

NATIONAL SINGLE DAY FOOD CONSUMPTION REPORT:

Analysis of the 24-hour dietary recall data from the Canadian Community Health Survey (CCHS), Cycle 2.2, Nutrition (2004), and assessment for food consumption frequency among Canadians



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National Single Day Food Consumption Report: Analysis of the 24-hour dietary recall data from the Canadian Community Health Survey (CCHS), Cycle 2.2, Nutrition (2004), and assessment for food consumption frequency among Canadians is available on the Internet at the following address:
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EXECUTIVE SUMMARY

Understanding the high-risk food consumption patterns and food handling practices of Canadians is critical in reducing food-borne illness in Canada. In recent years, chronic diseases and their determinants have become a public health priority as global leaders realize the burden of these often preventable illnesses. Similarly, food safety issues have come to the forefront with attention to high-profile food-borne illness outbreaks both in Canada and abroad. As food consumption patterns change with changing societal factors and an increasingly diverse food supply, there has never been a greater need for reliable population-level data on food and nutrition to inform decisions and support and protect the health of Canadians.

Different dietary practices are associated with increased risk of food-borne illness and our ability to evaluate food consumption trends and assess risks associated with food-borne illness, is limited by lack of data on current eating habits, food consumption, and consumer food safety practices. Further, our ability to examine food consumption as an exposure/risk factor for food-borne illness and support the exposure comparison required to identify the source of illness during food-borne disease outbreak investigations has been limited by a lack of data on current eating habits in Canada.

Canadian-specific food consumption data would significantly enhance our ability to investigate and respond to food-borne disease outbreaks across all government levels. National data would also allow for an improved understanding of key food-borne disease exposures; assist with determining population exposure to specific high-risk and frequently consumed foods; inform retail components of surveillance programs; provide necessary data for risk assessments; and inform policy development and program implementation.

In 2004, the Canadian Community Health Survey conducted an extensive module on food and nutrition in their 2.2 Cycle, as a joint initiative of Statistics Canada and Health Canada. This Nutrition Survey measured 24-hour dietary recall with a focus on nutrient intake. Although the survey collected data for nutritional purposes, it provided Canadian-specific data on food intake that could potentially fill the data gap identified from a food-borne illness and food safety perspective.

Food-borne disease epidemiologists at the Centre for Food-borne, Environmental and Zoonotic Infectious Diseases (CFEZID), PHAC, used the survey data to examine food consumption as an exposure/risk factor for food-borne illness and to explore the possibility of extrapolating 24-hour dietary recall data to consecutive, multiple day exposure periods. Advanced statistical methods were applied to the 24-hour dietary recall data to determine if it would be feasible to estimate food consumption over 3, 5 and 7 consecutive day periods. These are the exposure periods required for meaningful comparisons of foods consumed by the general population to those consumed by people experiencing food-borne illness. It was determined that single day food consumption could not be reliably extended to a longer time period.

The resulting report provides data on food consumed within a 24-hour period that can help to inform outbreak investigations, but may not be a sufficient comparator to identify the source of illness during outbreaks as data could not be extrapolated for consecutive, multiple day exposure periods.

Single day food consumption data is useful in describing overall trends as well as highlighting particular demographic characteristics of individuals consuming particular food items, within a 24-hour period. The data can provide an overview of commonly consumed foods, such as the most commonly consumed cheeses (in a 24-hour period), or provide insights into particular age groups that have a higher percentage of consuming a particular food item in a single day period (e.g. hot dogs consumed most frequently by children aged 4 to 13). The data can also describe locations where a food might generally be prepared (e.g. home vs. restaurant). As a result, these data may still be useful in helping to guide outbreak investigations, as well as informing food-borne disease surveillance programs, risk assessments, and policy and program development.

Overall, despite the limitations and recognizing that there is still a requirement for consecutive, multiple day food consumption data, this current food consumption report describes the daily consumption patterns and amounts of foods consumed by the Canadian population and their demographic distributions. These data provide an indication of what Canadians generally eat (within a 24-hour period), and help to better understand and describe food consumption trends in Canada.

INTRODUCTION

Within the Public Health Agency of Canada (PHAC), specifically the Centre for Food-borne, Environmental and Zoonotic Infectious Diseases (CFEZID) and the Laboratory for Food-borne Zoonoses (LFZ), it has been recognized that our ability to evaluate food consumption trends, assess risks associated with food-borne illness, and assist with identifying potential sources of exposure during food-borne disease outbreak investigations, has been limited by a lack of data on current eating habits, food consumption and consumer food safety practices in Canada.

A scan of potential existing data sources to determine if any national-level data exists, found that the Statistics Canada Canadian Community Health Survey (CCHS) Cycle 2.2, Nutrition module, collected 24-hour dietary recall data on a random sample of approximately 35,000 Canadians. The main purpose of the CCHS 2.2 was to provide reliable information about Canadians' dietary intake and related factors. This database contained the data elements necessary to explore the possibility of creating a food consumption frequency report for Canada. Single day dietary recall data could be analyzed to obtain single day food consumption estimates for the Canadian population. The data could also be explored further to determine if it could be extrapolated to 3, 5 or 7 day consecutive exposure periods, given that these exposure periods are necessary to allow for comparisons of foods consumed by the general population to those consumed by people experiencing food-borne illness.

National food consumption data for Canada, with consecutive, multiple day exposures, would provide PHAC and its stakeholders with Canadian-specific food consumption data that would allow for enhanced provincial/territorial and national capacity to respond to current and emerging food-borne disease issues, as well as in outbreak investigations.

Specifically, national food consumption data could be used by PHAC and its federal and provincial/territorial partners in food safety:

- a) In enteric disease outbreak investigations; to focus investigations more quickly, thereby improving response time (via enabling comparison of foods consumed by the general population to a case series of infected individuals to assist with identifying a common exposure), and potentially averting a proportion of cases.
- b) In surveillance programs related to enteric disease and antimicrobial resistance; to inform retail food sampling programs (e.g. C-EnterNet, Canadian Integrated Program for Antimicrobial Resistance Surveillance (CIPARS)), targeting items most frequently consumed.
- c) In risk assessments; to determine the population exposure to specific foods, allowing calculation of the attributable fraction for a given food-pathogen combination, thereby informing national pathogen reduction target initiatives.
- d) To support fast and accurate response to public health crises.
- e) To support policy development and program implementation.

However, in an attempt to investigate the utility of using the 24-hour dietary recall data to estimate consecutive, multiple day food consumption, it was determined that single day food consumption could not be reliably extended to longer time periods. Therefore, this report describes only the methodology used to analyze the CCHS 24-hour dietary recall data to obtain single day food consumption estimates for the Canadian population. The results describe daily consumption patterns and amounts of foods consumed by the Canadian population and their demographic distributions.

METHODOLOGY

Data used for the National Single Day Food Consumption Report for Canada were obtained from the Canadian Community Health Survey (CCHS), Cycle 2.2, Nutrition, a joint initiative of Statistics Canada and Health Canada in 2004. The main purpose of the CCHS 2.2 was to provide focused information on the topic of Nutrition. The CCHS 2.2 is a cross-sectional survey that collected information on 24-hour dietary intake. The interview was conducted in person in both English and French. Information on the CCHS and Cycle 2.2 including survey methodology, is available in the *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*¹ as well as from Statistics Canada².

1. CCHS 2.2 SURVEY DETAILS

1.1 SURVEY SAMPLE

The CCHS (Cycle 2.2) collected responses from persons of all ages, living in private occupied dwellings in the ten provinces. The sampling frame did not include individuals living in the three Territories, on First Nations Reserves or on Crown Lands, institutional residents, full-time members of the Canadian Forces, and residents of certain remote regions. Proxy interviews were conducted for respondents aged 11 or under.

Overall, 35 107 Canadians participated in the survey, yielding a national response rate of 76.5%. Of these, 33 469 respondents agreed to share their responses with Health Canada, the provincial Ministries of Health and the “Institut de la Statistique du Québec” (for Quebec respondents). Dietary recall data was available for 33 418 of these respondents.

1.2 DATA COLLECTION FOR 24-HOUR DIETARY RECALL

Data was collected by Statistics Canada interviewers between January 2004 and January 2005 and the majority of interviews were conducted in person. The 24-hour dietary recall component was designed to collect information on all of the foods and beverages consumed during the previous day, from midnight to midnight (i.e. 24-hour period). This component used an innovative computer-assisted interviewing instrument called the Automated Multiple-Pass Method (AMPM), which helped respondents to remember and report the foods they consumed during the 24-hour period prior to the interview. AMPM strategies included open ended as well as detailed questions on foods, association with the day’s events, and probes for frequently forgotten foods. Food items reported by respondents were assigned a Nutrition Survey System (NSS) food code. These codes are very specific to allow for nutritional assessments of the food items consumed, and are described according to unique nutritional qualities or composition, such as fat-free, light, low sodium, and/or their original state or the method in which they were prepared, such as raw, frozen, or boiled. The CCHS 2.2 survey categorized food consumed by food item, food group and recipe variables.

Respondents were also asked to provide other information such as amounts of food consumed, and whether the meal was prepared at home or elsewhere. Food amounts were reported by general sizing terms (e.g. grams, milliliters, ounces, etc), standard food portion sizes (e.g. teaspoon, cups, etc.), modeling (from the Food Model Booklet – e.g. pictures of glasses, mugs, bowls, etc.), item-specific food portions sizes (e.g. one medium coffee, one carrot, one bun, etc.) and other specified food portion sizes (e.g. one bite, one serving, etc.). An in-house computer-based system was developed by Statistics Canada to then systematically convert reported food portion sizing into gram weights, liquid volume into milliliters, and solid volume into cubic centimeters.

¹ *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data* (www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/cchs_focus-volet_esc_e.html)

² Statistics Canada (www.statcan.ca/english/concepts/hs/index.htm)

1.3 SURVEY WEIGHTS

Application of survey weights in the analysis provided meaningful estimates for the population as a whole from the survey data. For each individual record in the CCHS survey, a weight was calculated and assigned by Statistics Canada. To estimate the number of people consuming a food item, a weight was applied to each respondent who consumed the food. As described in the CCHS 2.2 documentation, the survey used five sampling frames for its sample selection and weighting strategy. CCHS publication guidelines require data users to present weighted information only, therefore, only weighted data has been presented in the report.

2. NATIONAL SINGLE DAY FOOD CONSUMPTION REPORT

2.1 METHODS

The CCHS 2.2 Master file was obtained to analyze the data for this report. The total number of respondents included in the analysis was 33 418. A second interview on thirty percent of the respondents was conducted as part of the CCHS 2.2 to adjust food and nutrient intake so that distributions of usual intake could be produced (by addressing intra-individual variation in nutritional intakes). However, only the first interview was included for the purposes of this analysis. Both total and weighted numbers of respondents by demographic subgroups are listed below. CCHS 2.2 preset variables and categories were used for the analysis of demographic variables.

The list of foods included in the report were selected from a food safety perspective and were based on previous food consumption surveys, retail food sampling surveillance activities and food items of interest for enteric disease outbreak investigations. NNS food codes were mapped to each food item analysed for the report. A total of 1187 NNS codes were analysed for 280 food items into the following 20 food groups:

Vegetables	Nuts, Seeds, Tofu & Nut Butters
Herbs & Spices	Dried Fruits
Sprouts	Juices
Fruit	Cereals
Eggs	Baby Food & Formula
Dairy and Dairy Substitutes	Snack foods
Cheese	Sauces, Salsa, Salad Dressings, Gravies and Jams/Preserves
Meat and Poultry	Deli Salads
Beef	Prepared/Processed Foods
Cooked or Processed Meats	
Seafood	

Consumption of a food was defined as a respondent eating the food item at least once in a 24-hour time period. If a food was consumed more than once by a respondent in a day, then the respondent was counted only once. The analysis includes frequency of consumption of food items by respondents at the national and provincial level, as well as overall consumption nationally (for each food item), broken down by month, age group, age and gender, residence, location of preparation, income and cultural origin. The amount of food consumed reflects all food consumed in a 24-hour time period and may represent more than one serving. Amounts of food items are described by province and age group.

The age and gender graphs present only male and female breakdown for individuals nine years of age and older since for children less than eight years of age, the data available in the CCHS 2.2 were not broken down by gender. For the variable “location where food was prepared”, 16 original CCHS 2.2 categories were further classified into eight locations; home, restaurant, fast food, take out, grocery store, cafeteria, other’s home and other. Three of these location categories were grouped together for similar location types, including “Restaurant” which included a restaurant with waiter, bar/tavern and restaurant with no other information; “Cafeteria” which included school cafeterias and other cafeterias; and “Other” which included vending machines, child care centre, family/adult care centre, at work, and other. Several of the cultural origin categories were also grouped together including an ‘Asian’ subgroup which included respondents who identified as Korean, Japanese or Chinese, and a ‘South Asian’ subgroup which included respondents who identified as South Asian, South East Asian, or Filipino.

2.2 ANALYSIS

The estimated weighted number of people who consumed the food item in the past 24 hours and the percentage of weighted respondents who consumed the food item at a national level and by province are described in Table 1. Where available, raw food item counts were included in the analysis and overall count for each food item. However, consumption of raw fruits and vegetables were also analyzed separately to obtain consumption frequency and amounts, nationally and by province. Raw foods were defined by NNS codes and as food items not included in a cooked recipe. Raw foods were identified by taking all of the raw food items identified for the particular food item and removing observations reported to be eaten in cooked recipes.

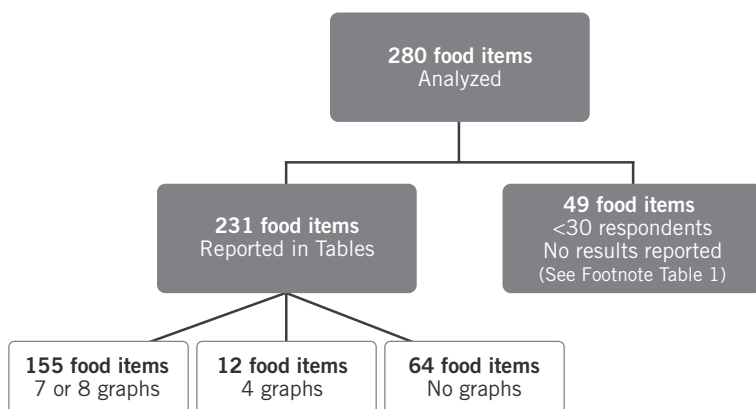
Most food items are described by demographic characteristics in Figures 1 to 231 and include distributions by province, month, age group, age and gender, residence, income, and cultural origin. Also included is a graph depicting the location of food preparation among those that consumed the food item. This graph describes the number of times that a food item was prepared in a particular location divided by the total number of times that the food item was prepared in all locations. This data includes preparation of the food item multiple times in a single day and in more than one location by a single respondent. The percentage for location prepared for each food item will total 100%. For example, in Figure 1.5, 81.0% of all asparagus consumed in the past 24 hours was prepared at home.

Total weighted amount of food consumed in grams by respondents per day were calculated and the average amount consumed in the previous 24 hours (may include multiple servings per day), is presented nationally and by province (Appendix 1) and by age group (Appendix 2). Minimum and maximum values were also included to describe the range of amounts consumed. While the amounts of raw fruits and vegetables are described nationally and by province, they are not included in the age group breakdown.

In accordance with the CCHS publication guidelines, small count sizes (i.e. counts less than 30 before weighting) were reported and were marked in the graphs and tables with an asterisk (*). There were 49 foods analyzed that had less than 30 respondents reporting consumption at the national level whose results could not be reported (listed in footnote of Table 1). While all food items with national counts greater than or equal to 30 were included in the tables, there were some food items where further analysis of demographic breakdown resulted in very little data to be included. Therefore, the following criteria were applied for presenting data in graph form:

- For meaningful comparison amongst cultural groups, culture graphs were included only for food items where more than half of the cultural group data points were populated (for a total of 8 demographic graphs).
- For twelve food items that had limited data points for demographic variables, only the province, age group, age and gender, and residence graphs were presented.
- For 64 food items in Table 1 with a very low frequency of consumption (i.e. less than 1%), there was insufficient demographic data, therefore no graphs were included.

Summary of food items included in the report:



3. DATA LIMITATIONS

3.1 CCHS 2.2. SURVEY DATA LIMITATIONS

There are several considerations and limitations about the data that impact the interpretation of the results. Coding of the variables from the NNS food codes to categories for our analysis was complex and food items may not describe foods in an ideal way for food safety purposes (e.g. no data available on unpasteurized cheeses).

The CCHS 2.2 survey did not include individuals living in the three Territories, on First Nations Reserves or on Crown Lands, institutional residents, full-time members of the Canadian Forces, and residents of certain remote regions.

The numbers of respondents interviewed in January were fewer compared to other months which may result in slightly inaccurate seasonal observations. Cultural origin graphs should also be interpreted with caution since cultural origin groups were aggregated and include a multitude of cultural origins within each group. Also, Arab/West Asian and Latin America cultural groups had a lower representation than other cultures; therefore approximately 20% of individuals in these self-identified cultural groups would have been required to consume the foods for them to be reflected in the graph. However, other variables such as country of birth, ethnic (ancestry) origin and immigration status (which were also available in the CCHS 2.2), could be analyzed further to better assess food consumption patterns among cultural subpopulations.

3.2 LIMITATIONS OF ANALYZING NUTRITION-FOCUSED DIETARY RECALL DATA FOR FOOD CONSUMPTION PURPOSES

Certain limitations are inherent in using nutrition-focused dietary recall data for estimating the frequency of food consumption for food safety purposes. First, the CCHS 2.2 did not capture sufficient detail on the consumption of food items considered to be high-risk for certain food-borne illnesses, such as raw milk, raw seafood and undercooked meats and eggs. In addition, information on consumer food safety behaviours (e.g. food handling, preparation and cooking practices) that may increase or decrease the risk of food-borne illnesses, were absent from the CCHS 2.2. Therefore, estimating the exposure to microbiological hazards in foods is difficult without the ability to link food consumption data to information on consumer food safety behaviour. Also, the 24-hour recall period limits the ability to capture foods consumed less frequently or foods that are rarely eaten that would be captured in a longer recall period. This relates to a second limitation, given the incubation period of food-borne diseases; the 24-hour recall period used in the CCHS 2.2 limits our ability to determine exposures for diseases with an incubation period longer than 24 hours (e.g. typically a 3 to 7 day period for food-borne illnesses). An attempt was made to investigate the utility of using the 24-hour dietary recall data to estimate food consumption over a 3, 5, or 7 day time period; however, it was observed that single day food consumption data did not extrapolate in a linear fashion over a few days, weeks, months or even years. In other words, information on the frequency of food consumption (e.g. daily, weekly, every ten days, once a year, etc.) and the proportion of the population that consumes that food at least once during a long time frame (e.g. year), would be required in order to extrapolate. Finally, due to specific CCHS publication guidelines regarding reporting of small count sizes (i.e. counts less than 30 before weighting should not be released), many food items with national weighted percent estimates that were less than 0.1% could not be reported. These publication guidelines also impacted the ability to report on provincial and demographic data points with small count sizes (i.e. counts less than 30 before weighting). As a result, data on these food items will not be available for use or analysis in outbreak investigations, surveillance programs, or in risk assessments. However, it could be assumed that these rarely consumed foods represent low risk exposures.

CONCLUSIONS

Using the CCHS 2.2 nutrition-focused 24-hour dietary recall data, a National Single Day Food Consumption Report was developed to describe the frequencies and amounts of foods consumed, as well as the demographic distribution of foods consumed in Canada, over a 24-hour period. This Single Day Food Consumption Report provides Canadian-specific food consumption data at the national level that was previously unavailable.

Single day food consumption data could not be reliably extended to a longer time period to estimate consecutive, multiple day exposure periods (e.g. 3, 5, or 7 days). As a result, this report provides 24-hour dietary recall data that can be used to inform outbreak investigations; however, it may not be a sufficient comparator to identify the source of illness during outbreaks as data could not be extrapolated for consecutive, multiple day exposure periods. Consecutive, multiple day exposure periods are required for meaningful comparisons of foods consumed by the general population to those consumed by people experiencing food-borne illness.

Single day food consumption data is useful in describing overall trends as well as highlighting particular demographic characteristics of individuals consuming particular food items, within a 24-hour period. The data provide an overview of commonly consumed foods, such as the most commonly consumed cheeses (in a 24-hour period), or provide insights into particular age groups that have a higher percentage of consuming a particular food item in a single day period (e.g. hot dogs consumed most frequently by children aged 4 to 13). They can also describe distribution of locations where a food might generally be prepared (e.g. home vs. restaurant). As a result, these data may still be useful in helping to guide outbreak investigations, as well as informing food-borne disease surveillance programs, risk assessments, and policy and program development.

FUTURE WORK

Further work will be required to assess the usefulness of single day food consumption data among public health and food safety stakeholders and to determine the application of the data. Exploring other statistical methodologies and other available, more recent, data sources will continue in order to better describe food consumption patterns in Canada from a food safety perspective. Ideally, national, population-based food exposure data for consecutive, multiple days is required.

Overall, despite the limitations and recognizing that there is still a requirement for consecutive, multiple day food consumption data, this current food consumption report has been developed to describe the daily consumption patterns and amounts of foods consumed by the Canadian population and their demographic distributions. These data will provide an indication of what Canadians generally eat (within a 24-hour period), and help to better understand and describe food consumption trends in Canada.

DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

CCHS 2.2 2004 24-Hour Dietary Recall

PROVINCE	NATIONAL	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL*
Interview Count	33408.0	3408.0	2800.0	1941.0	3997.0	10498.0	4544.0	1570.0	1649.0	1353.0	1648.0
Weighted Respondents	30960585.6	4070030.1	3091767.0	914236.0	1093381.8	12152277.9	7352069.0	729732.3	909247.4	135695.7	512148.5

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
Interview Count	301.0	2030.0	3150.0	2038.0	4018.0	3791.0	5075.0	3485.0	2077.0	3588.0	2832.0	1023.0	33408.0
Weighted Respondents	183811.5	2465157.0	4734199.8	1457919.8	3365470.7	2974826.1	4093604.3	2590106.0	1171118.3	3847609.3	3066924.2	1009838.7	30960585.5

AGE GROUP	<3	4 to 8	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	71+	TOTAL
Interview Count	2492.0	3238.0	4060.0	4565.0	3821.0	5351.0	5751.0	4130.0	33408.0
Weighted Respondents	1298124.9	1808464.8	2033102.7	2066024.7	5112262.9	9743496.9	6414503.6	2484605.0	30960585.6

AGE GROUP AND SEX	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	71+	TOTAL
Male - Count	2080.0	2288.0	1804.0	2596.0	2550.0	1520.0	12838.0
Male - Weighted	1042720.0	1057576.0	2590302.1	4874210.1	3144811.3	1053031.8	13762651.3
Female - Count	1980.0	2277.0	2017.0	2755.0	3201.0	2610.0	14840.0
Female - Weighted	990382.7	1008448.7	2521960.8	4869286.9	3269692.3	1431573.2	14091344.6

RESIDENCE	URBAN	RURAL	TOTAL
Interview Count	25924.0	7484.0	33408.0
Weighted Respondents	25484867.0	5475718.0	30960586.0

HOUSEHOLD INCOME†	<20,000	20,000-39,999	40,000-59,999	60,000-79,999	80,000+	TOTAL
Interview Count	4756.0	7130.0	6224.0	4713.0	6895.0	29774.0
Weighted Respondents	3098837.9	5801046.6	5869564.4	4846862.6	8153178.4	27837049.3

CULTURAL OR RACIAL ORIGIN	ASIAN	SOUTH ASIAN	LATIN AMERICA	ARAB/WEST ASIAN	ABORIGINAL/ N.AMERICAN	WHITE	BLACK	OTHER	TOTAL
Interview Count	687.0	915.0	147.0	167.0	1065.0	29058.0	400.0	951.0	33390.0
Weighted Respondents	1085258.0	1789276.1	217564.6	385659.0	400843.1	25507800.1	648194.6	879002.5	30913597.9

* The province of Newfoundland & Labrador has been incorrectly denoted as 'NF' throughout the report

† Analysis of household income ranges were calculated as shown in the table, however in the graphs they were displayed with overlapping intervals (e.g. 20,000-40,000, 40,000-60,000, etc.)

TABLE 1: FOOD ITEM CONSUMED IN THE PAST 24 HOURS

	FOOD	NATIONAL		BC		AB		SK		MB		ON		QC		NB		NS		PE		NL	
		Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %
VEGETABLES																							
1	Asparagus	486500.3	1.6	118772.7	2.9	*	*	*	*	9986.9	0.9	192734.2	1.6	128735.2	1.8	*	*	*	*	*	*	*	*
2	Beans	2030584.5	6.6	250084.1	6.1	152145.7	4.9	47004.3	5.1	49993.0	4.6	888346.7	7.3	541679.7	7.4	31129.2	4.3	53885.8	5.9	6791.1	5.0	9525.0	1.9
	- Raw Beans	123034.6	0.4	*	*	*	*	*	*	*	*	47967.1	0.4	*	*	*	*	*	*	*	*	*	*
3	Beets	192628.9	0.6	45609.4	1.1	*	*	*	*	13996.4	1.3	45233.0	0.4	*	*	*	*	*	*	*	*	*	*
4	Broccoli	4011200.6	13.0	519009.3	12.8	362151.3	11.7	85848.1	9.4	109045.5	10.0	1653037.0	13.6	1091710.7	14.8	59692.3	8.2	77802.0	8.6	10485.2	7.7	42419.2	8.3
	- Raw Broccoli	702628.5	2.3	61173.8	1.5	76721.9	2.5	18991.9	2.1	25649.0	2.3	279178.6	2.3	195715.4	2.7	*	*	14978.2	1.6	*	*	*	*
5	Brussel Sprouts	172752.9	0.6	*	*	*	*	*	*	*	*	62330.4	0.5	*	*	*	*	*	*	*	*	*	*
6	Bulb Onion	17380156.6	56.1	2297198.0	56.4	1650763.1	53.4	498594.2	54.5	589467.3	53.9	6590040.9	54.2	4563329.7	62.1	371114.3	50.9	496367.3	54.6	64704.9	47.7	258577.0	50.5
	- Raw Bulb Onion	6721503.9	21.7	922586.4	22.7	628114.7	20.3	217331.3	23.8	254377.3	23.3	2437994.8	20.1	1850797.4	25.2	139434.6	19.1	162538.6	17.9	24819.2	18.3	83509.7	16.3
7	Cabbage	2633381.2	8.5	486474.6	12.0	228288.7	7.4	91789.9	10.0	88952.9	8.1	884984.5	7.3	664184.1	9.0	57294.4	7.9	64162.2	7.1	9535.2	7.0	57714.7	11.3
	- Raw Cabbage	1132762.3	3.7	150659.0	3.7	116365.8	3.8	46860.0	5.1	45216.0	4.1	373498.7	3.1	310019.0	4.2	32039.1	4.4	36150.2	4.0	5249.1	3.9	16705.4	3.3
8	Carrots	10350102.4	33.4	1395526.2	34.3	1035301.6	33.5	296056.3	32.4	322176.5	29.5	3880099.4	31.9	2713939.7	36.9	225048.3	30.8	273533.5	30.1	45972.4	33.9	162448.4	31.7
	- Raw Carrots	4091810.0	13.2	544227.8	13.4	457243.3	14.8	143634.5	15.7	132491.8	12.1	1642156.3	13.5	938005.5	12.8	89320.4	12.2	92789.8	10.2	15688.0	11.6	36252.5	7.1
9	Baby Carrots	60592.4	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
10	Cauliflower	584371.4	1.9	87516.9	2.2	54740.0	1.8	26112.7	2.9	21145.6	1.9	180839.8	1.5	177564.0	2.4	*	*	*	*	*	*	*	*
	- Raw Cauliflower	440862.9	1.4	59158.5	1.5	*	*	21420.5	2.3	16029.2	1.5	140296.3	1.2	141105.1	1.9	*	*	*	*	*	*	*	*
11	Celery	7523129.0	24.3	1048081.3	25.8	687639.8	22.2	215271.4	23.5	221881.3	20.3	2748296.8	22.6	2146702.9	29.2	158918.9	21.8	177181.4	19.5	25939.1	19.1	93216.3	18.2
	- Raw Celery	2606933.7	8.4	420174.1	10.3	223091.9	7.2	101369.0	11.1	86750.5	7.9	992032.6	8.2	600420.5	8.2	65631.7	9.0	79370.3	8.7	12713.0	9.4	25380.0	5.0
12	Corn	1784776.7	5.8	266970.4	6.6	216871.3	7.0	70249.3	7.7	80893.2	7.4	805319.7	6.6	215386.9	2.9	42261.5	5.8	57837.4	6.4	10647.9	7.8	18309.1	3.6
13	Cucumber	4042037.1	13.1	680014.2	16.7	354958.3	11.5	111860.6	12.2	120558.3	11.0	1648807.4	13.6	975683.2	13.3	63222.4	8.7	63859.1	7.0	10872.4	8.0	12201.4	2.4
14	Eggplant	349624.8	1.1	*	*	*	*	*	*	*	*	205908.5	1.7	*	*	*	*	*	*	*	*	*	*
	- Raw Eggplant	52323.5	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
15	Green Onion	1624844.2	5.2	292775.5	7.2	109521.3	3.5	48332.9	5.3	44169.3	4.0	643792.8	5.3	417238.9	5.7	19026.7	2.6	30378.6	3.3	*	*	16305.7	3.2
16	Leeks	104843.7	0.3	*	*	*	*	*	*	*	*	*	*	66245.5	0.9	*	*	*	*	*	*	*	*
17	Lettuce - Boston Bibb	243647.6	0.8	*	*	*	*	*	*	*	*	55692.2	0.5	171466.8	2.3	*	*	*	*	*	*	*	*
18	Lettuce - Iceberg	8432746.7	27.2	1203240.5	29.6	859656.6	27.8	267776.7	29.3	298665.9	27.3	3406778.3	28.0	1964814.3	26.7	137420.9	18.8	194776.9	21.4	26737.1	19.7	72879.7	14.2
19	Lettuce - Loose Leaf	896194.8	2.9	166228.9	4.1	64342.7	2.1	*	*	20581.9	1.9	296003.6	2.4	316816.3	4.3	*	*	*	*	*	*	*	*
20	Lettuce - Romaine	2019363.0	6.5	333351.3	8.2	147515.1	4.8	49824.4	5.4	63985.3	5.9	872089.5	7.2	462893.7	6.3	29157.8	4.0	38299.5	4.2	5016.2	3.7	17230.4	3.4
21	Mushroom	4557536.8	14.7	674490.7	16.6	344734.1	11.2	108588.5	11.9	132962.4	12.2	1524299.5	12.5	1484159.6	20.2	92993.6	12.7	136807.5	15.0	11153.6	8.2	47347.2	9.2
	- Raw Mushroom	579860.1	1.9	92801.9	2.3	43633.7	1.4	22761.7	2.5	24617.3	2.3	166760.7	1.4	182297.2	2.5	*	*	31198.6	3.4	*	*	*	*
22	Olives	2068305.8	6.7	245243.8	6.0	144329.2	4.7	41201.5	4.5	62805.5	5.7	727455.4	6.0	711255.1	9.7	59289.5	8.1	53242.5	5.9	6221.6	4.6	17261.8	3.4
23	Peas & Pea Pods	808430.1	2.6	118177.7	2.9	68667.4	2.2	24872.4	2.7	30198.1	2.8	294740.3	2.4	211736.0	2.9	*	*	*	*	*	*	*	*
	- Raw Peas & Pea Pods	128257.6	0.4	*	*	*	*	*	*	*	*	38235.6	0.3	*	*	*	*	*	*	*	*	*	*
24	Peppers	7138020.3	23.1	1030871.3	25.3	577630.9	18.7	176635.7	19.3	187382.7	17.1	2665338.6	21.9	2071422.7	28.2	135102.9	18.5	186882.6	20.6	19954.4	14.7	86798.6	16.9
	- Raw Peppers	2909545.1	9.4	487045.6	12.0	249161.7	8.1	77876.8	8.5	77967.9	7.1	1212717.6	10.0	631753.4	8.6	54212.0	7.4	72972.2	8.0	9665.8	7.1	36172.0	7.1
25	Potatoes	12495213.9	40.4	1499413.8	36.8	1232059.4	39.8	433475.3	47.4	468926.9	42.9	4703736.3	38.7	2962230.5	40.3	358917.2	49.2	456674.7	50.2	73003.9	53.8	306776.1	59.9
26	Radishes	594363.9	1.9	120619.1	3.0	58536.7	1.9	27241.5	3.0	25670.4	2.3	195039.5	1.6	150514.3	2.0	*	*	*	*	*	*	*	*
	- Raw Radishes	568530.5	1.8	100560.4	2.5	58536.7	1.9	27106.7	3.0	25670.4	2.3	191163.8	1.6	148750.1	2.0	*	*	*	*	*	*	*	*
27	Snow Peas	479338.0	1.5	97311.2	2.4	32736.3	1.1	*	*	*	*	213638.1	1.8	93886.2	1.3	*	*	*	*	*	*	*	*
	- Raw Snow Peas	78361.0	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
28	Spinach	1807612.0	5.8	323460.5	7.9	125248.2	4.1	34000.4	3.7	48022.3	4.4	641552.2	5.3	571164.6	7.8	15074.7	2.1	39156.7	4.3	*	*	*	*
	- Raw Spinach	1101702.2	3.6	197929.7	4.9	73627.0	2.4	20802.2	2.3	34227.0	3.1	373968.9	3.1	355443.2	4.8	*	*	30025.3	3.3	*	*	*	*
29	Squash	588380.7	1.9	176600.4	4.3	*	*	*	*	*	*	181298.1	1.5	146302.7	2.0	*	*	*	*	*	*	*	*
30	Sweet Potatoes	648712.1	2.1	54885.2	1.3	*	*	*	*	*	*	154139.8	1.3	378581.2	5.1	11242.6	1.5	*	*	*	*	*	*
31	Swiss Chard	33928.4	0.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
32	Tomatoes	8404528.9	27.1	1217127.5	29.9	798895.1	25.8	234912.4	25.7	284242.7	26.0	3356620.6	27.6	2091247.0	28.4	139297.8	19.1	170645.5	18.8	26012.1	19.2	85528.4	16.7
	- Raw Tomatoes	7536830.5	24.3	1098986.2	27.0	715193.9	23.1	200568.7	21.9	256231.1	23.4	2987329.0	24.6	1888096.0	25.4	131399.4	18.0	162640.5	17.9	23885.3	17.6	72500.5	14.2

* The following foods were analyzed but had less than 30 respondents consume the food item and thus were not able to be reported in the table.

TABLE 1: FOOD ITEM CONSUMED IN THE PAST 24 HOURS (CONT.)

	FOOD	NATIONAL		BC		AB		SK		MB		ON		QC		NB		NS		PE		NL	
		Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %
33	Turnip	1034869.6	3.3	91632.1	2.3	76364.3	2.5	14733.2	1.6	16661.4	1.5	212946.7	1.8	414737.8	5.6	34180.3	4.7	64835.9	7.1	10929.3	8.1	97848.6	19.1
34	Zucchini	567648.5	1.8	100565.6	2.5	*	*	*	*	15158.9	1.4	204385.7	1.7	173799.4	2.4	*	*	*	*	*	*	*	*
	- Raw Zucchini	146868.4	0.5	*	*	*	*	*	*	*	*	51397.3	0.4	*	*	*	*	*	*	*	*	*	
HERBS & SPICES																							
35	Basil, Fresh	81960.3	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
36	Black Pepper	3949239.4	12.8	497786.2	12.2	358780.5	11.6	101240.2	11.1	119526.1	10.9	1488413.2	12.2	1132327.3	15.4	77566.4	10.6	97775.7	10.8	13332.0	9.8	62491.7	12.2
37	Chives, Fresh	178791.2	0.6	*	*	*	*	*	*	*	*	42087.5	0.3	*	*	*	*	*	*	*	*	*	
38	Garlic	7091777.3	22.9	941235.8	23.1	638361.8	20.6	186566.9	20.4	208156.6	19.0	2433146.0	20.0	2258930.0	30.7	133620.6	18.3	182289.4	20.0	21358.0	15.7	88112.2	17.2
	- Fresh Garlic	5973875.5	19.3	784445.4	19.3	504481.7	16.3	143582.9	15.7	171941.1	15.7	2023383.6	16.7	2007379.3	27.3	110327.5	15.1	146055.6	16.1	17258.6	12.7	65019.8	12.7
39	Ginger	828845.1	2.7	247580.4	6.1	66443.5	2.1	20048.8	2.2	19860.1	1.8	368890.0	3.0	73080.0	1.0	*	*	*	*	*	*	*	
	- Fresh Ginger	553029.3	1.8	188948.4	4.6	45897.8	1.5	*	*	*	*	262152.8	2.2	*	*	*	*	*	*	*	*	*	
40	Oregano	2215920.6	7.2	208001.6	5.1	188550.3	6.1	57443.1	6.3	54105.2	4.9	654746.6	5.4	917443.6	12.5	49312.7	6.8	53037.4	5.8	4237.7	3.1	29042.4	5.7
41	Parsley	2058832.1	6.6	224878.7	5.5	199181.4	6.4	41539.3	4.5	40881.0	3.7	629084.5	5.2	821570.4	11.2	36877.8	5.1	32579.4	3.6	5272.1	3.9	26967.5	5.3
	- Fresh Parsley	1894417.1	6.1	188360.7	4.6	179141.1	5.8	38662.0	4.2	38201.2	3.5	578197.2	4.8	776972.8	10.6	32607.7	4.5	31928.7	3.5	4626.6	3.4	25719.0	5.0
42	Sage	164845.6	0.5	*	*	*	*	*	*	*	*	38837.8	0.3	*	*	*	*	*	*	*	*	*	
43	Salt	27691624.0	89.4	3653430.5	89.8	2705238.5	87.5	807394.4	88.3	968513.1	88.6	10778953.7	88.7	6713225.3	91.3	659059.4	90.3	821517.1	90.4	125218.5	92.3	459073.5	89.6
SPROUTS																							
44	Alfalfa Sprouts	72972.2	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
45	Bean Sprouts	941882.1	3.0	246659.4	6.1	80850.2	2.6	18924.4	2.1	19764.6	1.8	365695.8	3.0	168268.1	2.3	19326.9	2.6	12970.4	1.4	*	*	*	*
	- Raw Bean Sprouts	493033.3	1.6	155250.0	3.8	*	*	*	*	14535.2	1.3	176768.1	1.5	71431.1	1.0	*	*	*	*	*	*	*	
FRUIT																							
46	Apples	6933795.0	22.4	939649.4	23.1	619748.8	20.0	173194.2	18.9	214246.5	19.6	2784371.5	22.9	1749167.7	23.8	141044.2	19.3	194211.1	21.4	32291.0	23.8	85870.6	16.8
	- Raw Apples	6314120.5	20.4	873584.4	21.5	557844.1	18.0	151807.0	16.6	181536.8	16.6	2548740.6	21.0	1607622.0	21.9	126650.0	17.4	165877.6	18.2	26293.4	19.4	74164.7	14.5
47	Apricots	125645.7	0.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
	- Raw Apricots	122603.9	0.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
48	Avocado	293046.6	0.9	51397.9	1.3	*	*	*	*	*	*	105410.4	0.9	96554.4	1.3	*	*	*	*	*	*	*	
49	Bananas	7208751.6	23.3	1048067.0	25.8	702560.3	22.7	176880.3	19.3	239775.2	21.9	2896284.4	23.8	1702231.9	23.2	146317.5	20.1	178579.6	19.6	28371.7	20.9	89683.7	17.5
	- Raw Bananas	6855668.5	22.1	1011885.2	24.9	670476.6	21.7	156786.8	17.1	226028.4	20.7	2785512.0	22.9	1591232.6	21.6	134286.7	18.4	165928.8	18.2	26539.6	19.6	86991.9	17.0
50	Blackberries	99346.6	0.3	43607.3	1.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
	- Raw Blackberries	33335.0	0.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
51	Blueberries	1502894.5	4.9	278189.1	6.8	102500.9	3.3	27437.0	3.0	32380.7	3.0	619903.0	5.1	287781.4	3.9	52659.5	7.2	63860.8	7.0	7256.7	5.3	30925.3	6.0
	- Raw Blueberries	514214.1	1.7	110494.4	2.7	22677.5	0.7	*	*	12398.5	1.1	237148.5	2.0	99242.8	1.3	*	*	*	*	*	*	*	
52	Cantaloupe	877023.5	2.8	109299.2	2.7	119105.5	3.9	18702.1	2.0	30222.5	2.8	335937.9	2.8	242943.2	3.3	*	*	9484.3	1.0	*	*	*	
53	Cherries	488378.4	1.6	86646.1	2.1	37385.5	1.2	*	*	12117.0	1.1	170699.0	1.4	157707.5	2.1	*	*	*	*	*	*	*	
	- Raw Cherries	460183.1	1.5	85398.6	2.1	36756.0	1.2	*	*	11145.8	1.0	166233.0	1.4	138837.8	1.9	*	*	*	*	*	*	*	
54	Cranberries	154954.4	0.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
55	Grapefruit	617763.1	2.0	79586.7	2.0	67793.5	2.2	*	*	21979.7	2.0	213233.0	1.8	194383.4	2.6	*	*	*	*	*	*	*	
56	Grapes	2648830.0	8.6	359999.5	8.8	161754.4	5.2	55135.4	6.0	87292.0	8.0	1085814.0	8.9	759025.0	10.3	54201.5	7.4	56915.1	6.3	8702.6	6.4	19990.4	3.9
57	Honeydew Melon	239185.9	0.8	49403.8	1.2	*	*	*	*	*	*	62729.2	0.5	75877.8	1.0	*	*	*	*	*	*	*	
58	Kiwi	392582.4	1.3	38125.4	0.9	*	*	*	*	*	*	147626.6	1.2	148537.7	2.0	*	*	*	*	*	*	*	
59	Lemon	3060932.5	9.9	482598.5	11.9	232828.5	7.5	84638.3	9.3	79175.2	7.2	1233958.6	10.2	770410.4	10.5	53602.9	7.3	80197.8	8.8	9368.9	6.9	34153.6	6.7
60	Mangoes	456655.3	1.5	58917.4	1.4	*	*	*	*	*	*	179944.1	1.5	165424.7	2.3	*	*	*	*	*	*	*	
61	Nectarines	435906.2	1.4	82890.6	2.0	42841.8	1.4	14410.7	1.6	12149.4	1.1	157270.5	1.3	119362.7	1.6	*	*	*	*	*	*	*	
62	Oranges	3112422.0	10.1	646088.1	15.9	325772.2	10.5	117769.7	12.9	137921.0	12.6	1112625.3	9.2	553923.0	7.5	57954.1	7.9	102749.8	11.3	11154.9	8.2	46463.9	9.1

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TABLE 1: FOOD ITEM CONSUMED IN THE PAST 24 HOURS (CONT.)

	FOOD	NATIONAL		BC		AB		SK		MB		ON		QC		NB		NS		PE		NL	
		Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %
63	Other berries (includes elderberry, gooseberry, mulberry, oheloberry, saskatoon berries, partridge berries)	28812.6	0.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
64	Papaya	112898.4	0.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	- Raw Papaya	112315.8	0.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
65	Peaches	963740.3	3.1	109819.1	2.7	48872.5	1.6	17800.5	1.9	16624.2	1.5	402709.5	3.3	311982.4	4.2	14741.6	2.0	30858.6	3.4	*	*	*	*
	- Raw Peaches	933427.7	3.0	102160.9	2.5	47248.9	1.5	17403.5	1.9	16485.5	1.5	383835.9	3.2	311982.4	4.2	14741.6	2.0	30404.7	3.3	*	*	*	*
66	Pears	1380766.8	4.5	215929.9	5.3	77906.8	2.5	21134.6	2.3	31126.5	2.8	594581.2	4.9	372262.2	5.1	19294.5	2.6	32756.5	3.6	*	*	12260.5	2.4
	- Raw Pears	1379926.9	4.5	215716.9	5.3	77906.8	2.5	20630.9	2.3	31126.5	2.8	594581.2	4.9	372262.2	5.1	19294.5	2.6	32633.3	3.6	*	*	12260.5	2.4
67	Pineapple	763834.7	2.5	124403.3	3.1	63991.8	2.1	23672.9	2.6	25258.2	2.3	278978.9	2.3	214346.3	2.9	*	*	17418.0	1.9	*	*	8003.3	1.6
	- Raw Pineapple	581130.4	1.9	60340.5	1.5	31899.6	1.0	*	*	12021.3	1.1	225780.6	1.9	208687.0	2.8	*	*	16874.6	1.9	*	*	*	*
68	Plums	554292.1	1.8	76028.3	1.9	38186.7	1.2	*	*	13393.7	1.2	228448.3	1.9	166065.0	2.3	*	*	*	*	*	*	*	*
69	Raspberries	406774.1	1.3	68957.3	1.7	*	*	*	*	6754.0	0.6	140123.3	1.2	135635.1	1.8	*	*	*	*	*	*	*	*
	- Raw Raspberries	333623.9	1.1	64209.8	1.6	*	*	*	*	5956.9	0.5	113374.5	0.9	111360.1	1.5	*	*	*	*	*	*	*	*
70	Strawberries	2316363.3	7.5	342255.2	8.4	235840.0	7.6	59756.0	6.5	63496.7	5.8	896901.6	7.4	607202.4	8.3	42759.3	5.9	46402.1	5.1	6549.9	4.8	15200.1	3.0
	- Raw Strawberries	1863228.4	6.0	277370.6	6.8	196640.5	6.4	44571.5	4.9	53232.3	4.9	773679.9	6.4	437349.6	5.9	30468.2	4.2	36084.6	4.0	4188.8	3.1	9642.3	1.9
71	Tangerines	711544.8	2.3	53231.2	1.3	30977.6	1.0	*	*	13084.7	1.2	262559.4	2.2	313840.0	4.3	15011.3	2.1	*	*	*	*	*	*
72	Watermelon	880118.4	2.8	123583.6	3.0	65971.7	2.1	24649.4	2.7	23548.6	2.2	434893.4	3.6	183549.4	2.5	12324.9	1.7	*	*	*	*	*	*
EGGS																							
73	Eggs, Overall	17607440.8	56.9	2413168.5	59.3	1696123.4	54.9	542644.0	59.4	628034.9	57.4	6537170.3	53.8	4446343.3	60.5	444695.4	60.9	525466.8	57.8	86398.2	63.7	287396.0	56.1
74	Egg Substitute	29591.1	0.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	3.0	*	*
75	Egg Whites Pasteurized	1173383.3	3.8	161887.6	4.0	107957.0	3.5	26758.0	2.9	37692.2	3.4	400643.2	3.3	351081.9	4.8	23199.9	3.2	35281.0	3.9	4359.9	3.2	24522.7	4.8
76	Egg Whole	15504988.7	50.1	2087116.0	51.3	1471027.9	47.6	491089.1	53.7	565760.6	51.7	5764215.3	47.4	3925998.8	53.4	404030.4	55.4	463708.9	51.0	78954.1	58.2	253087.8	49.4
77	Egg Yolk	1170041.5	3.8	136853.2	3.4	59072.7	1.9	20173.9	2.2	24778.4	2.3	459999.8	3.8	417762.3	5.7	10294.2	1.4	25294.8	2.8	*	*	13289.2	2.6
78	Eggs Prepared (fried, boiled, poached, omelet, scrambled)	2366371.3	7.6	453858.8	11.2	244971.1	7.9	70754.5	7.7	74982.2	6.9	879105.7	7.2	474322.3	6.5	44826.8	6.1	73412.8	8.1	10750.6	7.9	39386.4	7.7
79	Quiche	92742.1	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
DAIRY & DAIRY SUBSTITUTES																							
80	Butter	8644216.5	27.9	1161632.6	28.5	724411.9	23.4	155764.1	17.0	226085.1	20.7	3333677.8	27.4	2626339.5	35.7	136363.5	18.7	174157.1	19.2	42211.1	31.1	63573.9	12.4
81	Buttermilk	69142.1	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
82	White Milk	24949021.3	80.6	3165892.5	77.8	2393501.0	77.4	712610.1	77.9	868118.3	79.4	9641227.6	79.3	6251498.9	85.0	632231.4	86.6	758183.8	83.4	118722.0	87.5	407035.8	79.5
83	Chocolate Milk	884887.9	2.9	77364.7	1.9	98225.2	3.2	30421.9	3.3	38884.5	3.6	399294.0	3.3	146878.3	2.0	35201.3	4.8	37080.7	4.1	10400.8	7.7	11136.6	2.2
84	Evaporated Milk	403877.6	1.3	*	*	*	*	20656.4	2.3	11856.0	1.1	130639.1	1.1	*	*	22527.1	3.1	22362.5	2.5	3562.1	2.6	85300.5	16.7
85	Ice Milk	402103.6	1.3	56712.7	1.4	45104.9	1.5	15821.9	1.7	17171.5	1.6	148580.5	1.2	75469.5	1.0	14393.3	2.0	15925.5	1.8	*	*	10287.5	2.0
86	Half and Half Cream	3008379.5	9.7	481003.0	11.8	280472.2	9.1	70656.8	7.7	99108.9	9.1	1357736.7	11.2	593275.8	8.1	45320.6	6.2	52088.4	5.7	9569.1	7.1	19147.9	3.7
87	Table Cream	1638137.9	5.3	225736.1	5.5	121234.4	3.9	36566.1	4.0	52476.7	4.8	664570.1	5.5	310091.2	4.2	83745.3	11.5	111020.1	12.2	11620.8	8.6	21077.2	4.1
88	Whip Cream	912261.7	2.9	137447.8	3.4	90524.3	2.9	23490.0	2.6	27572.9	2.5	322902.6	2.7	258835.5	3.5	24134.7	3.3	15279.7	1.7	*	*	10011.2	2.0
89	Yogurt	4586247.4	14.8	502390.0	12.3	379458.3	12.3	76065.2	8.3	97368.3	8.9	1756824.4	14.5	1517445.5	20.6	73761.4	10.1	109491.2	12.0	15770.5	11.6	57672.6	11.3
90	Sour Cream	1546161.0	5.0	307240.9	7.5	171284.7	5.5	55520.3	6.1	72014.8	6.6	593662.9	4.9	271307.9	3.7	24617.5	3.4	32474.4	3.6	5343.0	3.9	12694.5	2.5
91	Ice Cream	4171229.7	13.5	600377.0	14.8	418594.0	13.5	145477.6	15.9	171800.3	15.7	1573566.1	12.9	923206.3	12.6	124461.4	17.1	116637.2	12.8	24112.6	17.8	72997.0	14.3
92	Frozen Yogurt	237684.0	0.8	*	*	*	*	*	*	*	*	114388.5	0.9	68073.2	0.9	*	*	*	*	*	*	*	*
93	Milk Dessert	269024.6	0.9	41907.2	1.0	*	*	*	*	*	*	82991.1	0.7	82457.5	1.1	*	*	*	*	*	*	*	*
94	Custard	89552.8	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
95	Soy Beverage	196993.2	0.6	32375.1	0.8	*	*	*	*	*	*	69526.4	0.6	*	*	*	*	*	*	*	*	*	*

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TABLE 1: FOOD ITEM CONSUMED IN THE PAST 24 HOURS (CONT.)

	FOOD	NATIONAL		BC		AB		SK		MB		ON		QC		NB		NS		PE		NL	
		Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %
CHEESE																							
96	Cheese-All	17591971.7	56.8	2326621.5	57.2	1730826.0	56.0	544656.4	59.6	609088.7	55.7	6548995.3	53.9	4619795.4	62.8	400139.6	54.8	482371.6	53.1	65037.0	47.9	264440.2	51.6
97	Blue Cheese	89344.0	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
98	Cheddar Cheese	6346782.2	20.5	897147.7	22.0	618710.3	20.0	180482.6	19.7	208010.2	19.0	2114710.5	17.4	1859756.2	25.3	158337.3	21.7	183864.3	20.2	27399.1	20.2	98364.1	19.2
99	Cottage Cheese	745333.7	2.4	97388.6	2.4	52737.1	1.7	25867.8	2.8	35183.0	3.2	271029.7	2.2	238982.2	3.3	*	*	*	*	*	*	*	*
100	Cream Cheese (includes cheesecake)	1796321.6	5.8	309340.3	7.6	135616.1	4.4	28925.8	3.2	51403.8	4.7	806576.6	6.6	372282.4	5.1	30576.4	4.2	33663.0	3.7	6184.8	4.6	21752.3	4.2
101	Edam Cheese	163533.7	0.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
102	Feta Cheese	542442.8	1.8	115558.2	2.8	47074.2	1.5	*	*	12691.2	1.2	261393.2	2.2	81368.1	1.1	*	*	*	*	*	*	*	*
103	Goat Cheese	102839.9	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
104	Gouda Cheese	149890.4	0.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
105	Monterey Jack Cheese	63049.5	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
106	Parmesan Cheese	5026192.2	16.2	620736.9	15.3	453039.8	14.7	141237.5	15.4	175562.0	16.1	2011433.0	16.6	1268212.4	17.2	114207.7	15.7	161860.4	17.8	15253.6	11.2	64648.8	12.6
107	Provolone Cheese	83387.0	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
108	Processed Cheese	5227935.0	16.9	686794.7	16.9	692014.2	22.4	256380.6	28.0	232267.8	21.2	1755315.1	14.4	1166922.7	15.9	152416.8	20.9	153337.7	16.9	23456.7	17.3	109028.9	21.3
109	Ricotta Cheese	1273725.6	4.1	155301.9	3.8	102372.6	3.3	44757.6	4.9	45483.9	4.2	415035.7	3.4	412801.2	5.6	31567.7	4.3	45124.1	5.0	2527.6	1.9	18753.4	3.7
110	Romano Cheese	69346.6	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
111	Swiss Cheese	632468.8	2.0	79123.1	1.9	60669.9	2.0	*	*	18692.9	1.7	143429.1	1.2	285974.4	3.9	*	*	*	*	*	*	*	*
MEAT & POULTRY																							
112	Chicken (Overall)	10132526.6	32.7	1419857.0	34.9	919975.2	29.8	230440.5	25.2	356057.8	32.6	4300220.3	35.4	2255297.5	30.7	205058.4	28.1	234590.0	25.8	42651.1	31.4	168378.9	32.9
113	Chicken - Other	777937.4	2.5	115607.2	2.8	102432.4	3.3	29017.2	3.2	42318.8	3.9	290698.3	2.4	113187.8	1.5	22189.7	3.0	20449.7	2.2	5560.0	4.1	36476.4	7.1
	Chicken Breast:																						
114	Skin Off (Chicken Breast)	3688921.4	11.9	540762.8	13.3	339755.2	11.0	89252.0	9.8	131610.2	12.0	1581273.1	13.0	792169.3	10.8	75147.1	10.3	73916.3	8.1	16484.4	12.1	48551.1	9.5
115	Skin On (Chicken Breast)	460044.0	1.5	60565.9	1.5	*	*	*	*	9469.5	0.9	238501.2	2.0	84498.7	1.1	*	*	*	*	*	*	*	*
	Chicken Drumstick:																						
116	Skin Off (Chicken Drumstick)	683751.3	2.2	67801.1	1.7	76805.0	2.5	15107.1	1.7	31142.4	2.8	314359.1	2.6	131718.9	1.8	11818.0	1.6	15717.5	1.7	*	*	17978.5	3.5
117	Skin On (Chicken Drumstick)	159434.8	0.5	*	*	*	*	*	*	*	*	74820.0	0.6	*	*	*	*	*	*	*	*	*	*
	Chicken Thigh:																						
118	Skin Off (Chicken Thigh)	591123.9	1.9	81984.3	2.0	61949.9	2.0	14044.2	1.5	26728.6	2.4	191179.4	1.6	163577.1	2.2	17101.0	2.3	13061.1	1.4	*	*	19509.0	3.8
119	Skin On (Chicken Thigh)	102221.2	0.3	*	*	*	*	*	*	*	*	38530.6	0.3	*	*	*	*	*	*	*	*	*	*
	Chicken Wing:																						
120	Skin Off (Chicken Wing)	318423.3	1.0	*	*	36093.1	1.2	12936.0	1.4	10248.1	0.9	147730.2	1.2	57575.3	0.8	*	*	*	*	*	*	11635.8	2.3
121	Skin On (Chicken Wing)	273417.2	0.9	66202.7	1.6	*	*	*	*	*	*	118934.1	1.0	*	*	*	*	*	*	*	*	*	*
122	Ground Chicken	113552.5	0.4	*	*	*	*	*	*	*	*	64515.7	0.5	*	*	*	*	*	*	*	*	*	*
123	Turkey	1685930.7	5.4	244664.0	6.0	145795.0	4.7	58528.0	6.4	63248.0	5.8	710635.3	5.8	269742.1	3.7	45662.4	6.3	77514.6	8.5	9238.9	6.8	60902.6	11.9
124	Duck	53504.5	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
125	Other Birds	70147.9	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
126	Pork	5217713.1	16.9	645297.9	15.9	473531.4	15.3	144221.3	15.8	146352.6	13.4	1743237.8	14.3	1754312.4	23.9	101345.6	13.9	113332.8	12.5	15466.3	11.4	80615.0	15.7
127	Lamb	228548.1	0.7	49625.5	1.2	*	*	*	*	*	*	105916.6	0.9	*	*	*	*	*	*	*	*	*	*
128	Veal	364712.3	1.2	*	*	*	*	*	*	*	*	146268.5	1.2	185553.5	2.5	*	*	*	*	*	*	*	*
129	Venison	86428.9	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
130	Game Meat	302697.8	1.0	*	*	27074.0	0.9	24019.1	2.6	10685.0	1.0	105947.4	0.9	85739.8	1.2	*	*	*	*	*	*	18157.9	3.5
131	Liver-Non-Poultry	71901.4	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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TABLE 1: FOOD ITEM CONSUMED IN THE PAST 24 HOURS (CONT.)

	FOOD	NATIONAL		BC		AB		SK		MB		ON		QC		NB		NS		PE		NL	
		Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %
BEEF																							
132	Beef (Lean/Lean & Fat)	5652694.9	18.3	733199.6	18.0	595738.0	19.3	179434.3	19.6	197978.3	18.1	2089201.8	17.2	1458207.5	19.8	104753.4	14.4	161507.3	17.8	25612.4	18.9	107062.2	20.9
133	Ground Beef	7616334.9	24.6	751234.9	18.5	774108.5	25.0	279165.6	30.5	281389.1	25.7	2769856.7	22.8	2161551.5	29.4	199776.7	27.4	261537.5	28.8	34647.8	25.5	103066.6	20.1
134	Ground Beef-Extra Lean	306967.8	1.0	39101.3	1.0	*	*	*	*	15436.5	1.4	119827.3	1.0	54084.6	0.7	*	*	*	*	*	*	*	*
135	Ground Beef-Lean	1302632.3	4.2	129320.1	3.2	117249.6	3.8	40728.0	4.5	49700.5	4.5	465555.8	3.8	399862.4	5.4	37574.3	5.1	40014.2	4.4	6806.2	5.0	15821.3	3.1
136	Ground Beef-Medium	5525210.9	17.8	567226.5	13.9	581454.1	18.8	204103.6	22.3	199103.7	18.2	1881855.5	15.5	1636536.9	22.3	150218.4	20.6	200126.7	22.0	24373.2	18.0	80212.2	15.7
137	Ground Beef-Regular	768635.3	2.5	43336.2	1.1	62609.2	2.0	28324.7	3.1	33703.0	3.1	415405.8	3.4	135491.2	1.8	*	*	*	*	2626.6	1.9	8293.7	1.6
138	Roast Beef (Hip, Rump)	689958.0	2.2	82675.2	2.0	59249.5	1.9	16566.1	1.8	28061.3	2.6	255227.2	2.1	203257.6	2.8	16609.4	2.3	17714.6	1.9	4855.4	3.6	*	*
COOKED OR PROCESSED MEATS																							
139	Bacon (Overall)	2711173.0	8.8	417302.8	10.3	340814.6	11.0	103434.6	11.3	92970.2	8.5	991491.8	8.2	536349.0	7.3	82339.7	11.3	83652.5	9.2	16854.6	12.4	45963.2	9.0
140	Bacon, Turkey	42618.0	0.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
141	Ham	4279032.4	13.8	568912.2	14.0	478953.3	15.5	147623.2	16.1	136092.2	12.4	1458017.6	12.0	1177495.3	16.0	99158.5	13.6	102065.9	11.2	20284.5	14.9	90429.8	17.7
142	Corned Beef	169721.5	0.5	*	*	*	*	*	*	9389.0	0.9	77701.4	0.6	*	*	*	*	*	*	*	*	26267.1	5.1
143	Delī Meats/Cold Cuts	4111390.3	13.3	408466.3	10.0	371880.8	12.0	130967.0	14.3	153571.5	14.0	1682960.3	13.8	1010941.9	13.8	94657.2	13.0	150042.3	16.5	18550.3	13.7	89352.7	17.4
144	Bologna	815977.1	2.6	69549.6	1.7	102593.4	3.3	37811.8	4.1	26269.4	2.4	282774.4	2.3	197547.9	2.7	22626.4	3.1	42777.7	4.7	4725.2	3.5	29301.2	5.7
145	Kielbasa	71444.8	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
146	Pastrami	99937.2	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
147	Pepperoni	2197949.5	7.1	203572.6	5.0	186658.3	6.0	68614.1	7.5	87969.7	8.0	914073.9	7.5	528075.8	7.2	58026.5	8.0	94656.9	10.4	10205.8	7.5	46095.9	9.0
148	Salami	746804.5	2.4	94725.2	2.3	61838.6	2.0	23561.5	2.6	28286.9	2.6	338094.3	2.8	166512.6	2.3	10475.7	1.4	13510.5	1.5	2111.9	1.6	*	*
149	Meat Pate or Liverwurst	122046.1	0.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
150	Hamburgers	2407396.7	7.8	284716.3	7.0	297988.2	9.6	104329.7	11.4	120466.7	11.0	961829.2	7.9	431407.9	5.9	71973.2	9.9	98822.9	10.9	10395.8	7.7	25466.9	5.0
151	Hot Dogs	1577802.5	5.1	140664.5	3.5	217228.0	7.0	67849.7	7.4	78230.3	7.2	550965.2	4.5	378460.8	5.1	44134.5	6.0	61856.3	6.8	8274.6	6.1	30138.7	5.9
152	Sausage (Fresh and Cured)	4050576.3	13.1	414316.0	10.2	441466.7	14.3	176432.0	19.3	184303.2	16.9	1442849.5	11.9	1065128.5	14.5	95035.8	13.0	150673.6	16.6	17503.7	12.9	62867.3	12.3
153	Sausage - Beef	114798.0	0.4	*	*	*	*	*	*	*	*	37877.3	0.3	*	*	*	*	*	*	*	*	*	*
154	Sausage - Pork	2458029.0	7.9	272253.9	6.7	222163.4	7.2	107434.0	11.8	103075.7	9.4	871149.1	7.2	694204.1	9.4	53413.1	7.3	93571.8	10.3	10543.6	7.8	30220.4	5.9
SEAFOOD																							
155	Clam	46954.7	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
156	Cod	289229.4	0.9	62771.3	1.5	*	*	*	*	*	*	88654.3	0.7	41890.0	0.6	*	*	*	*	*	*	29525.5	5.8
157	Crab	173052.2	0.6	*	*	*	*	*	*	*	*	87302.9	0.7	*	*	*	*	*	*	*	*	*	*
158	Haddock	182583.5	0.6	*	*	*	*	*	*	*	*	74471.7	0.6	*	*	*	*	43867.8	4.8	*	*	*	*
159	Halibut	110152.7	0.4	*	*	*	*	*	*	*	*	39635.7	0.3	*	*	*	*	*	*	*	*	*	*
160	Herring	43813.3	0.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
161	Lobster	98236.0	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
162	Mussels	34198.8	0.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
163	Perch	57460.2	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
164	Pollock	217238.1	0.7	*	*	*	*	*	*	*	*	11144.0	1.0	75932.0	0.6	61803.4	0.8	*	*	*	*	*	*
165	Salmon	712274.2	2.3	158912.6	3.9	57446.0	1.9	*	*	9393.9	0.9	236296.9	1.9	210192.1	2.9	*	*	15721.3	1.7	*	*	6178.5	1.2
166	Sardines	65691.5	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
167	Scallops	142689.5	0.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
168	Shrimp	841656.8	2.7	155133.2	3.8	105510.5	3.4	*	*	20586.4	1.9	278543.4	2.3	232472.1	3.2	*	*	*	*	*	*	*	*
169	Smoked Fish	60464.9	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
170	Sole	405835.7	1.3	84210.7	2.1	*	*	*	*	*	*	185556.7	1.5	97159.2	1.3	*	*	*	*	*	*	*	*
171	Squid	101979.1	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
172	Trout	87652.0	0.3	*	*	*	*	*	*	*	*	34686.0	0.3	*	*	*	*	*	*	*	*	*	*
173	Tuna Canned	960530.2	3.1	170714.1	4.2	88816.7	2.9	15431.9	1.7	26020.5	2.4	434462.0	3.6	127233.4	1.7	30920.3	4.2	49043.0	5.4	6130.2	4.5	11758.2	2.3
174	Sushi	251357.1	0.8	124305.7	3.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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TABLE 1: FOOD ITEM CONSUMED IN THE PAST 24 HOURS (CONT.)

	FOOD	NATIONAL		BC		AB		SK		MB		ON		QC		NB		NS		PE		NL	
		Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %
NUTS, SEEDS, TOFU & NUT BUTTERS																							
175	Almonds	1515341.8	4.9	247872.2	6.1	139206.8	4.5	33670.0	3.7	34870.1	3.2	586089.4	4.8	384776.9	5.2	26287.2	3.6	37826.3	4.2	3830.6	2.8	20912.2	4.1
176	Brazil Nuts	315667.2	1.0	49285.1	1.2	*	*	*	*	*	*	117726.9	1.0	90778.2	1.2	*	*	*	*	*	*	*	*
177	Cashews	748425.1	2.4	130112.4	3.2	72045.0	2.3	24147.3	2.6	19679.1	1.8	288610.5	2.4	175268.3	2.4	*	*	*	*	*	*	*	*
178	Hazelnuts and Filberts	356319.1	1.2	55543.5	1.4	36515.3	1.2	*	*	*	*	122589.4	1.0	112003.8	1.5	*	*	*	*	*	*	*	*
179	Macadamia Nuts	46292.4	0.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
180	Peanuts	1898099.7	6.1	385674.9	9.5	160138.2	5.2	56630.1	6.2	56180.6	5.1	721025.5	5.9	398998.6	5.4	45872.0	6.3	53266.8	5.9	7658.0	5.6	12655.0	2.5
	- Raw Peanuts	164865.8	0.5	*	*	*	*	*	*	*	*	78837.8	0.6	*	*	*	*	*	*	*	*	*	*
181	Pecans	561749.1	1.8	93355.3	2.3	43230.1	1.4	*	*	10011.1	0.9	197468.7	1.6	166700.8	2.3	*	*	*	*	*	*	11404.5	2.2
182	Pine Nuts	101327.5	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
183	Pistachios	128128.7	0.4	*	*	*	*	*	*	*	*	60317.6	0.5	*	*	*	*	*	*	*	*	*	*
184	Pumpkin Seeds	82652.4	0.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
185	Sesame Seeds	146698.0	0.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
186	Sunflower Seeds	462629.1	1.5	67355.4	1.7	53439.9	1.7	25545.7	2.8	16001.3	1.5	187955.9	1.5	80424.9	1.1	*	*	*	*	*	*	*	*
187	Walnuts	1210733.0	3.9	190001.0	4.7	170221.0	5.5	64462.5	7.1	59700.6	5.5	405003.5	3.3	209430.0	2.8	37566.2	5.1	50086.5	5.5	9363.8	6.9	14897.9	2.9
188	Almond Butter	44350.2	0.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
189	Peanut Butter	3804813.7	12.3	443300.3	10.9	330818.3	10.7	132465.3	14.5	111124.2	10.2	1261675.3	10.4	1246386.9	17.0	83663.7	11.5	128323.1	14.1	19858.6	14.6	47198.1	9.2
190	Hummus	121068.5	0.4	*	*	*	*	*	*	*	*	60803.6	0.5	*	*	*	*	*	*	*	*	*	*
191	Soy Product (tofu, yogurt, etc-Excluding milk)	374476.0	1.2	112844.9	2.8	*	*	*	*	*	*	133734.1	1.1	*	*	*	*	*	*	*	*	*	*
DRIED FRUITS																							
192	Raisins	1738887.1	5.6	262394.8	6.4	152914.9	4.9	55961.7	6.1	68291.1	6.2	686922.7	5.7	372509.2	5.1	33625.2	4.6	62258.6	6.8	7870.2	5.8	36138.8	7.1
193	Dried Fruit (Includes apples, apricots, figs, peaches, pears, prunes, cranberries, mixed fruits)	491624.2	1.6	102028.5	2.5	35067.0	1.1	*	*	23064.3	2.1	149131.3	1.2	139591.9	1.9	*	*	*	*	*	*	*	*
JUICES																							
194	Apple Juice	2896611.4	9.4	413149.5	10.2	282859.7	9.1	70074.0	7.7	98053.7	9.0	1130467.2	9.3	678865.1	9.2	52306.3	7.2	80113.6	8.8	78310.0	15.3	12412.2	9.1
195	Carrot Juice	65539.3	0.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
196	Grapefruit Juice	685322.3	2.2	74099.3	1.8	27604.1	0.9	*	*	14044.1	1.3	215122.7	1.8	308660.9	4.2	*	*	*	*	*	*	*	*
197	Orange Juice	7981531.3	25.8	806664.1	19.8	563464.3	18.2	162947.4	17.8	200400.4	18.3	3225798.7	26.5	2486876.9	33.8	180779.4	24.8	189039.2	20.8	34645.4	25.5	130915.5	25.6
	- Raw Orange Juice	690082.9	2.2	82872.9	2.0	53666.8	1.7	*	*	21110.1	1.9	306491.3	2.5	188796.0	2.6	*	*	*	*	*	*	*	*
198	Tomato Juice	518088.8	1.7	61330.9	1.5	*	*	*	*	13735.6	1.3	166823.3	1.4	192483.1	2.6	*	*	*	*	*	*	11062.0	2.2
199	Vegetable Juice	791825.8	2.6	68833.4	1.7	*	*	*	*	9696.2	0.9	168861.6	1.4	474224.6	6.5	*	*	*	*	*	*	*	*
CEREALS																							
200	Cereal	6740059.3	21.8	1027760.4	25.3	628178.2	20.3	208378.4	22.8	243613.6	22.3	2695949.1	22.2	1396395.0	19.0	183449.9	25.1	235599.7	25.9	35066.3	25.8	85668.7	16.7
201	Crackers	3978490.0	12.9	565218.7	13.9	365903.0	11.8	133819.4	14.6	135386.4	12.4	1514422.6	12.5	865061.6	11.8	139373.8	19.1	144221.1	15.9	21368.1	15.7	93715.3	18.3
BABY FOOD & FORMULA																							
202	Babyfood Product	400980.7	1.3	49390.4	1.2	41795.8	1.4	*	*	17177.4	1.6	175738.0	1.4	84820.0	1.2	*	*	*	*	*	*	*	*
203	Infant Formula	209714.0	0.7	*	*	*	*	*	*	8780.8	0.8	94690.1	0.8	*	*	*	*	*	*	*	*	*	*

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TABLE 1: FOOD ITEM CONSUMED IN THE PAST 24 HOURS (CONT.)

	FOOD	NATIONAL		BC		AB		SK		MB		ON		QC		NB		NS		PE		NL	
		Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %	Wtd N	Wtd %
SNACK FOODS																							
204	Granola Bars	1950902.7	6.3	336873.9	8.3	224914.2	7.3	53976.7	5.9	66709.0	6.1	665491.6	5.5	462148.4	6.3	44282.0	6.1	61179.7	6.7	8803.7	6.5	26523.5	5.2
205	Potato Chips	3315619.0	10.7	340180.6	8.4	331870.1	10.7	109038.8	11.9	113859.4	10.4	1256855.4	10.3	782696.3	10.6	124940.2	17.1	149806.0	16.5	17412.8	12.8	88959.2	17.4
206	Pretzels	452120.8	1.5	70011.0	1.7	55326.5	1.8	*	*	18035.3	1.6	206280.6	1.7	45465.9	0.6	22594.2	3.1	*	*	*	*	*	*
207	Taco Shells & Tortillas	904098.6	2.9	162128.4	4.0	117159.8	3.8	30962.6	3.4	35011.8	3.2	413724.4	3.4	103687.2	1.4	13472.4	1.8	15835.3	1.7	9230.4	1.8	2886.2	2.1
208	Tortilla Chips	1195306.6	3.9	155598.8	3.8	139222.8	4.5	34465.2	3.8	57500.1	5.3	465818.3	3.8	226066.6	3.1	29572.8	4.1	51800.1	5.7	7598.0	5.6	27664.0	5.4
SAUCES, SALSA, SALAD DRESSINGS, GRAVIES & JAMS/PRESERVES																							
209	Tomato Sauce	3777746.5	12.2	404115.7	9.9	319823.9	10.3	94435.8	10.3	125293.4	11.5	1583196.8	13.0	1036356.8	14.1	65450.9	9.0	89820.3	9.9	11237.7	8.3	48015.2	9.4
210	Sauces (soy, ketchup, etc)	11613390.7	37.5	1714421.8	42.1	1120920.7	36.3	374564.8	41.0	417213.3	38.2	4546170.6	37.4	2583531.5	35.1	271246.0	37.2	369808.6	40.7	56511.0	41.6	159002.4	31.0
211	Salsa	701817.3	2.3	123961.8	3.0	115125.6	3.7	20149.2	2.2	29947.8	2.7	281294.7	2.3	80074.7	1.1	19553.5	2.7	15593.1	1.7	2722.6	2.0	13394.3	2.6
212	Salad Dressing	10226869.6	33.0	1525817.9	37.5	1031962.5	33.4	325591.2	35.6	366756.5	33.5	3861211.8	31.8	2311866.4	31.4	259779.9	35.6	339414.2	37.3	48077.5	35.4	156391.9	30.5
213	Gravies	1018264.9	3.3	75652.7	1.9	71041.3	2.3	25483.9	2.8	35591.6	3.3	316124.4	2.6	396298.6	5.4	31279.8	4.3	35473.7	3.9	5571.1	4.1	25747.7	5.0
214	Jams/Preserves	3805608.3	12.3	556761.5	13.7	329701.9	10.7	125321.1	13.7	131234.9	12.0	1241813.5	10.2	1021517.7	13.9	121248.8	16.6	158445.7	17.4	21890.9	16.1	97672.4	19.1
DELI SALADS																							
215	Fruit Salad	563028.6	1.8	65046.5	1.6	32316.5	1.0	16254.8	1.8	22021.0	2.0	273375.9	2.2	121750.4	1.7	*	*	*	*	*	*	*	*
216	Pasta Salad	393267.2	1.3	44799.5	1.1	*	*	16551.4	1.8	11382.4	1.0	169557.5	1.4	90863.2	1.2	*	*	*	*	*	*	11944.4	2.3
PREPARED/PROCESSED FOODS																							
217	Yeast	6625728.4	21.4	856244.1	21.0	706536.6	22.9	203434.7	22.3	260514.0	23.8	2767265.2	22.8	1256111.6	17.1	166474.2	22.8	211766.4	23.3	29941.4	22.1	167440.3	32.7
Soup:																							
218	Soup, Homemade	3083196.1	10.0	465433.1	11.4	269626.4	8.7	76053.0	8.3	82515.5	7.5	1053165.1	8.7	988241.5	13.4	48104.2	6.6	56818.7	6.2	7990.0	5.9	35248.7	6.9
219	Soup, Dried	188354.0	0.6	*	*	*	*	*	*	*	*	30792.5	0.3	84005.0	1.1	*	*	*	*	*	*	*	*
220	Soup, Canned	749647.7	2.4	115219.8	2.8	108991.6	3.5	45484.3	5.0	27890.0	2.6	282266.0	2.3	131454.1	1.8	16454.3	2.3	*	*	*	*	*	
221	Chinese Dishes	775021.1	2.5	188664.3	4.6	46182.1	1.5	20832.1	2.3	21859.8	2.0	244124.4	2.0	209058.1	2.8	*	*	13490.8	1.5	*	*	*	*
222	Mexican Dishes	774319.0	2.5	144376.5	3.5	113681.4	3.7	28694.6	3.1	40941.3	3.7	328655.9	2.7	81057.8	1.1	*	*	12337.8	1.4	*	*	8435.7	1.6
223	Lasagna	689012.2	2.2	83565.7	2.1	57350.2	1.9	25252.2	2.8	19134.1	1.7	201247.4	1.7	246433.0	3.4	22877.2	3.1	23214.9	2.6	*	*	*	*
224	Macaroni	1943594.6	6.3	241693.6	5.9	206149.5	6.7	81335.9	8.9	82836.7	7.6	736131.1	6.1	440415.6	6.0	50155.0	6.9	53205.4	5.9	12514.6	9.2	39157.1	7.6
225	Noodles (Egg)	149068.0	0.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
226	Spaghetti	2440767.3	7.9	236284.8	5.8	198758.9	6.4	52884.8	5.8	52218.9	4.8	904159.1	7.4	873783.8	11.9	43648.9	6.0	48691.4	5.4	4612.8	3.4	25723.9	5.0
227	Other Pasta	610412.3	2.0	65117.0	1.6	66850.4	2.2	46828.8	5.1	45858.1	4.2	226244.3	1.9	137741.4	1.9	*	*	*	*	*	*	*	*
228	Pizza	3068683.8	9.9	357500.6	8.8	316510.2	10.2	93809.3	10.3	136535.7	12.5	1207207.4	9.9	695321.6	9.5	77256.0	10.6	118610.3	13.0	12309.3	9.1	53623.5	10.5
229	Rice	2175625.9	7.0	336329.7	8.3	111095.7	3.6	38241.2	4.2	61159.7	5.6	882425.6	7.3	662468.3	9.0	23247.1	3.2	37381.8	4.1	4732.9	3.5	18543.9	3.6
230	Sandwiches	9649001.0	31.2	1389296.4	34.1	941017.1	30.4	345233.0	37.8	359416.7	32.9	3820430.7	31.4	2037742.5	27.7	257640.1	35.3	309881.1	34.1	46101.4	34.0	142242.0	27.8
231	Submarine (sandwiches)	514596.0	1.7	64566.1	1.6	51604.1	1.7	12678.7	1.4	15002.8	1.4	199644.1	1.6	123230.7	1.7	*	*	14154.2	1.6	2433.4	1.8	13357.2	2.6

* The following foods were analyzed but had less than 30 respondents consume the food item and thus were not able to be reported in the table.

NOTES:

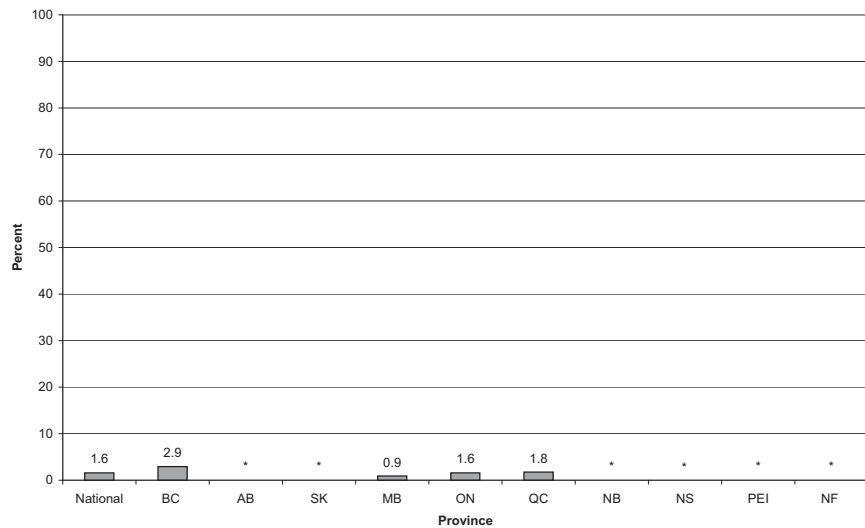
- The following foods were analyzed but had less than 30 respondents consume the food item nationally (and were not included in the table): Arctic Char, Bass, Bay Leaf, Blood Sausage, Bratwurst, Camembert, Cilantro, Cloudberries, Coriander, Cumin, Dill (Fresh & Dried), Deli Meat-Beef, Deli Meat-Chicken, Deli Meat-Ham, Egg Nog, Fish Sticks, Figs, Goat Milk, Ground Turkey, Guava, Head Cheese, Hollandaise sauce, Lemongrass, Limes, Liver-poultry, Kale, Kingfish, Macadamia Nuts, Mexican Style Queso, Marjoram, Mackerel, Melon Balls, Mint (Fresh & Dried), Milkshake, Octopus, Other frozen berries, Oysters, Pistachios, Pomegranate, Pumpkin, Pheasant, Rabbit, Rosemary, Seed Paste, Soy nuts, Sundried Tomatoes, Stilton Cheese, Tahini, Thyme (Fresh & Dried), Trail Mix, Tuna (not canned).
- The following raw foods were analyzed but had less than 30 respondents consume the raw food item nationally (and were not included in the table): Asparagus, Beets, Brussel Sprouts, Corn, Kale, Leeks, Oysters, Pumpkin, Squash, Sweet Potatoes, Swiss Chard.

— VEGETABLES —

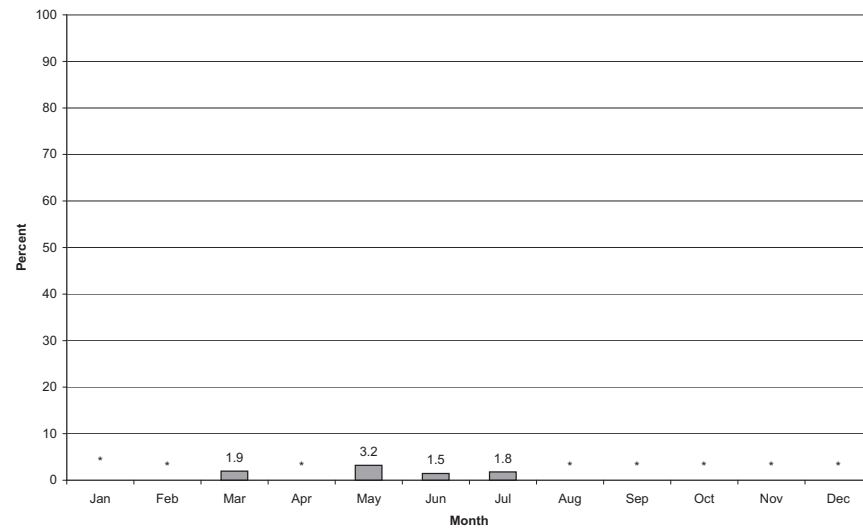
ATE ASPARAGUS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

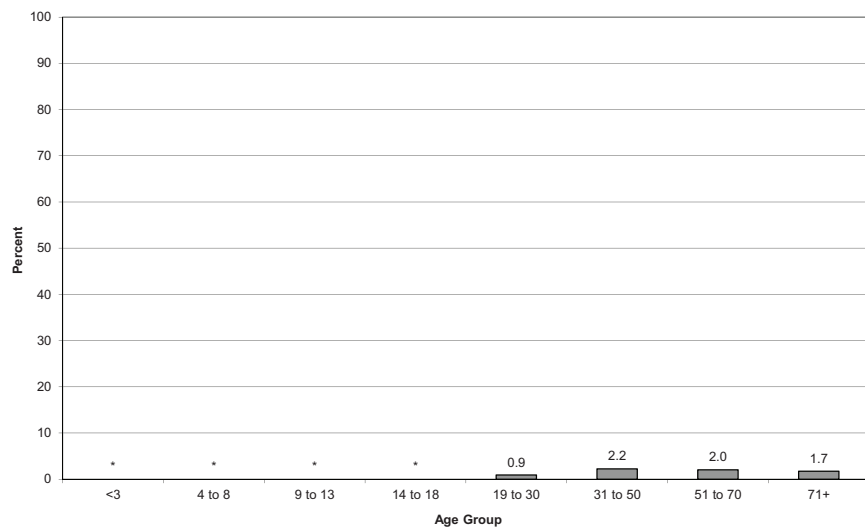
1.1 Percent by Province



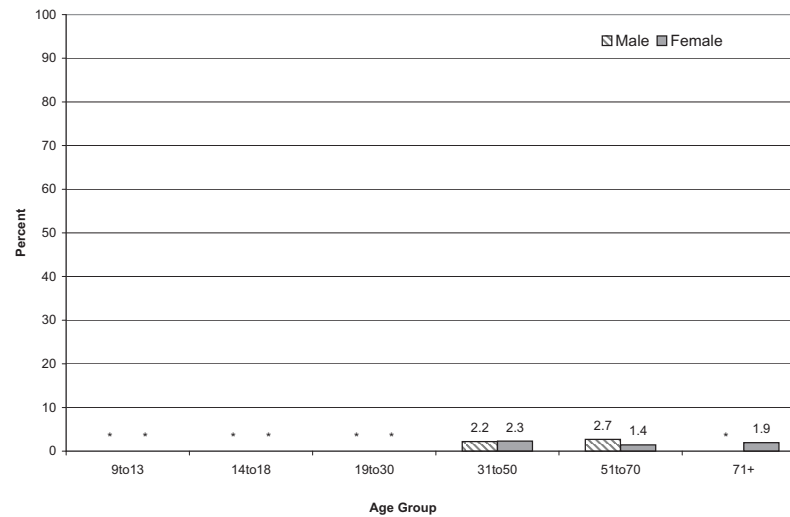
1.2 Percent by Month



1.3 Percent by Age Group



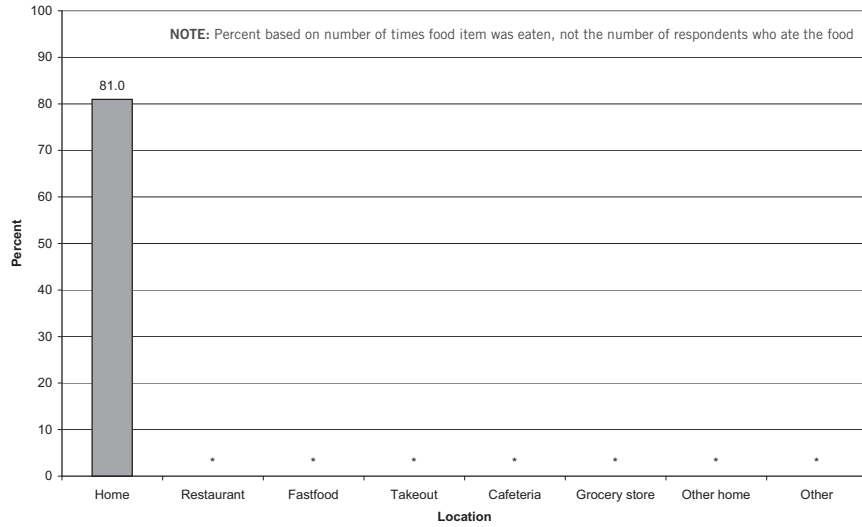
1.4 Percent by Age Group and Sex



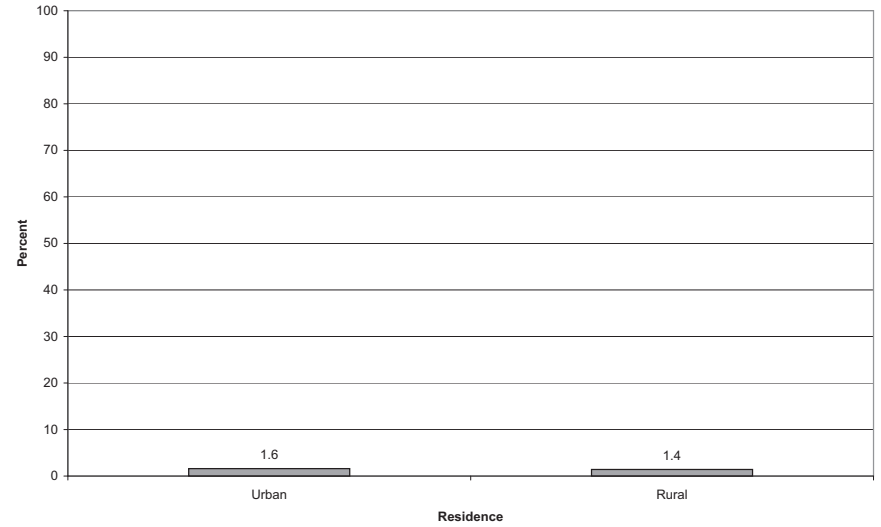
ATE ASPARAGUS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

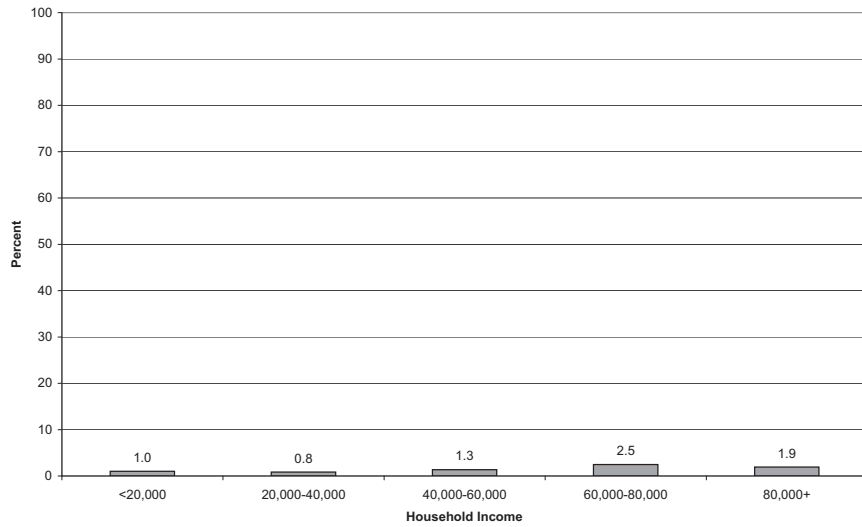
1.5 Percent by Location Where Food Was Prepared



1.6 Percent by Residence



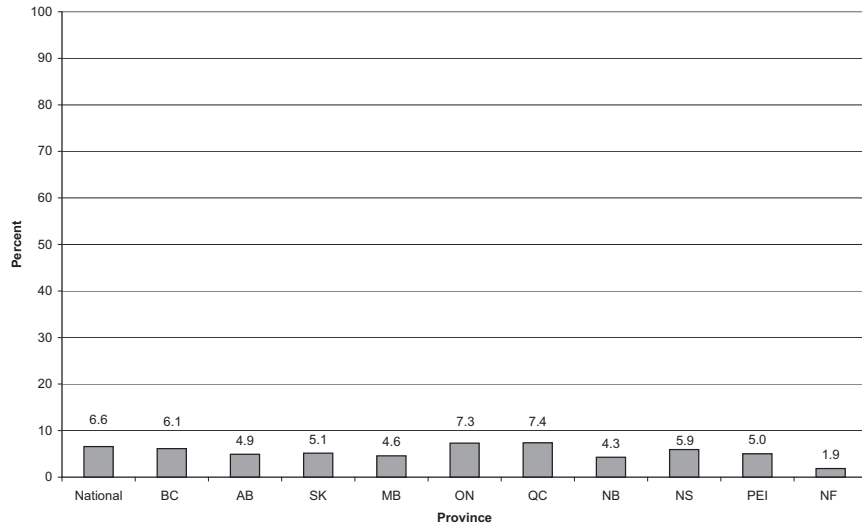
1.7 Percent by Household Income



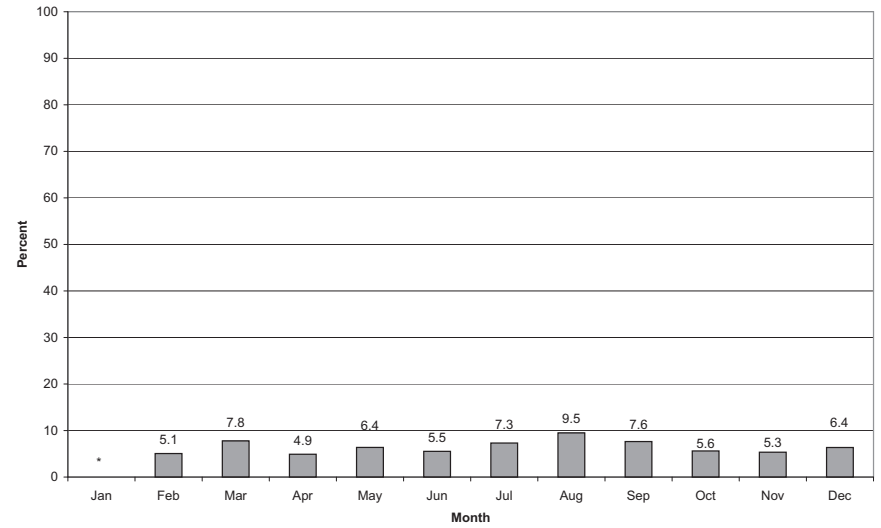
ATE BEANS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

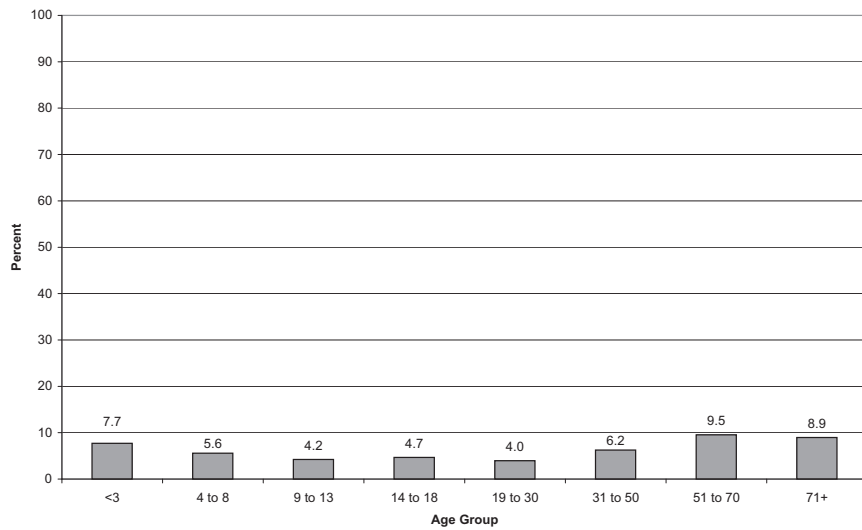
2.1 Percent by Province



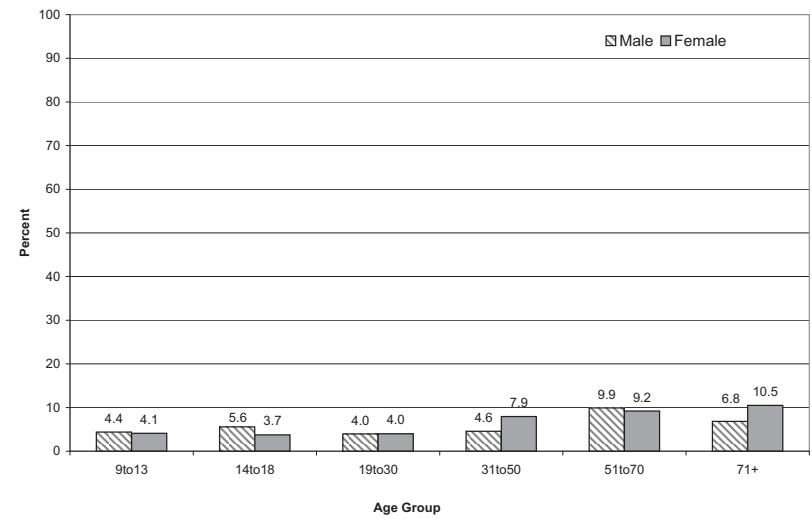
2.2 Percent by Month



2.3 Percent by Age Group



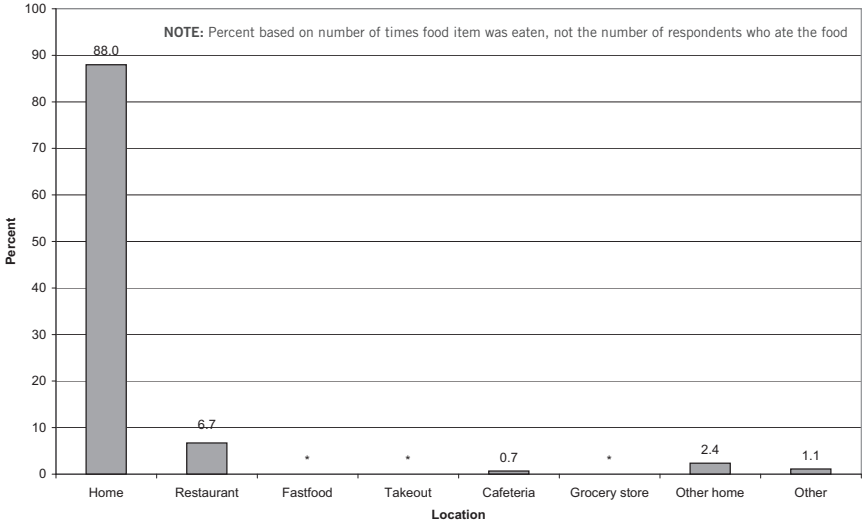
2.4 Percent by Age Group and Sex



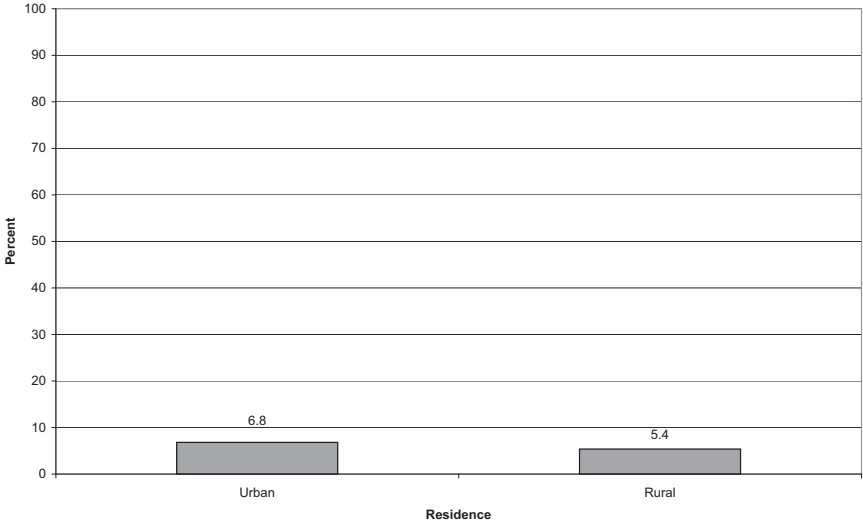
ATE BEANS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

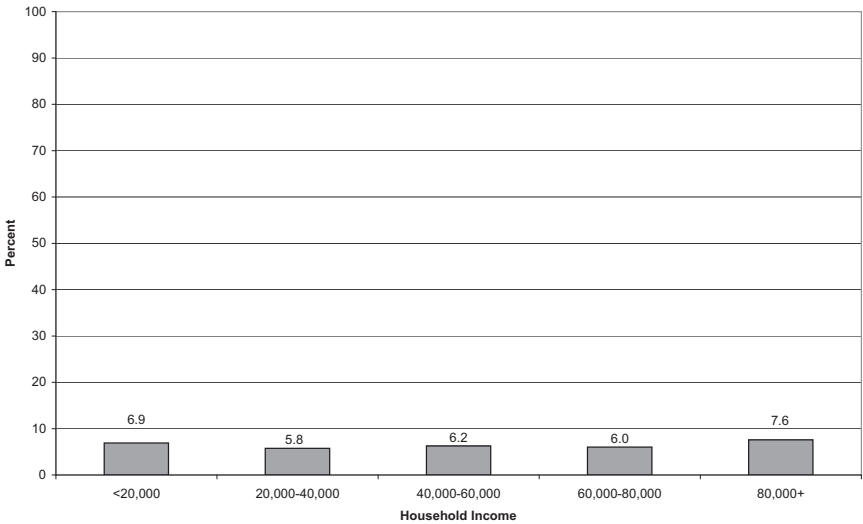
2.5 Percent by Location Where Food Was Prepared



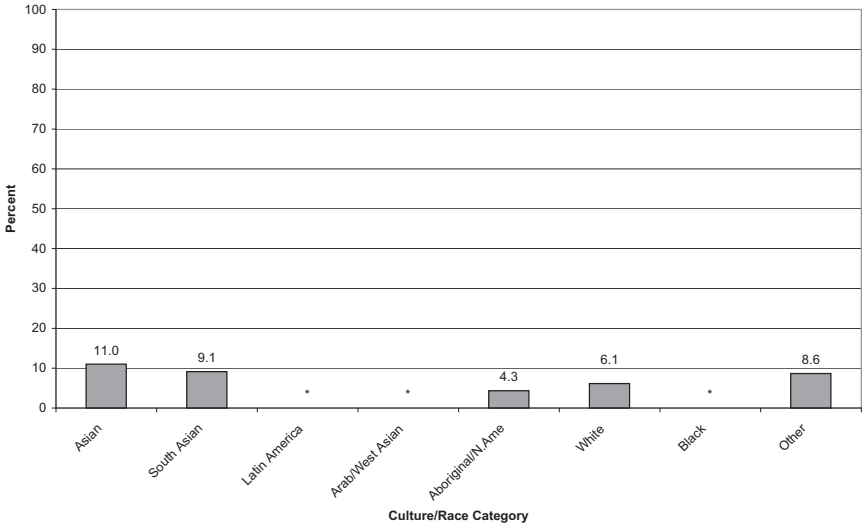
2.6 Percent by Residence



2.7 Percent by Household Income



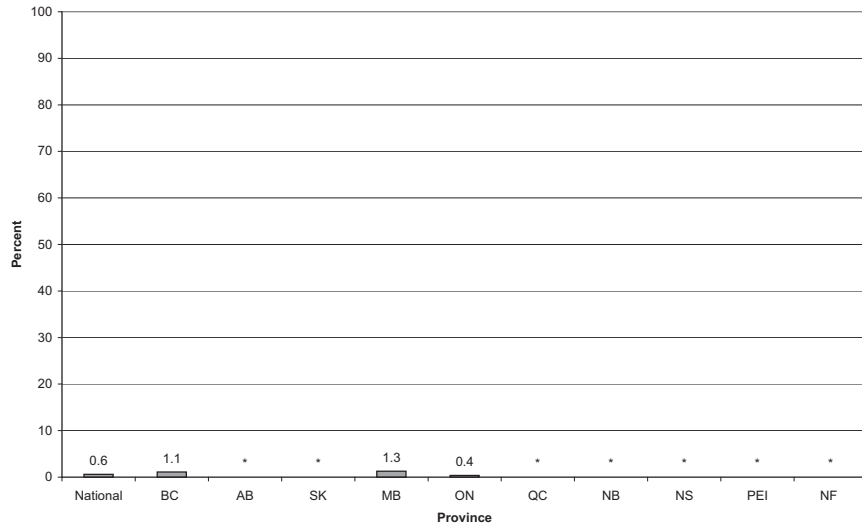
2.8 Percent by Cultural or Racial Origin



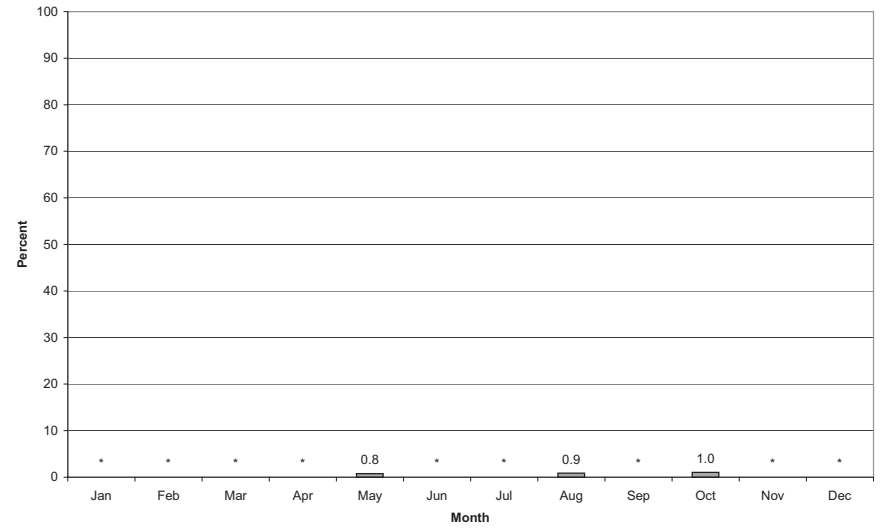
ATE BEETS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

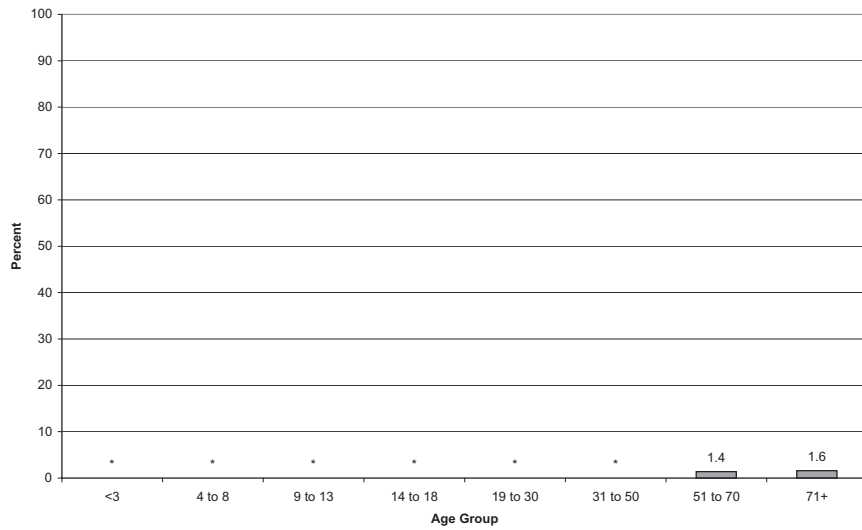
3.1 Percent by Province



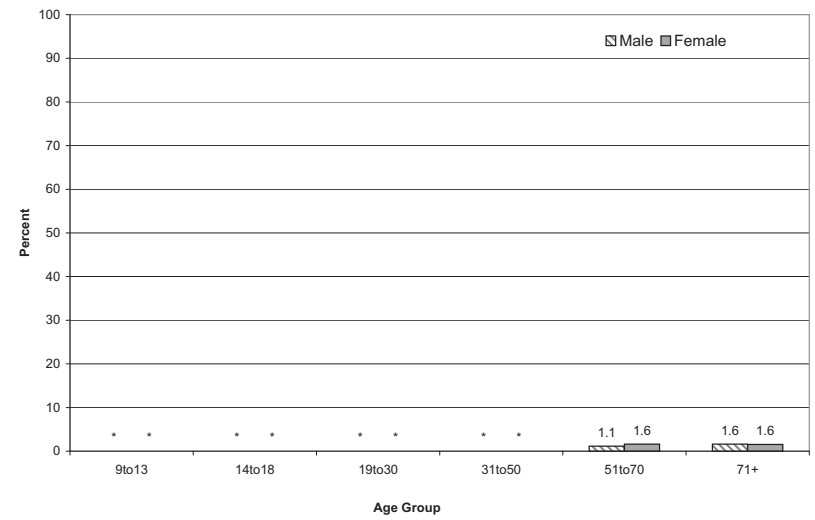
3.2 Percent by Month



3.3 Percent by Age Group



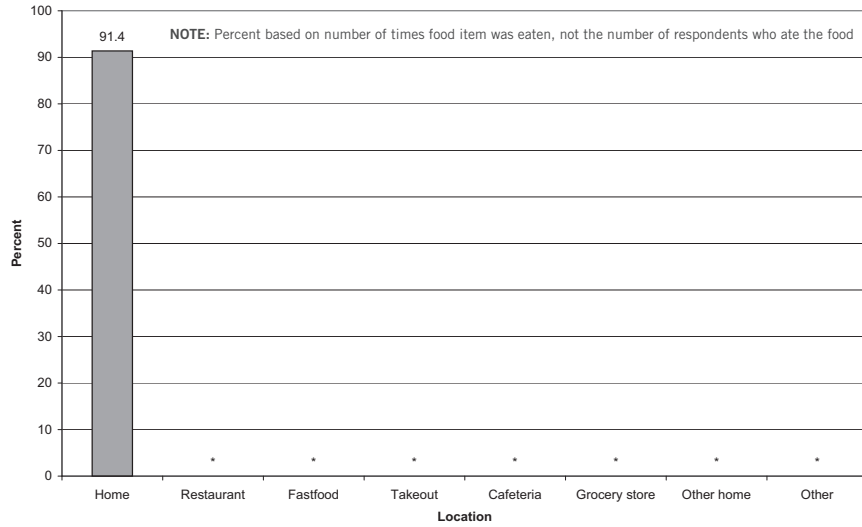
3.4 Percent by Age Group and Sex



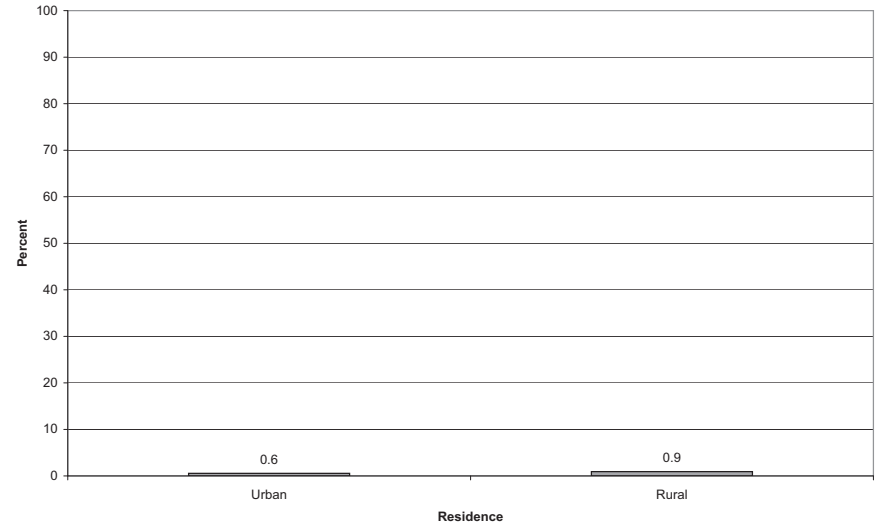
ATE BEETS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

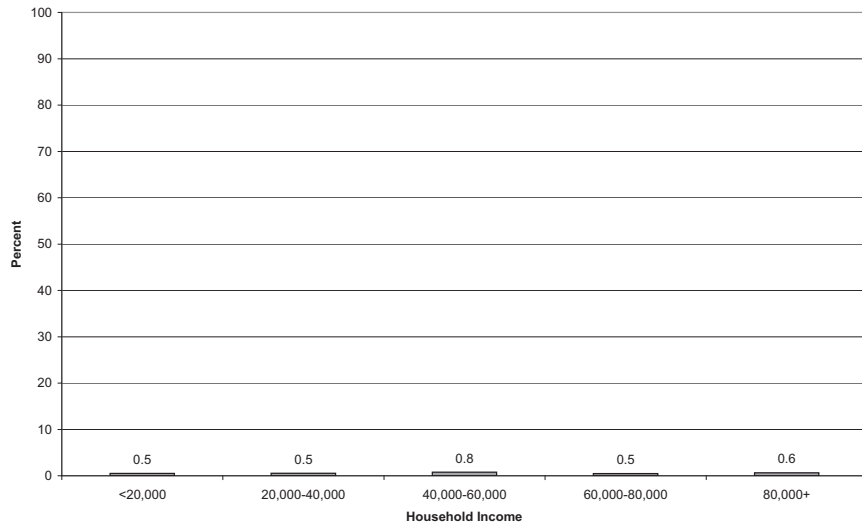
3.5 Percent by Location Where Food Was Prepared



3.6 Percent by Residence



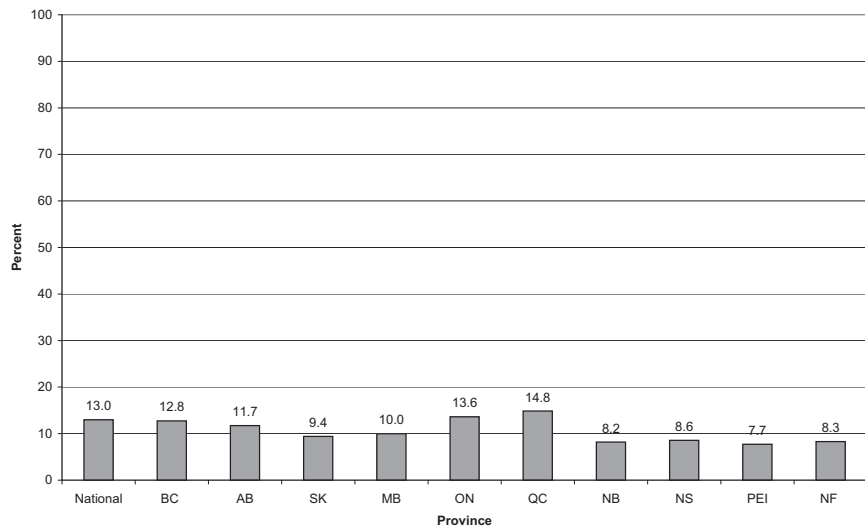
3.7 Percent by Household Income



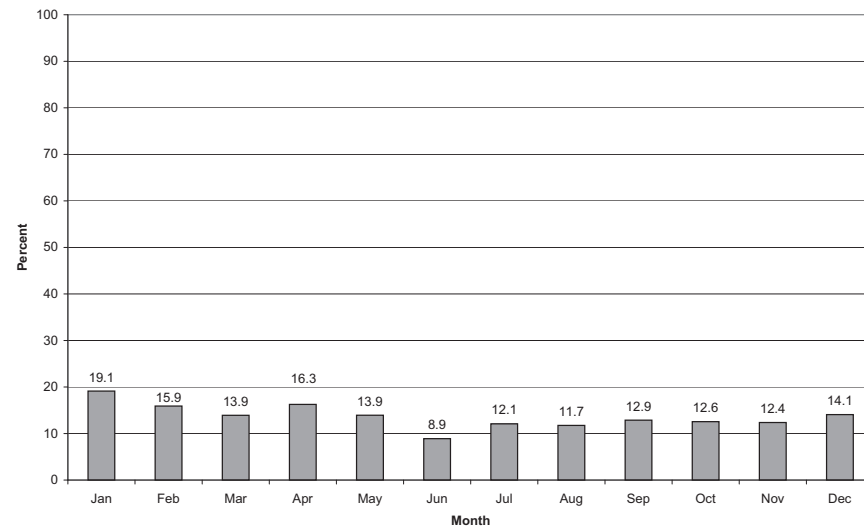
ATE BROCCOLI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

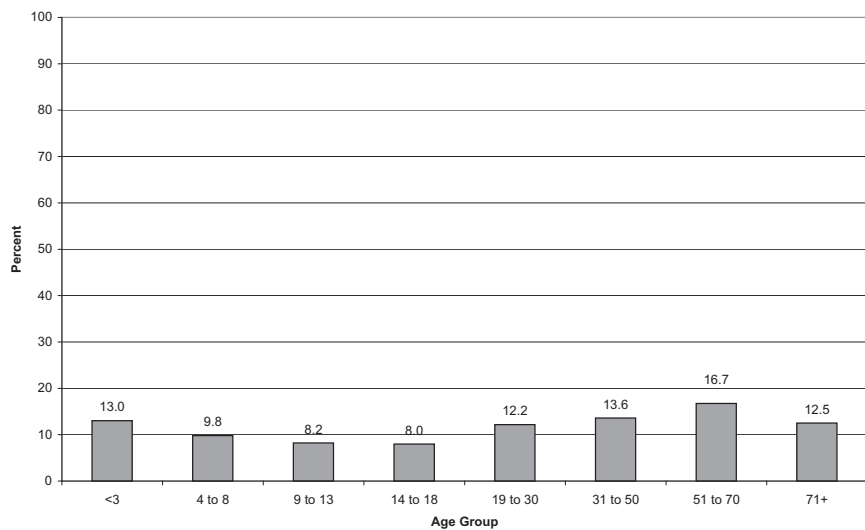
4.1 Percent by Province



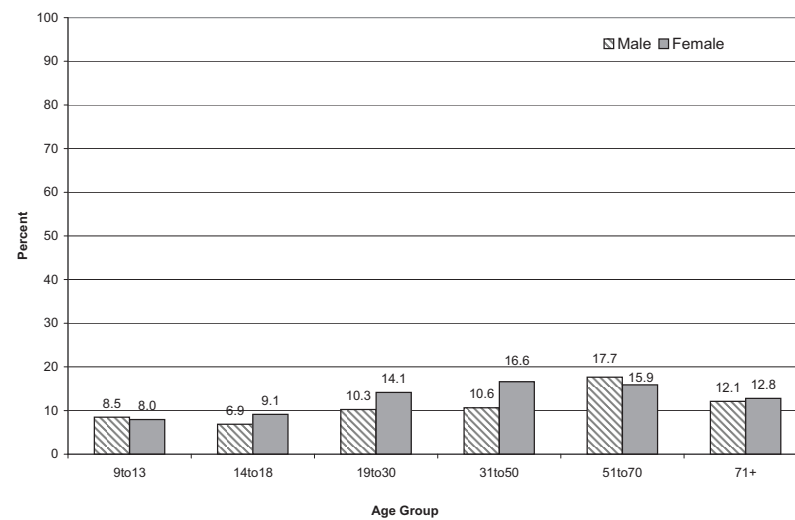
4.2 Percent by Month



4.3 Percent by Age Group



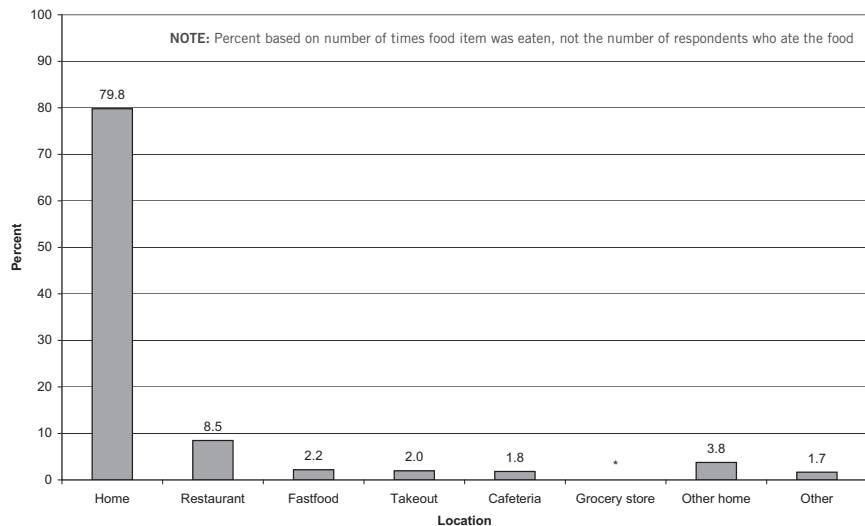
4.4 Percent by Age Group and Sex



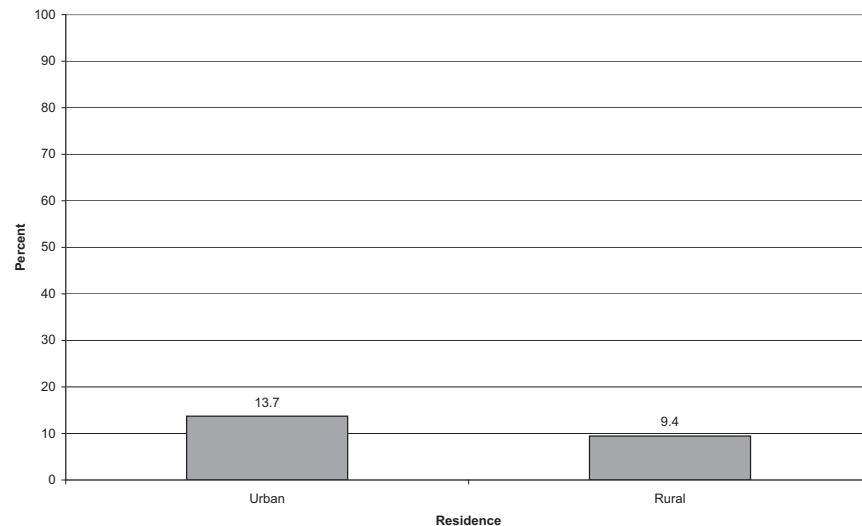
ATE BROCCOLI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

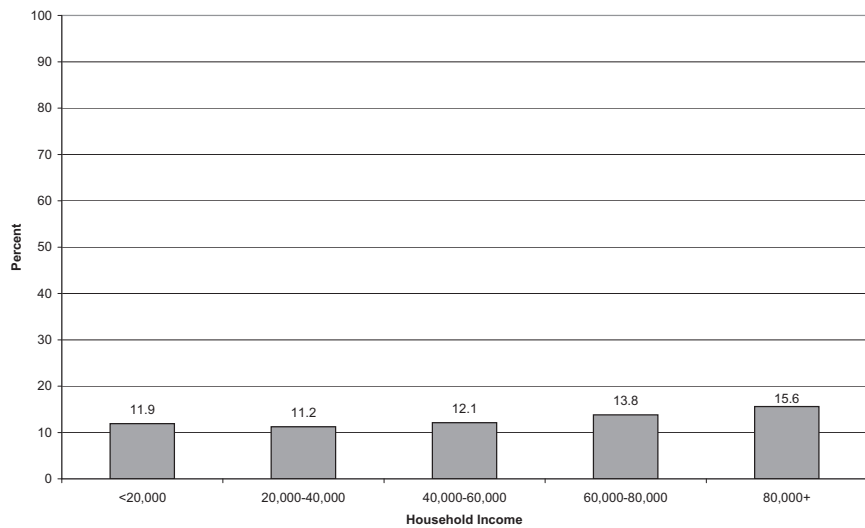
4.5 Percent by Location Where Food Was Prepared



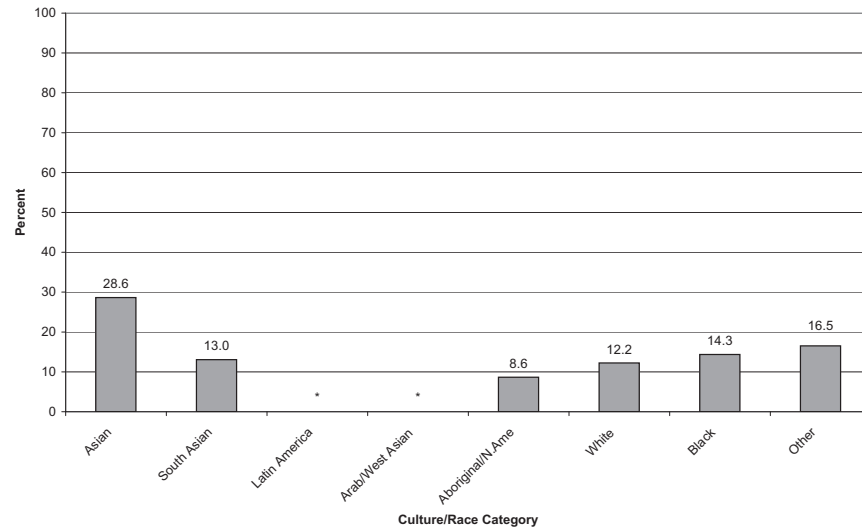
4.6 Percent by Residence



4.7 Percent by Household Income



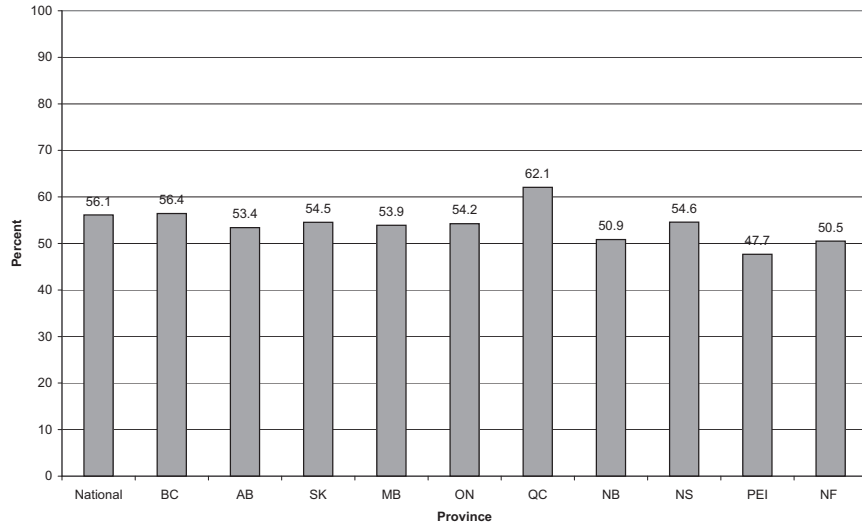
4.8 Percent by Cultural or Racial Origin



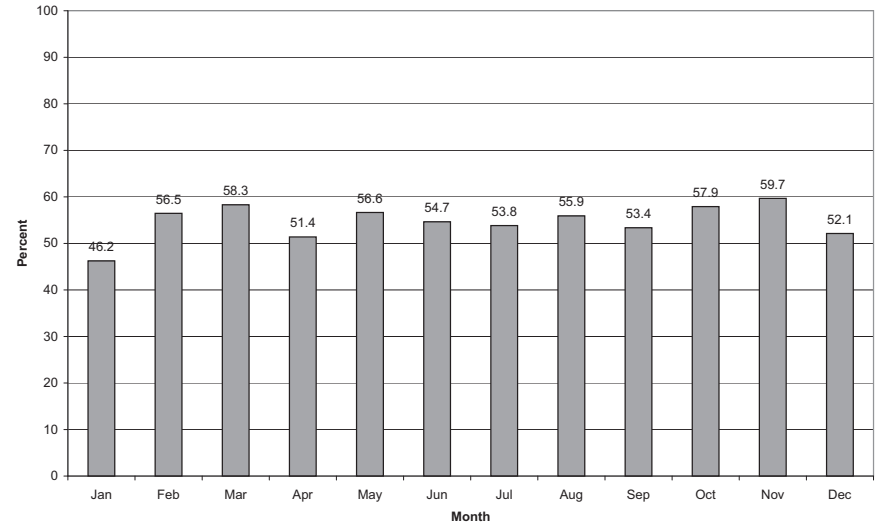
ATE BULB ONION IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

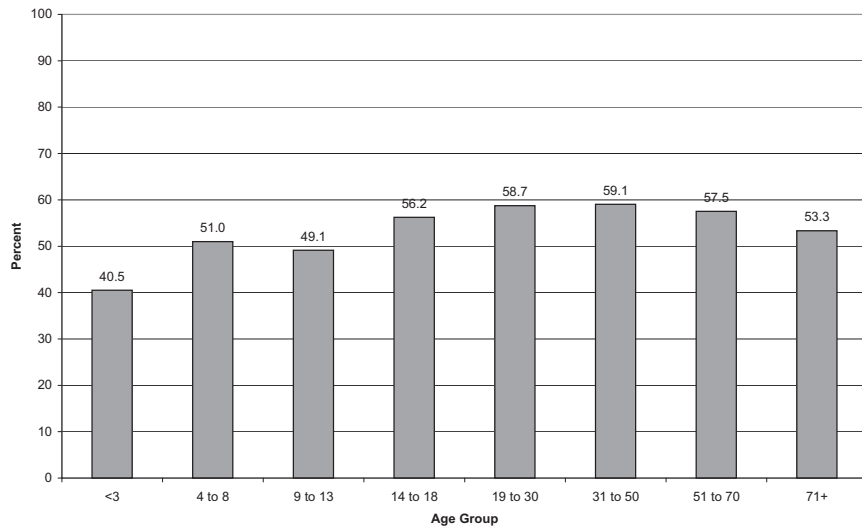
6.1 Percent by Province



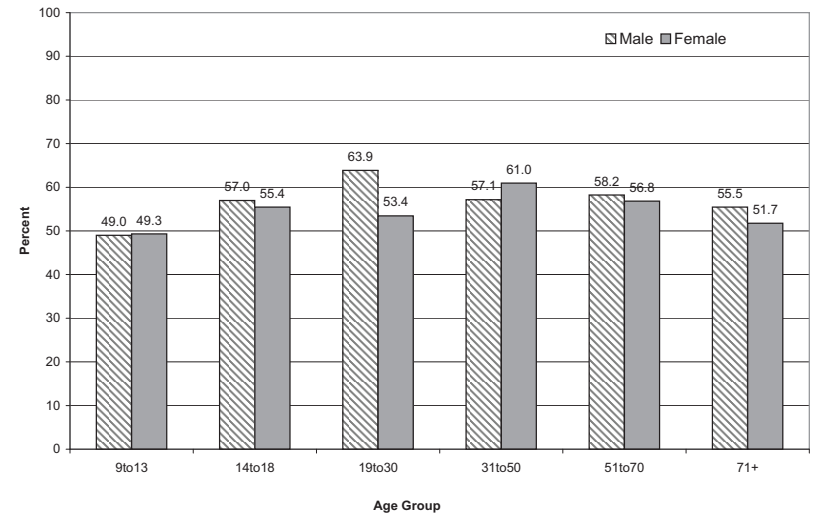
6.2 Percent by Month



6.3 Percent by Age Group



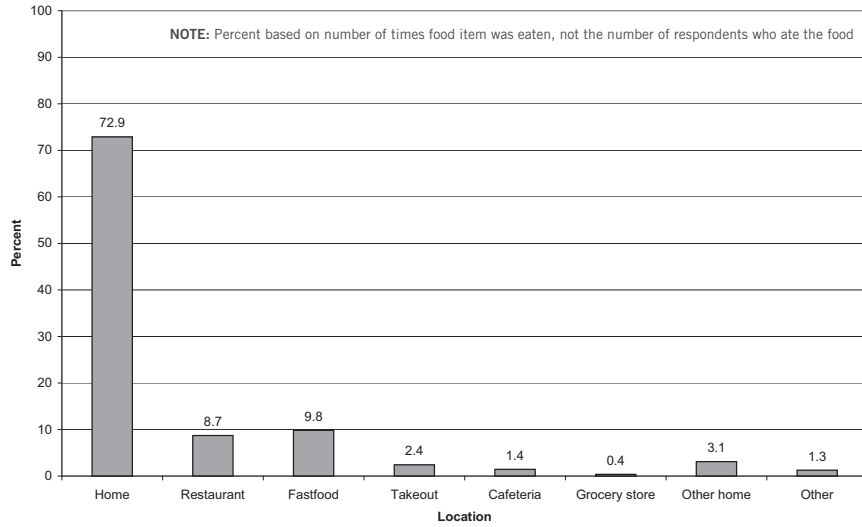
6.4 Percent by Age Group and Sex



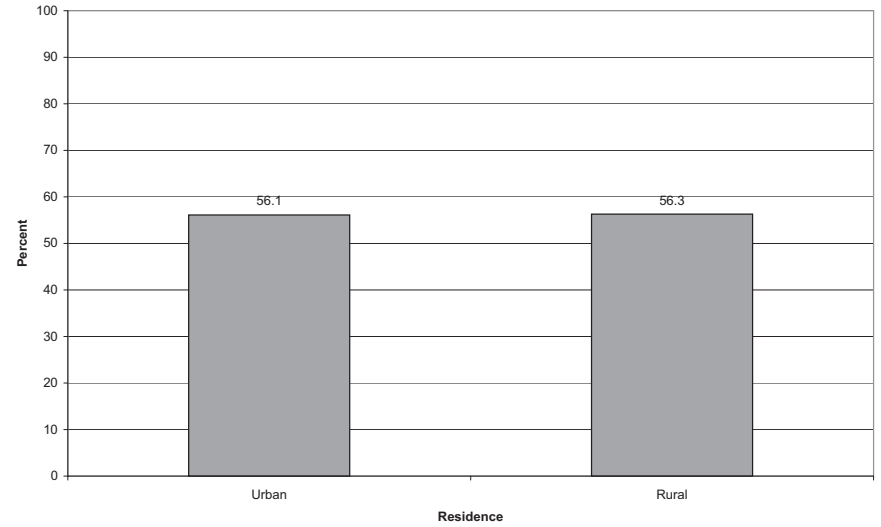
ATE BULB ONION IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

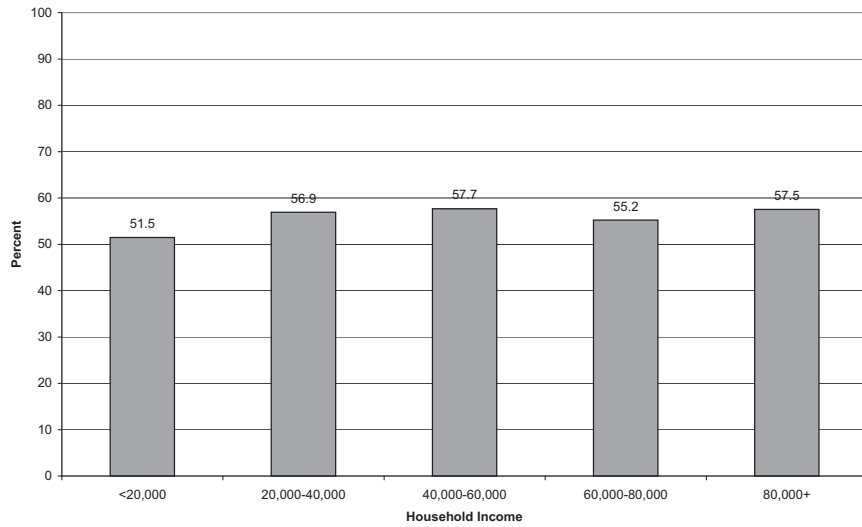
6.5 Percent by Location Where Food Was Prepared



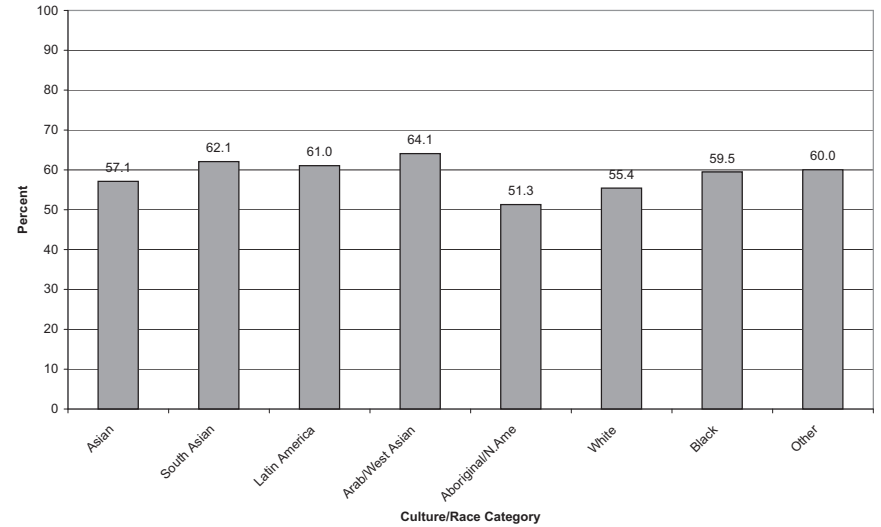
6.6 Percent by Residence



6.7 Percent by Household Income



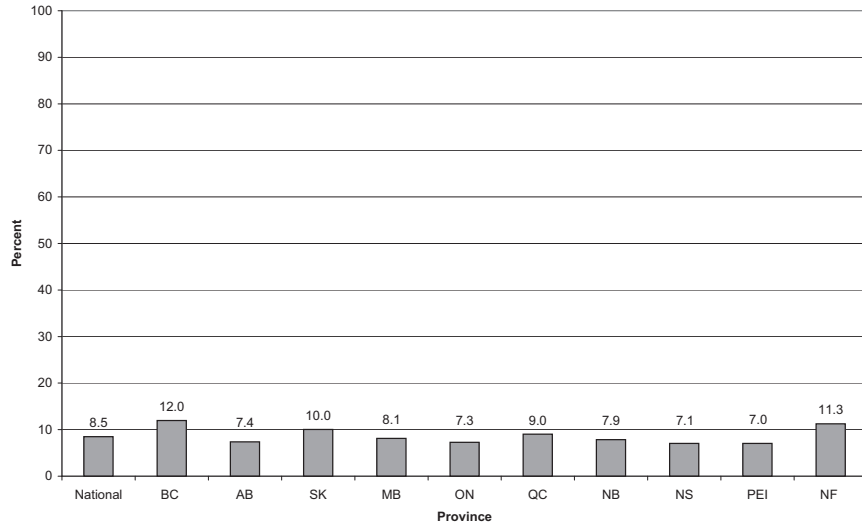
6.8 Percent by Cultural or Racial Origin



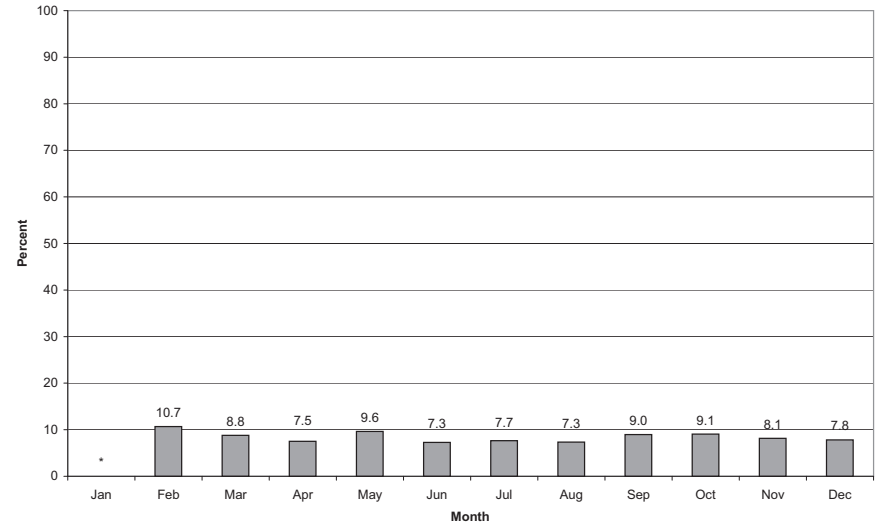
ATE CABBAGE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

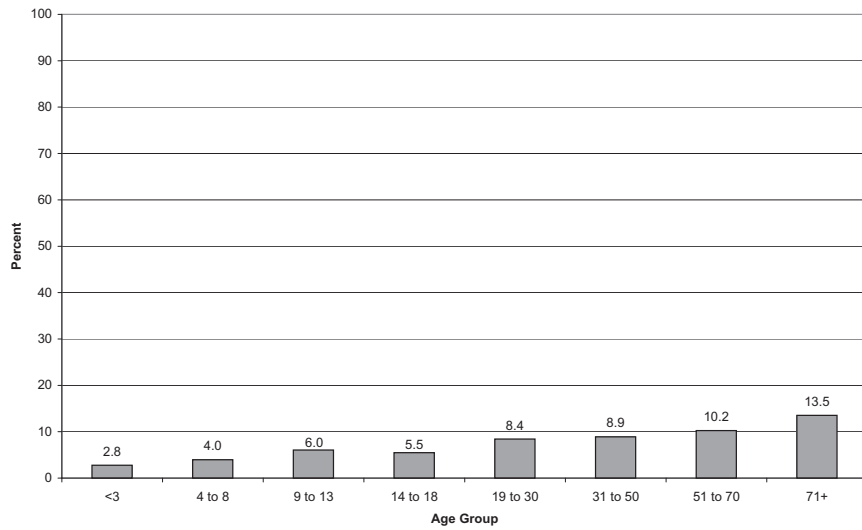
7.1 Percent by Province



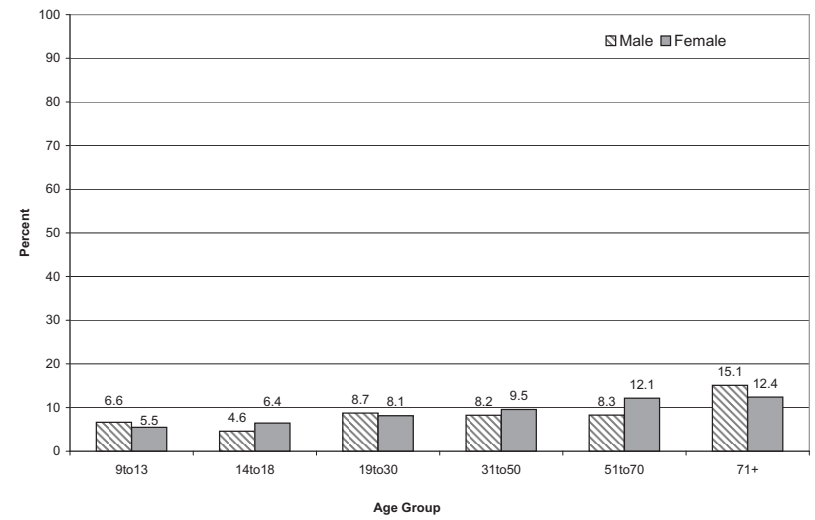
7.2 Percent by Month



7.3 Percent by Age Group



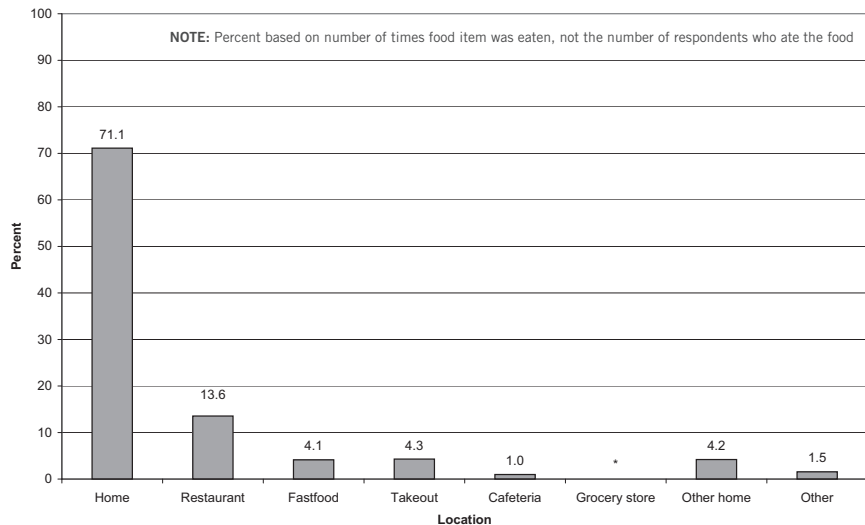
7.4 Percent by Age Group and Sex



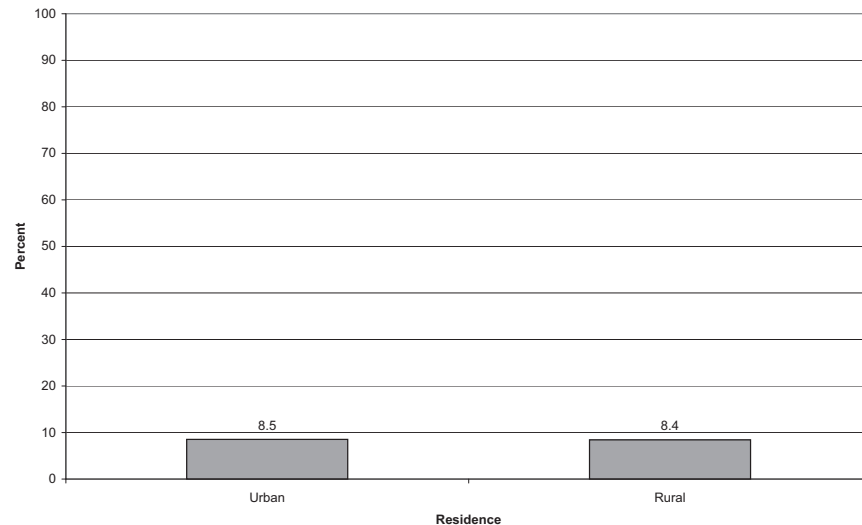
ATE CABBAGE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

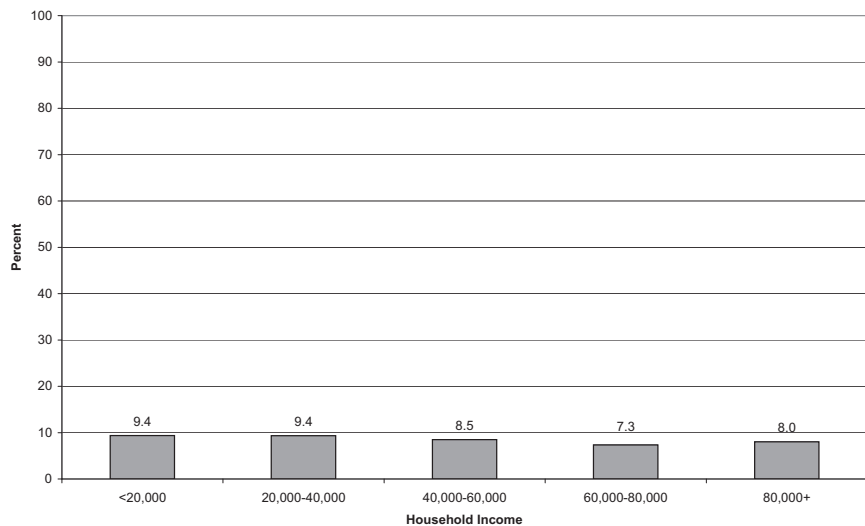
7.5 Percent by Location Where Food Was Prepared



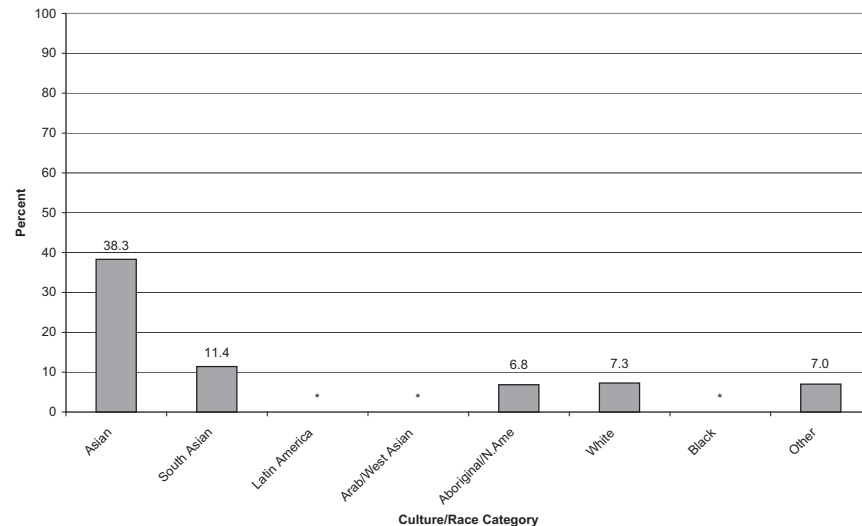
7.6 Percent by Residence



7.7 Percent by Household Income



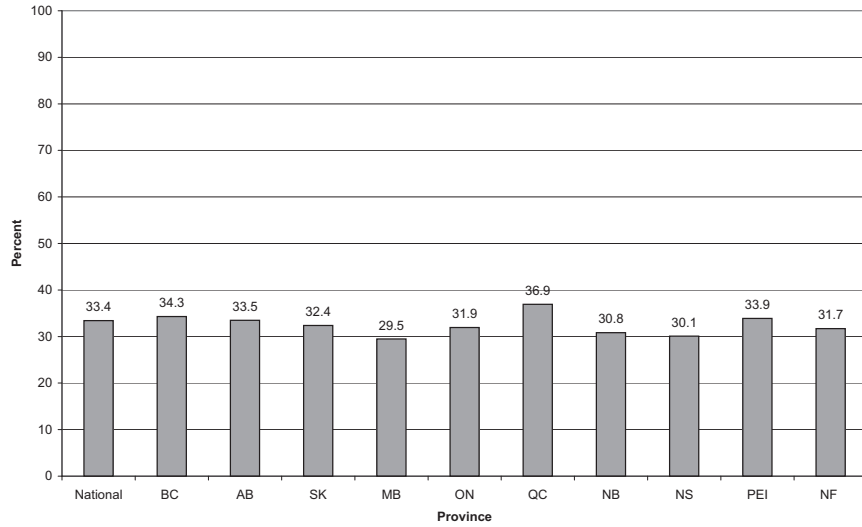
7.8 Percent by Cultural or Racial Origin



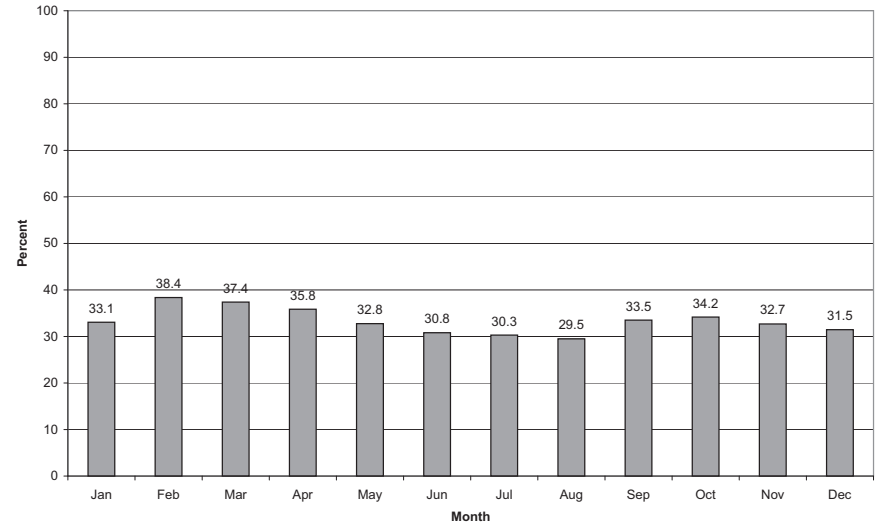
ATE CARROTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

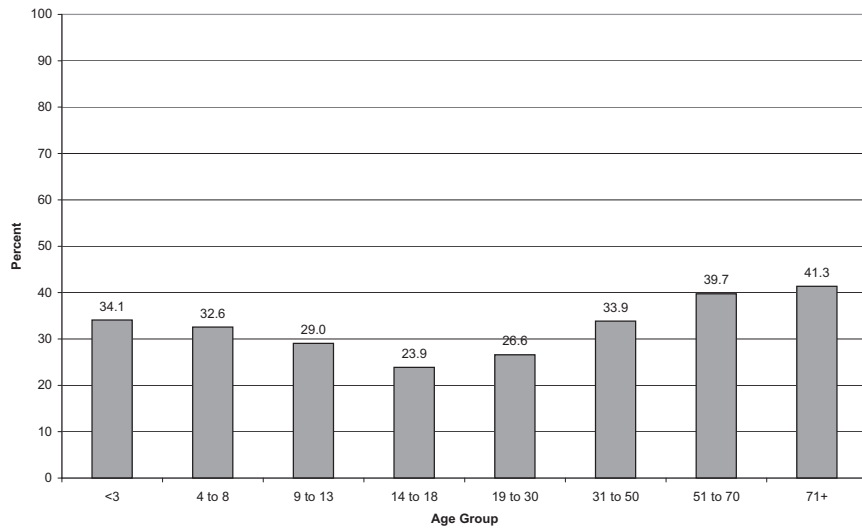
8.1 Percent by Province



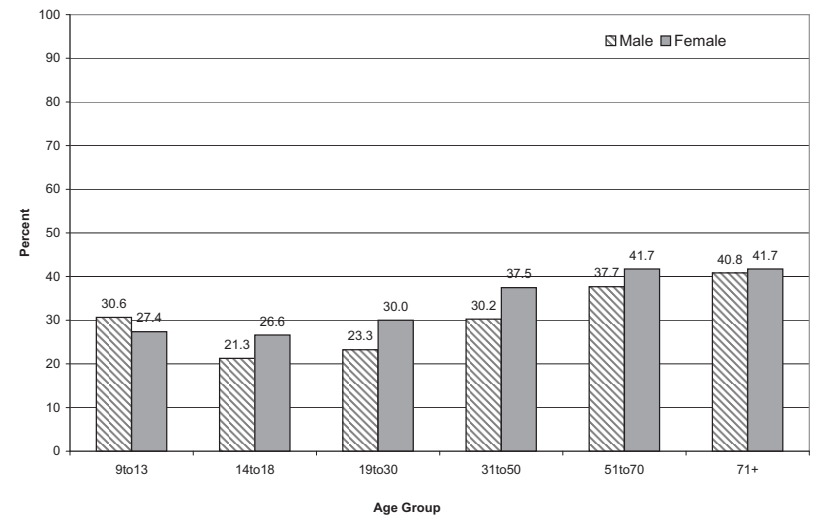
8.2 Percent by Month



8.3 Percent by Age Group



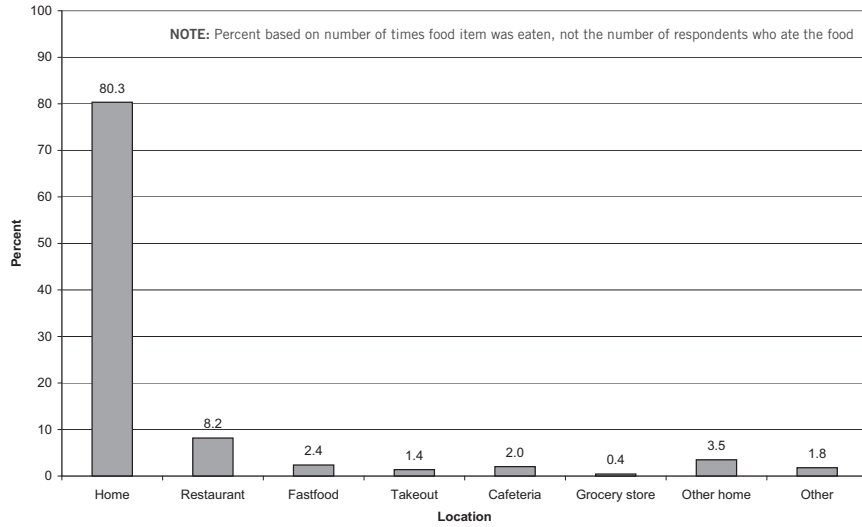
8.4 Percent by Age Group and Sex



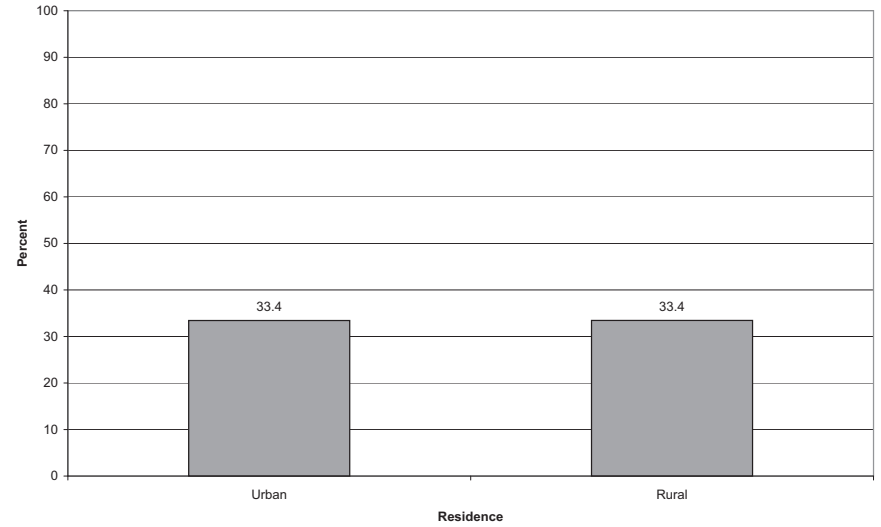
ATE CARROTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

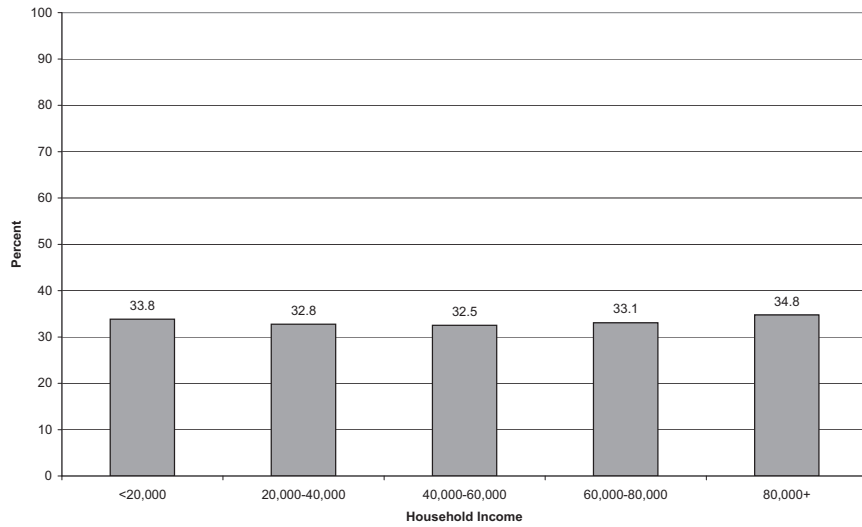
8.5 Percent by Location Where Food Was Prepared



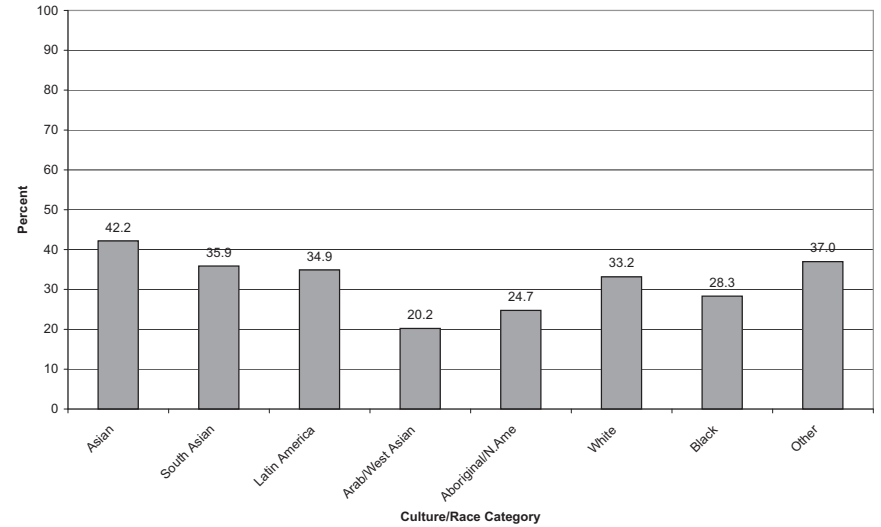
8.6 Percent by Residence



8.7 Percent by Household Income



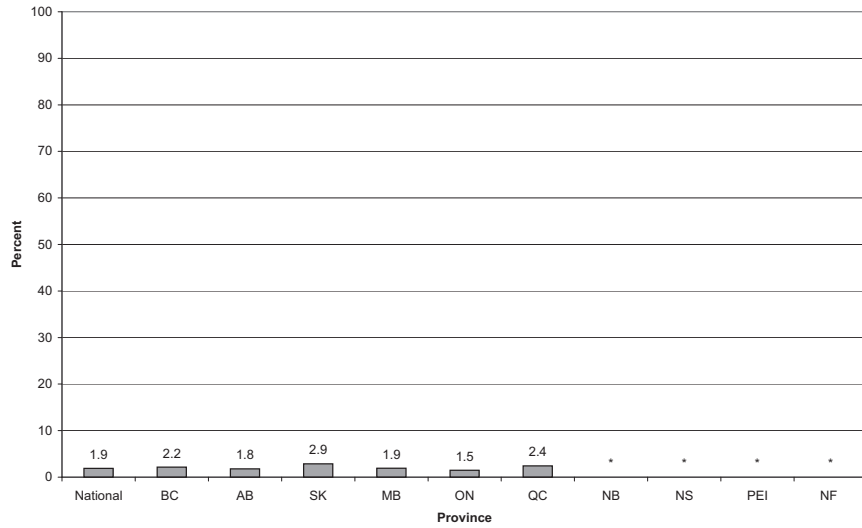
8.8 Percent by Cultural or Racial Origin



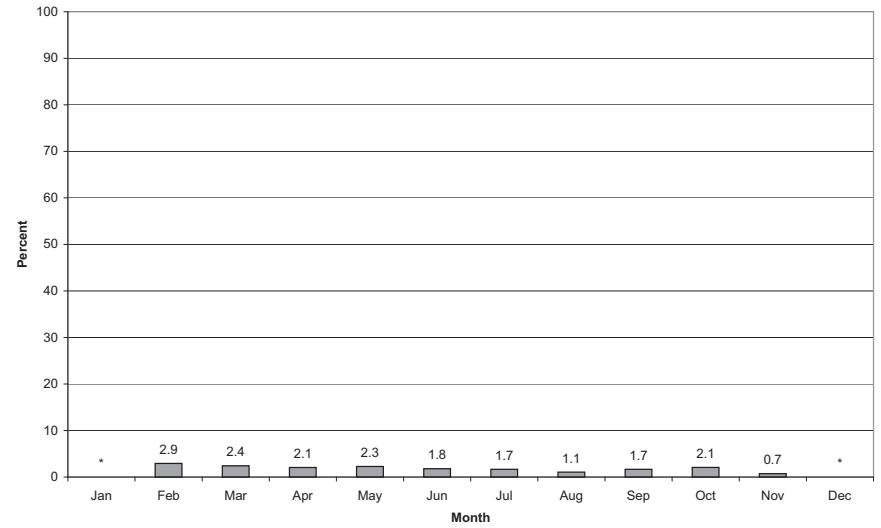
ATE CAULIFLOWER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

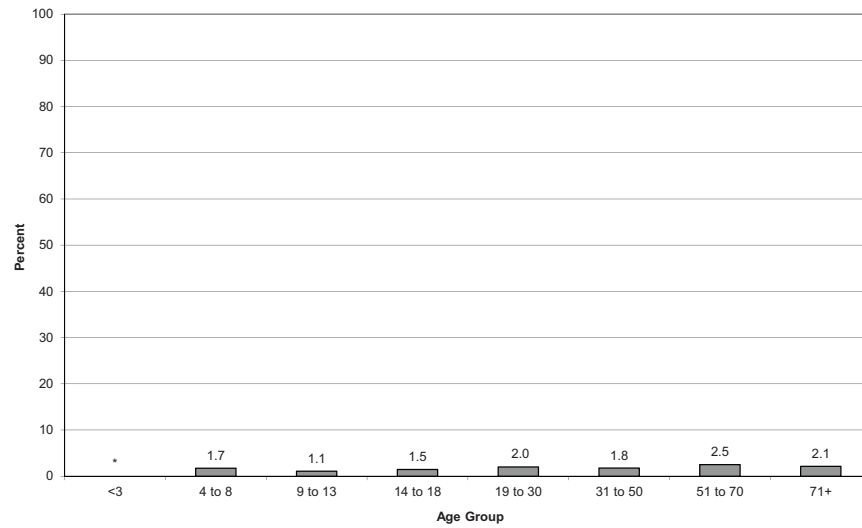
10.1 Percent by Province



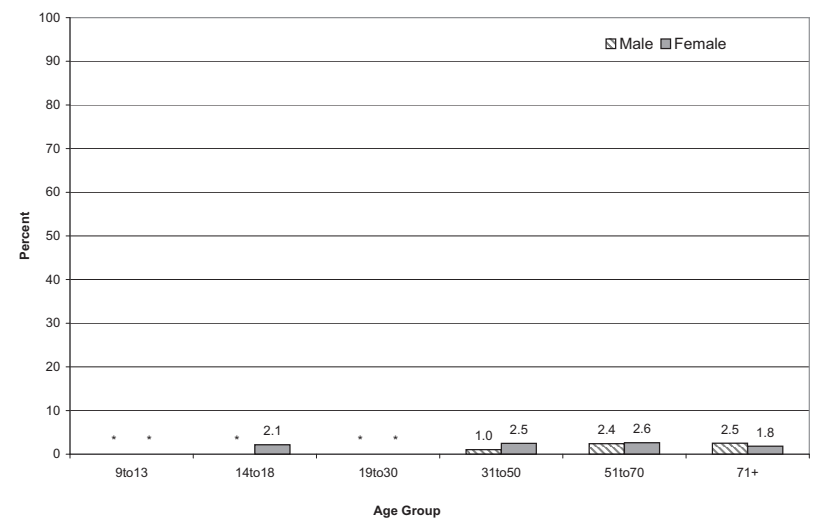
10.2 Percent by Month



10.3 Percent by Age Group



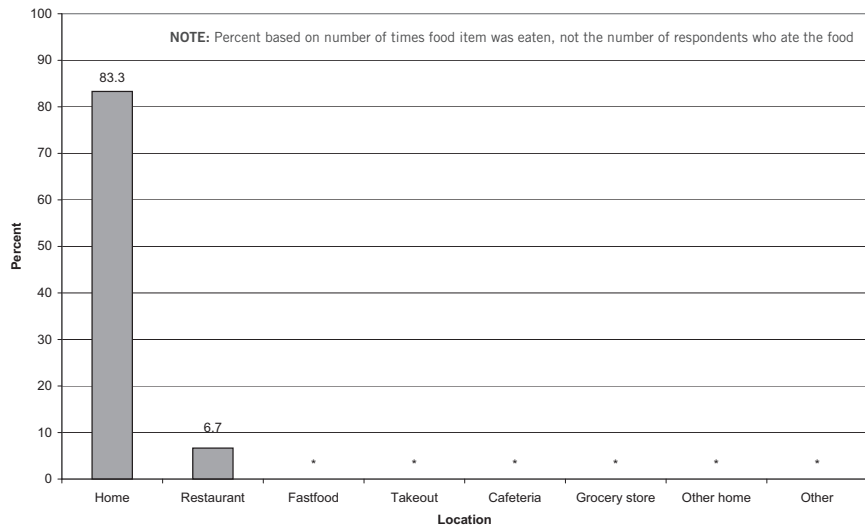
10.4 Percent by Age Group and Sex



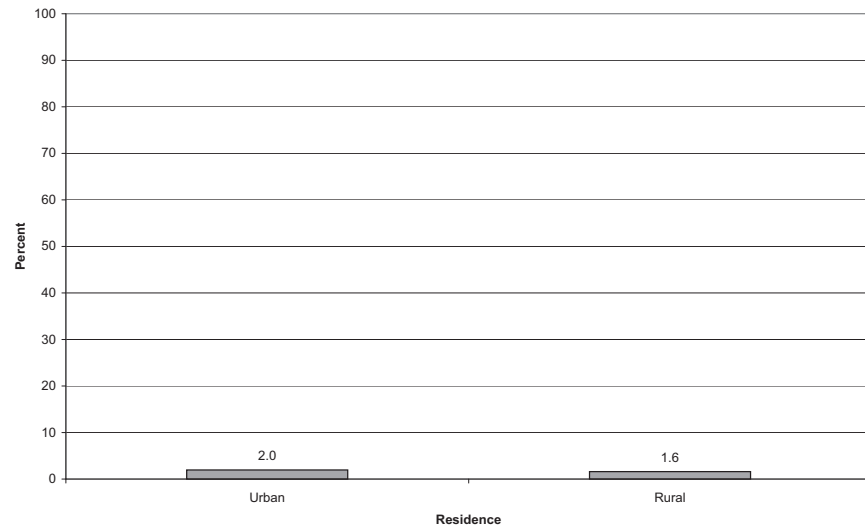
ATE CAULIFLOWER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

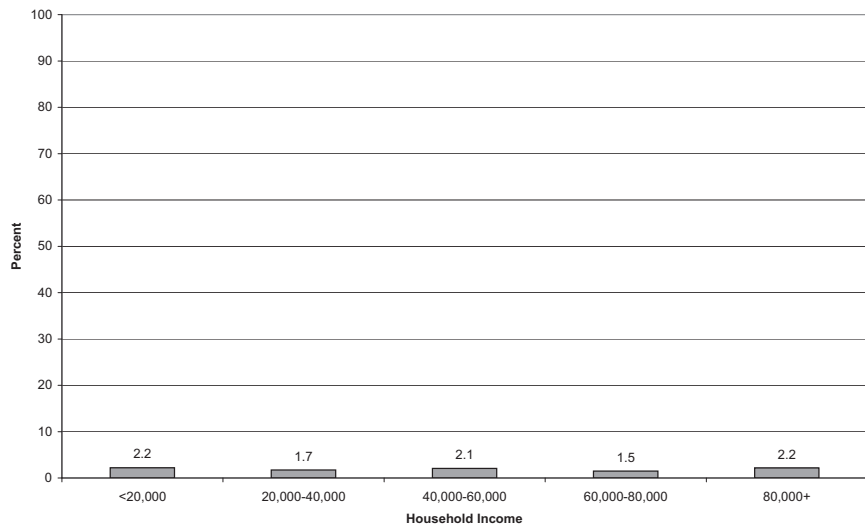
10.5 Percent by Location Where Food Was Prepared



10.6 Percent by Residence



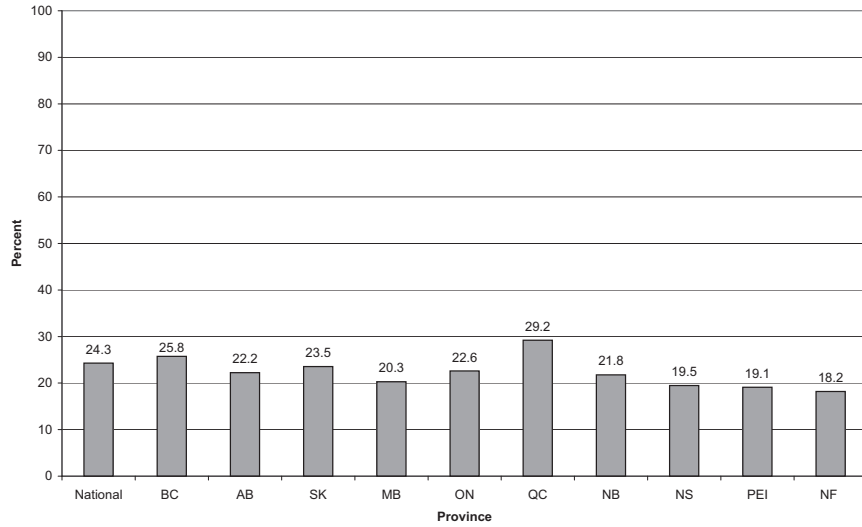
10.7 Percent by Household Income



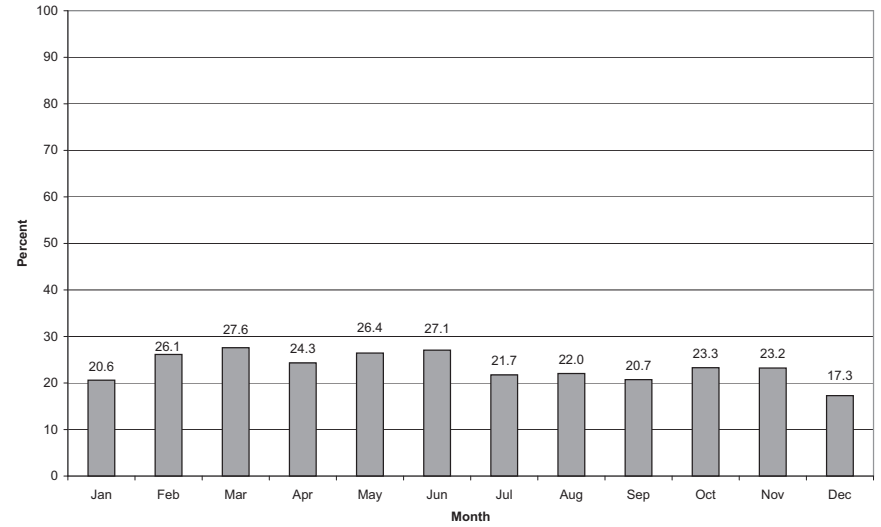
ATE CELERY IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

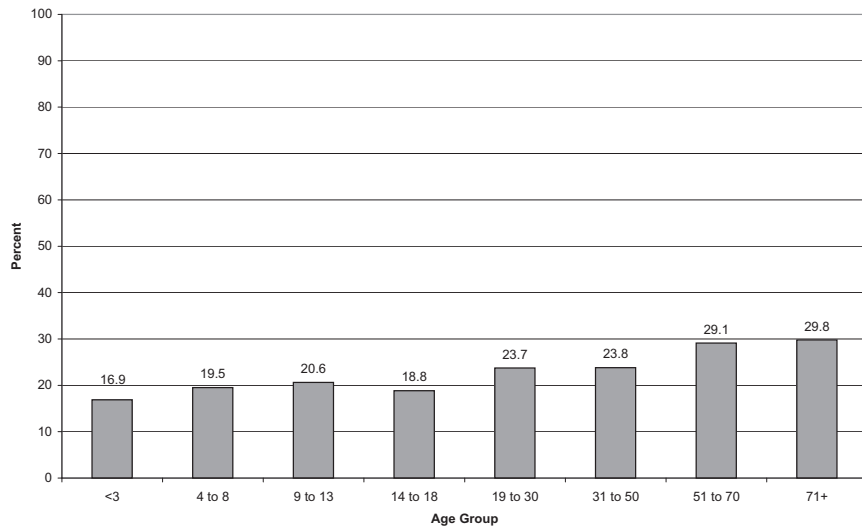
11.1 Percent by Province



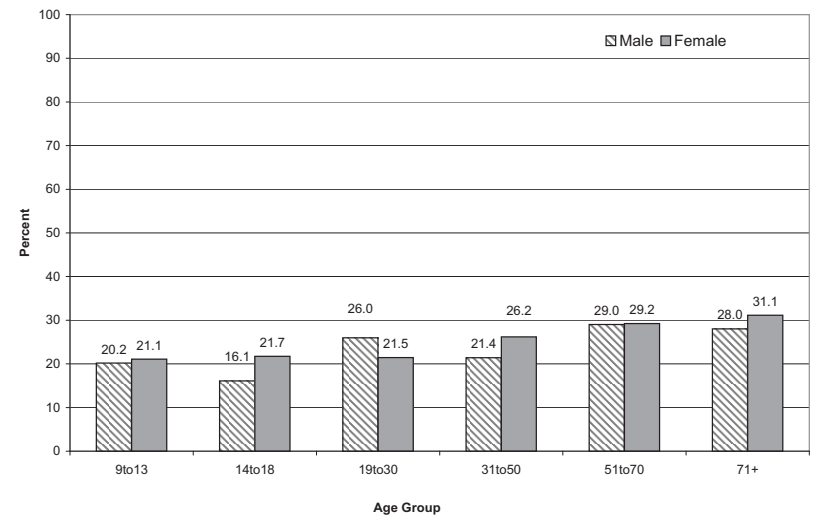
11.2 Percent by Month



11.3 Percent by Age Group



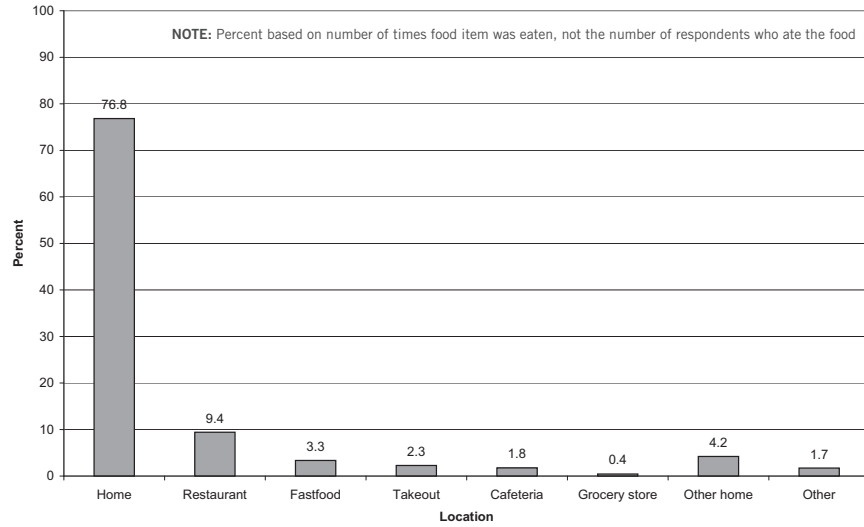
11.4 Percent by Age Group and Sex



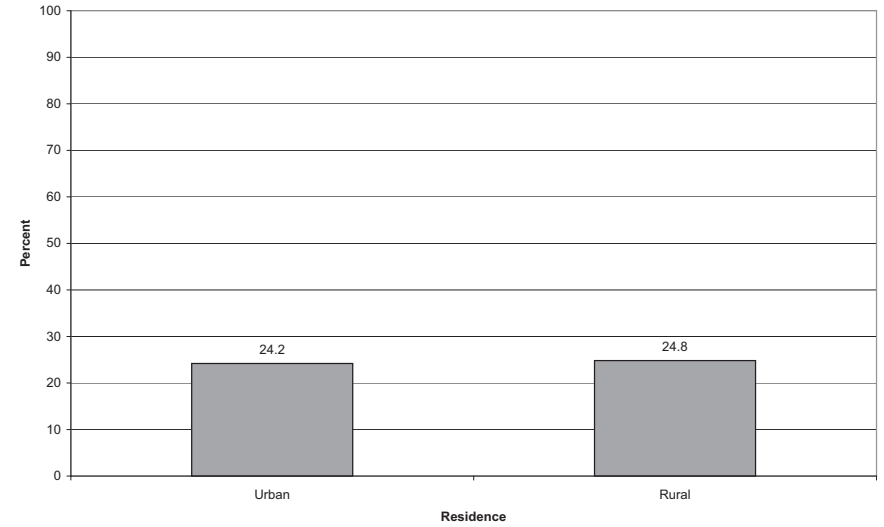
ATE CELERY IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

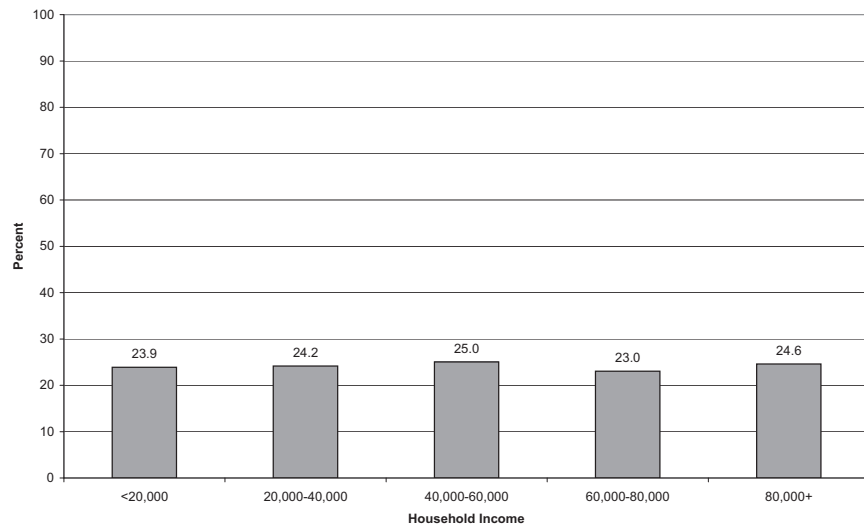
11.5 Percent by Location Where Food Was Prepared



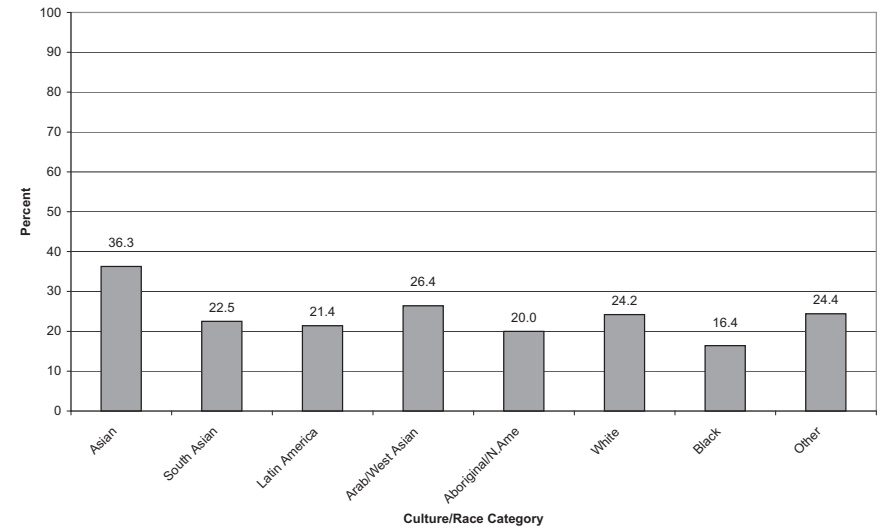
11.6 Percent by Residence



11.7 Percent by Household Income



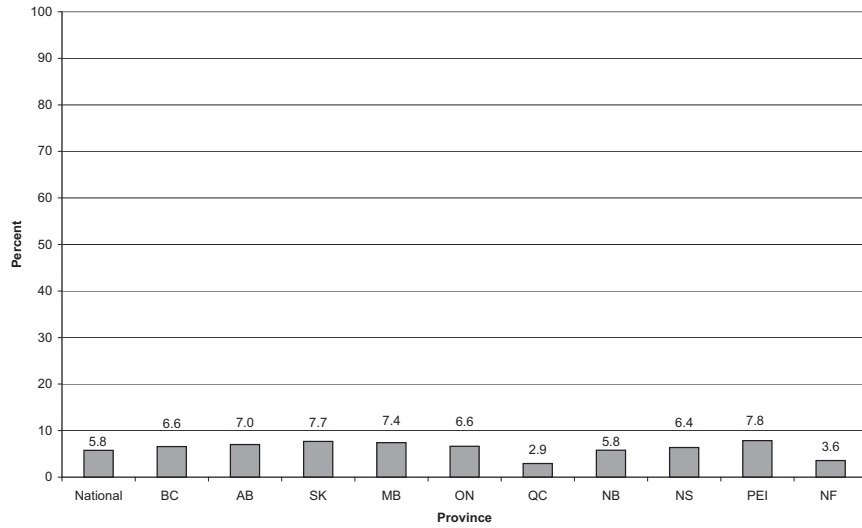
11.8 Percent by Cultural or Racial Origin



