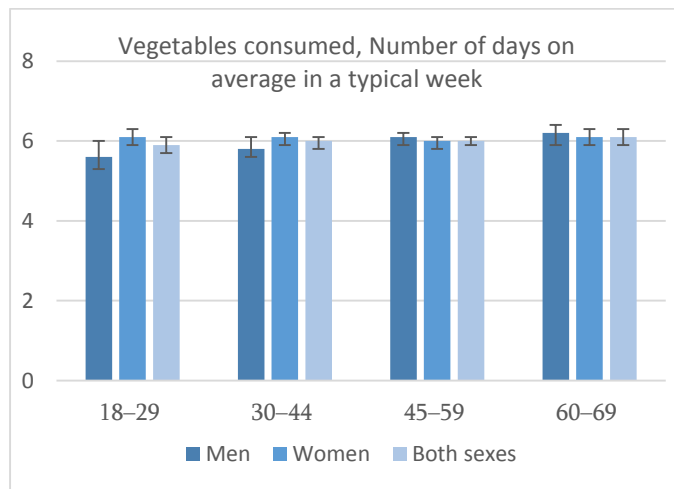
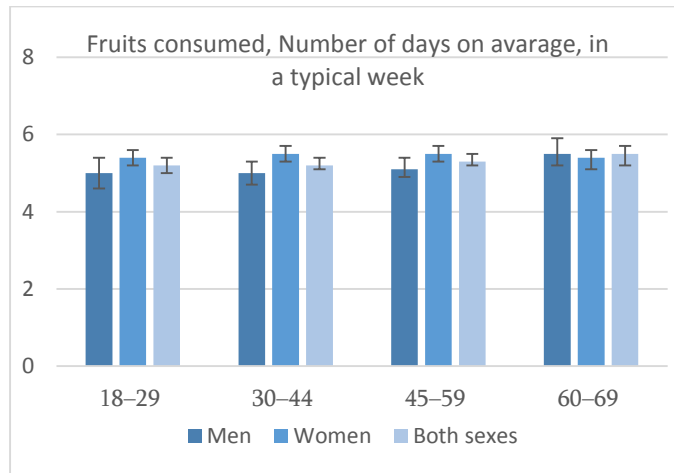


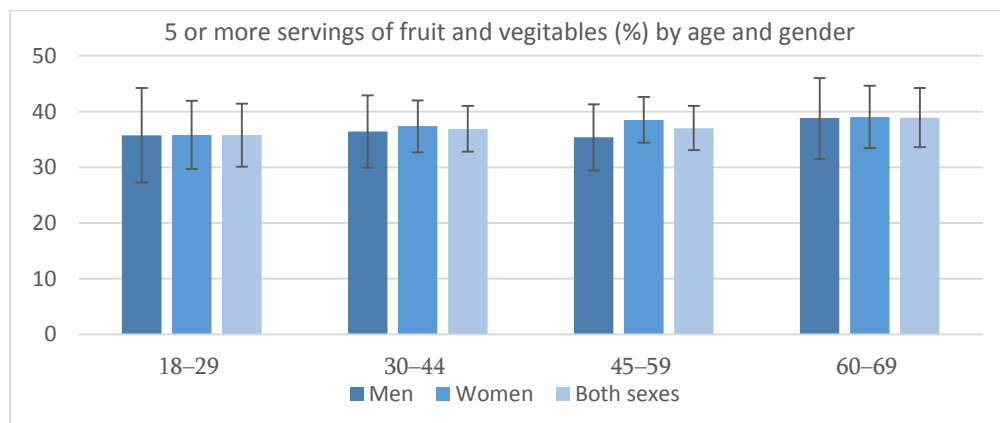
- **STEPS Noncommunicable Disease Risk Factors Survey, Georgia 2016**

Diet

- Fruits consumed by respondents on average - 5.3 days a week; vegetables - 6 days a week



- 2 servings of fruits is consumed per day
- 2.4 servings of vegetables is consumed per day
- Less than 5 servings of fruits and vegetables are consumed per day by 63.8% of male and 62.4 % of female respondents
- Fruits and vegetables are not consumed (at all) by 6% of male and 4% of female respondents



- Meat and meat products consumed – 2.2 days a week
- Fish and sea products consumed - 1 day a week
- Milk and milk products consumed – 5.5 days a week
- Bread products consumed – 6.7 days a week
- Sweets or sugar products consumed – 1.5 days a week
- 51.2% respondents eat three times a day; about 32% - four times a day; ≥ 4 -times a day - 14%; do not eat everyday - 0.1%

