

OECD Health Statistics 2025

Definitions, Sources and Methods

Consumption of vegetables and fruits, daily – Survey data

Proportion of the population aged 15+ eating **vegetables** (excluding potatoes and juice) at least once per day.

Proportion of the population aged 15+ eating **fruits** (excluding juice) at least once per day.

The main data sources are national health surveys. A number of European countries have implemented the relevant module recommended in the European Health Interview Survey.

Although most countries ask questions of the type “How often do you eat fruits/vegetables”, which provide information on **frequency of consumption**, some countries (such as Australia, Korea and New Zealand) ask question of the type “How many serves of fruit/vegetables do you usually eat each day”, which provide information on **quantity of consumption**. Data derived from quantity-type questions are indicated as “d”, and data may be overestimated when compared with other countries.

Sources and Methods

Australia

Source:

2022: Australian Bureau of Statistics (2022). National Health Survey. ABS. See <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey/latest-release>. Customised data report.

2017: Australian Bureau of Statistics. National Health Survey: First Results, 2017-18 - Australia. ABS Cat. No. 4364. Canberra: ABS. Customised data report.

2014: Australian Bureau of Statistics. National Health Survey: First Results, 2014-15 - Australia. ABS Cat. No. 4364. Canberra: ABS.

2011: Australian Bureau of Statistics. Australian Health Survey: Updated Results, 2011-12 - Australia. ABS Cat. No. 4364.0.55.001. Canberra: ABS.

Until 2007: Australian Bureau of Statistics. National Health Survey, 2007-08: Summary of results. ABS Cat. No. 4364.0 (re-issue). Canberra: ABS (and previous surveys in 2004-05 and 2001).


Note: The National Health Survey is usually conducted every three years. The National Health Survey 2020-21 was collected online during the COVID-19 pandemic and represents a break in time series. Data cannot be compared to previous years, and have not been updated for this dataset.

Coverage:

- Data refer to the population aged 15 years old and over for all years.
- Approximately 17073 persons were surveyed in 2022, 21315 in 2017, 19259 in 2014, 20400 in 2011, 20800 in 2007 and 25900 in 2004.

Methodology:

- Data are self-reported and based on the question ‘How many servings of vegetables [or fruit] do you usually eat each day?’ The options for the respondent include ‘1 serve’, ‘2 serves’, ‘3 serves’, ‘4 serves’, ‘5 serves’, ‘6 serves or more’, ‘Less than one serve’ or ‘Does not eat vegetables.’ Consumption of fruits or vegetables is based on all persons who reported eating any fruits or vegetables (‘Less than one serve’ and ‘1 serve’ or more).

 Data are derived from quantity-type questions, and may thus be overestimated when compared with other countries.

- Data indicate all persons who report eating fresh, frozen or tinned vegetables or fruit.
 - Data do not include fruit or vegetable juices.
 - The year reported is the financial year 1 July to 30 June (e.g. 2014-15 is reported as 2014).
 - ❗ **Deviation from the OECD definition:** Data do not match the definition as vegetables may include potatoes.
 - ❗ **Note:** The ABS 2022 National Health Survey uses the Standard for Sex, Gender, Variations of Sex Characteristics and Sexual Orientation Variables, 2020 to collect the Sex at birth variable used in this data table. Due to small numbers and the need to protect privacy, people who reported sex at birth as a term other than male or female are not reported separately or included in the total Persons category.
- Further information:** <http://www.abs.gov.au/>.

Austria

Source: Statistics Austria, Austrian Health Interview Surveys 2019 and 2014.
Coverage: Population aged 15 years old and over in private households.
Methodology: “How often do you eat fruits, excluding juice? / How often do you eat vegetables or salad, excluding juice and potatoes?” Response categories include: 1. Once or more a day; 2. 4 to 6 times a week; 3. 1 to 3 times a week; 4. Less than once a week; 5. Never.
Further information: <https://www.statistik.at/en/>
<https://www.sozialministerium.at/Themen/Gesundheit/Drogen-und-Sucht/Alkohol.html>.

Belgium

Source: Scientific Institute of Public Health Sciensano, Direction Public Health and Surveillance, Health Interview Surveys 2001, 2004, 2008, 2013, 2018.
Coverage: Population aged 15 years old and over.
Methodology:
Fruits:
 The question is self-assessed:
 2001: “How many times do you eat or drink fruit?”
 2004: “How many times do you eat fresh fruit?”
 2008: “How often do you eat fruits?”
 2013 and 2018: “How often do you eat fruits, excluding juice?”
Vegetables:
 The question is self-assessed:
 2004: “How many times do you eat prepared or raw vegetables (no dried pulse)?”
 2008, 2013 and 2018: “How often do you eat vegetables or salad (excluding juice and potatoes)?”
 - Data not available for 2001.
Further information: <https://www.wiv-isp.be/epidemio/hisia/index.htm>.

Canada

Source: Statistics Canada, Canadian Community Health Survey (CCHS), custom tabulation.
Coverage:
 - Population aged 15 years old and over up until 2022. Population aged 18+ in 2023 (or 18-24 instead of 15-24 years old).
 - Data not available for the year 2022, as the fruit and vegetable content from CCHS 2022 is available for Territories only.
Methodology:
 - As of 2007, the CCHS became an annual survey (prior to this date it was a biennial survey) of persons aged 12 years old and over, living in private dwellings, half of whom are interviewed in person, and the other half by telephone. It excludes persons living on Indian Reserves or Crown lands, residents of institutions, full-time members of the Canadian Armed Forces and residents of certain remote regions. The CCHS covers approximately 98% of the Canadian population aged 12 years old and over. Data are collected directly from respondents.

- Prior to 2015, there were a series of questions using the “How often do you eat” format, except for the last question on other vegetables which uses the “How many servings” format. They are as follows (note that the responses to the first and fourth questions are not included in the calculations):

1. How often do you usually drink fruit juices such as orange, grapefruit or tomato? (For example: once a day, three times a week, twice a month).
2. Not counting juice, how often do you usually eat fruit?
3. How often do you usually eat green salad?
4. How often do you usually eat potatoes, not including french fries, fried potatoes, or potato chips?
5. How often do you usually eat carrots?
6. Not counting carrots, potatoes, or salad, how many servings of other vegetables do you usually eat?

- From 2015, all questions follow a “How many times” format and deal with consumption within the past month. Other aspects of the questions were also changed. They are as follows (note that responses to the first and fifth question are not included in the calculation):

1. In the last month, how many times per day, per week or per month did you drink 100% PURE fruit juices, such as pure orange juice, apple juice or pure juice blends? Do not include fruit-flavoured drinks with added sugar or fruit punch.
2. In the last month, not counting juice, how many times did you eat fruit? Please remember to include frozen, dried or canned fruit.
3. In the last month, how many times did you eat dark green vegetables such as broccoli, green beans, peas and green peppers or dark leafy greens including romaine or spinach? Please remember to include frozen or canned vegetables and vegetables that were cooked in soups or mixed in salad.
4. In the last month, how many times did you eat orange-coloured vegetables such as carrots, orange bell pepper, sweet potatoes, pumpkin or squash? (Please remember to include frozen or canned vegetables and vegetables that were cooked in soups or mixed in salad).
5. In the last month, how many times per day, per week or per month did you eat potatoes that are not deep- fried?
6. Excluding the green and orange vegetables as well as the potatoes you have already reported, in the last month, how many times did you eat OTHER vegetables? Examples include cucumber, celery, corn, cabbage and vegetable juice.

- Non-responses were removed from the calculation for all years.

- For all reference years, respondents can report their consumption as per day, per week, or per month. The indicator **Proportion of the population aged 15+ eating vegetables (excluding potatoes and juice) at least once per day** is calculated by converting the consumption rate of all questions pertaining to vegetables (excluding potatoes) to daily rates and summing to get an overall daily rate of vegetable consumption. The indicator is then based on those respondents who have a daily rate of 1.0 or higher. For the indicator **Proportion of the population aged 15+ eating fruit (excluding juice) at least once per day**, a similar method is applied, converting the consumption rate for fruit to daily and then counting those with a rate of 1.0 or higher.

