FRUIT & VEGETABLES: FIVE OR MORE A DAY FOR ADULTS

ISSUE

The health benefits of fruit and vegetable consumption include: (1-4)

- Reduced risk of heart disease.
- Improved ability to maintain a healthy weight.
- Possible protection against some types of cancer.

Fruit and vegetables contain vitamins, minerals and other natural substances that protect health. Whether consumed through eating or drinking, they contribute to a balanced diet. (1-2)

FINDINGS

- In 2009, about 1 in 4 (23%) of Thurston County adults consumed fruit and vegetables five or more times per day. About 3 in 4 (77%) of county adults consumed fruit and vegetables less than five times a day. (5)
**DETAILED DATA**

- During the past decade adult rates of daily fruit and vegetable consumption remained similar for Thurston County and Washington State.

<table>
<thead>
<tr>
<th></th>
<th>2003</th>
<th>2005</th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurston</td>
<td>24%</td>
<td>27%</td>
<td>26%</td>
<td>23%</td>
</tr>
<tr>
<td>WA State</td>
<td>23%</td>
<td>25%</td>
<td>26%</td>
<td>25%</td>
</tr>
</tbody>
</table>

- Among adults, consuming fruit and vegetables five or more times each day varies somewhat by annual household income.

<table>
<thead>
<tr>
<th>Level of Daily Fruit and Vegetable Consumption (F/V) and Annual Household Income</th>
<th>2005</th>
<th>2007</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under $35,000</td>
<td>21%</td>
<td>24%</td>
<td>28%</td>
</tr>
<tr>
<td>$35,000 to $49,999</td>
<td></td>
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<tr>
<td>$50,000 and up</td>
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</table>
**CITATIONS**

www.cdc.gov/nutrition/everyone/fruitsvegetables/nutrient-info.html


www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html

www.cancer.gov/cancertopics/prevention


**NOTES**

- Enough fruit and vegetables = adults consuming (eating or drinking) fruit and/or vegetables five or more times each day.

**MORE INFORMATION**

- Mary Ann O’Garro, Epidemiologist, 360-867-2525, ogarrom@co.thurston.wa.us,  
  www.co.thurston.wa.us/health