.7	11.4
2 times per day	8.4	6.5	10.3
3 times per day	3.5	2.0	4.9
4 or more times per day	2.7	1.6	3.7

Weighted percentages exclude missing and/or refused answers.

## Oregon Healthy Teens 2006, 11th Grade State Summary

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

	Total	Female	Male
Total	2,584	1,304	1,280
I did not drink soft drinks during the past 7 days	513	324	189
1 to 3 times during the past 7 days	973	530	443
4 to 6 times during the past 7 days	457	198	259
1 time per day	265	127	138
2 times per day	221	75	146
3 times per day	92	29	63
4 or more times per day	63	21	42

Unweighted counts exclude missing and/or refused answers.

# Nutrition

## Oregon Healthy Teens 2006, 11th 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	70.7	75.8	65.6
1 day	14.2	12.2	16.2
2 days	6.8	5.5	8.0
3 days	4.3	3.0	5.6
4 days	1.9	1.3	2.5
5 or more days	2.1	2.1	2.1

Weighted percentages exclude missing and/or refused answers.

## Oregon Healthy Teens 2006, 11th Grade State Summary

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

	Total	Female	Male
Total	2,579	1,303	1,276
I did not buy soft drinks at school	1,835	1,002	833
1 day	346	148	198
2 days	177	68	109
3 days	116	43	73
4 days	46	15	31
5 or more days	59	27	32

Unweighted counts exclude missing and/or refused answers.