🔪 **Break in time series in 2023:** Data refer to the population aged 18+ (instead of 15+ for previous years). Data for the 2023 reference year come from the CCHS but are now limited in coverage to the population aged 18+. The underlying survey program CCHS underwent a target population change beginning with the 2023 reference year, with coverage of youths aged 12 to 17 being removed. This change was implemented because of the launch of the annual Canadian Health Survey on Children and Youth (<https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=5233>), which will cover the youth aged 12 to 17 with a richer sample size and content more appropriately designed to cover the health characteristics, behaviors, and outcomes for this population.

🔪 **Break in time series in 2015:** As a result of the 2015 redesign, the Canadian Community Health Survey (CCHS) has a new collection strategy, a new sample design, and has undergone major content revisions. With all these factors taken together, caution should be taken when comparing data from previous cycles to data released for the 2015 cycle onwards. Annual estimates from 2015 onwards cover only respondents in the ten provinces.

Further information: Canadian Community Health Survey, <http://www.statcan.gc.ca/cgi-bin/imdb/p2SV.pl?Function=getSurvey&lang=en&db=imdb&adm=8&dis=2&SDDS=3226>.

Chile

Source: Ministry of Health (MINSAL).

2016-2017: Ministry of Health, National Health Survey (“Encuesta Nacional de Salud”) ENS 2016-2017.

2009: Ministry of Health, National Health Survey (“Encuesta Nacional de Salud”) ENS 2009-2010 - Final Report.

2006: National Survey of Quality of Life 2006 (“Encuesta Nacional de Calidad de Vida 2006”) - Final Report (“Informe Final Encuesta Calidad de Vida y Salud 2006, Julio 2007”).

Coverage: Nationwide.

Methodology:

2016-2017: The question was self-assessed: “In a typical/ordinary week, how many days do you eat fruit?” and “In a typical/ordinary week, how many days do you eat vegetables or vegetable salads? (Do not consider potato and beans)”.

2009: The question was self-assessed: “In a typical/ordinary week, how many days do you eat fruit?” and “In a typical/ordinary week, how many days do you eat vegetables?”.

2006: The question was self-assessed: “In the last week, how often did you eat fruits?” and “In the last week, how often did you eat vegetables”.

🔪 **Break in time series in 2009** due to a change in source and methodology.

Further information:

2009: <http://www.redsalud.gov.cl/portal/url/item/99c12b89738d80d5e04001011e0113f8.pdf>.

2006: <http://epi.minsal.cl/epi/html/sdesalud/calidaddevida2006/index.htm> (in Spanish).

Colombia

Source: National Survey of Nutritional Status ENSIN 2015.

📍 **Coverage:** Population aged 18 to 64 years old.

Methodology:

- Fruits include whole fruits, not juices, as well as raw fruits.

- Vegetables include both cooked and raw vegetables.

Costa Rica

Data not available. The only data available correspond to the prevalence of the level of consumption of fruits and vegetables greater than or equal to 5 per day, by age group in the population aged 20 to 39 years old and 40 to 64 years old.

See *Encuesta Nacional de Nutrición 2008-2009*, and *Encuesta Sistema de Vigilancia de Factores de Riesgo Cardiovascular, Caja Costarricense de Seguro Social, 2010, 2014, 2018*.

Also, the data include both fruits and vegetables in the same question, and the consumption of fruits and vegetables cannot be separated, which makes this information not comparable to data collected by the OECD for other countries.

Czechia

Source: European Health Interview Surveys.

Coverage: Population aged 15 years old and over living in private households.

Methodology:

Fruits:

In 2019: Percentage of people reporting to eat fruits (excluding any fruit juice) at least once a day.

In 2014: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1. “How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

Vegetables:

In 2019: Percentage of people reporting to eat vegetables or salad (excluding potatoes and any vegetable juice).

In 2014: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from concentrate) at least once a day, derived from EHIS question FV3. "How often do you eat vegetables or salad, excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never."

Denmark

Sources:

2021 and 2023: The Danish National Health Survey, The Danish Health Authority.

2019: Eurostat EHIS 2019 survey.

2017: The Danish National Health Survey, The Danish Health Authority.

2014: Eurostat EHIS 2014 survey.

Before 2014: National Institute of Public Health (NIPH/SIF), Denmark's Health Interview Survey (SUSY).

Coverage:

2014: Population aged 15 years old and over.

Before 2014: Population aged 16 years old and over.

Methodology:

2010, 2013, 2017, 2021 and 2023:

- Fruits: Questions are as follows: "How many portions of fruit do you usually eat? 1 portion= 1 piece or 1 dl – include fruit-porridge. 5-6 times a day, 3-4 times a day, 1-2 times a day, 5-6 times a week, 3-4 times a week, 1-2 times a week, none."

- Vegetables: Data are not available in 2021 and 2023.

2014:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1. "How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never."

- Vegetables: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from

concentrate) at least once a day, derived from EHIS question FV3. "How often do you eat vegetables or salad,

excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never."

Before 2014:

- Fruits:

- The increase observed in the proportion of people who eat fruit daily in 2010 may be due both to real increases and a change in question wording.

- The questions asked in 2010 and 2013 were: "How many portions of fruits do you usually eat?" 1 portion = 1 piece or 1 dl – include fruit compote and fruit porridge. Replies include: "More than 6 a day/ 5-6 a day / 3-4 a day / 1-2 a day / 5-6 a week/ 3-4 a week/ 1-2 a week/ none".

- The question asked in 2000 and 2005 were: "How often do you usually eat the following: Fruit, such as apples, bananas, oranges, etc. Replies include: Every day - Several times a day / Almost every day / A few times a week / Once a week / Less than once a week / Never - Very rarely/ Do not know".

- Vegetables:

❗ 2010 and 2013 results are not comparable to results from previous studies. This is due to a shift in the data collection method from interview to paper and some differences in the question and response categories. Therefore, it is not possible to say anything about developments in the period 2005-2010.

- The question asked in 2000 and 2005 was: "How often do you eat salad / raw vegetables? Every day – Several times a day / Almost every day / A couple of times a week / Once a week / Less than once a week / Never – Very rarely" and "How often do you eat cooked vegetables? Every day - Several times a day / Almost every day / A couple of times a week / Once a week / Less than once a week / Never - Very rarely".

- The figures for 2000 and 2005 correspond to the proportion of respondents who daily or almost daily eat salad/raw vegetables or cooked vegetables.
- The questions asked in 2010 and 2013 were: “How often do you eat the following kinds of vegetables? (mixed lettuce salad, raw vegetables / Other raw vegetables / Prepared vegetables (boiled, baked, fried, boiled together or wok dishes).” Replies include: “More than once a day/ 5-7 times a week / 3-4 times a week / 1-2 times a week / Never - Very rarely.”
- The figures in 2010 and 2013 correspond to the proportion of respondents who daily or almost daily eat one of the three types of vegetables.
- 🔪 **Break in time series:** Break in 2010 due to a change in the phrasing of the question, with no indication of eating vegetables.
- Further information:** <http://www.danskernessundhed.dk>.

Estonia

Source: Eurostat, National Institute for Health Development - Estonian Health Interview Survey (EstHIS), European Health Interview Survey 1st wave (2006) and 2nd wave (2014).
 2019: Eurostat EHIS 2019 survey (wave 3).
Coverage: Data refer to the population aged 15 to 84 years old.
Further information: <https://www.tai.ee/en/>, in the Health Statistics and Health Research Database available at
https://statistika.tai.ee/pxweb/en/Andmebaas/Andmebaas_05Uuringud_01ETeU_08Toitumine/?tablelist=true.

