|  |  |
| --- | --- |
| **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 | 515 | 1.5 | 1.2 - 1.8 | 936 | 1.2 | 1.0 - 1.4 | 1451 | 1.3 | 1.1 - 1.5 |
| 30-44 | 565 | 1.4 | 1.2 - 1.6 | 1011 | 1.2 | 1.0 - 1.4 | 1576 | 1.3 | 1.1 - 1.4 |
| 45-59 | 257 | 1.2 | 0.9 - 1.5 | 419 | 0.9 | 0.7 - 1.2 | 676 | 1.0 | 0.8 - 1.2 |
| 45-69 | 240 | 1.3 | 1.2 - 1.5 | 424 | 1.1 | 1.0 - 1.3 | 664 | 1.2 | 1.1 - 1.3 |
| 60-69 | 105 | 0.8 | 0.5 - 1.1 | 234 | 1.2 | 0.7 - 1.7 | 339 | 1.0 | 0.7 - 1.4 |
| **Total** | **1682** | **1.4** | **1.2 - 1.5** | **3024** | **1.2** | **1.0 - 1.3** | **4706** | **1.2** | **1.2 - 1.3** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 926 | 1.5 | 1.2 - 1.7 | 1694 | 1.3 | 1.1 - 1.5 | 2620 | 1.3 | 1.2 - 1.5 |
| Urban | 756 | 1.3 | 1.1 - 1.4 | 1330 | 1.0 | 0.9 - 1.1 | 2086 | 1.1 | 1.0 - 1.2 |