|  |  |
| --- | --- |
| **Mean number of days of fruit and vegetable consumption** | Description: mean number of days fruit and vegetables consumed |
| Instrument question: D1: In a typical week, on how many days do you eat fruit? D3: In a typical week, on how many days do you eat vegetables? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean number of days fruit consumed in a typical week** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean number of days | 95% CI | n | Mean number of days | 95% CI | n | Mean number of days | 95% CI |
| 18-29 | 266 | 2.6 | 2.3 - 3.0 | 240 | 2.7 | 2.2 - 3.1 | 506 | 2.7 | 2.4 - 2.9 |
| 30-44 | 463 | 3.3 | 2.9 - 3.7 | 501 | 3.0 | 2.6 - 3.5 | 964 | 3.1 | 2.8 - 3.5 |
| 45-59 | 440 | 3.5 | 2.8 - 4.2 | 478 | 3.5 | 3.0 - 4.1 | 918 | 3.5 | 3.1 - 3.9 |
| 60-69 | 295 | 4.5 | 4.0 - 5.1 | 304 | 3.6 | 2.9 - 4.4 | 599 | 4.0 | 3.5 - 4.5 |
| **Total** | **1464** | **3.3** | **3.0 - 3.6** | **1523** | **3.1** | **2.8 - 3.4** | **2987** | **3.2** | **3.0 - 3.4** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 438 | 3.4 | 2.9 - 3.9 | 452 | 2.9 | 2.4 - 3.4 | 890 | 3.1 | 2.8 - 3.4 |
| Urban | 1026 | 3.2 | 2.9 - 3.5 | 1071 | 3.3 | 3.0 - 3.6 | 2097 | 3.3 | 3.1 - 3.5 |