Finland

Source: Finnish Institute for Health and Welfare (THL).
 2022: “Healthy Finland Survey”, Jonna Ikonen.
 2020: “National FinSote Survey”, Mikko Valtanen.
 2019: “National FinSote Survey/European Health Interview Survey wave 3”, Jonna Ikonen.
 2018: “National FinSote Survey”, Jonna Ikonen.
 2015-2017: “Regional Health and Wellbeing study”, Jukka Murto.
 Up until 2014: “Health Behaviour and Health among the Finnish Adult Population”, Satu Helakorpi.

🔪 **Coverage:**
 2022:
 - 2022: Population aged 20 to 64 years old.
 - A random sample of 61600 of the population aged 20 years or older. The average response rate was 46%. When reviewed by age group, the response rate was 37% for people aged 20–64.
 - 2020: A random sample of 35200 of the population aged 20 to 64 years old. The average response rate was 36%.
 - 2019: A random sample of 15000 of the population aged 15 to 64 years old.
 - 2015-2018: A random sample of 38000 of the population aged 20 to 64 years old. The average response rate was 54%.
 - Up until 2014: Annual postal survey for a random sample of the population of Finnish adults aged 15-64 years old. The sample size was 5000. The average response rate was 72%.

Methodology:
 🔪 **Breaks in time series in 2015, 2018, 2019, 2020 and 2022 due to changes in the survey questions:**
 2022 questions: “How often do you usually consume the following foods and drinks? Fruit, berries (no juices) / Vegetables, root vegetables (no potatoes); not at all/once a week or less often / 2-6 times a week / 1-2 times a day / 3 times a day or more often”.
 2020 questions: “How often have you eaten the following types of food in the past 7 days? Fresh vegetables or green salad/fruit or berries. once a week or less frequently/ 2-6 times a week/ 1-2 times a day/ 3 or more times a day.”
 2019 questions: “How often do you eat fruit and/or berries? Nuts, almonds and juice squeezed from fresh fruit/berries or made from concentrate are not included. One or more times a day, 4 – 6 times a week, 1 – 3 times a week, less often than once a week, Never”,

“How often do you eat vegetables? Potatoes, vegetable soups or juices made of concentrate or freshly squeezed ingredients are not included. One portion is, for example, 1.5 dl of salad or grated vegetables or at least three tablespoons of beans. Legumes are included in the daily portions only once regardless of the amount consumed. one or more times a day, 4 – 6 times a week, 1 – 3 times a week, less often than once a week, never”.

2018 questions: “How often have you eaten the following types of food in the past 7 days? Fresh vegetables or green salad/fruit or berries. once a week or less frequently/ 1-6 times a week/ 1-2 times a day/ 3 or more times a day.”

2015-2017 questions:

- Question: “How often have you eaten and drunk the following types of food or drink over the past 7 days? Fresh vegetables or green salad/fruit or berries. Never/ on 1-2 days/ on 3-5 days / on 6-7 days”

Up until 2014 questions: “In the past week, how often have you used the following foods and drinks? Fresh vegetables/root crops; fruits/berries.”

Further information: <http://www.thl.fi/healthyfinland> and http://www.thl.fi/en_US/web/en.

France

Sources:

2019: Eurostat EHIS 2019 survey.

2014: Eurostat EHIS 2014 survey.

2012: Institut de recherche et documentation en économie de la santé (Irdes). Health, Care, and Social Protection survey (ESPS).

Coverage: Population aged 15 years old and over.

Methodology:

2014 and 2019:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1. “How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

- Vegetables: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from

concentrate) at least once a day, derived from EHIS question FV3. “How often do you eat vegetables or salad,

excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

2012:

- “How often do you eat fruits (excluding juices): once or more a day (how many portions per day ?); between 4 and 6 times a week; between 1 and 3 times a week; less than once a week; never.”

- “How often do you eat vegetables or salad (excluding juices and potatoes): once or more a day (how many portions per day?); between 4 and 6 times a week; between 1 and 3 times a week; less than once a week; never.”

Further information:

2014: <https://ec.europa.eu/eurostat/documents/3859598/5926729/KS-RA-13-018-EN.PDF>.

2012: <http://www.irdes.fr/recherche/enquetes/esps-enquete-sur-la-sante-et-la-protection-sociale/questionnaires.html>.

Germany

Sources:

2019: Eurostat EHIS 2019 survey, Indicator "Frequency of fruit and vegetables consumption by sex, age and educational attainment level [hlth_ehis_fv1e]".

2014: Eurostat EHIS 2014 survey.

2012: Robert Koch-Institute (RKI), GEDA Telephone Health Survey 2012; Robert Koch-Institute 2014, *Beiträge zur Gesundheitsberichterstattung des Bundes: Daten und Fakten: Ergebnisse der Studie „Gesundheit in Deutschland aktuell 2012“*, Berlin, p. 103-109.

2010: GEDA Telephone Health Survey 2010; Robert Koch-Institute 2012, *Beiträge zur Gesundheitsberichterstattung des Bundes: Daten und Fakten: Ergebnisse der Studie "Gesundheit in Deutschland aktuell 2010"*, Berlin, p. 126-133.

2009: GEDA Telephone Health Survey 2009; Robert Koch-Institute 2011, *Beiträge zur Gesundheitsberichterstattung des Bundes: Daten und Fakten: Ergebnisse der Studie "Gesundheit in Deutschland aktuell 2009"*, Berlin, p. 109-115.

Coverage:

2014: Population aged 15 years old and over.

Before 2014: Population aged 18 years old and over.

Methodology:

2014 and 2019:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1. "How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never."

- Vegetables: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from concentrate) at least once a day, derived from EHIS question FV3. "How often do you eat vegetables or salad, excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never."

Before 2014: GEDA is a telephone health survey, conducted by the Robert Koch-Institute, which is representative of the German-speaking adult population in private households provided with fixed phone lines.

- In GEDA 2009, more than 21200 persons were interviewed from July 2008 to June 2009. In GEDA 2010, 22000 persons were interviewed from September 2009 to July 2010. In GEDA 2012, 26000 persons were interviewed from February 2012 to March 2013.

- The information on the consumption of fruits and vegetables is self-assessed.

- Fruit consumption: Question: "How often do you eat fruits? Every day / At least once a week / Less than once a week / Never-Do not know."

- Vegetable consumption: Question "How often do you eat vegetables? Excluding potatoes. Every day / At least once a week / Less than once a week / Never-Do not know."

- GEDA 2009: In the question for vegetable consumption it is not explicitly mentioned that the potatoes should be excluded. However, this does not seem to be problematic, as in general the German population does not consider potatoes as vegetables.

Further information: <http://www.rki.de> and <http://www.geda-studie.de>.

Greece

Sources:

2014 and 2019: Health Survey conducted by the **Hellenic Statistical Authority - ELSTAT**.

2009: National Health Interview Survey conducted by the **Hellenic Statistical Authority - ELSTAT**.

Methodology:

- In 2009, 2014, and 2019, Health Surveys' samples were 6172, 8223 and 8125 individuals aged 15+, respectively.

- The frequency of the survey is every five years. The type of interview is PAPI.

Coverage: Population aged 15 years old and over.

Deviation from the OECD definition: Data include fresh fruit juice for fruits consumption (excluded are juices prepared from concentrated or processed fruits or juices artificially sweetened), as well as vegetable juice for vegetable consumption (included are vegetable soups and legume. Excluded are potatoes and juices prepared from concentrated or processed vegetables). As for vegetables, pulses and beans are included.

Further information:

2019: <https://www.statistics.gr/el/statistics/-/publication/SHE22/>.

2014: <http://www.statistics.gr/el/statistics/-/publication/SHE22/2014>.

2009: <http://www.statistics.gr/el/statistics/-/publication/SHE22/2009>.

