

Health Fact Sheets

Fruit and vegetable consumption, 2015



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- . 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 ($p < 0.05$)

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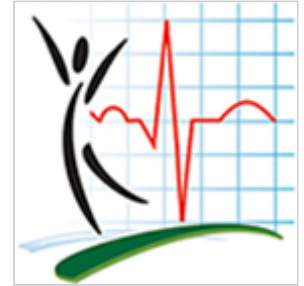
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Health Fact Sheets Fruit and vegetable consumption, 2015



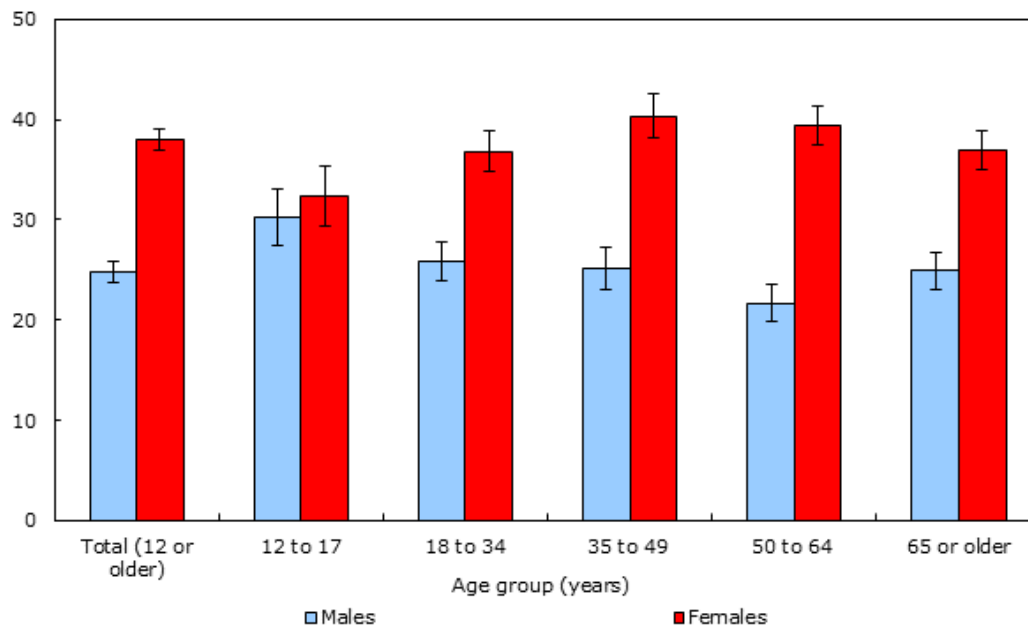
In 2015, 31.5% of Canadians aged 12 and older, roughly 9 million people, reported that they had consumed fruits and vegetables five or more times per day.^{1,2} Females were more likely than males to report consuming fruits and vegetables five or more times per day. In 2015, 38.0% of females and 24.8% of males reported such consumption³.

Fruit and vegetable consumption provides an important source of vitamins, minerals and fiber, which may reduce the risk of heart disease and some types of cancer⁴.

In 2015, fruit and vegetable consumption was higher among males aged 12 to 17 (30.3%) compared to older males (around 24% for all other age groups), while females aged 12 to 17 (32.3%) reported a lower consumption of fruits and vegetables than older females (around 38% in the other age groups).

Chart 1
Fruit and vegetables consumption, 5 or more times per day, by age group and sex, household population aged 12 and older, Canada, 2015

percent



Note: Indicates the usual number of times (frequency) per day a person reported eating fruits and vegetables. Measure does not take into account the amount consumed.

Source: Canadian Community Health Survey, 2015.

The proportion of residents who reported eating fruits and vegetables at least five times daily was **lower** than the national average (31.5%) in:

- Newfoundland and Labrador (22.5%)
- Prince Edward Island (27.2%)
- Nova Scotia (25.3%)
- Ontario (28.7%)

- British Columbia (29.9%)

The proportion of residents who reported eating fruits and vegetables at least five times daily was **higher** than the national average in Quebec (38.8%).

The proportion of residents who reported eating fruits and vegetables at least five times daily was about the same as the national average in the other provinces.

In 2015, fruit and vegetable consumption habits differed by the highest level of education⁵ attained by members of the household. When the highest level of education was below post-secondary, 24.3% of Canadians aged 12 and older ate fruits and vegetables five or more times per day. The proportion of people who consumed five or more fruits and vegetables per day was highest where post-secondary graduation was attained by a member of the household (33.4%). Fruit and vegetable consumption was also impacted by household income.⁶ The percentage of Canadians aged 12 or older who consumed fruits and vegetables at least five times daily was lowest in households that fell within the lowest income quintile (27.4%). Consumption of fruits and vegetables among the other income quintiles did not differ from one another.

References

Garriguet, D. 2007. "Canadians' eating habits (www.statcan.gc.ca/pub/82-003-x/2006004/article/9609-eng.htm) ." *Health Reports*. Statistics Canada Catalogue no. 82-003. Vol. 18, no. 2. (Accessed January 11th, 2017)

Pérez, C.E. 2002. "Fruit and vegetable consumption (www.statcan.gc.ca/access_acces/alternative_alternatif.action?l=eng&loc=http://www.statcan.gc.ca/studies-etudes/82-003/archive/2002/6103-eng.pdf) ." *Health Reports*. Statistics Canada Catalogue no. 82-003. Vol. 13, no. 3. (Accessed January 11th, 2017)

Data

Additional data from the Canadian Community Health Survey are available from CANSIM table 105–0508 (www.statcan.gc.ca/cansim/a26?lang=fra&retrLang=fra&id=1050508) .

Notes

- 1 Estimates in this article that refer to the national average or Canada rate exclude the territories. This is because the coverage of CCHS in 2015 does not cover the entire population of the territories. Only half of the communities in the territories were visited in 2015, and the other half in 2016 so analyses based on the territories is only available for two year cycles of the CCHS (e.g. 2015-2016).
- 2 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.
- 3 In this article when two estimates are said to be different this indicates that the difference was statistically significant at a 95% confidence level (p-value less than 5%).
- 4 Pérez, C.E. 2002. "Fruit and vegetable consumption (www.statcan.gc.ca/access_acces/alternative_alternatif.action?l=eng&loc=http://www.statcan.gc.ca/studies-etudes/82-003/archive/2002/6103-eng.pdf) ." *Health Reports*. Statistics Canada, Catalogue no. 82-003. Vol. 13, no. 3. (Accessed January 11th, 2017)
- 5 For the purpose of this fact sheet, education is reported as a three tier system—less than secondary school graduation, secondary school graduation, or post-secondary certificate/diploma or university degree.
- 6 Based on household income, adjusted by the before-tax low income cut-off (LICO) for the household and community size. The LICO is the threshold at which a family would typically spend a larger portion of its income than the average family on the necessities of food, shelter, and clothing. This accounts for spending power based on the family and community size.