

ERS Peer Review Plan

Preliminary Title: U.S. Children and Adults Are Eating and Drinking Less Fruit Over Time

Type of Report (ERR, EIB, EB) ERR

Agency: Economic Research Service [X] Influential Scientific Information
USDA [] Highly Influential Scientific Assessment

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Subject of Review: A key message in the Dietary Guidelines for Americans, 2020-25 is to “Make Every Bite Count” by choosing nutrient-dense foods including fruit. For a healthful and nutritionally adequate diet, a moderately-active female aged 45 years is encouraged to consume 2 cup equivalents of fruit per day. The recommendation for a moderately-active male aged 16 years is 2.5 cup equivalents per day. However, despite being encouraged to eat fruit, the average individual is now eating and drinking less fruit than a typical person did twenty years ago. USDA, Economic Research Service data reveal that U.S. per capita total fruit consumption peaked in the late 1990s and early 2000s at around one cup equivalent per day and then fell from the mid-2000s throughout the 2010s. By 2021, it was down almost 20% to 0.817 cup equivalents per day.

Purpose of Review: The purpose of the review is to ensure the high-quality of the economic analysis, transparent explanation of methods, objective interpretation of results, and effective communication to the intended audience.

Type of Review: [] Panel Review [X] Individual Reviewers
[] Alternative Process (Briefly Explain):

Timing of Review (Est.): Start: 10/30/2023 Completed: 2/25/2024

Number of Reviewers: [] 3 or fewer [X] 4 to 10 [] More than 10

Primary Disciplines/Types of Expertise Needed for Review: Economists

Reviewers selected by: [X] Agency [] Designated Outside Organization

Opportunities for Public Comment? [] Yes [X] No
If yes, briefly state how and when these opportunities will be provided:
How:
When:

Peer Reviewers Provided with Public Comments? [] Yes [X] No

Public Nominations Requested for Review Panel? [] Yes [X] No