Hungary

Sources:

2019: **Hungarian Central Statistical Office (KSH)**, EHIS 2019 (ELEF2019 in Hungarian).

2014: **Hungarian Central Statistical Office (KSH)**, EHIS 2014 (ELEF2014 in Hungarian).

2009: **Hungarian Central Statistical Office (KSH)**, EHIS 2009 (ELEF2009 in Hungarian).

Coverage: Population aged 15 years old and over.

Methodology:

Questions asked in the survey:

2014 and 2019: Question asked in the survey: How often do you eat fresh, frozen, dried or canned fruits?
Several times a day / Once a day / 4 to 6 times a week / 1 to 3 times a week / Less than once a week /

Never.

- Same question for the consumption of vegetables.

2009: How often do you eat fruits? Twice or more a day/once a day/ Less than once a day but at least four times a week/ Less than four times a week, but at least once a week/ Less than once a week/Never

- Same question for the consumption of vegetables.

Further information: <http://www.ksh.hu/elef/index.html> (in Hungarian).

Iceland

Sources:

From 2014 onwards: **The Directorate of Health**: A population-based sample survey.

2010: **The Directorate of Health in Iceland**: *National Dietary Survey 2010-2011*.

2002: **The Icelandic Nutrition Council**: *National Dietary Survey 2002*.

Coverage: Residents of Iceland aged 18+.

Methodology:

From 2016 onwards: A population-based sample survey conducted several times during the year (surveillance).


2014-2015: A population-based sample survey (surveillance).


- Question (unofficial translation): How often do you consume the following food? a) Fruits or berries? b) Vegetables (fresh, frozen, boiled or prepared)? Response options: Once a day; twice a day; three times a day or more often; once per week; 2-3 times per week; 4-6 times per week; less than once a week; never.

2010: A random sample of the Icelandic population aged 18-80 years old was taken into account.

- Sample size: 2000, response rate 68.6%. There were a few food frequency questions, including frequency of fruit and vegetable consumption, following a 2x24-hour dietary recall in a telephone interview.

2002: The same question was asked "Can you estimate how often you have usually eaten the following foods? Keep the last three months in mind. Fruit: per day, per week, per month, never. Vegetables: per day, per week, per month, never." The questions were part of a dietary survey, a 24-hour dietary recall in a telephone interview.

 **Break in time series in 2014:** Previously submitted data covered the years 2002 and 2010. These data came from the National Dietary Survey. This survey has not been carried out since then and is not foreseen in the near future. Therefore, it was decided to start using data from the abovementioned surveillance on determinants of health, which started in 2014. Since the questions are not exactly the same, and the method of carrying out the survey is different, it was decided that a break in series should be indicated.

 **Deviation from definition:** Lower age limit is 18 years old.

Ireland

Source: **Annual Healthy Ireland Survey**, commissioned by the **Department of Health** as part of the Healthy Ireland initiative. The questions used are standard EHIS questions.

Coverage: Each wave involves a sample of approximately 7,500 individuals representative of the population aged 15 and older.

Methodology:

- The Healthy Ireland Survey is an interviewer-administered survey with interviews conducted on a face-to-face basis (pre-2020) or over the phone (from 2021 onwards) with individuals aged 15 and over. This survey uses a multi-stage probability sampling process.
- Detailed information on response rate and methodology for the 2024 Survey is available at <https://assets.gov.ie/313378/4ea7ec06-47e4-40b6-b8a9-c92984d9022e.pdf>.
- The Healthy Ireland Survey was not undertaken in 2020 due to COVID-19.
- The information for fruit /vegetable intake is taken from respondents' replies to the standard EHIS questions on food and vegetable intake.

Deviation from the definition: Data for 2017 differ from the standard definition as juice consumption was included.

Further information: The results of the first Healthy Ireland Survey were published in 2015 and all reports are available at <https://www.gov.ie/en/collection/231c02-healthy-ireland-survey-wave/>.

Israel

Sources:

2023-2024: **Israel Center for Disease Control (ICDC), Ministry of Health. National KAP 2023-2024 surveys** (Knowledge, Attitudes and Practices) conducted by the **Israel Center for Disease Control (ICDC)** and the Department of Health Education and Promotion, **Ministry of Health**.

2019: **Israel Center for Disease Control (ICDC), Ministry of Health. The fourth Israel National Health Interview Survey INHIS-4, 2018-2020.**

2017: **Israel Center for Disease Control (ICDC), Ministry of Health. National KAP survey** (Knowledge, Attitudes and Practices) conducted periodically since 2002 by the **Israel Center for Disease Control (ICDC)** and the Department of Health Education and Promotion, **Ministry of Health**.

2016: **Israel Center for Disease Control (ICDC), Ministry of Health and Ministry of Culture and Sport. National Survey of Physical Activity in Adults, 2016.**

2014: **Israel Center for Disease Control (ICDC), Ministry of Health. The third Israel National Health Interview Survey INHIS-3, 2013-2015.**

2008: **National KAP survey** (Knowledge, Attitudes and Practices) generally conducted every two to three years since 2002 by the **Israel Center for Disease Control (ICDC)** and the **Department of Health Education and Promotion, Ministry of Health**.

1999: **Israel Center for Disease Control (ICDC)** and the **Ministry of Health**, Department of Food and Nutrition Services, The First Israeli National Health and Nutrition (MABAT) Survey.

Coverage:

2023-2024: The National KAP 2023-2024 Surveys (Knowledge, Attitudes and Practices) are based on nationally-representative population samples of the non-institutionalised civilian population aged 21 and above.

2019: The INHIS-4 (Israel National Health Interview Survey) survey is based on a nationally-representative population sample of the non-institutionalised civilian population aged 21 and above.

2017: The National KAP Survey (Knowledge, Attitudes and Practices) is based on a nationally-representative population sample of the non-institutionalised civilian population aged 21 and above.

2016: The National Survey of Physical Activity is based on a representative population sample aged 18 and over. However, the data presented for 2016 are for persons aged 21 and over, in order to be consistent with data reported from MABAT, KAP and INHIS surveys.

2014: The INHIS-3 survey is based on a representative population sample aged 21 and over.

2008: KAP Surveys are based on national representative samples of non-institutionalised civilian population. The data of KAP 2008 survey are based on a national survey of adults aged 21 and over.

1999: Data are based on a national survey of adults aged 25-64 years old.

Methodology:

2023-2024: The KAP 2023-2024 surveys, population-based telephone surveys, were carried out on samples of respectively 2,807 and 3,001 Israelis aged 21 years and over. The KAP 2023 survey was conducted from September 28, 2022, to October 7, 2023 (before the 2023-2024 war), while the KAP 2024 survey took place from October 7, 2023, to September 3, 2024 (during the 2023-2024 war). There was no statistically significant difference in the calculated percentages of the indicators (daily fruit and vegetable consumption percentages) between the two surveys across the entire sample. Fruit and vegetable intake was based on

quantity, i.e. number of fruits/vegetables consumed per day. Additionally, the consumption of potatoes was excluded when inquiring about vegetable servings.

2019: The INHIS-4 survey is the fourth in a series of population-based National Health Interview Surveys. Previous surveys were conducted in 2003-2004 (INHIS-1), 2007-2010 (INHIS-2) and 2013-2015 (INHIS-3). The INHIS-4, a population-based telephone survey, was carried out on a sample of 4,135 Israelis aged 21 years and over. Fruit and vegetable intake was based on **quantity**, i.e. number of fruits/vegetables consumed per day.

2017: The KAP 2017 survey, a population-based telephone survey, was carried out on a sample of 3,265 Israelis (only for the first section of the survey) aged 21 years and over. Fruit and vegetable consumption was based on **frequency** of consumption, i.e. number of times per day in which fruits/vegetables were consumed.