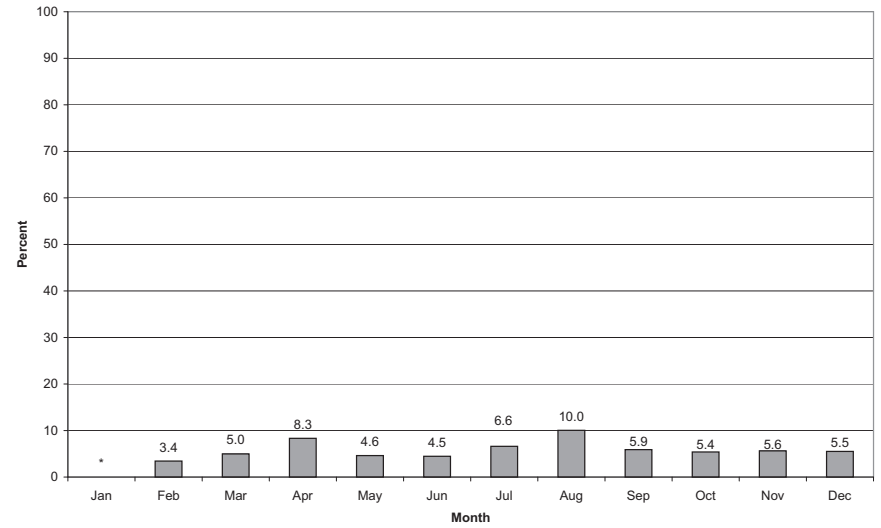
ATE CORN IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

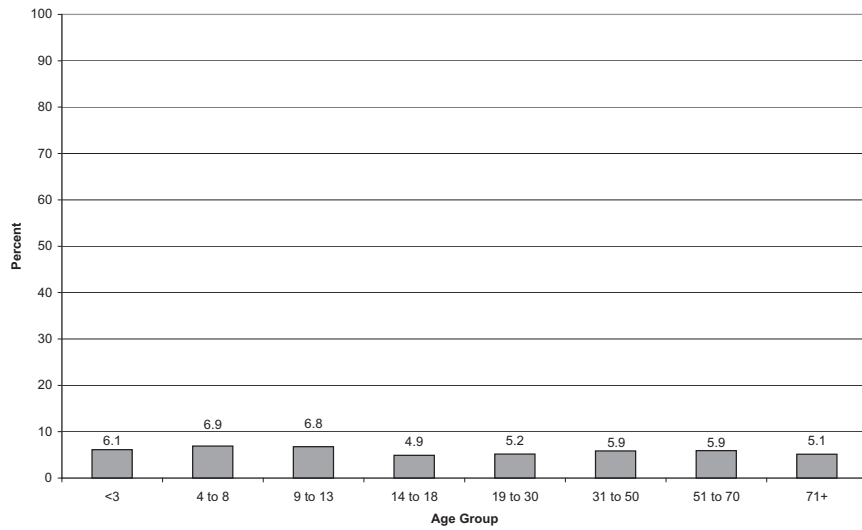
12.1 Percent by Province



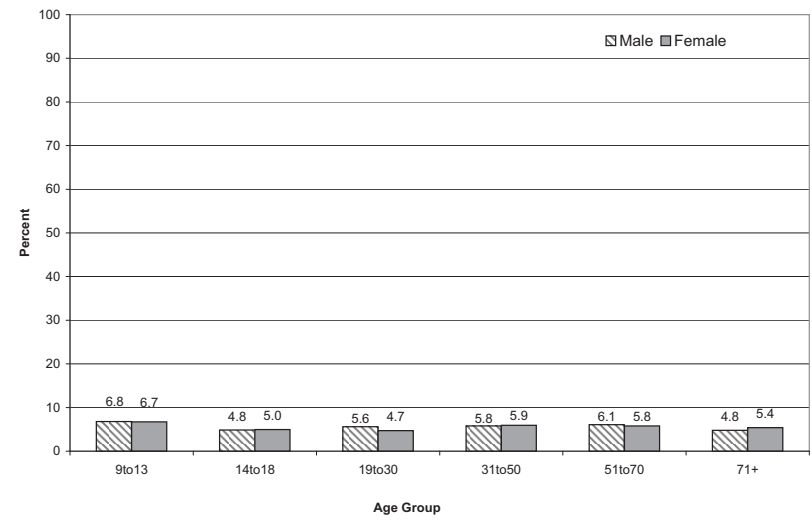
12.2 Percent by Month



12.3 Percent by Age Group



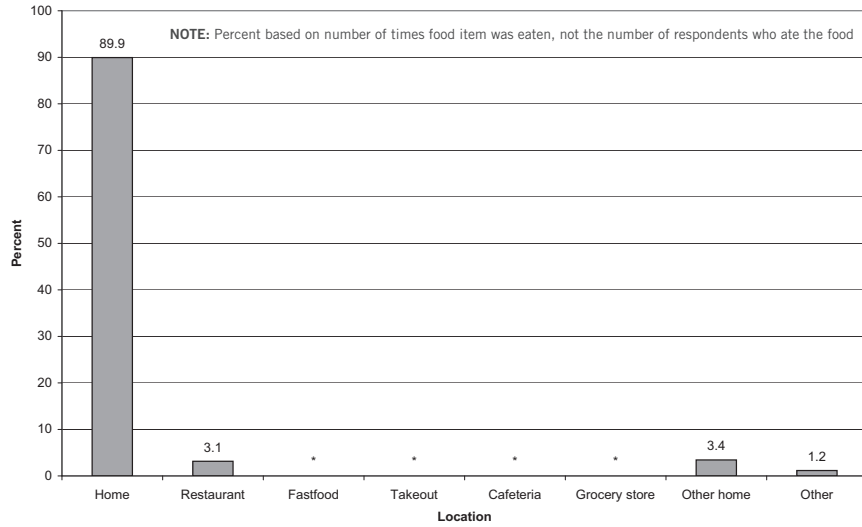
12.4 Percent by Age Group and Sex



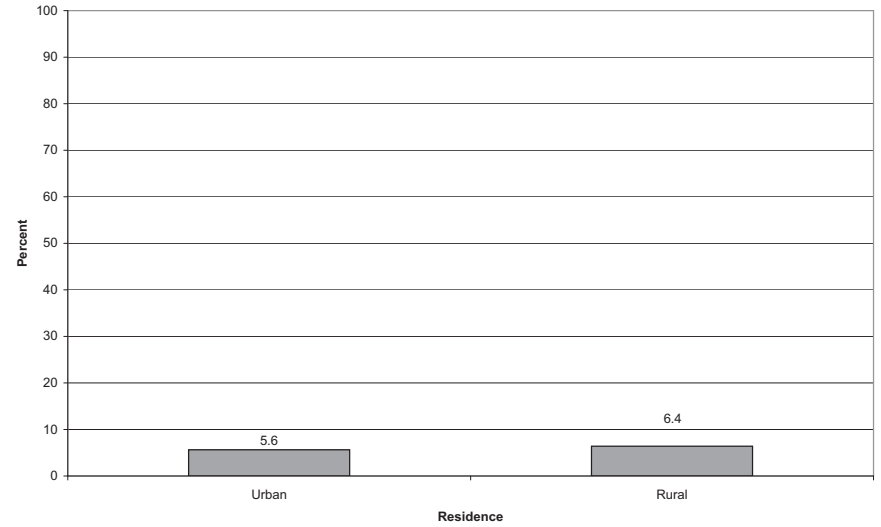
ATE CORN IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

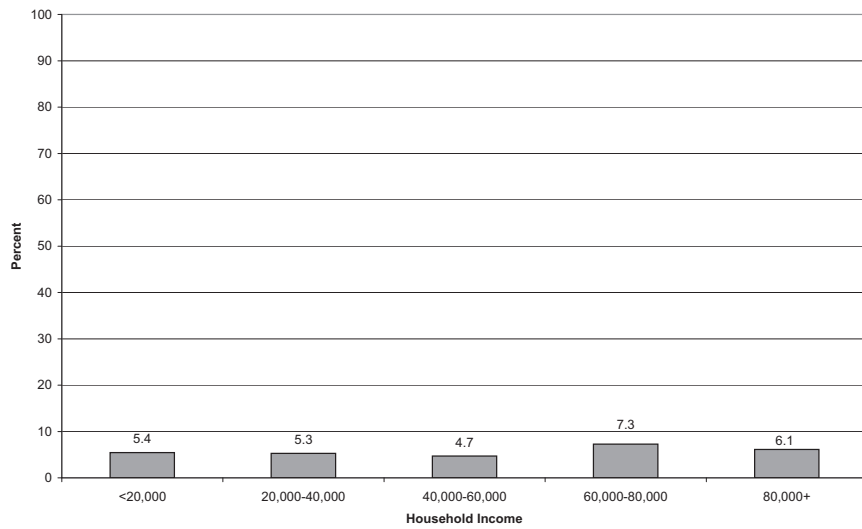
12.5 Percent by Location Where Food Was Prepared



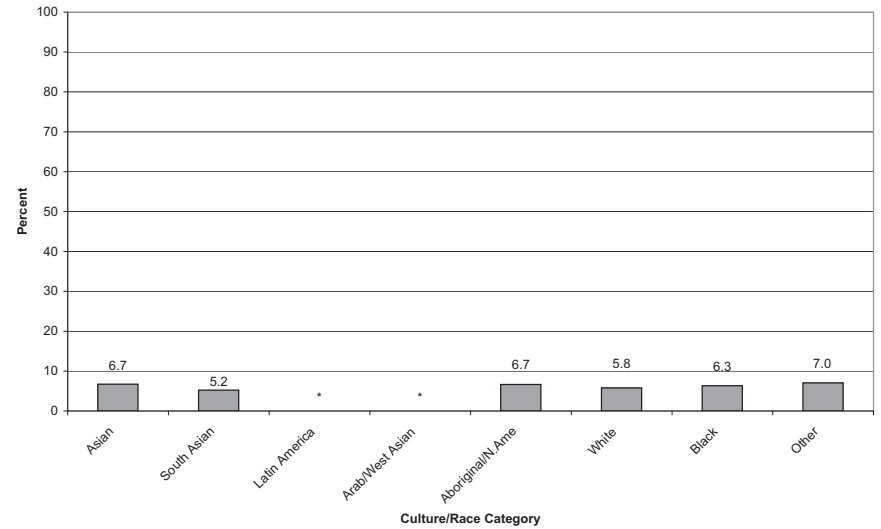
12.6 Percent by Residence



12.7 Percent by Household Income



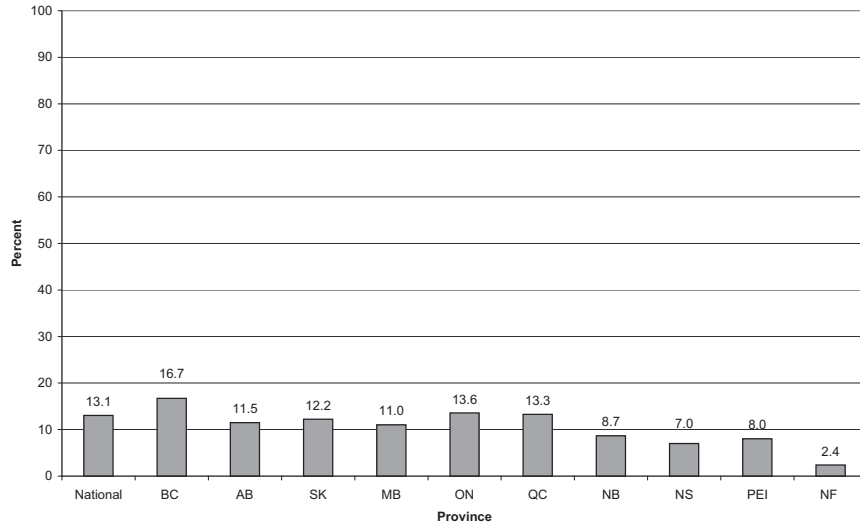
12.8 Percent by Cultural or Racial Origin



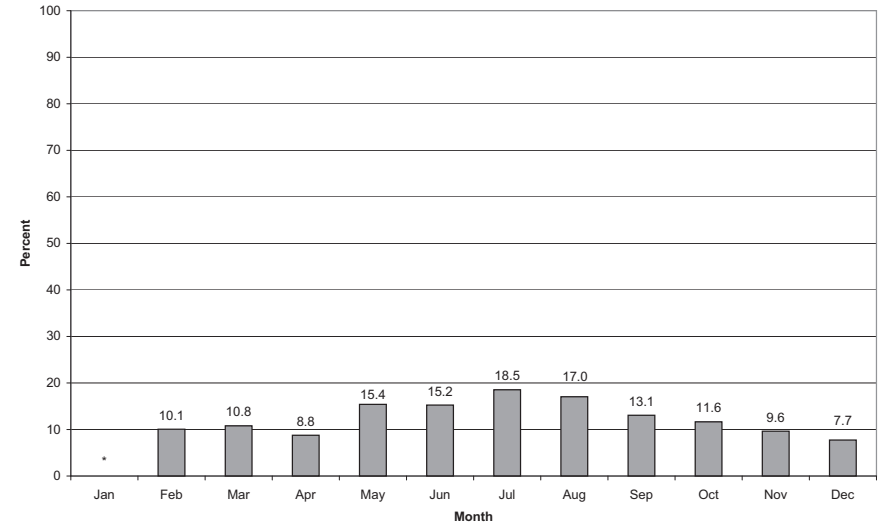
ATE CUCUMBER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

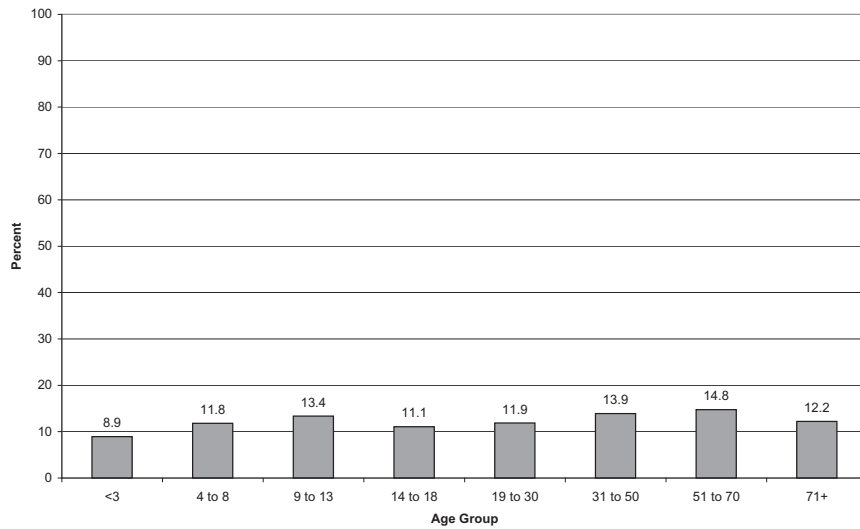
13.1 Percent by Province



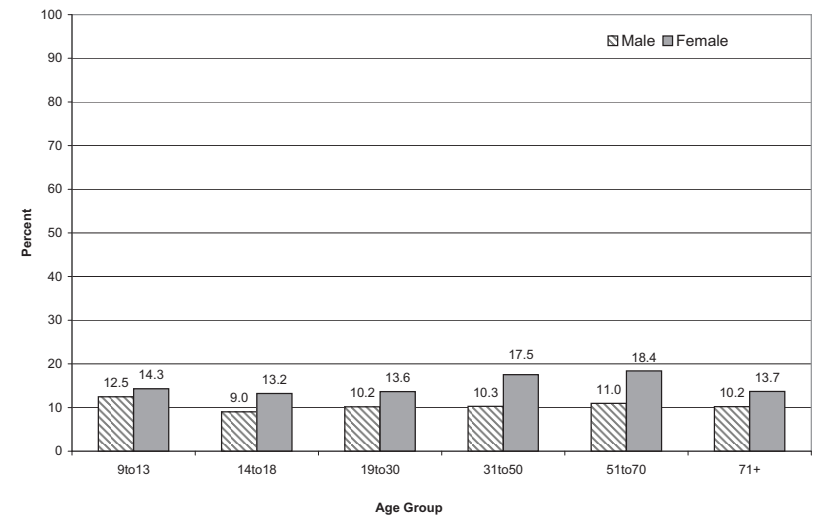
13.2 Percent by Month



13.3 Percent by Age Group



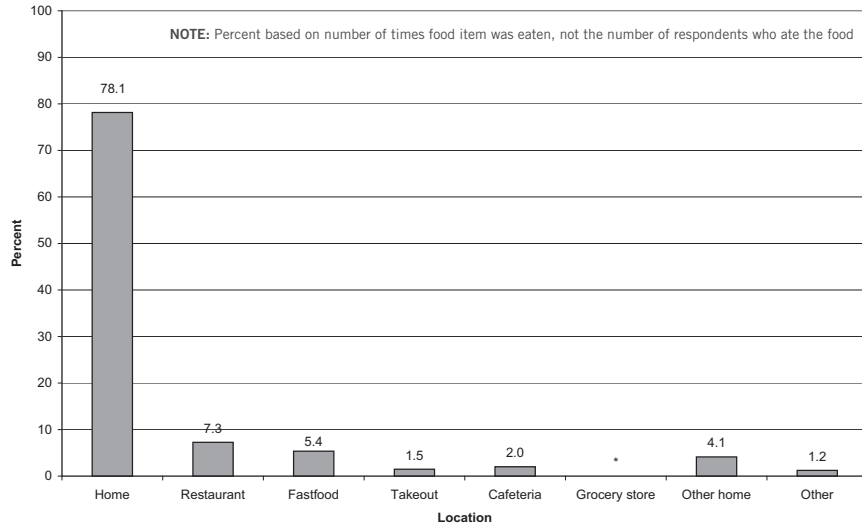
13.4 Percent by Age Group and Sex



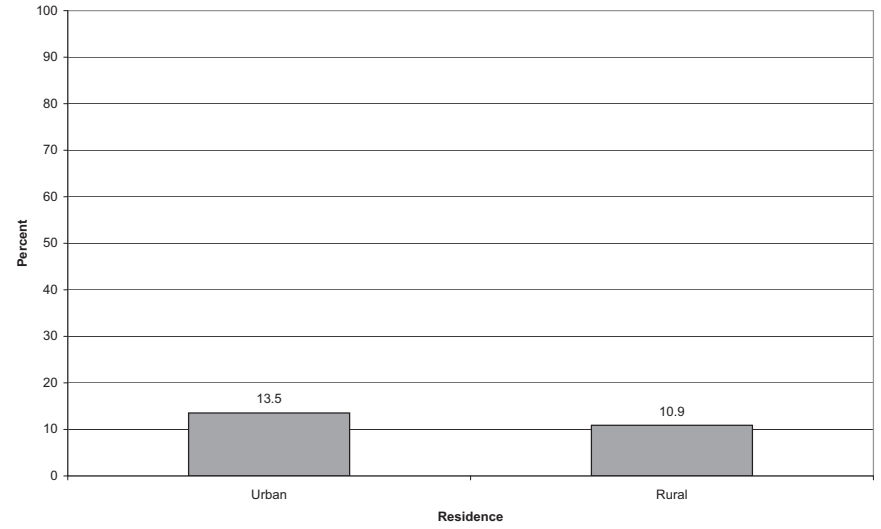
ATE CUCUMBER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

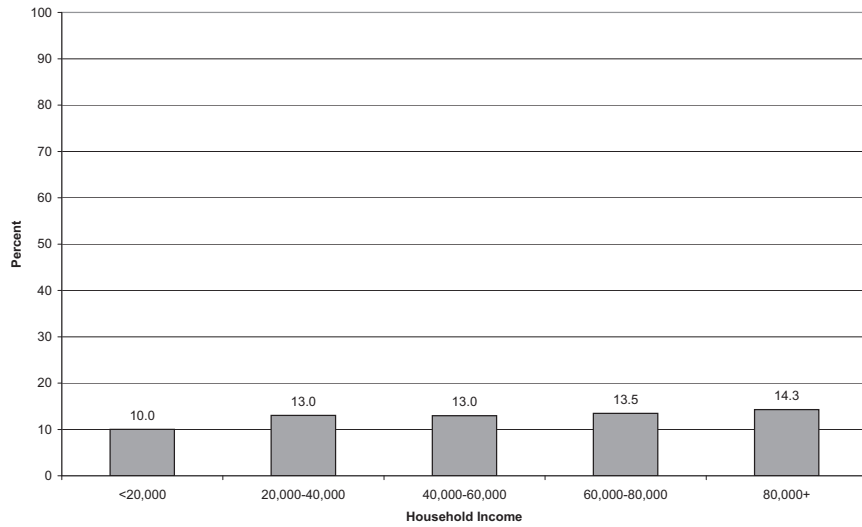
13.5 Percent by Location Where Food Was Prepared



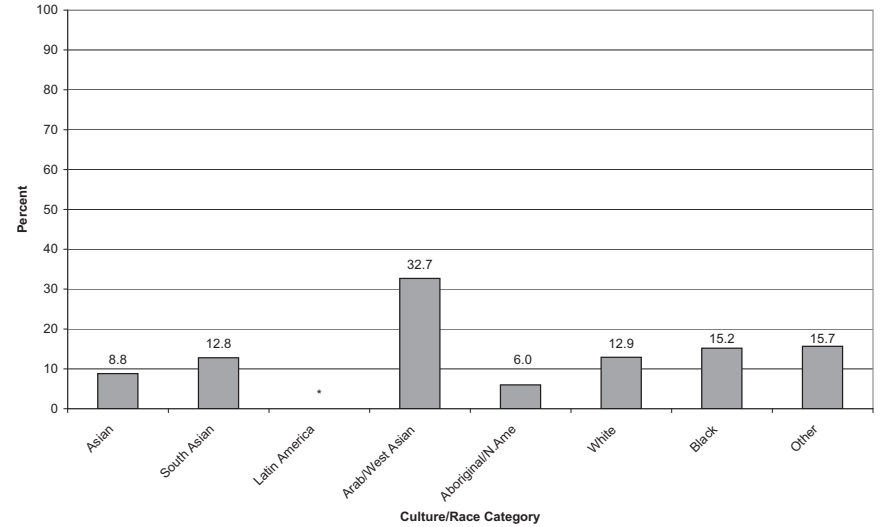
13.6 Percent by Residence



13.7 Percent by Household Income



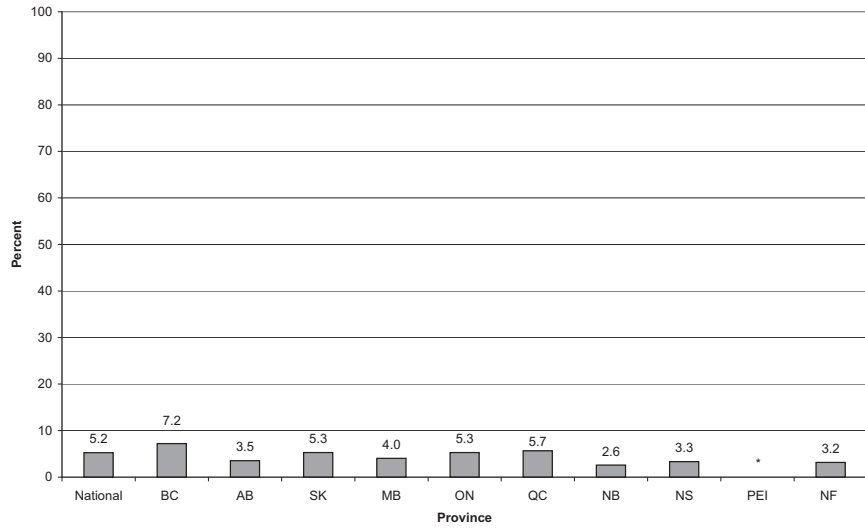
13.8 Percent by Cultural or Racial Origin



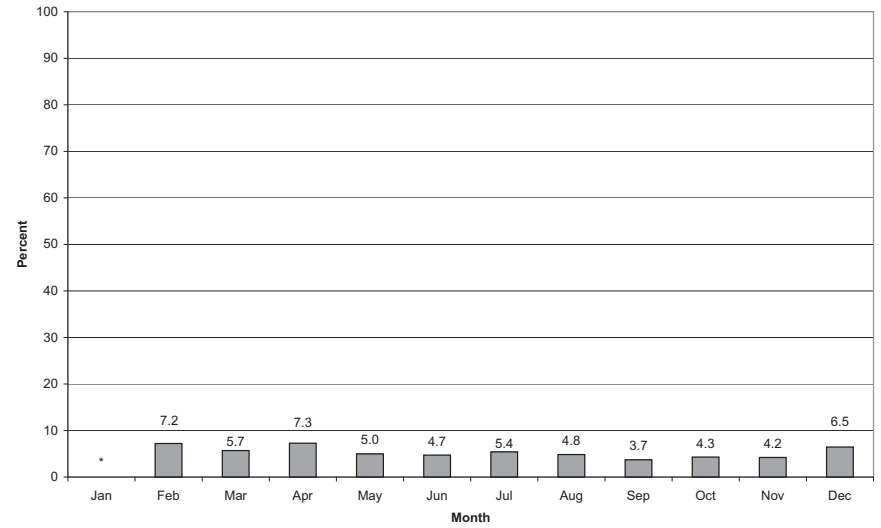
ATE GREEN ONION IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

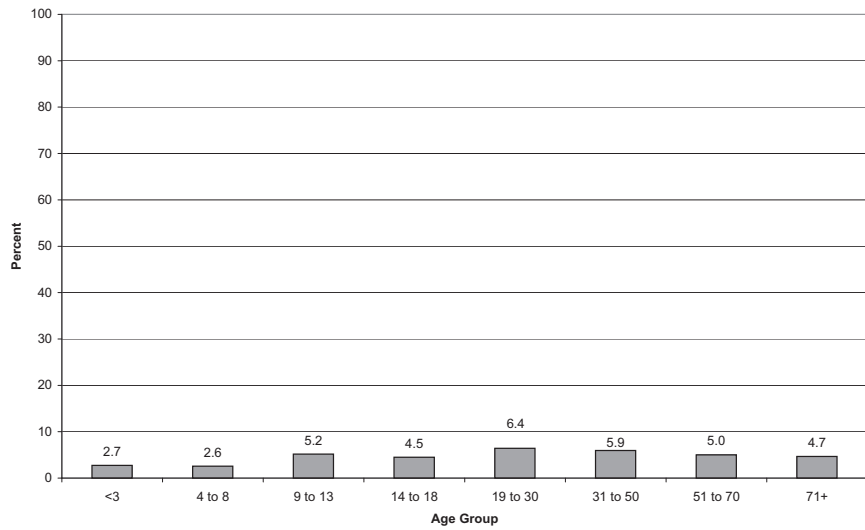
15.1 Percent by Province



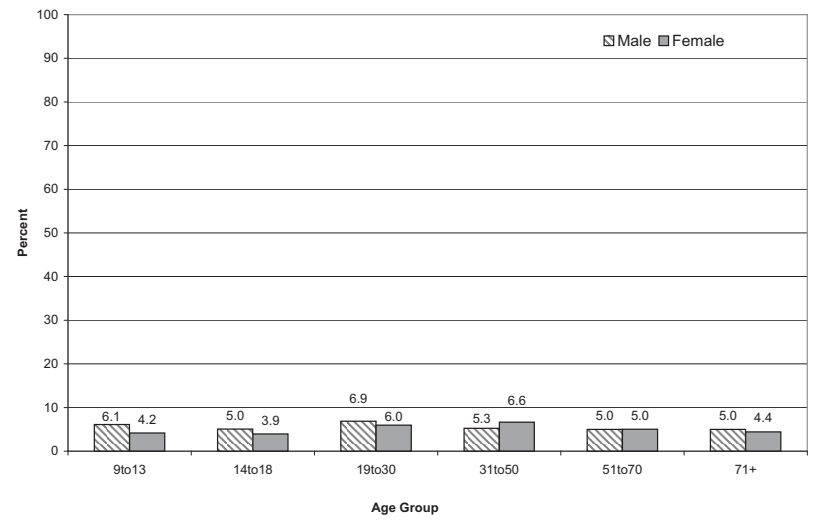
15.2 Percent by Month



15.3 Percent by Age Group



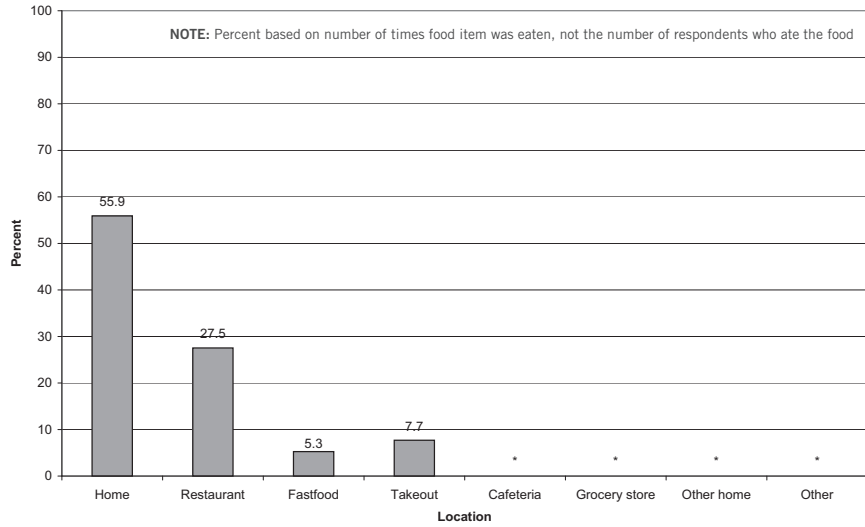
15.4 Percent by Age Group and Sex



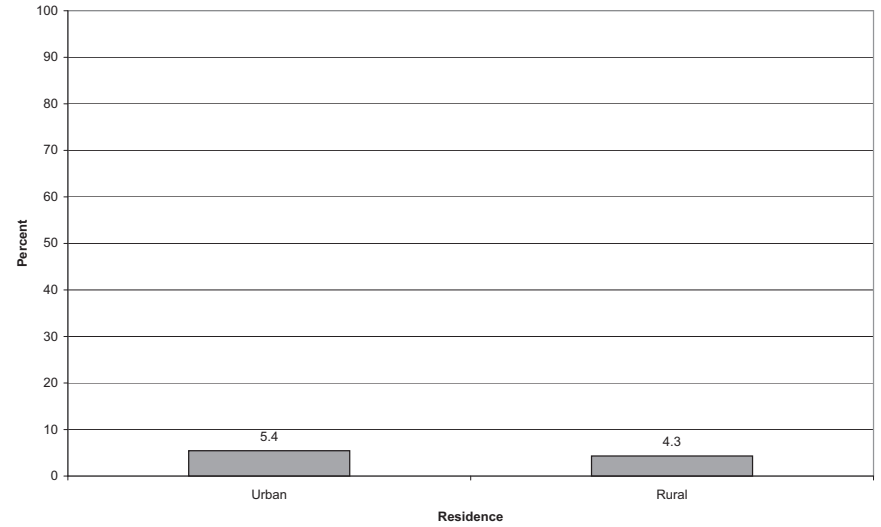
ATE GREEN ONION IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

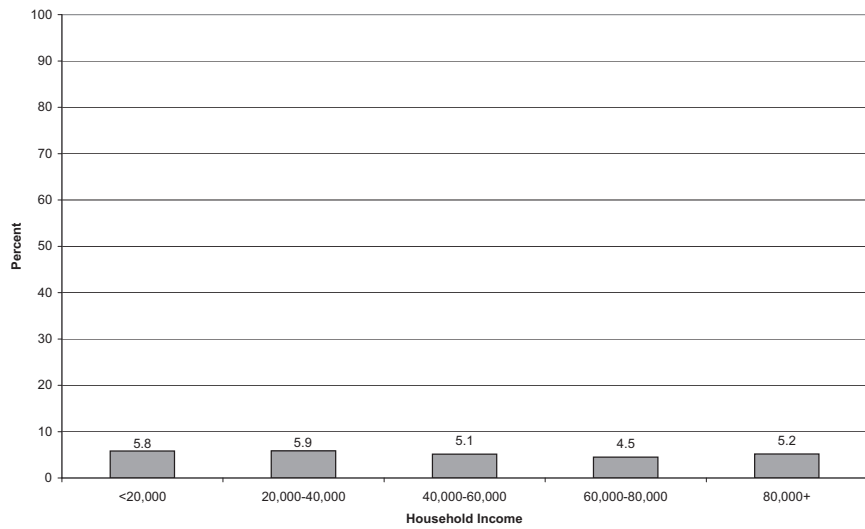
15.5 Percent by Location Where Food Was Prepared



15.6 Percent by Residence



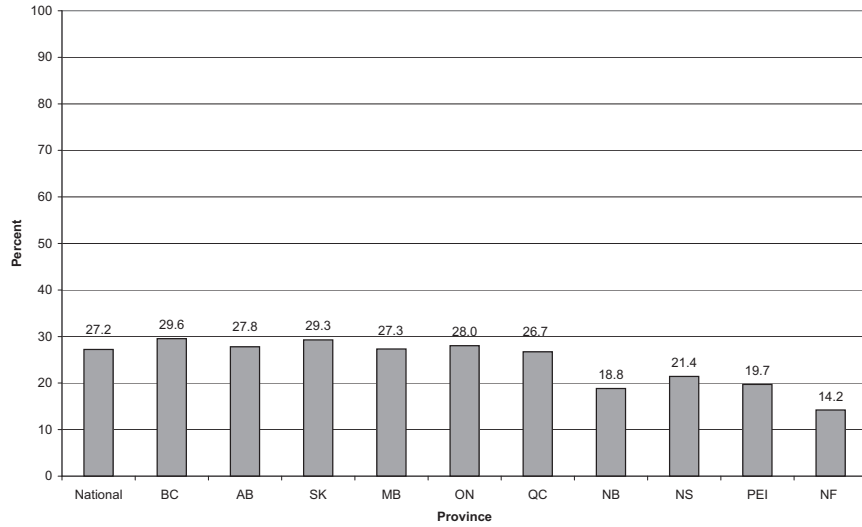
15.7 Percent by Household Income



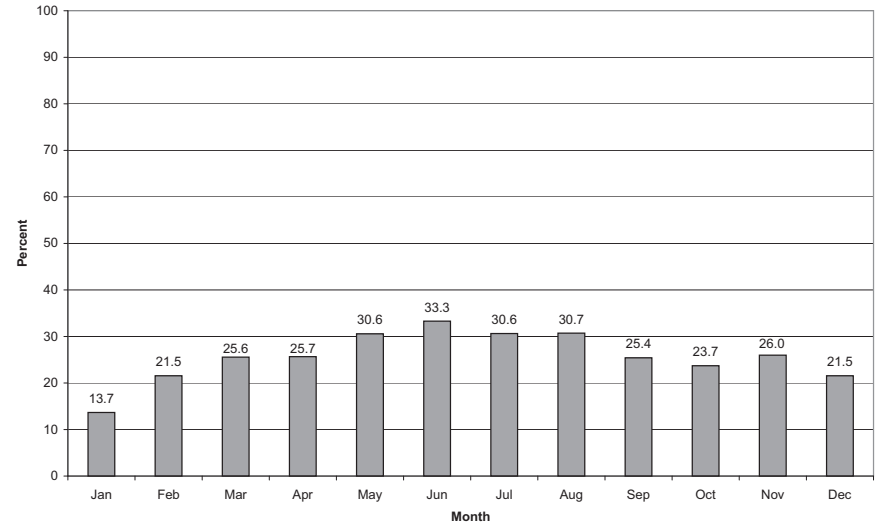
ATE LETTUCE-ICEBERG IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

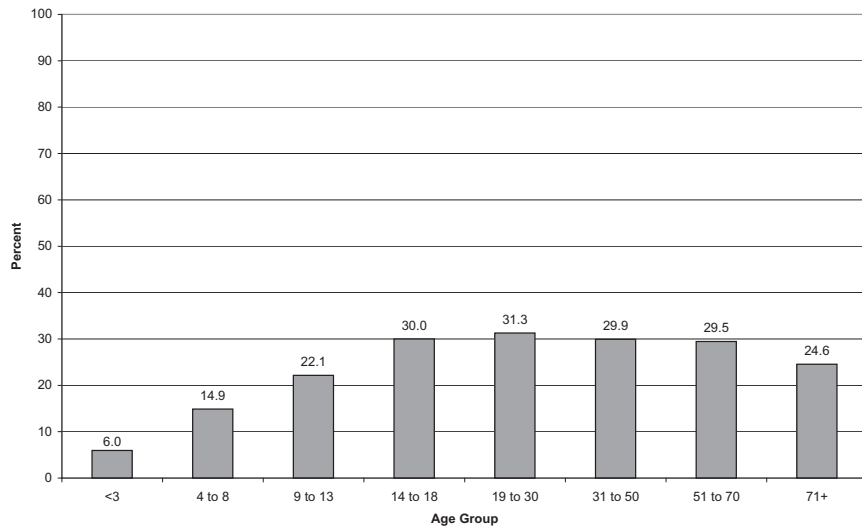
18.1 Percent by Province



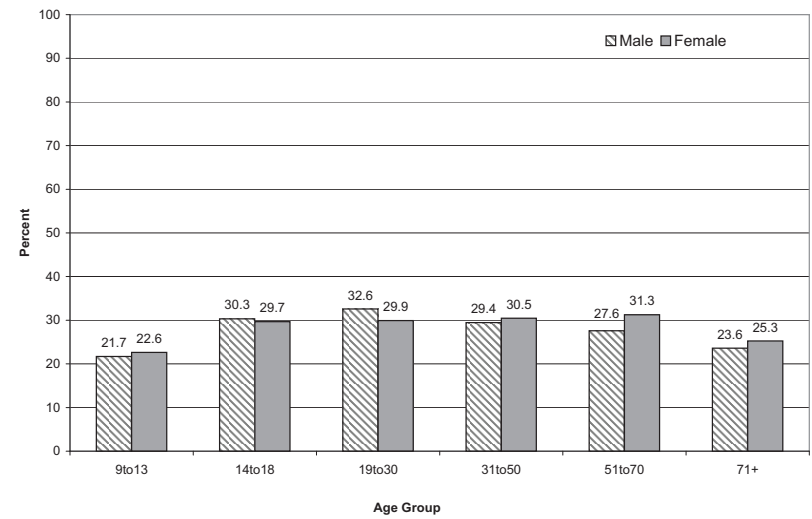
18.2 Percent by Month



18.3 Percent by Age Group



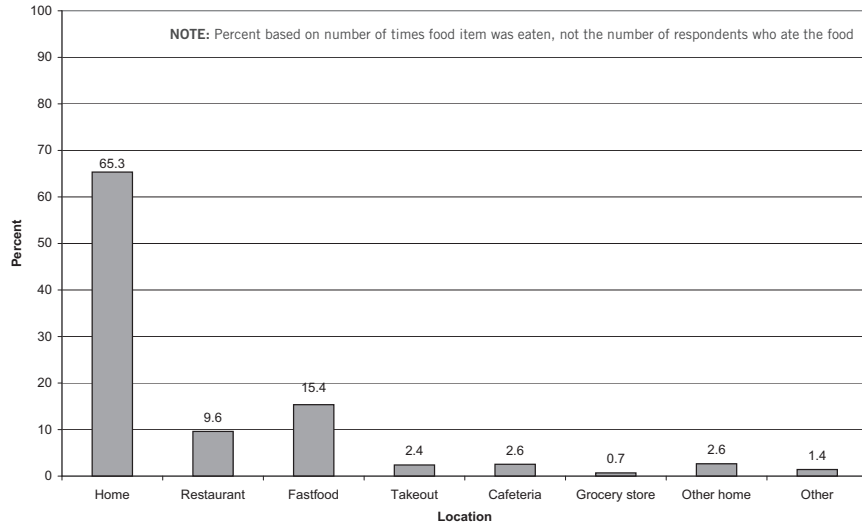
18.4 Percent by Age Group and Sex



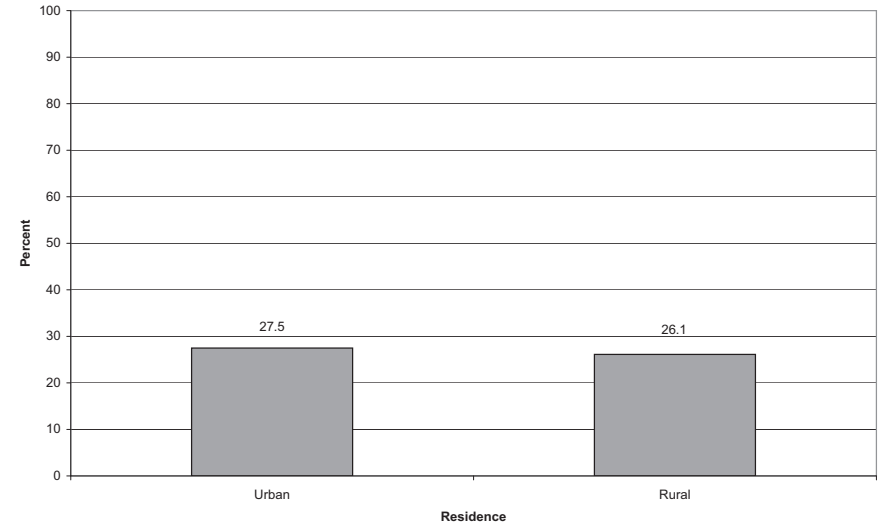
ATE LETTUCE-ICEBERG IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

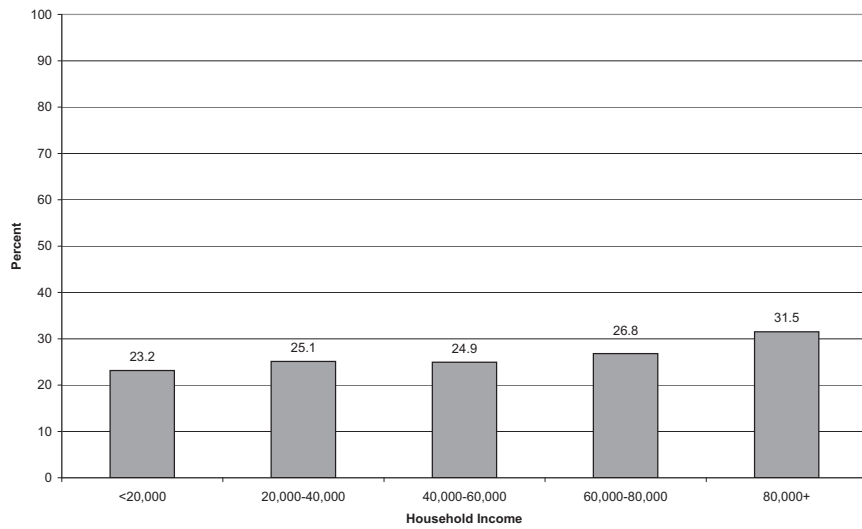
18.5 Percent by Location Where Food Was Prepared



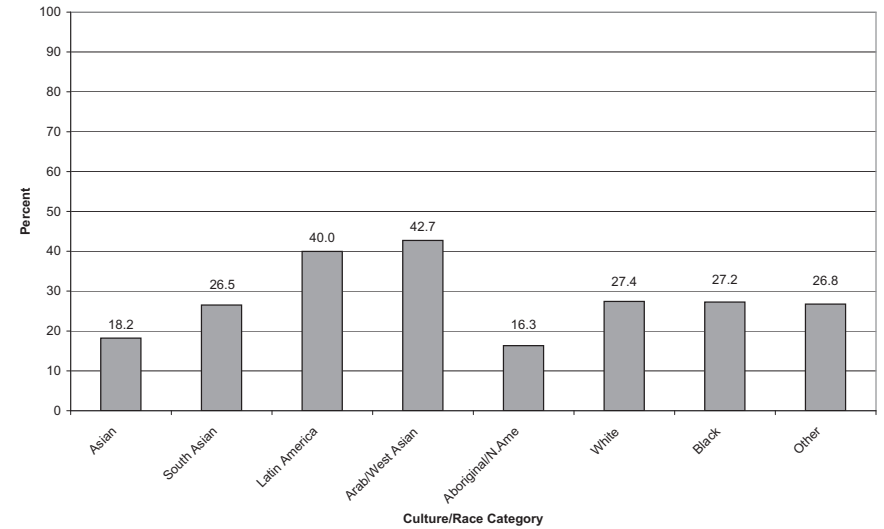
18.6 Percent by Residence



18.7 Percent by Household Income



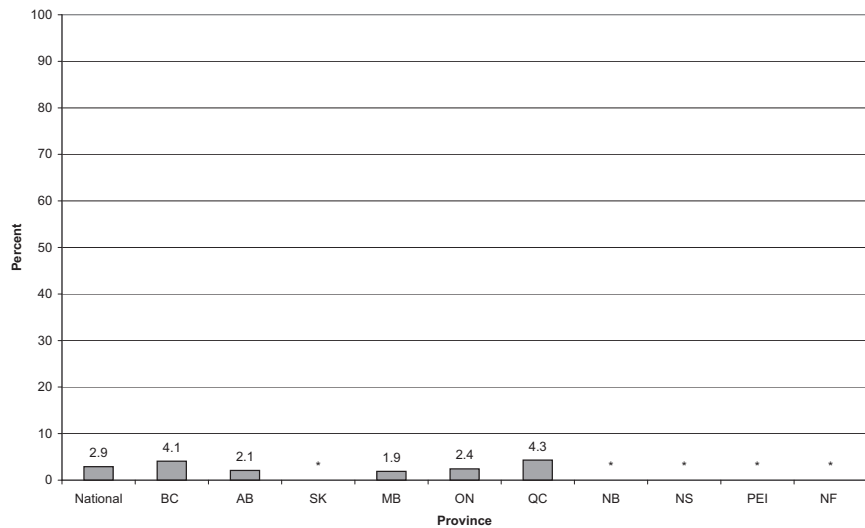
18.8 Percent by Cultural or Racial Origin



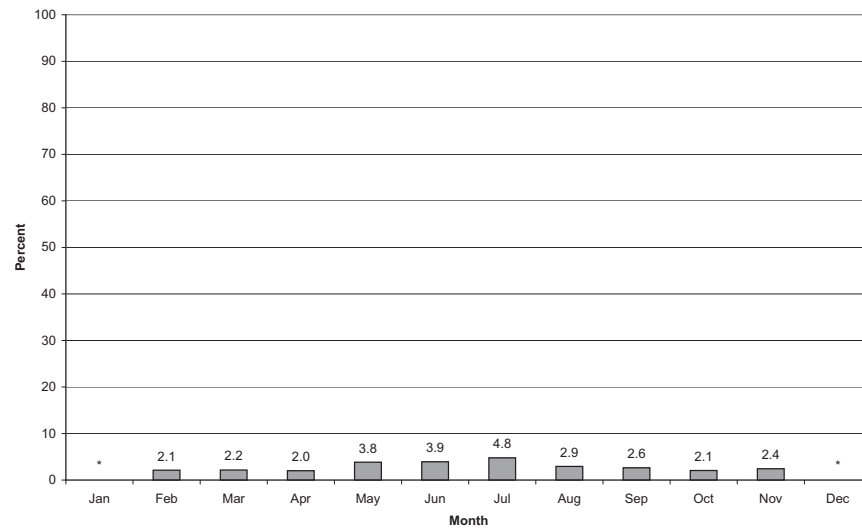
ATE LETTUCE-LOOSE LEAF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

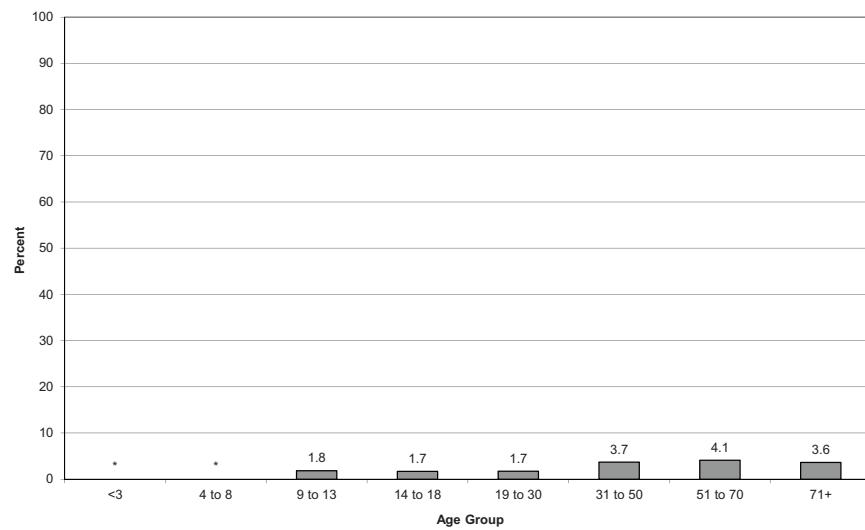
19.1 Percent by Province



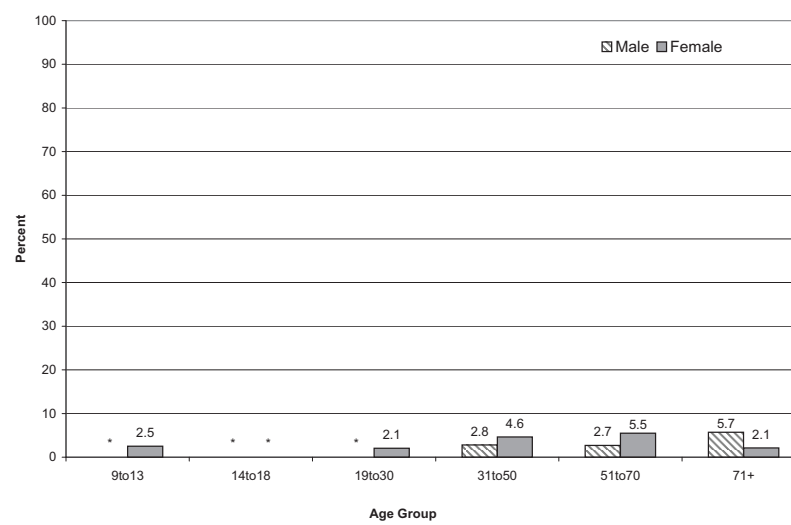
19.2 Percent by Month



19.3 Percent by Age Group



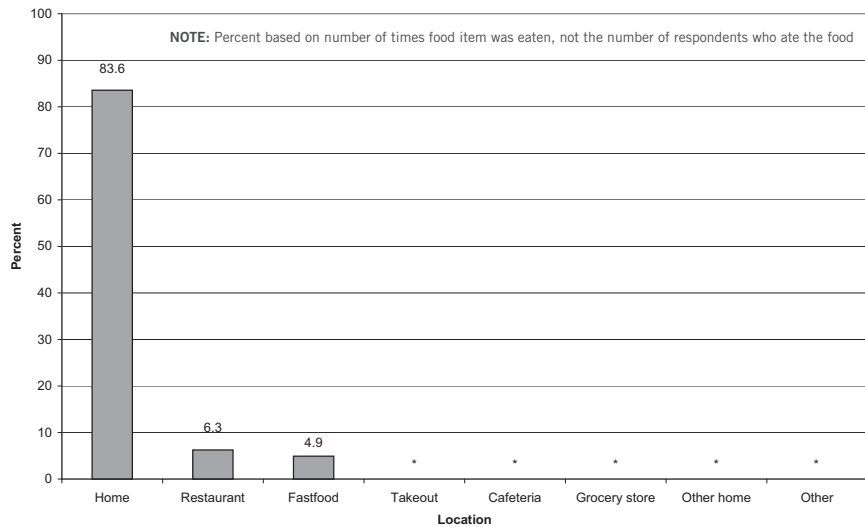
19.4 Percent by Age Group and Sex



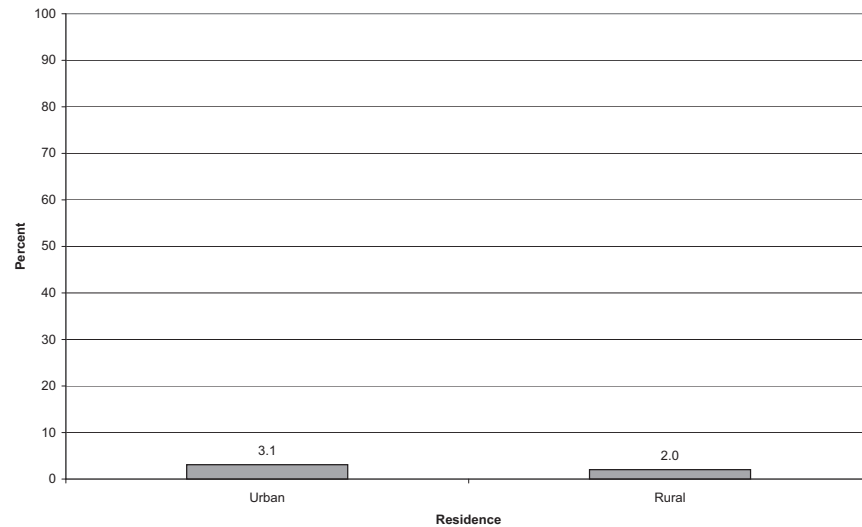
ATE LETTUCE-LOOSE LEAF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

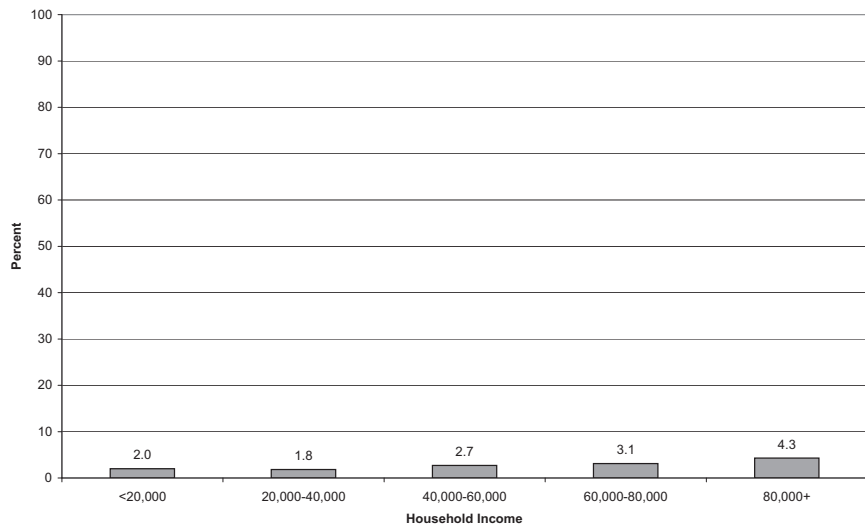
19.5 Percent by Location Where Food Was Prepared



19.6 Percent by Residence



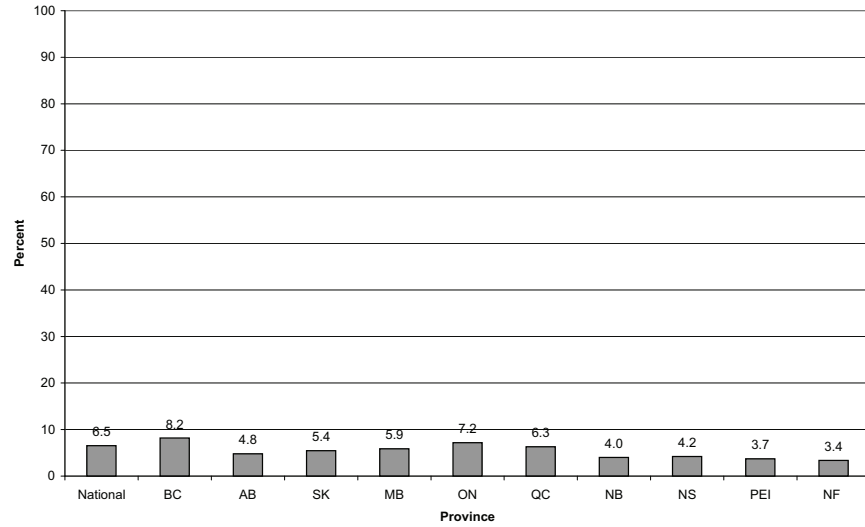
19.7 Percent by Household Income



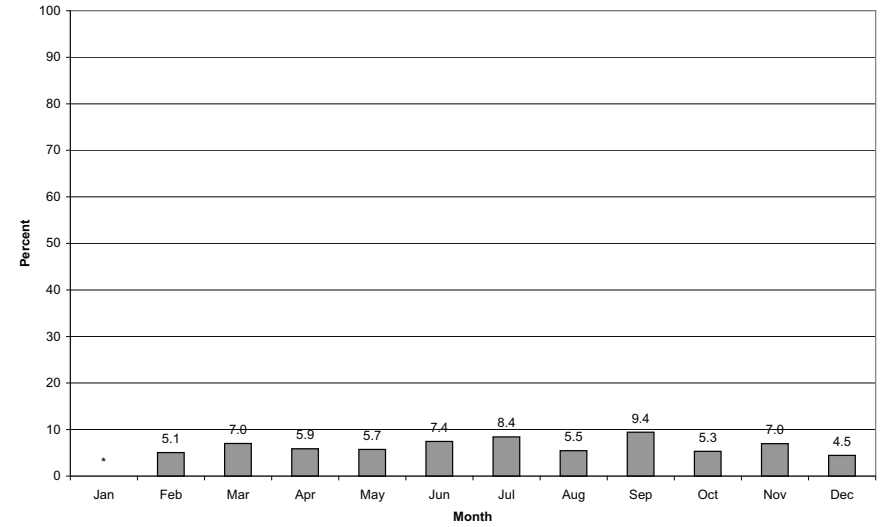
ATE LETTUCE-ROMAINE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

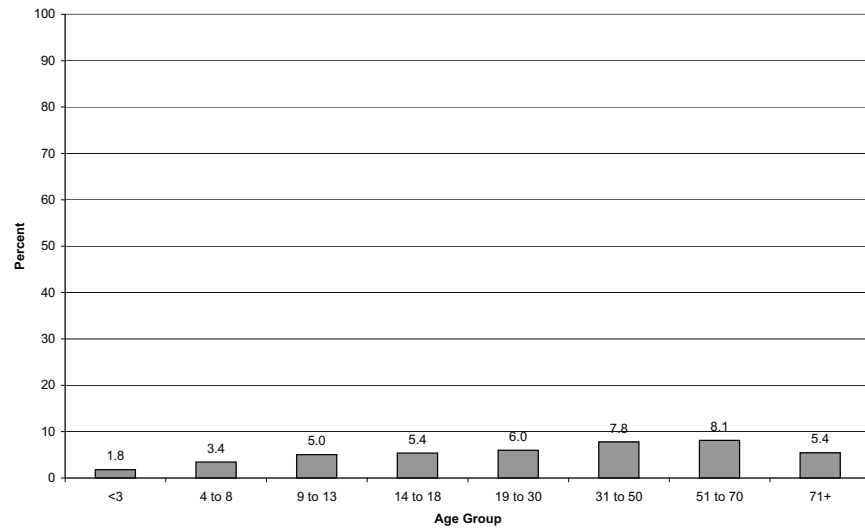
20.1 Percent by Province



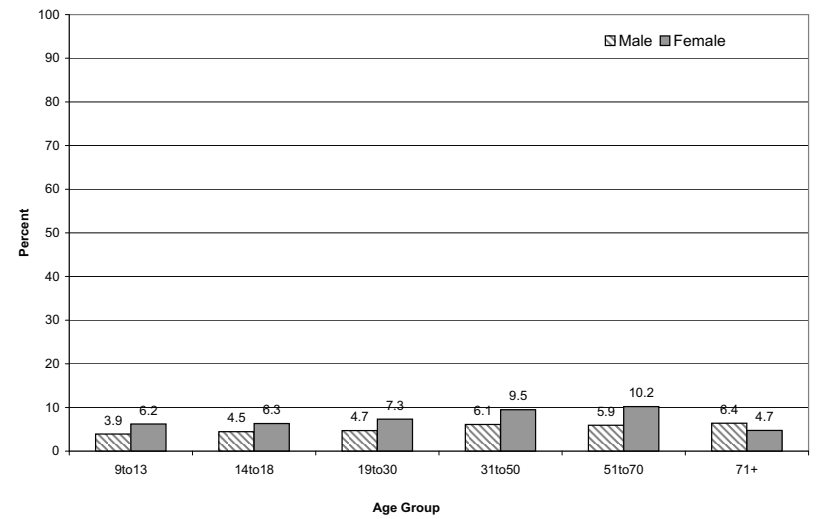
20.2 Percent by Month



20.3 Percent by Age Group



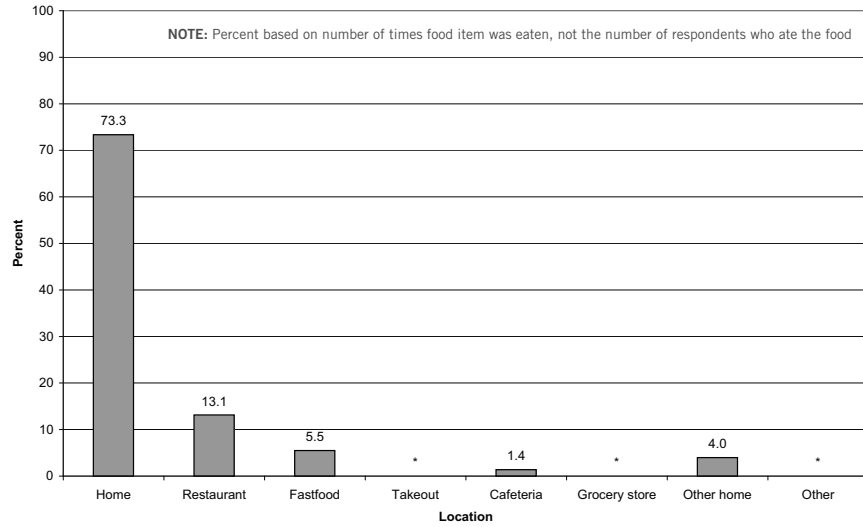
20.4 Percent by Age Group and Sex



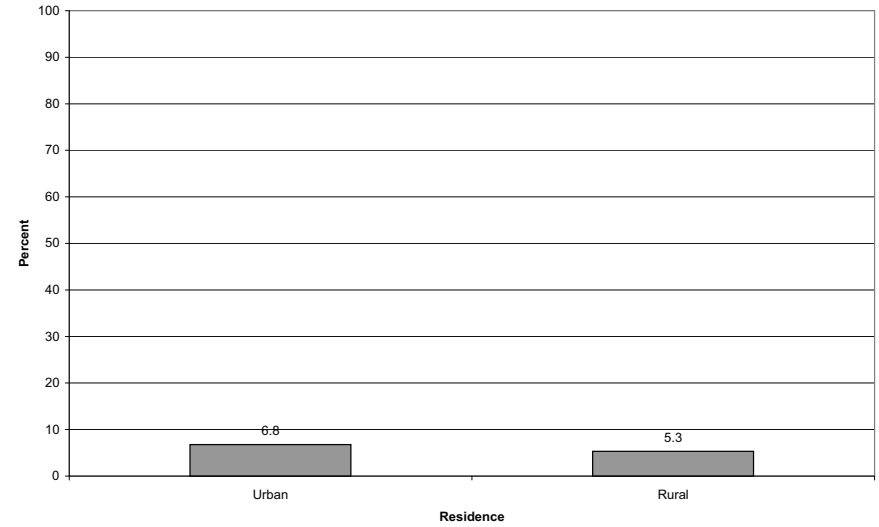
ATE LETTUCE-ROMAINE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

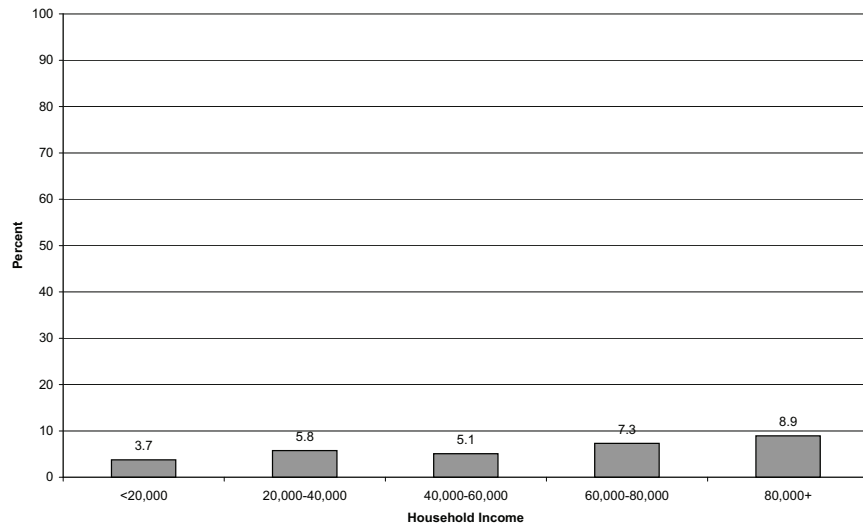
20.5 Percent by Location Where Food Was Prepared



20.6 Percent by Residence



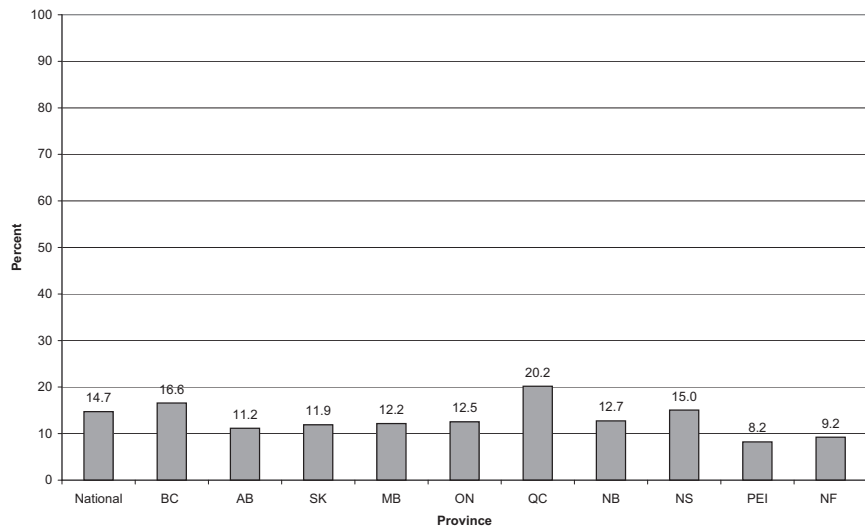
20.7 Percent by Household Income



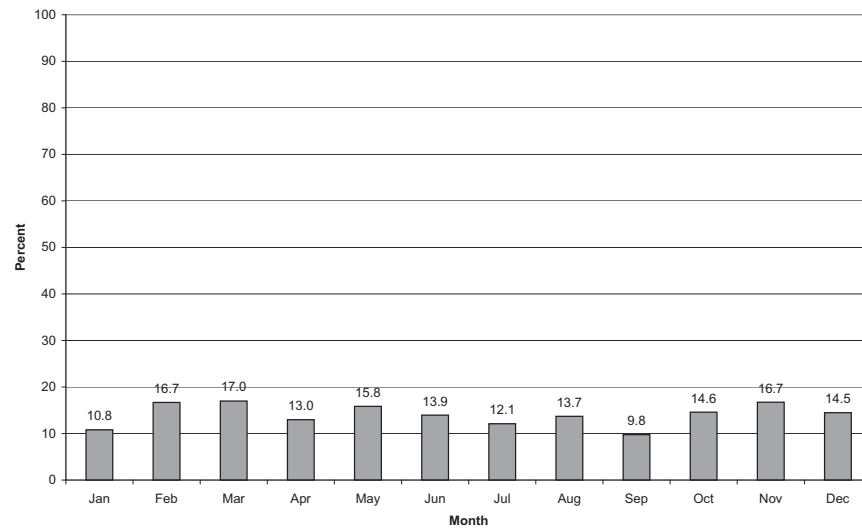
ATE MUSHROOM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

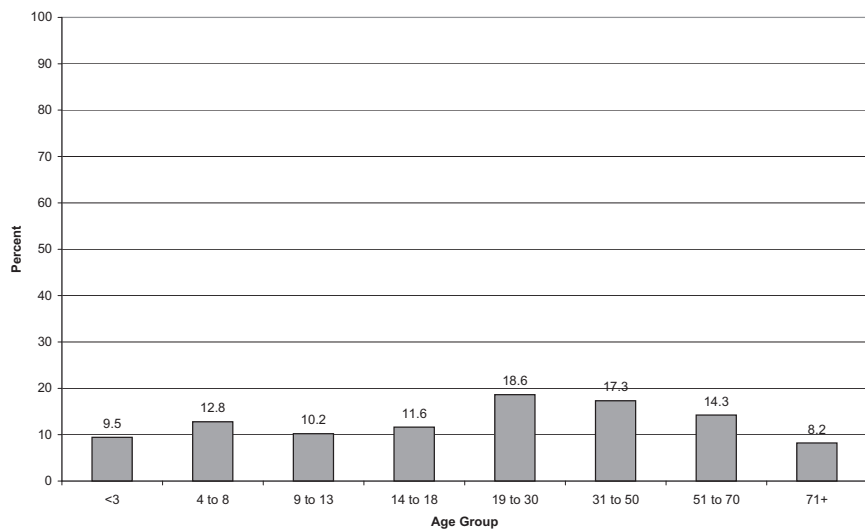
21.1 Percent by Province



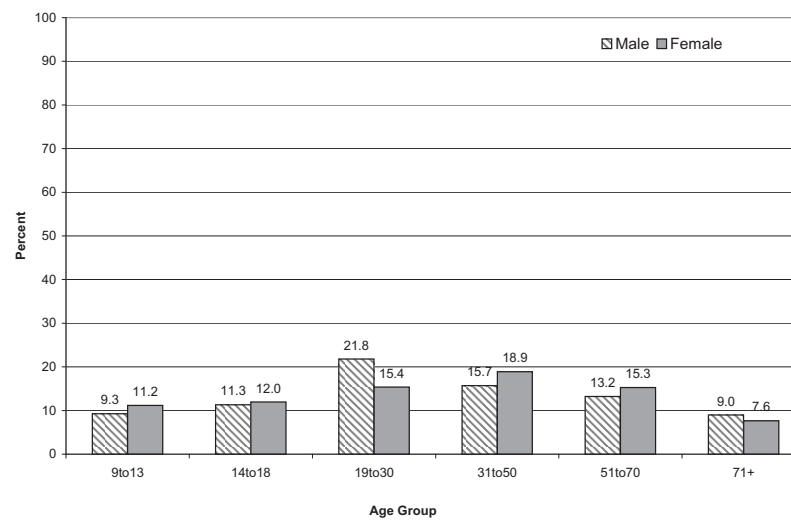
21.2 Percent by Month



21.3 Percent by Age Group



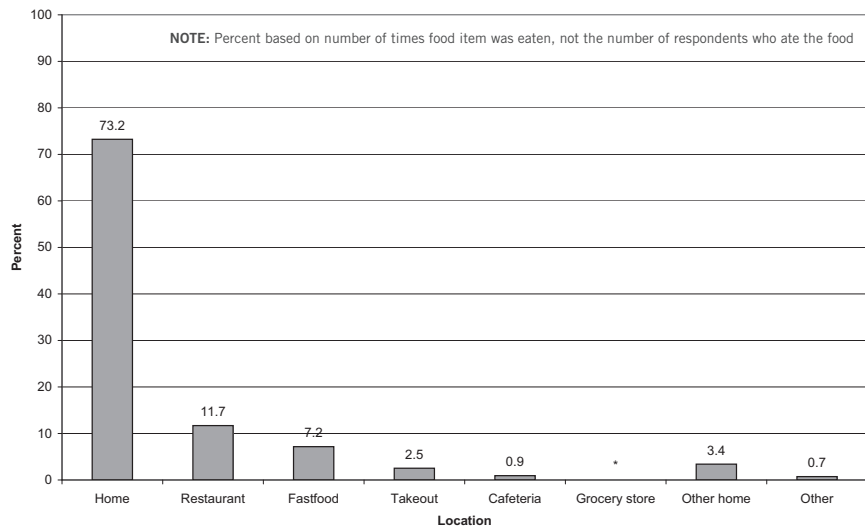
21.4 Percent by Age Group and Sex



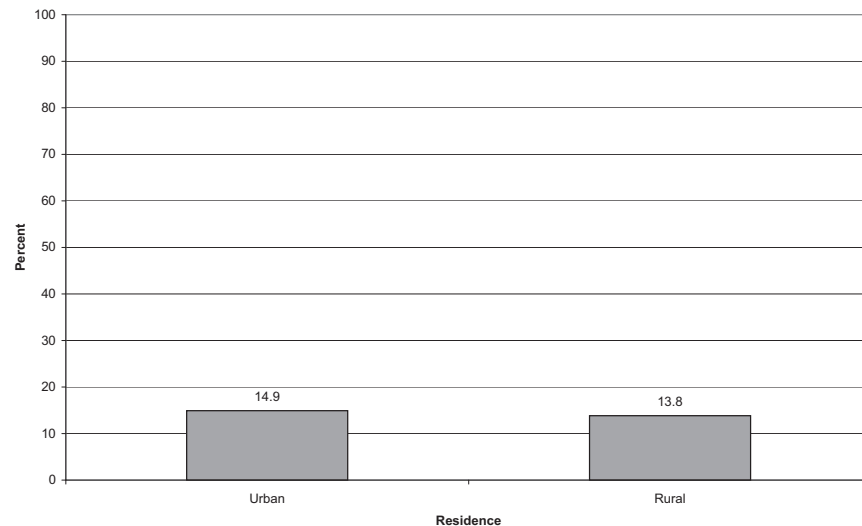
ATE MUSHROOM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

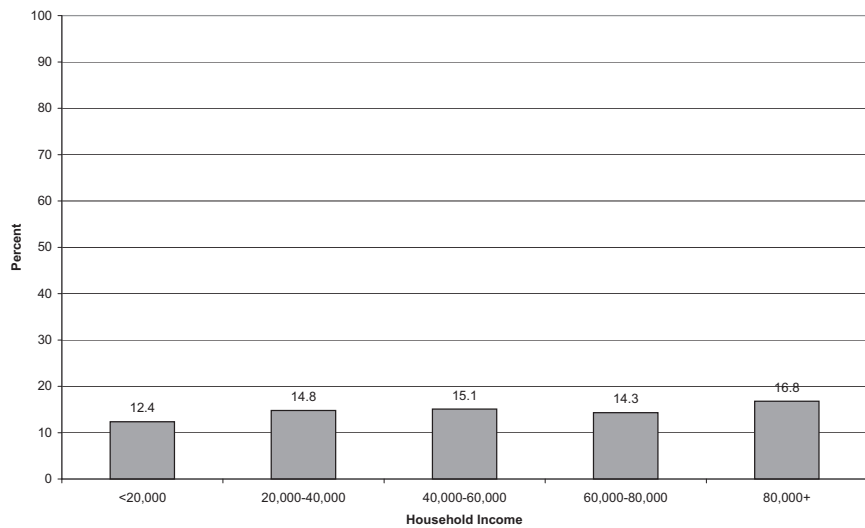
21.5 Percent by Location Where Food Was Prepared



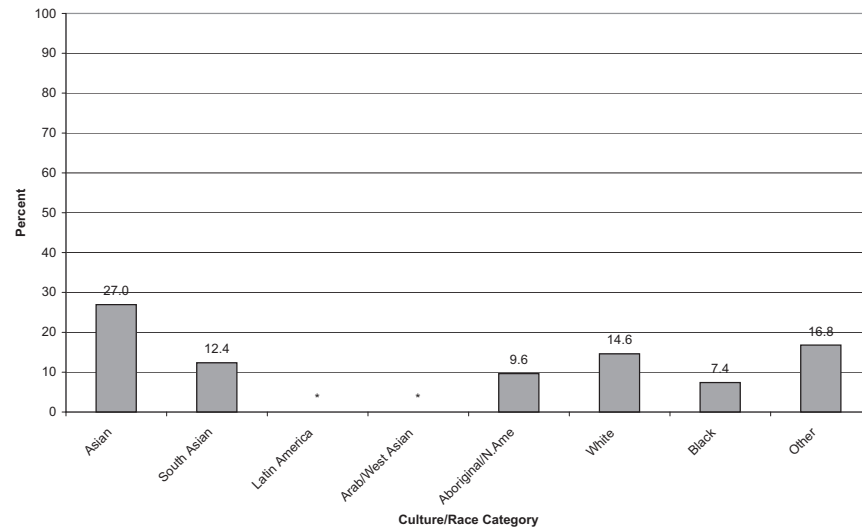
21.6 Percent by Residence



21.7 Percent by Household Income



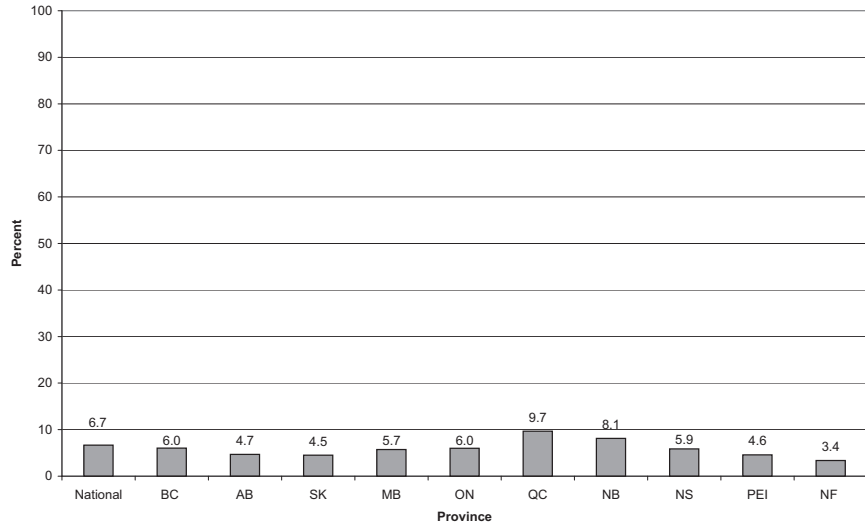
21.8 Percent by Cultural or Racial Origin



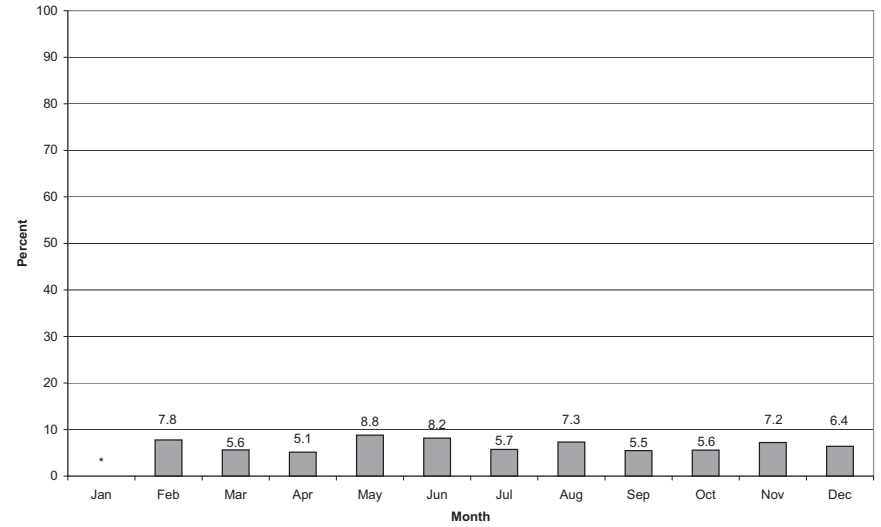
ATE OLIVES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

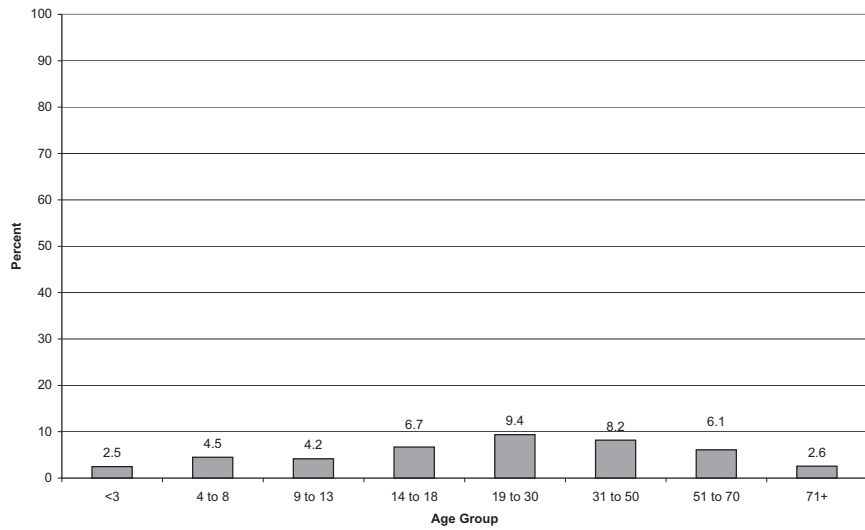
22.1 Percent by Province



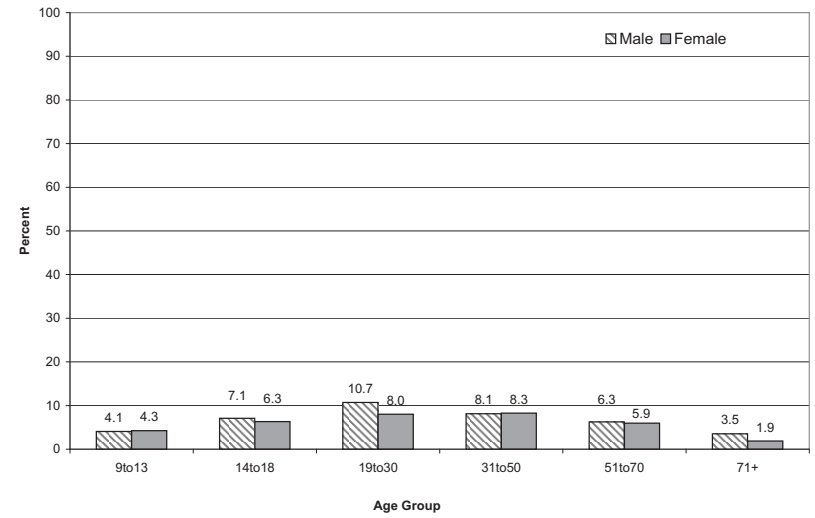
22.2 Percent by Month



22.3 Percent by Age Group



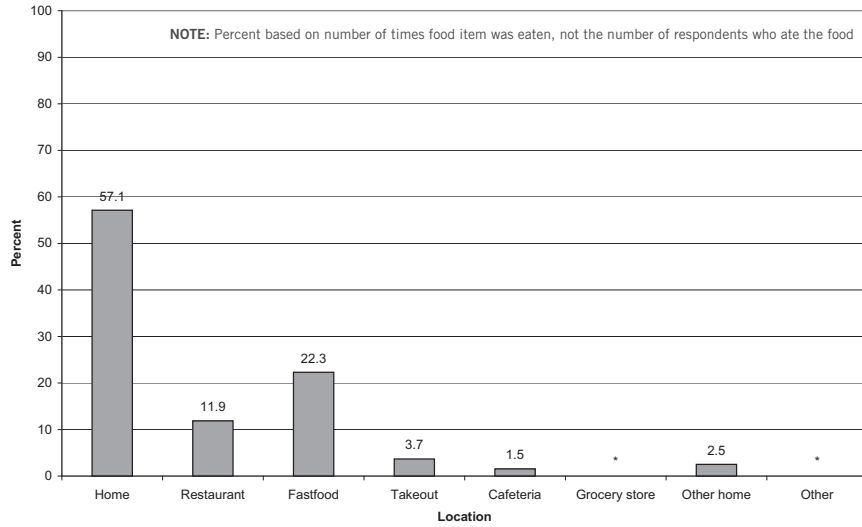
22.4 Percent by Age Group and Sex



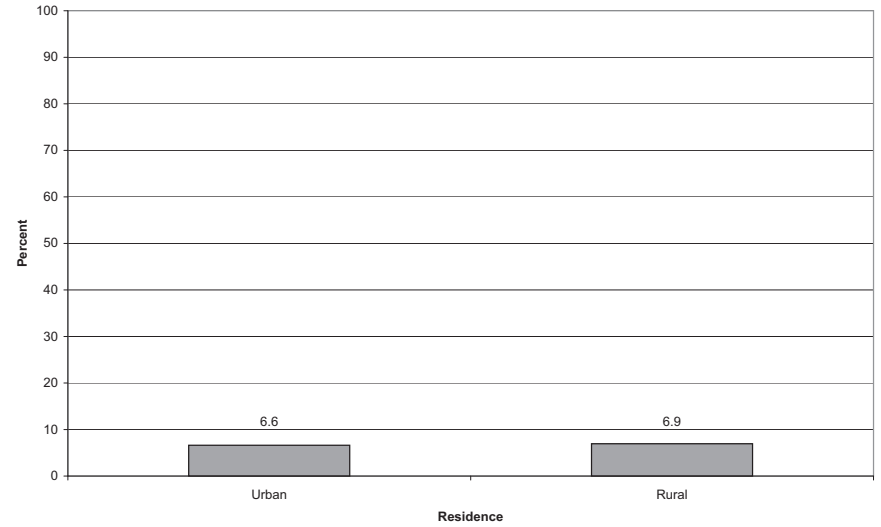
ATE OLIVES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

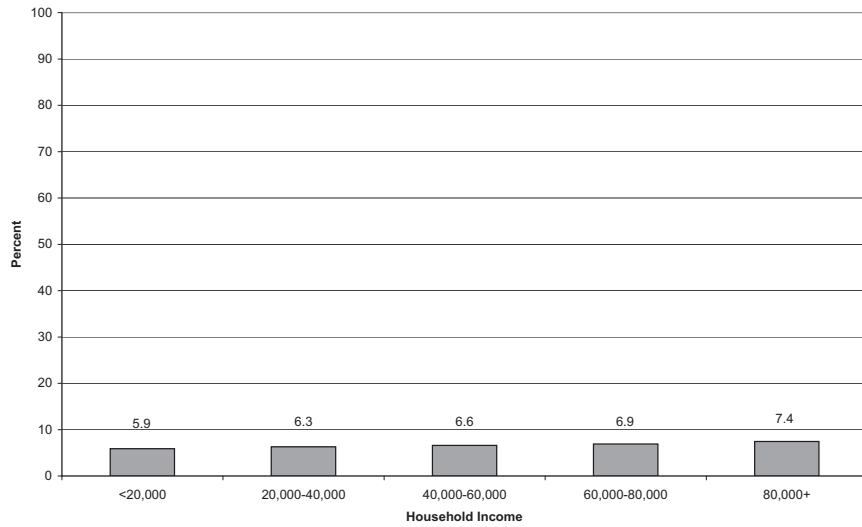
22.5 Percent by Location Where Food Was Prepared



22.6 Percent by Residence



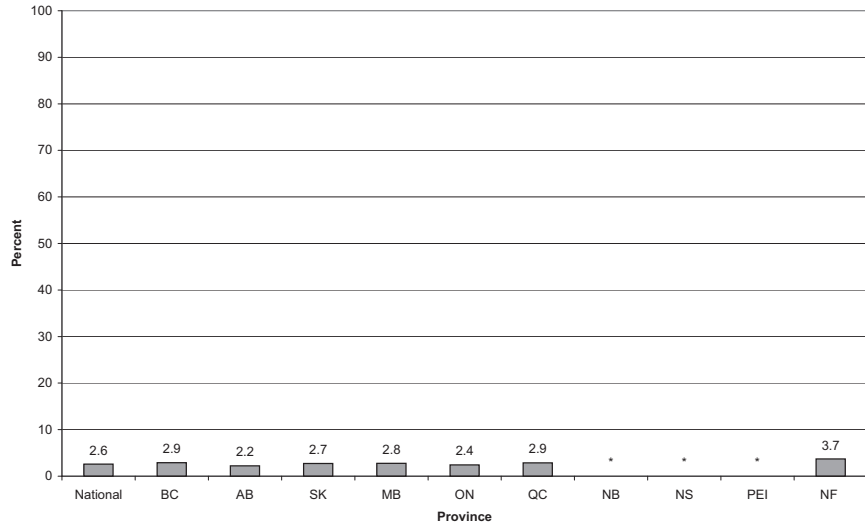
22.7 Percent by Household Income



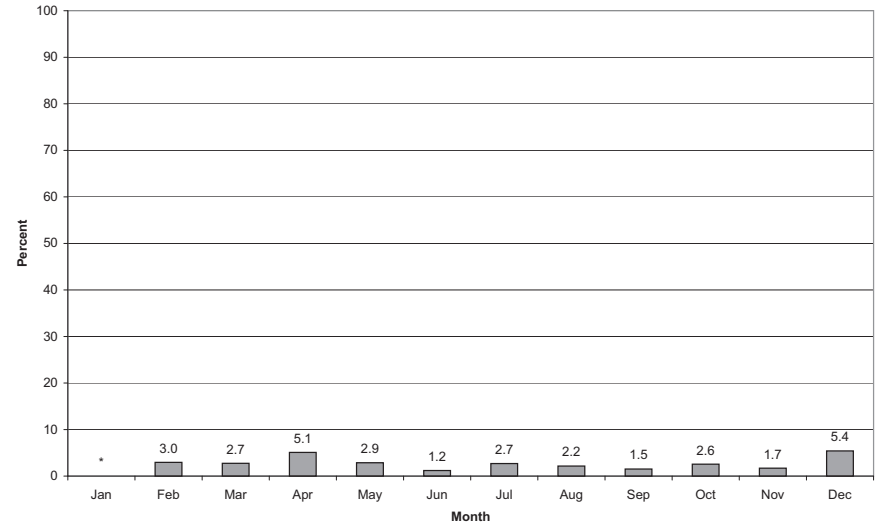
ATE PEAS & PEA PODS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

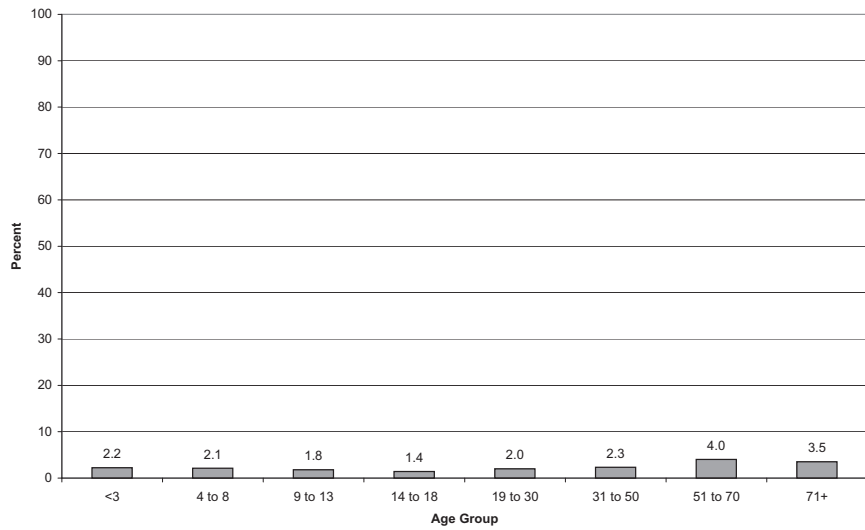
23.1 Percent by Province



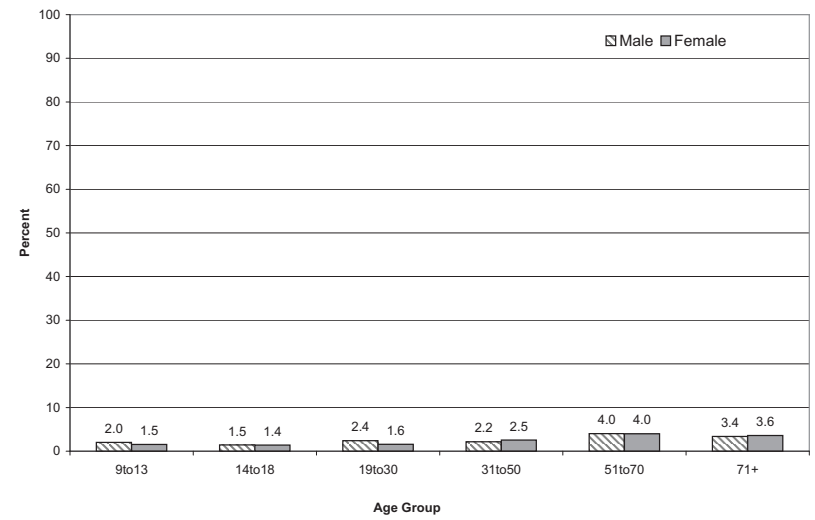
23.2 Percent by Month



23.3 Percent by Age Group



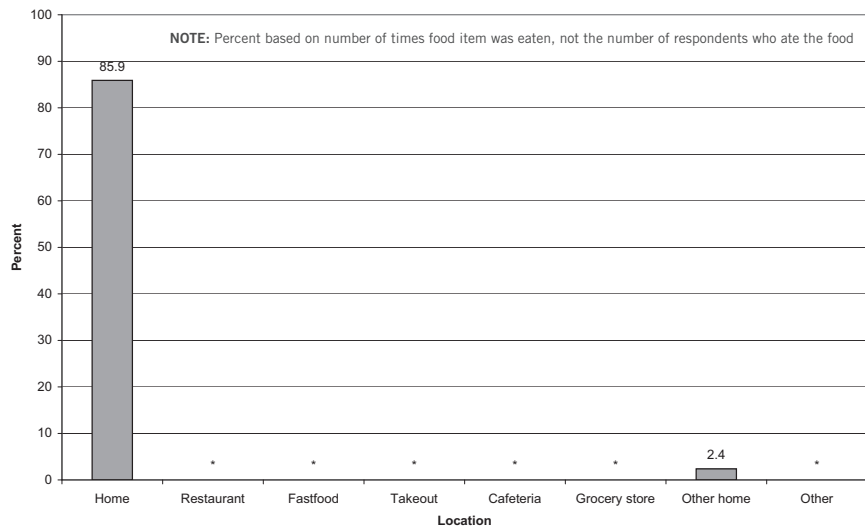
23.4 Percent by Age Group and Sex



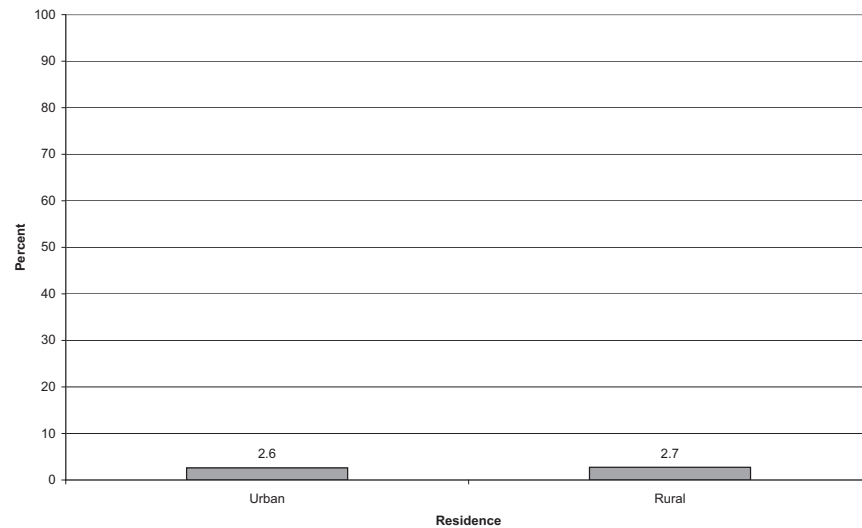
ATE PEAS & PEA PODS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

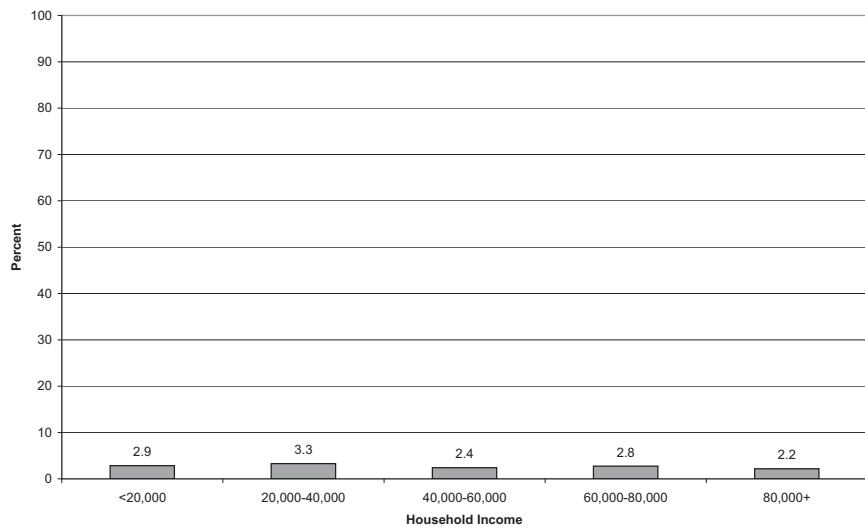
23.5 Percent by Location Where Food Was Prepared



23.6 Percent by Residence



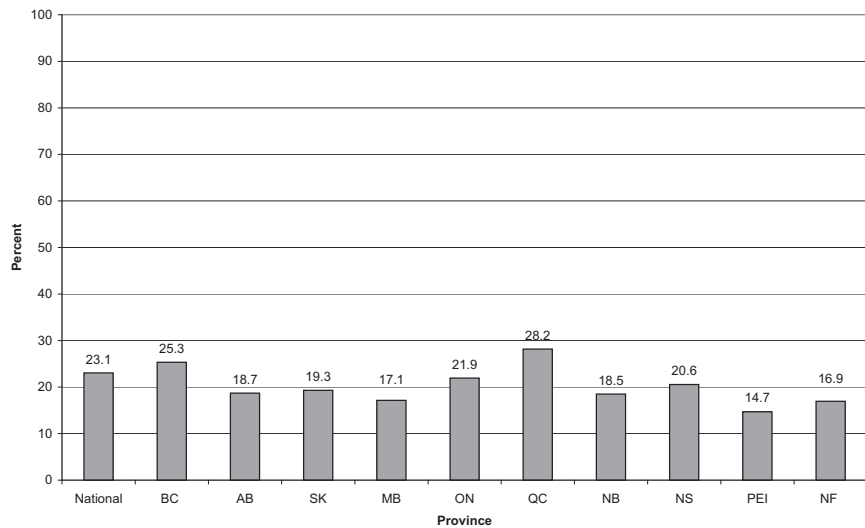
23.7 Percent by Household Income



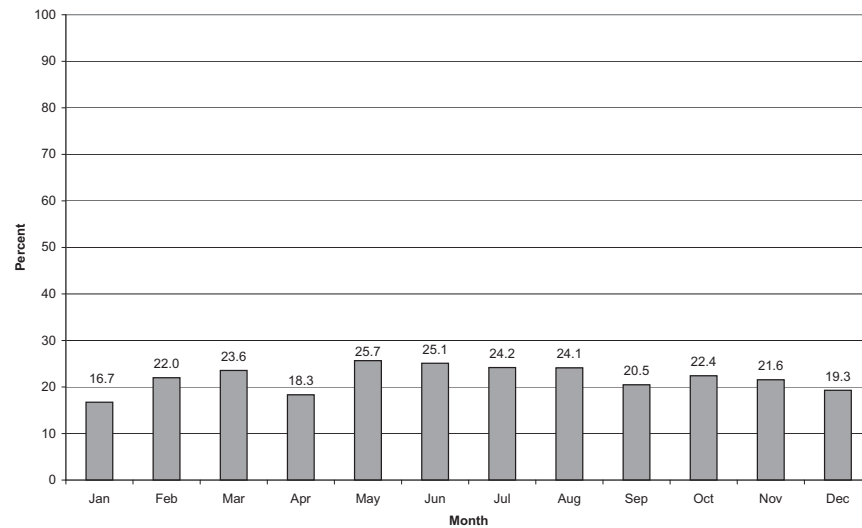
ATE PEPPERS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

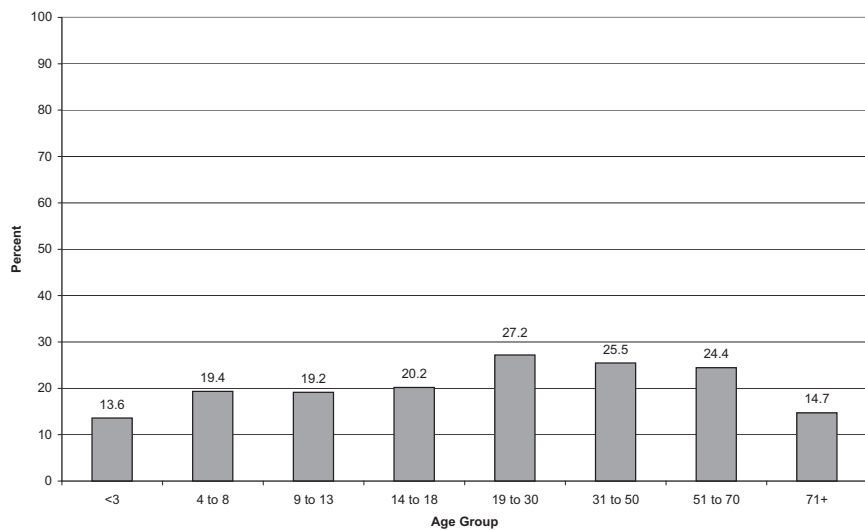
24.1 Percent by Province



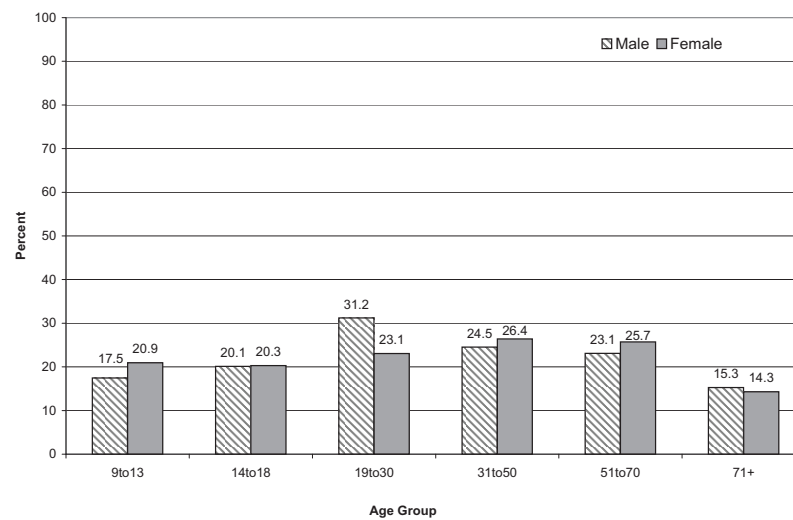
24.2 Percent by Month



24.3 Percent by Age Group



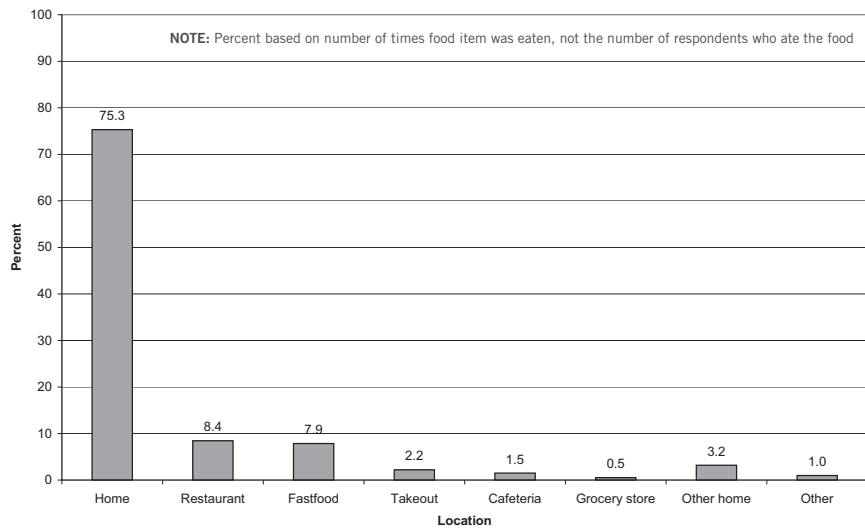
24.4 Percent by Age Group and Sex



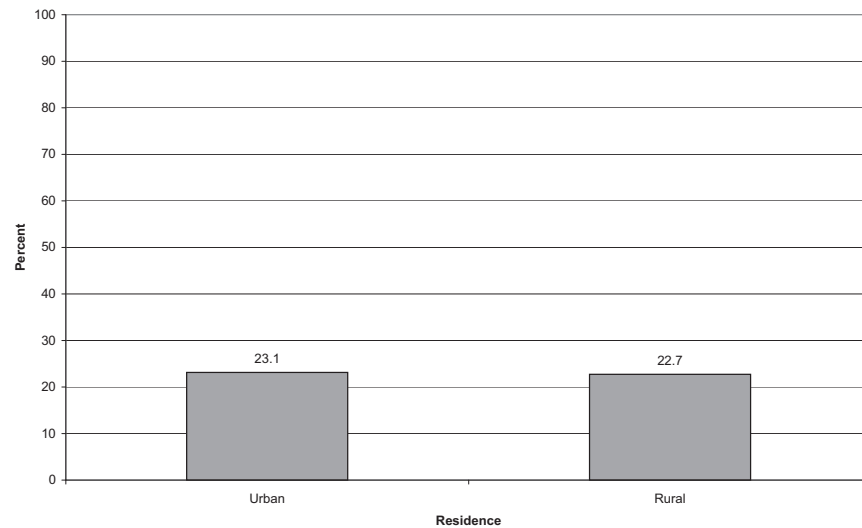
ATE PEPPERS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

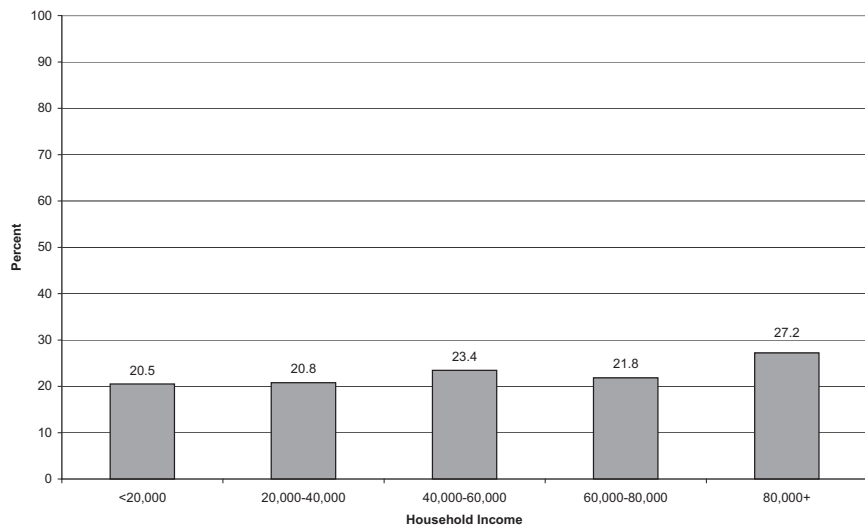
24.5 Percent by Location Where Food Was Prepared



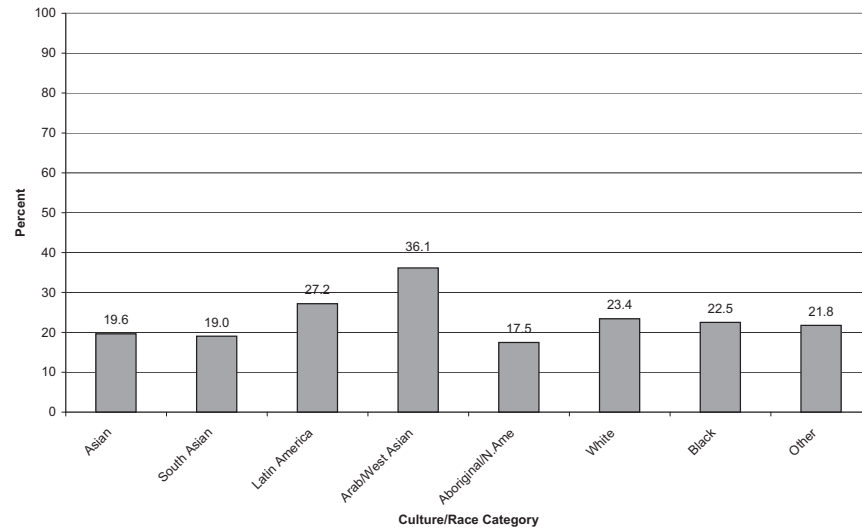
24.6 Percent by Residence



24.7 Percent by Household Income



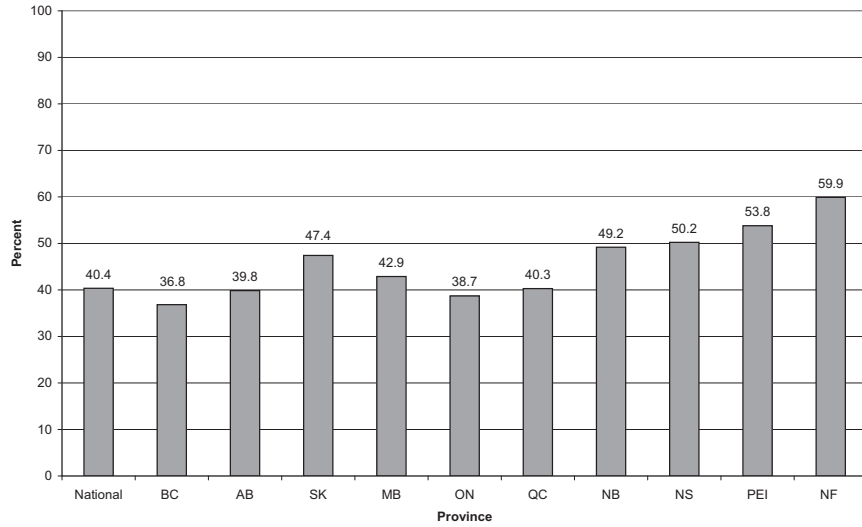
24.8 Percent by Cultural or Racial Origin



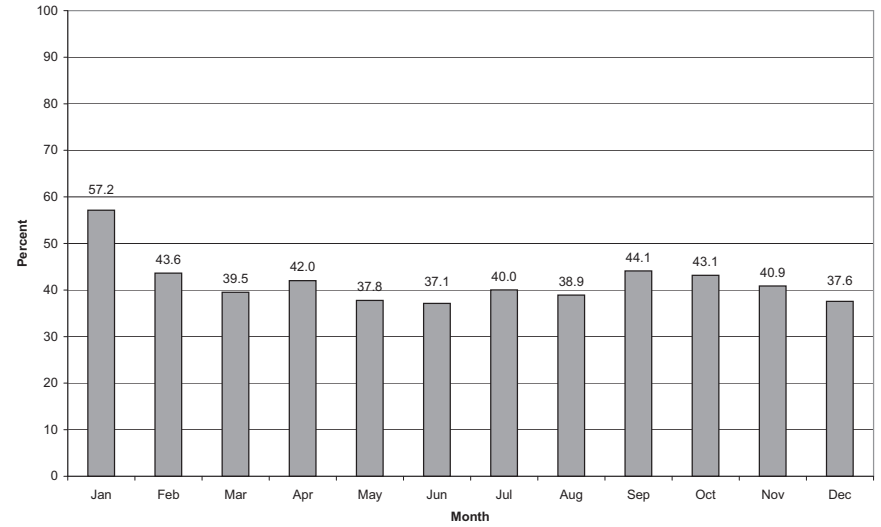
ATE POTATOES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

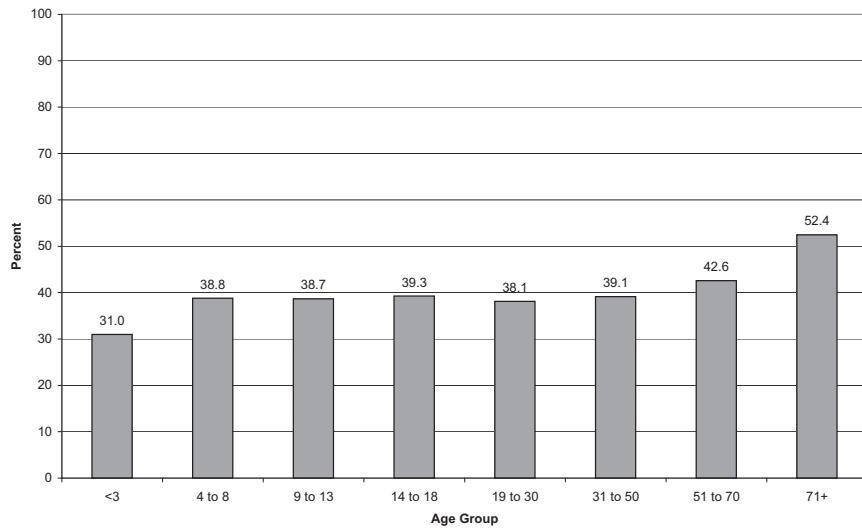
25.1 Percent by Province



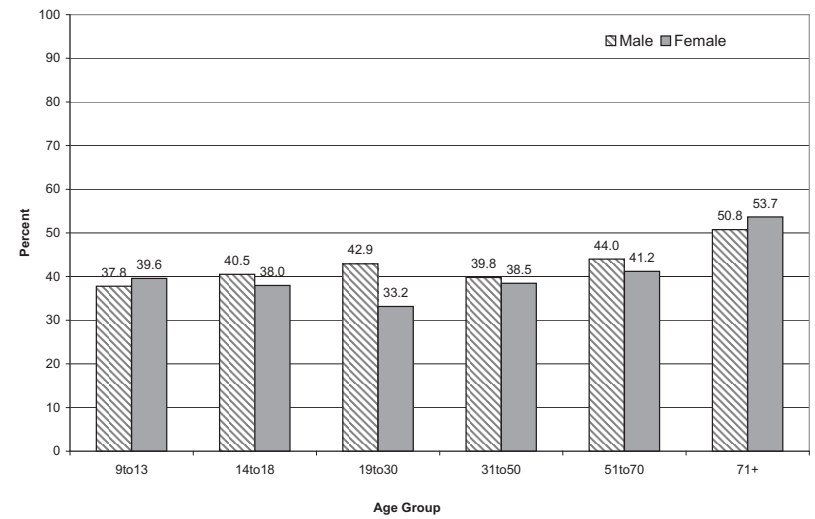
25.2 Percent by Month



25.3 Percent by Age Group



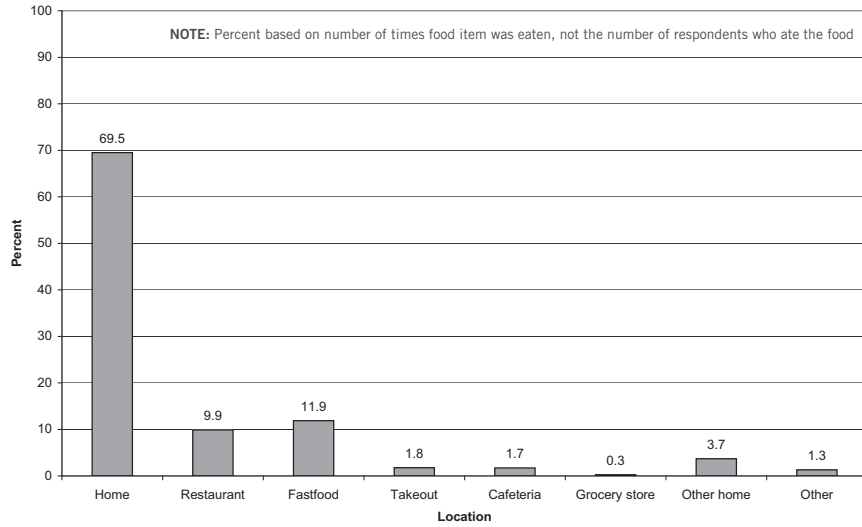
25.4 Percent by Age Group and Sex



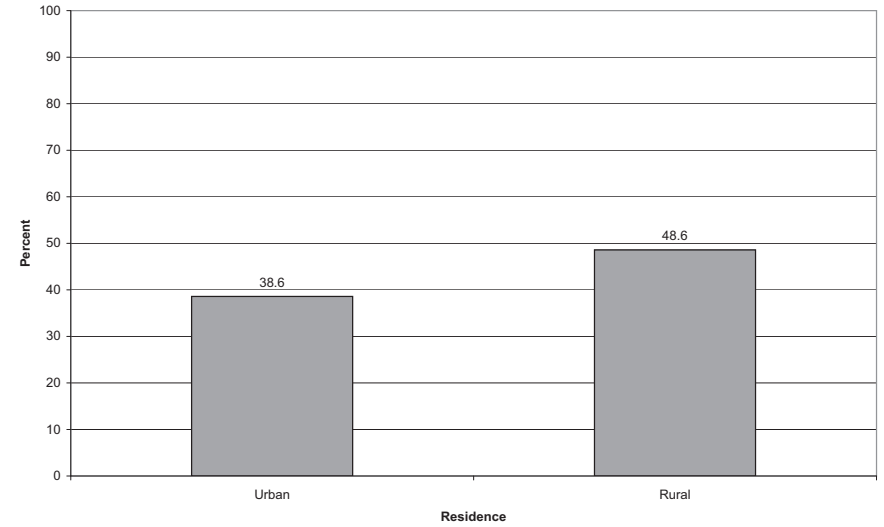
ATE POTATOES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

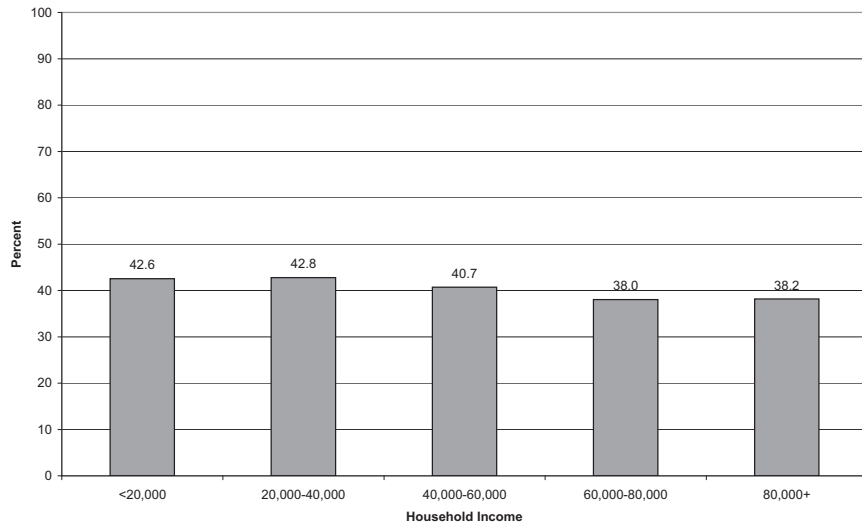
25.5 Percent by Location Where Food Was Prepared



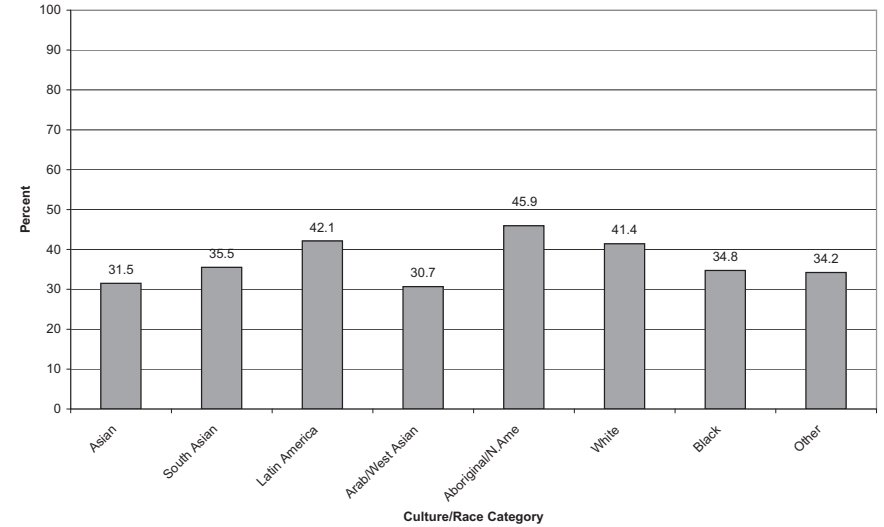
25.6 Percent by Residence



25.7 Percent by Household Income



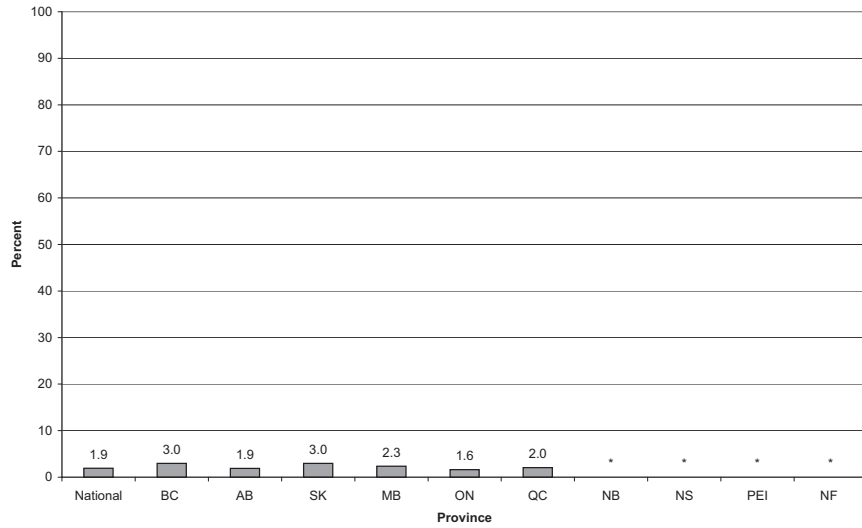
25.8 Percent by Cultural or Racial Origin



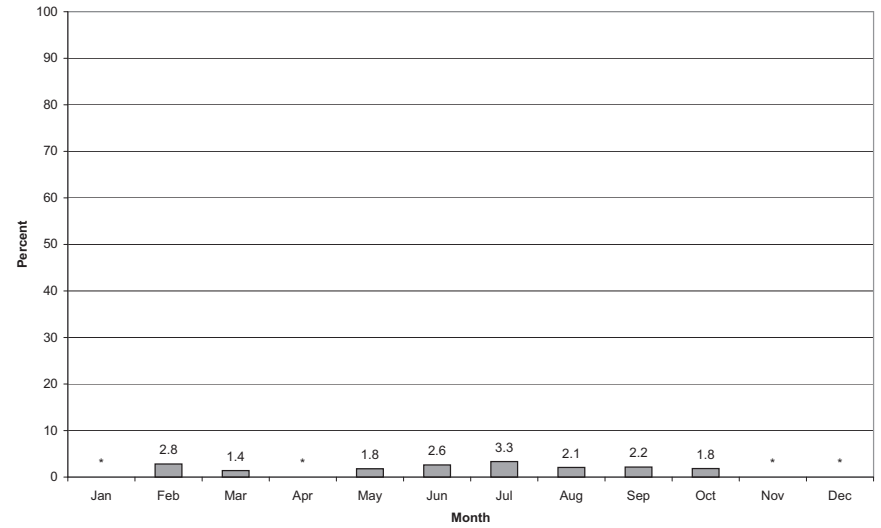
ATE RADISHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

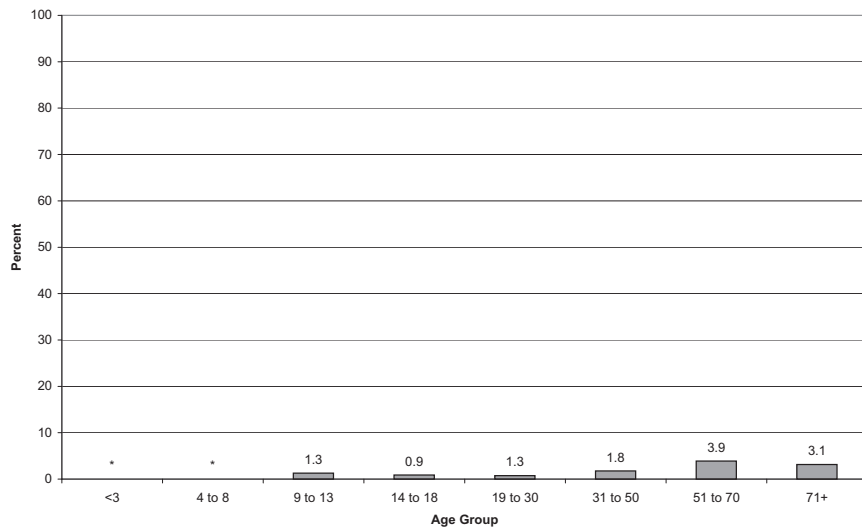
26.1 Percent by Province



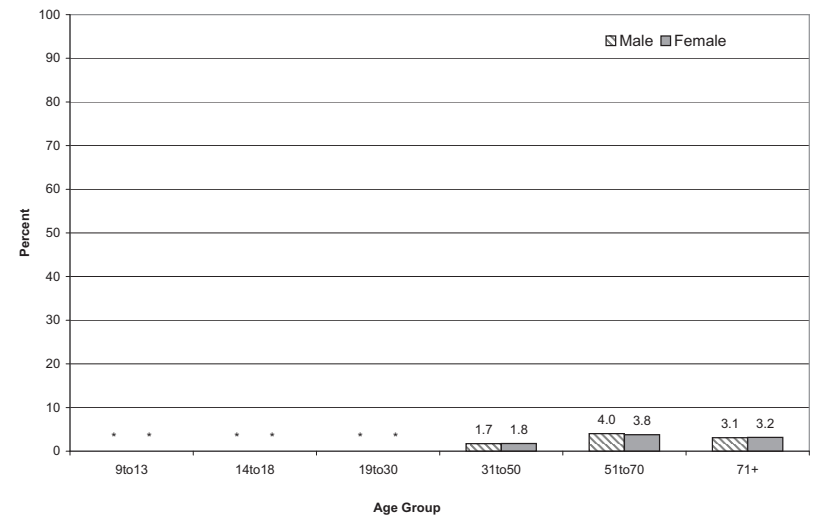
26.2 Percent by Month



26.3 Percent by Age Group



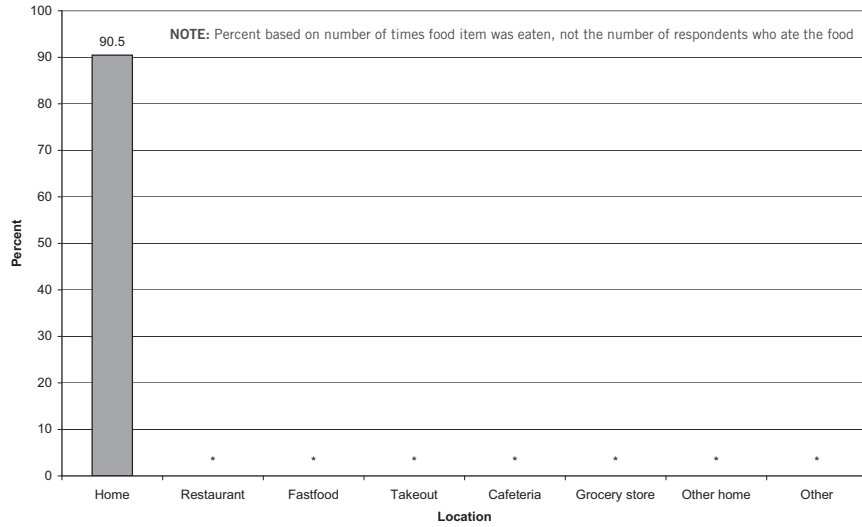
26.4 Percent by Age Group and Sex



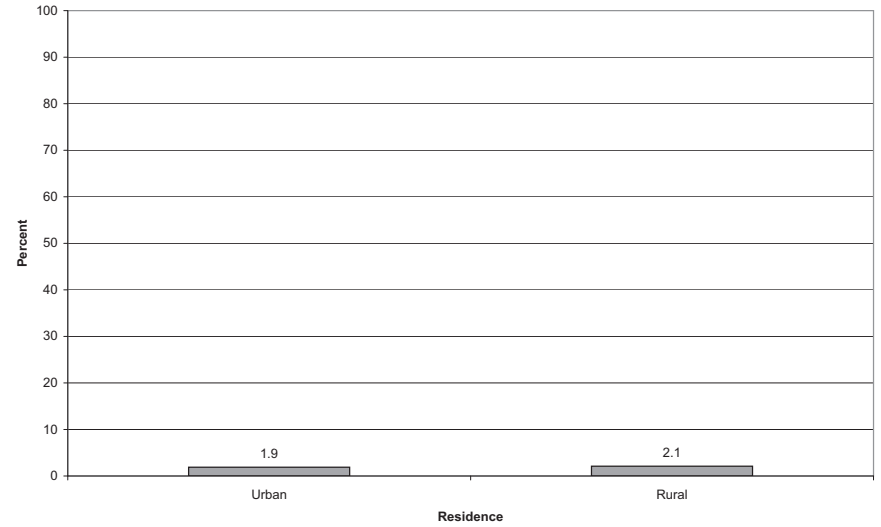
ATE RADISHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

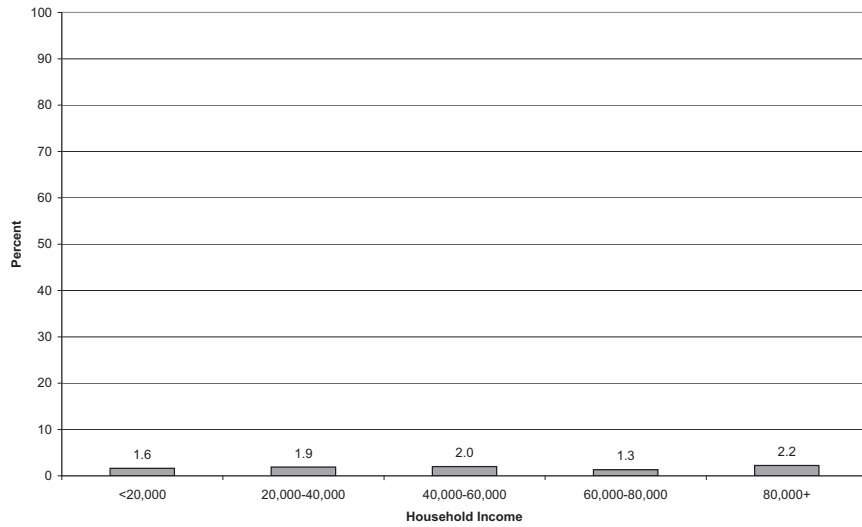
26.5 Percent by Location Where Food Was Prepared



26.6 Percent by Residence



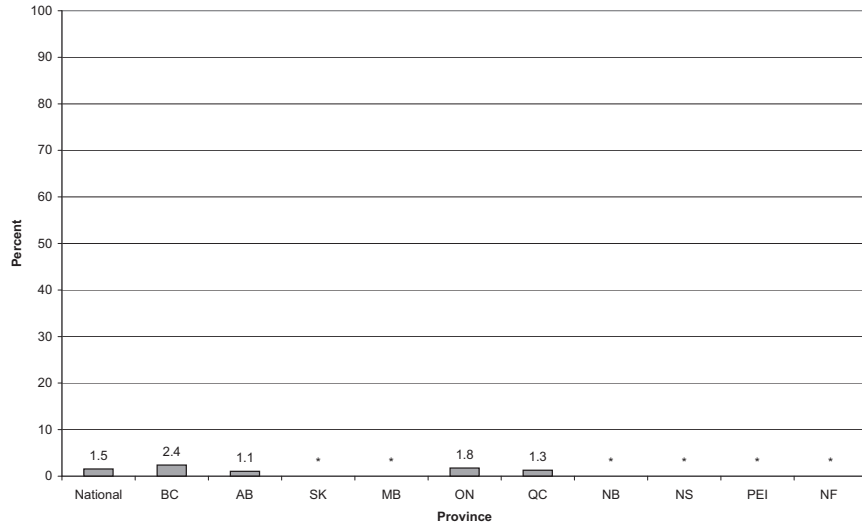
26.7 Percent by Household Income



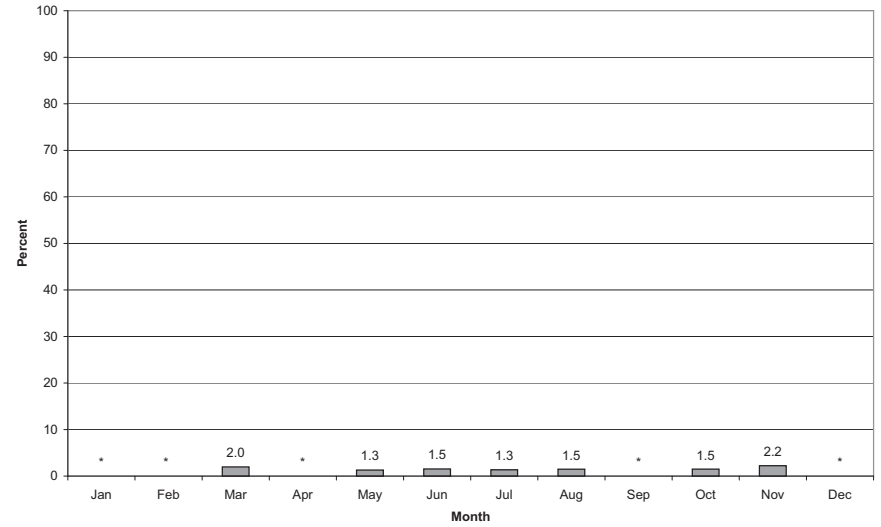
ATE SNOW PEAS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

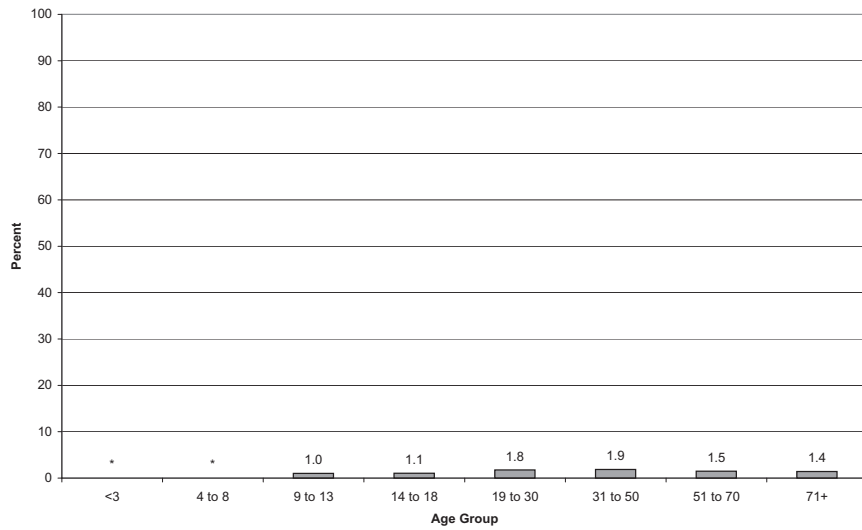
27.1 Percent by Province



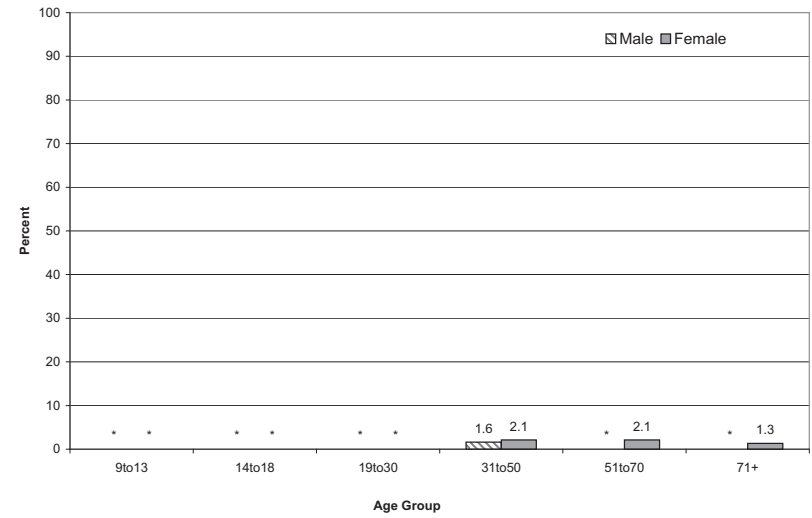
27.2 Percent by Month



27.3 Percent by Age Group



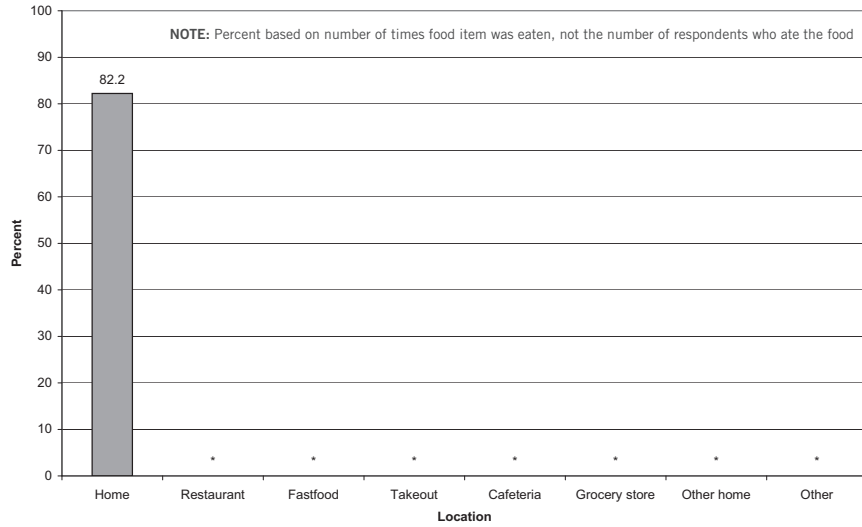
27.4 Percent by Age Group and Sex



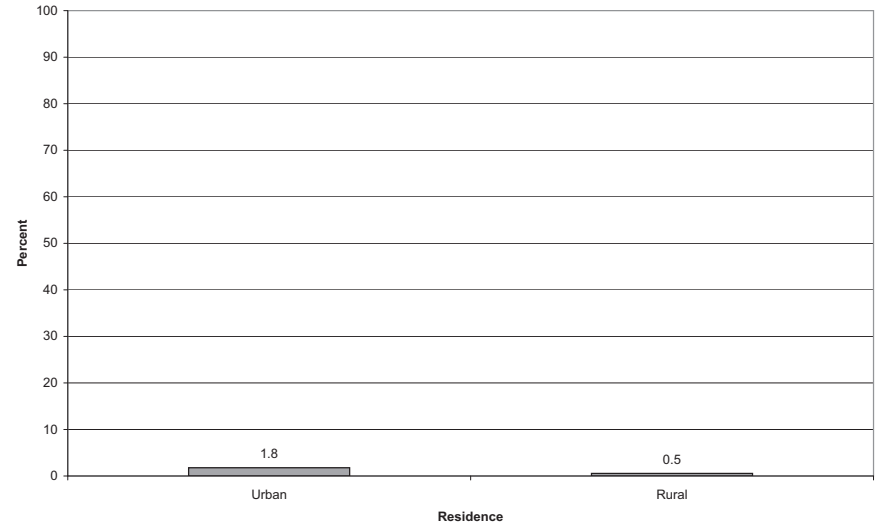
ATE SNOW PEAS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

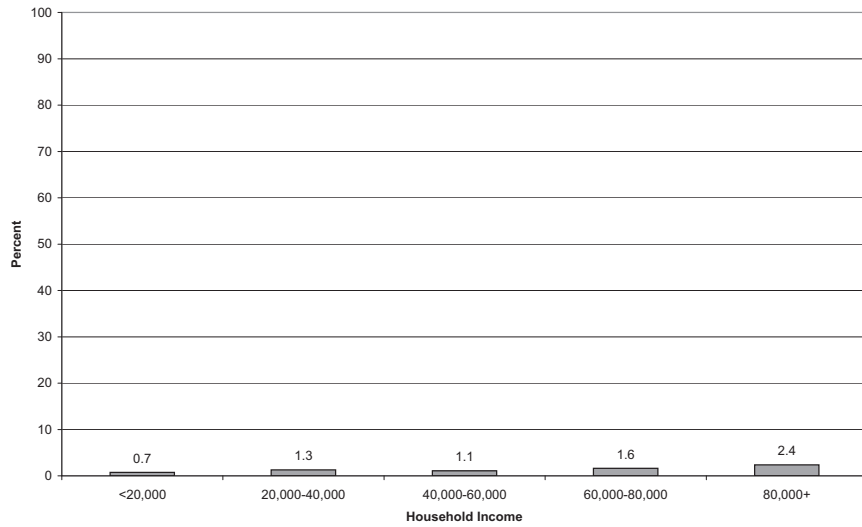
27.5 Percent by Location Where Food Was Prepared



27.6 Percent by Residence



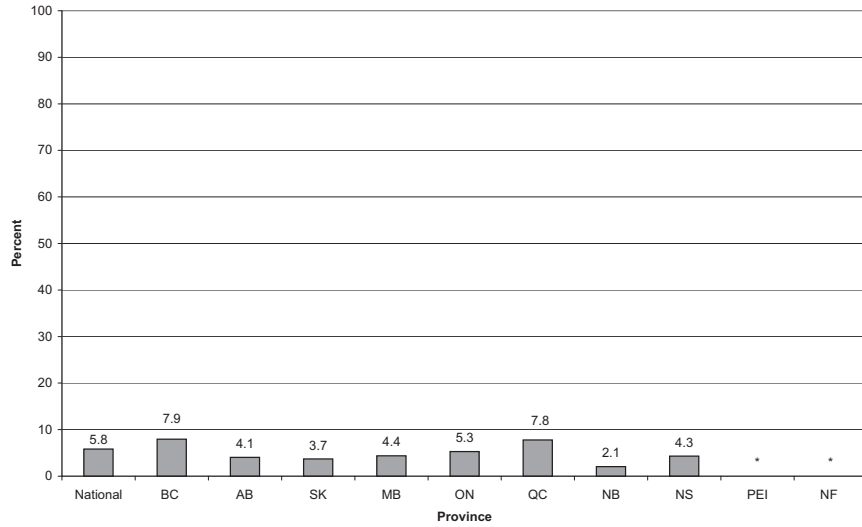
27.7 Percent by Household Income



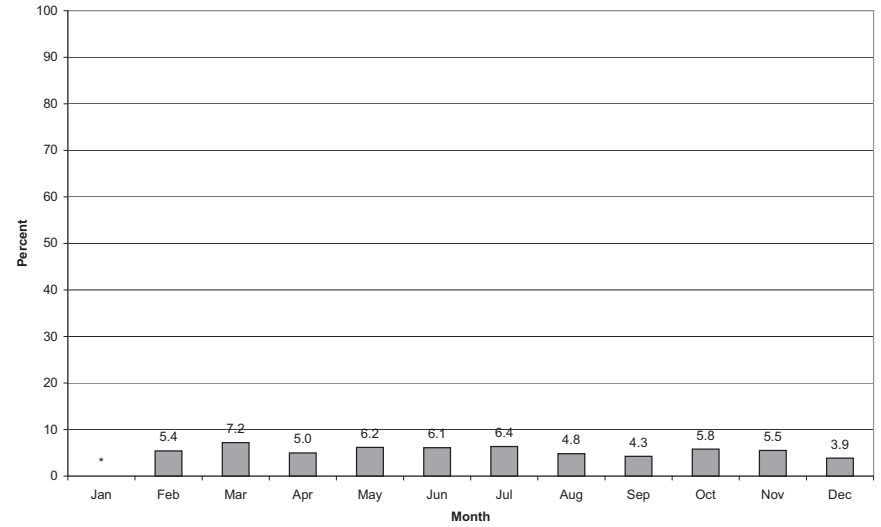
ATE SPINACH IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

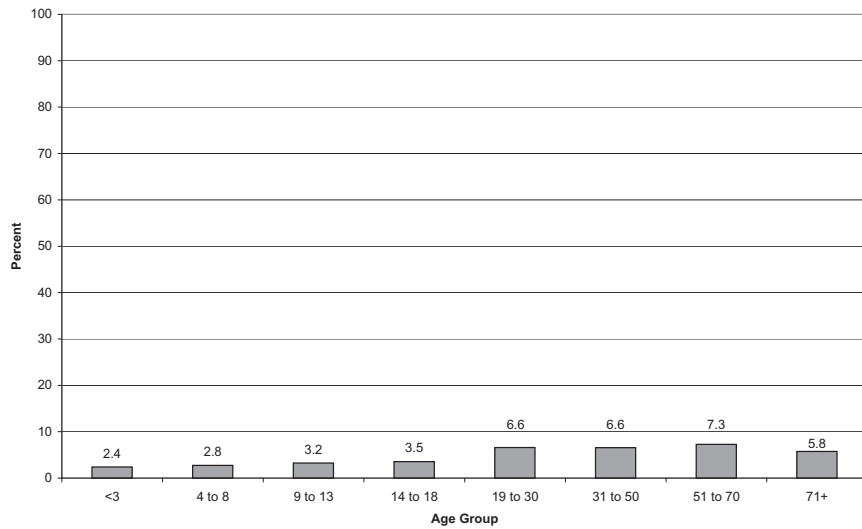
28.1 Percent by Province



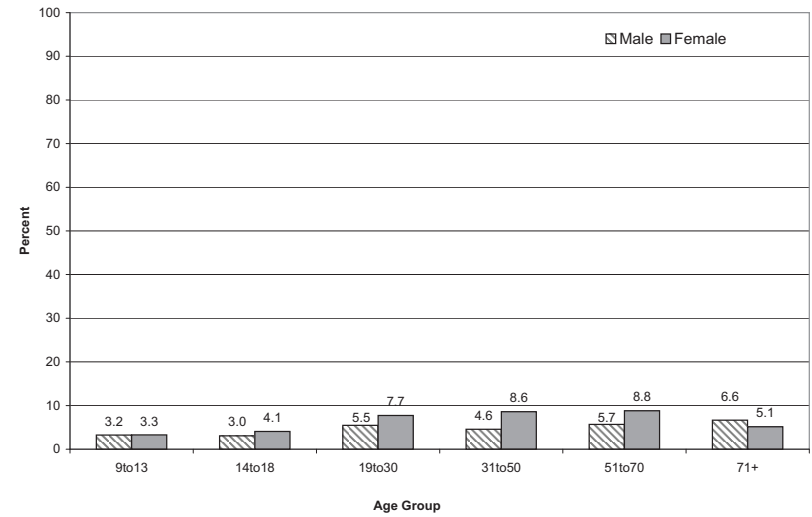
28.2 Percent by Month



28.3 Percent by Age Group



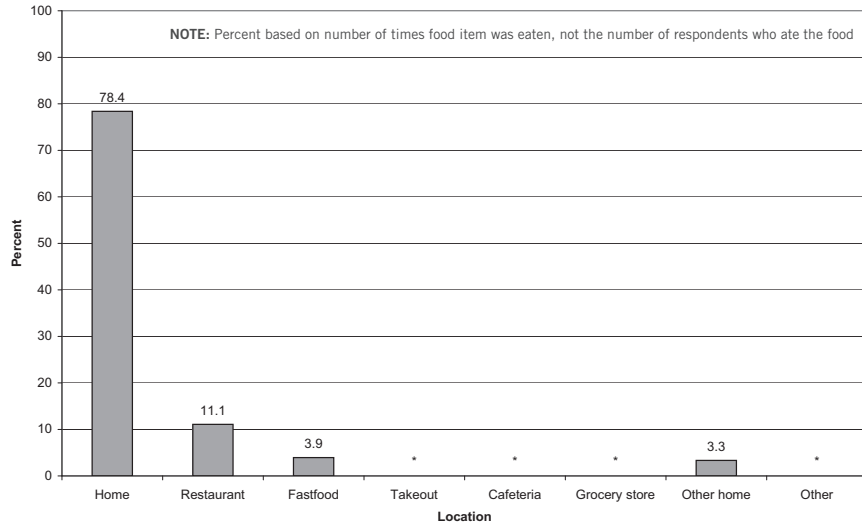
28.4 Percent by Age Group and Sex



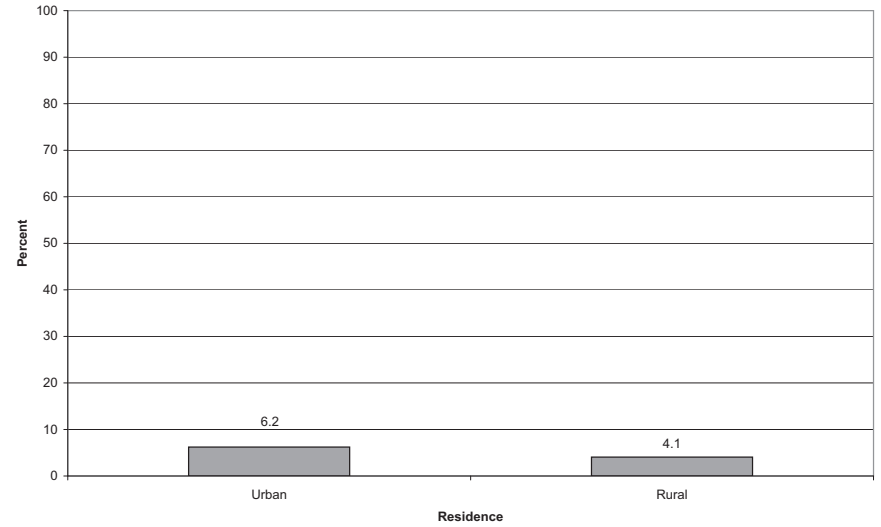
ATE SPINACH IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

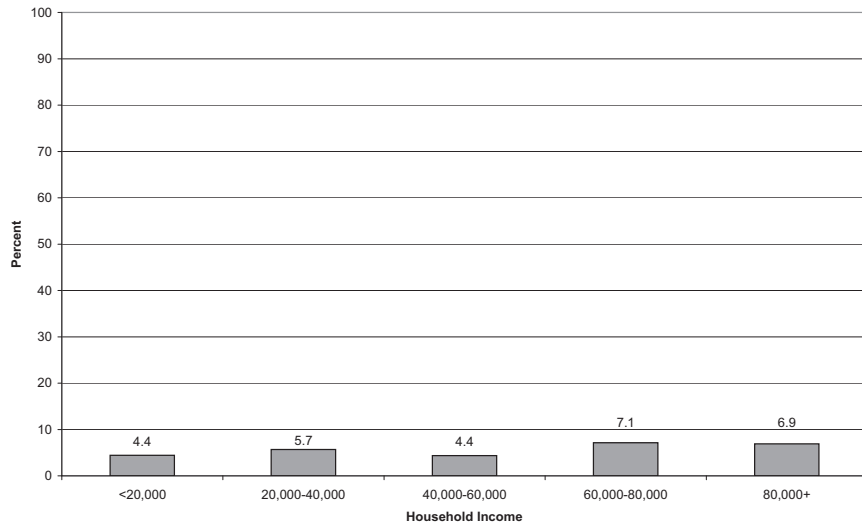
28.5 Percent by Location Where Food Was Prepared



28.6 Percent by Residence



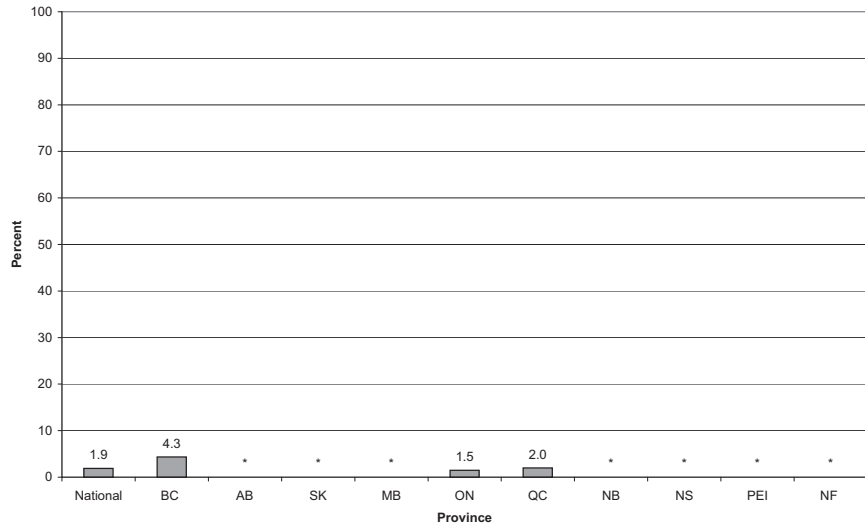
28.7 Percent by Household Income



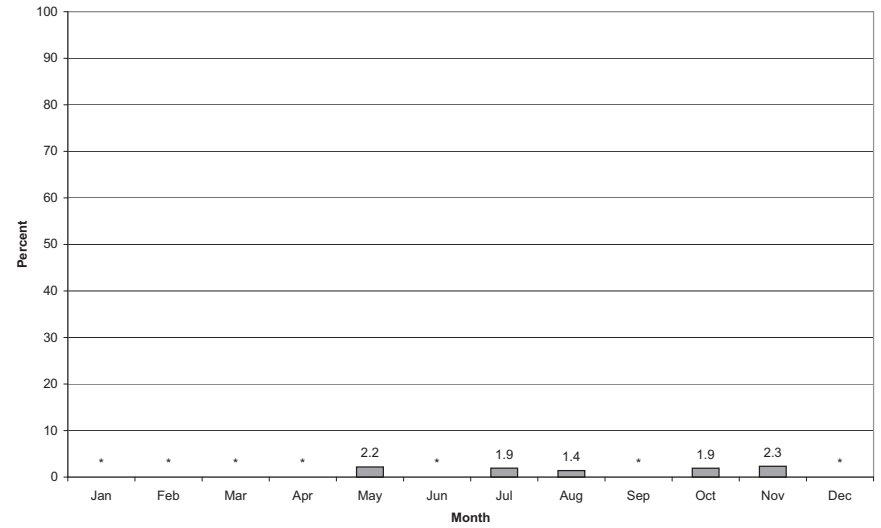
ATE SQUASH IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

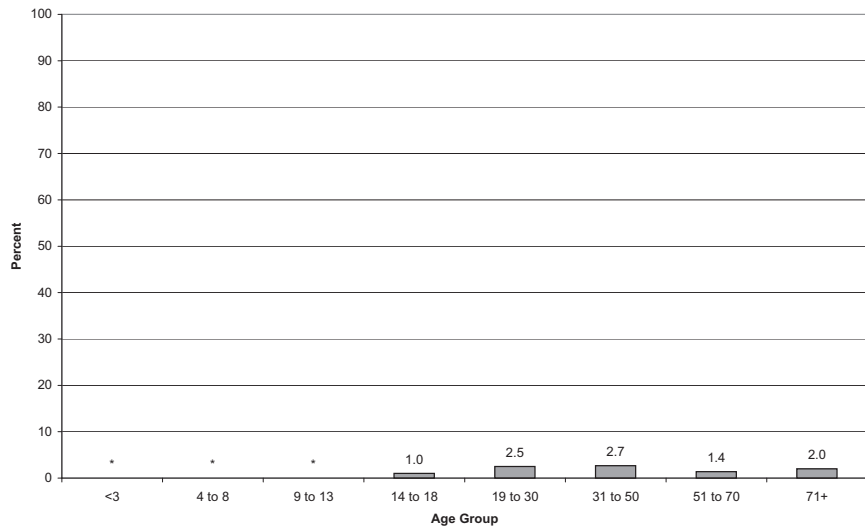
29.1 Percent by Province



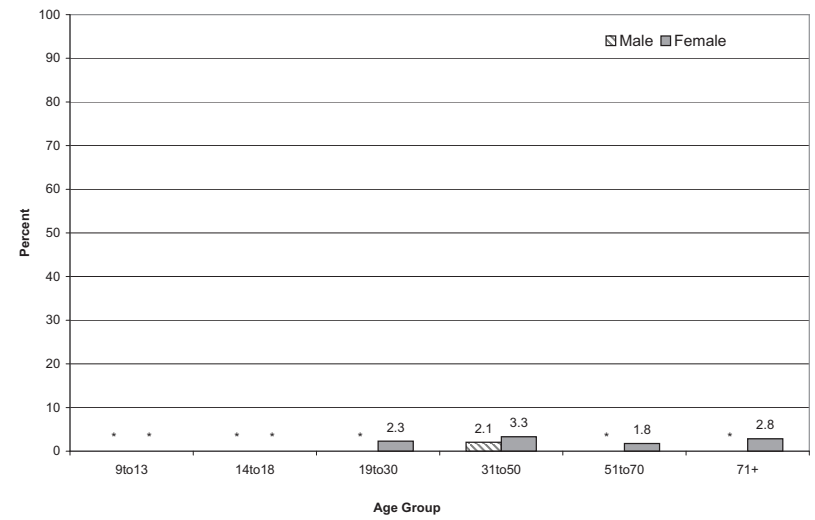
29.2 Percent by Month



29.3 Percent by Age Group



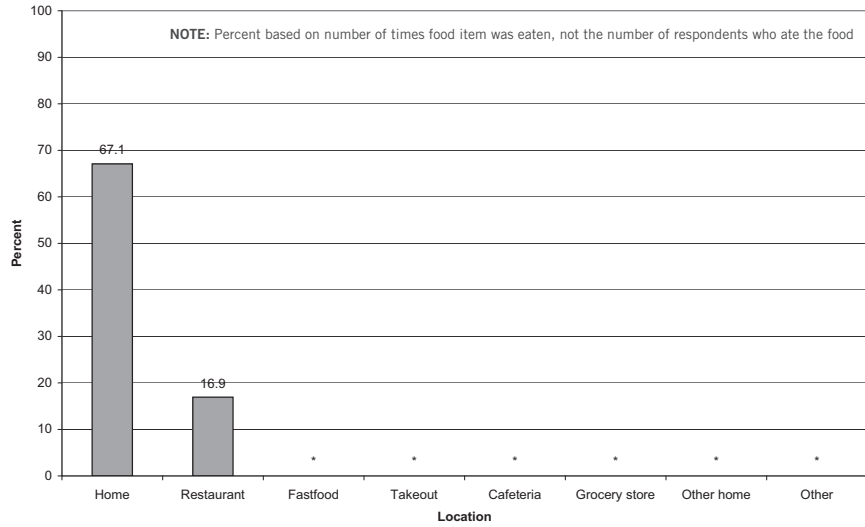
29.4 Percent by Age Group and Sex



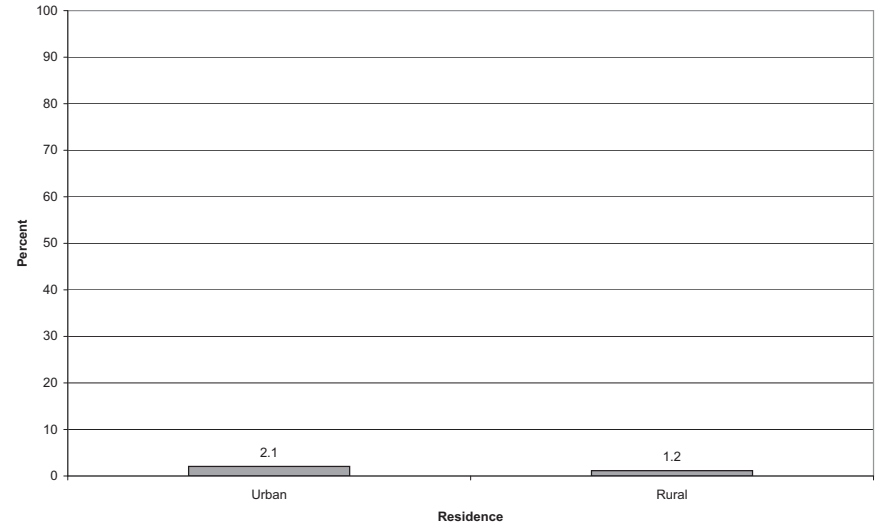
ATE SQUASH IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

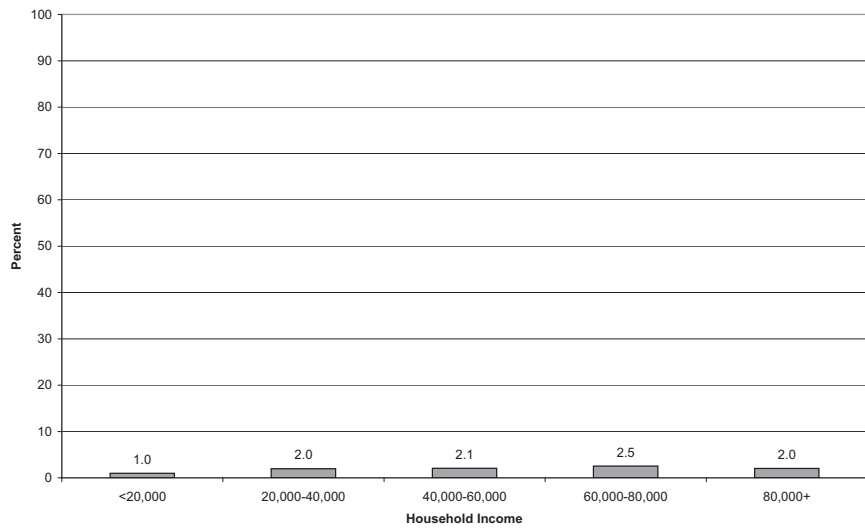
29.5 Percent by Location Where Food Was Prepared



29.6 Percent by Residence



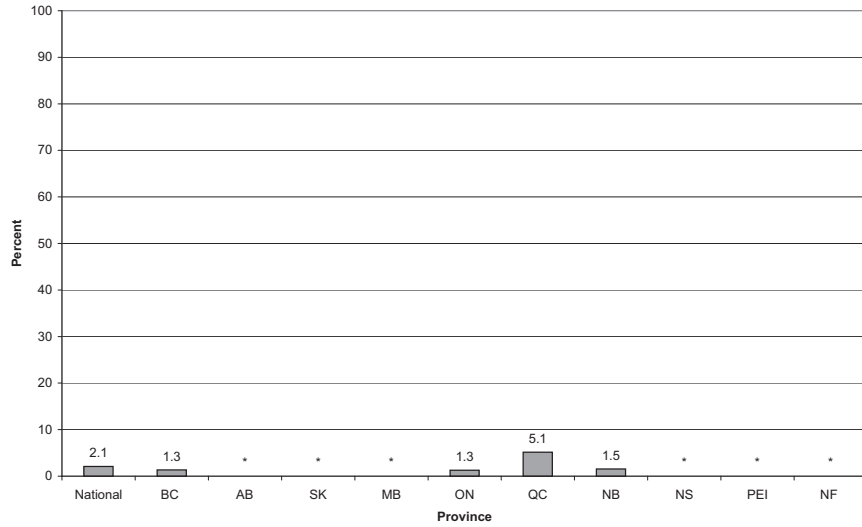
29.7 Percent by Household Income



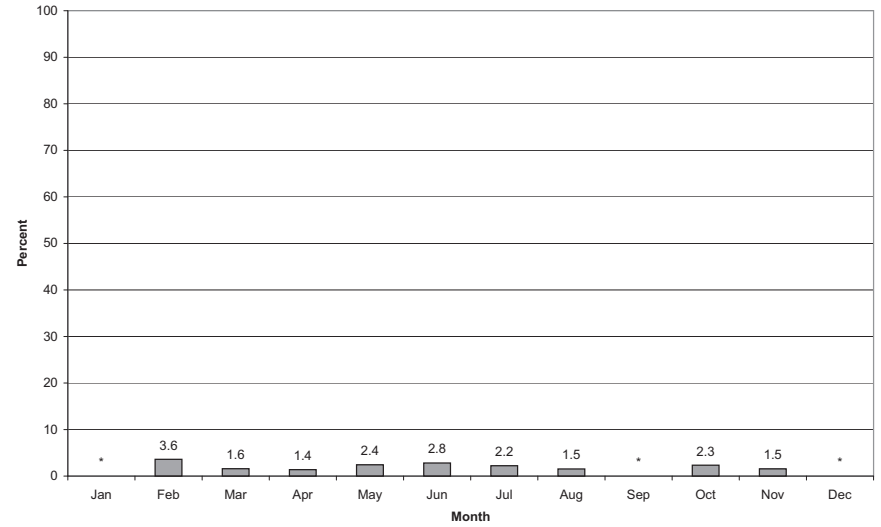
ATE SWEET POTATOES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

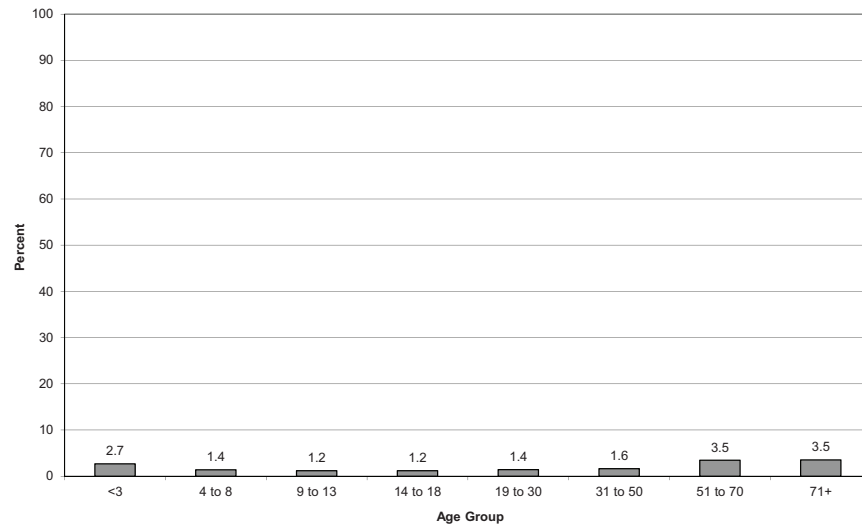
30.1 Percent by Province



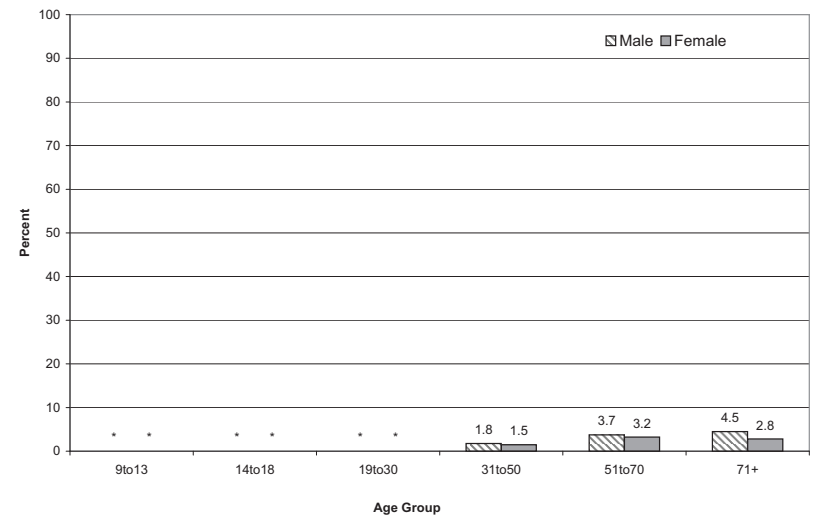
30.2 Percent by Month



30.3 Percent by Age Group



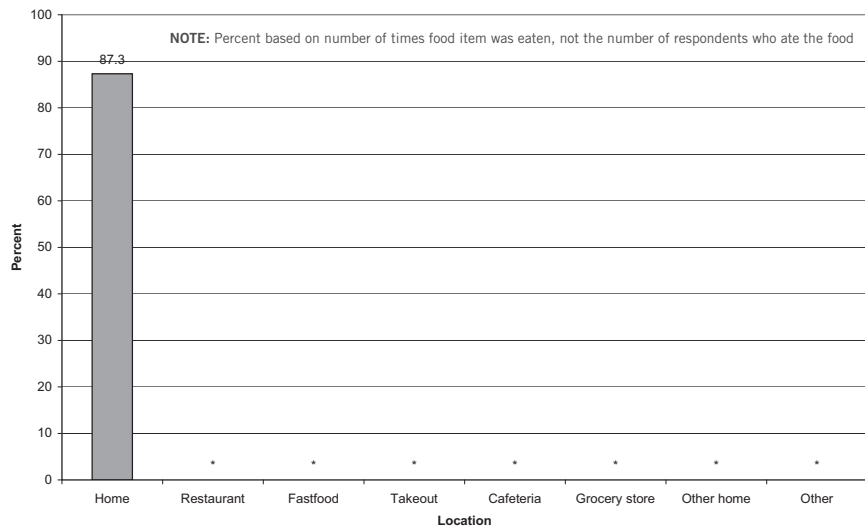
30.4 Percent by Age Group and Sex



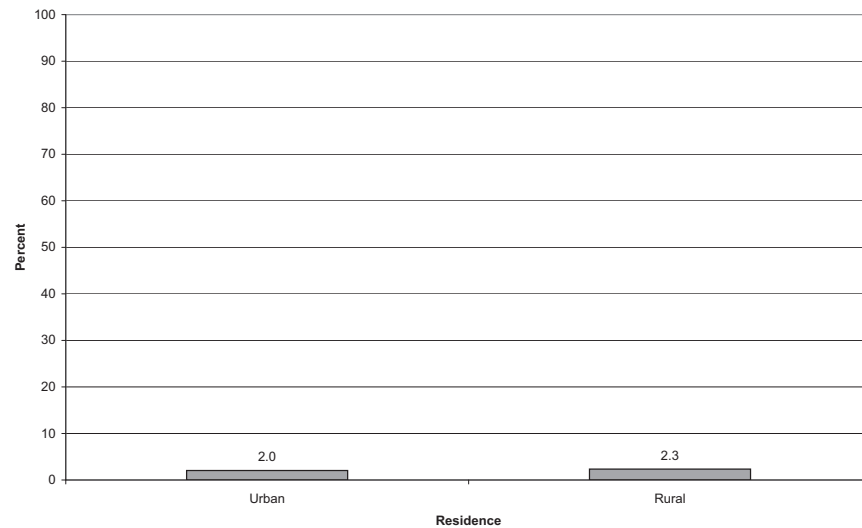
ATE SWEET POTATOES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

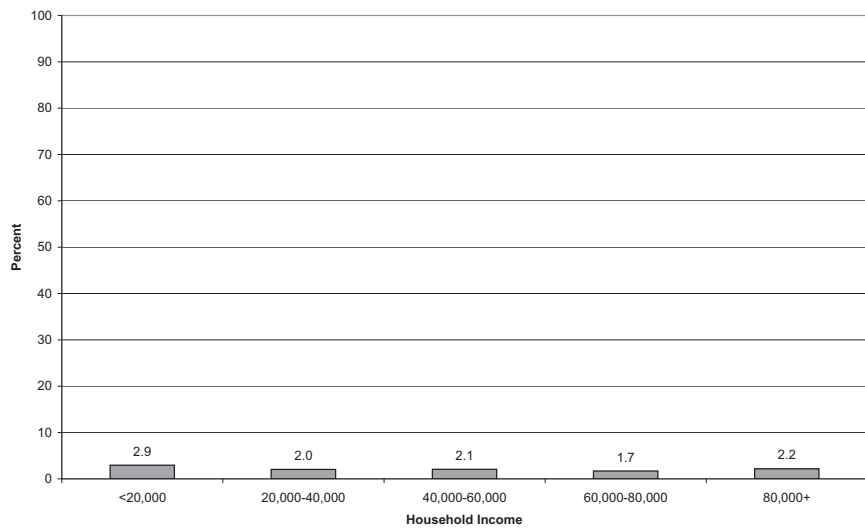
30.5 Percent by Location Where Food Was Prepared



30.6 Percent by Residence



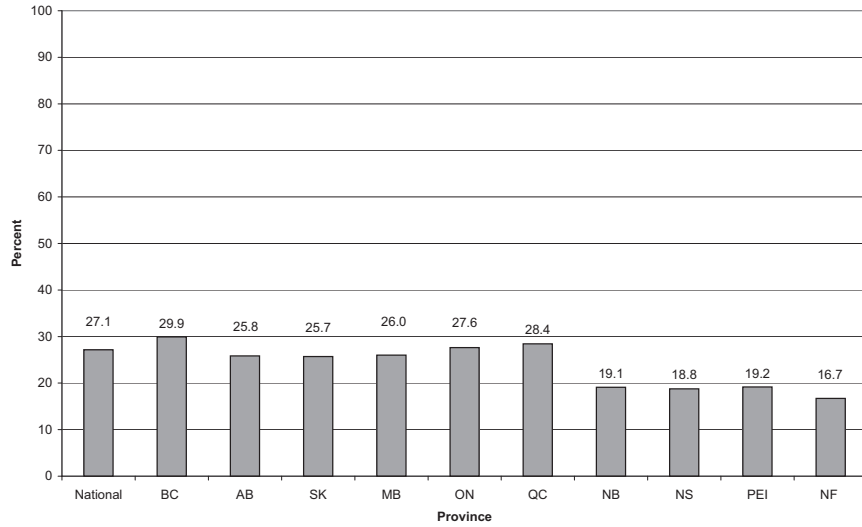
30.7 Percent by Household Income



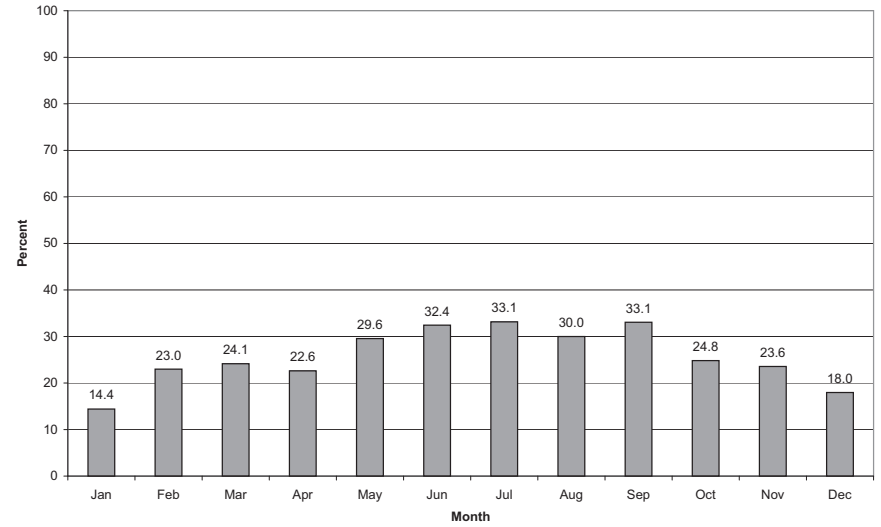
ATE TOMATOES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

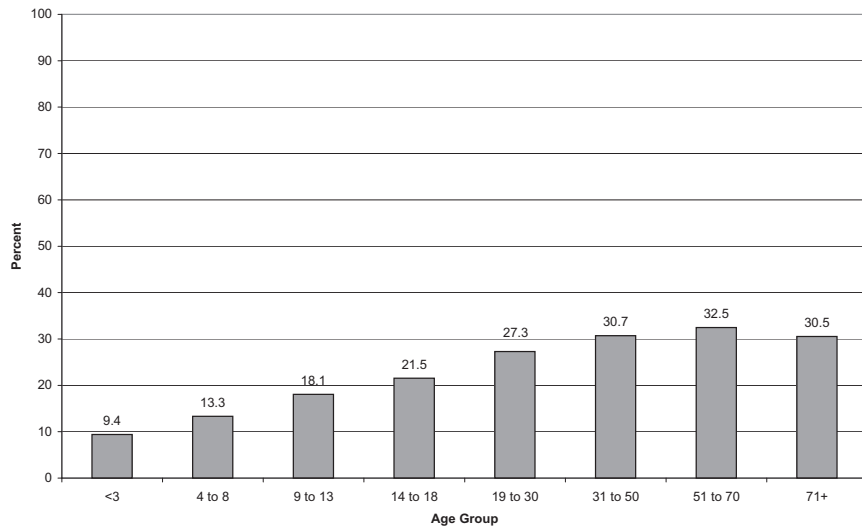
32.1 Percent by Province



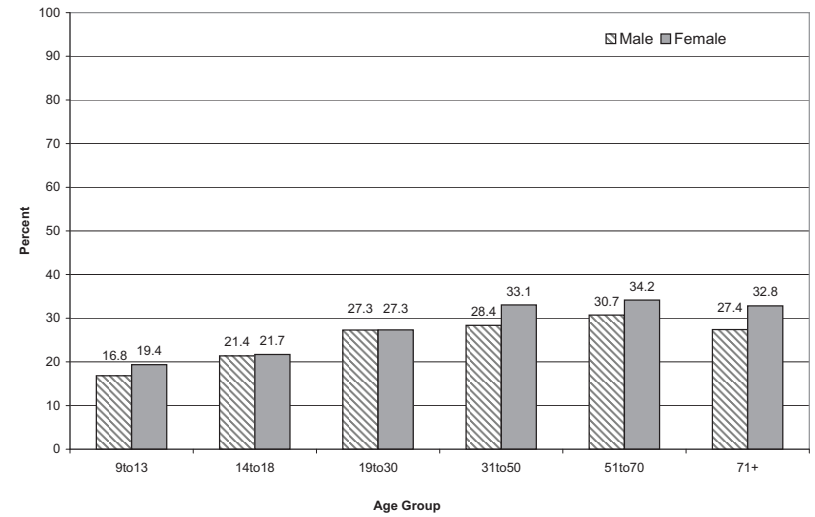
32.2 Percent by Month



32.3 Percent by Age Group



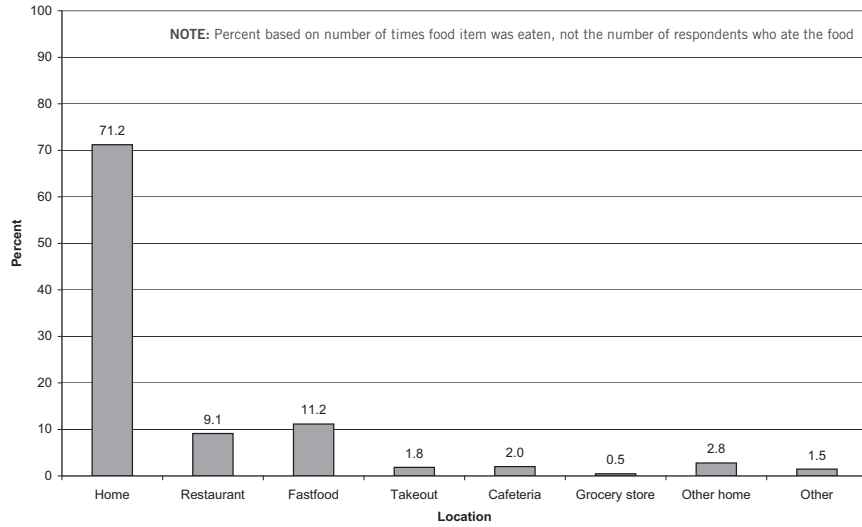
32.4 Percent by Age Group and Sex



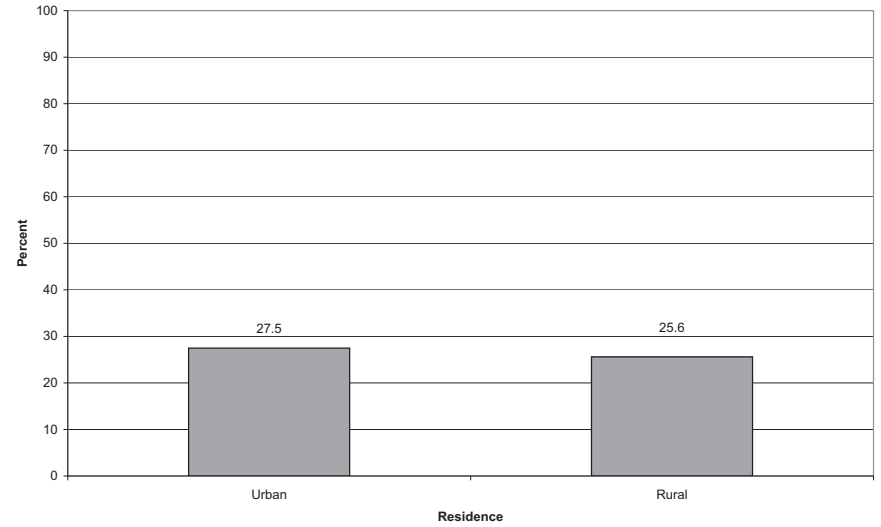
ATE TOMATOES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

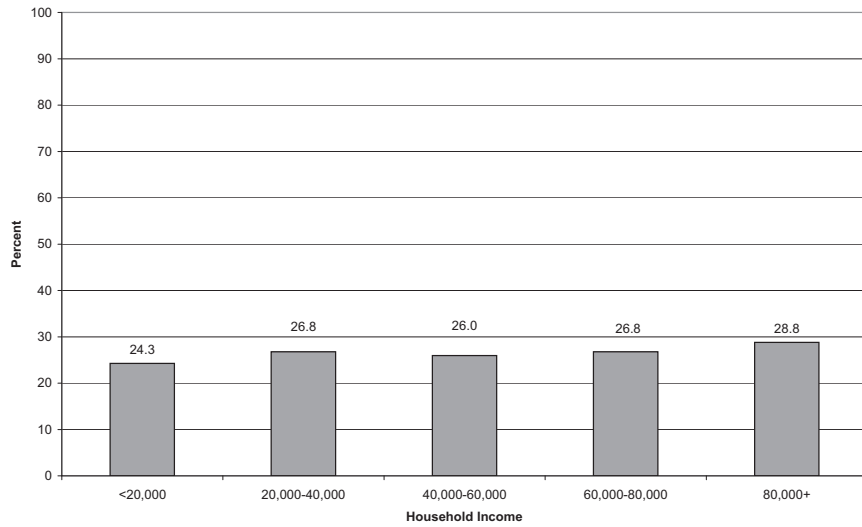
32.5 Percent by Location Where Food Was Prepared



