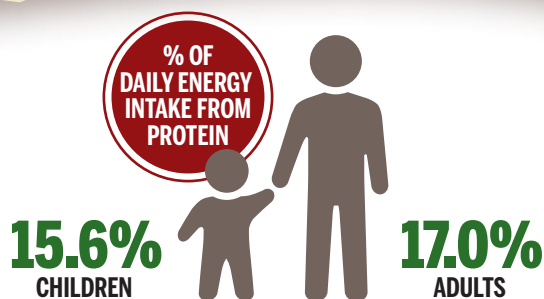


# Protein sources in the Canadian diet

2015

**Protein is a source of energy.** Children get 15.6% of their daily energy intake from protein; for adults, it's 17.0%. Sources of protein include meat, poultry, fish and shellfish, eggs, dairy products, nuts and seeds, and legumes.



## % of Canadians who eat these sources of protein on any given day\*



\*Excluding soups (ready-to-serve, canned, condensed, or dehydrated), baby food products, fats (e.g., butter and animal fat), and plant based beverages (e.g., soy milk, coconut milk, and almond milk). Meat includes red meat and processed meat.

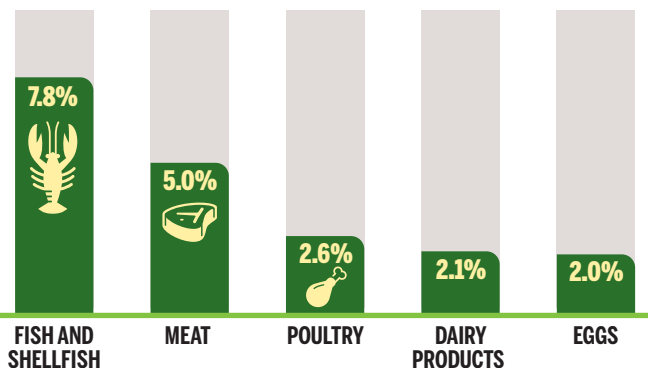
**1.6%**  
OF CANADIANS

*exclude fish and shellfish, meat, and poultry from their diet.*

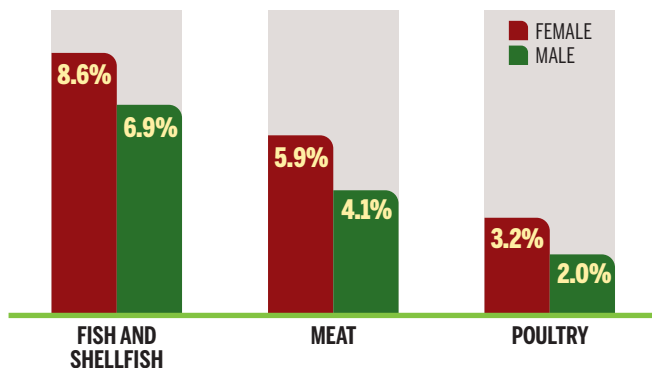
Canadians living in large urban areas are more likely to exclude fish and shellfish, meat, and poultry from their diet (1.9%) than those living in small urban or rural areas (0.6%).



*More Canadians exclude fish and shellfish from their diet than any other sources of protein.*



*Women and girls are more likely to exclude fish and shellfish, meat or poultry from their diet.*



Includes household population aged 1 and over in the 10 provinces.  
Source: 2015 Canadian Community Health Survey - Nutrition.

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