|  |  |
| --- | --- |
| **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 | 528 | 3.1 | 2.7 - 3.4 | 950 | 2.8 | 2.5 - 3.0 | 1478 | 2.9 | 2.7 - 3.1 |
| 30-44 | 574 | 3.3 | 3.0 - 3.6 | 1020 | 3.0 | 2.8 - 3.2 | 1594 | 3.1 | 2.9 - 3.3 |
| 45-59 | 266 | 2.8 | 2.3 - 3.3 | 426 | 2.3 | 1.8 - 2.7 | 692 | 2.5 | 2.1 - 2.8 |
| 45-69 | 239 | 4.8 | 4.4 - 5.2 | 425 | 4.7 | 4.5 - 5.0 | 664 | 4.8 | 4.5 - 5.0 |
| 60-69 | 105 | 1.8 | 1.2 - 2.5 | 237 | 2.1 | 1.6 - 2.6 | 342 | 2.0 | 1.6 - 2.4 |
| **Total** | **1712** | **3.2** | **3.0 - 3.4** | **3058** | **2.9** | **2.7 - 3.0** | **4770** | **3.0** | **2.9 - 3.1** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 951 | 3.0 | 2.7 - 3.2 | 1723 | 2.8 | 2.5 - 3.0 | 2674 | 2.8 | 2.7 - 3.0 |
| Urban | 761 | 3.5 | 3.3 - 3.8 | 1335 | 3.1 | 2.9 - 3.3 | 2096 | 3.3 | 3.1 - 3.4 |