

## Fruits and Vegetables

### **Eat 5 or more fruits or vegetables daily:**

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- Fifteen percent of Pennsylvania adults responded in 2013 that they eat five or more fruits or vegetables daily.
- Pennsylvania men had a significantly lower percentage (11 percent, CI: 10-13) compared to Pennsylvania women (19 percent, CI: 17-20).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (11 percent, CI: 8-15) compared to Pennsylvania adults with a college degree (21 percent, CI: 20-23).
- Pennsylvania adults with a high school education had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults with a college degree (21 percent, CI: 20-23).
- Pennsylvania adults with some college education had a significantly lower percentage (15 percent, CI: 13-17) compared to Pennsylvania adults with a college degree (21 percent, CI: 20-23).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (12 percent, CI: 10-16) compared to Pennsylvania adults with a household income of \$75,000 or more (20 percent, CI: 18-22).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults with a household income of \$75,000 or more (20 percent, CI: 18-22).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (13 percent, CI: 11-15) compared to Pennsylvania adults with a household income of \$75,000 or more (20 percent, CI: 18-22).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (15 percent, CI: 12-17) compared to Pennsylvania adults with a household income of \$75,000 or more (20 percent, CI: 18-22).

### **Consume 2 or more fruits or 100% fruit juice daily:**

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- Thirty-one percent of Pennsylvania adults indicated in 2013 that they consume two or more fruits or 100% fruit juice daily.
- Pennsylvania men had a significantly lower percentage (26 percent, CI: 24-27) compared to Pennsylvania women (35 percent, CI: 33-37).
- Pennsylvania adults age 18-29 had a significantly lower percentage (23 percent, CI: 20-26) compared to Pennsylvania adults age 30-44 (31 percent, CI: 28-33), adults age 45-64 (31 percent, CI: 29-33) and adults age 65 and older (36 percent, CI: 34-38).
- Pennsylvania adults age 30-44 had a significantly lower percentage (31 percent, CI: 28-33) compared to Pennsylvania adults age 65 and older (36 percent, CI: 34-38).
- Pennsylvania adults age 45-64 had a significantly lower percentage (31 percent, CI: 29-33) compared to Pennsylvania adults age 65 and older (36 percent, CI: 34-38).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (27 percent, CI: 23-31) compared to Pennsylvania adults with a college degree (37 percent, CI: 35-39).
- Pennsylvania adults with a high school education had a significantly lower percentage (28 percent, CI: 26-30) compared to Pennsylvania adults with a college degree (37 percent, CI: 35-39).
- Pennsylvania adults with some college education had a significantly lower percentage (30 percent, CI: 28-32) compared to Pennsylvania adults with a college degree (37 percent, CI: 35-39).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (25 percent, CI: 22-29) compared to Pennsylvania adults with a household income of \$75,000 or more (37 percent, CI: 34-39).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (26 percent, CI: 23-28) compared to Pennsylvania adults with a household income of \$75,000 or more (37 percent, CI: 34-39).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (28 percent, CI: 26-31) compared to Pennsylvania adults with a household income of \$75,000 or more (37 percent, CI: 34-39).

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## Consume 2 or more fruits or 100% fruit juice daily: (continued)

- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (30 percent, CI: 27-33) compared to Pennsylvania adults with a household income of \$75,000 or more (37 percent, CI: 34-39).

