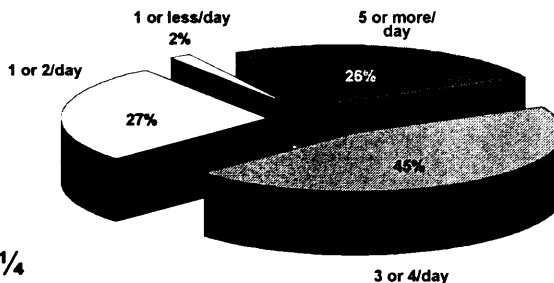


FRUIT AND VEGETABLE CONSUMPTION

Data are from the
MAINE BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS): 1996

➔ Research has shown that consumption of fruits and vegetables may reduce the risk of heart disease, cancer, and other illnesses. The National Cancer Institute recommends eating at least 5 daily servings of fruits and vegetables. The average adult American eats 4½ servings of fruits and vegetables each day with 39% eating 5 or more daily.¹

Percent of Adult Population
by Number of Servings of Fruits and Vegetables
Consumed Per Day: Maine, 1996

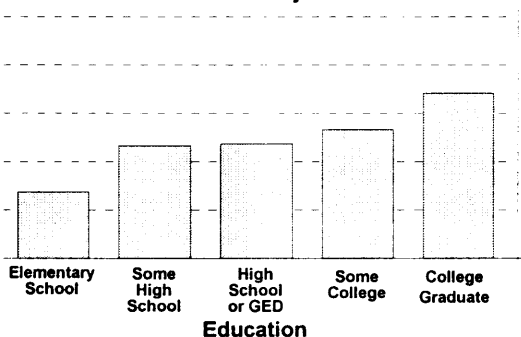


➔ In 1996, only 26% of Maine adults (residents aged 18 and older) reported eating the recommended 5 or more servings of fruits and vegetables each day. Forty five percent ate as many as 3 or 4 servings each day, but more than ¼ of Maine's adults consumed fewer than 2 daily servings.

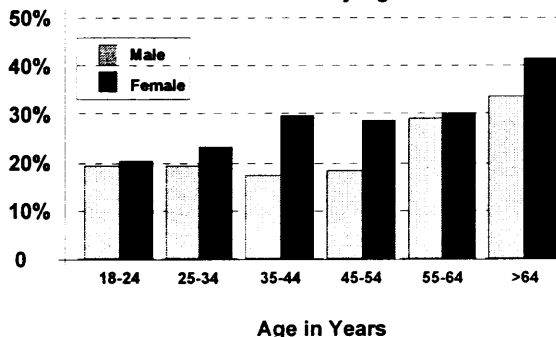
➔ Vegetable and fruit consumption varied by sex, age, and education. Women ate more fruit and vegetables than men. As age and education increased, so did the amount of fruits and vegetables consumed each day.

Adults Who Eat At Least 5 Servings
of Fruits and Vegetables Daily
Maine, 1996

Percent of Adults By Education



Percent of Adults By Age and Sex



➔ More than half of Maine's adults (54%) drink fruit juice every day; ⅔ drink juice three or more times each week. Almost 10% of Maine's adults drink juice less than once a month.

➔ Nearly 40% of Maine's adult population eat potatoes 3 - 6 times per week, with an additional 20% eating potatoes daily (this excludes french fries, fried potatoes, and potato chips). More people with lower incomes and lower education eat potatoes daily than people with higher education and incomes.

Footnote 1: Information is from *The 5 A Day for Better Health Program*, co-sponsored by the National Cancer Institute and The Produce for Better Health Foundation. A full citation is available upon request.

For further data on this topic, please contact:

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Angus S. King, Jr.
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Kevin W. Concannon
Commissioner

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