**Abstract:** Introduction: Fruits and vegetables are important part of healthy diet and evidence showed that diets high in fruits and vegetables can decrease the risk for many cancers and providing benefits against cardiovascular disease, diabetes, obesity, and stroke. Also the college years are a period of significant changes in the lifestyles of young adults and food patterns established during this period are likely to be maintained for life and may have long-lasting influence on students’ future health. So for getting the acceptable result of education, this study was conducted with the purpose of assessing fruits and vegetables consumption.

Materials & Methods: one hundred fifty female college students who resident in university dormitories were participated in this cross-sectional study. Fruits, vegetables, juices, dried and canned fruits consumption was determined using 73-item semi-quantitative food frequency questionnaire. Information on anthropometric, demographic and socio-economic characteristics was obtained from related questionnaires. Means, standard deviations (SDs), and frequencies were calculated. Pearson and spearman tests were used to analysis the correlation between fruits and vegetables consumption and Body Mass Index (BMI) and education levels respectively.

Results: The Average age and BMI of the participants was 20.58±1.90 years and 21.74±2.95 kg/m2 respectively. Sixty six percent of participants were B.Sc and 44% of them were M.Sc students. The mean daily intake of fruits, vegetables, fruit juices, dried and canned fruits were 3.7±2.1, 3.75±1.8, 1.2±1.2, 0.47±0.57 and 0.16±0.2 servings respectively. The education level and BMI was positively but insignificantly correlate with fruits and vegetables consumption (R=0.143 and 0.028 respectively).

Conclusion: The mean Fruits and vegetables consumption of our participants were 9.3±4.1 servings/day which met the current daily recommendation of 9 servings/day provided by USDA. Nevertheless 14.70% of our samples consume less than 5 servings per day. So considering the importance of dietary pattern of female young adults on their future health, the community-based nutrition education programs should focus on increasing the intake of fruits and vegetables of this population group.

**Fruits and vegetables consumption, college students, Body Mass Index, educational level**

**Presentation:** Poster