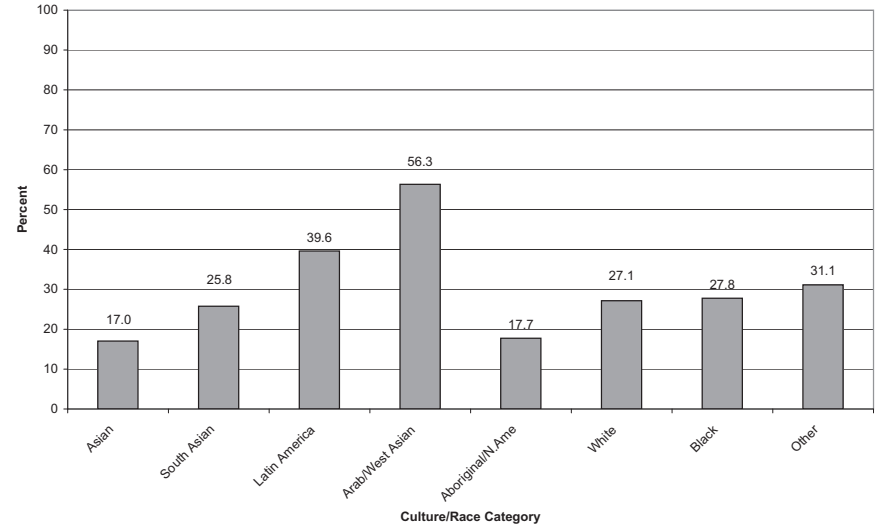
32.6 Percent by Residence



32.7 Percent by Household Income



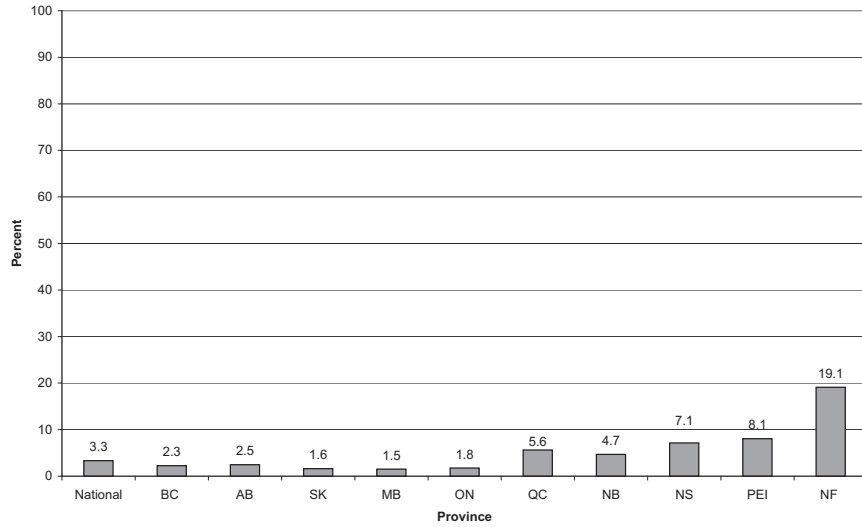
32.8 Percent by Cultural or Racial Origin



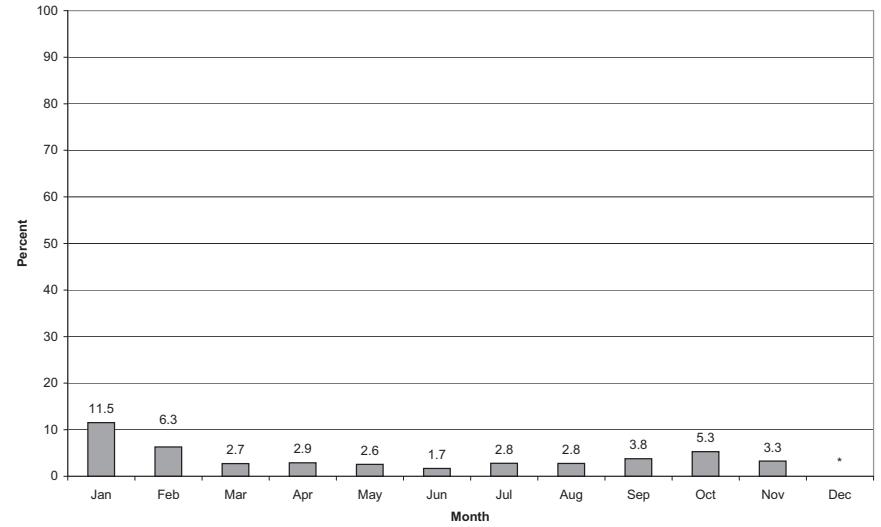
ATE TURNIP IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

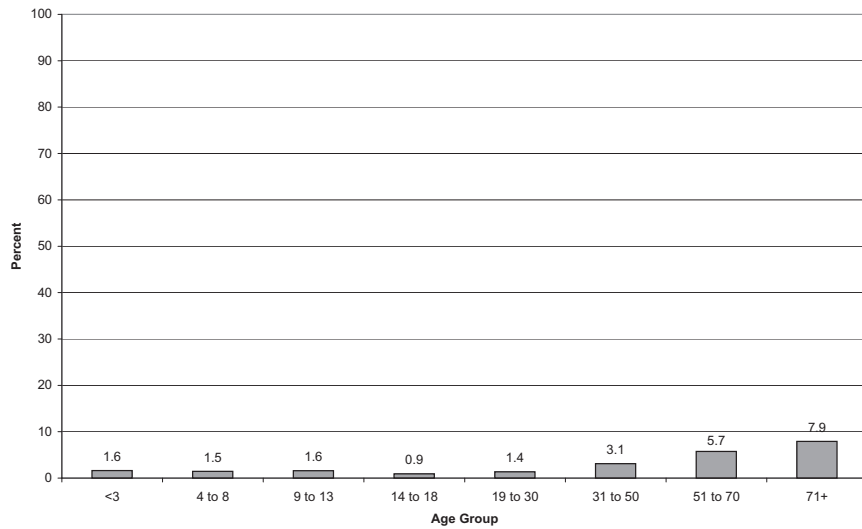
33.1 Percent by Province



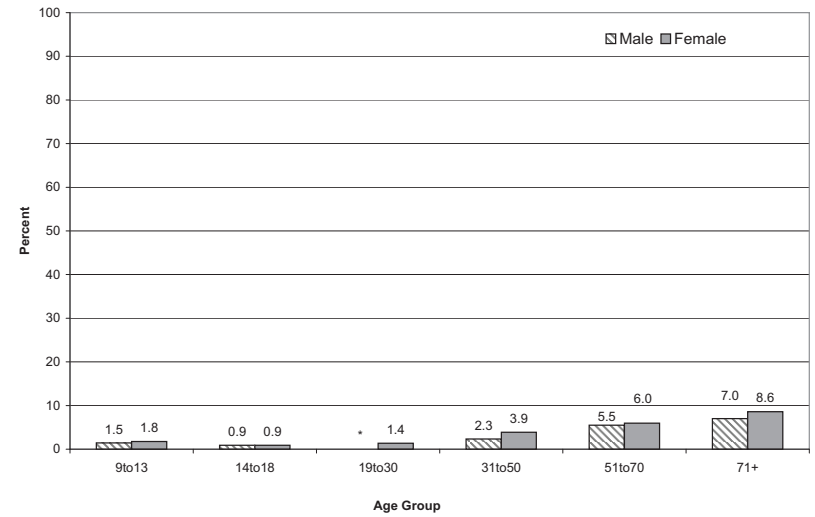
33.2 Percent by Month



33.3 Percent by Age Group



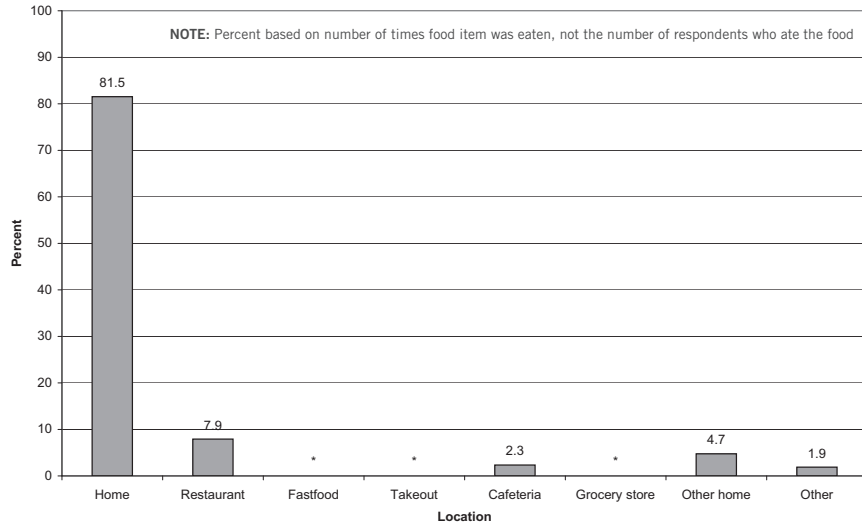
33.4 Percent by Age Group and Sex



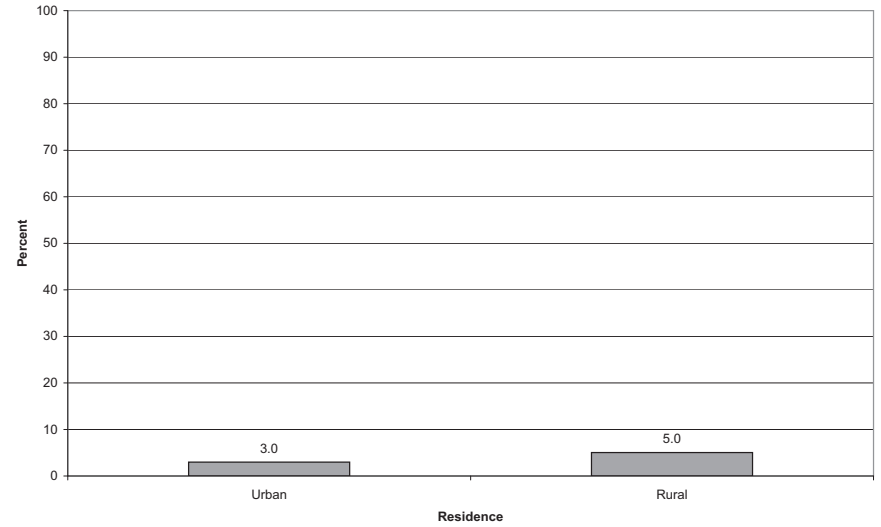
ATE TURNIP IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

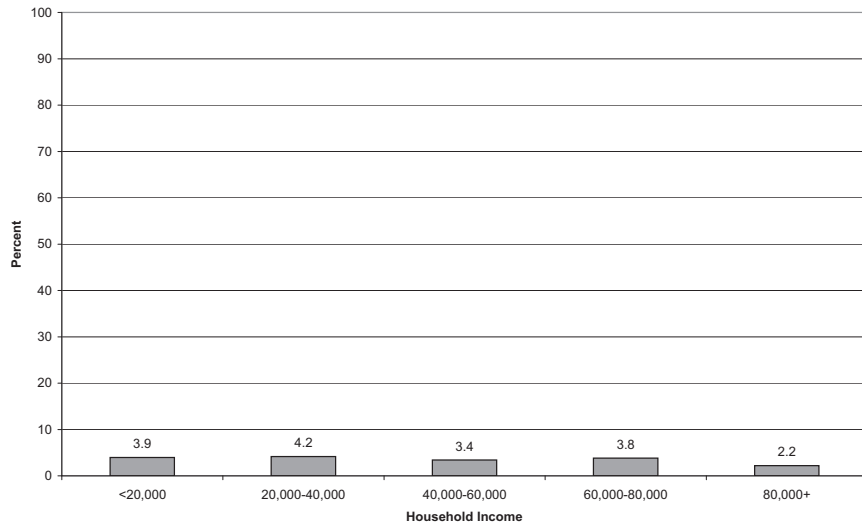
33.5 Percent by Location Where Food Was Prepared



33.6 Percent by Residence



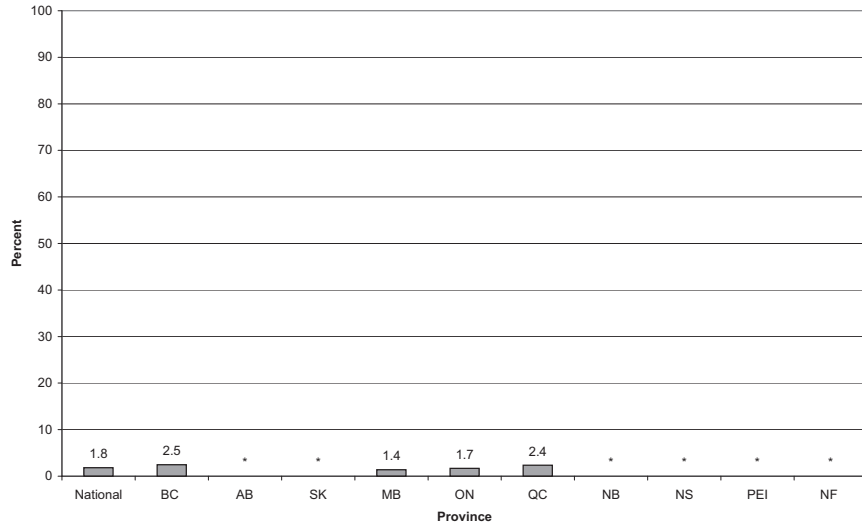
33.7 Percent by Household Income



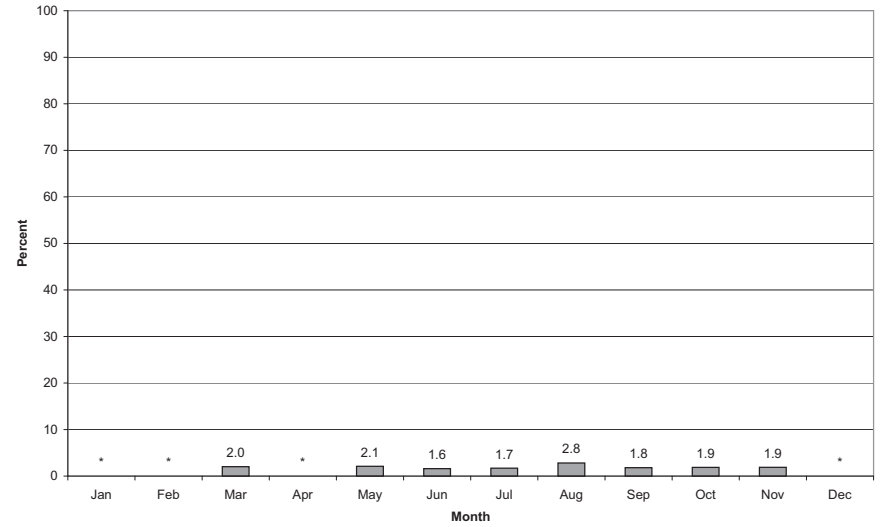
ATE ZUCCHINI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

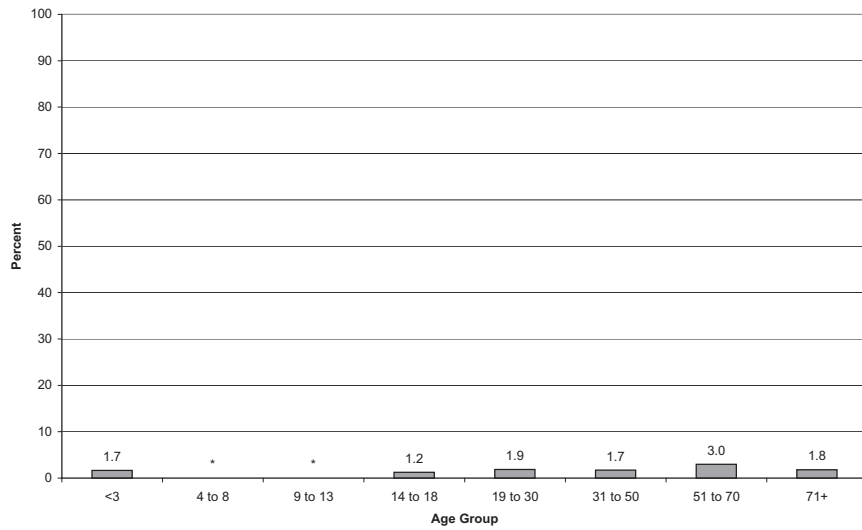
34.1 Percent by Province



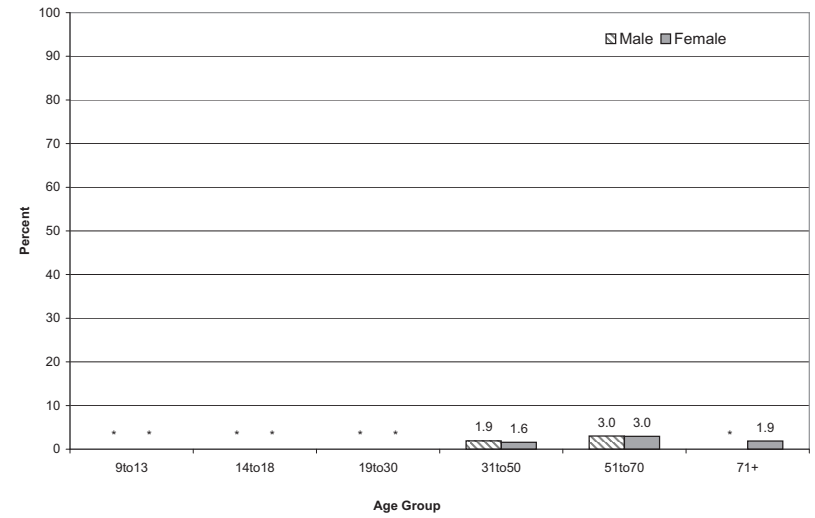
34.2 Percent by Month



34.3 Percent by Age Group



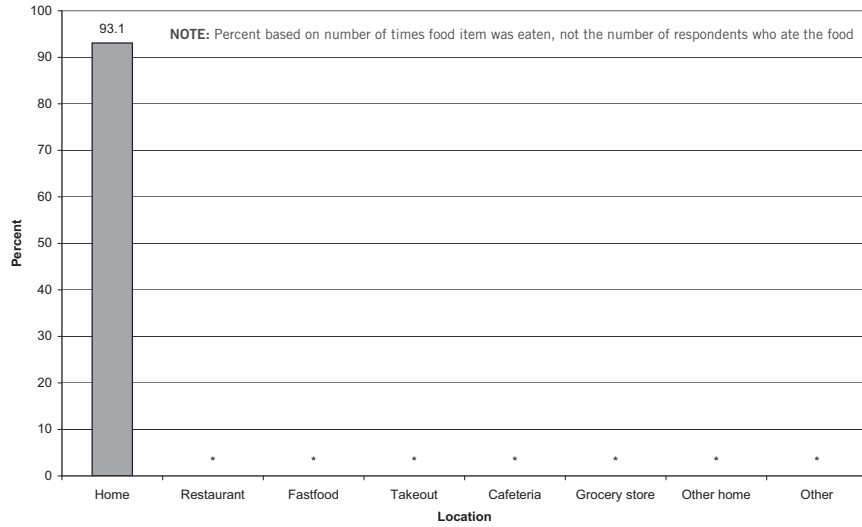
34.4 Percent by Age Group and Sex



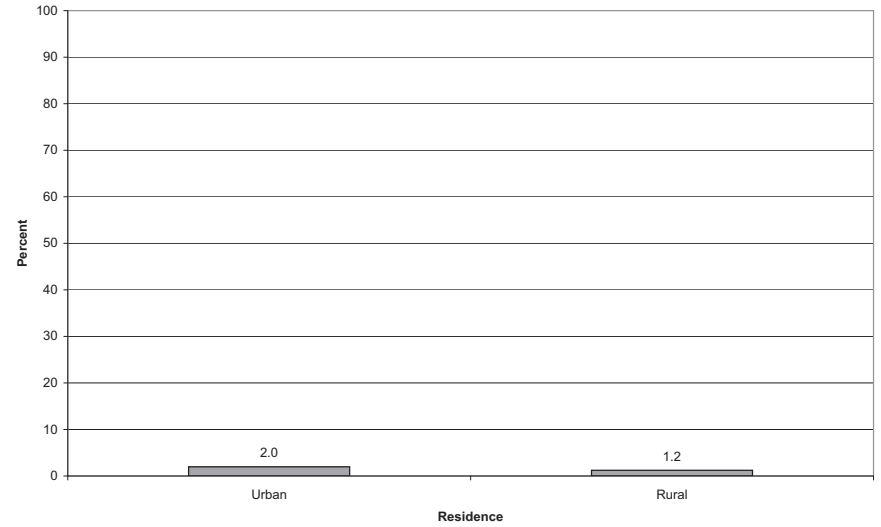
ATE ZUCCHINI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

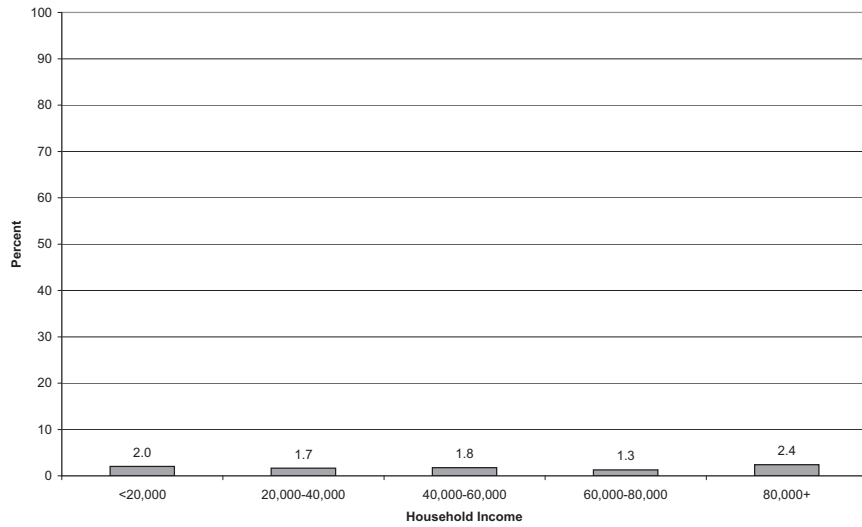
34.5 Percent by Location Where Food Was Prepared



34.6 Percent by Residence



34.7 Percent by Household Income

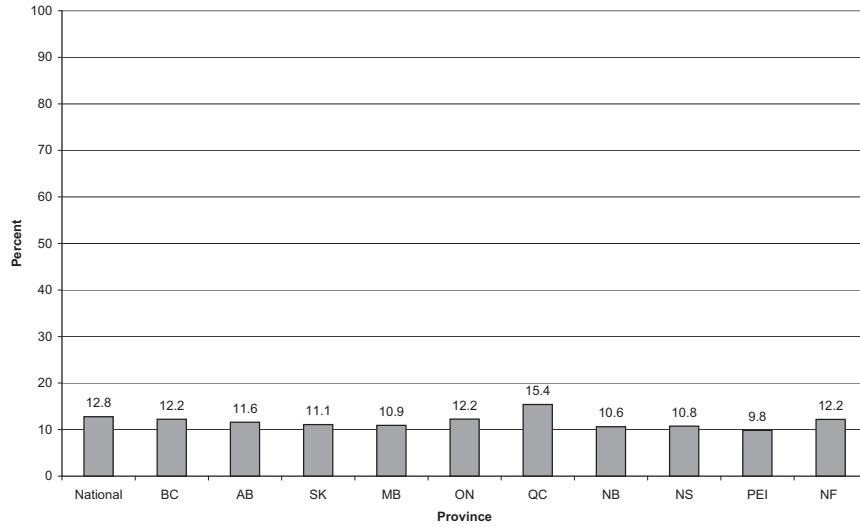


— HERBS & SPICES —

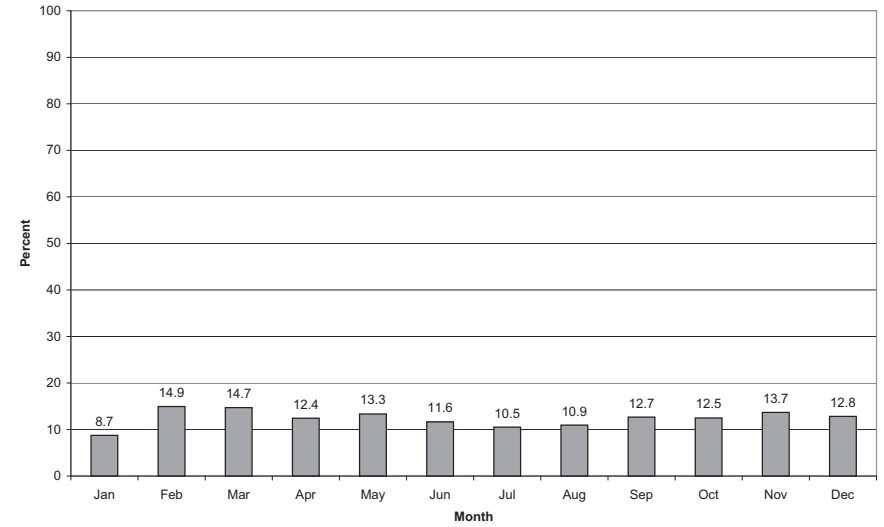
ATE BLACK PEPPER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

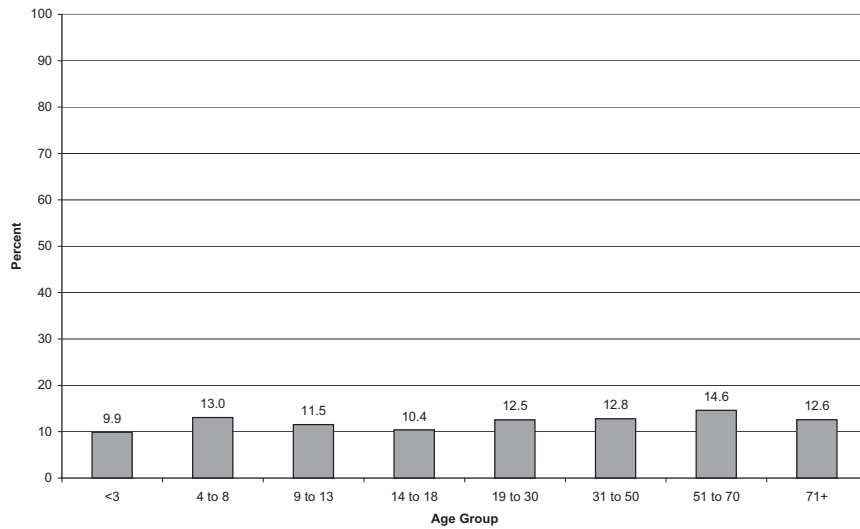
36.1 Percent by Province



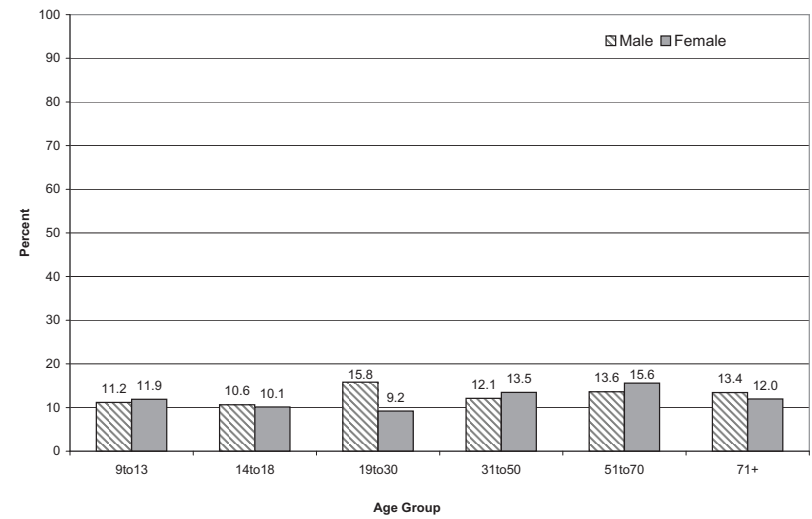
36.2 Percent by Month



36.3 Percent by Age Group



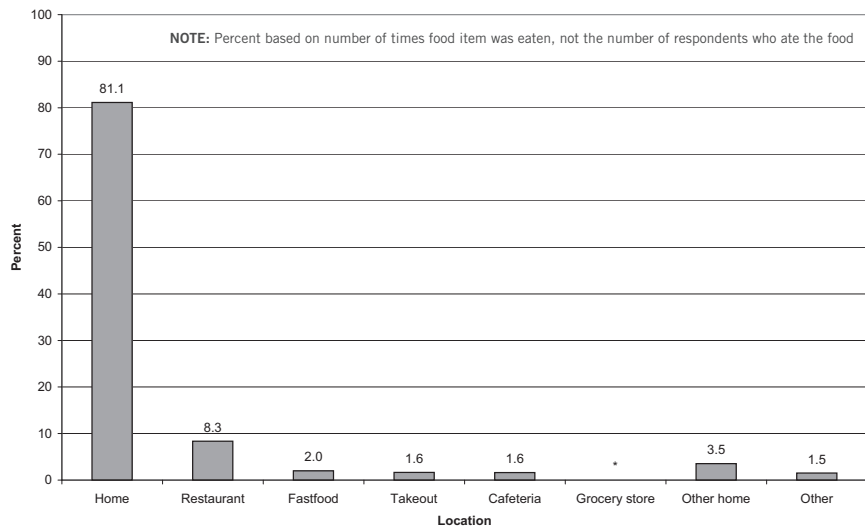
36.4 Percent by Age Group and Sex



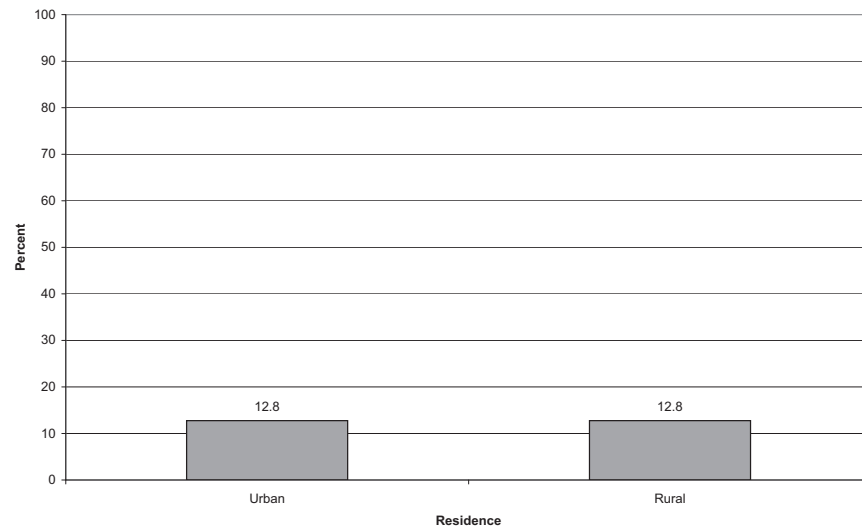
ATE BLACK PEPPER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

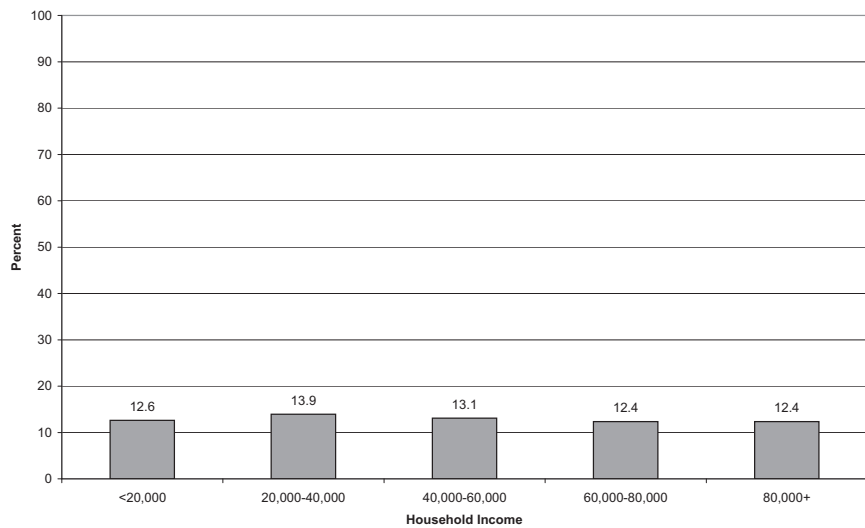
36.5 Percent by Location Where Food Was Prepared



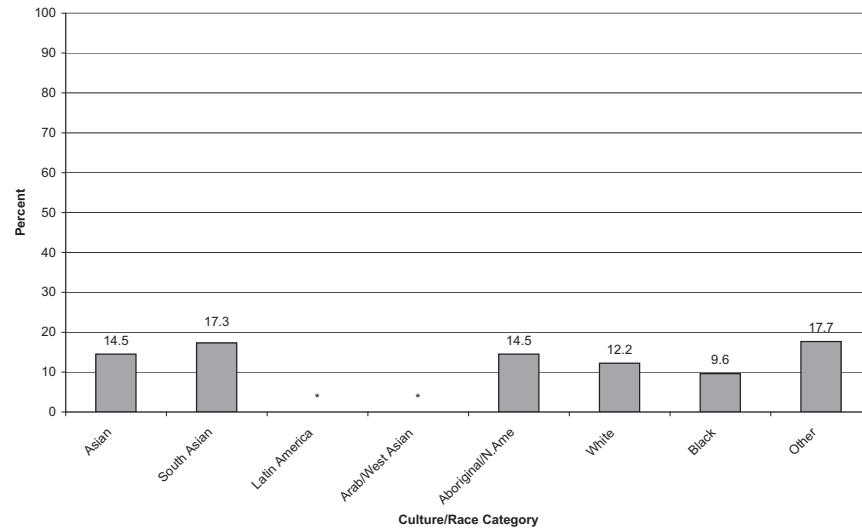
36.6 Percent by Residence



36.7 Percent by Household Income



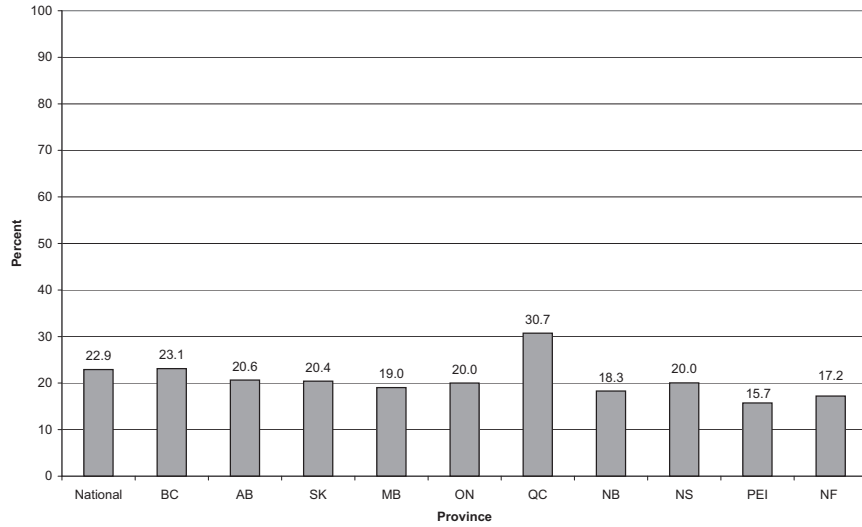
36.8 Percent by Cultural or Racial Origin



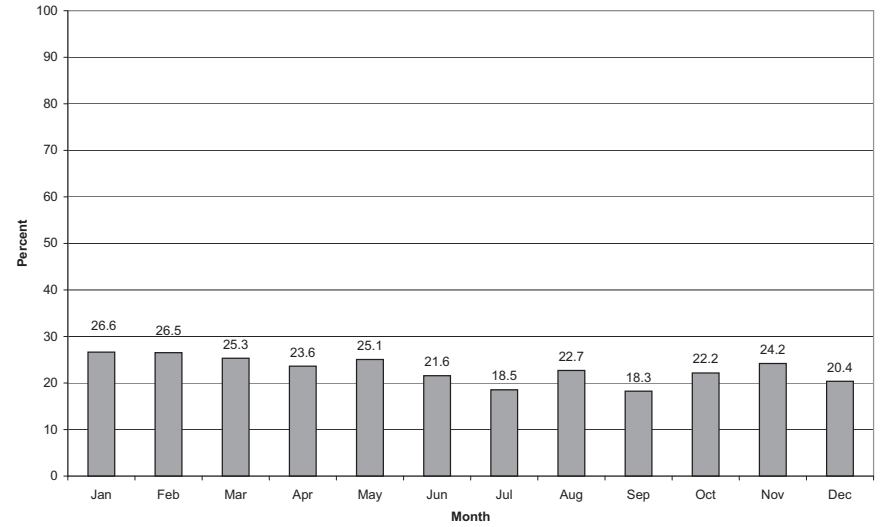
ATE GARLIC IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

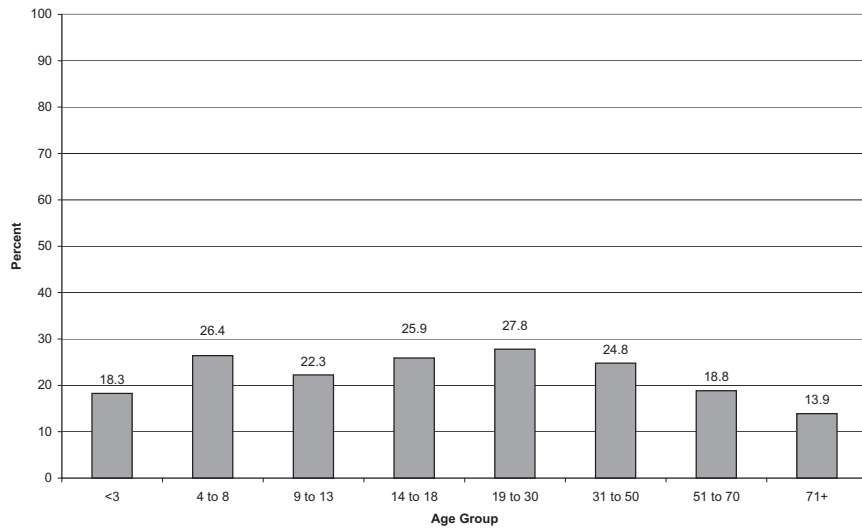
38.1 Percent by Province



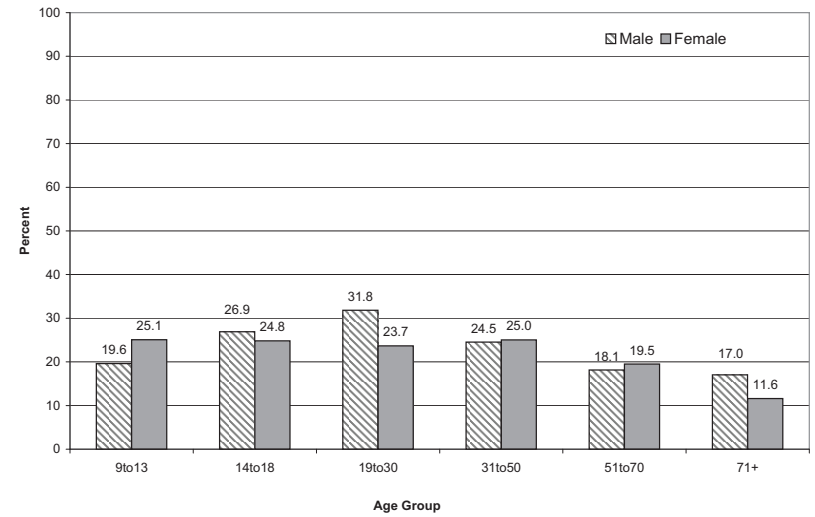
38.2 Percent by Month



38.3 Percent by Age Group



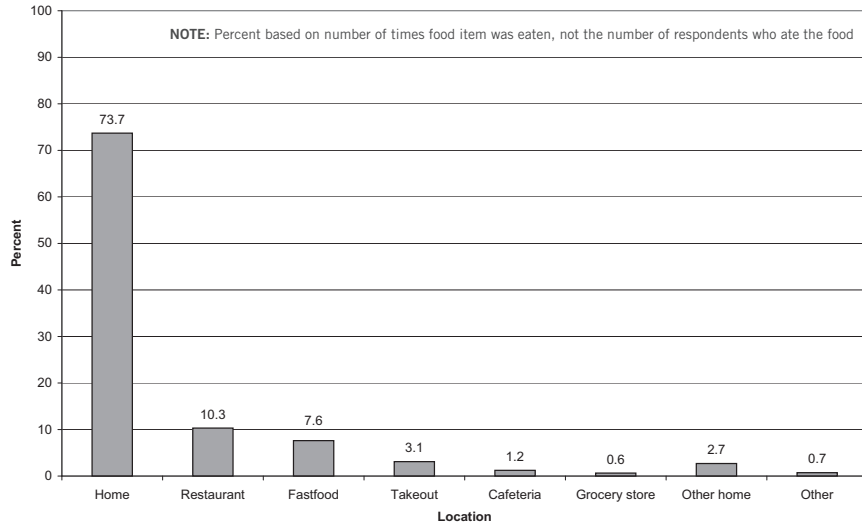
38.4 Percent by Age Group and Sex



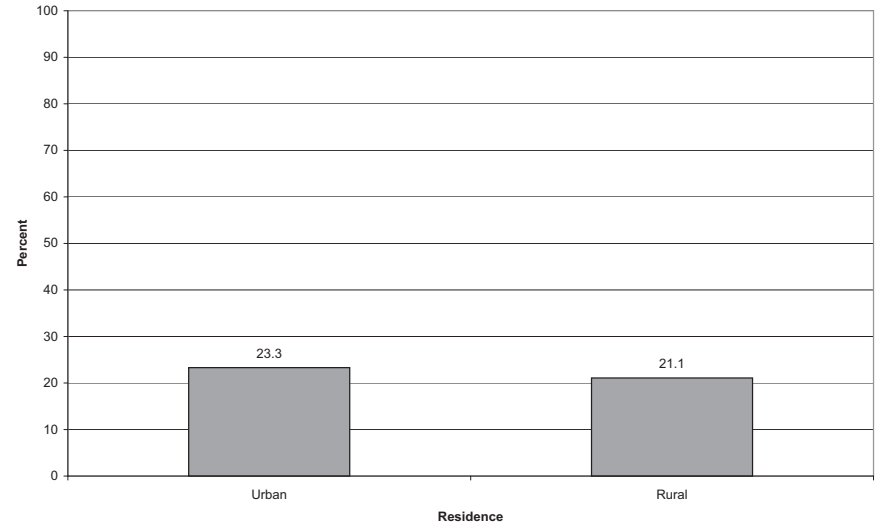
ATE GARLIC IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

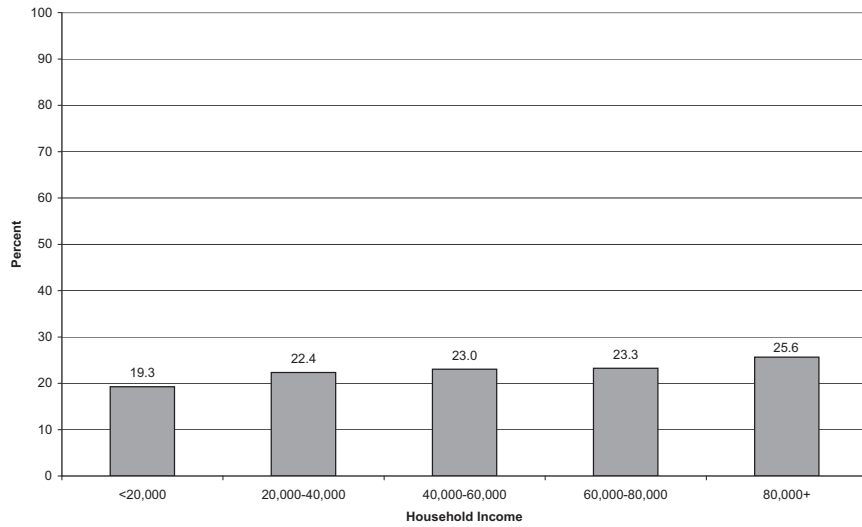
38.5 Percent by Location Where Food Was Prepared



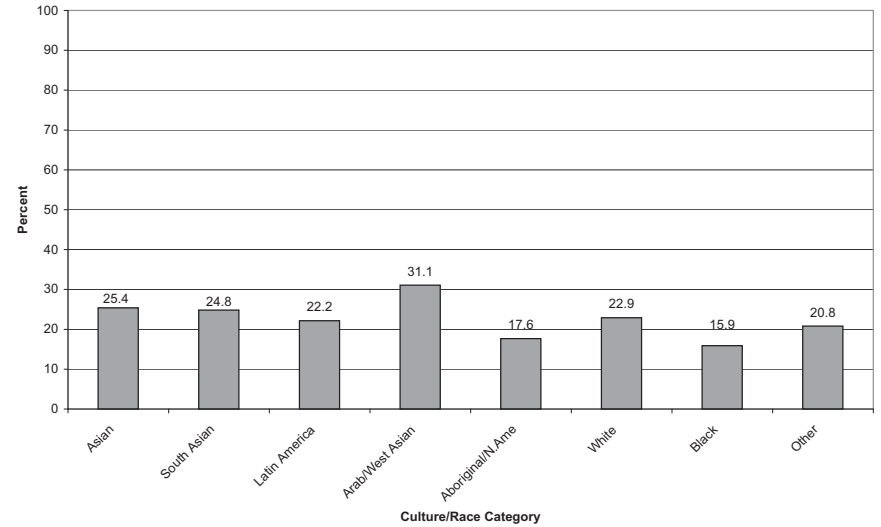
38.6 Percent by Residence



38.7 Percent by Household Income



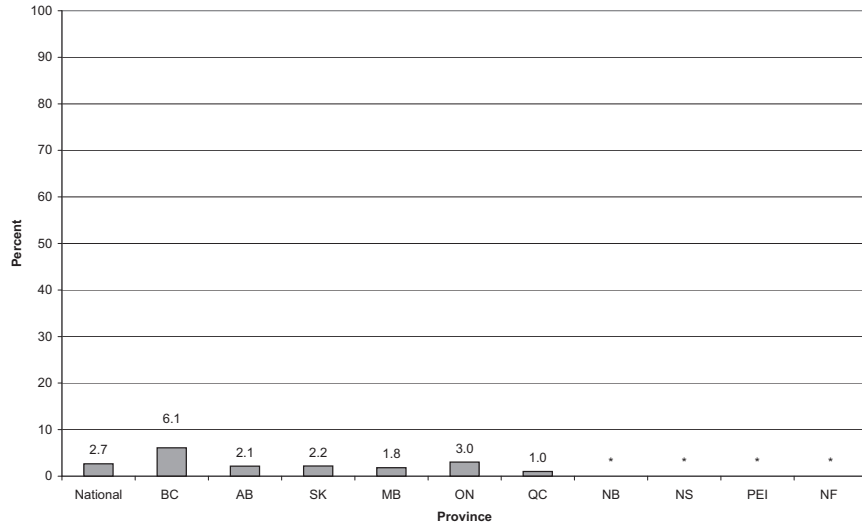
38.8 Percent by Cultural or Racial Origin



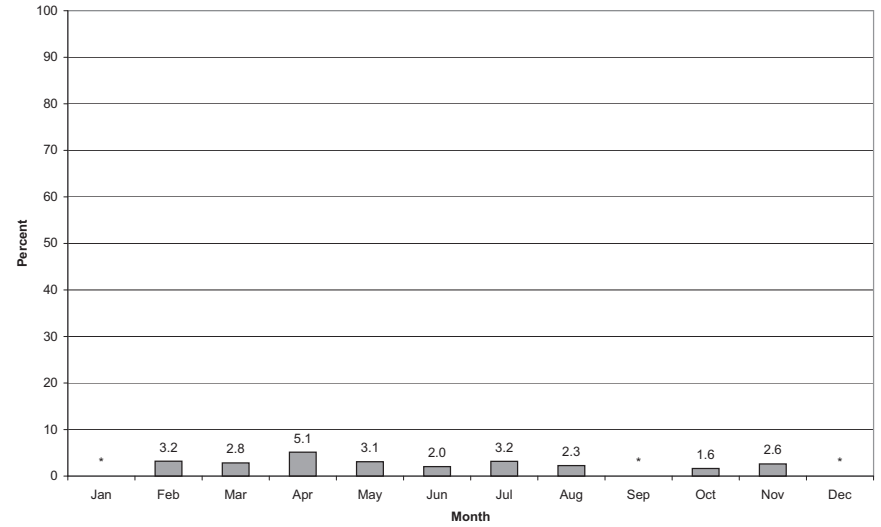
ATE GINGER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

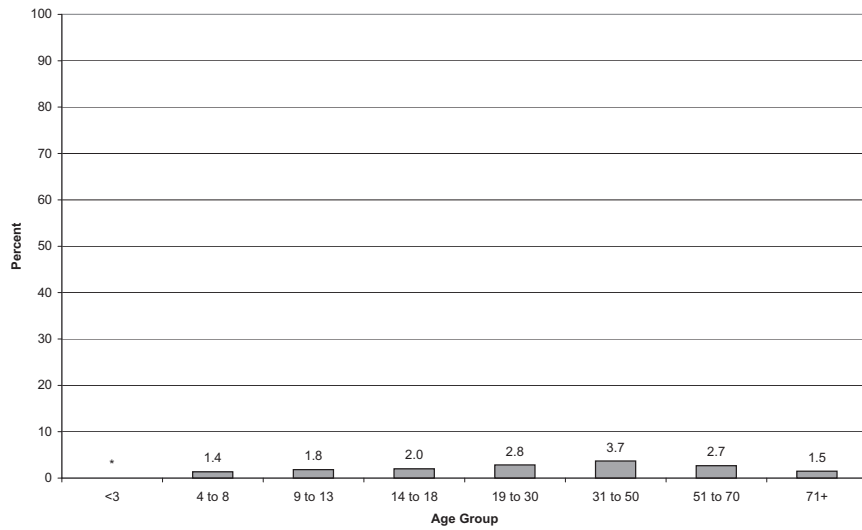
39.1 Percent by Province



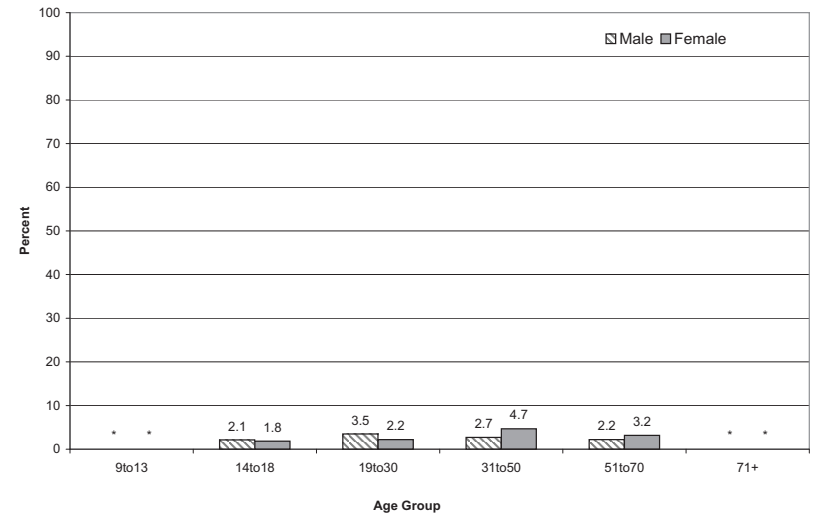
39.2 Percent by Month



39.3 Percent by Age Group



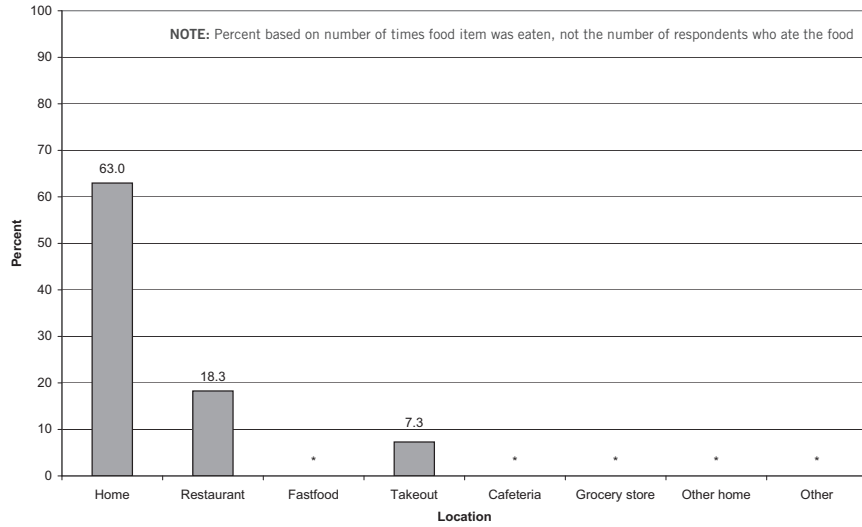
39.4 Percent by Age Group and Sex



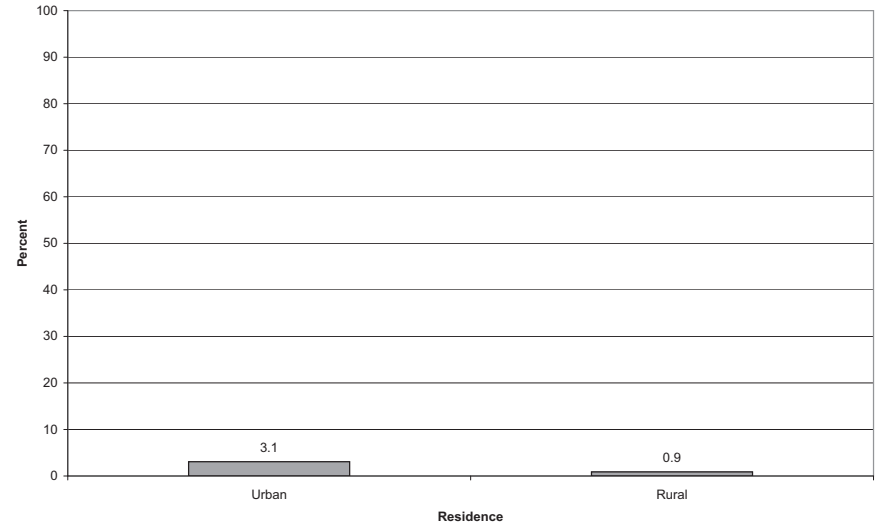
ATE GINGER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

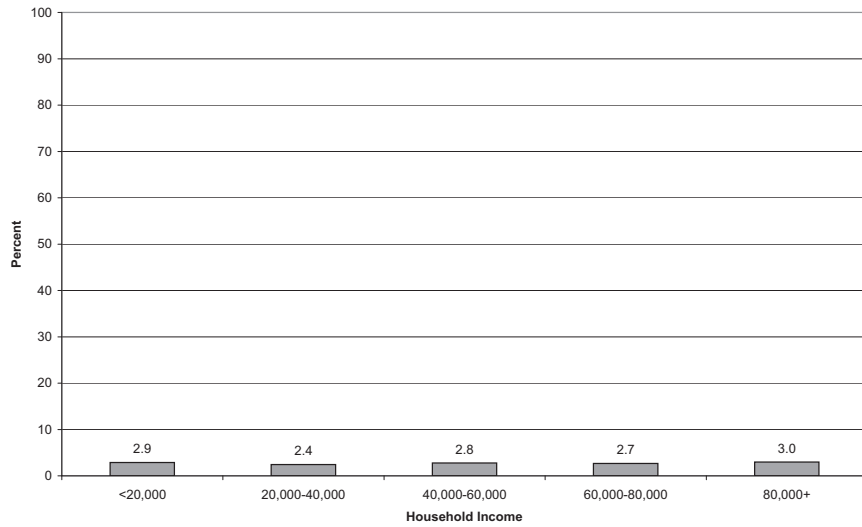
39.5 Percent by Location Where Food Was Prepared



39.6 Percent by Residence



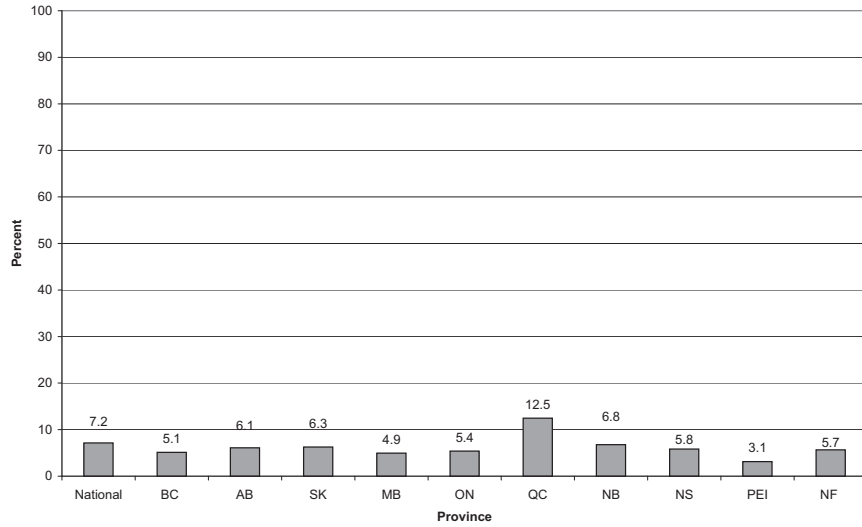
39.7 Percent by Household Income



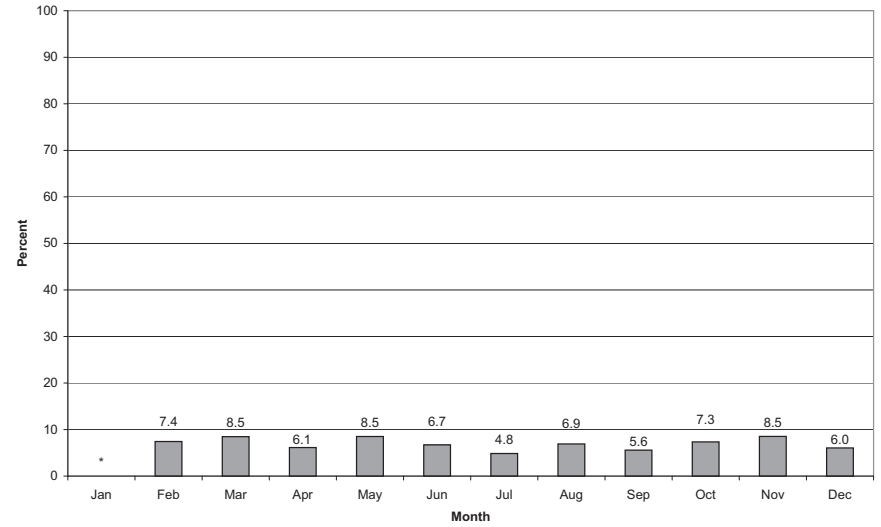
ATE OREGANO IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

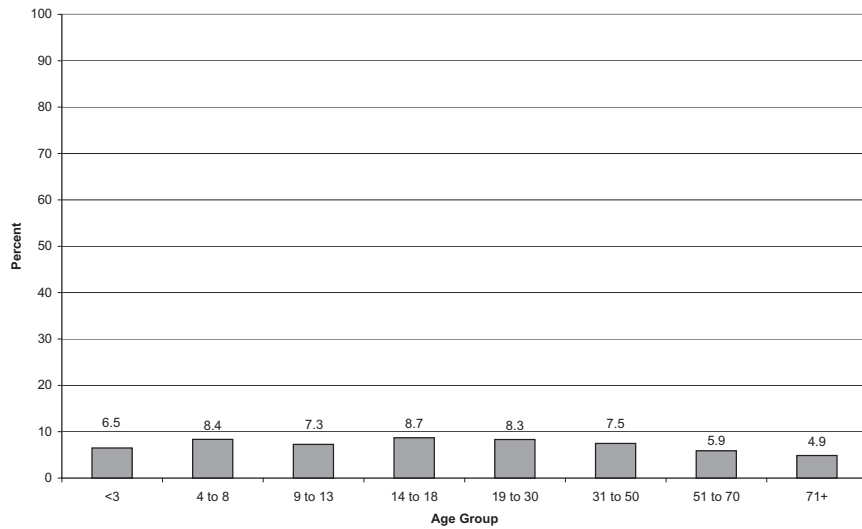
40.1 Percent by Province



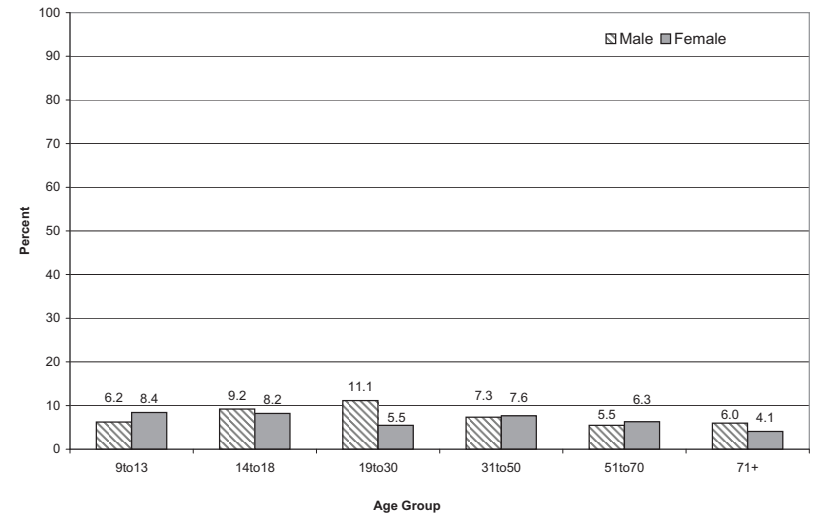
40.2 Percent by Month



40.3 Percent by Age Group



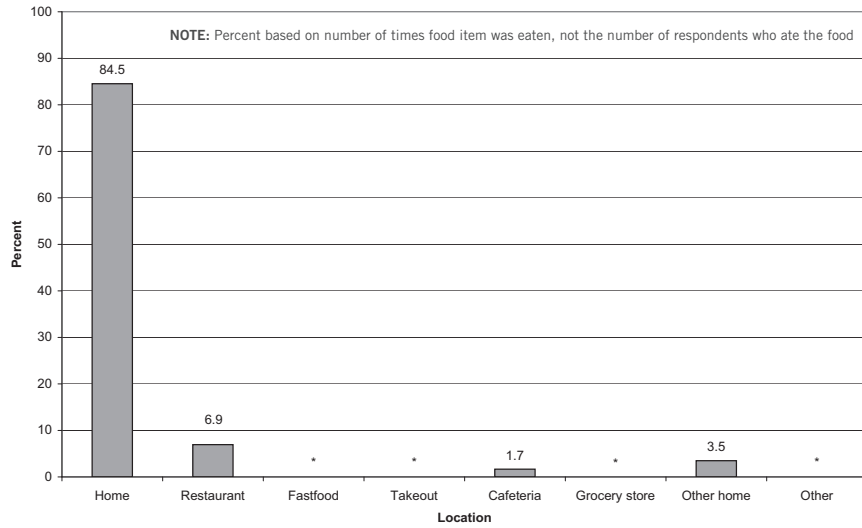
40.4 Percent by Age Group and Sex



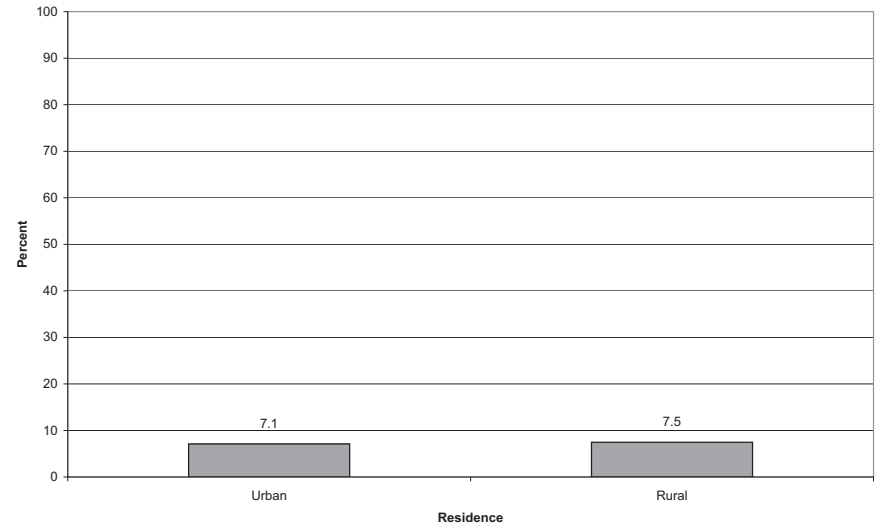
ATE OREGANO IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

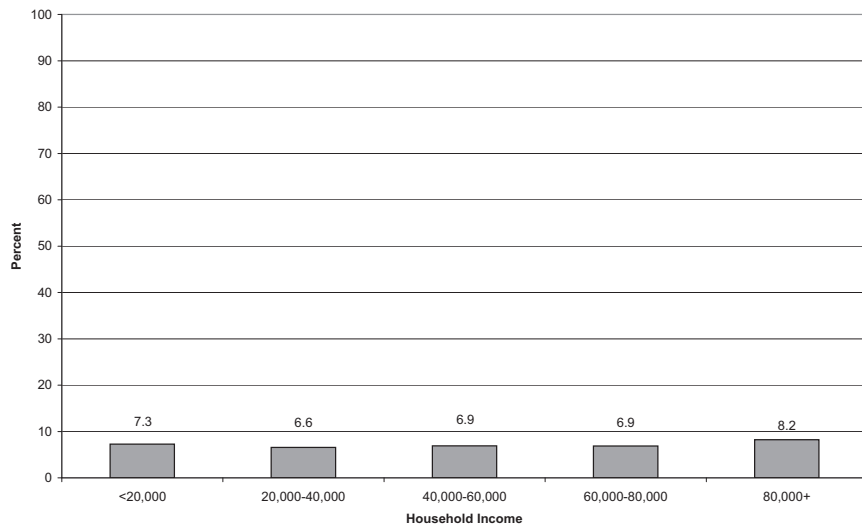
40.5 Percent by Location Where Food Was Prepared



40.6 Percent by Residence



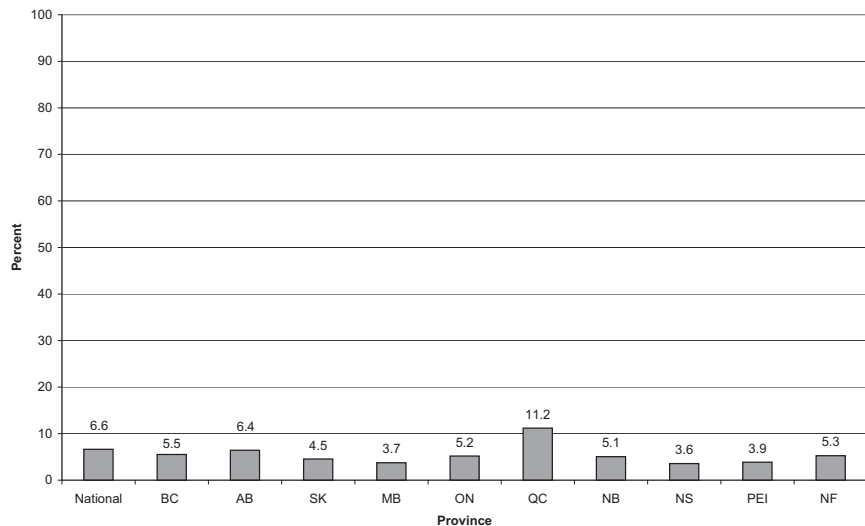
40.7 Percent by Household Income



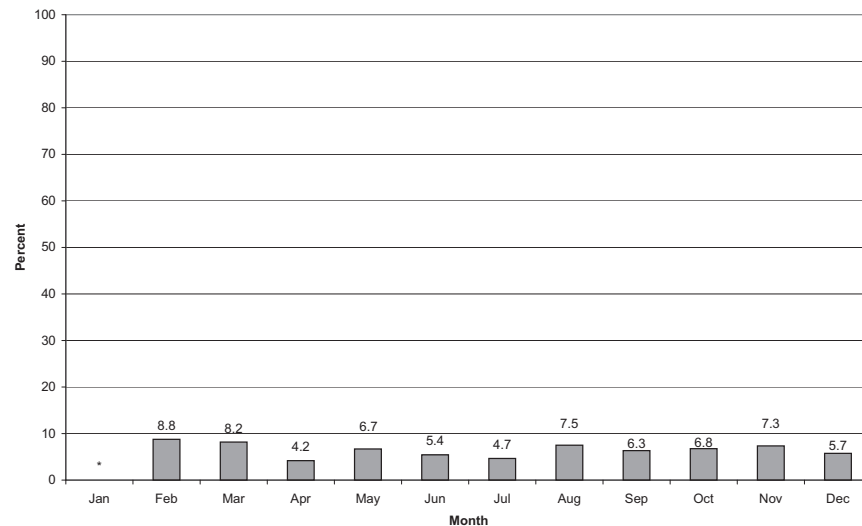
ATE PARSLEY IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

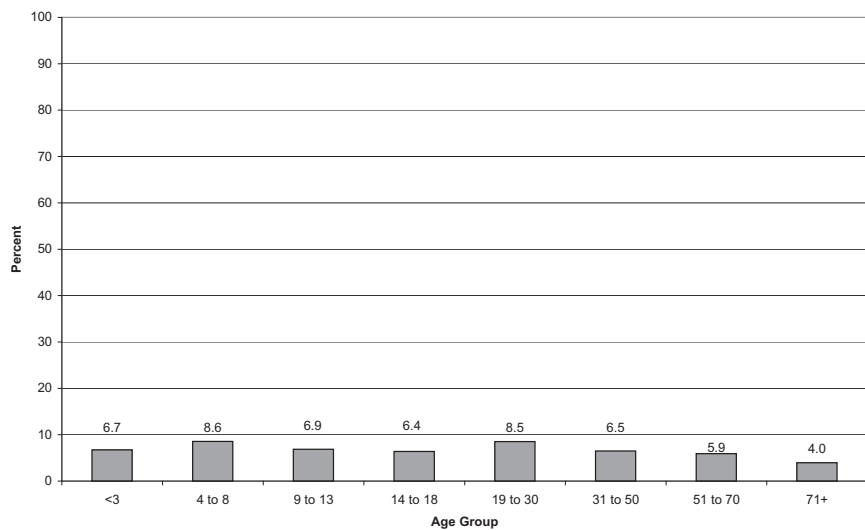
41.1 Percent by Province



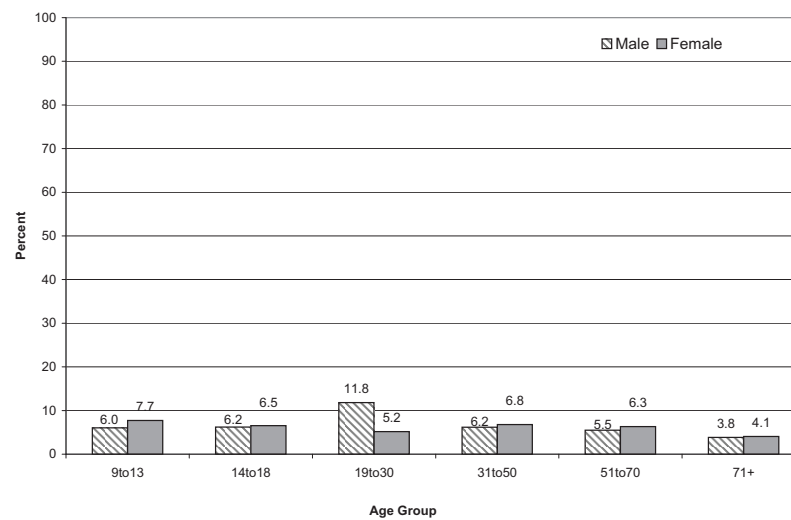
41.2 Percent by Month



41.3 Percent by Age Group



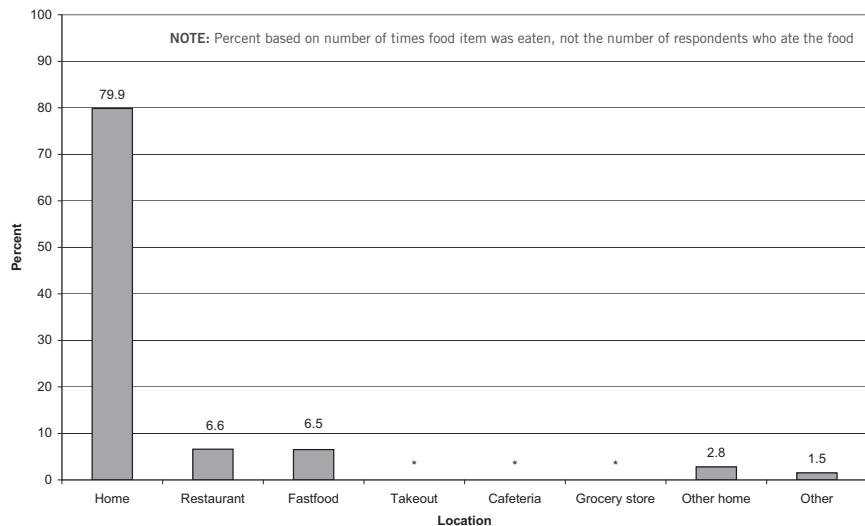
41.4 Percent by Age Group and Sex



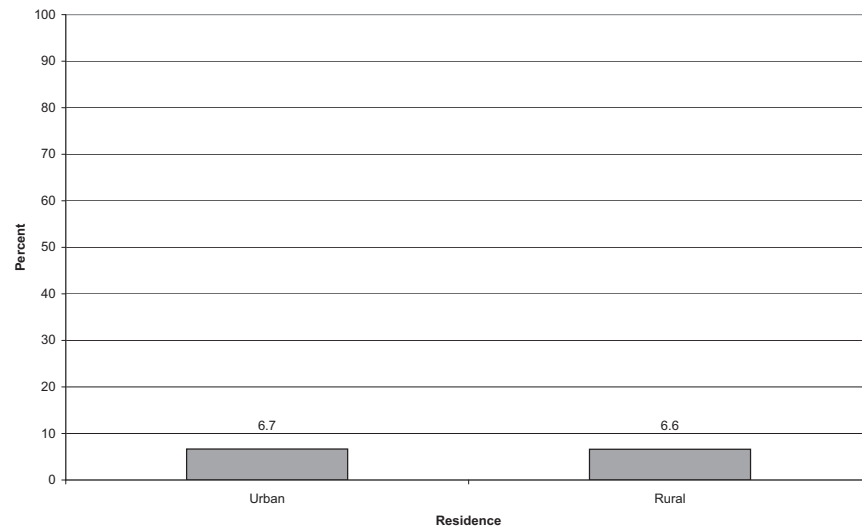
ATE PARSLEY IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

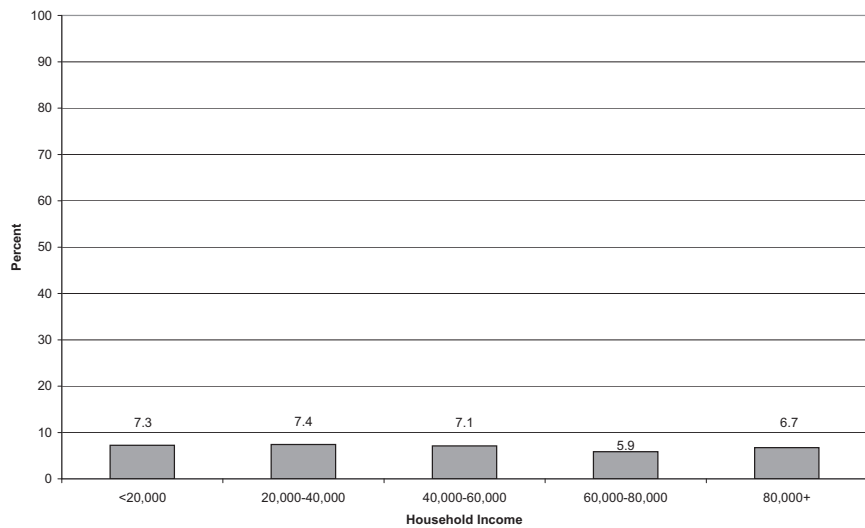
41.5 Percent by Location Where Food Was Prepared



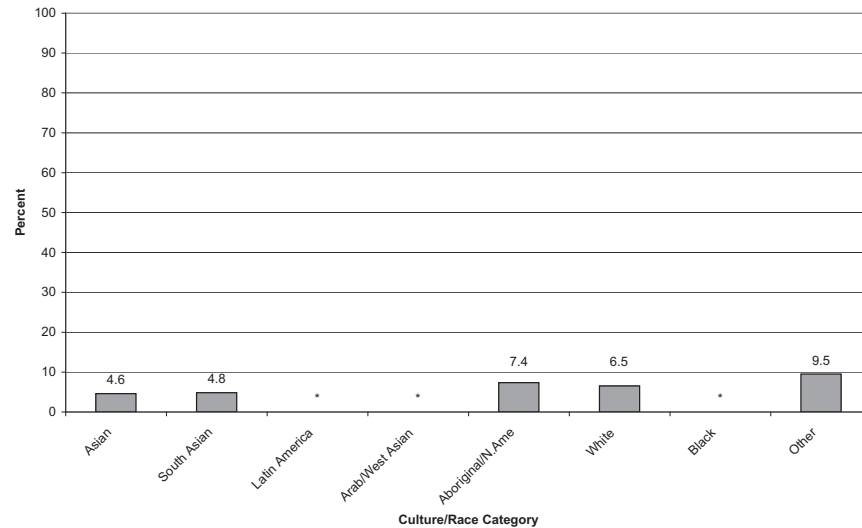
41.6 Percent by Residence



41.7 Percent by Household Income



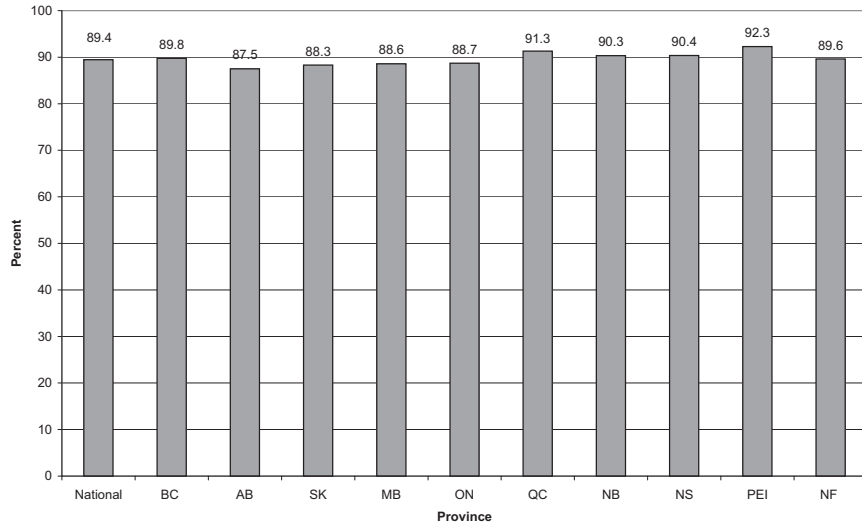
41.8 Percent by Cultural or Racial Origin



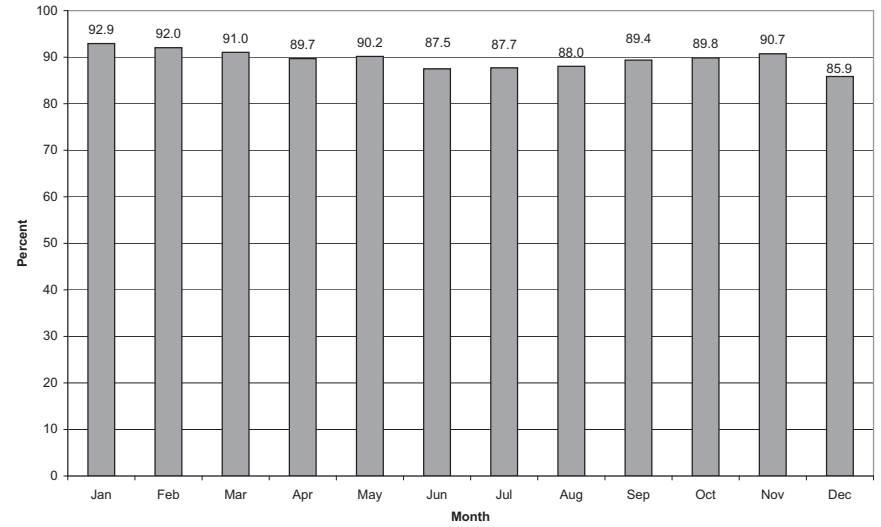
ATE SALT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

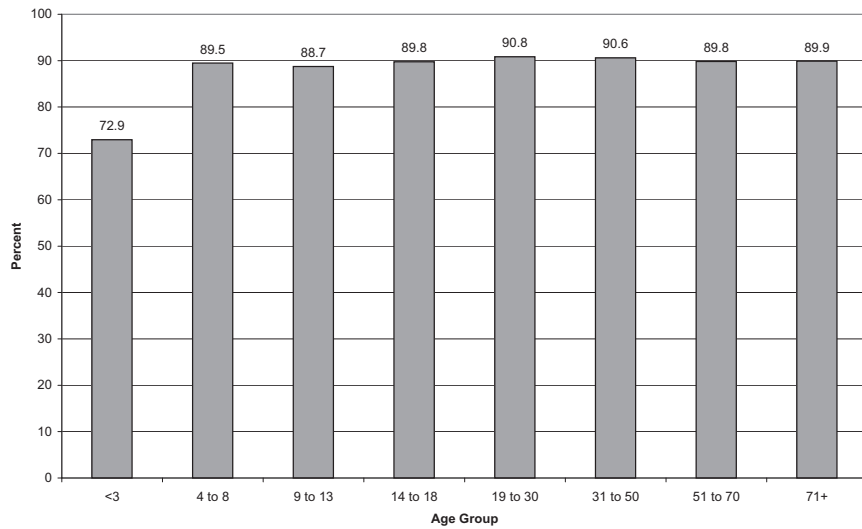
43.1 Percent by Province



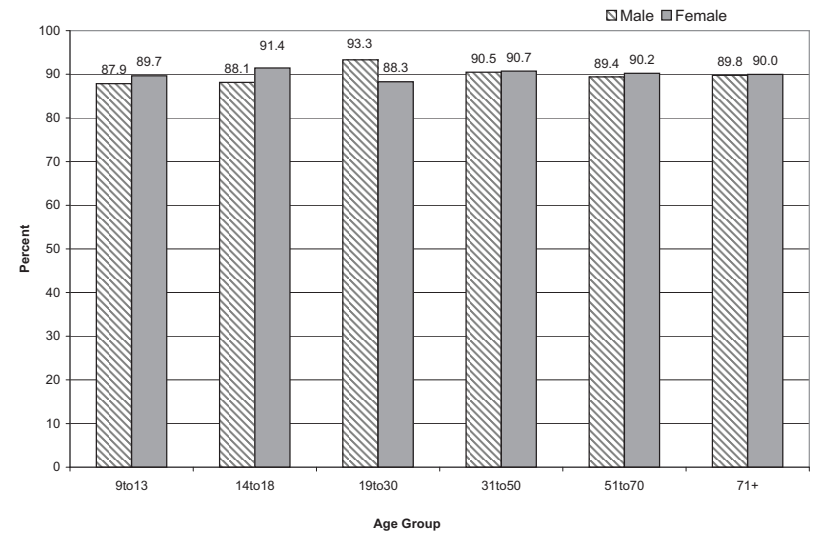
43.2 Percent by Month



43.3 Percent by Age Group



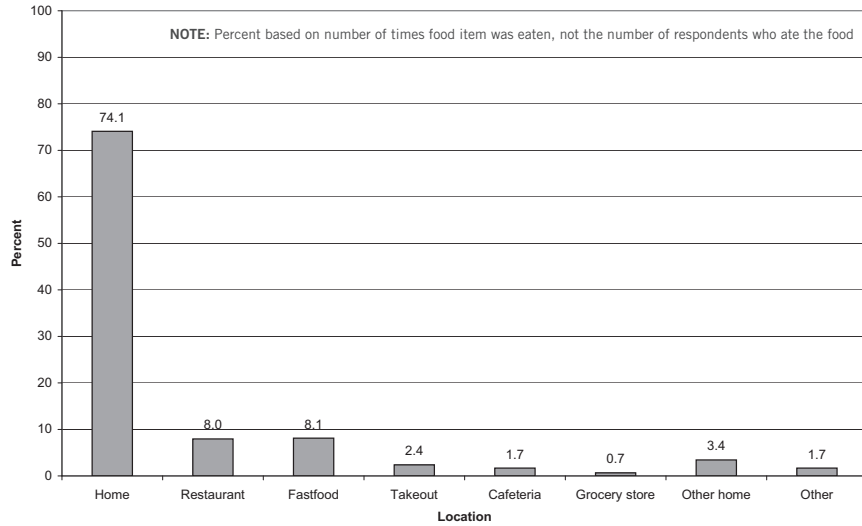
43.4 Percent by Age Group and Sex



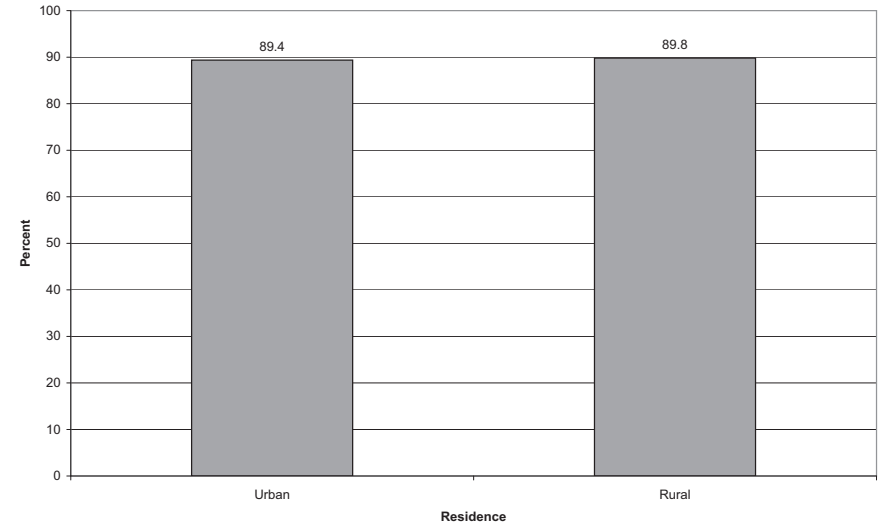
ATE SALT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

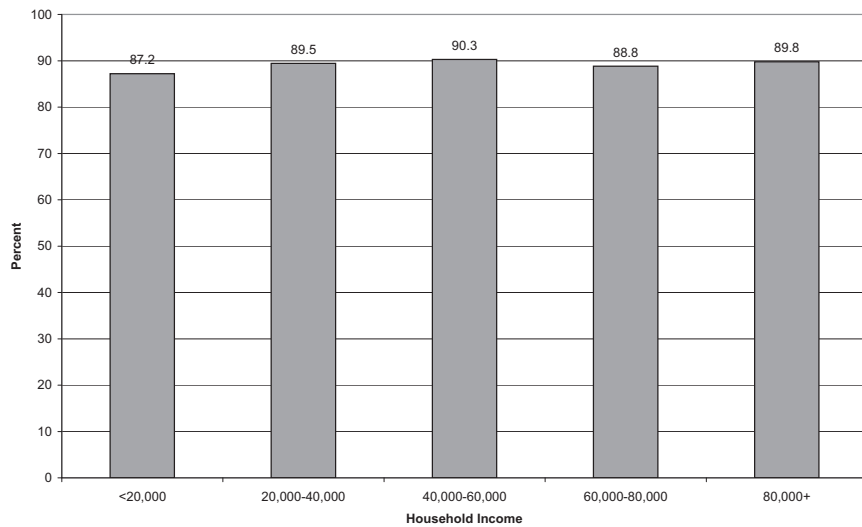
43.5 Percent by Location Where Food Was Prepared



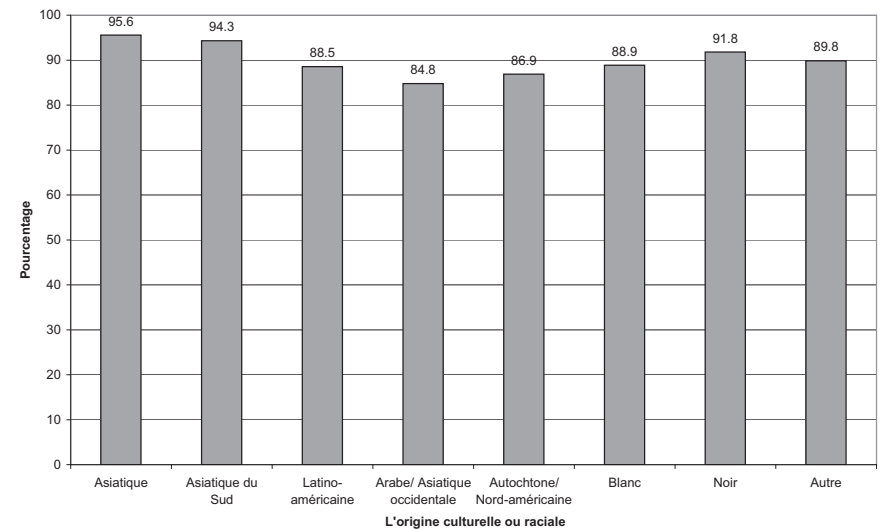
43.6 Percent by Residence



43.7 Percent by Household Income



43.8 Pourcentage selon l'origine culturelle ou raciale

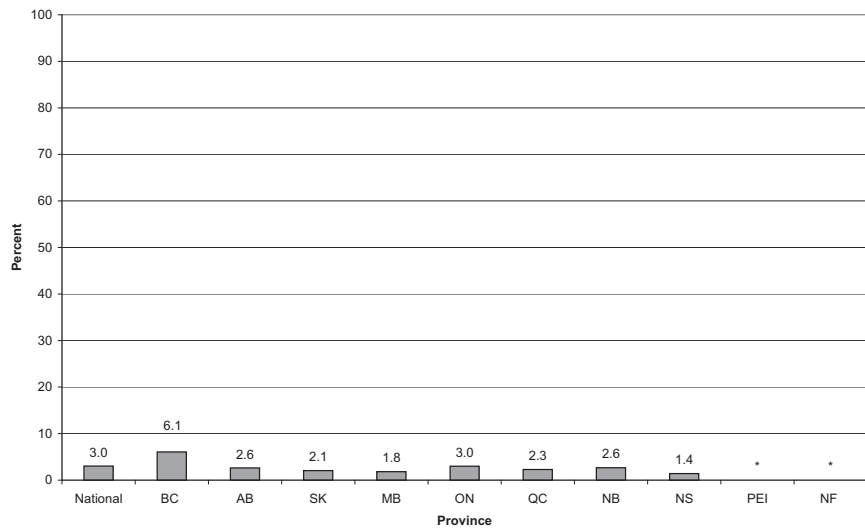


— SPROUTS —

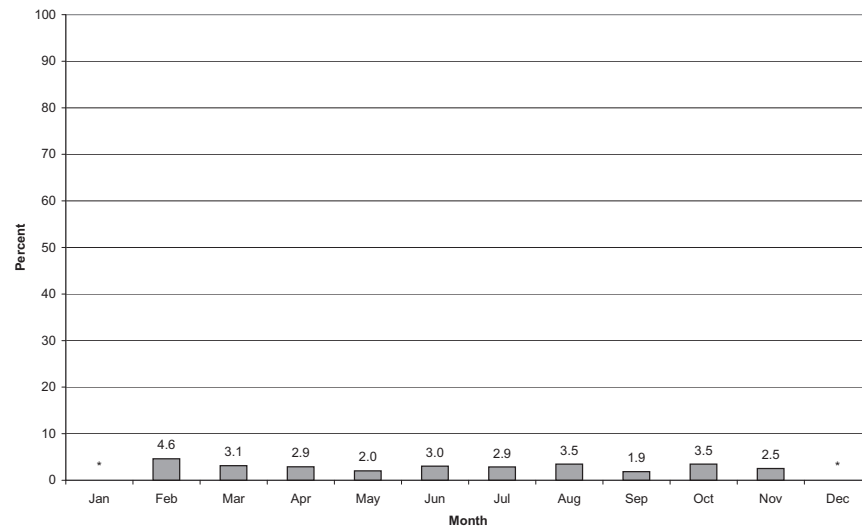
ATE BEAN SPROUTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

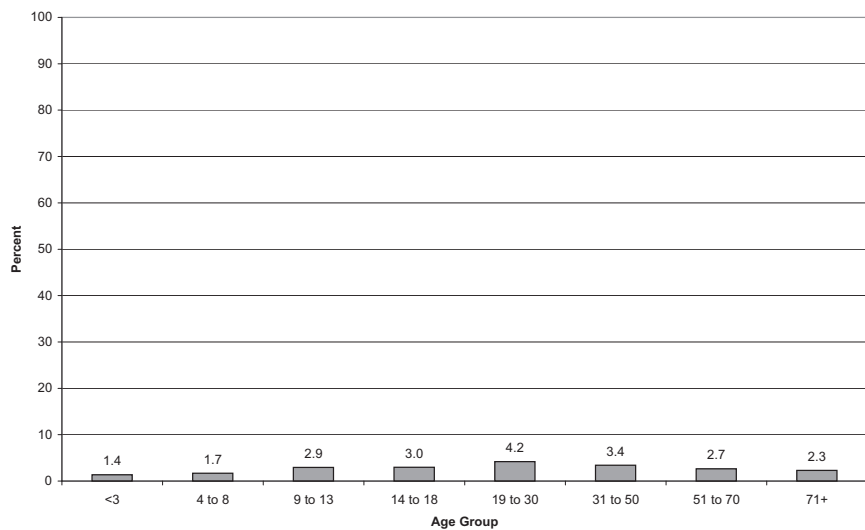
45.1 Percent by Province



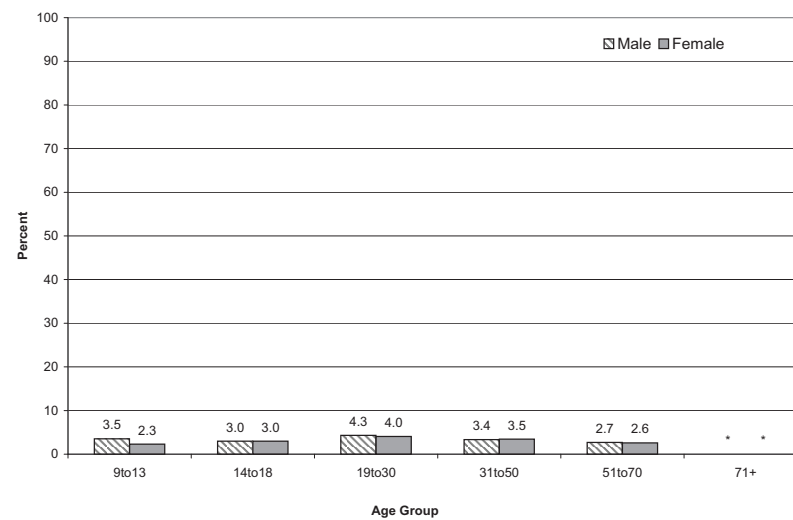
45.2 Percent by Month



45.3 Percent by Age Group



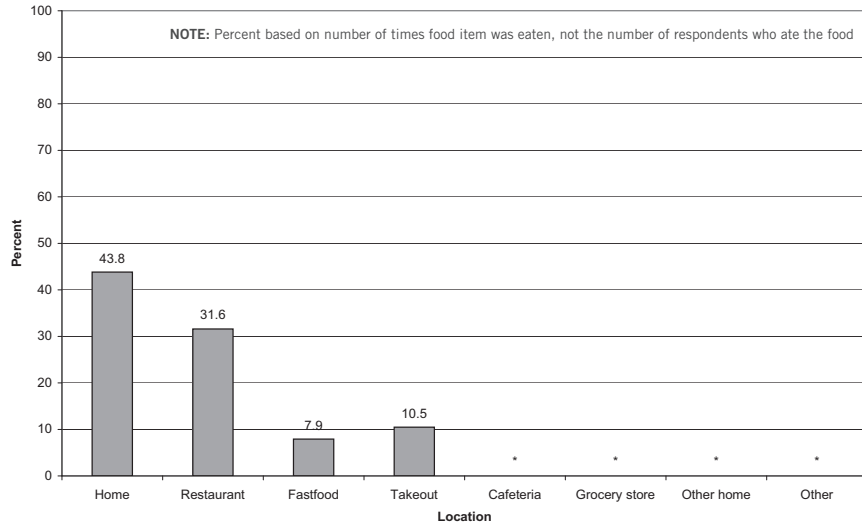
45.4 Percent by Age Group and Sex



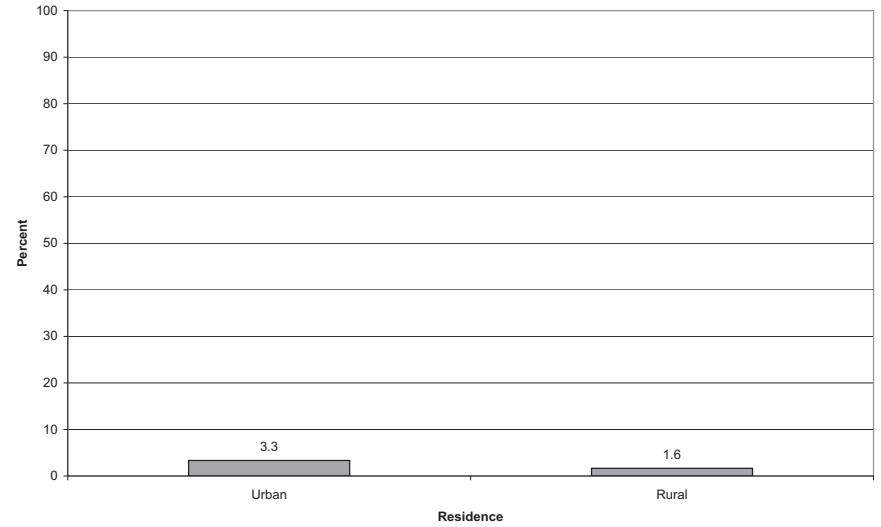
ATE BEAN SPROUTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

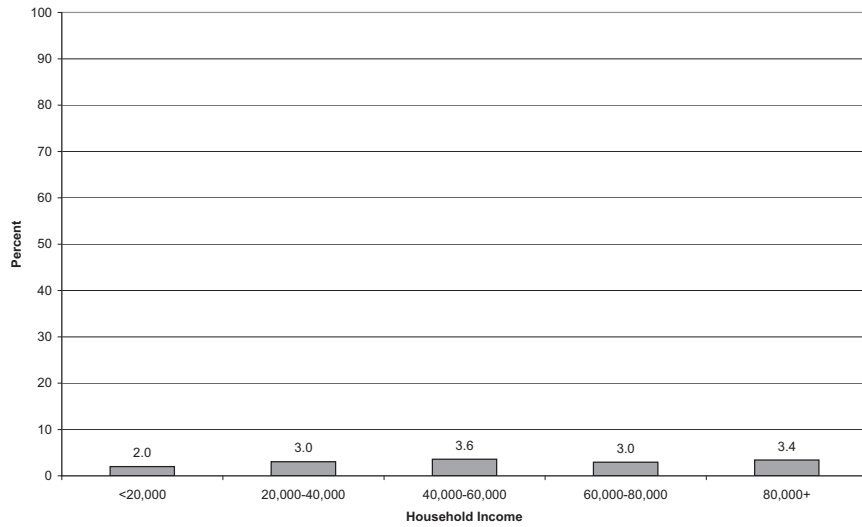
45.5 Percent by Location Where Food Was Prepared



45.6 Percent by Residence



45.7 Percent by Household Income

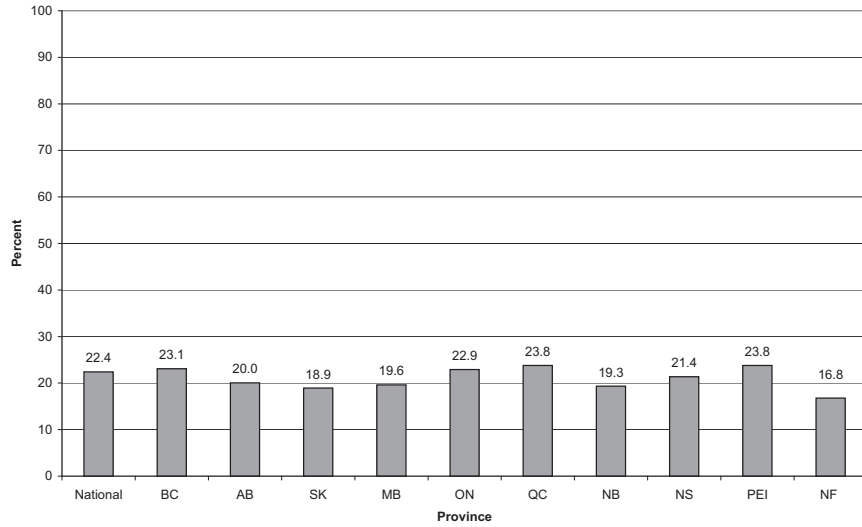


— FRUIT —

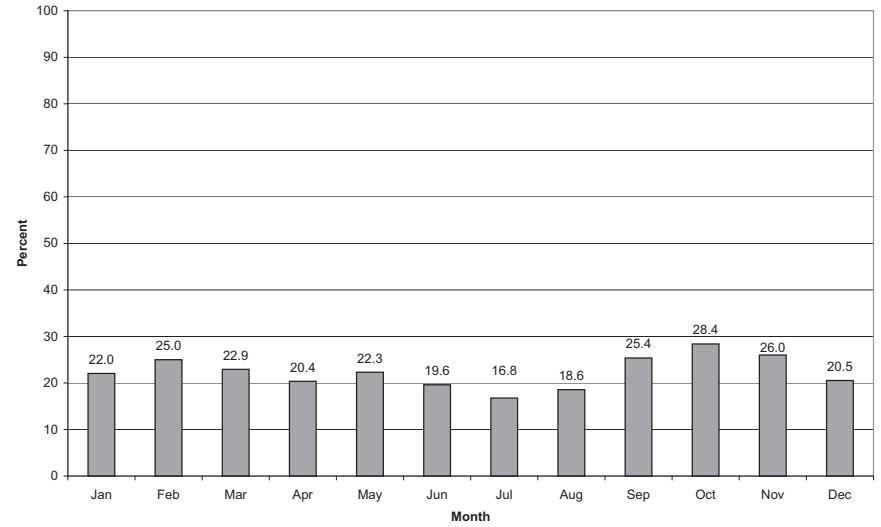
ATE APPLES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

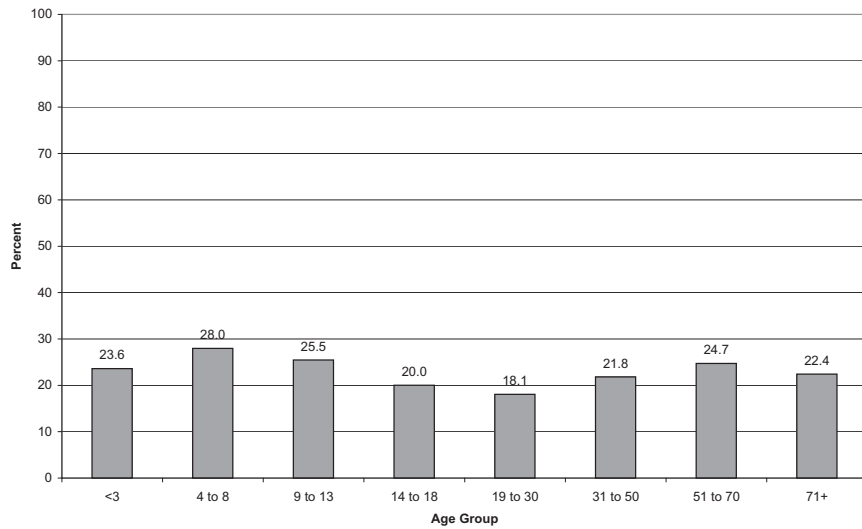
46.1 Percent by Province



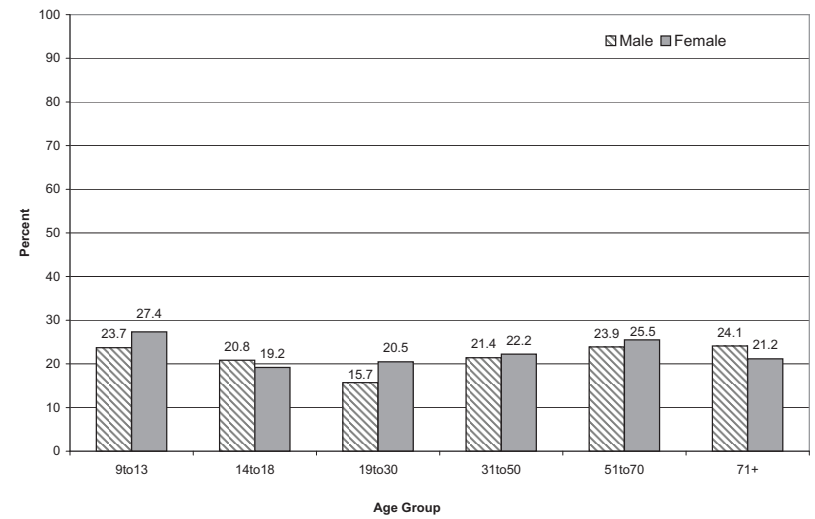
46.2 Percent by Month



46.3 Percent by Age Group



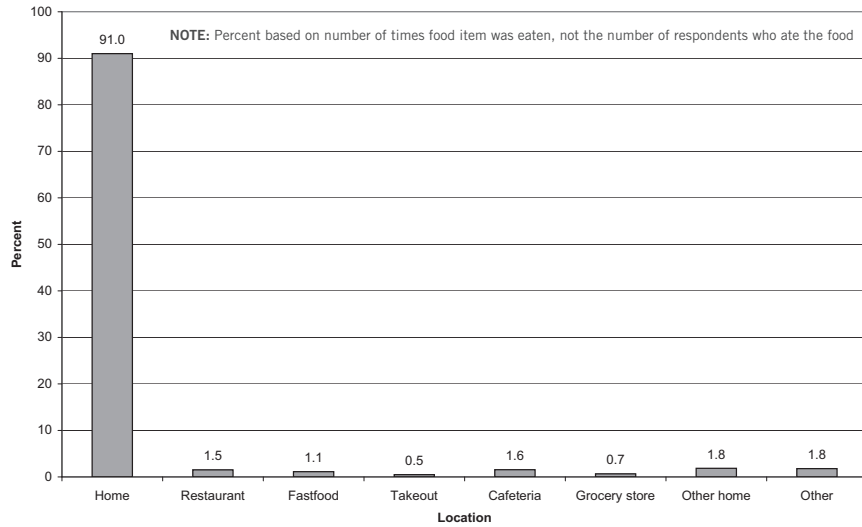
46.4 Percent by Age Group and Sex



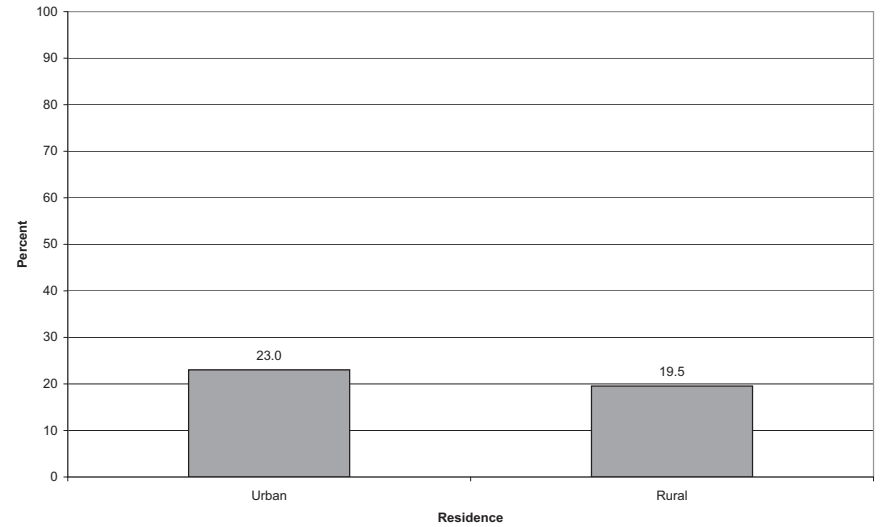
ATE APPLES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

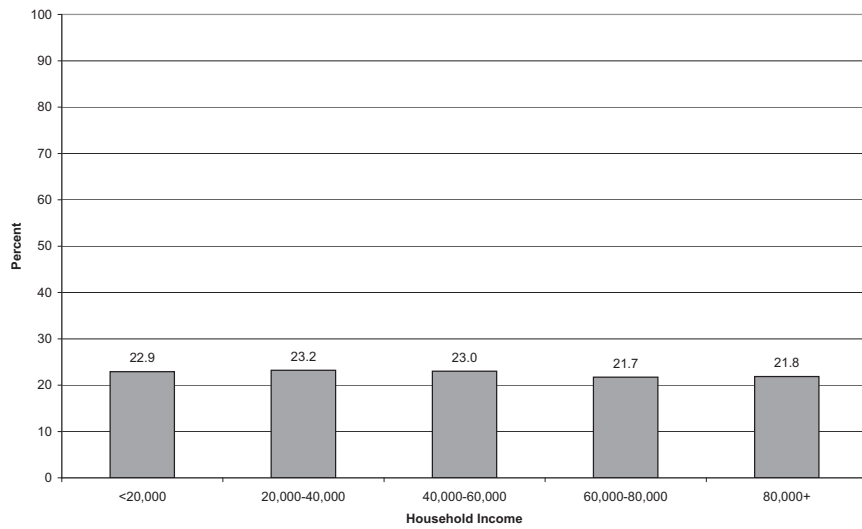
46.5 Percent by Location Where Food Was Prepared



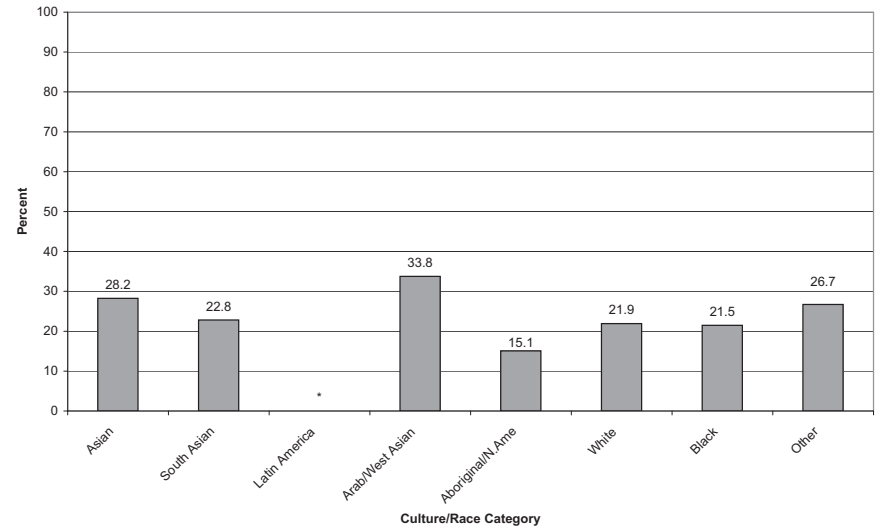
46.6 Percent by Residence



46.7 Percent by Household Income



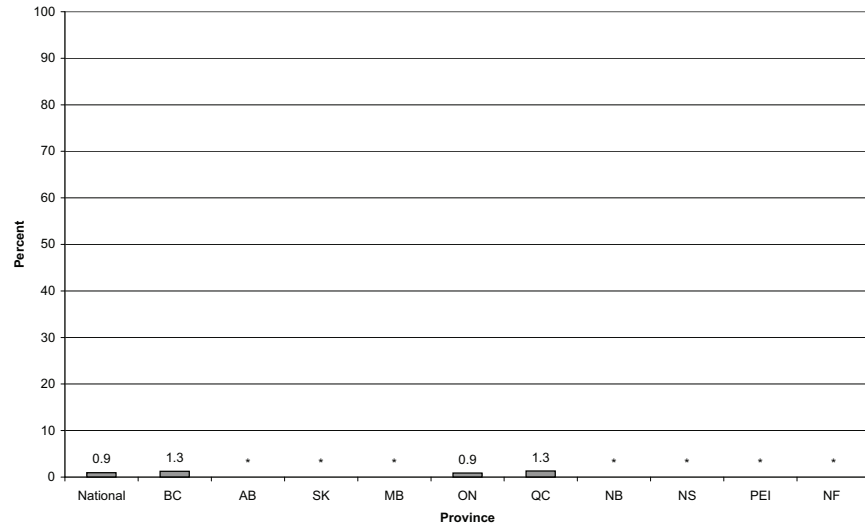
46.8 Percent by Cultural or Racial Origin



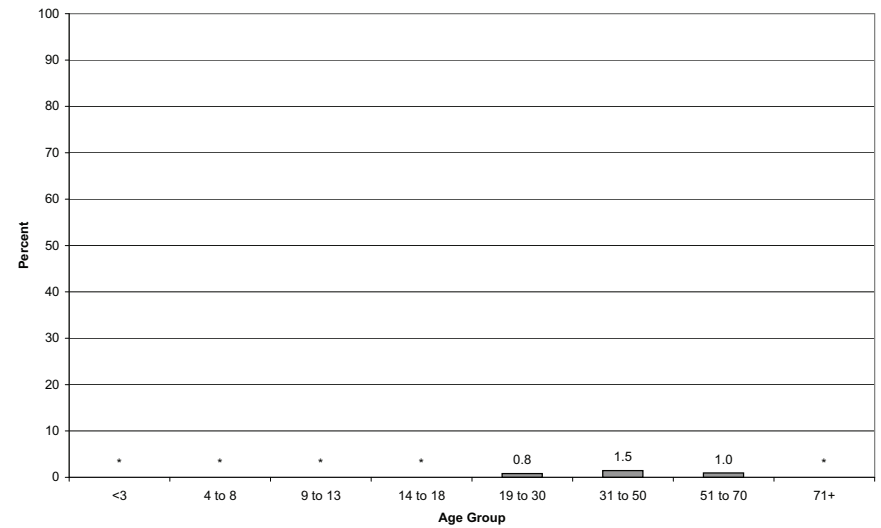
ATE AVOCADO IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

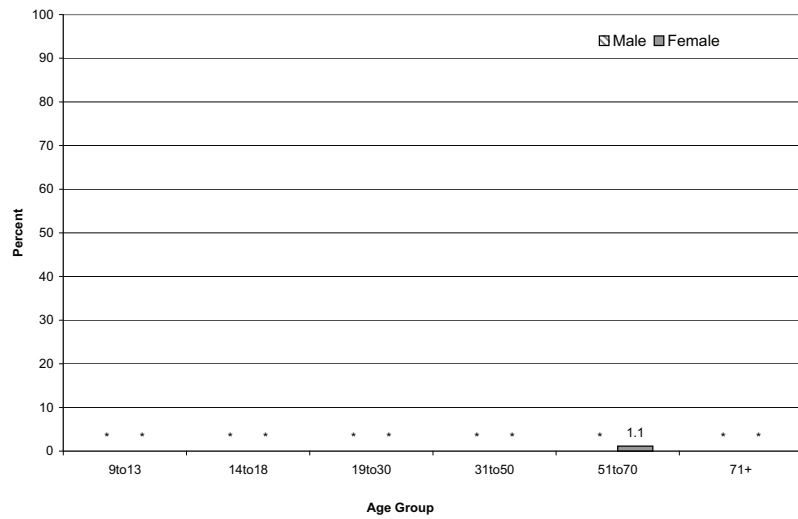
48.1 Percent by Province



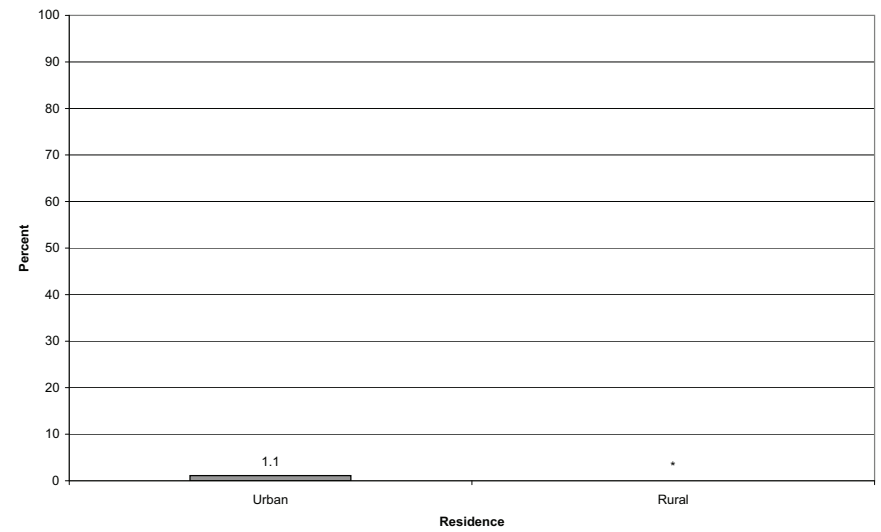
48.3 Percent by Age Group



48.4 Percent by Age Group and Sex



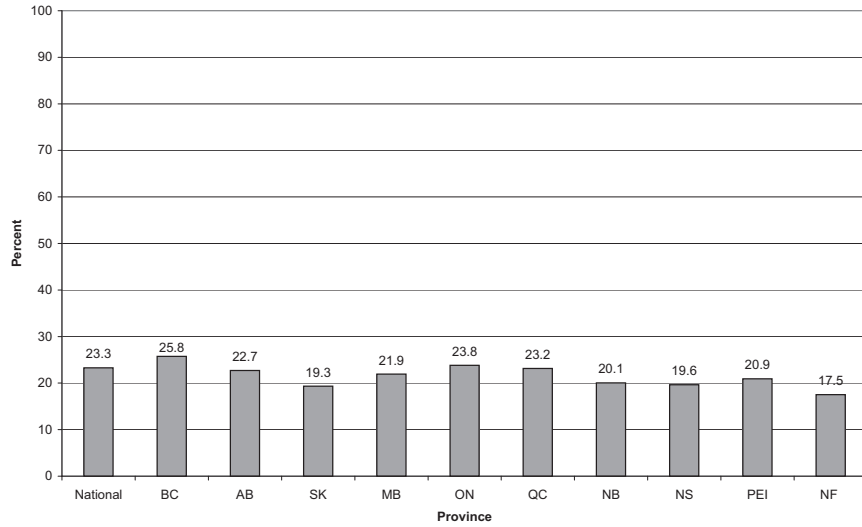
48.6 Percent by Residence



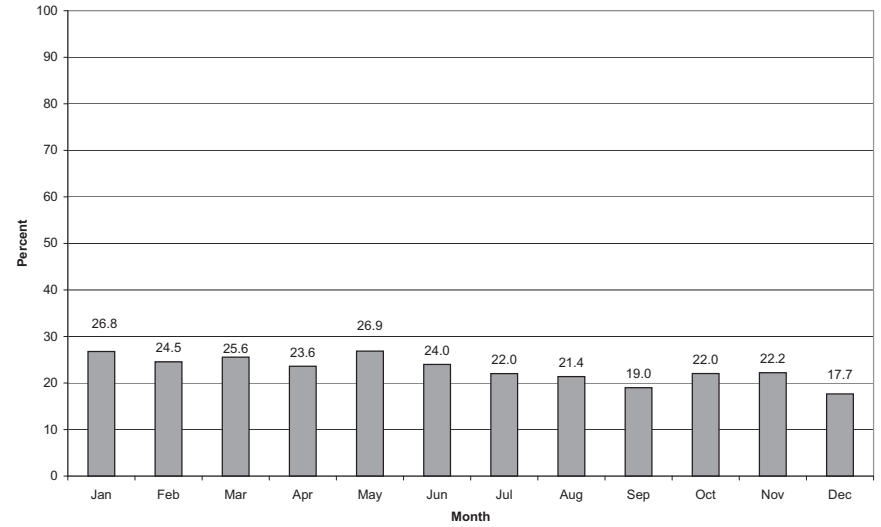
ATE BANANAS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

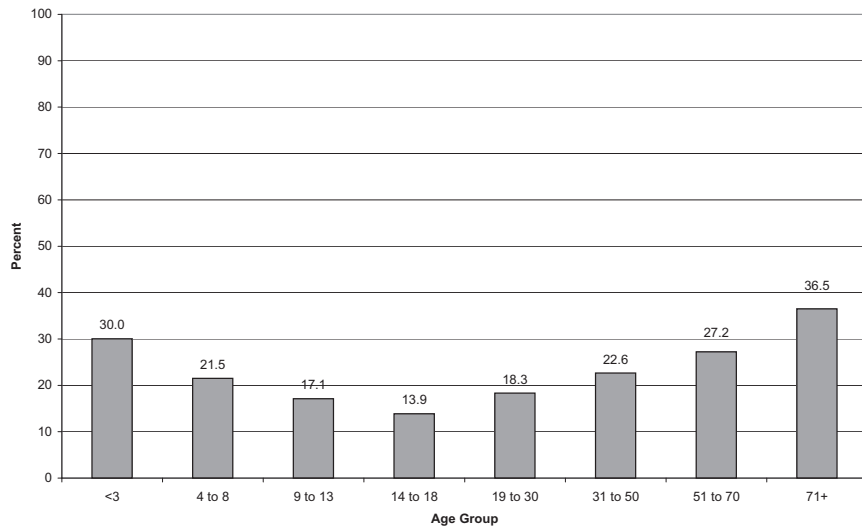
49.1 Percent by Province



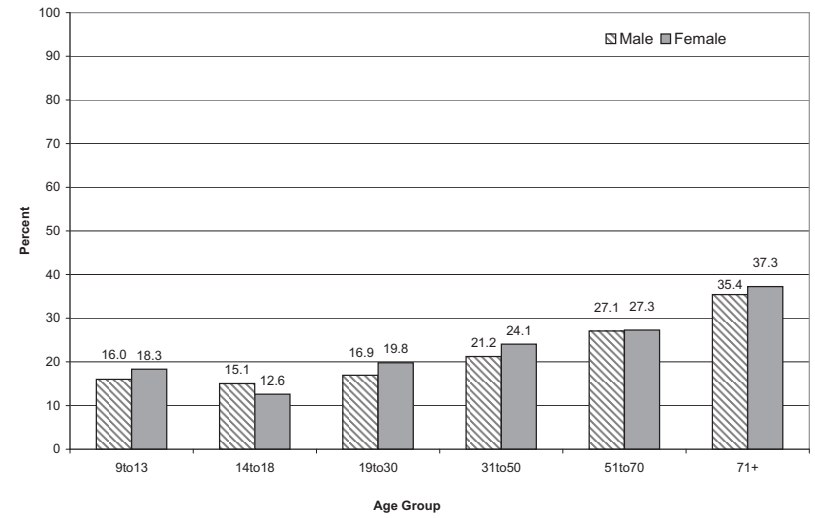
49.2 Percent by Month



49.3 Percent by Age Group



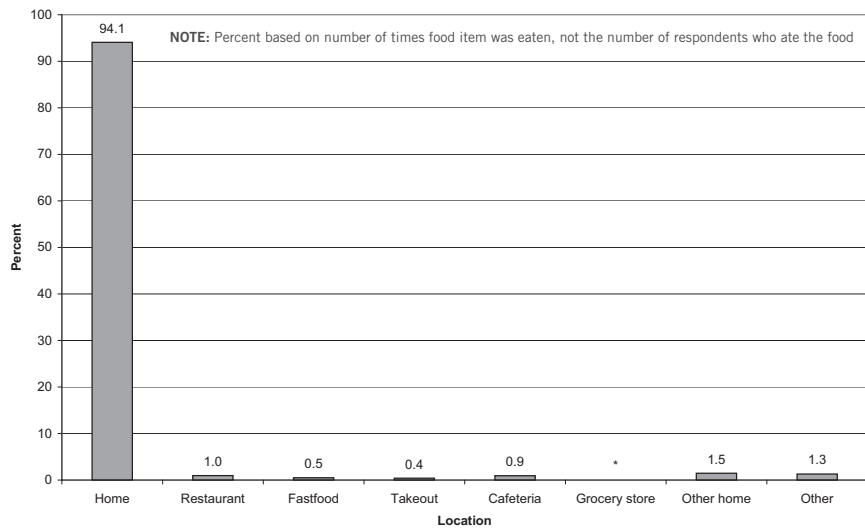
49.4 Percent by Age Group and Sex



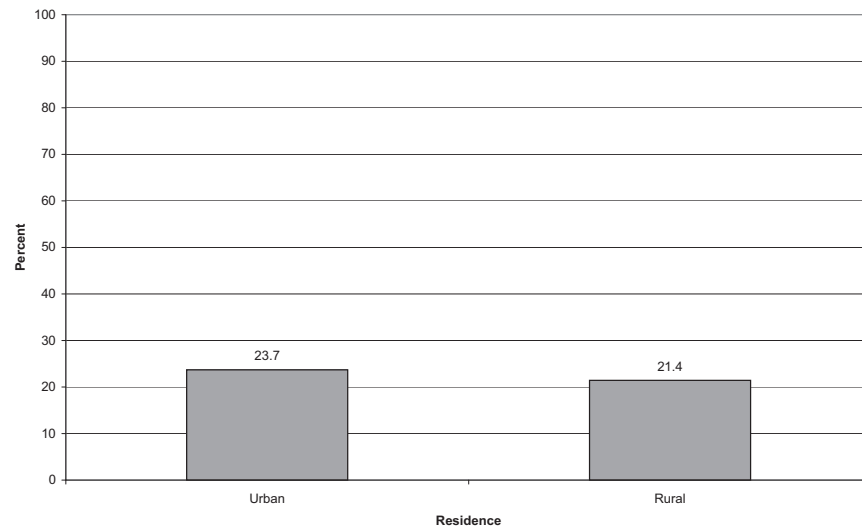
ATE BANANAS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

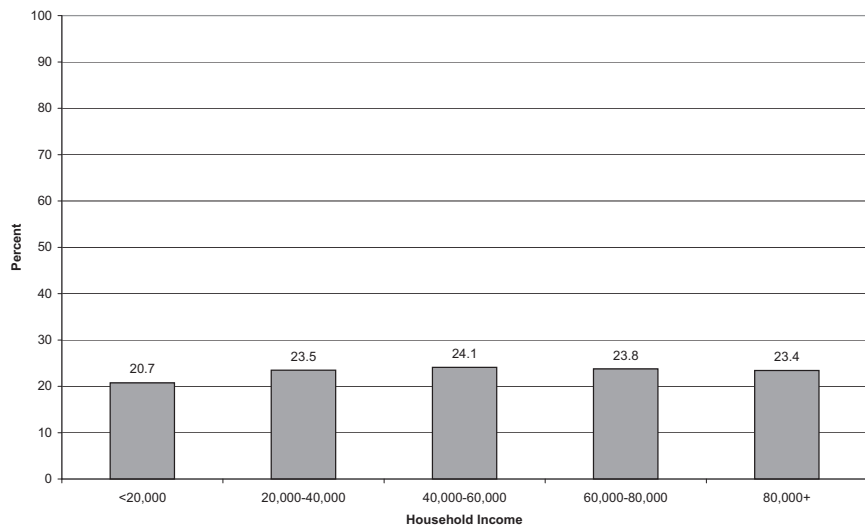
49.5 Percent by Location Where Food Was Prepared



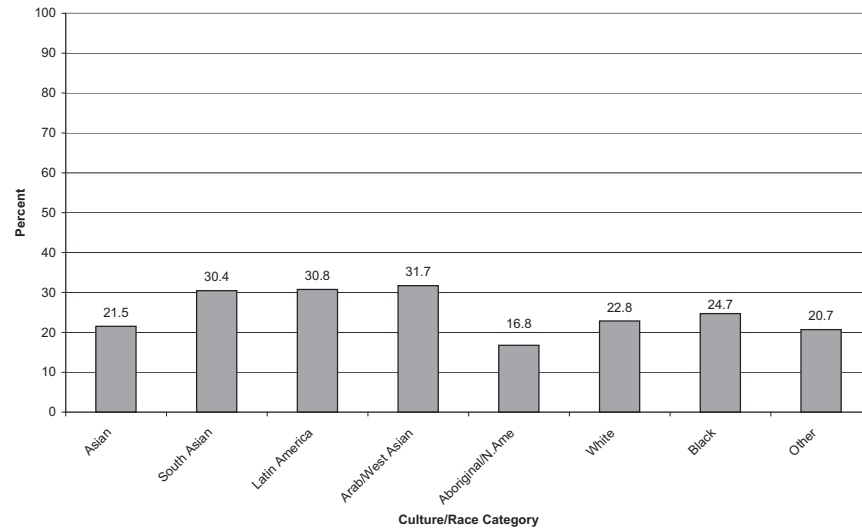
49.6 Percent by Residence



49.7 Percent by Household Income



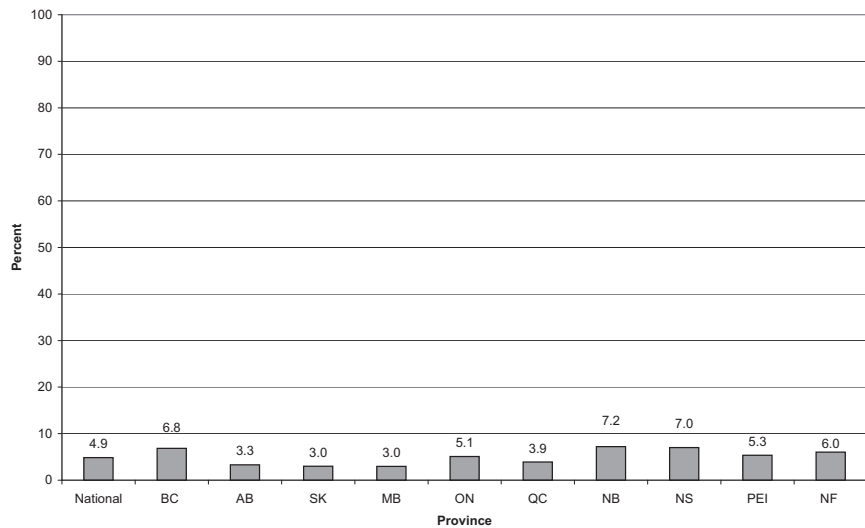
49.8 Percent by Cultural or Racial Origin



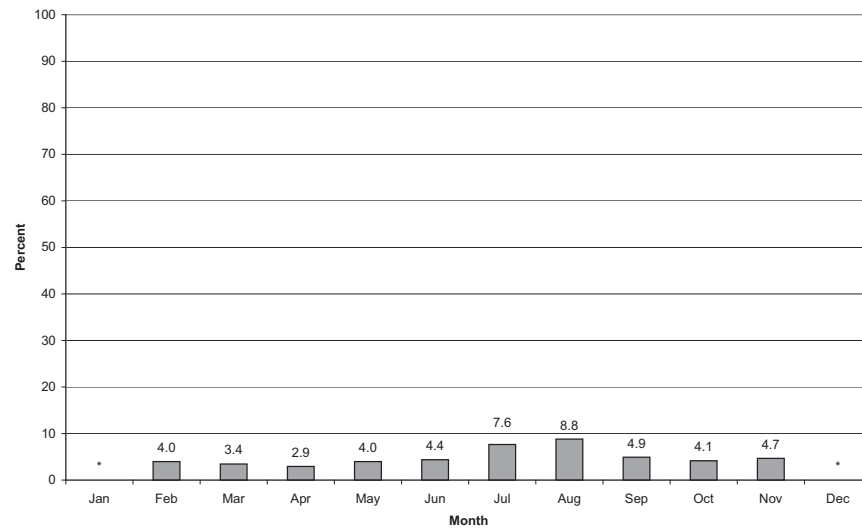
ATE BLUEBERRIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

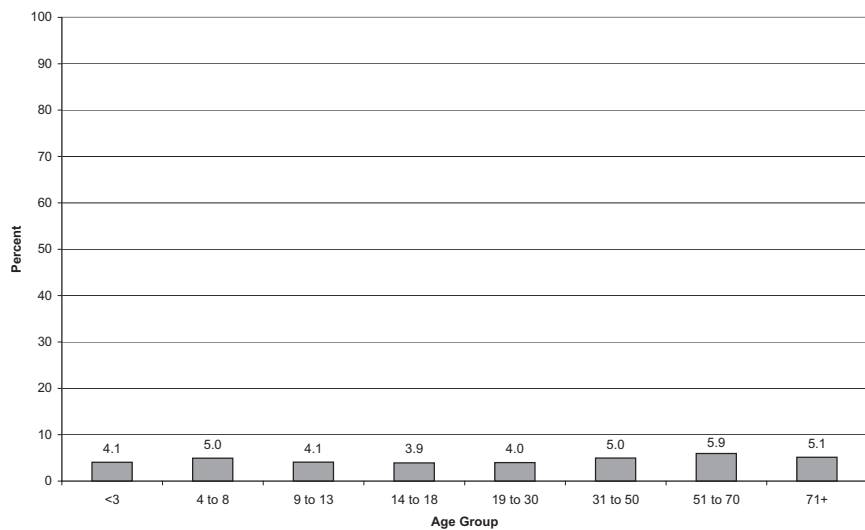
51.1 Percent by Province



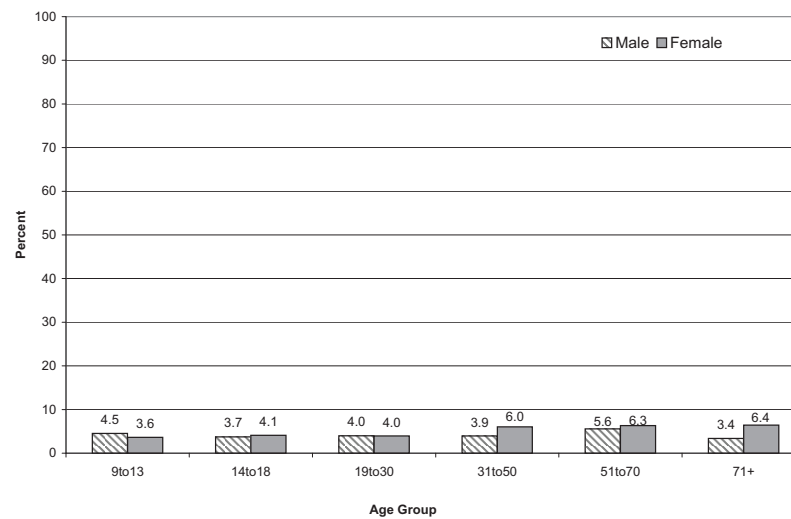
51.2 Percent by Month



51.3 Percent by Age Group



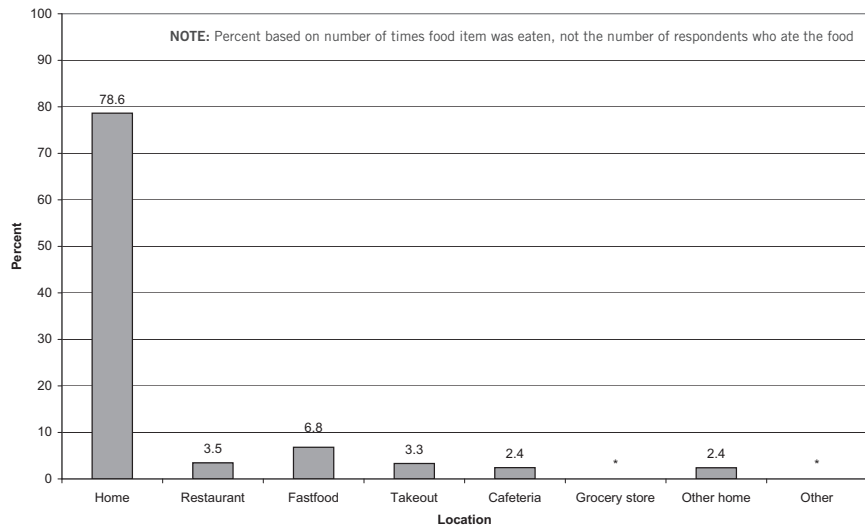
51.4 Percent by Age Group and Sex



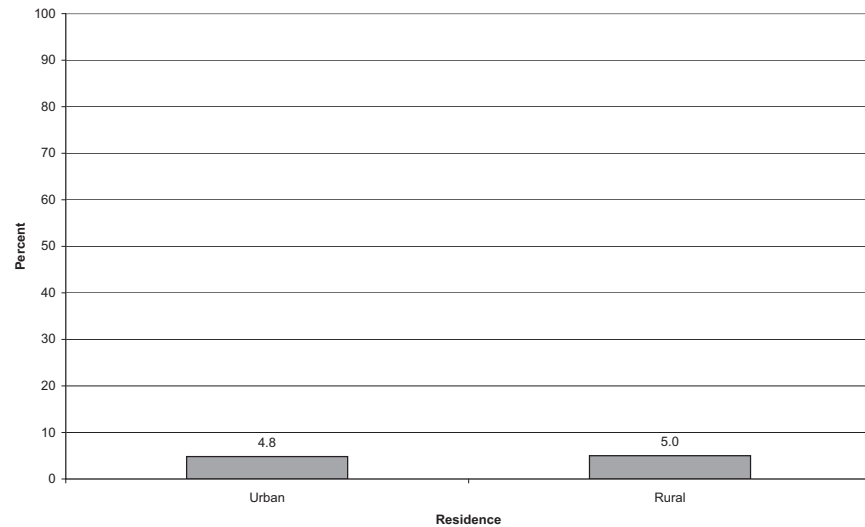
ATE BLUEBERRIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

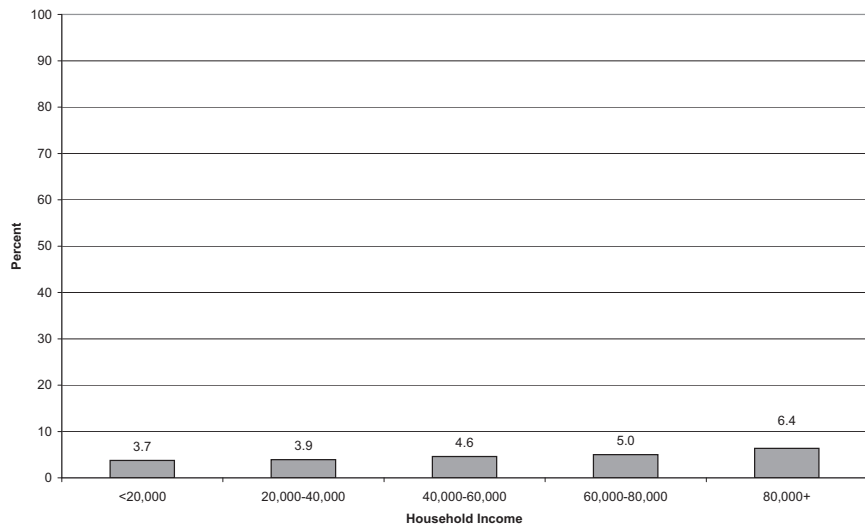
51.5 Percent by Location Where Food Was Prepared



51.6 Percent by Residence



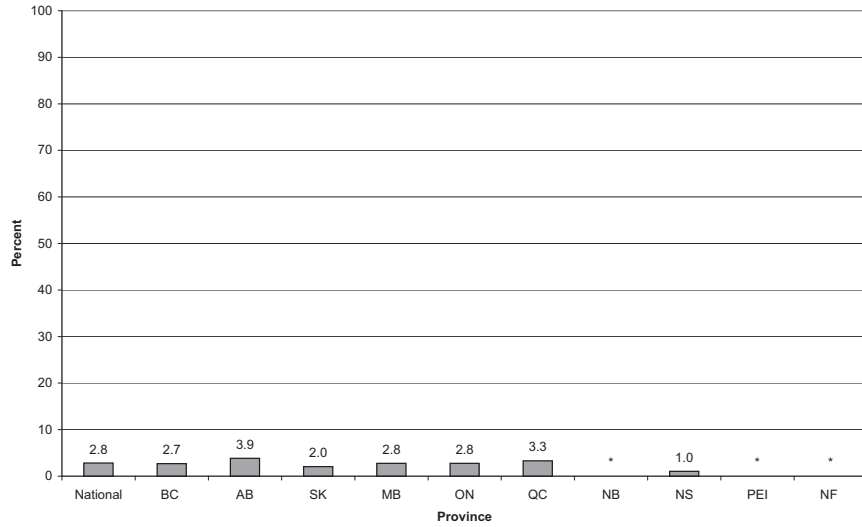
51.7 Percent by Household Income



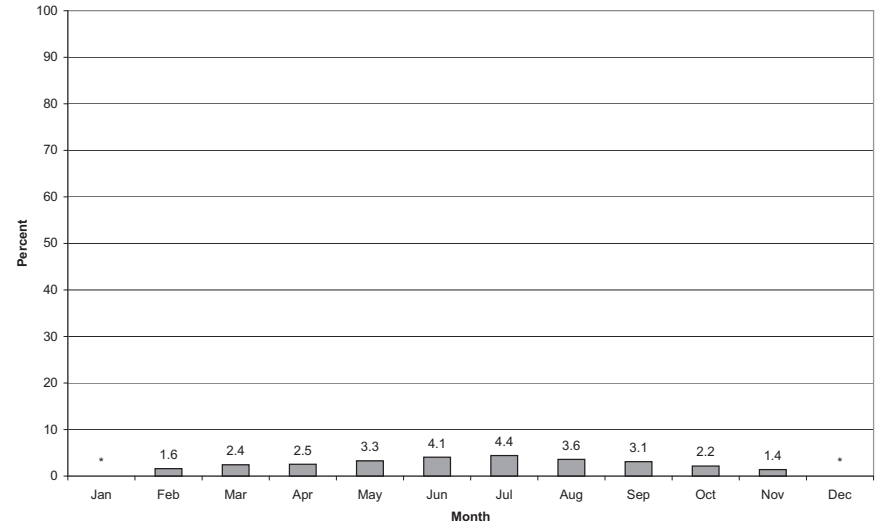
ATE CANTELOPE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

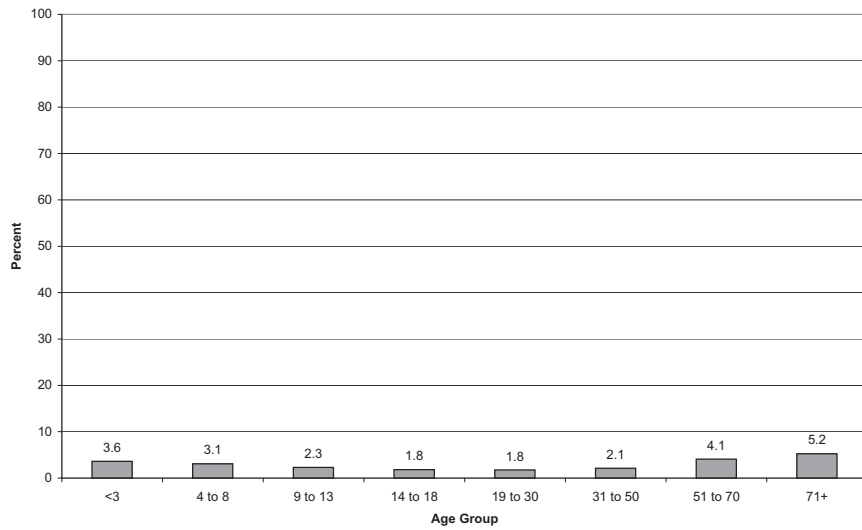
52.1 Percent by Province



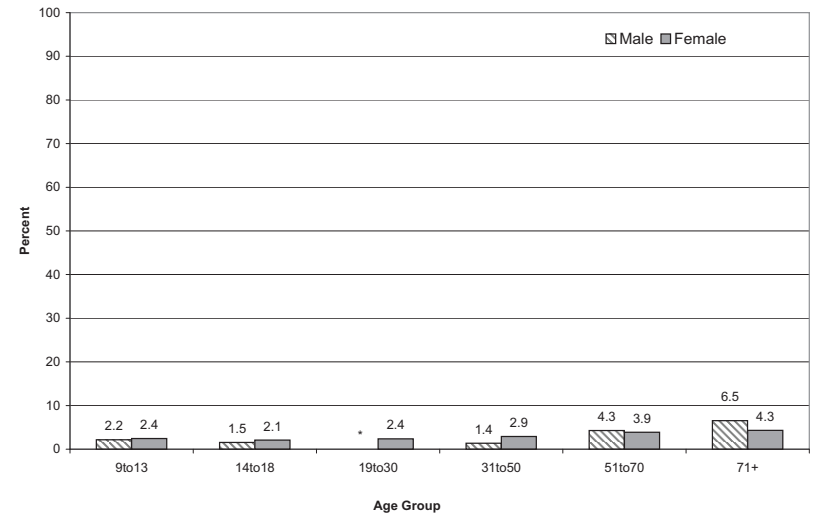
52.2 Percent by Month



52.3 Percent by Age Group



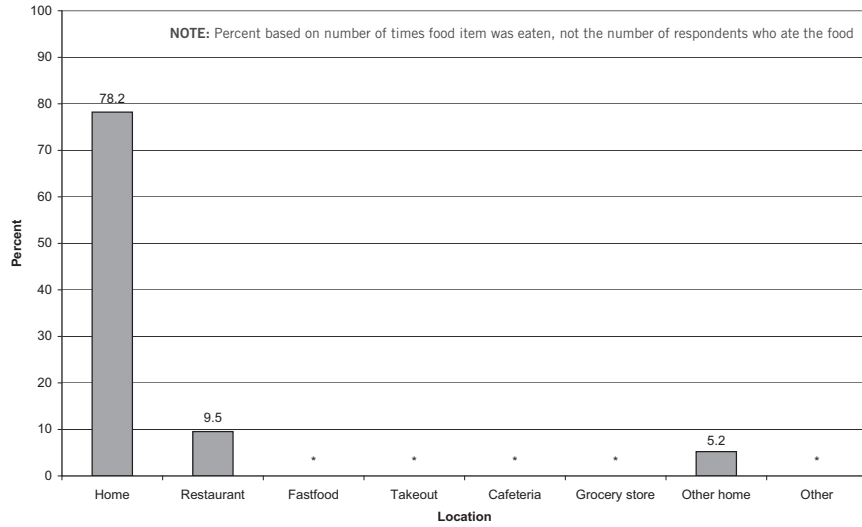
52.4 Percent by Age Group and Sex



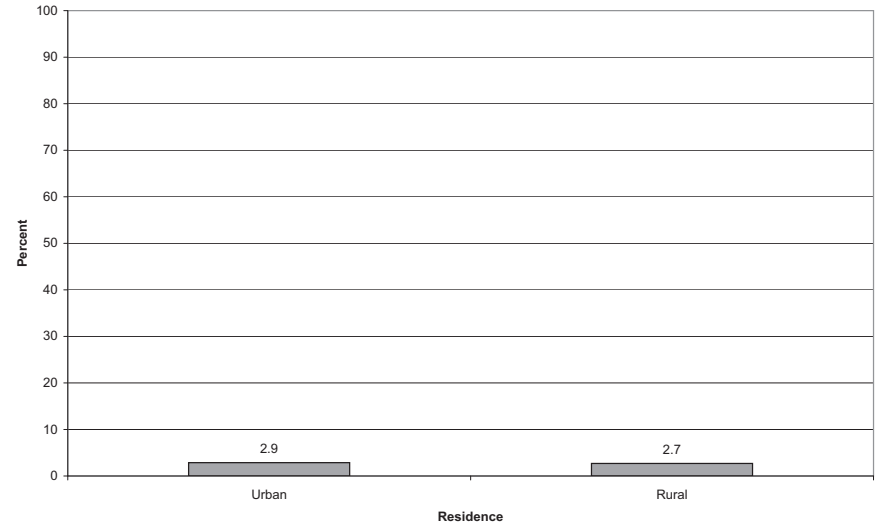
ATE CANTELOPE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

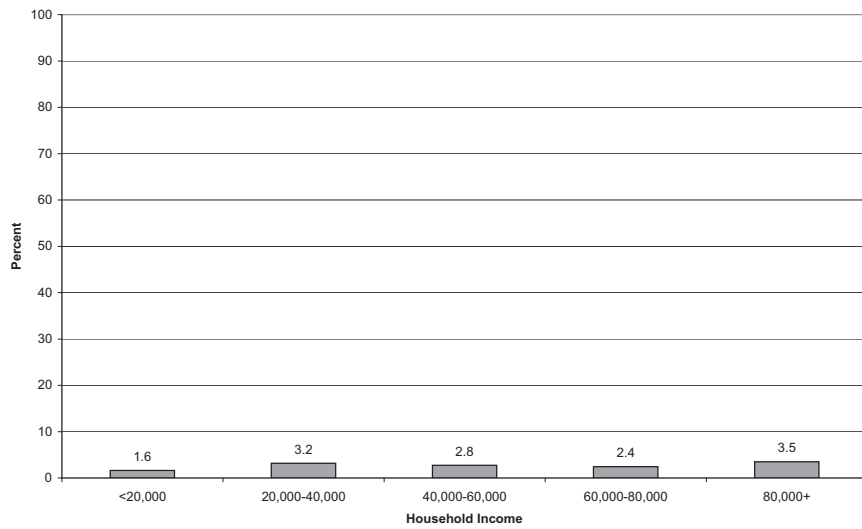
52.5 Percent by Location Where Food Was Prepared



52.6 Percent by Residence



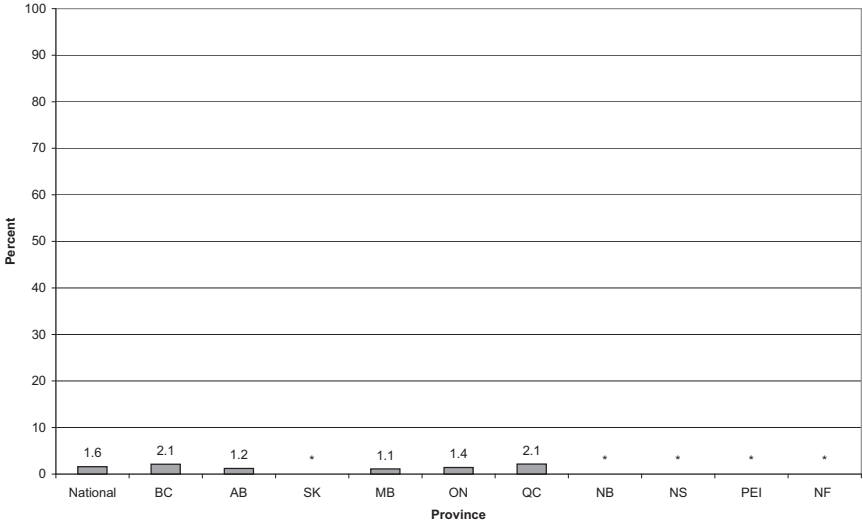
52.7 Percent by Household Income



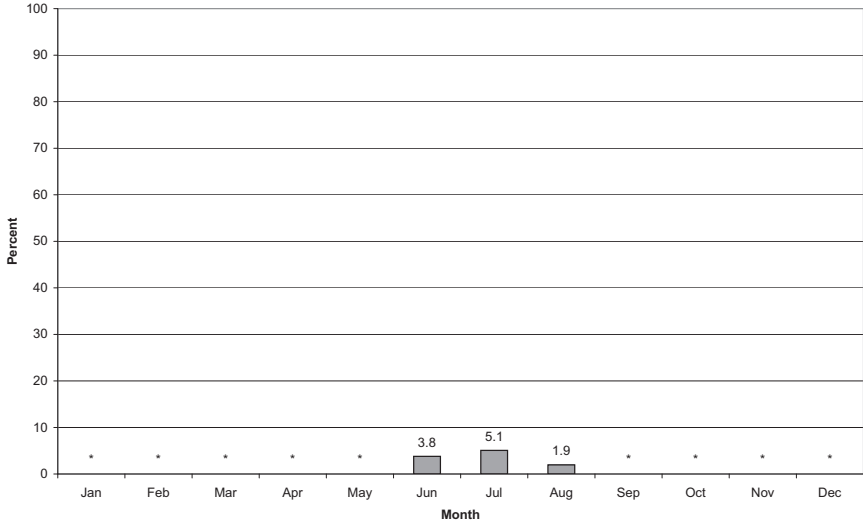
ATE CHERRIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

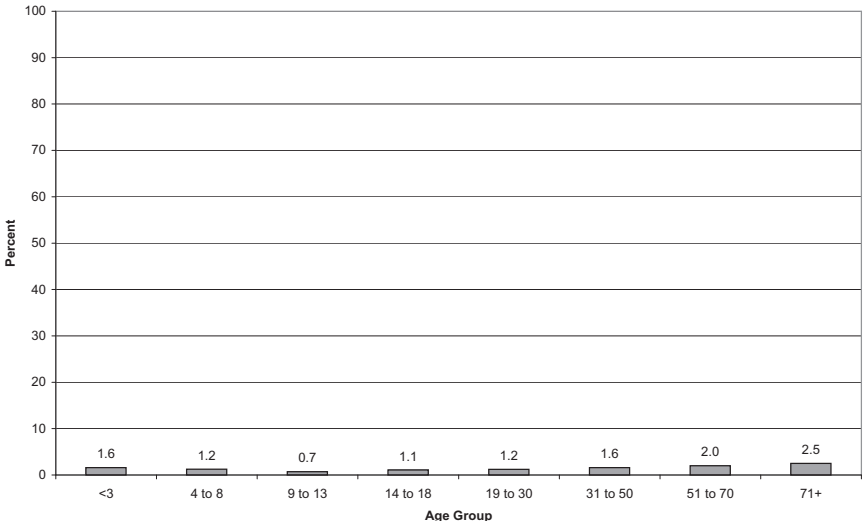
53.1 Percent by Province



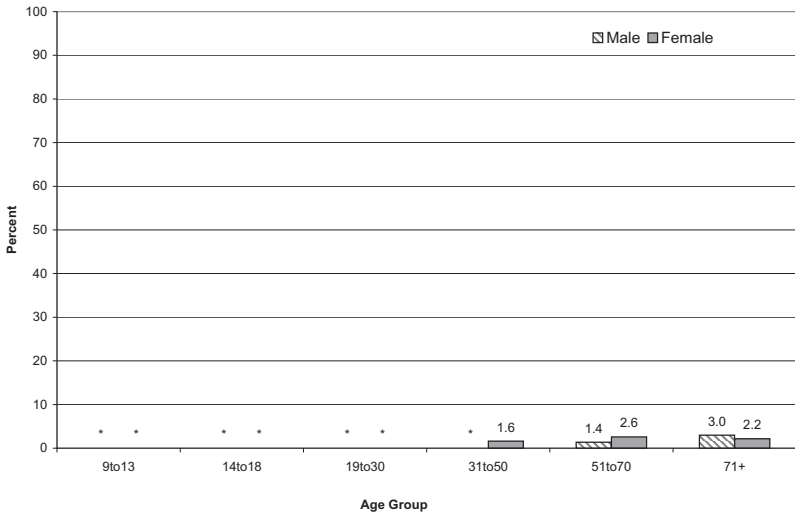
53.2 Percent by Month



53.3 Percent by Age Group



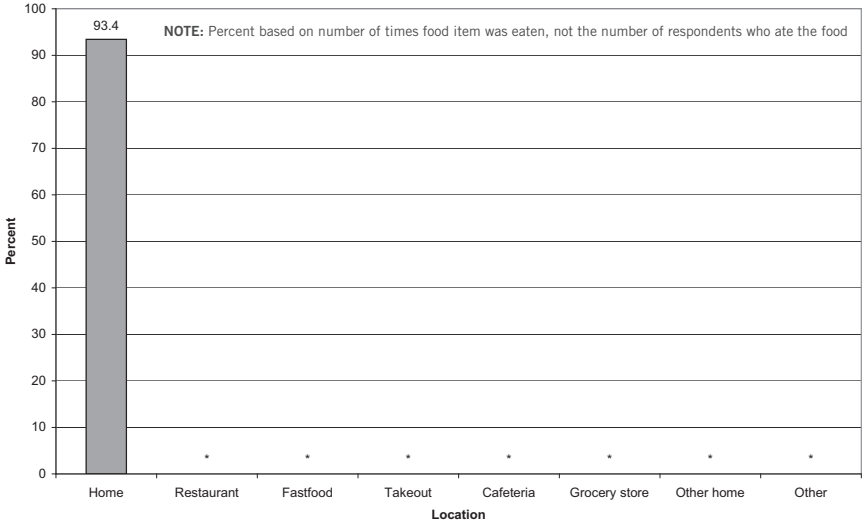
53.4 Percent by Age Group and Sex



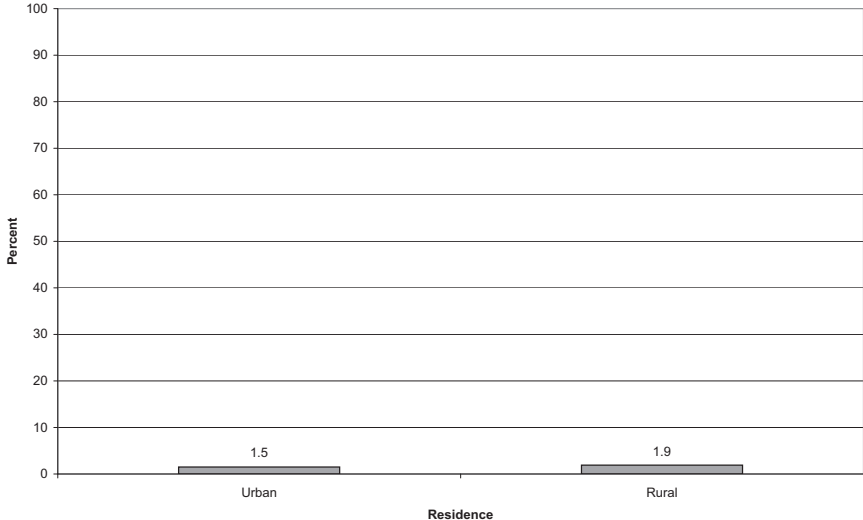
ATE CHERRIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

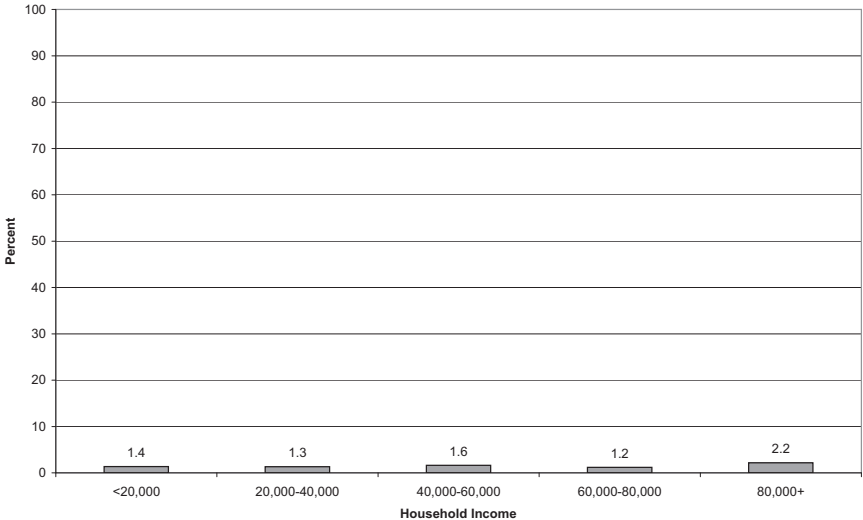
53.5 Percent by Location Where Food Was Prepared



53.6 Percent by Residence



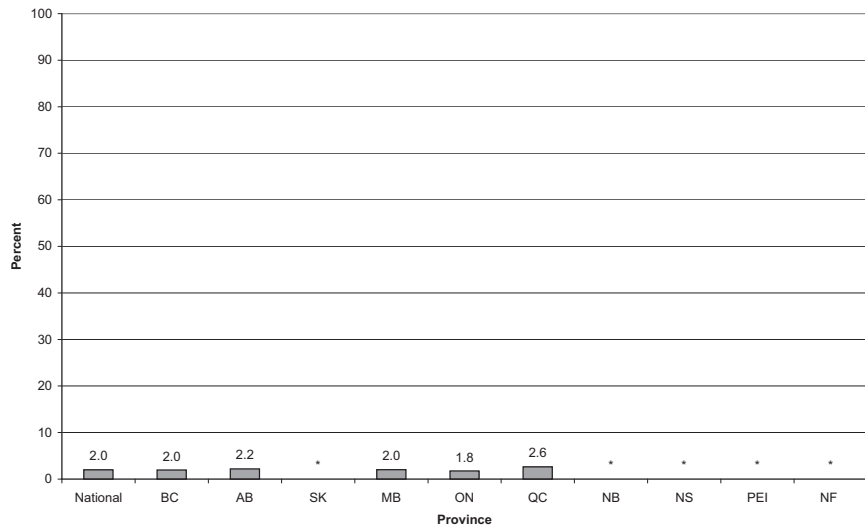
53.7 Percent by Household Income



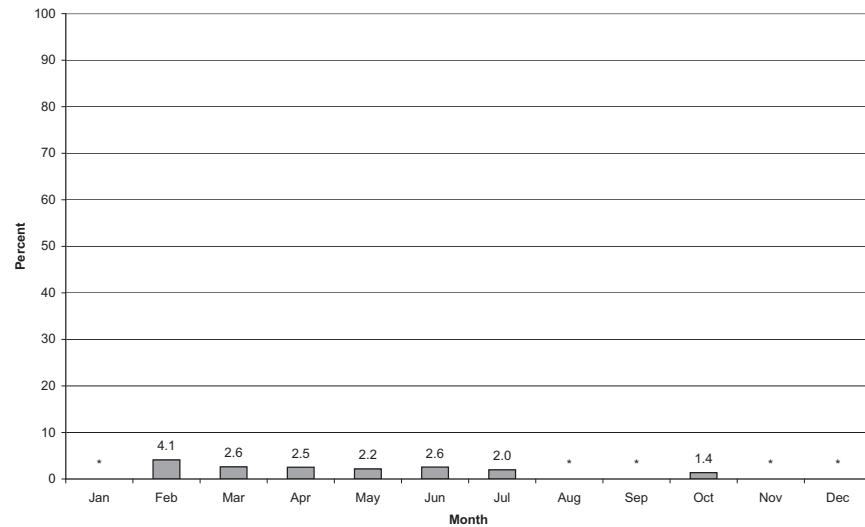
ATE GRAPEFRUIT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

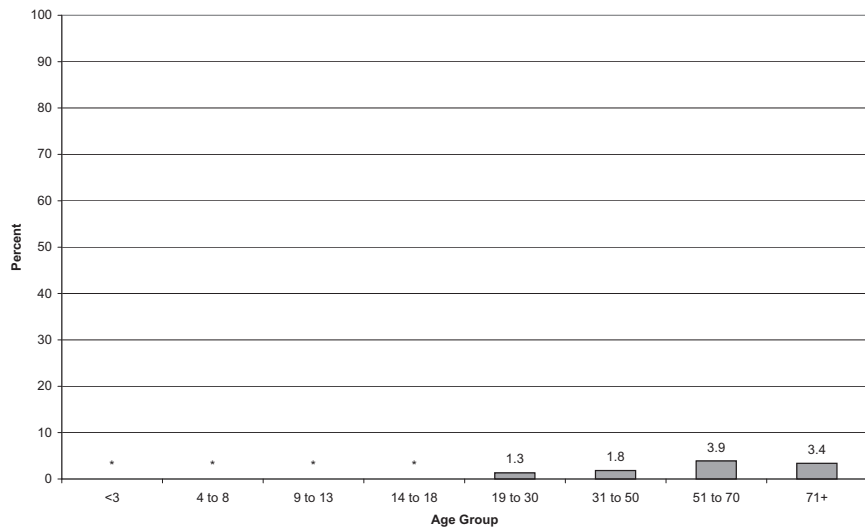
55.1 Percent by Province



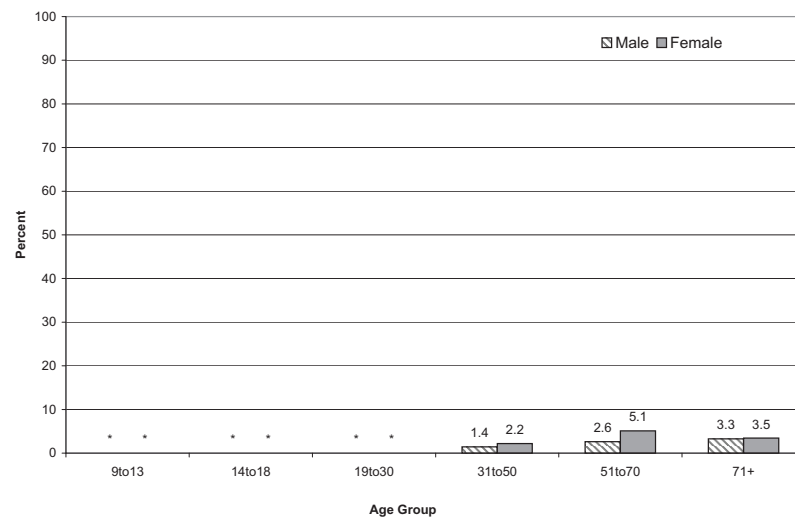
55.2 Percent by Month



55.3 Percent by Age Group



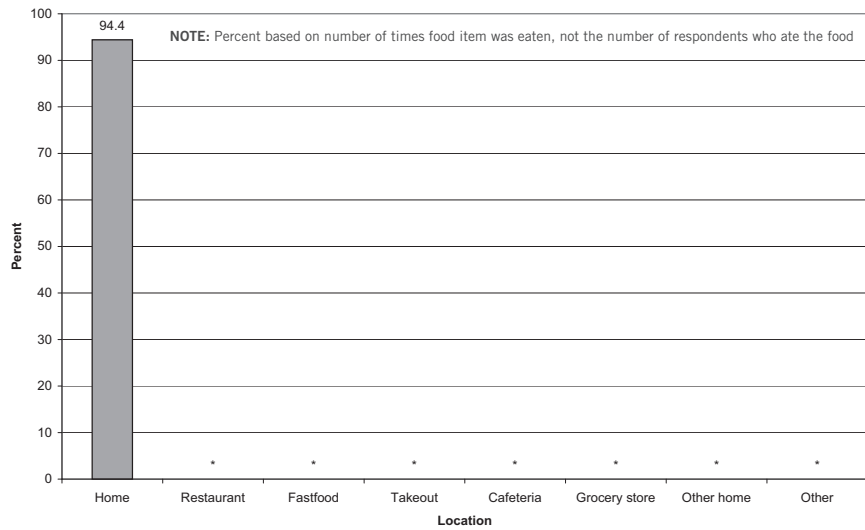
55.4 Percent by Age Group and Sex



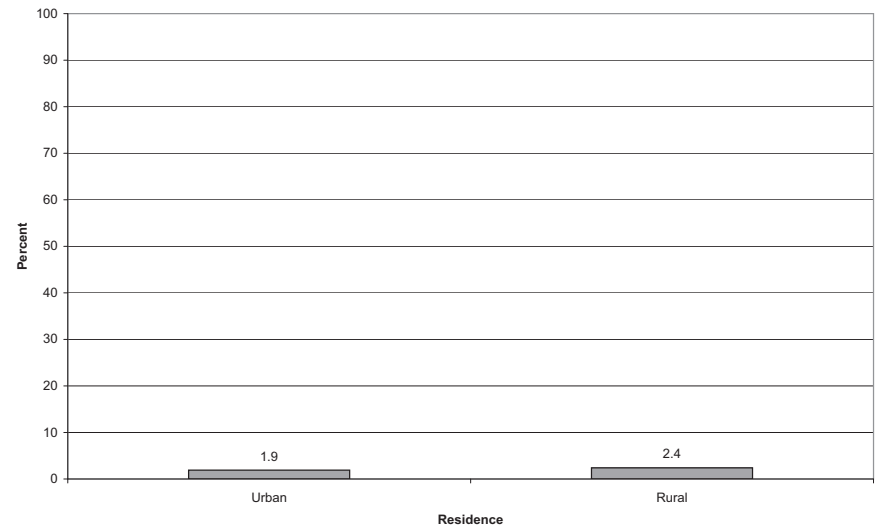
ATE GRAPEFRUIT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

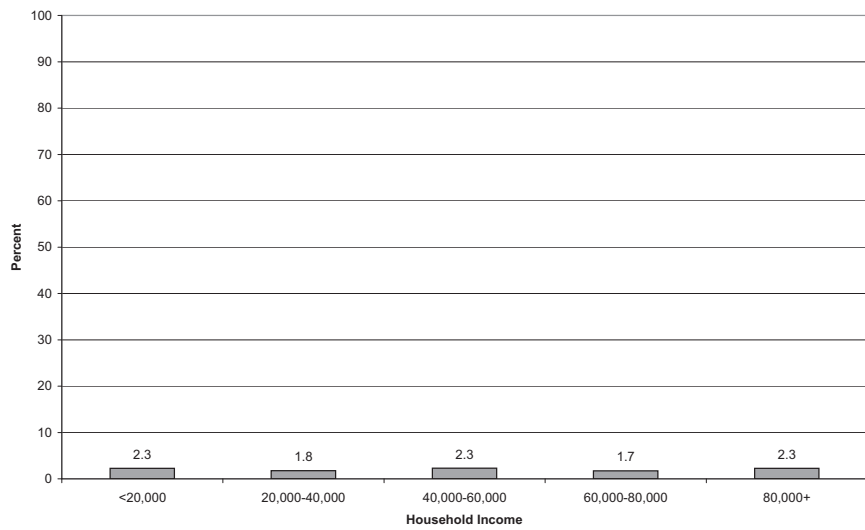
55.5 Percent by Location Where Food Was Prepared



55.6 Percent by Residence



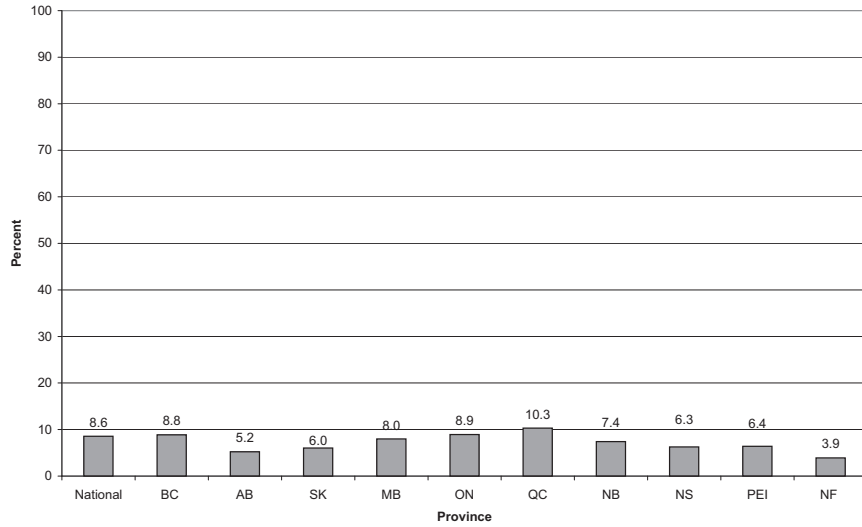
55.7 Percent by Household Income



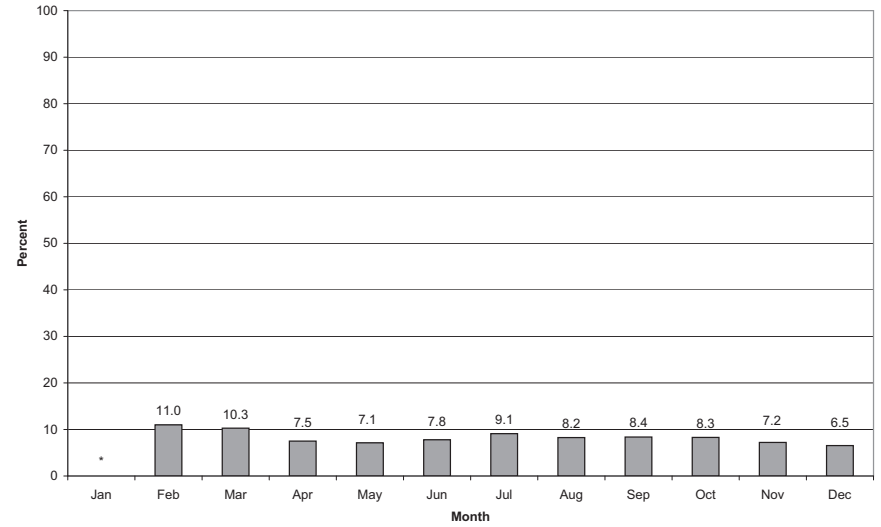
ATE GRAPES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

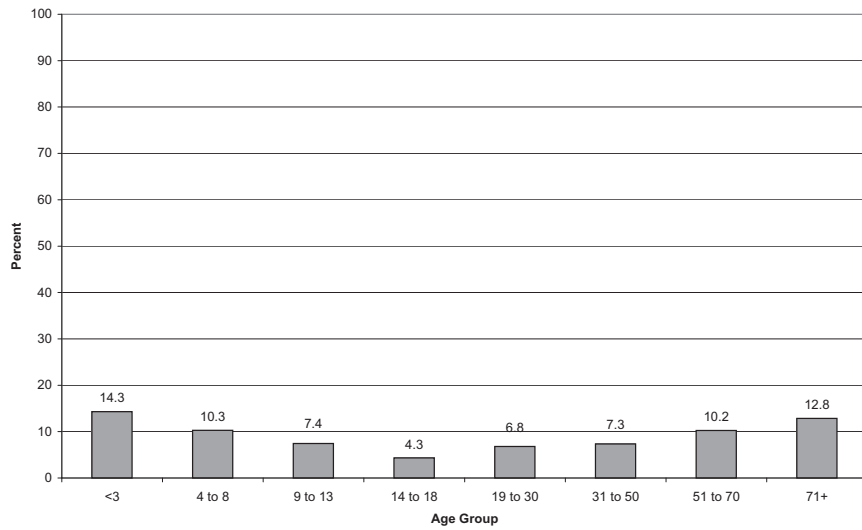
56.1 Percent by Province



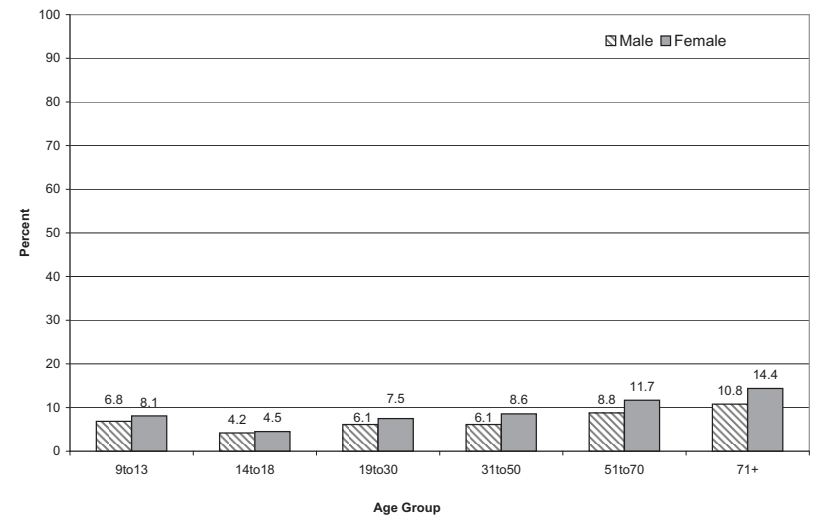
56.2 Percent by Month



56.3 Percent by Age Group



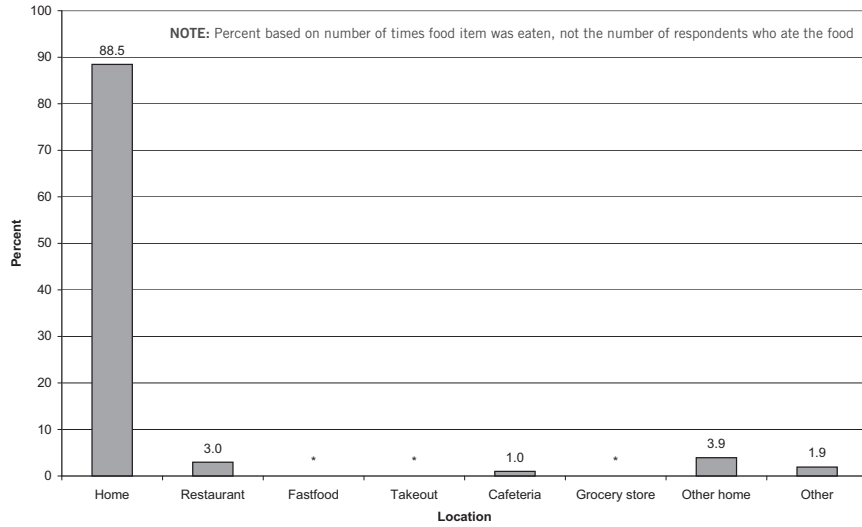
56.4 Percent by Age Group and Sex



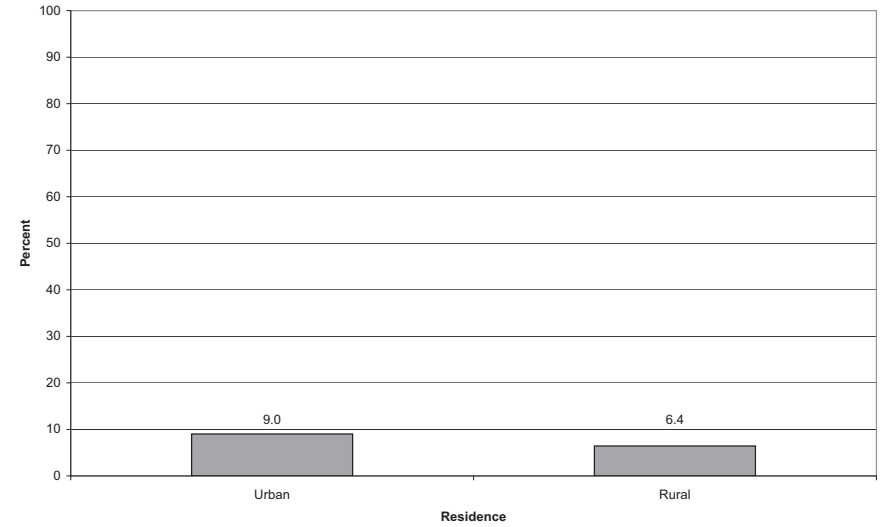
ATE GRAPES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

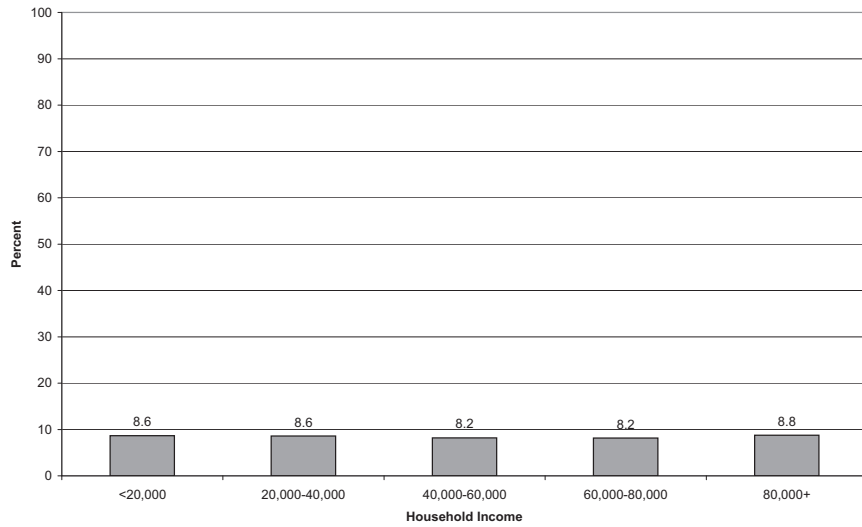
56.5 Percent by Location Where Food Was Prepared



