

Data Brief 397. Fruit and Vegetable Consumption Among Adults in the United States, 2015–2018

Data table for Figure 1. Percentage of adults aged 20 and over who consumed fruit on a given day, by sex: United States, 2015–2018

Fruit	Total	Men	Women
	Percent (standard error)		
Any fruit	67.3 (1.2)	63.8 (1.4)	70.5 (1.3)
Citrus, melons, or berries	29.7 (1.3)	25.6 (1.4)	33.5 (1.4)
Other whole fruit	47.5 (1.4)	44.5 (1.6)	50.3 (1.5)
100% fruit juice	30.8 (0.9)	30.8 (1.1)	30.8 (1.0)

NOTE: Percentages are based on Food Patterns Equivalents Database food groups.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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Data table for Figure 2. Percentage of adults aged 20 and over who consumed vegetables on a given day, by sex: United States, 2015–2018

Vegetable	Total	Men	Women
	Percent (standard error)		
Any vegetable	95.1 (0.3)	95.0 (0.4)	95.3 (0.5)
Dark green	26.3 (1.0)	22.3 (1.1)	30.0 (1.3)
Red and orange	79.2 (0.7)	79.7 (0.7)	78.7 (1.0)
Starchy	50.3 (0.9)	48.8 (1.0)	51.7 (1.2)
Other vegetables	78.8 (0.7)	77.6 (0.9)	79.9 (1.0)

NOTE: Percentages are based on Food Patterns Equivalents Database food groups.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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Data table for Figure 3. Percentage of adults aged 20 and over who consumed fruit on a given day, by income: United States, 2015–2018

Fruit	Poverty status		
	Less than 130% FPL	130%–349% FPL	At or greater than 350% FPL
	Percent (standard error)		
Any fruit	60.3 (1.7)	64.5 (1.3)	72.9 (2.0)
Citrus, melons, or berries	21.3 (1.4)	26.2 (1.1)	36.6 (2.0)
Other whole fruit	39.2 (1.7)	45.1 (1.4)	53.3 (2.4)
100% fruit juice	31.5 (1.7)	29.7 (1.5)	31.8 (1.4)

NOTES: FPL is federal poverty level. Percentages are based on Food Patterns Equivalents Database food groups.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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Data table for Figure 4. Percentage of adults aged 20 and over who consumed vegetables on a given day, by income: United States, 2015–2018

Vegetable	Poverty status		
	Less than 130% FPL	130%–349% FPL	At or greater than 350% FPL
	Percent (standard error)		
Any vegetable	92.5 (0.6)	94.4 (0.6)	97.1 (0.5)
Dark green	20.4 (1.3)	23.2 (0.9)	32.0 (2.0)
Red and orange	74.7 (1.1)	78.1 (1.3)	82.8 (1.2)
Starchy	51.5 (1.0)	52.0 (1.2)	48.9 (1.8)
Other vegetables	73.0 (1.3)	76.9 (1.0)	83.6 (1.1)

NOTES: FPL is federal poverty level. Percentages are based on Food Patterns Equivalents Database food groups.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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Data table for Figure 5. Percentage of adults aged 20 and over who consumed any fruit or vegetables on a given day: United States, 1999–2000 through 2017–2018

Survey period	Any fruit	Any vegetable
	Percent (standard error)	
1999–2000	77.2 (1.9)	95.3 (0.6)
2001–2002	72.5 (1.4)	94.6 (0.5)
2003–2004	73.5 (1.7)	95.8 (0.5)
2005–2006	71.2 (1.5)	95.1 (0.5)
2007–2008	70.2 (1.9)	95.0 (0.5)
2009–2010	72.5 (0.8)	95.0 (0.4)
2011–2012	71.7 (1.0)	95.6 (0.4)
2013–2014	68.4 (1.3)	94.5 (0.6)
2015–2016	69.7 (1.2)	95.3 (0.5)
2017–2018	64.9 (1.9)	95.0 (0.5)

NOTE: Percentages are based on Food Patterns Equivalents Database food groups.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 1999–2000 through 2017–2018.