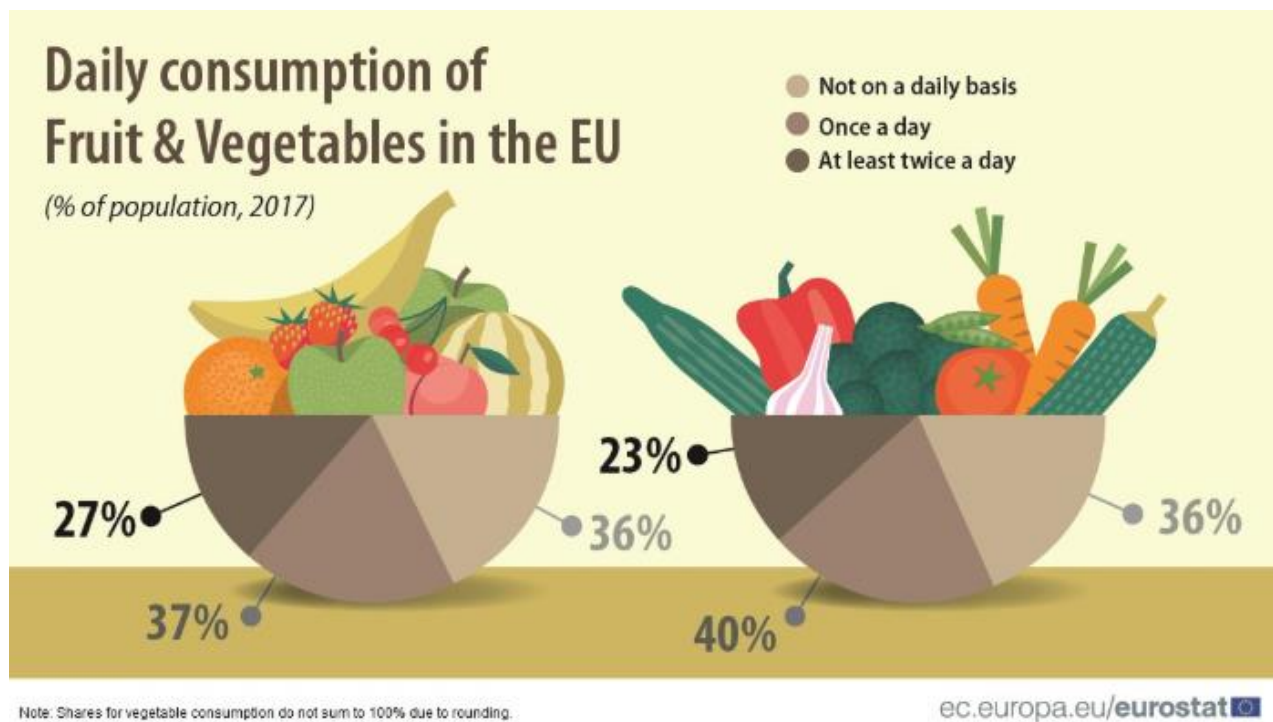


## Do you eat fruit and vegetables daily?

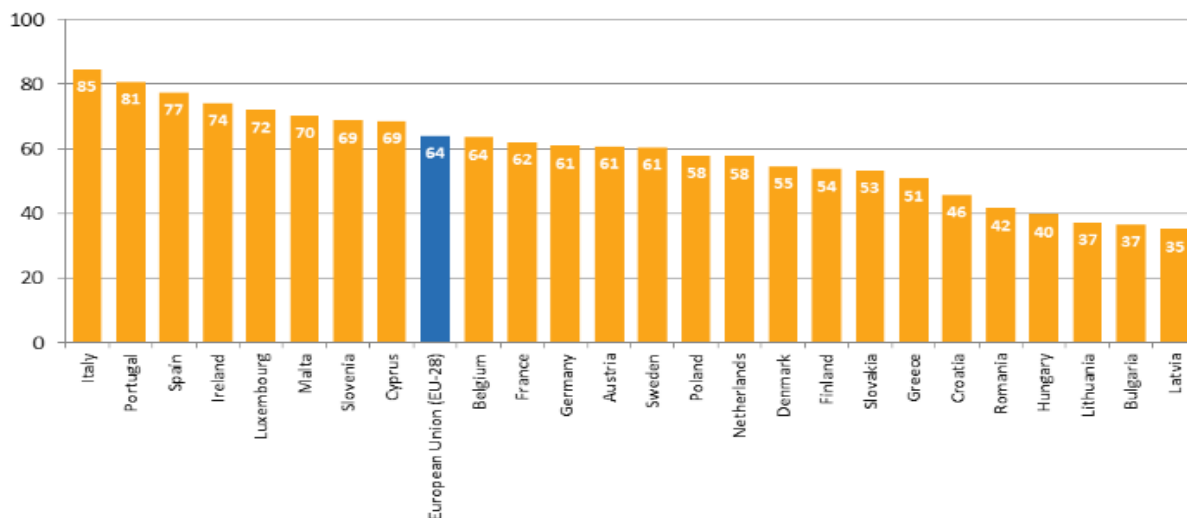
In 2017, around 1 in 4 people (27 %) ate fruit at least twice a day, according to a survey of the European Union (EU) population. A further 37 % of the EU population ate fruit once a day and the remaining 36 % ate fruit either less frequently or not at all during a typical week.

Compared with fruit consumption, a slightly smaller proportion (23 %) of the EU population ate vegetables at least twice a day, and a slightly higher proportion (40 %) ate vegetables once a day.



Among the EU Member States, daily intake of fruit was most prevalent in Italy (85 % of the population) and in Portugal (81 %). In contrast, in three Member States less than 40 % of the population ate fruit on a daily basis: Latvia (35 %), Bulgaria and Lithuania (both 37 %).

### Daily consumption of fruit in the EU, 2017 (% of the population)

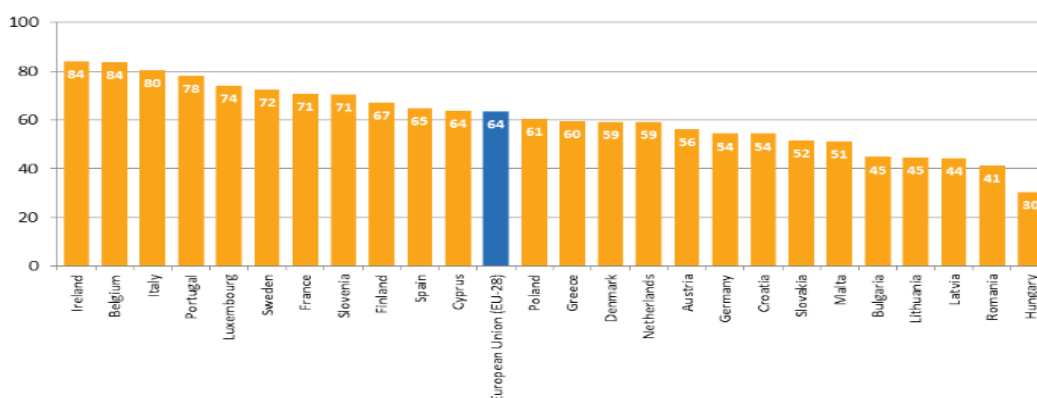


Note: Survey results for this indicator for Czechia, Estonia and the United Kingdom have low reliability and have been excluded.  
European Union (EU-28): Eurostat estimate.

[ec.europa.eu/eurostat](http://ec.europa.eu/eurostat) 

When it comes to vegetable consumption in the Member States, Ireland and Belgium had the highest proportion of the population who ate vegetables at least once a day (both 84 %). While in most Member States between 50 % and 80 % of the population reported that they ate vegetables daily, there were five Member States where the proportion was below 50 %: Hungary (30 %), Romania (41 %), Latvia (44 %), Lithuania and Bulgaria (both 45 %).

### Daily consumption of vegetables in the EU, 2017 (% of the population)



Note: Survey results for this indicator for Czechia, Estonia and the United Kingdom have low reliability and have been excluded.  
European Union (EU-28): Eurostat estimate.

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