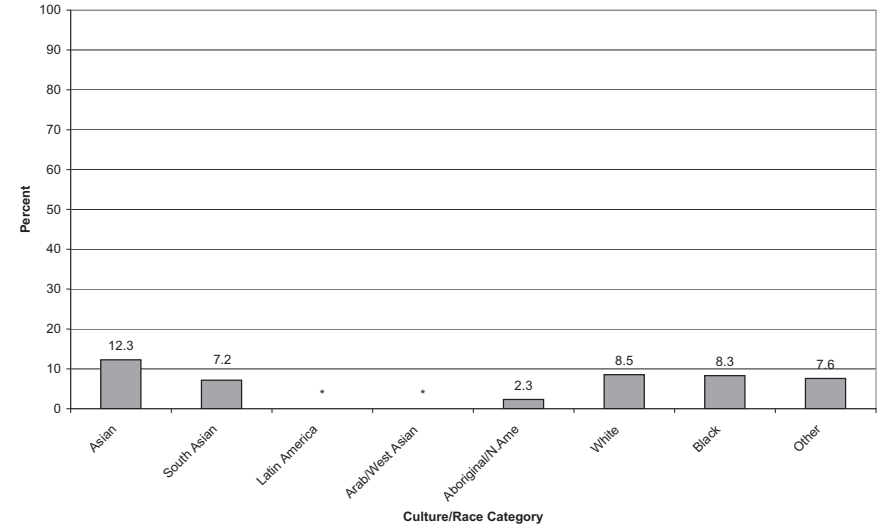
56.6 Percent by Residence



56.7 Percent by Household Income



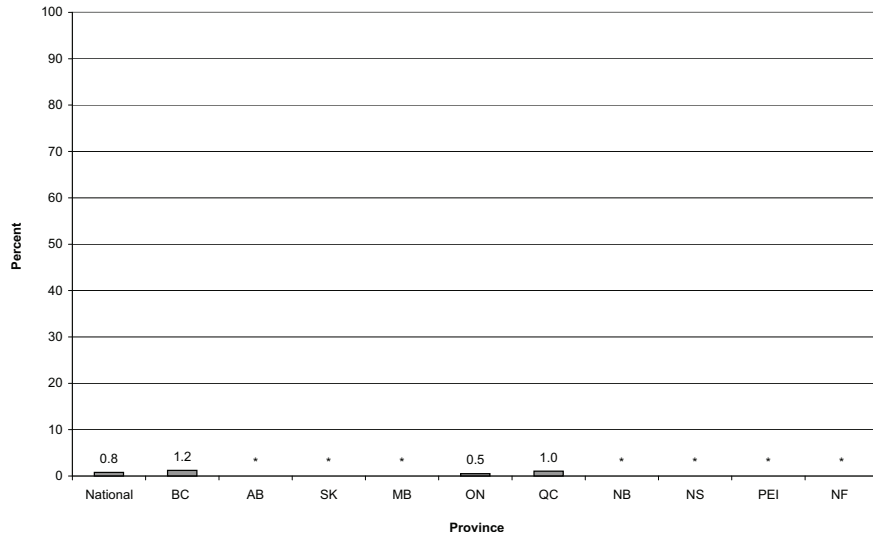
56.8 Percent by Cultural or Racial Origin



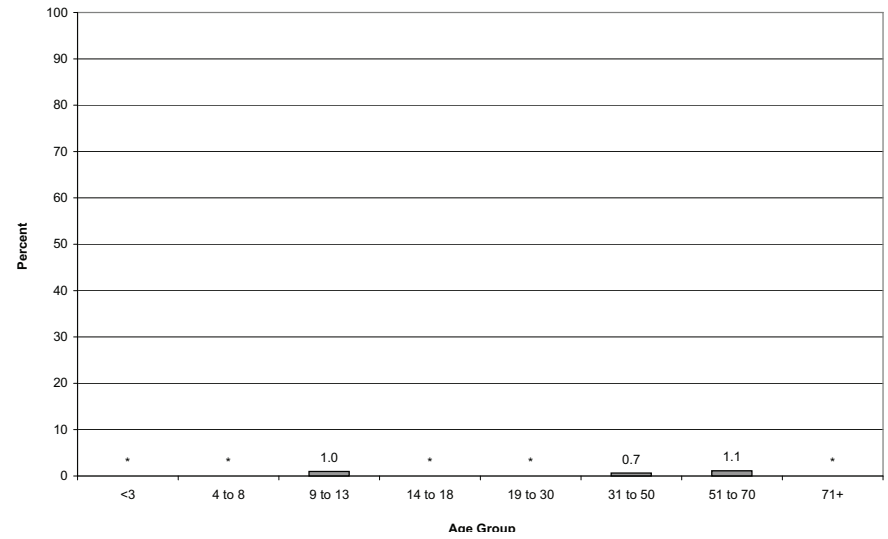
ATE HONEYDEW MELON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

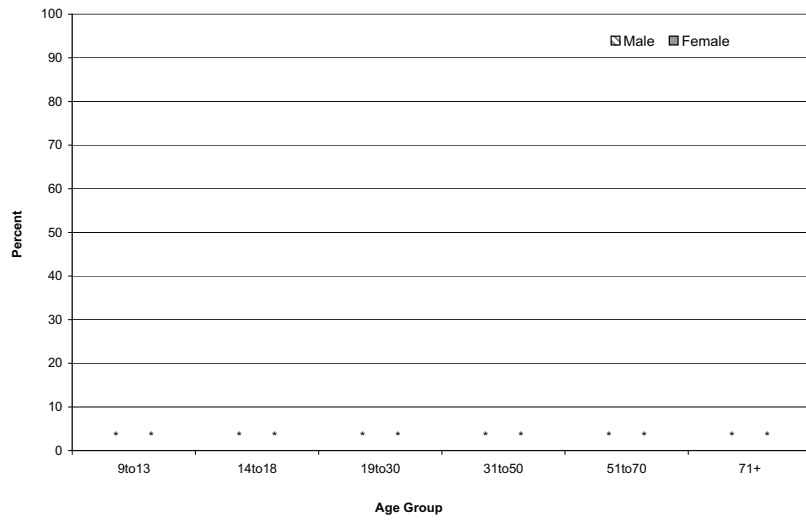
51.1 Percent by Province



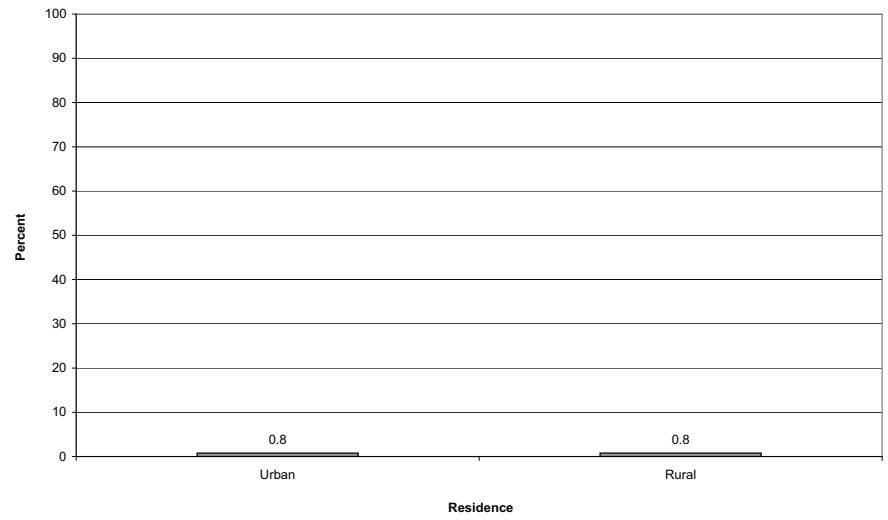
51.3 Percent by Age Group



51.4 Percent by Age Group and Sex



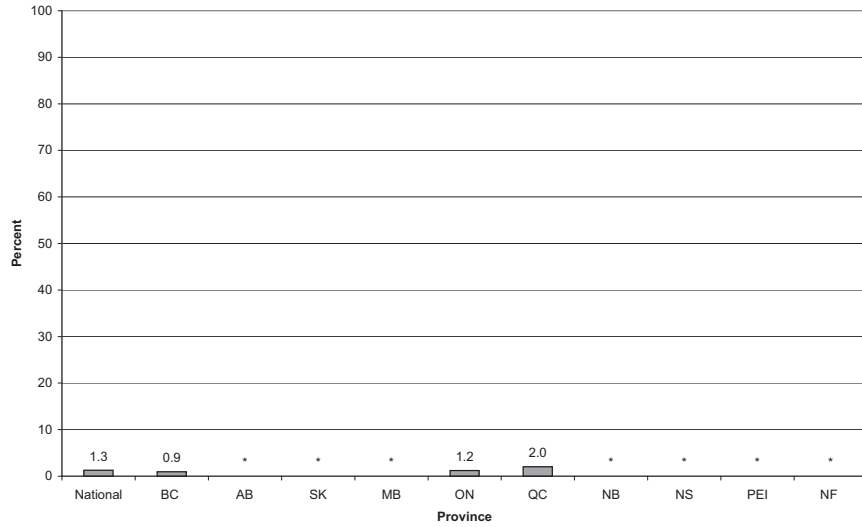
51.6 Percent by Residence



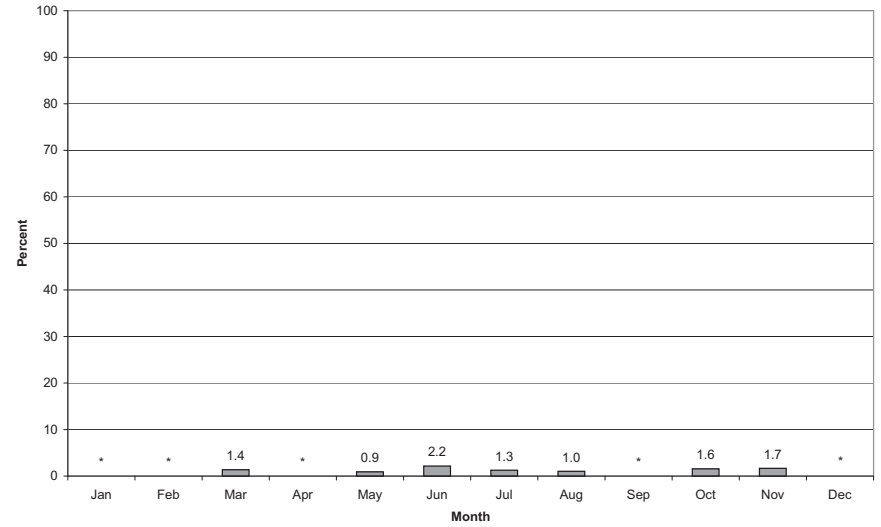
ATE KIWI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

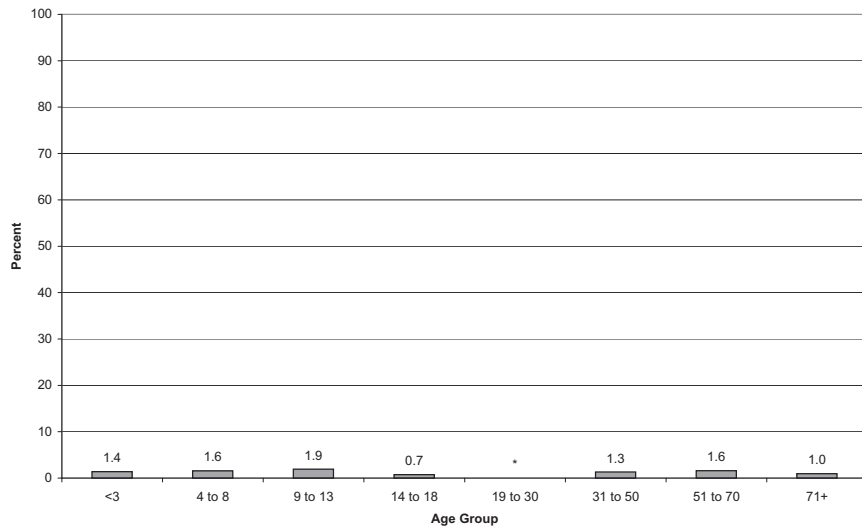
58.1 Percent by Province



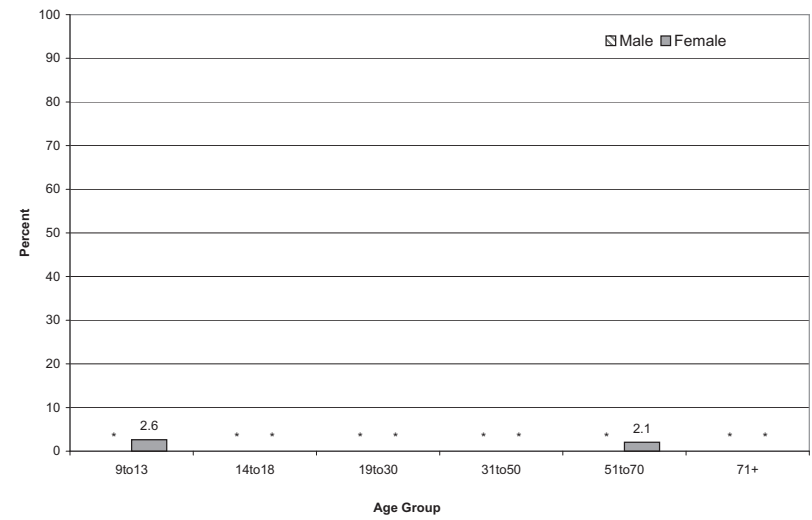
58.2 Percent by Month



58.3 Percent by Age Group



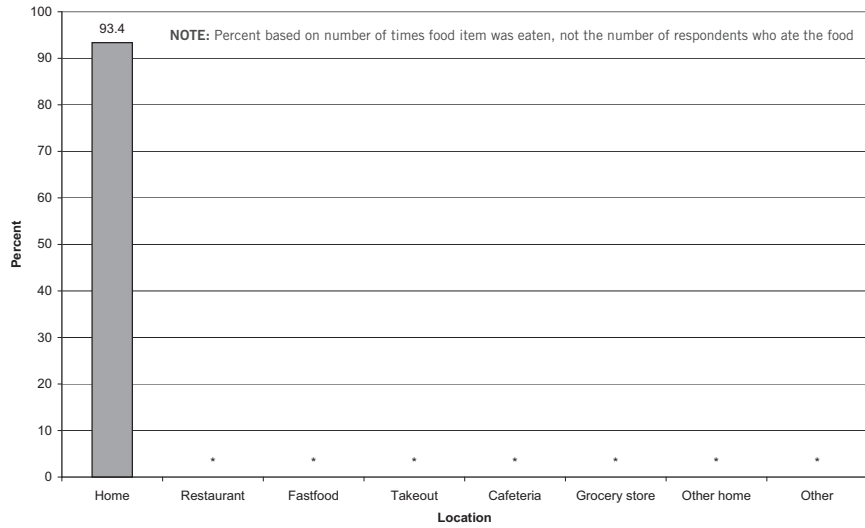
58.4 Percent by Age Group and Sex



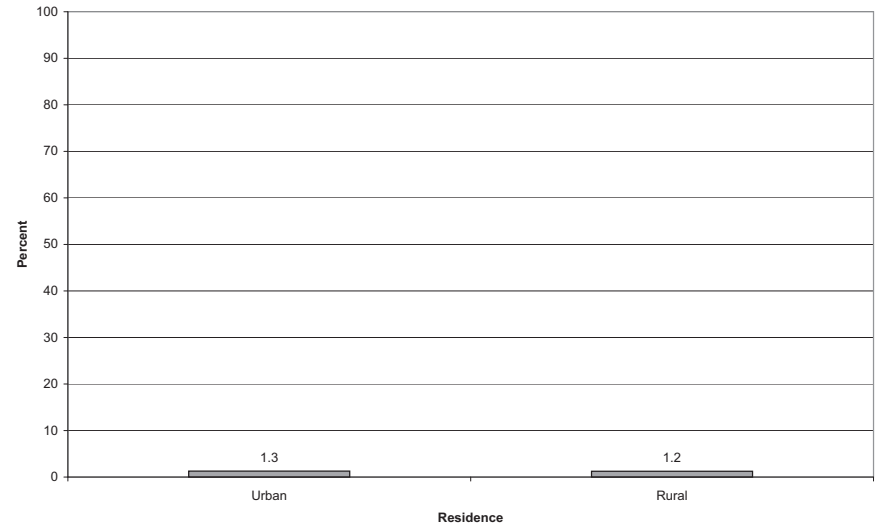
ATE KIWI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

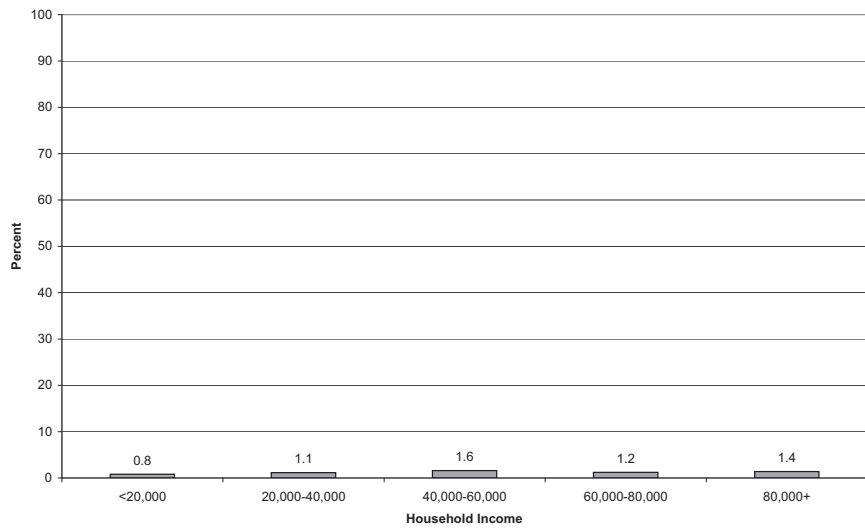
58.5 Percent by Location Where Food Was Prepared



58.6 Percent by Residence



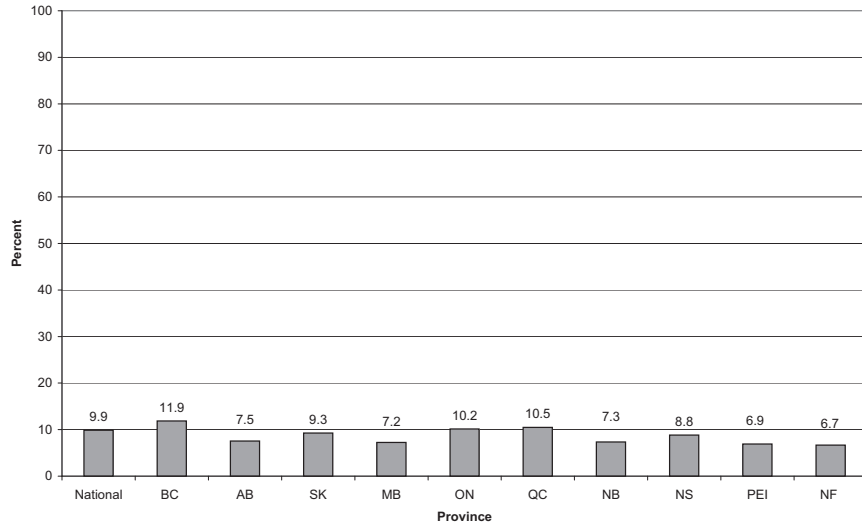
58.7 Percent by Household Income



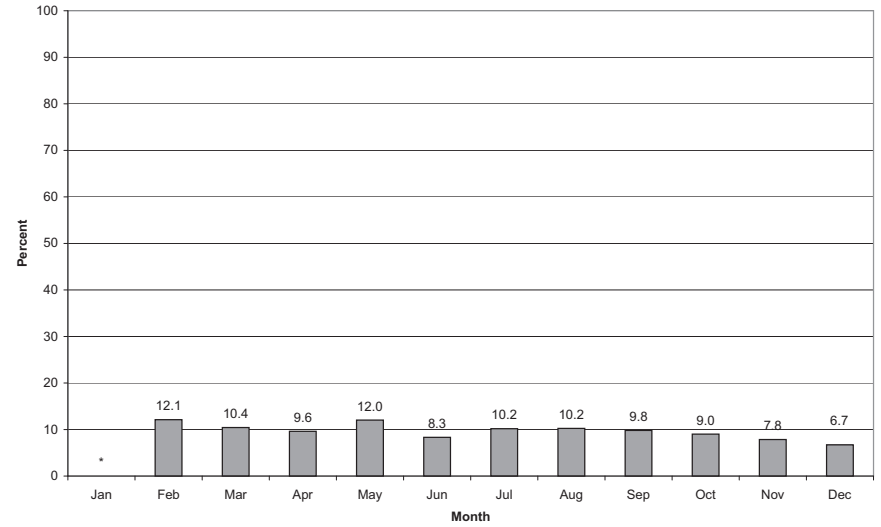
ATE LEMON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

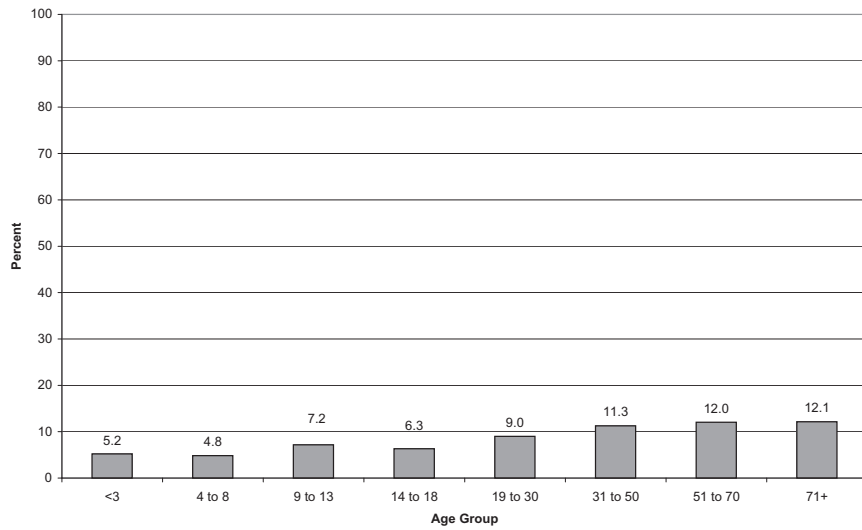
59.1 Percent by Province



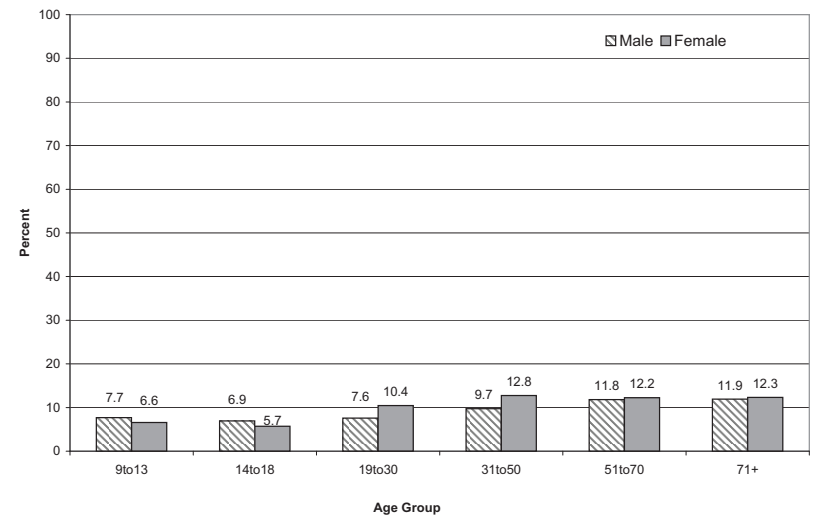
59.2 Percent by Month



59.3 Percent by Age Group



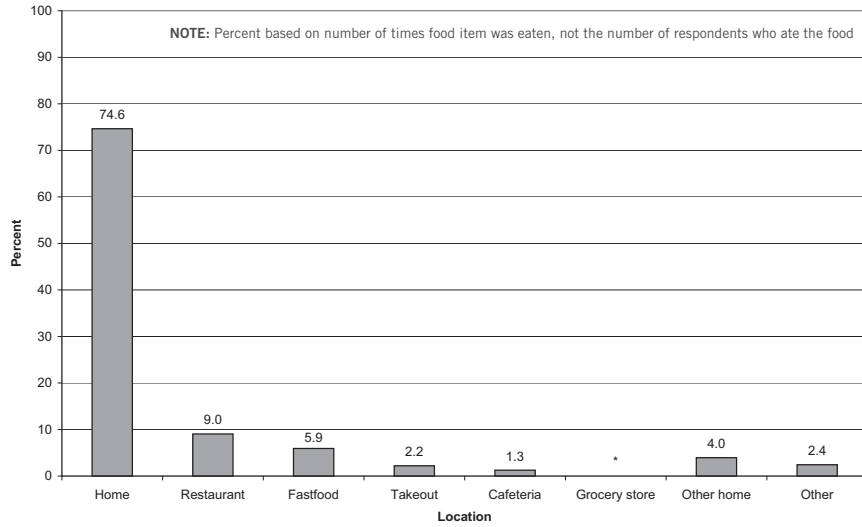
59.4 Percent by Age Group and Sex



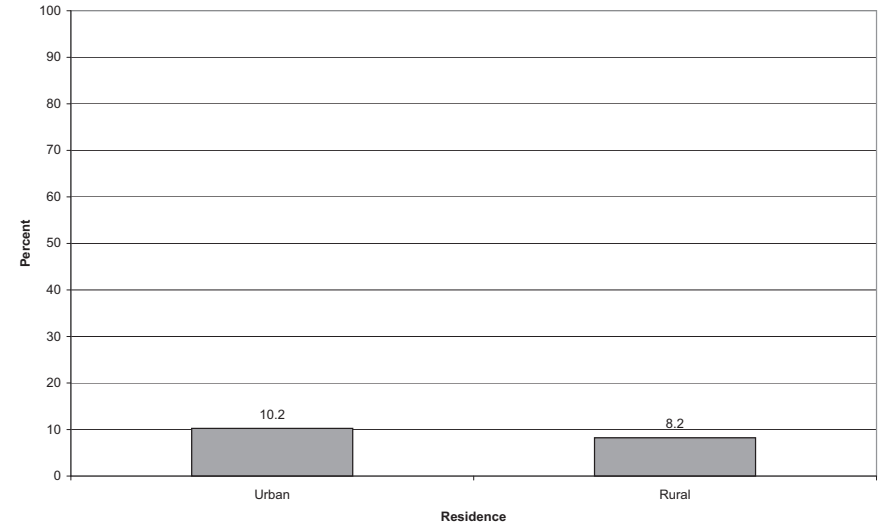
ATE LEMON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

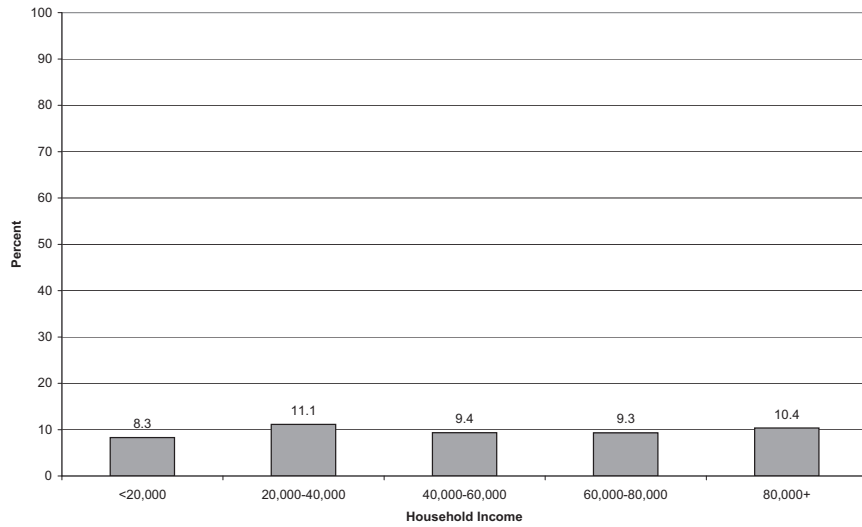
59.5 Percent by Location Where Food Was Prepared



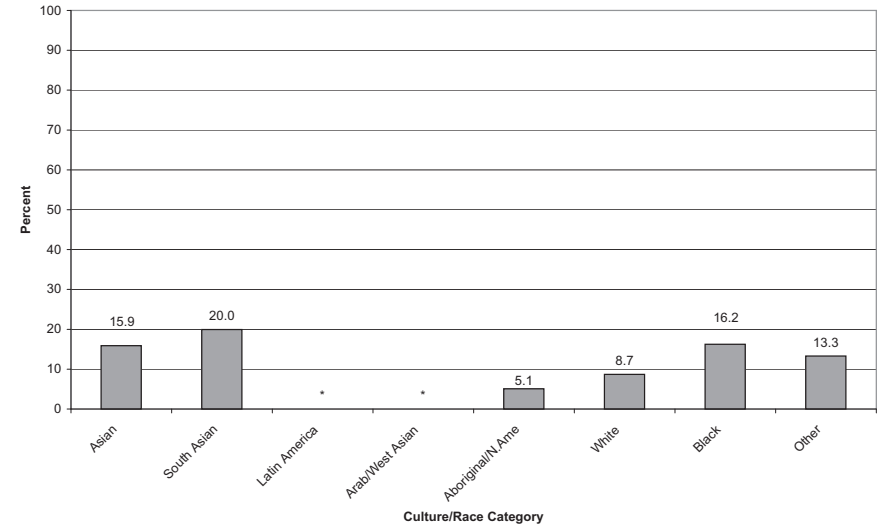
59.6 Percent by Residence



59.7 Percent by Household Income



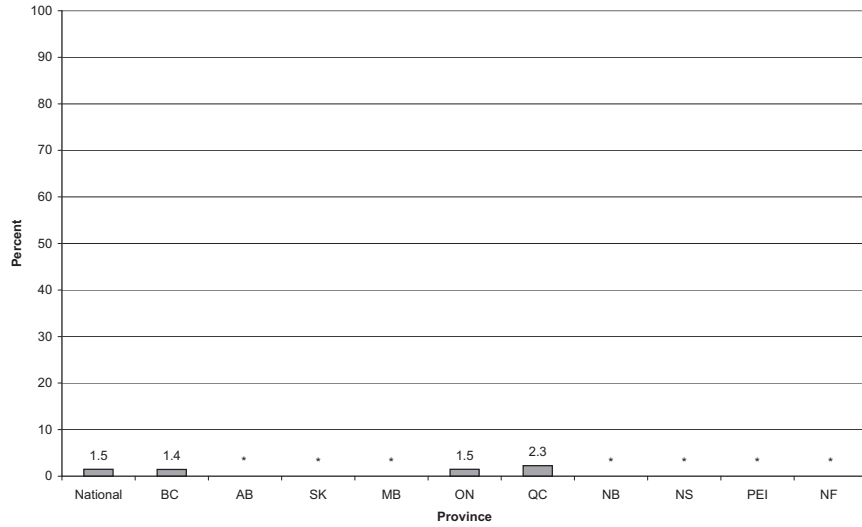
59.8 Percent by Cultural or Racial Origin



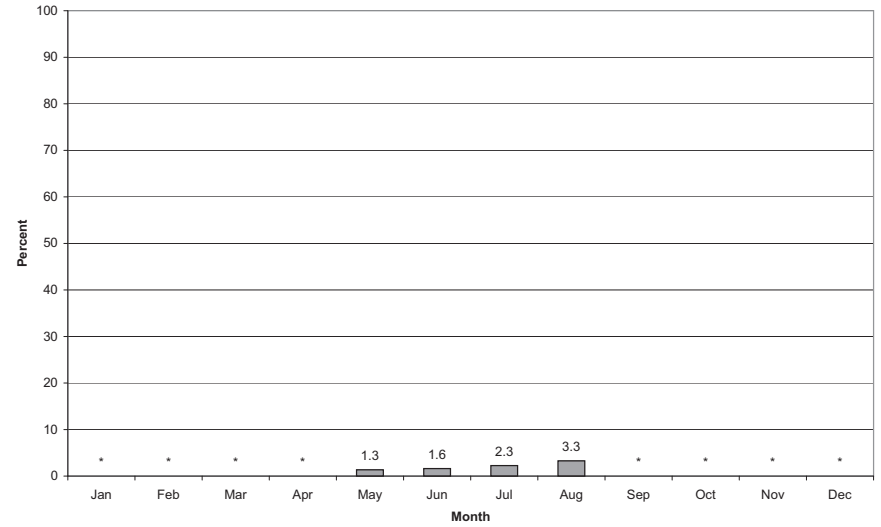
ATE MANGOES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

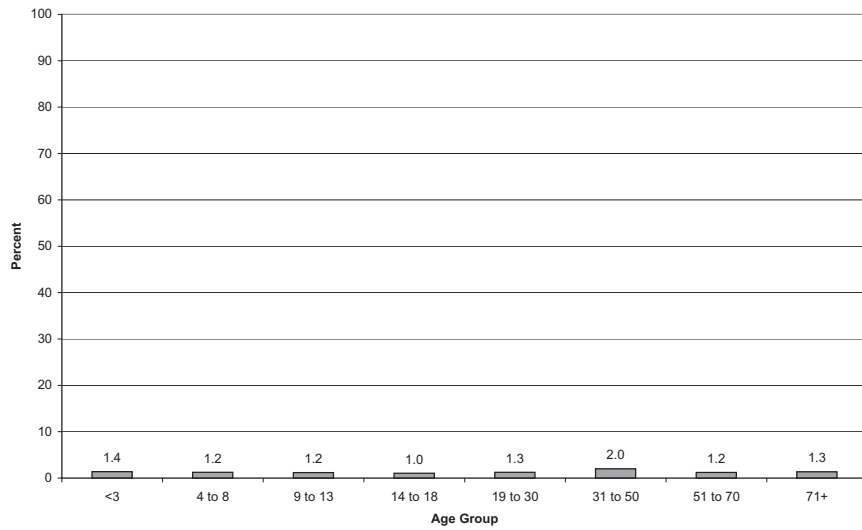
60.1 Percent by Province



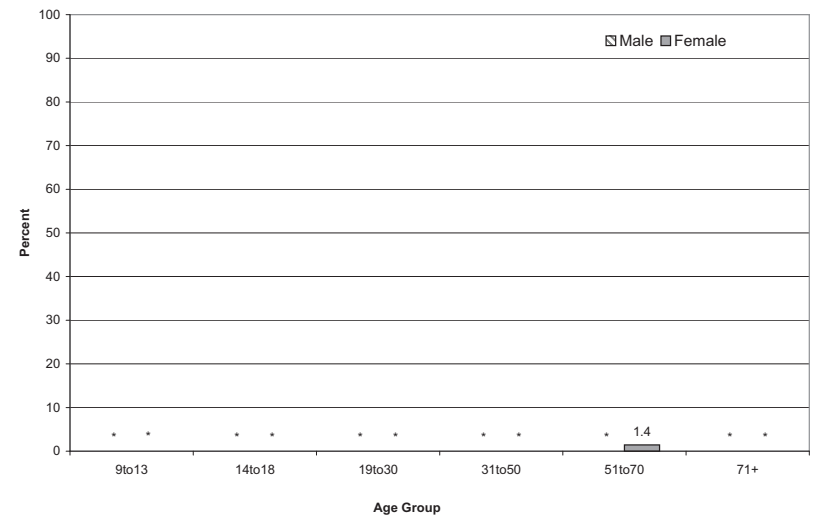
60.2 Percent by Month



60.3 Percent by Age Group



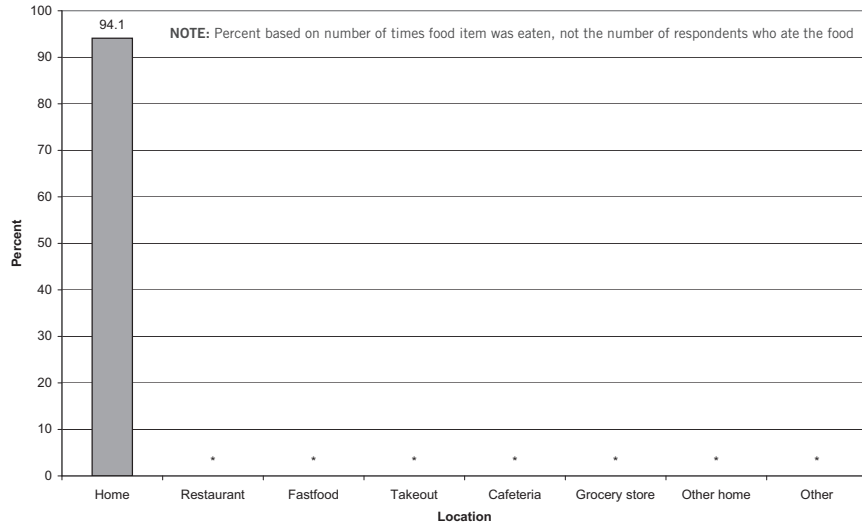
60.4 Percent by Age Group and Sex



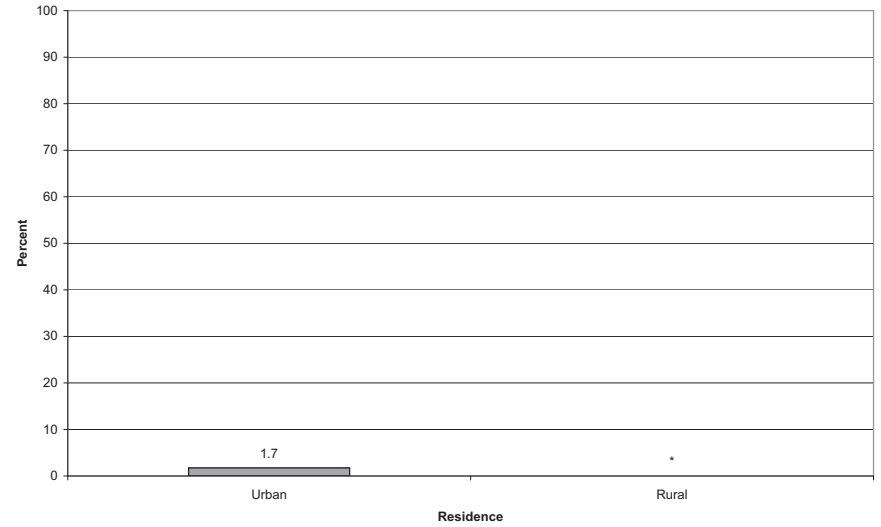
ATE MANGOES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

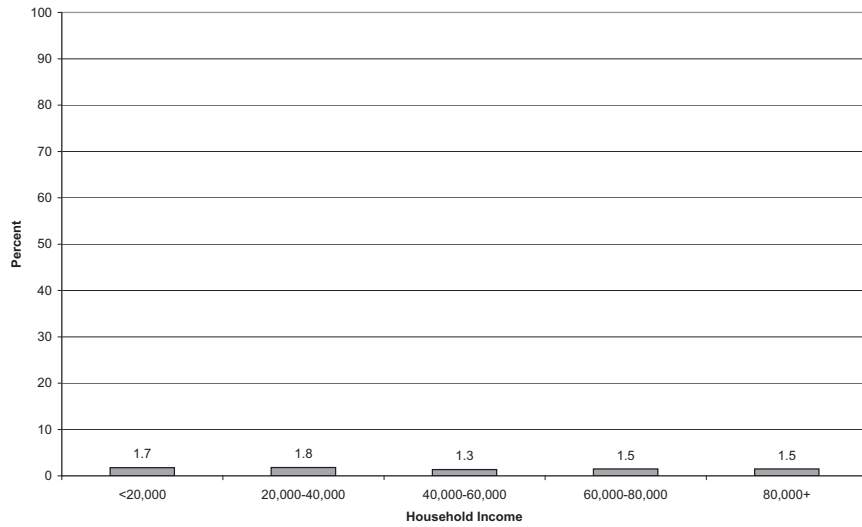
60.5 Percent by Location Where Food Was Prepared



60.6 Percent by Residence



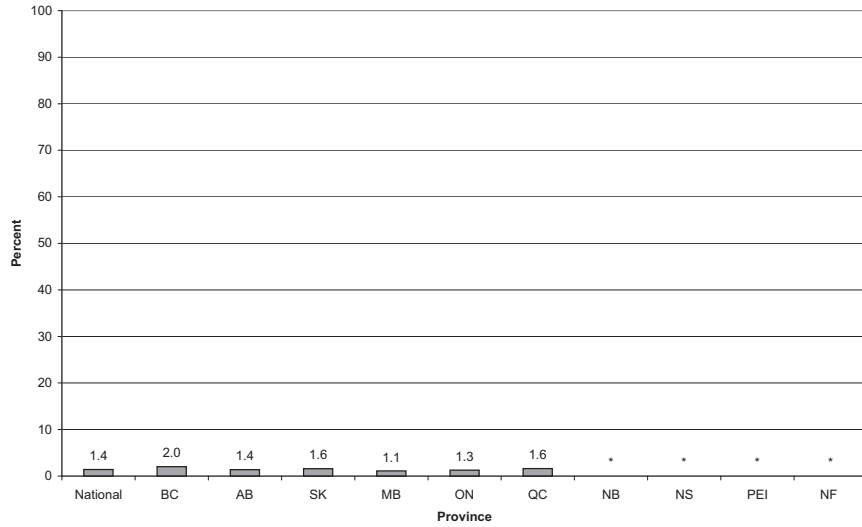
60.7 Percent by Household Income



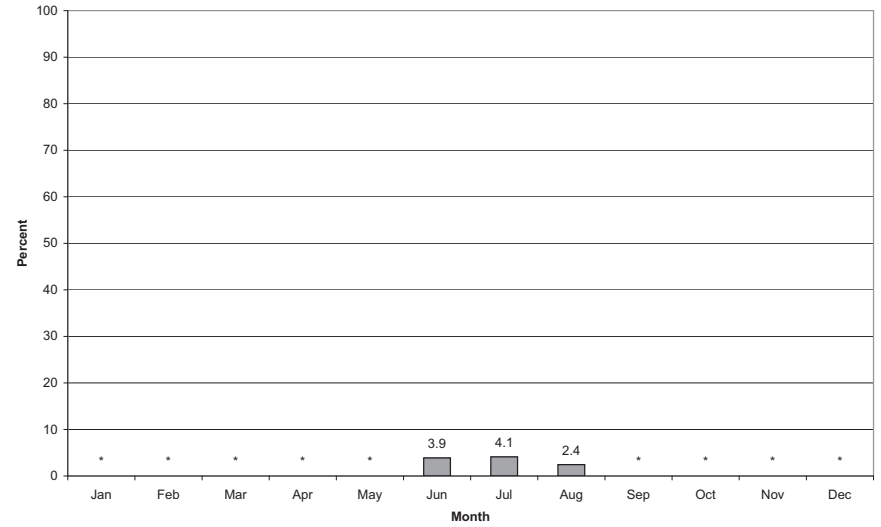
ATE NECTARINES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

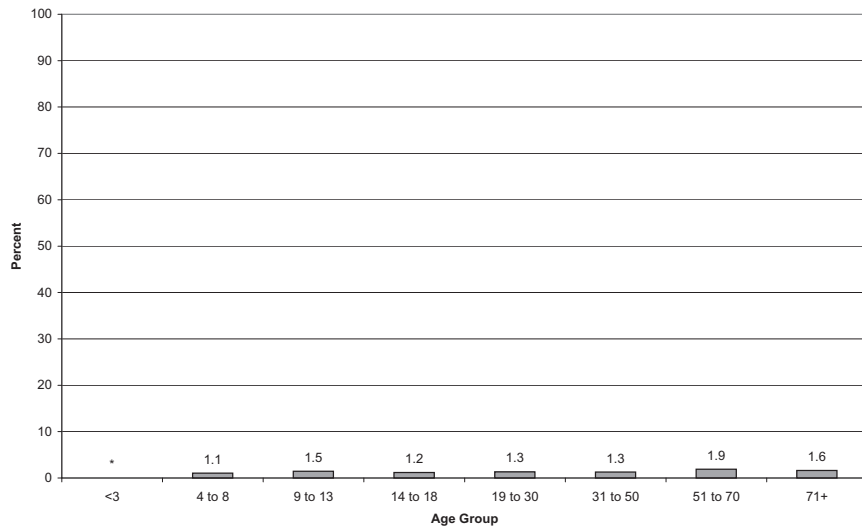
61.1 Percent by Province



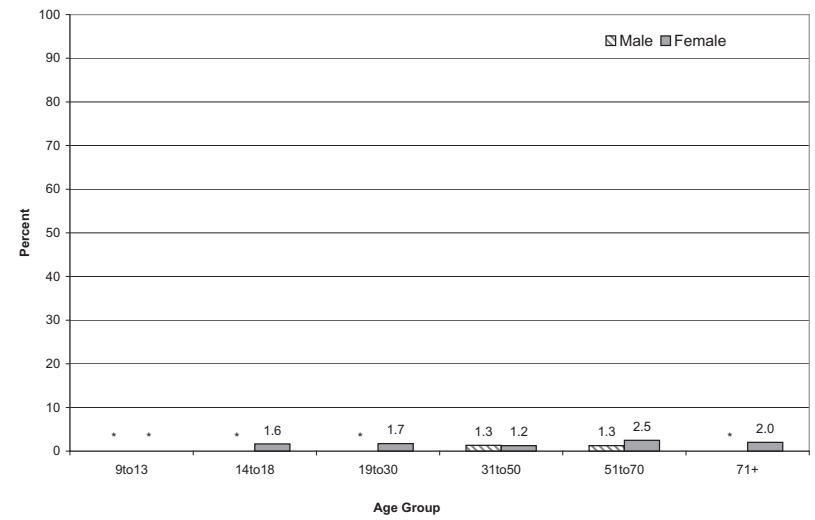
61.2 Percent by Month



61.3 Percent by Age Group



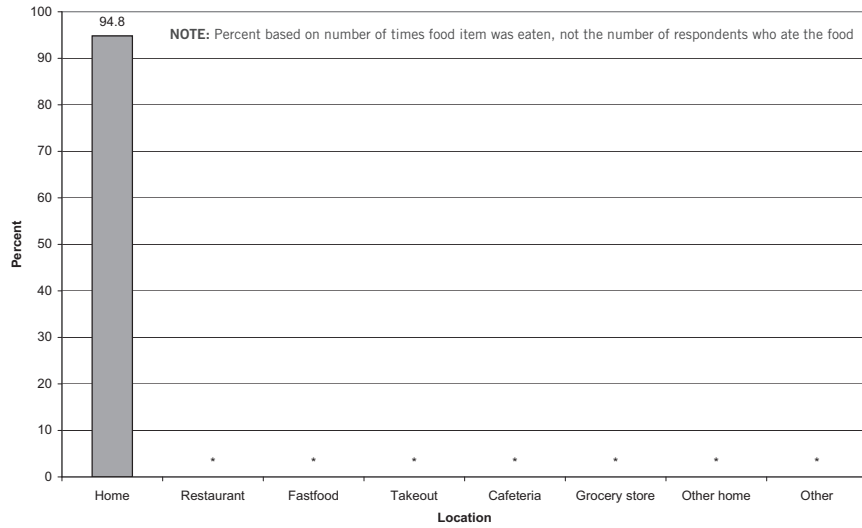
61.4 Percent by Age Group and Sex



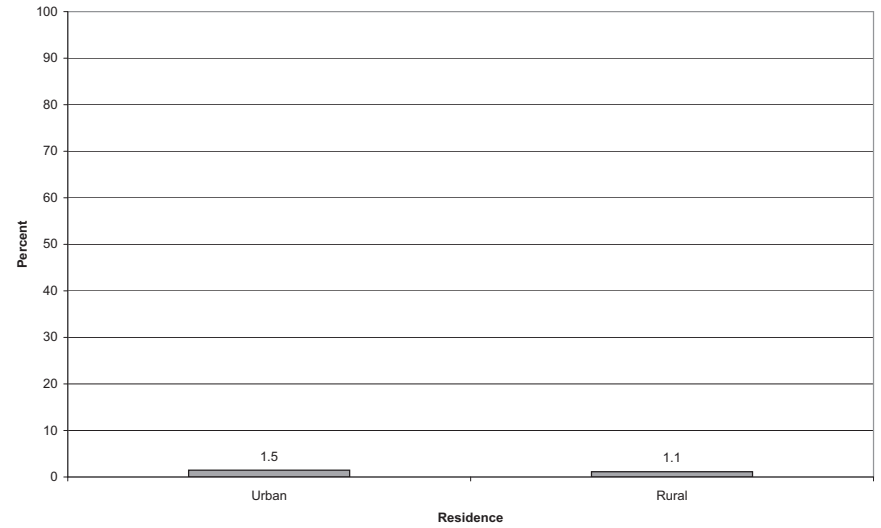
ATE NECTARINES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

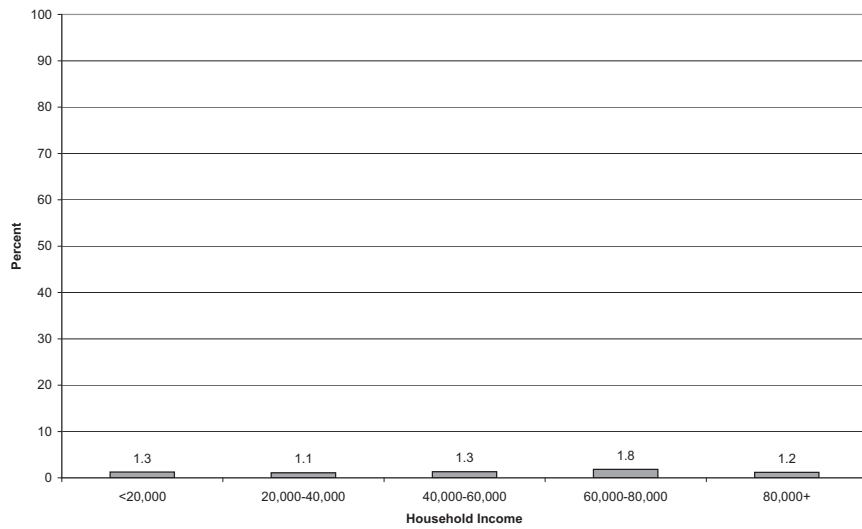
61.5 Percent by Location Where Food Was Prepared



61.6 Percent by Residence



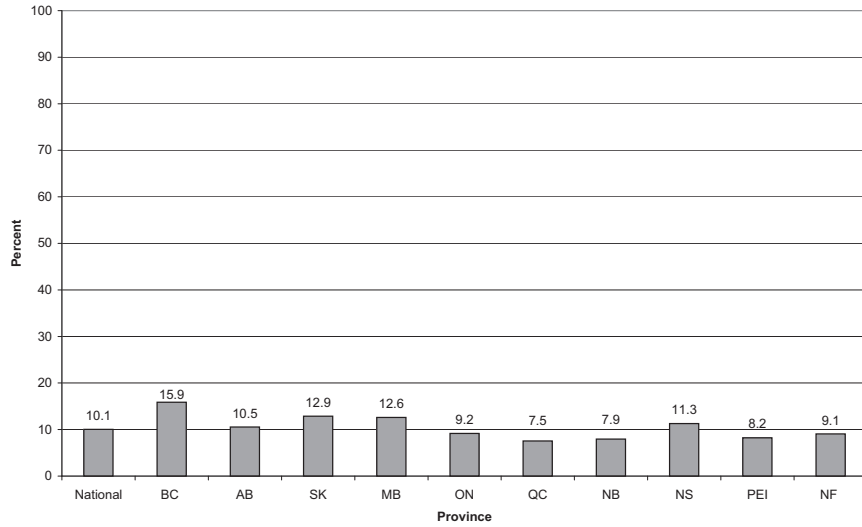
61.7 Percent by Household Income



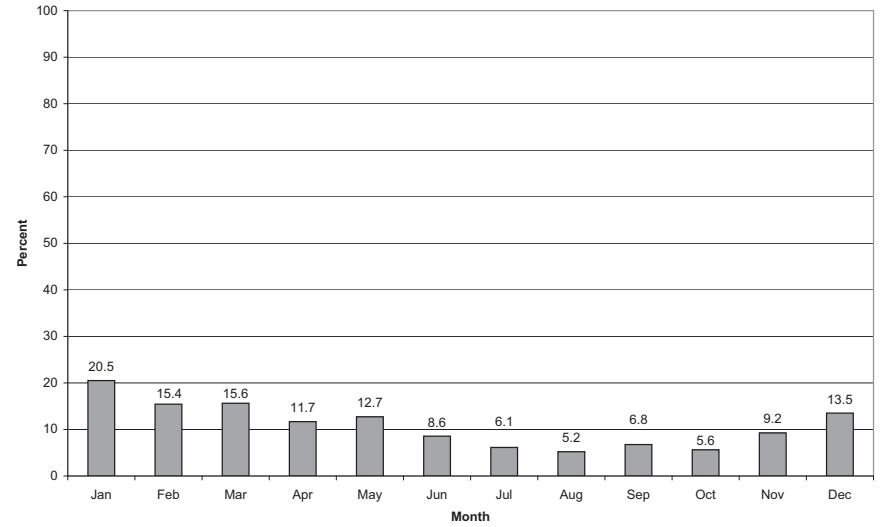
ATE ORANGES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

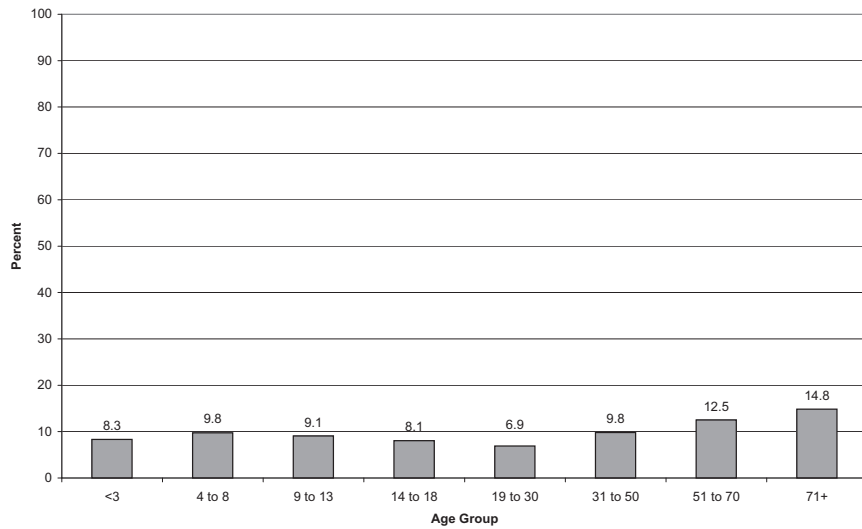
62.1 Percent by Province



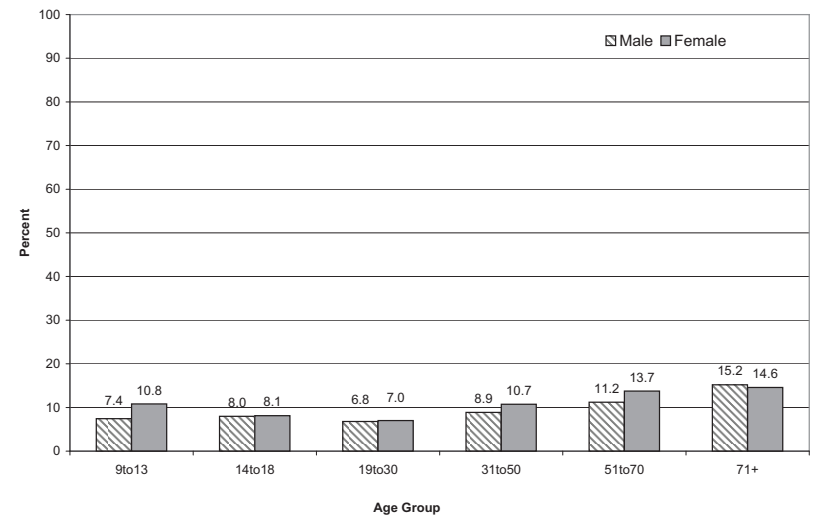
62.2 Percent by Month



62.3 Percent by Age Group



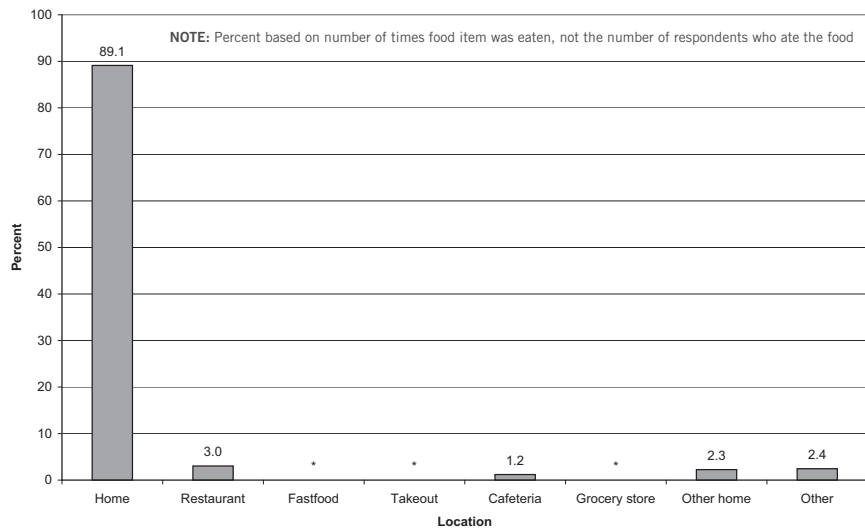
62.4 Percent by Age Group and Sex



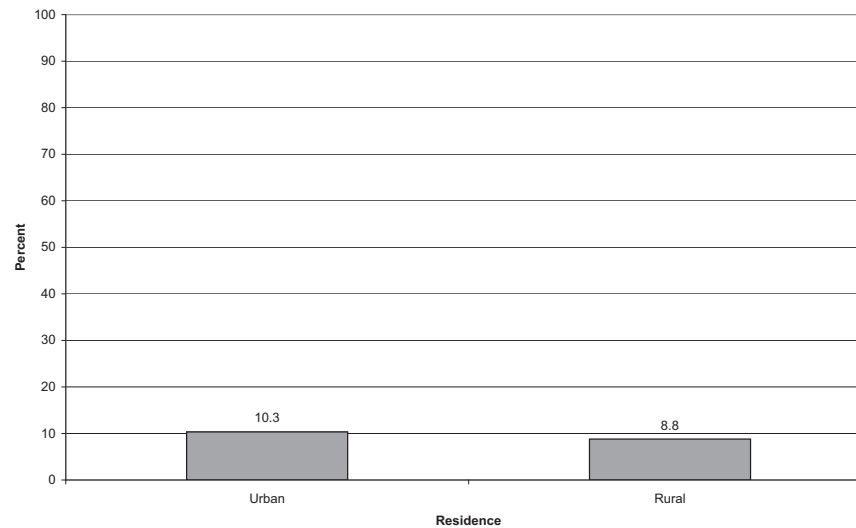
ATE ORANGES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

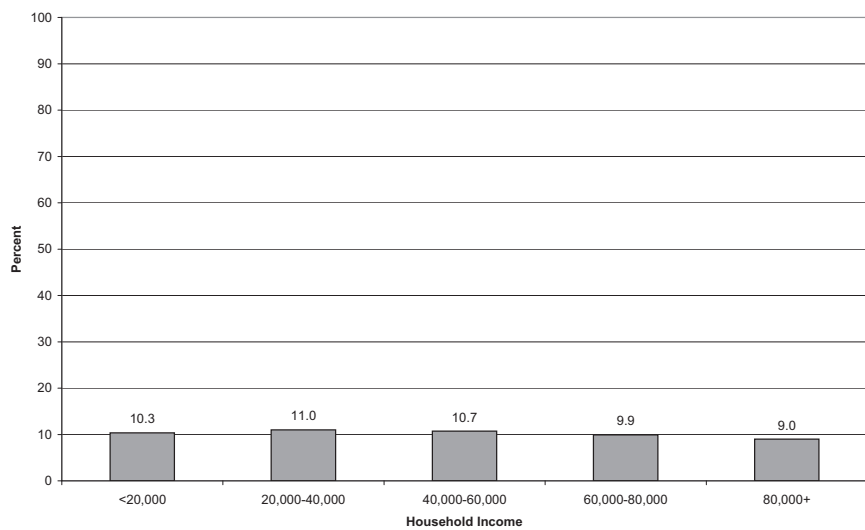
62.5 Percent by Location Where Food Was Prepared



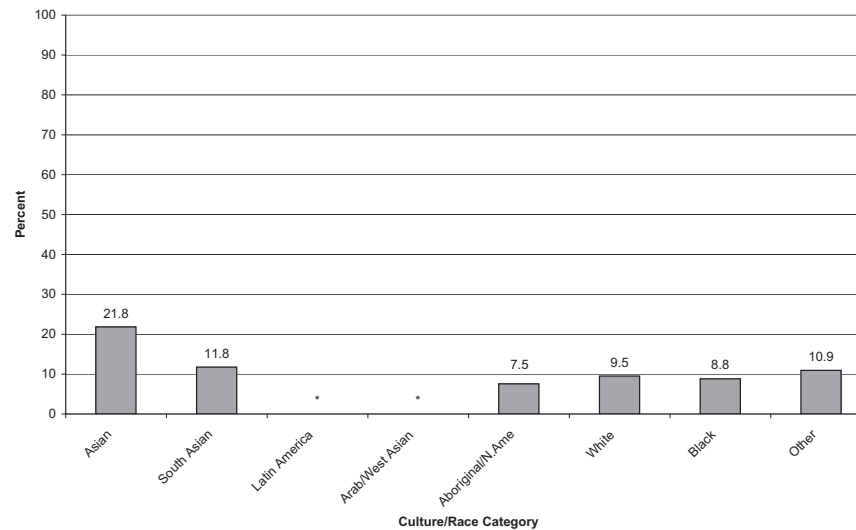
62.6 Percent by Residence



62.7 Percent by Household Income



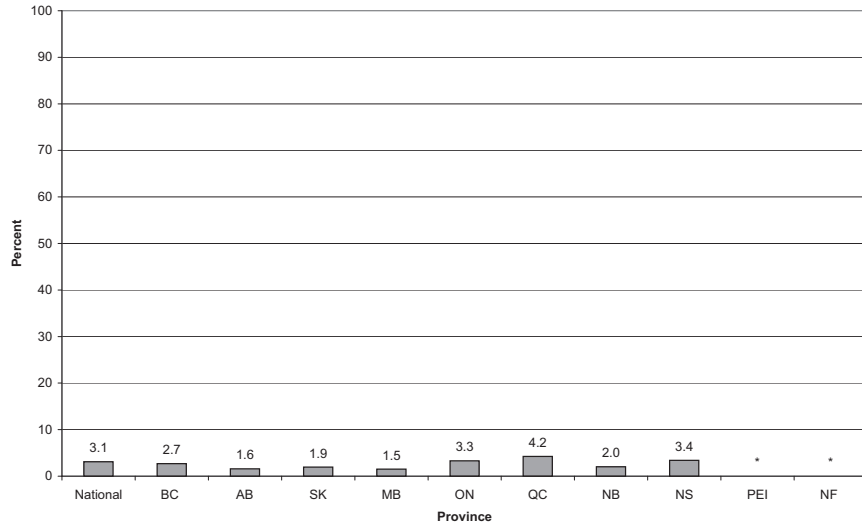
62.8 Percent by Cultural or Racial Origin



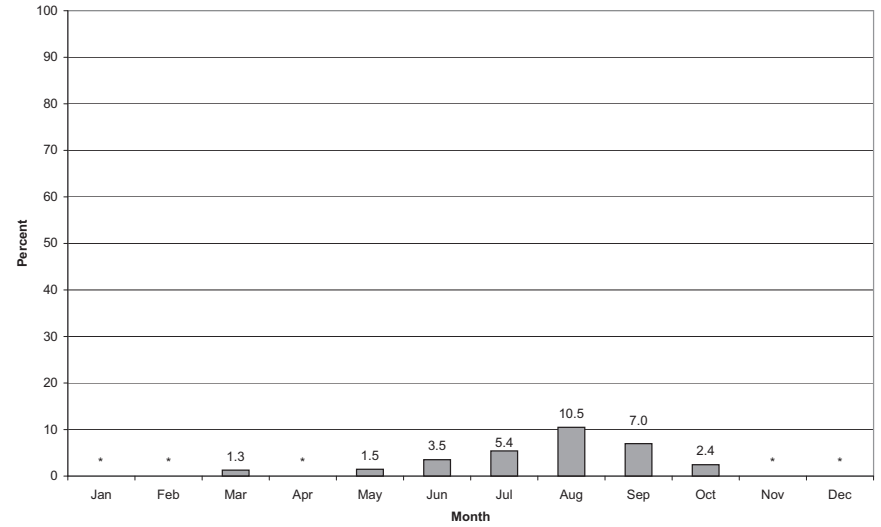
ATE PEACHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

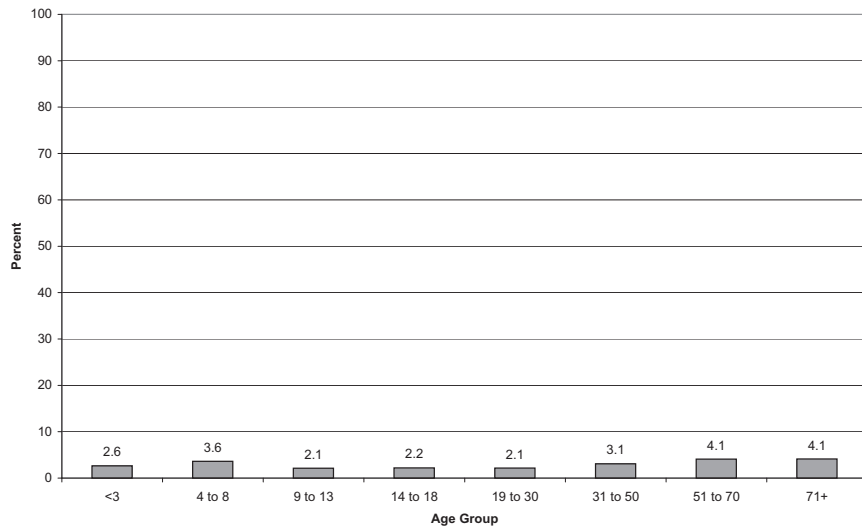
65.1 Percent by Province



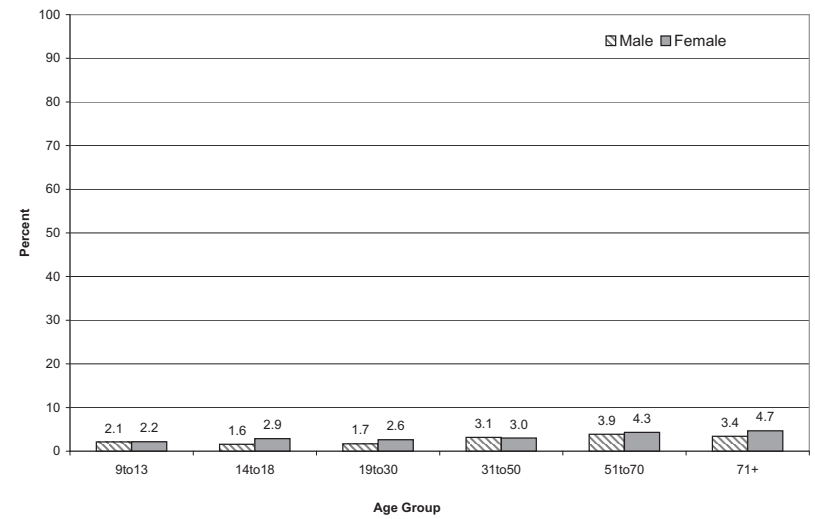
65.2 Percent by Month



65.3 Percent by Age Group



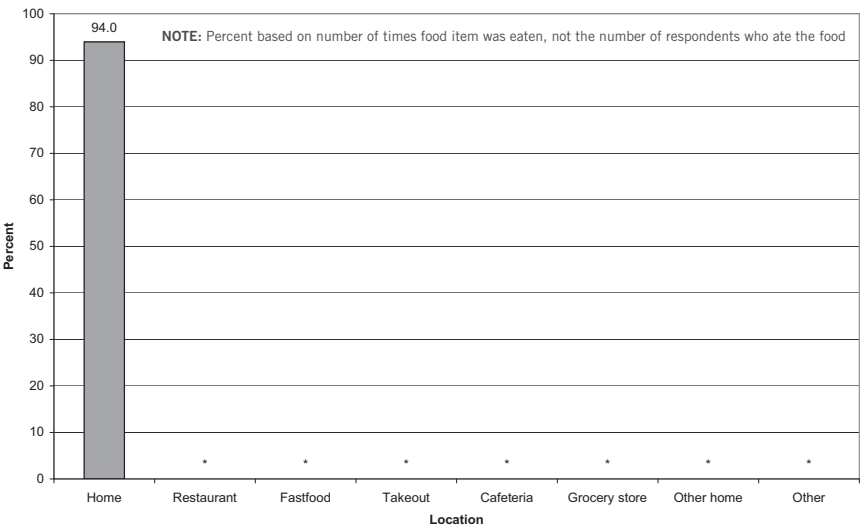
65.4 Percent by Age Group and Sex



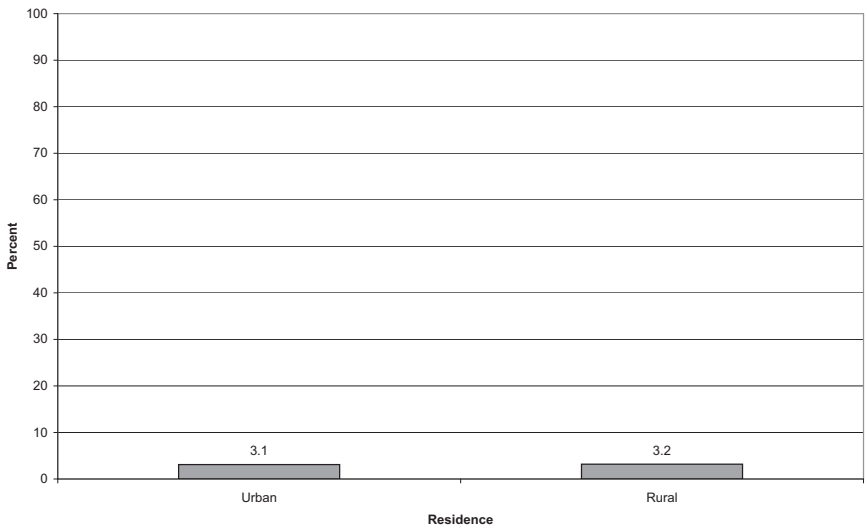
ATE PEACHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

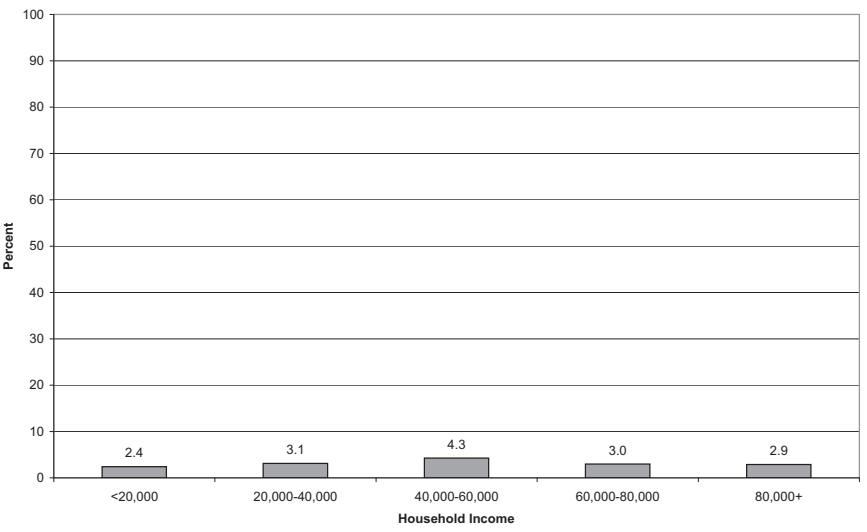
65.5 Percent by Location Where Food Was Prepared



65.6 Percent by Residence



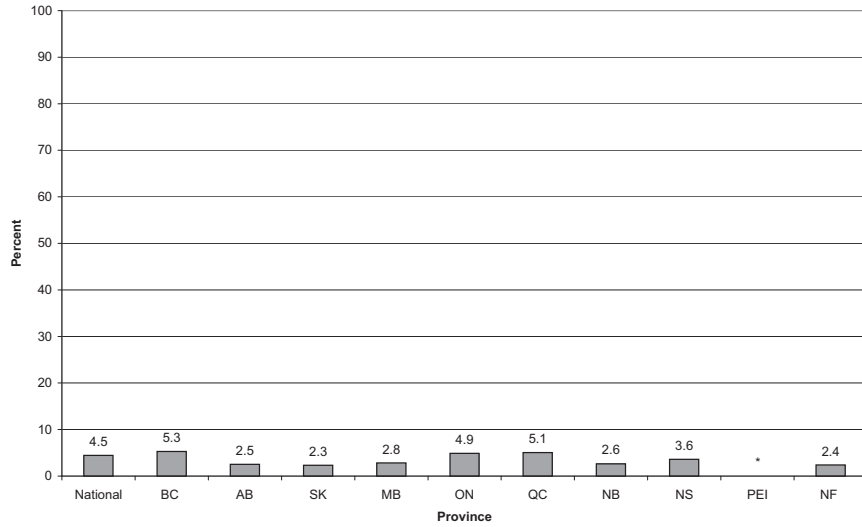
65.7 Percent by Household Income



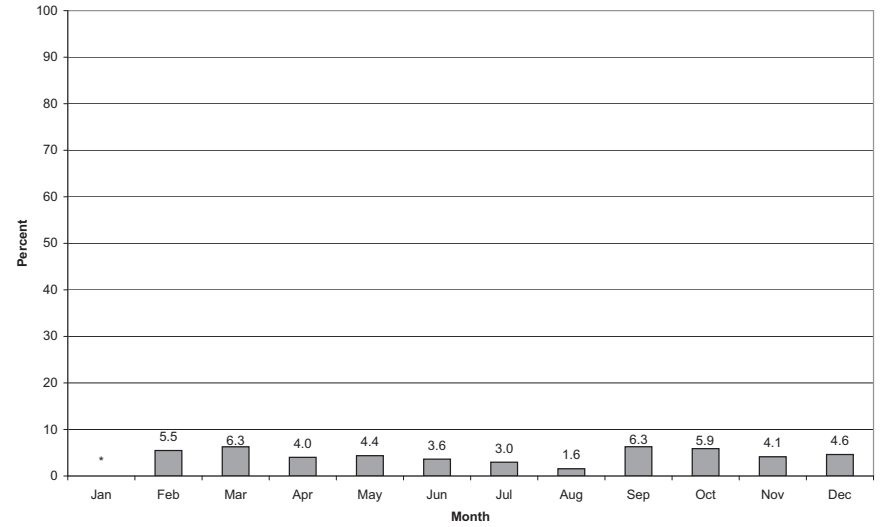
ATE PEARS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

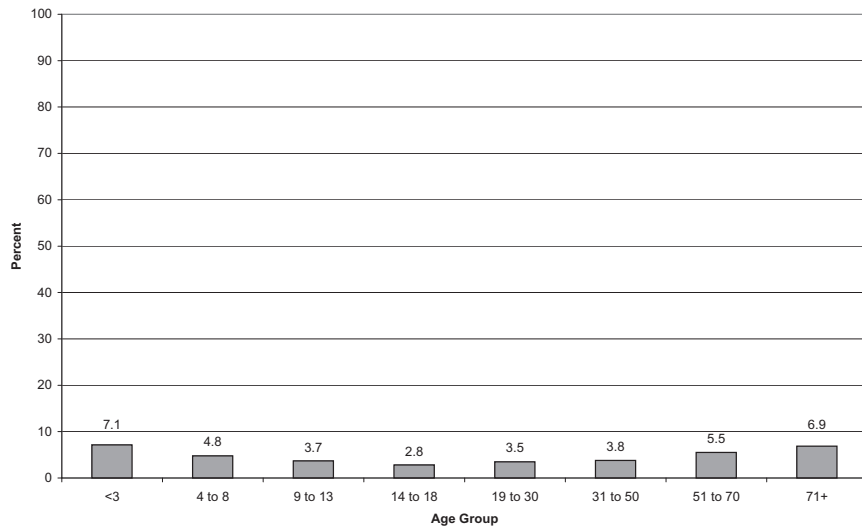
66.1 Percent by Province



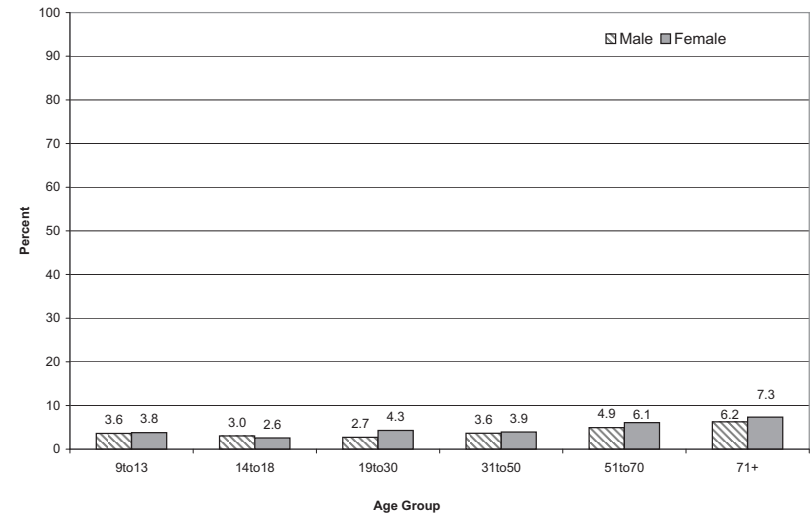
66.2 Percent by Month



66.3 Percent by Age Group



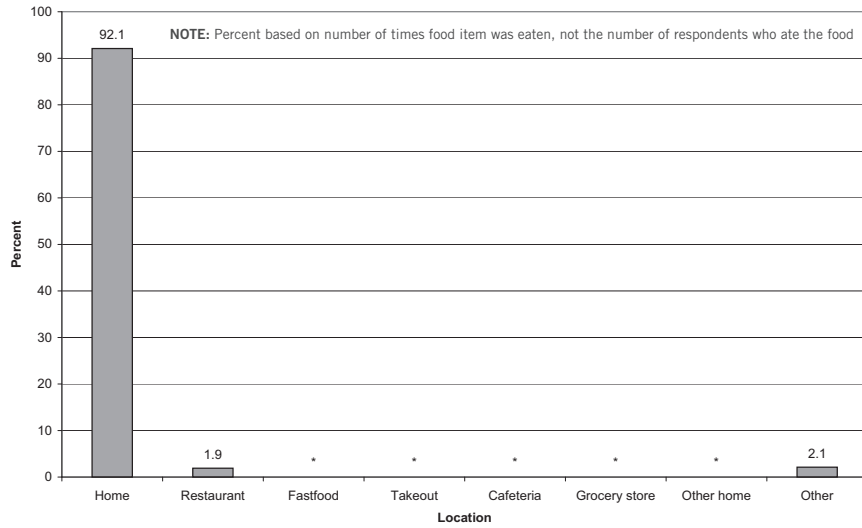
66.4 Percent by Age Group and Sex



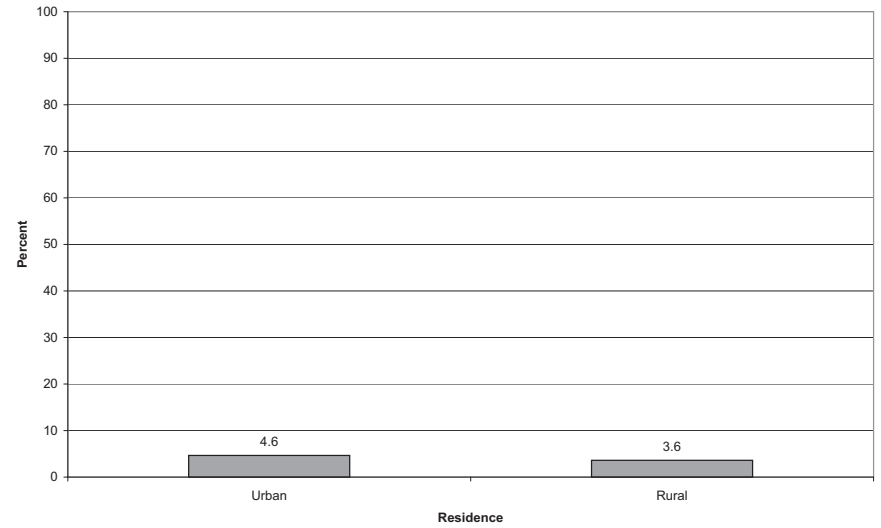
ATE PEARS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

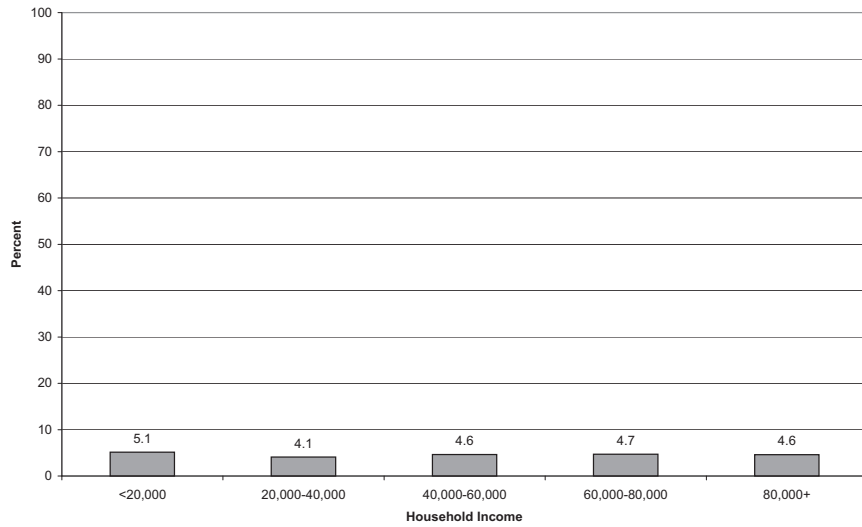
66.5 Percent by Location Where Food Was Prepared



66.6 Percent by Residence



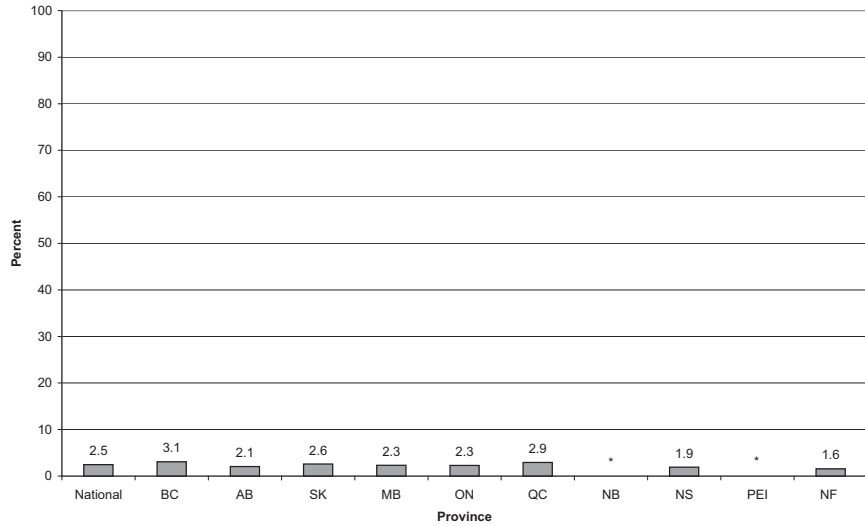
66.7 Percent by Household Income



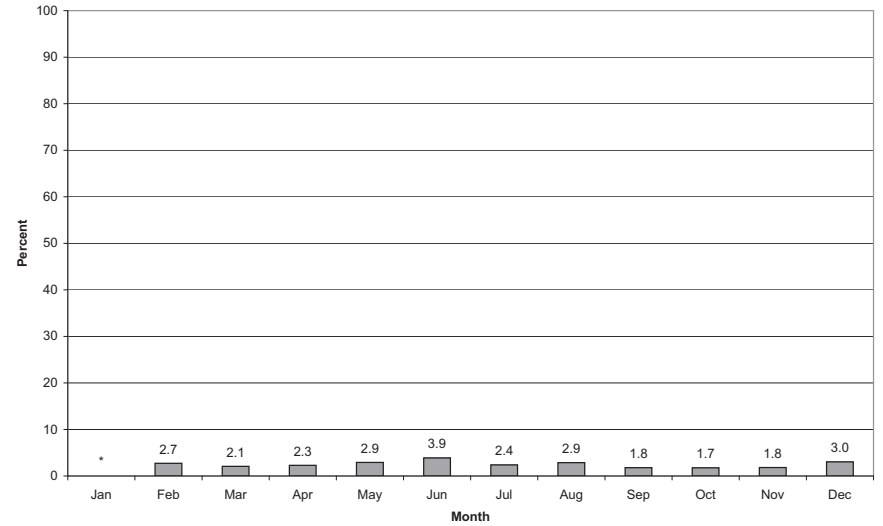
ATE PINEAPPLE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

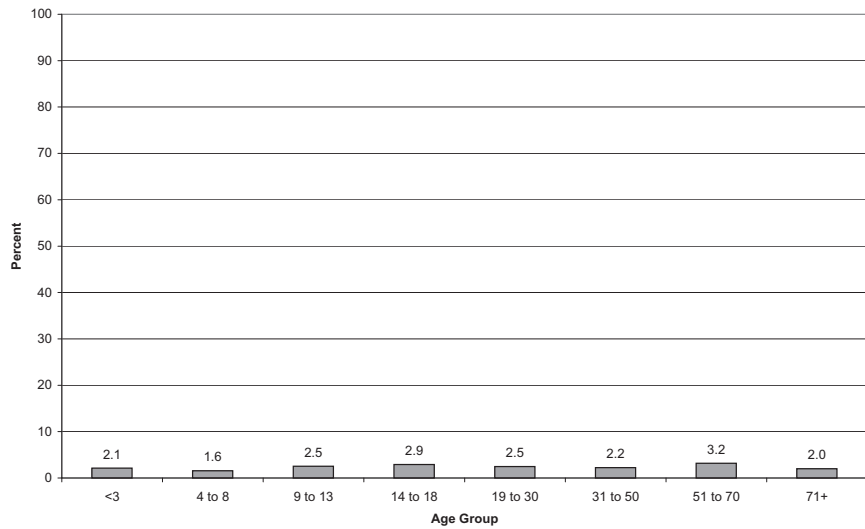
67.1 Percent by Province



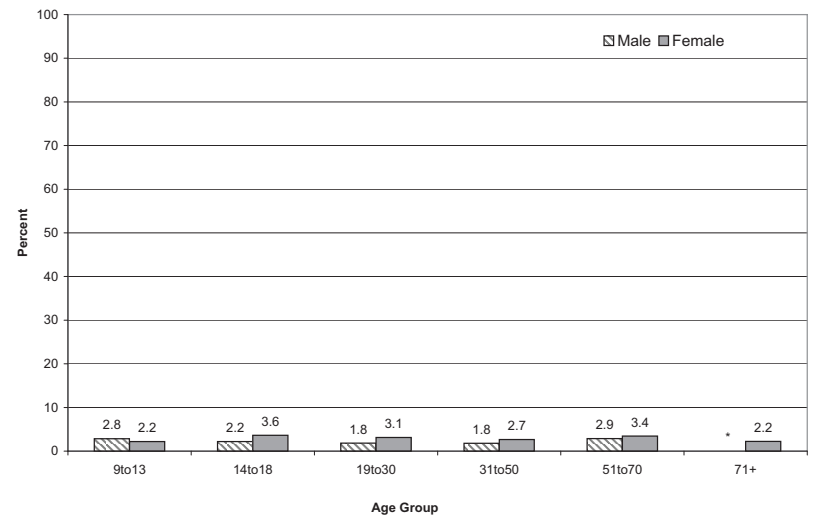
67.2 Percent by Month



67.3 Percent by Age Group



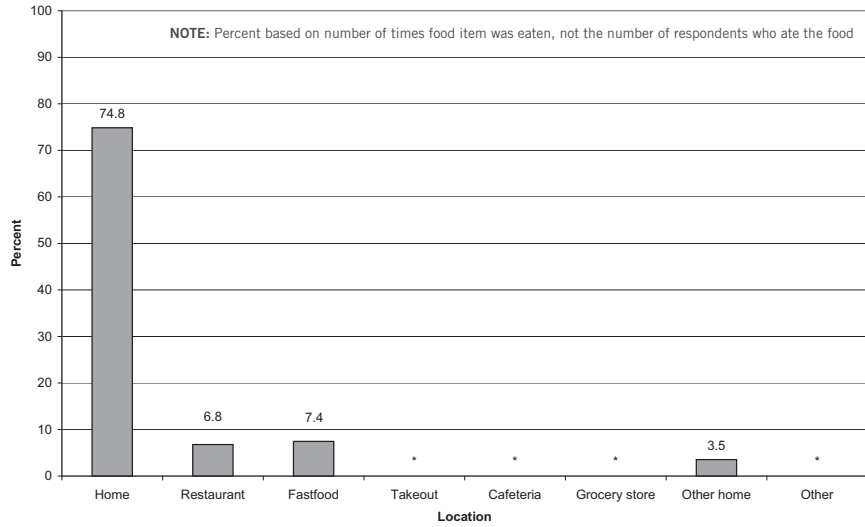
67.4 Percent by Age Group and Sex



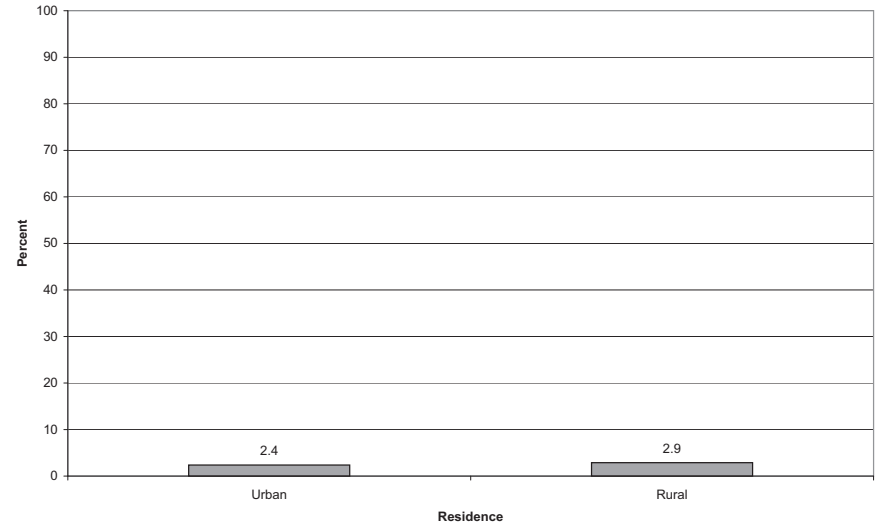
ATE PINEAPPLE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

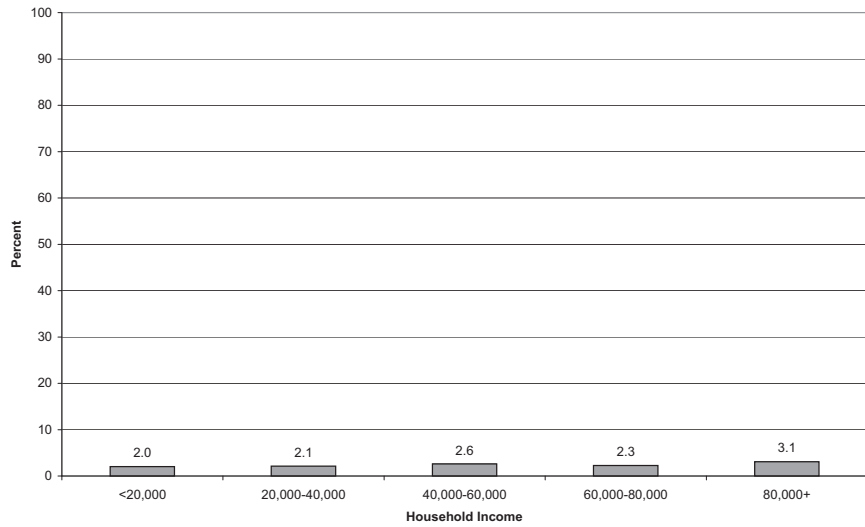
67.5 Percent by Location Where Food Was Prepared



67.6 Percent by Residence



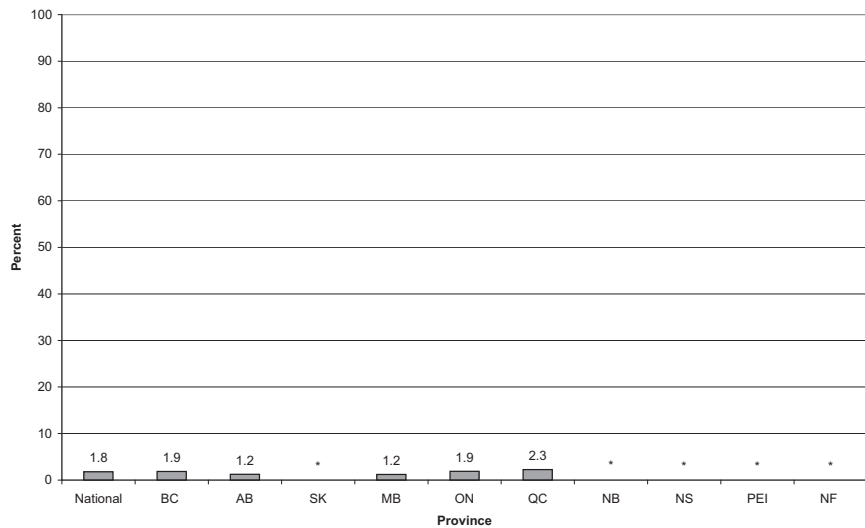
67.7 Percent by Household Income



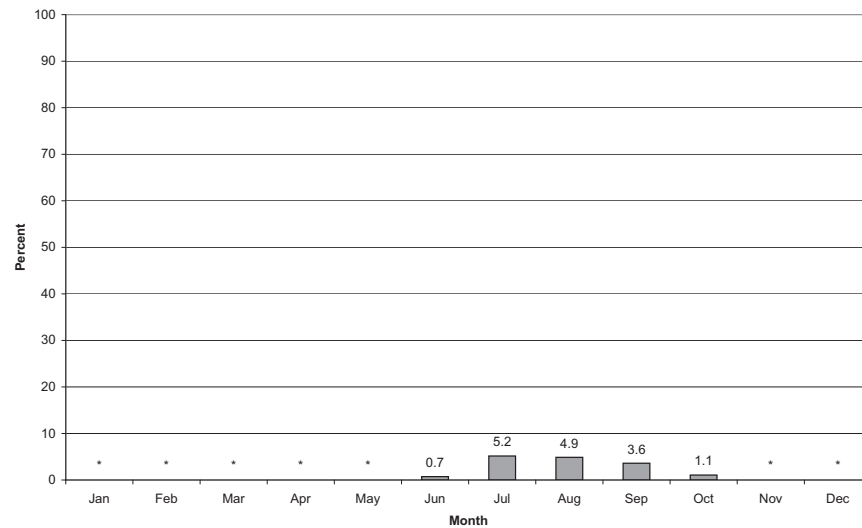
ATE PLUMS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

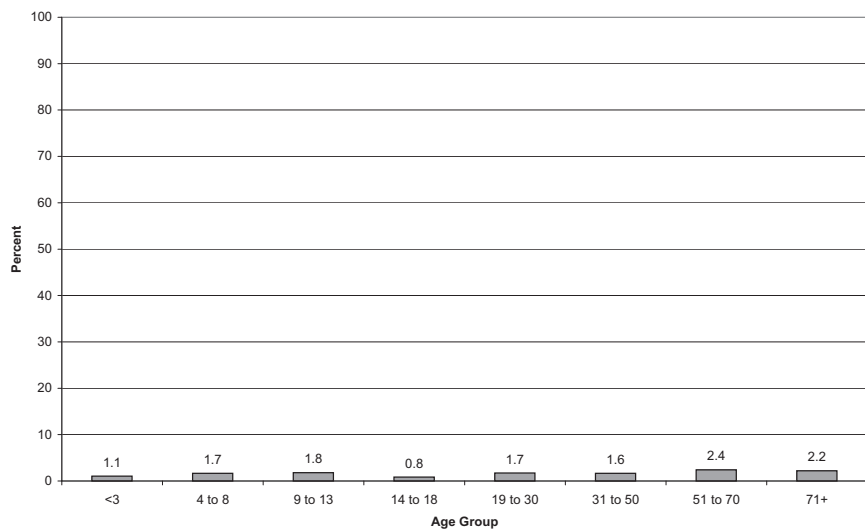
68.1 Percent by Province



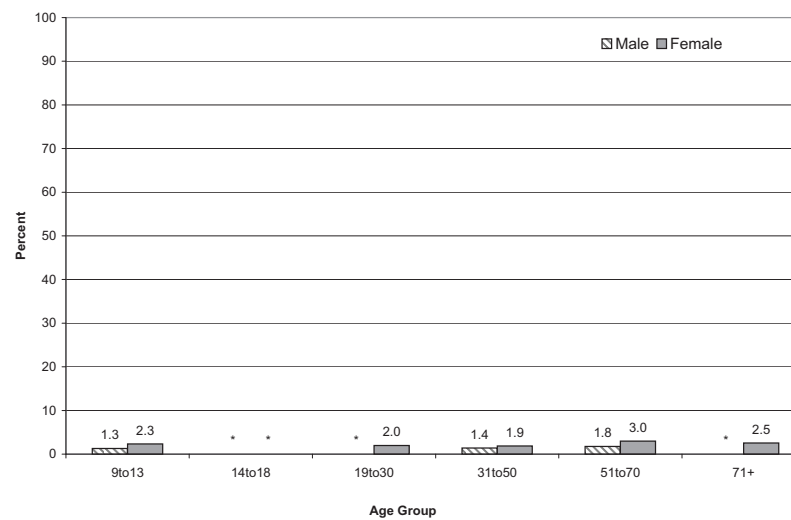
68.2 Percent by Month



68.3 Percent by Age Group



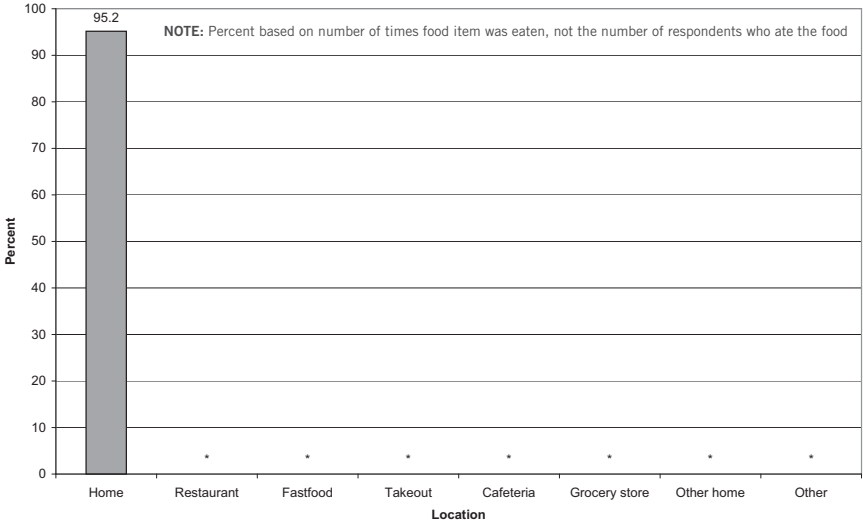
68.4 Percent by Age Group and Sex



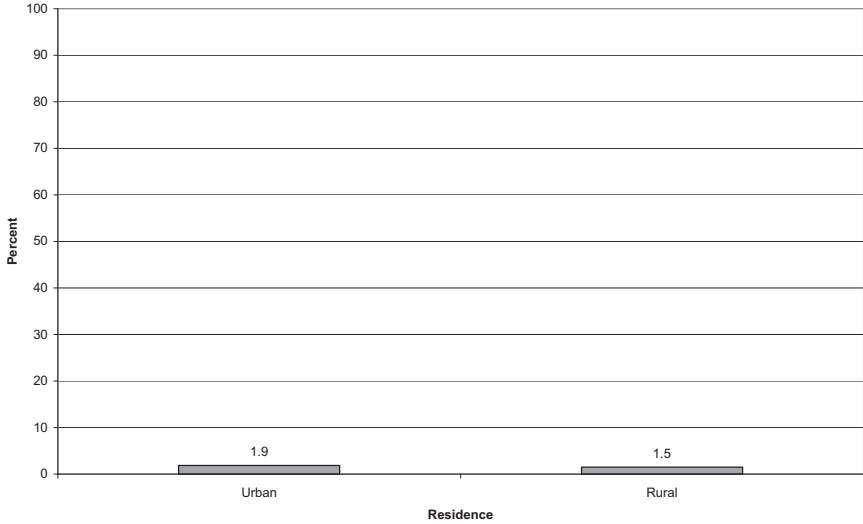
ATE PLUMS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

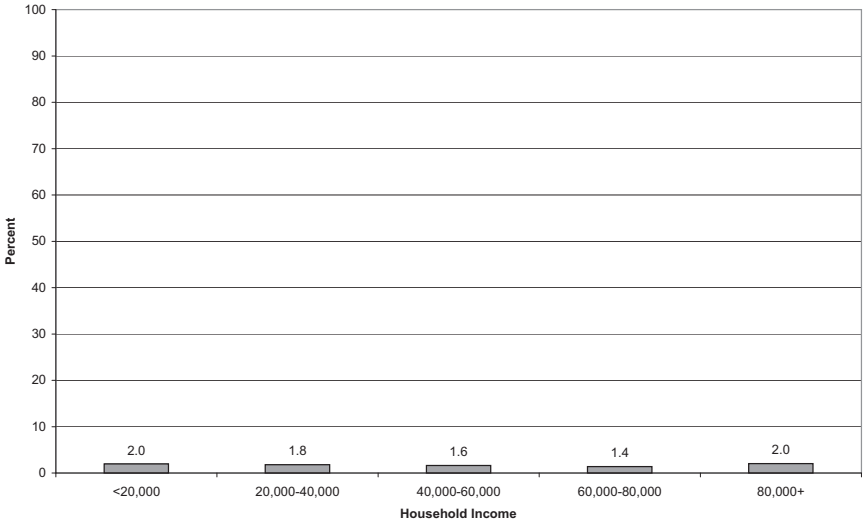
68.5 Percent by Location Where Food Was Prepared



68.6 Percent by Residence



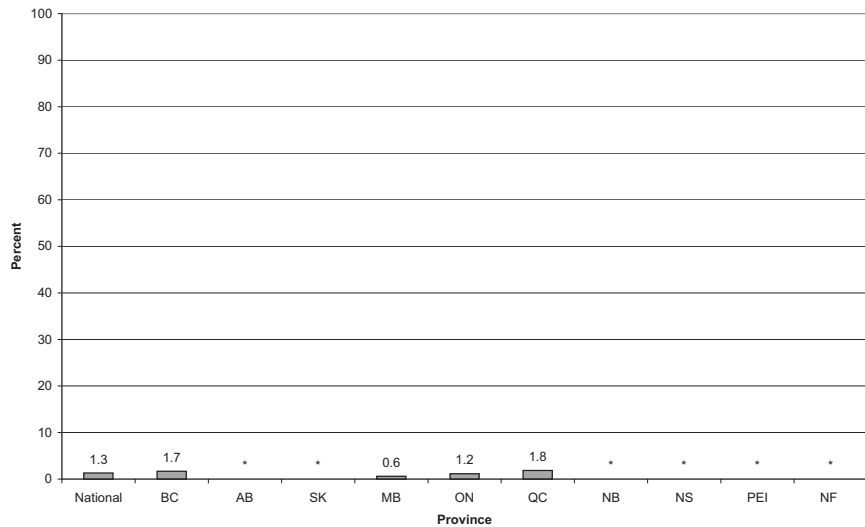
68.7 Percent by Household Income



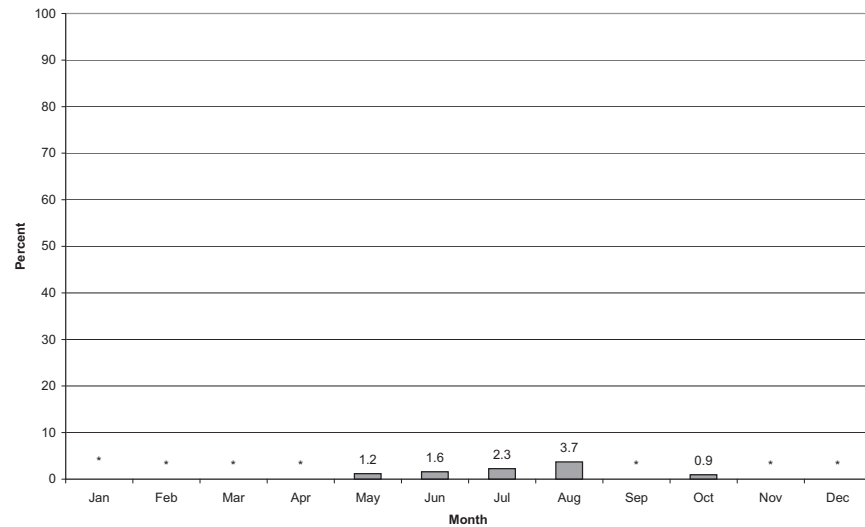
ATE RASPBERRIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

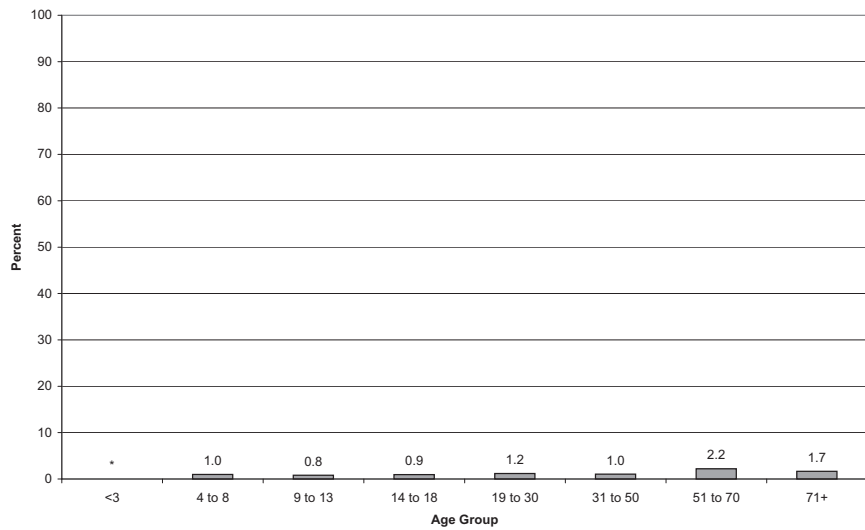
69.1 Percent by Province



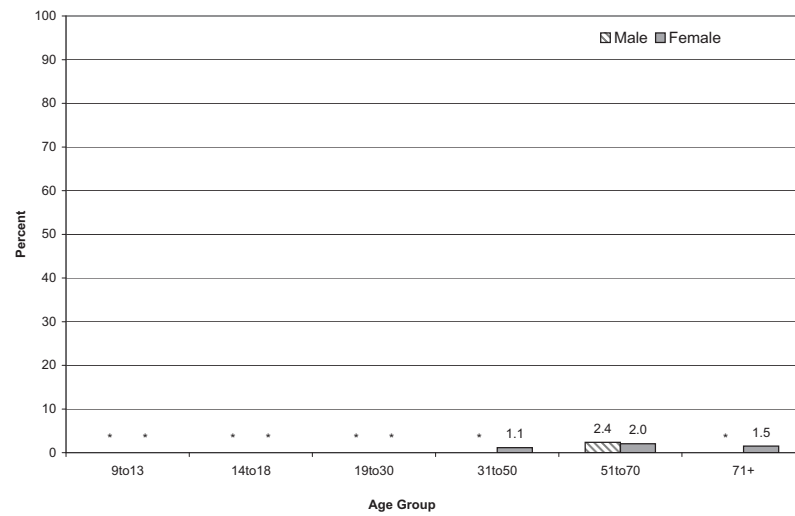
69.2 Percent by Month



69.3 Percent by Age Group



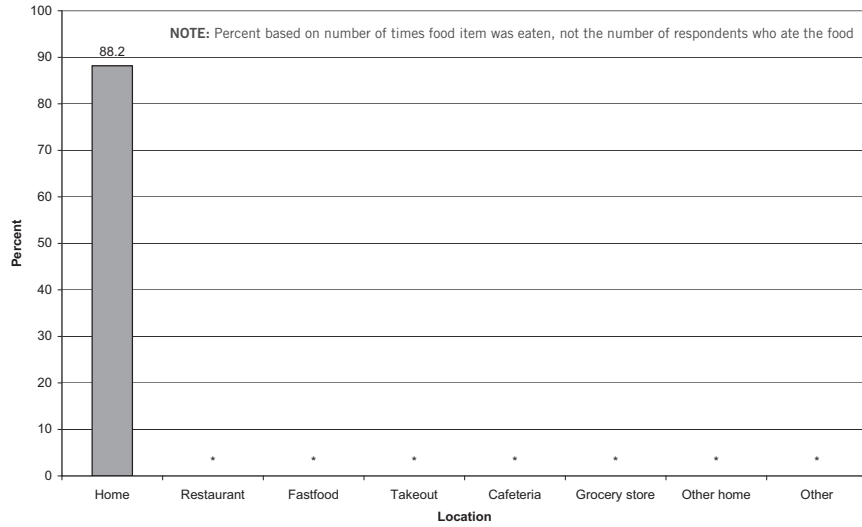
69.4 Percent by Age Group and Sex



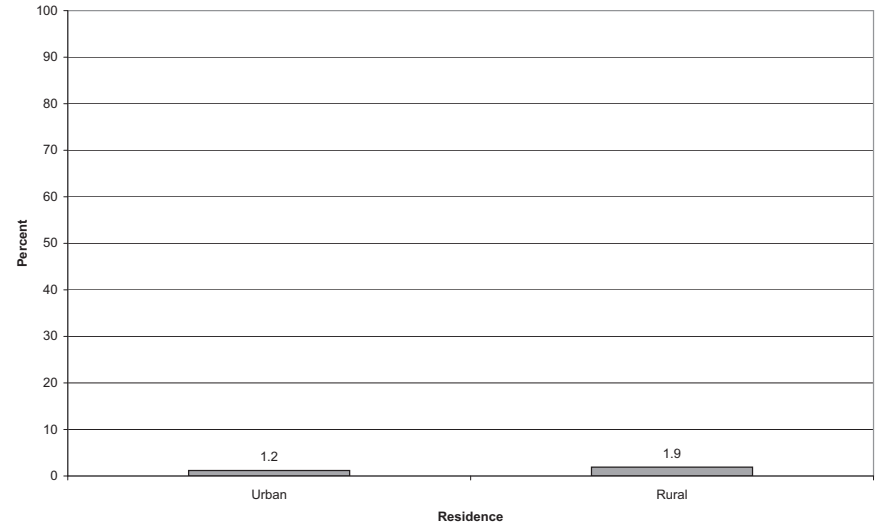
ATE RASPBERRIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

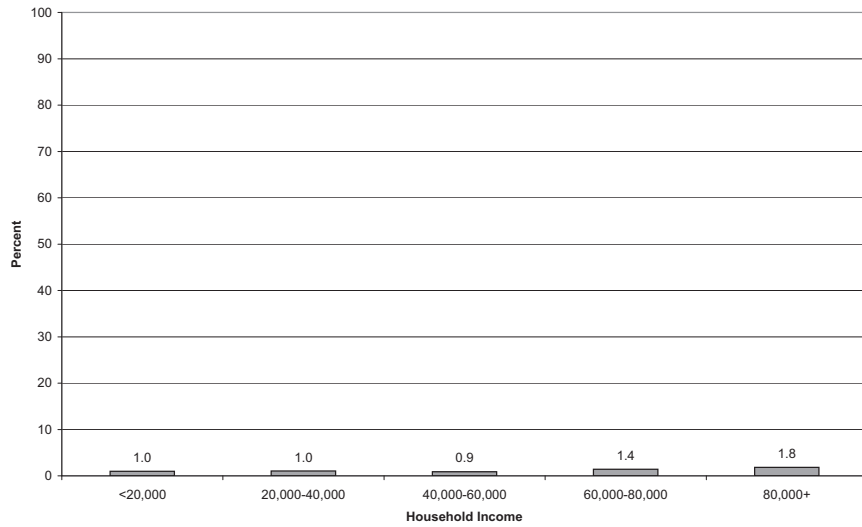
69.5 Percent by Location Where Food Was Prepared



69.6 Percent by Residence



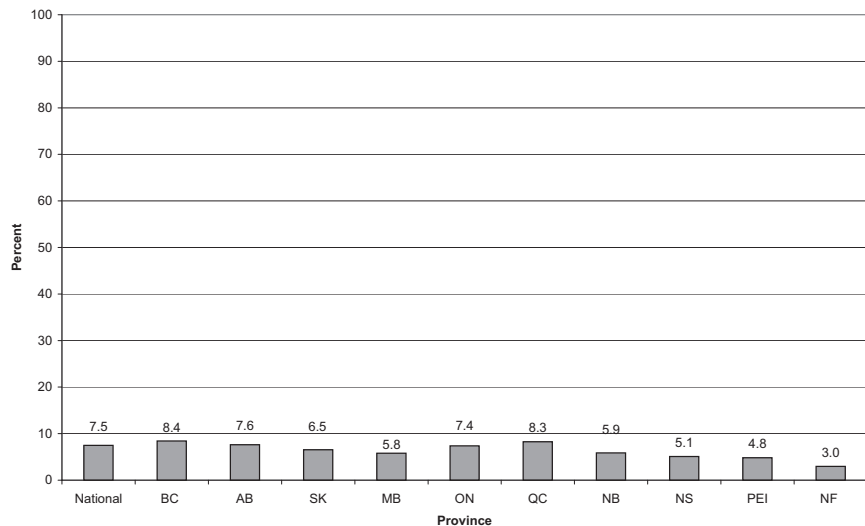
69.7 Percent by Household Income



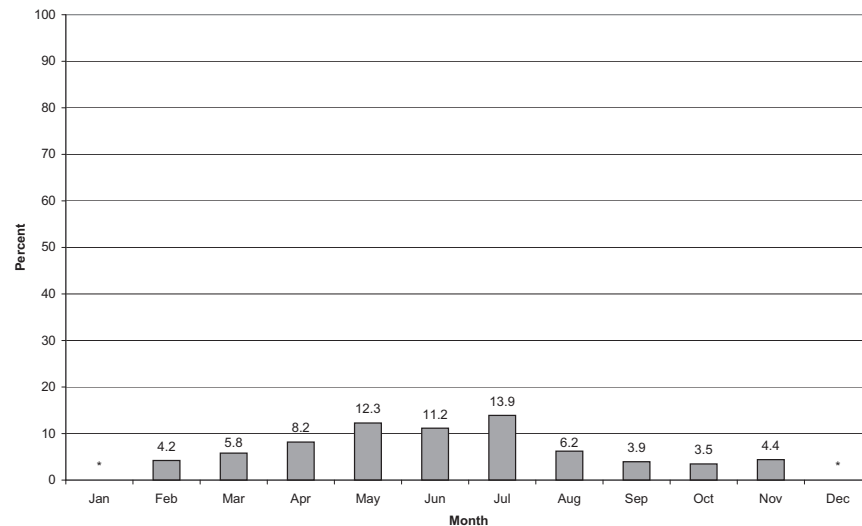
ATE STRAWBERRIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

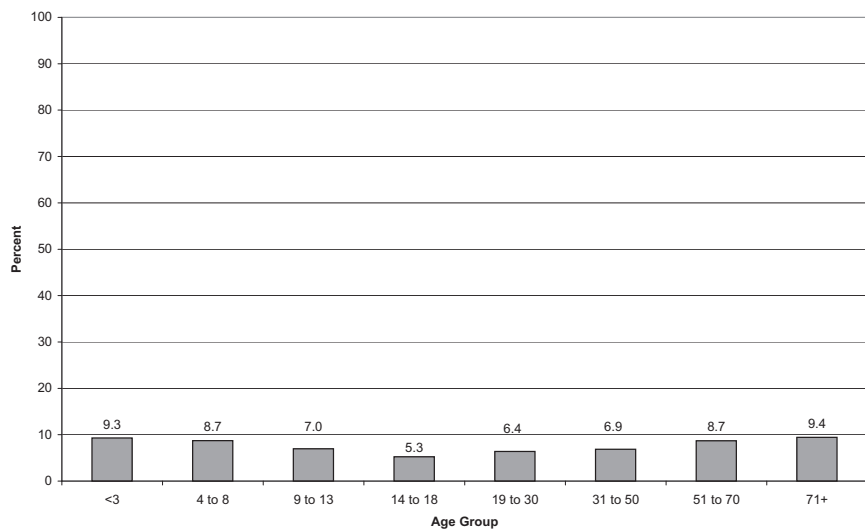
70.1 Percent by Province



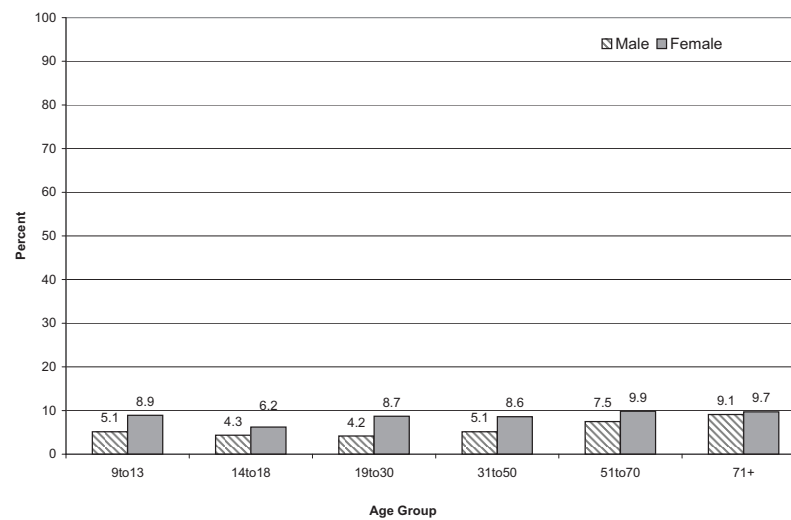
70.2 Percent by Month



70.3 Percent by Age Group



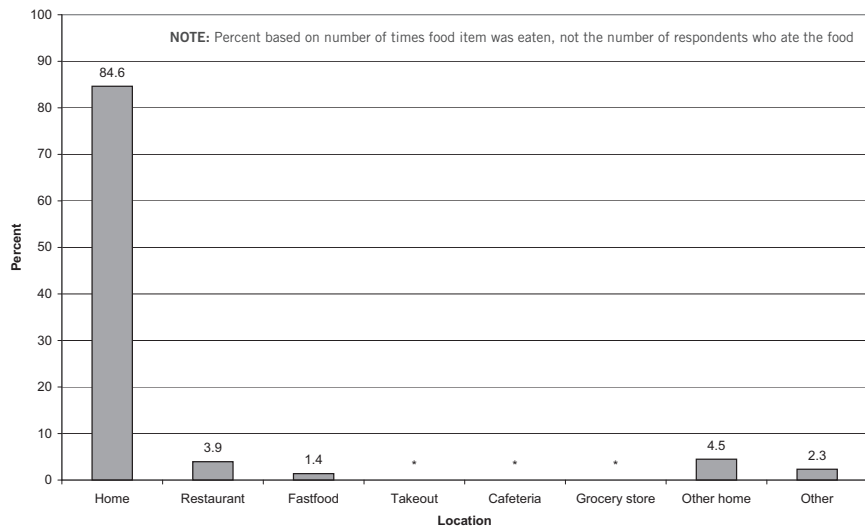
70.4 Percent by Age Group and Sex



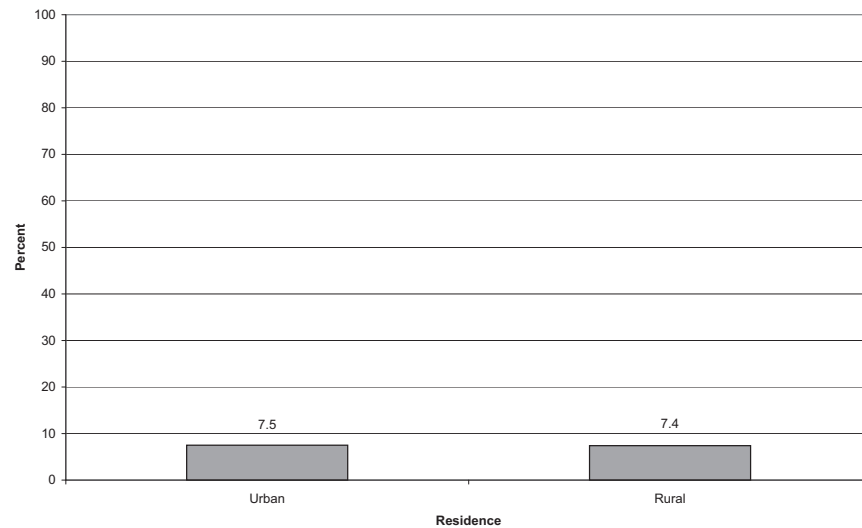
ATE STRAWBERRIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

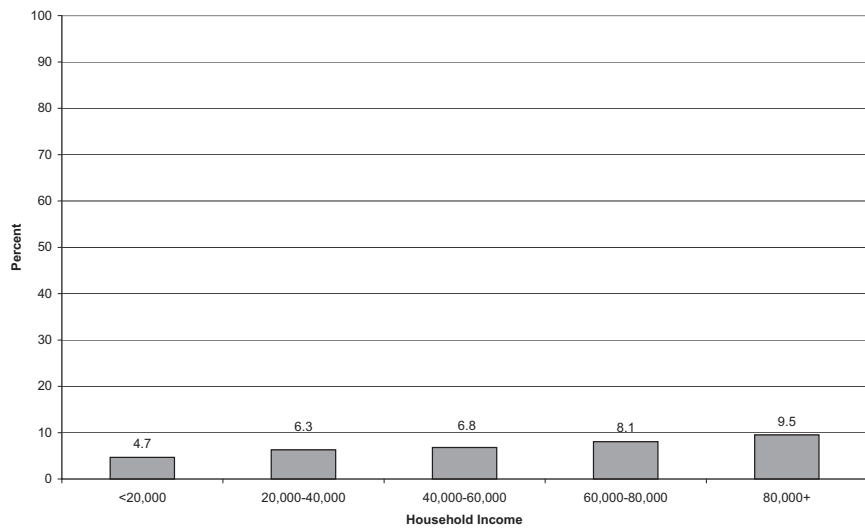
70.5 Percent by Location Where Food Was Prepared



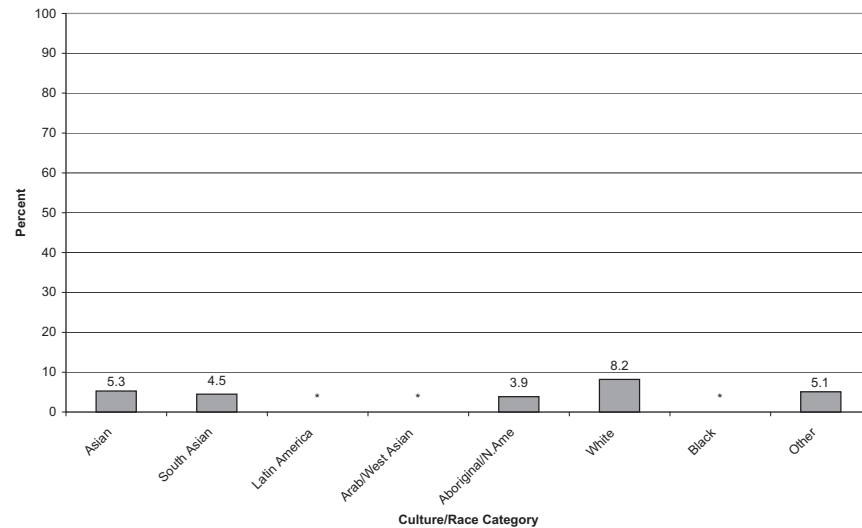
70.6 Percent by Residence



70.7 Percent by Household Income



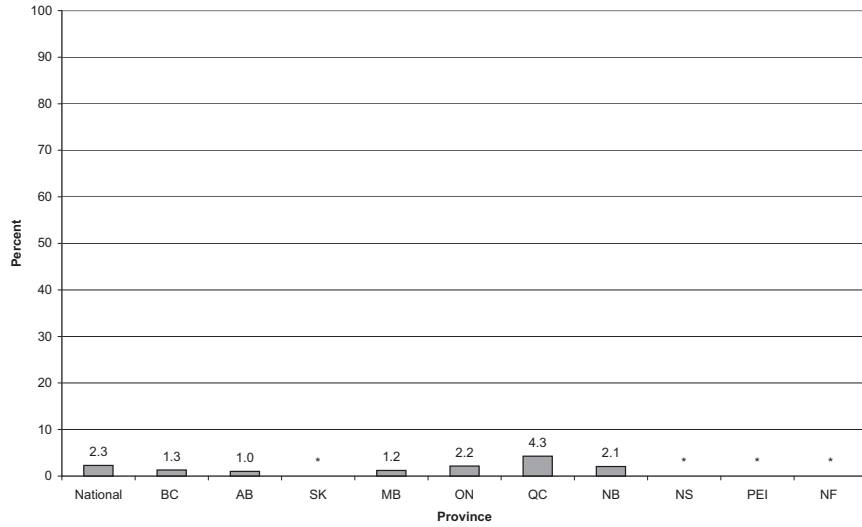
70.8 Percent by Cultural or Racial Origin



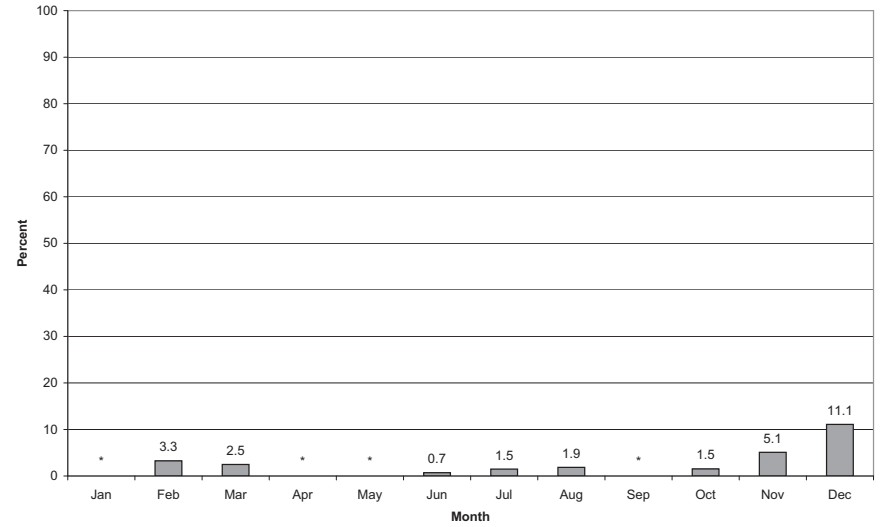
ATE TANGERINES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

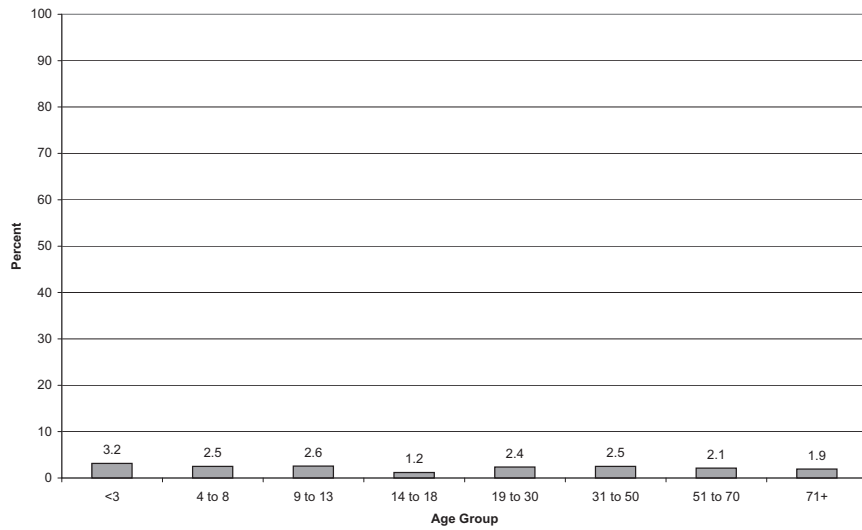
71.1 Percent by Province



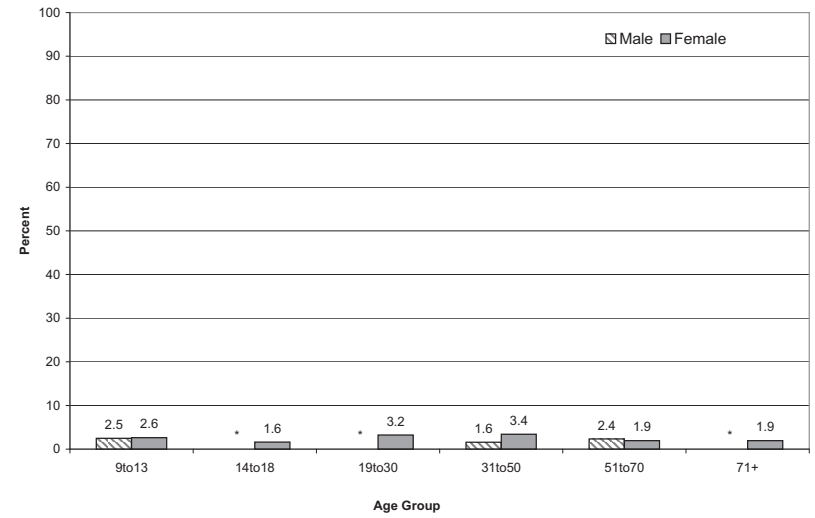
71.2 Percent by Month



71.3 Percent by Age Group



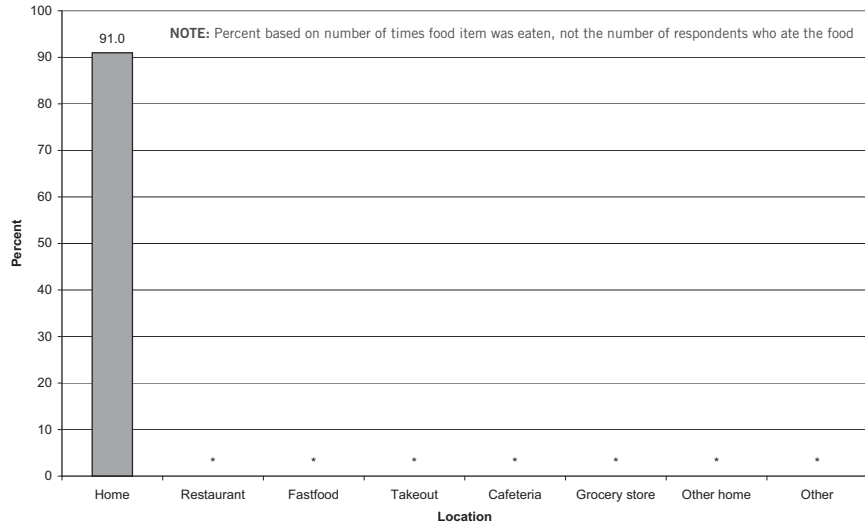
71.4 Percent by Age Group and Sex



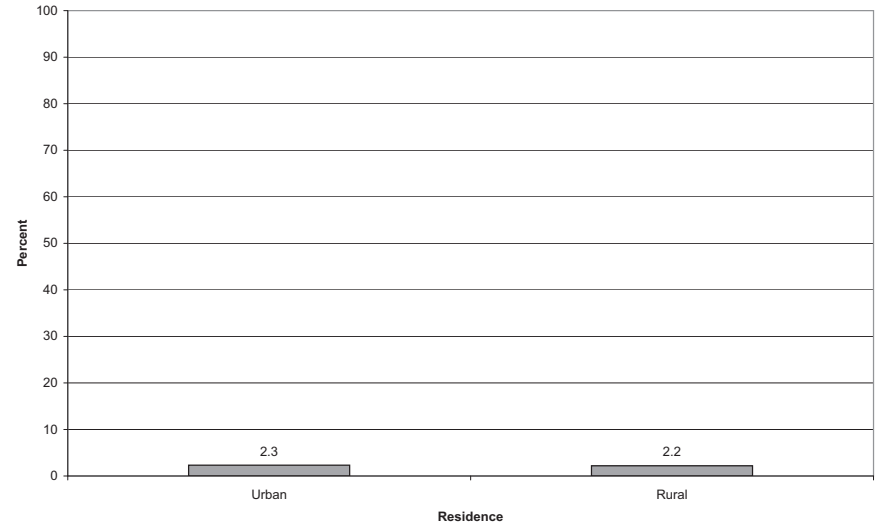
ATE TANGERINES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

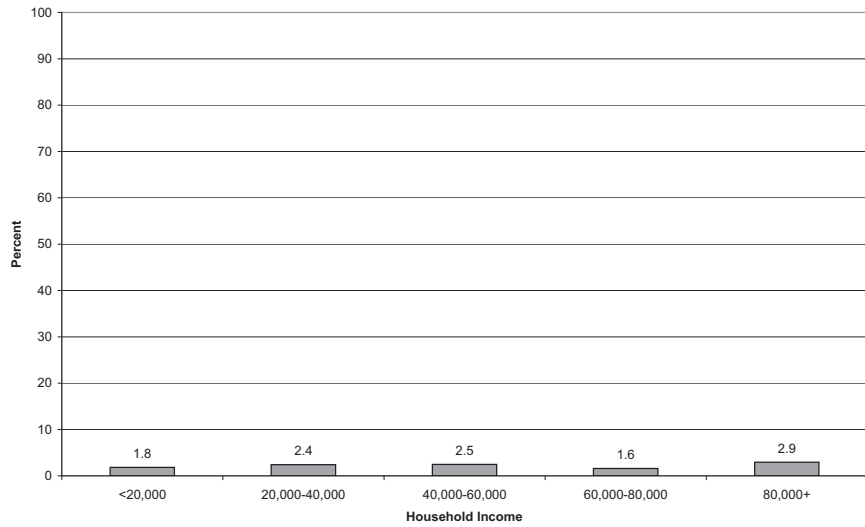
71.5 Percent by Location Where Food Was Prepared



71.6 Percent by Residence



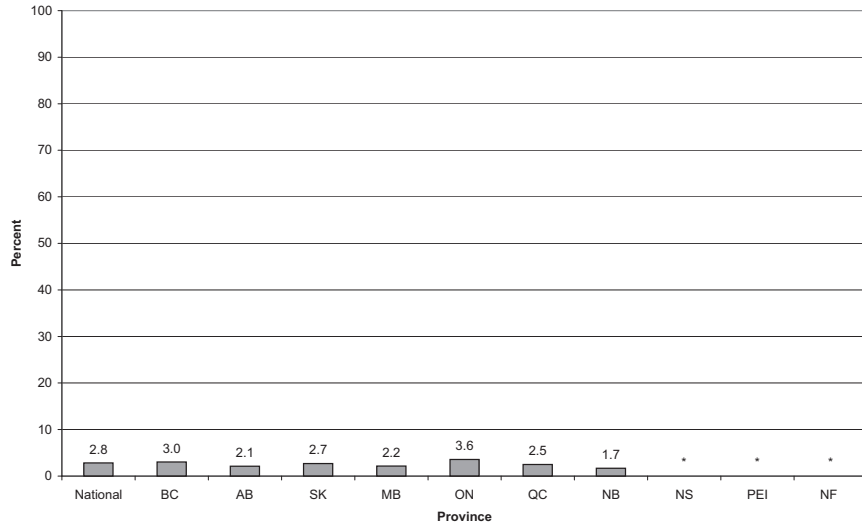
71.7 Percent by Household Income



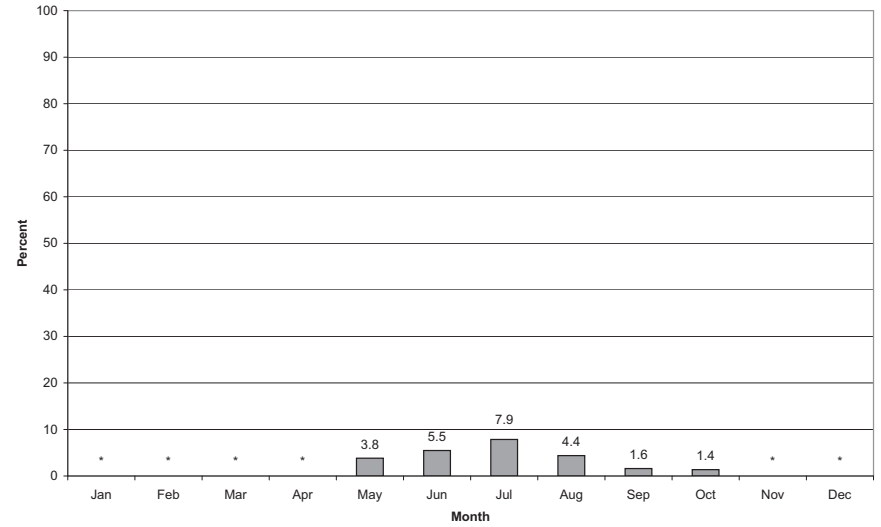
ATE WATERMELON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

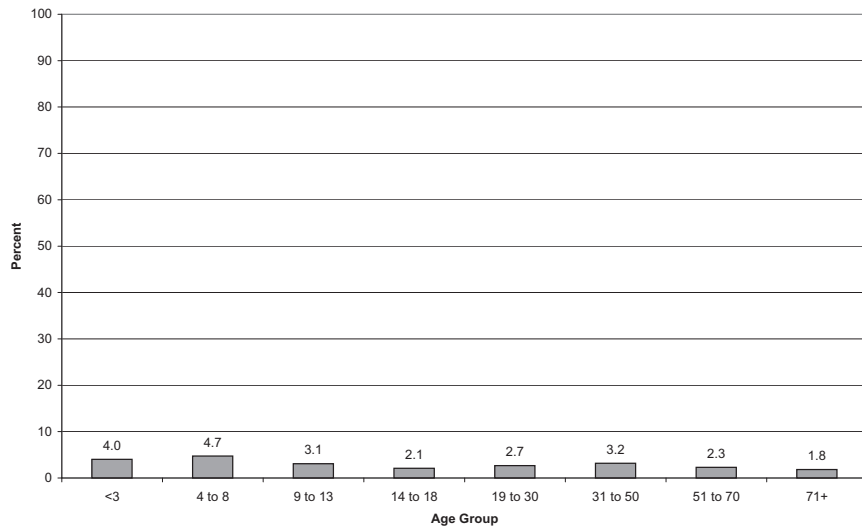
72.1 Percent by Province



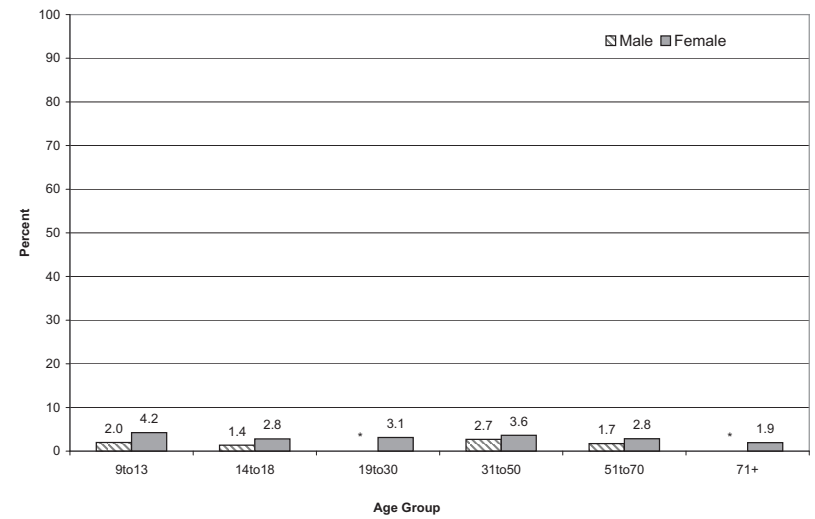
72.2 Percent by Month



72.3 Percent by Age Group



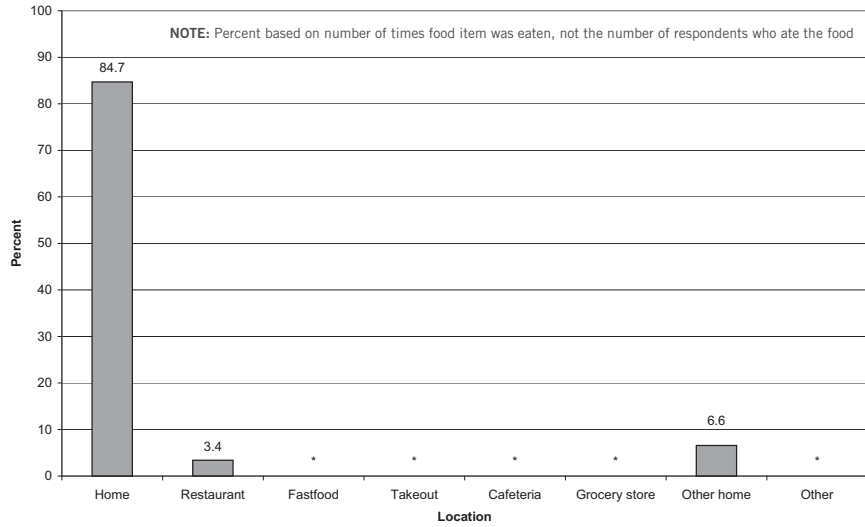
72.4 Percent by Age Group and Sex



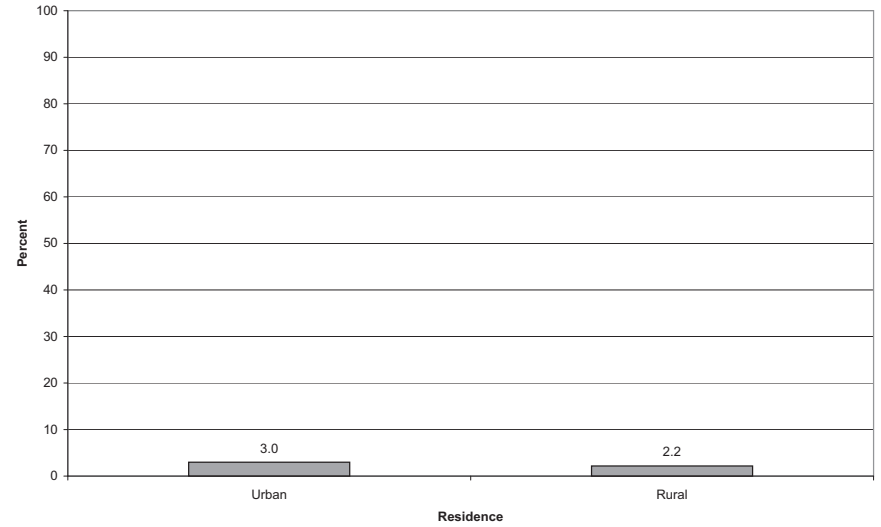
ATE WATERMELON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

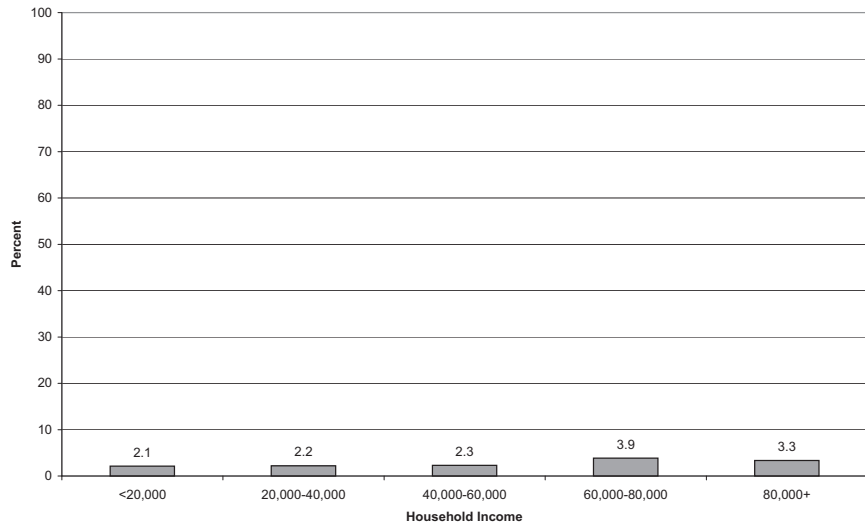
72.5 Percent by Location Where Food Was Prepared



72.6 Percent by Residence



72.7 Percent by Household Income

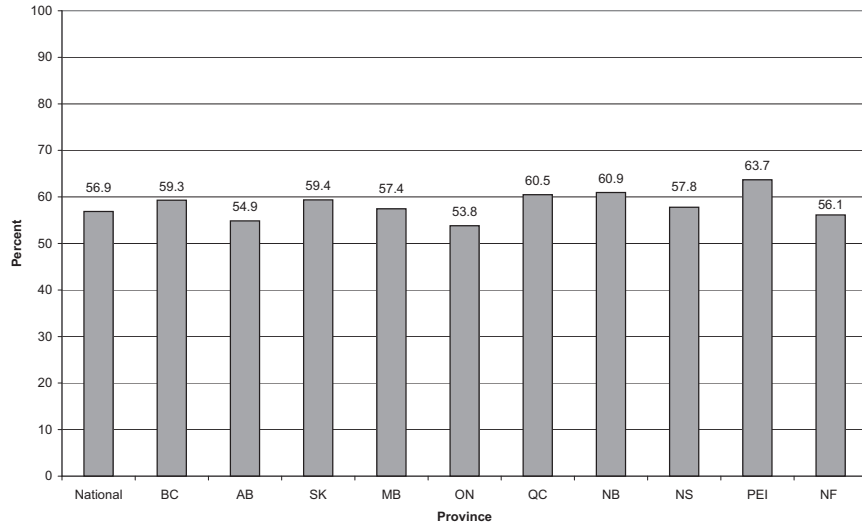


— EGGS —

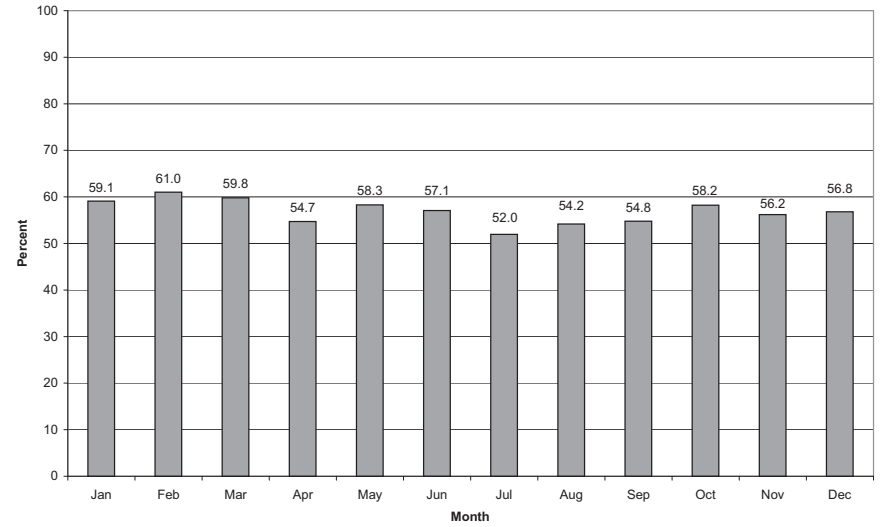
ATE EGGS, OVERALL IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

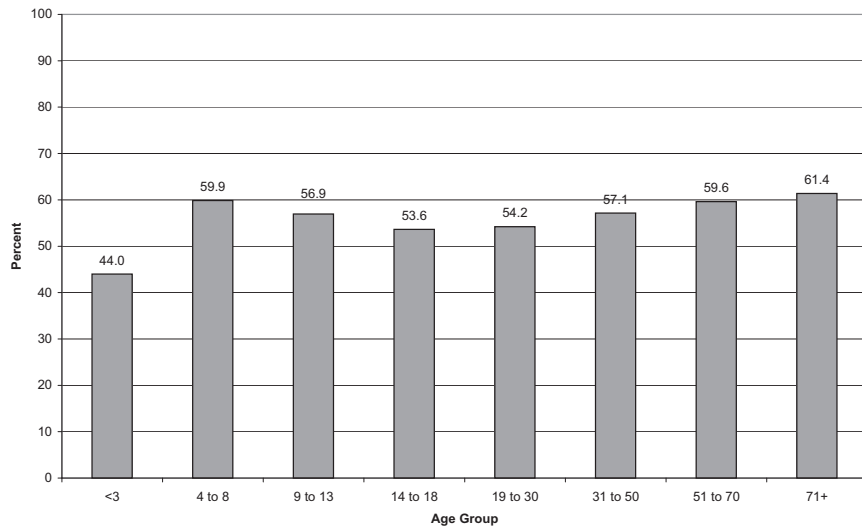
73.1 Percent by Province



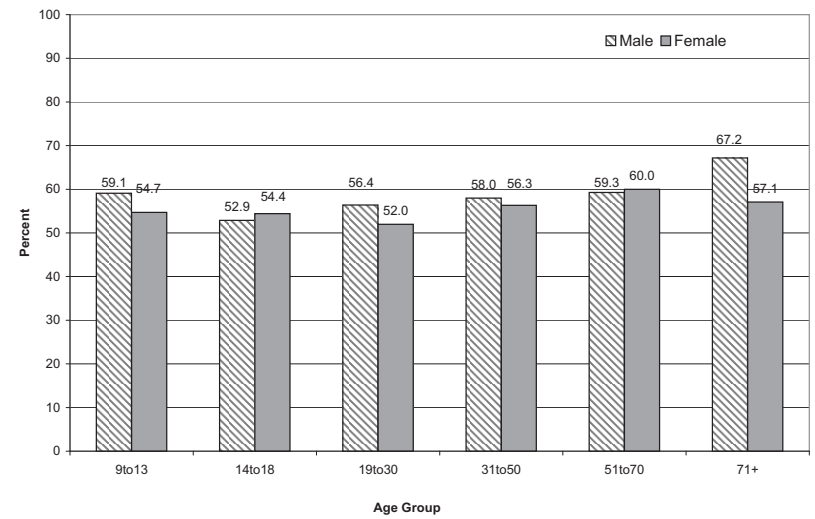
73.2 Percent by Month



73.3 Percent by Age Group



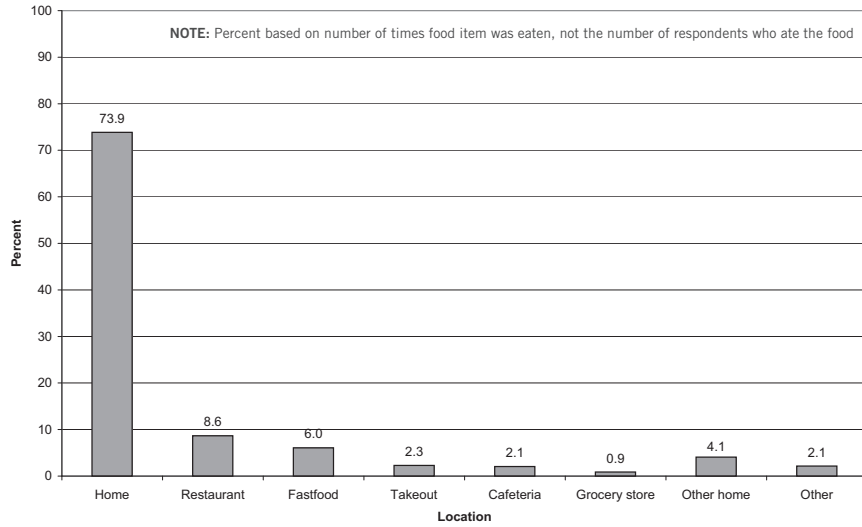
73.4 Percent by Age Group and Sex



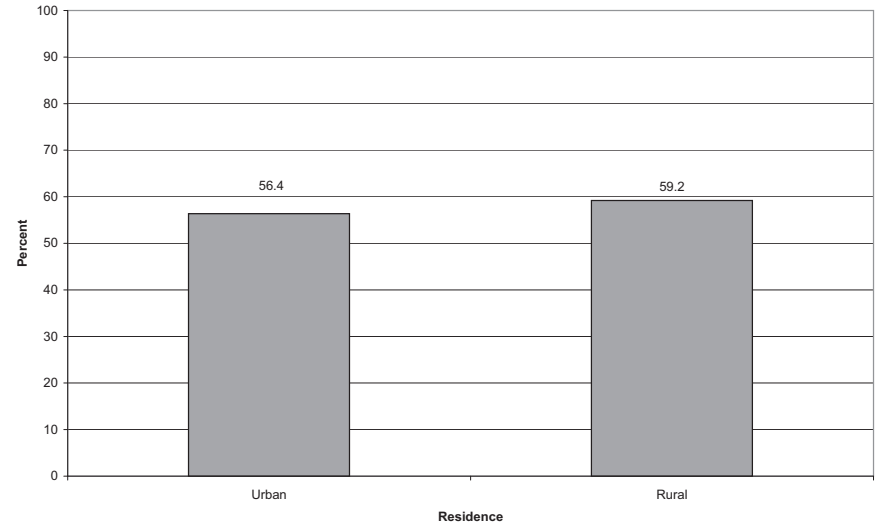
ATE EGGS, OVERALL IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

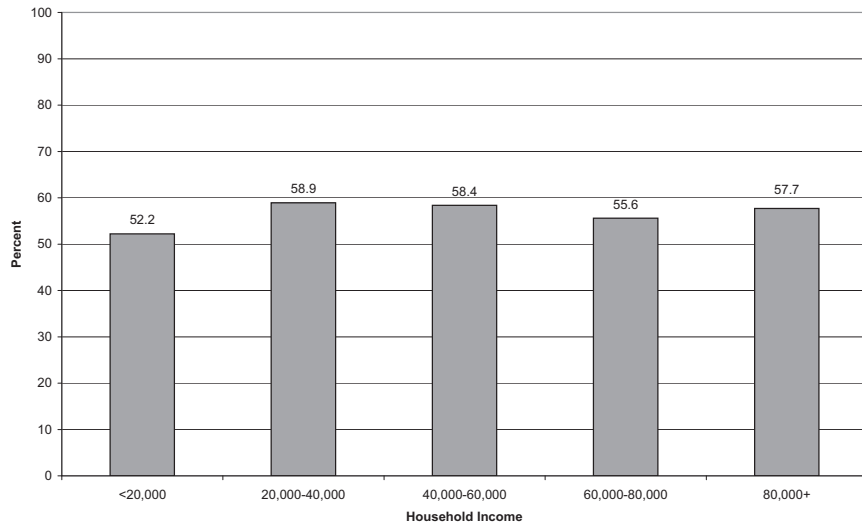
73.5 Percent by Location Where Food Was Prepared



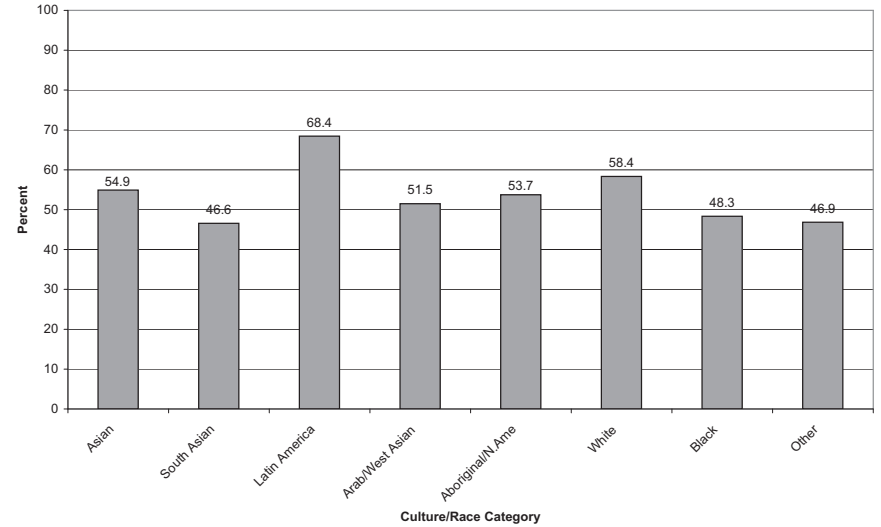
73.6 Percent by Residence



73.7 Percent by Household Income



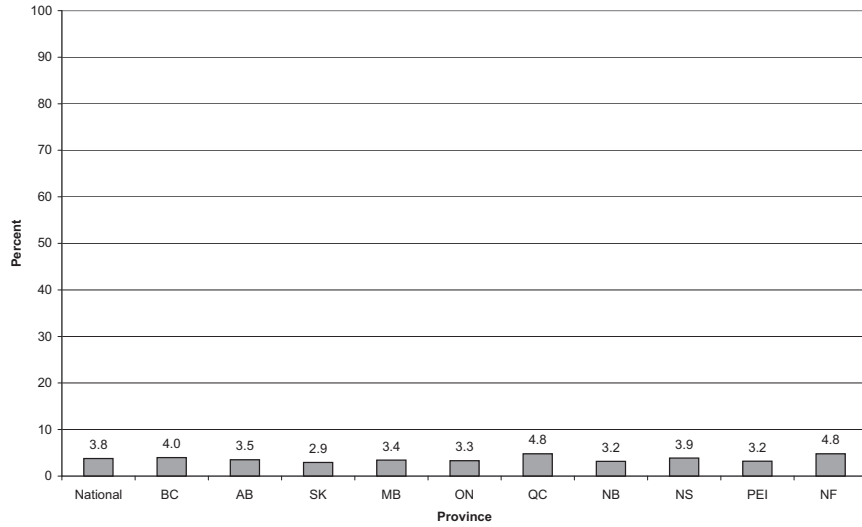
73.8 Percent by Cultural or Racial Origin



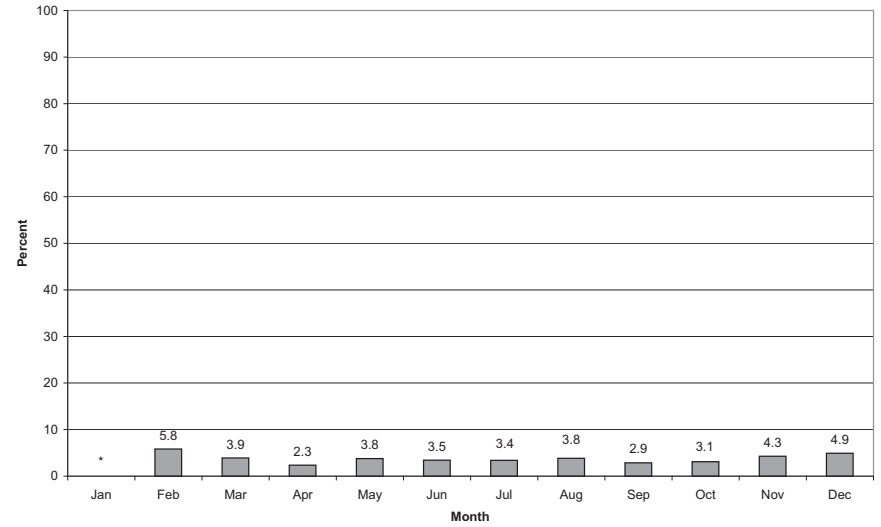
ATE EGG WHITES PASTEURIZED IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

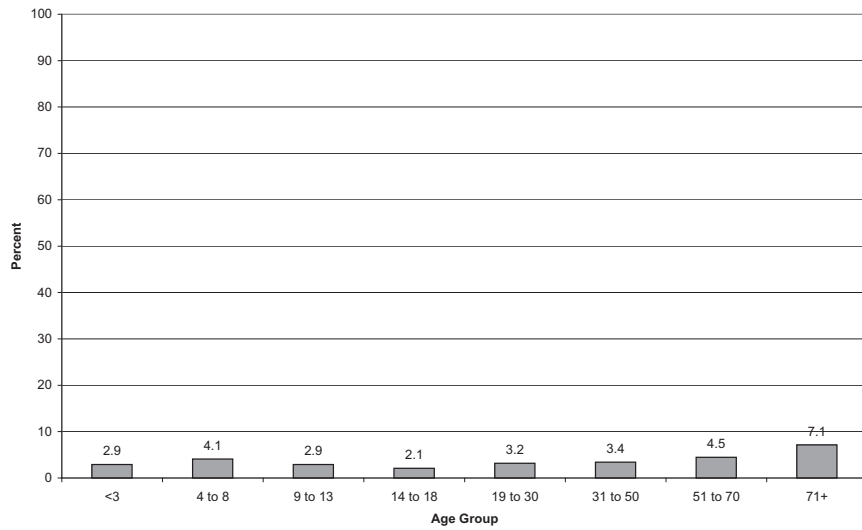
75.1 Percent by Province



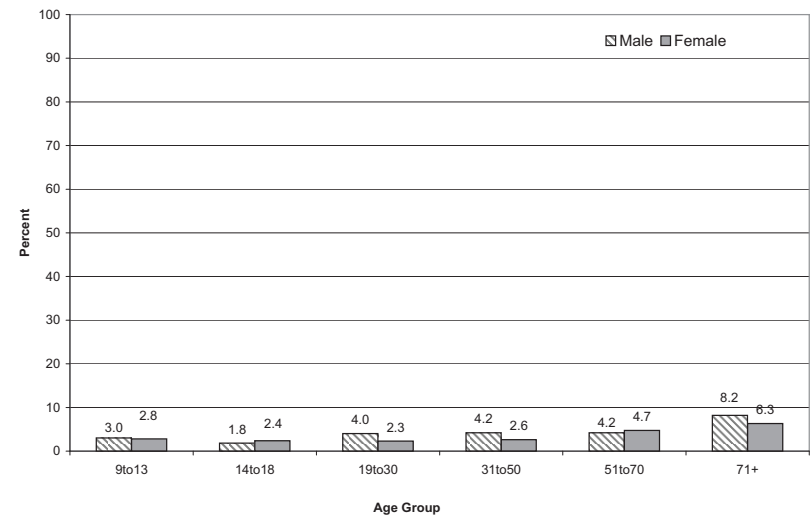
75.2 Percent by Month



75.3 Percent by Age Group



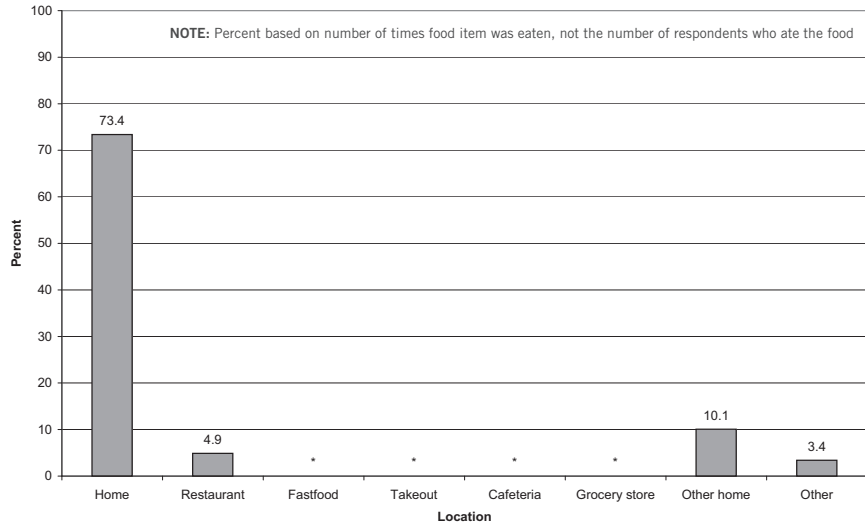
75.4 Percent by Age Group and Sex



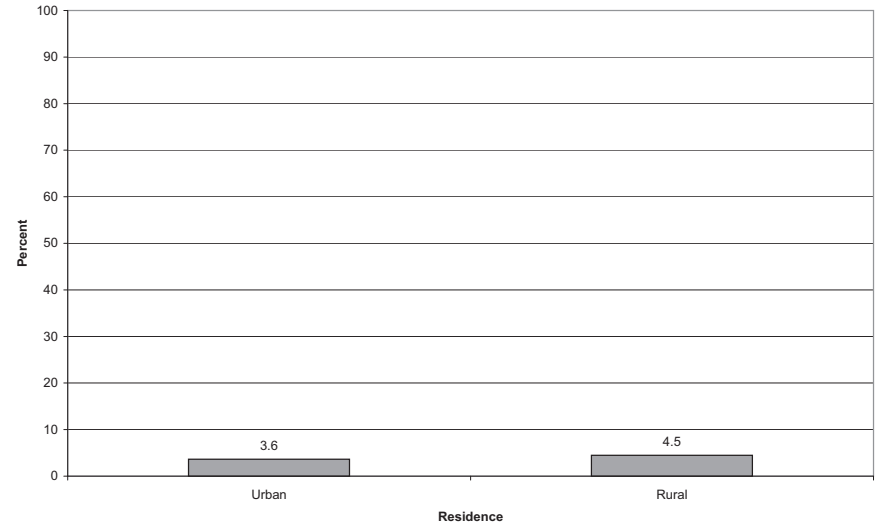
ATE EGG WHITES PASTEURIZED IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

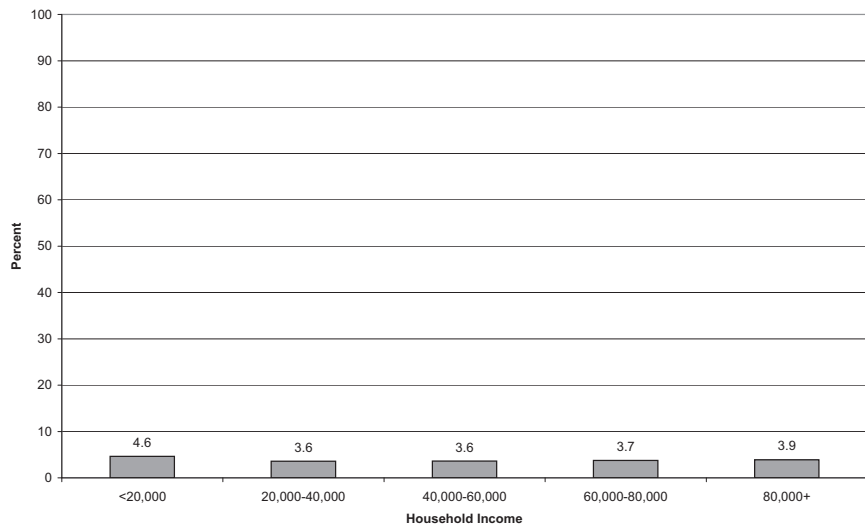
75.5 Percent by Location Where Food Was Prepared



75.6 Percent by Residence



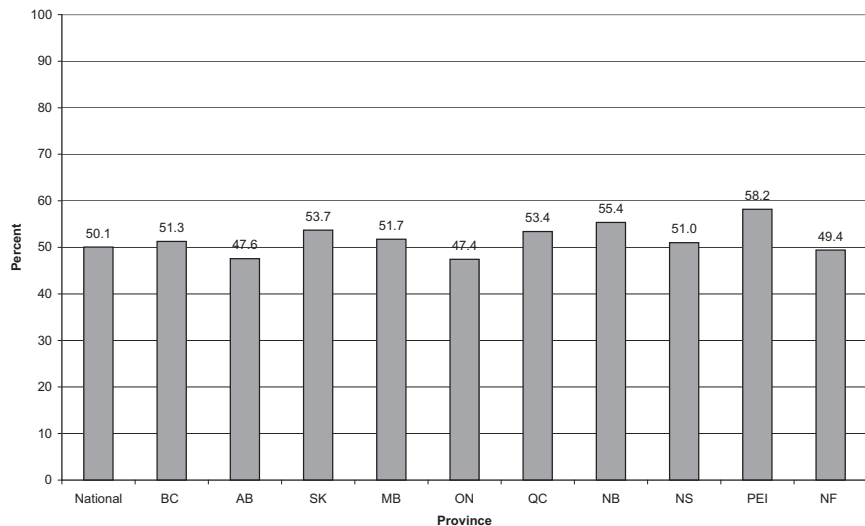
75.7 Percent by Household Income



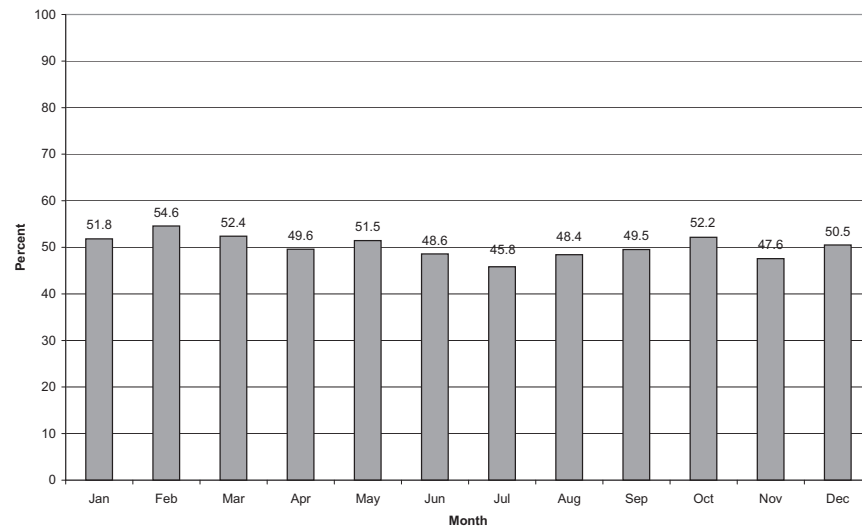
ATE EGG WHOLE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

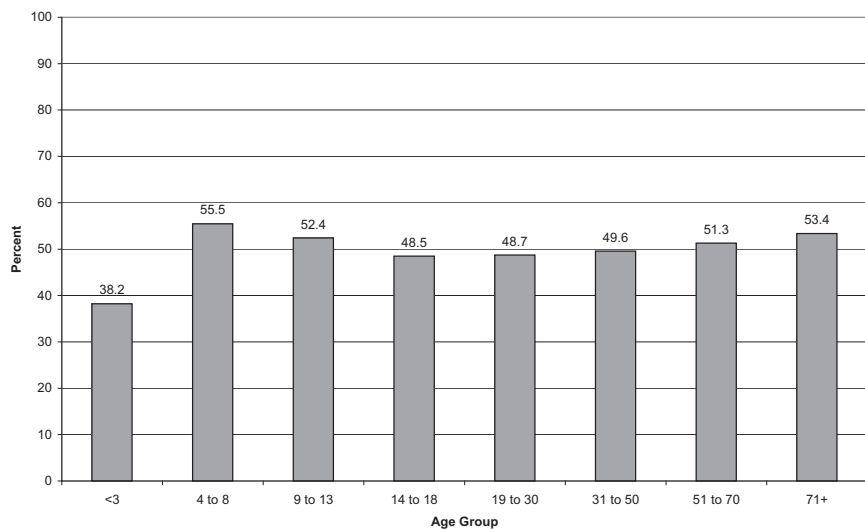
76.1 Percent by Province



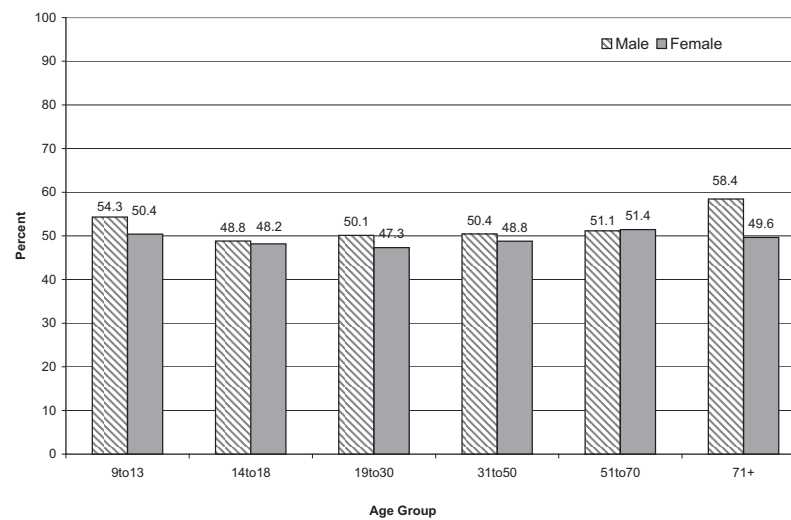
76.2 Percent by Month



76.3 Percent by Age Group



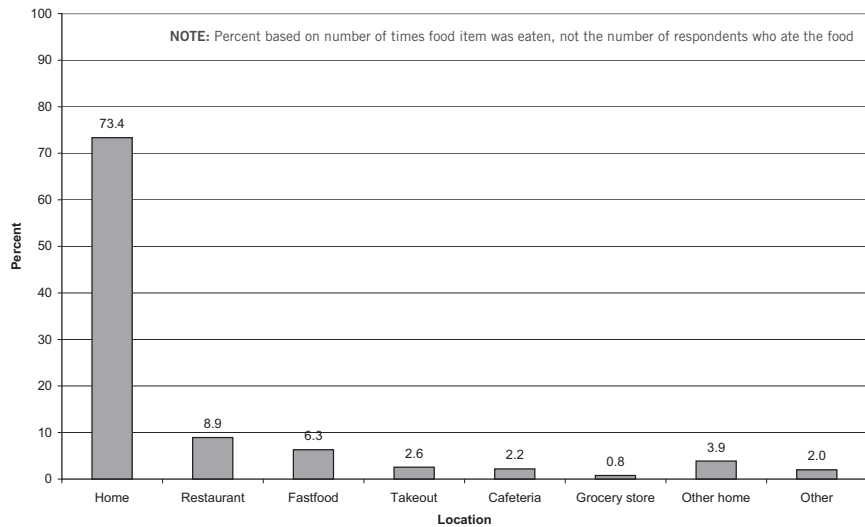
76.4 Percent by Age Group and Sex



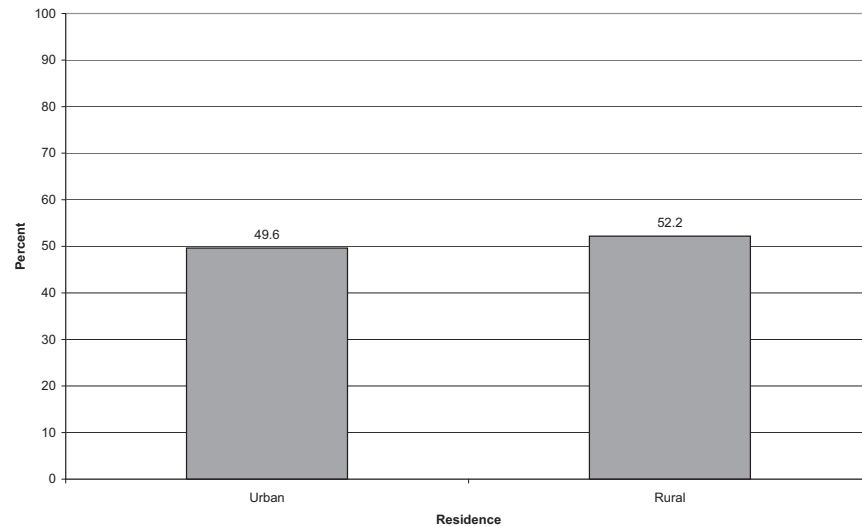
ATE EGG WHOLE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

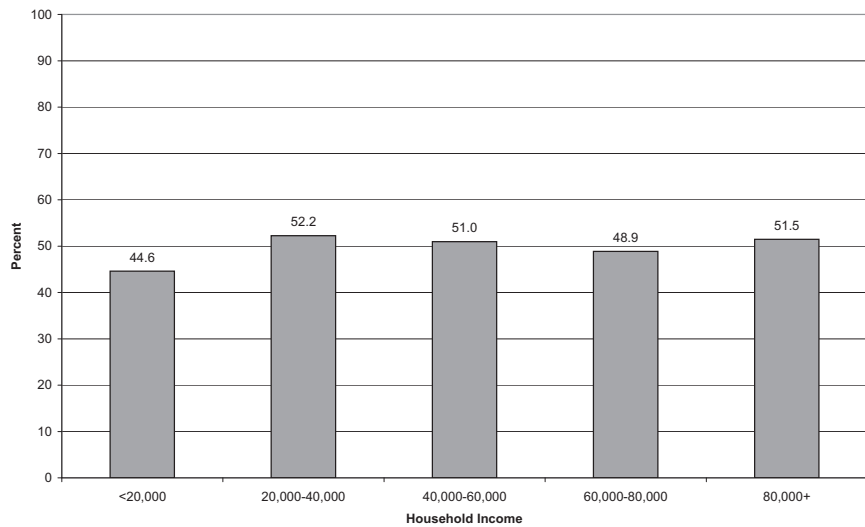
76.5 Percent by Location Where Food Was Prepared



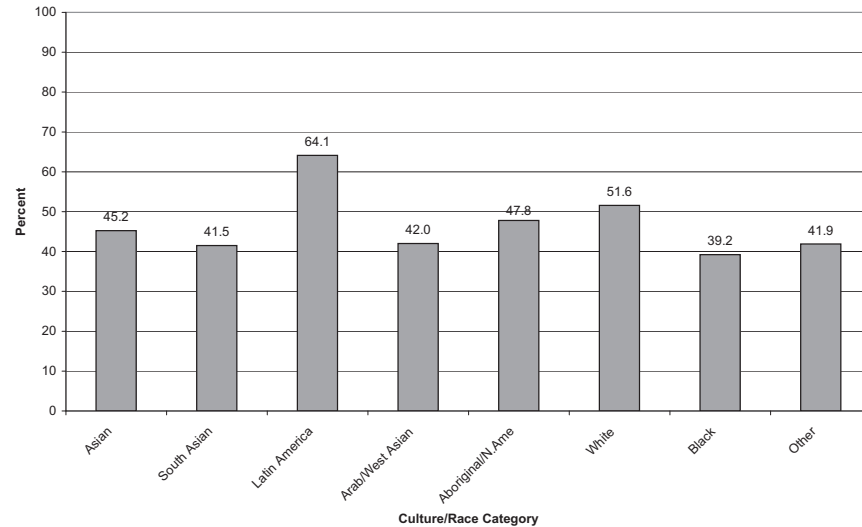
76.6 Percent by Residence



76.7 Percent by Household Income



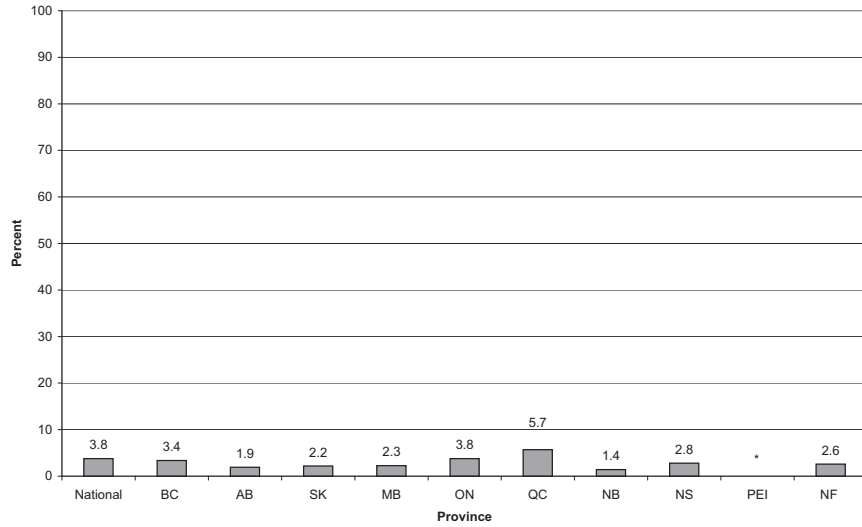
76.8 Percent by Cultural or Racial Origin



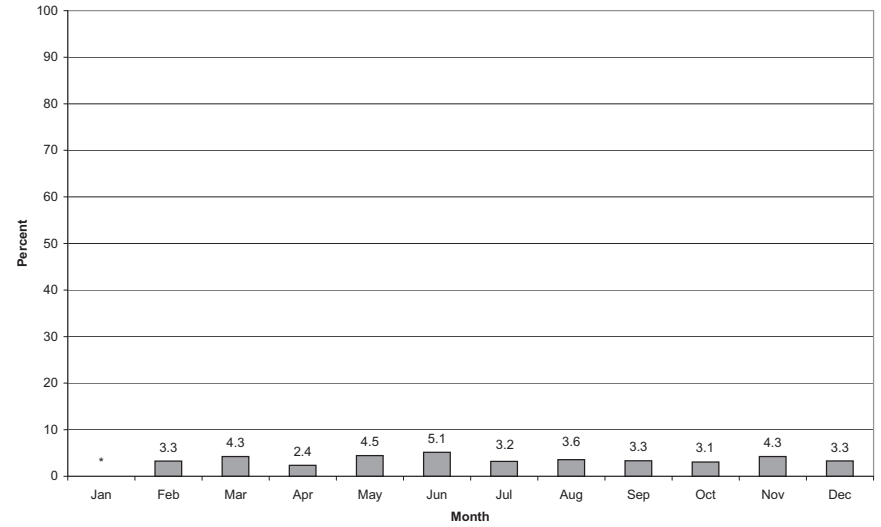
ATE EGG YOLK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

