

**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+
< once per day/never		3.0	4.2	4.5	3.1	1.8	2.3	2.5
< 3 times/day		32.7	45.4	40.8	35.1	30.3	27.1	19.9
< 5 times/day		40.0	26.0	33.0	40.7	46.3	44.1	45.5
5+ per day		24.3	24.4	21.6	21.0	21.5	26.5	32.2
Male	< once per day/never	3.1	6.0	5.0	2.9	1.4	3.0	1.4
	< 3 times/day	37.5	51.9	44.1	37.1	35.4	30.7	26.8
	< 5 times/day	39.7	19.3	33.7	41.8	46.2	47.1	46.3
	5+ per day	19.7	22.7	17.2	18.3	17.0	19.3	25.6
Female	< once per day/never	2.9	2.3	4.1	3.3	2.3	1.7	3.3
	< 3 times/day	28.1	38.5	37.4	33.2	25.2	23.9	14.8
	< 5 times/day	40.3	33.1	32.2	39.7	46.5	41.4	44.9
	5+ per day	28.7	26.1	26.3	23.7	26.0	33.0	37.0

Denominator is:  
All survey respondents.

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(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2,467	239	467	477	502	327	455
< once per day/never		83	12	21	18	10	9	13
< 3 times/day		793	106	187	171	147	92	90
< 5 times/day		982	66	157	188	229	141	201
5+ per day		609	55	102	100	116	85	151
Male	Total	1,023	105	188	212	209	141	168
	< once per day/never	37	7	11	7	3	6	3
	< 3 times/day	382	55	85	80	73	44	45
	< 5 times/day	404	20	64	87	95	62	76
	5+ per day	200	23	28	38	38	29	44
Female	Total	1,444	134	279	265	293	186	287
	< once per day/never	46	5	10	11	7	3	10
	< 3 times/day	411	51	102	91	74	48	45
	< 5 times/day	578	46	93	101	134	79	125
	5+ per day	409	32	74	62	78	56	107

Denominator is:  
All survey respondents.