

Data Brief 156: Fruit and Vegetable Consumption of U.S. Youth, 2009–2010

Data table for Figure 1. Percentage of youth aged 2–19 years who consumed fruit on a given day: United States, 2009–2010

Age group	Sample size	Any	Citrus, melons, berries	Other fruits	Fruit juice
Percent (standard error)					
Total (2–19 years)	3,289	77.1 (0.8)	29.7 (1.7)	50.4 (1.5)	53.0 (1.5)
2–5 years	872	91.7 (1.2)	37.2 (2.9)	69.2 (2.0)	72.1 (2.2)
6–11 years	1,154	82.0 (1.6)	35.7 (1.5)	52.9 (2.3)	55.1 (1.8)
12–19 years	1,263	66.3 (1.5)	21.6 (2.4)	39.1 (2.0)	42.1 (2.2)

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

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Data table for Figure 2. Percentage of youth aged 2–19 years who consumed vegetables on a given day: United States, 2009–2010

Age group	Sample size	Any	Dark green	Red and orange	Starchy	Other
Percent (standard error)						
Total (2–19 years)	3,289	91.9 (0.7)	11.5 (1.2)	75.1 (1.5)	53.0 (1.1)	60.1 (2.0)
2–5 years	872	93.3 (1.0)	15.6 (2.4)	74.2 (1.6)	56.4 (1.7)	55.3 (1.6)
6–11 years	1,154	93.7 (1.0)	10.7 (1.2)	76.0 (1.6)	54.9 (2.0)	57.6 (3.7)
12–19 years	1,263	90.0 (1.1)	10.1 (1.2)	74.9 (2.6)	49.8 (1.6)	64.4 (2.4)

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

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Data table for Figure 3. Percentage of youth aged 2–19 years who consumed fruit on a given day, by race and Hispanic origin: United States, 2009–2010

Race and Hispanic origin	Sample size	Any	Citrus, melons, berries	Other fruits	Fruit juice
Percent (standard error)					
Non-Hispanic white	1,105	74.8 (1.0)	33.1 (2.9)	50.8 (2.6)	46.3 (1.8)
Non-Hispanic black	655	81.9 (3.1)	20.2 (2.5)	49.1 (3.0)	68.8 (3.8)
Hispanic	1,291	77.8 (1.6)	26.9 (1.2)	49.7 (1.2)	58.3 (1.9)

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

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Data table for Figure 4. Percentage of youth aged 2–19 years who consumed vegetables on a given day, by race and Hispanic origin: United States, 2009–2010

Race and Hispanic origin	Sample size	Any	Dark green	Red and orange	Starchy	Other
Percent (standard error)						
Non-Hispanic white	1,105	92.4 (0.9)	9.7 (1.6)	75.6 (2.4)	52.1 (1.7)	59.0 (3.0)
Non-Hispanic black	655	90.9 (1.7)	13.5 (2.1)	73.1 (2.3)	60.0 (2.1)	55.8 (2.5)
Hispanic	1,291	92.5 (0.8)	11.9 (1.4)	78.8 (2.2)	49.3 (1.2)	66.1 (1.9)

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.