

Fruit and Vegetable Consumption Among the Medicare Population¹

July 2025

This infographic shows frequency of fruit and vegetable consumption among Medicare beneficiaries aged 65 and over. Percentages represent the proportion of beneficiaries who ate fruits or vegetables at least four times a week.



Eat fruit at least four times a week

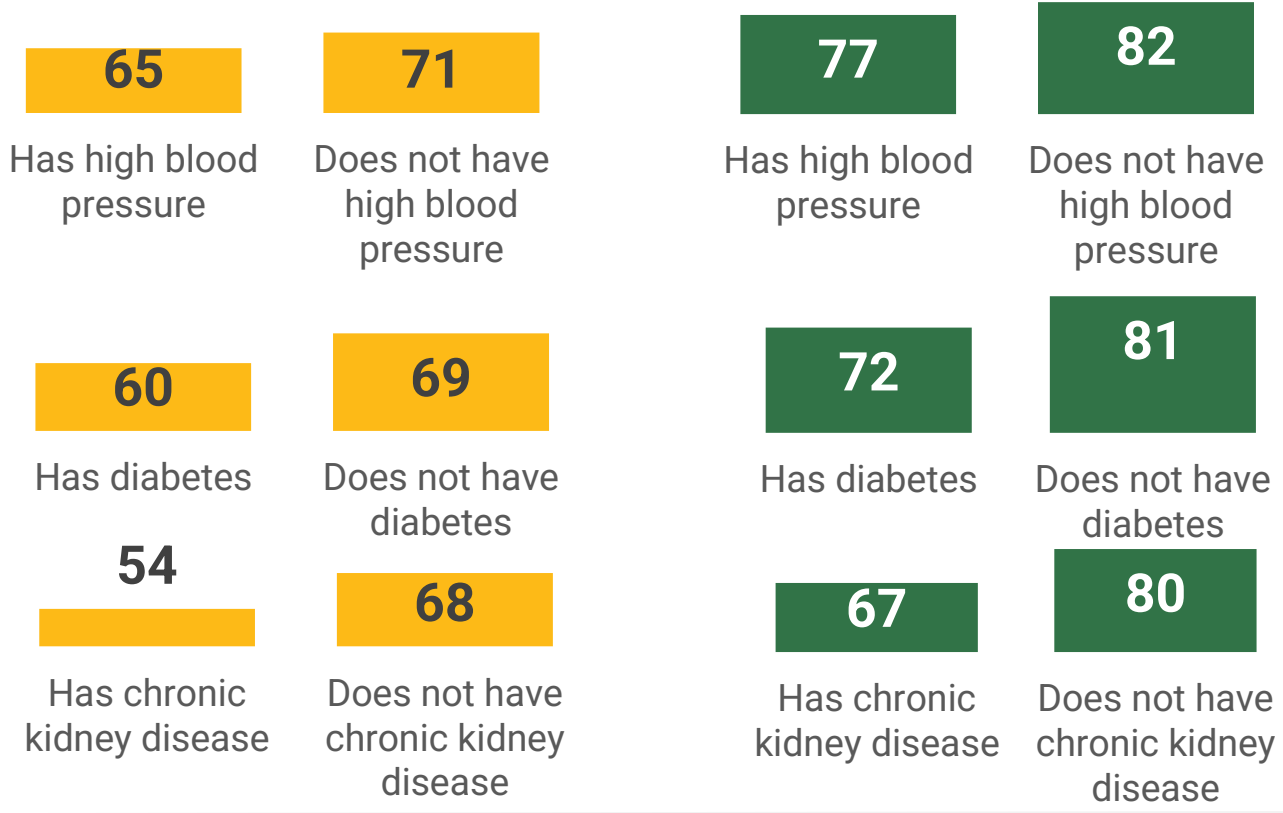


Eat vegetables at least four times a week

Beneficiaries with 4 or more chronic conditions consumed fruits and vegetables less often than those with few or no chronic conditions.

73%	0 to 1 chronic conditions	84%
67%	2 to 3 chronic conditions	78%
64%	4 or more chronic conditions	76%

Percentage of beneficiaries consuming fruits and vegetables at least four times a week by presence of chronic conditions



¹ Estimates are based on data from the Organization for Economic Cooperation and Development Patient-Reported Indicator Surveys (OECD-PaRIS) supplemented with 2022 data from the Medicare Current Beneficiary Survey (MCBS). The MCBS is authorized by section 1875 (42 USC 139511) of the Social Security Act (OMB Number 0938-0568). The OECD-PaRIS/MCBS survey was administered 3/3/2023 to 4/16/2023 as a standalone survey using MCBS methods. Estimates represent the population of beneficiaries who were ever enrolled in Medicare in 2022, aged 65 and over, living in the community, and had seen a health care provider in the last six months. Estimates presented here may not be representative of people with Medicare living in facilities. The dataset includes 4,216 beneficiaries (weighted N = 50,584,911). This communication was printed, published, or produced and disseminated at U.S. taxpayer expense. For additional details, see <https://cms.gov/mcbs>.