2016: The National Physical Activity Survey was a population-based telephone survey conducted on a representative sample of 3,368 Israelis aged 18 and over. The data reported in the OECD database are based on 3,241 Israelis aged 21 and over. Fruit and vegetable intake was based on **quantity**, i.e. number of fruits/vegetables consumed per day.

🔪 **Break in time series in 2016**: The KAP 2008 and INHIS-3 were based on samples of land-line telephones only. Since 2016, the samples of the surveys include both land-lines and mobile telephones. This needs to be taken into account when performing comparisons or measuring trends over time.

2014: The INHIS-3 survey is the third in a series of population-based National Health Interview Surveys. The INHIS-3 survey was a telephone survey on a representative sample of 4,406 Israelis aged 21 and above. Fruit and vegetable intake was based on **quantity**, i.e. number of fruits/vegetables consumed per day.

2008: The KAP survey is a series of national, population-based telephone surveys generally conducted every two to three years on representative samples of the population. Samples include at least 3,000 residents. The KAP 2008 survey was carried out on a sample of 4,186 Israelis aged 21 years old and above. Vegetable and fruit intake was based on **quantity** - number of fruits/vegetables consumed per day.

🔪 **Break in time series in 2008**: Apart from the 1999 MABAT survey, all other surveys were telephone-based interviews. This needs to be taken into account when performing comparisons or measuring trends over time.

1999: The survey was conducted through face-to-face interviews in 1999-2000 on a population sample of 3,246 residents (non-institutionalised civilians). The survey includes questionnaire (demographic, health, nutrition, health behaviors) and anthropometric measurements. Food intake data were based on 24-hour dietary recalls. Fruit and vegetable intake was derived from the 24-hour recall.

Further information:

- For further information regarding the surveys:

INHIS-4: https://www.gov.il/BlobFolder/reports/inhis-4-2019/he/files_publications_units_ICDC_INHIS-4-2019.pdf (partially in English).

INHIS-3: https://www.health.gov.il/PublicationsFiles/INHIS_3.pdf (partially in English)

KAP 2008: <https://www.health.gov.il/publicationsfiles/knowledge-behavior-2008.pdf> (partially in English)

KAP 2017: https://www.gov.il/BlobFolder/reports/kap-2017/he/files_publications_units_ICDC_KAP2017.pdf (partially in English)

MABAT 1999 (age 25-64): https://www.health.gov.il/PublicationsFiles/Mabat_1999-2001-a.pdf (partially in English)

Physical Activity 2016: https://www.health.gov.il/PublicationsFiles/ICDC_380.pdf (Hebrew only)

Note: The statistical data for Israel are supplied by and under the responsibility of the relevant Israeli authorities. The use of such data by the OECD is without prejudice to the status of the Golan Heights, East Jerusalem and Israeli settlements in the West Bank under the terms of international law.

Italy

Source: ISTAT, Istituto Nazionale di Statistica (National Institute of Statistics). Survey “Aspect of daily living.”

Coverage: Population aged 15 years old and over.

Methodology:

- Survey question: How often do you eat the following types of food? (one answer for each line):
 - Raw and cooked greens (spinach, lettuce, chicory, cabbage, broccoli).

- Tomatoes (except canned tomatoes), aubergines, peppers, fennel, zucchini, artichokes, carrots, pumpkin, cauliflower, peas and other fresh legumes.
- Fruit.
- Possible responses: More than once a day, once a day, sometimes during the week, less than once a week, never.

Further information: <http://dati.istat.it/Index.aspx?QueryId=42613>.

Japan


Data not available.

Korea

Sources: Ministry of Health and Welfare, Korea Disease Control and Prevention Agency, Report on the National Health and Examination Nutrition Survey.

Methodology:


- The survey used the 24-hour recall method asking for the quantity of all food eaten the previous day.
- Questionnaire: “How much fruits and vegetables do you eat in a day? Please indicate all kinds of food you have eaten and the quantity for each kind of food.”

 Data are derived from quantity-type questions, and may thus be overestimated when compared with other countries.

Further information: <https://knhanes.cdc.go.kr/knhanes/eng/index.do>.

Latvia

Source: Centre for Disease Prevention and Control of Latvia, Health Behaviour Survey among Latvian Adult Population.

 **Break in time series in 2016:** Data for 1998-2014 are for the age group 15-64 years old; data from 2016 onwards are for the age group 15-74 years old.

Lithuania

Source: State Data Agency (Statistics Lithuania), Health Interview Surveys 2014 and 2019.

Coverage: Daily consumption of fruits and vegetables by the population aged 15+.

Luxembourg

Source:

2019: European Health interview Survey (EHIS) Wave 3.

2014: European Health interview Survey (EHIS) Wave 2.

Coverage: Population aged 15 years old and over.

Methodology:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1. “How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

- Vegetables: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from concentrate) at least once a day, derived from EHIS question FV3. “How often do you eat vegetables or salad, excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

Mexico

Source: Ministry of Health. National Institute of Public Health, National Health and Nutrition Survey (ENSANUT 2006, 2012). For 2020 the source used is ENSANUT 2020 COVID-19.

Coverage: Data cover the population aged 15-59 for 2006 and 2012. In 2020 data refer to the population aged 20 years old and over.

Methodology:

- ENSANUT 2020 COVID-19: The sample size was 10216 households. The information was collected between August and September 2020. The selection of individuals within the households consisted of two stages. In the first stage, the inhabitants were stratified into six age groups and at least one person was selected from each group. In the second stage, a subsample of health service users who received medical care in the last three months was selected. Once the individuals were selected, two subsamples were generated. The first subsample was called ENSANUT 2020 on COVID-19 and was formed with 32% of the total households. The second subsample was formed with the remaining 68% of the total sample of households (COVID subsample).

Sampling fractions for food consumption frequency questionnaire

Age group	Sub-sample ENSANUT 2020 (32% of the sample)	Sub-sample COVID (68% of the sample)
Adult 20-34	0.218	0
Adult 35-49	0.218	0
Adult 50 +	0.218	0

- Results are from the NHNS-2012 with a household response rate of 87%, with complete data from 50528 households, where 96031 individuals selected by age were interviewed. The survey is as a probabilistic population-based survey with a multi-stage and stratified sampling and representative of the national and state level.

- Dietary data from the ENSANUT-2012 were obtained in a sub-population sample of 5081 individuals interviewed. The survey population is representative of adults.

- Dietary data: The dietary information was obtained through the application of a semi-quantitative food frequency questionnaire (FFQ) which collected information about food for the 7 days prior to taking the questionnaire in order to obtain data on the current diet of the population. The FFQ was designed to evaluate the diet of each age group in the Mexican population. It asked questions related to the consumption of 12 food groups, among them, the group for vegetables and fruits. This category was composed of a total of 16 types of fruit and 18 types of vegetables.

Plants that have edible parts are considered to be vegetables. The following are examples: leaves (cabbage, lettuce, spinach, etc.), stems (celery, etc.), shoots (asparagus, etc.), flowers (cauliflower, artichoke, etc.), pods (green beans, etc.), roots (carrots, beets, etc.), bulbs (onions, garlic, etc.), fruits (especially those fruits in Mexico that culturally are considered vegetables, such as tomatoes, cucumbers, avocados, etc.) and green beans (peas, beans). The main exceptions are mature seeds of plants with stems or grasses (such as maize, wheat, rice, oats, etc.) and nuts from pods-like beans, dried beans, lentils, chickpeas and soy which are known as legumes, and their protein intake is very high.

❗ At present, the daily consumption of vegetables in Mexico is overestimated, as the intake of onion and chili in food is classified as vegetable consumption.

- Fruits are considered to be food that are botanically defined as the fleshy parts of trees or edible plants that contain fresh seeds, except those classified as vegetables (as is the case of avocado and tomato). Potatoes are not included as part of the vegetable group because of their high starch content, low dietary fibre and other micronutrients.

