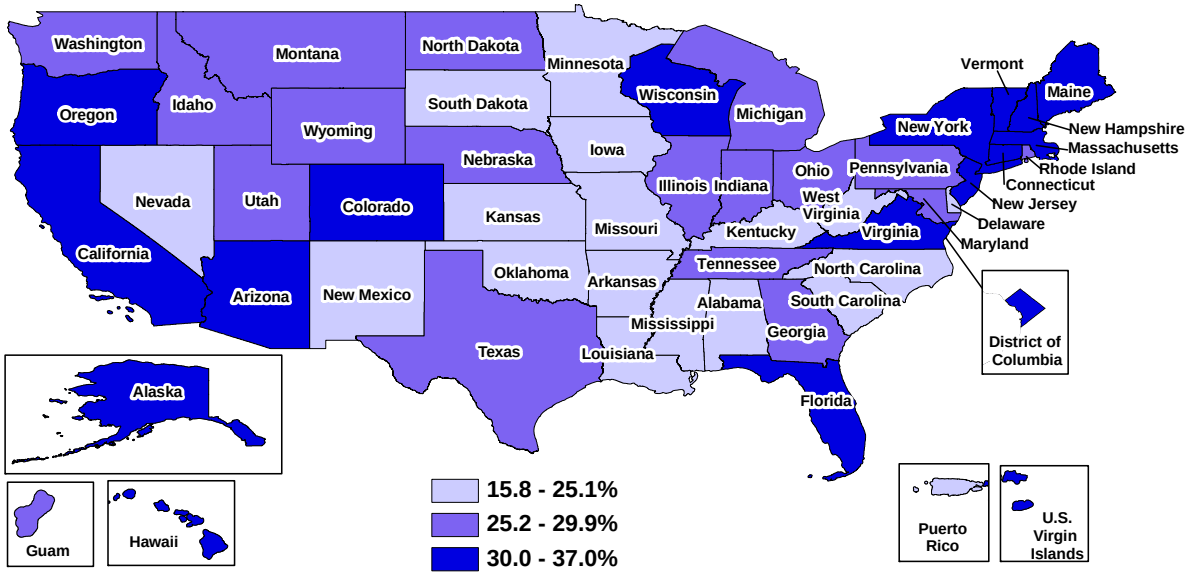
Fruit and Vegetable Consumption

Eating more fruits and vegetables as part of a healthy diet is associated with a reduced risk of stroke as well as a lower risk of type 2 diabetes and certain cancers. Fruit and vegetable consumption can also provide a feeling of fullness, to help with weight control and overall health. In 2007, just 28.6 percent of American women reported eating 5 or more servings of fruit and vegetables a day, and this rate may be a slight increase from 2003 and remains essentially unchanged from 2005.

2007 Percent Females Eating 5 or More Fruits and Vegetables Daily*, Age-adjusted by State and US



	Percent Total Females Eating 5 or More Servings of Fruits/Vegetables Daily		
	2003	2005	2007
ALABAMA	24.3	21.3	23.8
ALASKA	28.5	29.8	31.4
ARIZONA	28.3	27.8	35.5
ARKANSAS	24.4	24.7	25.1
CALIFORNIA	31.9	34.0	33.6
COLORADO	29.1	29.9	31.5
CONNECTICUT	33.5	31.7	33.0
DELAWARE	25.1	24.8	22.8
DISTRICT OF COLUMBIA	33.8	35.6	35.6
FLORIDA	26.3	30.7	30.3
GEORGIA	25.6	26.8	29.2
HAWAII	30.2	26.4	31.4
IDAHO	25.1	28.5	27.8
ILLINOIS	27.6	27.4	29.4
INDIANA	25.8	25.3	25.6
IOWA	21.3	23.8	24.2
KANSAS	21.6	23.5	22.6
KENTUCKY	20.5	19.8	21.0
LOUISIANA	19.4	21.7	23.0
MAINE	32.9	34.9	34.4
MARYLAND	33.2	32.4	29.9
MASSACHUSETTS	34.1	32.5	32.6
MICHIGAN	24.5	27.7	25.6
MINNESOTA	30.8	29.3	24.7
MISSISSIPPI	19.4	18.7	19.5
MISSOURI	24.8	26.0	24.6
MONTANA	26.3	26.9	28.8
NEBRASKA	21.4	23.9	28.0

	Percent Total Females Eating 5 or More Servings of Fruits/Vegetables Daily		
	2003	2005	2007
NEVADA	24.4	27.9	24.5
NEW HAMPSHIRE	33.6	34.7	34.0
NEW JERSEY	30.1	29.1	30.1
NEW MEXICO	25.7	25.5	24.8
NEW YORK	31.5	31.2	31.1
NORTH CAROLINA	26.5	26.1	24.7
NORTH DAKOTA	27.8	29.1	28.1
OHIO	25.7	26.5	25.5
OKLAHOMA	17.8	18.1	19.4
OREGON	29.5	31.5	32.9
PENNSYLVANIA	30.8	27.3	28.9
RHODE ISLAND	31.6	29.4	29.9
SOUTH CAROLINA	25.8	23.5	20.9
SOUTH DAKOTA	22.2	24.7	21.7
TENNESSEE	25.0	27.5	27.1
TEXAS	27.6	27.0	28.0
UTAH	25.1	29.8	27.3
VERMONT	37.7	36.3	37.0
VIRGINIA	32.4	30.1	32.0
WASHINGTON	27.8	30.7	29.9
WEST VIRGINIA	21.4	22.2	23.8
WISCONSIN	26.2	27.9	30.8
WYOMING	27.2	26.1	28.9
GUAM	35.2	**	27.5
PUERTO RICO	17.3	14.6	15.8
VIRGIN ISLANDS	35.9	34.6	30.3
UNITED STATES	27.9	28.4	28.6

*Percent of persons indicating they eat fruits or vegetables 5 or more times a day: Data derived from a series of BRFSS questions about respondents' dietary habits including consumption of fruits, fruit juices, green salads, vegetables, carrots and potatoes.

Source: CDC Behavioral Risk Factor Surveillance System, 2003-2007; Data are age-adjusted to year 2000 population. Map presents data for 2007.

**BRFSS surveillance not conducted in 2005.