

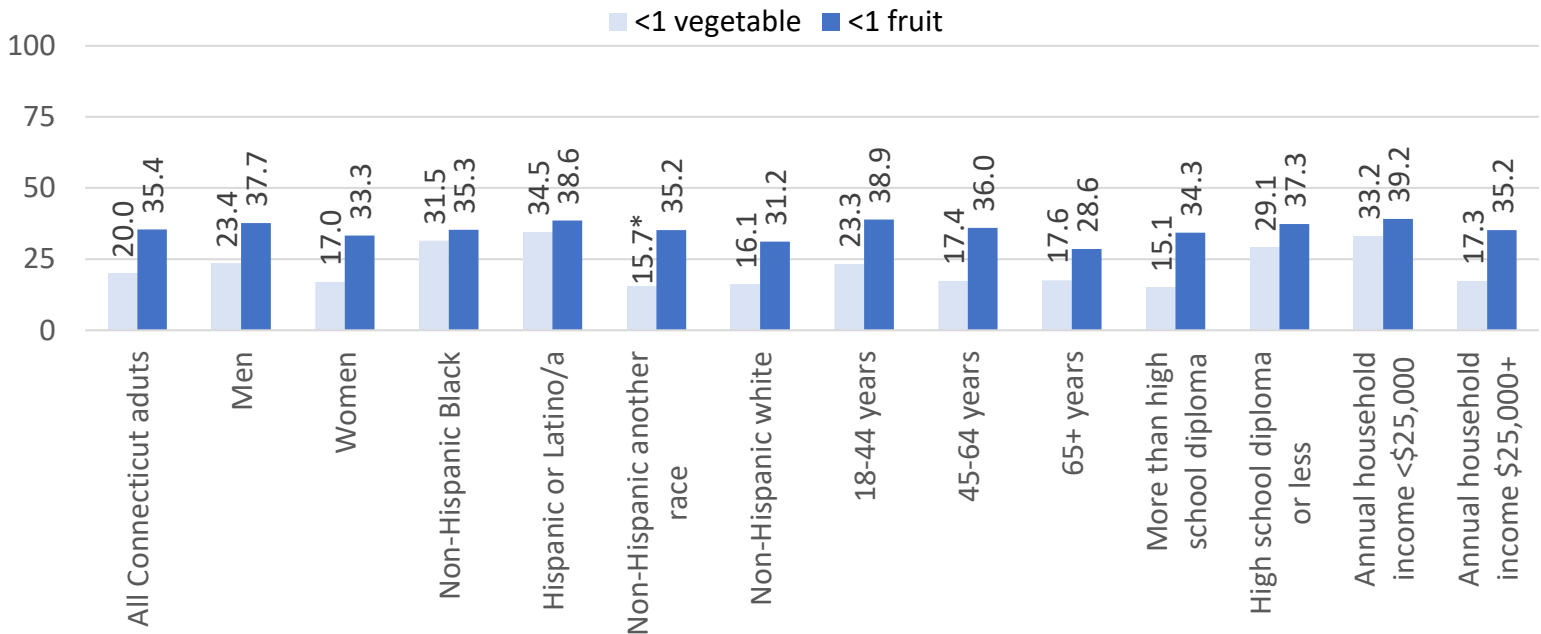
Fruit and Vegetable Consumption Connecticut Adults (18+ Years)

2021 Behavioral Risk Factor Surveillance System Data

Community, Family Health and Prevention Section • June 2023

The percentage of Connecticut adults consuming less than one vegetable per day varies by gender, race and ethnicity, age, educational attainment, and annual household income. In contrast, the percentage of Connecticut adults consuming less than one fruit per day varies little by demographics.

Percentage of Connecticut adults consuming less than one vegetable per day and less than one fruit per day



*Caution should be exercised when interpreting these estimates because the coefficient of variation is 15% to 20.0%.

The percentage of Connecticut adults consuming five or more fruits or vegetables a day varies little by demographics.

Percentage of Connecticut adults consuming five or more fruits or vegetables per day

