

Eating fruits and vegetables are critical to having good health. They contain essential vitamins, minerals, and fiber that help protect one from chronic diseases. The *Dietary Guidelines for Americans 2010* recommends that, in general, Americans need to eat more fruits and vegetables. In particular, we need to eat fruits and vegetables with different colors to give the body a wide range of valuable nutrients like fiber, folate, potassium, and vitamins A and C. These include green spinach, oranges, sweet potatoes, black beans, yellow corn, purple plums, red watermelon and white onions.¹

Fruit and Vegetable Consumption in Indiana—2009

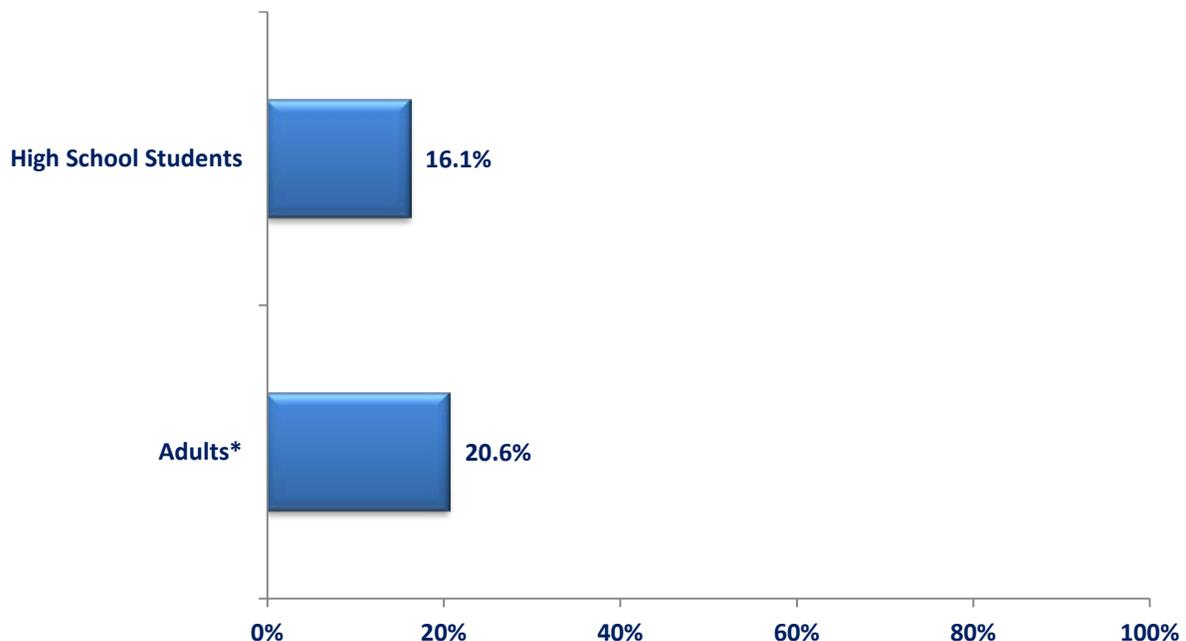
High School Students

- In 2009, 16.1% of high school students consumed the recommended five or more fruits and vegetables per day [Figure 1].²
 - This represented a 21% decrease compared to 2003.

Adults

- Fruit and vegetable consumption among adults has remained relatively stable since 1996.
- 20.6% of adults consumed five or more servings of fruits and vegetables per day [Figure 1].³
- Adults consuming five or more servings of fruits and vegetables per day were *less likely* to be overweight or obese (33.2% versus 38.1%) [Figure 2].³
- More females than males consumed five or more servings of fruits and vegetables per day (23.7% versus 17.3%).³

