

Health Disparities in the Medi-Cal Population

Adolescent Fruit and Vegetable Consumption



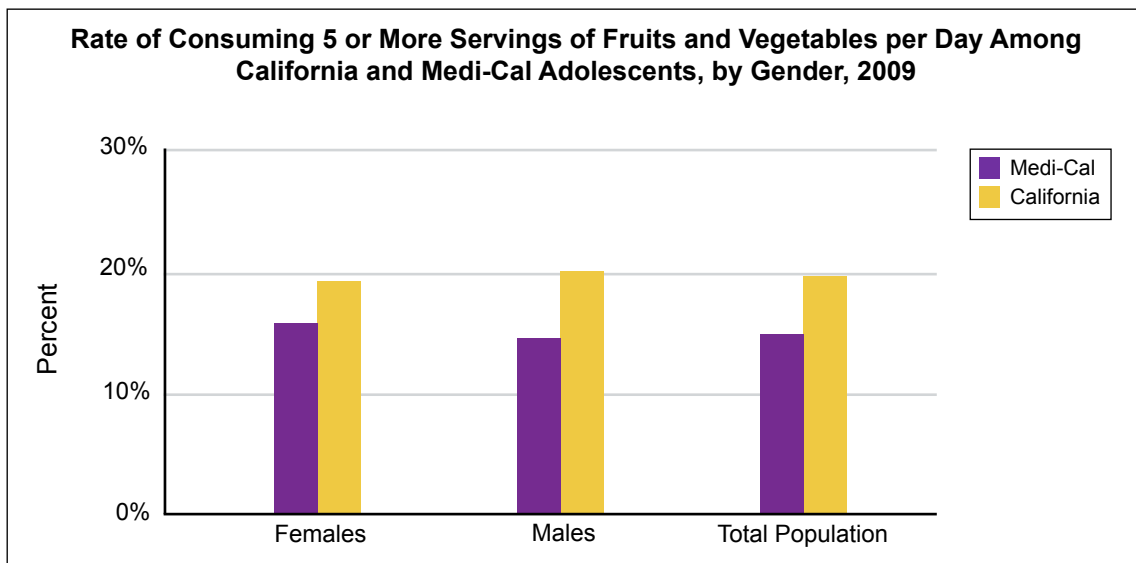
It is recommended that teens eat 3.5 to 6.5 cups of fruits and vegetables each day depending on their age, sex, and physical activity level.¹ Most vegetables and fruits are major contributors of certain nutrients that are under-consumed in the United States, including folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K.² Consumption of vegetables and fruits is also associated with a reduced risk of many chronic diseases, may be protective against certain types of cancer, and may help teens achieve and maintain a healthy weight.¹⁻²

Among Californians, adolescent males were more likely to report eating 5 or more servings of fruits and vegetables a day compared to females (see Figure).

Conversely, in the California Medi-Cal population, adolescent females were more likely to report eating 5 or more servings of fruits and vegetables a day compared to adolescent males. Regardless of gender, the Medi-Cal population reported less daily consumption of fruits and vegetables compared to the general California population.



Figure



Source: AskCHIS, California Health Interview Survey, 2009.

1. Centers for Disease Prevention Control. Nutrition for Everyone: How many fruits and vegetables do you need? <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html>. Updated June 28, 2012. Accessed June 24, 2013.
2. Dietary Guidelines Advisory Committee. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010, to the Secretary of Agriculture and the Secretary of Health and Human Services. Washington, DC: U.S. Department of Agriculture; 2010.