Abstract

Objective. To quantify fruit and vegetable (FV) dietary intake in the Mexican population and compliance with international recommendations. Material and Methods. FV dietary intake (FV-DI) and compliance with international recommendations were obtained in a representative sample of a Mexican population ages 1-59 years old using dietary data from the Mexican National Health and Nutrition Survey 2006 (ENSANUT 2006). Results. Average FV-DI for different age groups range from 61 to 72 g for fruits and 26 to 56 g for vegetables. Average total FV intakes were 88.7 g in preschool-age, 103.1 g in school-aged children, 116.3 g in adolescents and 122.6 g in adults. The lowest intakes were observed in the northern region and among the population with the lowest wellbeing levels. Conclusions. Less than 30% of the Mexican population had adequate intakes of FV. Developing and implementing strategies aimed at increasing intake of these food groups is a national priority.

Keywords

Fruits, vegetables, children, adolescents, adults, Mexico.