|  |  |
| --- | --- |
| **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 | 508 | 1.4 | 1.1 - 1.6 | 747 | 1.1 | 1.0 - 1.2 | 1255 | 1.2 | 1.1 - 1.4 |
| 30-44 | 580 | 1.3 | 1.2 - 1.5 | 941 | 1.2 | 1.1 - 1.3 | 1521 | 1.2 | 1.2 - 1.3 |
| 45-59 | 354 | 1.3 | 1.1 - 1.4 | 519 | 1.2 | 1.0 - 1.3 | 873 | 1.2 | 1.1 - 1.3 |
| 60-69 | 156 | 1.0 | 0.8 - 1.2 | 295 | 1.3 | 1.1 - 1.6 | 451 | 1.2 | 1.0 - 1.4 |
| **Total** | **1598** | **1.3** | **1.2 - 1.4** | **2502** | **1.2** | **1.1 - 1.2** | **4100** | **1.2** | **1.2 - 1.3** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 1274 | 1.3 | 1.2 - 1.5 | 2097 | 1.1 | 1.0 - 1.2 | 3371 | 1.2 | 1.1 - 1.3 |
| Urban | 324 | 1.3 | 1.1 - 1.4 | 405 | 1.4 | 1.2 - 1.6 | 729 | 1.3 | 1.2 - 1.5 |