Objective. To characterize the current consumption of fruits and vegetables based on the international recommendations, as well as its relationship to certain variables of interest in Mexican children aged 6 to 12 years. Materials and methods. Adherence to the international recommendations for the consumption of fruits and vegetables was estimated based on data from the 2012 National Health and Nutrition Survey (Ensanut 2012). Logistic regression models were developed. Results. Only 34.4% of children met the recommendations. Their age (years) (OR: 0.74; p < 0.01) and the fact that they lived in the Central (OR: 2.48; p < 0.01) or Southern (OR: 2.66; p < 0.01) regions of Mexico or in Mexico City (OR: 2.37; p < 0.01) versus the Northern region were significantly associated with adherence. An interaction was observed between the educational level of the head of the family and his or her kinship with the child. Conclusions. Only 3 out of every 10 Mexican children meet the recommendations; therefore, the implementation of a public policy with the appropriate legislation, financing and regulation is required.

Keywords
Fruits, vegetables, food consumption, children, nutrition surveys, Mexico.