|  |  |
| --- | --- |
| **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 | 529 | 3.7 | 3.5 - 4.0 | 773 | 3.6 | 3.4 - 3.8 | 1302 | 3.7 | 3.5 - 3.9 |
| 30-44 | 600 | 3.9 | 3.6 - 4.1 | 971 | 3.9 | 3.7 - 4.1 | 1571 | 3.9 | 3.7 - 4.0 |
| 45-59 | 371 | 3.8 | 3.5 - 4.1 | 537 | 3.7 | 3.4 - 3.9 | 908 | 3.7 | 3.5 - 3.9 |
| 60-69 | 158 | 3.1 | 2.7 - 3.5 | 298 | 3.6 | 3.3 - 4.0 | 456 | 3.4 | 3.1 - 3.7 |
| **Total** | **1658** | **3.8** | **3.6 - 3.9** | **2579** | **3.7** | **3.6 - 3.8** | **4237** | **3.7** | **3.6 - 3.9** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1321 | 3.8 | 3.6 - 4.0 | 2165 | 3.6 | 3.5 - 3.8 | 3486 | 3.7 | 3.6 - 3.8 |
| Urban | 337 | 3.8 | 3.3 - 4.2 | 414 | 4.2 | 3.9 - 4.5 | 751 | 3.9 | 3.7 - 4.2 |