

## 9 in 10 high schoolers short on fruits, veggies

September 29 2009, By MIKE STOBBE , AP Medical Writer

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(AP) -- Health officials say only 13 percent of U.S. high school students get at least three servings of vegetables a day and just 32 percent get two servings of fruit.

Together, less than 10 percent of high schoolers were eating the combined recommended daily minimum of fruits and [vegetables](#).

Some states - including Arkansas and [North Carolina](#) - were significantly below that average. But some New England states, including Vermont, were notably better.

The U.S. Centers for Disease Control and Prevention released the report Tuesday, calling it the first to give such detailed information on adolescents' [fruit](#) and vegetable consumption.

The information comes from a national survey of about 100,000 high school students in 2007.

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On the Net:

CDC report: <http://www.fruitsandveggiesmatter.gov/indicatorreport>

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