



Fruits, Vegetables, and Sugary Drinks

Selected Results from STEPS to a Well Bermuda 2014

Persons who eat more fruits and vegetables have less risk of chronic diseases such as heart disease, diabetes, and cancer.

Drinking sugary drinks, such as sodas, diet sodas, juices, iced teas and sports drinks, is linked to obesity and diabetes.

Highlights

- Just under 1 in 5 adults ate the recommended 5 or more servings of fruits and vegetables per day.
 - Persons with high income and higher education were more likely to meet the recommendations.
- On average, adults eat 3 servings of fruits and vegetables on any given day - 1 serving of fruit and 2 servings of vegetables.
 - Persons with high income eat more fruits and vegetables than those with low income.
- About 1 in 15 adults eats less than 1 serving of fruits and vegetables per day.
- Half of adults drink sugary drinks on any given day.
 - Younger adults drink more sugary drinks than those of middle-age.

Figure 1 Percentage of adults eating 5 or more servings of fruits and vegetables on any given day

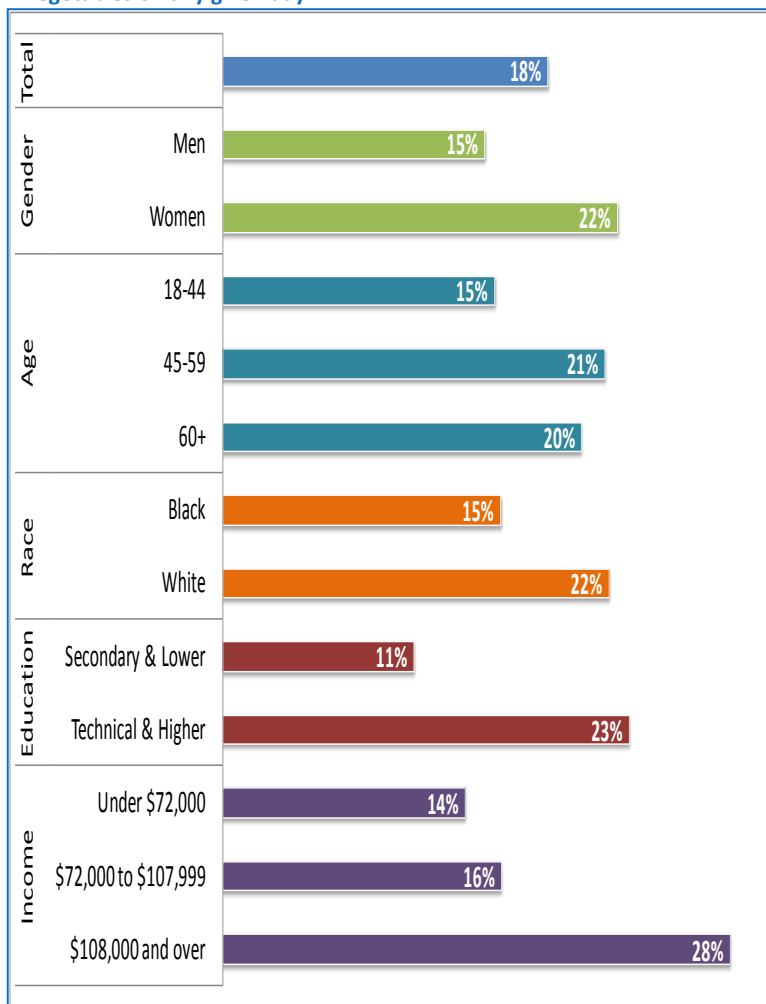
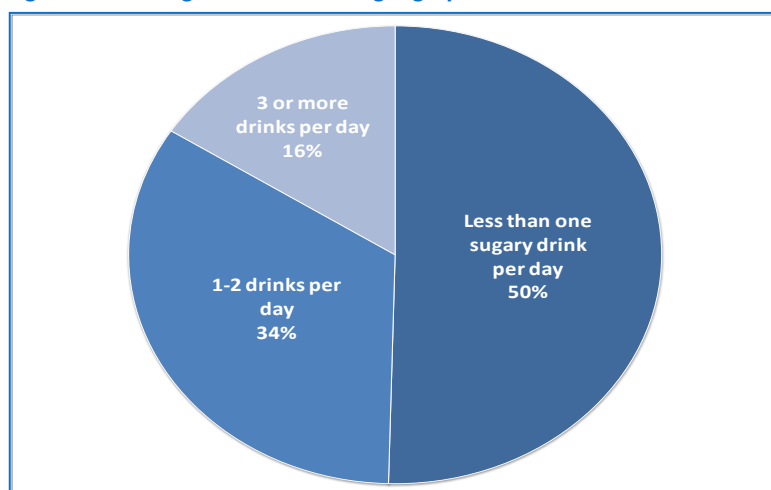


Figure 2 Percentage of adults drinking sugary drinks



For additional information, please email:
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