Disparities exist in the frequency of fruit and vegetable consumption.

Overall, 86% of adult Coloradans did not meet recommendations for fruit and vegetable consumption in 2013. Depending upon the age of adults, 4-5 cups of fruits and vegetables is the recommended daily amount for men and 3.5-4.5 cups for women.¹

- 94% of men in Colorado.
- 93% of adult Coloradans who identify as Hispanic.
- 93% of adult Black Coloradans.
- 91% of adult Coloradans earning less than $15,000 annually.
- 95% of adult Coloradans with less than a high school education.
- 90% of adult Coloradans who were obese.

- Women were significantly more likely to meet recommendations compared to men.
- Whites were significantly more likely to meet recommendations compared to Hispanics and Blacks.
- Adults with household incomes above $50,000 were significantly more likely to meet recommendations than those earning <$35,000.
- Adults with higher education levels were significantly more likely to meet recommendations.
- Adults with a healthy weight were significantly more likely to meet recommendations than overweight and obese adults.

¹ www.choosemyplate.gov/food-groups/
Disparities in Fruit and Vegetable Consumption in Colorado

### Percent of adults (ages 18+) not meeting age/sex-specific recommendations for fruit/vegetable consumption, Colorado, 2013.

#### By race/ethnicity

- **White**
- **Asian**
- **Hispanic**
- **Black**

#### By household income

- **$50,000+**
- **$35-49,999**
- **$25-34,999**
- **$15-24,999**
- **< $15,000**

#### By education

- **College graduate**
- **Some college**
- **High school graduate**
- **< High school**

#### By weight status

- **Underweight**
- **Healthy weight**
- **Overweight**
- **Obese**

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**Daily fruit and vegetable consumption among children varies by race/ethnicity and household income.**

- **Percent of children (ages 1-14) who consumed fruits and vegetables less than daily by race/ethnicity, Colorado, 2011-2013.**

- **By race/ethnicity**
  - Ate fruit less than once a day
  - Ate vegetables less than once a day

- **By household income**
  - $50,000+
  - $35-49,999
  - $25-34,999
  - $15-24,999
  - < $15,000

- **By education**
  - College graduate
  - Some college
  - High school graduate
  - < High school

- **By weight status**
  - Underweight
  - Healthy weight
  - Overweight
  - Obese

**Fruit and vegetable consumption by household income and body mass index.**

- **Children from households earning less than $25,000 per year were 1.8 times more likely not to eat vegetables at least once a day compared with children from households earning $50,000 or more per year.**

- **Consumption of fruits and vegetables did not differ based on children’s body mass index.**

**Data sources:** Behavioral Risk Factor Surveillance System, Colorado Child Health Survey.

Terminology for racial/ethnic groups matches that used during data collection.