

Table 105-0449¹

Fruit and vegetable consumption, by age group and sex, household population aged 12 and over, Canada, provinces, territories and selected health regions (June 2005 boundaries), every 2 years

Survey or program details:

Canadian Community Health Survey - [3226](#)

Geography²=Yukon Territory [60]

Age group	Sex	Fruit and vegetable consumption ^{5,6}	Characteristics ^{7,8,9,10}	2005
Total, 12 years and over	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	27,188
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	14,372
			Percent	52.9
		Consume fruits and vegetables 5 or more times per day	Number of persons	11,672
			Percent	42.9
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	10,895
			Percent	40.1
		Consume fruits and vegetables more than 10 times per day	Number of persons	777 ^E
			Percent	2.9 ^E
		Fruit and vegetable consumption, not stated	Number of persons	1,144 ^E
			Percent	4.2 ^E
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	13,664
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	7,599
			Percent	55.6
		Consume fruits and vegetables 5 or more times per day	Number of persons	5,338
			Percent	39.1
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	4,922
			Percent	36.0
		Consume fruits and vegetables more than 10 times per day	Number of persons	416 ^E
			Percent	3.0 ^E
		Fruit and vegetable consumption, not stated	Number of persons	727 ^E
			Percent	5.3 ^E
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	13,524
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	6,772
			Percent	50.1
		Consume fruits and vegetables 5 or more times per day	Number of persons	6,335
			Percent	46.8
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	5,974
			Percent	44.2
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	417 ^E
			Percent	3.1 ^E
		Total population for the variable fruit and vegetable consumption	Number of persons	3,854
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,625
			Percent	42.2

12 to 19 years	Both sexes	Consume fruits and vegetables 5 or more times per day	Number of persons	2,017
			Percent	52.3
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,786
			Percent	46.4
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
	Males	Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	2,016
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	669 ^E
			Percent	33.2 ^E
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,158
			Percent	57.4
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	945 ^E
			Percent	46.9 ^E
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
	Females	Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	1,838
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	957
			Percent	52.1
		Consume fruits and vegetables 5 or more times per day	Number of persons	859 ^E
			Percent	46.7 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	842 ^E
			Percent	45.8 ^E
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
20 to 34 years	Both sexes	Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	6,422
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	3,090
			Percent	48.1
		Consume fruits and vegetables 5 or more times per day	Number of persons	3,240
			Percent	50.4
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	2,903
			Percent	45.2
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
	Males	Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	2,921
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,558
			Percent	53.3
	Females	Consume fruits and vegetables 5 or more times per day	Number of persons	1,331 ^E
			Percent	45.6 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,214 ^E
			Percent	41.6 ^E
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	

35 to 44 years			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	3,501
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,532
			Percent	43.8
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,909
			Percent	54.5
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,688
			Percent	48.2
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	5,580
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	3,148
			Percent	56.4
		Consume fruits and vegetables 5 or more times per day	Number of persons	2,144
			Percent	38.4
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	2,132
			Percent	38.2
	Males	Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	2,807
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,789
			Percent	63.7
		Consume fruits and vegetables 5 or more times per day	Number of persons	870 ^E
			Percent	31.0 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	870 ^E
			Percent	31.0 ^E
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	2,773
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,359
			Percent	49.0
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,274 ^E
			Percent	45.9
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,262 ^E
			Percent	45.5
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	9,228
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	5,291

45 to 64 years	Both sexes		Percent	57.3
		Consume fruits and vegetables 5 or more times per day	Number of persons	3,495
			Percent	37.9
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	3,324
			Percent	36.0
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
	Males	Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	4,816
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	2,814
			Percent	58.4
	Females	Consume fruits and vegetables 5 or more times per day	Number of persons	1,645
			Percent	34.2
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,573
			Percent	32.7
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
65 years and over	Both sexes	Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	4,412
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	2,478
			Percent	56.2
	Males	Consume fruits and vegetables 5 or more times per day	Number of persons	1,851
			Percent	41.9
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,751
			Percent	39.7
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
	Both sexes	Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	2,103
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,216
			Percent	57.8
	Males	Consume fruits and vegetables 5 or more times per day	Number of persons	777 ^E
			Percent	36.9 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	751 ^E
			Percent	35.7 ^E
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
	Females	Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
		Total population for the variable fruit and vegetable consumption	Number of persons	1,103
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	769
			Percent	69.7
	Both sexes	Consume fruits and vegetables 5 or more times per day	Number of persons	F
			Percent	F
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	F
			Percent	F
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F

			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	1,000
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	447 ^E
			Percent	44.7 ^E
		Consume fruits and vegetables 5 or more times per day	Number of persons	443 ^E
			Percent	44.3 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	431 ^E
			Percent	43.1 ^E
		Consume fruits and vegetables more than 10 times per day	Number of persons	F
			Percent	F
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F

Symbol legend:

^E Use with caution

^F Too unreliable to be published

Footnotes:

1. Source: Statistics Canada, Canadian Community Health Survey (CCHS 3.1), 2005. The CANSIM table 1050449 is an update of CANSIM table 1050249.
2. Health regions are defined by the provincial ministries of health. These are legislated administrative areas in all provinces. The health regions presented in this table are based on boundaries and names in effect as of June 2005. For complete Canadian coverage, each of the northern territories also represents a health region.
5. Canada and provincial estimates are based on sub-sample weights. Certain health regions selected the "Fruit and vegetable consumption" module as optional content.
6. Population aged 12 and over who reported the average number of times per day that they consume fruits and vegetables. "Fruit and vegetable consumption" was previously referred to as "Dietary practices".
7. When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate.
8. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
9. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.
10. Data with a coefficient of variation (CV) greater than 33.3% were suppressed due to extreme sampling variability and are identified as follows: (F) too unreliable to be published.

Source: Statistics Canada. *Table 105-0449 - Fruit and vegetable consumption, by age group and sex, household population aged 12 and over, Canada, provinces, territories and selected health regions (June 2005 boundaries), every 2 years*, CANSIM (database).

<http://cansim2.statcan.ca/cgi-win/cnsmcgl.exe?>

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