- To estimate the consumption of at least one fruit or vegetable at least once a day, we first calculate a frequency of consumption. However, there are two constraints to obtain the exact frequency of the total number of days each food is consumed. The first constraint is that we cannot identify whether the consumption of foods in each group overlap in a day, so we will assume that the days are independent. The second is that the variable that reports the number of days each food is consumed is grouped into a count variable with the following frequencies: takes the value of 1 if never consumed; the value of 2 if you consume one day a week; 3 if you consume 2 to 4 days; 4 if you consume 5 to 6 days; and finally the value

of 5 if you consume every day of the week. This does not allow the exact count of the number of days of the week that each food is consumed. To overcome this, we conducted two scenarios taking into account the lower and upper limits of the categories 2-4 days and 5-6 days. The average value of both scenarios is the one reported in the tables. The results are:

1. Proportion of the Mexican population between 15 and 59 years old who consumed fruits at least once a day.
 2. Proportion of the Mexican population between 15 and 59 years old who consumed vegetables at least once a day.
- Results for 2012 are estimates developed by the Economic Analysis Unit of the Mexican Ministry of Health to fulfil OECD definition of consumption of fruits and vegetables.
 - Results for 2006 are registered as been based upon ENSANUT 2006 but no official publication was found where the numbers were published.

Further information: <https://ensanut.insp.mx/> and http://ensanut.insp.mx/analisis_publicados.php#.VuxGZOLhCUl (in Spanish).

Netherlands

Sources: Statistics Netherlands, Annual Health Interview Survey.


2014: Eurostat EHIS 2014 survey.


Coverage: Population aged 15 years old and over for all years.


Methodology:

- Fruits (for all years): Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1. "How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never."

- Vegetables (for all years): Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from concentrate) at least once a day, derived from EHIS question FV3. "How often do you eat vegetables or salad, excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never."

 **Deviation from the definition with regards to vegetables consumption 2014-2022:** Percentage of people reporting to eat **cooked or baked** vegetables (excluding potatoes) at least once a day, derived from the question: "How many days a week do you usually eat cooked or baked vegetables? Potatoes do not count as vegetables." There is a separate question regarding salad and raw vegetables: "How many days a week do you usually eat salad and raw vegetables?" Unfortunately, it is not possible to add the results of both questions to determine how many days a week people eat vegetables (cooked, baked, salad and / or raw).

 **Deviation from the definition with regards to vegetables consumption from 2023:** Percentage of people reporting to eat vegetables (excluding potatoes) daily with the main meal of the day, derived from the question: "How many days a week do you eat vegetables with your main meal? Also count vegetables in a one-pot meals and raw vegetables such as lettuce. Do not count potatoes." There is a separate question regarding vegetables eaten at other moments of the day: "How many days a week do you eat vegetables outside of your main meal? Think of a bowl of salad or other vegetables for lunch or as a snack." Unfortunately, it is not possible to add the results of both questions to determine how many days a week people eat vegetables.

 **Break in time series in 2023:** As a result of the changes in the questions about vegetables consumption, described above, a methodology break occurred between 2022 and 2023.

New Zealand

Source: Ministry of Health.

2012 onwards: New Zealand Health Survey 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016, 2016-17, 2017-18, 2018-19, 2019-20, 2020-21, 2021-22, 2022-23 and 2023-24.

2009: Adult Nutrition Survey (ANS) 2008-09.

2007: New Zealand Health Survey (NZHS) 2006-07.

2003: NZHS 2002-03.

Methodology:

- See the indicator on “Perceived health status (<http://stats.oecd.org/wbos/fileview2.aspx?IDFile=3627d99d-fb9f-40e1-98a0-20f19c80ac5f>)” for details on the New Zealand Health Surveys’ periods and sample sizes.

Fruit question:

- 2011-12 – 2020-21: “On average how many servings of fruit do you eat per day? Please include all fresh, frozen, canned and stewed fruit. Do not include fruit juice or dried fruit.” A serving equals 1 medium piece or two small pieces of fruit or half a cup of stewed fruit. For example, 1 apple and 2 small apricots = 2 servings. Response categories were: “I don’t eat fruit, less than 1 per day, 1 serving per day, 2 servings per day, 3 servings per day, 4 or more servings per day, Don’t know.”

- In 2021-22, the options “5 servings per day” and “6 or more servings per day” were added, and the serving size for stewed, frozen and canned fruit increased from half a cup to one cup.

Vegetables question:

- 2011-12 – 2020-21: “On average how many servings of vegetables do you eat per day? Please include fresh, frozen and canned vegetables. Do not include vegetable juices.” A serving equals one potato/kumara, or half a cup of cooked vegetables or 1 cup of salad vegetables. For example, 2 medium potatoes + ½ cup of peas = 3 servings. Response categories were: “I don’t eat vegetables, less than 1 per day, 1 serving per day, 2 servings per day, 3 servings per day, 4 or more servings per day, Don’t know.”

- In 2021-22, the options “5 servings per day” and “6 or more servings per day” were added. The serving size for potato/kumara decreased from one potato/kumara to half of a medium potato/similar sized kumara. The example given was edited to reflect this change.

- The recommended serving size shown in the showcards was changed in 2021 as well, but this does not seem to have impacted the results.

❗ Data are derived from quantity-type questions, and therefore may be overestimated when compared with other countries.

2009: The 2008-2009 Adult Nutrition Survey was carried out from October 2008 to October 2009, collecting information on 4721 adults through face-to-face interviews.

2007: The 2006-2007 survey was carried out from October 2006 to November 2007, collecting information on 12488 adults.

2003: Data were collected from September 2002 to January 2004 (approximately 13000 adults in 2002-2003).

❗ **Deviation from the OECD definition:** Data do not match the definition as the NZHS/ANS definition for vegetables consumption includes consumption of potatoes.

Further information: <https://www.health.govt.nz/statistics-research/surveys/new-zealand-health-survey>.

Norway

Sources: Statistics Norway. European Health Interview Surveys, EHIS 2005 to 2019. EU-SILC Survey on income and living conditions for the 2022 data.

Coverage: Population aged 16 years old and over.

Methodology:

- The EHIS surveys are conducted as personal interviews with a random sample from the population (excluding the institutionalised population). Approximately 8150 persons are interviewed. The survey runs every three years. From 2019 it will run every six years. Data are collected through telephone interviews (CATI).

- 2005: “How often do you usually eat fresh fruit and berries? How often do you usually eat vegetables? Include all types of vegetables, fresh, boiled, fried, etc.”

- 2008 and 2012: “How often do you usually eat fresh fruit and berries? Do not include juice. How often do you usually eat vegetables? Do not include potatoes and vegetable juice. Include all types of vegetables - fresh, boiled, fried, etc.”

- Answer categories for all surveys include: “Would you say 3 or more times a day, 2 times a day, once a day, 5-6 times a week, 2-4 times a week, once a week, less than once a week? More than one vegetable in a meal counts as once.”

- 2015: “How often do you usually eat vegetables or salad? Do not include potatoes.” “How often do you eat fruit and/or berries? Do not include juice.”

- 2019: “How often do you usually eat fruits or berries? Include all types of fruit and berries, fresh, frozen or canned. Do not include fruit juice (or nuts)”.
- “How often do you usually eat vegetables or salad? Do not include vegetable juice or potatoes.”
- Answer categories for both questions: **Once or more a day**, 4-6 times a week, 2-3 times a week, 1 time a week, Less than once a week.
- 2022: (EU_SILC): “How often do you usually eat fruits or berries. Do not include fruit juice (or nuts)”.
- “How often do you usually eat vegetables? Do not include vegetable juice or potatoes.”
- Answer categories for both questions: **Several times a day, once a day**, 4-6 times a week, less than once a week, never.
- ❗ **Deviation from the OECD definition:** Juice and potatoes are included in the 2005 survey question, but excluded in the 2008, 2012, 2015, 2019 and 2022 survey question.
- ✂ **Break in time series in 2022** due to a change in source.
- Further information:** <https://www.ssb.no/en/helse/statistikker/helseforhold/hvert-3-aar>.

