

Health Fact Sheets

Fruit and vegetable consumption, 2013



Statistics
Canada

Statistique
Canada

Canada

How to obtain more information

For information about this product or the wide range of services and data available from Statistics Canada, visit our website, www.statcan.gc.ca.

You can also contact us by

email at STATCAN.infostats-infostats.STATCAN@canada.ca

telephone, from Monday to Friday, 8:30 a.m. to 4:30 p.m., at the following numbers:

- Statistical Information Service 1-800-263-1136
- National telecommunications device for the hearing impaired 1-800-363-7629
- Fax line 1-514-283-9350

Depository Services Program

- Inquiries line 1-800-635-7943
- Fax line 1-800-565-7757

Standards of service to the public

Statistics Canada is committed to serving its clients in a prompt, reliable and courteous manner. To this end, Statistics Canada has developed standards of service that its employees observe. To obtain a copy of these service standards, please contact Statistics Canada toll-free at 1-800-263-1136. The service standards are also published on www.statcan.gc.ca under “Contact us” > “Standards of service to the public.”

Note of appreciation

Canada owes the success of its statistical system to a long-standing partnership between Statistics Canada, the citizens of Canada, its businesses, governments and other institutions. Accurate and timely statistical information could not be produced without their continued co-operation and goodwill.

Standard table symbols

The following symbols are used in Statistics Canada publications:

- not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- ^P preliminary
- ^r revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F too unreliable to be published
- * significantly different from reference category ($p < 0.05$)

Published by authority of the Minister responsible for Statistics Canada

© Minister of Industry, 2014

All rights reserved. Use of this publication is governed by the Statistics Canada [Open Licence Agreement](#).

An HTML version is also available.

Cette publication est aussi disponible en français.



Fruit and vegetable consumption, 2013

Fruit and vegetables are an important source of vitamins, minerals and fibre. A diet rich in fruit and vegetables may reduce the risk of heart disease and some types of cancer.¹

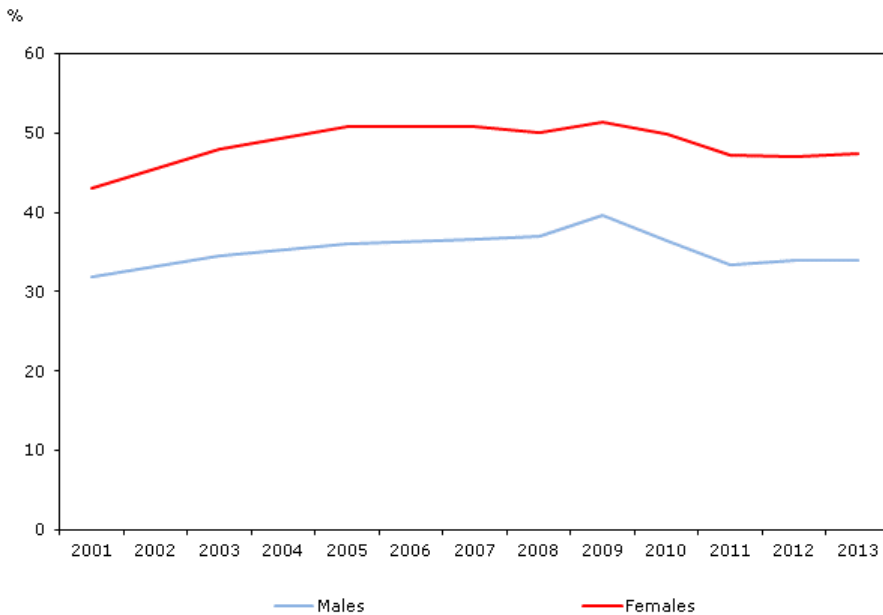
Fruit and vegetable consumption data are based on a survey question that measures the number of times respondents reported that they consumed fruit and vegetables, rather than the actual quantity consumed.

In 2013, 40.8% of Canadians aged 12 and older, roughly 11.5 million people, reported that they consumed fruit and vegetables five or more times per day. This rate has remained unchanged since 2011. Reported fruit and vegetable consumption had increased to 45.6% in 2009, and then decreased two years in a row in 2010 and again in 2011, marking the first decline in the rate since 2001.

From 2001 to 2013, females were more likely than males to consume fruit and vegetables five or more times daily. In 2013, 47.4% (6.8 million) of females consumed fruit and vegetables five or more times daily, compared to 34.0% (4.7 million) of males (Chart 1).



