

Consumption of fruit and vegetables in the EU

1 in 7 persons aged 15 or over eats at least 5 portions of fruit or vegetables daily ...

... while 1 in 3 does not eat any fruit or vegetables every day

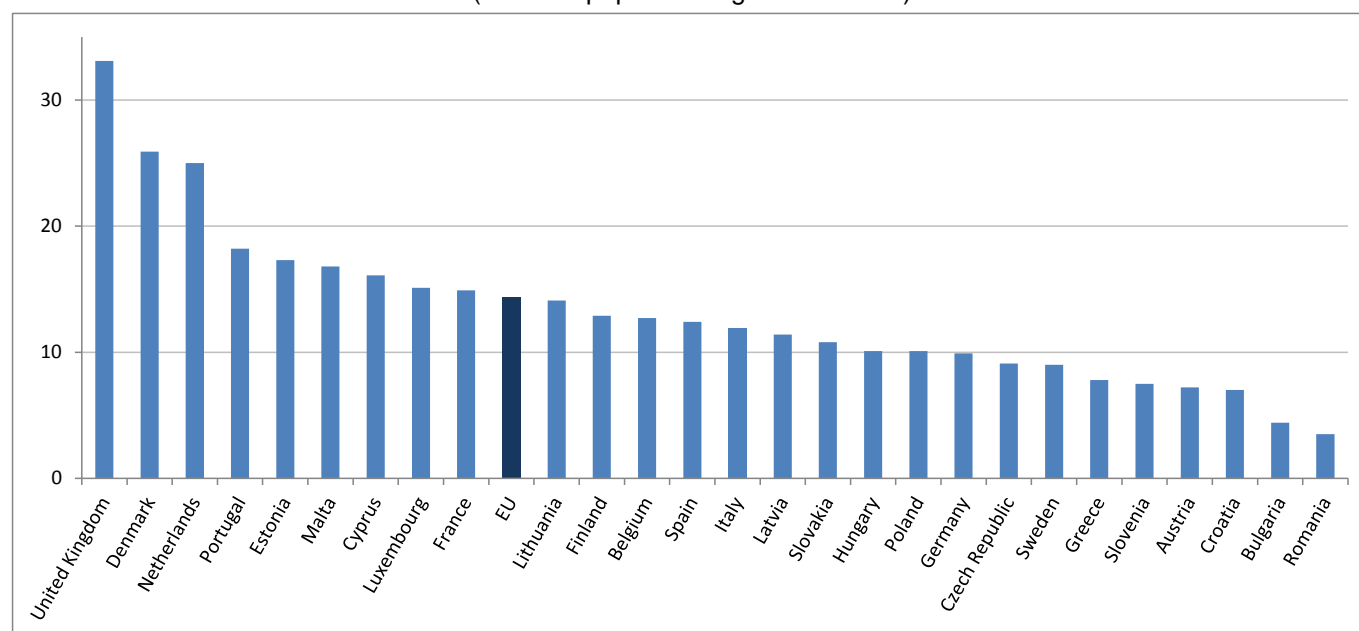
Regular consumption of fruit and vegetables is considered as an important element of a healthy and balanced diet. In the **European Union (EU)** however, slightly more than a third (34.4%) of the population aged 15 or over did not eat them on a daily basis in 2014, while less than 15% (14.1%) consumed at least 5 portions each day. This is the consumption promoted by the EU-wide "5-a-day" campaign, following a recommendation by the World Health Organization that individuals consume "a minimum of 400g of fruit and vegetables per day (excluding potatoes and other starchy tubers)".

The daily consumption of fruit and vegetables differs widely between **EU Member States**, with those aged 15 or over not eating fruit and vegetables on a daily basis ranging from almost two-thirds of the population in **Romania** (65.1%) to slightly over 15% in **Belgium** (16.5%). On the other hand, the share of those eating at least 5 portions daily varied from a third in the **United Kingdom** (33.1%) to less than 5% in both **Romania** (3.5%) and **Bulgaria** (4.4%).

Different for men and for women, daily consumption of fruit and vegetables seems also to be influenced by the level of education. The higher the education level is, the higher the share of the "5-a-day" population is.

This information, extracted from the European Health Interview Survey, is issued by **Eurostat, the statistical office of the European Union**, on the occasion of the World Food Day (16 October).

Share of the EU population eating at least 5 portions of fruit or vegetables on a daily basis, 2014
(% of the population aged 15 or over)



Ireland: data not available.

More than half of the population do not eat fruit or vegetables every day in Romania and Bulgaria

Among the EU Member States, the lowest share of the population aged 15 or over not eating daily a fruit or a vegetable in 2014 was recorded in **Belgium** (16.1%), ahead of **Portugal** (20.7%), the **United Kingdom** (21.3%), **Italy** (23.0%), **Spain** (25.0%), **Slovenia** (27.0%), **Croatia** (27.5%) and **Greece** (30.1%). In contrast, more than half of the population did not eat fruit or vegetables on a daily basis in **Romania** (65.1%) and **Bulgaria** (58.6%). They were followed by **Latvia** (48.5%), **Slovakia** (46.6%), the **Czech Republic** (46.3%), the **Netherlands** (45.9%) and **Germany** (45.2%).

