

Table I: Recommended amount of fruit and vegetable intake in different countries

Country	Daily portions recommended	Equivalent g/d	Website
Canada	5-10	400-800	www.5to10aday.com
France	10	800	www.10parjour.net
India	4.5*	NS	www.healthy-india.org
Kuwait	5	400	WHO guidelines
Mexico	5	400	www.cincopordia.com.mx
Netherlands	2+2	320	www.vgf.info
Sweden	5	400	www.fruktogront.se
United Kingdom	5	400	www.5aday.nhs.uk
United States	5-9	400-700	www.5aday.gov
WHO	NS	400	www.who.int/hpr/gf.fruit.and.vegetables.shtml
*cups. NS, Not specified			

Table II. Change in nutrition knowledge and food choices before and after VFEA (%)

	Pre VFEA			Post VFEA			Sig.
	All (n=80)	Girls (n=36)	Boys (n=44)	All (n=80)	Girls (n=36)	Boys (n=44)	
Knowledge regarding VF recommendations	85	86	84	91	88	93	.096†
Portion sizes	2	3	2	20	25	16	.000†‡
Food groups	50	44	55	76	72	80	.000†‡
Preferred snack food							
Chocolate	49	44	52	23	14	30	.000†‡
Ice-cream	20	14	25	10	8	11	.007†
Carrot sticks	32	42	23	68	78	59	.000†‡
Preferred restaurant food							
Fries	30	29	34	19	21	22	.105
Salad	19	29	11	48	54	43	.000†‡
Pizza	51	42	55	33	25	36	.002†‡
Likelihood to change habits							
Will change	-	-	-	48	56	41	NA
Will not change	-	-	-	6	3	9	NA
Not sure	-	-	-	45	39	48	NA

Sig. shown between all participants before and after the Vegetable and Fruit Education Activity. † indicates changes in boys only. ‡ indicates changes in girls only.