## Consume 3 or more vegetables daily:

- Fourteen percent of Pennsylvania adults responded in 2013 that they consume three or more vegetables daily.
- Pennsylvania men had a significantly lower percentage (11 percent, CI: 10-12) compared to Pennsylvania women (16 percent, CI: 15-18).
- Pennsylvania adults age 65 and older had a significantly lower percentage (11 percent, CI: 10-12) compared to Pennsylvania adults age 30-44 (15 percent, CI: 13-17) and adults age 45-64 (15 percent, CI: 14-16).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (10 percent, CI: 7-13) compared to Pennsylvania adults with a college degree (20 percent, CI: 18-22).
- Pennsylvania adults with a high school education had a significantly lower percentage (10 percent, CI: 9-12) compared to Pennsylvania adults with a college degree (20 percent, CI: 18-22).
- Pennsylvania adults with some college education had a significantly lower percentage (14 percent, CI: 12-16) compared to Pennsylvania adults with a college degree (20 percent, CI: 18-22).
- Pennsylvania adults with household incomes of less than \$15,000 had a significantly lower percentage (9 percent, CI: 6-12) compared to Pennsylvania adults with household incomes of \$50,000 to \$74,999 (15 percent, CI: 13-17) and adults with household incomes of \$75,000 or more (18 percent, CI: 16-20).
- Pennsylvania adults with household incomes of \$15,000 to \$24,999 had a significantly lower percentage (11 percent, CI: 9-14) compared to Pennsylvania adults with household incomes of \$75,000 or more (18 percent, CI: 16-20).
- Pennsylvania adults with household incomes of \$25,000 to \$49,999 had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults with household incomes of \$75,000 or more (18 percent, CI: 16-20).

**Note:** Respondents are asked “How many times per day, week or month did you...”

- ...drink 100% **PURE** fruit juices?
- ...eat fruit? Count fresh, frozen or canned fruit.
- ...eat cooked or canned beans, such as refried, baked, black, garbanzo beans, beans in soup, soybeans, edamame, tofu or lentils. Do **NOT** count long green beans.
- ...eat dark green vegetables such as broccoli or dark leafy greens, including romaine, chard, collard greens or spinach?
- ...eat orange-colored vegetables such as sweet potatoes, pumpkin, winter squash or carrots?
- ...eat **OTHER** vegetables? Count tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried.

For further information, please refer to the BRFSS 2013 questionnaire: [BRFSS 2013 questionnaire](#).

# Fruits and Vegetables

**Table 17: Fruits and Vegetables, Pennsylvania Adults, 2013 (with 95% confidence intervals)**

	Eat 5 or More Fruits or Vegetables Daily* **		Consume 2 or More Fruits or 100% Fruit Juice Daily* ***		Consume 3 or More Vegetables Daily* ****	
	%	CI	%	CI	%	CI
All adults	15	14-16	31	29-32	14	13-15
<b>Gender:</b>						
Male	11	10-13	26	24-27	11	10-12
Female	19	17-20	35	33-37	16	15-18
<b>Age:</b>						
18-29	13	11-15	23	20-26	13	11-15
30-44	17	15-19	31	28-33	15	13-17
45-64	16	15-18	31	29-33	15	14-16
65+	14	12-15	36	34-38	11	10-12
<b>Education:</b>						
<High school	11	8-15	27	23-31	10	7-13
High school	12	10-14	28	26-30	10	9-12
Some college	15	13-17	30	28-32	14	12-16
College degree	21	20-23	37	35-39	20	18-22
<b>Household income:</b>						
<\$15,000	12	10-16	25	22-29	9	6-12
\$15,000 to \$24,999	12	10-14	26	23-28	11	9-14
\$25,000 to \$49,999	13	11-15	28	26-31	12	10-14
\$50,000 to \$74,999	15	12-17	30	27-33	15	13-17
\$75,000+	20	18-22	37	34-39	18	16-20
<b>Race:</b>						
White, non-Hispanic	15	14-16	30	29-32	14	13-15
Black, non-Hispanic	16	13-19	29	25-34	11	8-14
Hispanic	20	14-28	33	26-41	16	10-23

\* Excludes missing, don't know and refused  
 \*\* Consume fruit, orange vegetables, green vegetables, other vegetables and/or drink 100% juice 5 or more times per day  
 \*\*\* Combined 100% juice and/or fruit daily consumption  
 \*\*\*\* Combined orange, green and/or other vegetable daily consumption  
 Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

**Figure 17: Eat 5 or More Fruits or Vegetables Daily, Pennsylvania Health Districts, 2013**

