



# Consumption of vegetables or salads

Population living in Portugal in 2015 between 25-74 years

INSA has developed in 2015 the first national HES (INSEF) to collect epidemiological information on the health state, health determinants and healthcare of the Portuguese population.

## 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,

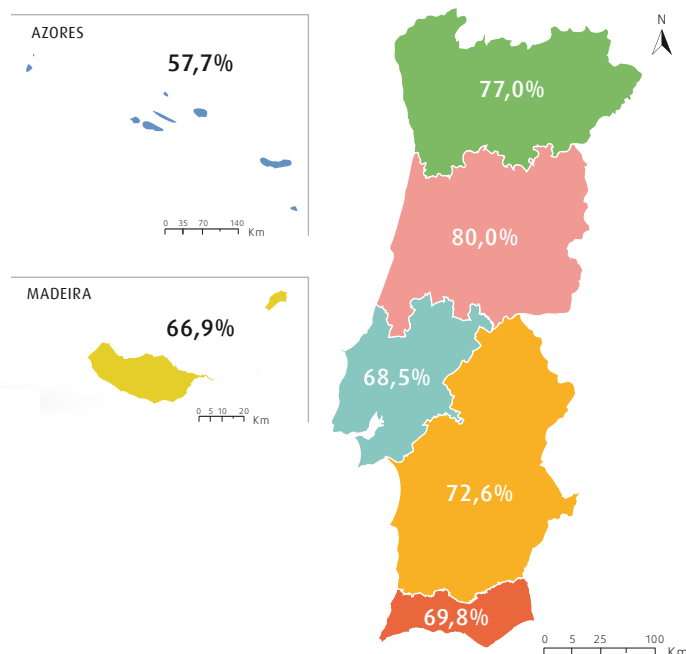


6,5 in 10 (65,8%)

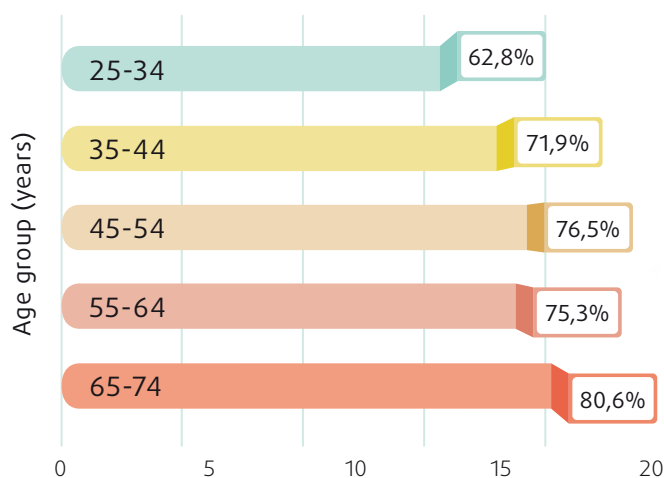


8 in 10 (80,1%)

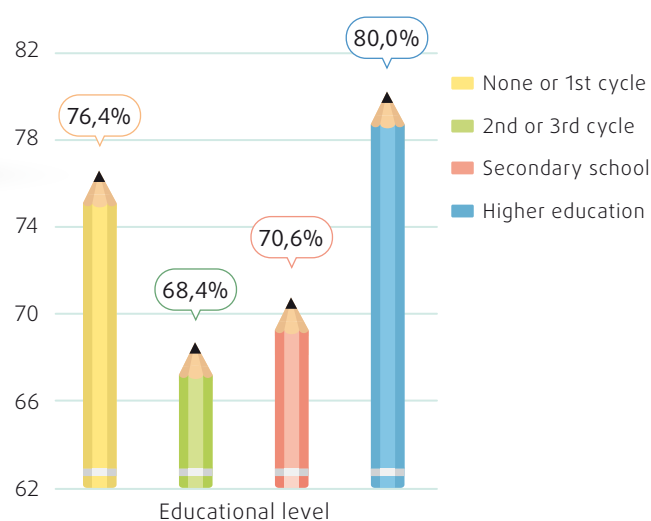
...in the Centro region,



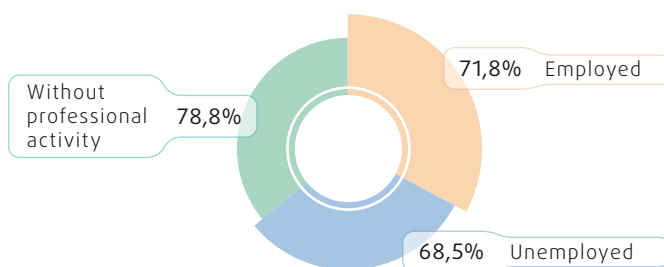
...in the age group 65-74 years,



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



...among persons without professional activity,



Source:  
<http://hdl.handle.net/10400.18/4795>  
For more information:  
[www.insef.pt](http://www.insef.pt)