

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)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Consume < one serving per day or never		3.5	6.1	3.4	3.7	3.6	2.8	2.3
Consume 1 to less than 3 servings per day		32.5	36.5	36.2	35.9	29.4	31.8	27.2
Consume 3 to less than 5 servings per day		37.7	32.8	35.8	37.3	38.5	38.3	41.5
Consume 5 or more servings per day		26.3	24.6	24.7	23.2	28.5	27.1	29.0
MALE	Consume < one serving per day or never	4.3	8.7	5.1	4.4	3.6	2.7	2.5
	Consume 1 to less than 3 servings per day	39.1	42.5	40.5	44.7	37.1	38.5	31.9
	Consume 3 to less than 5 servings per day	35.1	29.3	34.3	29.1	37.2	37.5	42.3
	Consume 5 or more servings per day	21.5	19.5	20.0	21.8	22.1	21.4	23.3
FEMALE	Consume < one serving per day or never	2.8	3.7	1.6	2.9	3.6	3.0	2.2
	Consume 1 to less than 3 servings per day	26.3	31.0	31.6	26.7	21.9	25.3	23.5
	Consume 3 to less than 5 servings per day	40.0	36.1	37.3	45.7	39.8	39.1	40.8
	Consume 5 or more servings per day	30.9	29.3	29.5	24.7	34.7	32.6	33.5

Denominator is:
All survey respondents.

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(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		4,068	105	272	466	740	1,002	1,483
Consume < one serving per day or never		140	8	8	17	31	36	40
Consume 1 to less than 3 servings per day		1,212	37	90	163	214	309	399
Consume 3 to less than 5 servings per day		1,572	33	97	180	281	377	604
Consume 5 or more servings per day		1,144	27	77	106	214	280	440
MALE	Total	1,609	49	98	189	308	407	558
	Consume < one serving per day or never	65	5	6	9	15	13	17
	Consume 1 to less than 3 servings per day	601	20	38	85	114	161	183
	Consume 3 to less than 5 servings per day	595	14	32	55	117	145	232
FEMALE	Total	2,459	56	174	277	432	595	925
	Consume < one serving per day or never	75	3	2	8	16	23	23
	Consume 1 to less than 3 servings per day	611	17	52	78	100	148	216
	Consume 3 to less than 5 servings per day	977	19	65	125	164	232	372
Consume 5 or more servings per day		796	17	55	66	152	192	314

Denominator is:
All survey respondents.