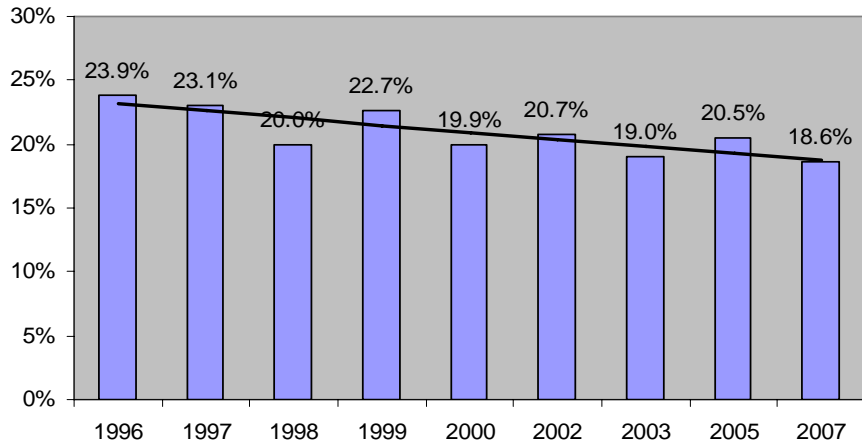


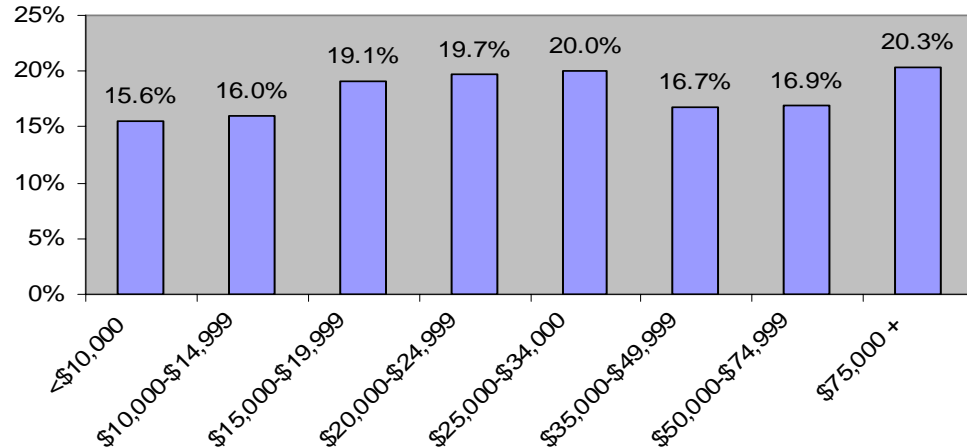
Fruit and Vegetable Consumption among South Dakotans

South Dakotans that eat at least 5 servings of fruits and vegetables



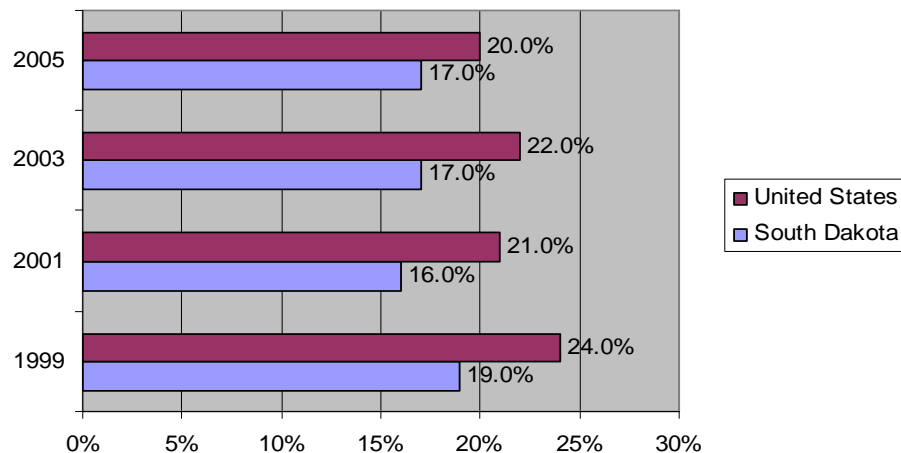
Source: SD BRFSS, 2008

South Dakotans that eat at least 5 servings of fruits and vegetables, by income level



Source: SD BRFSS, 2008

Percent of South Dakota high school students who ate 5 or more servings of fruits/vegetables



Source: SD YRBS Trend Data Report, 2005

- Studies show that eating the recommended amounts of fruit and vegetables every day will aid in preventing obesity and other chronic diseases such as diabetes, heart disease, and cancer.

- Dietary Guidelines recommend most adults eat 2 cups of fruit (4 servings) plus 2.5-3 cups of vegetables (5-6 servings) per day. Data shows that less than one in five are eating a total of 5 servings.

- A serving is defined as ½ cup serving or about the size of a tennis ball.

- Differences by income level are relatively modest, with no clear pattern which dissolves the perception that higher earners consume more fruits and vegetables than lower income South Dakotans.

- Fruits and vegetables do not need to be fresh to be healthy. All forms—frozen, dried, canned, and fresh—count.

- Visit www.HealthySD.gov for more ideas to increase fruit and vegetable intake.