



# Are we eating enough **fruit** and **vegetables**?

Eating **5 portions** of fruits and vegetables per day is essential to good health<sup>1</sup>

**Daily fruit and vegetables consumption** may **reduce the risk of diseases** including cardiovascular diseases and certain types of cancer<sup>2</sup>

 **EU**

**86%**

of Europeans don't eat the recommended **5-a-day**<sup>3</sup>

 **UK**

**1 in 5 (21.3%)** in the U.K. eat **0 portions** of fruit a day<sup>4</sup>

Only **a third (33%)** of people living in the U.K. eat their recommended **5-a-day**<sup>4</sup>

 **Netherlands**

**45.8%** of people living in the Netherlands eat **0 portions** of fruit a day<sup>4</sup>

Only **1 in 4 people (25%)** in the Netherlands eat their recommended **5-a-day**<sup>4</sup>

 **Germany**

**45.2%** of people living in Germany eat **0 portions** of fruit a day<sup>4</sup>

Less than **1 in 10 (9.9%)** living in Germany eat their recommended **5-a-day**<sup>4</sup>

1. Diet, nutrition and the prevention of chronic diseases: report of a Joint WHO/FAO Expert Consultation. WHO Technical Report Series, No. 916. Geneva: World Health Organization; 2003. Also an official approved claim used by the BG on their website

2. Adapted from WHO. e-Library of Evidence for Nutrition Actions (eLENA) Available at: [http://www.who.int/elena/titles/fruit\\_vegetables\\_ncds/en/](http://www.who.int/elena/titles/fruit_vegetables_ncds/en/)

3. European Health Interview Survey 2016. Available at: <http://ec.europa.eu/eurostat/documents/2995521/7694616/3-14102016-BP-EN.pdf/1234ac94-27fd-4640-b9be-427a42d54881>

4. Eurostat: The fruit and vegetable sector in the EU. Available at: [http://ec.europa.eu/eurostat/statistics-explained/index.php/The\\_fruit\\_and\\_vegetable\\_sector\\_in\\_the\\_EU\\_-\\_a\\_statistical\\_overview#Consumption](http://ec.europa.eu/eurostat/statistics-explained/index.php/The_fruit_and_vegetable_sector_in_the_EU_-_a_statistical_overview#Consumption)