

Is intake of fruits and vegetables associated with adiposity in children? (DGAC 2010)

Conclusion

A limited body of evidence from longitudinal studies suggests that greater intake of fruits and/or vegetables may protect against increased adiposity in children and adolescents.

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [Is intake of fruits and vegetables related to adiposity in children?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Is intake of fruits and vegetables related to adiposity in children?](#)