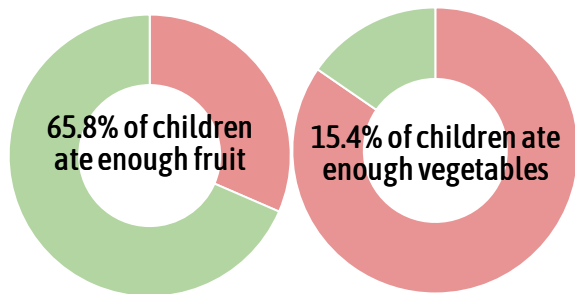


Regional and remote Western Australian children's fruit and vegetable consumption: quantities, types and varieties

Background

Little is known about children's fruit and veg consumption behaviours in regional and remote areas. We investigated children's fruit and vegetable consumption across WA to determine whether any differences in consumption behaviours existed across locations.

What did we find?



No significant difference in Australian Dietary Guideline adherence was found between regional WA and remote WA children for fruit or vegetables.

Fruit and vegetable types

Fresh fruit and fresh vegetables were the most common types consumed.

Remote WA children were significantly more likely to consume dried fruit, compared to regional WA children (52.8% vs. 38.3%).

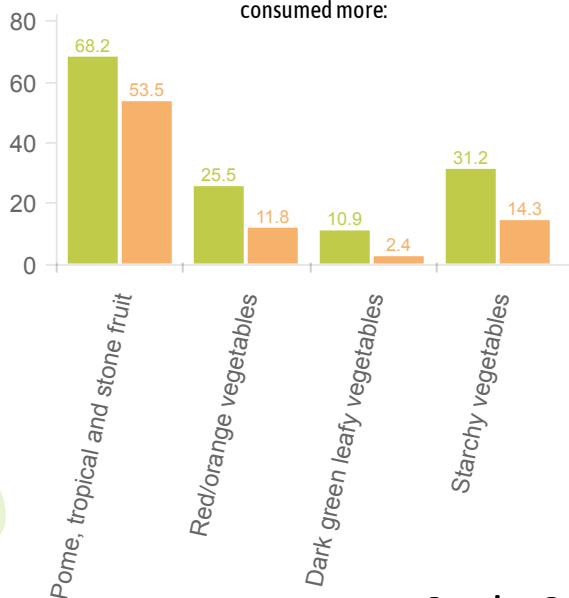


What did we do?

We surveyed children 9-13 years of age and their parents across regional and remote WA. Children also completed 24-hour food diaries.

Fruit and vegetable varieties

Compared to remote WA children, regional WA children consumed more:



So what?

Schools make a large contribution to fruit and veg intake. Better availability, affordability and quality of fruit and vegetables in regional areas is likely to contribute to increased intake here compared to remote areas.