Poland

Sources:

2019: **Statistics Poland**, European Health Interview Survey 2019.

2014: **Eurostat EHIS 2014** survey.

2009: **Statistics Poland**, European Health Interview Survey 2009.

Coverage:

2014: Population aged 15 years old and over.

2009: Persons aged 15 years old or older eating fruit (excluding juice) or vegetables (excluding potatoes and juice) at least once per day.

Methodology:

2014:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1. “How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

- Vegetables: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from

concentrate) at least once a day, derived from EHIS question FV3. “How often do you eat vegetables or salad,

excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

2009:

- How often do you eat fruits?

- How often do you eat vegetables (excluding potatoes)?

Portugal

Sources:

2019: EHIS/National Health Survey, **Statistics Portugal; Ministry of Health, National Health Institute - Doutor Ricardo Jorge**.

2014: **Eurostat EHIS 2014** survey.

Coverage: Population aged 15 years old and over.

Methodology:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1. “How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

- Vegetables: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from

concentrate) at least once a day, derived from EHIS question FV3. “How often do you eat vegetables or salad,

excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

❗ Deviation from the definition:

- The results of the National Health Surveys 2014 and 2019 are not comparable for the indicator consumption of fruits. The question about fruit consumption also included the consumption of fresh or frozen fruit juices in 2014. In 2019, this situation does not occur. Only the question of fruit consumption is asked. Thus, it is not possible to establish a direct relationship between the two indicators.
- The results of the National Health Surveys 2014 and 2019 are not comparable for the indicator consumption of vegetables. In 2014, the question on vegetable consumption was more comprehensive, also including soups and natural juices. This condition does not occur in 2019, when only the consumption of vegetables or salads is included, excluding soups, potatoes, and any juices. In these circumstances, direct comparison between the two periods is not feasible.

Slovak Republic

Source: Statistical Office of the Slovak Republic, European Health Interview Surveys (EHIS) 2014 and 2019.

Coverage: Population aged 15 years old and over.

Methodology:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1. “How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”
- Vegetables: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from concentrate) at least once a day, derived from EHIS question FV3. “How often do you eat vegetables or salad, excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

Slovenia

Sources:

2019: National Institute of Public Health, Nacionalna raziskava o zdravju in zdravstvenem varstvu 2019 (Questionnaire of the European Health Interview Survey, EHIS, 3rd round).

2014: National Institute of Public Health, Anketa o zdravju in zdravstvenem varstvu 2014 (Questionnaire of the European Health Interview Survey, EHIS, 2nd round).

Coverage: Population living in private households (persons living in institutions are excluded), aged 15+.

Methodology:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day, derived from EHIS question FV1 (in 2019: question DH1). “How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”
- Vegetables: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from concentrate) at least once a day, derived from EHIS question FV3 (in 2019: question DH3). “How often do you eat vegetables or salad, excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never.”

Further information:

2019: <https://ec.europa.eu/eurostat/web/products-manuals-and-guidelines/-/KS-02-18-240>.

2014: <http://ec.europa.eu/eurostat/documents/3859598/5926729/KS-RA-13-018-EN.PDF/26c7ea80-01d8-420ebdc6-e9d5f6578e7c>.

Spain

Sources: Ministerio de Sanidad (Ministry of Health) and National Statistics Institute:

2014 and 2020: Eurostat EHIS survey. Encuesta Europea de Salud en España - EESE (European Health Interview Survey EHIS).

2003, 2006, 2011 and 2017: Encuesta Nacional de Salud de España - ENSE (National Health Interview Survey).

Coverage:

From 2011: Population aged 15 years old and over.

2003 to 2006: Population aged 16 years old and over.

Methodology:

2014 and 2020:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) at least once a day,

derived from EHIS question FV1. "How often do you eat fruits, excluding juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never."

- Vegetables: Percentage of people reporting to eat vegetables or salad (excluding potatoes and juice made from

concentrate) at least once a day, derived from EHIS question FV3. "How often do you eat vegetables or salad,

excluding potatoes and juice made from concentrate? 1. Once or more a day, 2. 4 to 6 times a week, 3. 1 to 3 times a week, 4. Less than once a week, 5. Never."

2017:

- Fruits: Percentage of people reporting to eat fruits (excluding juice made from concentrate) or reporting to eat fresh fruit or vegetable juice at least once a day derived from the population who answered "Daily" to the survey question: "How often do you eat fruits (excluding juice)?"

- Vegetables: Percentage of people reporting to eat vegetables or salad at least once a day, derived from the population who answered "Daily" to the survey question "How often do you eat vegetables or salad?"

From 2003 to 2006, the survey question was "How often do you eat fresh fruit?" and "How often do you eat vegetables?"

In 2011, proportion of the population who answered "Daily" to the survey question: "How often do you eat fruits (excluding juice)?" and "How often do you eat vegetables or salad (excluding juice and potatoes)?"

- Probabilistic sample since 2003.

- Weighted results.

- Percentages computed excluding missing values.

Further information: <https://www.sanidad.gob.es/estadEstudios/estadisticas/encuestaNacional/home.htm> and <https://www.sanidad.gob.es/estadEstudios/estadisticas/EncuestaEuropea/home.htm>.

Sweden

Source: Public Health Agency of Sweden, Sweden's national public health survey: "Health on equal terms". **Coverage:**

- The questions in the national public health survey cover physical and mental health, dental health, living habits, financial conditions, work and occupation, work environment, safety and social relationships.

- For the years 2004 to 2016, the survey was conducted annually (every second year starting from 2016), and the sample was 20,000 individuals aged 16-84 years old.

- From 2018 to 2020, the random sample was 40,000 individuals aged 16-84 years old.

- In year 2021, two separate survey samples were conducted, one random sample of 40,000 individuals pertaining to the ages 16-84 years, while the second random sample of 10 000 pertained to the 85-years and older.

- From 2022 and onwards, the random sample is 45,000 individuals aged at least 16 years old.

Methodology:

- Survey questions: "How often do you eat vegetables and root vegetables? This means all kinds of vegetables, leguminous plants and root vegetables (but not potatoes). Includes fresh, frozen, preserved, cooked, vegetable juice, vegetable soups etc. This may vary during the year, but try to give some kind of average. Choose one alternative."

“How often do you eat fruit and berries? Applies to all types of fruit and berries (fresh, frozen, preserved, juice, compote etc.) This may vary during the year, but try to give some kind of average. Choose one alternative.”

Note: From 2016, the survey is conducted every other year, which means data are not available for 2017, 2019, and 2023. In 2021, an additional survey was conducted due to the COVID-19 pandemic.

Further information: <https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/>, <https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/about-us/>, and <https://www.folkhalsomyndigheten.se/folkhalsorapportering-statistik/om-vara-datainsamlingar/nationella-folkhalsoenkaten/>.

Switzerland

Source: Federal Statistical Office, Neuchâtel, Swiss Health Survey 2007, 2012, 2017 and 2022.

Coverage: Population aged 15 years old and over.

Methodology:

- The questions included in the 2007 survey are as follows:

- “How many portions of fruit and fruit juice do you consume per day on average? Never/ Less than 1 portion per day / 1 to 2 portions per day / 3 to 4 portions per day / 5 or more portions per day / Don’t know / No answer. One portion corresponds to the size of your fist (approximately 120 grams). For juice it's about a medium-sized glass.”
- “How many portions of vegetables and vegetable juice (without potatoes or maize) do you consume per day on average? Never/ Less than 1 portion per day / 1 to 2 portions per day / 3 to 4 portions per day / 5 or more portions per day / Don’t know / No answer. One portion is about the size of your fist (approximately 120 grams). For juice it's about a medium-sized glass.”


