FACTS AND STATS

Nutrition in Canada

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41% Proportion of Canadians aged 12 and older who reported in 2012 that they consume fruit and vegetables five or more times per day[1]

47% & 34% Proportion of Canadian women and men, respectively, aged 12 and older who reported in 2012 that they consume fruit and vegetables five or more times per day[2]

67% & 53% Proportion of 13-year-old boys and girls, respectively, in Canada who report that they eat breakfast every school day[3]

24% Proportion of all meals consumed by Canadians surveyed in 2009 that were "snack foods"[4, 5]

26 Average number of teaspoons of sugar consumed by Canadians daily, representing 21% of their total daily caloric intake[6]

6% Proportion of Canadian households with children in which parents reported being unable to afford to feed their children balanced meals[7]

42% & 27% Proportion of Canadian seniors in the lowest and highest income quintiles, respectively, who were at nutritional risk[8] in 2008–09[9]

49% & 28% Proportion of Canadian seniors who lived alone and with others, respectively, who were at nutritional risk in 2008–09[10]

62% & 33% Proportion of Canadian seniors with and without depression, respectively, who were at nutritional risk in 2008–09[11]

26% & 13% Percent cumulative increase in the price of eggs and fresh vegetables, respectively, between 2007 and 2012[12]

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[1] Statistics Canada, "Fruit and Vegetable Consumption, 2012," *Health Fact Sheets*, Statistics Canada catalogue no. 82-625-X (June 2013), accessed November 29, 2013, http://bit.ly/11J4ubP.

[2] Ibid.

[3] World Health Organization, "Social Determinants of Health and Well-Being Among Young People," *Health Behaviour in School-aged Children (HBSC) Study: International Report from the 2009/2010 Survey* (2012), accessed November 29, 2013, http://bit.ly/Jo8kxu.

[4] Portable foods or beverages designed to be eaten between meals.

[5] NPD Group, "Snacking in Canada," *Consumer Corner* (September 2011), accessed November 29, 2013, http://bit.ly/YzWz0z.

[6] Kellie Langlois and Didier Garriguet, "Sugar Consumption Among Canadians of All Ages," *Health Reports*, Statistics Canada catalogue no. 82-003-X (September 2011), accessed November 29, 2013, http://bit.ly/qZ5MGh.

[7] Valerie Tarasuk, Andy Mitchell and Naomi Dachner, *Household Food Insecurity in Canada*, 2011, accessed November 29, 2013, http://bit.ly/1jP3i2s.

[8] Statistics Canada defines nutritional risk as "the risk of poor nutritional status, which lies on a continuum between nutritional health and malnutrition."

[9] Pamela L. Ramage-Morin and Didier Garriguet, "Prevalence of Nutritional Risk, by Sex and Selected Characteristics, Household Population Aged 65 or Older, Canada Excluding Territories, 2008/2009" (Table 1), *Nutritional Risk Among Older Canadians*, Statistics Canada catalogue no. 82-003-X (March 2013), accessed November 29, 2013, http://bit.ly/181jOI4.

[10] Ibid.

[11] Ibid.

[12] Anne-Marie Rollin, "Percent Cumulative Increase in Canadian Consumer Food Prices Between 2007 and 2012 for All Categories, Groups, and Subgroups Under the Consumer Price Index (CPI) Major Component 'Food'" (Table 1), *The Increase in Food Prices Between 2007 and 2012*, Statistics Canada catalogue no. 11-626-X (June 2013), accessed November 29, 2013, http://bit.ly/125H81g.

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