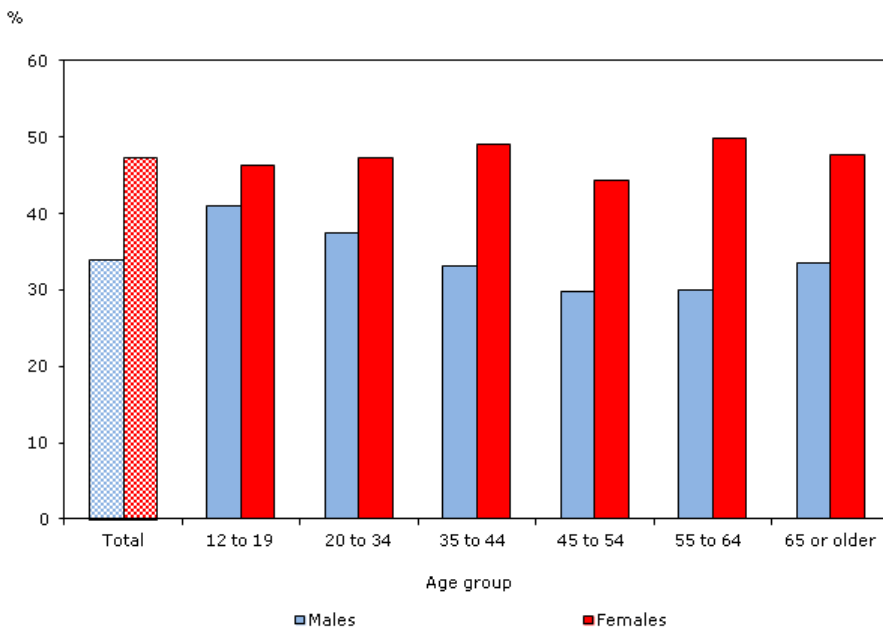
Chart 1
Percentage reporting that they consumed fruit and vegetables at least five times daily, by sex, household population aged 12 and older, Canada, 2001 to 2013



Source: Canadian Community Health Survey, 2001, 2003, 2005, 2007 - 2013.

In 2013, more than 44% of females in each age group reported that they ate fruit and vegetables five or more times daily. The rate was higher for females than for males in all age groups. Young males aged 12 to 19 (41.0%) were more likely to consume fruit and vegetables five or more times a day compared to males in all other age groups (Chart 2).

Chart 2
Percentage reporting that they consumed fruit and vegetables at least five times daily, by age group and sex, household population aged 12 and older, Canada, 2013



Source: Canadian Community Health Survey, 2013.

The proportion of residents who reported eating fruit and vegetables at least five times daily was **lower** than the national average (40.8%) in:

- Newfoundland and Labrador (25.5%)
- Prince Edward Island (32.5%)
- Nova Scotia (33.3%)
- New Brunswick (35.9%)
- Ontario (39.4%)
- Manitoba (31.9%)
- Yukon (32.6%)
- Nunavut (23.3%)

The proportion of residents who reported eating fruit and vegetables at least five times daily was **higher** than the national average only in Quebec (46.9%).

Residents of Saskatchewan, Alberta, British Columbia, and Northwest Territories reported rates that were about the same rate as the national average.

End note

-
- 1 Pérez, Claudio E. 2002. “ Fruit and vegetable consumption.” *Health Reports*. Vol. (volume) 13, no. (number) 3. March. Statistics Canada Catalogue no. (number) 82-003. p. (page) 23. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2002/6103-eng.pdf> (accessed May 10, 2010).
-

References

Garriguet, Didier. 2007. “ Canadians’ eating habits.” *Health Reports*. Vol. (volume) 18, no. (number) 2. May. Statistics Canada Catalogue no. (number) 82-003. p. (page) 17–32. <http://www.statcan.gc.ca/pub/82-003-x/2006004/article/habit/9609-eng.pdf> (accessed May 10, 2010).

Pérez, Claudio E. 2002. “ Fruit and vegetable consumption.” *Health Reports*. Vol. (volume) 13, no. (number) 3. March. Statistics Canada Catalogue no. (number) 82-003. p. (page) 23–31. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2002/6103-eng.pdf> (accessed May 10, 2010).

Data

Additional data from the Canadian Community Health Survey are available from CANSIM table 105–0501.