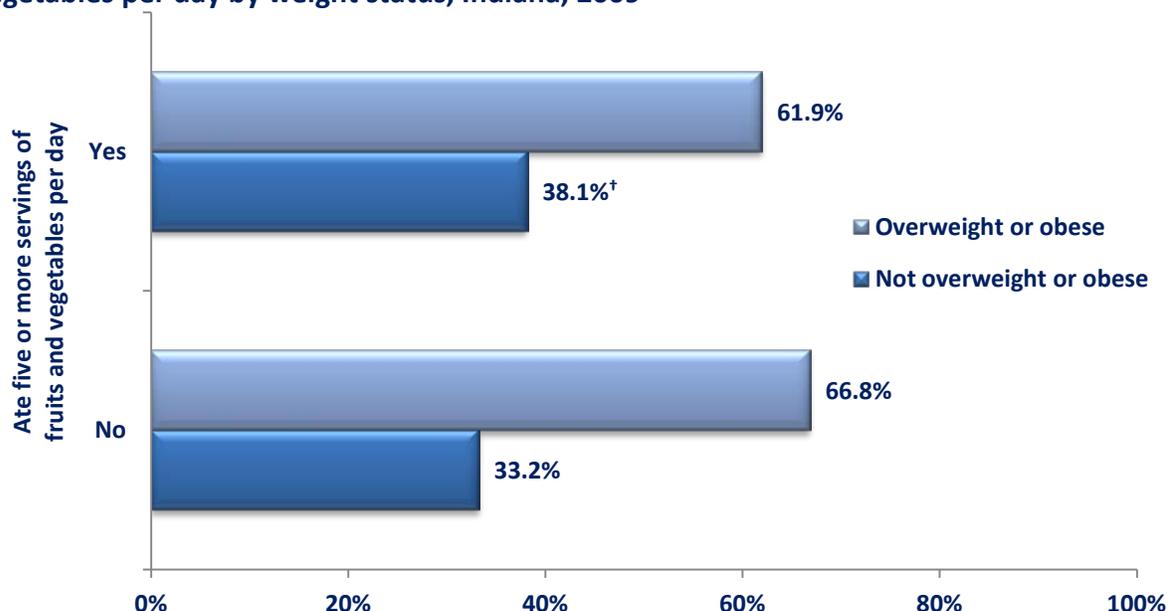
Figure 1. Percent of high schools students and adults* who consumed five or more servings of fruits and vegetables per day, Indiana, 2009



*Adults are people ages 18 years and older

Sources: 2009 Indiana YRBS Statewide Survey Data; 2009 Indiana BRFSS Statewide Survey Data

Figure 2. Percent of adults* who reported consuming five or more servings of fruits and vegetables per day by weight status, Indiana, 2009



*Adults are people ages 18 years and older

† Adults consuming five or more servings of fruits and vegetables per day were statistically less likely to be overweight or obese ($P < .05$)

Source: 2009 Indiana BRFSS Statewide Survey Data

What Can Be Done To Increase Fruit and Vegetable Consumption?

- Expand access to supermarkets and grocery stores in communities.
- Encourage healthier foods and nutrition services in schools and worksites.
- Support farm to institution programs.
- Expand the number of farmers markets that accept Supplemental Nutrition Assistance Program (SNAP) benefits electronically and Women, Infants, and Children (WIC) Farmers Market Nutrition Program Coupons.
- Promote food policy councils as a means to improve the food environment at the state and local levels.
- Support and promote community and home gardens.
- For more tips, check out *Indiana's Comprehensive Nutrition and Physical Activity Plan, 2010–2020*, at www.inhealthyweight.org.

References and Resources

1. Centers for Disease Control and Prevention (2011). Fruit and Vegetable Benefits page. Retrieved Mar 23, 2011, from: www.fruitsandveggiesmatter.gov/benefits/index.html.
2. Centers for Disease Control and Prevention (2011). 2009 Youth Risk Behavior Surveillance—United States, 2009. Retrieved Jan 11, 2011, from: www.cdc.gov/HealthyYouth/yrbs/,
3. Centers for Disease Control and Prevention (2010). 2009 Behavioral Risk Factor Surveillance System Survey data—United States, 2009. Retrieved Feb 23, 2011, from: http://www.cdc.gov/brfss/technical_infodata/surveydata/2009.htm.