Background: Local studies have documented the high prevalence of unhealthy eating behavior among adolescents including the low consumption of fruits and vegetables. Despite worldwide recommendations for increased intake of fruits and vegetables, most people in general may not be eating enough fruits and vegetables. Objectives: (a) To determine perceptions regarding fruits and vegetables; (b) To identify selected practices on fruit and vegetable consumption; (c) To assess consumption of fruits and vegetables in terms of serving and grams per day; (d) To identify factors associated with socio-demographic characteristics affecting fruit and vegetable consumption. Methods: The study was conducted in seven (7) randomly selected public secondary schools and three (3) public colleges in the City of Manila. Two hundred randomly selected students aged 12-16 years and 17-20 years, were personally interviewed using a structured questionnaire. Data collected included socio-demographic characteristics of the subjects, perceptions and practices on fruit and vegetable consumption, and height and weight measures of these adolescents. A food frequency questionnaire was used to determine the past month’s fruit and vegetable consumption. Data were analysed using the Statistical Package for the Social Sciences (SPSS). Descriptive statistics, like frequencies, means and percentages, ANOVA, T-test and simple correlation were used. Anthropometric data like Height for Age Z-scores (HAZ) and Weight for Age Z-scores (WAZ) were analysed using the anthropometric calculator from Epi Info software. Results: Inadequate consumption of vegetables was prevalent among the study population but fruit intake was higher than the Philippine recommendation. Fruit and vegetable intakes varied with age and sex. Male adolescents consumed more vegetables compared to their female counterparts. Female adolescents consumed more fruits compared to their male counterparts. Conclusion/Recommendation: Filipino adolescents are consuming substantially fewer servings of vegetables than the recommended daily allowance but fruit intake was higher than the recommended. Serving fruits and vegetables several times a day (for snacks, lunch and dinner) and serving more than one vegetable at a time are ways recommended to increase adolescent’s consumption of vegetables. Gender and age differences in fruit and vegetable intake should be addressed. Nutrition programs targeting adolescents need to apply a more heuristic approach towards promoting healthy eating behavior, particularly eating fruits and vegetables.