Do you eat vegetables or salads, including vegetable soup, daily?

4.9 million Portuguese (73.3%) have reported to eat daily vegetables or salads

The daily consumption of vegetables or salads was more frequent...

...in **women,**
6.5 in 10 (65.8%)
8 in 10 (80.1%)

...in the **Centro region,**

...in the age group **65-74 years,**

Age group (years) | 25-34 | 35-44 | 45-54 | 55-64 | 65-74
---|---|---|---|---|---
25-34 | 62.8% | 71.9% | 76.5% | 75.3% | 80.6%

...and in the persons **with higher educational level.**

Source: [http://hdl.handle.net/10400/184795](http://hdl.handle.net/10400/184795)
For more information: www.insf.pt