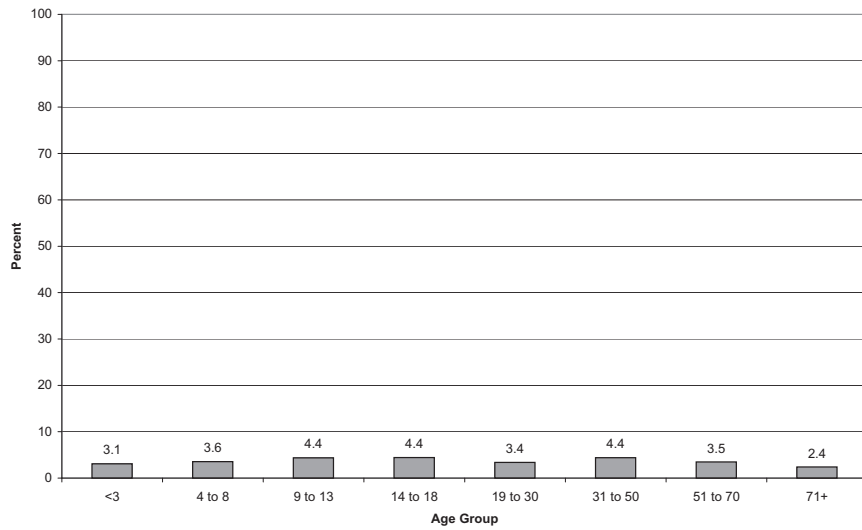
77.1 Percent by Province



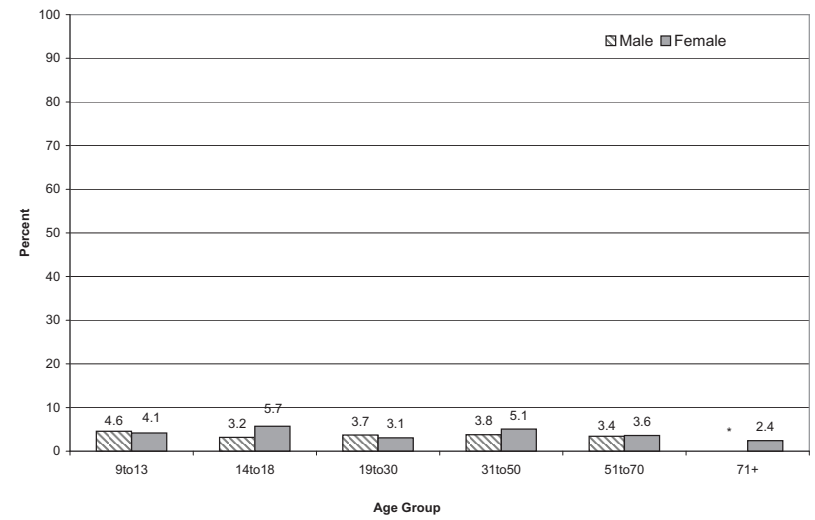
77.2 Percent by Month



77.3 Percent by Age Group



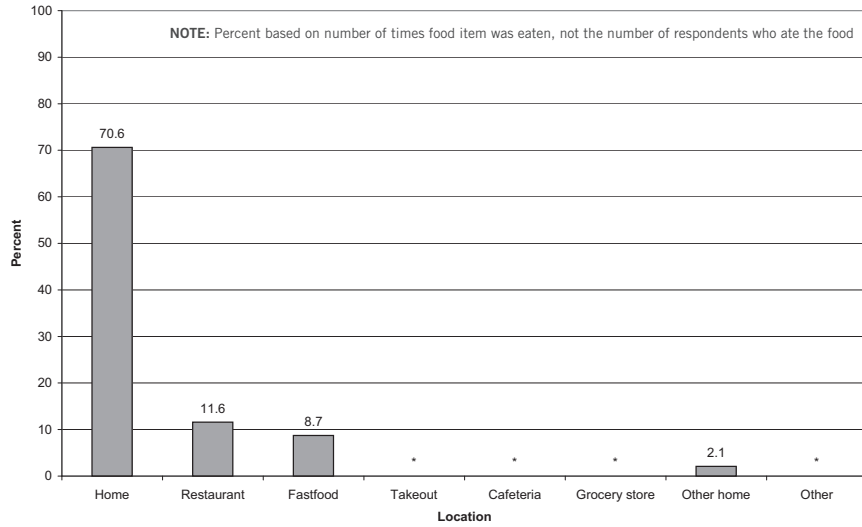
77.4 Percent by Age Group and Sex



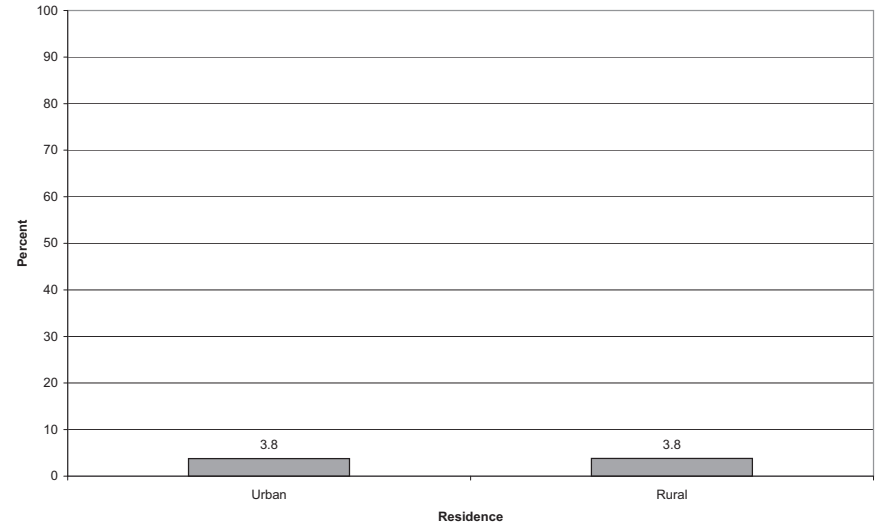
ATE EGG YOLK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

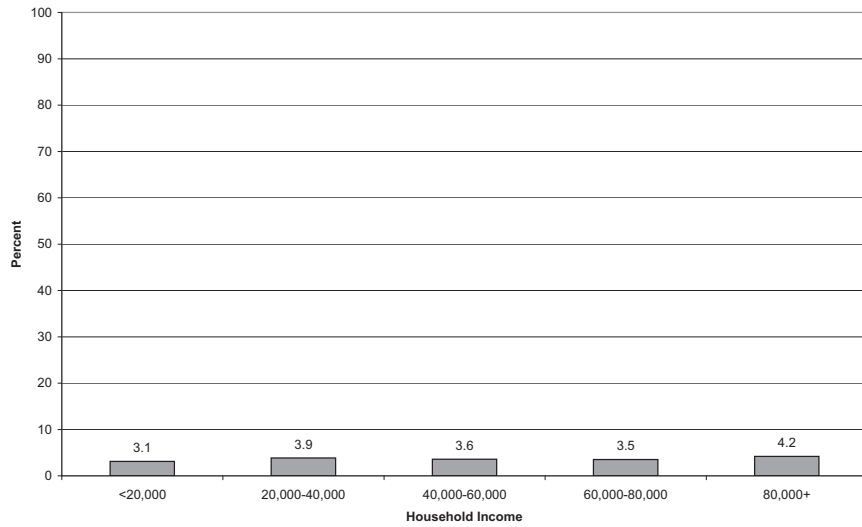
77.5 Percent by Location Where Food Was Prepared



77.6 Percent by Residence



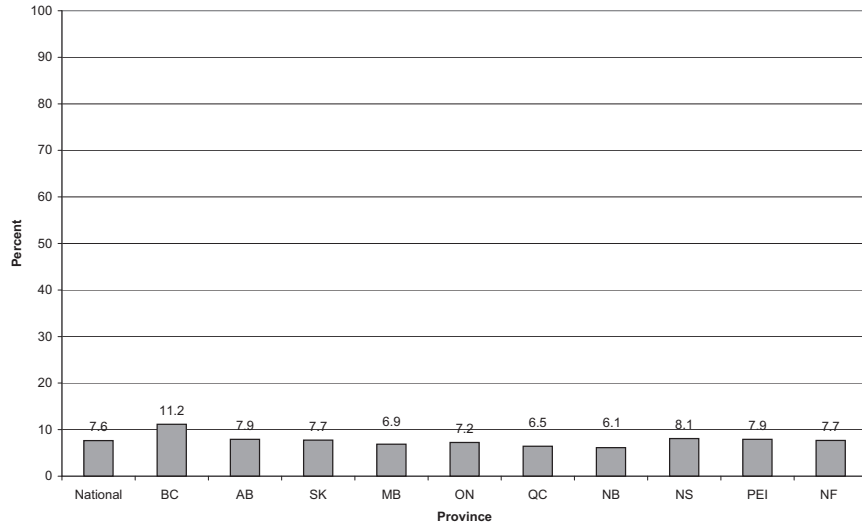
77.7 Percent by Household Income



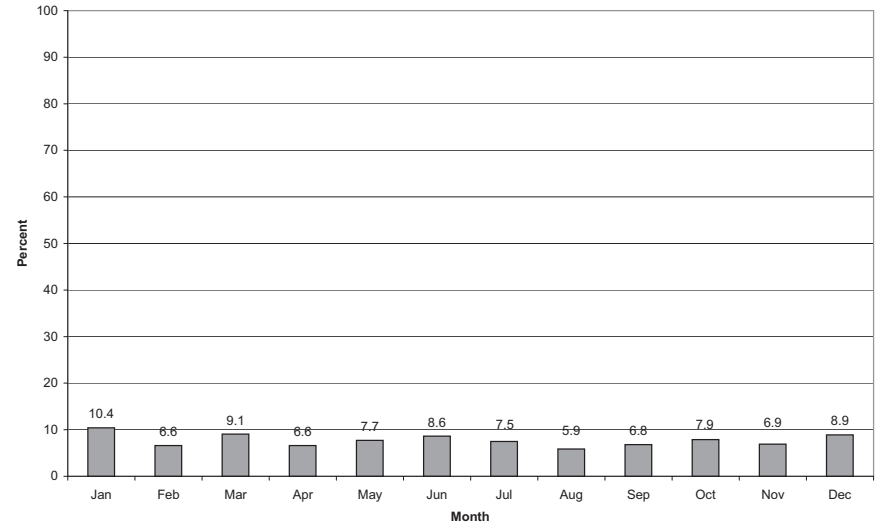
ATE EGGS PREPARED* IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

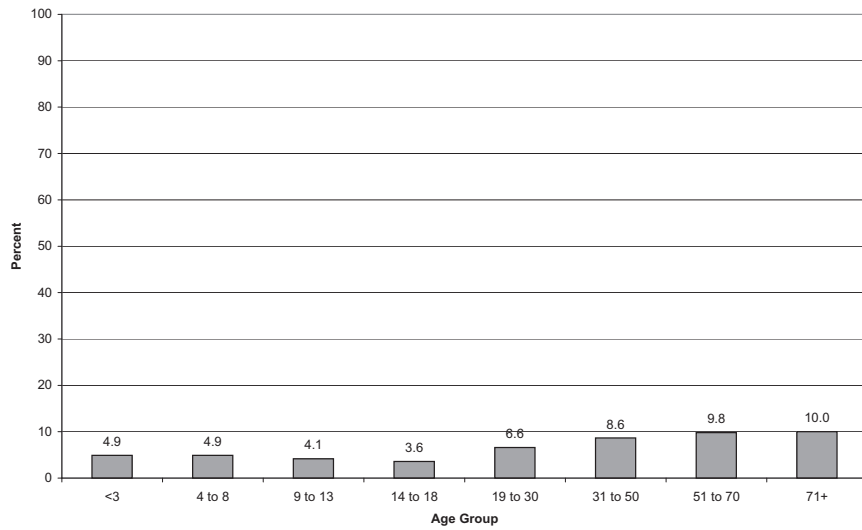
78.1 Percent by Province



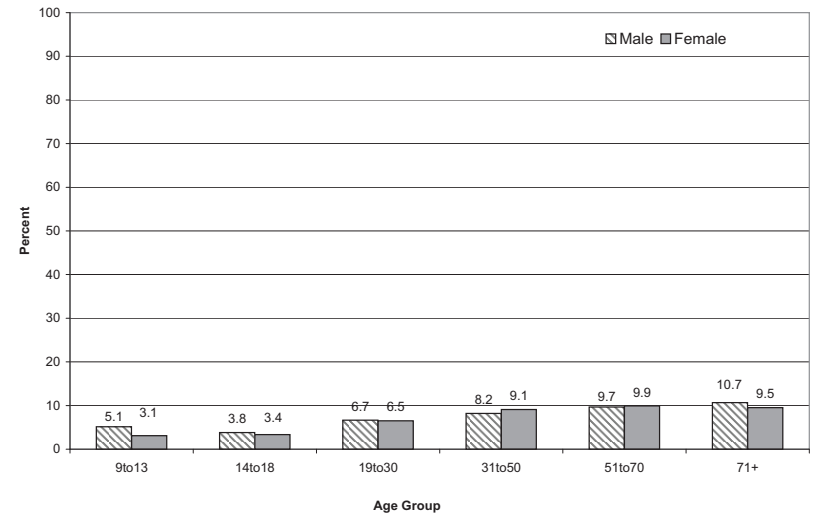
78.2 Percent by Month



78.3 Percent by Age Group



78.4 Percent by Age Group and Sex

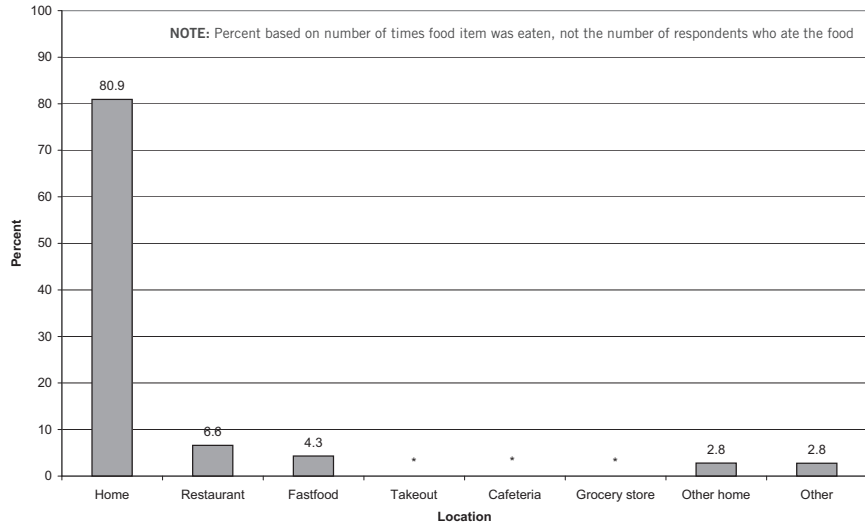


* (fried, boiled, poached, omelet, scrambled)

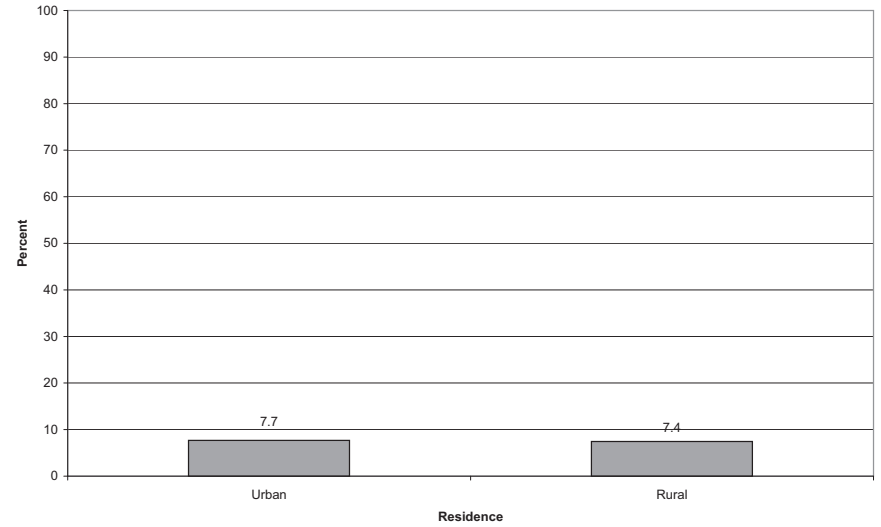
ATE EGGS PREPARED IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

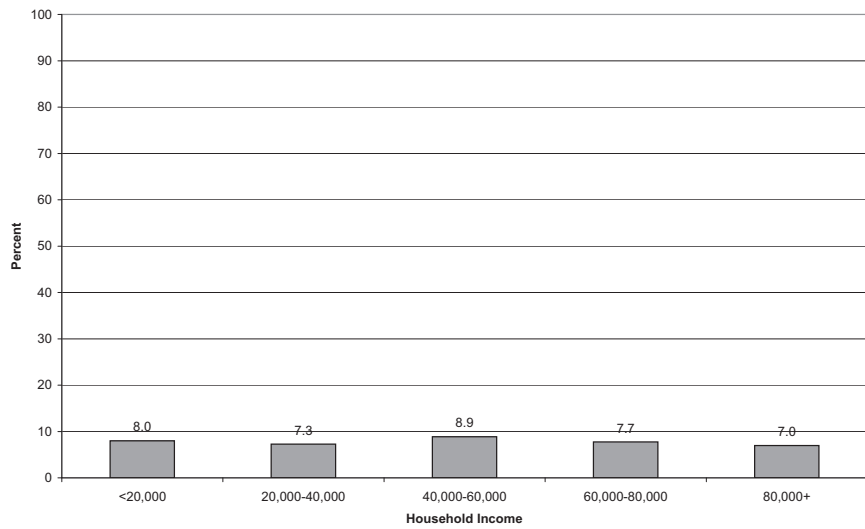
78.5 Percent by Location Where Food Was Prepared



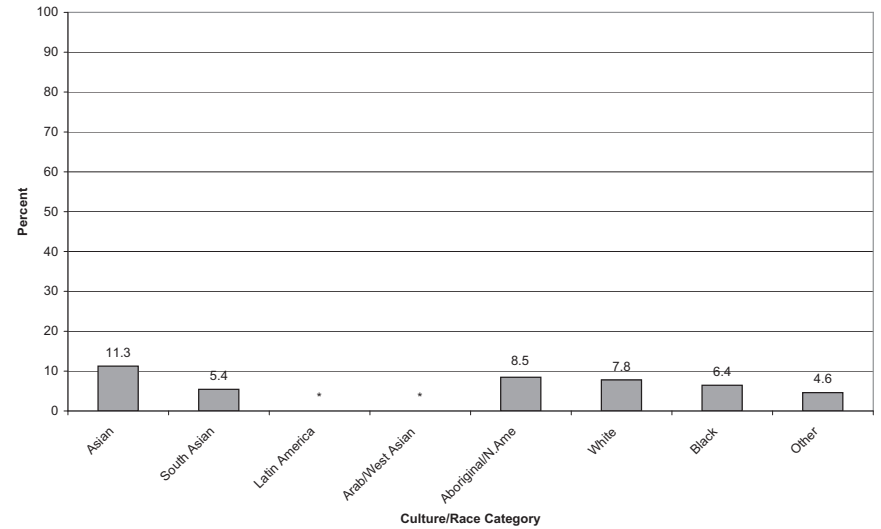
78.6 Percent by Residence



78.7 Percent by Household Income



78.8 Percent by Cultural or Racial Origin

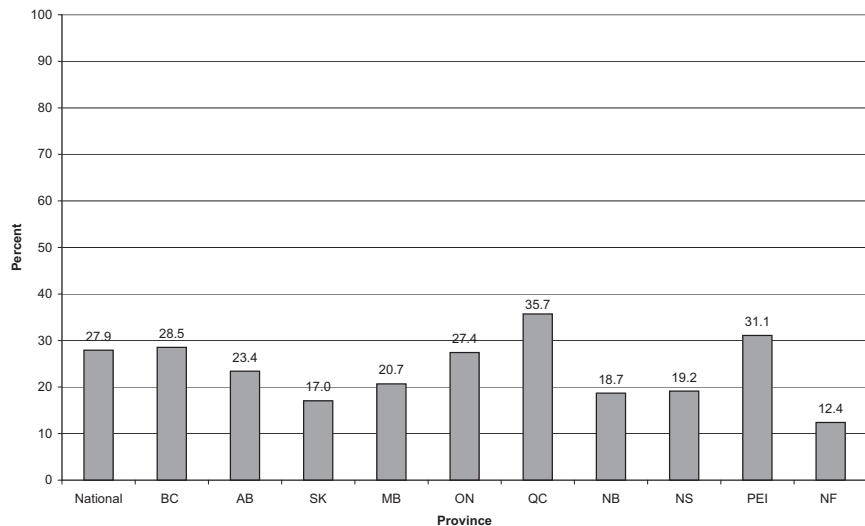


— DAIRY & DAIRY SUBSTITUTES —

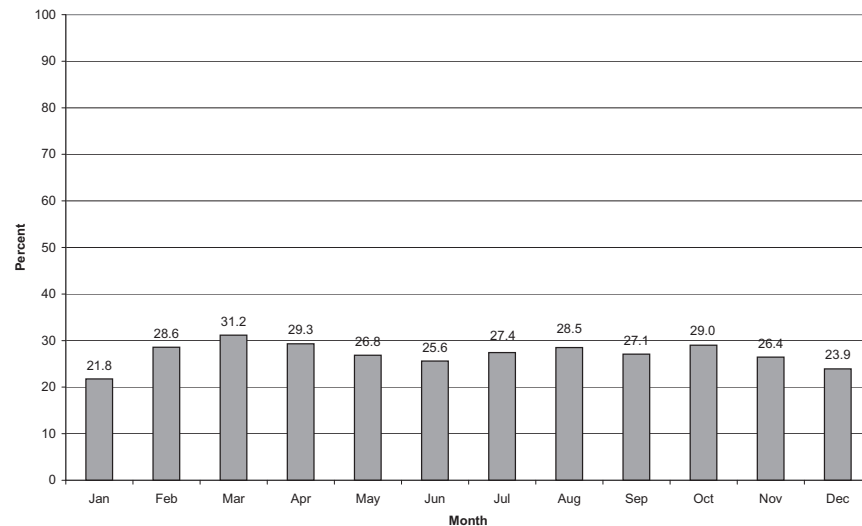
ATE BUTTER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

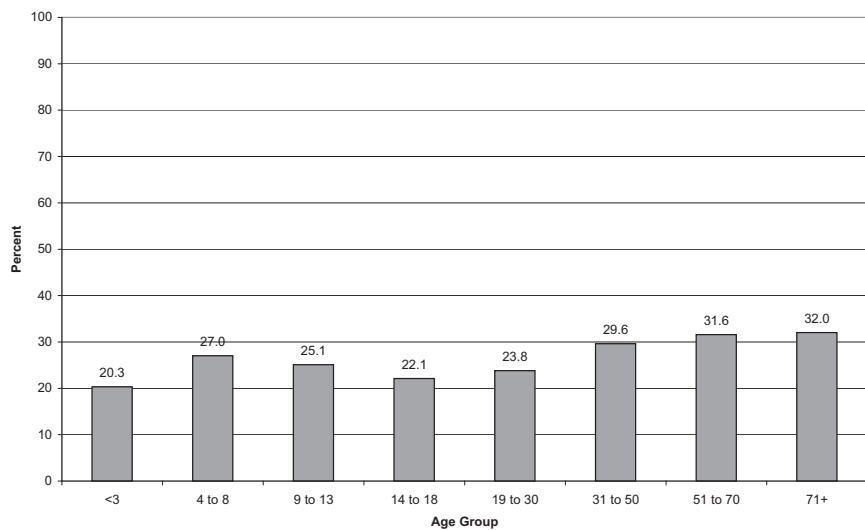
80.1 Percent by Province



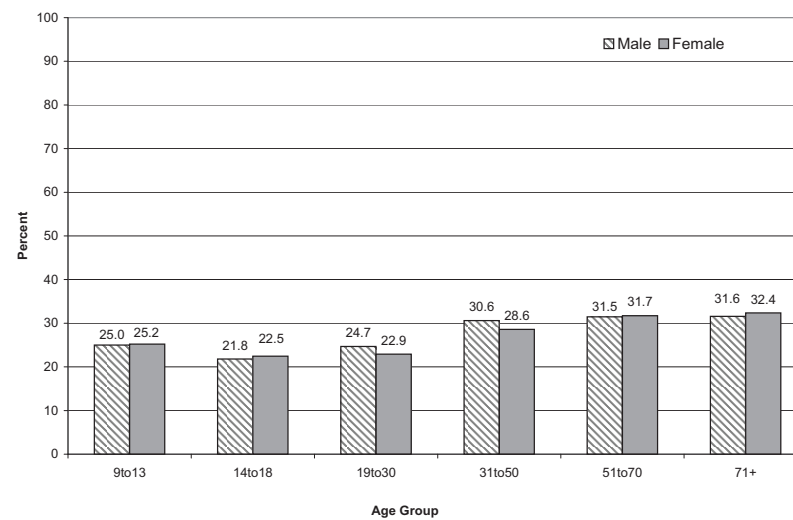
80.2 Percent by Month



80.3 Percent by Age Group



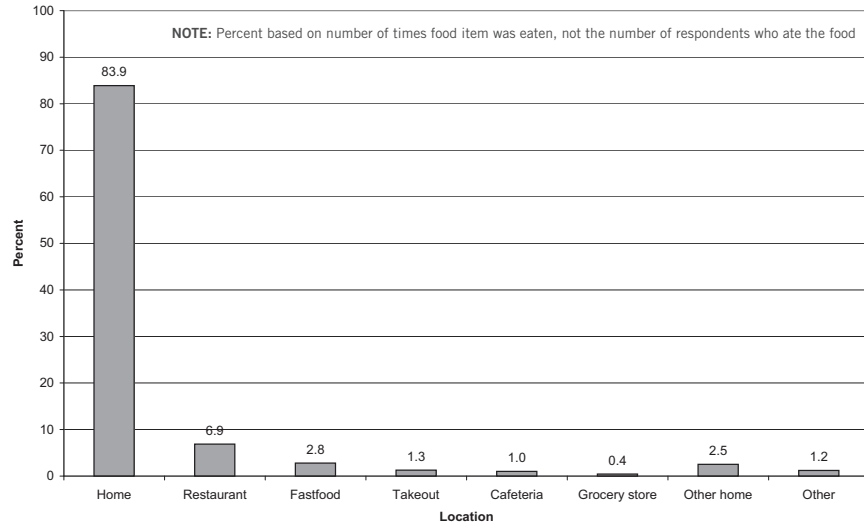
80.4 Percent by Age Group and Sex



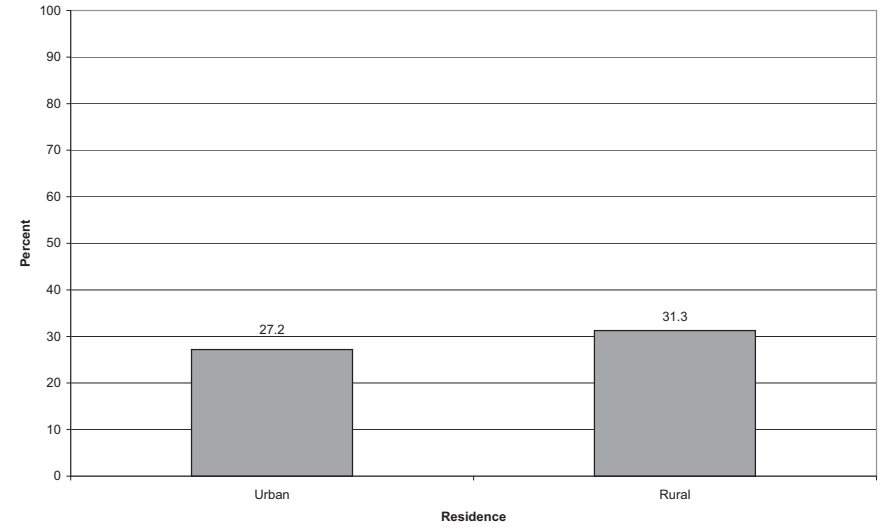
ATE BUTTER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

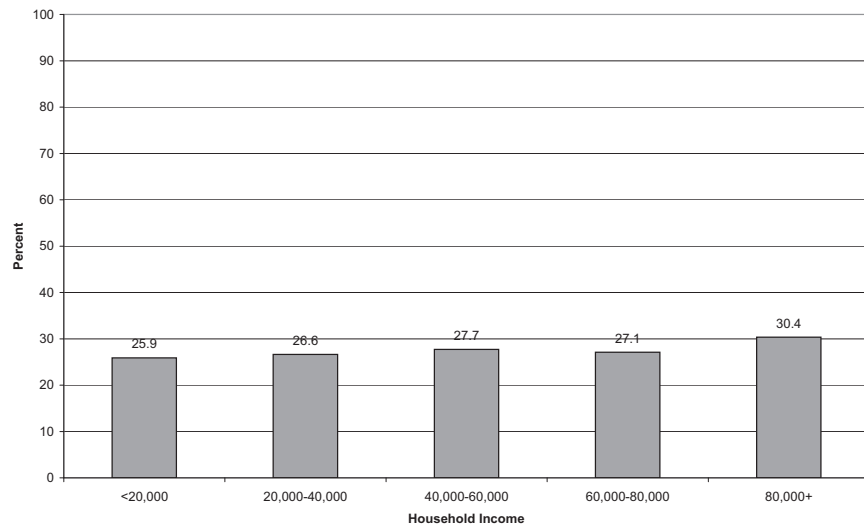
80.5 Percent by Location Where Food Was Prepared



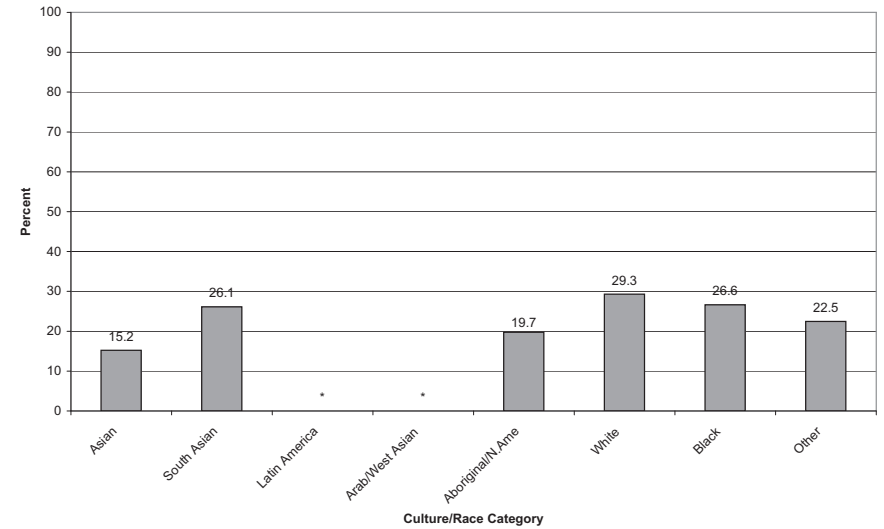
80.6 Percent by Residence



80.7 Percent by Household Income



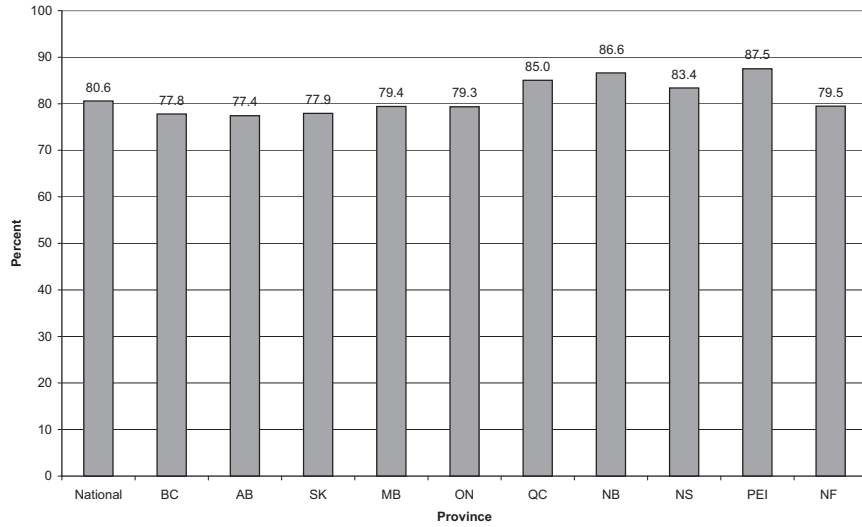
80.8 Percent by Cultural or Racial Origin



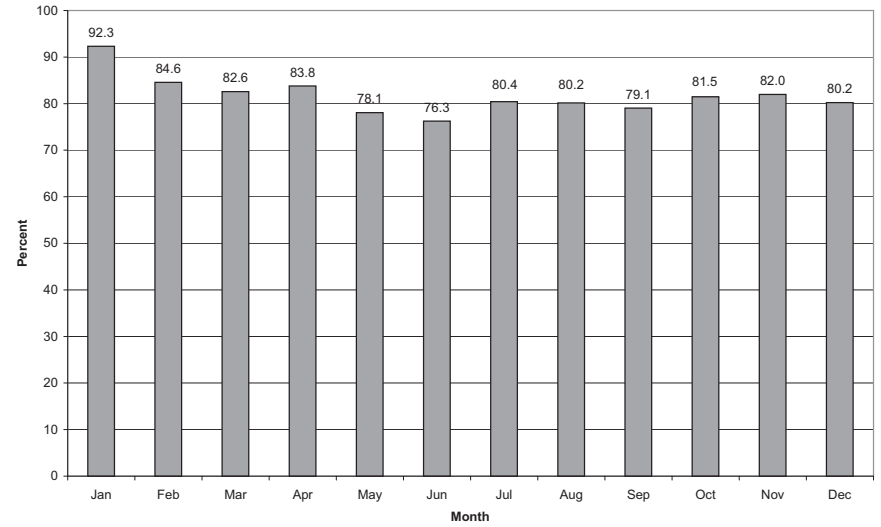
DRANK WHITE MILK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

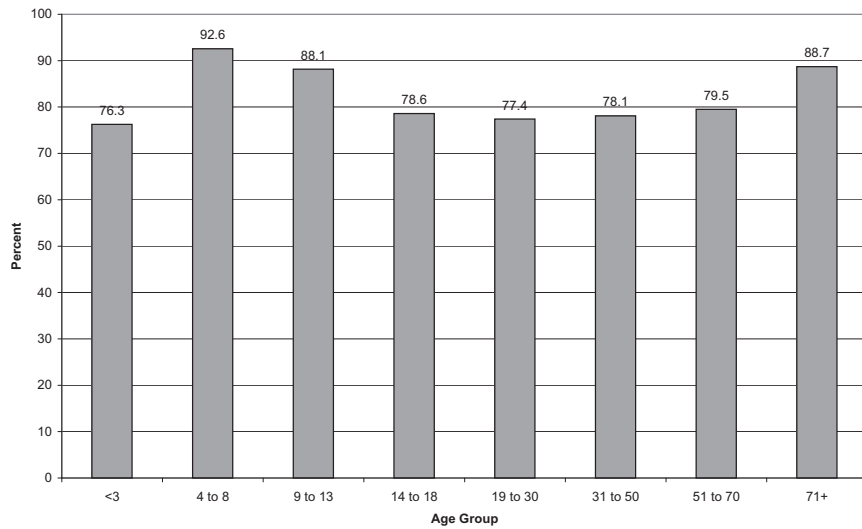
82.1 Percent by Province



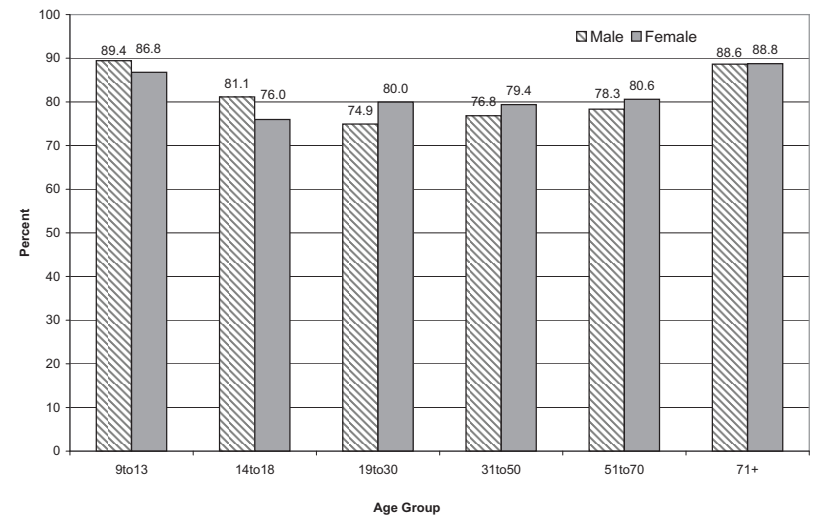
82.2 Percent by Month



82.3 Percent by Age Group



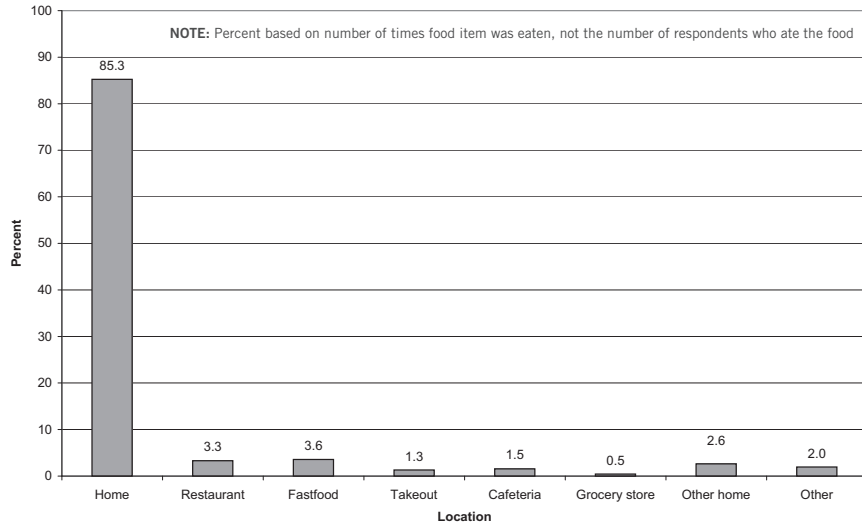
82.4 Percent by Age Group and Sex



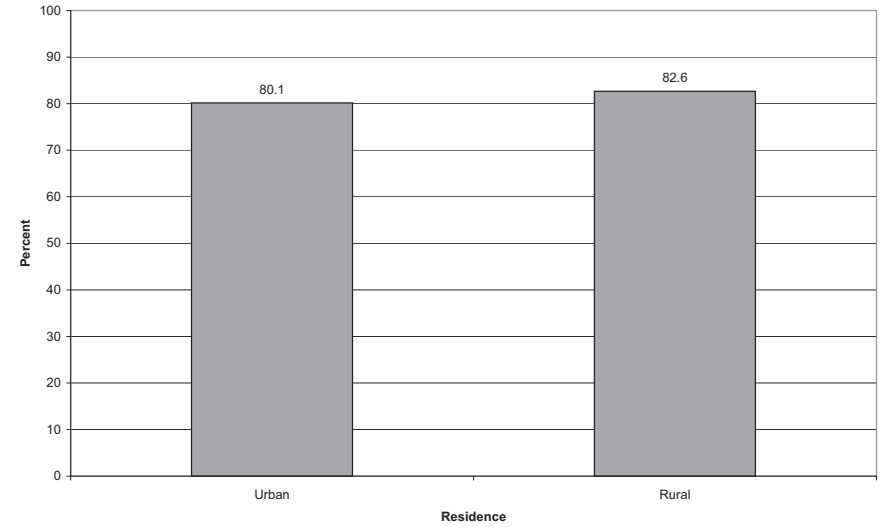
DRANK WHITE MILK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

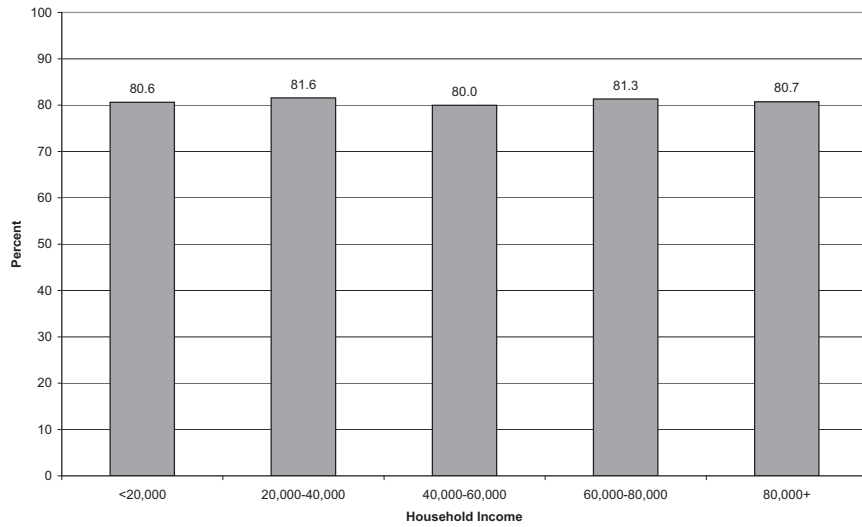
82.5 Percent by Location Where Food Was Prepared



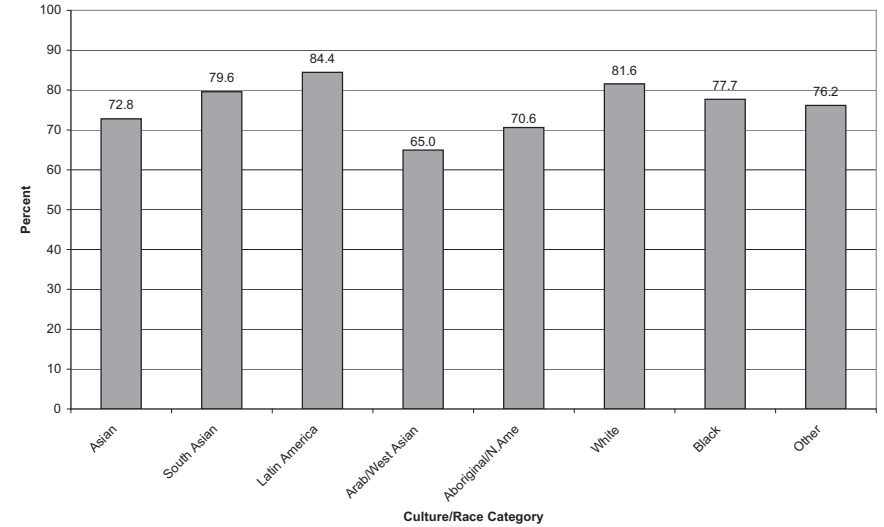
82.6 Percent by Residence



82.7 Percent by Household Income



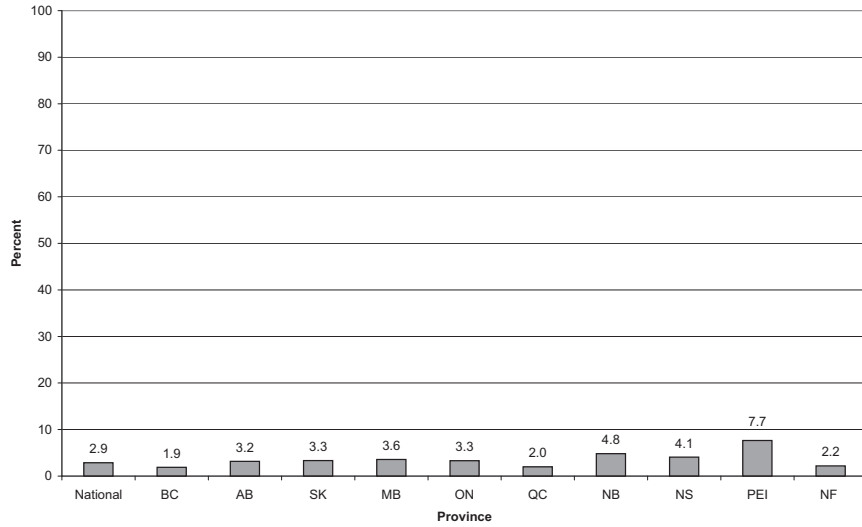
82.8 Percent by Cultural or Racial Origin



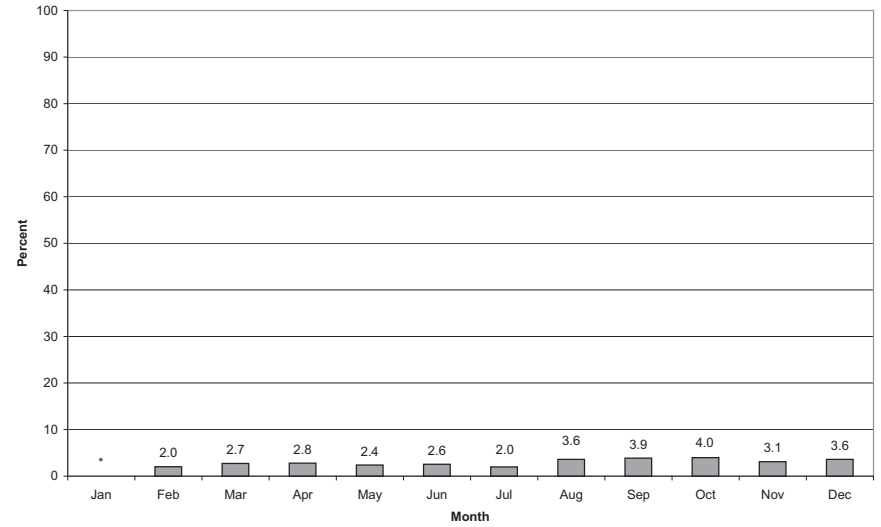
DRANK CHOCOLATE MILK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

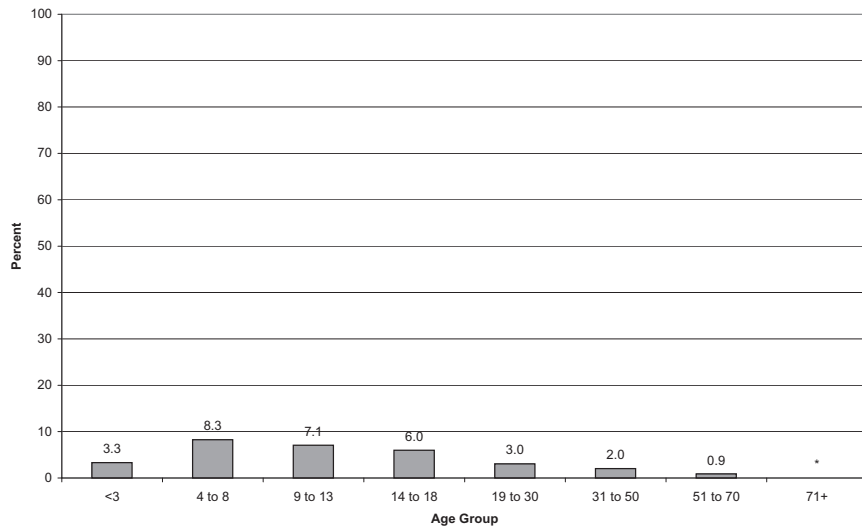
83.1 Percent by Province



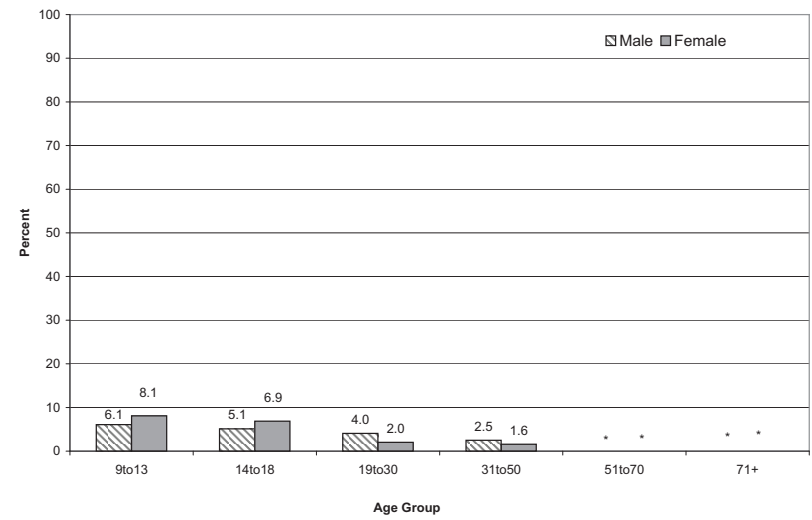
83.2 Percent by Month



83.3 Percent by Age Group



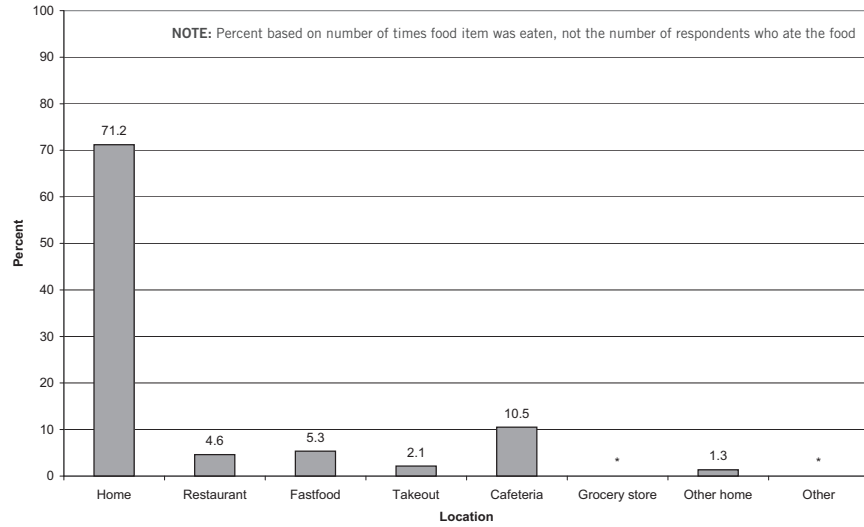
83.4 Percent by Age Group and Sex



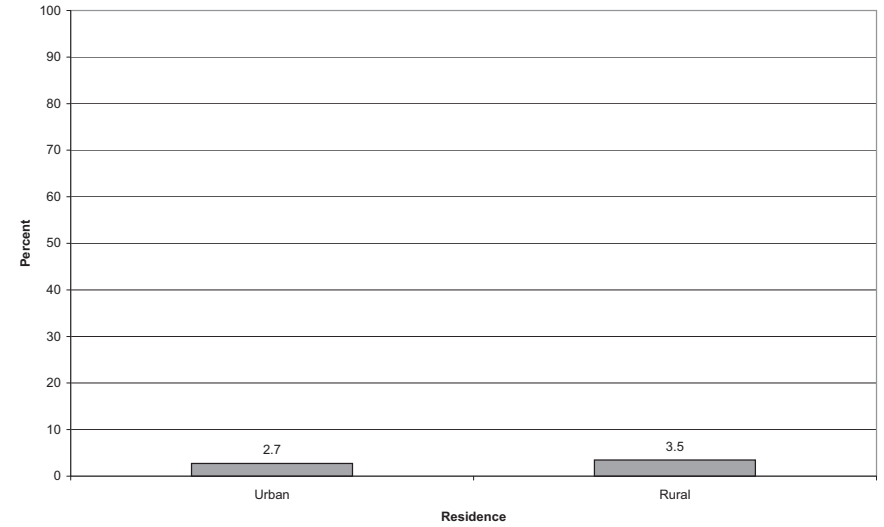
DRANK CHOCOLATE MILK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

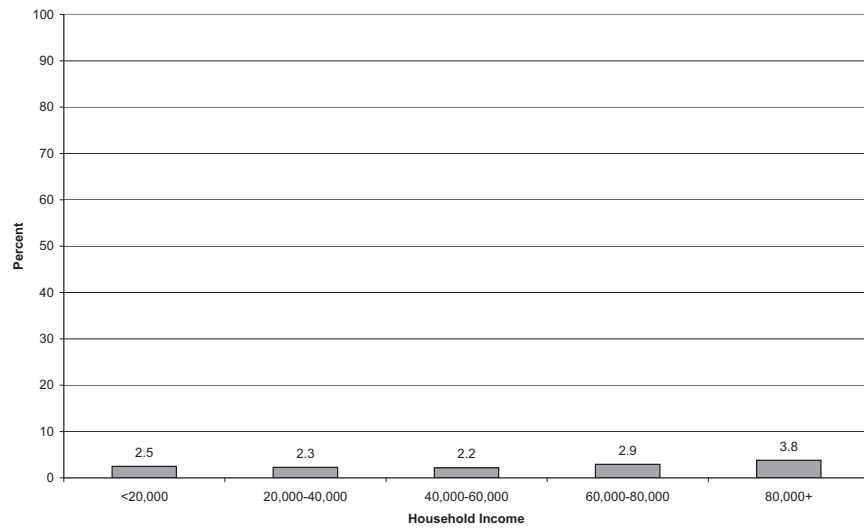
83.5 Percent by Location Where Food Was Prepared



83.6 Percent by Residence



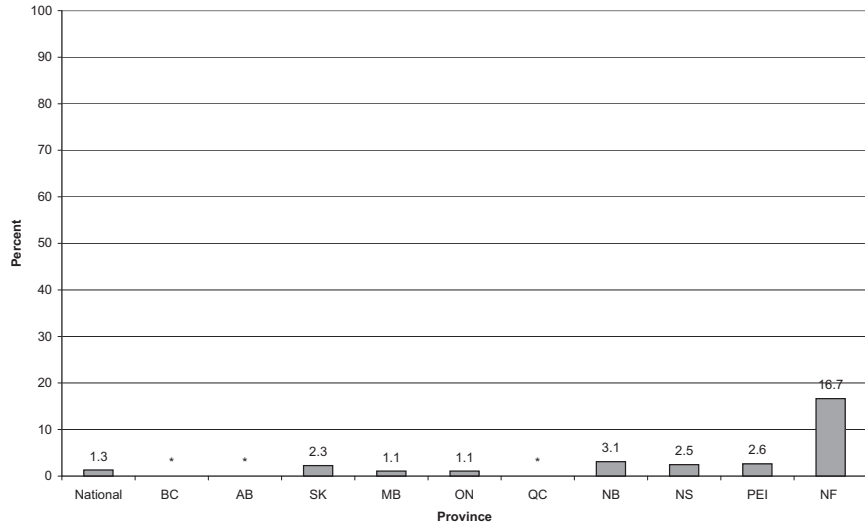
83.7 Percent by Household Income



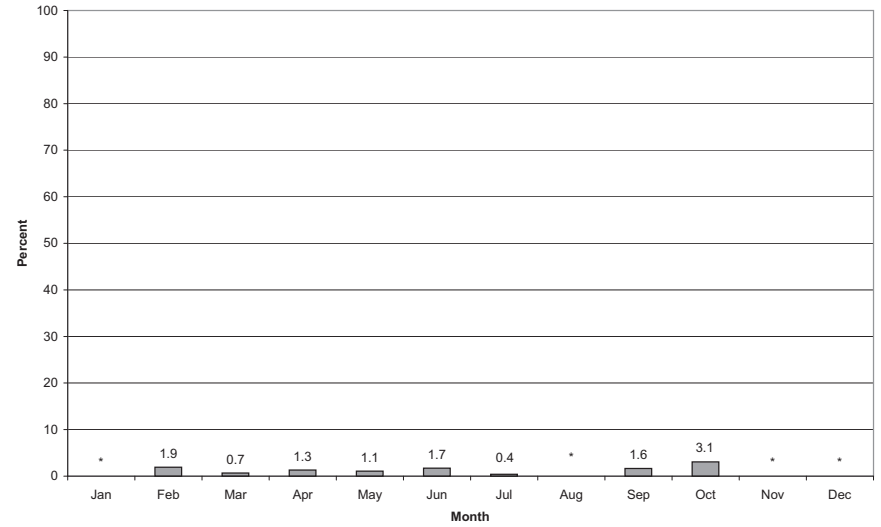
DRANK EVAPORATED MILK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

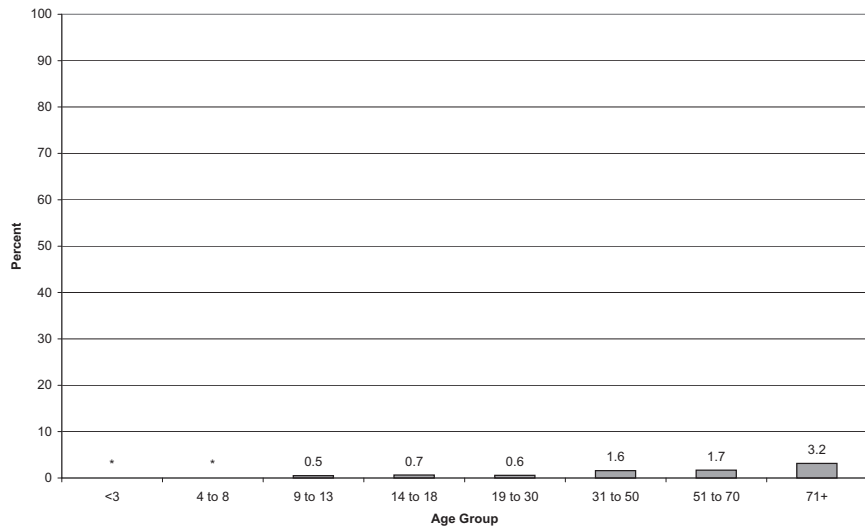
84.1 Percent by Province



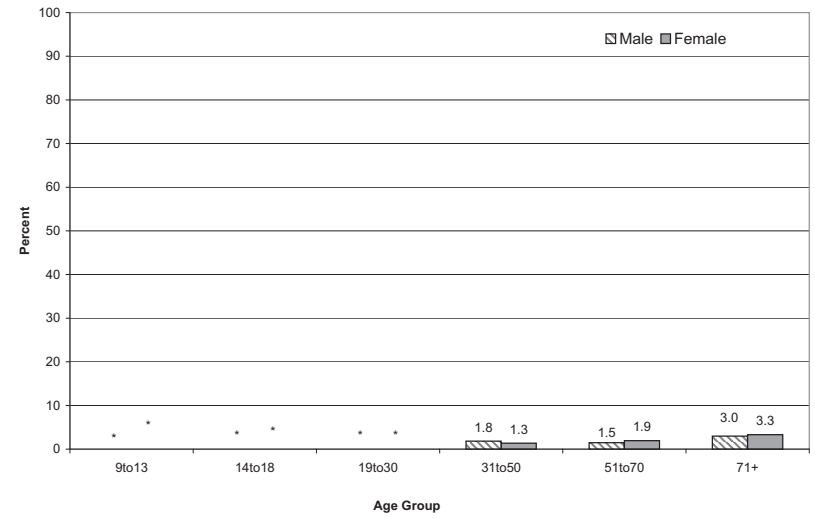
84.2 Percent by Month



84.3 Percent by Age Group



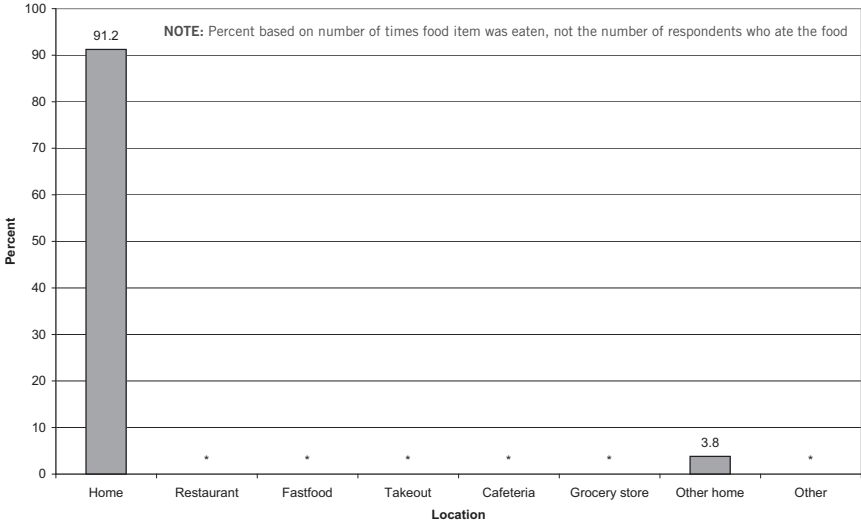
84.4 Percent by Age Group and Sex



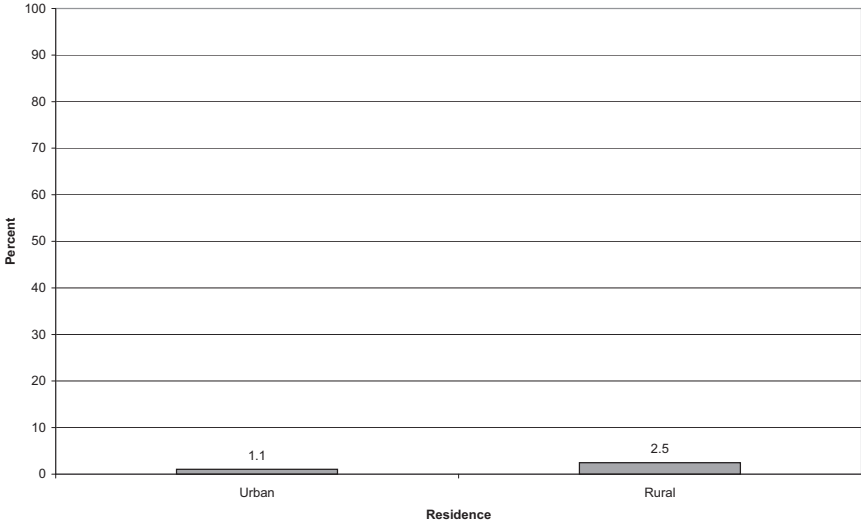
DRANK EVAPORATED MILK PREPARED IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

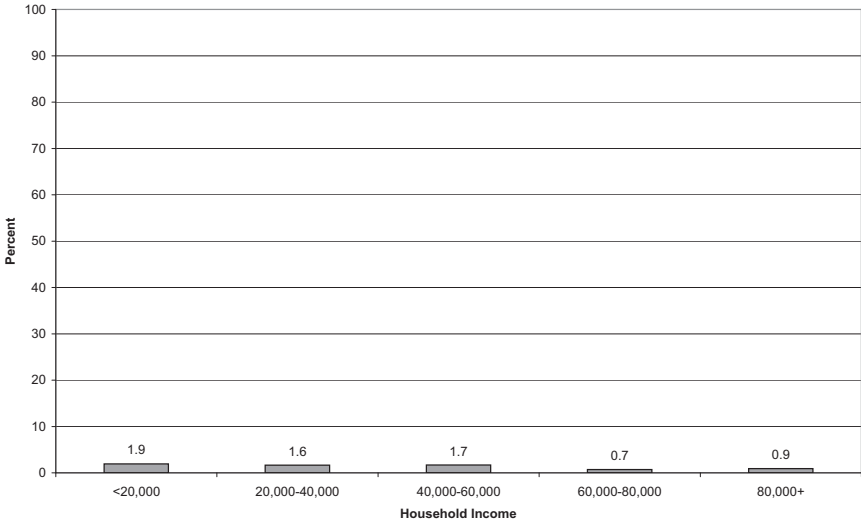
84.5 Percent by Location Where Food Was Prepared



84.6 Percent by Residence



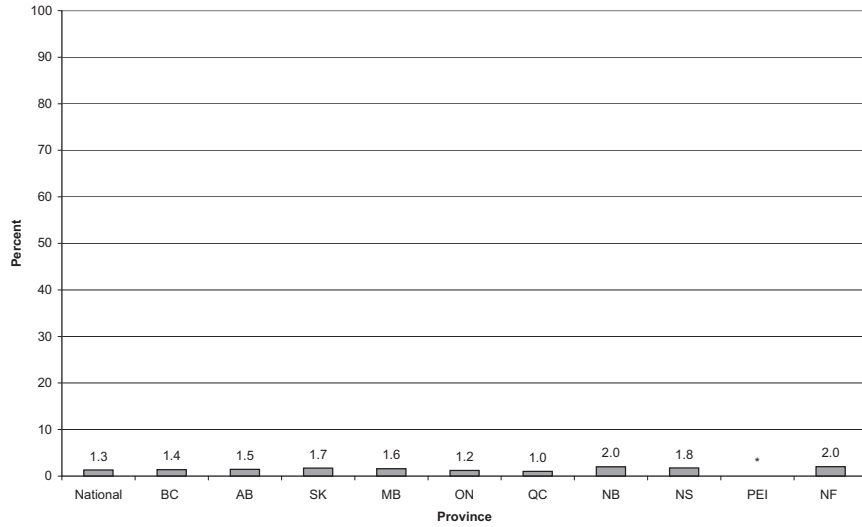
84.7 Percent by Household Income



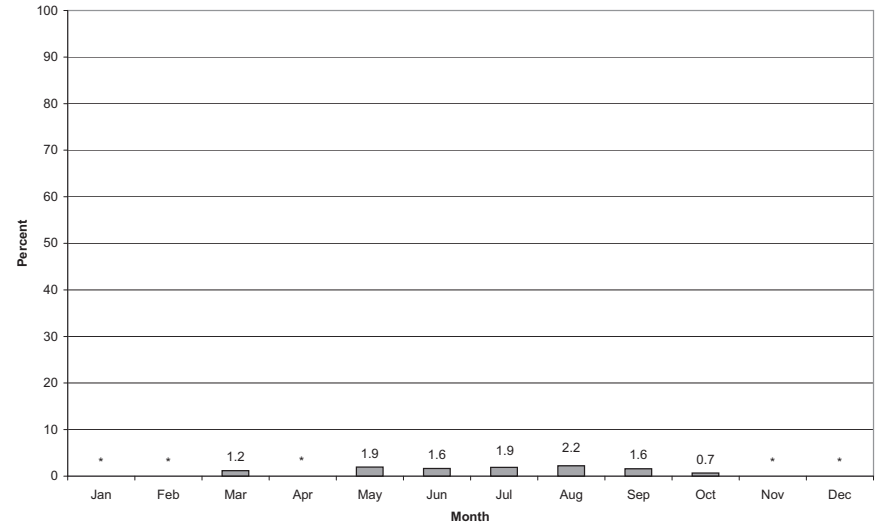
ATE ICE MILK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

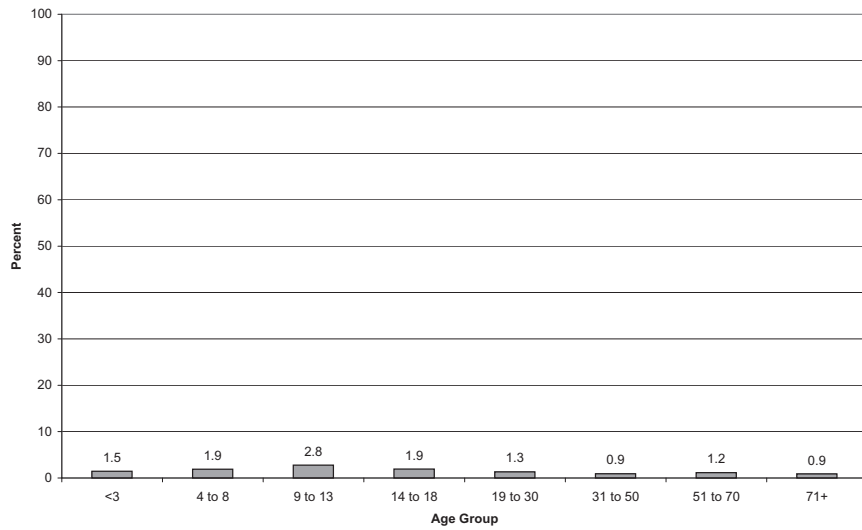
85.1 Percent by Province



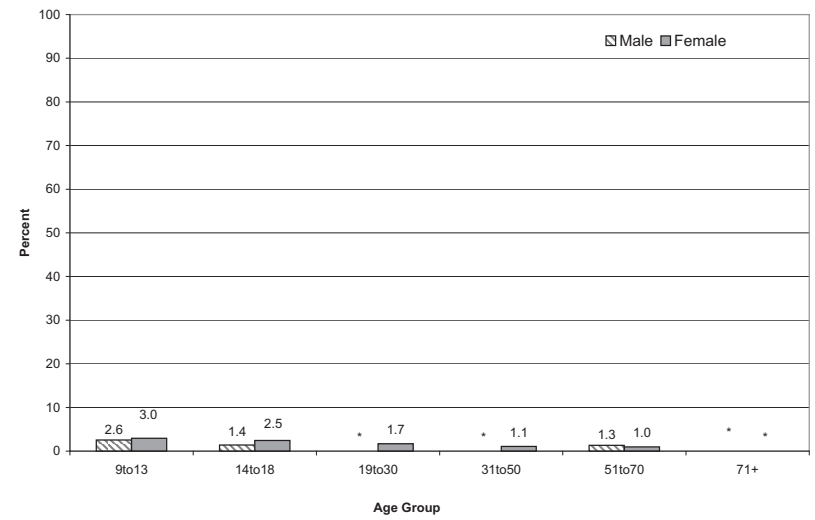
85.2 Percent by Month



85.3 Percent by Age Group



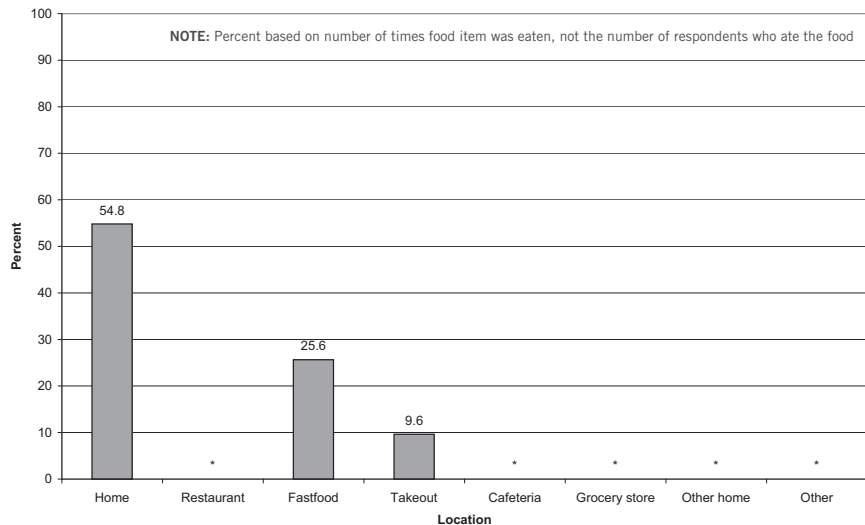
85.4 Percent by Age Group and Sex



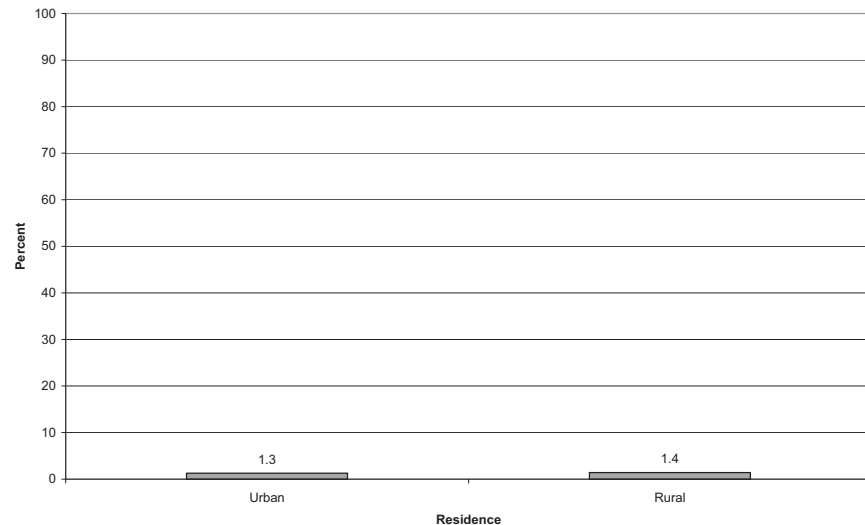
ATE ICE MILK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

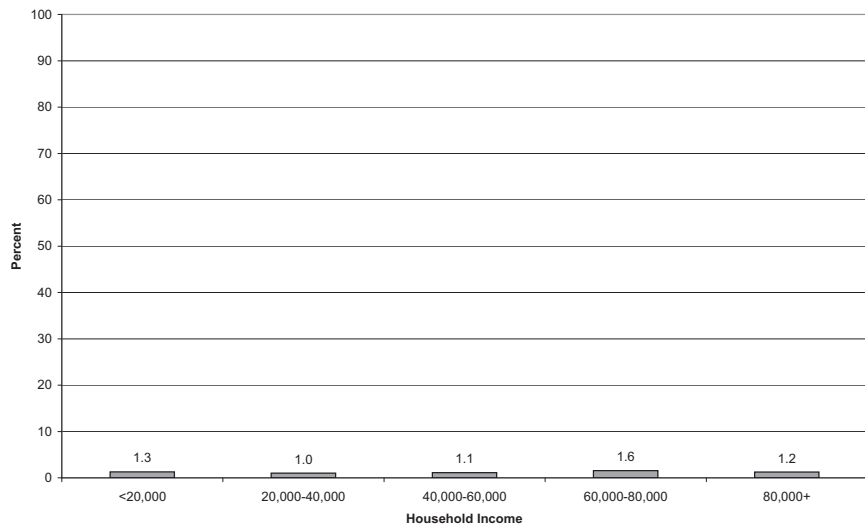
85.5 Percent by Location Where Food Was Prepared



85.6 Percent by Residence



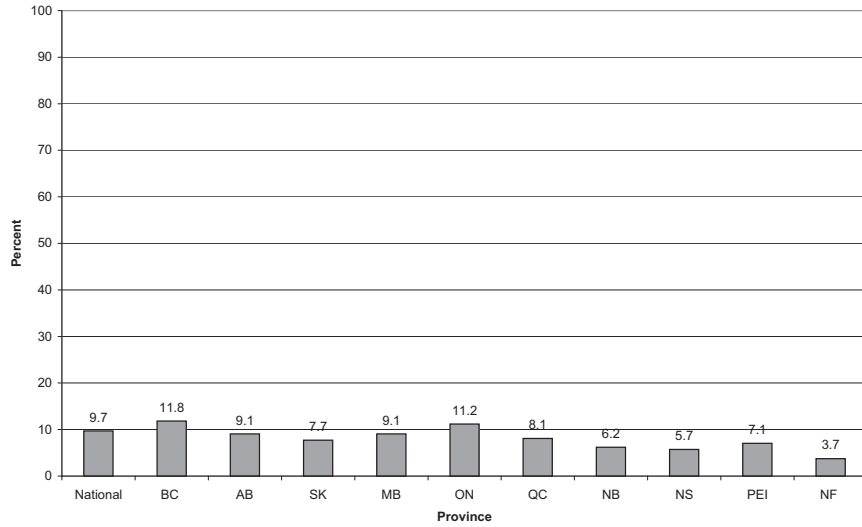
85.7 Percent by Household Income



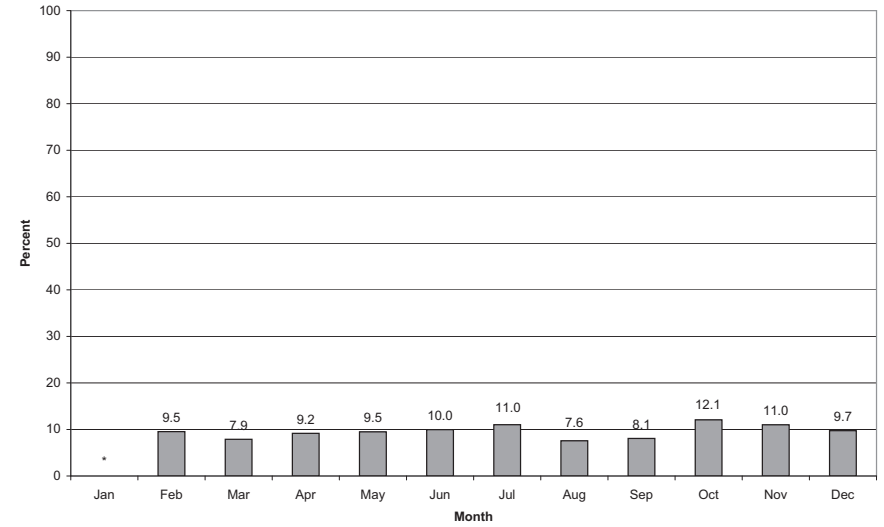
DRANK HALF & HALF CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

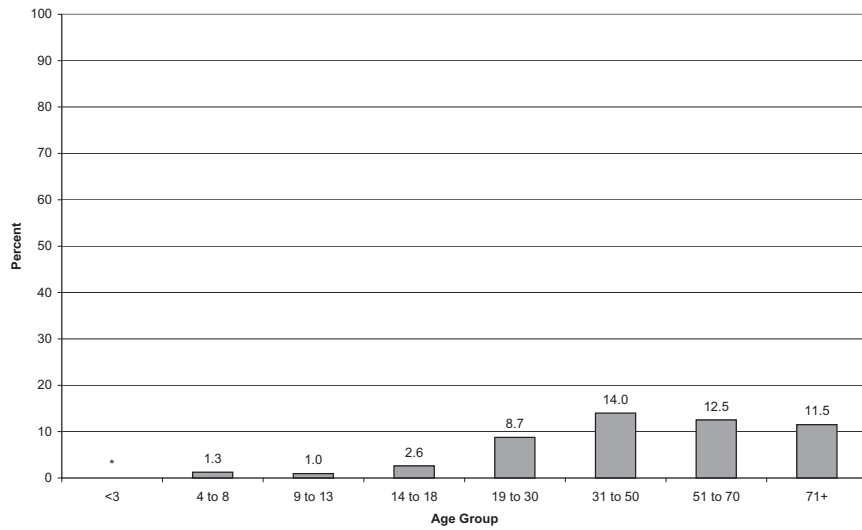
86.1 Percent by Province



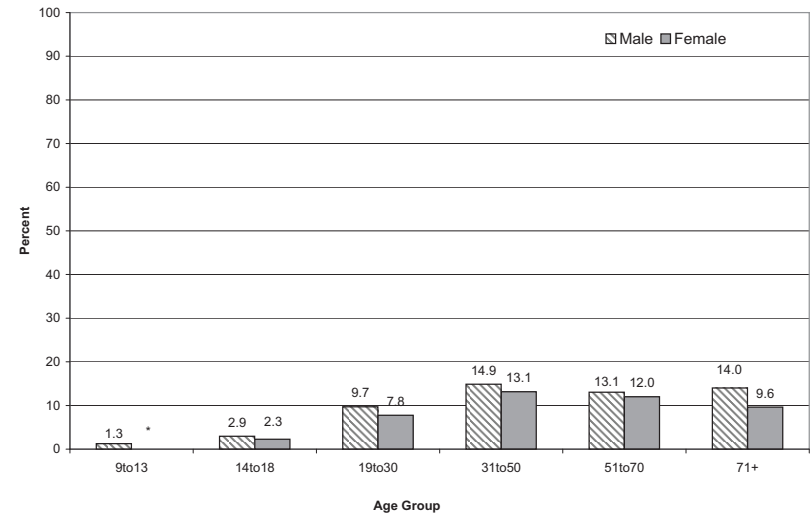
86.2 Percent by Month



86.3 Percent by Age Group



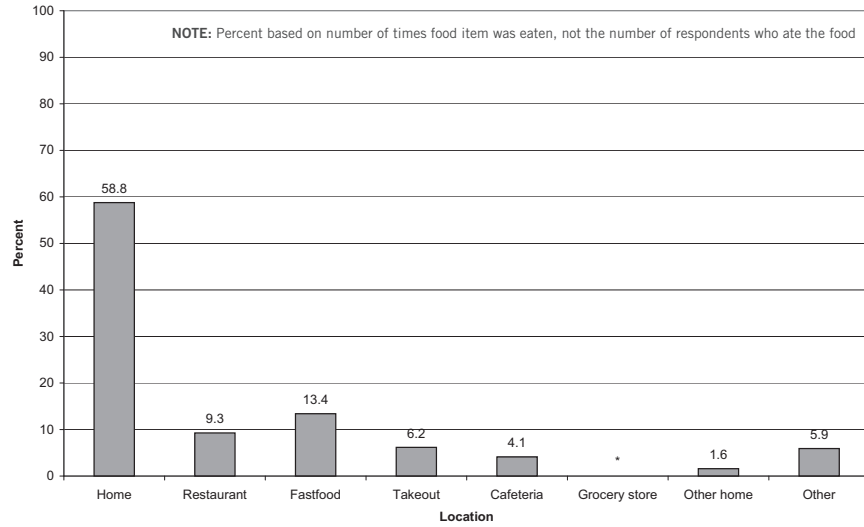
86.4 Percent by Age Group and Sex



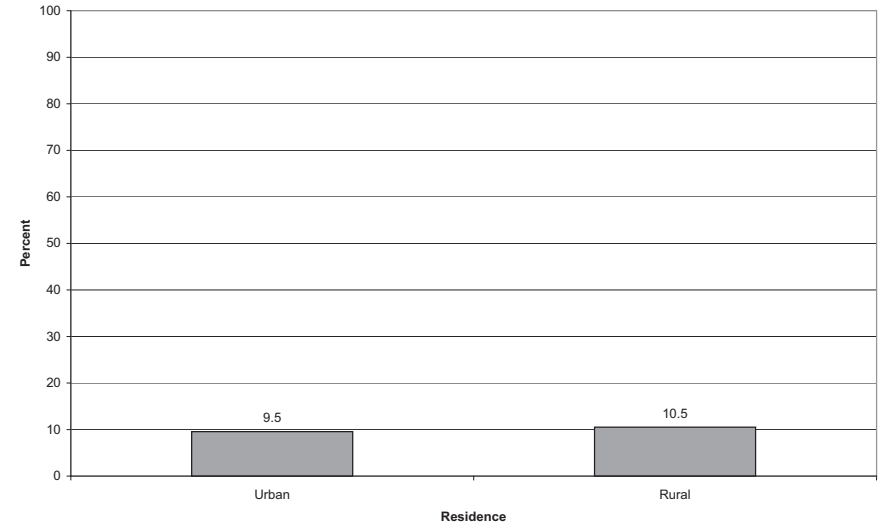
DRANK HALF & HALF CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

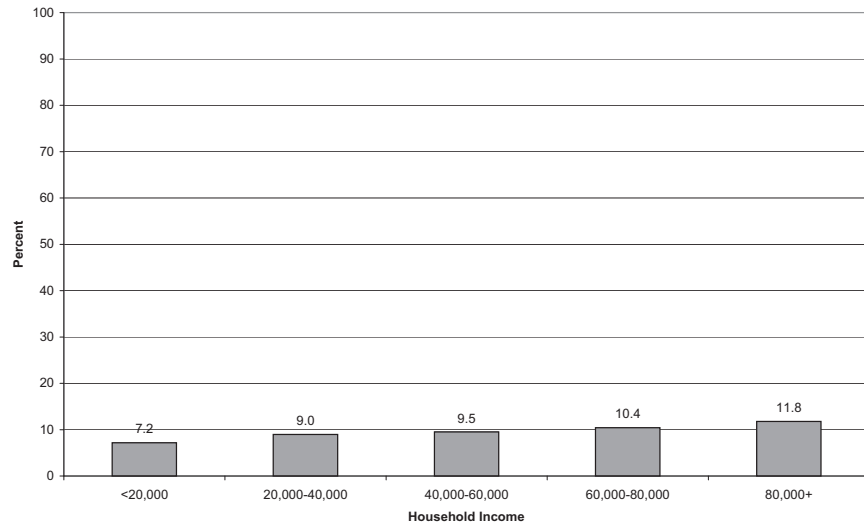
86.5 Percent by Location Where Food Was Prepared



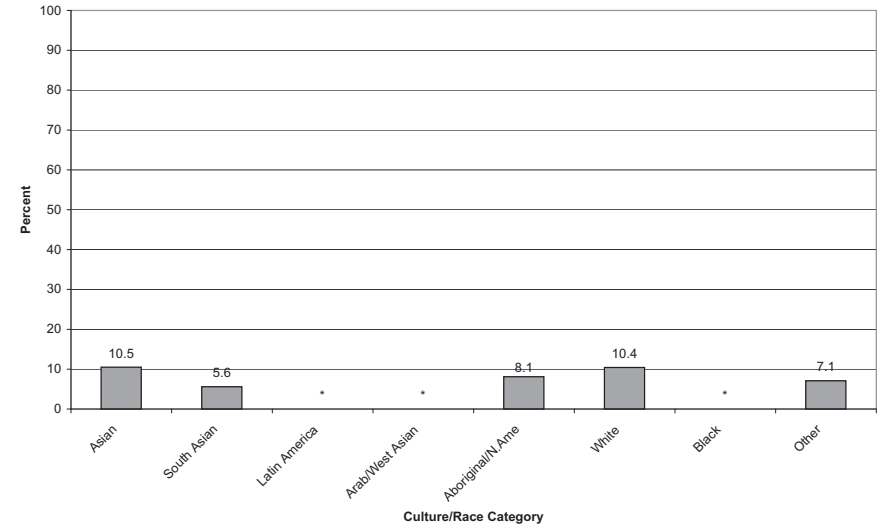
86.6 Percent by Residence



86.7 Percent by Household Income



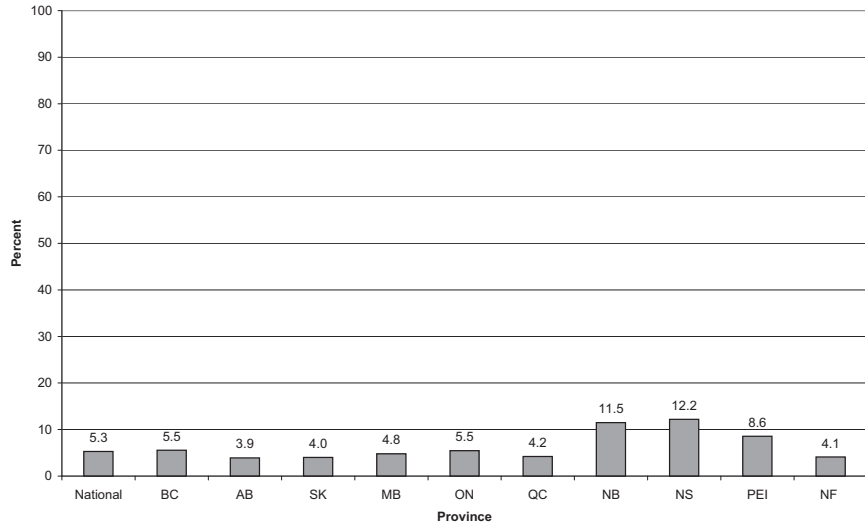
86.8 Percent by Cultural or Racial Origin



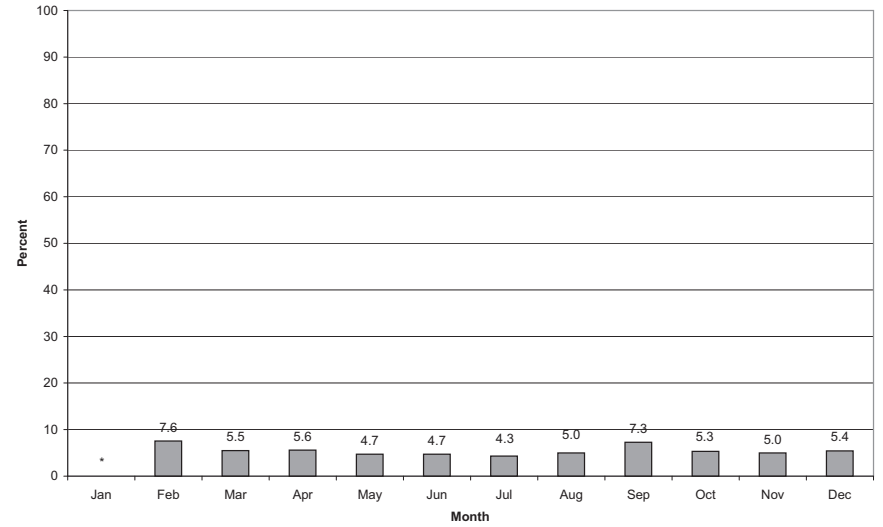
DRANK TABLE CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

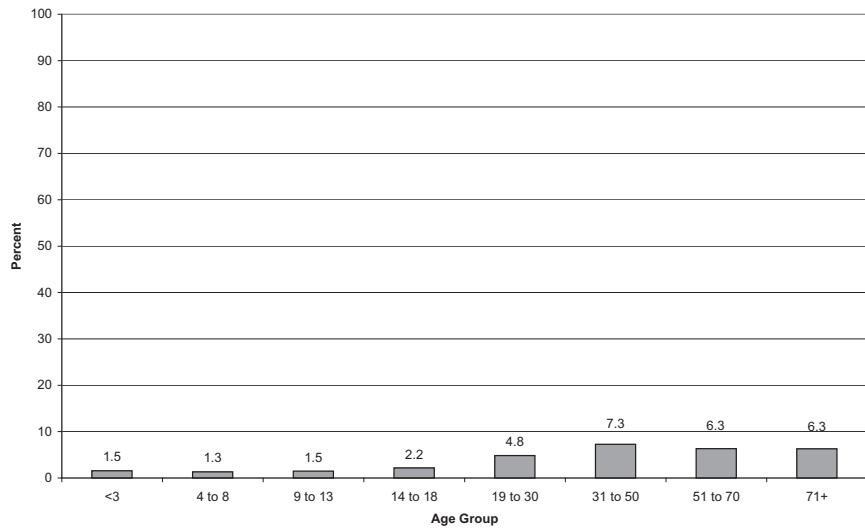
87.1 Percent by Province



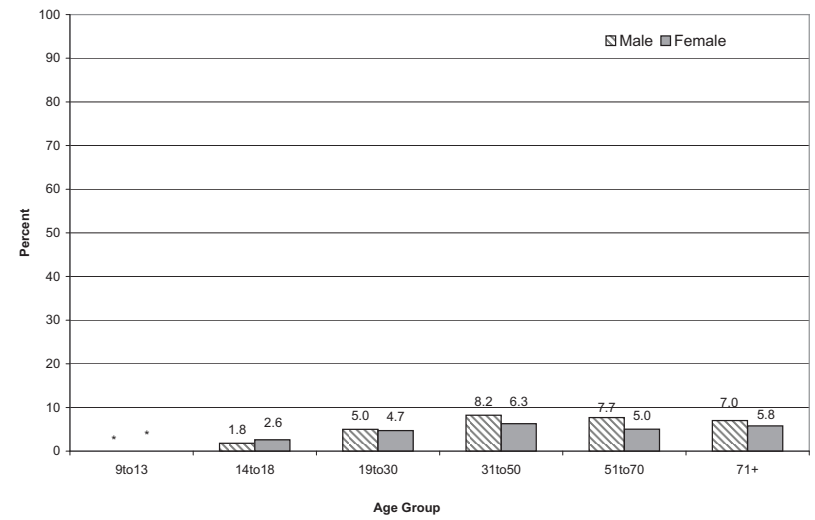
87.2 Percent by Month



87.3 Percent by Age Group



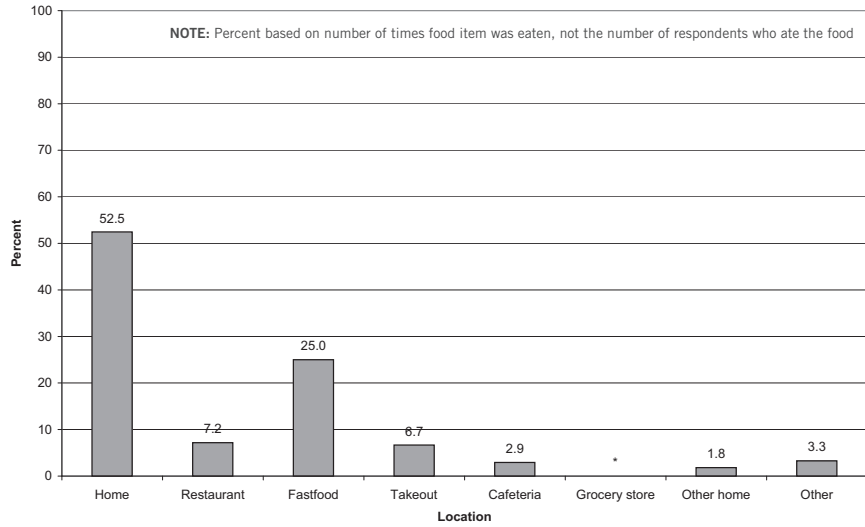
87.4 Percent by Age Group and Sex



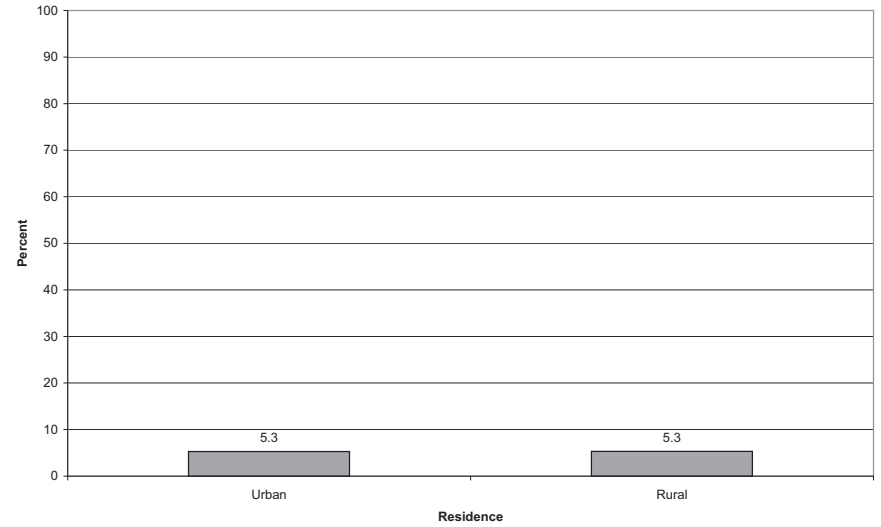
DRANK TABLE CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

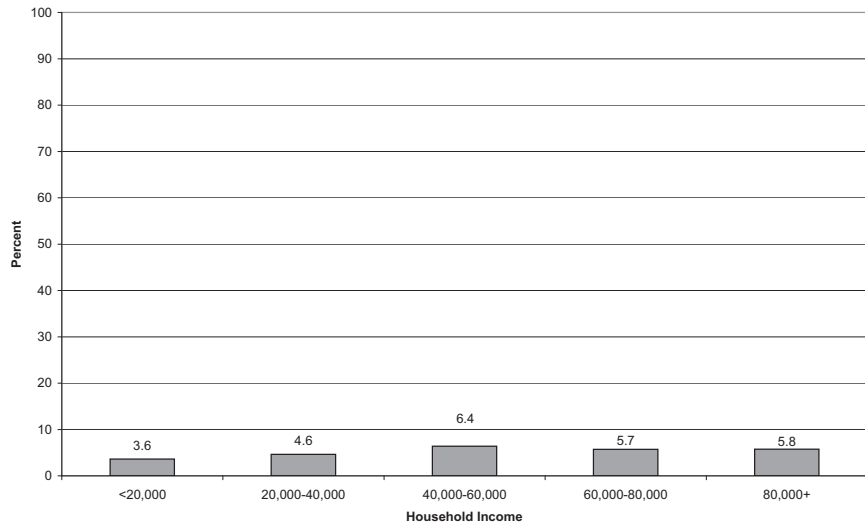
87.5 Percent by Location Where Food Was Prepared



87.6 Percent by Residence



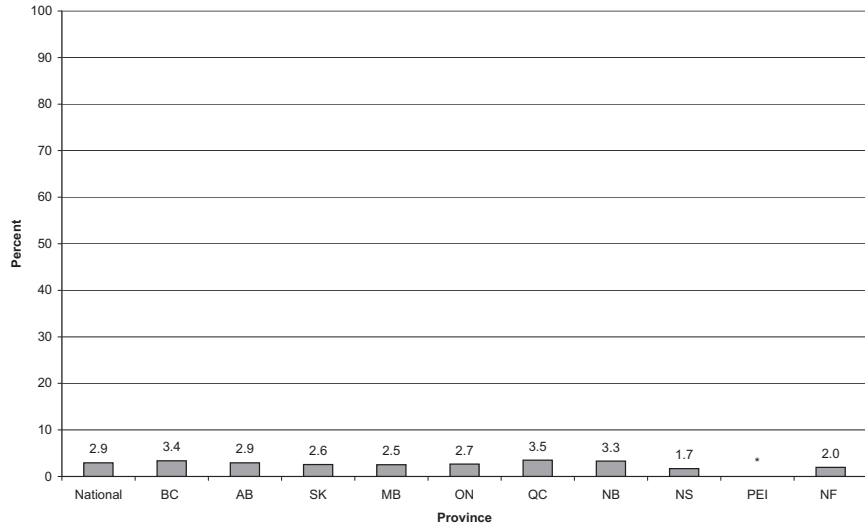
87.7 Percent by Household Income



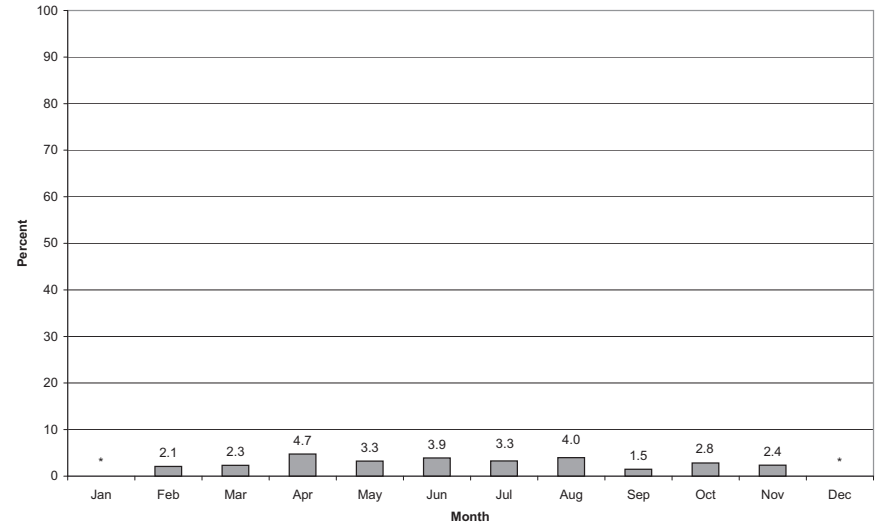
ATE WHIP CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

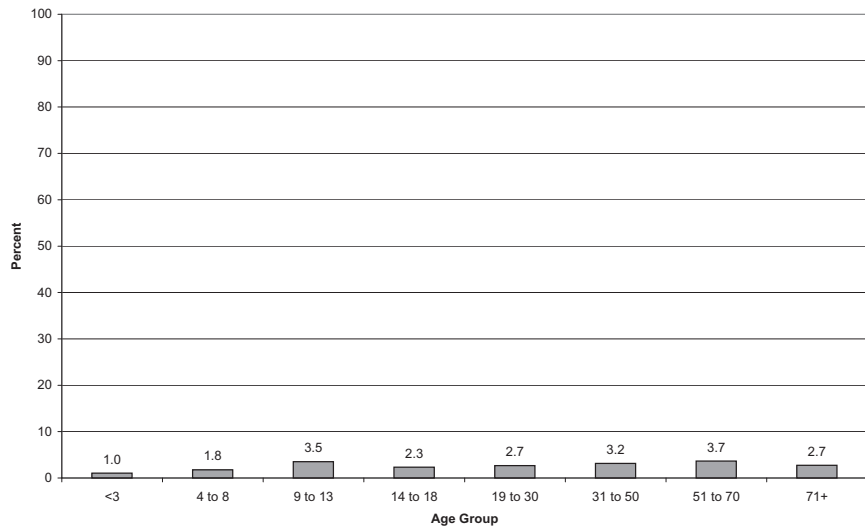
88.1 Percent by Province



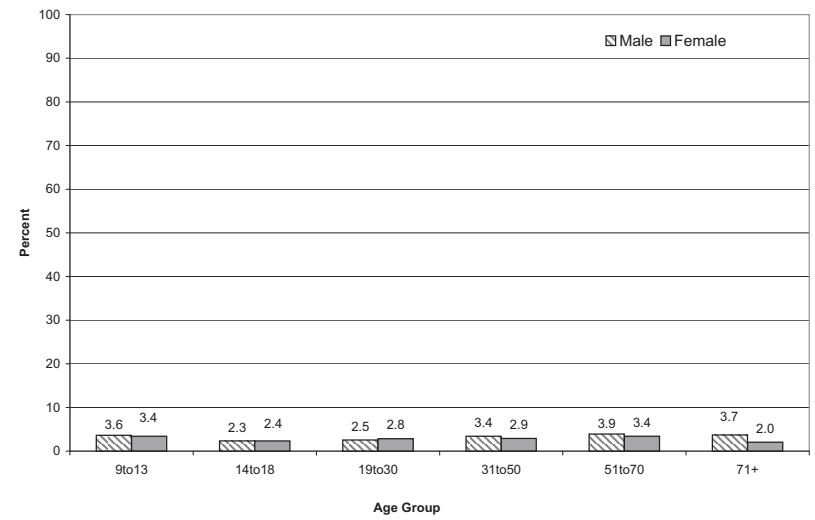
88.2 Percent by Month



88.3 Percent by Age Group



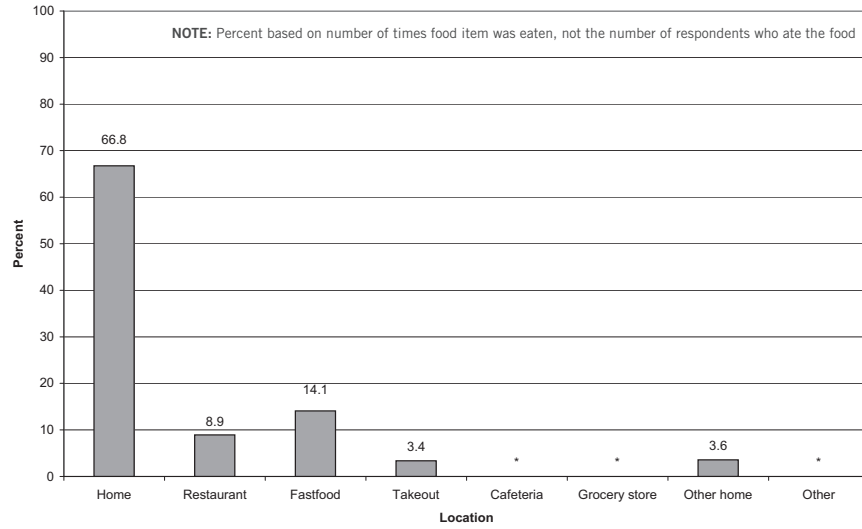
88.4 Percent by Age Group and Sex



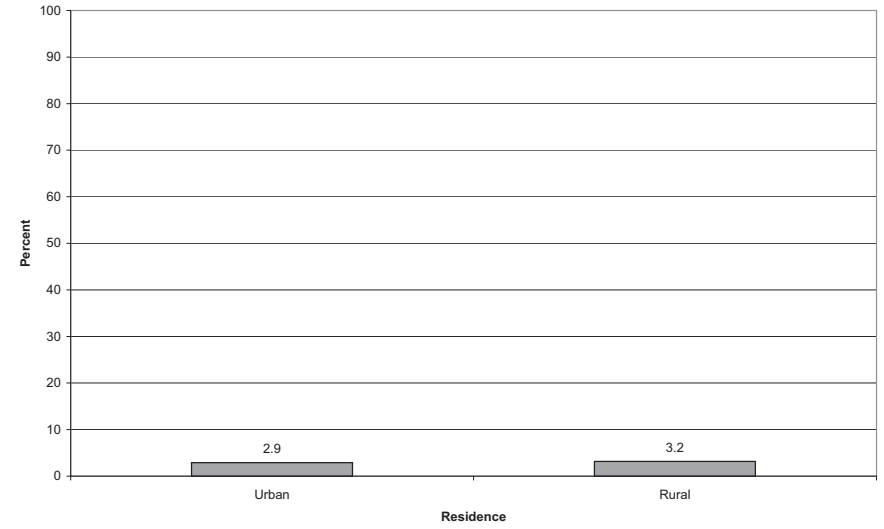
ATE WHIP CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

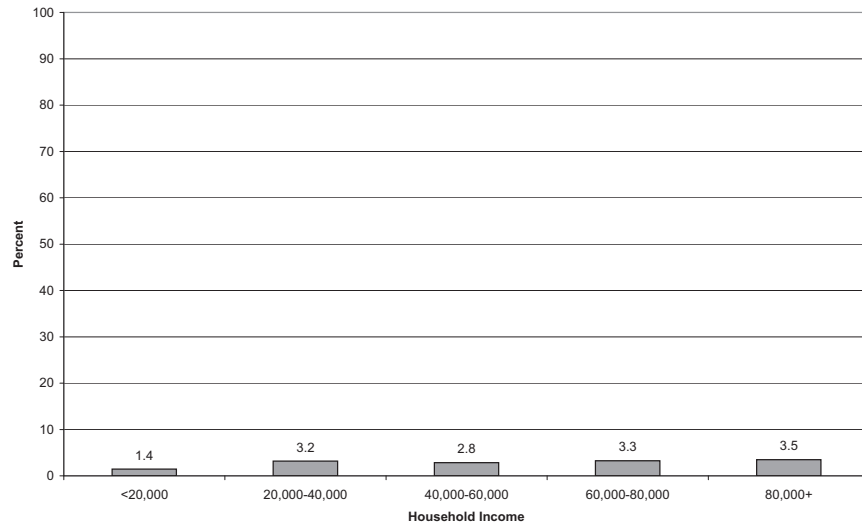
88.5 Percent by Location Where Food Was Prepared



88.6 Percent by Residence



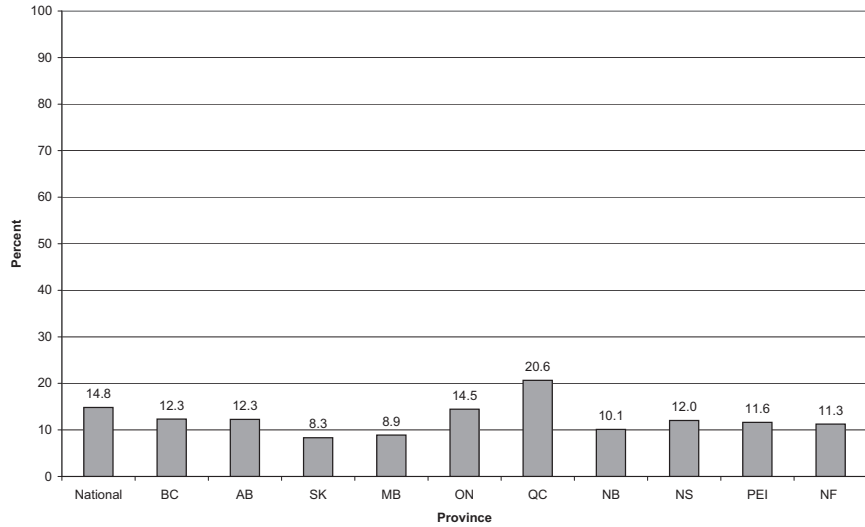
88.7 Percent by Household Income



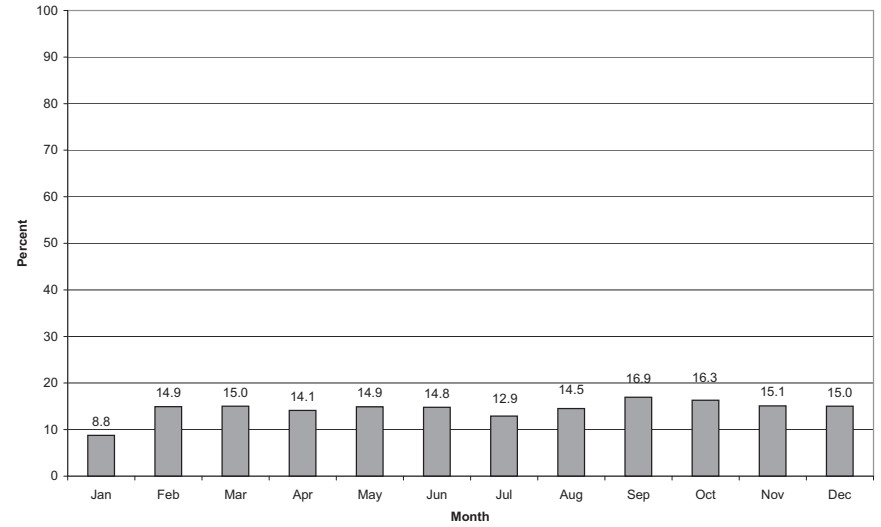
ATE YOGURT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

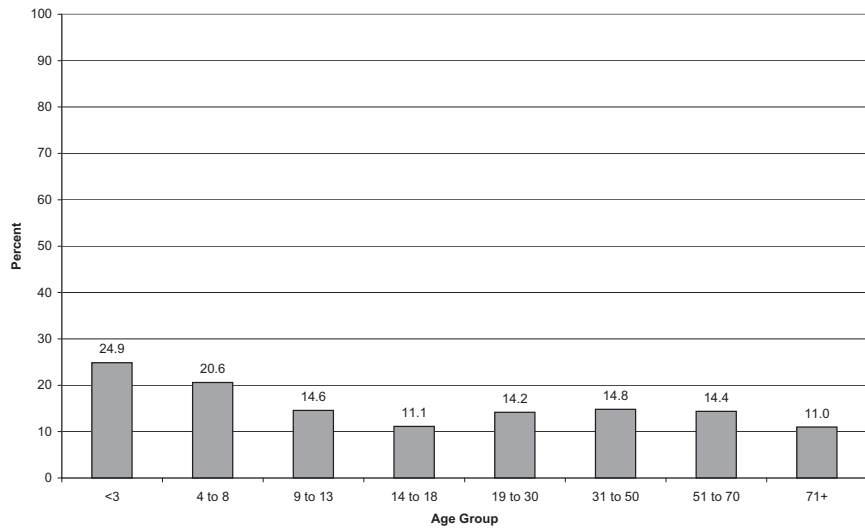
89.1 Percent by Province



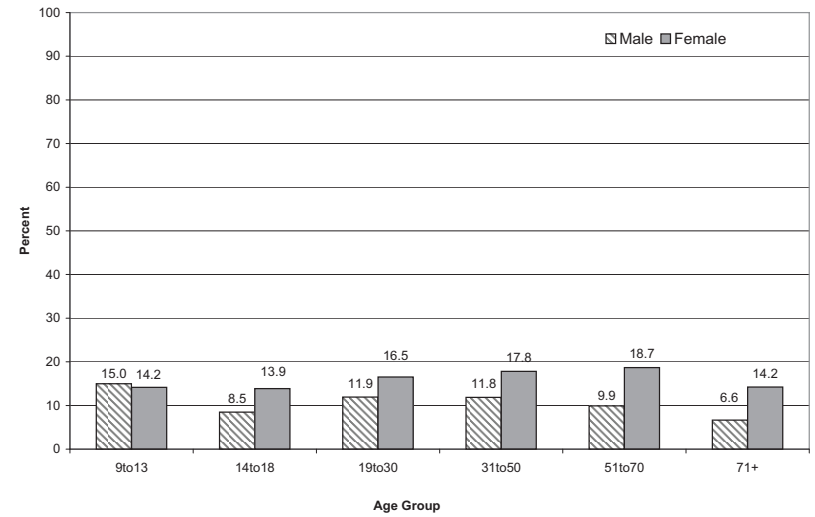
89.2 Percent by Month



89.3 Percent by Age Group



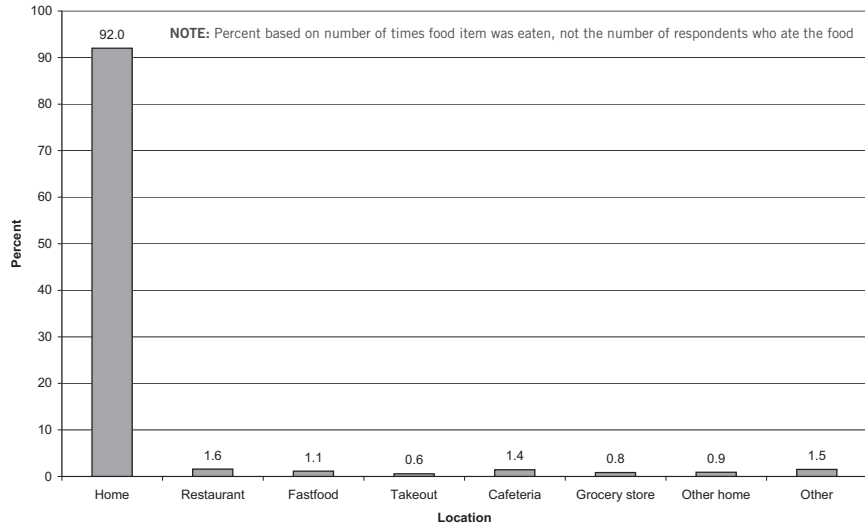
89.4 Percent by Age Group and Sex



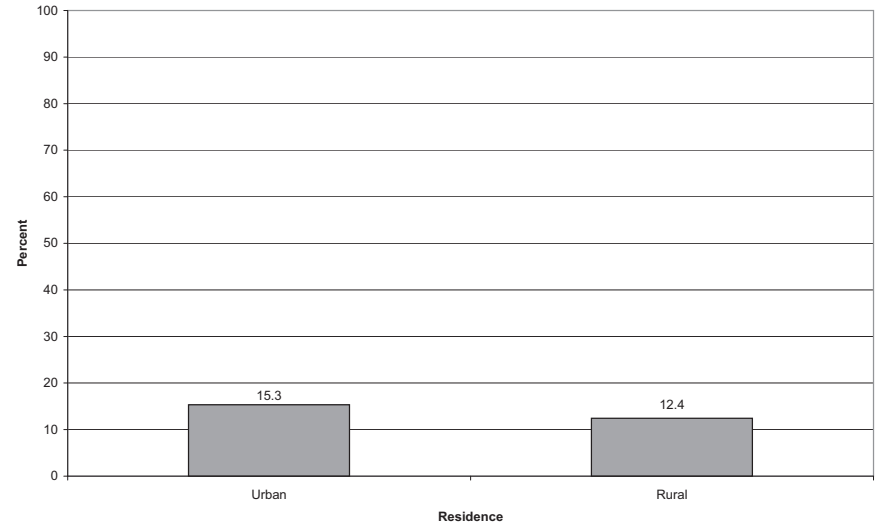
ATE YOGURT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

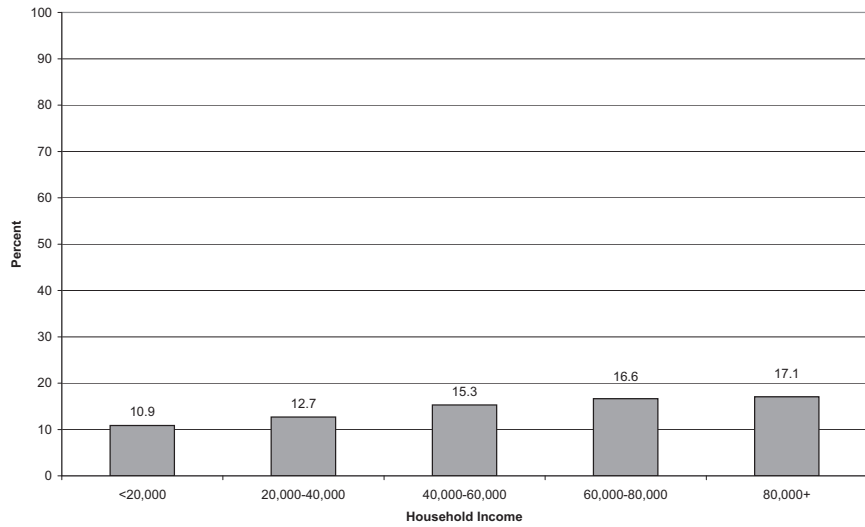
89.5 Percent by Location Where Food Was Prepared



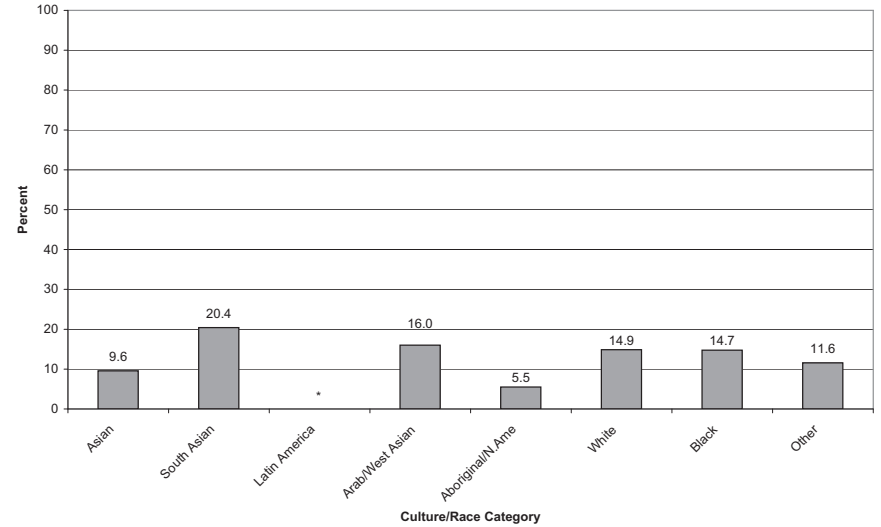
89.6 Percent by Residence



89.7 Percent by Household Income



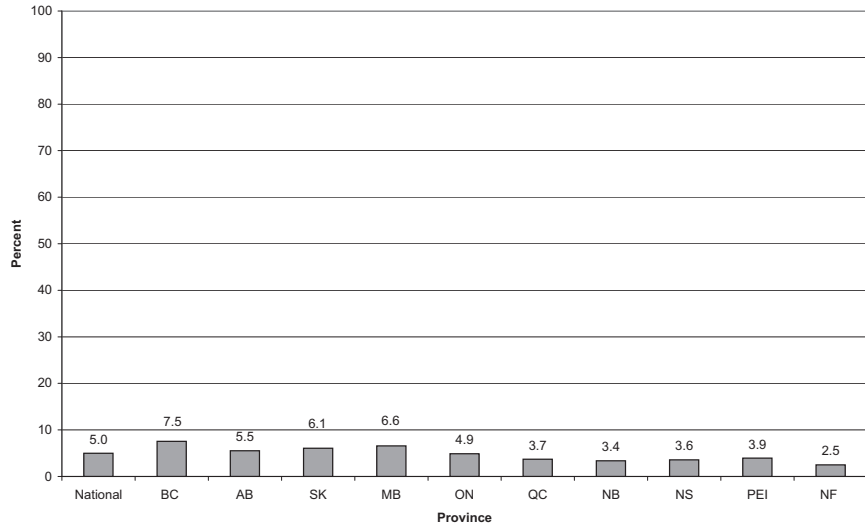
89.8 Percent by Cultural or Racial Origin



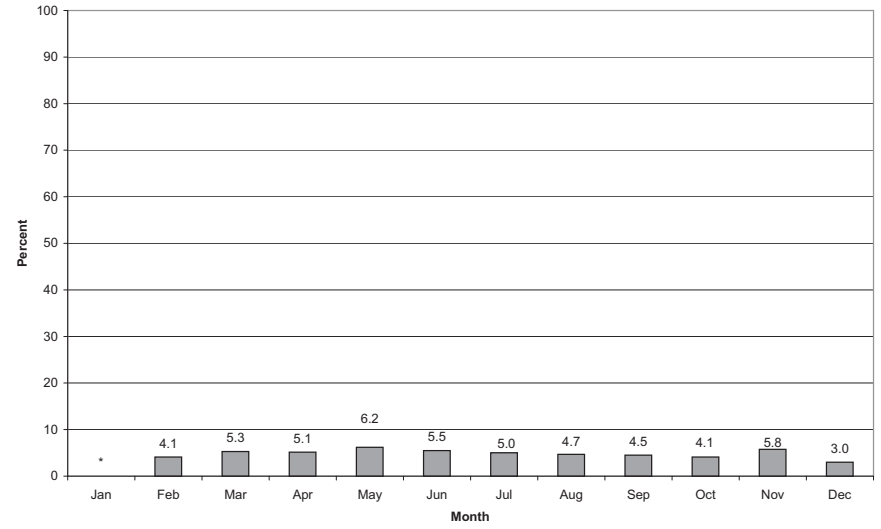
ATE SOUR CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

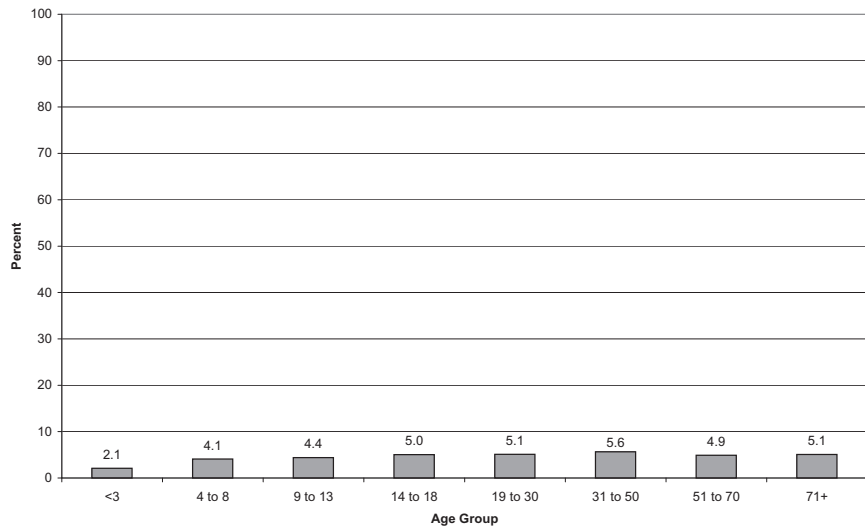
90.1 Percent by Province



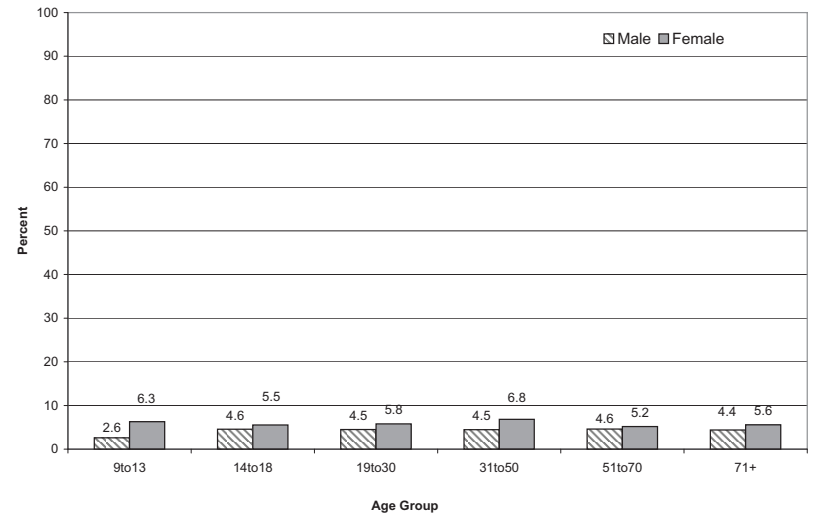
90.2 Percent by Month



90.3 Percent by Age Group



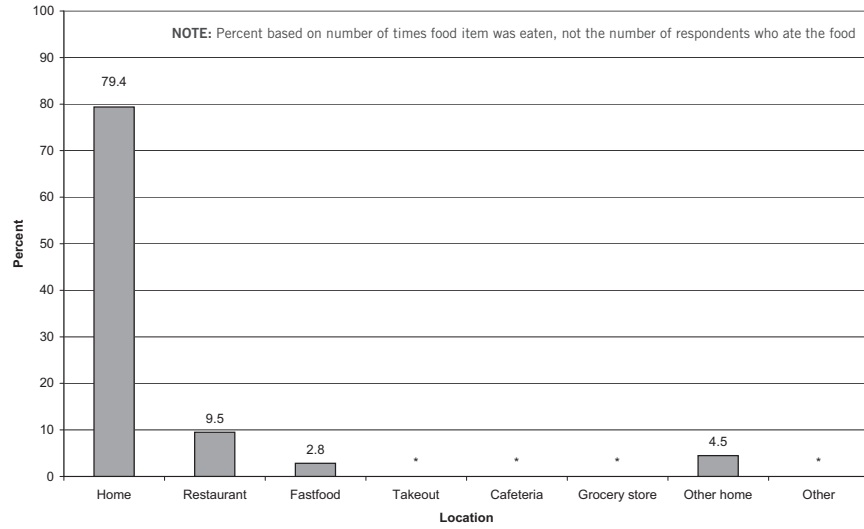
90.4 Percent by Age Group and Sex



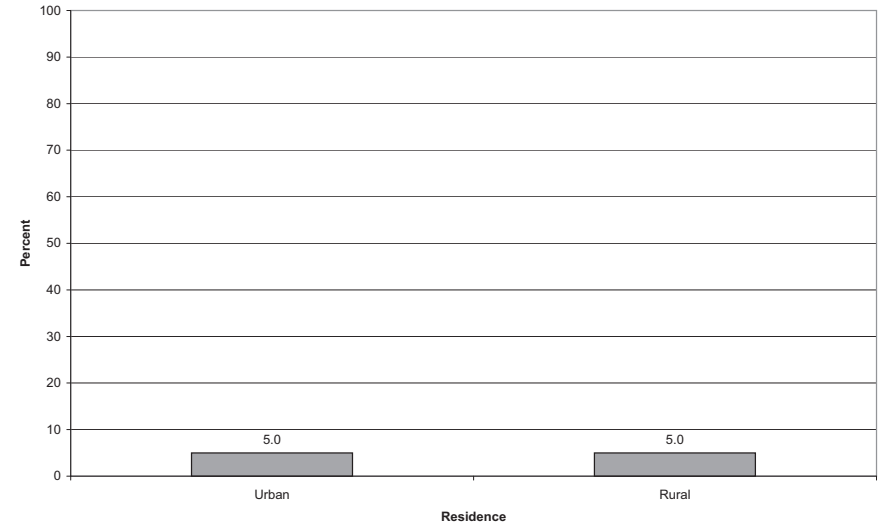
ATE SOUR CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

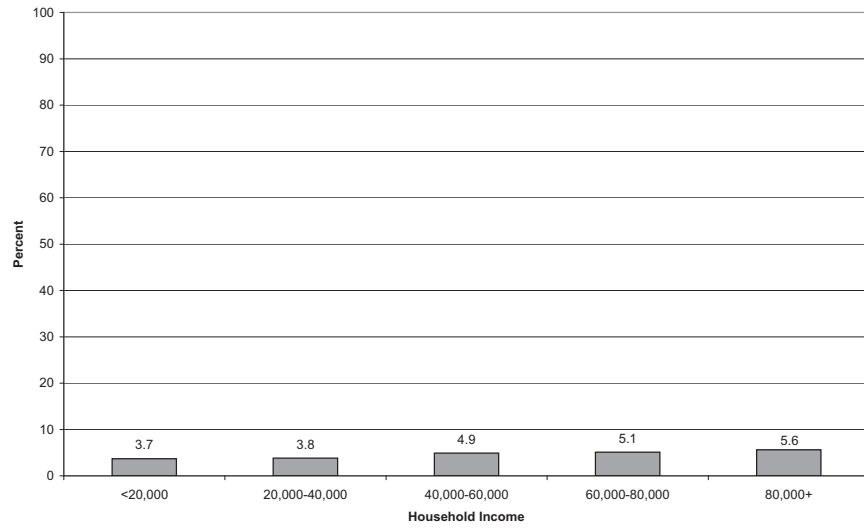
90.5 Percent by Location Where Food Was Prepared



90.6 Percent by Residence



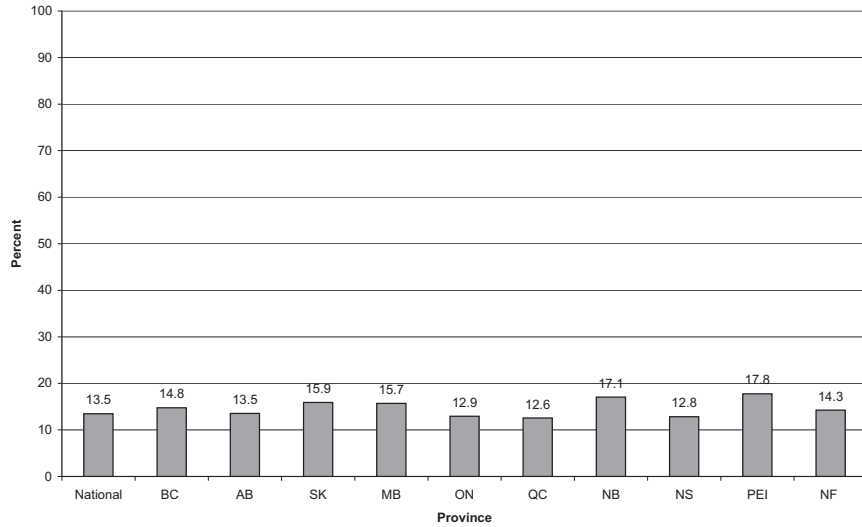
90.7 Percent by Household Income



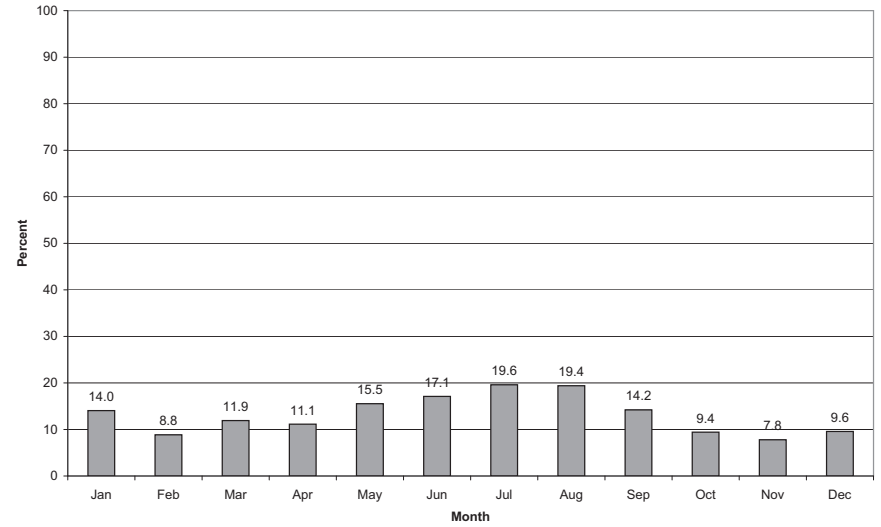
ATE ICE CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

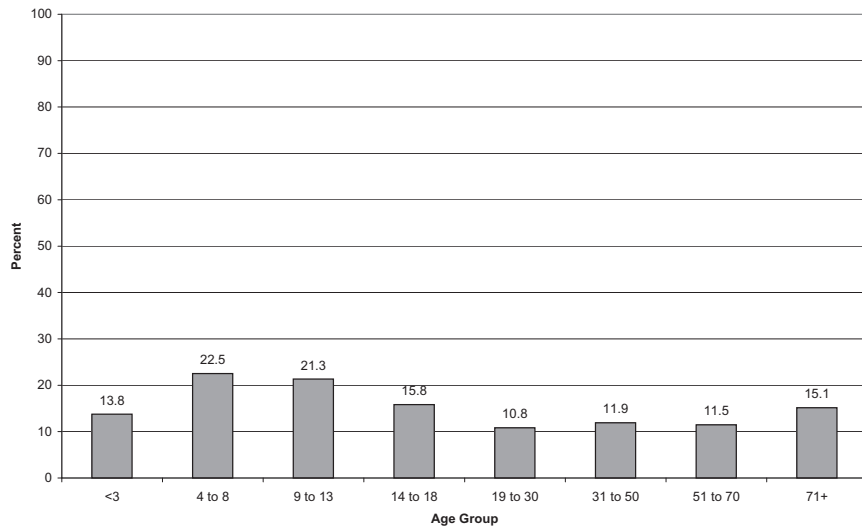
91.1 Percent by Province



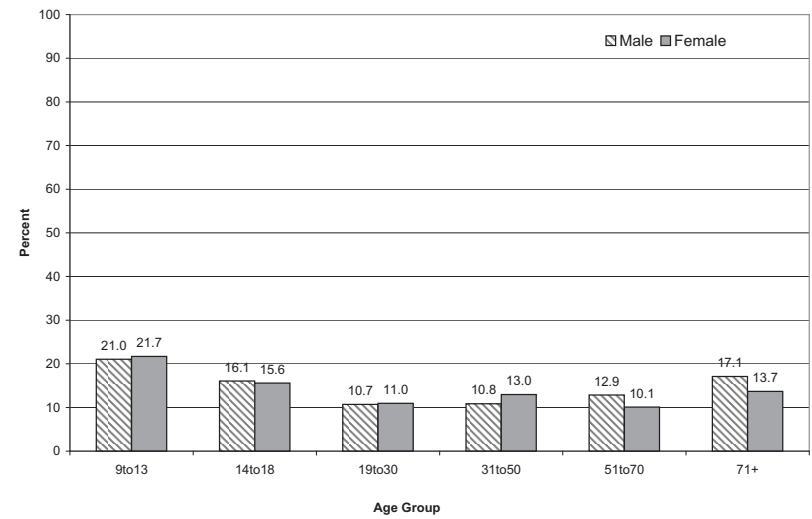
91.2 Percent by Month



91.3 Percent by Age Group



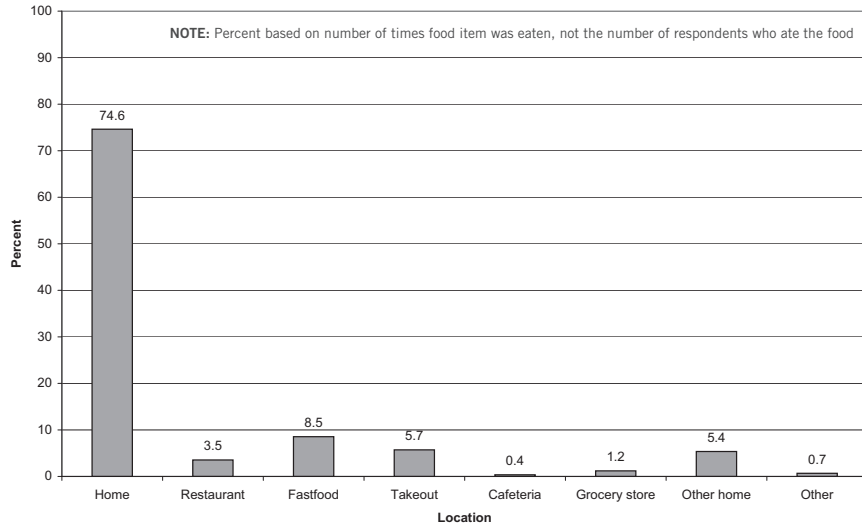
91.4 Percent by Age Group and Sex



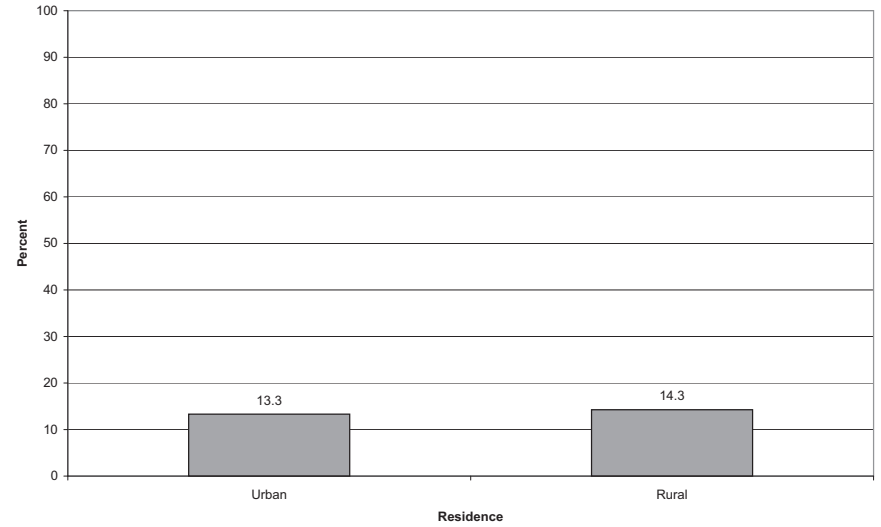
ATE ICE CREAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

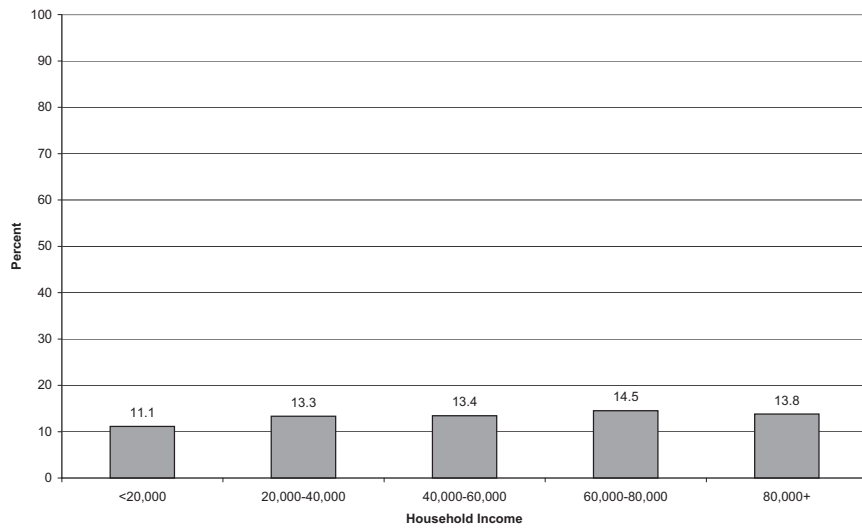
91.5 Percent by Location Where Food Was Prepared



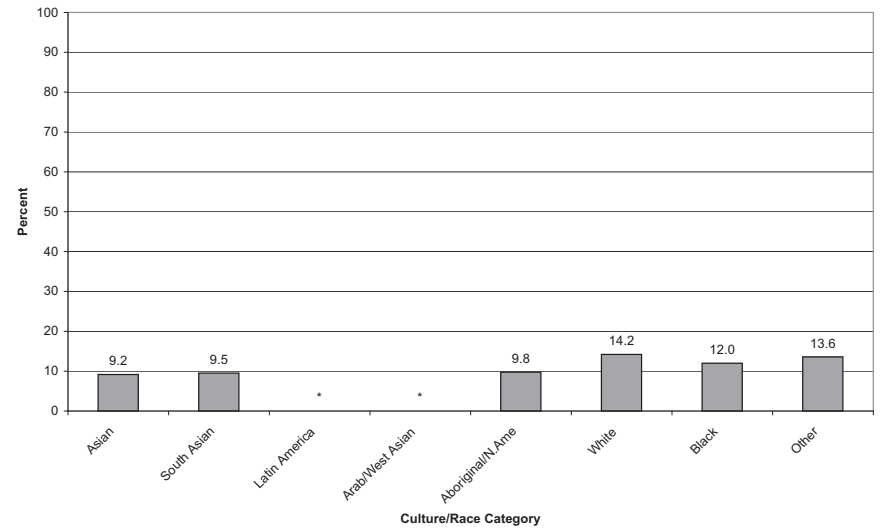
91.6 Percent by Residence



91.7 Percent by Household Income



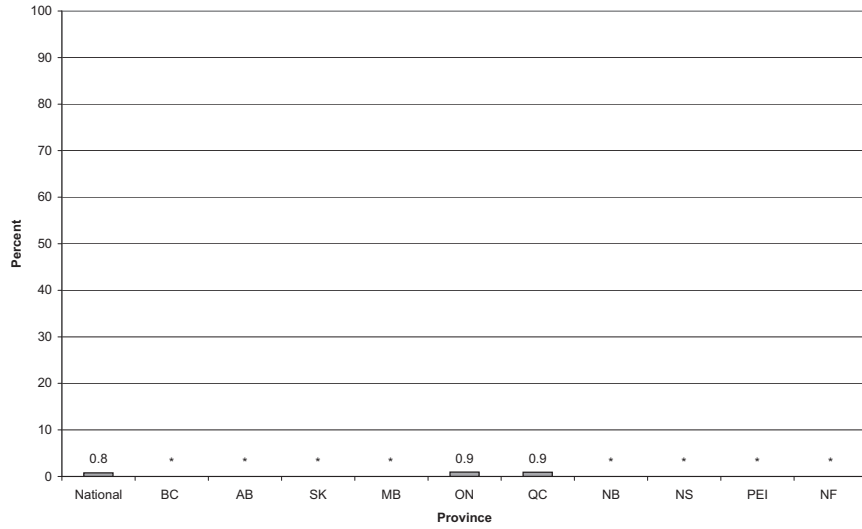
91.8 Percent by Cultural or Racial Origin



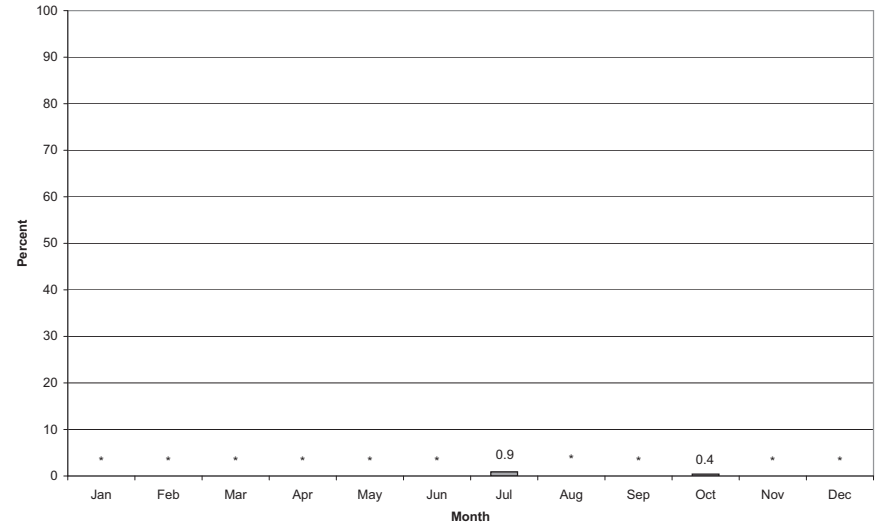
ATE FROZEN YOGURT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

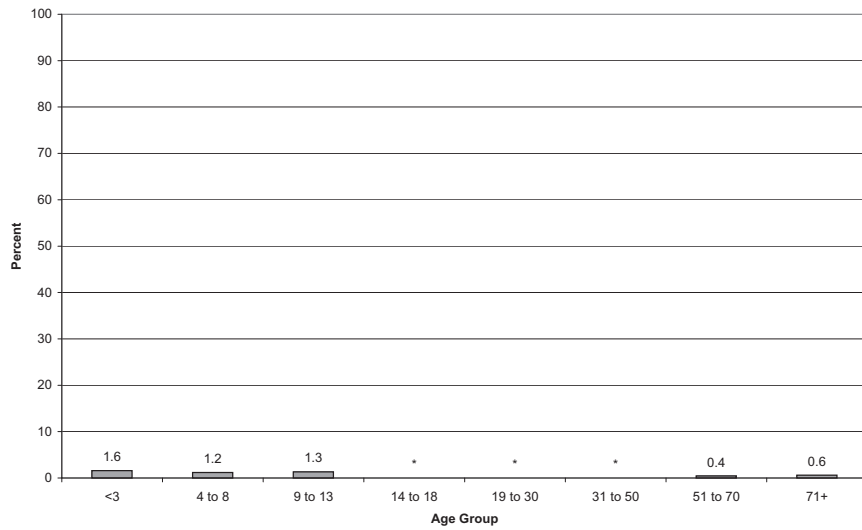
92.1 Percent by Province



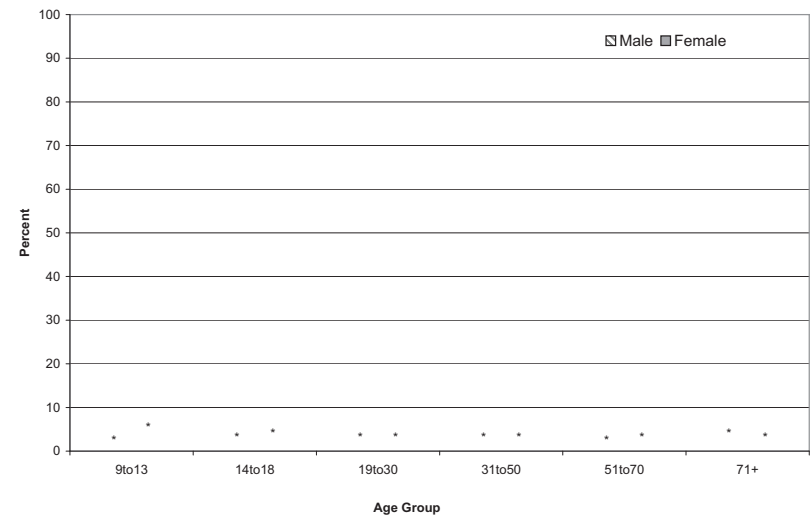
92.2 Percent by Month



92.3 Percent by Age Group



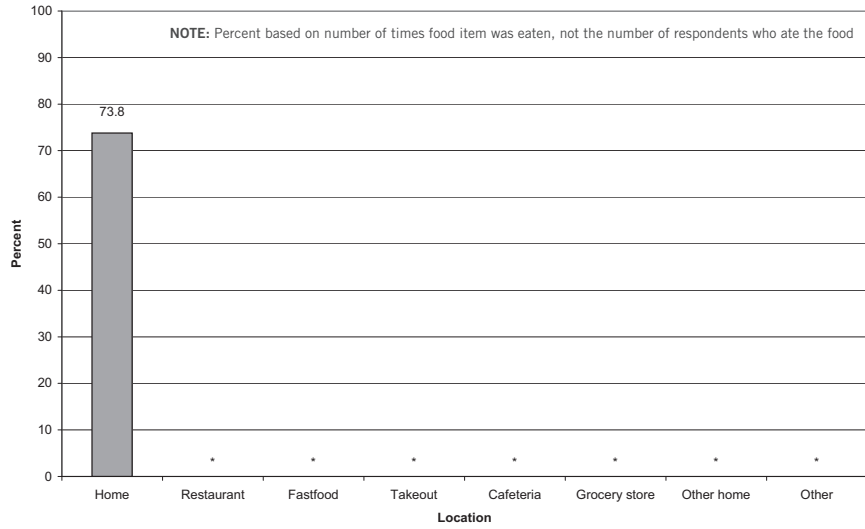
92.4 Percent by Age Group and Sex



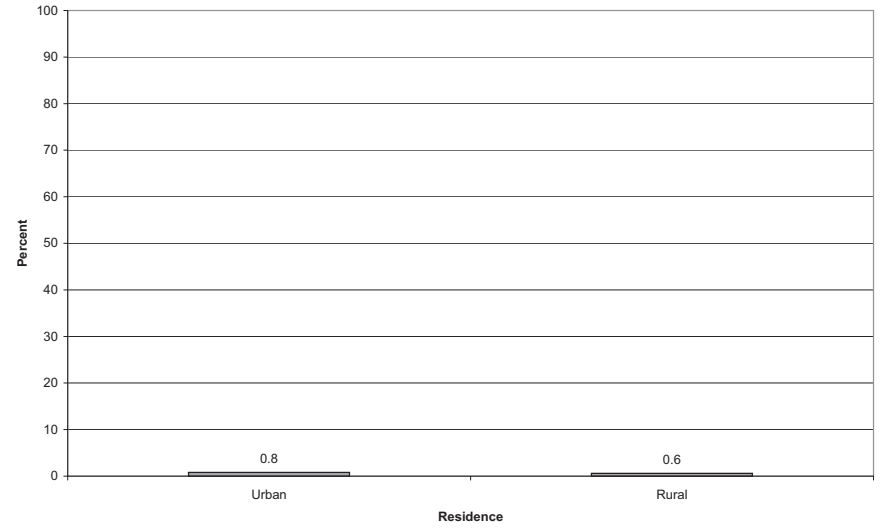
ATE FROZEN YOGURT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

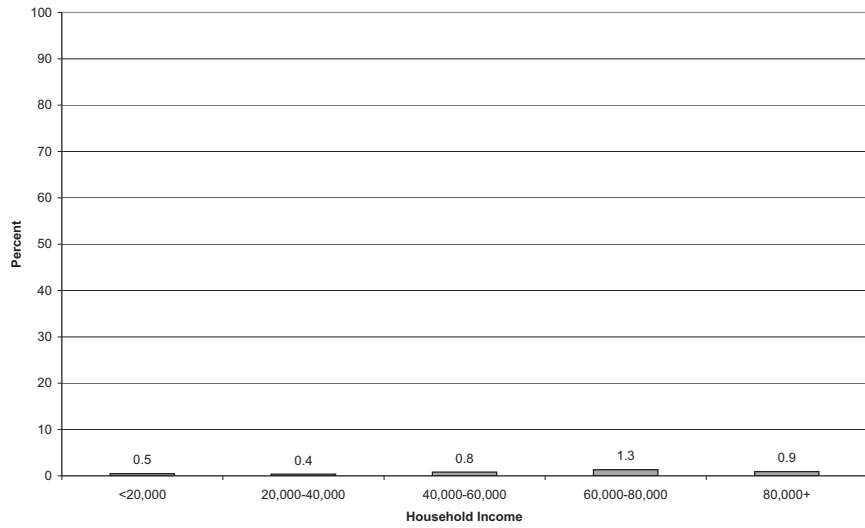
92.5 Percent by Location Where Food Was Prepared



92.6 Percent by Residence



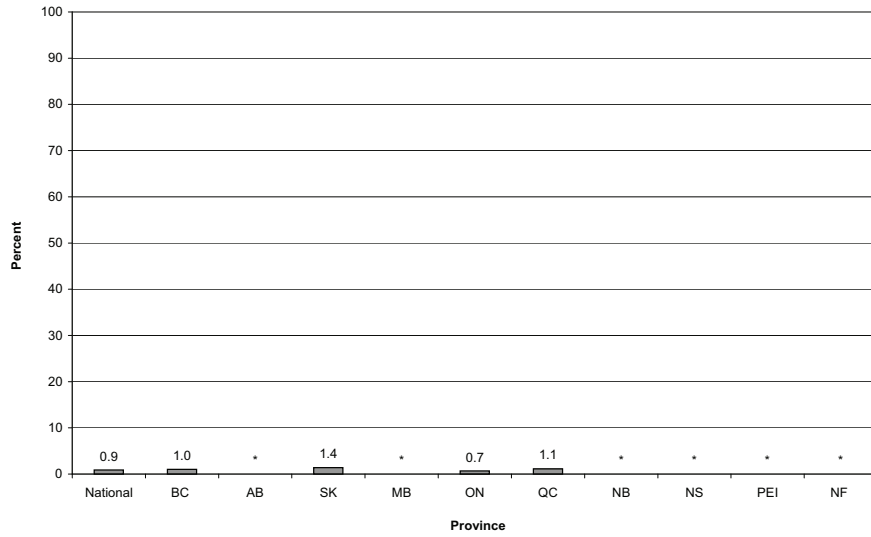
92.7 Percent by Household Income



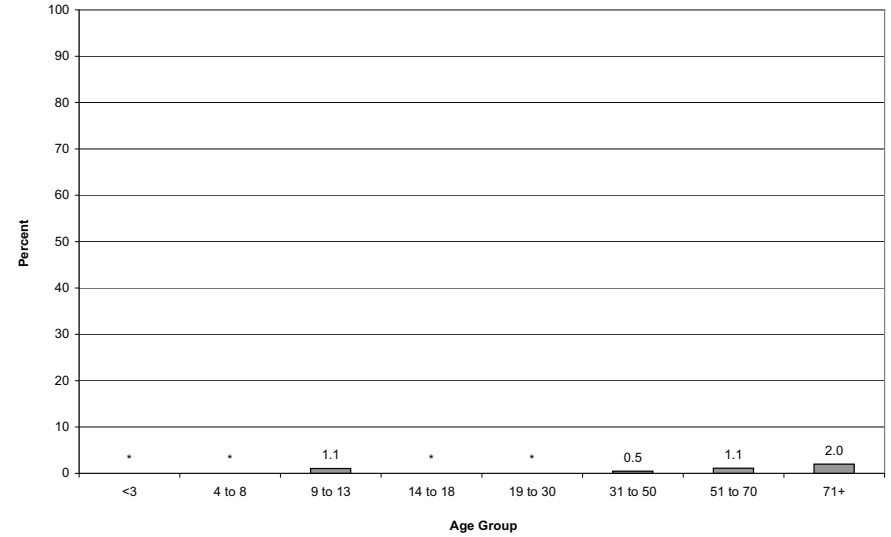
ATE MILK DESSERT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

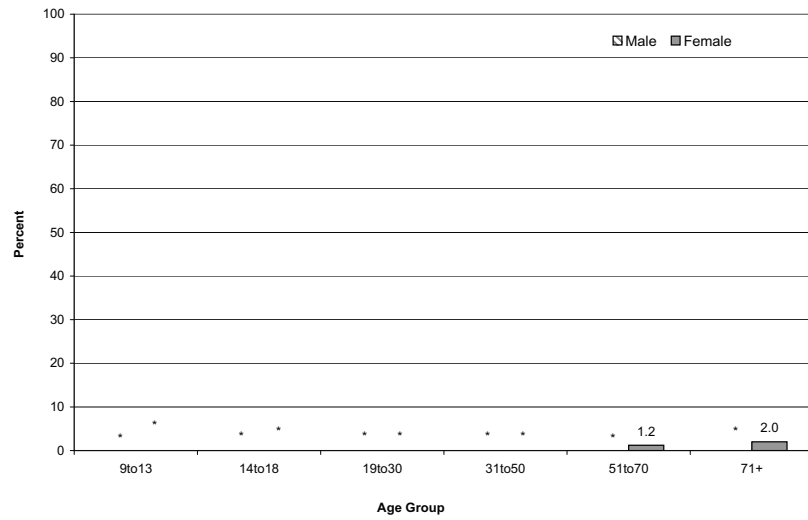
93.1 Percent by Province



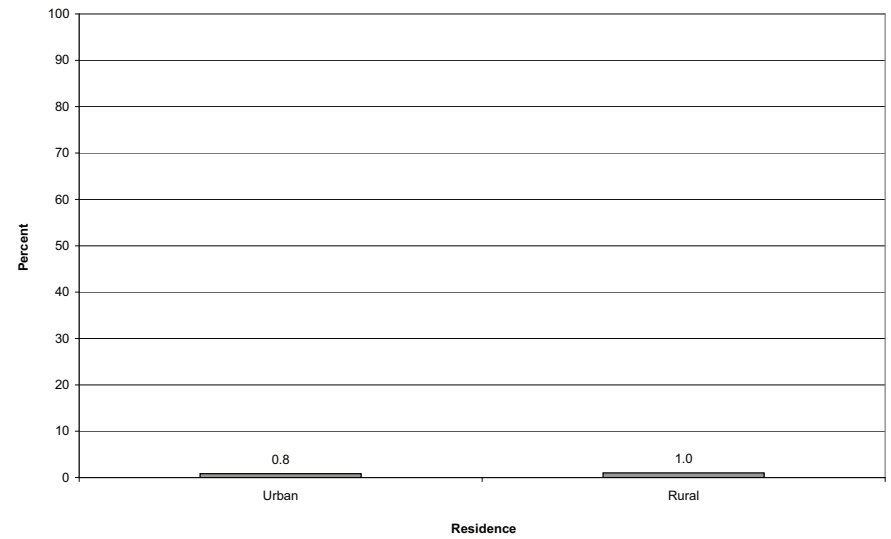
93.3 Percent by Age Group



93.4 Percent by Age Group and Sex



93.6 Percent by Residence

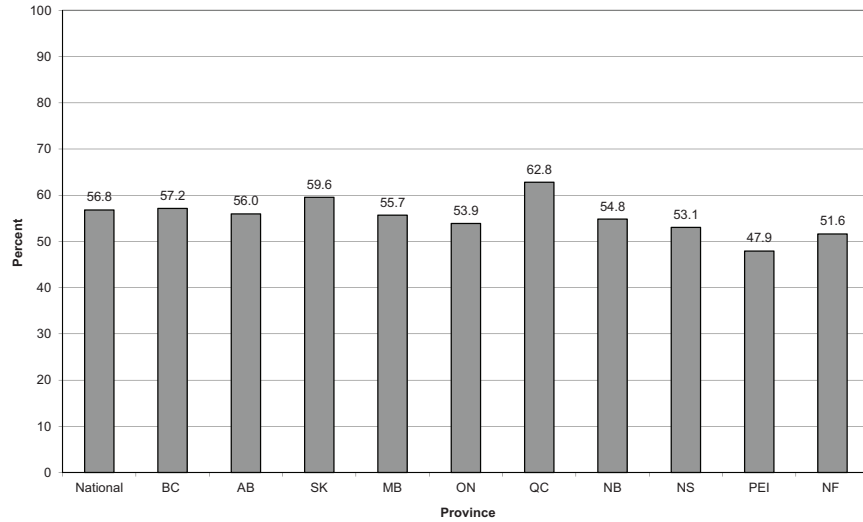


— CHEESE —

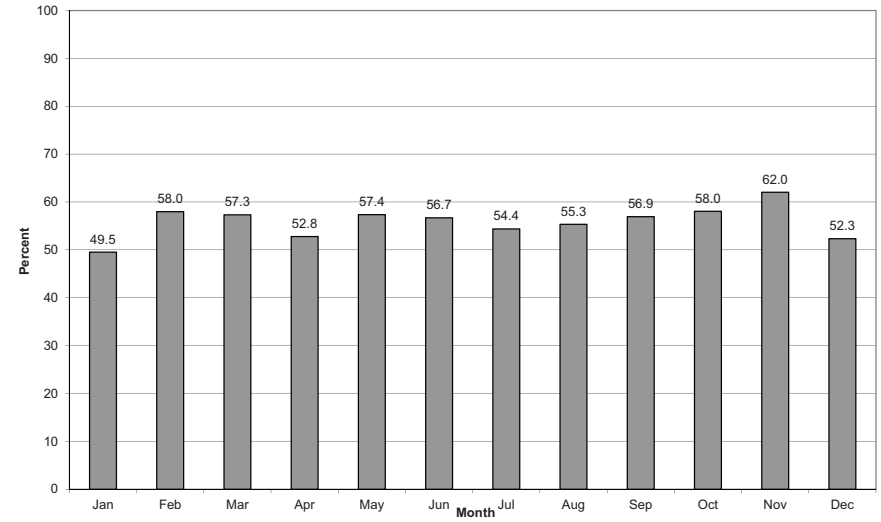
ATE CHEESE-ALL IN THE PAST 24 HOURS*

CCHS 2.2 2004 24-Hour Dietary Recall

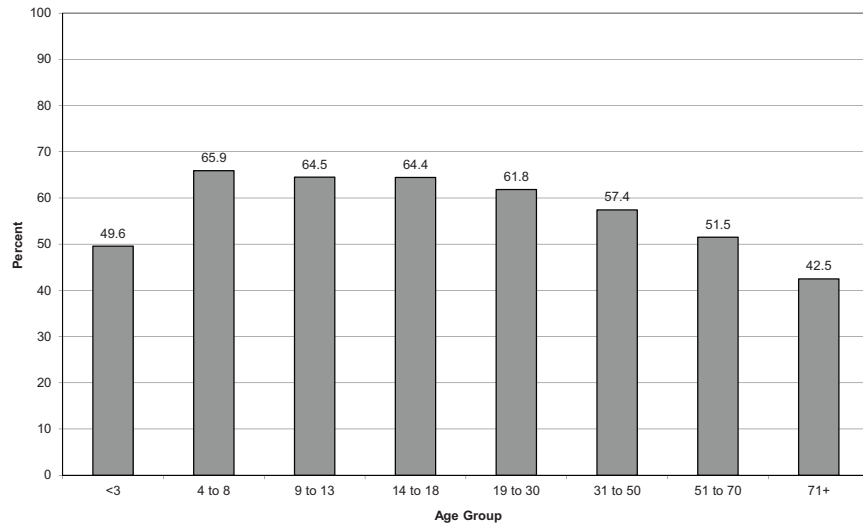
96.1 Percent by Province



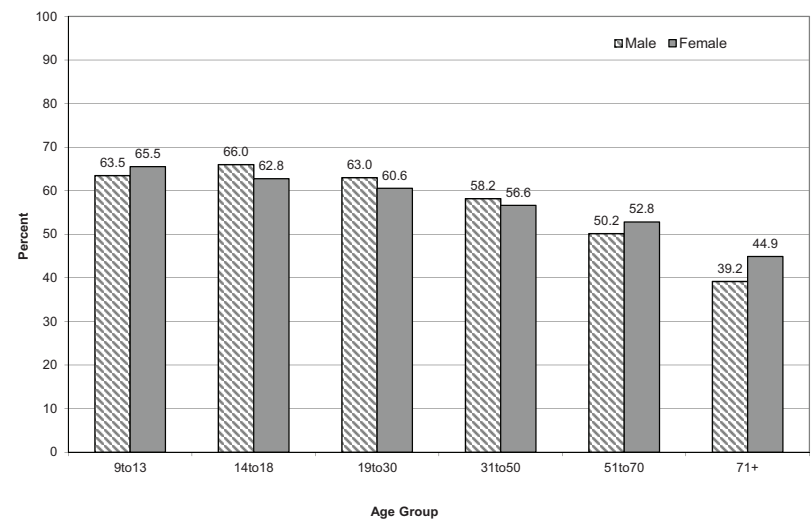
96.2 Percent by Month



96.3 Percent by Age Group



96.4 Percent by Age Group and Sex

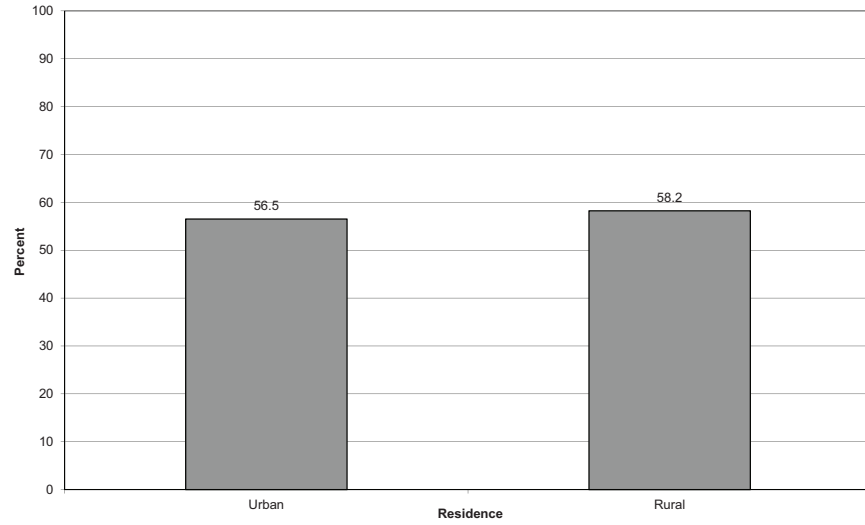


* Location graph (Figure 96.5) not available

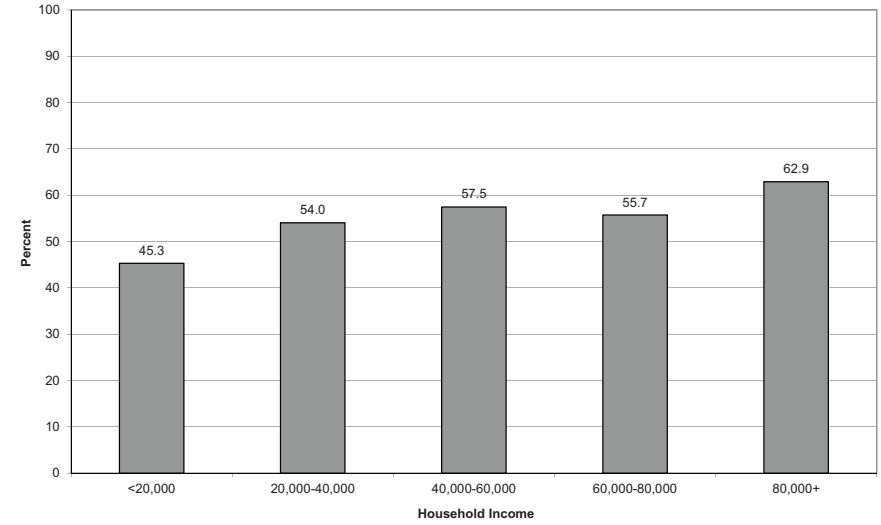
ATE CHEESE-ALL IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

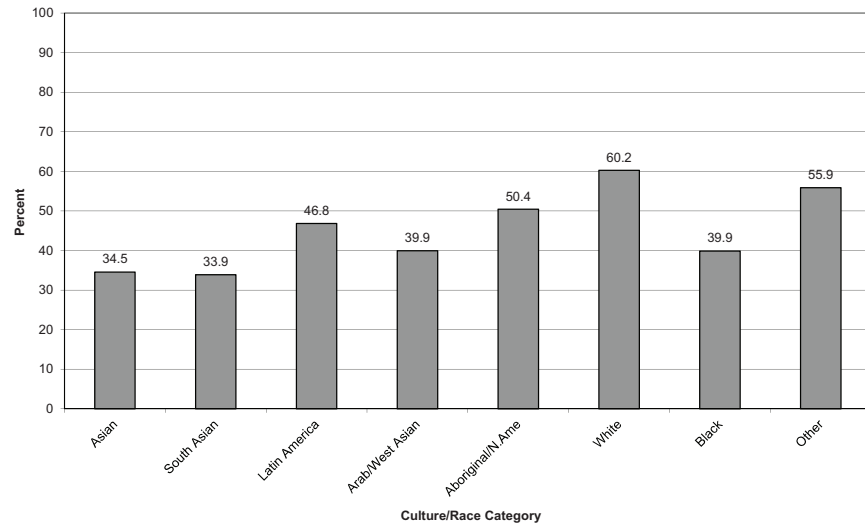
96.6 Percent by Residence



96.7 Percent by Household Income



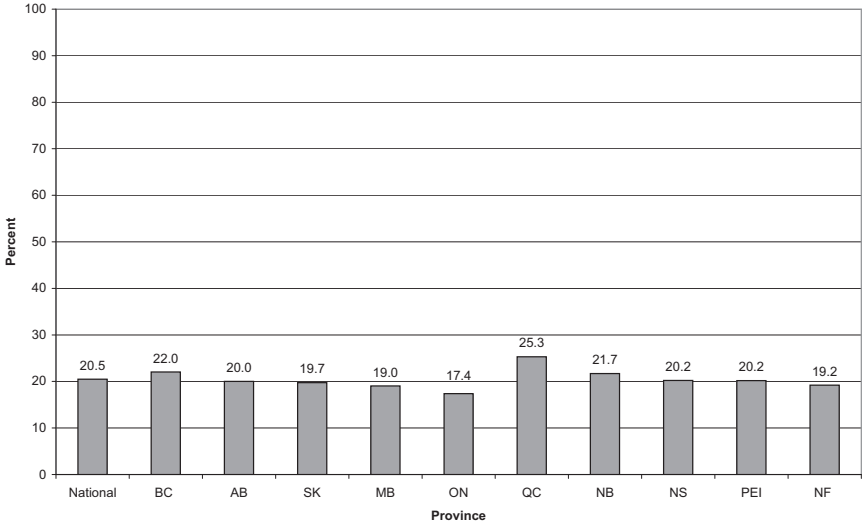
96.8 Percent by Cultural or Racial Origin



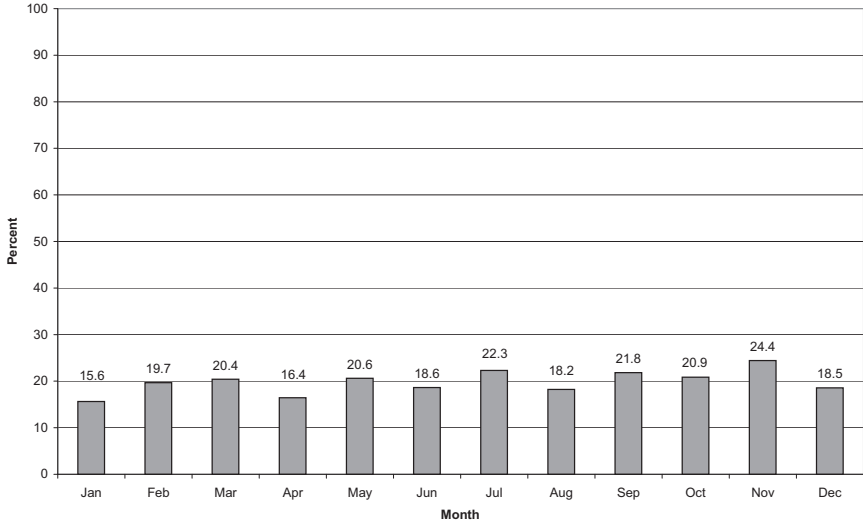
ATE CHEDDAR CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

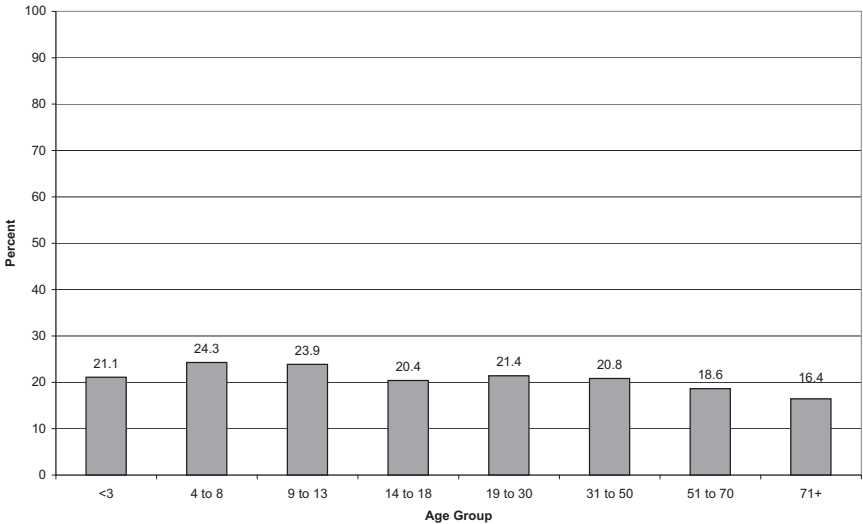
98.1 Percent by Province



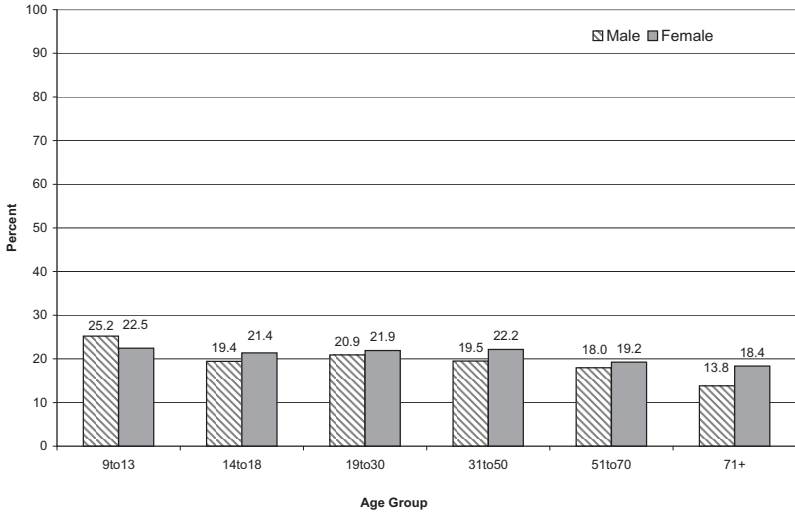
98.2 Percent by Month



98.3 Percent by Age Group



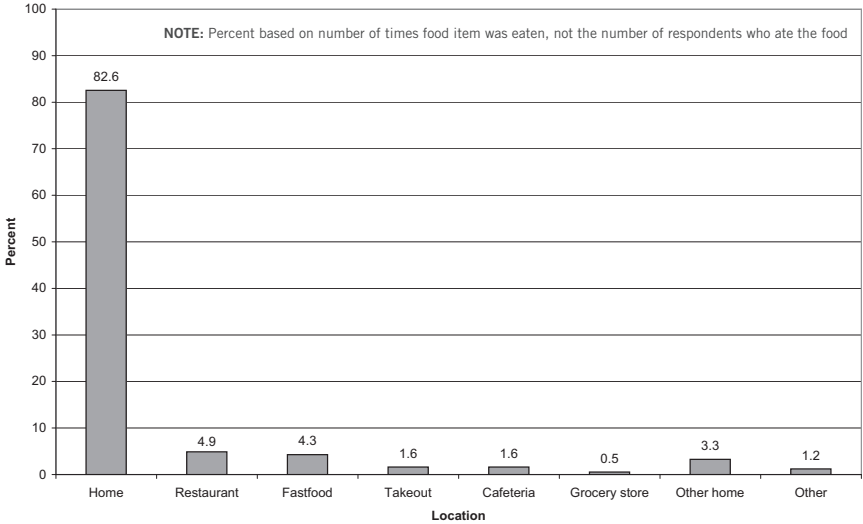
98.4 Percent by Age Group and Sex



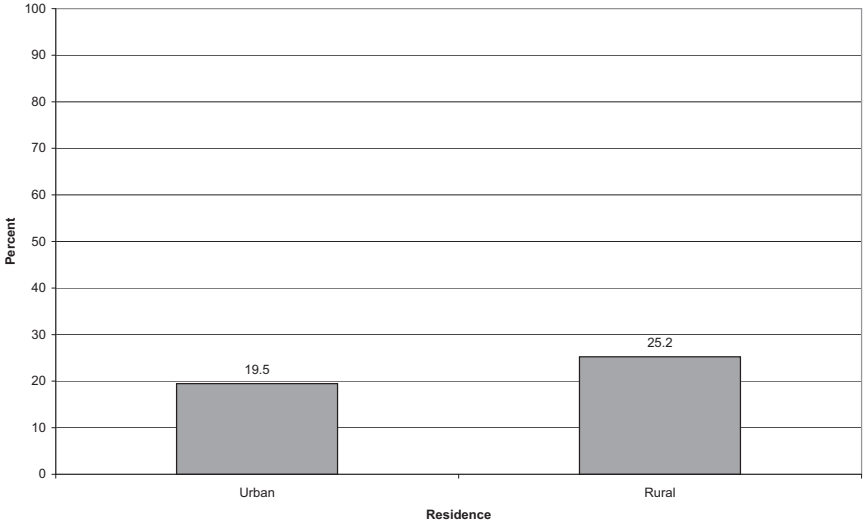
ATE CHEDDAR CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

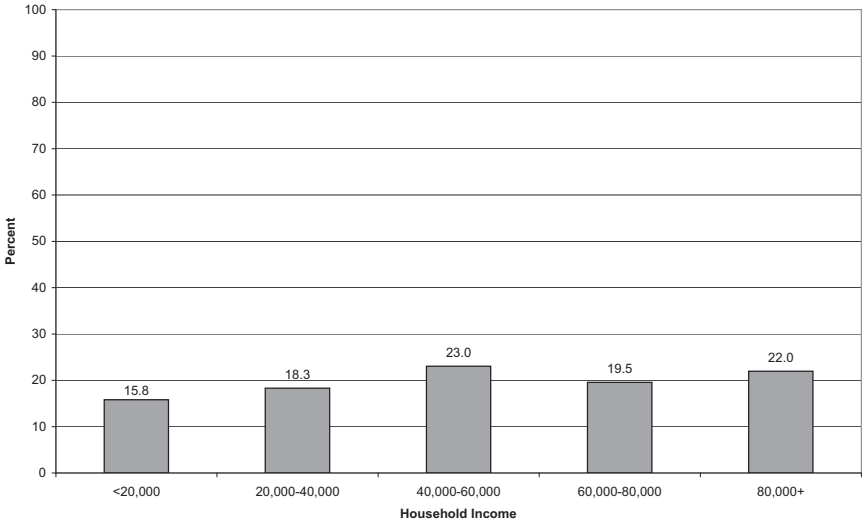
98.5 Percent by Location Where Food Was Prepared



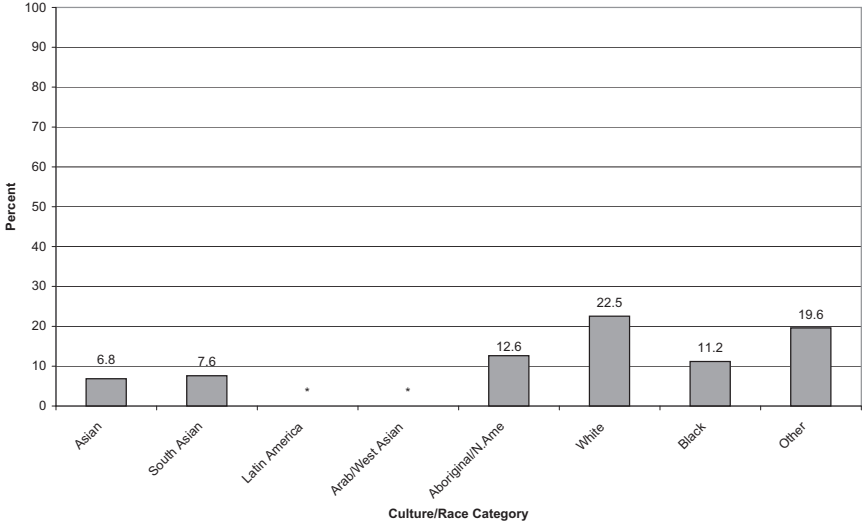
98.6 Percent by Residence



98.7 Percent by Household Income



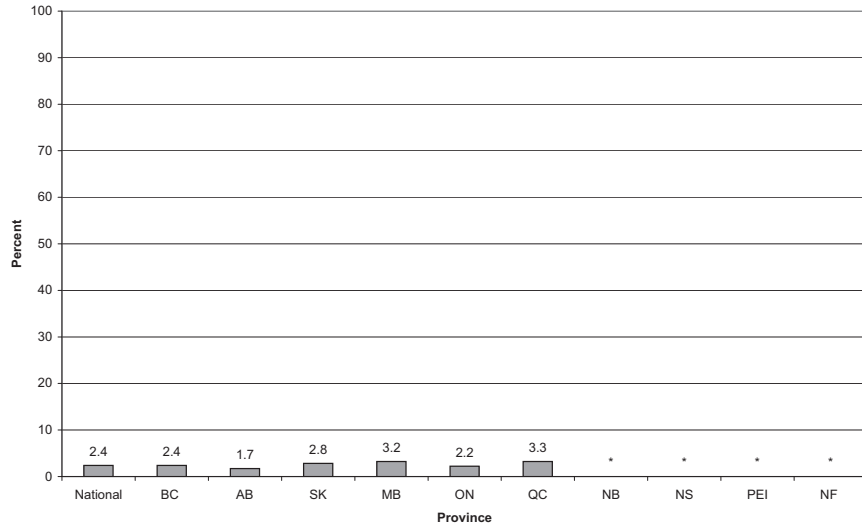
98.8 Percent by Cultural or Racial Origin



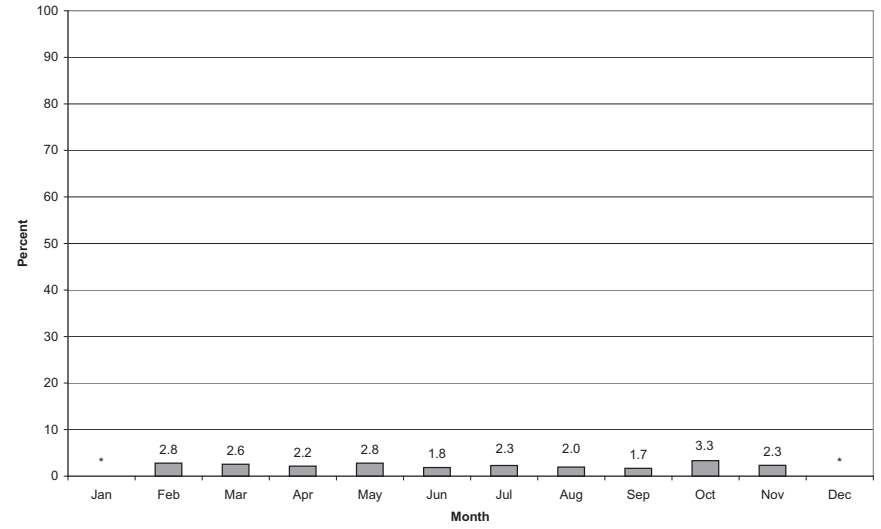
ATE COTTAGE CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

