

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=Nunavut [62]

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	14,948
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	10,409
			Percent	69.6
		Consume fruits and vegetables 5 or more times per day	Number of persons	3,900
			Percent	26.1
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	3,731
			Percent	25.0
		Consume fruits and vegetables more than 10 times per day	Number of persons	169 ^E
			Percent	1.1 ^E
		Fruit and vegetable consumption, not stated	Number of persons	639
			Percent	4.3
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	7,627
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	5,237
			Percent	68.7
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,929
			Percent	25.3
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,860
			Percent	24.4
		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	461 ^E
			Percent	6.0 ^E
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	7,321
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	5,172
			Percent	70.6
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,971 ^E
			Percent	26.9 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,871 ^E
			Percent	25.6 ^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
		Total population for the variable fruit and vegetable consumption	Number of persons	3,321
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,905
			Percent	57.4
			Number of persons	1,100 ^E

12 to 19 years	Both sexes	Consume fruits and vegetables 5 or more times per day	Percent	33.1 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,022 ^E
			Percent	30.8 ^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	315 ^E
			Percent	9.5 ^E
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	1,683
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	839 ^E
			Percent	49.9 ^E
		Consume fruits and vegetables 5 or more times per day	Number of persons	588 ^E
			Percent	34.9 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	574 ^E
			Percent	34.1 ^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
	Females	Total population for the variable fruit and vegetable consumption	Number of persons	1,638
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,066
			Percent	65.1
		Consume fruits and vegetables 5 or more times per day	Number of persons	512
			Percent	31.2
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	447 ^E
			Percent	27.3 ^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
20 to 34 years	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	5,278
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	3,762
			Percent	71.3
		Consume fruits and vegetables 5 or more times per day	Number of persons	1,384
			Percent	26.2
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	1,313
			Percent	24.9
	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
		Total population for the variable fruit and vegetable consumption	Number of persons	2,730
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	2,012
			Percent	73.7
		Consume fruits and vegetables 5 or more times per day	Number of persons	619 ^E
			Percent	22.7 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	583 ^E
			Percent	21.3 ^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	2,548
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,750
			Percent	68.7
		Consume fruits and vegetables 5 or more times per day	Number of persons	766 ^E
			Percent	30.1 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	730 ^E
			Percent	28.7 ^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
35 to 44 years	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	2,900
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	2,204
			Percent	76.0
		Consume fruits and vegetables 5 or more times per day	Number of persons	657 ^E
			Percent	22.7 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	644 ^E
			Percent	22.2 ^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
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	1,433
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,067
			Percent	74.5
		Consume fruits and vegetables 5 or more times per day	Number of persons	F
			Percent	23.4 ^E
		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
		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	1,467
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,137
			Percent	77.5
		Consume fruits and vegetables 5 or more times per day	Number of persons	321 ^E
			Percent	21.9 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	321 ^E
			Percent	21.9 ^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
		Total population for the variable fruit and vegetable consumption	Number of persons	2,931
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	2,127

45 to 64 years	Both sexes		Percent	72.6
		Consume fruits and vegetables 5 or more times per day	Number of persons	716 ^E
			Percent	24.4 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	709 ^E
			Percent	24.2 ^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
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	1,466
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,091
			Percent	74.4
		Consume fruits and vegetables 5 or more times per day	Number of persons	346 ^E
			Percent	23.6 ^E
		Consume fruits and vegetables 5 to 10 times per day	Number of persons	340 ^E
			Percent	23.2 ^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	1,465
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	1,036 ^E
			Percent	70.7 ^E
		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
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
65 years and over	Both sexes	Total population for the variable fruit and vegetable consumption	Number of persons	519
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	411
			Percent	79.1
		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
		Fruit and vegetable consumption, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable fruit and vegetable consumption	Number of persons	315
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	227
			Percent	72.2
		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
			Number of persons	F

		Consume fruits and vegetables more than 10 times per day	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	204
			Percent	100.0
		Consume fruits and vegetables less than 5 times per day	Number of persons	F
			Percent	F
		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
		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).

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