

## YouGov Survey Results

Sample Size: 2128

Fieldwork: 2nd - 4th May 2012

Total	Gender		Age					Social Grade		Region						
Base	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North	Midlands	East	London	South	Wales	Scotland

The government recommends that you consume 5 portions of fruits and vegetables a day.

An example of a portion of fruit is 1 apple, 1 banana, 1 pear, a handful of grapes, 2 satsumas, 2 plums or half a grapefruit.

1 heaped tablespoon of dried fruit can also count as a portion.

150ml or more of the same pure fruit juice or pure fruit smoothie only counts as one a day.

Examples of a serving of vegetables are 3 heaped tablespoons of cooked vegetables, 3 tablespoons of sweetcorn or peas, 1 medium sized tomato or 3 sticks of celery etc.

In terms of nutrition, potatoes do NOT count as vegetables because they mainly contain starch.

On average, how many portions of fruit and vegetables do you eat per day?

	Unweighted Base	2128	1011	1117	227	336	318	417	830	1233	895	495	332	217	330	537	105	112
<b>All GB Adults</b>		2128	1021	1107	255	372	342	414	745	1170	958	523	349	204	272	487	106	185
No portions		4%	5%	2%	7%	4%	4%	3%	3%	3%	5%	5%	5%	2%	2%	2%	7%	3%
One portion		11%	12%	11%	18%	12%	13%	12%	7%	10%	13%	14%	12%	8%	10%	8%	13%	15%
Two portions		19%	18%	20%	22%	21%	24%	18%	15%	15%	23%	18%	22%	17%	18%	20%	14%	17%
Three portions		26%	25%	27%	25%	28%	24%	31%	24%	27%	26%	27%	22%	30%	31%	26%	22%	27%
Four portions		18%	19%	17%	15%	19%	15%	14%	22%	19%	17%	18%	17%	18%	18%	20%	21%	15%
Five portions		13%	13%	14%	6%	12%	15%	13%	16%	16%	10%	11%	14%	13%	14%	16%	11%	12%
Six portions		5%	5%	5%	5%	2%	2%	4%	8%	6%	3%	4%	5%	5%	3%	5%	7%	5%
Seven or more portions		4%	3%	5%	3%	3%	4%	5%	5%	4%	4%	3%	4%	6%	4%	5%	5%	5%