



Fruit and Vegetable Consumption Among Adults — United States, 2005

Centers for Disease Control and Prevention. Fruit and Vegetable Consumption Among Adults — United States, 2005. MMWR 2007;56:[213-217].

TABLE. Percentage of adults aged ≥ 18 years who consumed fruit two or more times per day and vegetables three or more times per day, by selected demographic characteristics — Behavioral Risk Factor Surveillance System, United States, 2005

Characteristic	No. of respondents	Fruit, two or more times per day		Vegetables, three or more times per day	
		(%)	(99% CI)	(%)	(99% CI)
Sex					
Men	120,952	28.7	(28.0–29.4)	22.1	(21.5–22.7)
Women	184,552	36.4	(35.8–37.0)	32.2	(31.7–32.7)
Age group (yrs)					
18–24	15,823	30.1	(28.4–31.9)	20.9	(19.5–22.4)
25–34	40,876	29.5	(28.4–30.6)	24.3	(23.3–25.3)
35–44	55,939	27.9	(26.9–28.8)	26.2	(25.3–27.0)
45–54	64,535	30.5	(29.5–31.4)	28.3	(27.4–29.1)
55–64	56,078	33.4	(32.4–34.4)	29.5	(28.6–30.5)
≥ 65	72,253	45.9	(44.9–46.8)	33.7	(32.8–34.6)
Race/Ethnicity					
Black, non-Hispanic	22,083	35.1	(33.5–36.7)	23.7	(22.3–25.1)
Hispanic	17,404	37.2	(35.3–39.2)	20.4	(18.9–22.0)
White, non-Hispanic	247,985	31.2	(30.8–31.7)	28.6	(28.2–29.1)
Other†	18,032	35.5	(33.3–37.6)	29.3	(27.4–31.4)
Education					
Less than high school diploma	28,767	32.0	(30.3–33.7)	20.5	(19.2–21.9)
High school graduate	92,748	29.4	(28.5–30.2)	22.3	(21.6–23.0)
Some college	81,822	30.6	(29.8–31.4)	27.9	(27.1–28.7)
College graduate	102,167	37.4	(36.7–38.1)	33.3	(32.6–34.0)
Annual income					
<\$25,000	78,013	33.0	(31.9–34.0)	23.0	(22.2–23.9)
\$25,000–\$49,999	83,839	31.5	(30.6–32.3)	26.0	(25.3–26.8)
\geq \$50,000	109,488	32.4	(31.8–33.1)	30.3	(29.7–31.0)
Unknown	34,164	35.1	(33.7–36.5)	27.2	(26.1–28.5)
Body mass index (kg/m²)					
<25.0	116,201	36.0	(35.3–36.8)	28.9	(28.2–29.6)
25.0–29.9 (overweight)	111,214	32.0	(31.2–32.7)	26.0	(25.3–26.7)
\geq 30.0 (obese)	78,089	28.1	(27.3–29.0)	26.3	(25.5–27.1)
Total	305,504	32.6	(32.2–33.1)	27.2	(26.8–27.6)

‡ Confidence interval.

† Sample sizes for remaining racial/ethnic populations were too small for meaningful analysis.

A diet high in fruits and vegetables is associated with decreased risk for chronic diseases. In addition, because fruits and vegetables have low energy density (i.e., few calories relative to volume), eating them as part of a reduced calorie diet can be beneficial for weight management. *Healthy People 2010* health objectives include increasing to 75% the percentage of persons aged

>2 years who eat at least two daily servings of fruit (objective 19-5) and increasing to 50% the proportion of persons aged >2 years who eat at least three daily servings of vegetables, with at least one third being dark green or orange vegetables (objective 19-6).¹ To assess the level of fruit and vegetable consumption among adults by state and demographic characteristics, data from the 2005 Behavioral Risk Factor Surveillance System (BRFSS) were analyzed. The results indicate approximately 32.6% of the U.S. adult population surveyed consumed fruit two or more times per day, and 27.2% ate vegetables three or more times per day. The prevalence of consuming fruit two or more times per day was 28.7% among women and 36.4% among men. By age, prevalence of consuming fruit two or more times per day ranged from 27.9% among persons aged 18-44 years to 45.9% among persons aged >65 years. Among racial/ethnic populations, Hispanics had the highest prevalence (37.2%) of consuming fruit two or more times per day, and non-Hispanic whites had the lowest prevalence (31.2%). College graduates had the highest level of fruit consumption (37.4%) compared with lower levels of education, as did persons who earned >\$50,000 per year (32.4%) compared with those who earned less. Persons who were not overweight or obese (i.e., body mass index [BMI] <25) had the highest prevalence of consuming fruit two or more times per day (36.0%), and obese persons (BMI >30) had the lowest prevalence (28.1%). The results underscore the need for continued interventions that encourage greater fruit and vegetable consumption among U.S. adults.

1. US Department of Health and Human Services. Healthy people 2010 (conference ed, in 2 vols). Washington, DC: US Department of Health and Human Services; 2000. Available at <http://www.health.gov/healthypeople>.