Highest share of "5-a-day" consumption in the United Kingdom, Denmark and the Netherlands

A third of the population aged 15 or over consumed daily at least 5 portions of fruit or vegetables in the **United Kingdom** (33.1%), and a quarter of the population in **Denmark** (25.9%) and the **Netherlands** (25.0%). At the opposite end of the scale, the lowest shares of daily consumption of at least 5 portions of fruit or vegetables were registered in **Romania** (3.5%), **Bulgaria** (4.4%), **Croatia** (7.0%), **Austria** (7.2%), **Slovenia** (7.5%) and **Greece** (7.8%). At EU level, 1 in 7 persons (14.1%) aged 15 or over was a "5-a-day" in 2014.

Daily consumption of fruit and vegetables in the EU Member States, 2014
(% of the population aged 15 or over)

	Not on a daily basis	From 1 to 4 portions	5 portions or more
EU	34.4	51.4	14.1
Belgium	16.1	71.2	12.7
Bulgaria	58.6	37.0	4.4
Czech Republic	46.3	44.6	9.1
Denmark	37.6	36.5	25.9
Germany	45.2	44.9	9.9
Estonia	34.9	47.8	17.3
Ireland	:	:	:
Greece	30.1	62.1	7.8
Spain	25.0	62.6	12.4
France	34.7	50.4	14.9
Croatia	27.5	65.5	7.0
Italy	23.0	65.2	11.9
Cyprus	32.6	51.3	16.1
Latvia	48.5	40.2	11.4
Lithuania	41.5	44.5	14.1
Luxembourg	36.2	48.7	15.1
Hungary	33.1	56.8	10.1
Malta	35.6	47.6	16.8
Netherlands	45.9	29.0	25.0
Austria	31.8	61.1	7.2
Poland	33.2	56.8	10.1
Portugal	20.7	61.1	18.2
Romania	65.1	31.4	3.5
Slovenia	27.0	65.5	7.5
Slovakia	46.6	42.6	10.8
Finland	42.3	44.8	12.9
Sweden	36.5	54.5	9.0
United Kingdom	21.3	45.6	33.1
Norway	30.9	62.6	6.5
Turkey	33.7	63.2	3.0

: Data not available

EU data are estimated

The source dataset can be found [here](#).

Shares of "5-a-day" differ most between high and low educated people in the United Kingdom, differ least in Greece

In all EU Member States in 2014, the percentage of the population consuming at least five fruit or vegetables each day was higher among those with a high education level than among those with a low education level. Overall in the EU, 18.8% of the highly-educated population aged 15 or over ate at least five portions of fruit or vegetables on a daily basis, while this concerned 12.1% of the population with a low education level (or a 6.7 percentage point difference).

Across Member States, the widest gap between low and high educated persons for "5-a-day" consumption was observed in 2014 in the **United Kingdom** (40.5% for the part of the population with a high education level vs. 24.9% for that with a low education level, or a 15.6 pp difference), followed by **Denmark** (14.3 pp difference) and **Portugal** (11.5 pp difference). In contrast, gaps of less than 2 percentage points were registered in **Greece** (0.9 pp), **Germany** and **Austria** (both 1.6 pp).

Daily consumption of at least five portions of fruit or vegetables in the EU, by education level, 2014 (% of the relevant population aged 15 or over)

	Low education level	Medium education level	High education level
EU	12.1	12.8	18.8
Belgium	10.5	11.3	16.1
Bulgaria	3.1	4.5	5.9
Czech Republic	6.3	8.6	12.9
Denmark	18.3	22.7	32.6
Germany	9.6	9.2	11.2
Estonia	12.0	17.7	21.1
Ireland	:	:	:
Greece	7.8	7.1	8.7
Spain	11.6	12.8	13.7
France	14.1	14.5	17.0
Croatia	5.9	6.9	8.4
Italy	11.1	11.8	15.3
Cyprus	12.4	16.1	19.7
Latvia	8.4	10.9	14.4
Lithuania	11.1	13.1	17.7
Luxembourg	14.5	14.3	17.4
Hungary	8.3	10.1	11.7
Malta	15.7	16.3	21.3
Netherlands	22.4	22.9	31.7
Austria	6.9	6.6	8.5
Poland	7.1	9.5	14.2
Portugal	15.8	17.9	27.3
Romania	2.7	3.5	5.5
Slovenia	6.8	7.8	8.7
Slovakia	9.1	10.9	11.9
Finland	9.1	10.3	16.9
Sweden	7.1	7.8	12.3
United Kingdom	24.9	30.7	40.5
Norway	4.2	6.0	8.9
Turkey	3.3	2.4	3.9

