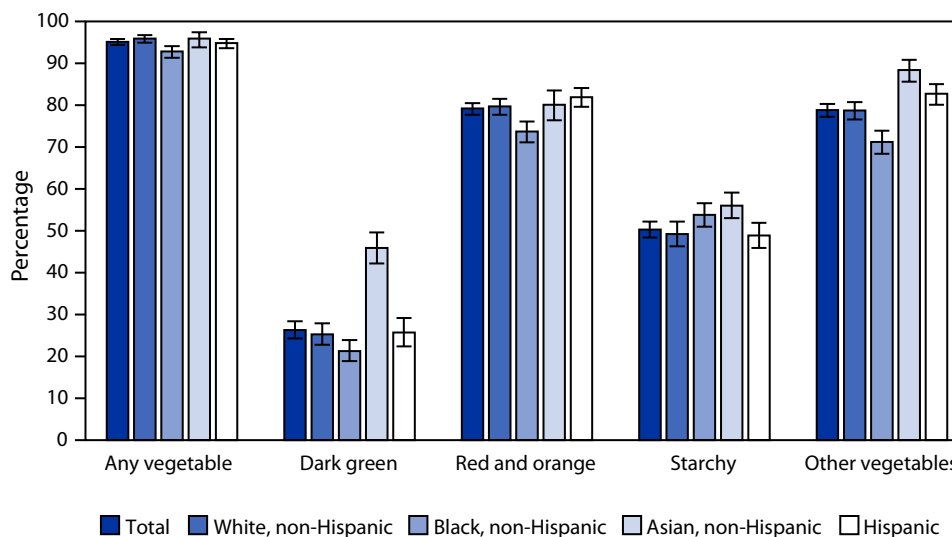


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage^{*,†} of Adults Aged ≥ 20 Years Who Consumed Vegetables on a Given Day, by Race and Hispanic Origin[§] — United States, 2015–2018



* With 95% confidence intervals indicated with error bars.

† Percentages are based on vegetables reported during the Day 1 24-hour Dietary Recall. Vegetables were defined using the U.S. Department of Agriculture's Food Patterns Equivalents Database food groups (https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/fped/FPED_1718.pdf), which include dark green vegetables (e.g., spinach, collard greens, and broccoli); red and orange vegetables (e.g., carrots, red peppers, and tomatoes); starchy vegetables (e.g., potatoes, plantains, and cassava); and other vegetables (e.g., cauliflower, string beans, and eggplant).

§ Estimates for persons reporting more than one race are not shown separately but are included in the total.

During 2015–2018, 95.1% of adults aged ≥ 20 years consumed any vegetable, 26.3% consumed dark green vegetables, 79.2% consumed red and orange vegetables, 50.3% consumed starchy vegetables, and 78.8% consumed other vegetables on a given day. Non-Hispanic Black adults were least likely to consume any vegetable (92.8%). Non-Hispanic Black adults were also least likely to consume dark green (21.3%), red and orange (73.7%), and other vegetables (71.2%), and non-Hispanic Asian adults were most likely to consume dark green (45.9%) and other vegetables (88.4%). Non-Hispanic Black (53.8%) and non-Hispanic Asian (56.0%) adults were more likely to consume starchy vegetables.

Sources: Ansai N, Wambogo EA. Fruit and vegetable consumption among adults in the United States, 2015–2018. National Center for Health Statistics (NCHS) data brief, no 397. <https://www.cdc.gov/nchs/products/databriefs/db397.htm>; NCHS, National Health and Nutrition Examination Survey (NHANES) data, NHANES 2017–2018. <https://www.cdc.gov/nchs/nhanes.htm>

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