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| --- | --- |
| **Fruit and vegetable consumption per day** | Description: Frequency of fruit and/or vegetable consumption |
| 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? |

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| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| **Male** | | | | | | | | | |
| Age Categories (Years) | n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 538 | 15.0 | 10.3 - 21.3 | 50.1 | 42.8 - 57.3 | 18.6 | 13.9 - 24.5 | 16.3 | 11.8 - 22.0 |
| 30-44 | 589 | 12.5 | 9.1 - 16.9 | 47.3 | 40.8 - 53.9 | 22.3 | 17.2 - 28.3 | 17.9 | 13.1 - 24.0 |
| 45-59 | 269 | 4.3 | 2.0 - 8.9 | 58.4 | 45.9 - 70.0 | 21.3 | 13.0 - 32.8 | 16.0 | 8.5 - 28.2 |
| 45-69 | 241 | 14.5 | 9.3 - 22.0 | 50.5 | 42.9 - 58.1 | 21.3 | 15.7 - 28.1 | 13.7 | 9.1 - 20.1 |
| 60-69 | 111 | 6.9 | 2.9 - 15.2 | 50.0 | 31.1 - 68.9 | 18.9 | 9.6 - 33.9 | 24.3 | 9.3 - 50.2 |
| **Total** | **1748** | **12.5** | **9.9 - 15.7** | **50.4** | **46.4 - 54.4** | **20.3** | **17.3 - 23.7** | **16.8** | **13.9 - 20.1** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 979 | 10.3 | 7.1 - 14.7 | 49.6 | 43.9 - 55.4 | 22.0 | 17.5 - 27.2 | 18.1 | 13.8 - 23.3 |
| Urban | 769 | 15.3 | 11.4 - 20.1 | 51.3 | 45.9 - 56.7 | 18.2 | 14.9 - 22.1 | 15.2 | 11.8 - 19.4 |

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| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| **Female** | | | | | | | | | |
| Age Categories (Years) | n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 957 | 9.3 | 7.1 - 12.2 | 52.9 | 47.4 - 58.3 | 21.9 | 17.9 - 26.6 | 15.8 | 12.2 - 20.3 |
| 30-44 | 1040 | 12.2 | 9.0 - 16.3 | 52.2 | 46.8 - 57.6 | 21.5 | 17.1 - 26.8 | 14.0 | 10.9 - 17.9 |
| 45-59 | 437 | 14.5 | 9.1 - 22.3 | 44.4 | 34.5 - 54.7 | 21.7 | 15.4 - 29.6 | 19.5 | 11.2 - 31.8 |
| 45-69 | 426 | 16.4 | 12.4 - 21.3 | 53.4 | 47.3 - 59.5 | 19.5 | 15.1 - 24.8 | 10.7 | 7.6 - 14.9 |
| 60-69 | 249 | 12.9 | 6.5 - 23.7 | 43.7 | 32.6 - 55.5 | 17.7 | 11.3 - 26.6 | 25.7 | 16.8 - 37.3 |
| **Total** | **3109** | **11.6** | **9.8 - 13.5** | **51.3** | **47.9 - 54.6** | **21.4** | **18.9 - 24.3** | **15.7** | **13.3 - 18.5** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1763 | 10.1 | 7.8 - 12.9 | 48.3 | 43.6 - 53.1 | 23.1 | 19.5 - 27.3 | 18.5 | 14.9 - 22.7 |
| Urban | 1346 | 14.0 | 11.5 - 16.8 | 56.0 | 51.9 - 60.0 | 18.7 | 15.7 - 22.1 | 11.3 | 9.3 - 13.7 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Number of servings of fruit and/or vegetables on average per day** | | | | | | | | | |
| **Total** | | | | | | | | | |
| Age Categories (Years) | n | % no fruit and/or vegetables | 95% CI | % 1-2 servings | 95% CI | % 3-4 servings | 95% CI | % ≥5 servings | 95% CI |
| 18-29 | 1495 | 11.5 | 9.0 - 14.5 | 51.8 | 47.5 - 56.2 | 20.7 | 17.5 - 24.3 | 16.0 | 13.1 - 19.4 |
| 30-44 | 1629 | 12.3 | 9.9 - 15.2 | 50.4 | 46.4 - 54.4 | 21.8 | 18.4 - 25.7 | 15.5 | 12.7 - 18.7 |
| 45-59 | 706 | 10.6 | 7.0 - 15.7 | 49.7 | 41.5 - 57.9 | 21.5 | 16.4 - 27.7 | 18.2 | 11.8 - 27.0 |
| 45-69 | 667 | 15.5 | 12.1 - 19.7 | 52.1 | 47.3 - 56.9 | 20.3 | 16.8 - 24.3 | 12.1 | 9.3 - 15.6 |
| 60-69 | 360 | 10.3 | 6.0 - 17.3 | 46.3 | 36.2 - 56.8 | 18.2 | 12.8 - 25.3 | 25.1 | 15.8 - 37.5 |
| **Total** | **4857** | **11.9** | **10.4 - 13.6** | **50.9** | **48.4 - 53.5** | **21.0** | **19.0 - 23.1** | **16.1** | **14.2 - 18.3** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 2742 | 10.1 | 8.2 - 12.6 | 48.8 | 45.1 - 52.5 | 22.7 | 19.8 - 25.9 | 18.3 | 15.4 - 21.7 |
| Urban | 2115 | 14.5 | 12.3 - 17.0 | 54.0 | 50.9 - 57.2 | 18.5 | 16.3 - 20.9 | 13.0 | 11.1 - 15.1 |