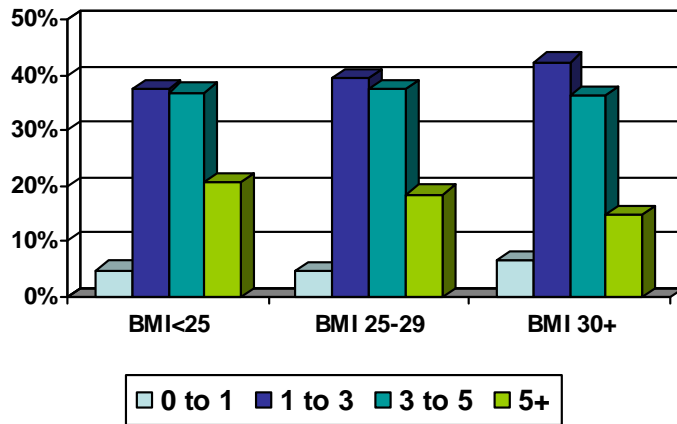
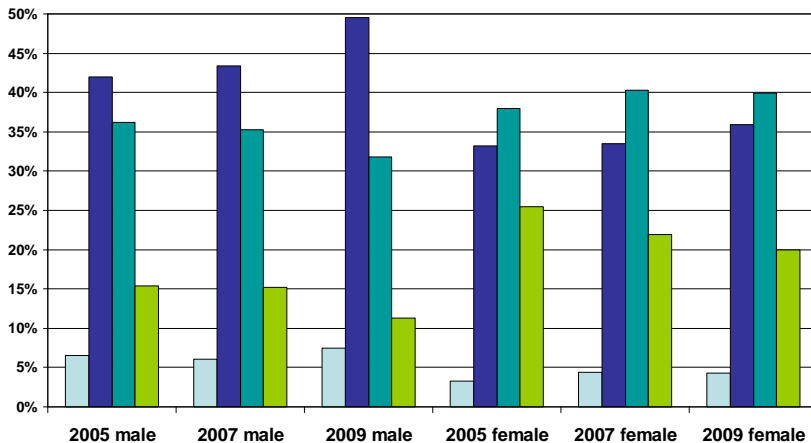


Vegetable and Fruit Intake Among South Dakota Adults, 2005,2007,2009 combined

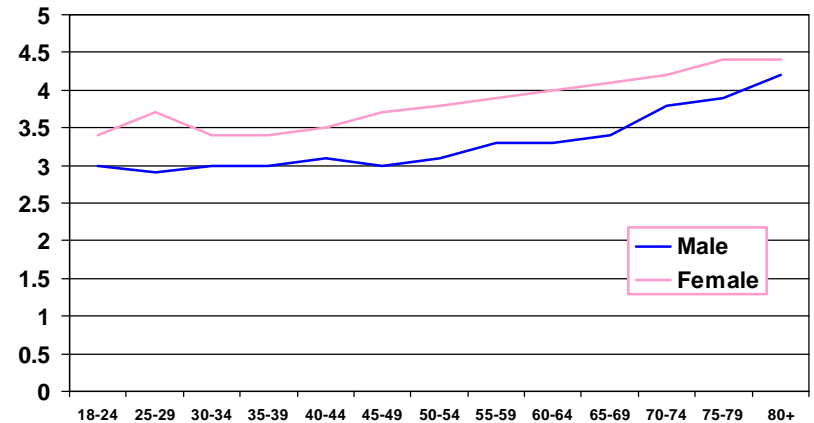
Percent of Fruit and Vegetable Servings Consumed by BMI Status



Percent of Fruit and Vegetable Servings Consumed per Day Among South Dakota Adults by Sex and Year



Average Number of Fruit and Vegetable Servings Consumed Per Day by Age and Sex of South Dakota Adults 2005-2009



- The 2010 Dietary Guidelines for Americans emphasize potassium, dietary fiber, and calcium as nutrients of concern in the American diet. Fruits and vegetables are excellent sources of these nutrients.
- Dietary recommendations for an adult consuming 2000 calories are 2 cups of fruit and 2.5 cups of vegetables per day, including dark green, red and orange vegetables, and beans and peas.
- Thirty-eight percent of adult South Dakotans consume no fruit servings on an average day.
- Adults with BMI <25 are most likely to consume 5 or more fruit and vegetable servings per day, while those with BMI >30 are less likely. Eating more fruits and vegetables in place of higher calorie foods can help adults achieve and maintain a healthy weight.