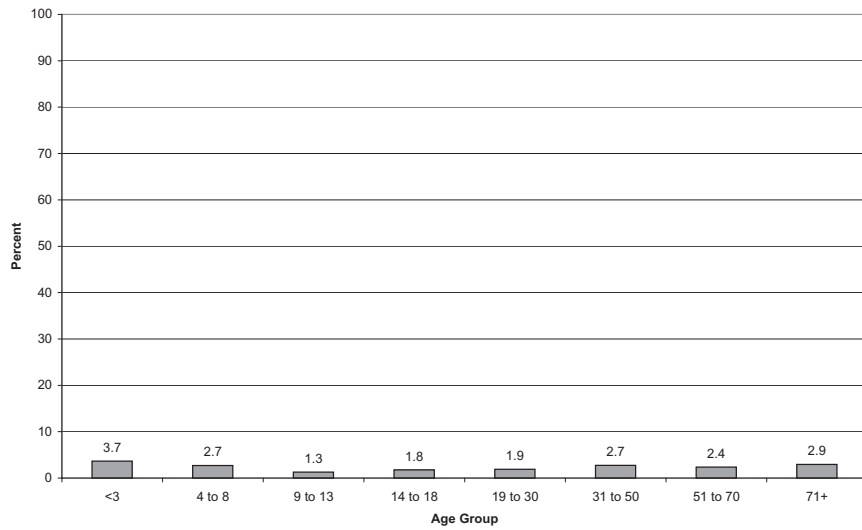
99.1 Percent by Province



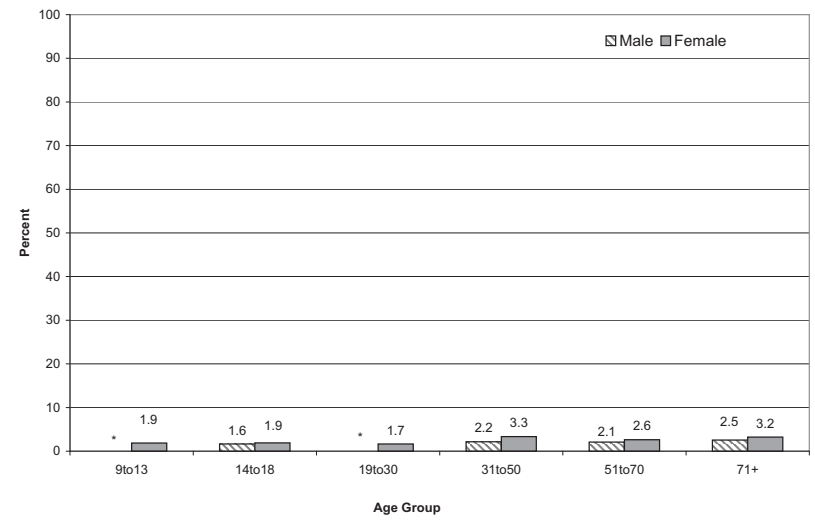
99.2 Percent by Month



99.3 Percent by Age Group



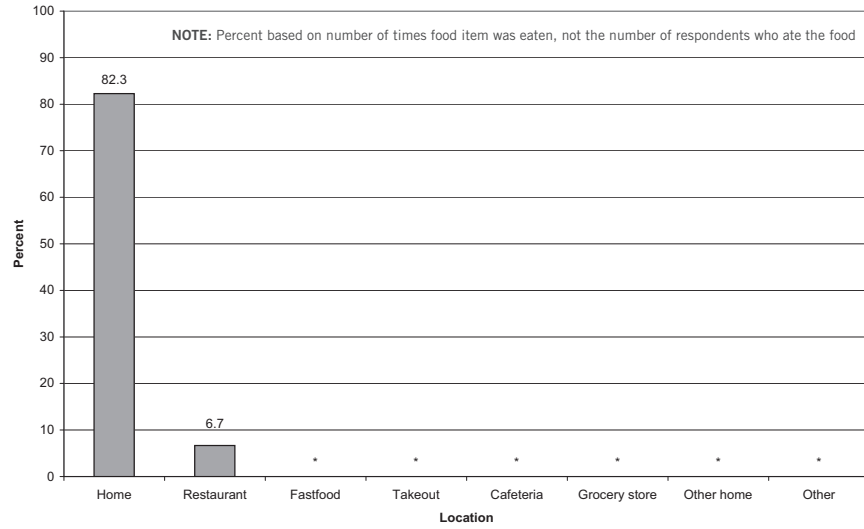
99.4 Percent by Age Group and Sex



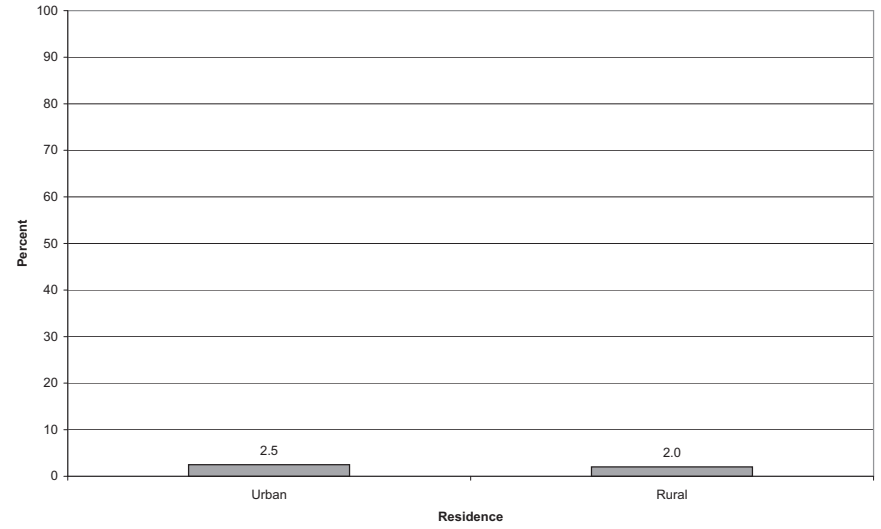
ATE COTTAGE CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

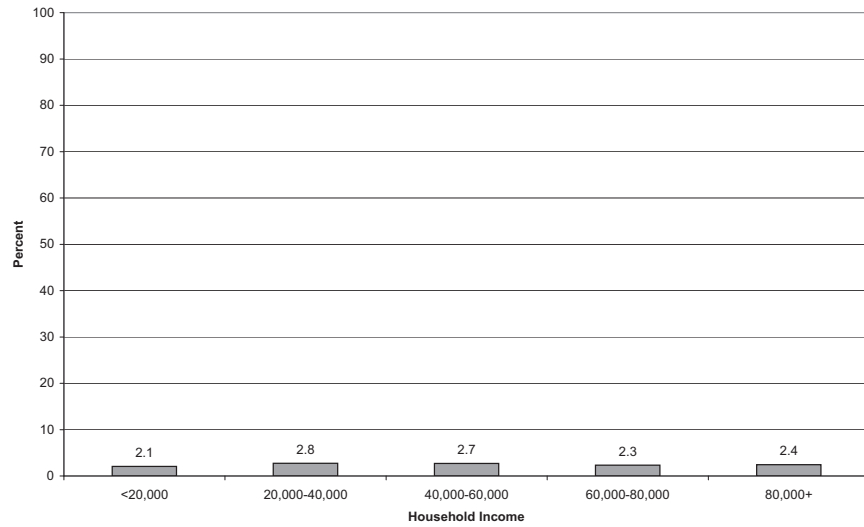
99.5 Percent by Location Where Food Was Prepared



99.6 Percent by Residence



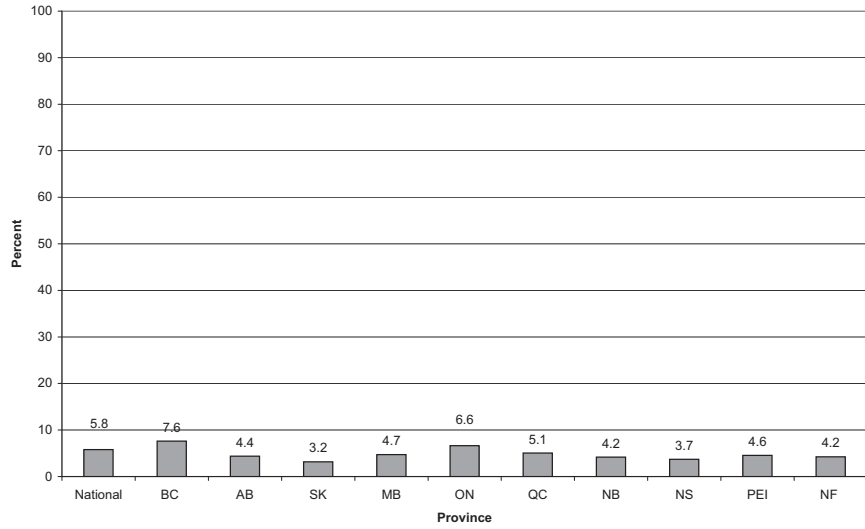
99.7 Percent by Household Income



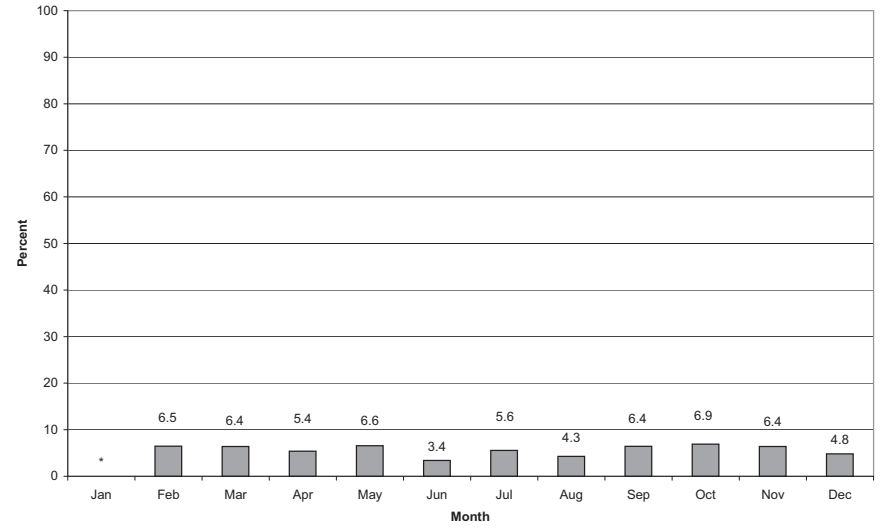
ATE CREAM CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

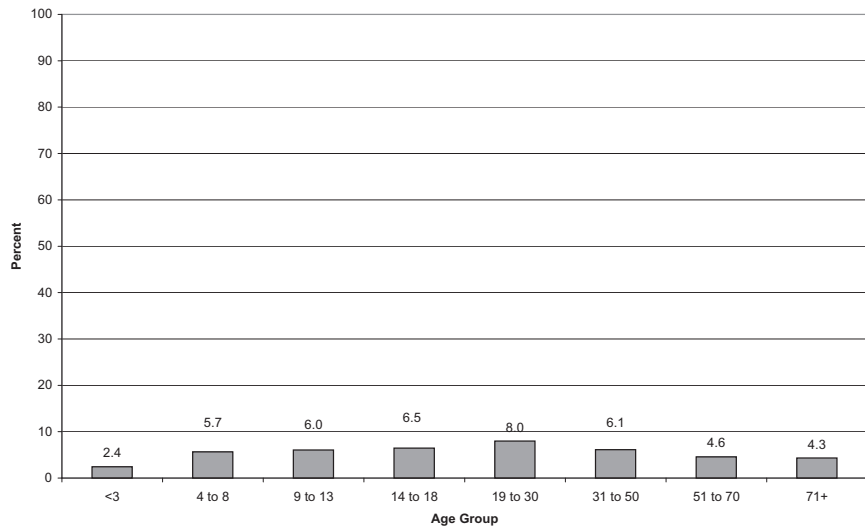
100.1 Percent by Province



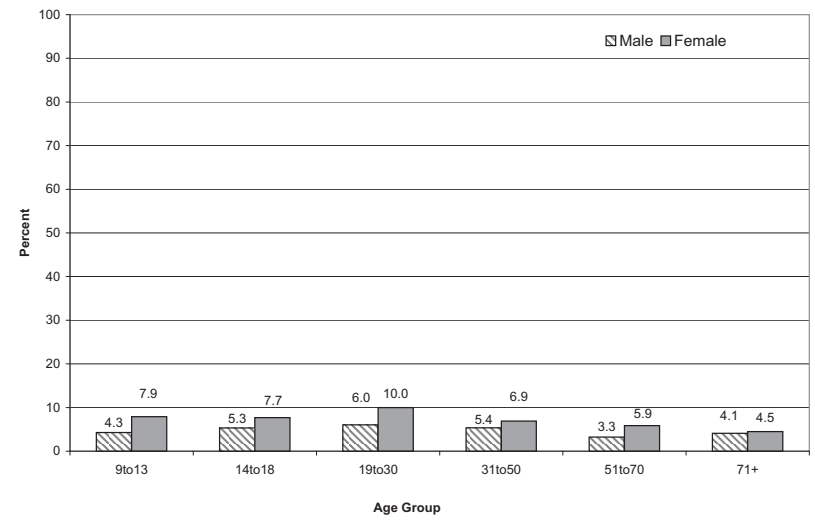
100.2 Percent by Month



100.3 Percent by Age Group



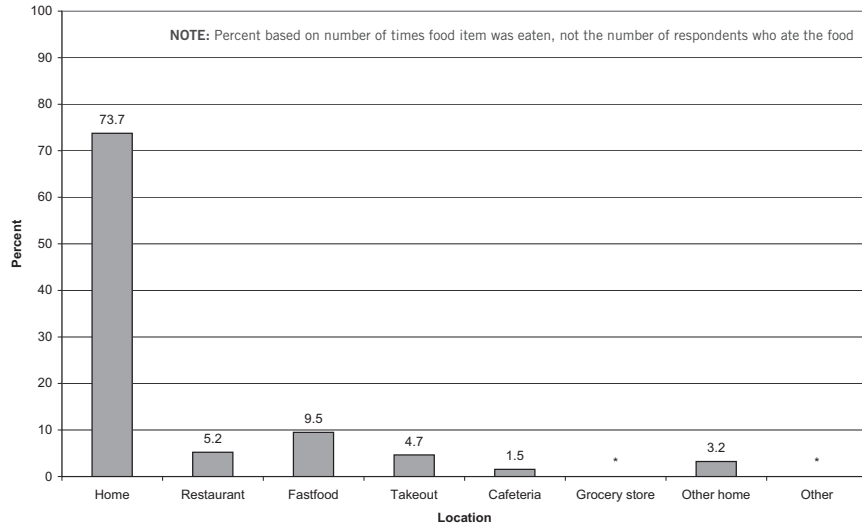
100.4 Percent by Age Group and Sex



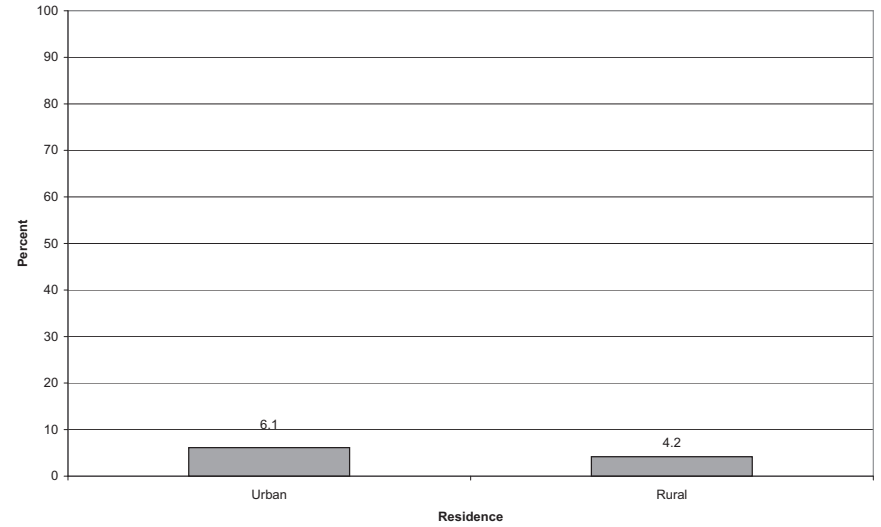
ATE CREAM CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

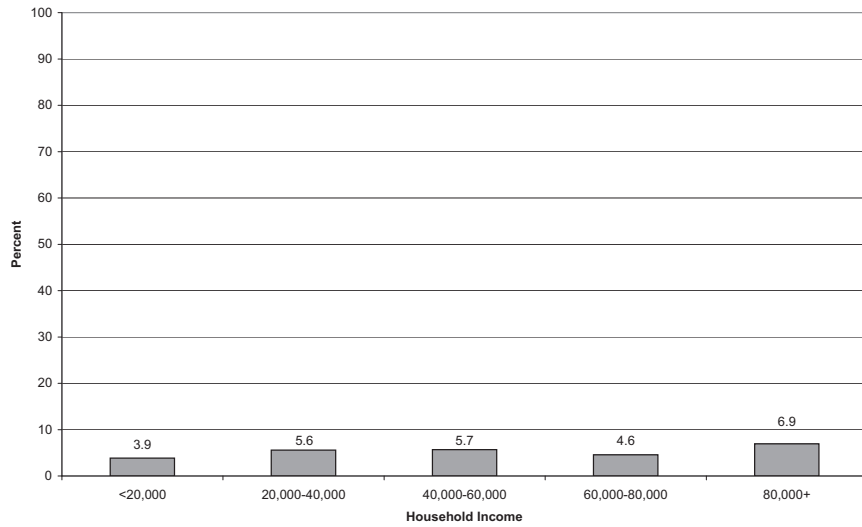
100.5 Percent by Location Where Food Was Prepared



100.6 Percent by Residence



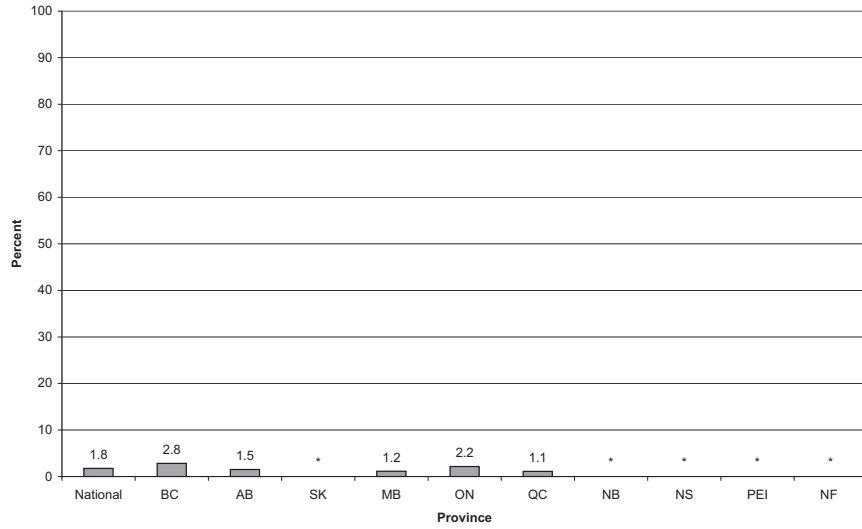
100.7 Percent by Household Income



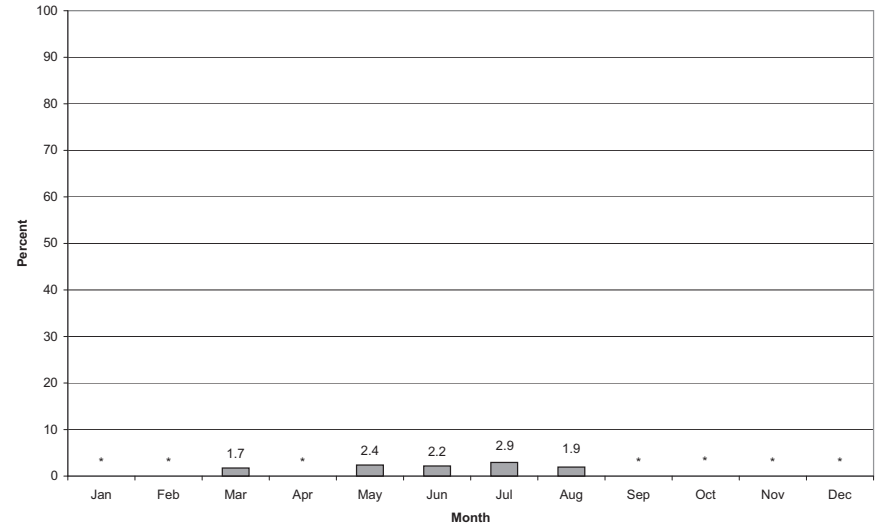
ATE FETA CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

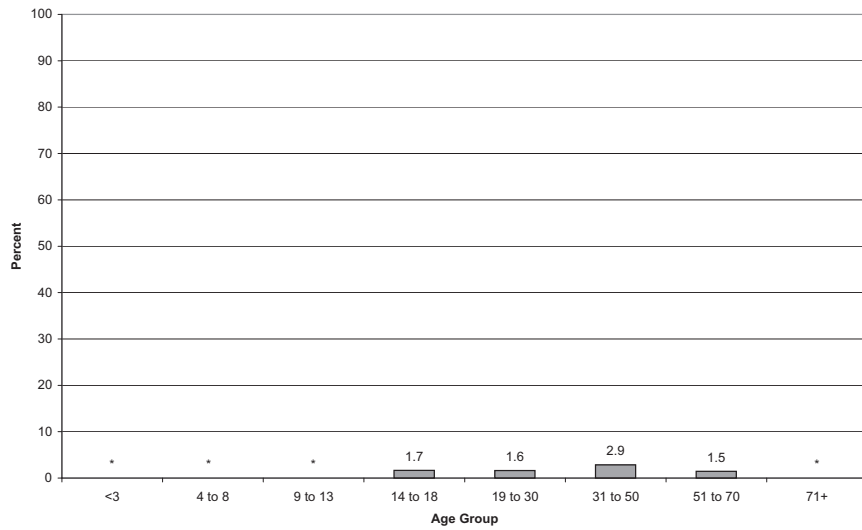
102.1 Percent by Province



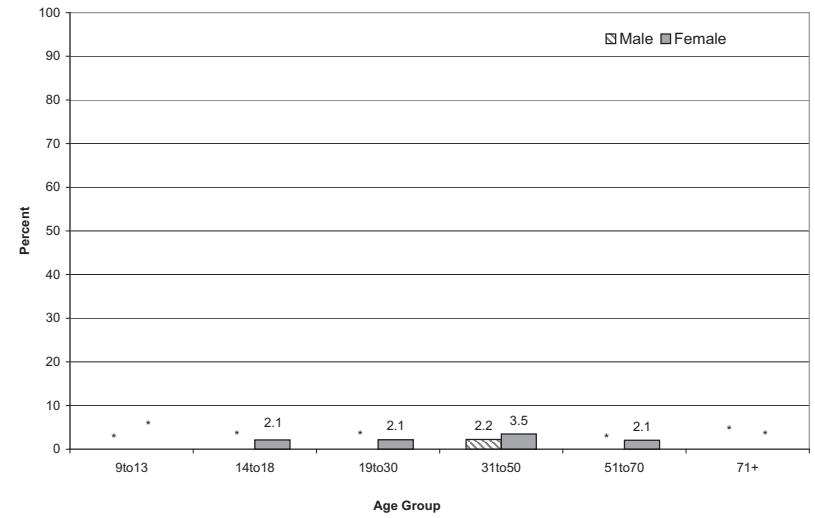
102.2 Percent by Month



102.3 Percent by Age Group



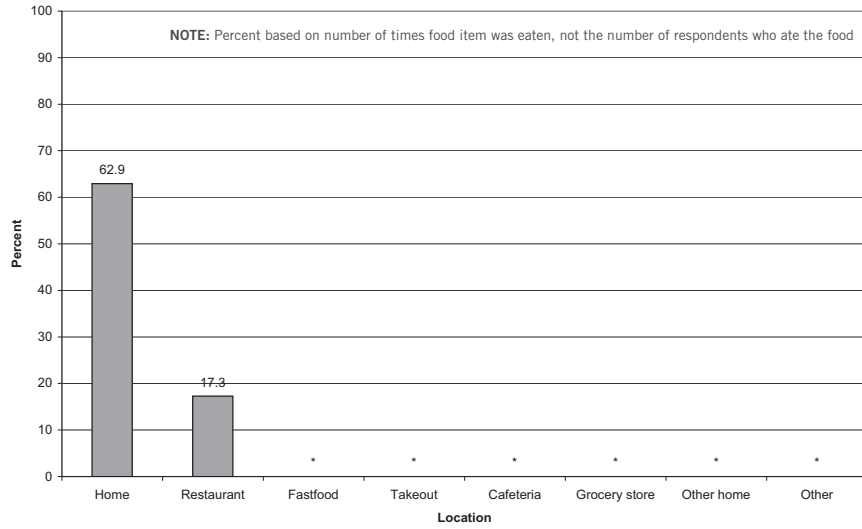
102.4 Percent by Age Group and Sex



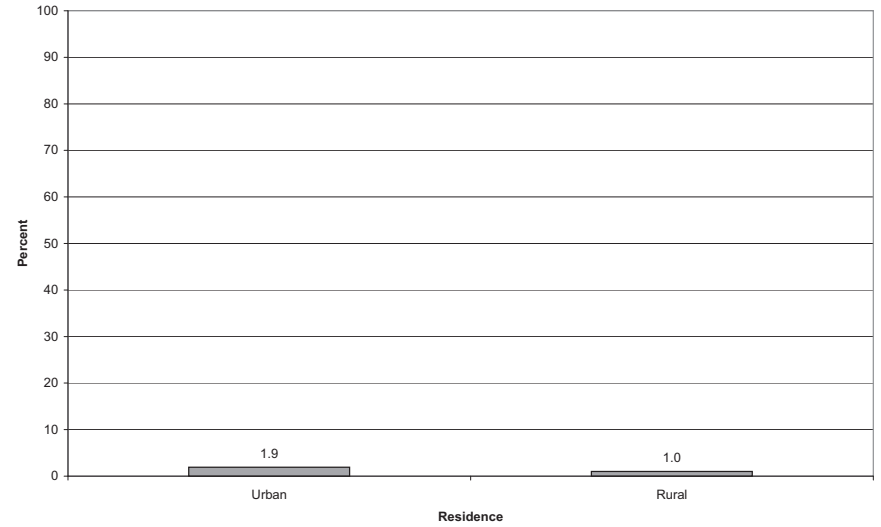
ATE FETA CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

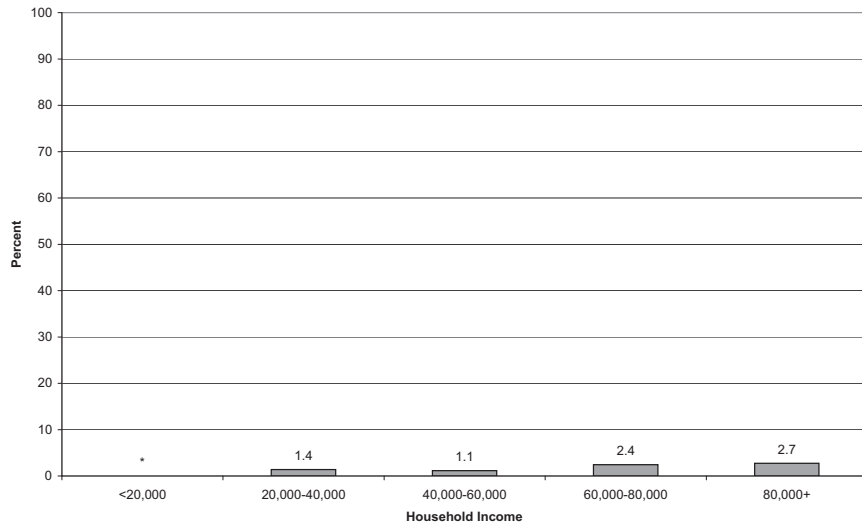
102.5 Percent by Location Where Food Was Prepared



102.6 Percent by Residence



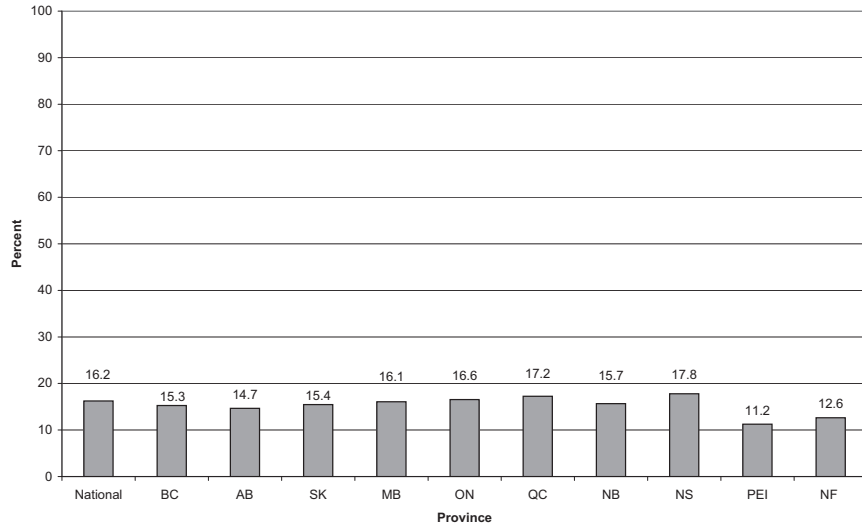
102.7 Percent by Household Income



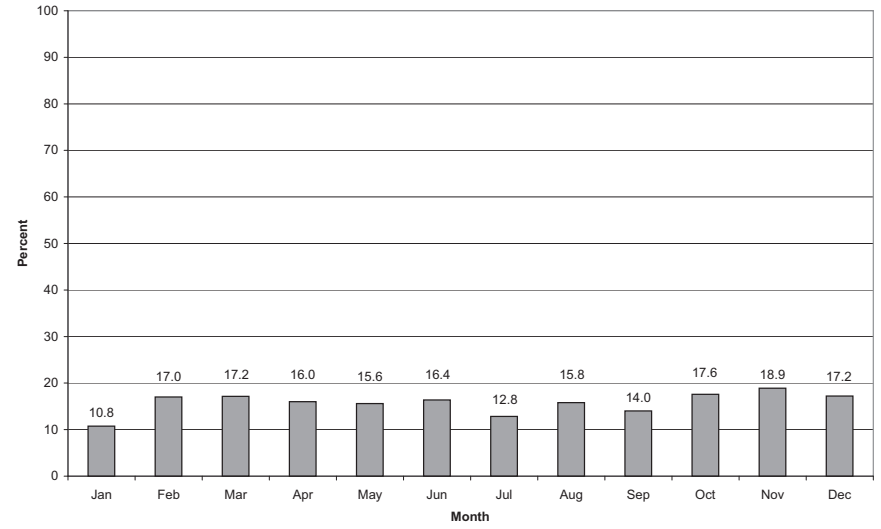
ATE PARMESAN CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

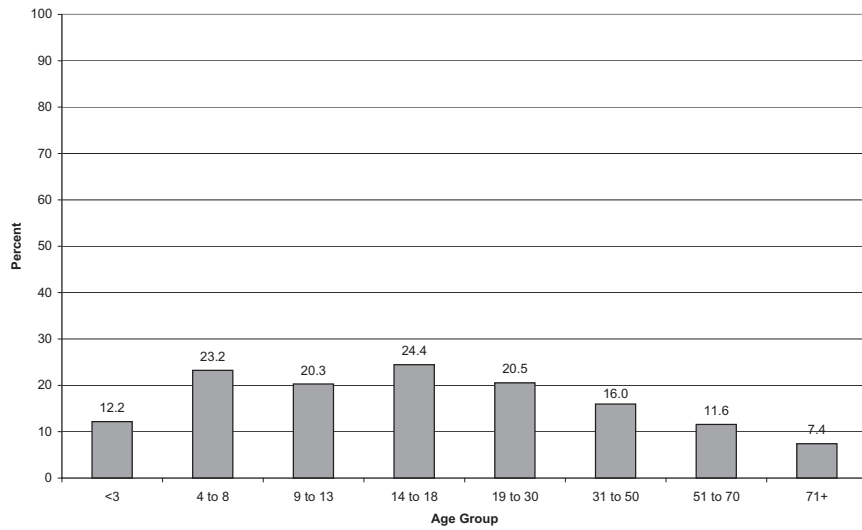
106.1 Percent by Province



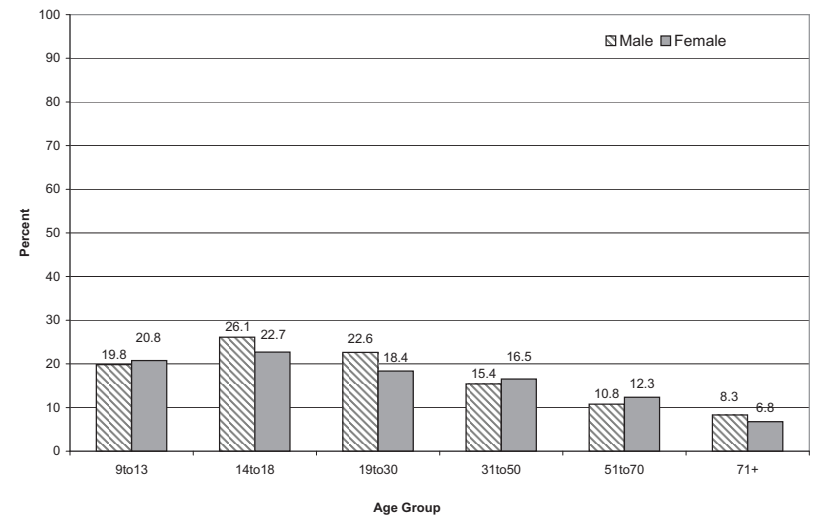
106.2 Percent by Month



106.3 Percent by Age Group



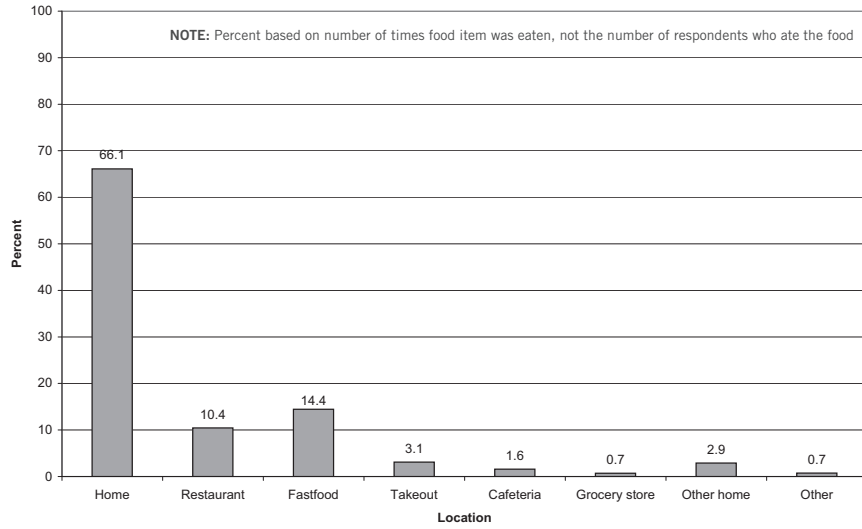
106.4 Percent by Age Group and Sex



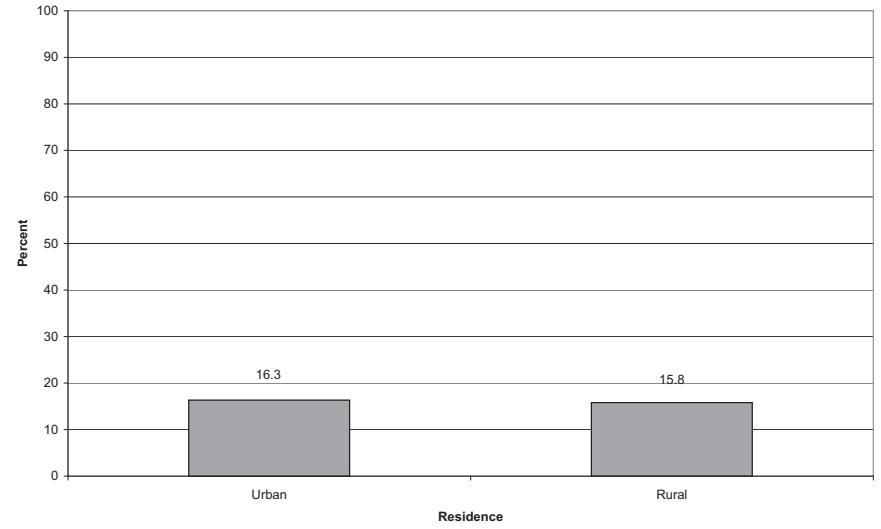
ATE PARMESAN CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

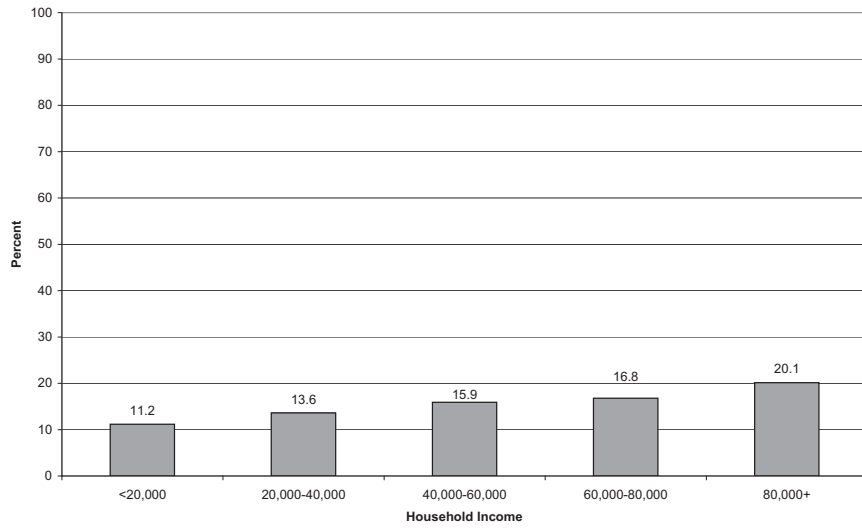
106.5 Percent by Location Where Food Was Prepared



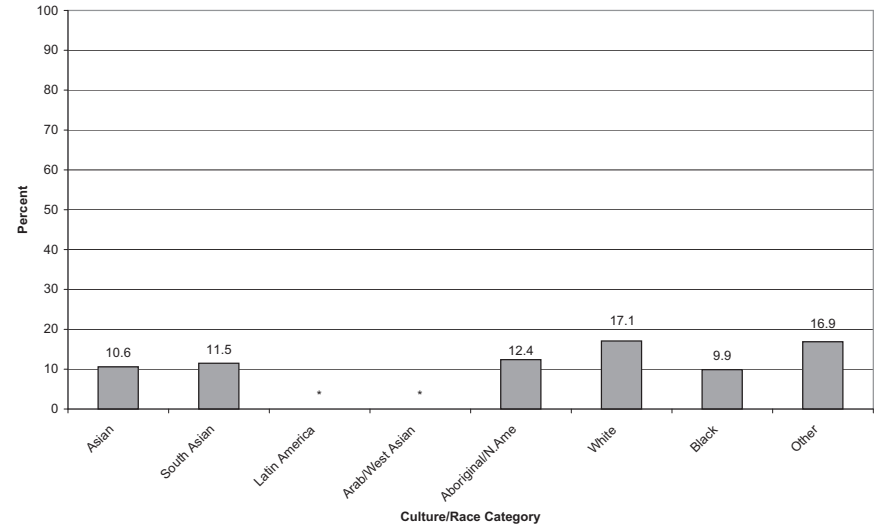
106.6 Percent by Residence



106.7 Percent by Household Income



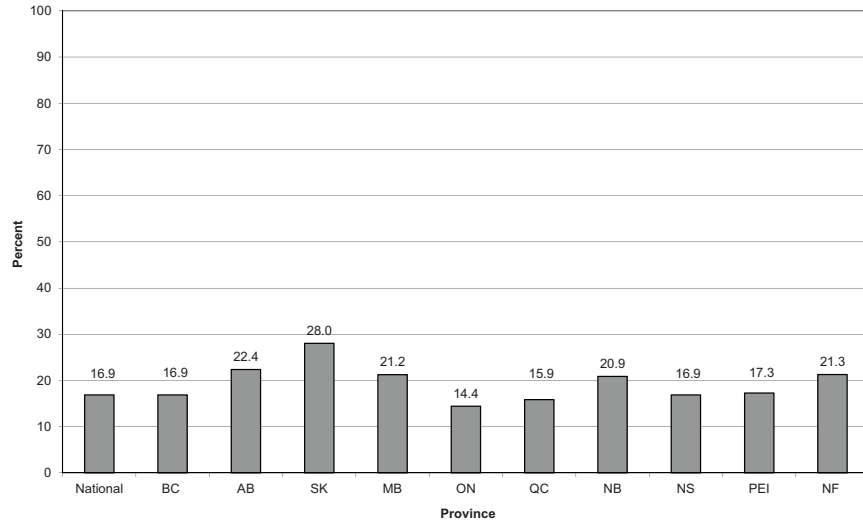
106.8 Percent by Cultural or Racial Origin



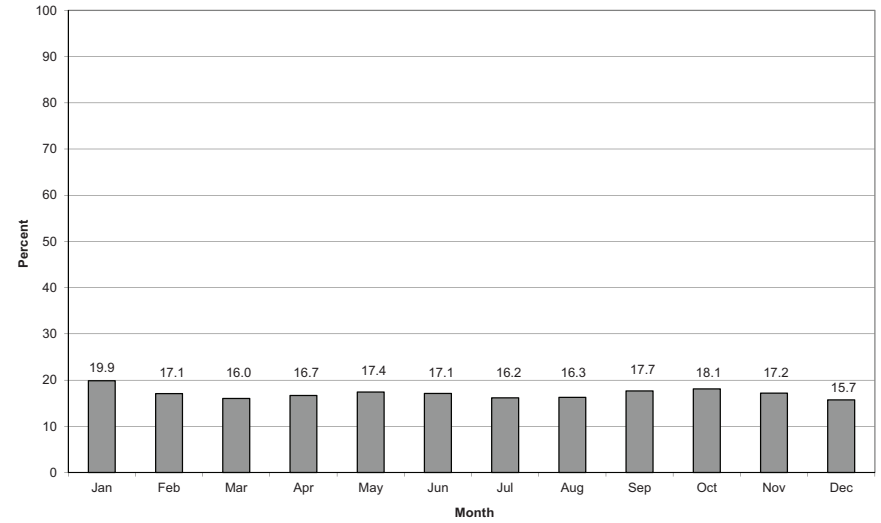
ATE PROCESSED CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

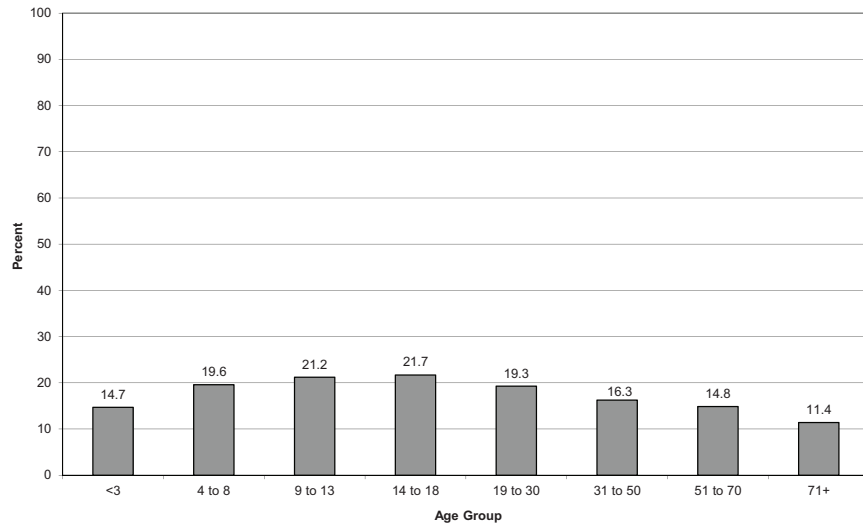
108.1 Percent by Province



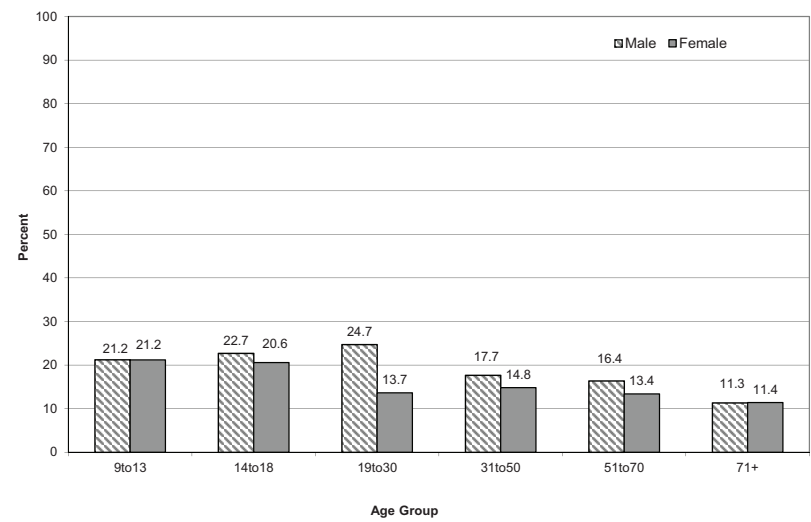
108.2 Percent by Month



108.3 Percent by Age Group



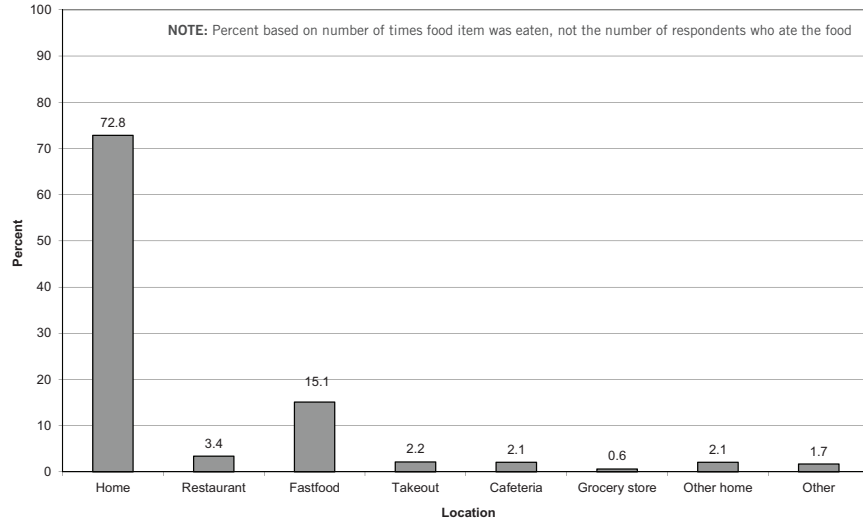
108.4 Percent by Age Group and Sex



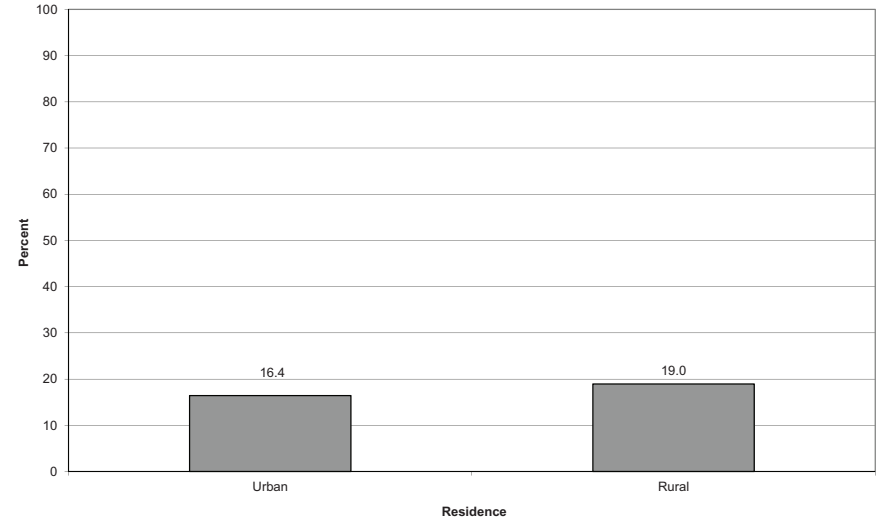
ATE PROCESSED CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

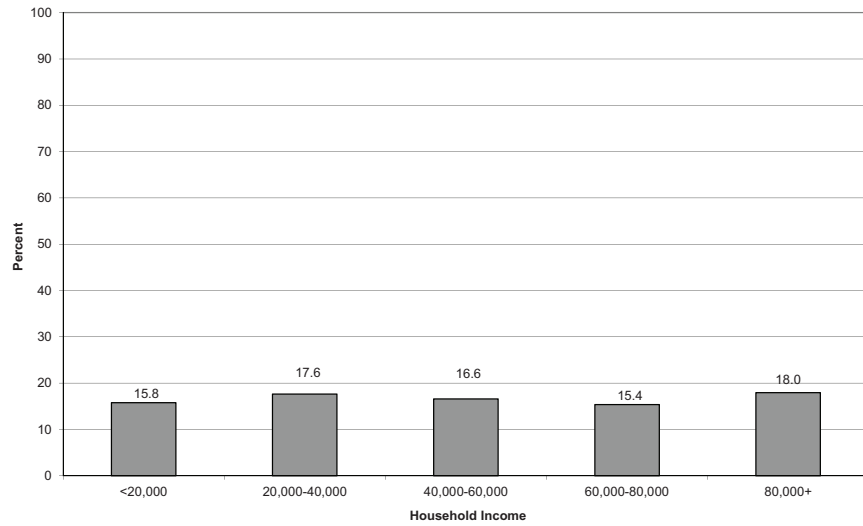
108.5 Percent by Location Where Food Was Prepared



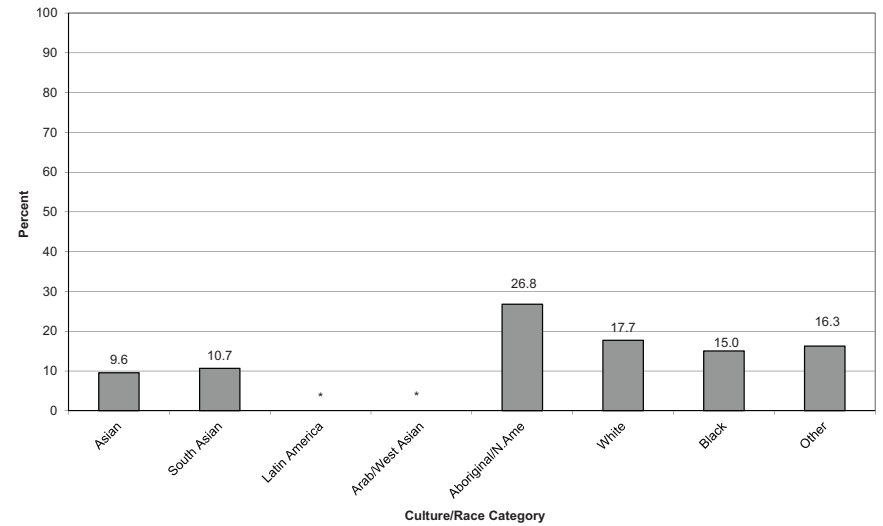
108.6 Percent by Residence



108.7 Percent by Household Income



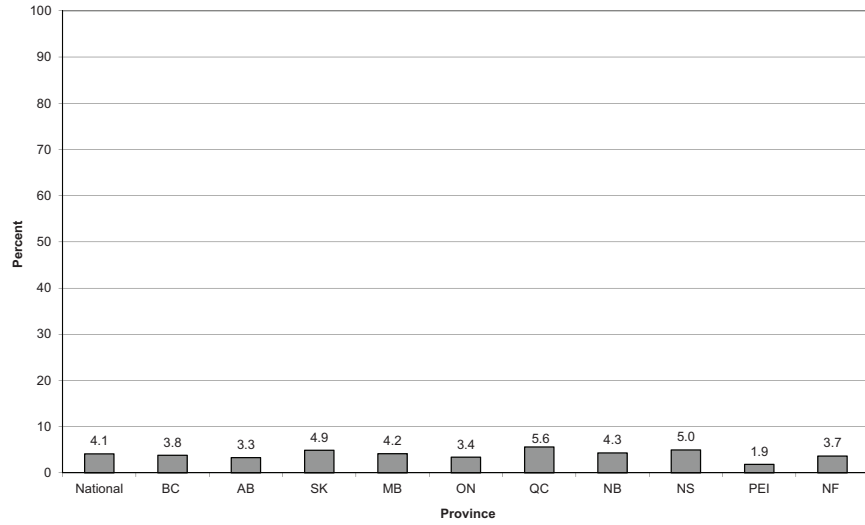
108.8 Percent by Cultural or Racial Origin



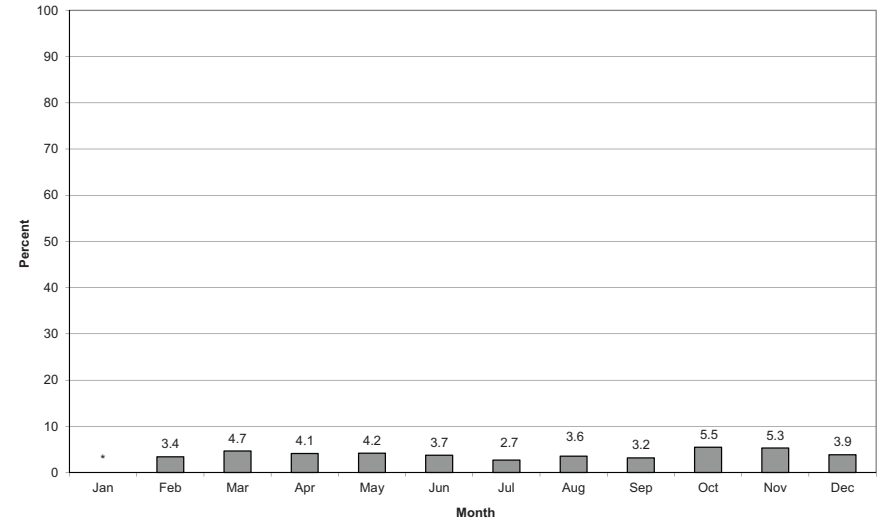
ATE RICOTTA CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

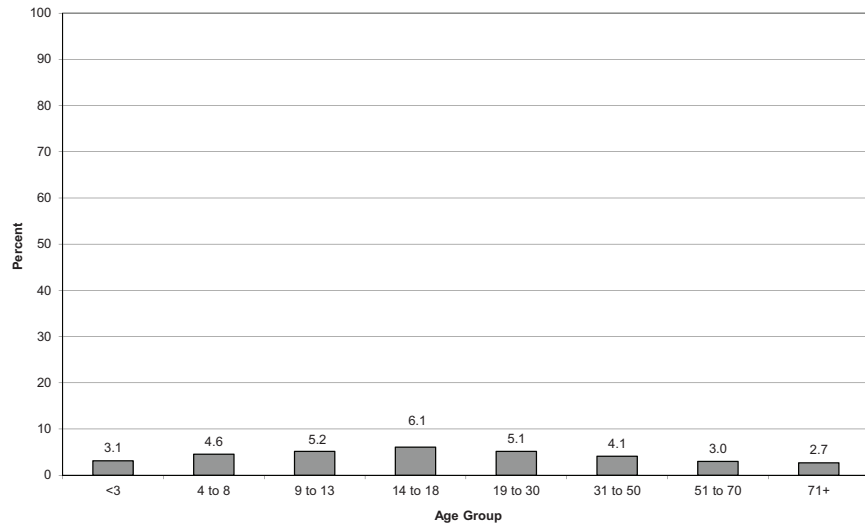
109.1 Percent by Province



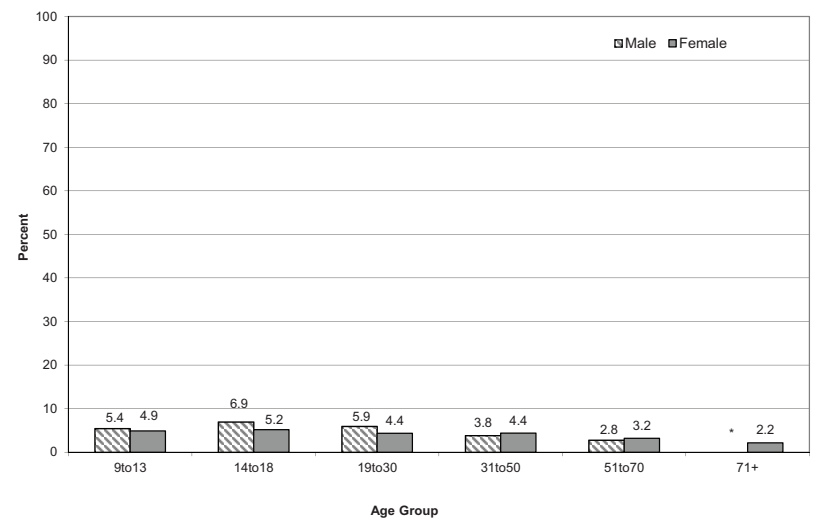
109.2 Percent by Month



109.3 Percent by Age Group



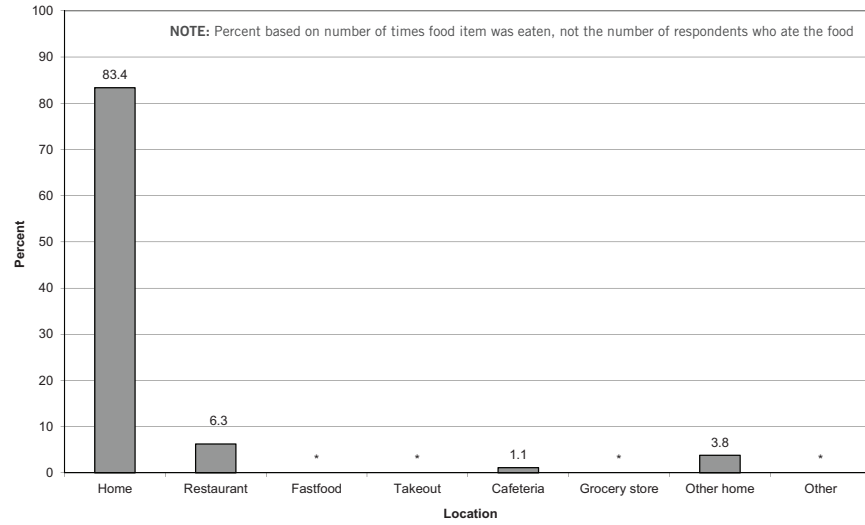
109.4 Percent by Age Group and Sex



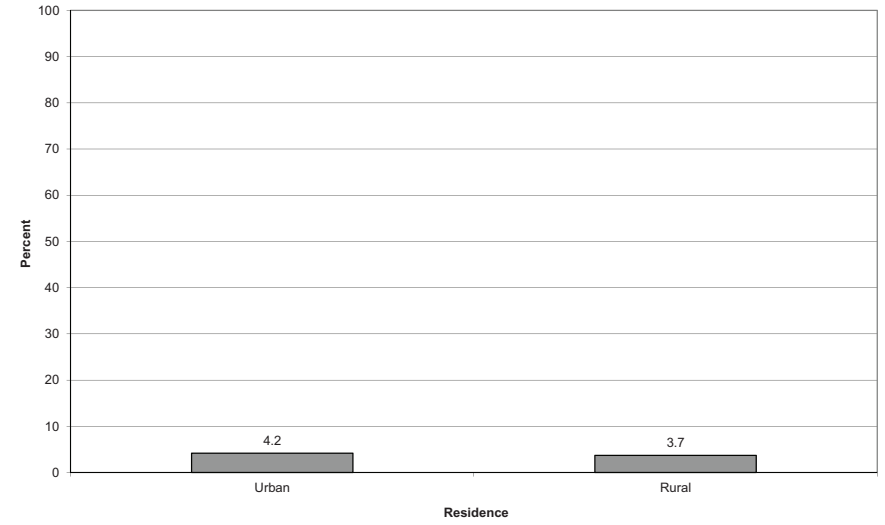
ATE RICOTTA CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

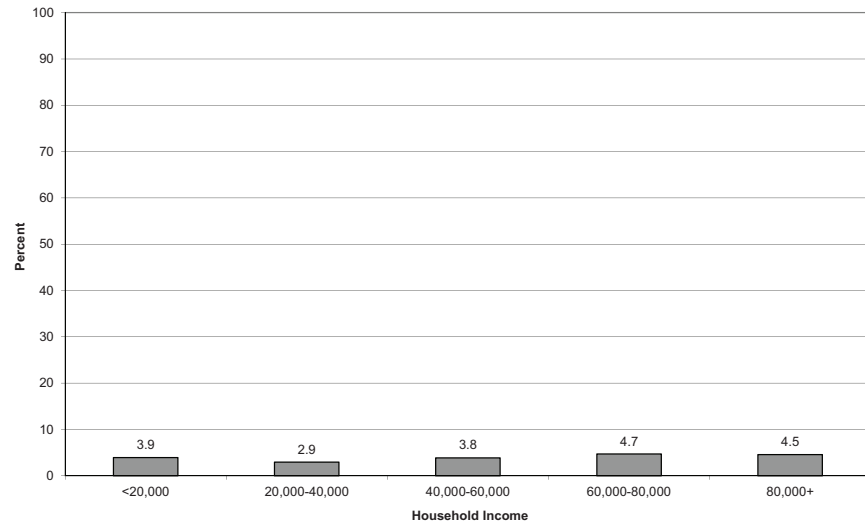
109.5 Percent by Location Where Food Was Prepared



109.6 Percent by Residence



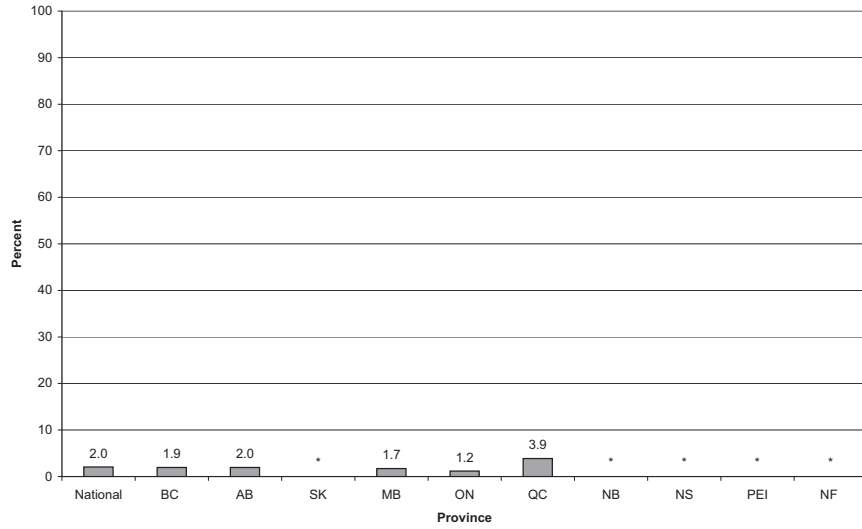
109.7 Percent by Household Income



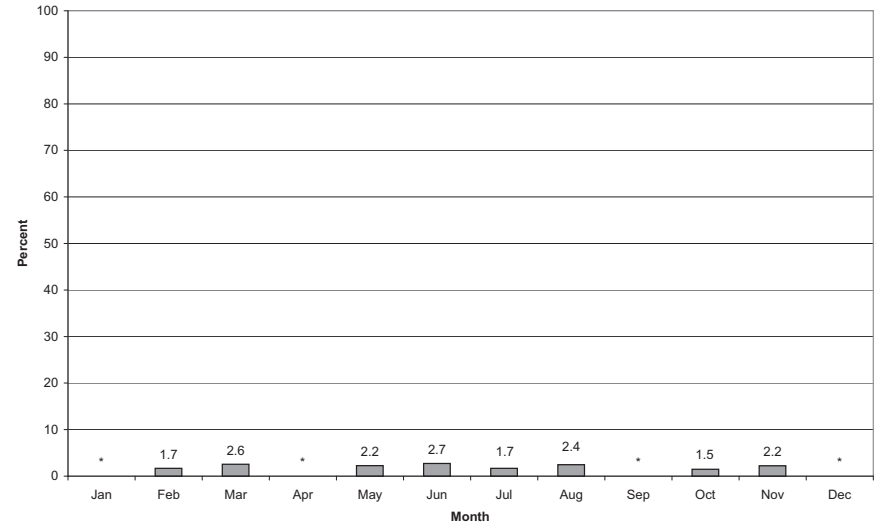
ATE SWISS CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

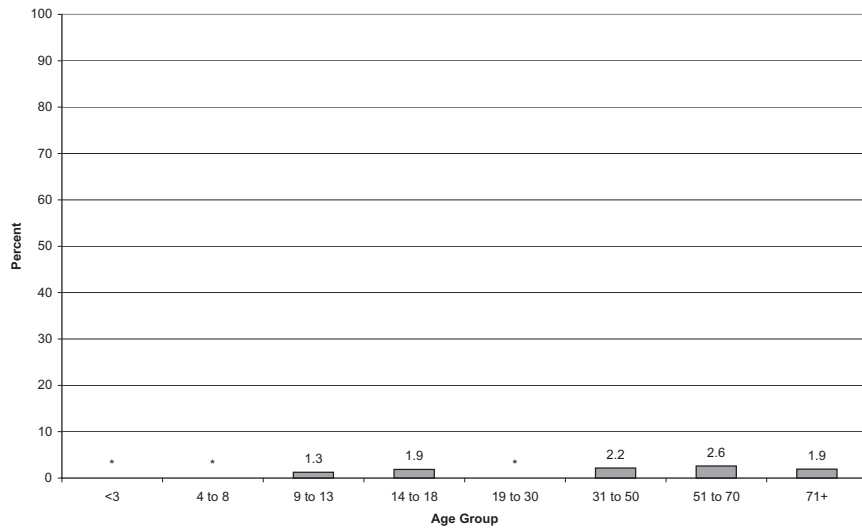
111.1 Percent by Province



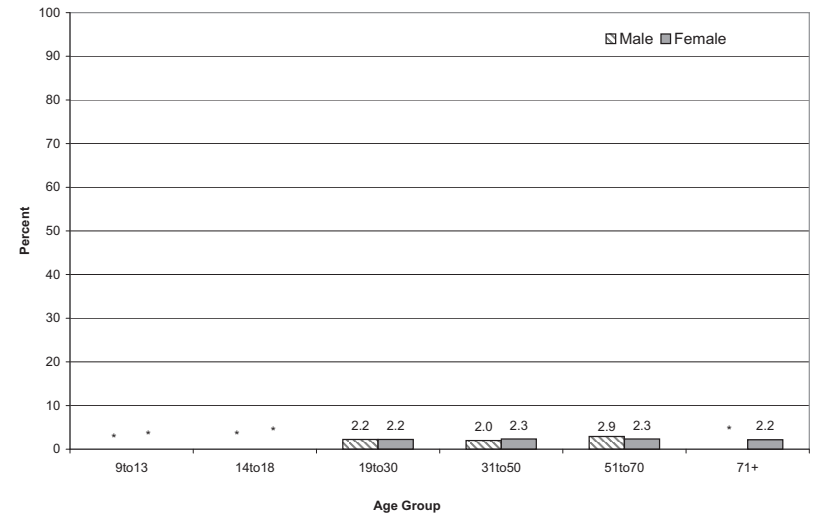
111.2 Percent by Month



111.3 Percent by Age Group



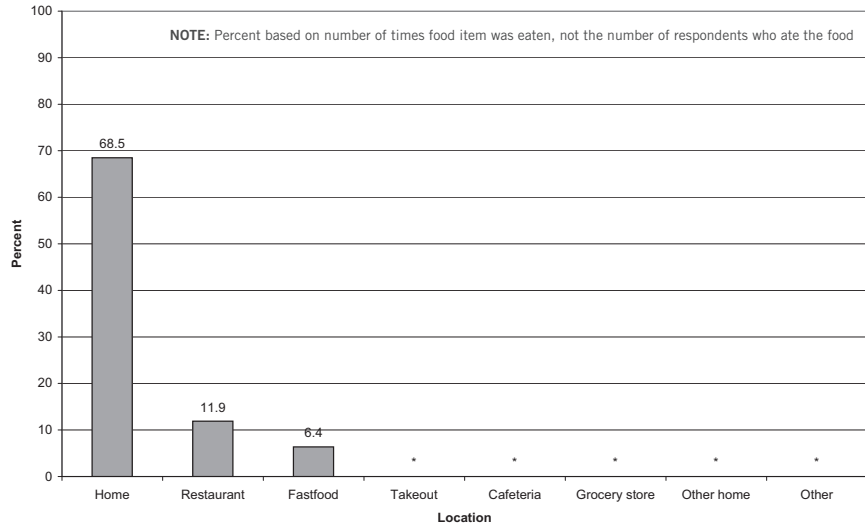
111.4 Percent by Age Group and Sex



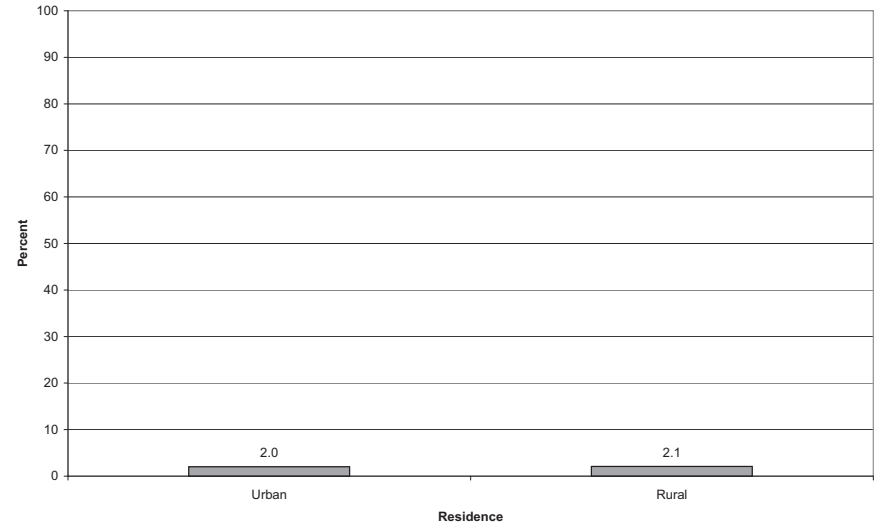
ATE SWISS CHEESE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

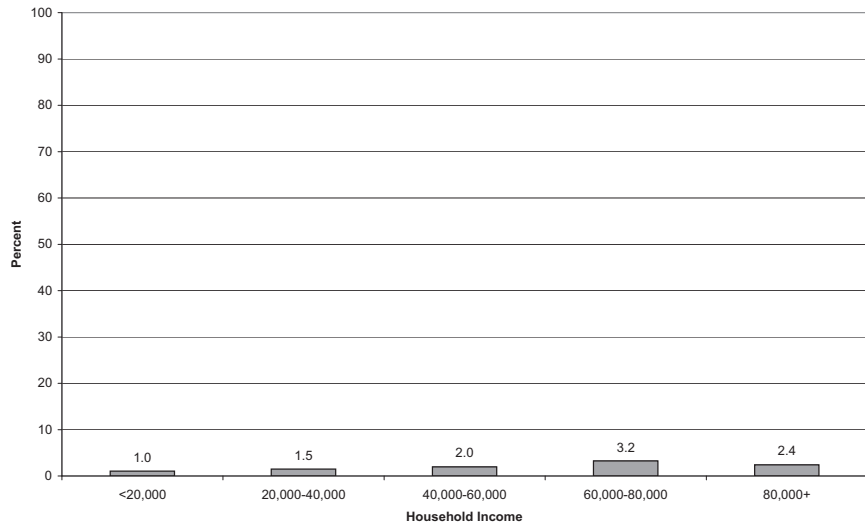
111.5 Percent by Location Where Food Was Prepared



111.6 Percent by Residence



111.7 Percent by Household Income

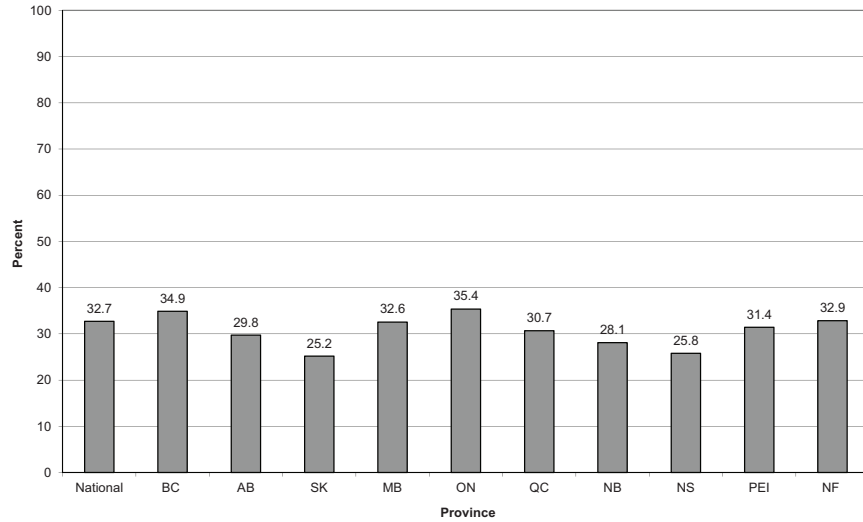


— MEAT & POULTRY —

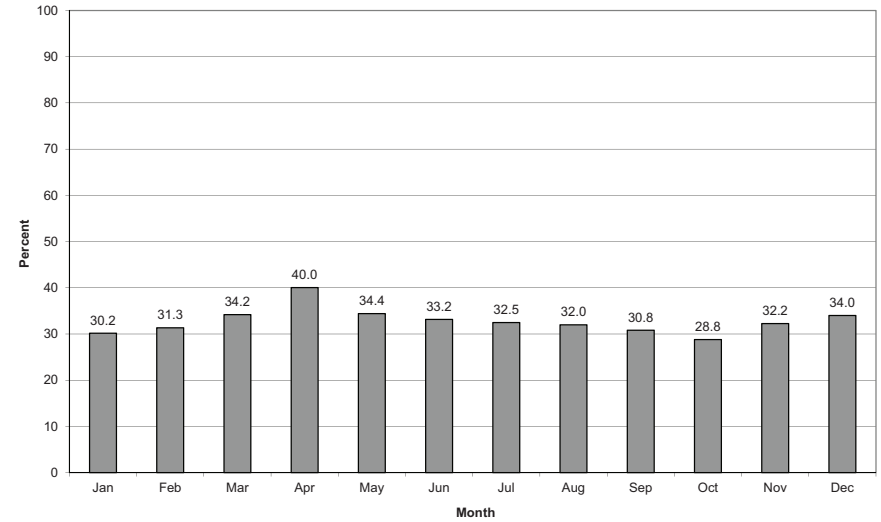
ATE CHICKEN (OVERALL) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

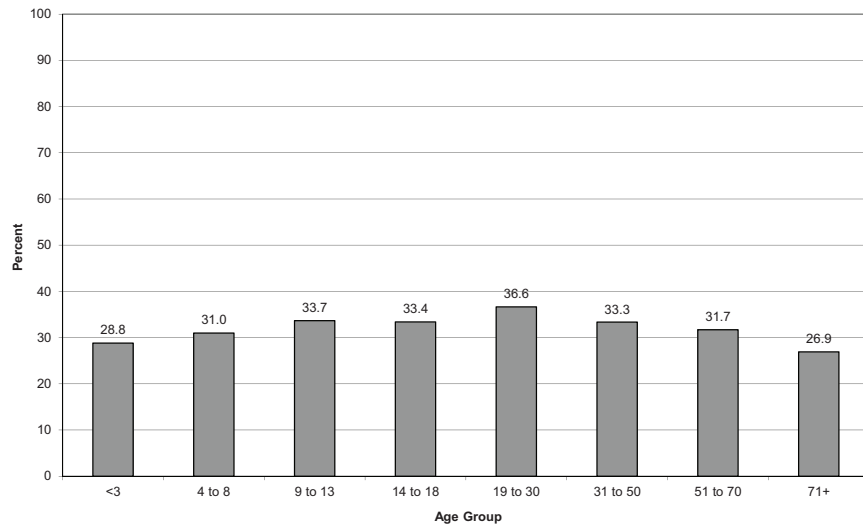
112.1 Percent by Province



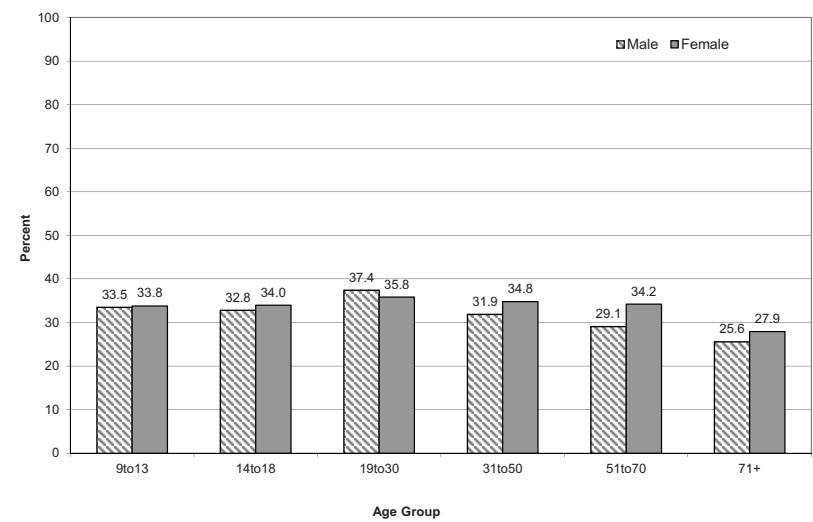
112.2 Percent by Month



112.3 Percent by Age Group



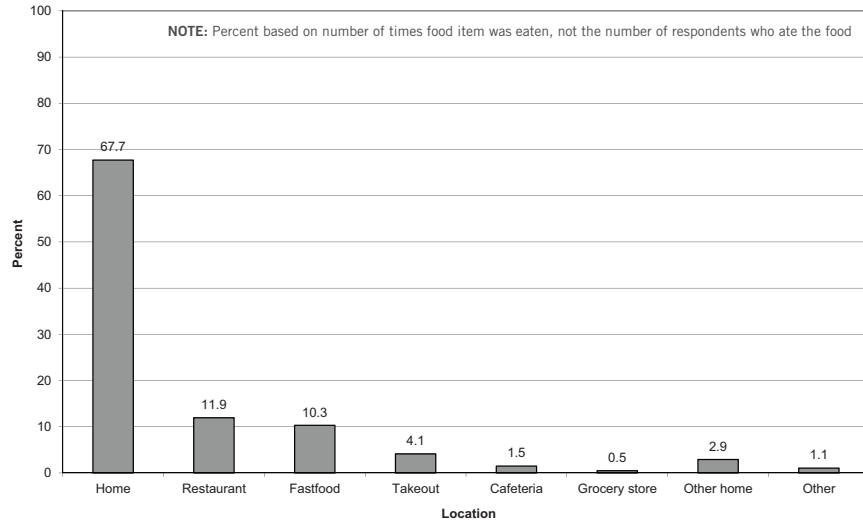
112.4 Percent by Age Group and Sex



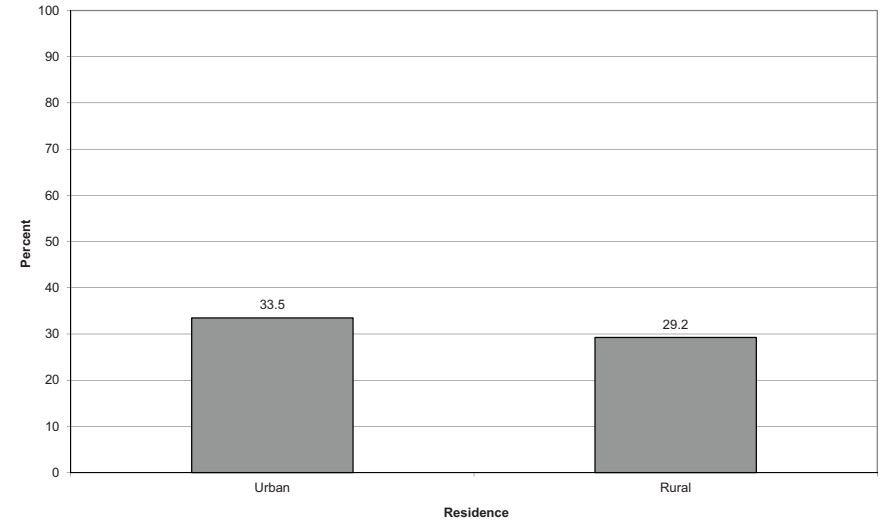
ATE CHICKEN (OVERALL) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

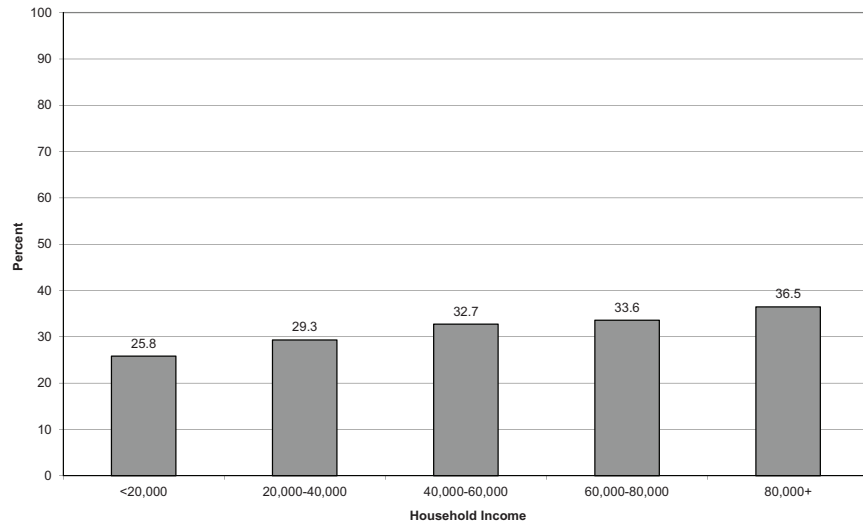
112.5 Percent by Location Where Food Was Prepared



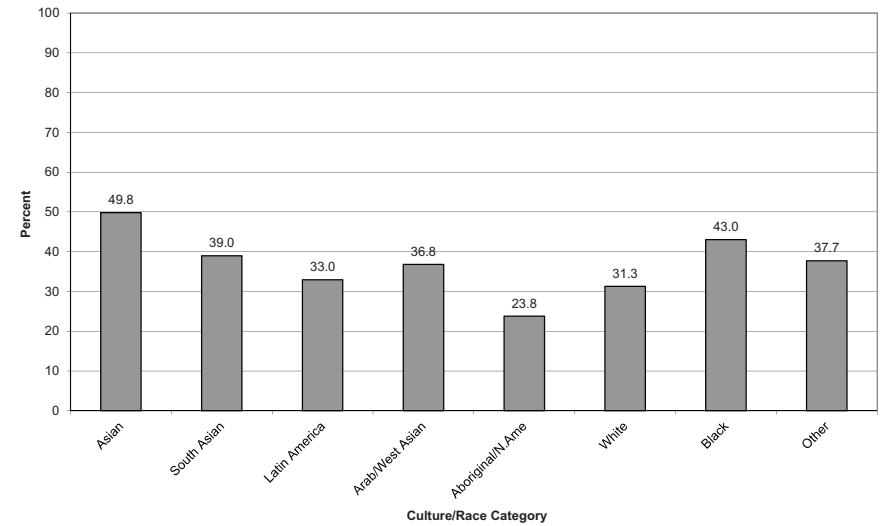
112.6 Percent by Residence



112.7 Percent by Household Income



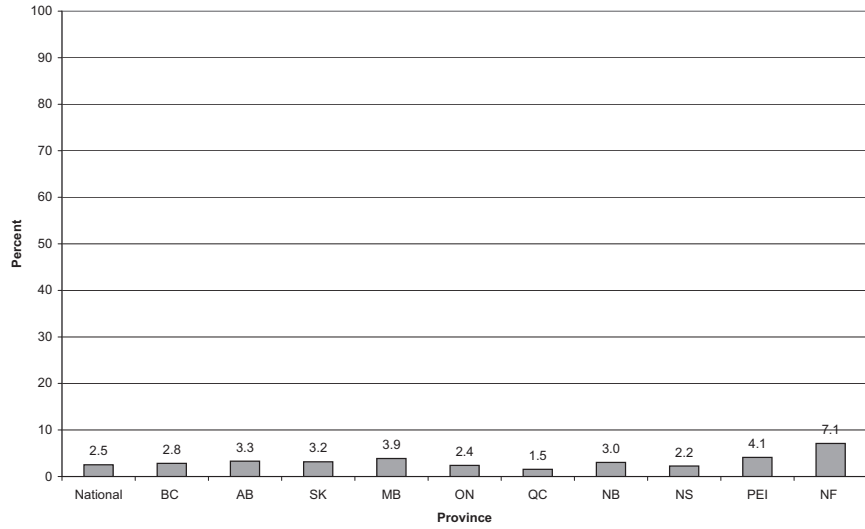
112.8 Percent by Cultural or Racial Origin



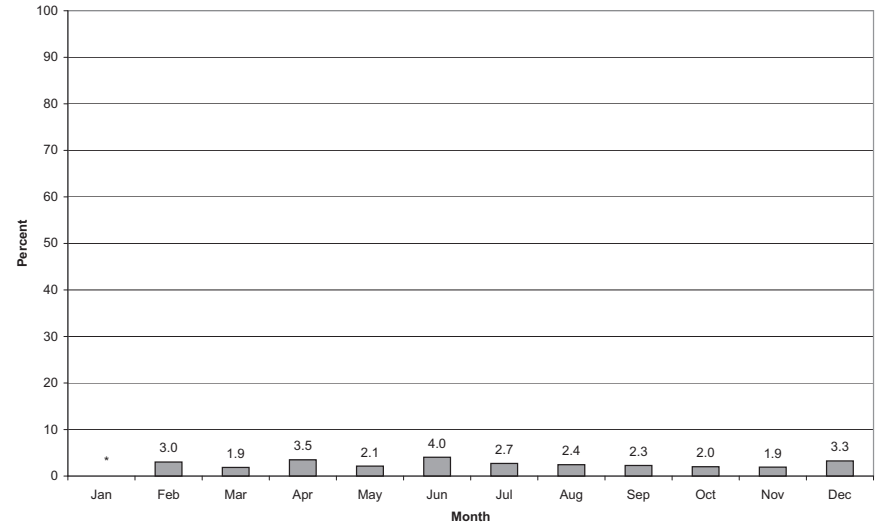
ATE CHICKEN-OTHER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

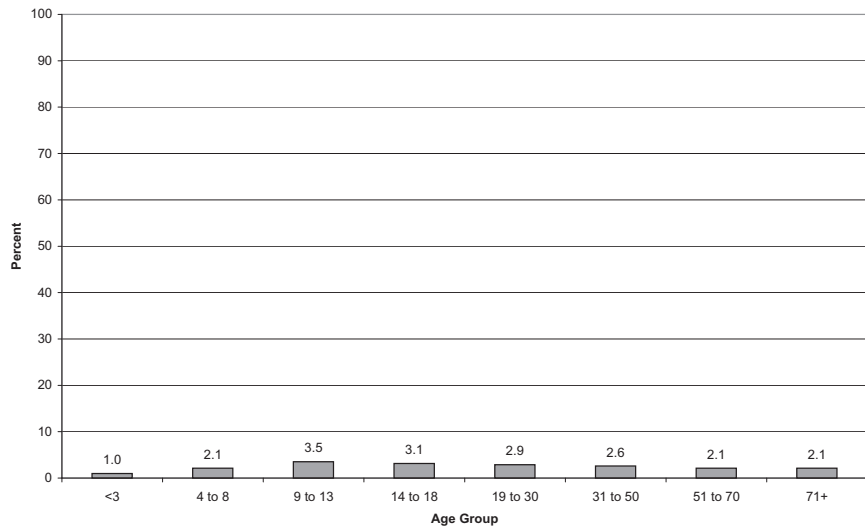
113.1 Percent by Province



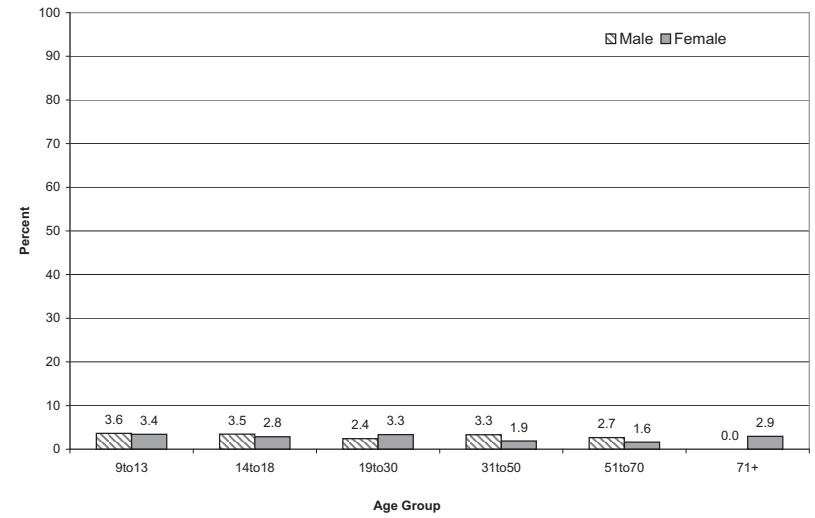
113.2 Percent by Month



113.3 Percent by Age Group



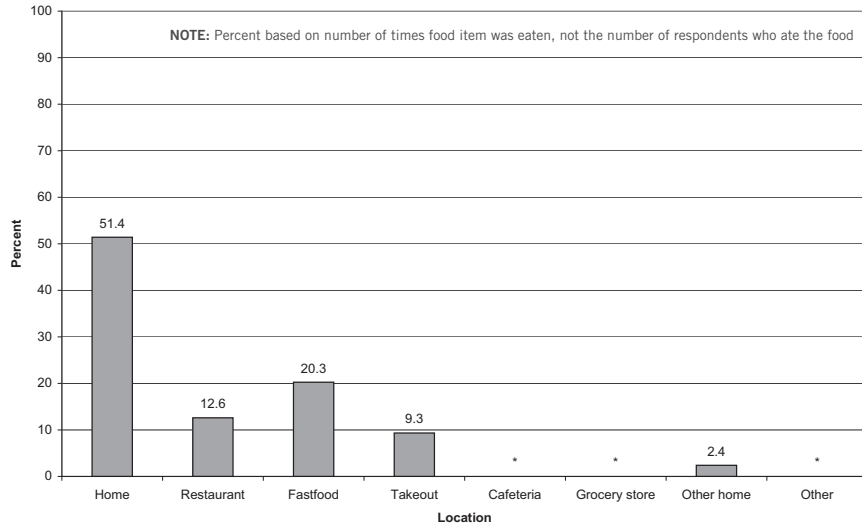
113.4 Percent by Age Group and Sex



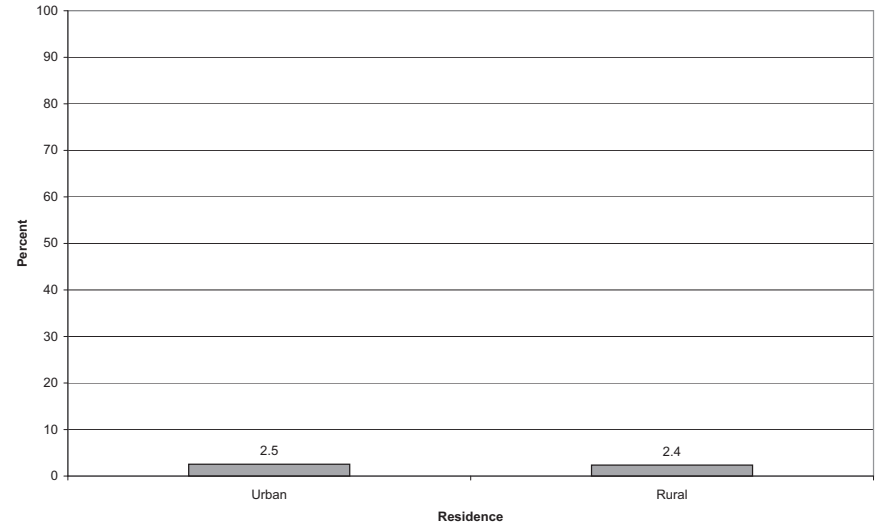
ATE CHICKEN-OTHER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

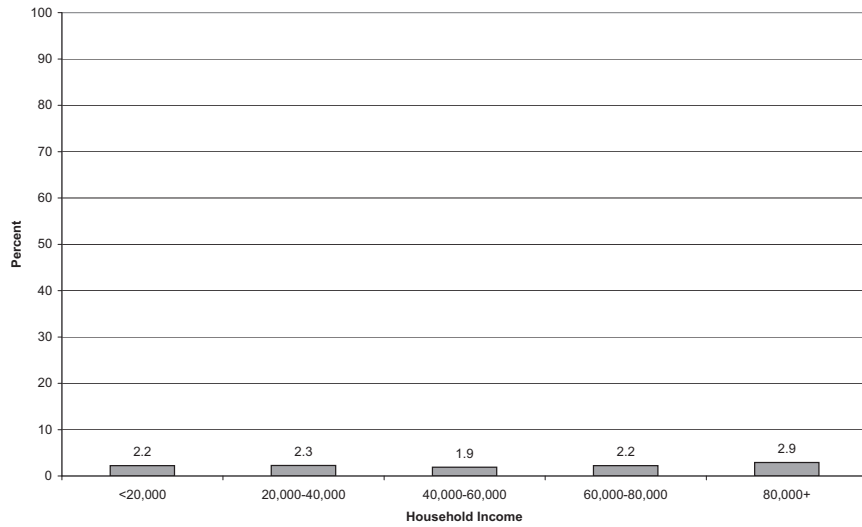
113.5 Percent by Location Where Food Was Prepared



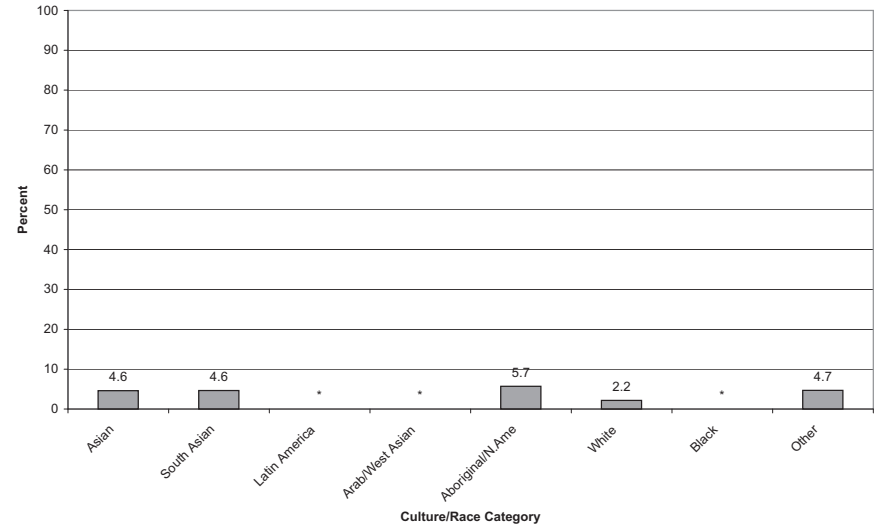
113.6 Percent by Residence



113.7 Percent by Household Income



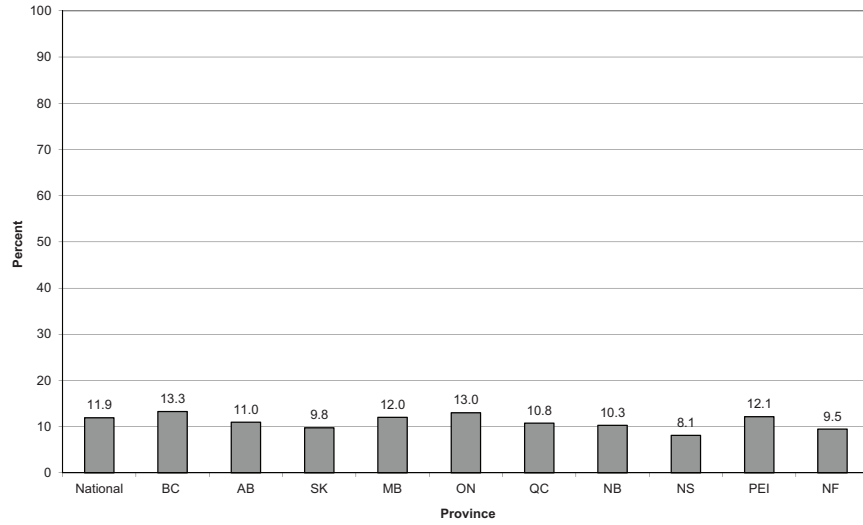
113.8 Percent by Cultural or Racial Origin



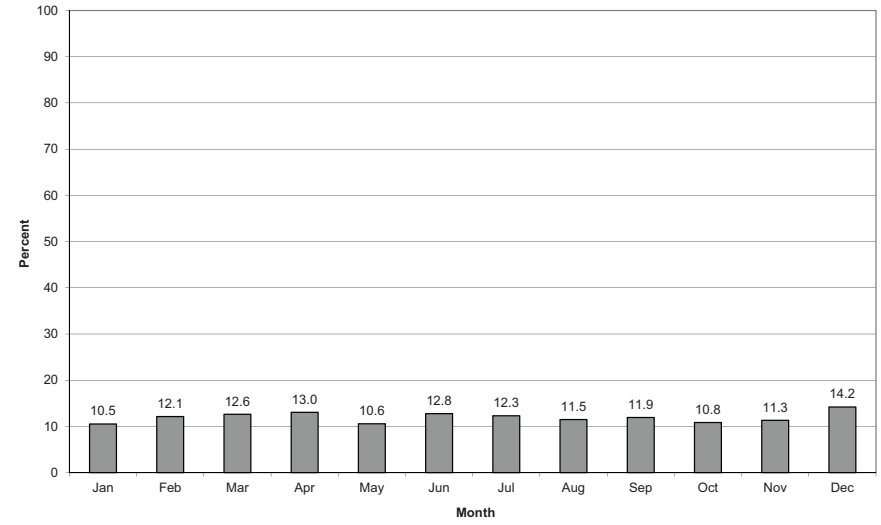
ATE CHICKEN BREAST-SKIN OFF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

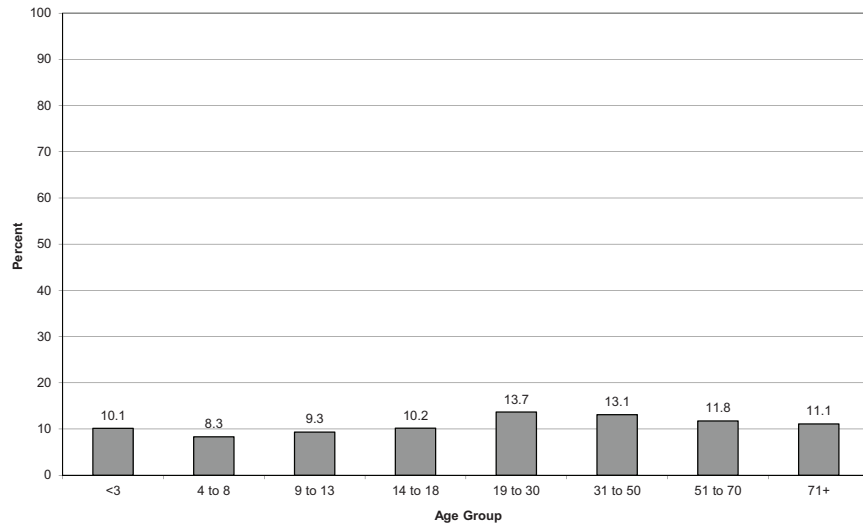
114.1 Percent by Province



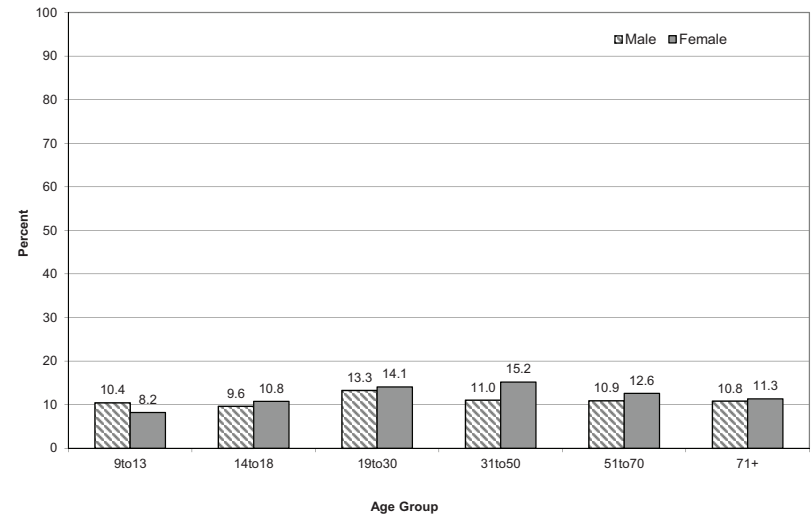
114.2 Percent by Month



114.3 Percent by Age Group



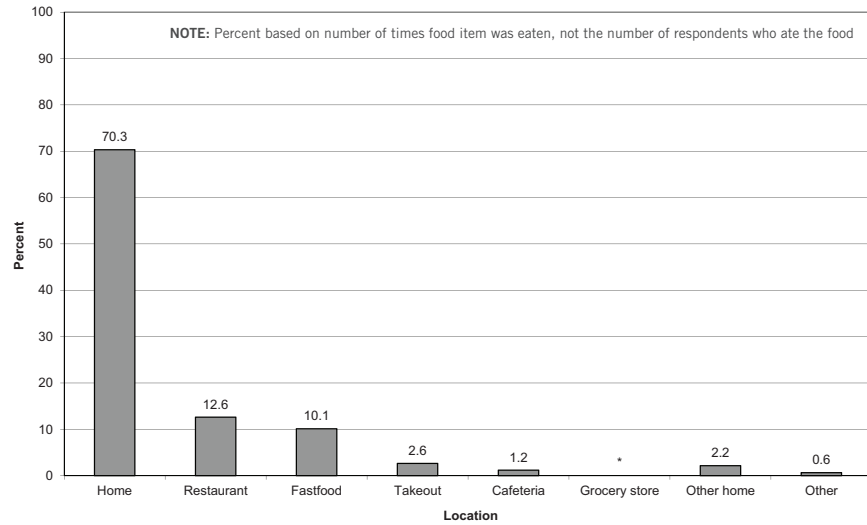
114.4 Percent by Age Group and Sex



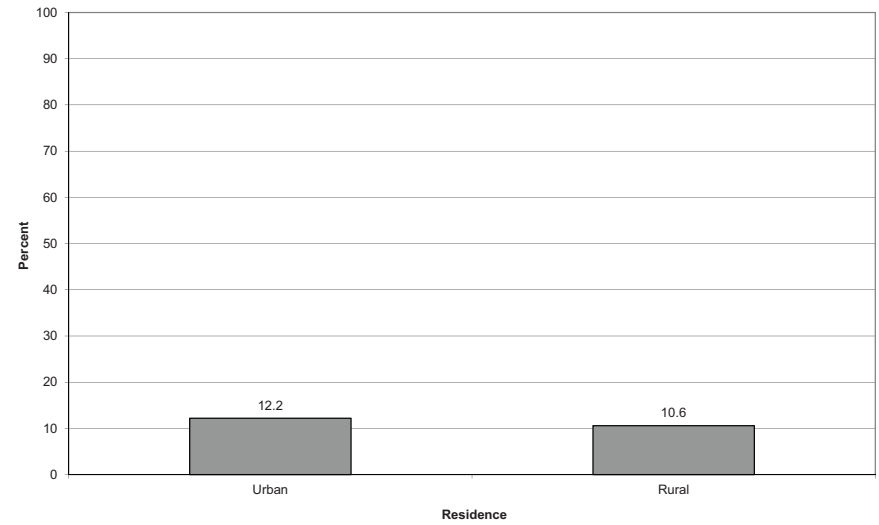
ATE CHICKEN BREAST-SKIN OFF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

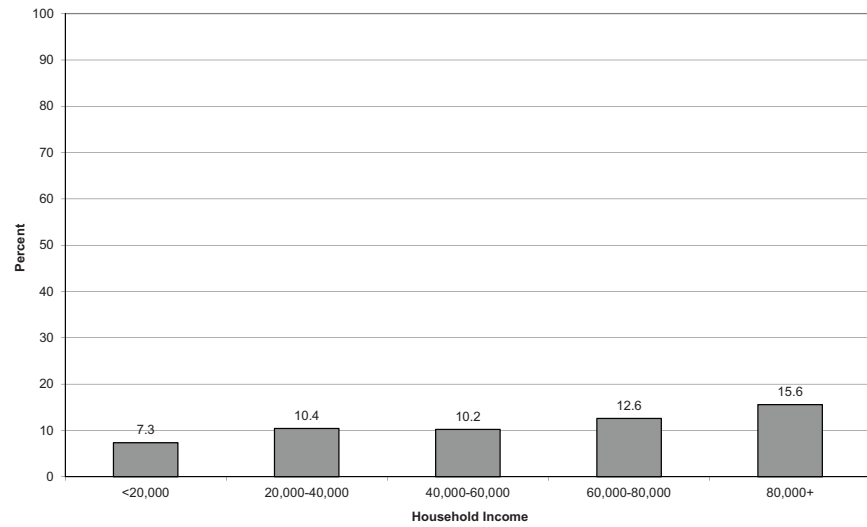
114.5 Percent by Location Where Food Was Prepared



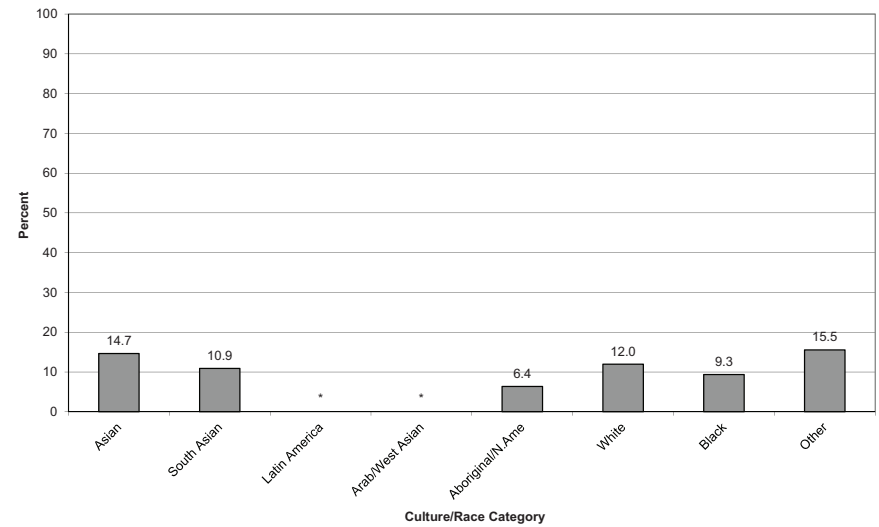
114.6 Percent by Residence



114.7 Percent by Household Income



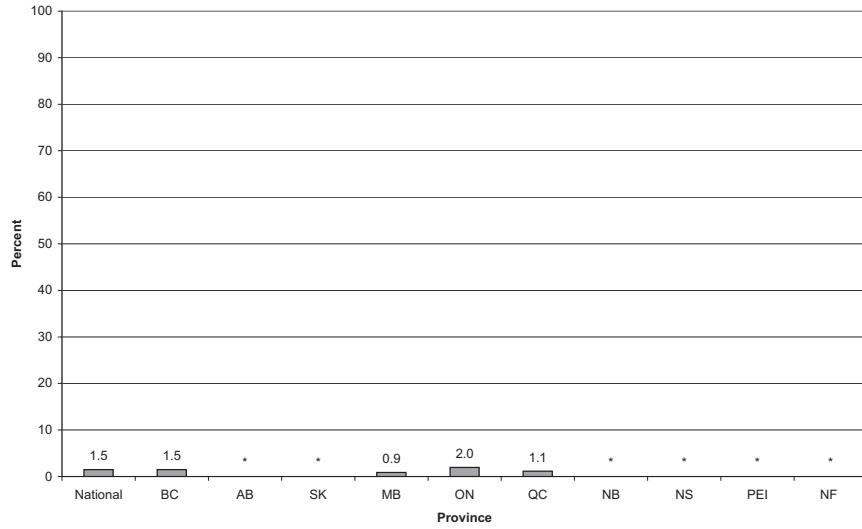
114.8 Percent by Cultural or Racial Origin



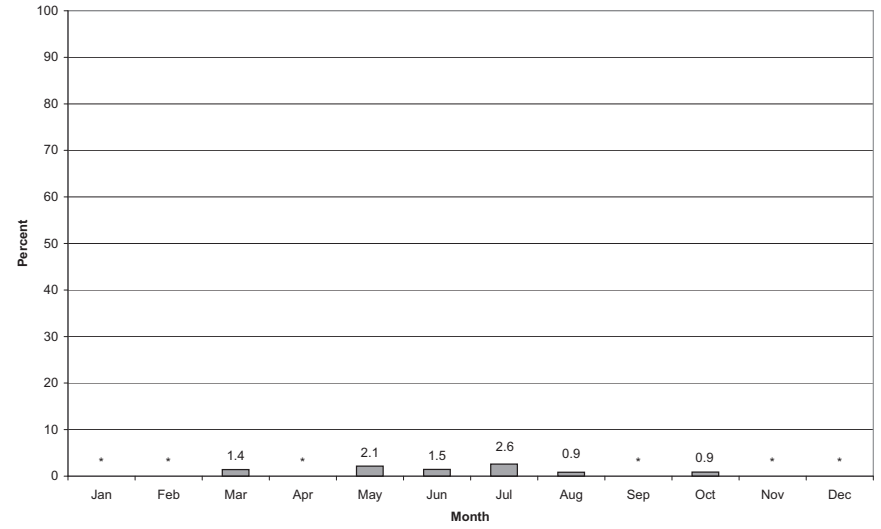
ATE CHICKEN BREAST-SKIN ON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

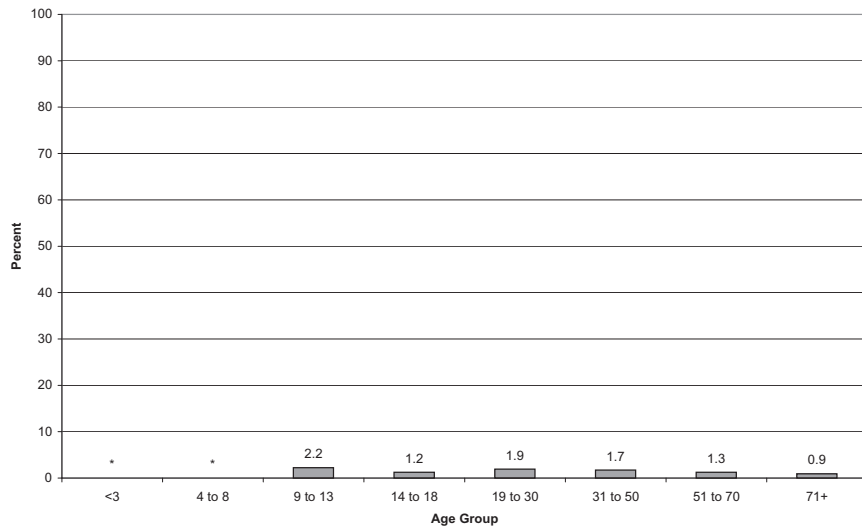
115.1 Percent by Province



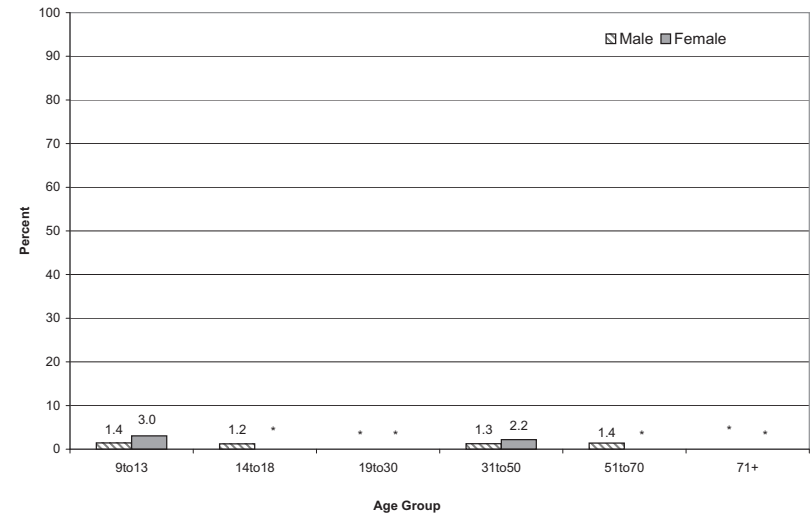
115.2 Percent by Month



115.3 Percent by Age Group



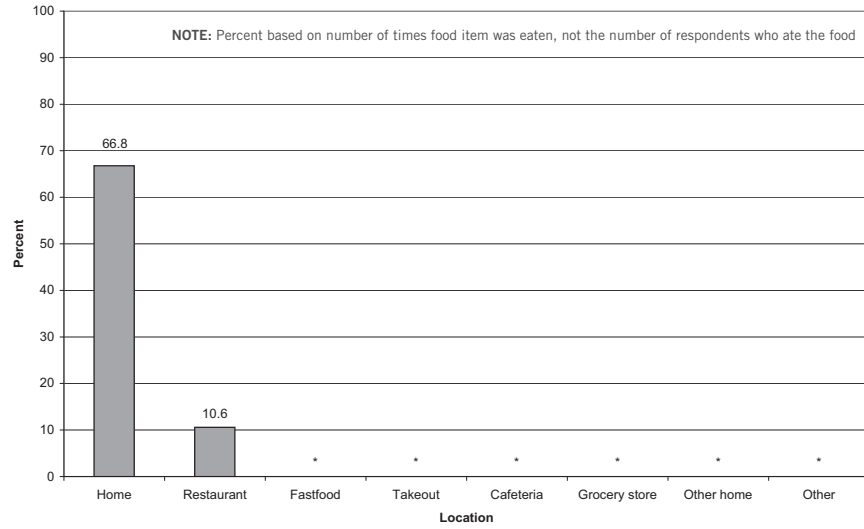
115.4 Percent by Age Group and Sex



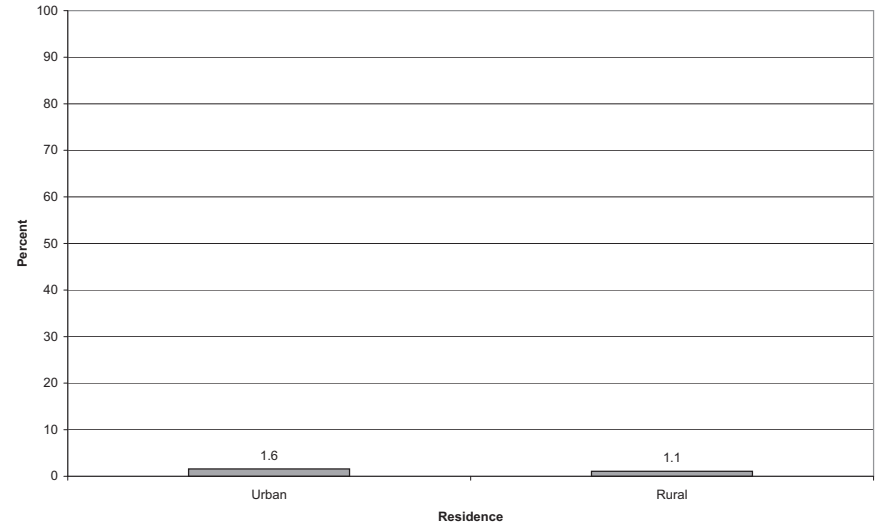
ATE CHICKEN BREAST-SKIN ON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

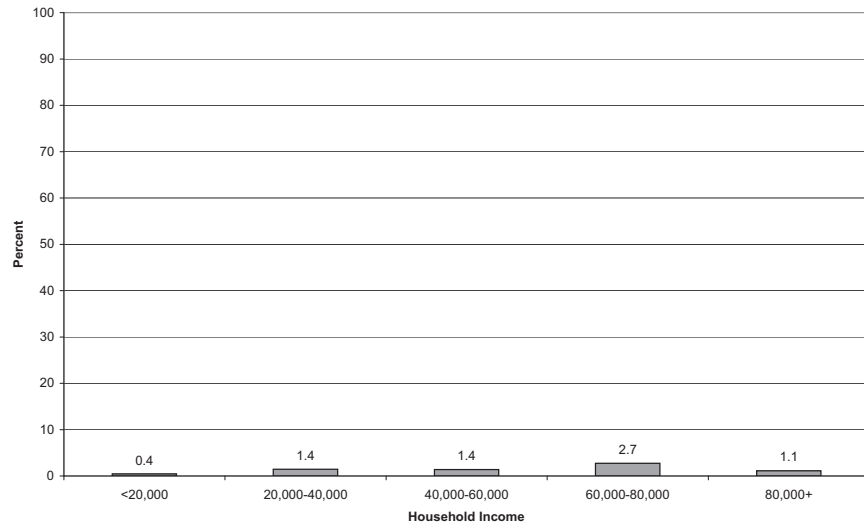
115.5 Percent by Location Where Food Was Prepared



115.6 Percent by Residence



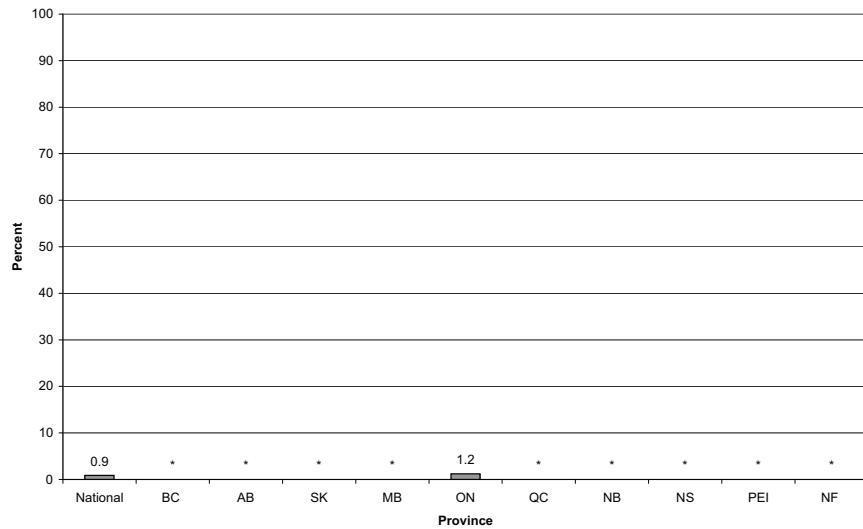
115.7 Percent by Household Income



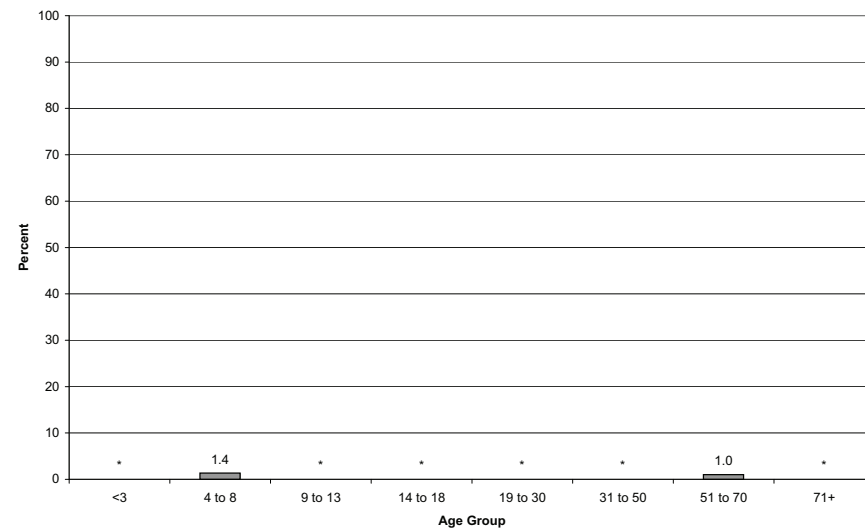
ATE CHICKEN DRUMSTICK-SKIN OFF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

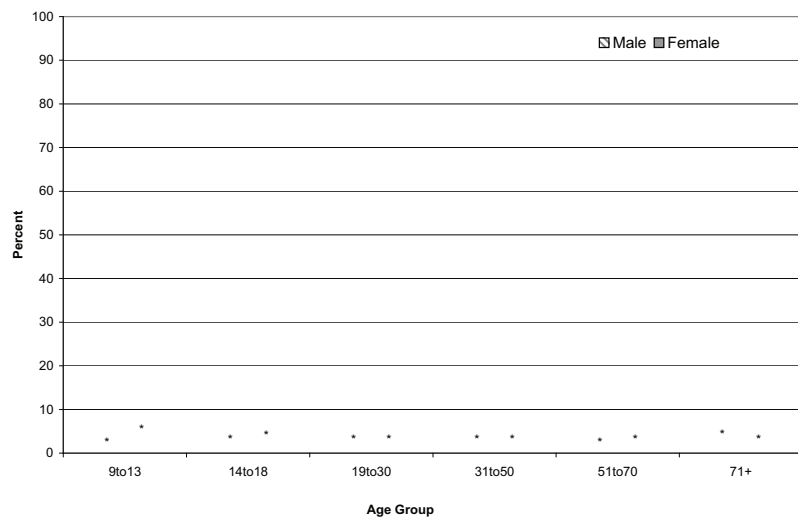
116.1 Percent by Province



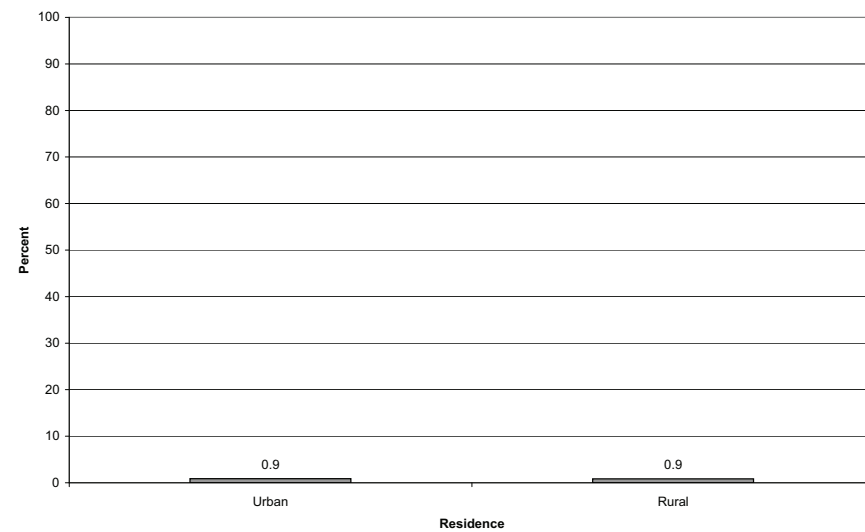
116.3 Percent by Age Group



116.4 Percent by Age Group and Sex



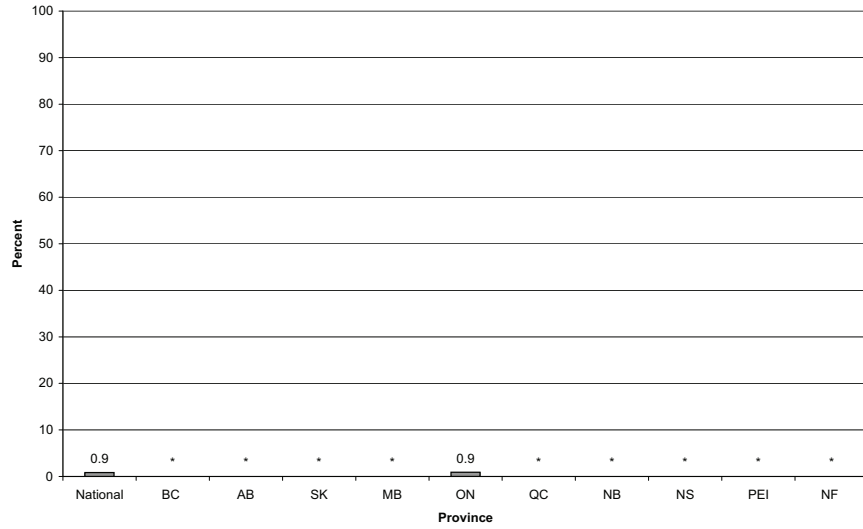
116.6 Percent by Residence



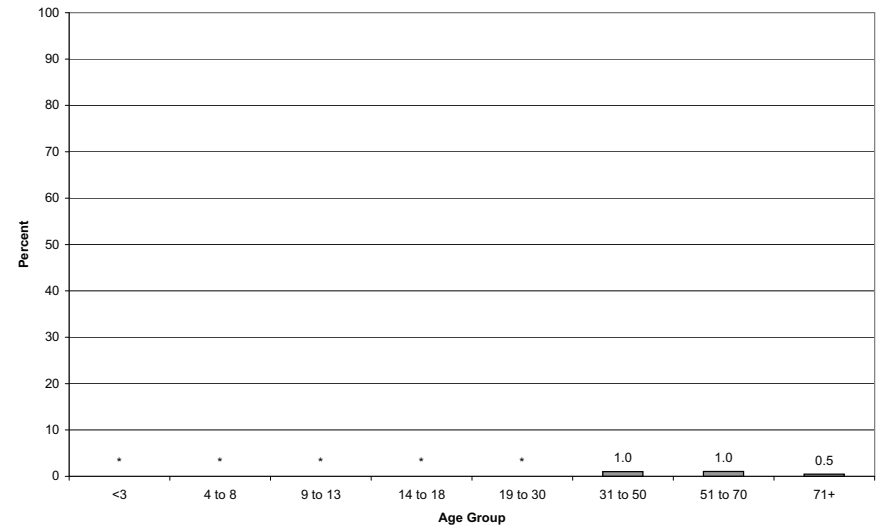
ATE CHICKEN THIGH-SKIN OFF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

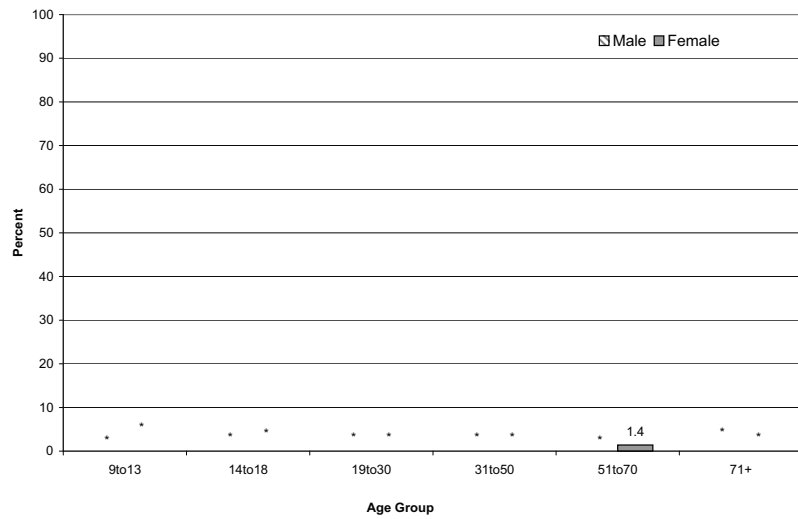
118.1 Percent by Province



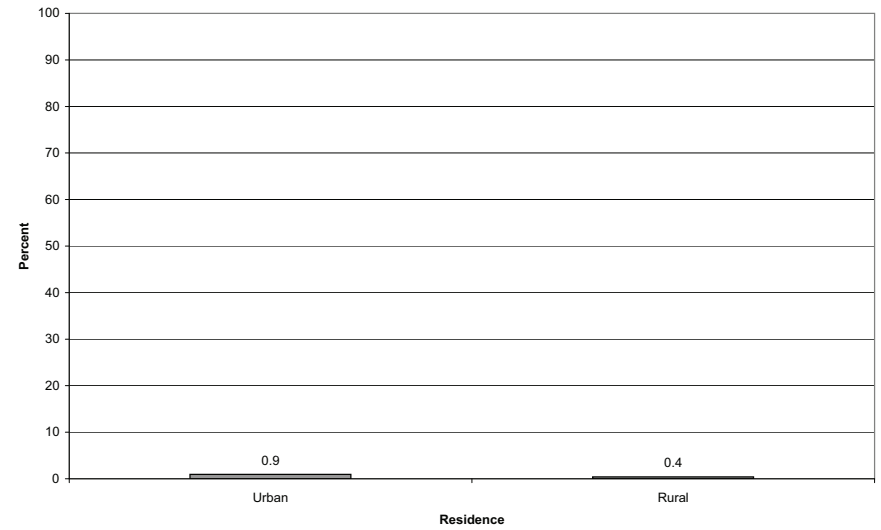
118.3 Percent by Age Group



118.4 Percent by Age Group and Sex



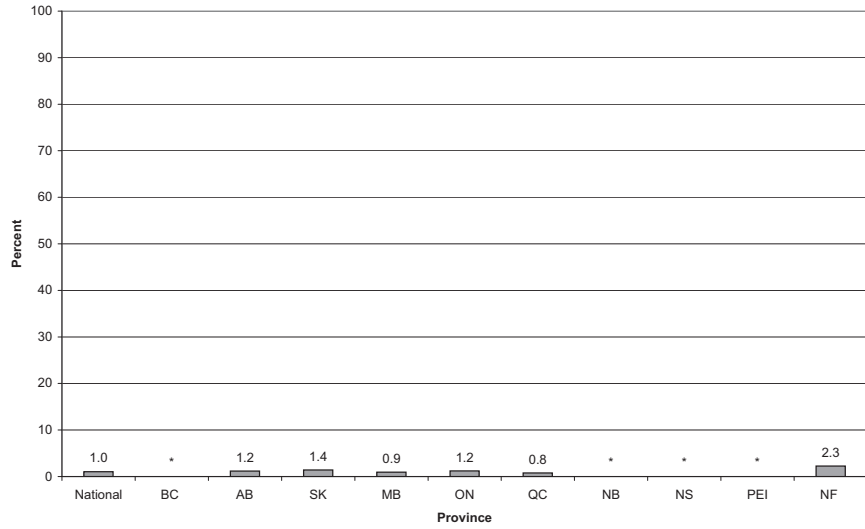
118.6 Percent by Residence



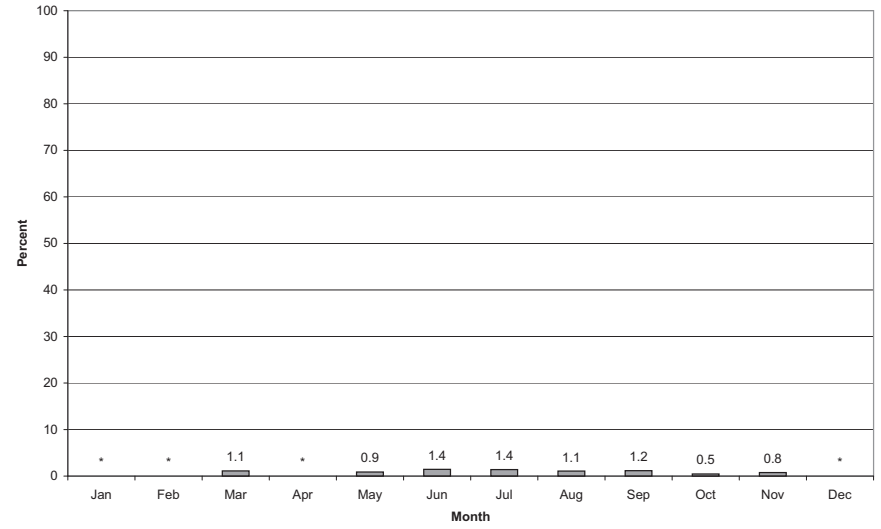
ATE CHICKEN WING-SKIN OFF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

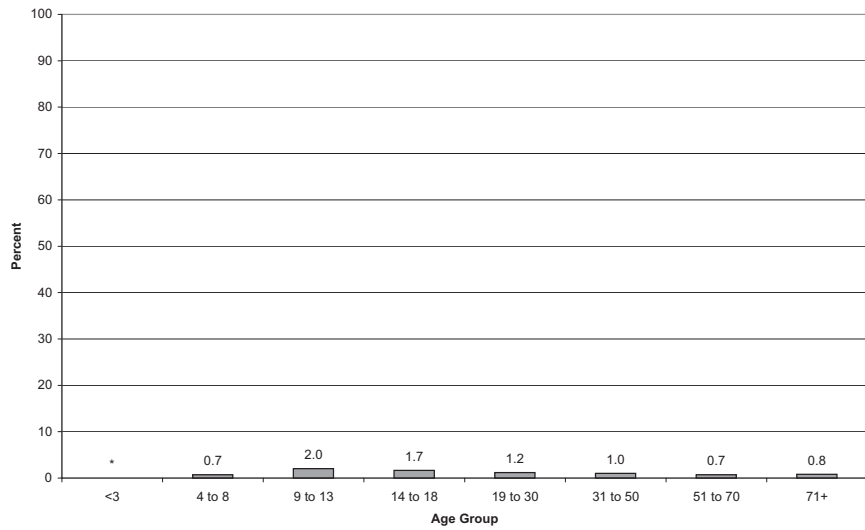
120.1 Percent by Province



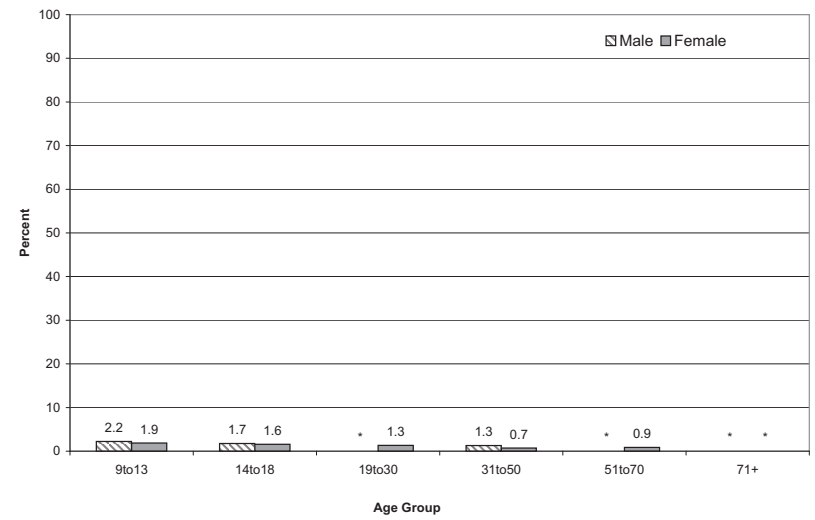
120.2 Percent by Month



120.3 Percent by Age Group



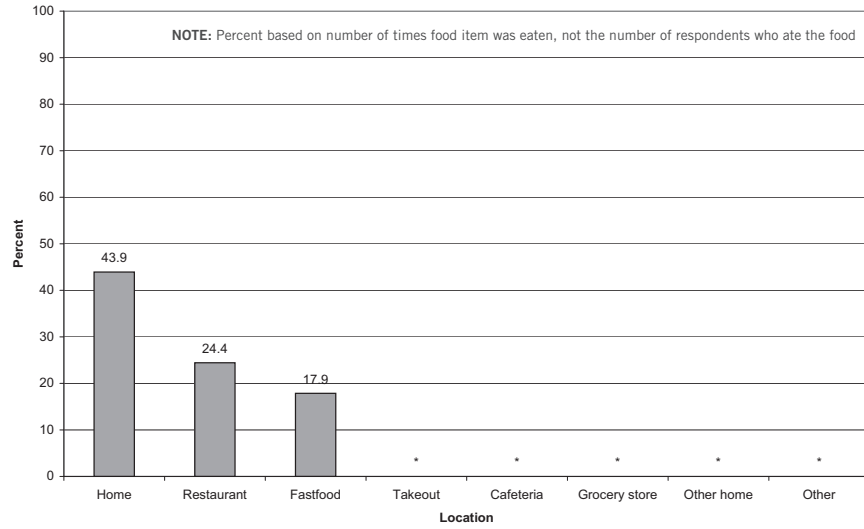
120.4 Percent by Age Group and Sex



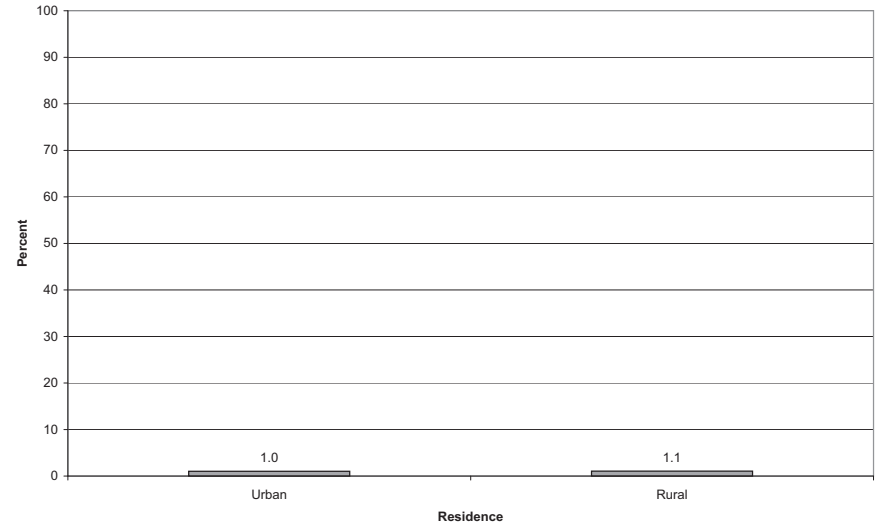
ATE CHICKEN WING-SKIN OFF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

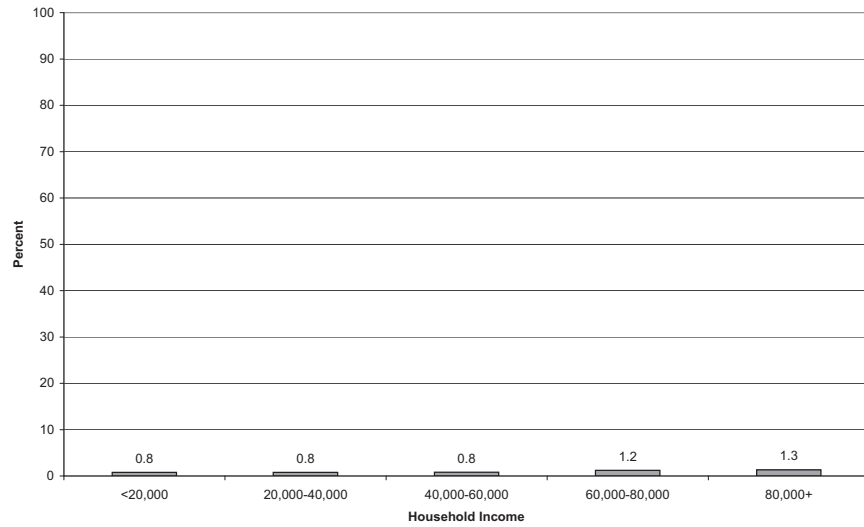
120.5 Percent by Location Where Food Was Prepared



120.6 Percent by Residence



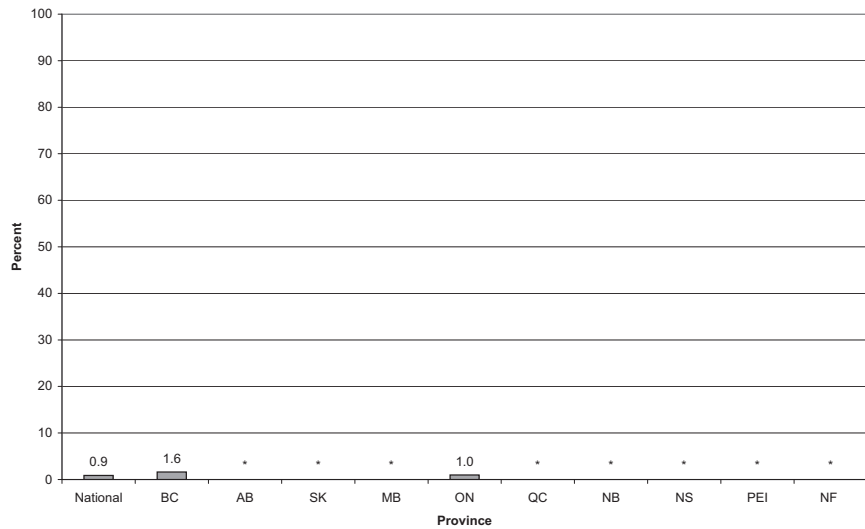
120.7 Percent by Household Income



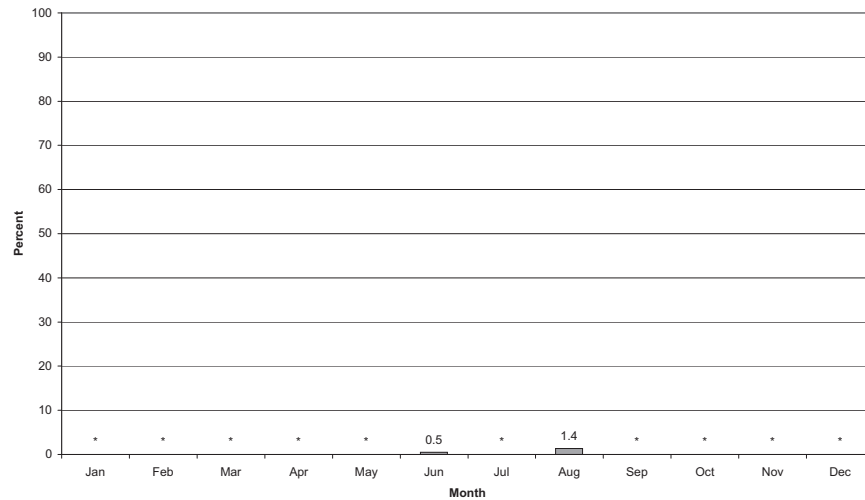
ATE CHICKEN WING-SKIN ON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

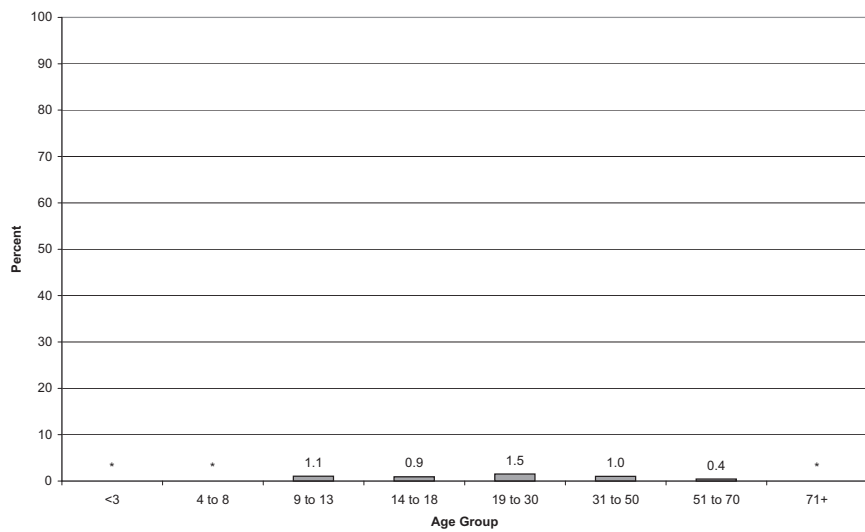
121.1 Percent by Province



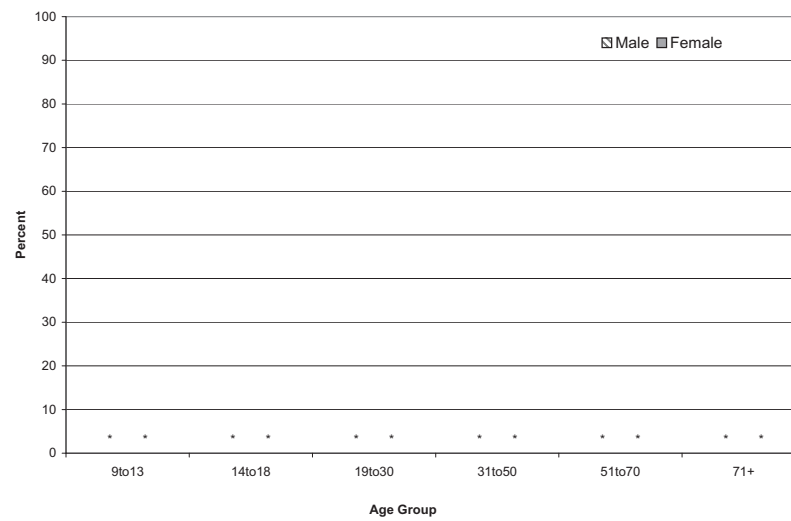
121.2 Percent by Month



121.3 Percent by Age Group



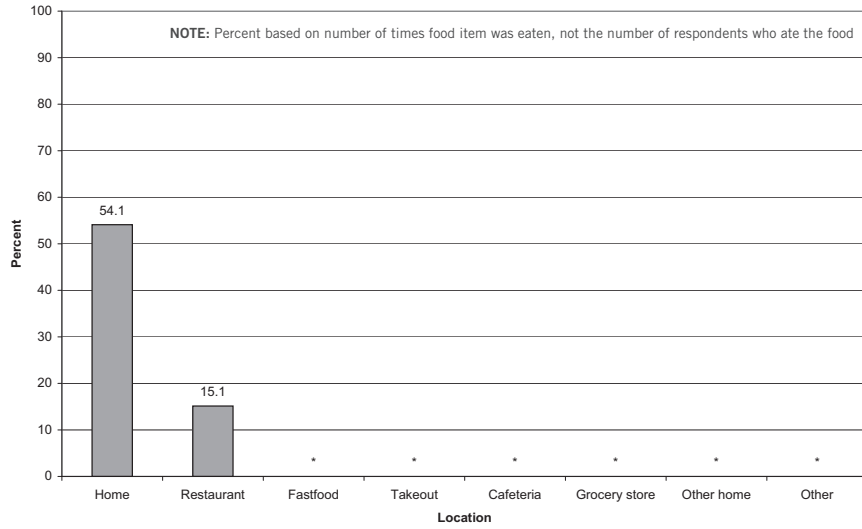
121.4 Percent by Age Group and Sex



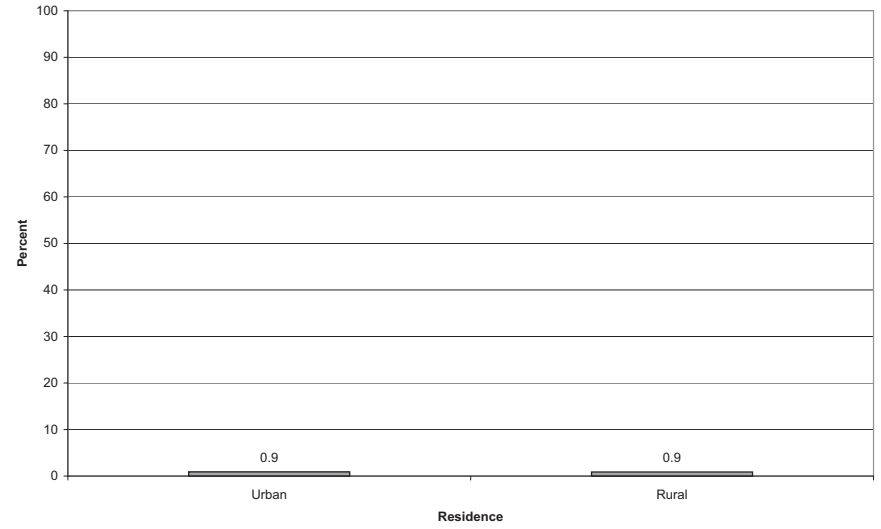
ATE CHICKEN WING-SKIN ON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

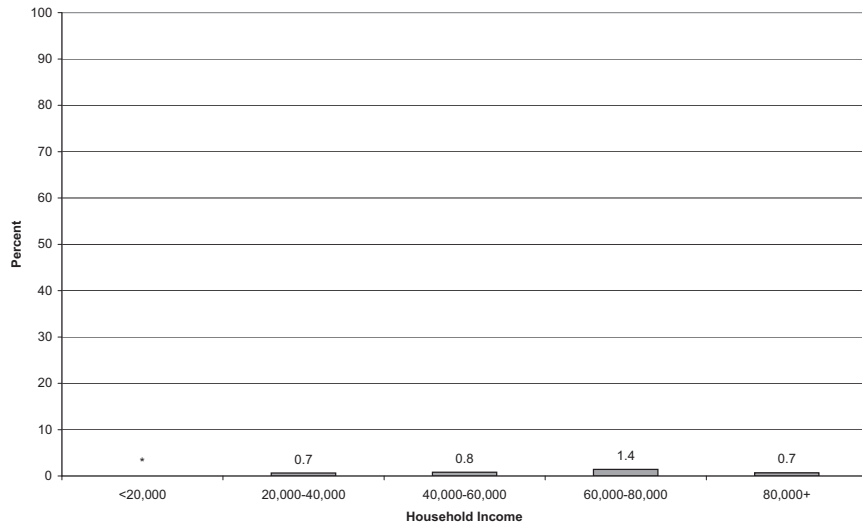
121.5 Percent by Location Where Food Was Prepared



121.6 Percent by Residence



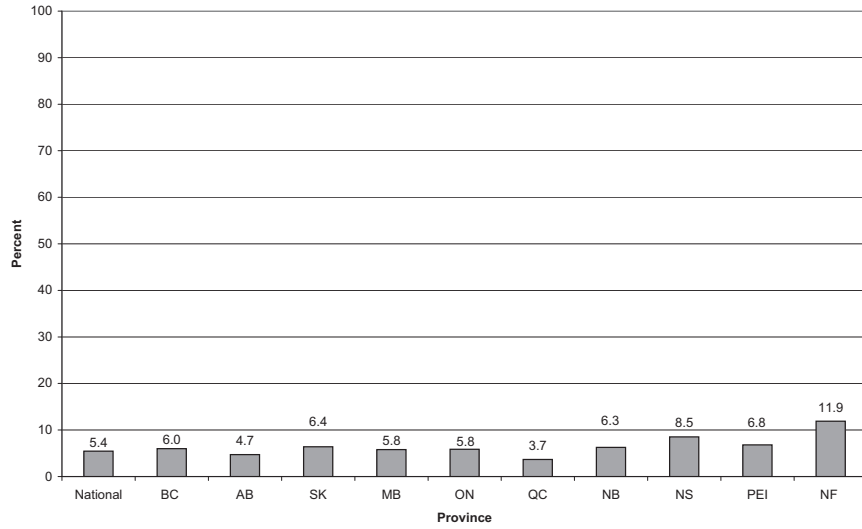
121.7 Percent by Household Income



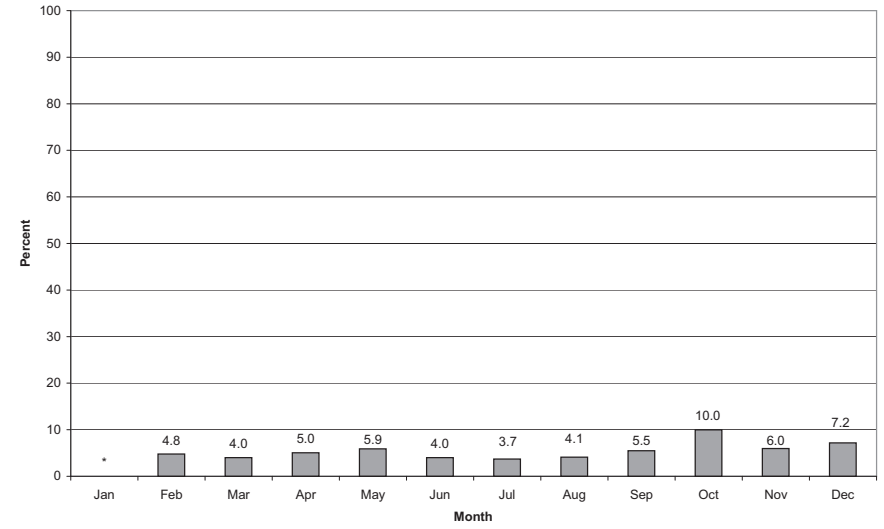
ATE TURKEY IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

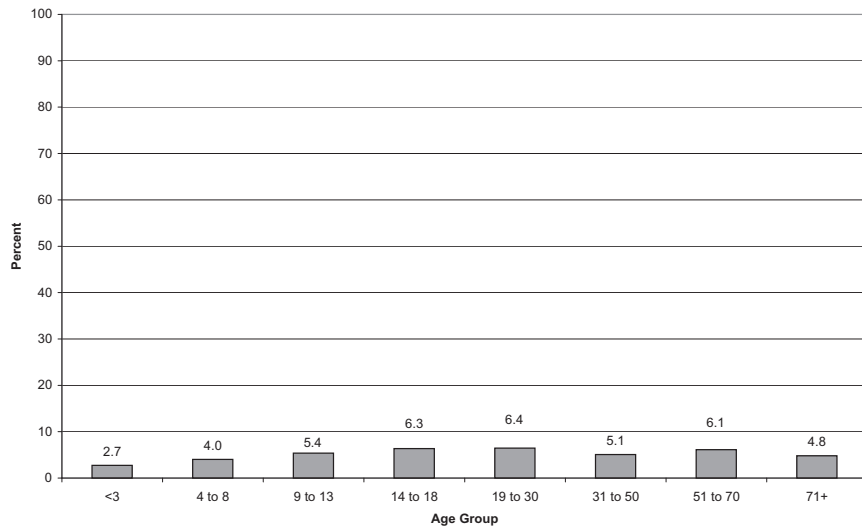
123.1 Percent by Province



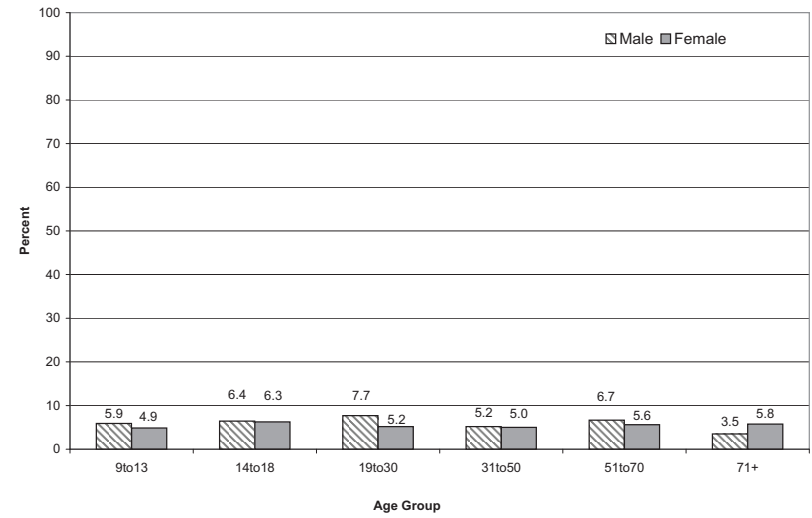
123.2 Percent by Month



123.3 Percent by Age Group



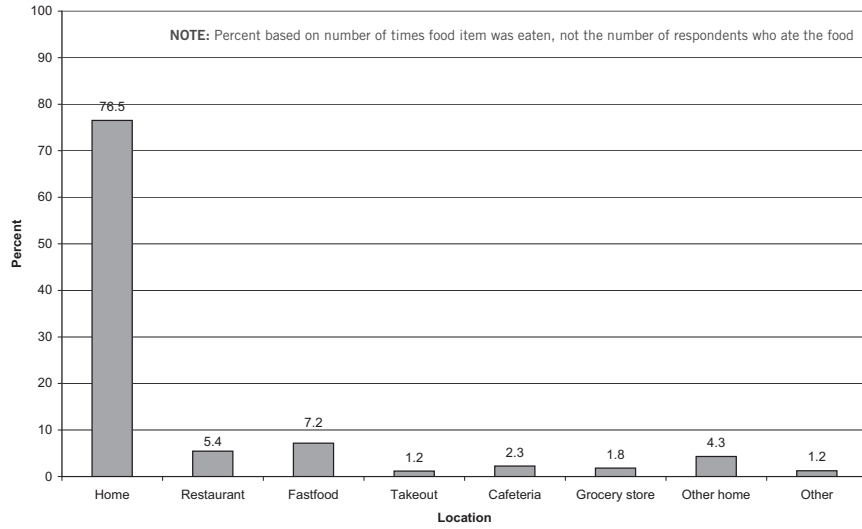
123.4 Percent by Age Group and Sex



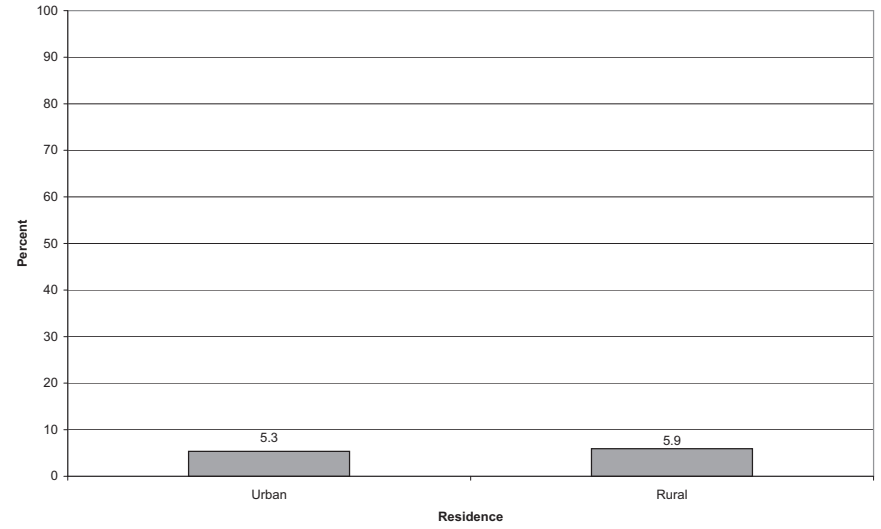
ATE TURKEY IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

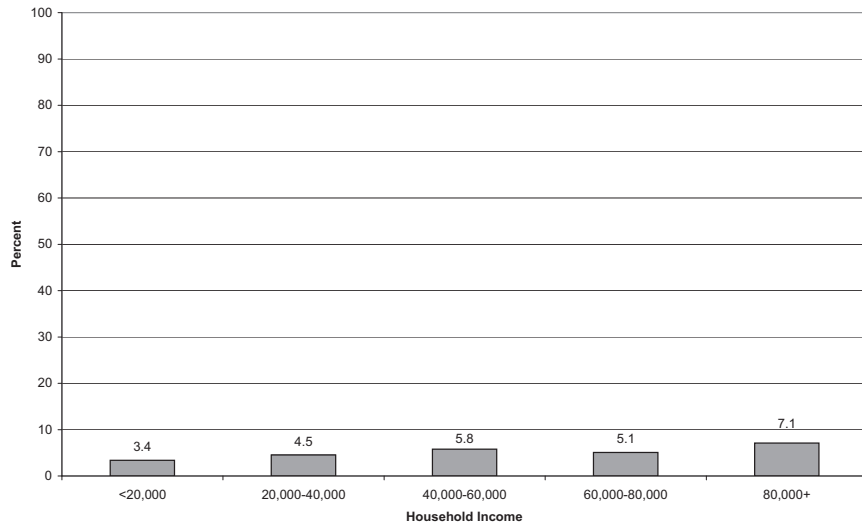
123.5 Percent by Location Where Food Was Prepared



123.6 Percent by Residence



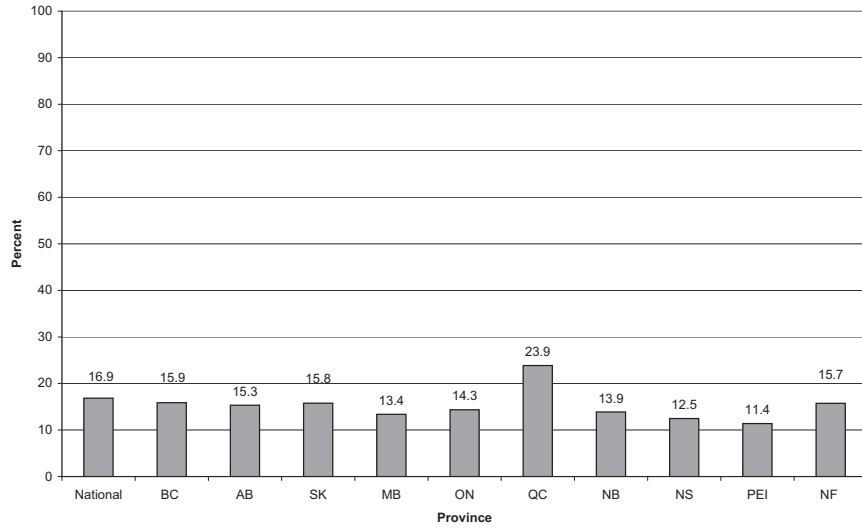
123.7 Percent by Household Income



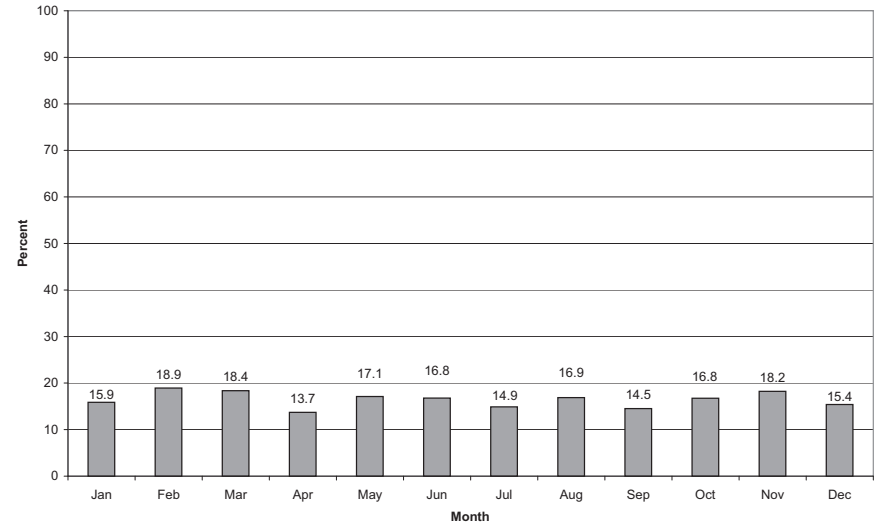
ATE PORK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

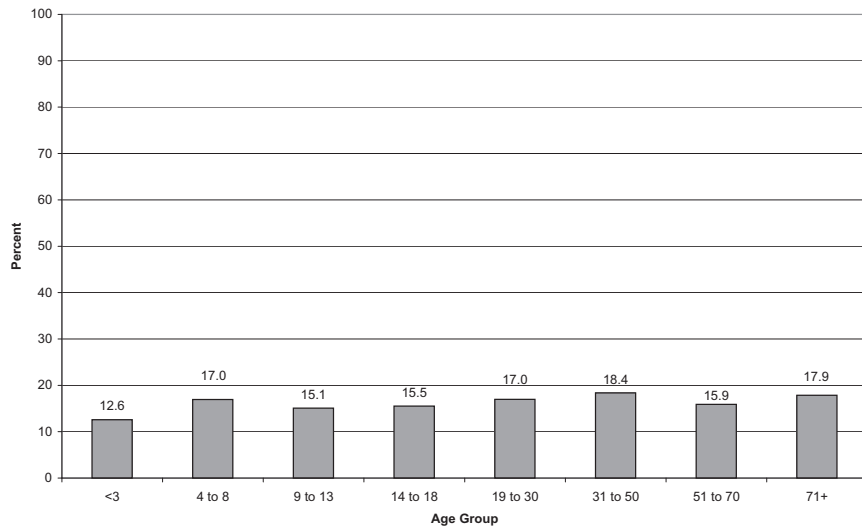
126.1 Percent by Province



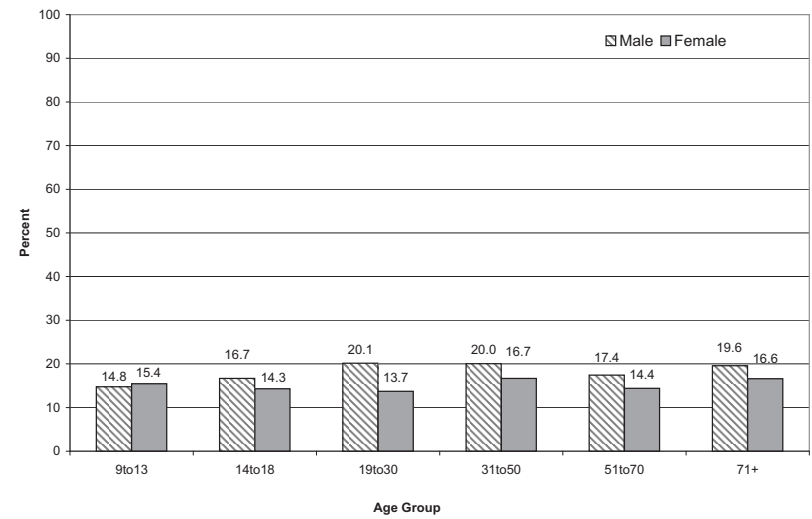
126.2 Percent by Month



126.3 Percent by Age Group



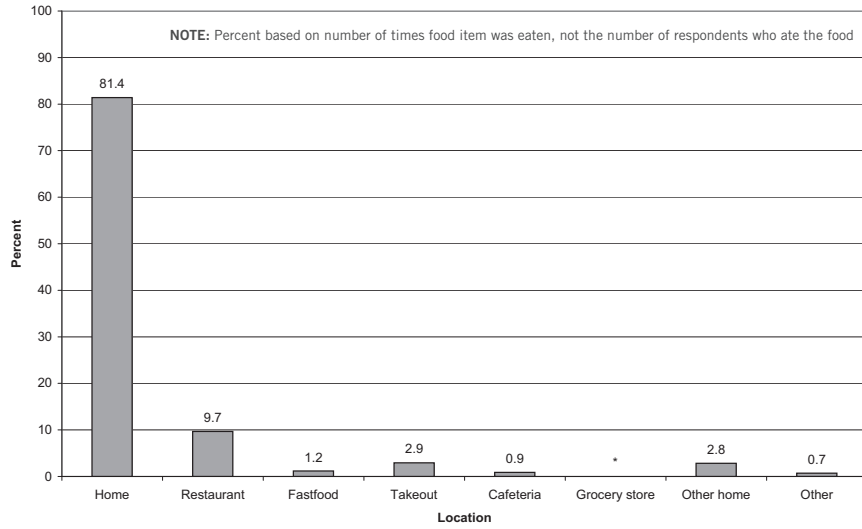
126.4 Percent by Age Group and Sex



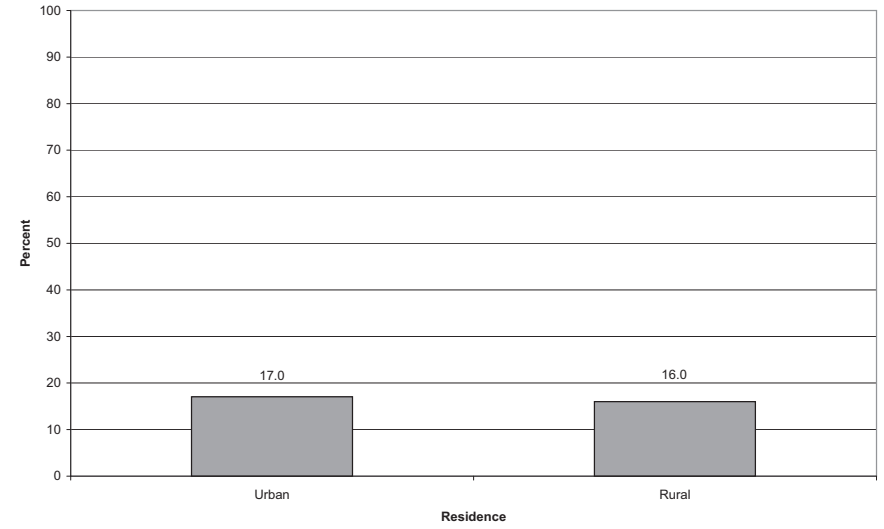
ATE PORK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

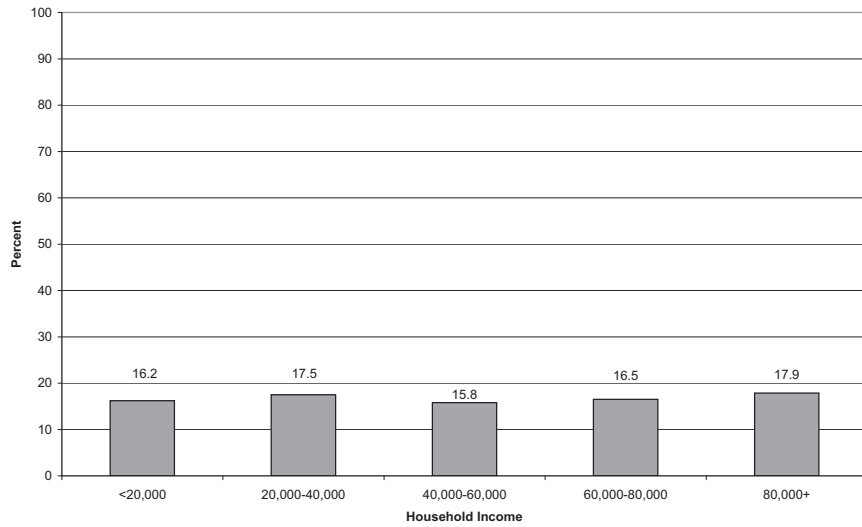
126.5 Percent by Location Where Food Was Prepared



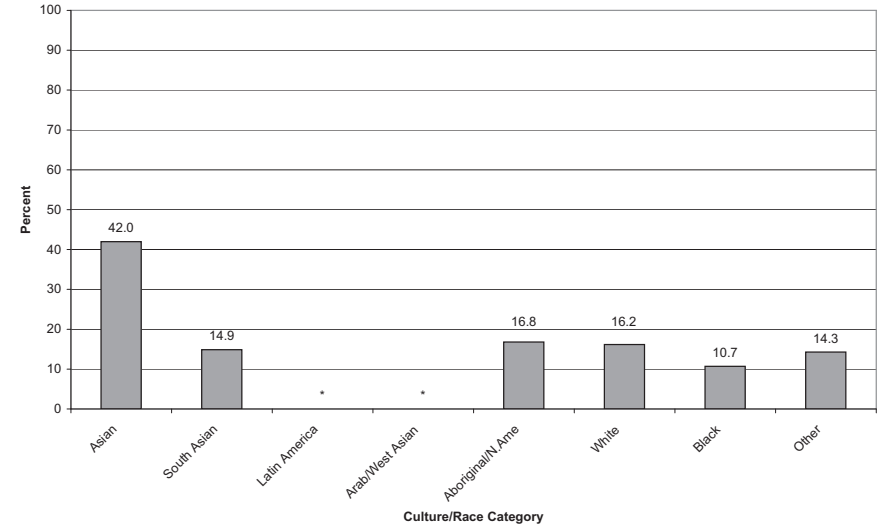
126.6 Percent by Residence



126.7 Percent by Household Income



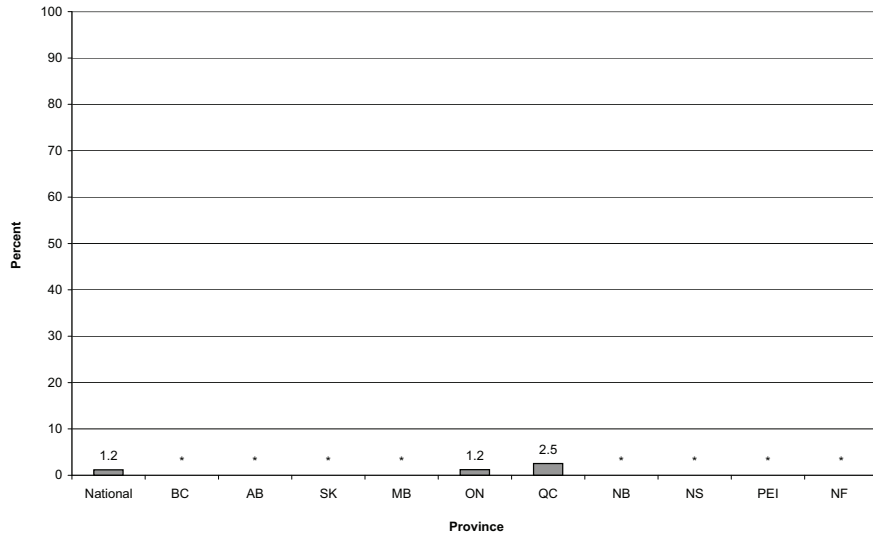
126.8 Percent by Cultural or Racial Origin



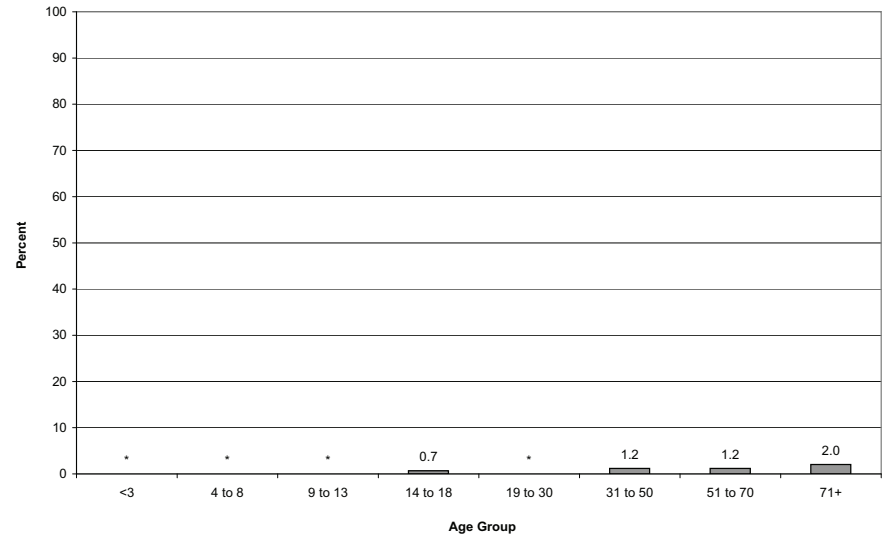
ATE VEAL IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

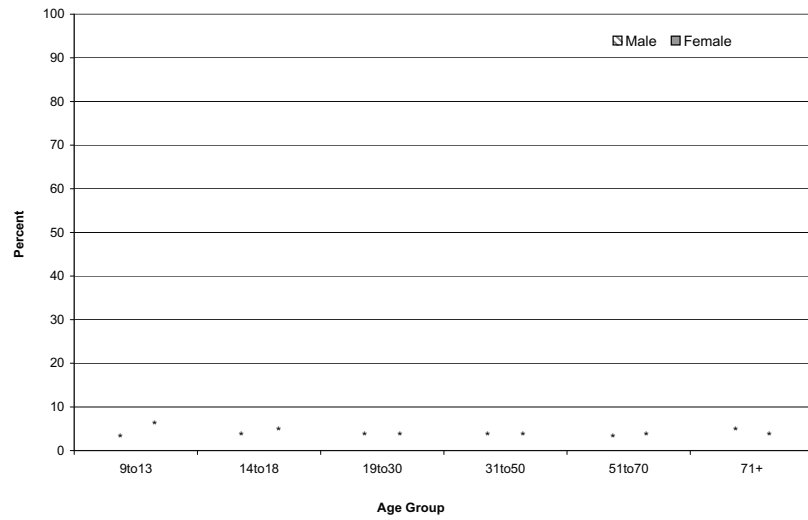
128.1 Percent by Province



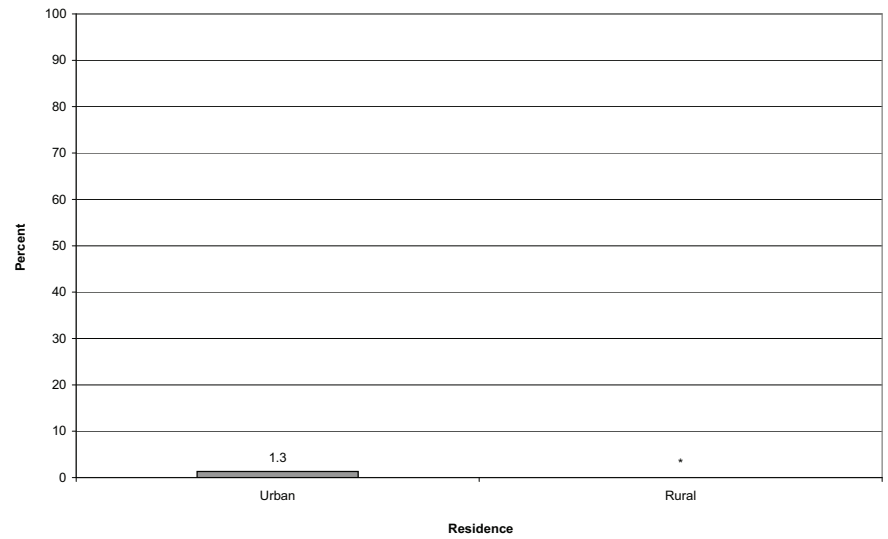
128.3 Percent by Age Group



128.4 Percent by Age Group and Sex



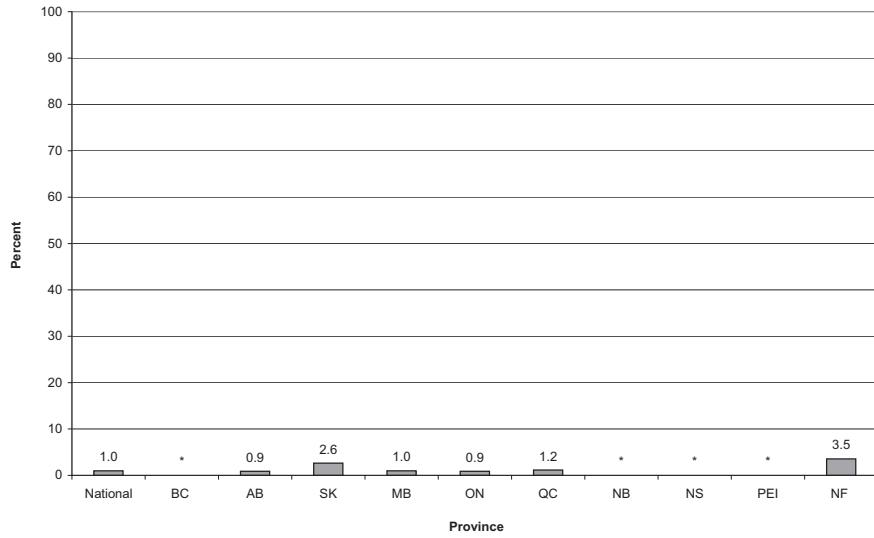
128.6 Percent by Residence



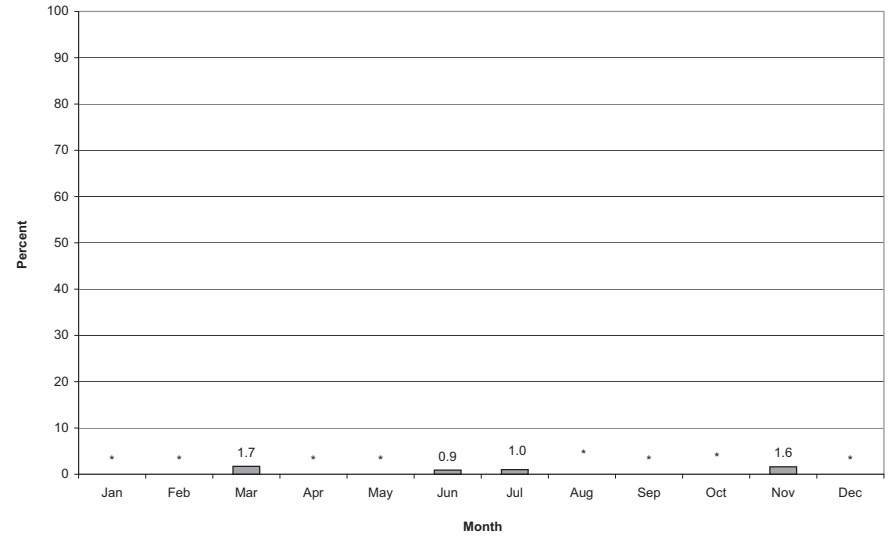
ATE GAME MEAT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