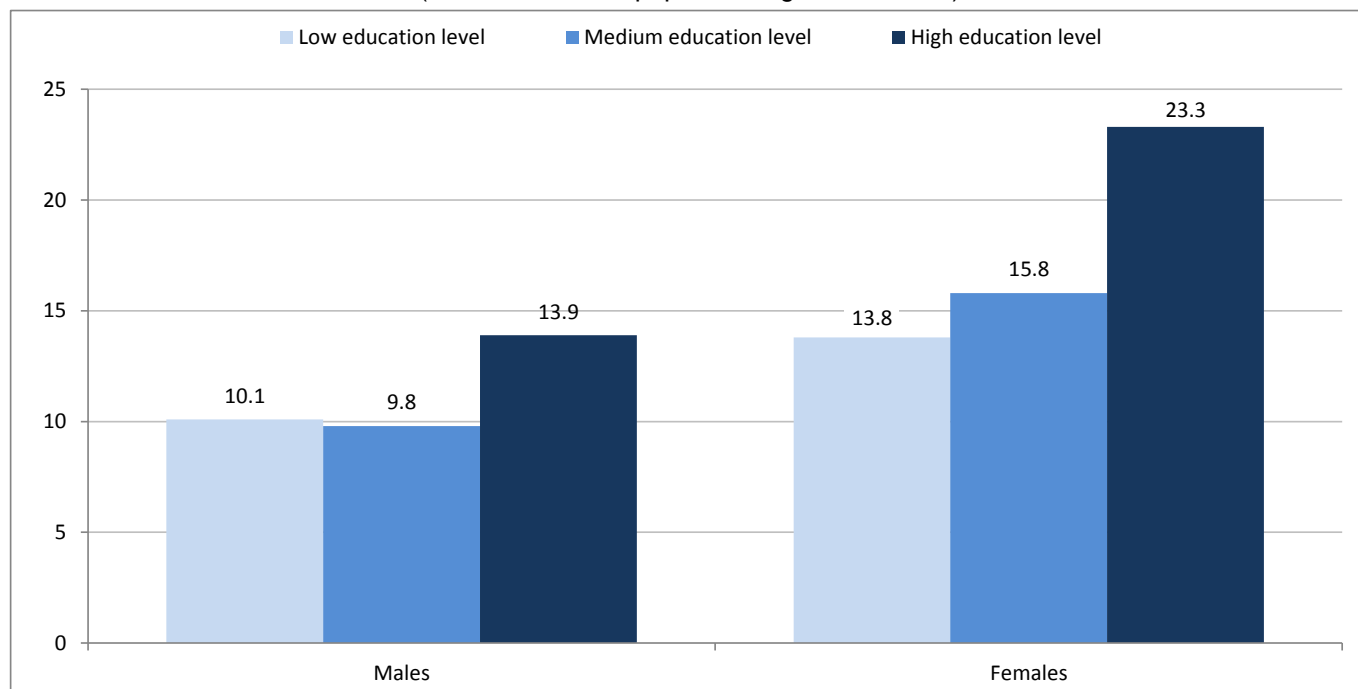
: Data not available

EU data are estimated

The source dataset can be found [here](#).

Daily consumption of at least 5 portions of fruit or vegetables in the EU, by sex and education level, 2014

(% of the relevant population aged 15 or over)



Geographical information

The **European Union** (EU) includes Belgium, Bulgaria, the Czech Republic, Denmark, Germany, Estonia, Ireland, Greece, Spain, France, Croatia, Italy, Cyprus, Latvia, Lithuania, Luxembourg, Hungary, Malta, the Netherlands, Austria, Poland, Portugal, Romania, Slovenia, Slovakia, Finland, Sweden and the United Kingdom.

Methods and definitions

Data presented in this News Release comes from the last **European Health Interview Survey** (EHIS). The EHIS aims at measuring among Member States the health status, health determinants as well as use of health care services of the EU citizens.

The first wave of EHIS (EHIS wave 1 or EHIS round 2008) was conducted between 2006 and 2009. The second wave (EHIS wave 2 or EHIS round 2014) was conducted between 2013 and 2015.

The general coverage of the survey is the population aged 15 or over living in private households residing in the territory of the country. All indicators are expressed as percentages within the corresponding population and statistics are broken down by age and sex and one other dimension such as educational attainment level, income quintile group or labour status.

Low education level refers to ISCED (International Standard Classification of Education) 2011 level 0-2: less than primary, primary and lower secondary education.

Medium education level refers to ISCED (International Standard Classification of Education) 2011 level 3-4: upper secondary and post-secondary non-tertiary education.

High education level, meaning tertiary educational attainment, refers to ISCED (International Standard Classification of Education) 2011 level 5-8: tertiary education.

For more information

Eurostat [website section](#) dedicated to statistics on health status and determinants.

Eurostat [database](#) on health status and health determinants.

Eurostat [metadata](#) on European Health Interview Survey.

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