|  |  |
| --- | --- |
| **Mean number of servings of fruit and vegetable consumption** | Description: mean number of fruit, vegetable, and combined fruit and vegetable servings on average per day |
| Instrument question: D1: In a typical week, on how many days do you eat fruit? D2: How many servings of fruit do you eat on one of those days? D3: In a typical week, on how many days do you eat vegetables? D4: How many servings of vegetables do you eat on one of those days? |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mean number of servings of fruit on average per day** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | Mean number of servings | 95% CI | n | Mean number of servings | 95% CI | n |  | 95% CI |
| 18-29 | 263 | 0.8 | 0.6 - 1.0 | 240 | 0.6 | 0.5 - 0.8 | 503 | 0.7 | 0.6 - 0.8 |
| 30-44 | 463 | 0.8 | 0.7 - 0.9 | 501 | 0.7 | 0.6 - 0.8 | 964 | 0.7 | 0.6 - 0.8 |
| 45-59 | 438 | 1.0 | 0.7 - 1.2 | 475 | 1.0 | 0.8 - 1.3 | 913 | 1.0 | 0.8 - 1.2 |
| 60-69 | 295 | 1.6 | 0.9 - 2.2 | 301 | 0.9 | 0.6 - 1.1 | 596 | 1.2 | 0.8 - 1.5 |
| **Total** | **1459** | **0.9** | **0.8 - 1.1** | **1517** | **0.8** | **0.7 - 0.9** | **2976** | **0.8** | **0.8 - 0.9** |
| Area |  |  |  |  |  |  |  |  |  |
| Rural | 437 | 0.9 | 0.6 - 1.1 | 450 | 0.7 | 0.5 - 0.8 | 887 | 0.8 | 0.6 - 0.9 |
| Urban | 1022 | 1.0 | 0.8 - 1.1 | 1067 | 0.9 | 0.8 - 1.0 | 2089 | 0.9 | 0.8 - 1.0 |