

Index of Fruit and Vegetable Consumption. Current recommendation is to eat five or more servings per day to reduce the risk of chronic disease, including some types of cancer, heart disease, and stroke.

(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Consume < one serving per day or never	4.9	10.6	5.0	5.6	3.5	3.4	2.3
Consume 1 to less than 3 servings per day	33.1	38.6	38.1	34.3	33.7	30.3	24.0
Consume 3 to less than 5 servings per day	36.2	31.8	32.6	34.6	36.5	40.3	41.0
Consume 5 or more servings per day	25.9	18.9	24.3	25.5	26.2	25.9	32.8
Male							
Consume < one serving per day or never	6.3	14.3	6.9	6.4	4.3	4.5	2.9
Consume 1 to less than 3 servings per day	37.7	39.1	43.7	38.6	37.7	34.9	30.3
Consume 3 to less than 5 servings per day	36.1	29.3	31.2	36.0	37.0	41.4	42.4
Consume 5 or more servings per day	19.9	17.3	18.3	19.1	21.0	19.2	24.4
Female							
Consume < one serving per day or never	3.5	6.8	3.0	4.9	2.8	2.4	1.9
Consume 1 to less than 3 servings per day	28.6	38.1	32.2	29.9	29.9	25.9	19.1
Consume 3 to less than 5 servings per day	36.2	34.6	34.1	33.1	36.0	39.3	39.8
Consume 5 or more servings per day	31.7	20.6	30.7	32.1	31.3	32.4	39.2

Denominator is:

All survey respondents.

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(Unweighted Frequencies)

		Total	Age Groups					65+
			18-24	25-34	35-44	45-54	55-64	
Total		11,776	599	1,509	1,842	2,402	2,432	2,992
Consume < one serving per day or never		469	54	70	105	83	81	76
Consume 1 to less than 3 servings per day		3,613	233	543	604	791	722	720
Consume 3 to less than 5 servings per day		4,335	192	497	628	872	950	1,196
Consume 5 or more servings per day		3,346	117	397	503	654	679	996
DK/NS//Refused to ALL 6		13	3	2	2	2		4
Male	Total	4,568	261	567	708	970	949	1,113
	Consume < one serving per day or never	237	31	37	45	40	48	36
	Consume 1 to less than 3 servings per day	1,661	105	244	270	373	324	345
	Consume 3 to less than 5 servings per day	1,699	77	177	257	354	376	458
	Consume 5 or more servings per day	964	47	108	135	202	201	271
	DK/NS//Refused to ALL 6	7	1	1	1	1		3
Female	Total	7,208	338	942	1,134	1,432	1,483	1,879
	Consume < one serving per day or never	232	23	33	60	43	33	40
	Consume 1 to less than 3 servings per day	1,952	128	299	334	418	398	375
	Consume 3 to less than 5 servings per day	2,636	115	320	371	518	574	738
	Consume 5 or more servings per day	2,382	70	289	368	452	478	725
	DK/NS//Refused to ALL 6	6	2	1	1	1		1

Denominator is:
All survey respondents.