Fruit and Vegetable Consumption in Developing and Developed Countries

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Abstract

This report reviews the trends in fruit and vegetable consumption and expenditures both in developing and developed countries, with special attention to Ghana. Some of the more important insight from this report is the per capita availability in developed countries in 1970-2012 were 238.3 lbs. of total fruit & 327.8 lbs. of total vegetables and in 1970 to 2012 244.7 lbs. of total fruit & 394.8 lbs. of total vegetables. Although per capita availability increased in countries across all income levels, per capita availability for low income countries is close to half the amount of middle income countries and less than half of the high income countries. Low-income households’ expenditures on fruit and vegetables show that low-income households spend significantly less per person for fruits and vegetables. Low fruit and vegetable consumption prevalence ranged from 36.6 percent (Ghana) to 99.2 percent (Pakistan) for men and from 38 percent (Ghana) to 99.3 percent (Pakistan) for women. The prevalence of low fruit and vegetable consumption tended to increase with age and decrease with income.