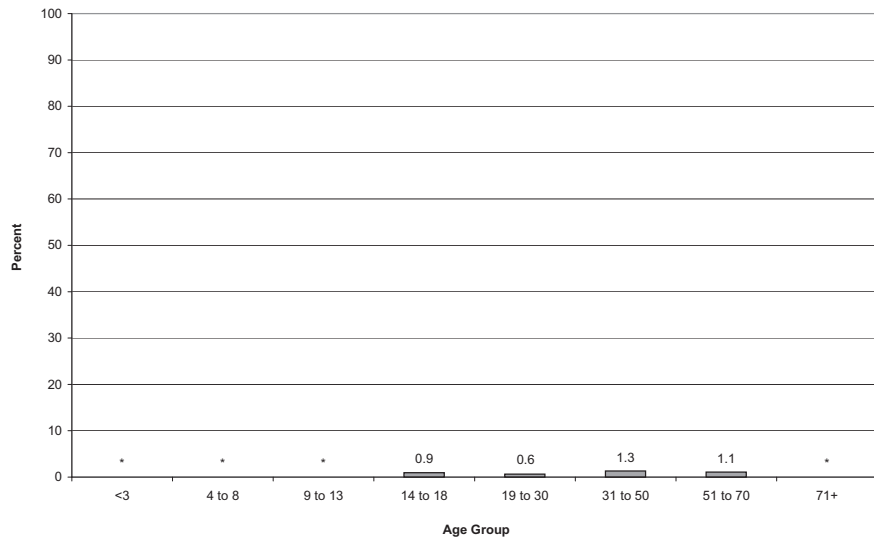
130.1 Percent by Province



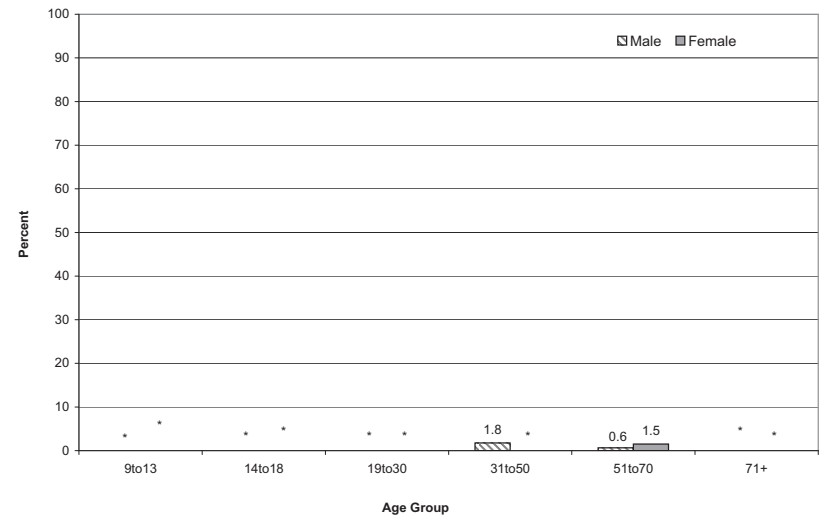
130.2 Percent by Month



130.3 Percent by Age Group



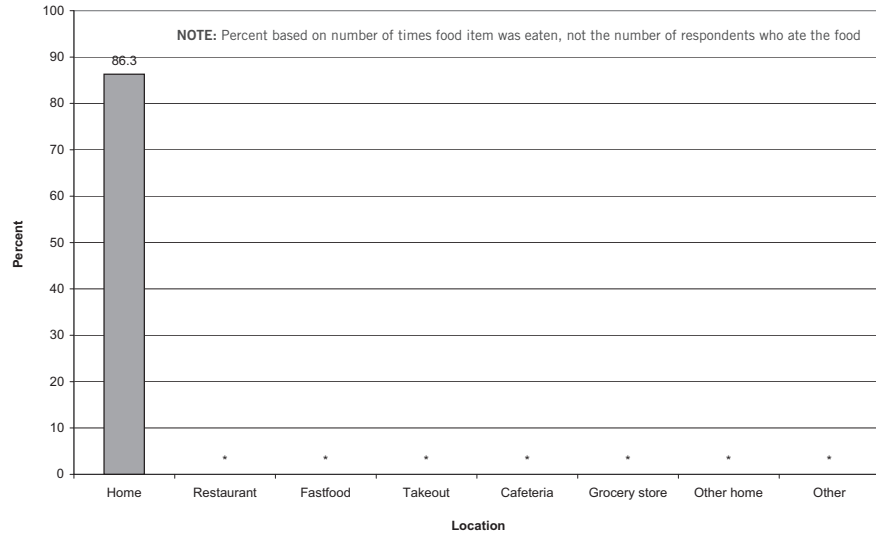
130.4 Percent by Age Group and Sex



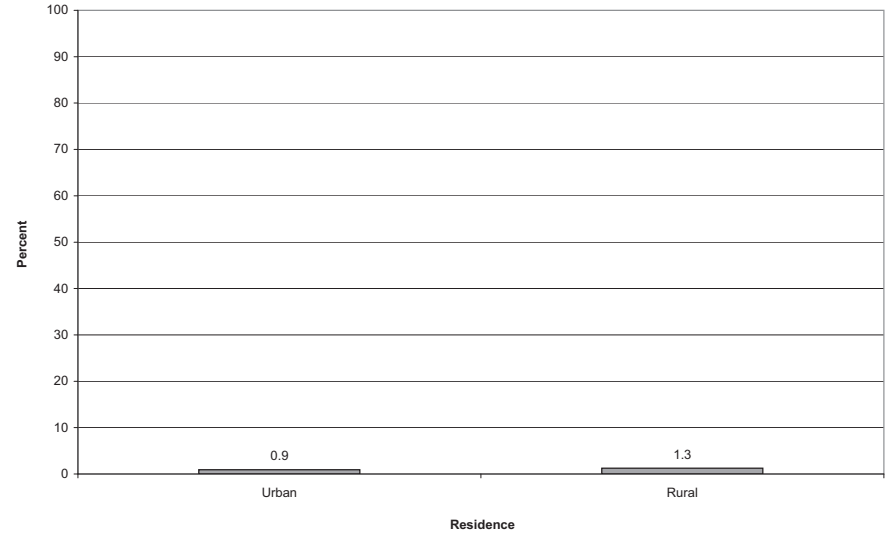
ATE GAME MEAT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

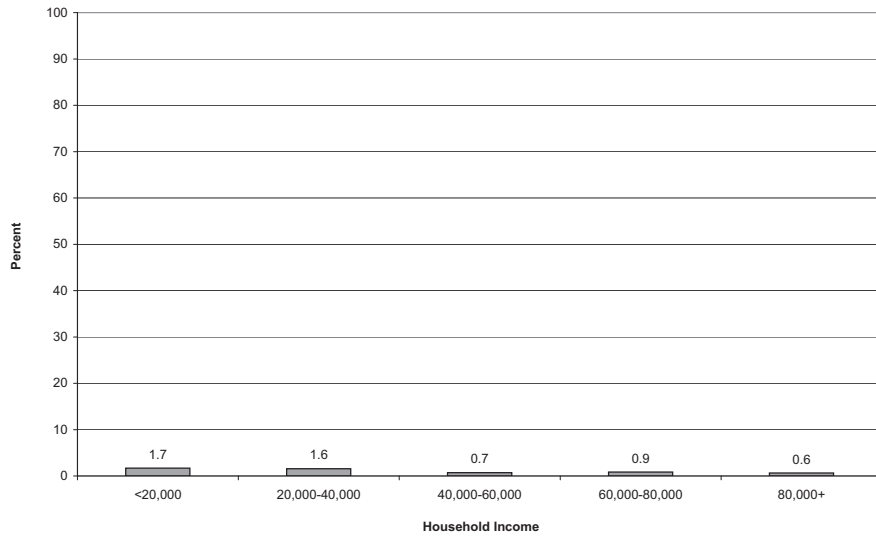
130.5 Percent by Location Where Food Was Prepared



130.6 Percent by Residence



130.7 Percent by Household Income

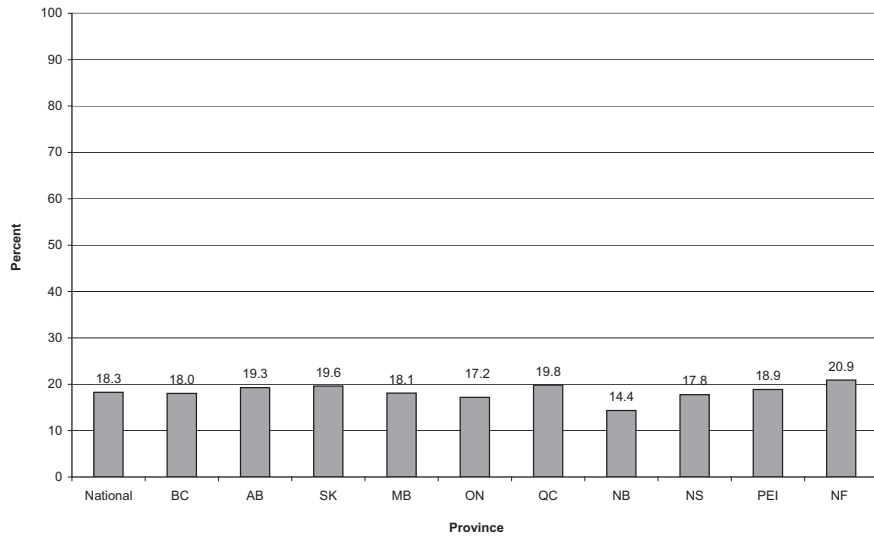


— BEEF —

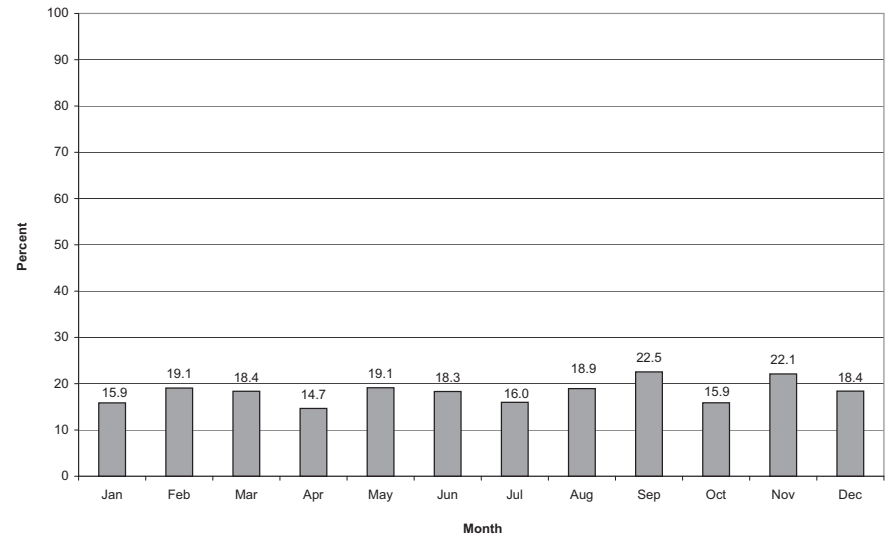
ATE BEEF (LEAN/LEAN & FAT) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

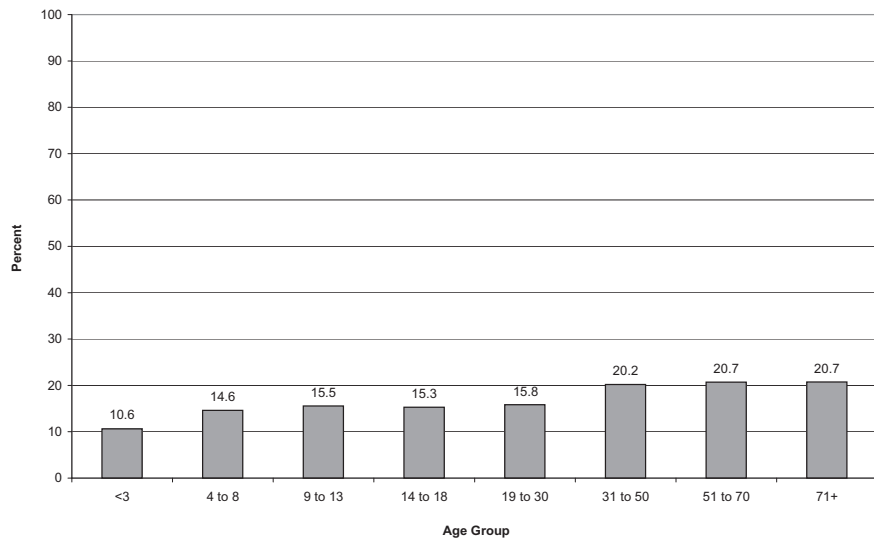
132.1 Percent by Province



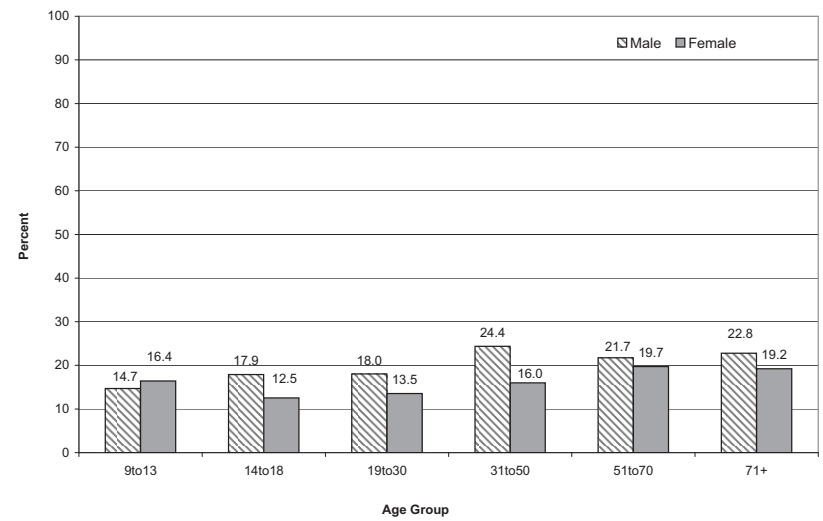
132.2 Percent by Month



132.3 Percent by Age Group



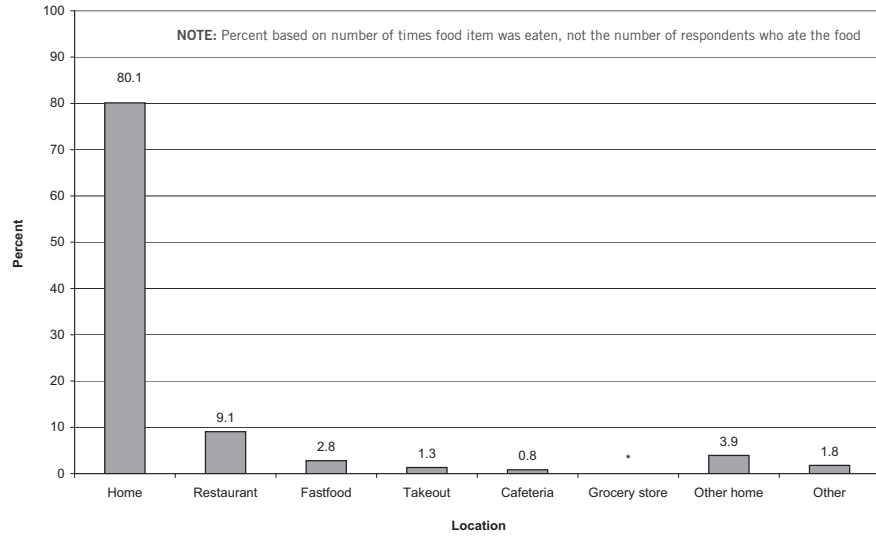
132.4 Percent by Age Group and Sex



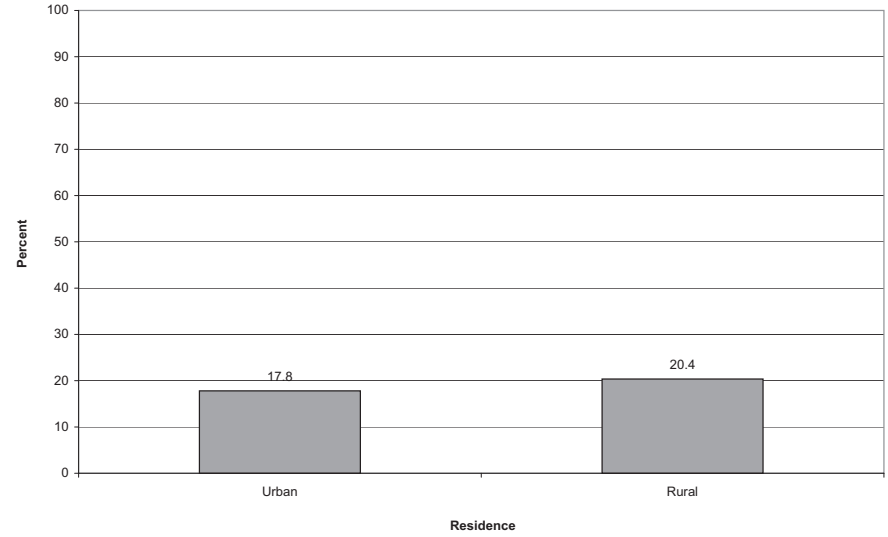
ATE BEEF (LEAN/LEAN & FAT) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

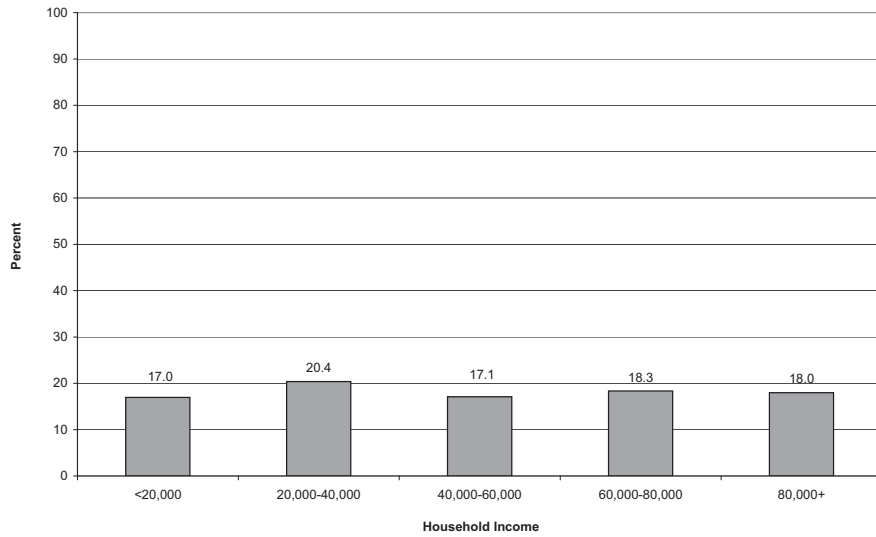
132.5 Percent by Location Where Food Was Prepared



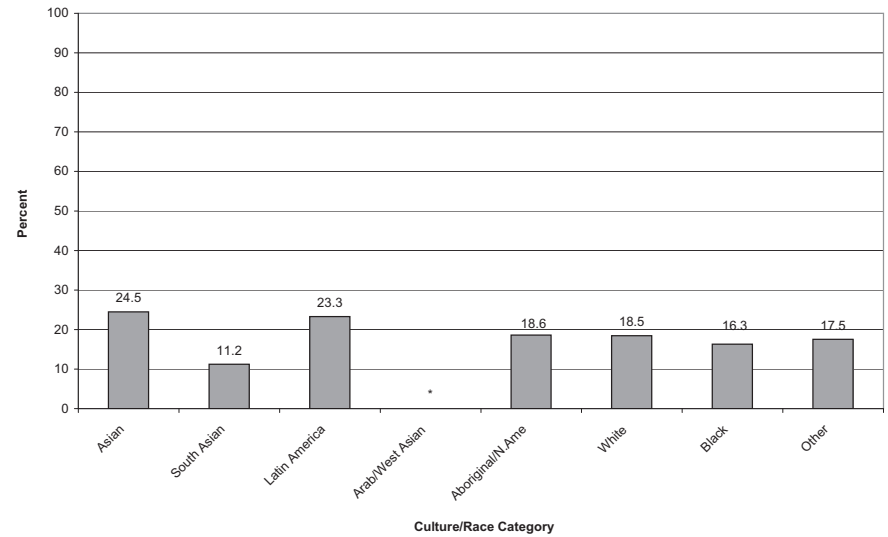
132.6 Percent by Residence



132.7 Percent by Household Income



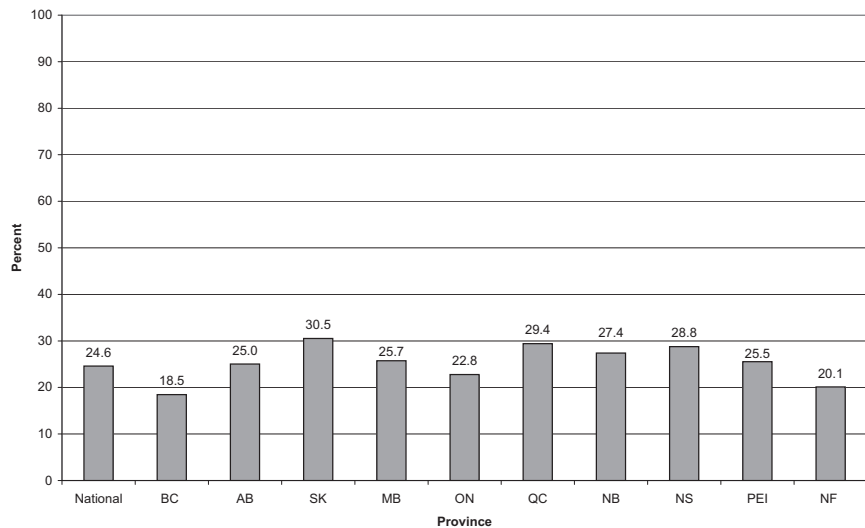
132.8 Percent by Cultural or Racial Origin



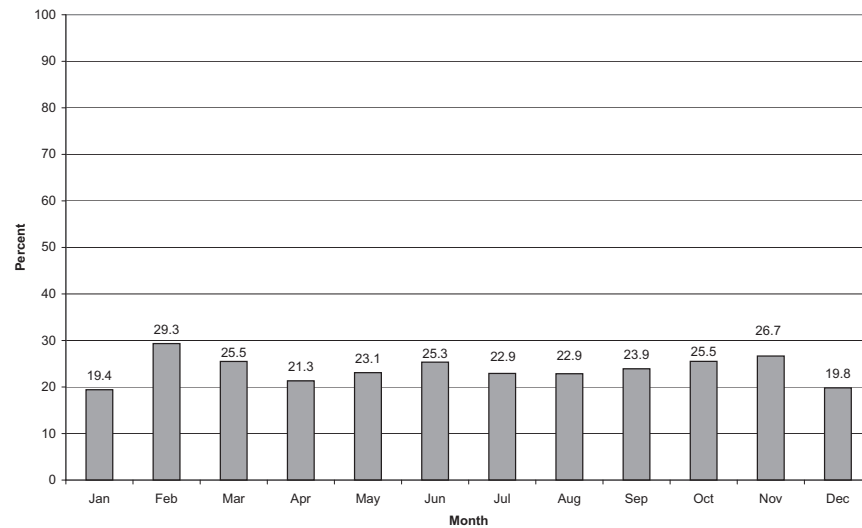
ATE GROUND BEEF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

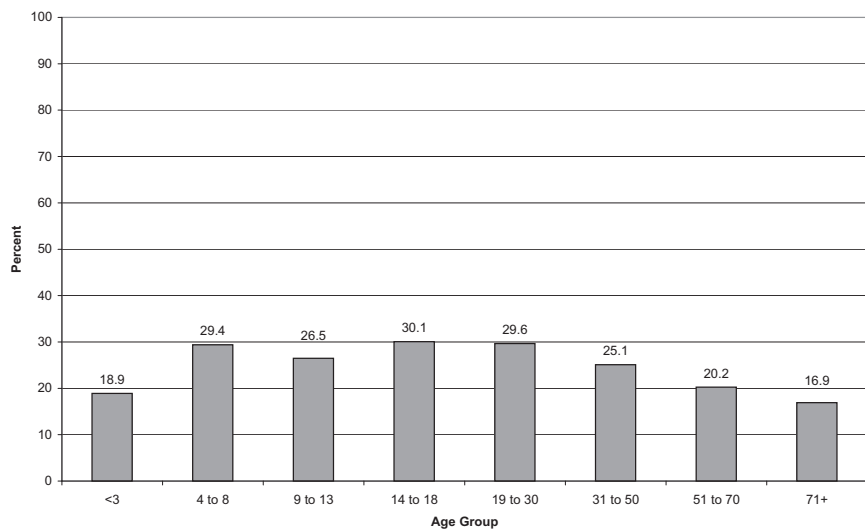
133.1 Percent by Province



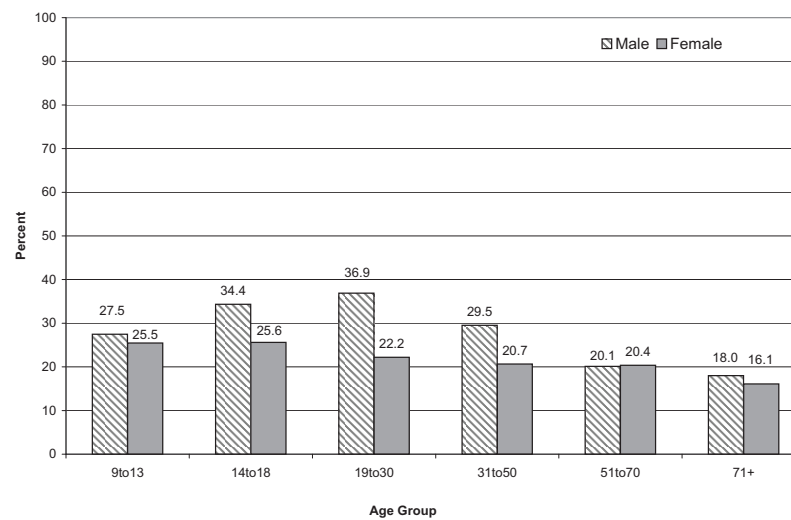
133.2 Percent by Month



133.3 Percent by Age Group



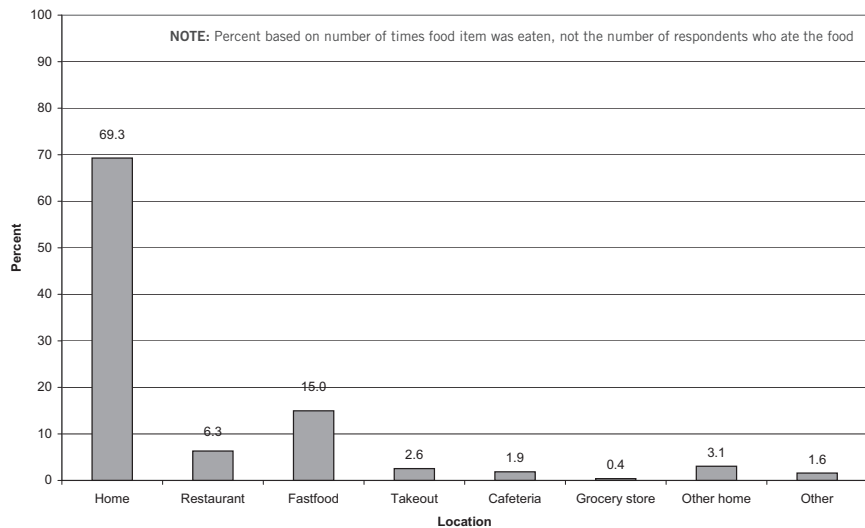
133.4 Percent by Age Group and Sex



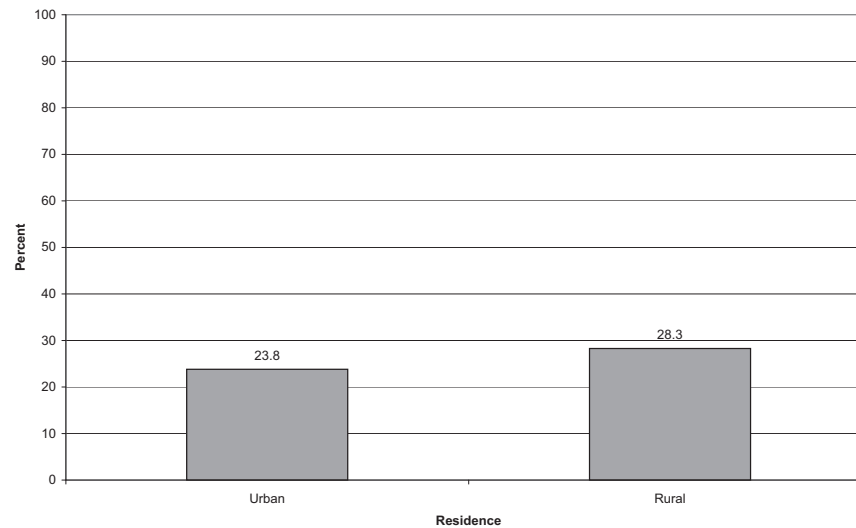
ATE GROUND BEEF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

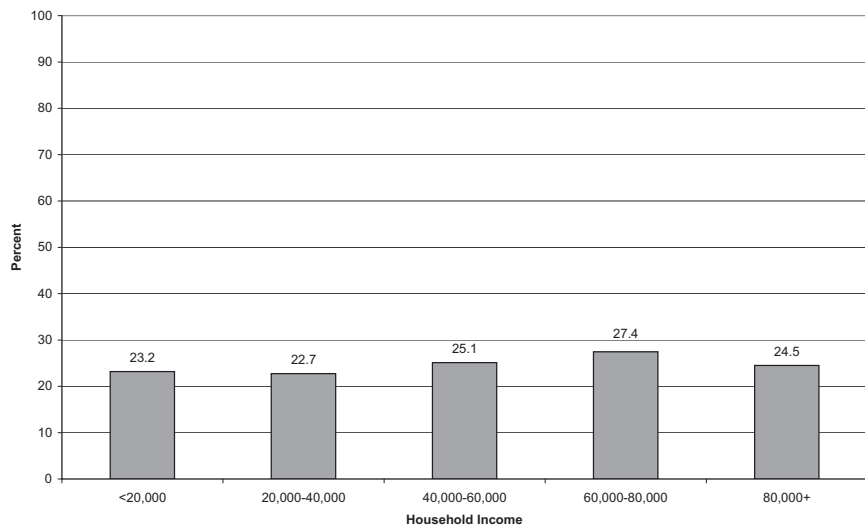
133.5 Percent by Location Where Food Was Prepared



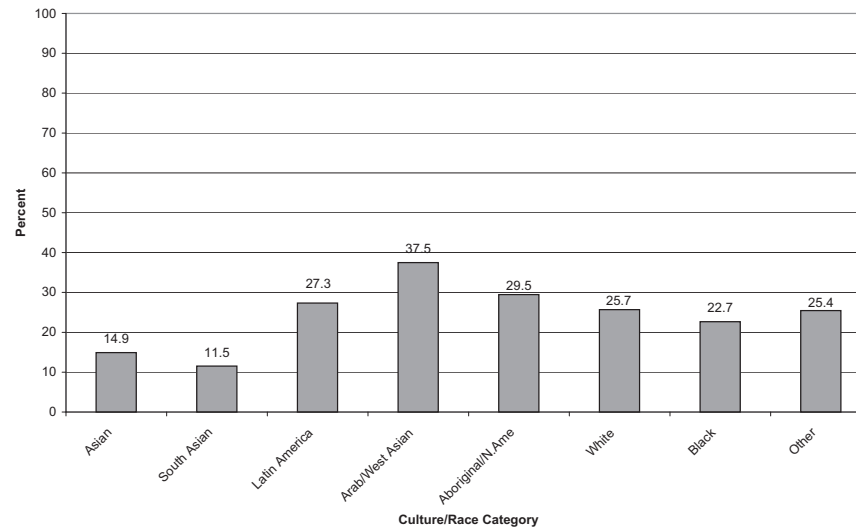
133.6 Percent by Residence



133.7 Percent by Household Income



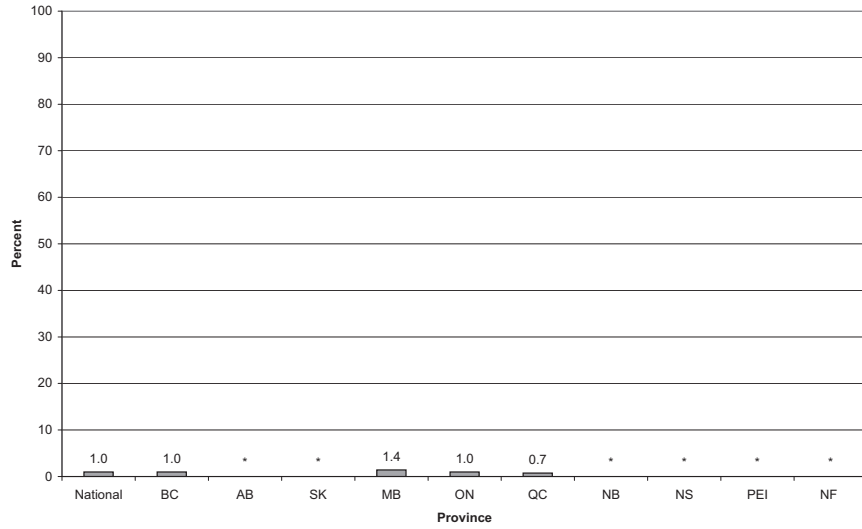
133.8 Percent by Cultural or Racial Origin



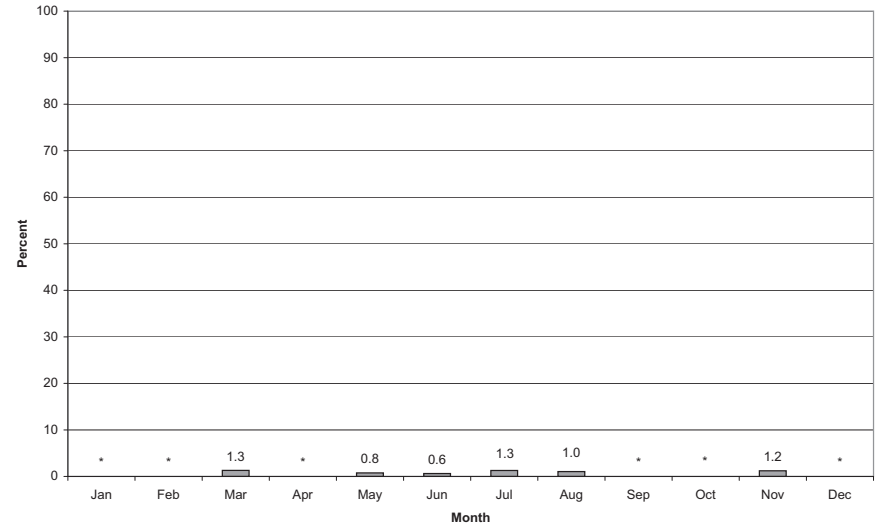
ATE GROUND BEEF-EXTRA LEAN IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

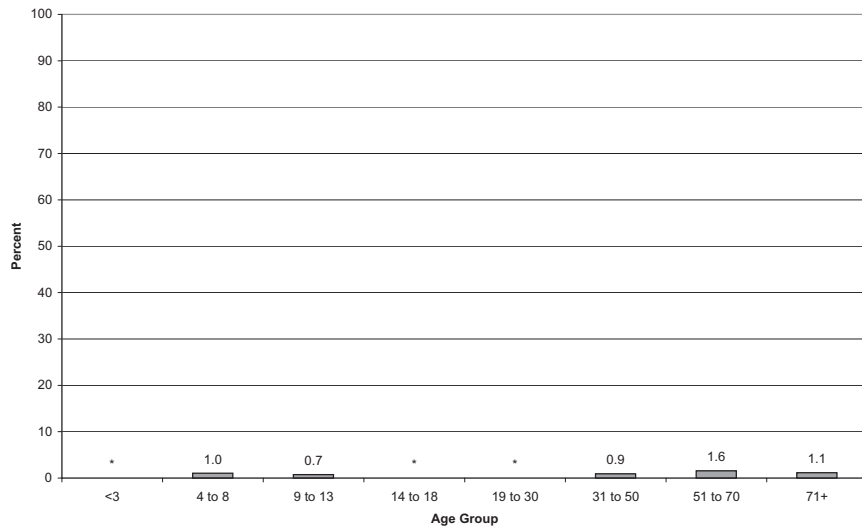
134.1 Percent by Province



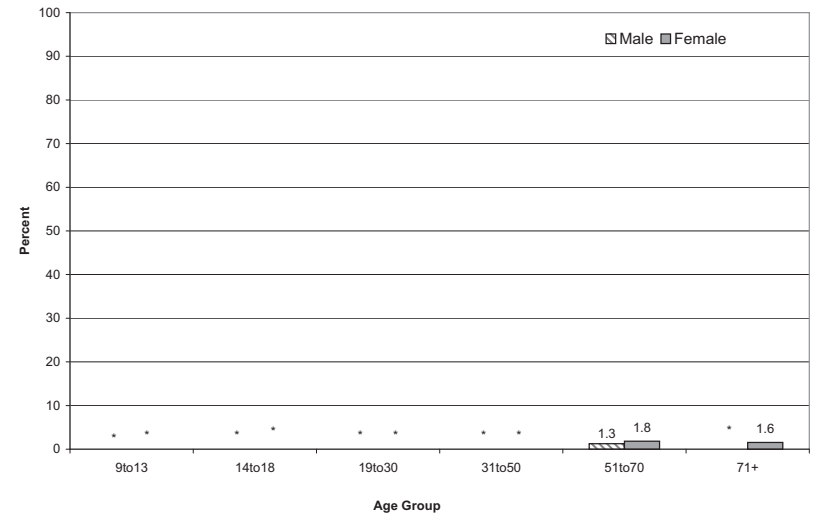
134.2 Percent by Month



134.3 Percent by Age Group



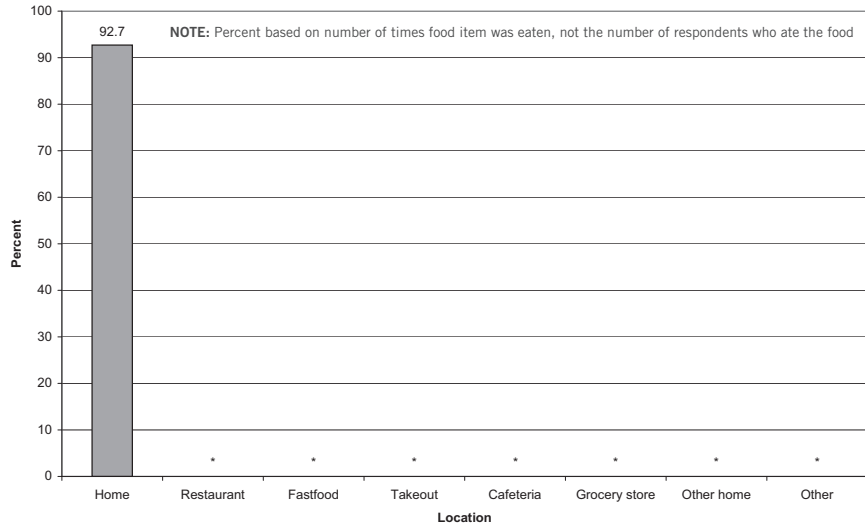
134.4 Percent by Age Group and Sex



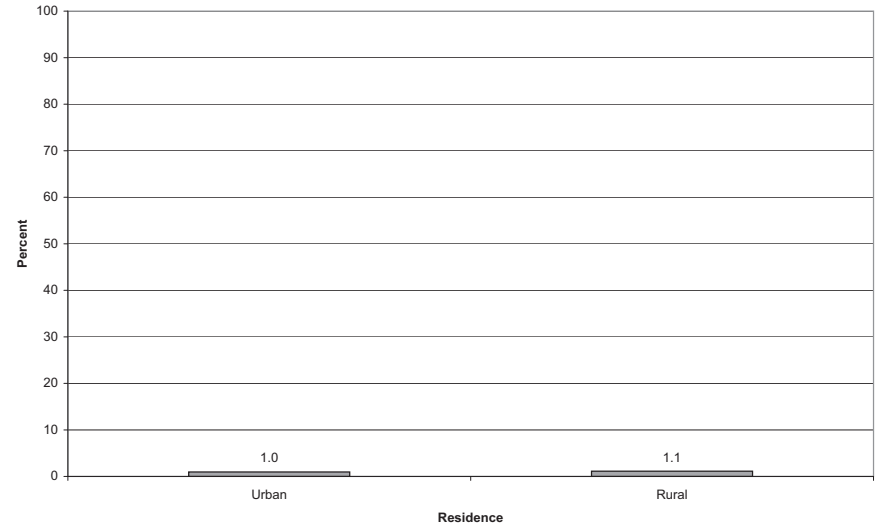
ATE GROUND BEEF-EXTRA LEAN IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

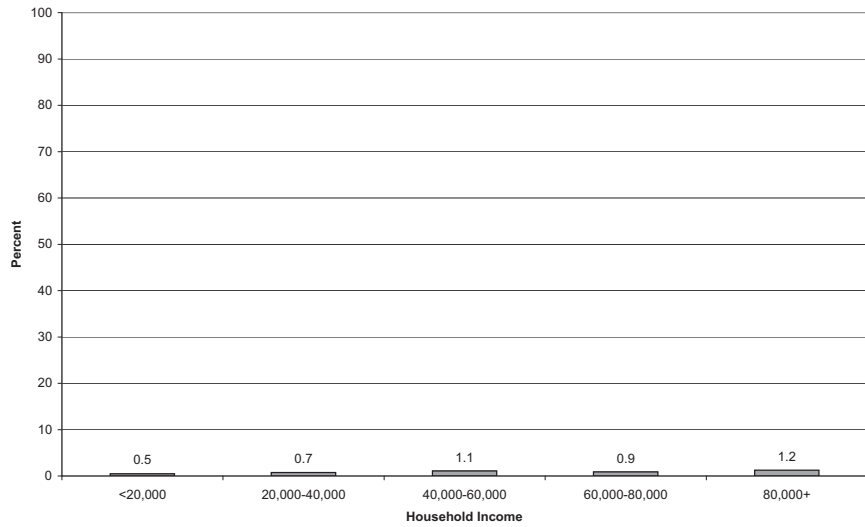
134.5 Percent by Location Where Food Was Prepared



134.6 Percent by Residence



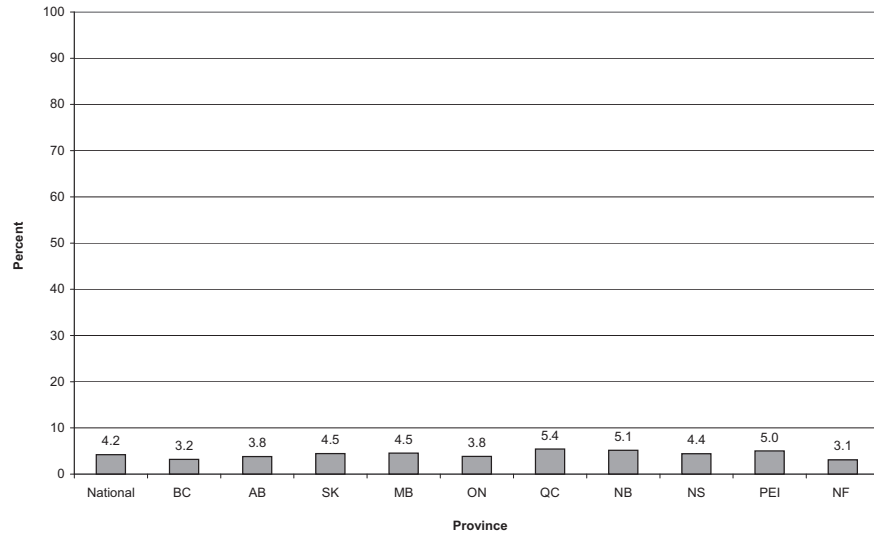
134.7 Percent by Household Income



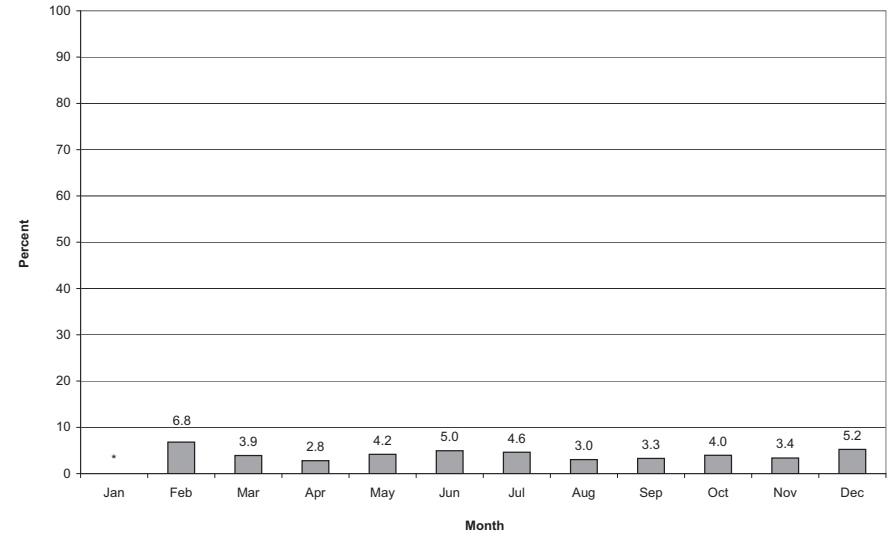
ATE GROUND BEEF-LEAN IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

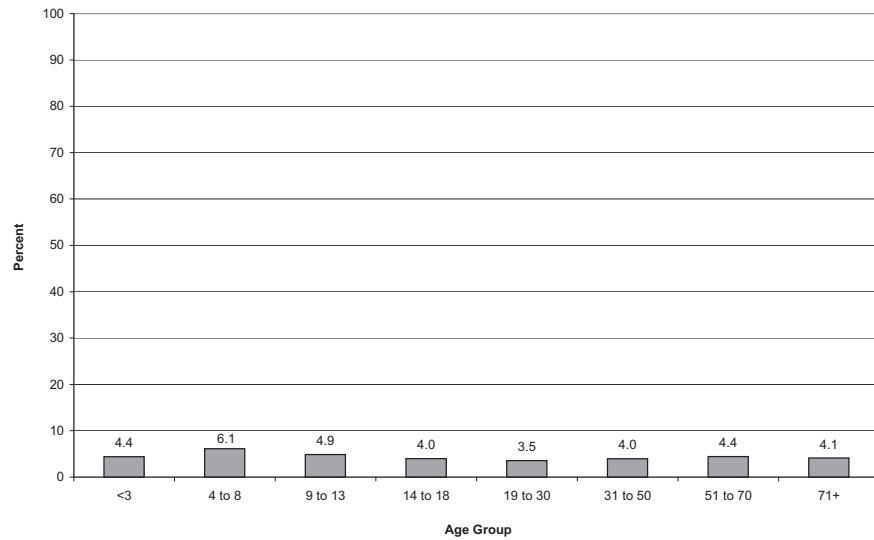
135.1 Percent by Province



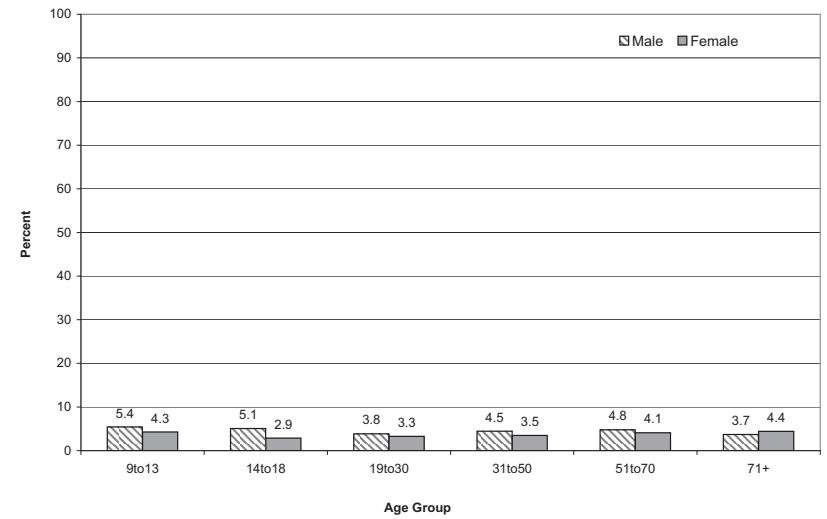
135.2 Percent by Month



135.3 Percent by Age Group



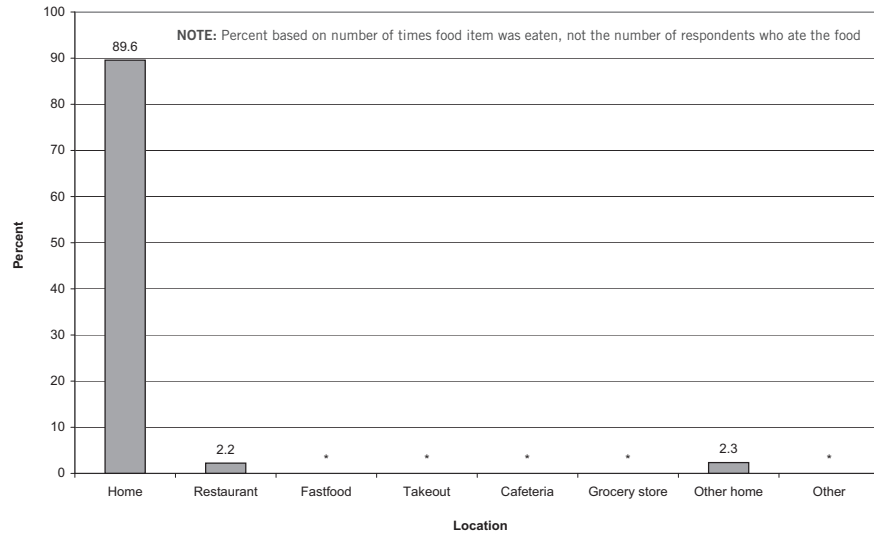
135.4 Percent by Age Group and Sex



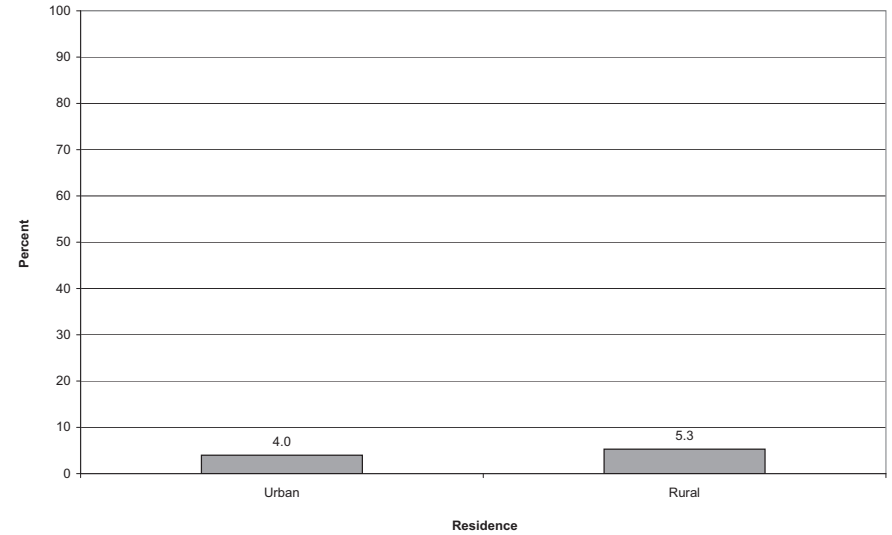
ATE GROUND BEEF-LEAN IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

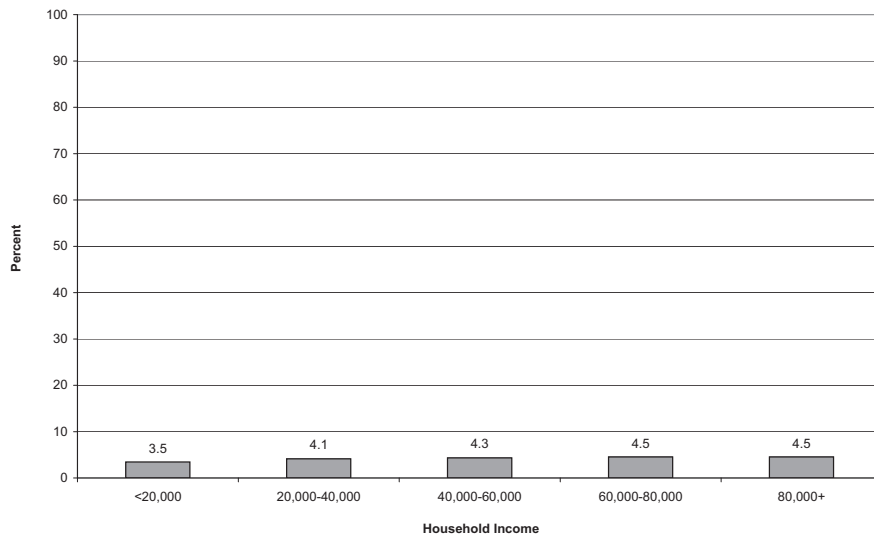
135.5 Percent by Location Where Food Was Prepared



135.6 Percent by Residence



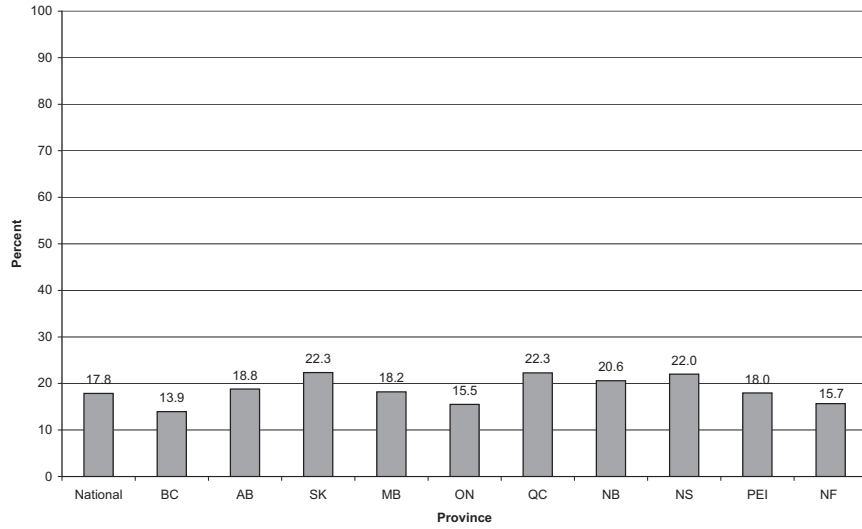
135.7 Percent by Household Income



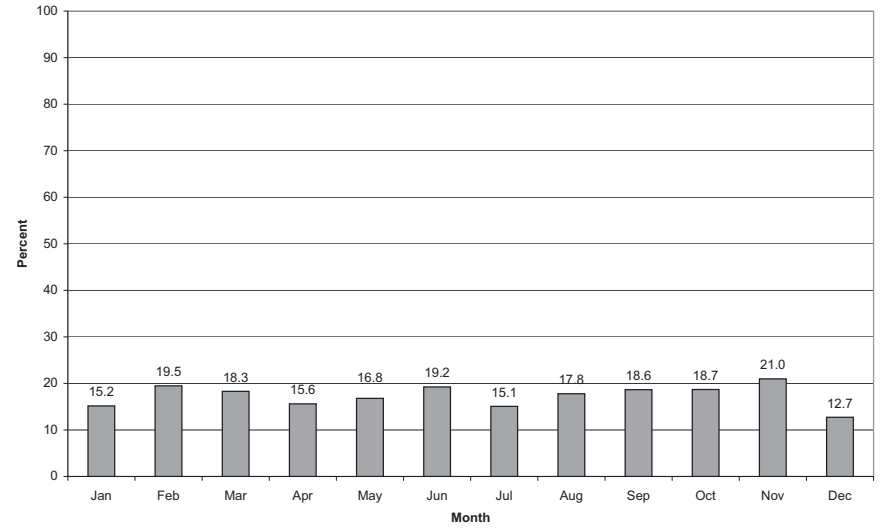
ATE GROUND BEEF-MEDIUM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

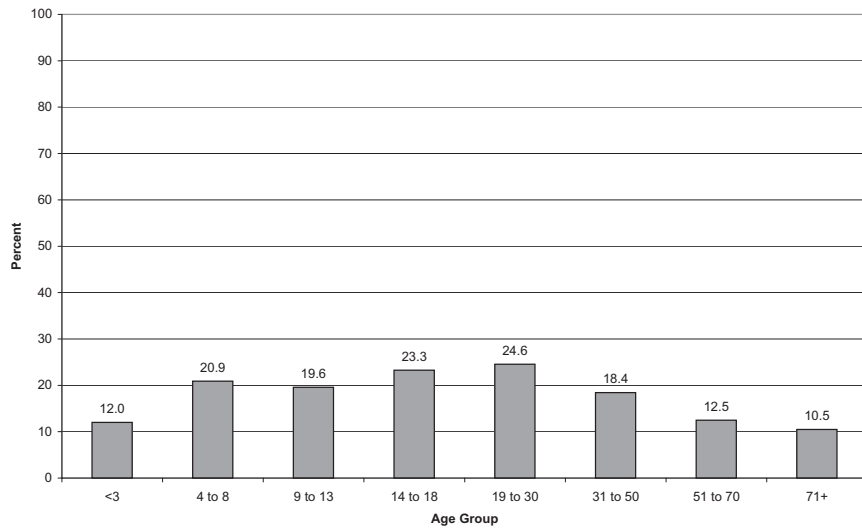
136.1 Percent by Province



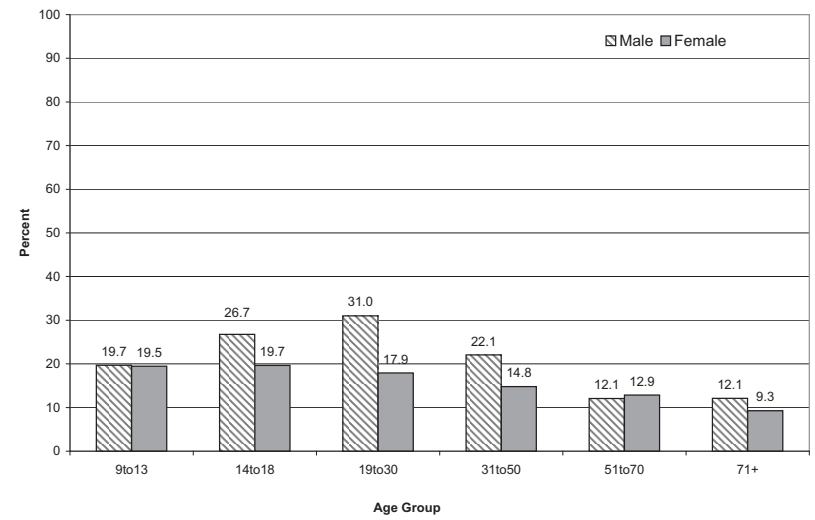
136.2 Percent by Month



136.3 Percent by Age Group



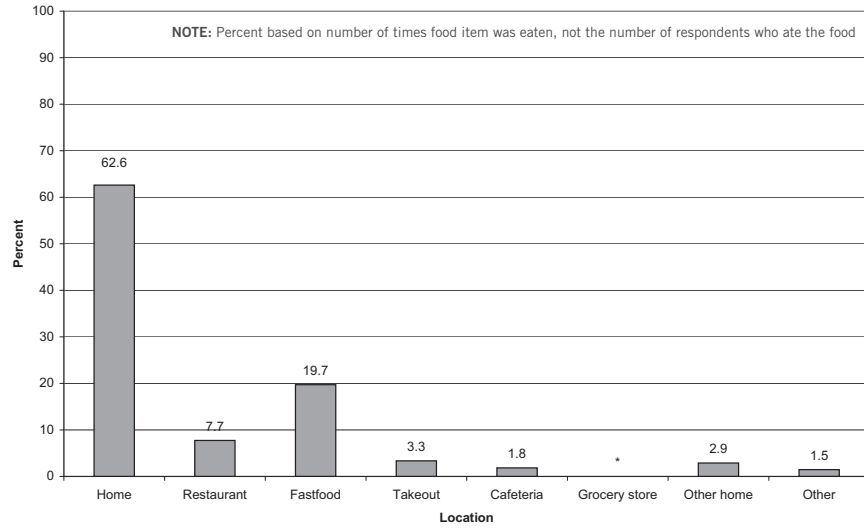
136.4 Percent by Age Group and Sex



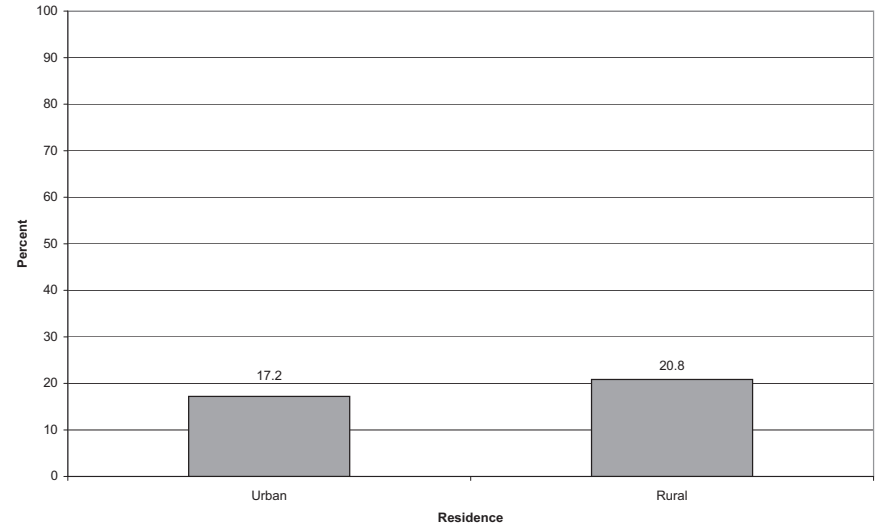
ATE GROUND BEEF-MEDIUM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

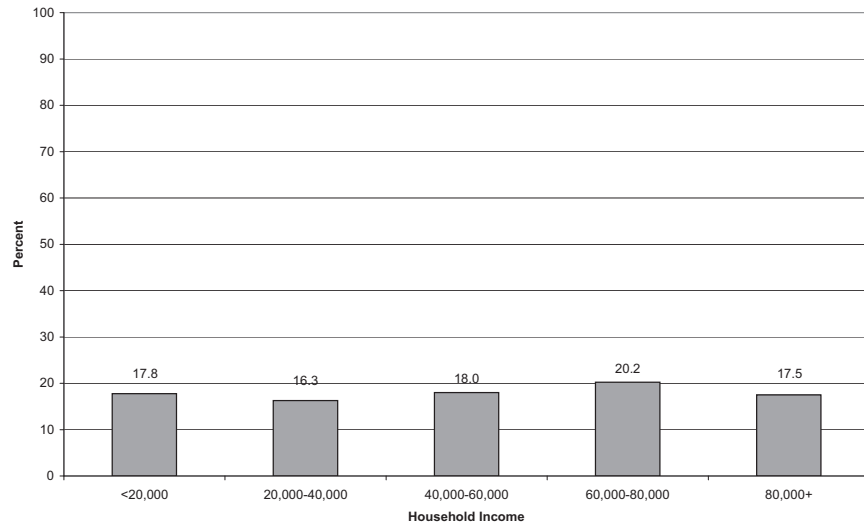
136.5 Percent by Location Where Food Was Prepared



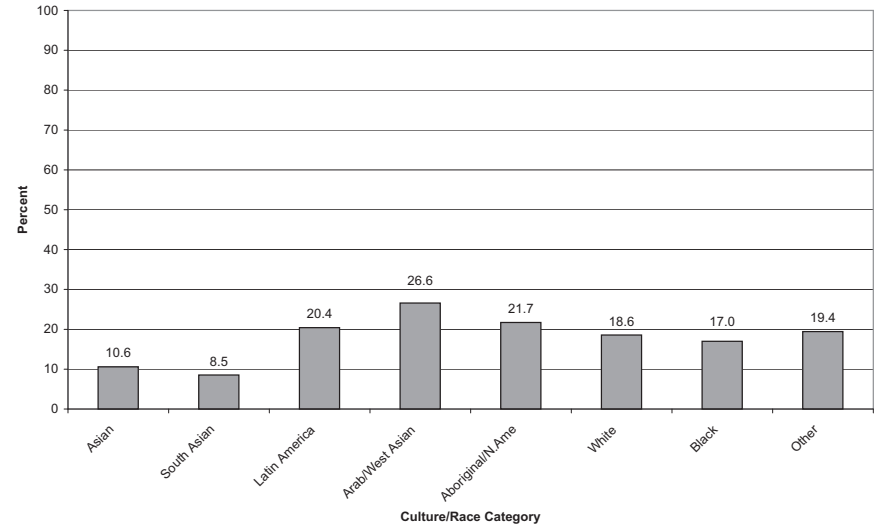
136.6 Percent by Residence



136.7 Percent by Household Income



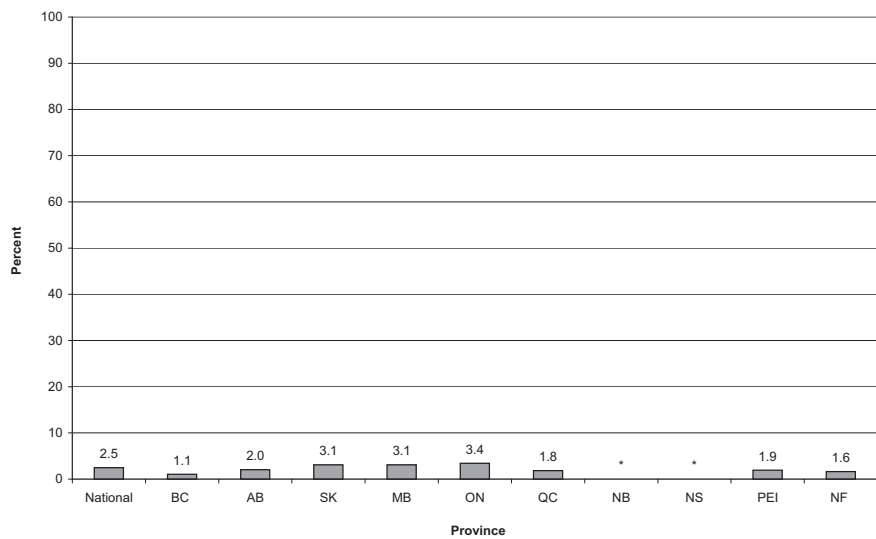
136.8 Percent by Cultural or Racial Origin



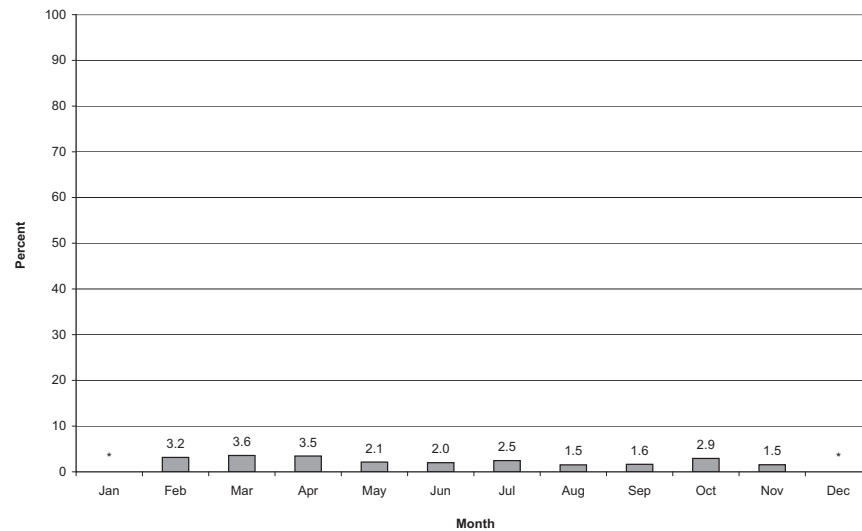
ATE GROUND BEEF-REGULAR IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

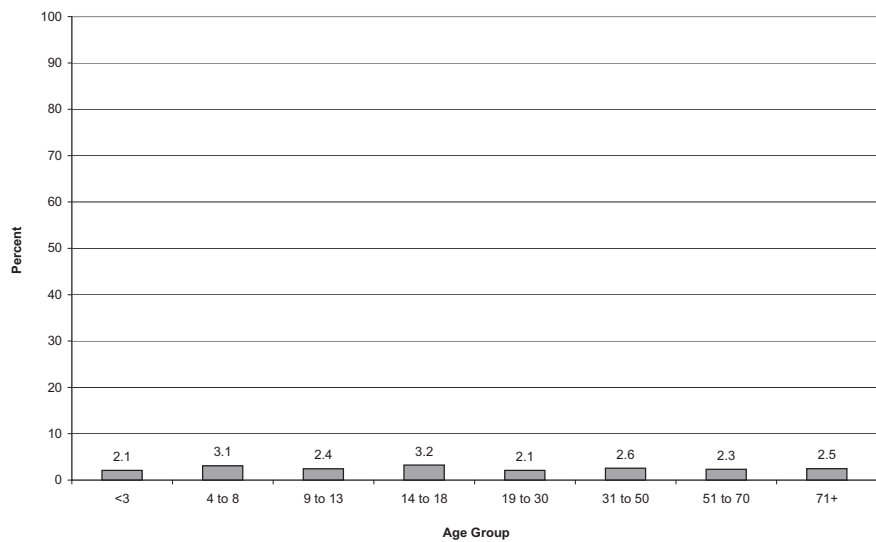
137.1 Percent by Province



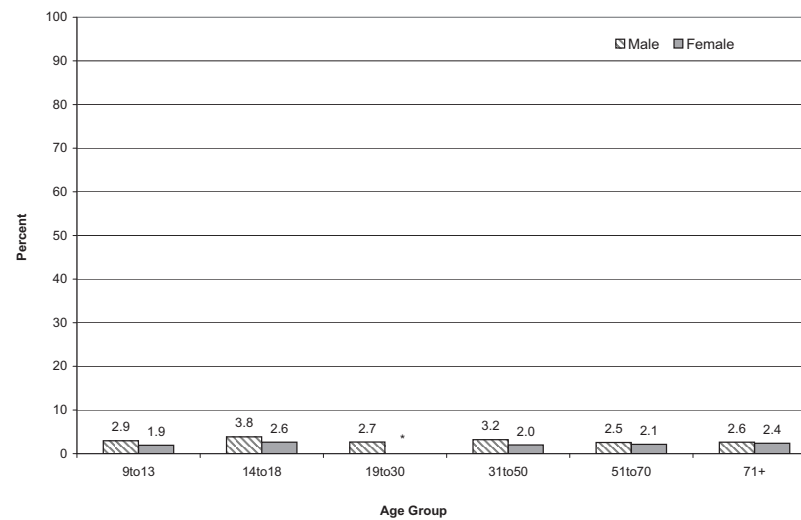
137.2 Percent by Month



137.3 Percent by Age Group



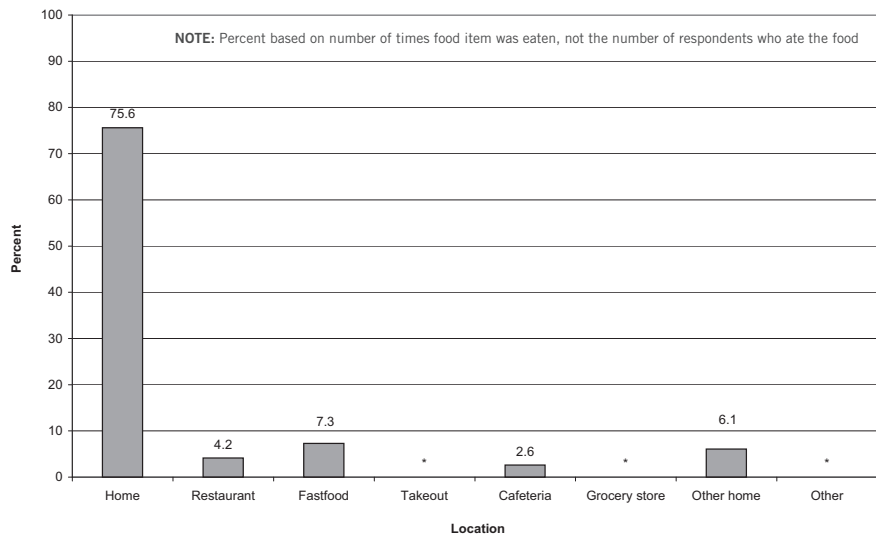
137.4 Percent by Age Group and Sex



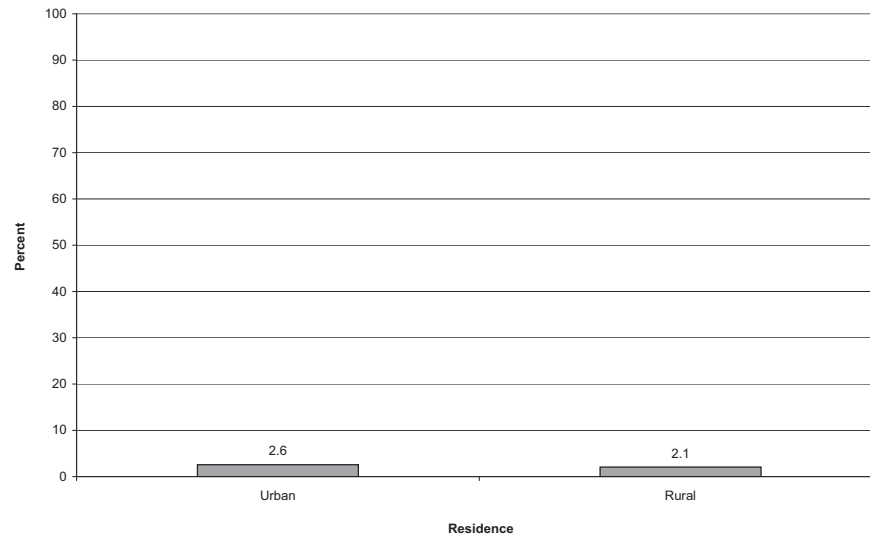
ATE GROUND BEEF-REGULAR IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

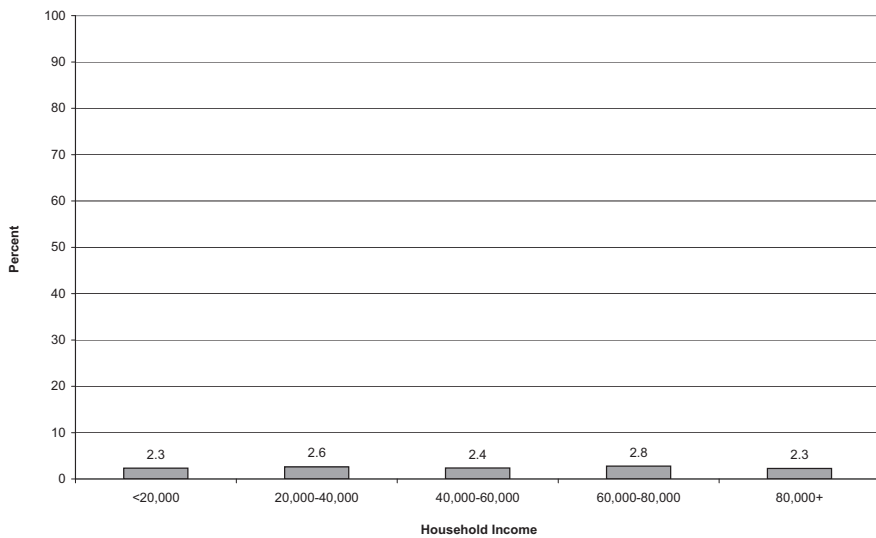
137.5 Percent by Location Where Food Was Prepared



137.6 Percent by Residence



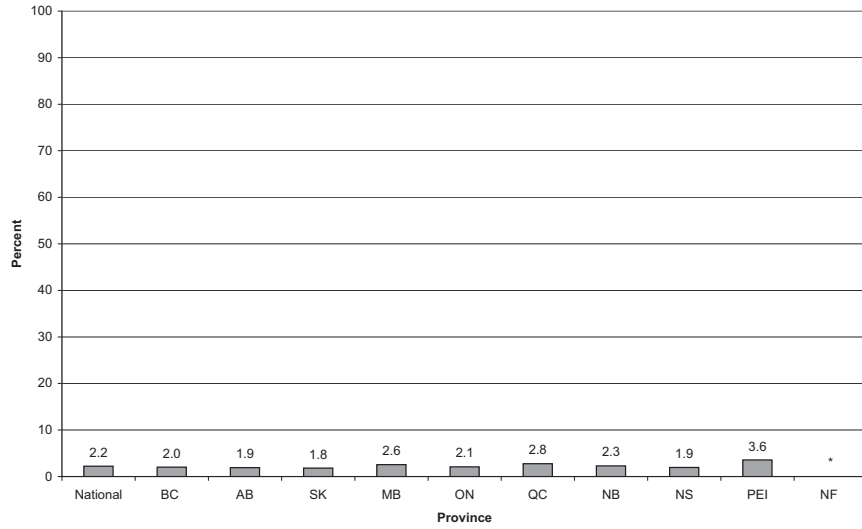
137.7 Percent by Household Income



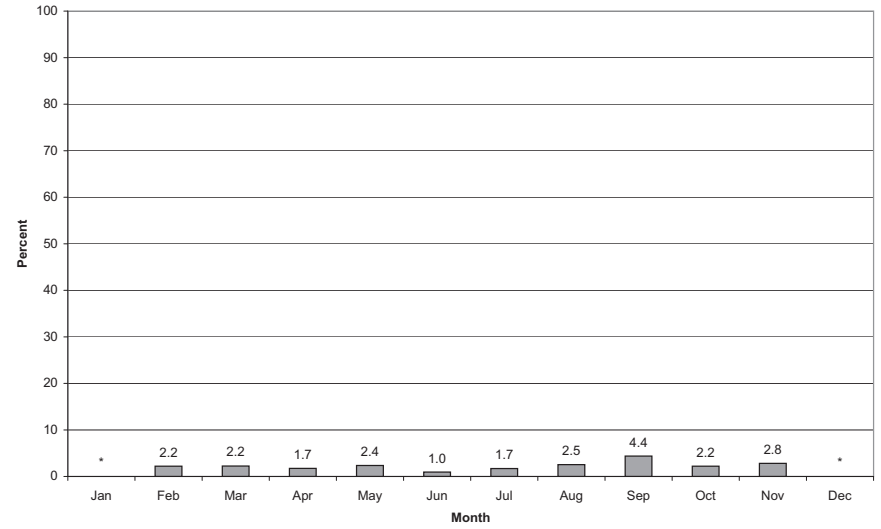
ATE ROAST BEEF (HIP, RUMP) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

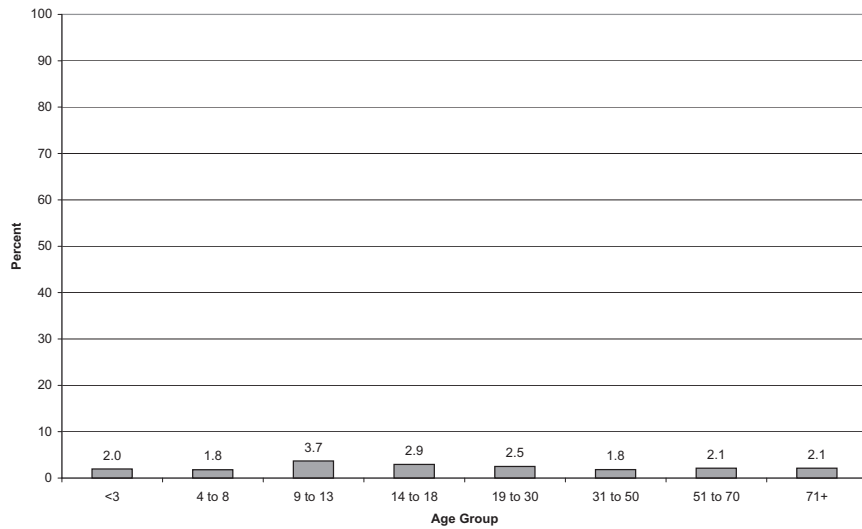
138.1 Percent by Province



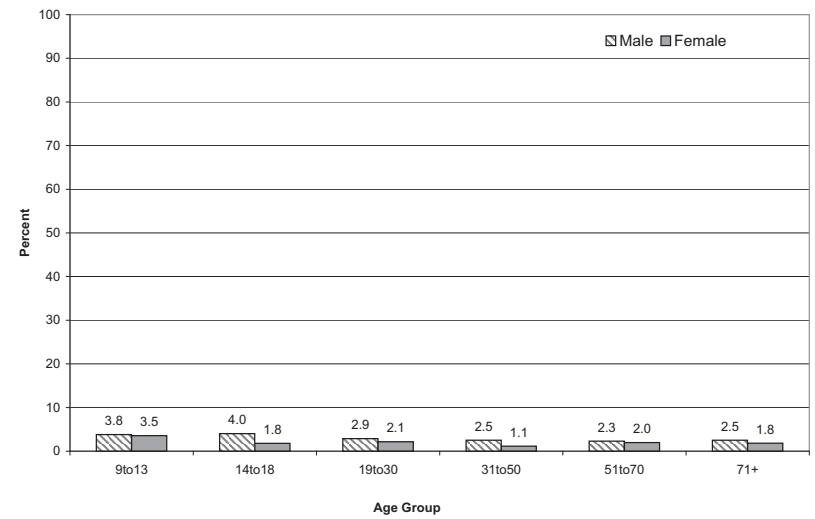
138.2 Percent by Month



138.3 Percent by Age Group



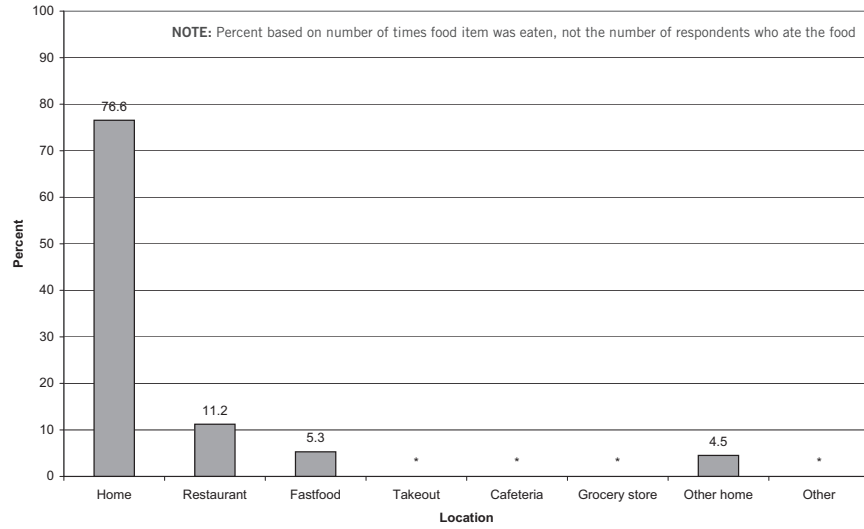
138.4 Percent by Age Group and Sex



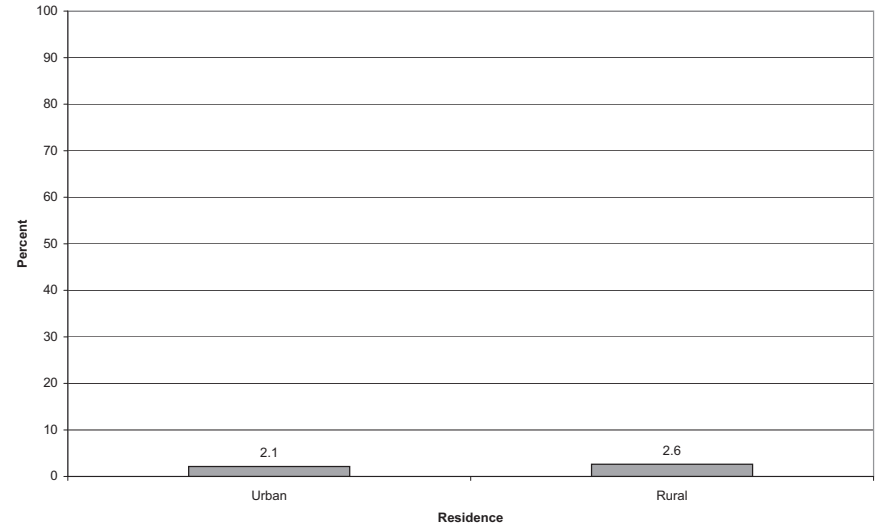
ATE ROAST BEEF (HIP, RUMP) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

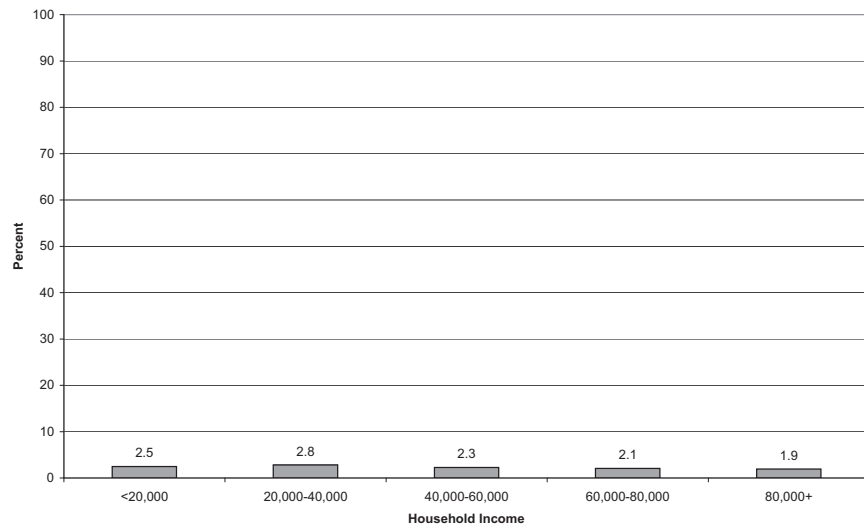
138.5 Percent by Location Where Food Was Prepared



138.6 Percent by Residence



138.7 Percent by Household Income

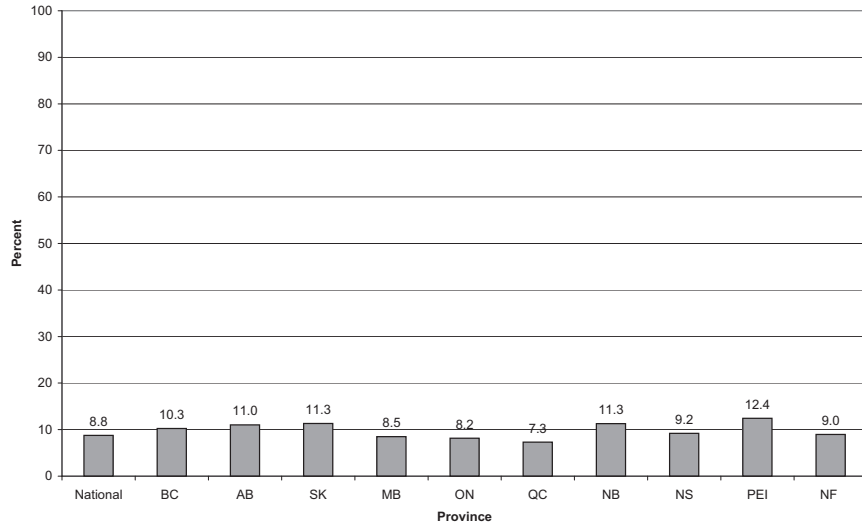


— COOKED OR PROCESSED MEATS —

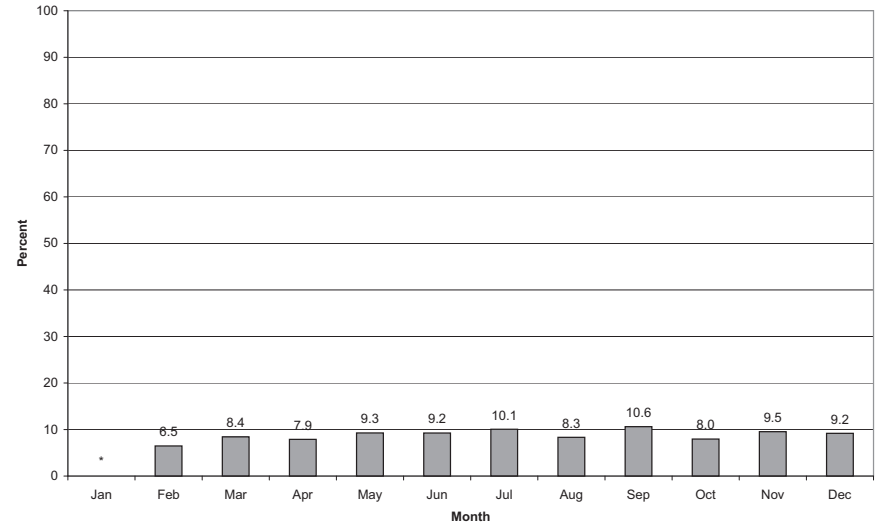
ATE BACON (OVERALL) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

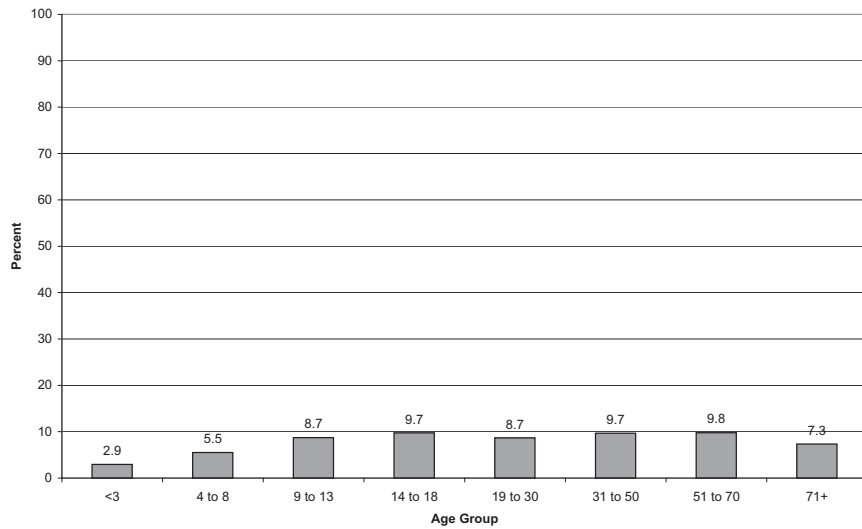
139.1 Percent by Province



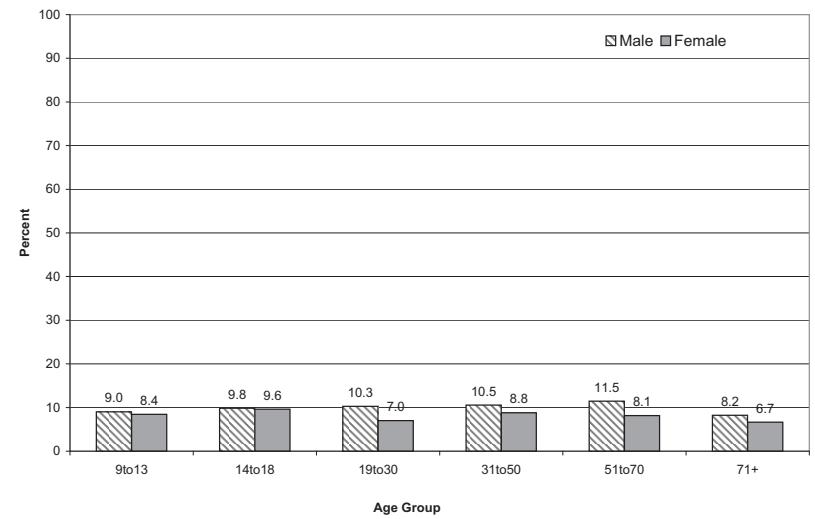
139.2 Percent by Month



139.3 Percent by Age Group



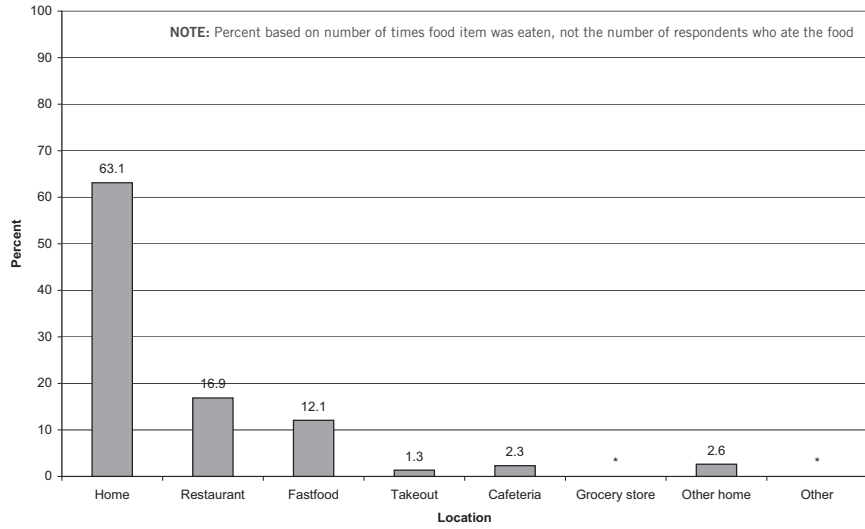
139.4 Percent by Age Group and Sex



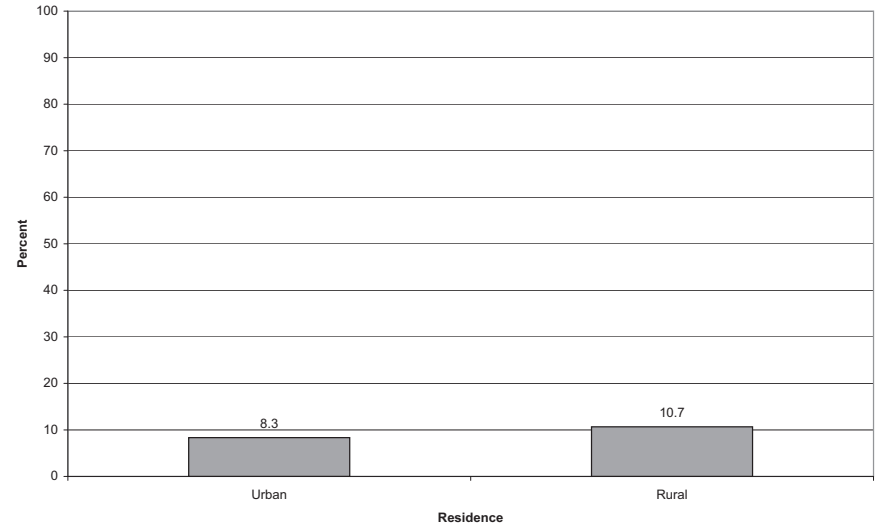
ATE BACON (OVERALL) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

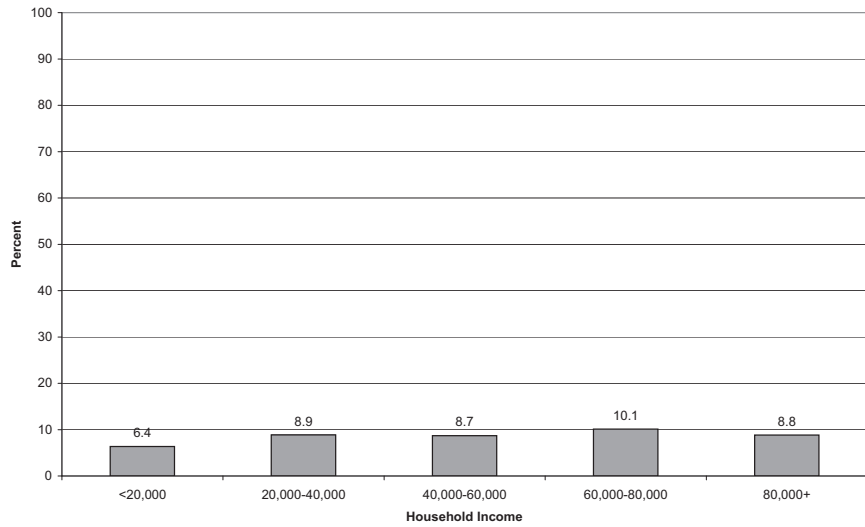
139.5 Percent by Location Where Food Was Prepared



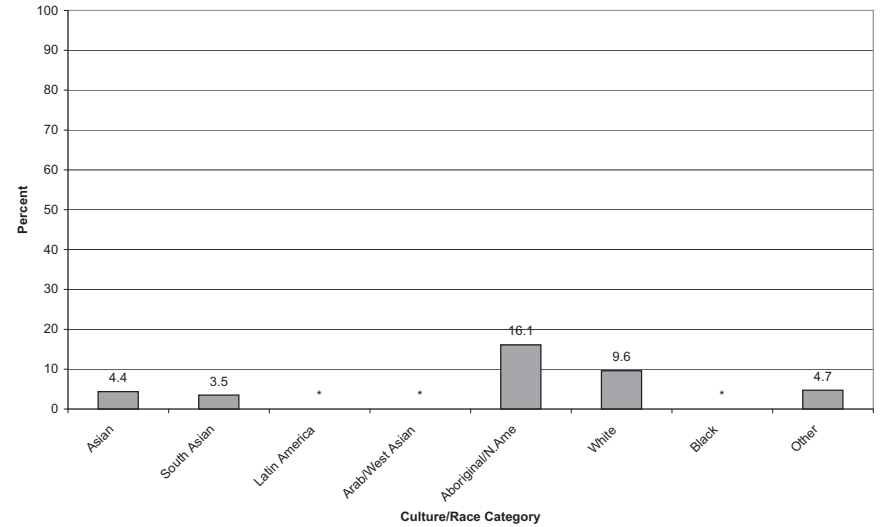
139.6 Percent by Residence



139.7 Percent by Household Income



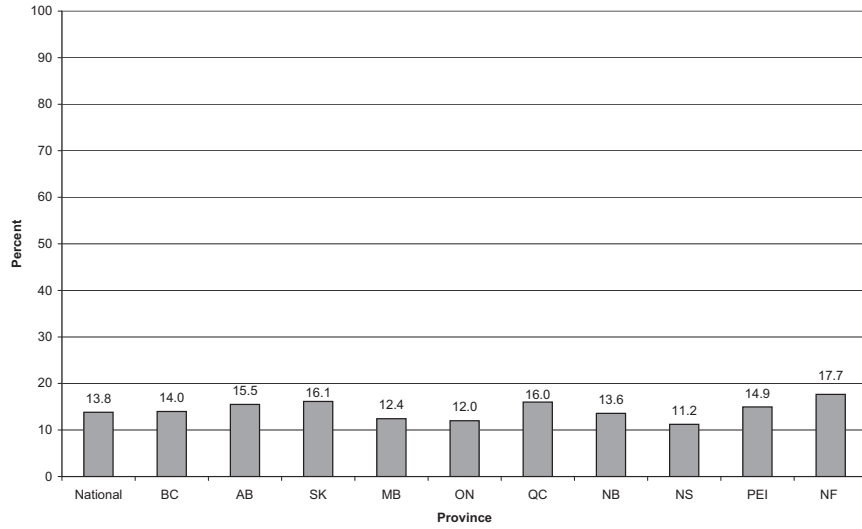
139.8 Percent by Cultural or Racial Origin



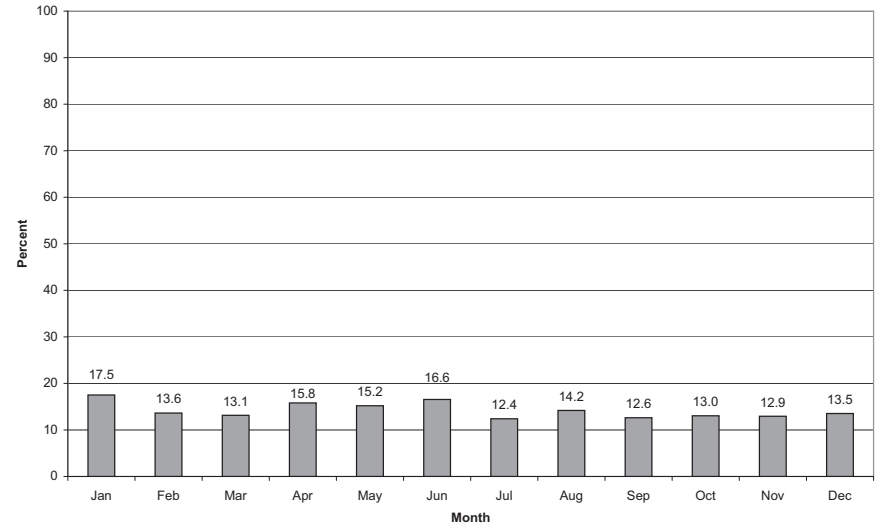
ATE HAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

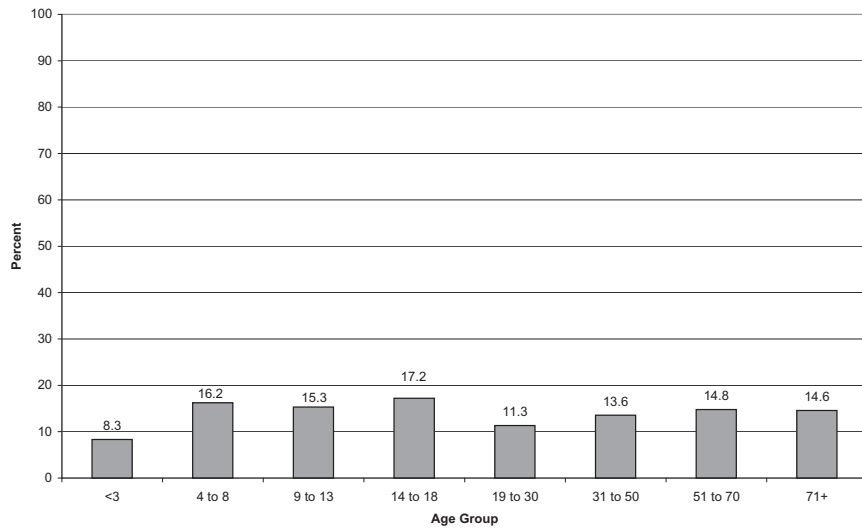
141.1 Percent by Province



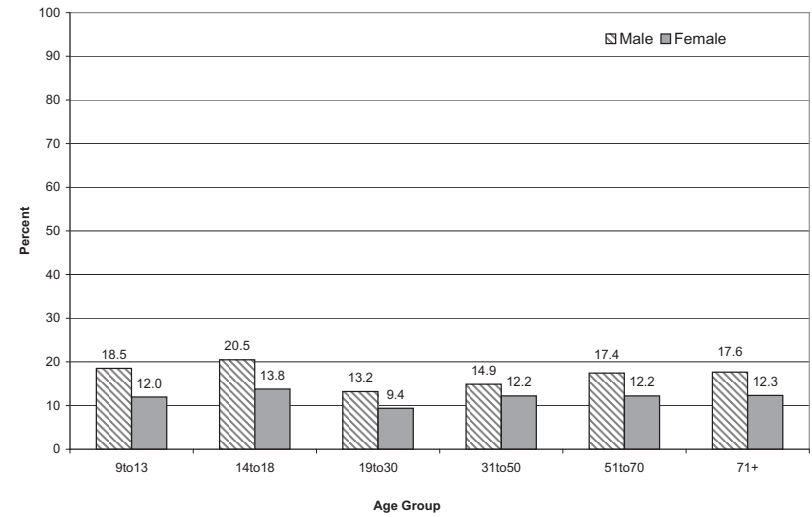
141.2 Percent by Month



141.3 Percent by Age Group



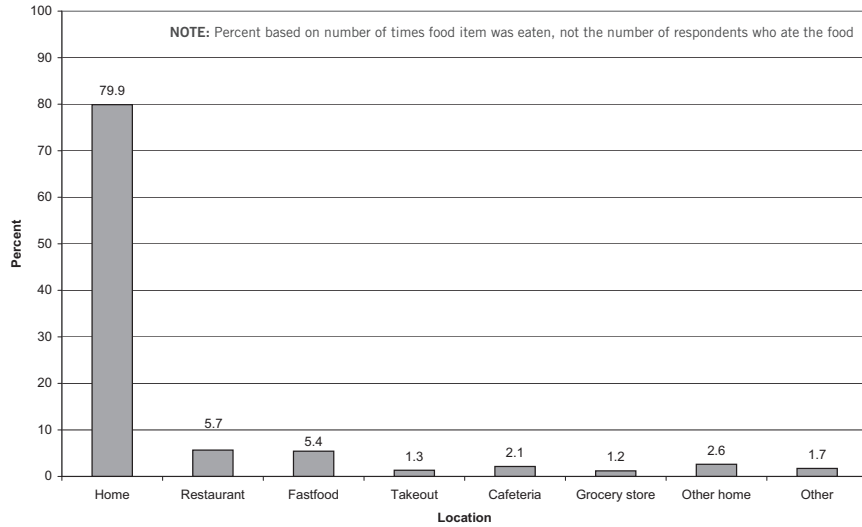
141.4 Percent by Age Group and Sex



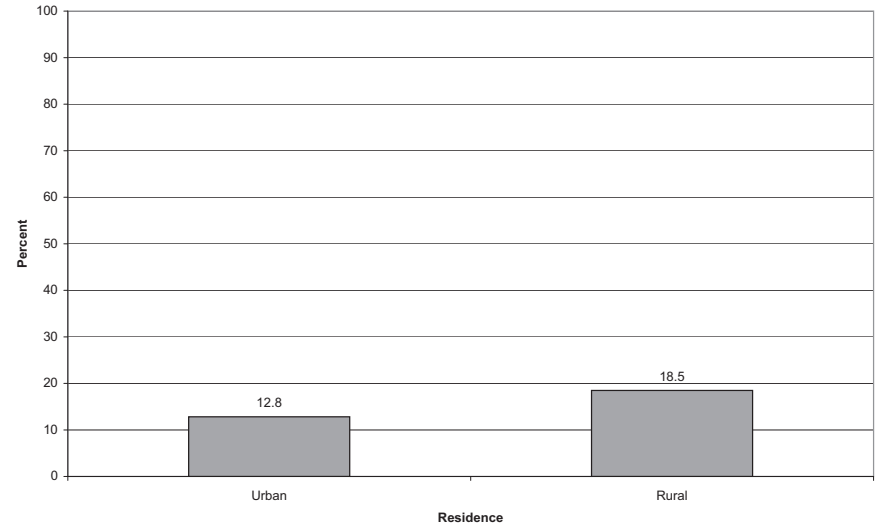
ATE HAM IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

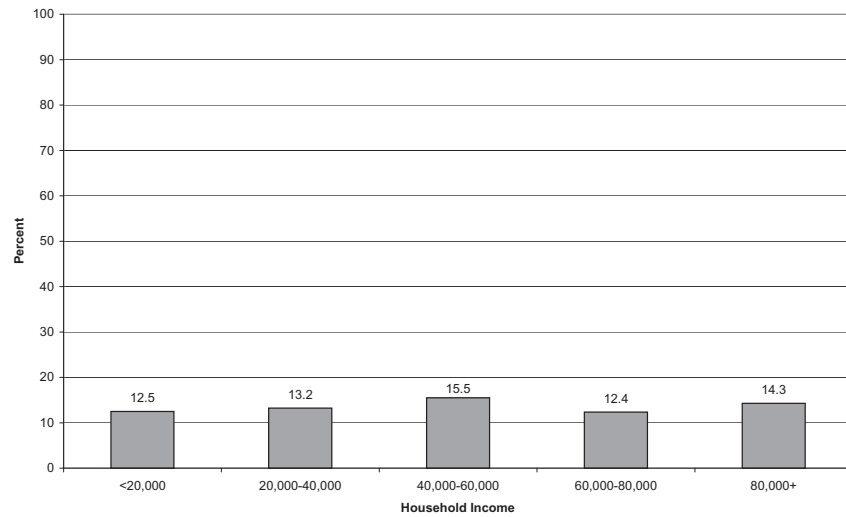
141.5 Percent by Location Where Food Was Prepared



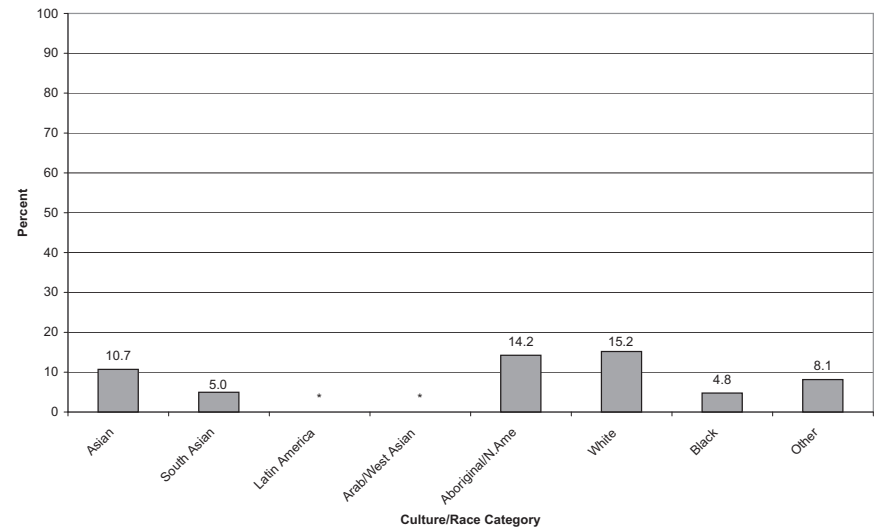
141.6 Percent by Residence



141.7 Percent by Household Income



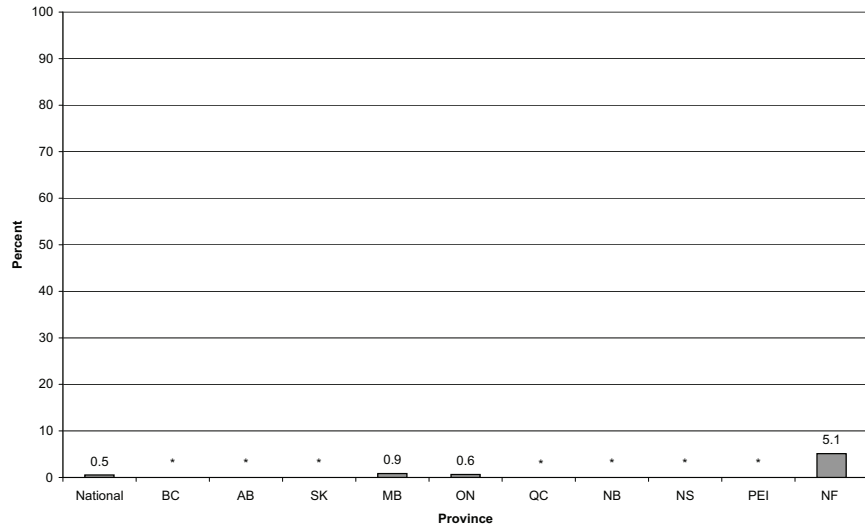
141.8 Percent by Cultural or Racial Origin



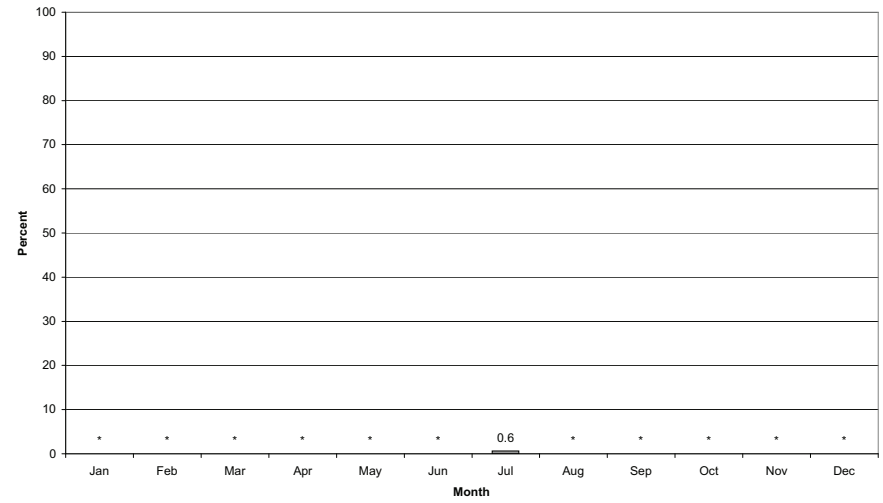
ATE CORNED BEEF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

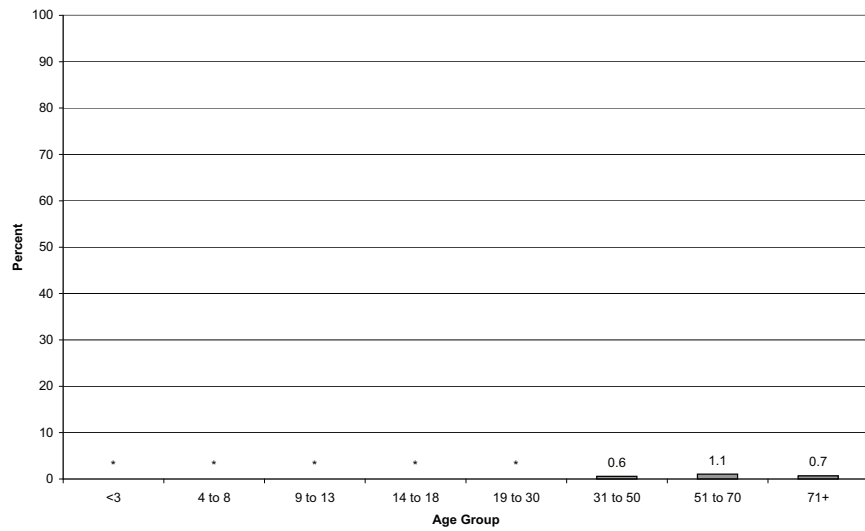
142.1 Percent by Province



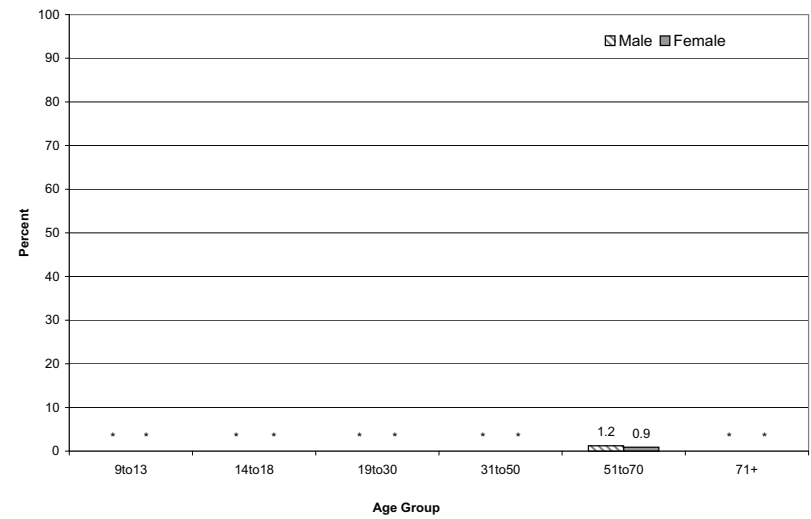
142.2 Percent by Month



142.3 Percent by Age Group



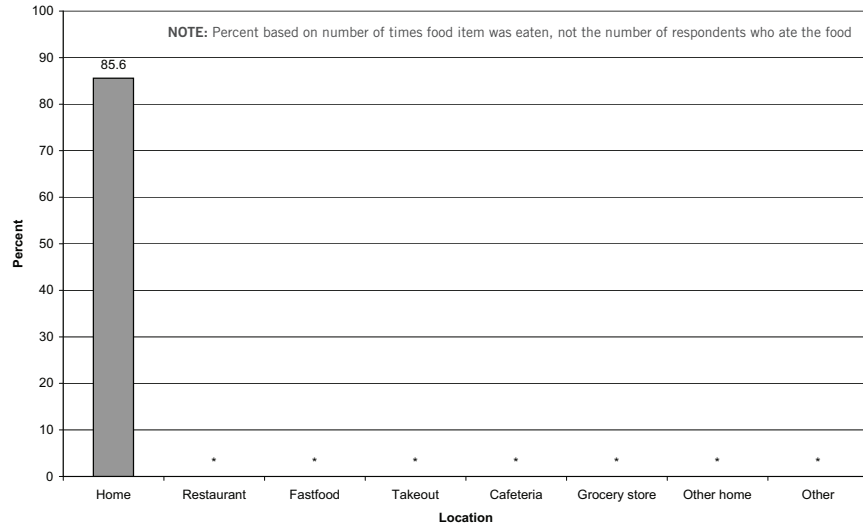
142.4 Percent by Age Group and Sex



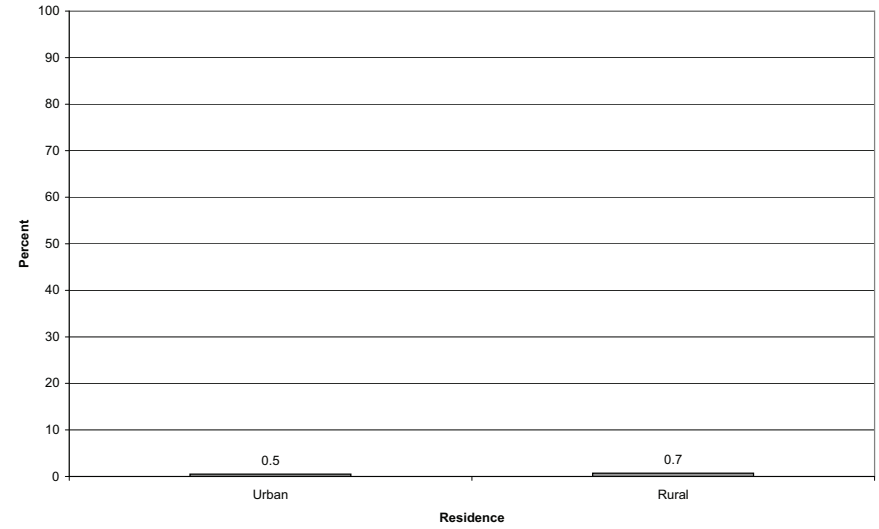
ATE CORNED BEEF IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

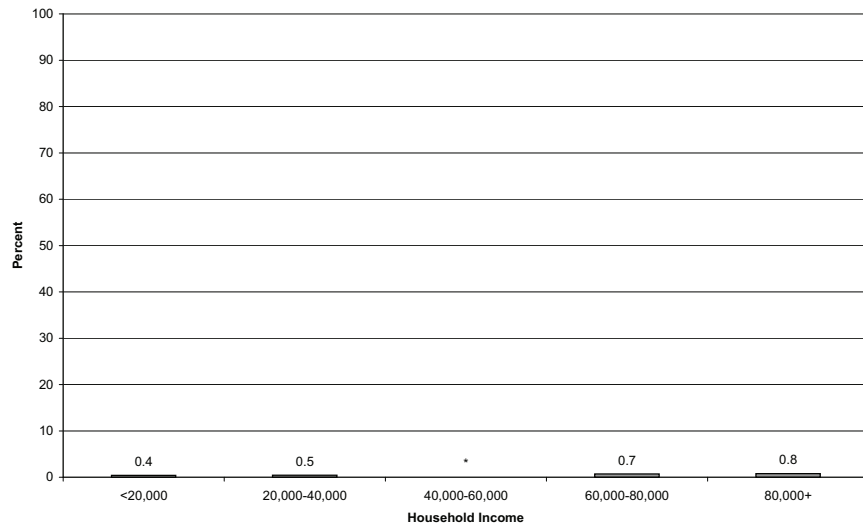
142.5 Percent by Location Where Food Was Prepared



142.6 Percent by Residence



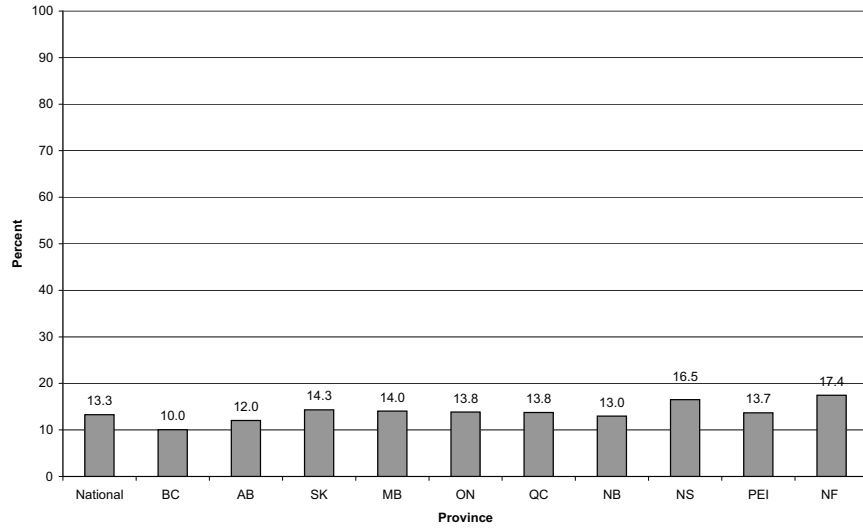
142.7 Percent by Household Income



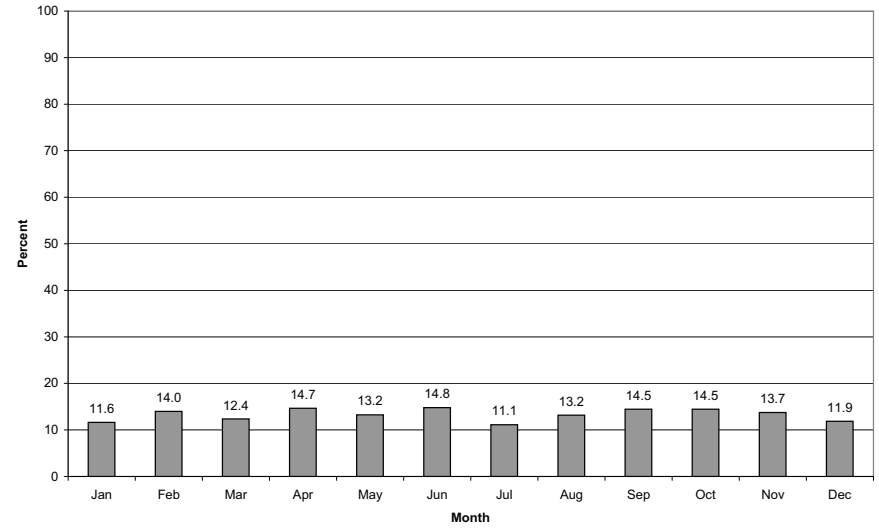
ATE DELI MEATS/COLD CUTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

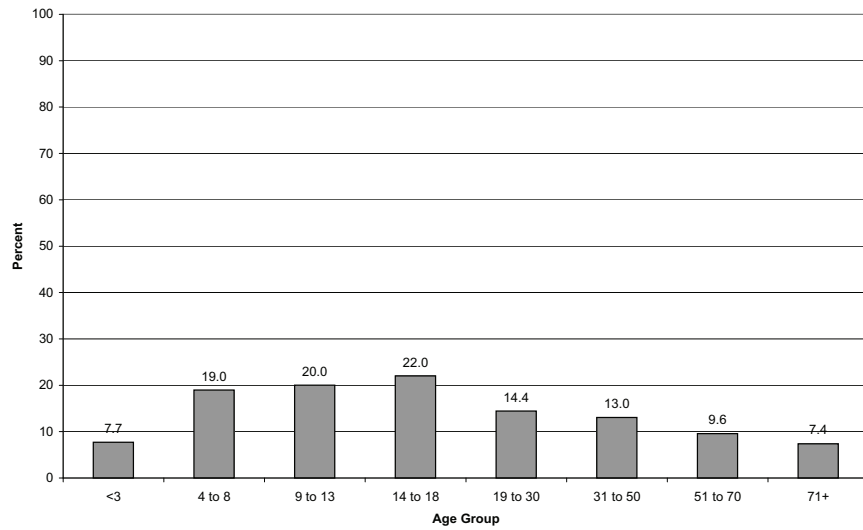
143.1 Percent by Province



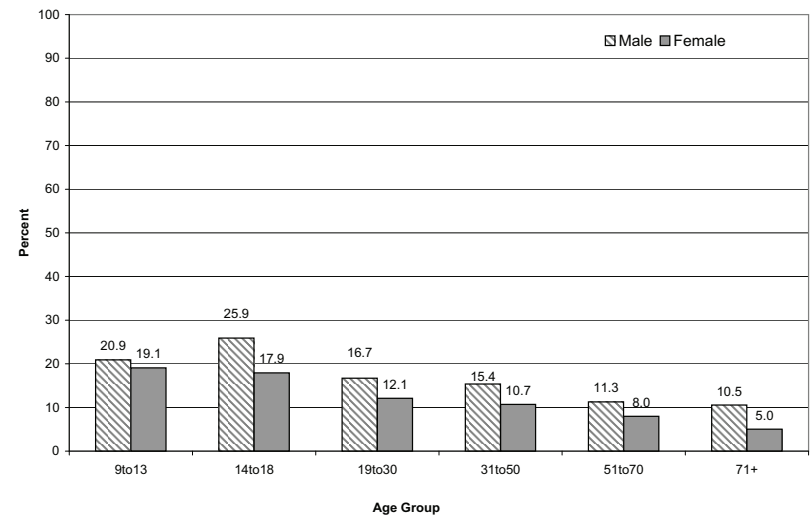
143.2 Percent by Month



143.3 Percent by Age Group



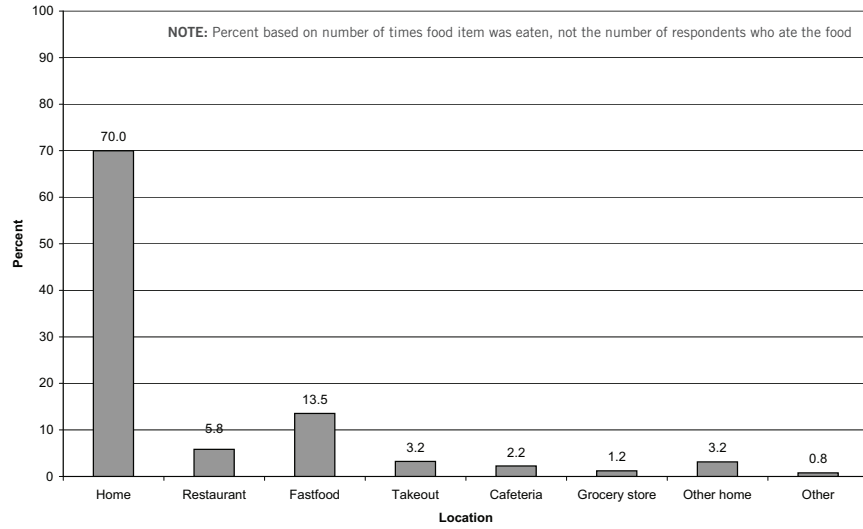
143.4 Percent by Age Group and Sex



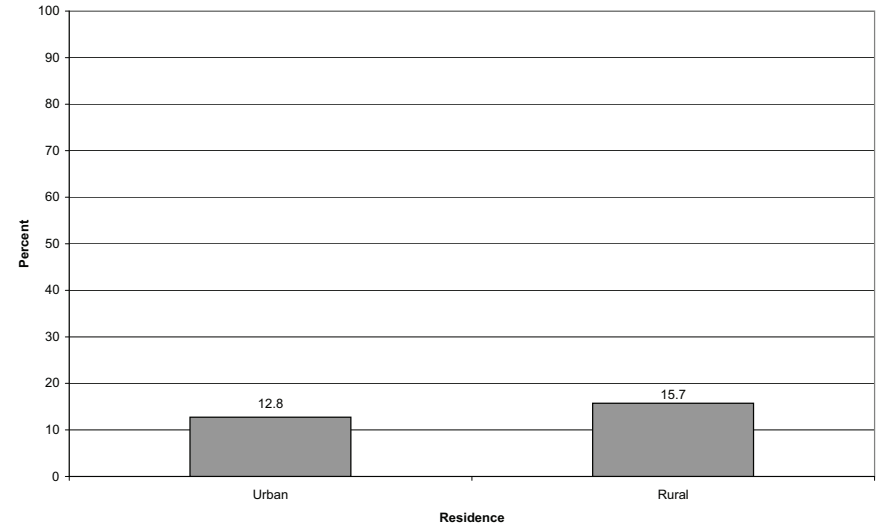
ATE DELI MEATS/COLD CUTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

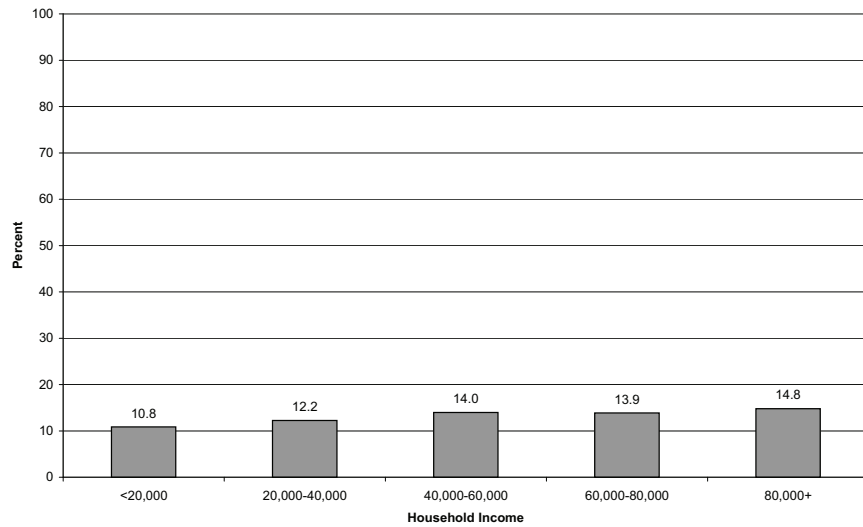
143.5 Percent by Location Where Food Was Prepared



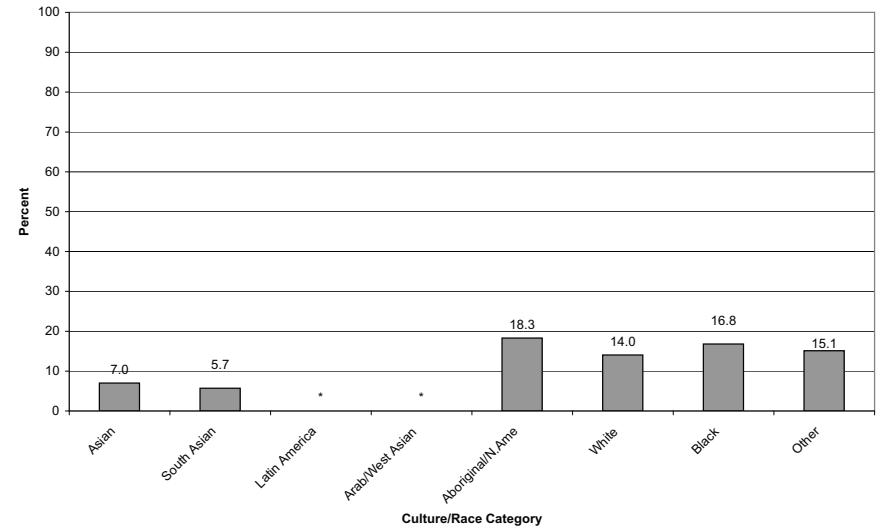
143.6 Percent by Residence



143.7 Percent by Household Income



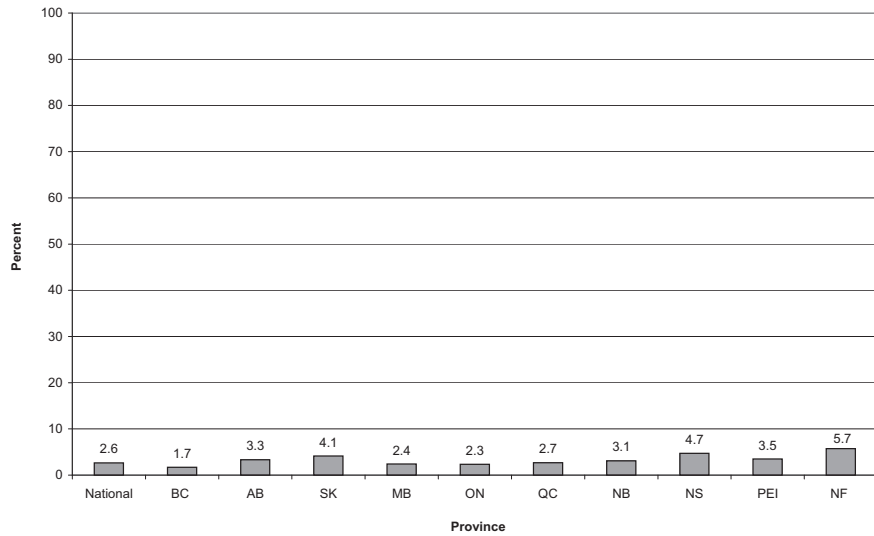
143.8 Percent by Cultural or Racial Origin



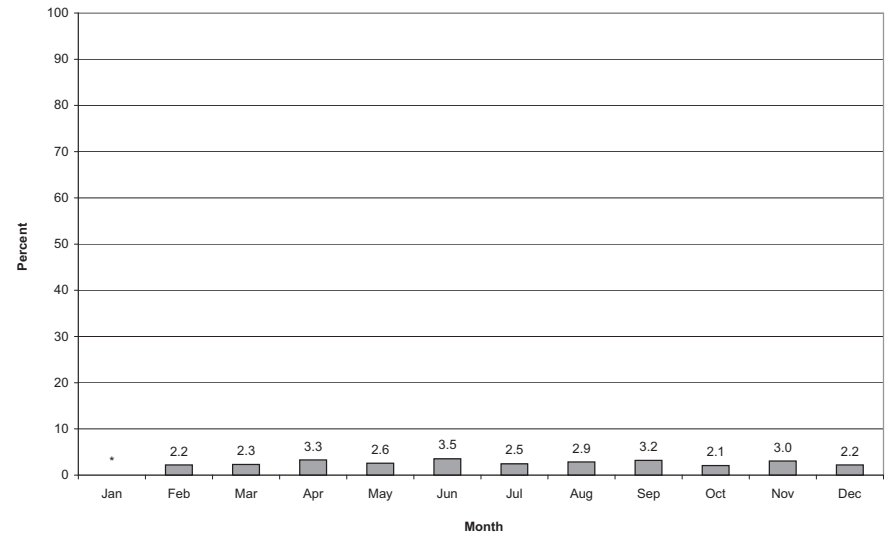
ATE BOLOGNA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

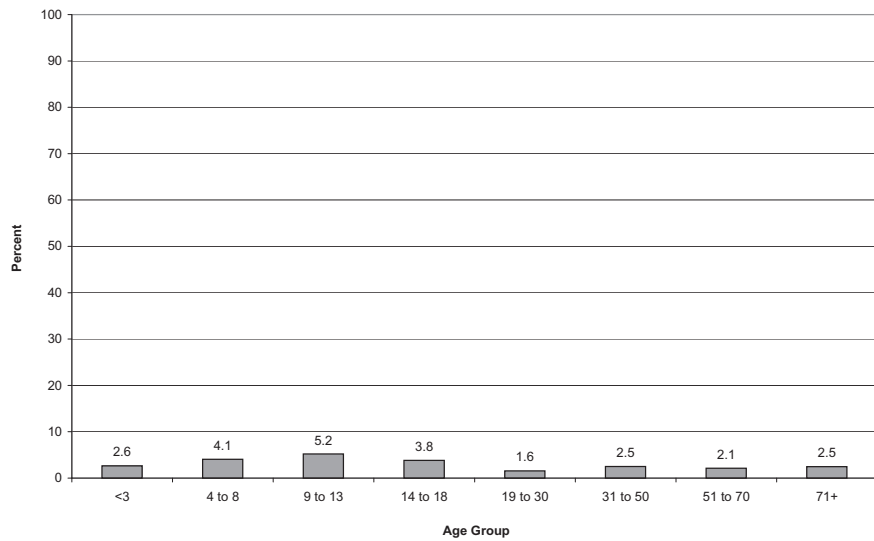
144.1 Percent by Province



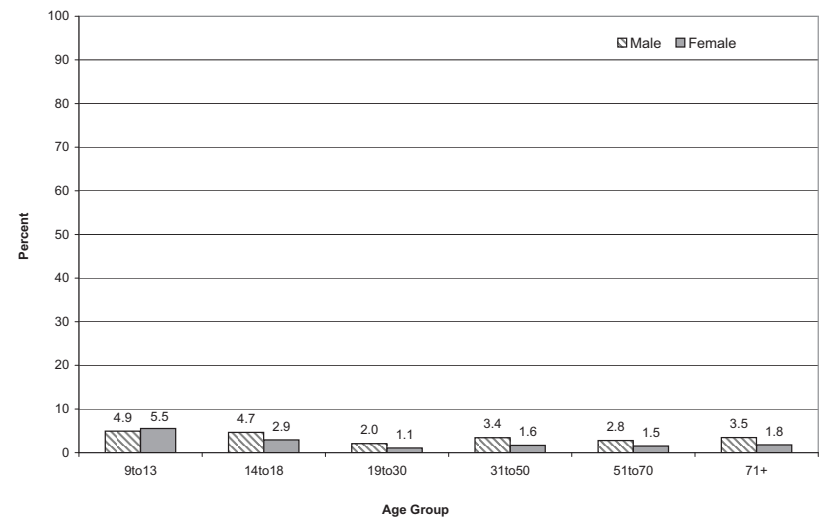
144.2 Percent by Month



144.3 Percent by Age Group



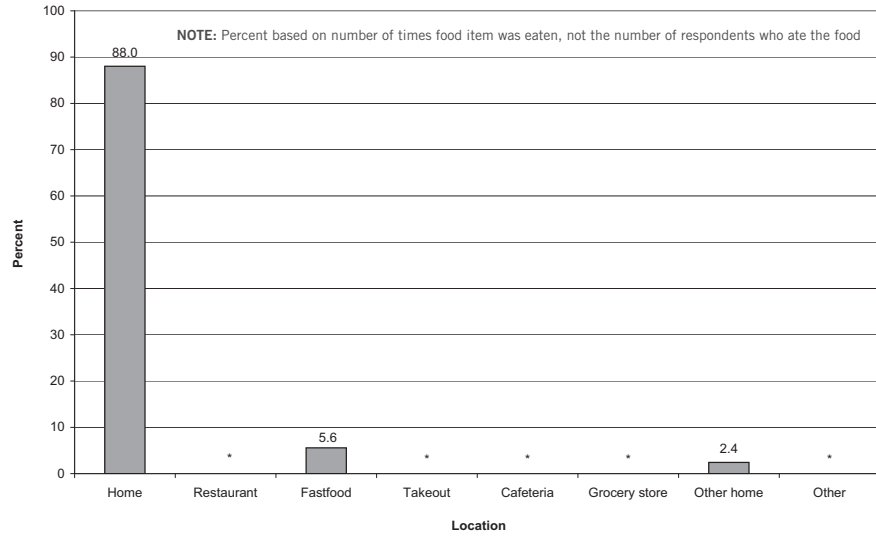
144.4 Percent by Age Group and Sex



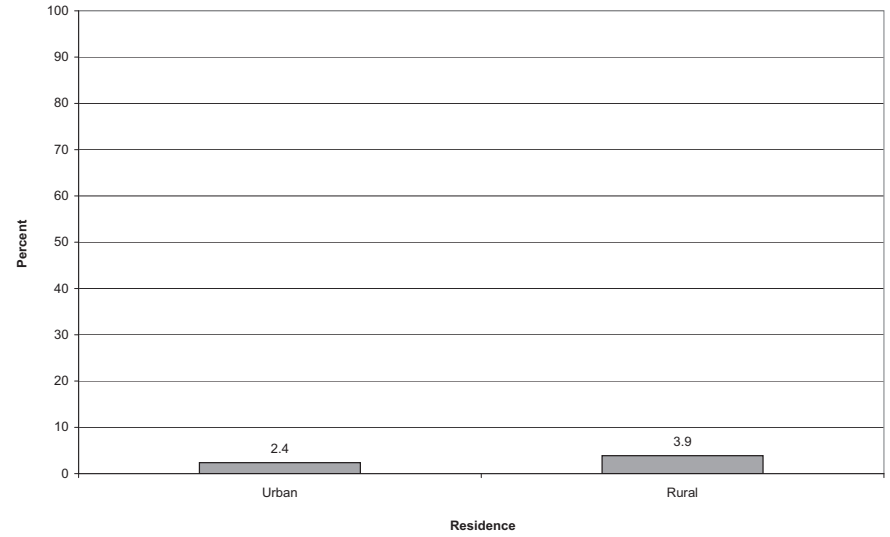
ATE BOLOGNA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

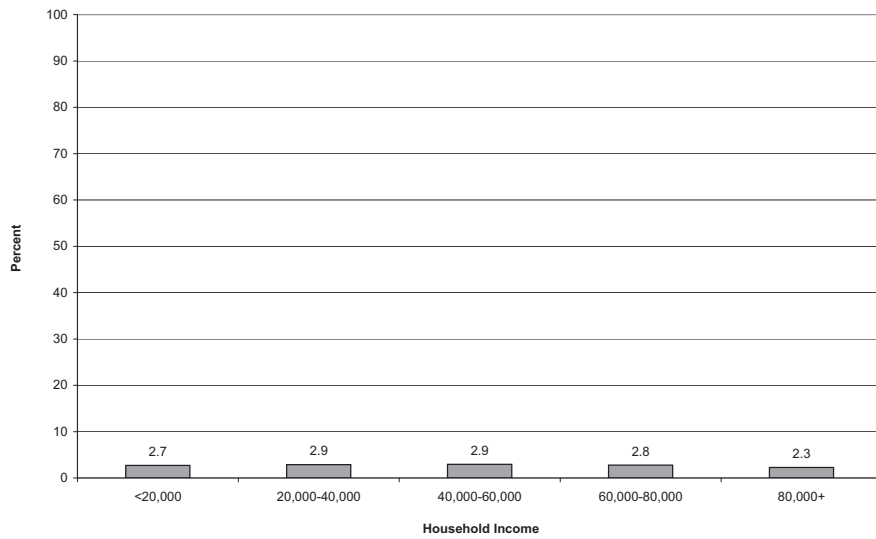
144.5 Percent by Location Where Food Was Prepared



144.6 Percent by Residence



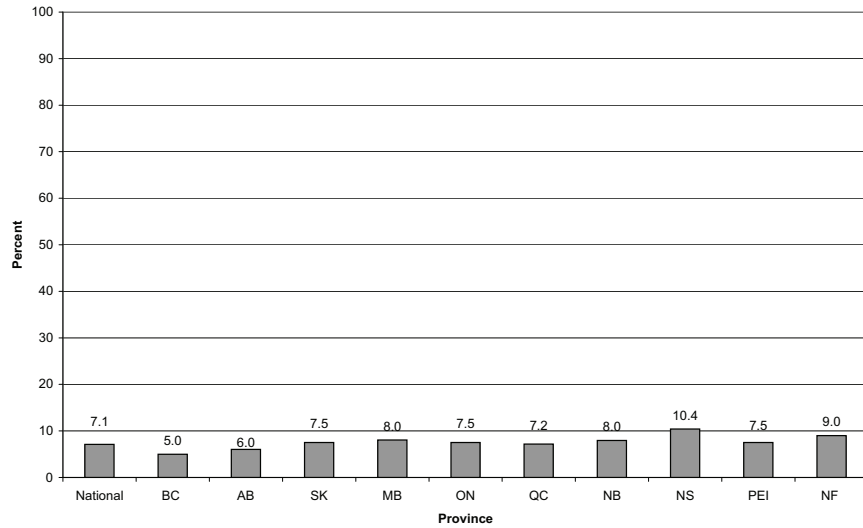
144.7 Percent by Household Income



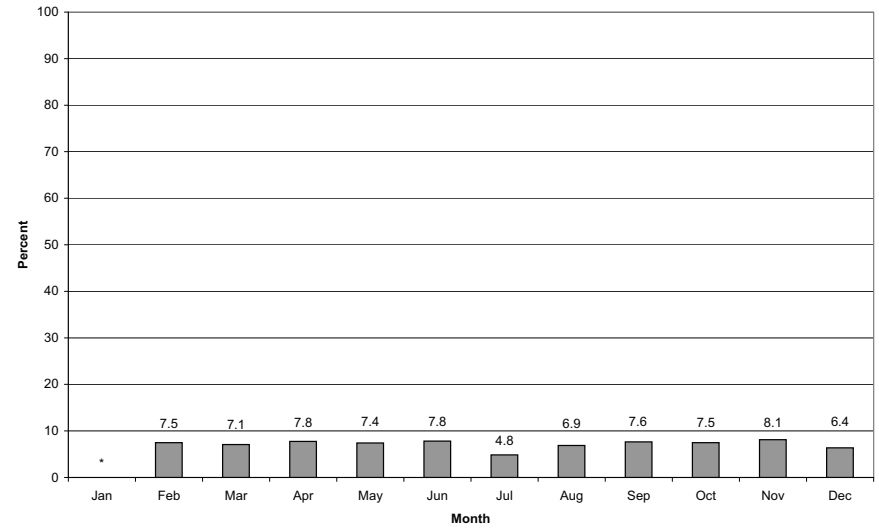
ATE PEPPERONI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

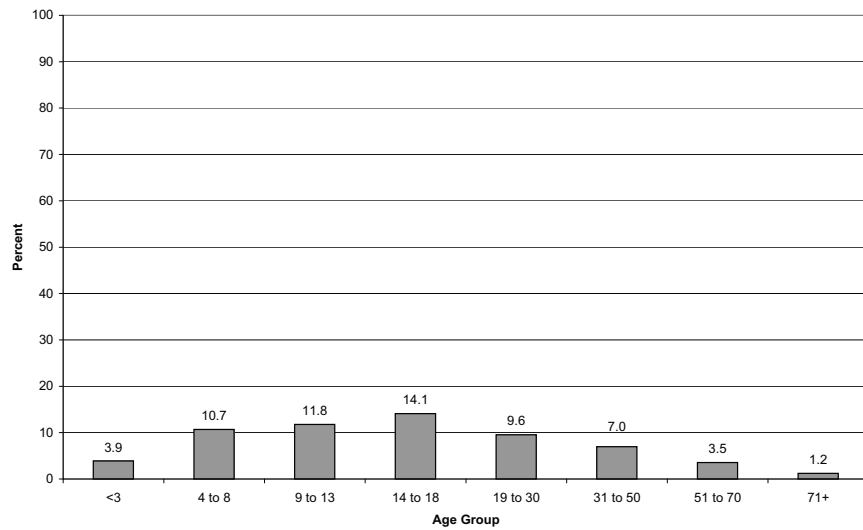
147.1 Percent by Province



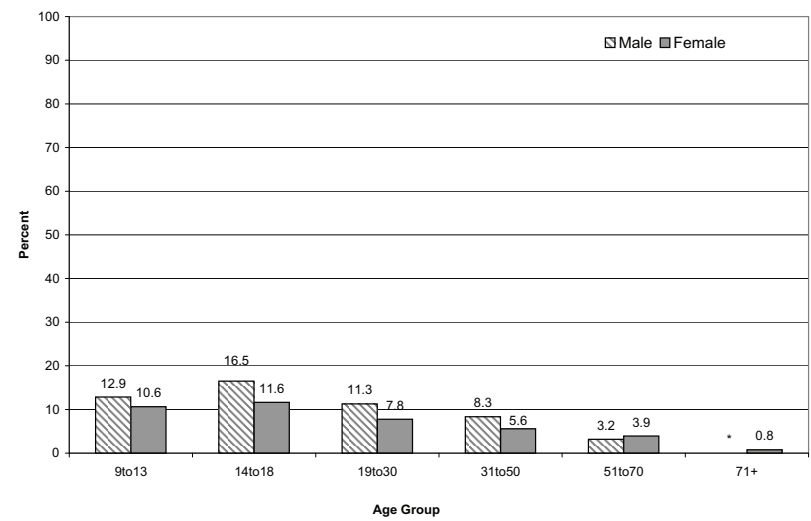
147.2 Percent by Month



147.3 Percent by Age Group



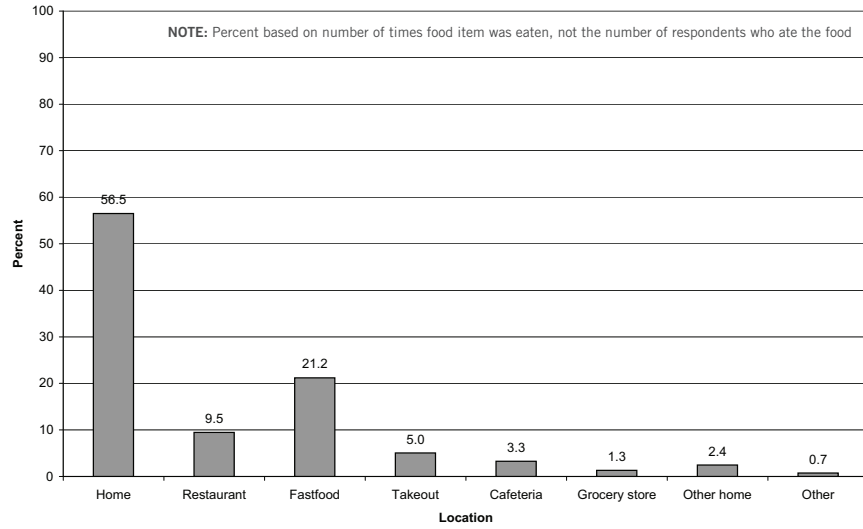
147.4 Percent by Age Group and Sex



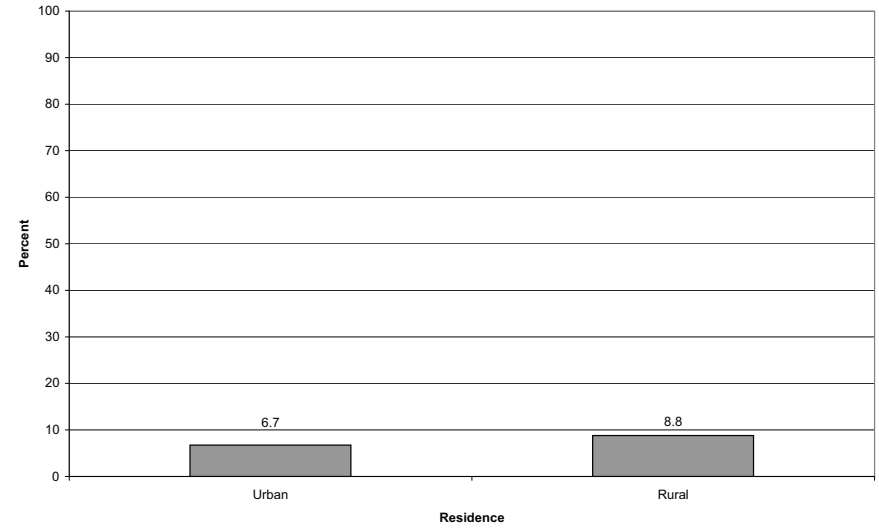
ATE PEPPERONI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

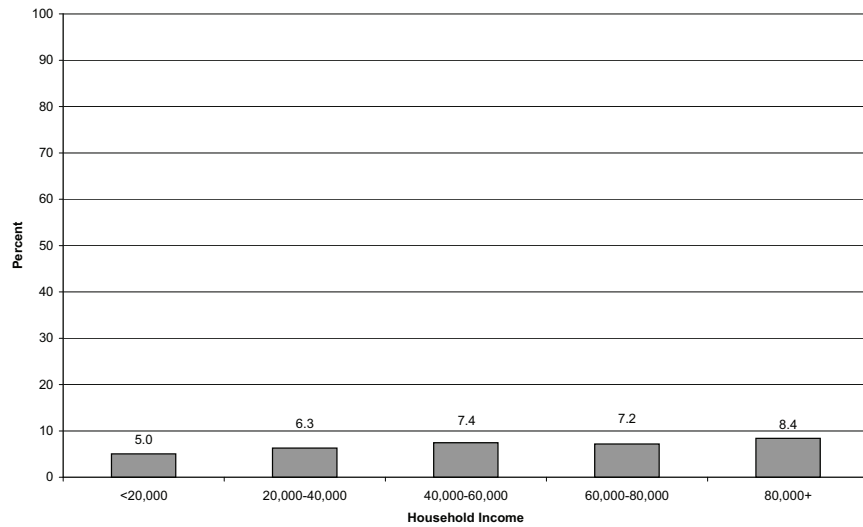
147.5 Percent by Location Where Food Was Prepared



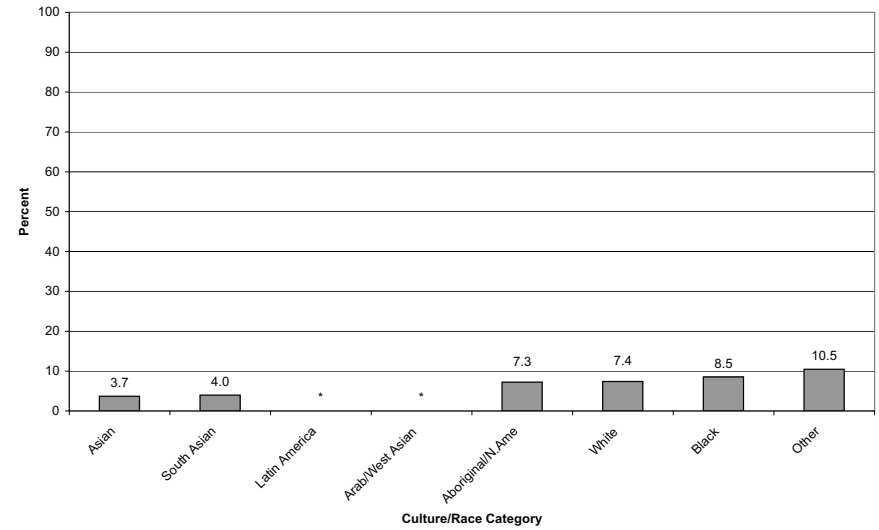
147.6 Percent by Residence



147.7 Percent by Household Income



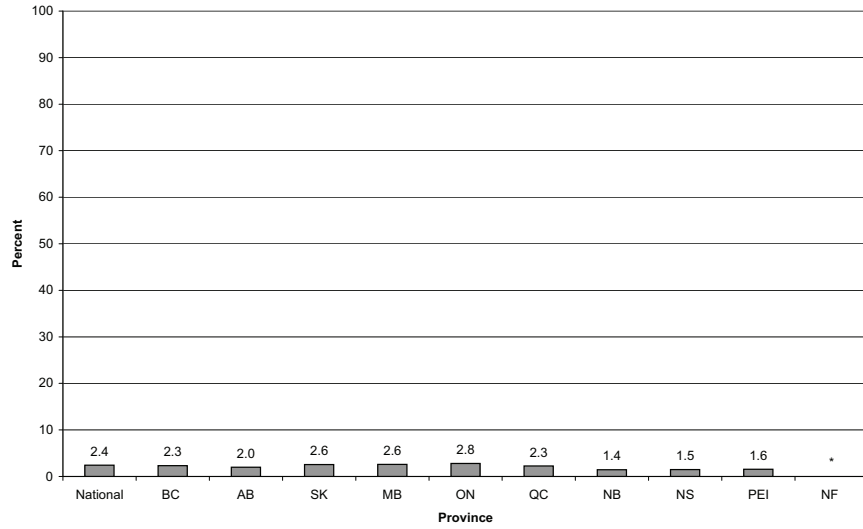
147.8 Percent by Cultural or Racial Origin



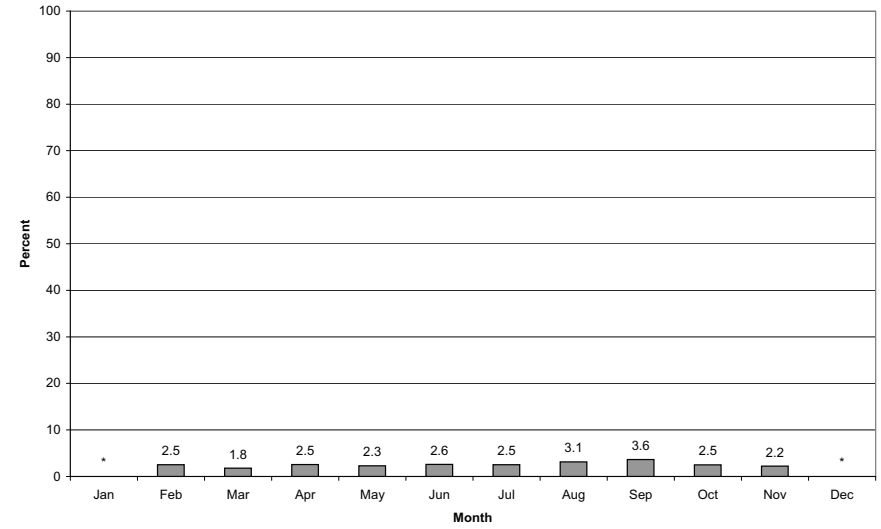
ATE SALAMI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

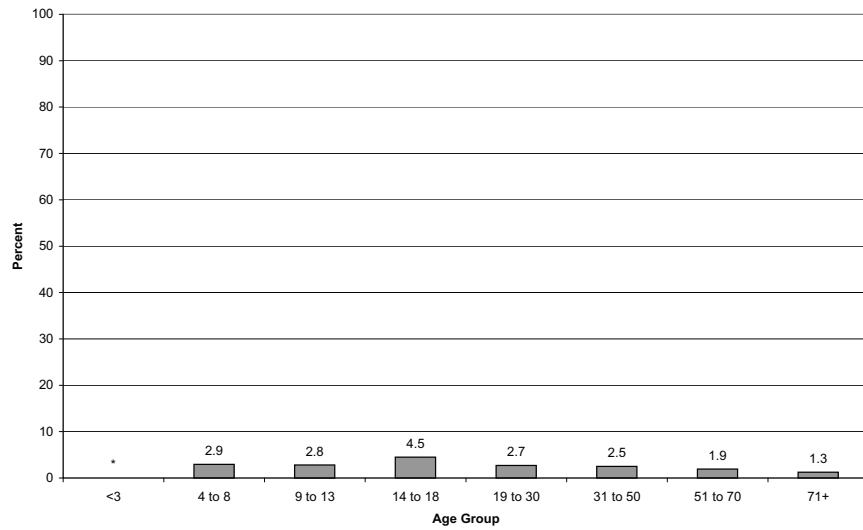
148.1 Percent by Province



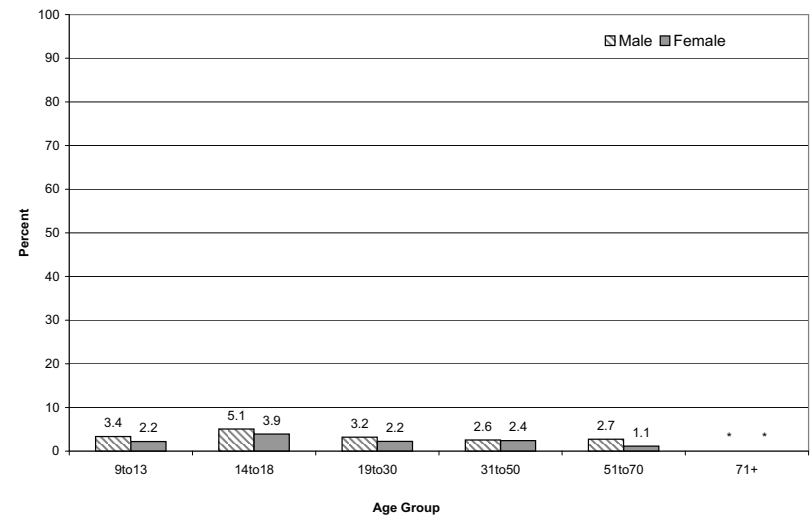
148.2 Percent by Month



148.3 Percent by Age Group



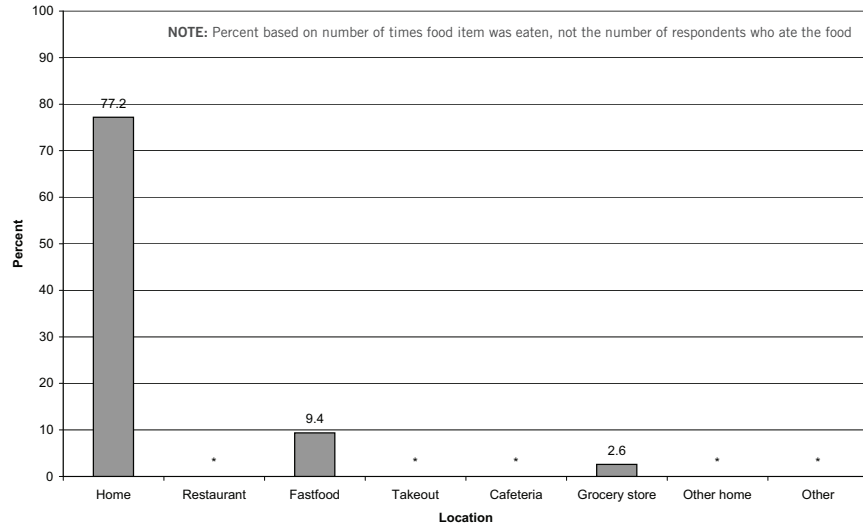
148.4 Percent by Age Group and Sex



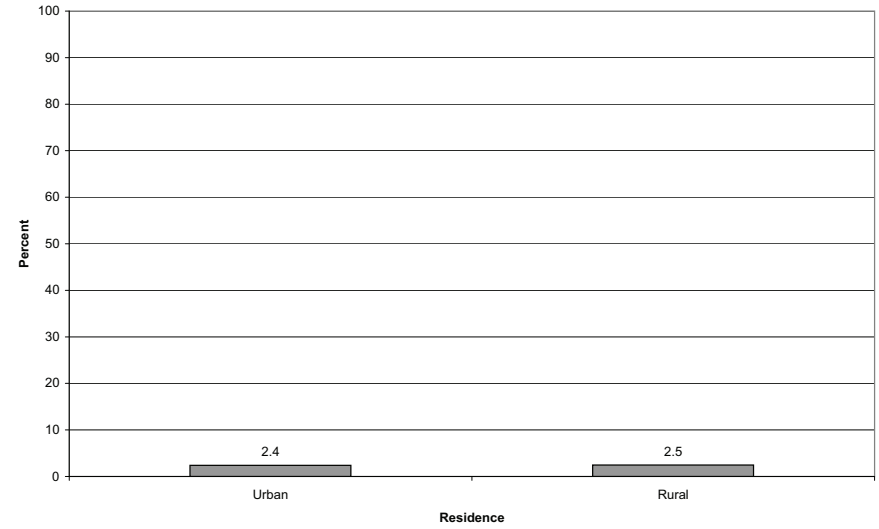
ATE SALAMI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

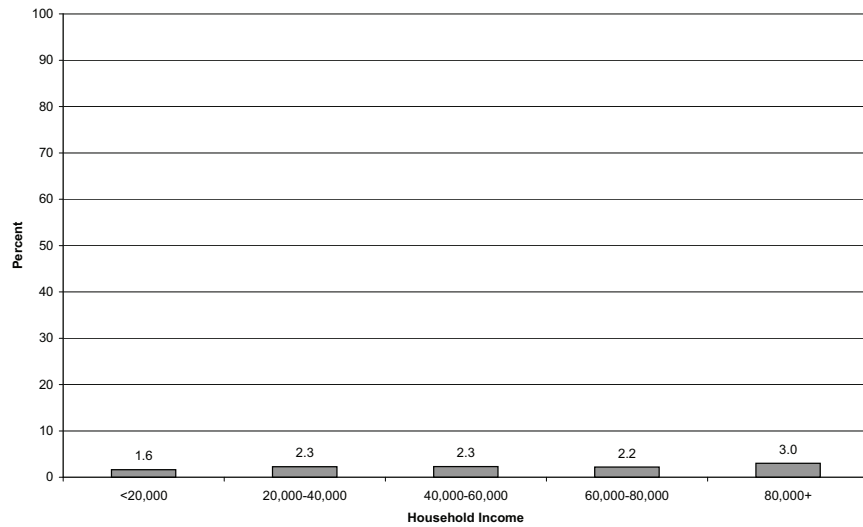
148.5 Percent by Location Where Food Was Prepared



148.6 Percent by Residence



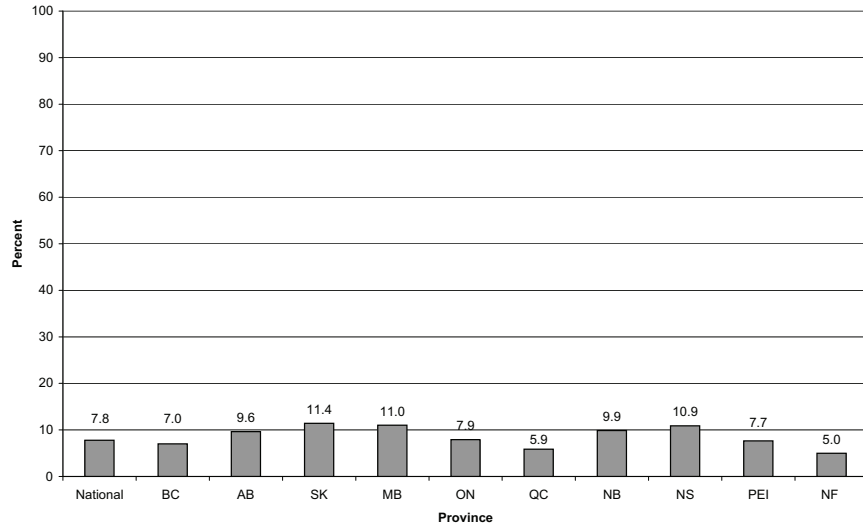
148.7 Percent by Household Income



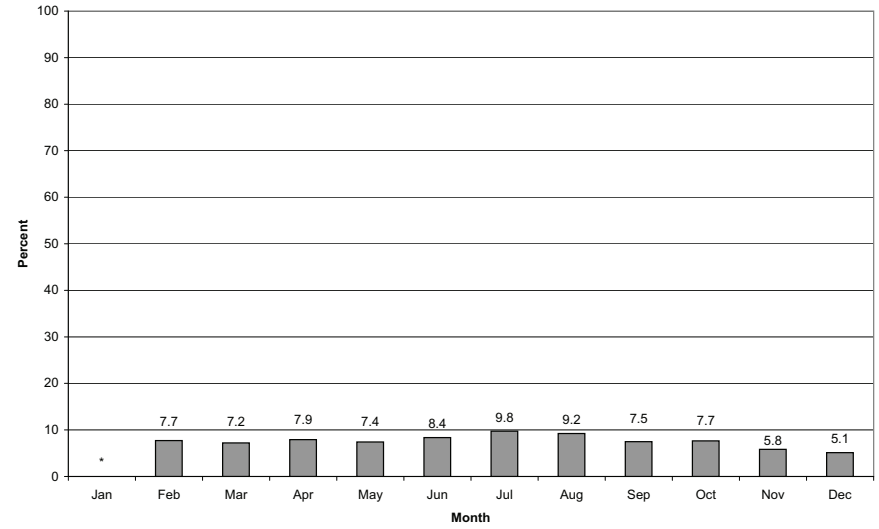
ATE HAMBURGERS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

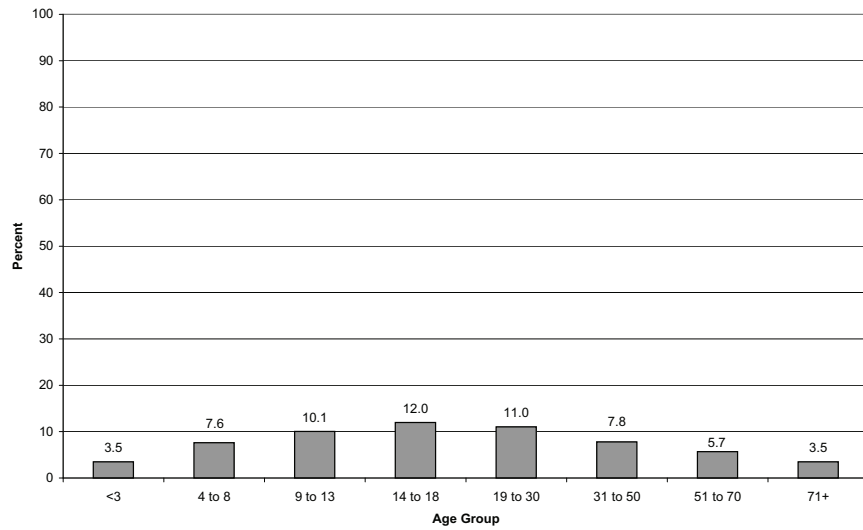
150.1 Percent by Province



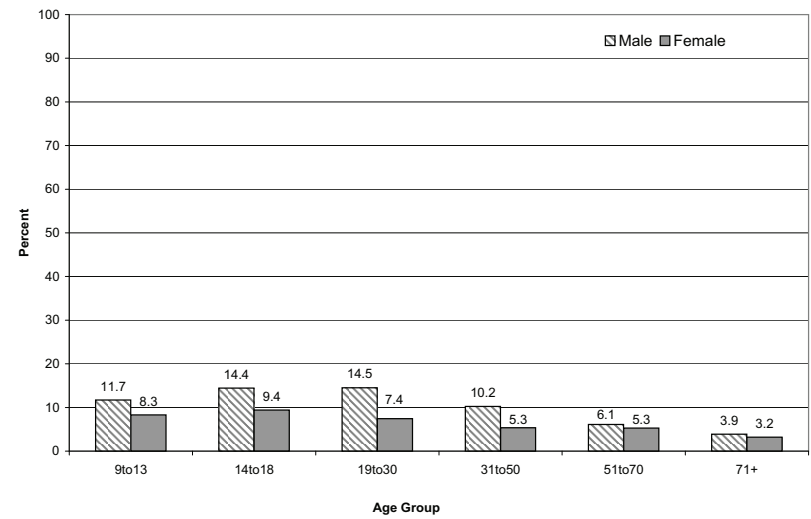
150.2 Percent by Month



150.3 Percent by Age Group



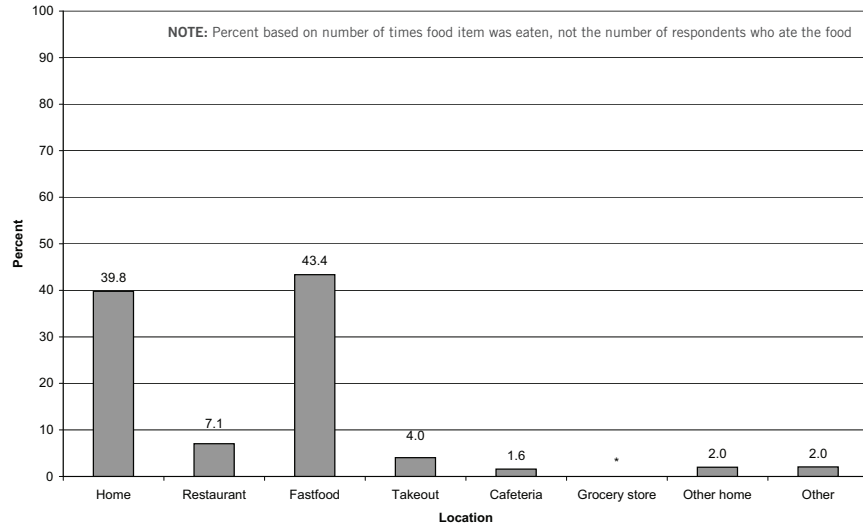
150.4 Percent by Age Group and Sex



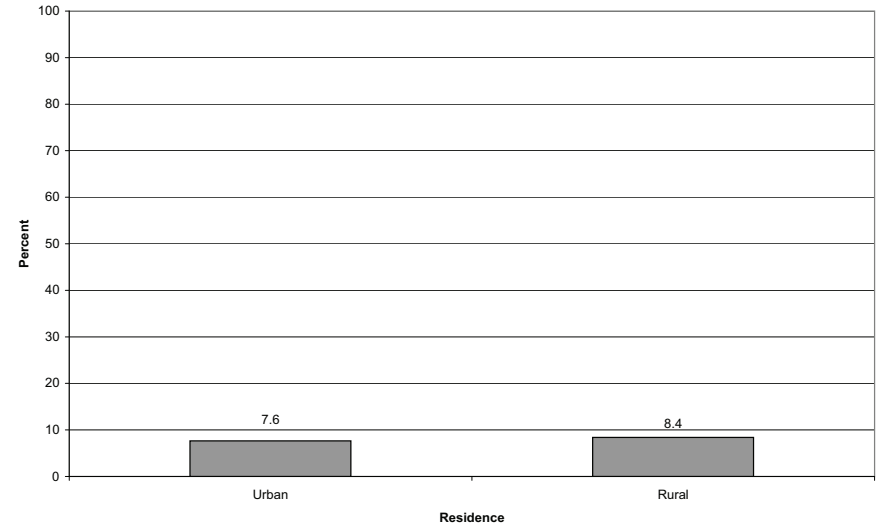
ATE HAMBURGERS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

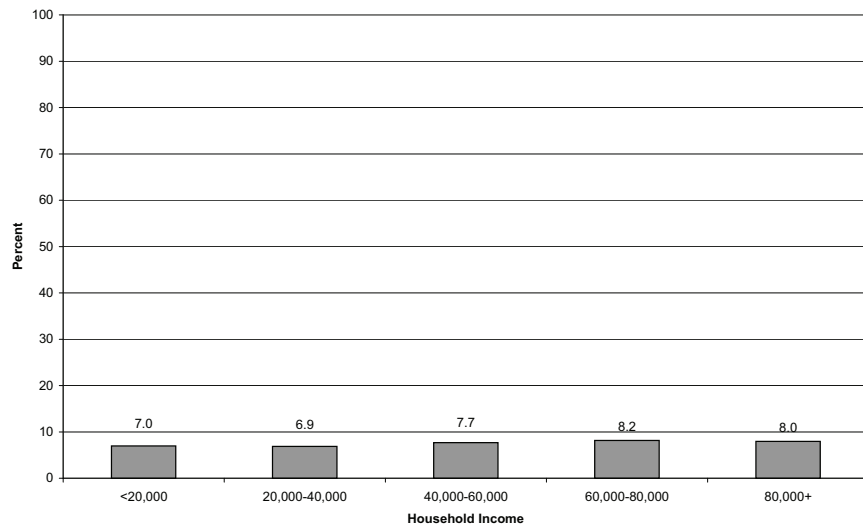
150.5 Percent by Location Where Food Was Prepared



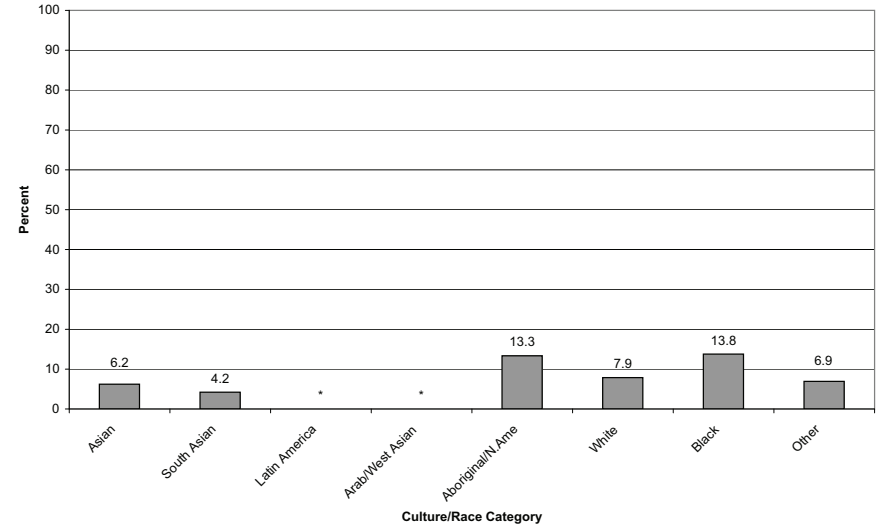
150.6 Percent by Residence



150.7 Percent by Household Income



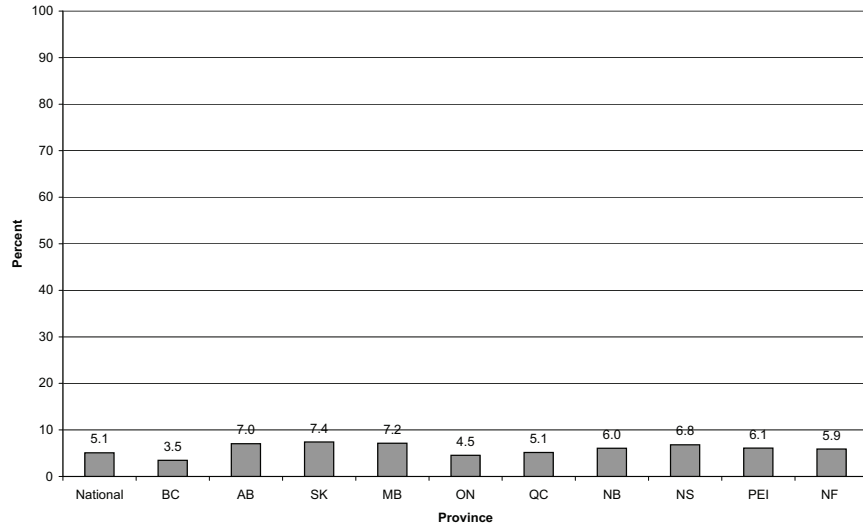
150.8 Percent by Cultural or Racial Origin



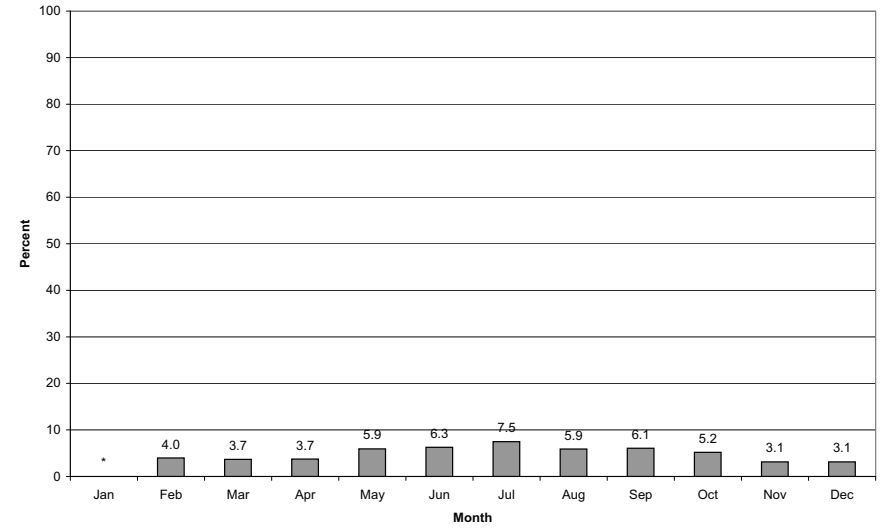
ATE HOT DOGS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

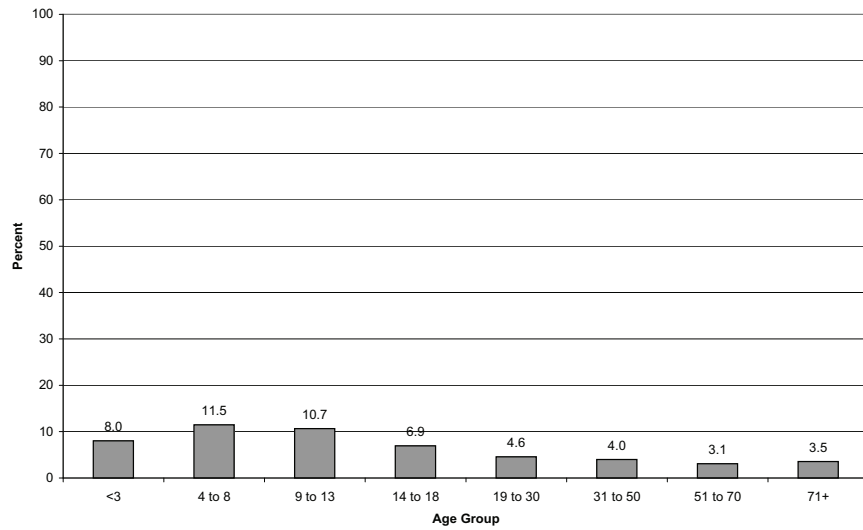
151.1 Percent by Province



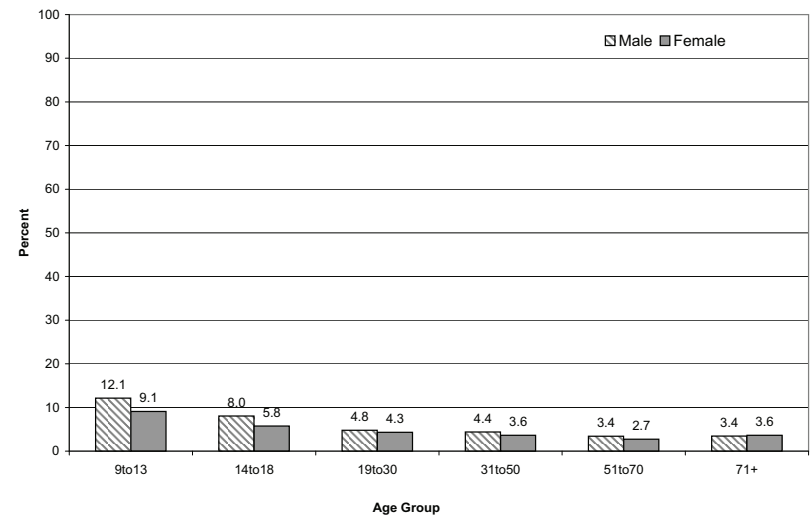
151.2 Percent by Month



151.3 Percent by Age Group



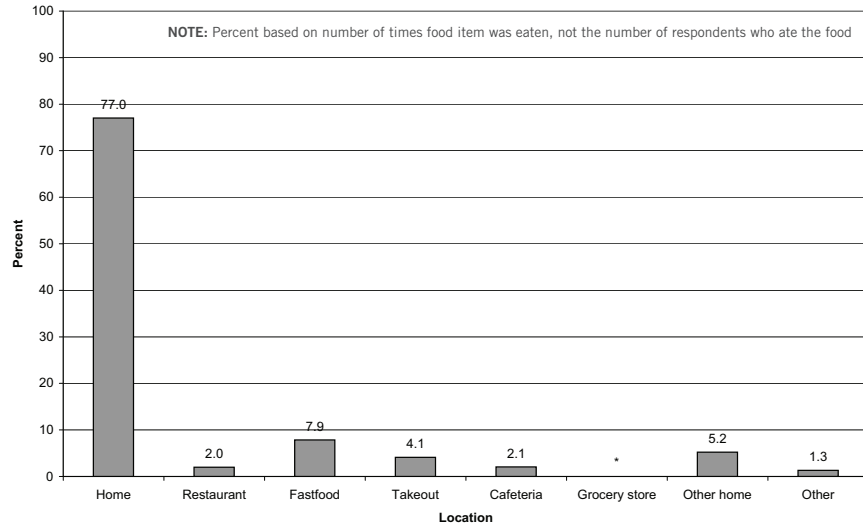
151.4 Percent by Age Group and Sex



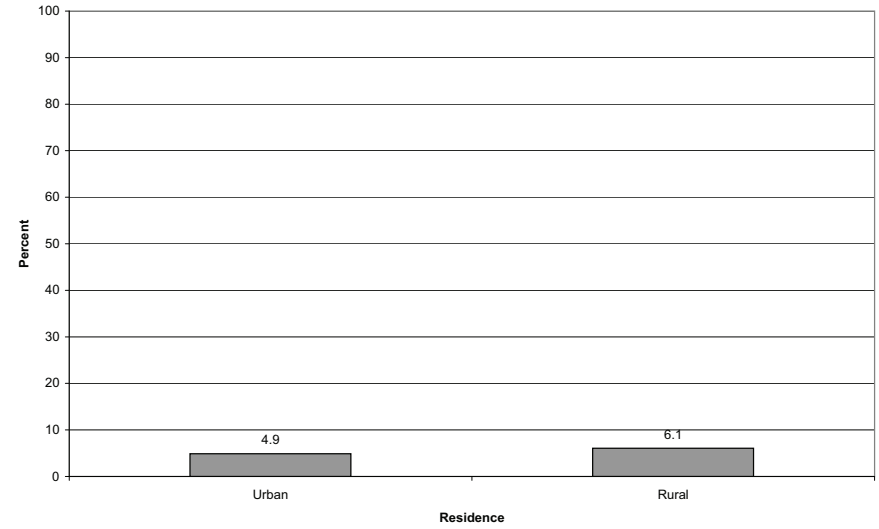
ATE HOT DOGS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

