

Data Brief 391. Fruit and Vegetable Consumption Among Children and Adolescents in the United States, 2015–2018

Data table for Figure 1. Percentage of children and adolescents aged 2–19 who consumed fruit on a given day, by age: United States, 2015–2018

Fruit	Age group			
	Total	2–5	6–11	12–19
	Percent (standard error)			
Any	75.3 (1.3)	90.1 (1.2)	80.6 (1.6)	64.3 (1.8)
Citrus, melons, or berries	32.1 (1.5)	45.2 (2.2)	37.5 (2.0)	21.9 (1.8)
Other whole fruit	49.7 (1.6)	67.7 (2.4)	54.3 (1.9)	37.7 (1.8)
Fruit juice	46.9 (1.3)	62.1 (2.1)	51.4 (1.9)	36.4 (1.4)

NOTE: Percentages are based on Food Patterns Equivalents Database food groups.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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Data table for Figure 2. Percentage of children and adolescents aged 2–19 who consumed vegetables on a given day, by age: United States, 2015–2018

Vegetable	Age group			
	Total	2–5	6–11	12–19
	Percent (standard error)			
Any	91.0 (0.6)	91.1 (1.4)	90.2 (0.9)	91.5 (0.8)
Dark green	16.7 (1.0)	13.9 (1.4)	16.1 (1.4)	18.5 (1.7)
Red or orange	75.0 (0.9)	73.6 (2.2)	72.7 (1.2)	77.5 (1.1)
Starchy	47.5 (1.0)	50.9 (2.3)	47.8 (1.3)	45.6 (1.4)
Other	55.7 (1.5)	54.3 (2.2)	55.1 (2.4)	56.8 (1.9)

NOTE: Percentages are based on Food Patterns Equivalents Database food groups.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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Data table for Figure 3. Percentage of children and adolescents aged 2–19 who consumed fruit on a given day, by income: United States, 2015–2018

Fruit	Less than 130% FPL	130% to less than 350% FPL	Equal to or greater than 350% FPL
	Percent (standard error)		
Any	72.1 (1.7)	75.4 (1.8)	79.6 (2.3)
Citrus, melons, or berries	25.4 (1.2)	31.6 (1.8)	39.8 (3.0)
Other whole fruit	44.5 (1.8)	51.0 (2.2)	54.1 (2.7)
Fruit juice	48.7 (2.2)	44.5 (1.9)	47.6 (2.5)

NOTES: FPL is federal poverty level. Percentages are based on Food Patterns Equivalents Database food groups.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.

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Data table for Figure 4. Percentage of children and adolescents aged 2–19 who consumed vegetables on a given day, by income: United States, 2015–2018

Vegetable	Less than 130% FPL	130% to less than 350% FPL	Equal to or greater than 350% FPL
	Percent (standard error)		
Any	91.0 (1.1)	89.7 (1.3)	93.2 (1.0)
Dark green	13.6 (1.3)	14.5 (1.3)	22.6 (2.2)
Red or orange	74.6 (1.4)	74.8 (2.0)	77.0 (1.7)
Starchy	49.8 (1.7)	46.7 (1.7)	46.4 (2.0)
Other	57.1 (1.9)	53.6 (2.1)	56.3 (2.9)

NOTES: FPL is federal poverty level. Percentages are based on Food Patterns Equivalents Database food groups.

SOURCE: National Center for Health Statistics, National Health and Nutrition Examination Survey, 2015–2018.