- The questions included in the 2012 and 2017 surveys are as follows:

- “How many days a week do you eat vegetables or salad, excluding potatoes, or drink vegetable juices?”
- “How many days a week do you eat fruits or drink fruit juices?”

Deviation from the definition:

- Data do not match the definition as they include fruit juice as well as vegetable juice (potatoes and maize excluded).

- In 2007, data provide information on the *quantity* of consumption, whereas in 2012 and 2017 they provide information on the *frequency* of consumption.

 **Break in time series** due to change in the questions in 2012.

Further information: Enquête suisse sur la santé (ESS), Office fédéral de la statistique, see <https://www.bfs.admin.ch/bfs/fr/home/statistiques/sante/enquetes/sgb.html> (in French).

Türkiye


Source: Turkish Statistical Institute (TURKSTAT), Türkiye Health Interview Surveys 2008, 2010, 2012, 2014, 2016, 2019 and 2022.

Methodology:

- The survey questions were as follows:

- “How often do you eat fruits (excluding juice)? Twice or more a day / Once a day / Less than once a day but at least 4 times a week / Less than 4 times a week but at least once a week / Less than once a week / Never / Don’t know / Refusal.”

- “How often do you eat vegetables or salad (excluding juice and potatoes)? Twice or more a day / Once a day / Less than once a day but at least 4 times a week / Less than 4 times a week but at least once a week / Less than once a week / Never / Do not know / Refusal.” People who answer “Twice or more a day + Once a day” are regarded as consuming vegetable/fruit every day.

 **Note:** Türkiye has been struggling with very high inflation rates, reaching 70% recently. This has seriously affected people's purchasing power; this explains the decrease in consumption of fruits and vegetables in 2022. The survey is the same module as previously used. It does not contain any structural differences.

Further information: <http://www.turkstat.gov.tr/>.

United Kingdom


Source: 2014: Eurostat EHIS 2014 survey.

United States

Source: U.S. Department of Health and Human Services/Centres for Disease control and Prevention/National Centre for Health Statistics. The National Health and Nutritional Examination Survey (NHANES), see <http://www.cdc.gov/nchs/nhanes.htm>.

Coverage: Nationally representative sample of non-institutionalised U.S. civilian population 18 years of age and older.

Methodology:

 Data present the weighted percentage/ proportion of the selected population who consume fruits or vegetables. Data do not represent frequency or quantity, and may thus be overestimated when compared with other countries.

Vegetable: includes juice and exclude potatoes consumption.

Fruit: excludes juice consumption.

- The National Health and Nutrition Examination Survey (NHANES) collects dietary intake information using 24-hour dietary recall interviews. The survey combines an in-home interview and a standardised physical examination at a mobile examination center (MEC). Data on juice consumption were collected via an in-person 24-hour dietary recall interview in the MEC.

Percent estimates were weighted to represent the U.S. Civilian Non-Institutionalised Population for each respective year.

- The Fruit Group consists of three components: citrus, melons, and berries, other fruits; and fruit juice. A thorough detail of the NHANES fruits component can be found at

<https://www.cdc.gov/nchs/products/databriefs/db391>.

- The Vegetables Group consists of four components: dark green, red and orange, starchy, and others. A thorough detail of the NHANES vegetable component can be found at

<https://www.cdc.gov/nchs/products/databriefs/db391>.

- Beginning in 1999, the National Health and Nutrition Examination Survey (NHANES) became a continuous, annual survey rather than the periodic survey it had been in the past. The midpoint is considered the first part of the second year (2-year data cycle). Hence 1999-2000 is 2000, and 2001-2002 is 2002.

- The results are presented for the midpoint of the survey period.

NON-OECD ECONOMIES

Argentina

Source: Second National Survey of Nutrition and Health 2018. Data extracted February 2025 at <https://datos.salud.gob.ar/dataset/ennys2> for 2018 data.

Further information: <https://iah.msar.gov.ar/doc/902.pdf> and <https://iah.msar.gov.ar/doc/705.pdf>.

Bulgaria

Source: National Statistical Institute, European Health Interview Survey.

Coverage: All persons aged 15 and over living in non-institutionalised households are covered.

Methodology: Percentage of people aged 15 years old and over who report that they consume fruits and vegetables once or more than once a day.

Croatia

Source: European Health Interview Survey, EHIS 2014 and 2019.

Coverage:

- Population aged 15 or over.

- Data not available before 2014 as Croatia did not participate in earlier waves of EHIS.

Methodology:

- Distribution of the population according to the frequency of consumption of fruit/vegetables.

- The methodology is in line with the common EHIS methodology:

Fruit:

- In EHIS 2014 the question was: "How often do you eat fruits, excluding juice made from concentrate?"

Interviewer clarification was: "Only juices squeezed from fresh fruit are included. Juices prepared from concentrate or processed fruits, or juices artificially sweetened are excluded."

- In EHIS 2019 the question was: "How often do you eat fruit, excluding juice squeezed from fresh fruit or made from concentrate?" Interviewer instruction was: "Frozen, dried, canned, etc. fruits should be included. But any fruit juices should be excluded."

The answer options were in both rounds: 1. Once or more a day 2. 4 to 6 times a week 3. 1 to 3 times a week 4. Less than once a week 5. Never.

Vegetables:

- In EHIS 2014 the question was: "How often do you eat vegetables or salad, excluding potatoes and juice made from concentrate?" Interviewer clarification was: "Soups (warm and cold) as well as juices squeezed from fresh vegetables are included. Juices prepared from concentrate or processed vegetables, or artificially sweetened are excluded."

- In EHIS 2019 the question was: "How often do you eat vegetables or salad, excluding potatoes and fresh juice or juice made from concentrate?" Interviewer instruction was: "Frozen, dried, canned, etc. vegetables should be included. But any kind of vegetable juices or soups (warm and cold) should be excluded."

The answer options were in both rounds: 1. Once or more a day 2. 4 to 6 times a week 3. 1 to 3 times a week 4. Less than once a week 5. Never.

- There has been a slight revision in the question used: while juices squeezed from fresh fruit and vegetables had been included in EHIS wave 2, they were excluded in EHIS wave 3.

Further information: Publications (in Croatian) containing EHIS 2019 results are available on the website of the Croatian Institute of Public Health, see "Basic Indicators & Life Habits".

Peru

Source: Demographic and Family Health Survey (ENDES).

Coverage: National estimates.

Methodology:

Fruit consumption:

Numerator: Number of individuals aged 15 or over who consume fruit and/or fruit salad 7 or more times a week.

Denominator: Total number of individuals aged 15 or over with complete information.

- Data exclude those who did not answer the question about fruit and/or fruit salad consumption, and those who answered that they do not consume or that they do not know/do not have an opinion.

Romania

Source: Eurostat database for EHIS, based on national microdata sent for wave 1 (2008), wave 2 (2014), and wave 3 (2019). The next survey will take place in 2025 during September-November, according to the EU regulation.

Coverage: Persons aged 15 years old and over.

Methodology:

❗ Data for 2008 and 2014 include the consumption of juices and soups (fresh or from concentrate).

- Data for 2019 based on Commission Regulation (EU) 2018/255 implementing Regulation (EC) No 1338/2008 of the European Parliament and of the Council as regards statistics based on the European Health Interview Survey (EHIS).

✂ **Break in time series in 2019:** Data for 2019 (EHIS wave 3) exclude the consumption of juices and soups (fresh or from concentrate).

Further information:

https://ec.europa.eu/eurostat/databrowser/view/HLTH_EHIS_SK6E_custom_4971090/default/table?lang=en.

- The EHIS methodology is published by Eurostat at
https://ec.europa.eu/eurostat/cache/metadata/en/hlth_det_esms.htm.

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<https://www.oecd.org/en/data/datasets/oecd-health-statistics.html>