Australians aren’t eating enough fruit and vegetables

4 in 5 adults don’t eat enough fruit and vegetables

Who has the lowest intake?

- Men: 15%
- Young adults: 18%
- Obese adults: 17%
- Construction industry: 15%

Who has the highest intake?

- Retirees: 30%
- Health industry workers: 26%

Cooked vegetables are the most common type consumed.

Is variety the secret to success?

- 68% of adults who eat enough vegetables also report to always have 3 types of vegetables with dinner.
- 70% most adults eat fruit every day.
- Only a few adults drink 100% fruit juice every day: 8%.

Adults who eat enough fruit and vegetables have higher Diet Scores.

Source: Fruit, Vegetables and Diet Score
Available at: csirodietsscore.com/fruit-veg-report

What’s your Diet Score?
www.csirodietsscore.com