

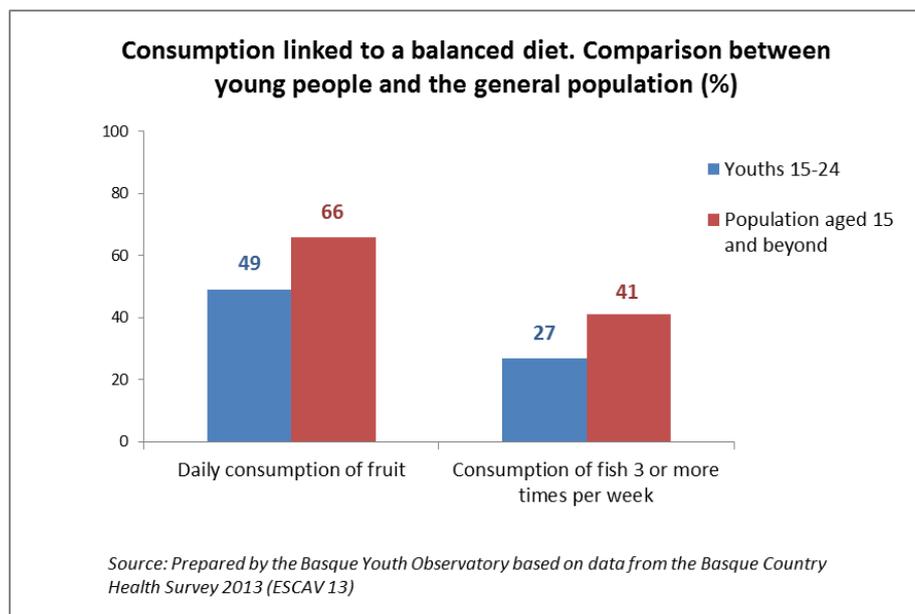
Only half of young people aged 15 to 24 in the Basque Country eat fruit every day

And less than one-third eat fish three or more times a week

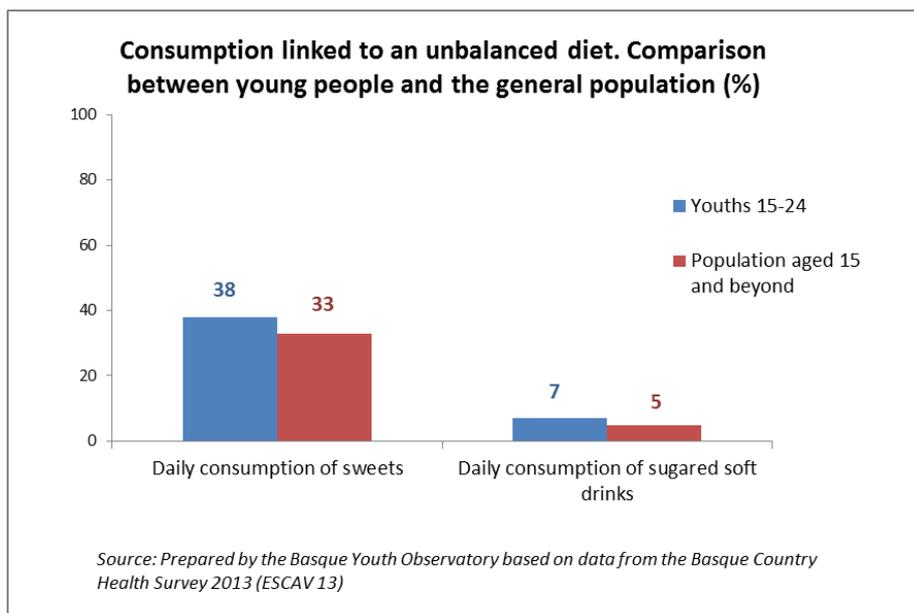
On occasion of the **National Nutrition Day** (28 May), the [Basque Youth Observatory](#) makes known some data regarding the diet of Basque youths aged 15 to 24.

When they are asked about the regular consumption of certain types of food, only half of the young people surveyed (49%) say they eat fruit on a daily basis, and less than one-third (27%) say they follow recommended guidelines regarding the consumption of fish, which is three or more times per week.

Compared with the general population in our autonomous community, young people present lower percentages regarding the consumption of fruit and fish.



On the other hand, if we analyse the consumption of products that should be consumed in moderate amounts (e.g. sweets or soft drinks with sugar), we find that daily consumption rates are slightly higher among young people than among the general population.



While there are hardly any differences between young men and women regarding the consumption of fruit and fish, we have found that the daily consumption of sweets and sugared soft drinks is somewhat more widespread among young men than among young women.

Youths 15-24 (%)	Young men	Young women
Daily consumption of sweets	41	34
Daily consumption of sugared soft drinks	8	6

The Basque Youth Observatory has taken these data about the consumption of different types of food from the [Basque Country Health Survey 2013](#) (ESCAV 2013), prepared by the Department of Health of the Basque Government.

Follow us on the social media!



