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.\textsuperscript{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.\textsuperscript{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.\textsuperscript{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**

![Bar chart showing the rate of consuming 5 or more servings of fruits and vegetables per day among California and Medi-Cal adolescents, by gender, 2009.](source: AskCHIS, California Health Interview Survey, 2009.)


**Link to Data Sources and Methods**