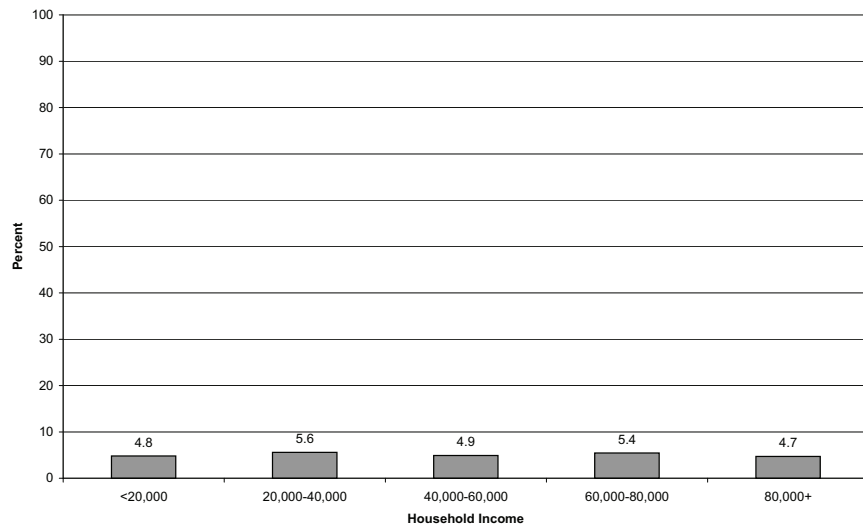
151.5 Percent by Location Where Food Was Prepared



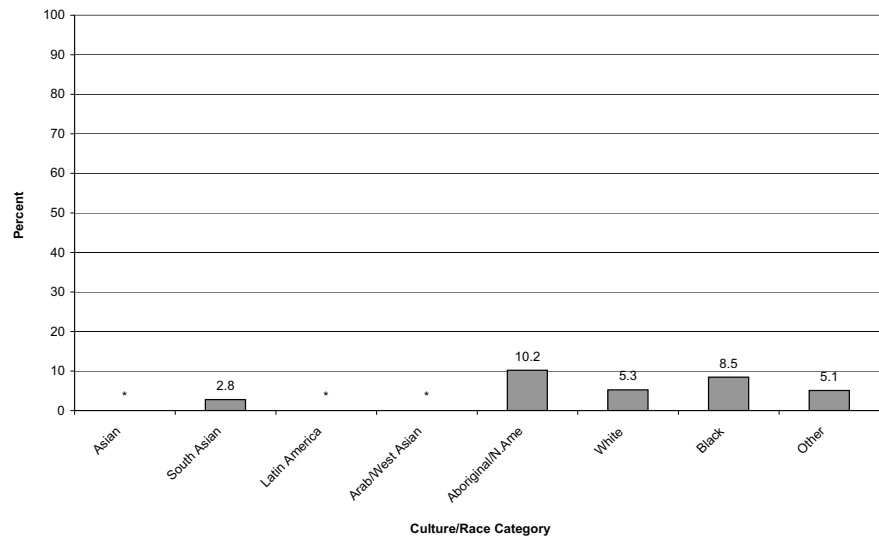
151.6 Percent by Residence



151.7 Percent by Household Income



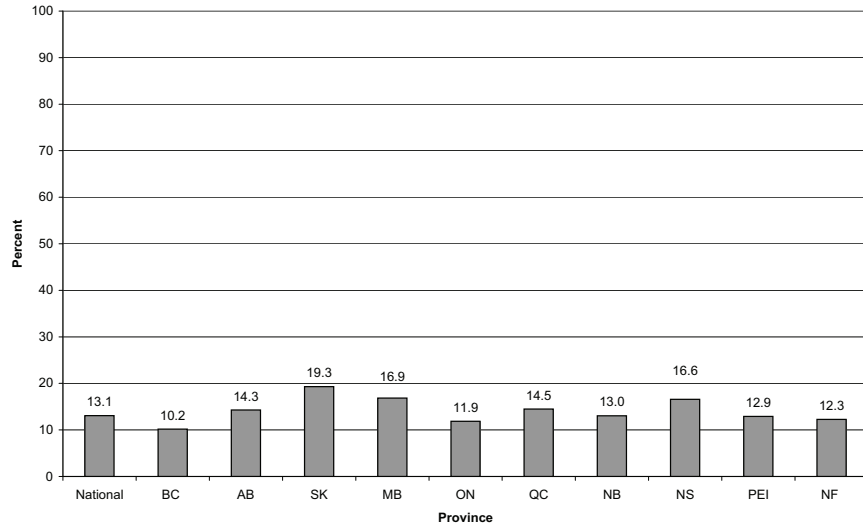
151.8 Percent by Cultural or Racial Origin



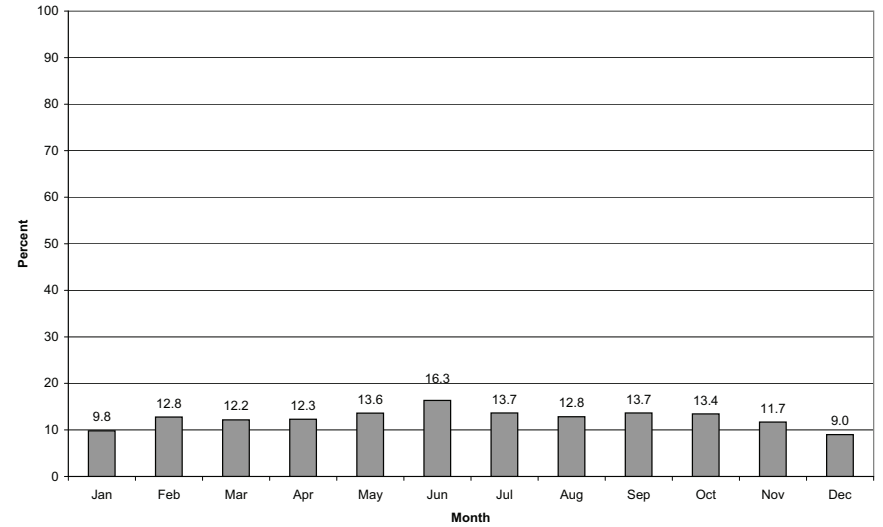
ATE SAUSAGE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

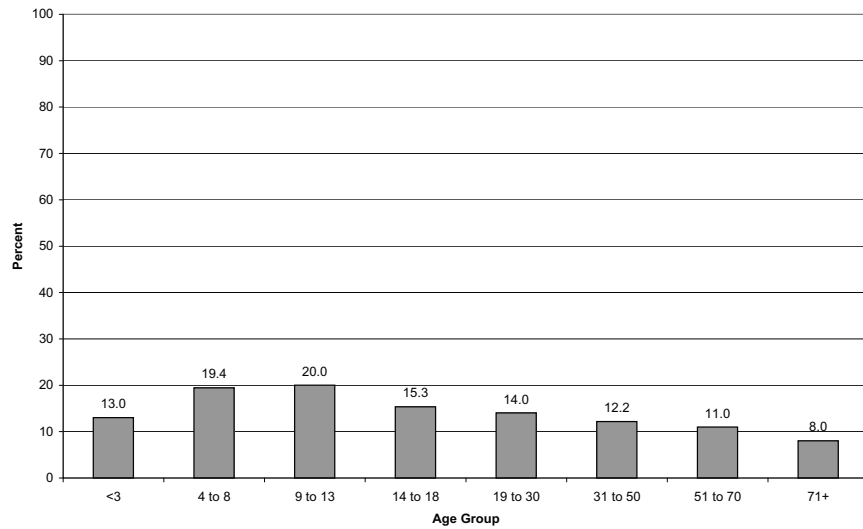
152.1 Percent by Province



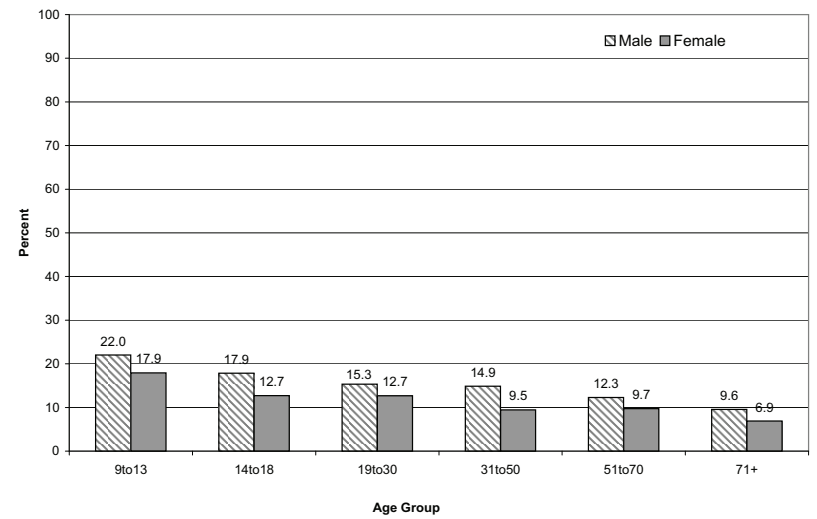
152.2 Percent by Month



152.3 Percent by Age Group



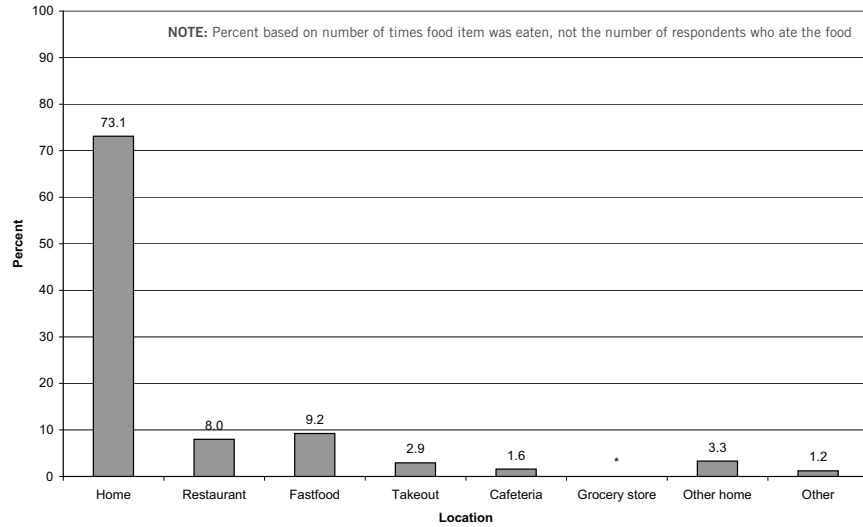
152.4 Percent by Age Group and Sex



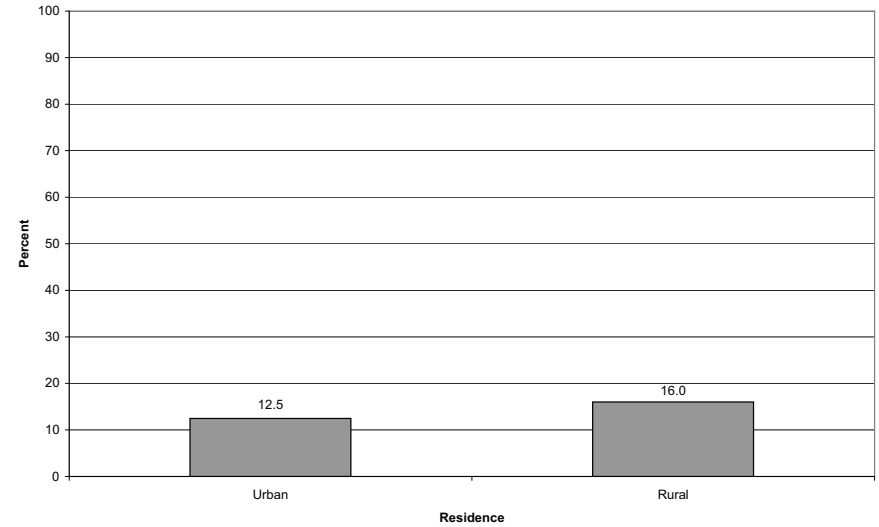
ATE SAUSAGE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

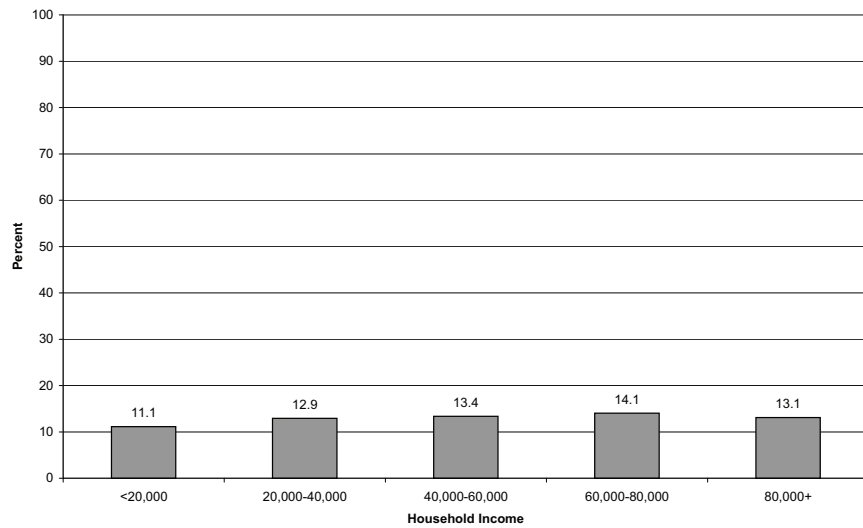
152.5 Percent by Location Where Food Was Prepared



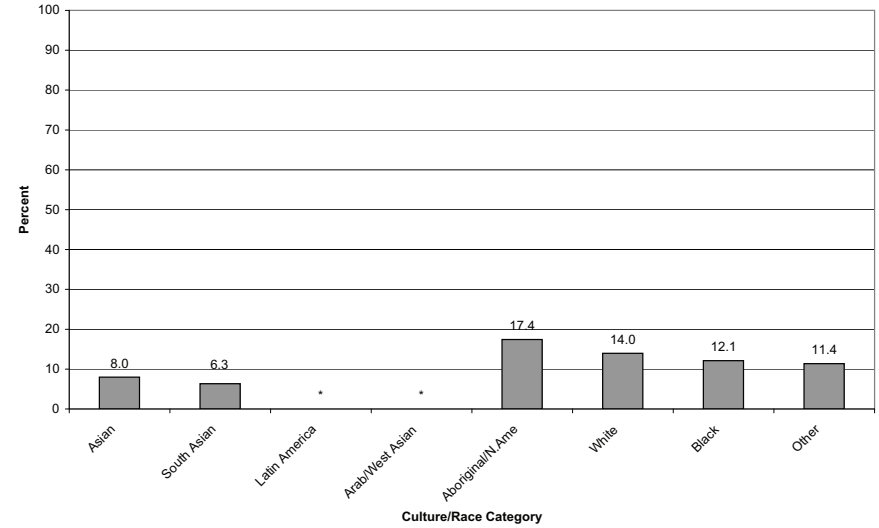
152.6 Percent by Residence



152.7 Percent by Household Income



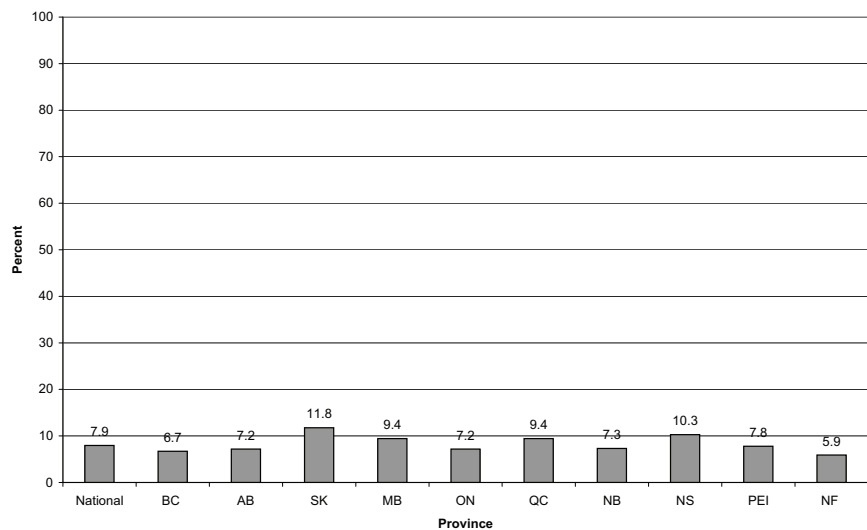
152.8 Percent by Cultural or Racial Origin



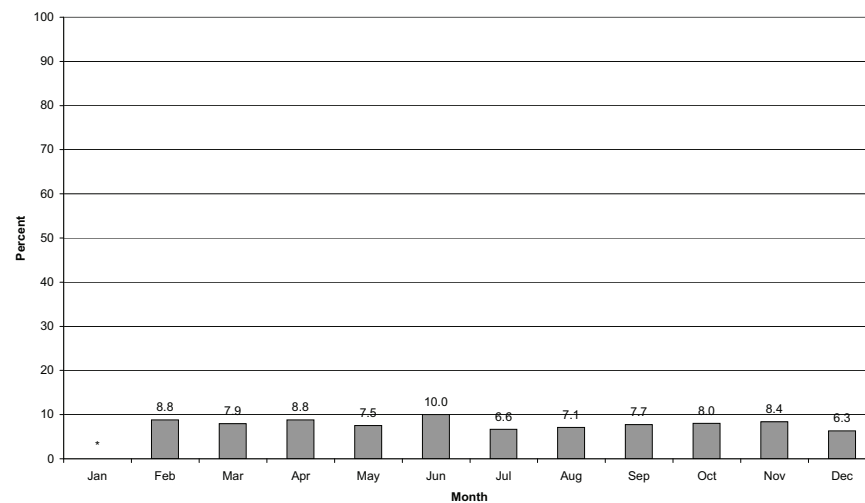
ATE SAUSAGE PORK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

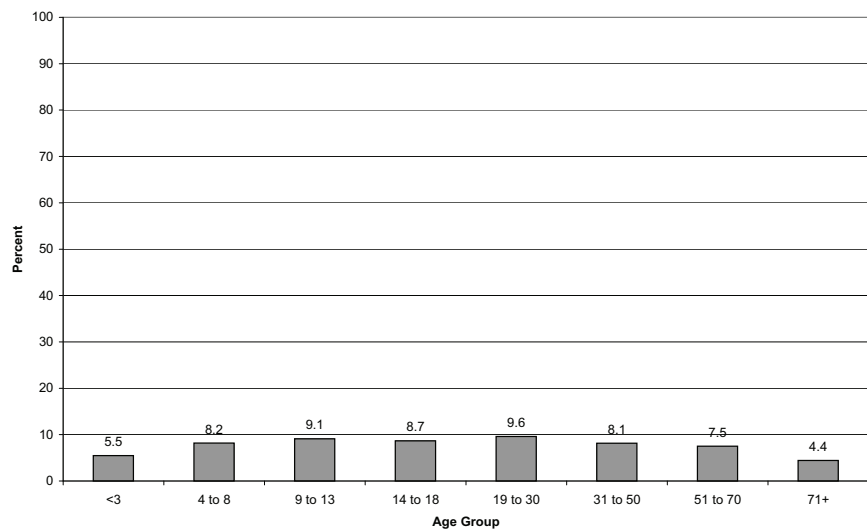
154.1 Percent by Province



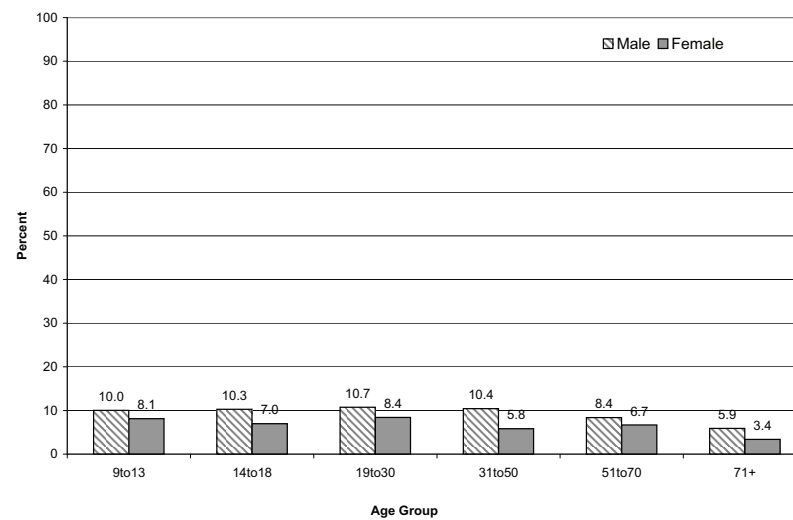
154.2 Percent by Month



154.3 Percent by Age Group



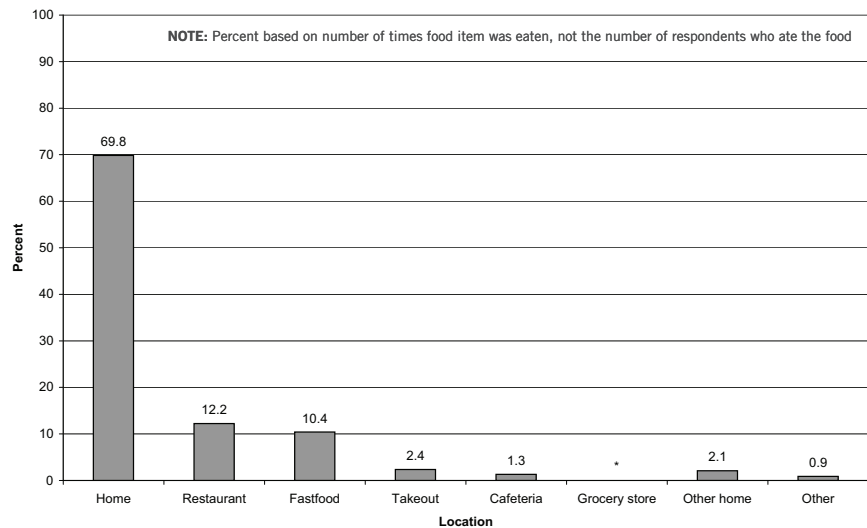
154.4 Percent by Age Group and Sex



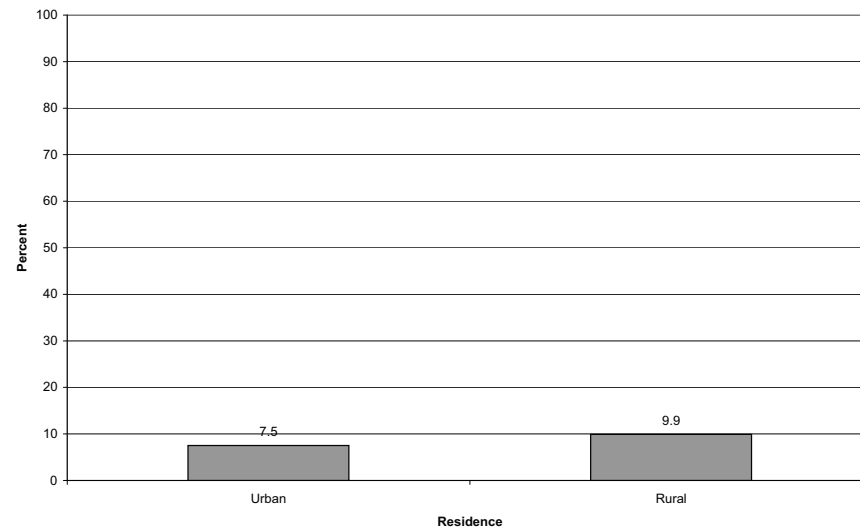
ATE SAUSAGE PORK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

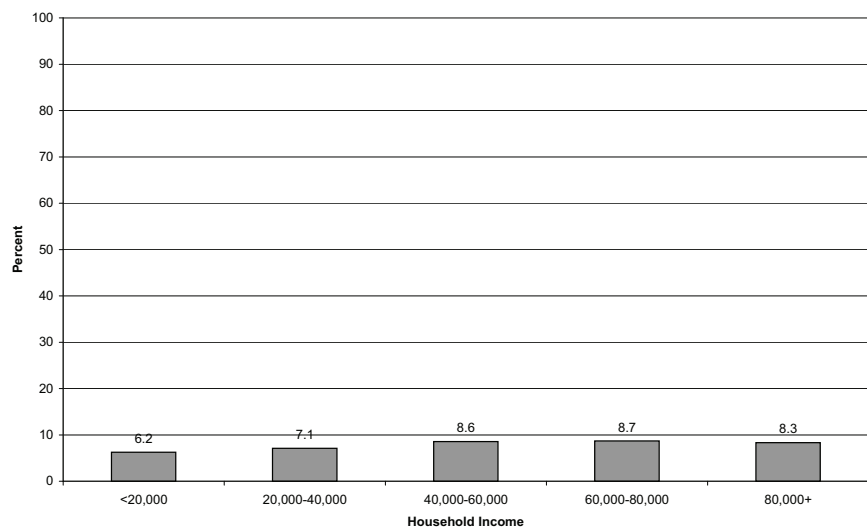
154.5 Percent by Location Where Food Was Prepared



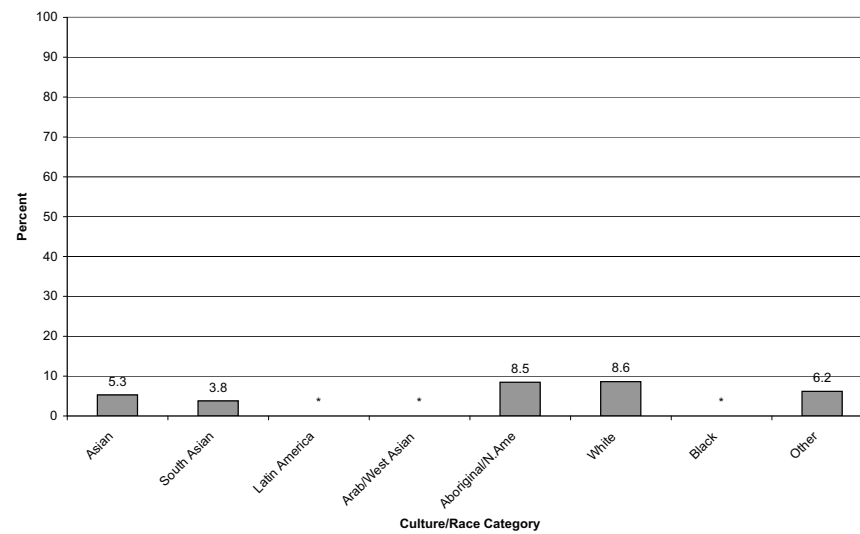
154.6 Percent by Residence



154.7 Percent by Household Income



154.8 Percent by Cultural or Racial Origin

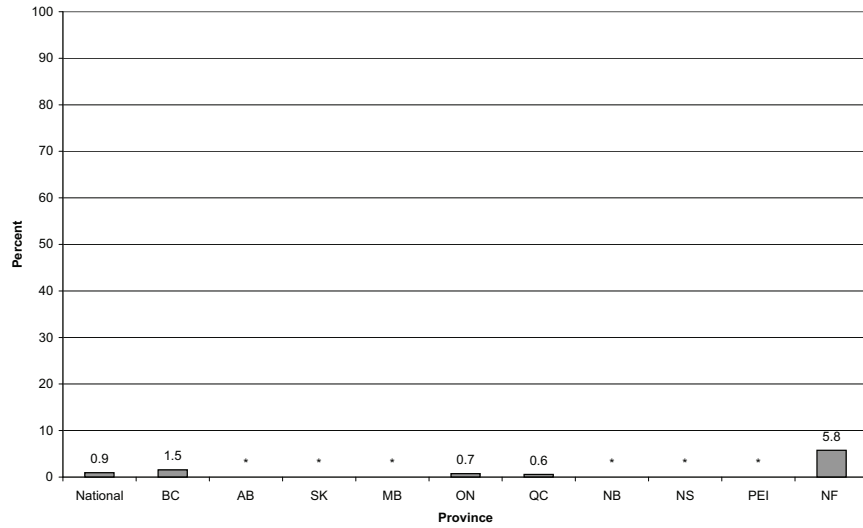


— SEAFOOD —

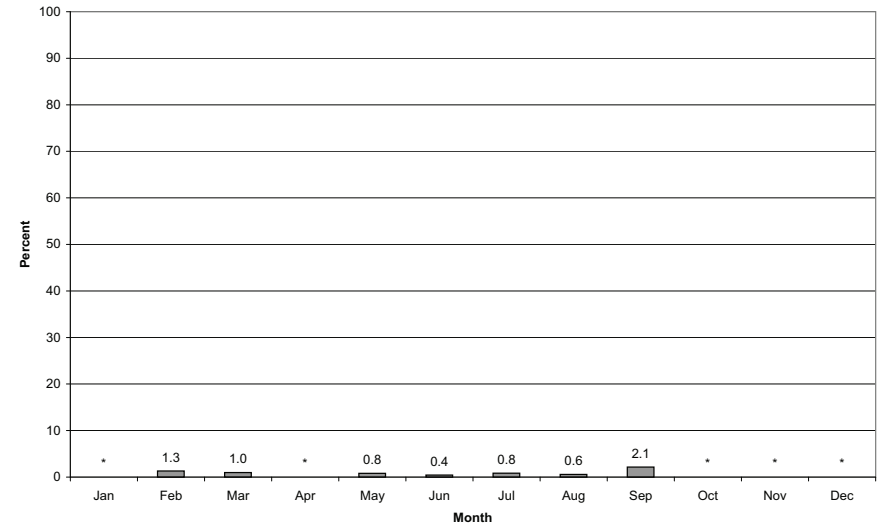
ATE COD IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

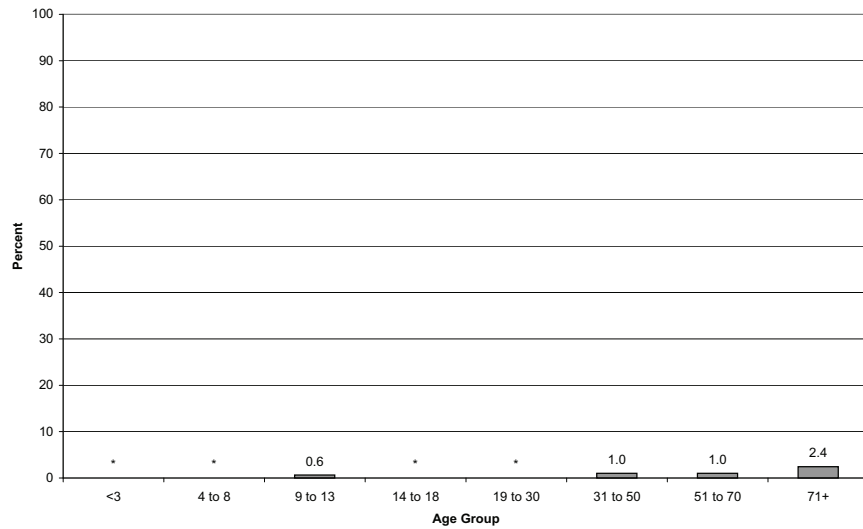
156.1 Percent by Province



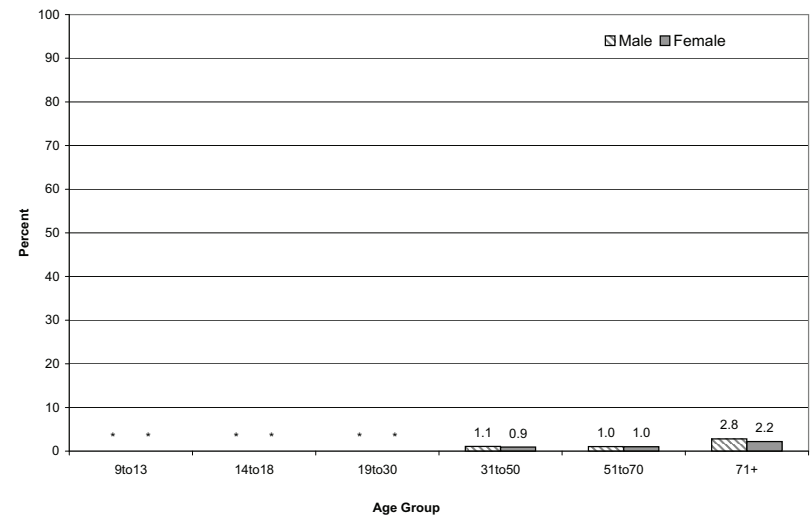
156.2 Percent by Month



156.3 Percent by Age Group



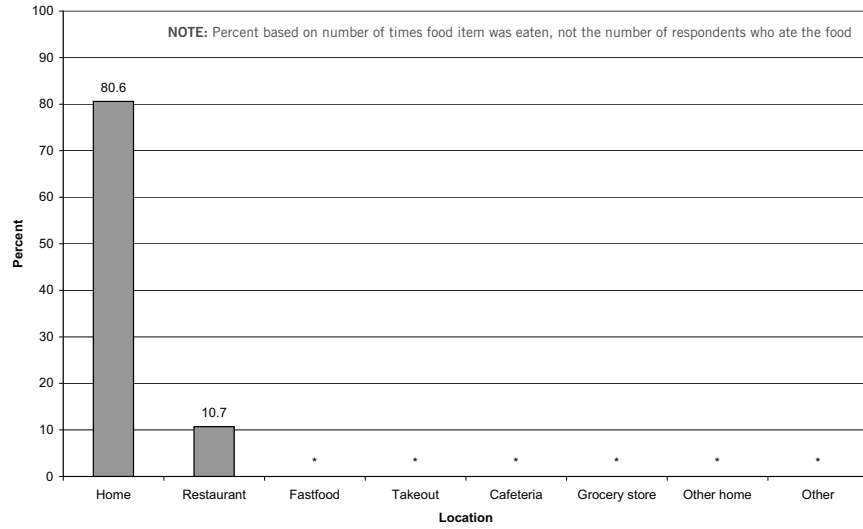
156.4 Percent by Age Group and Sex



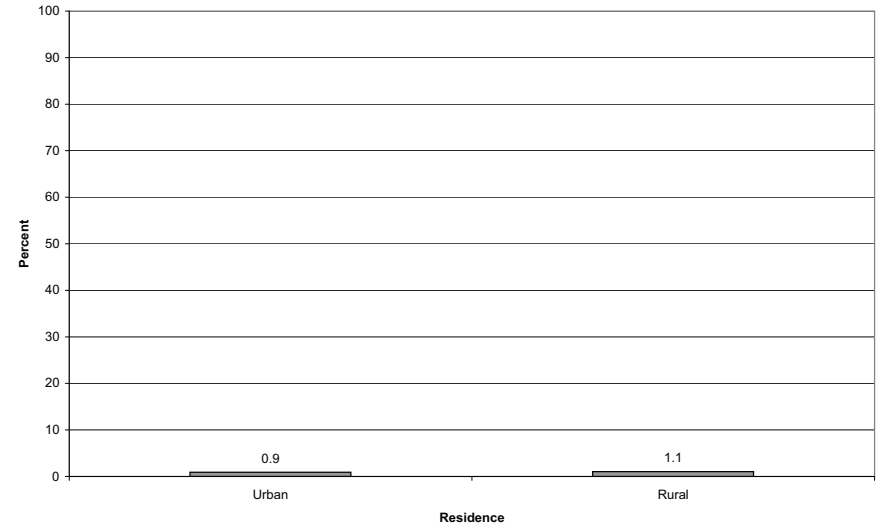
ATE COD IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

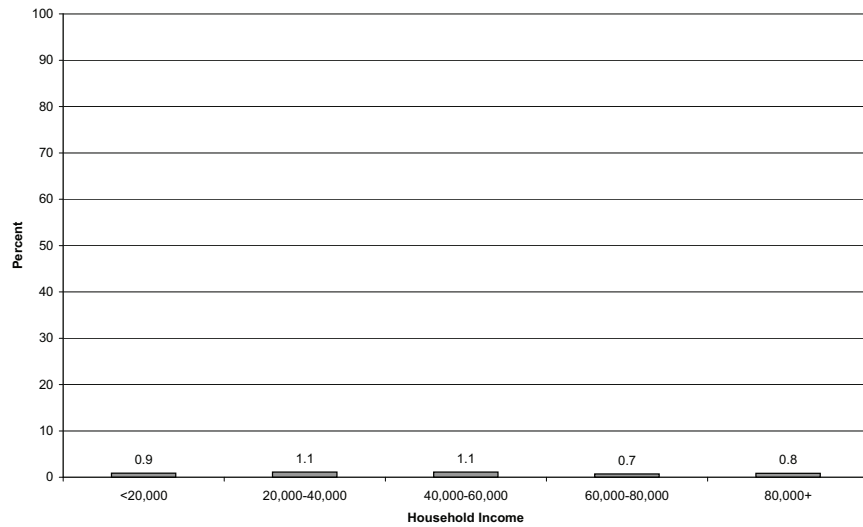
156.5 Percent by Location Where Food Was Prepared



156.6 Percent by Residence



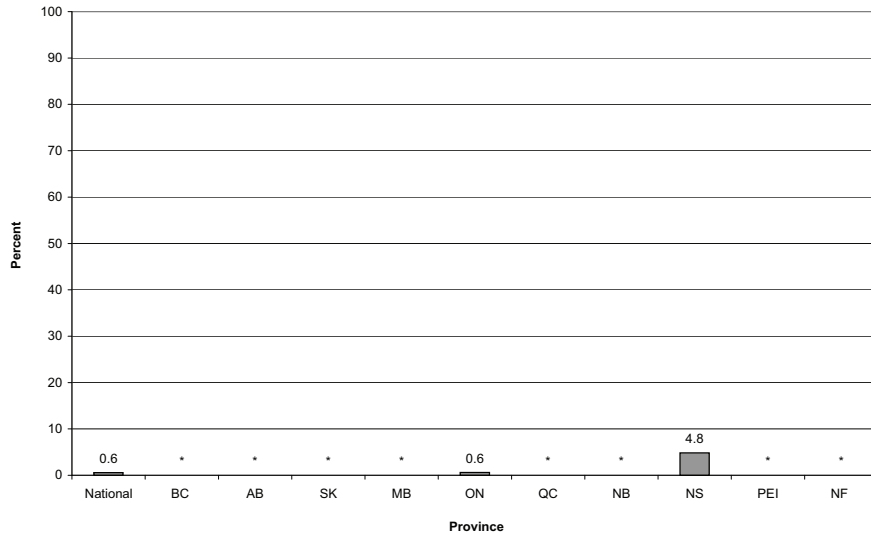
156.7 Percent by Household Income



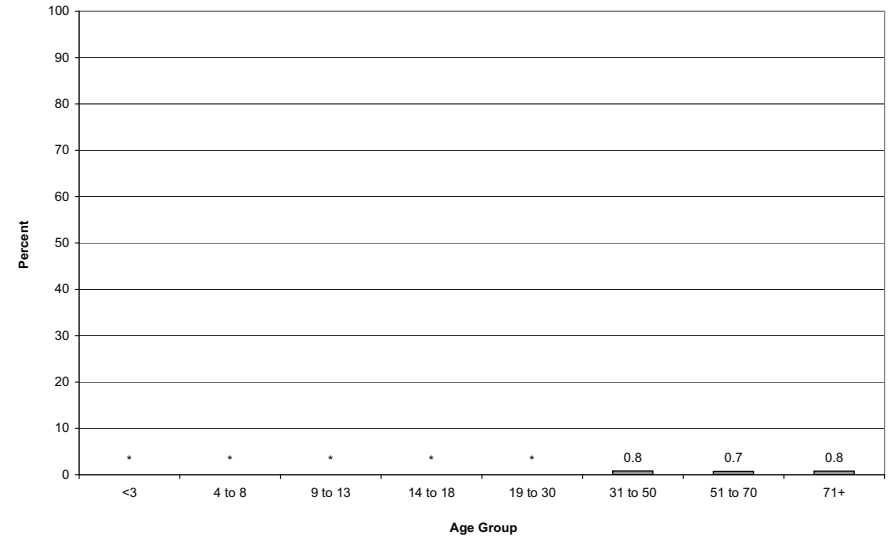
ATE HADDOCK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

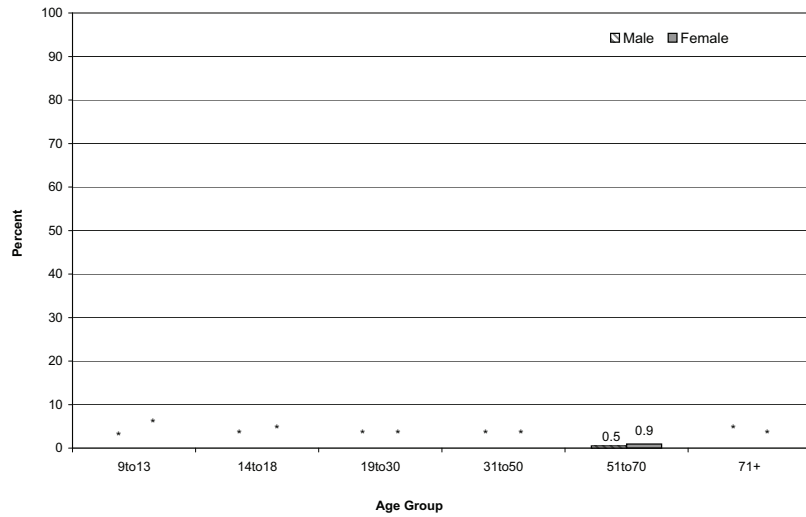
158.1 Percent by Province



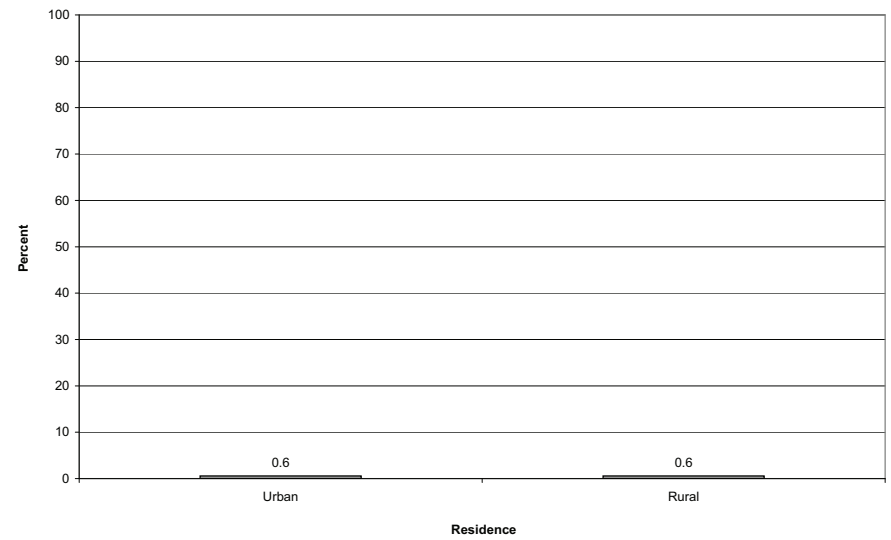
158.3 Percent by Age Group



158.4 Percent by Age Group and Sex



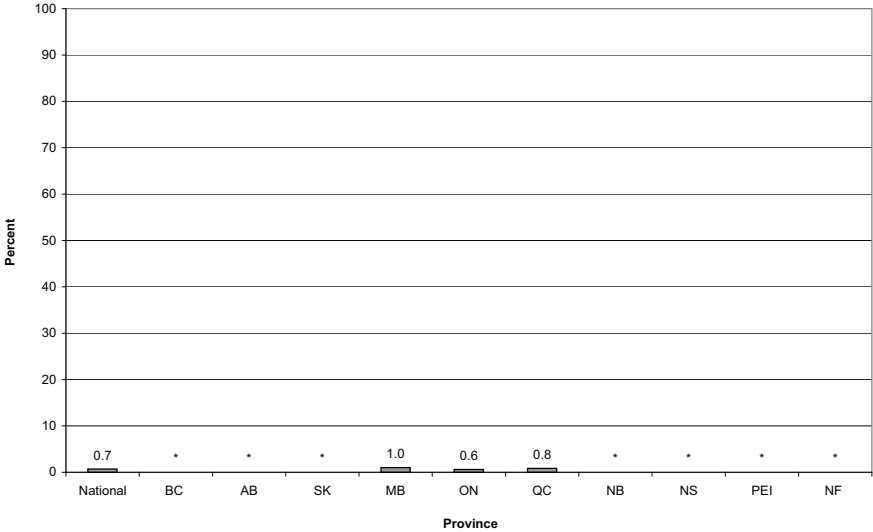
158.6 Percent by Residence



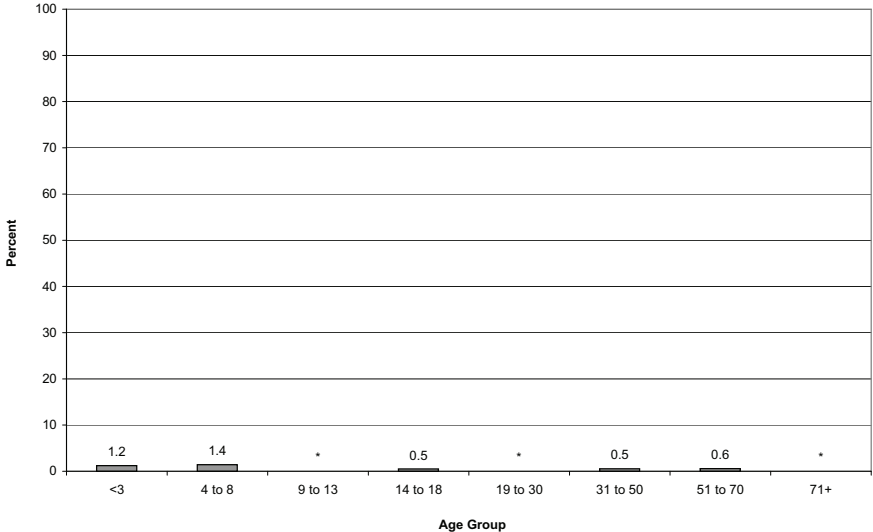
ATE POLLOCK IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

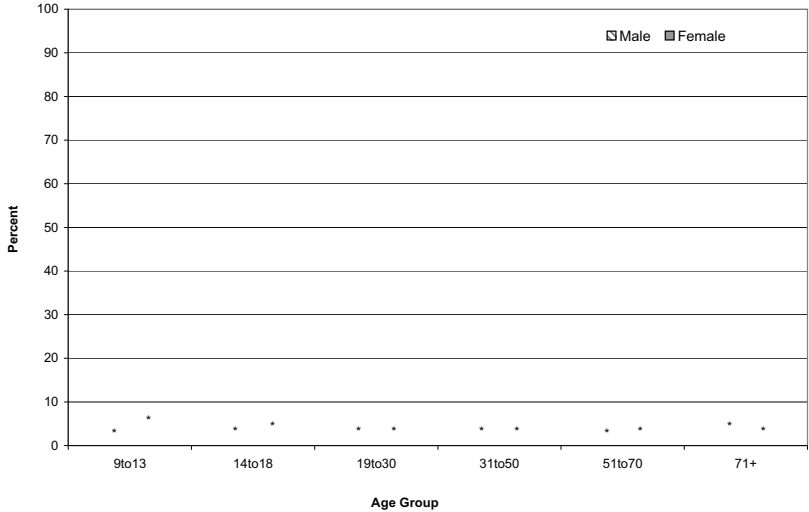
164.1 Percent by Province



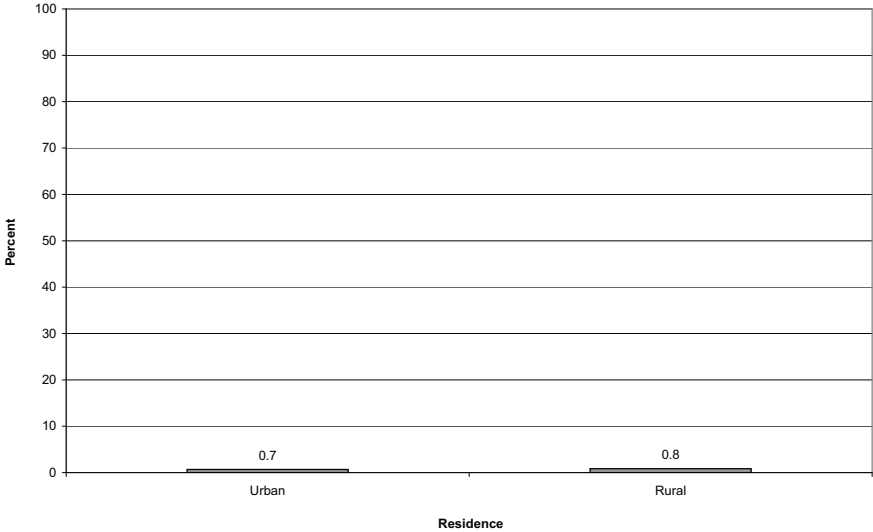
164.3 Percent by Age Group



164.4 Percent by Age Group and Sex



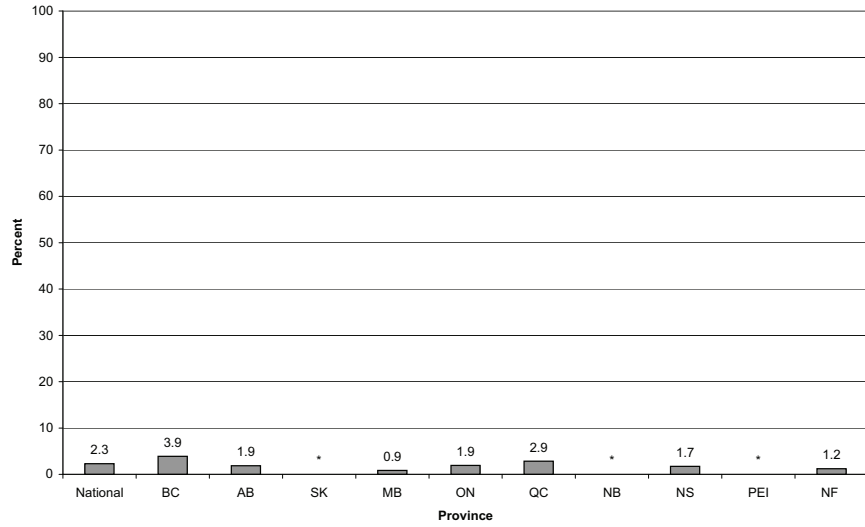
164.6 Percent by Residence



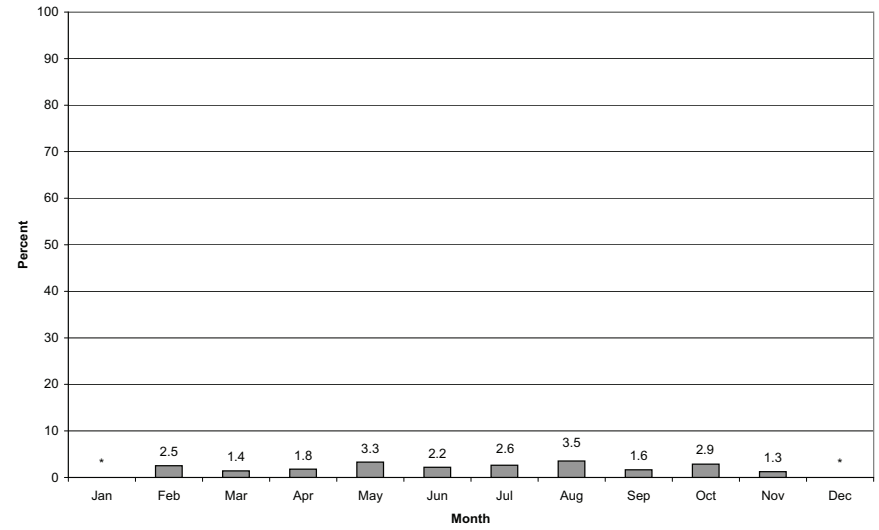
ATE SALMON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

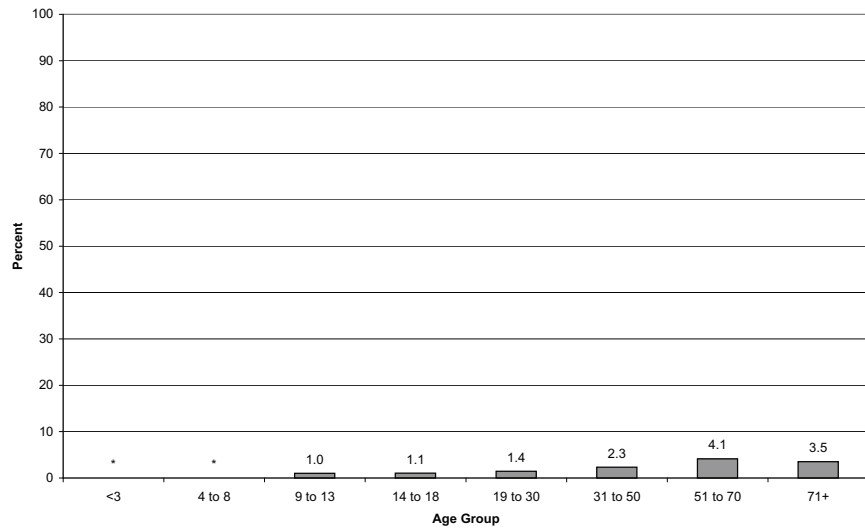
165.1 Percent by Province



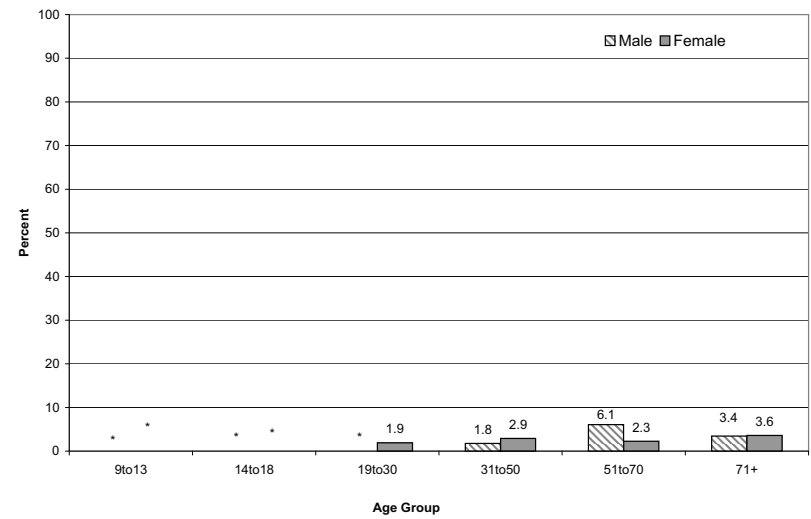
165.2 Percent by Month



165.3 Percent by Age Group



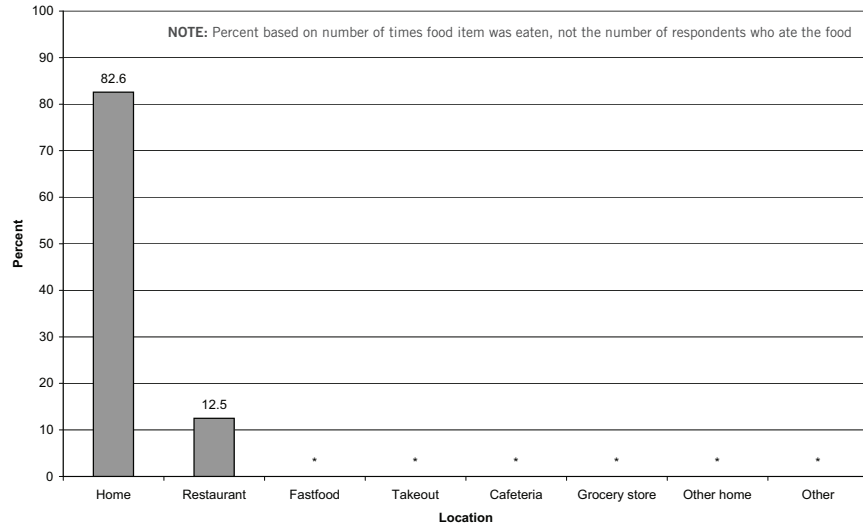
165.4 Percent by Age Group and Sex



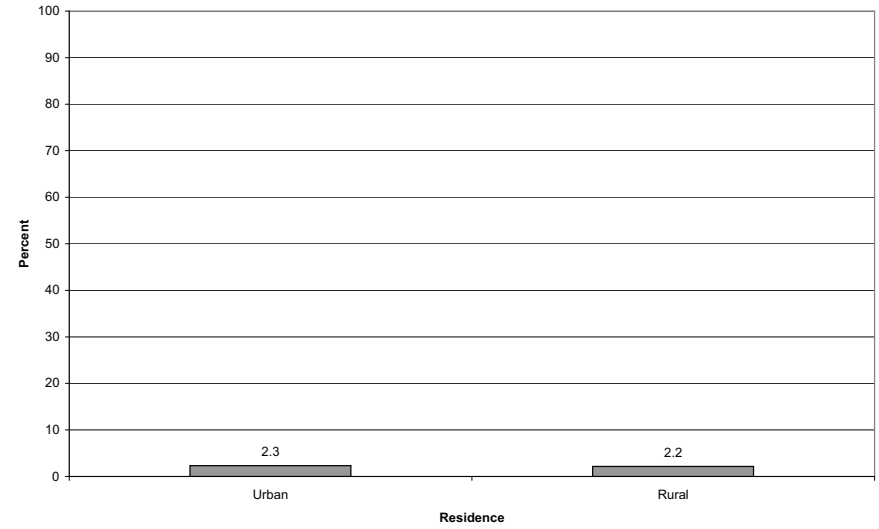
ATE SALMON IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

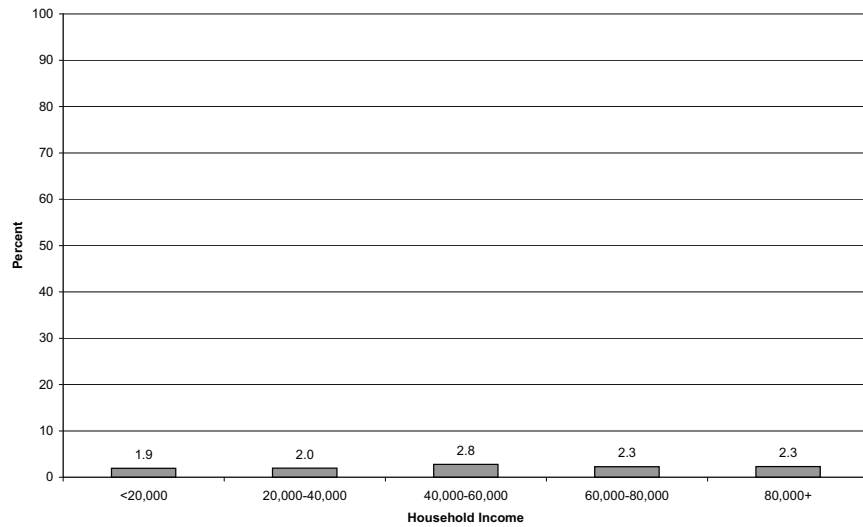
165.5 Percent by Location Where Food Was Prepared



165.6 Percent by Residence



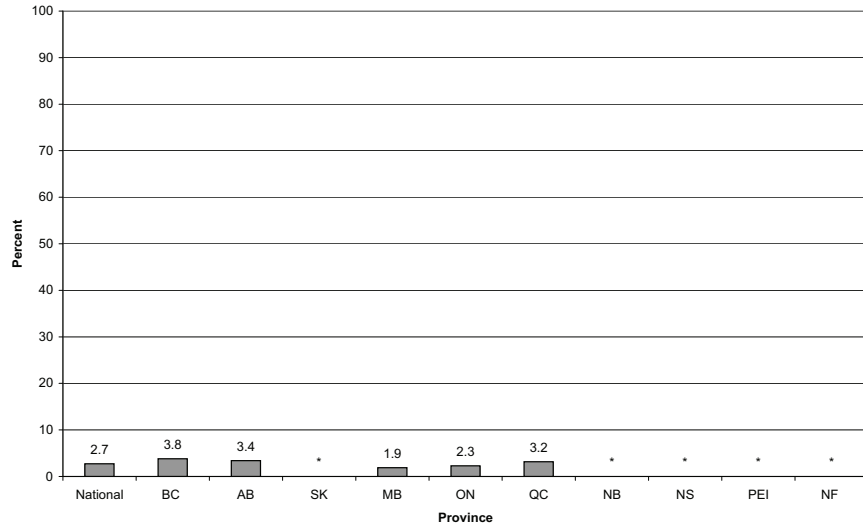
165.7 Percent by Household Income



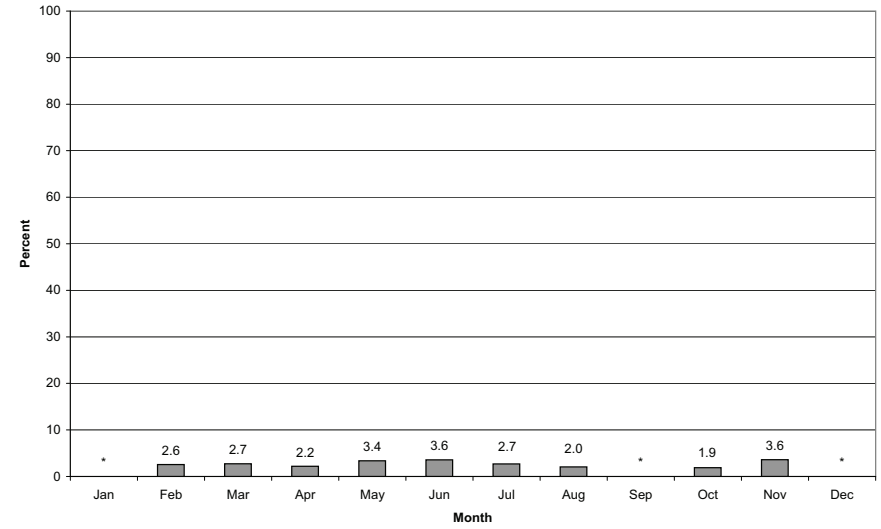
ATE SHRIMP IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

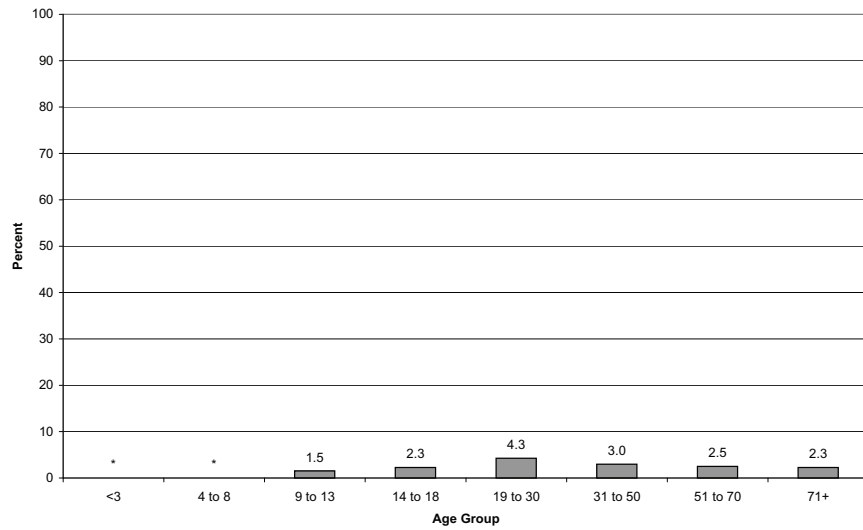
168.1 Percent by Province



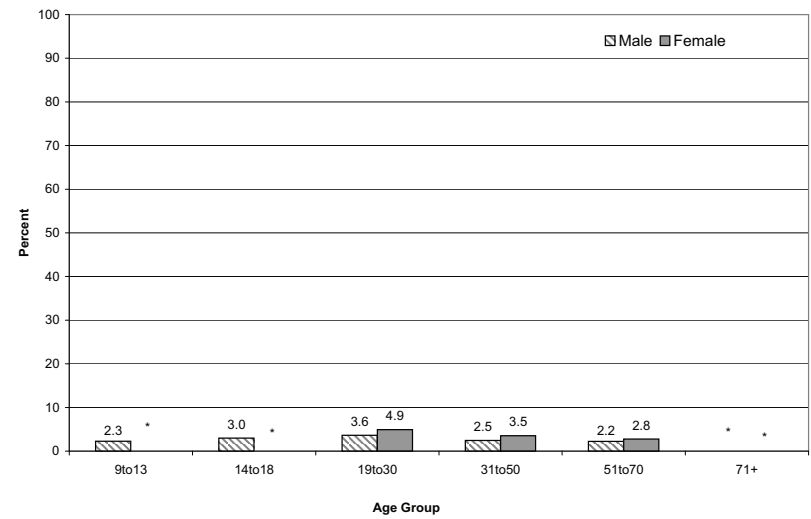
168.2 Percent by Month



168.3 Percent by Age Group



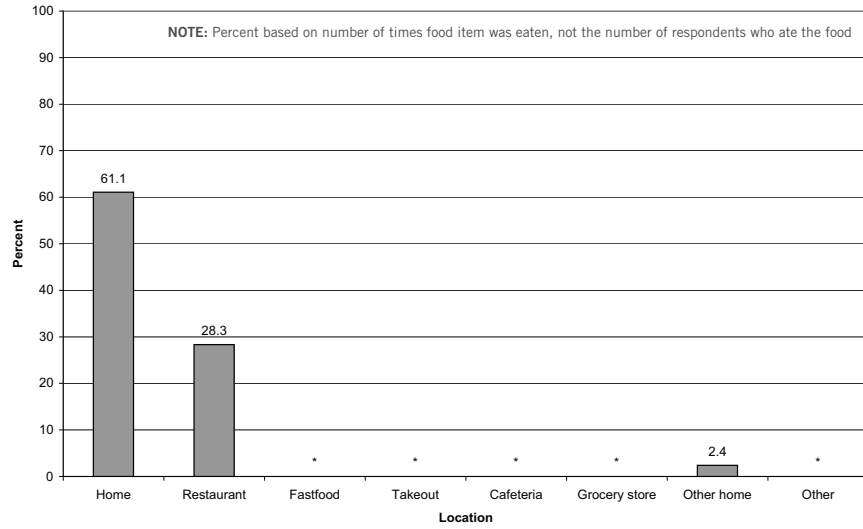
168.4 Percent by Age Group and Sex



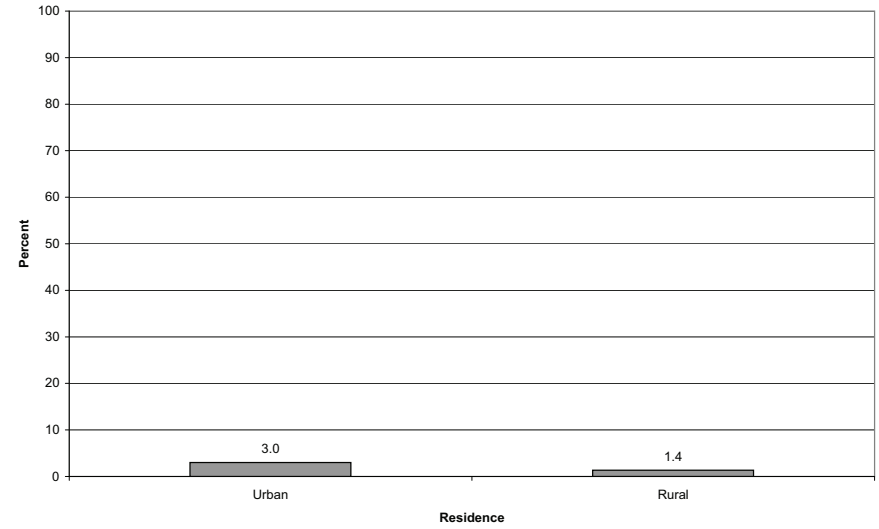
ATE SHRIMP IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

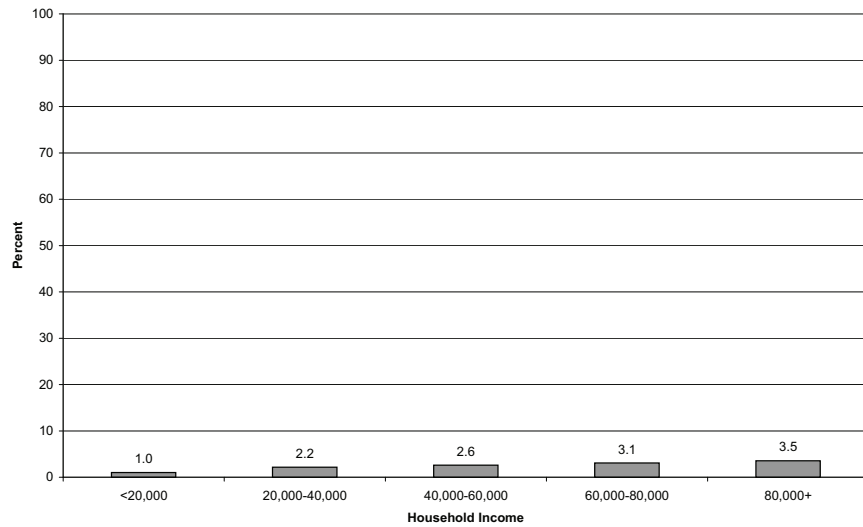
168.5 Percent by Location Where Food Was Prepared



168.6 Percent by Residence



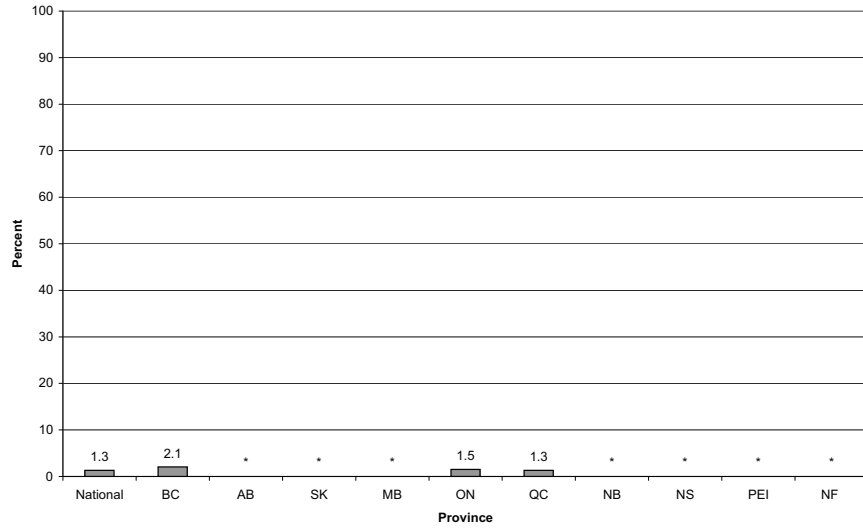
168.7 Percent by Household Income



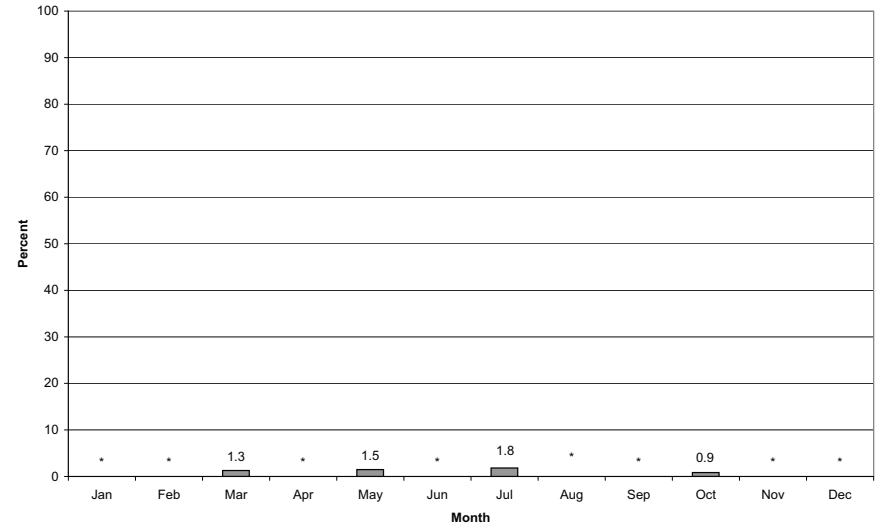
ATE SOLE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

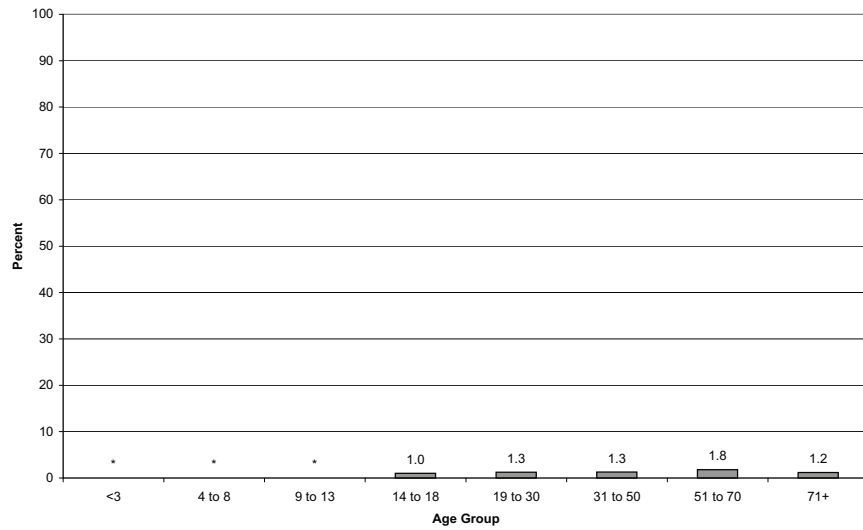
170.1 Percent by Province



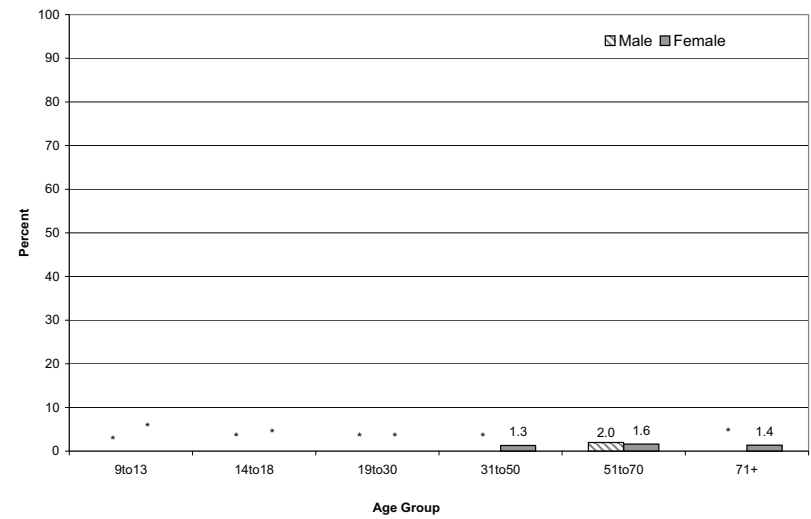
170.2 Percent by Month



170.3 Percent by Age Group



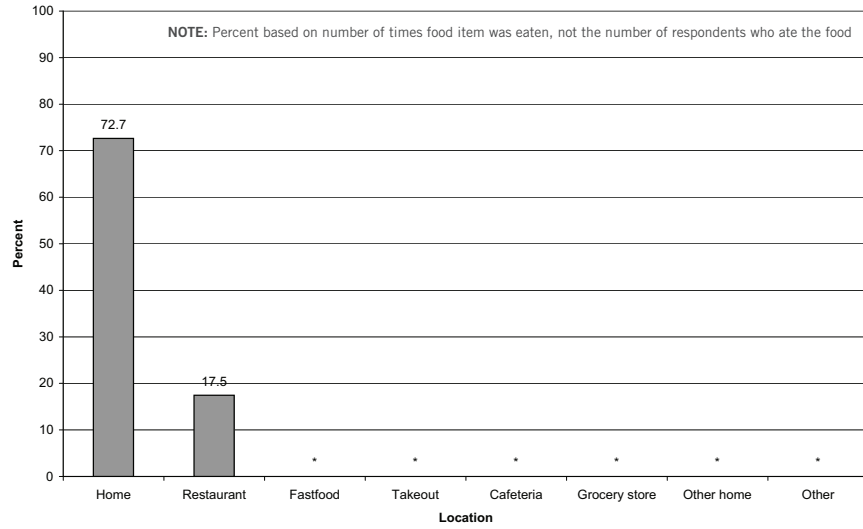
170.4 Percent by Age Group and Sex



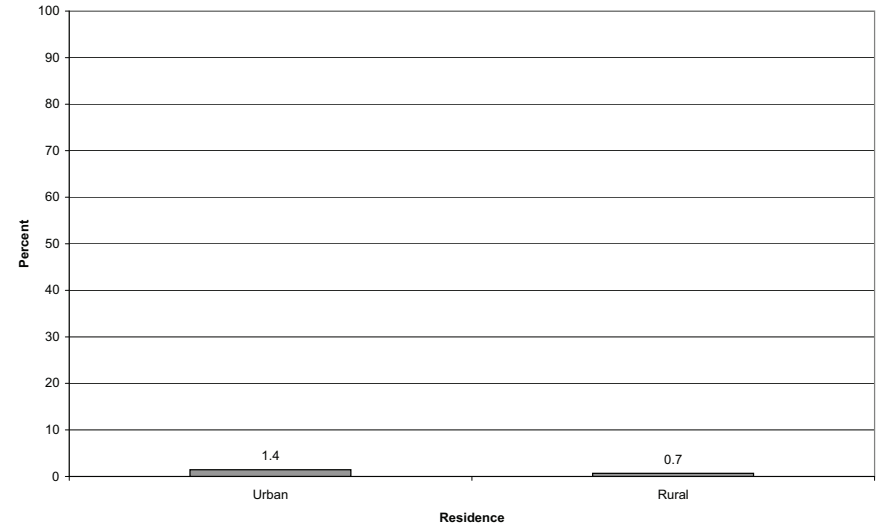
ATE SOLE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

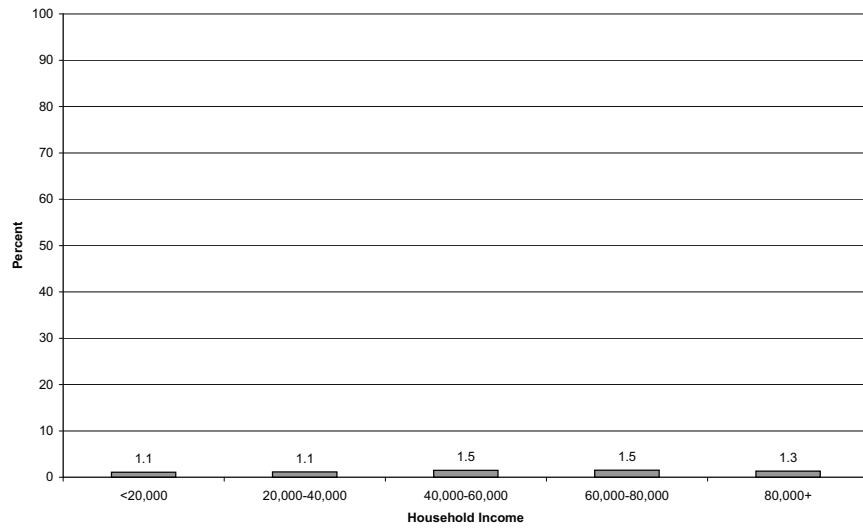
170.5 Percent by Location Where Food Was Prepared



170.6 Percent by Residence



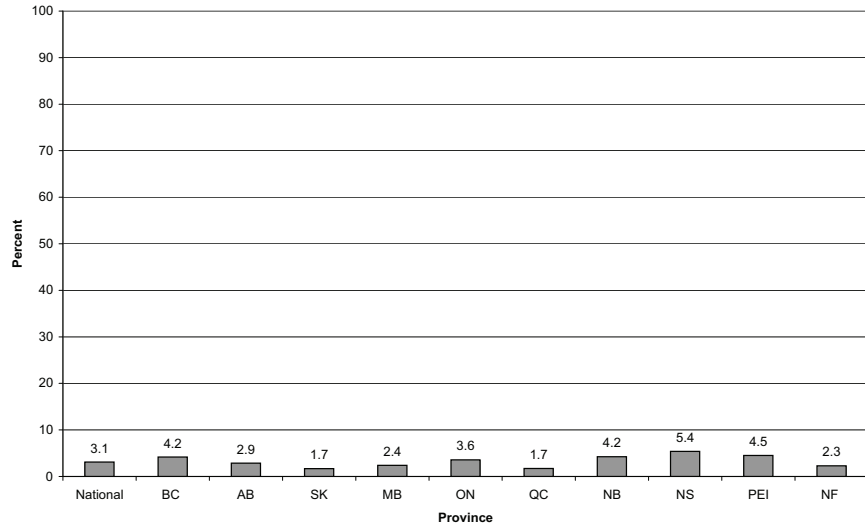
170.7 Percent by Household Income



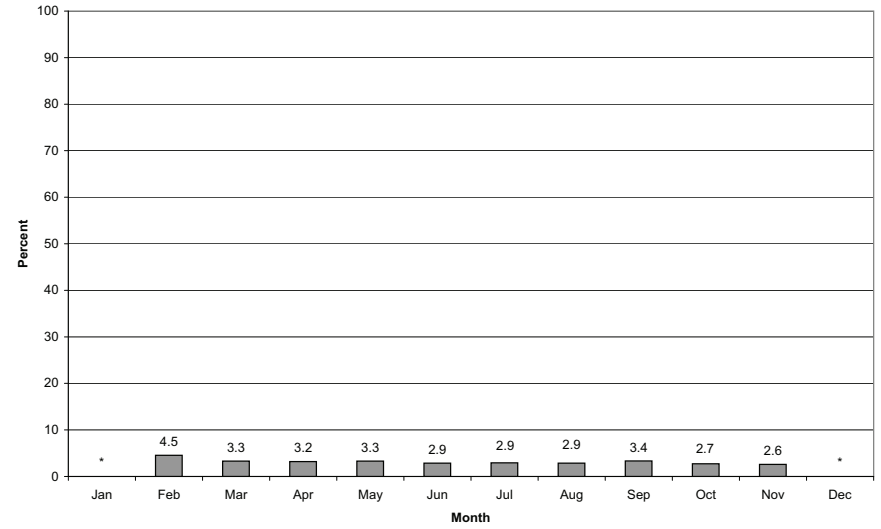
ATE TUNA, CANNED IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

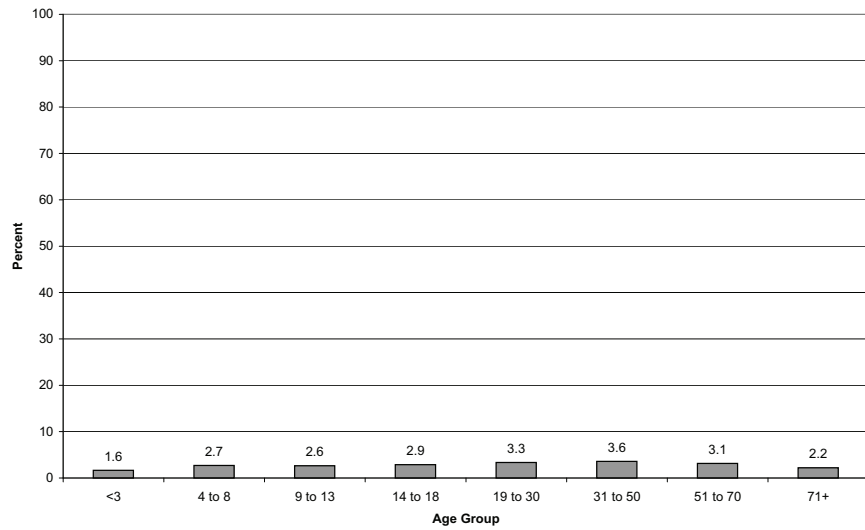
173.1 Percent by Province



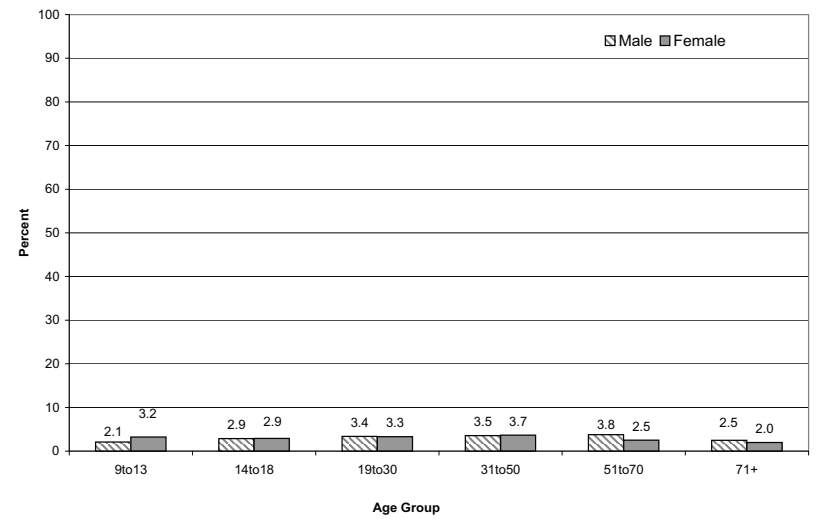
173.2 Percent by Month



173.3 Percent by Age Group



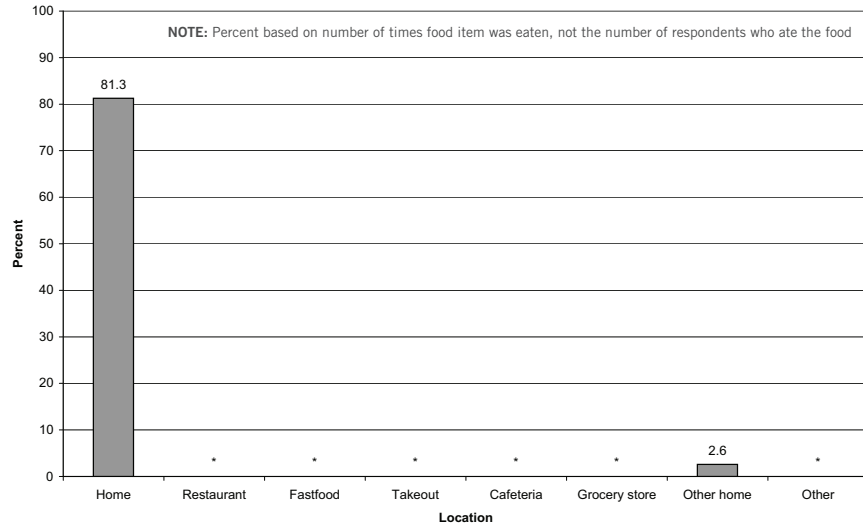
173.4 Percent by Age Group and Sex



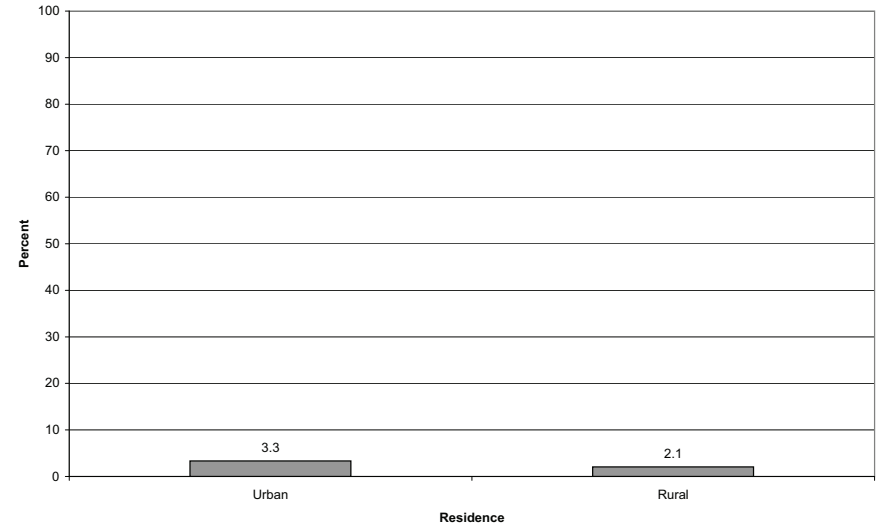
ATE TUNA, CANNED IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

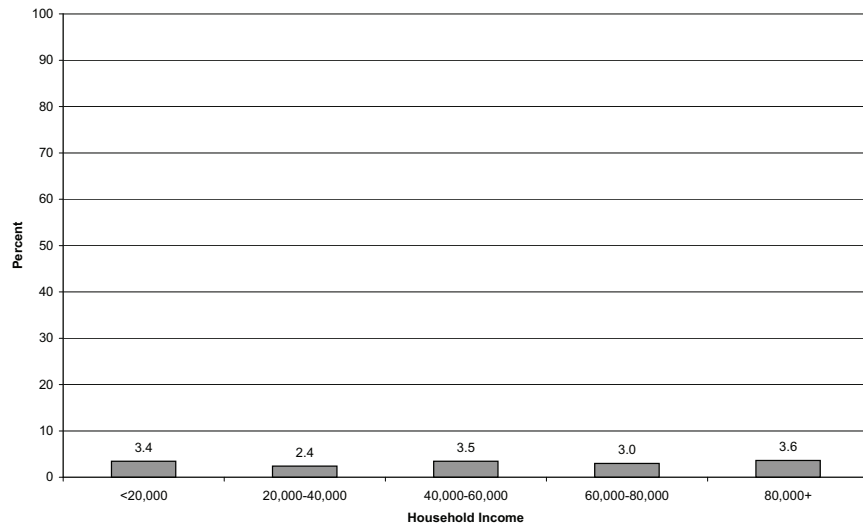
173.5 Percent by Location Where Food Was Prepared



173.6 Percent by Residence



173.7 Percent by Household Income

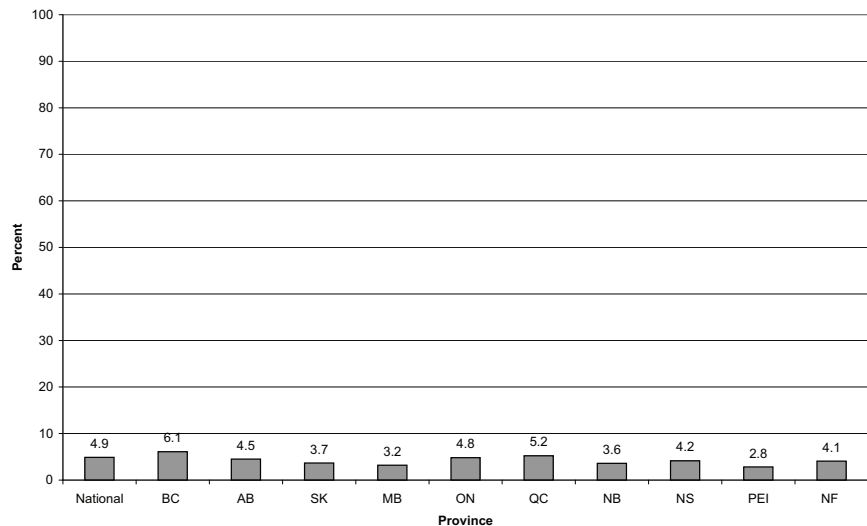


— NUTS, SEEDS, TOFU & NUT BUTTERS —

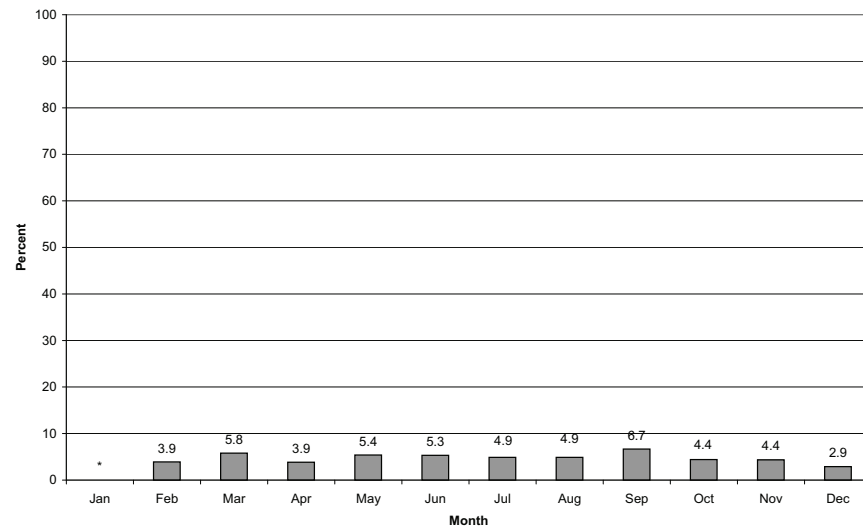
ATE ALMONDS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

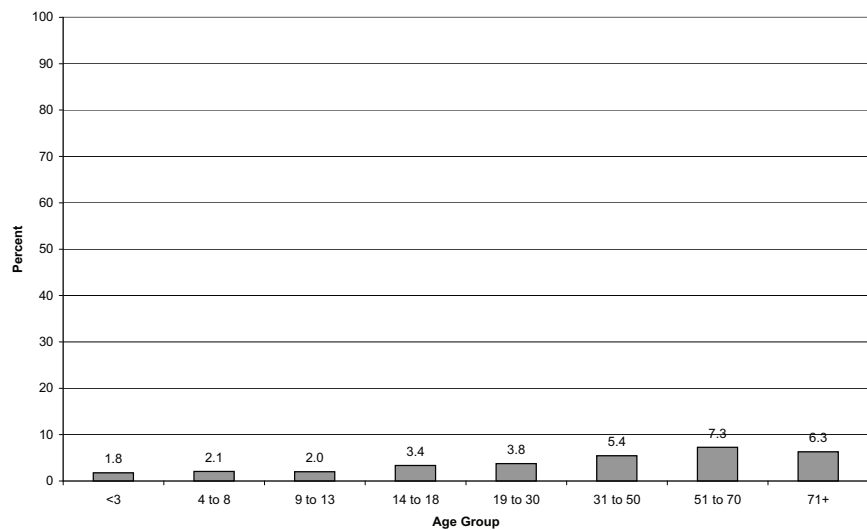
175.1 Percent by Province



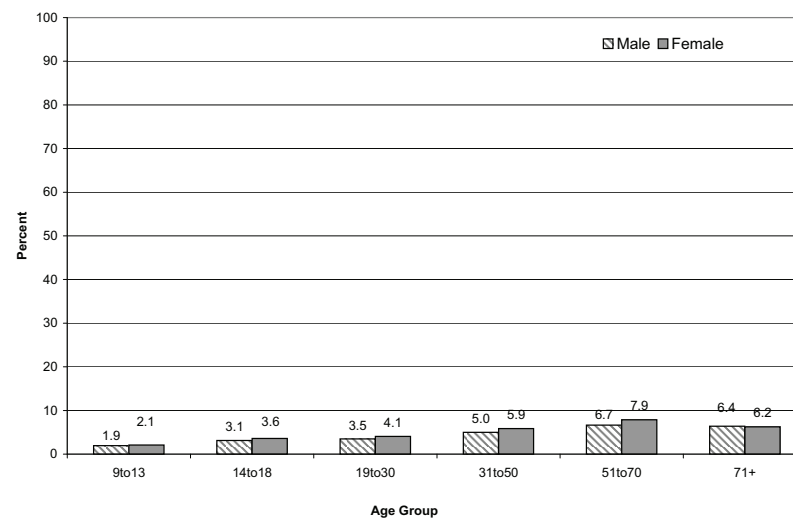
175.2 Percent by Month



175.3 Percent by Age Group



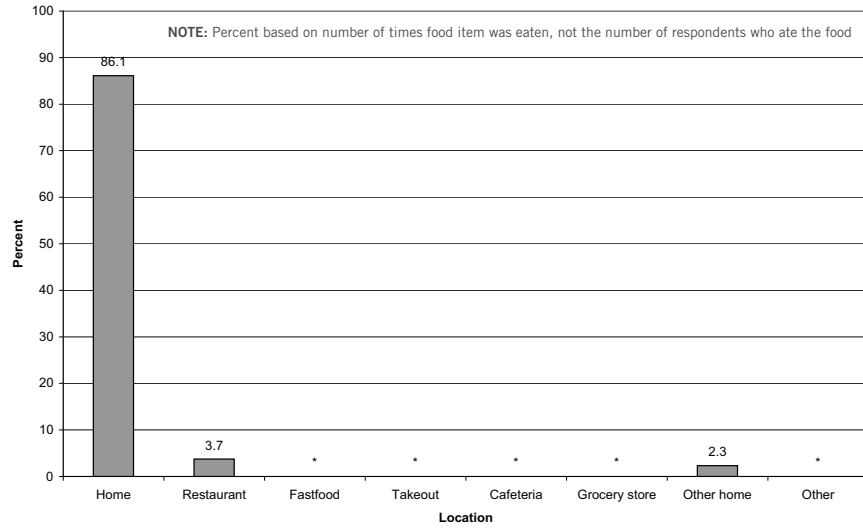
175.4 Percent by Age Group and Sex



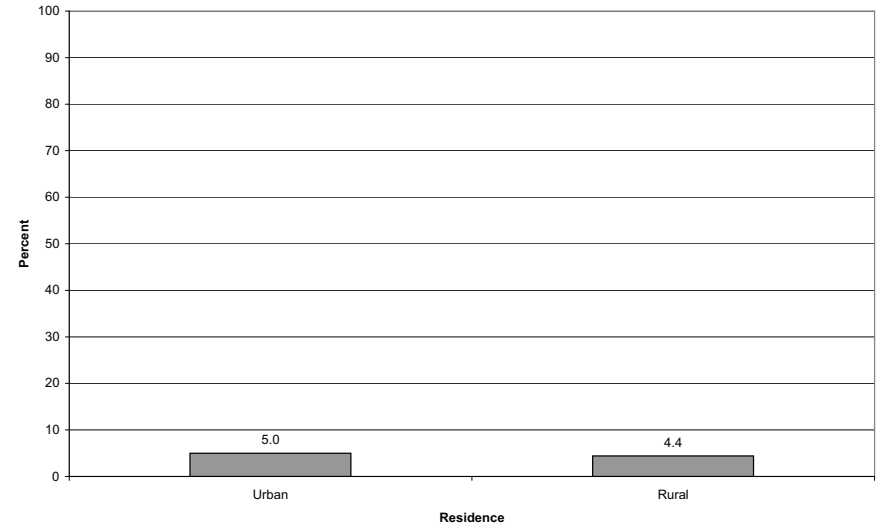
ATE ALMONDS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

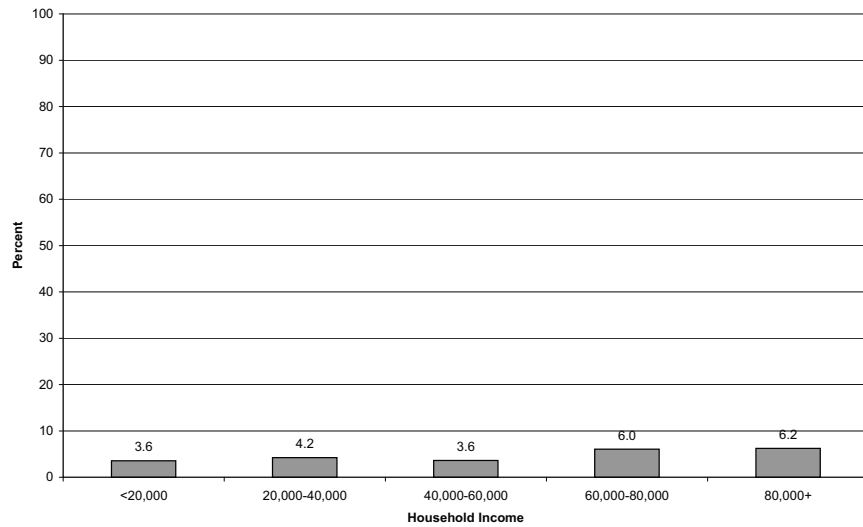
175.5 Percent by Location Where Food Was Prepared



175.6 Percent by Residence



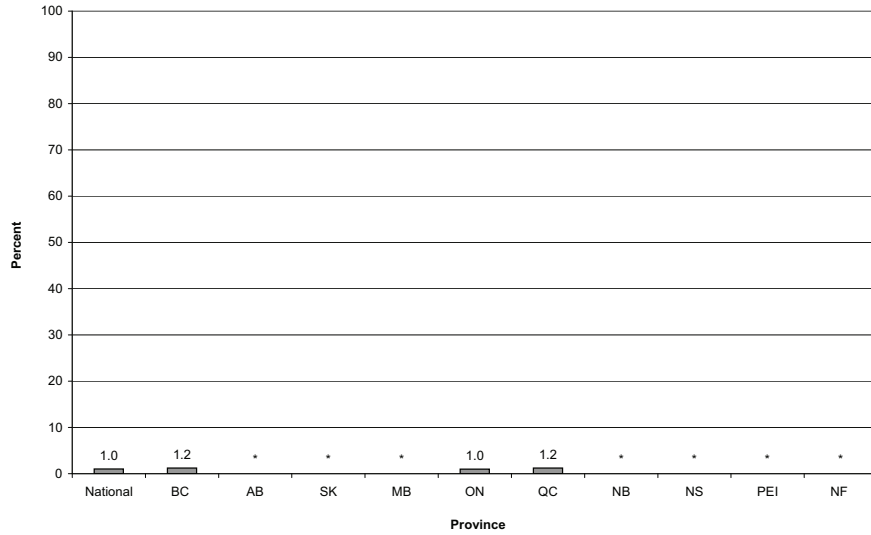
175.7 Percent by Household Income



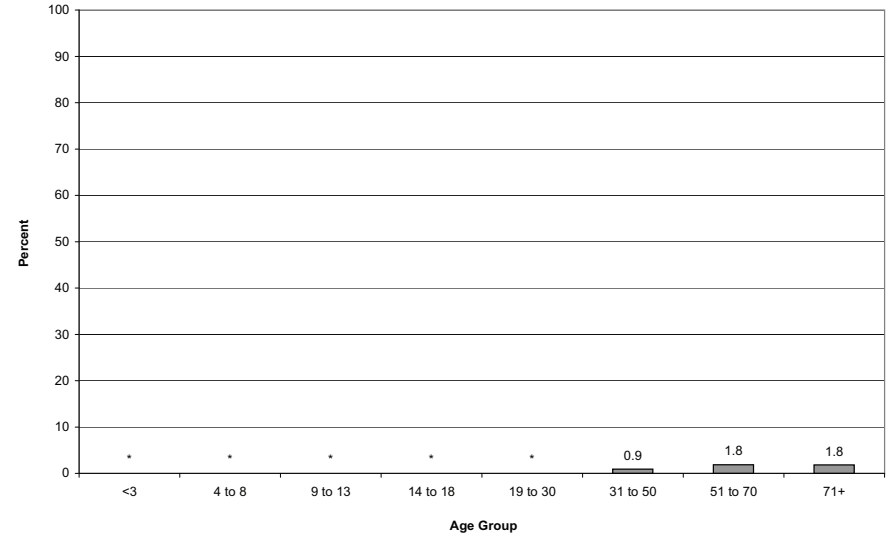
ATE BRAZIL NUTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

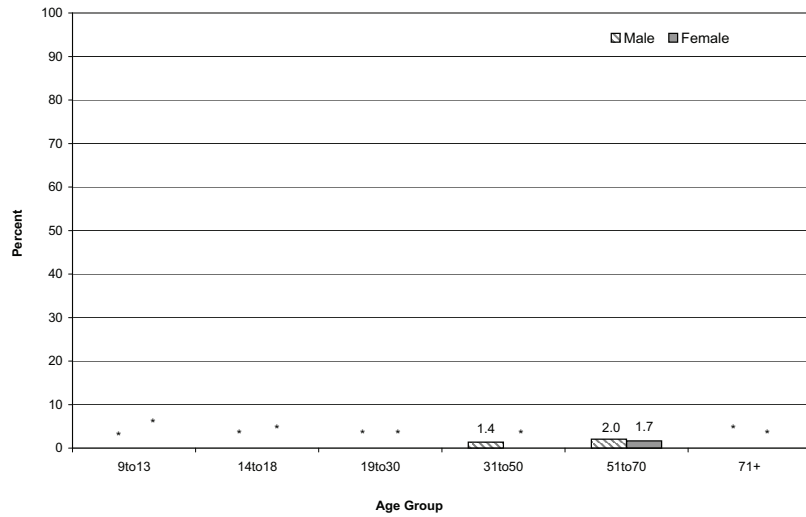
176.1 Percent by Province



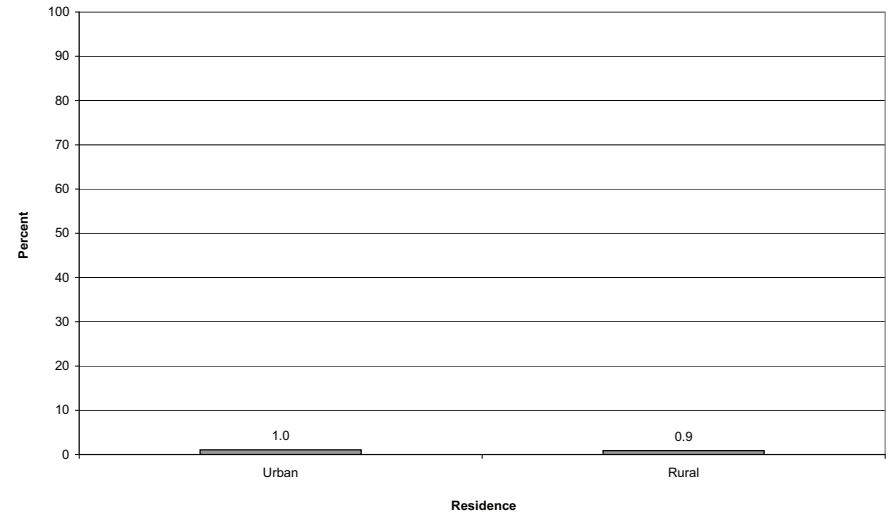
176.3 Percent by Age Group



176.4 Percent by Age Group and Sex



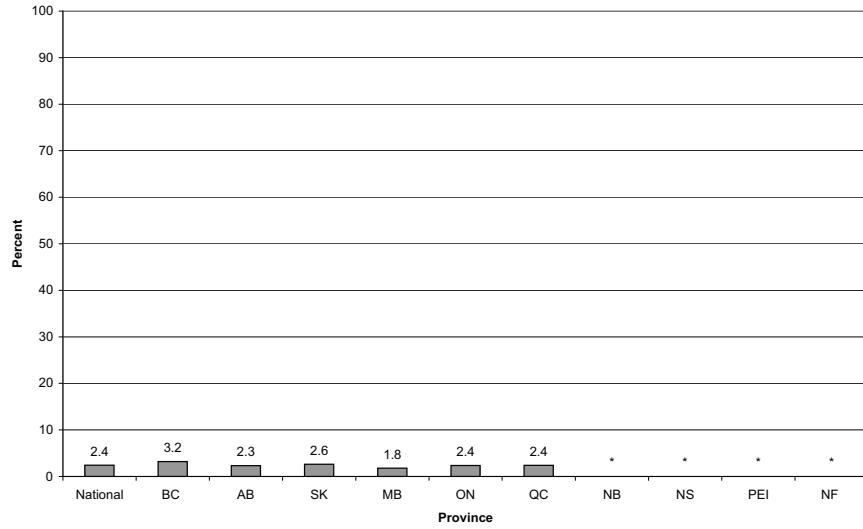
176.6 Percent by Residence



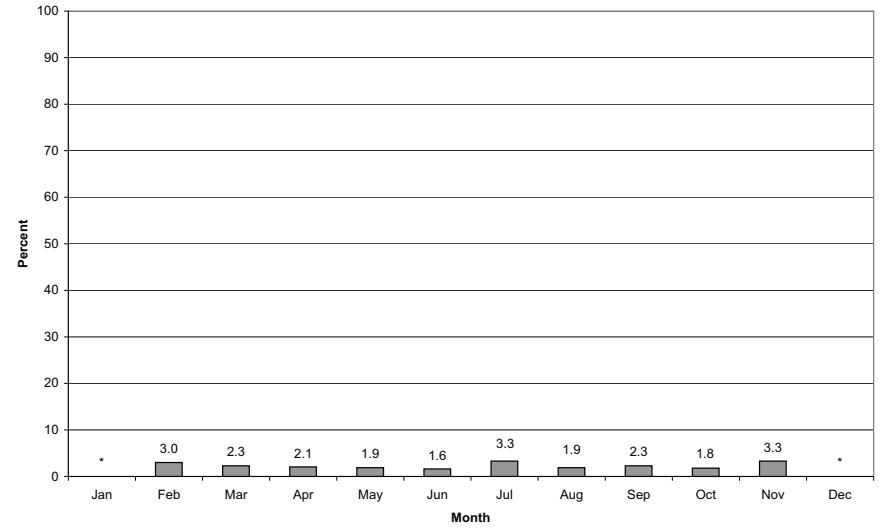
ATE CASHEWS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

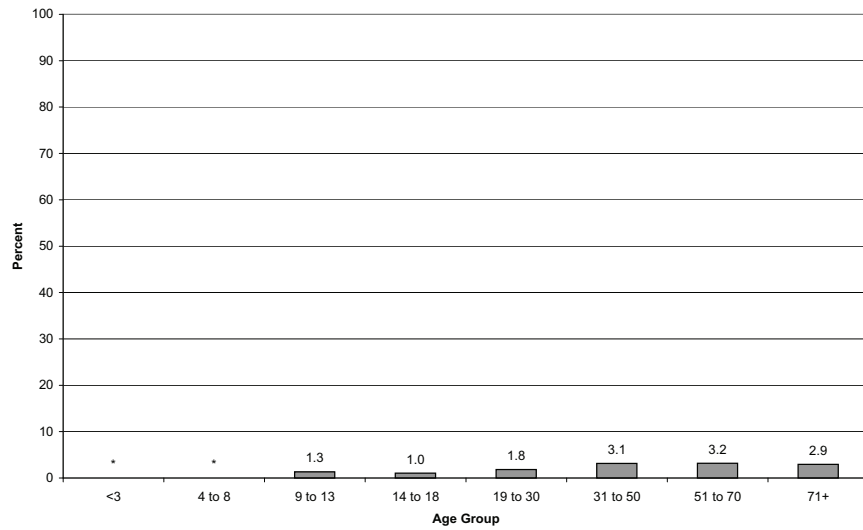
177.1 Percent by Province



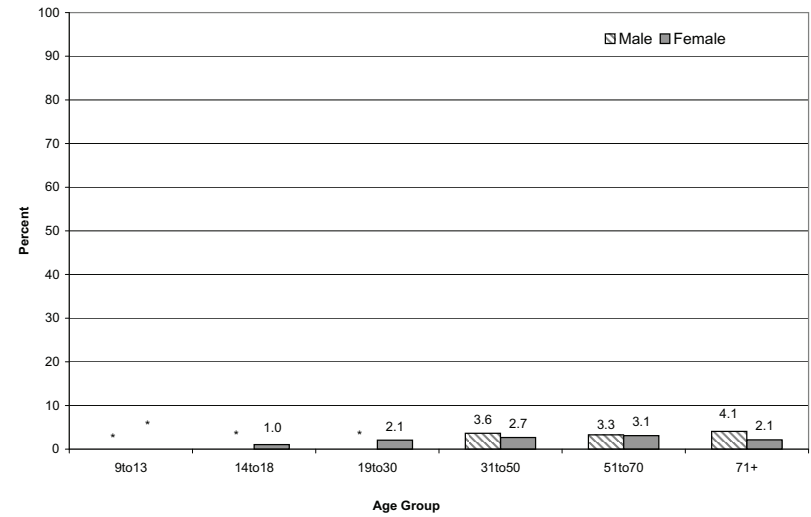
177.2 Percent by Month



177.3 Percent by Age Group



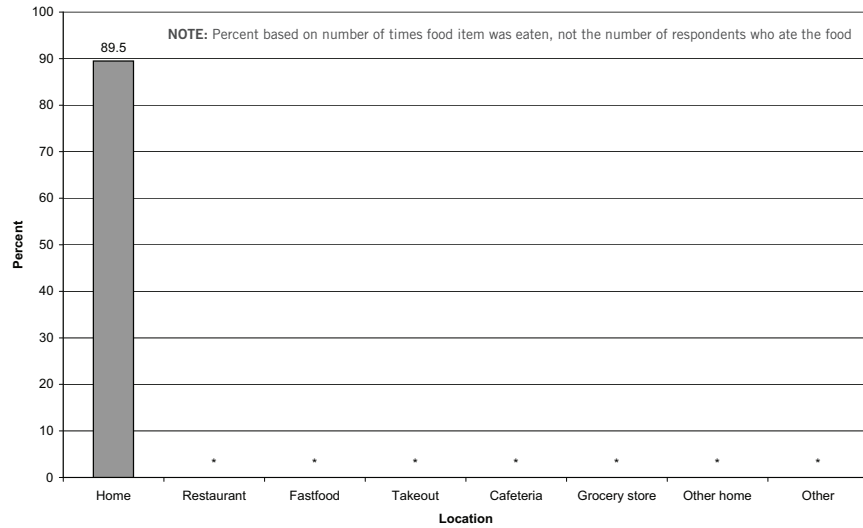
177.4 Percent by Age Group and Sex



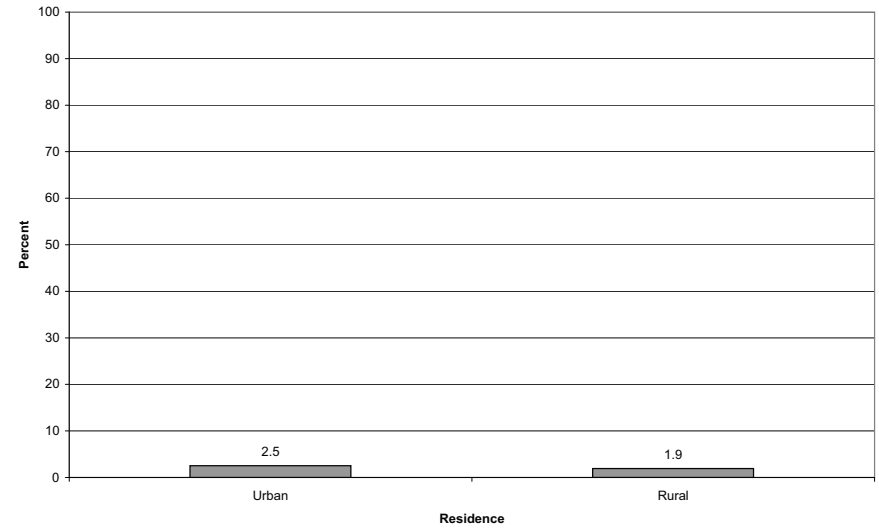
ATE CASHEWS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

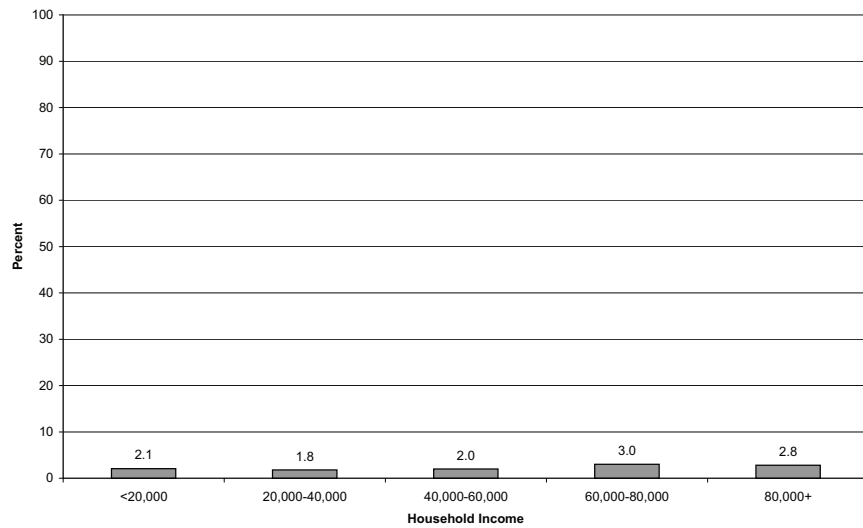
177.5 Percent by Location Where Food Was Prepared



177.6 Percent by Residence



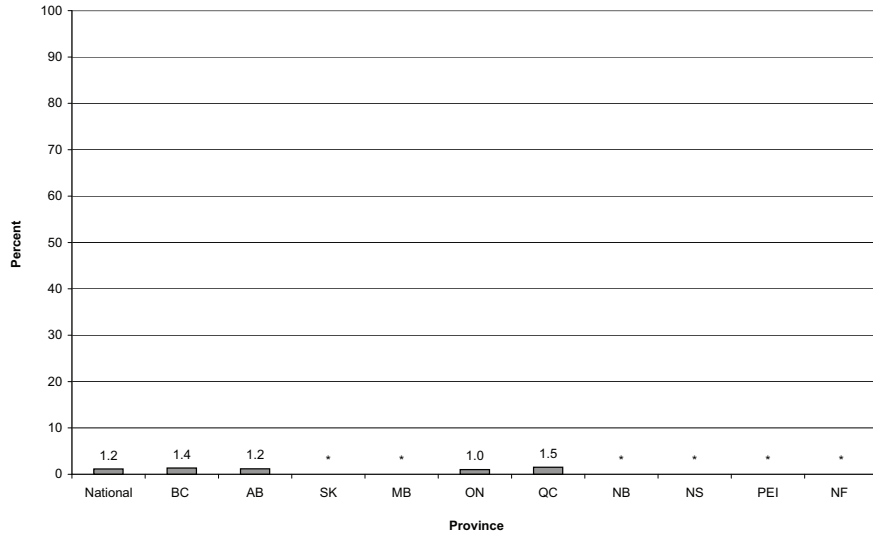
177.7 Percent by Household Income



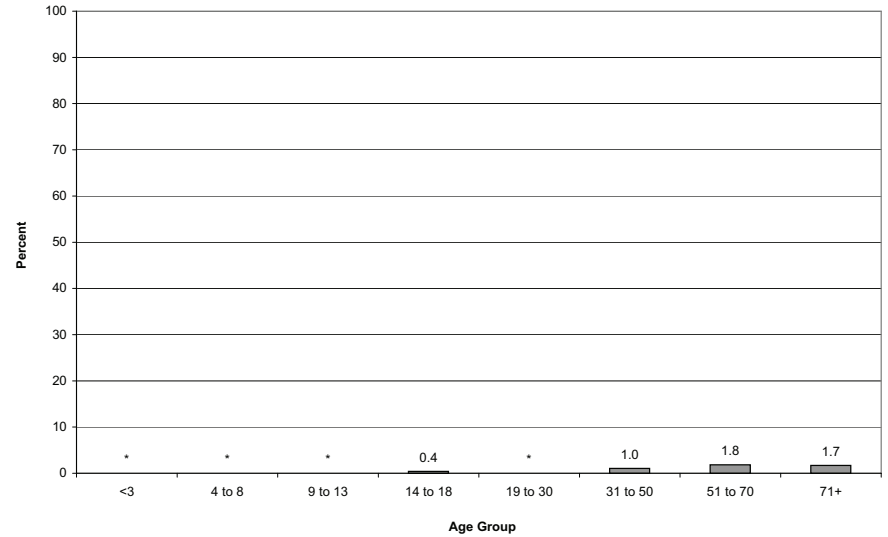
ATE HAZELNUTS AND FILBERTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

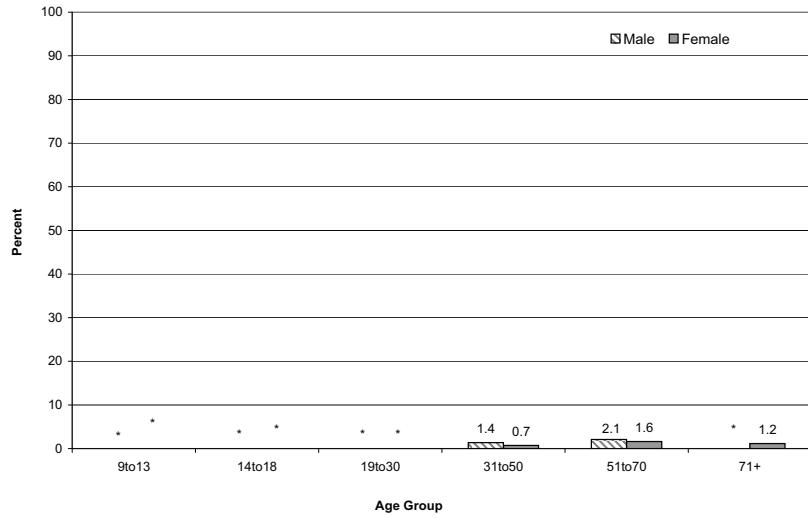
178.1 Percent by Province



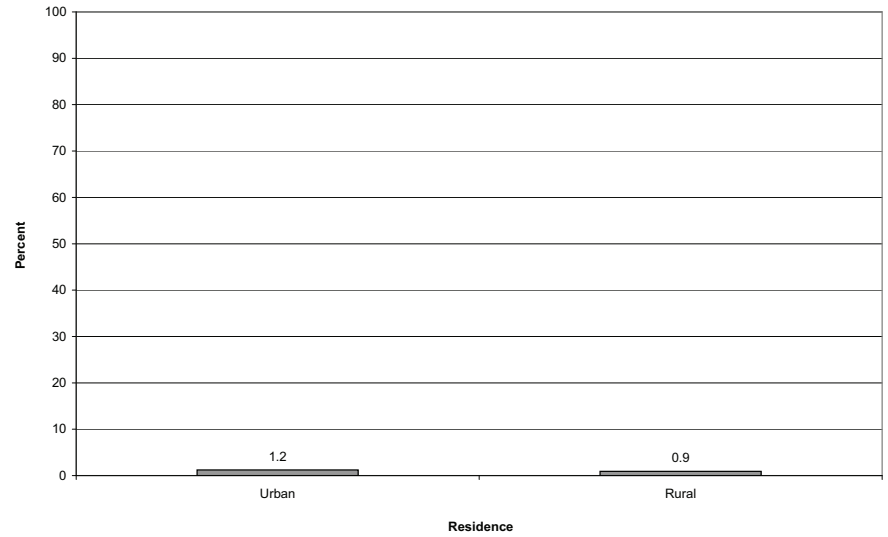
178.3 Percent by Age Group



178.4 Percent by Age Group and Sex



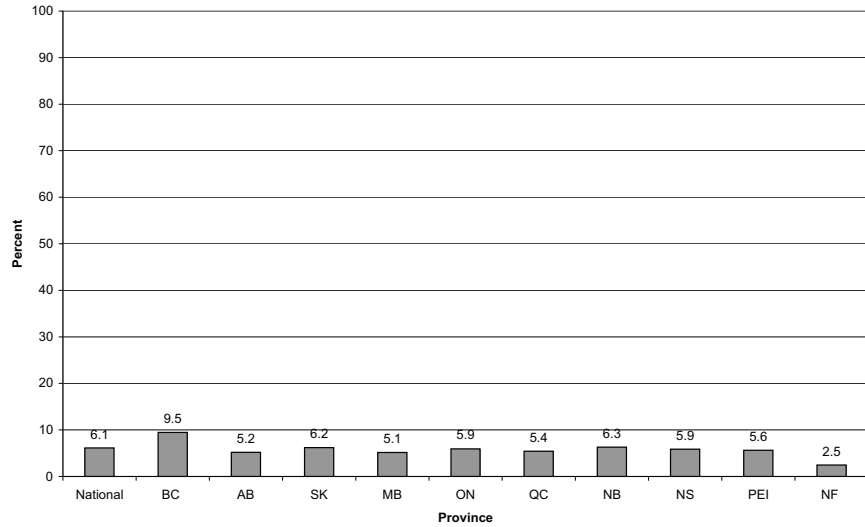
178.6 Percent by Residence



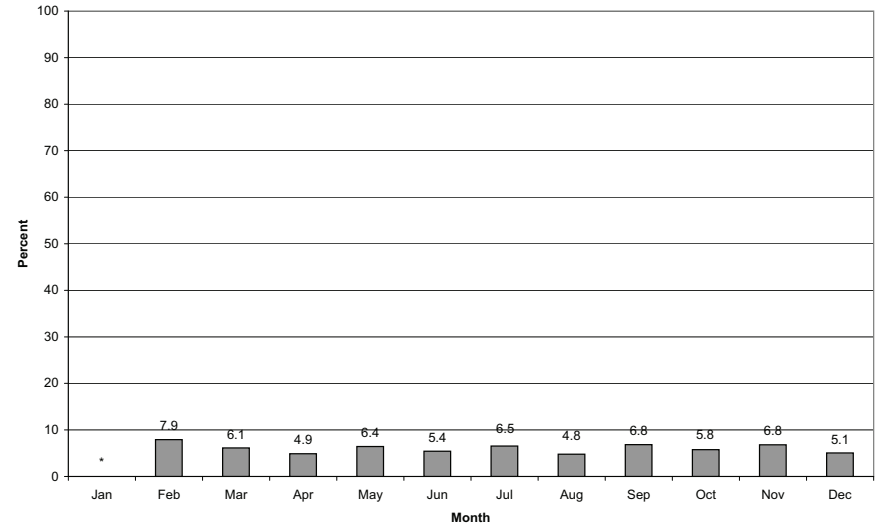
ATE PEANUTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

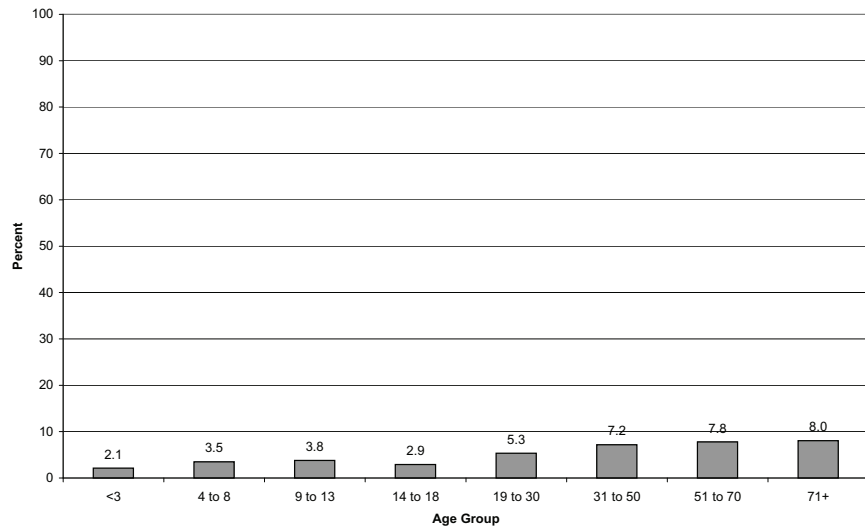
180.1 Percent by Province



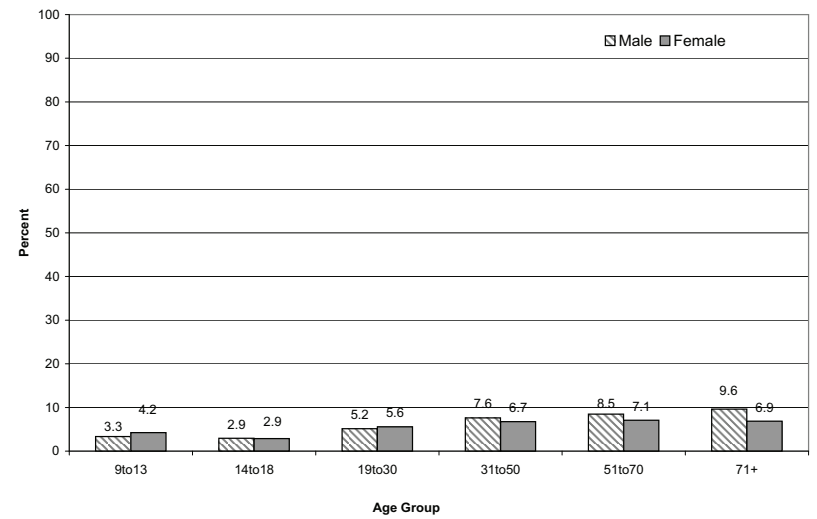
180.2 Percent by Month



180.3 Percent by Age Group



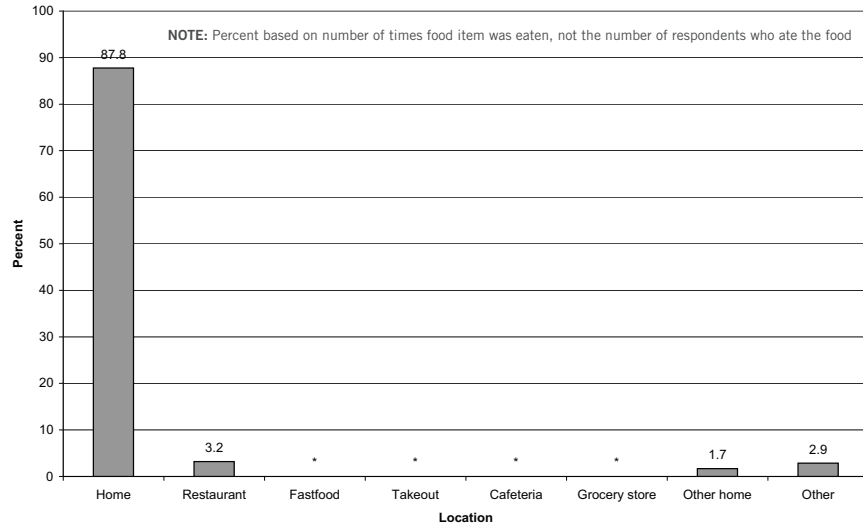
180.4 Percent by Age Group and Sex



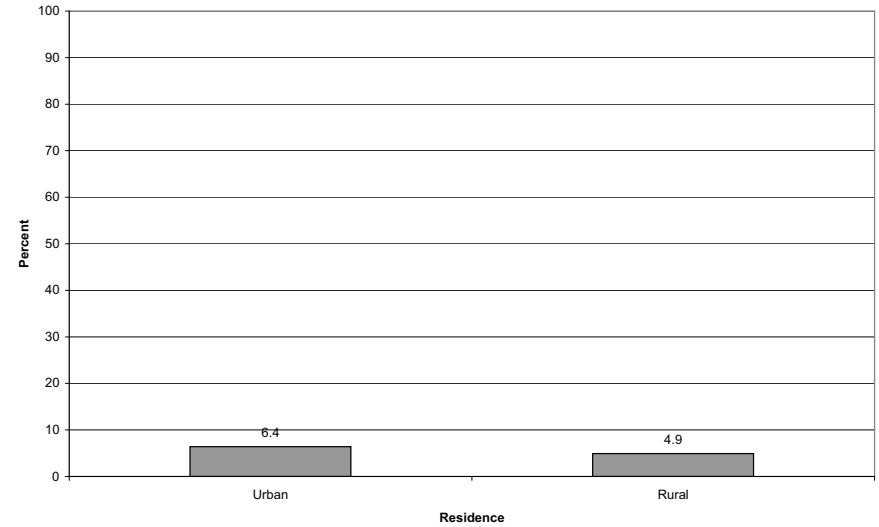
ATE PEANUTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

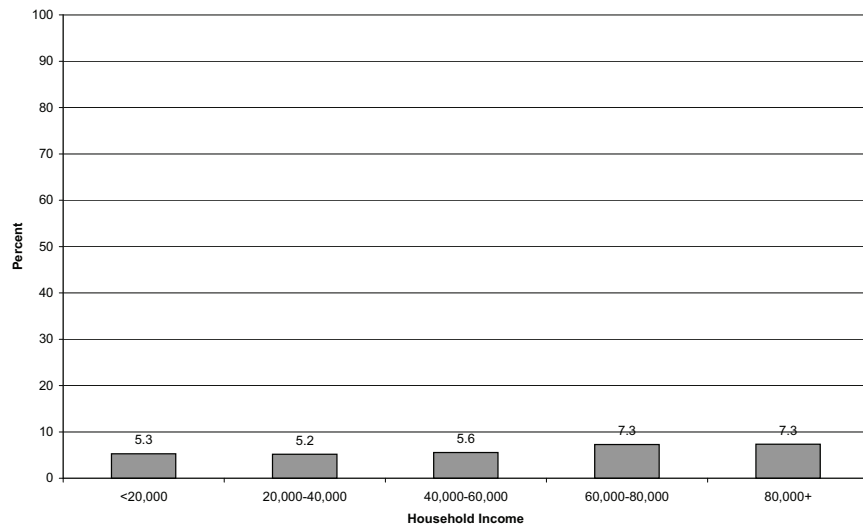
180.5 Percent by Location Where Food Was Prepared



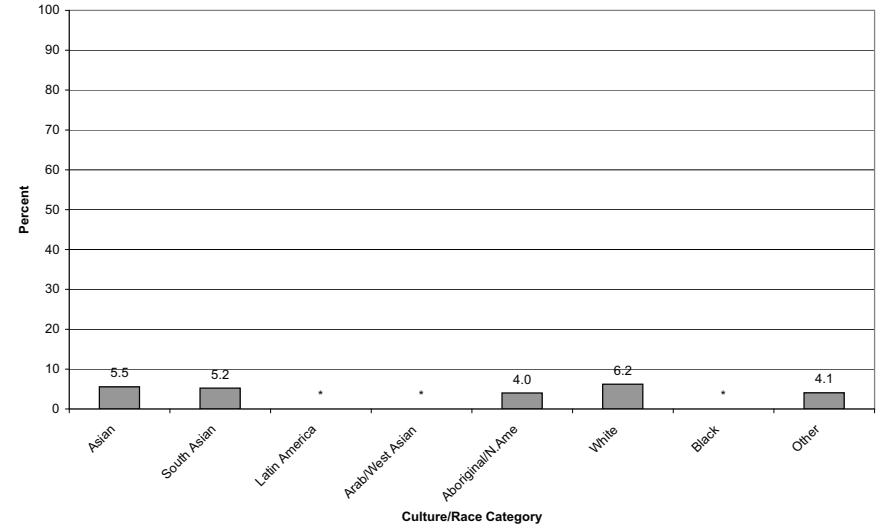
180.6 Percent by Residence



180.7 Percent by Household Income



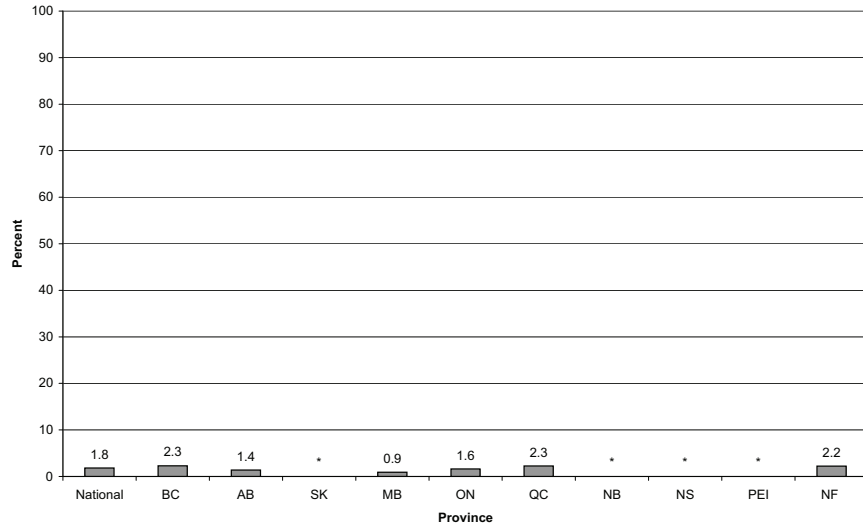
180.8 Percent by Cultural or Racial Origin



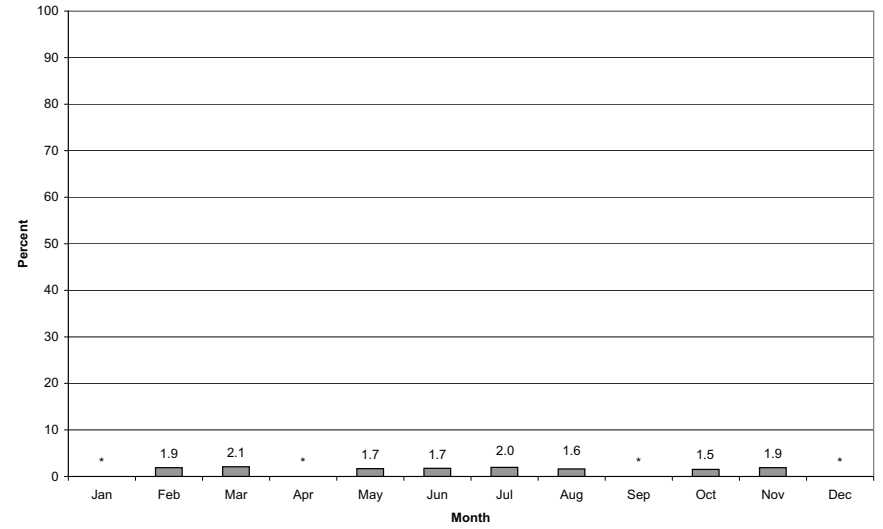
ATE PECANS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

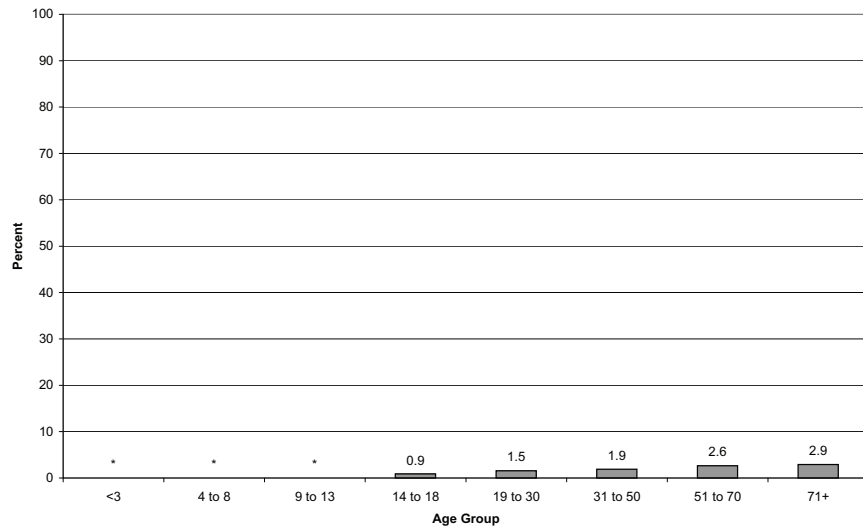
181.1 Percent by Province



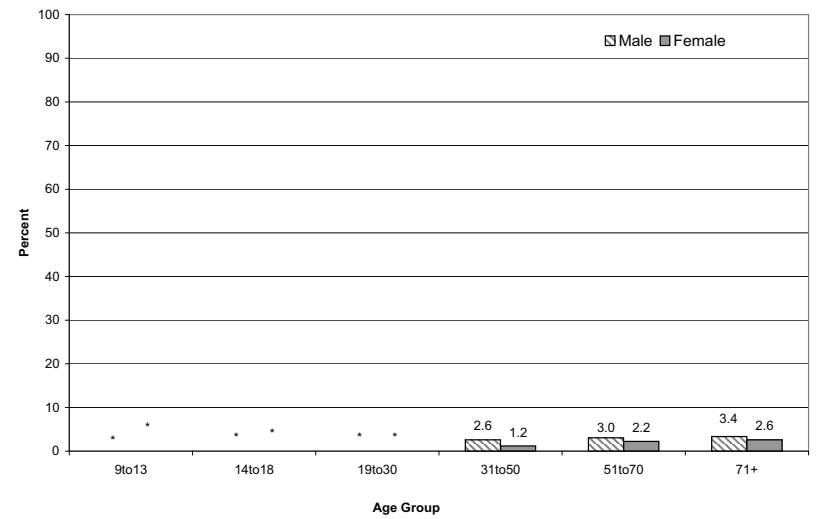
181.2 Percent by Month



181.3 Percent by Age Group



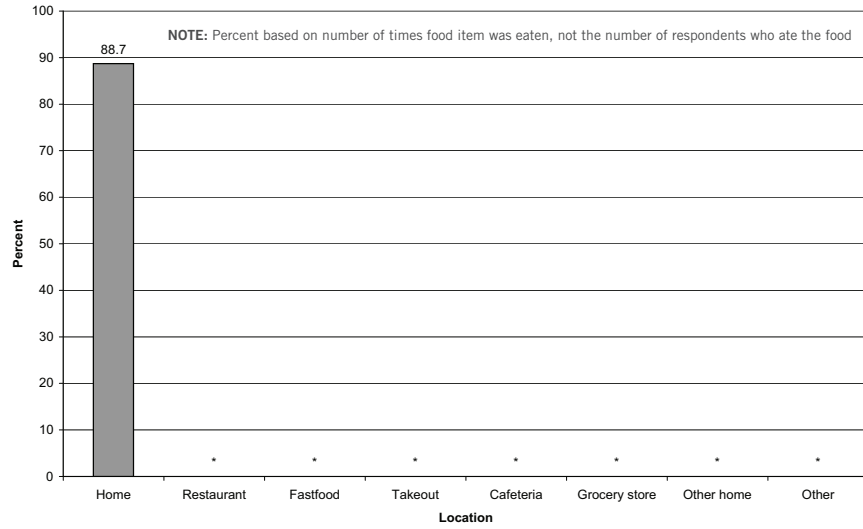
181.4 Percent by Age Group and Sex



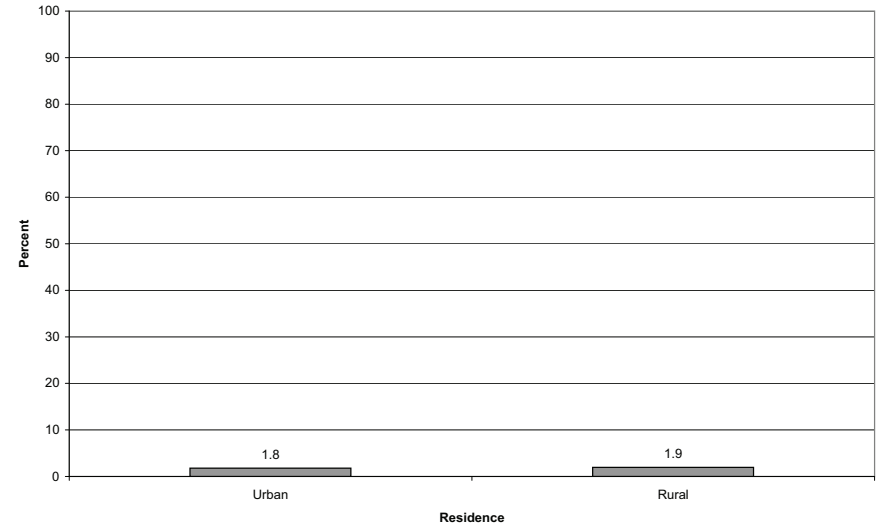
ATE PECANS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

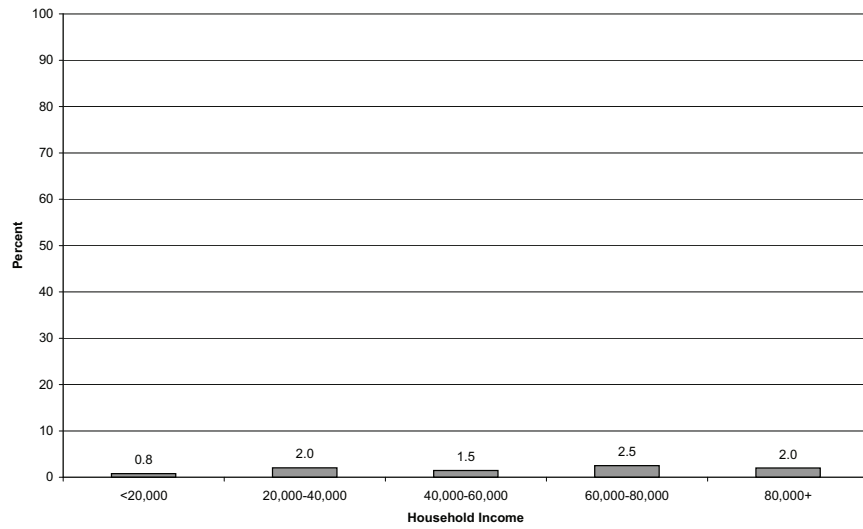
181.5 Percent by Location Where Food Was Prepared



181.6 Percent by Residence



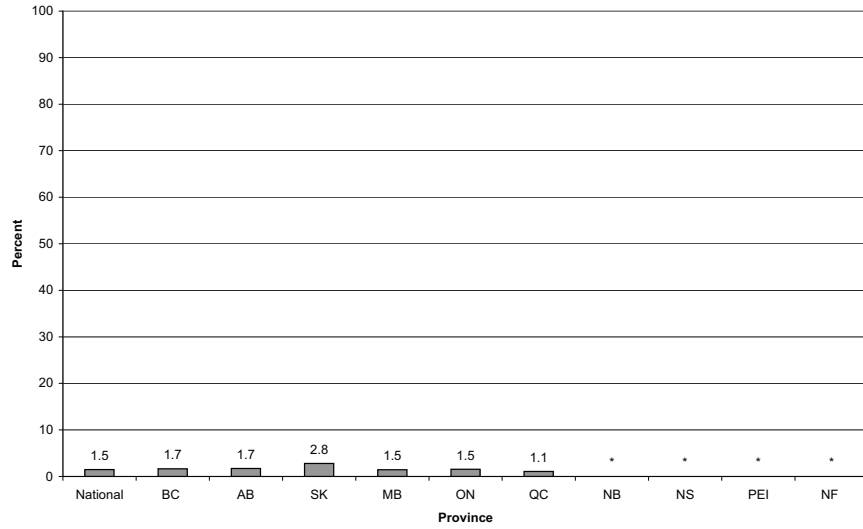
181.7 Percent by Household Income



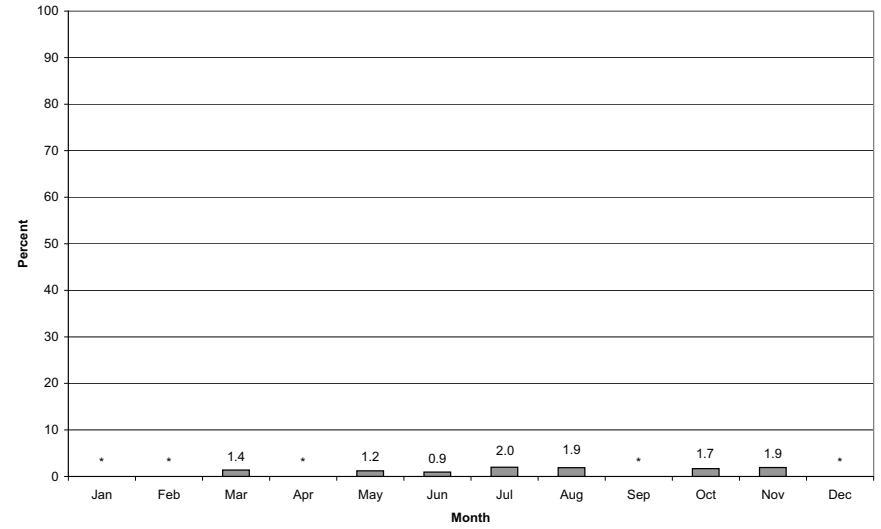
ATE SUNFLOWER SEEDS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

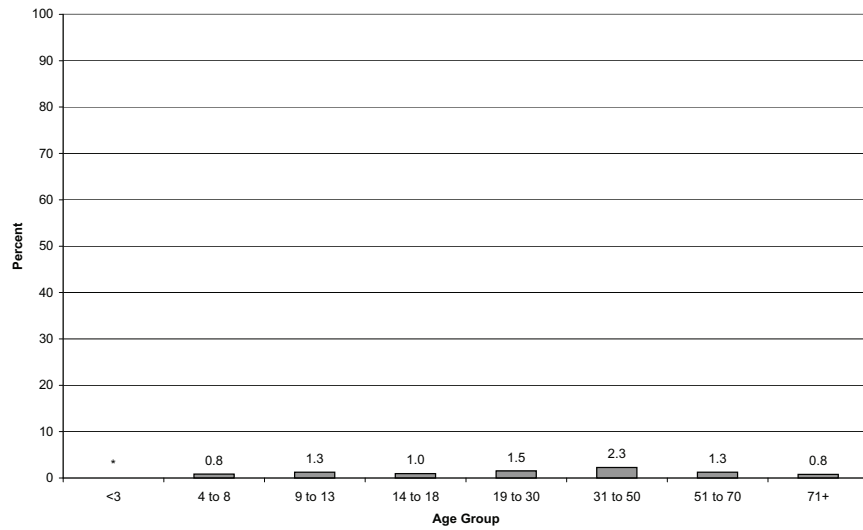
186.1 Percent by Province



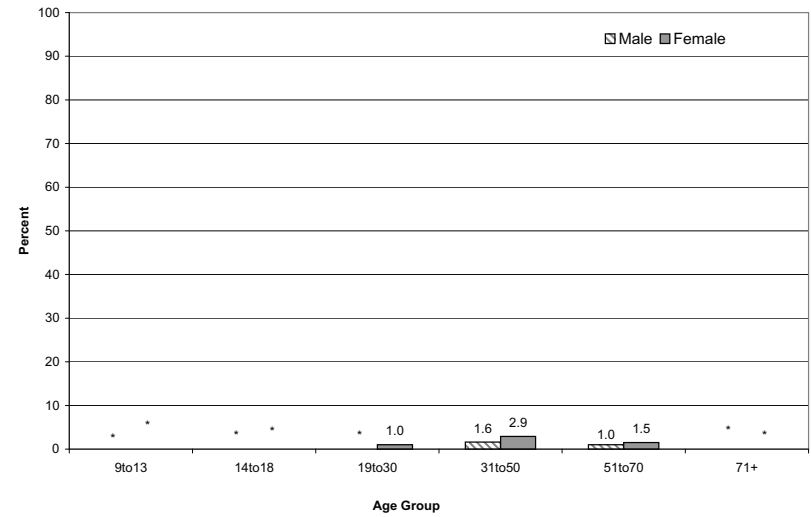
186.2 Percent by Month



186.3 Percent by Age Group



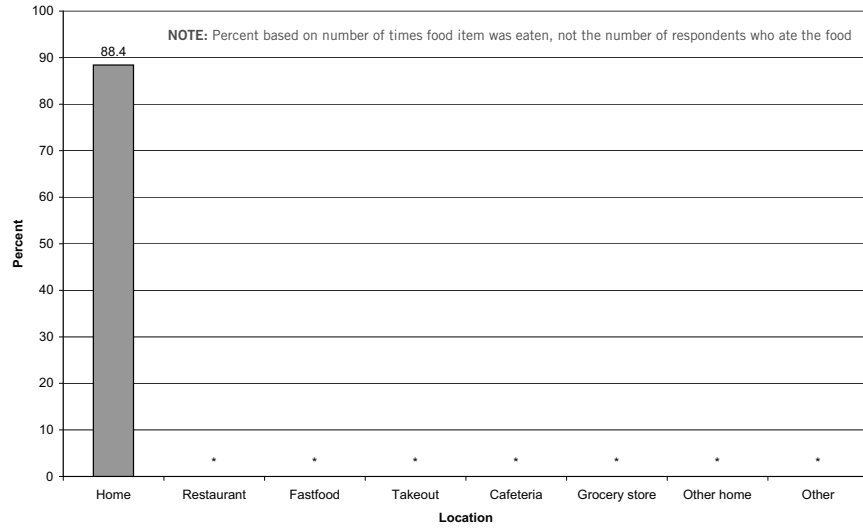
186.4 Percent by Age Group and Sex



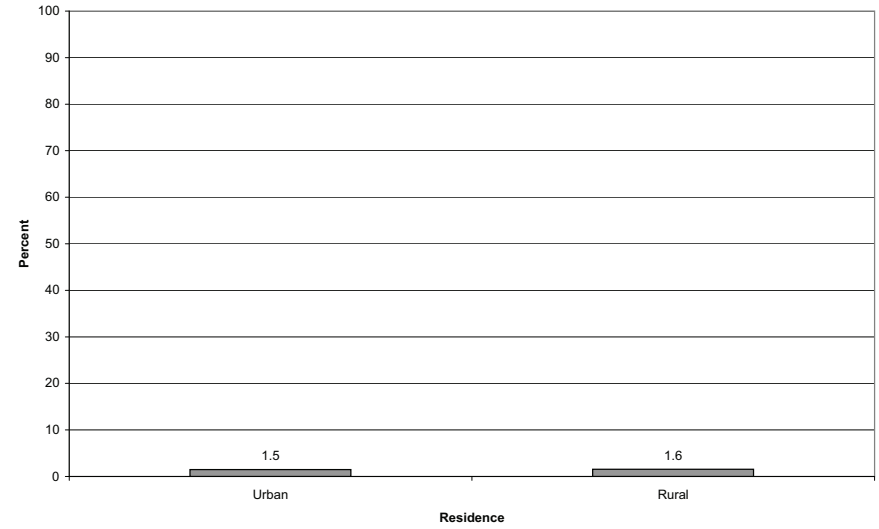
ATE SUNFLOWER SEEDS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

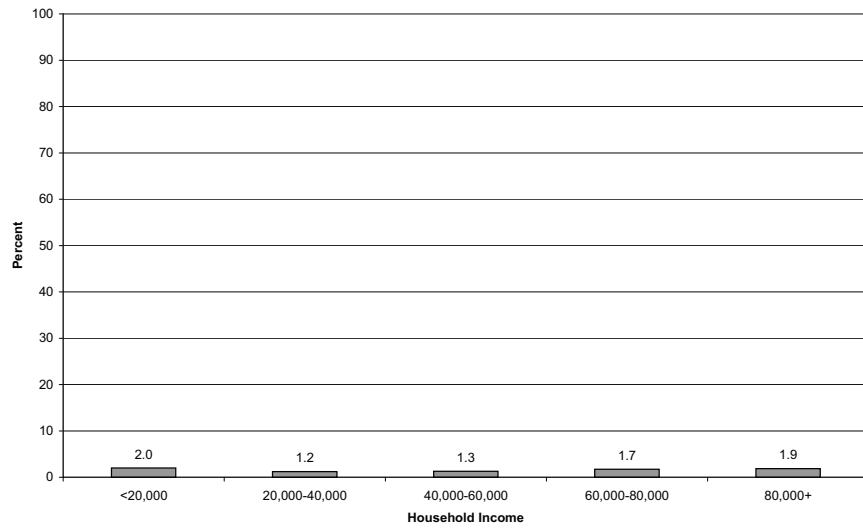
186.5 Percent by Location Where Food Was Prepared



186.6 Percent by Residence



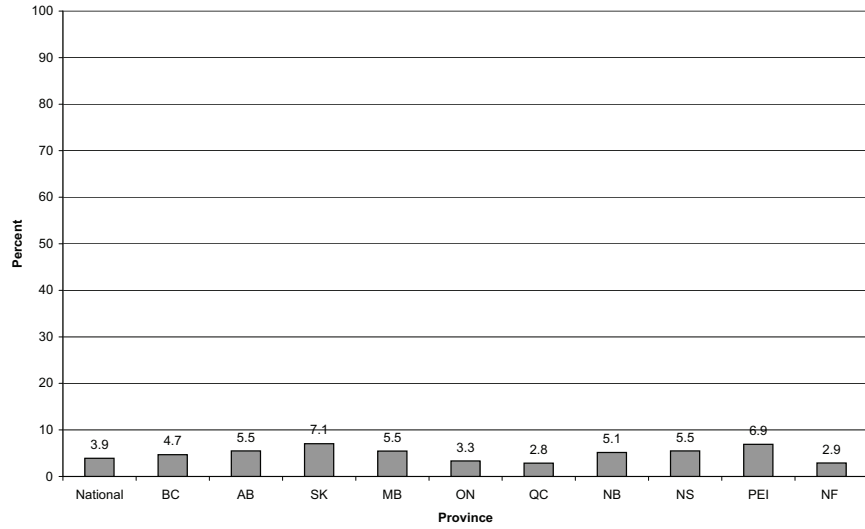
186.7 Percent by Household Income



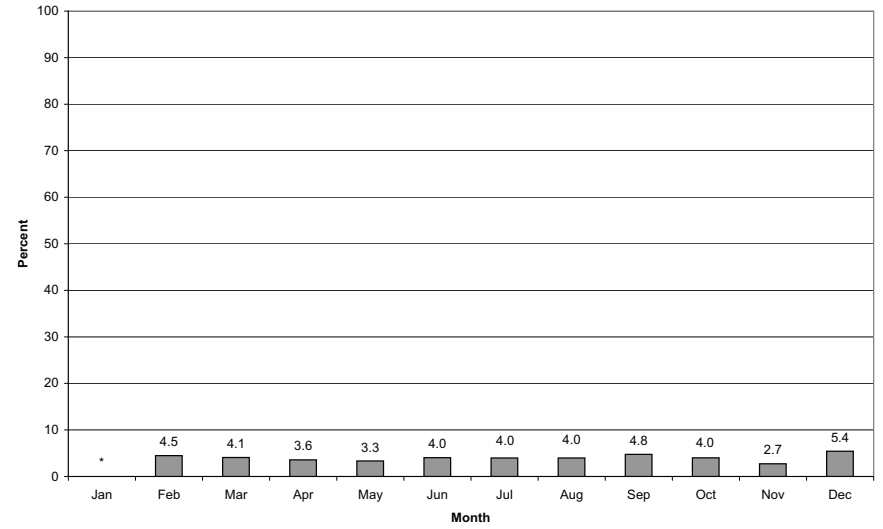
ATE WALNUTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

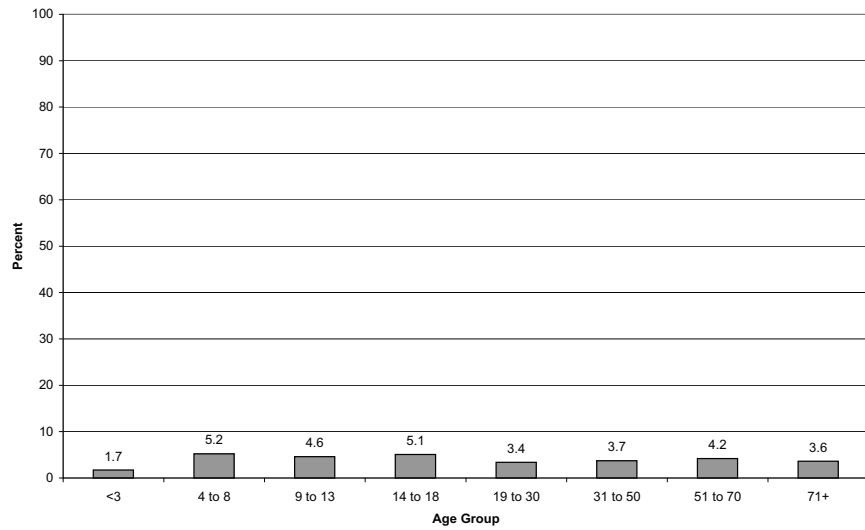
187.1 Percent by Province



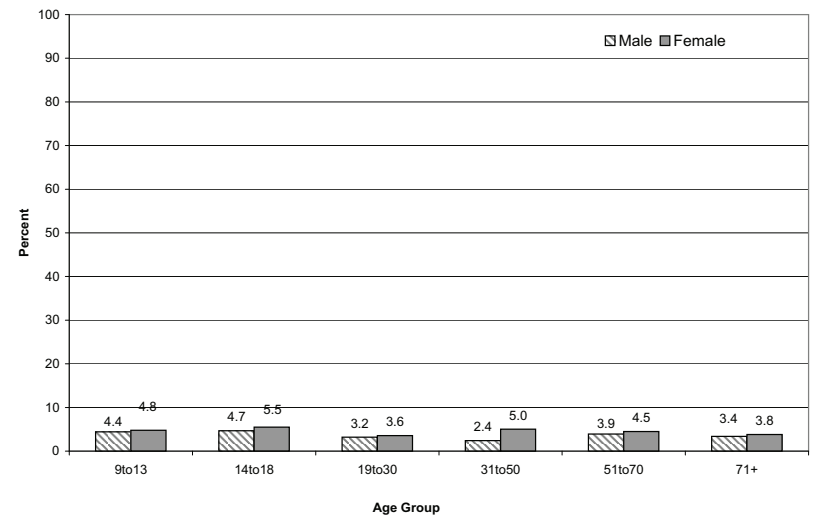
187.2 Percent by Month



187.3 Percent by Age Group



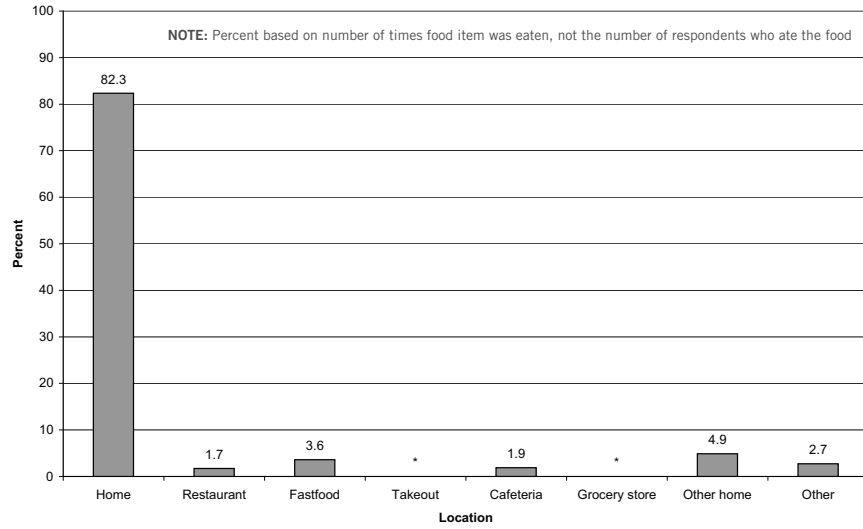
187.4 Percent by Age Group and Sex



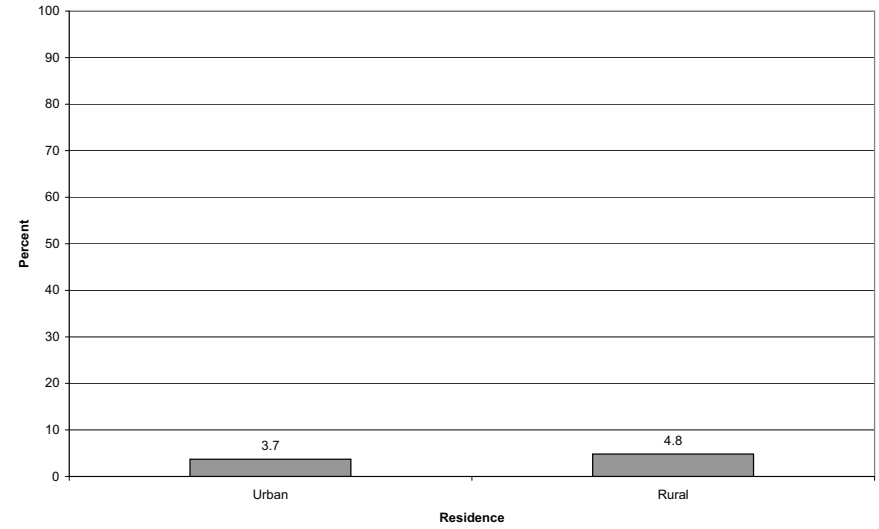
ATE WALNUTS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

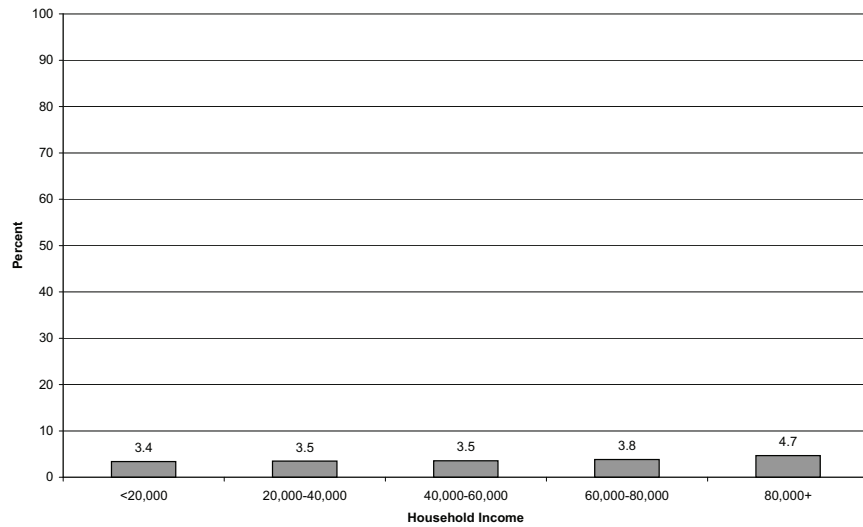
187.5 Percent by Location Where Food Was Prepared



187.6 Percent by Residence



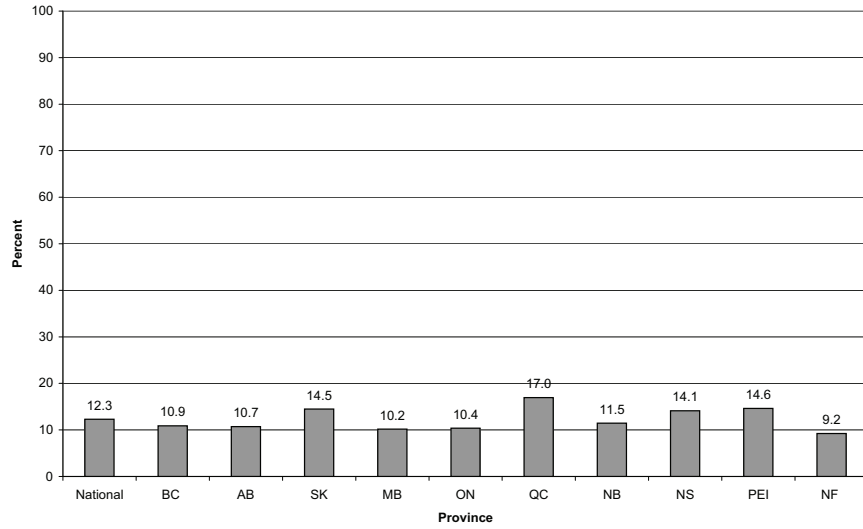
187.7 Percent by Household Income



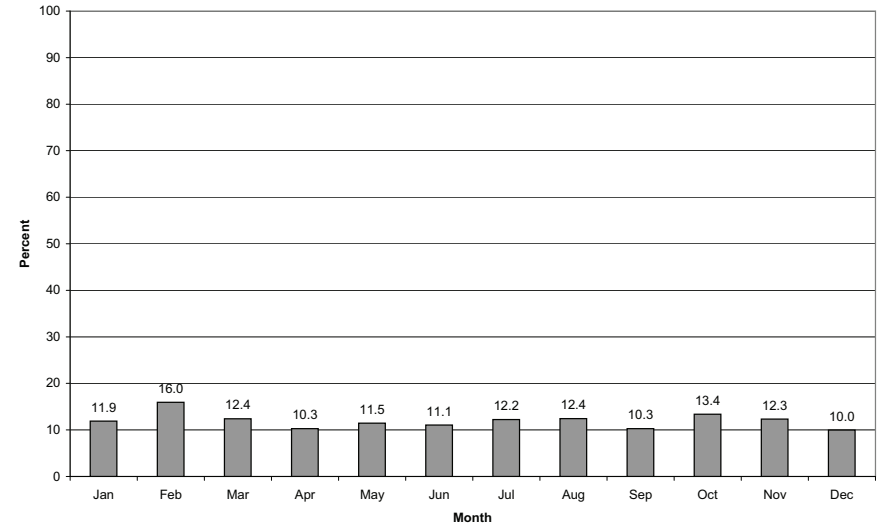
ATE PEANUT BUTTER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

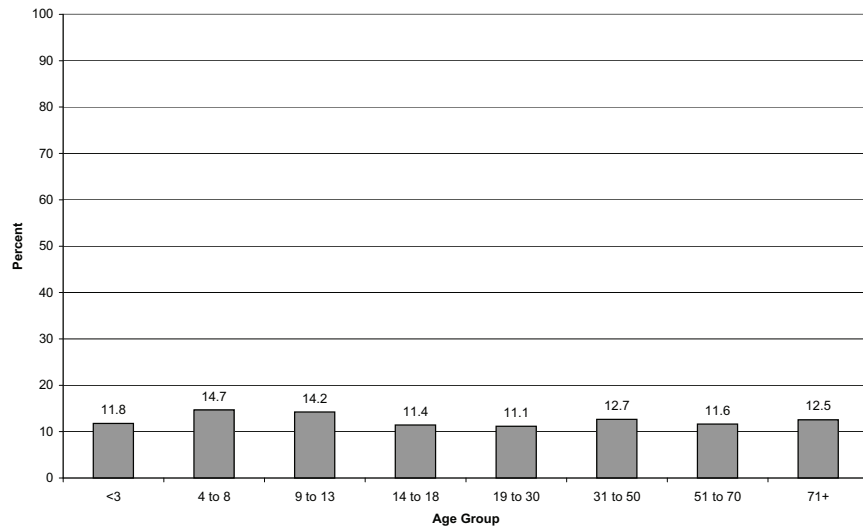
189.1 Percent by Province



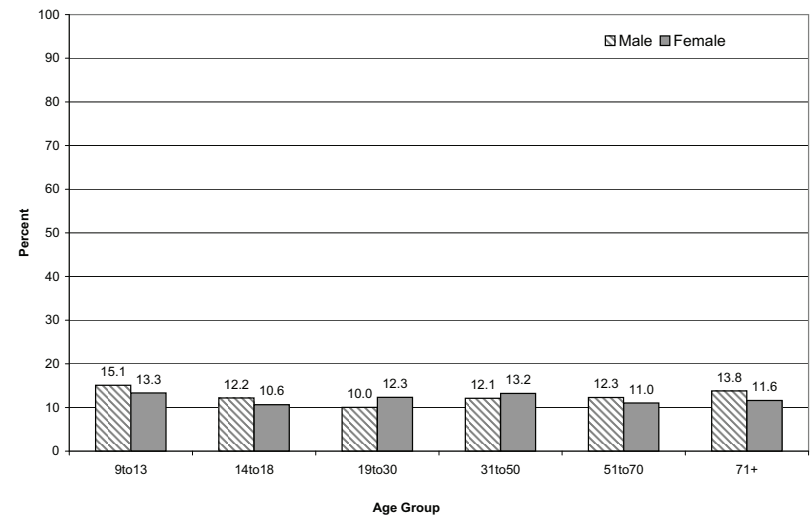
189.2 Percent by Month



189.3 Percent by Age Group



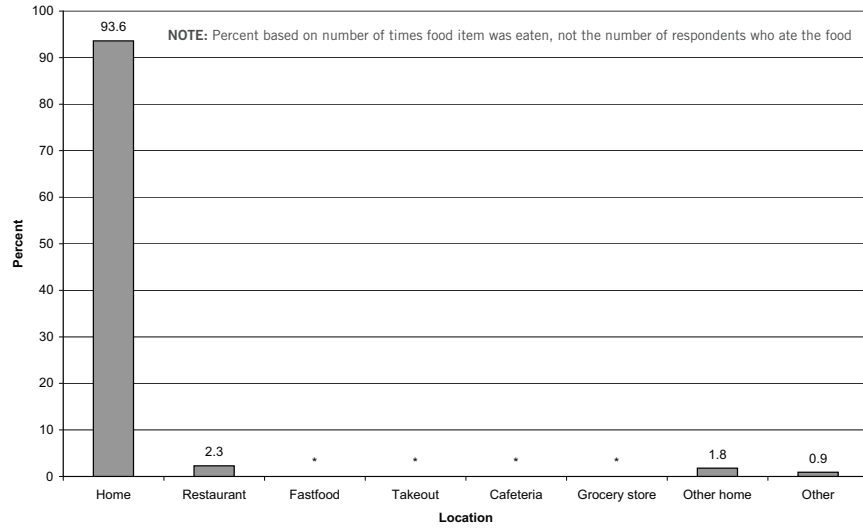
189.4 Percent by Age Group and Sex



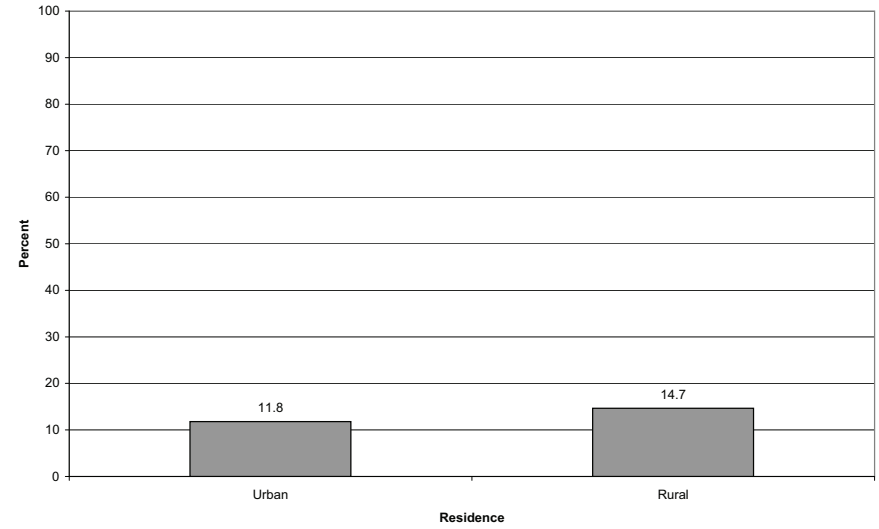
ATE PEANUT BUTTER IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

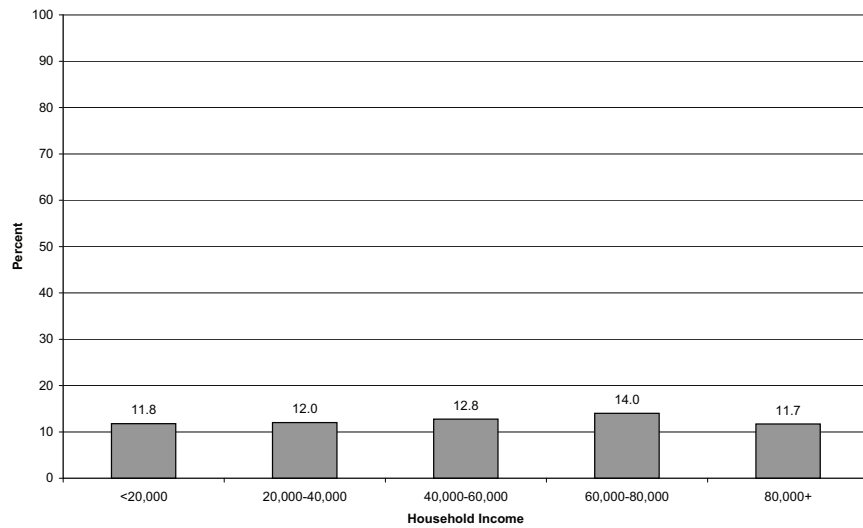
189.5 Percent by Location Where Food Was Prepared



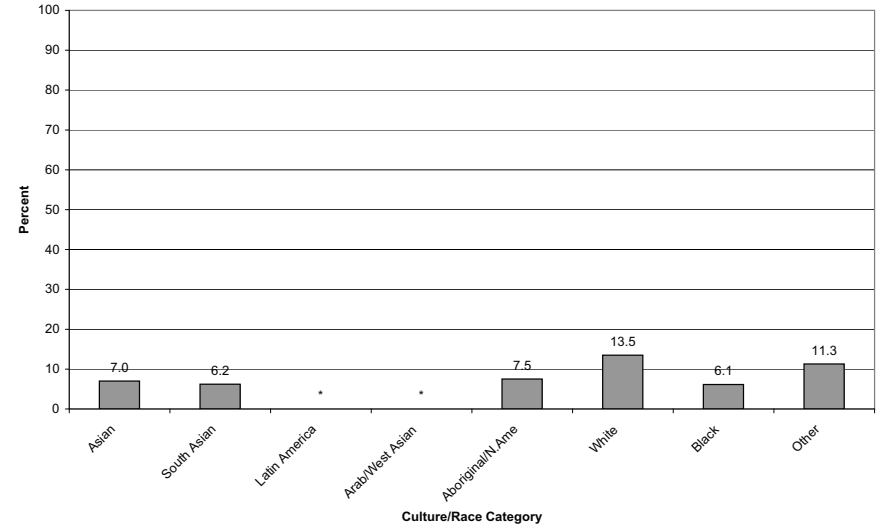
189.6 Percent by Residence



189.7 Percent by Household Income



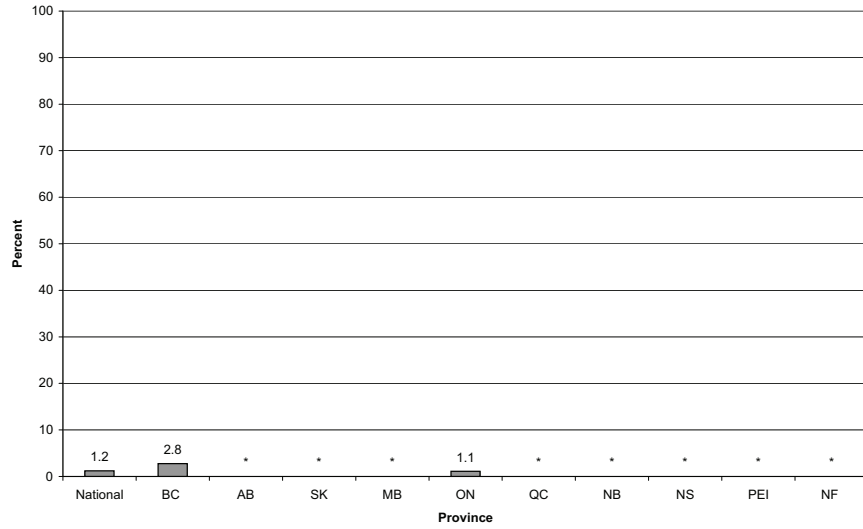
189.8 Percent by Cultural or Racial Origin



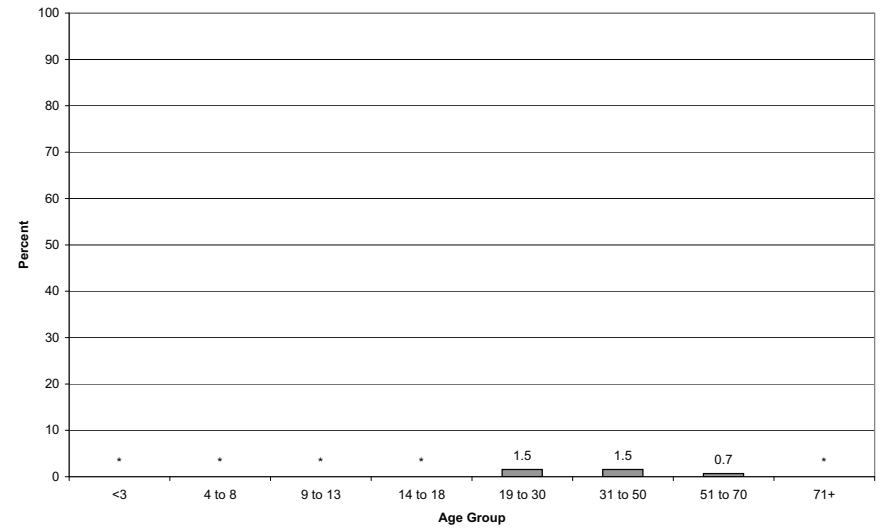
ATE SOY PRODUCT* IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

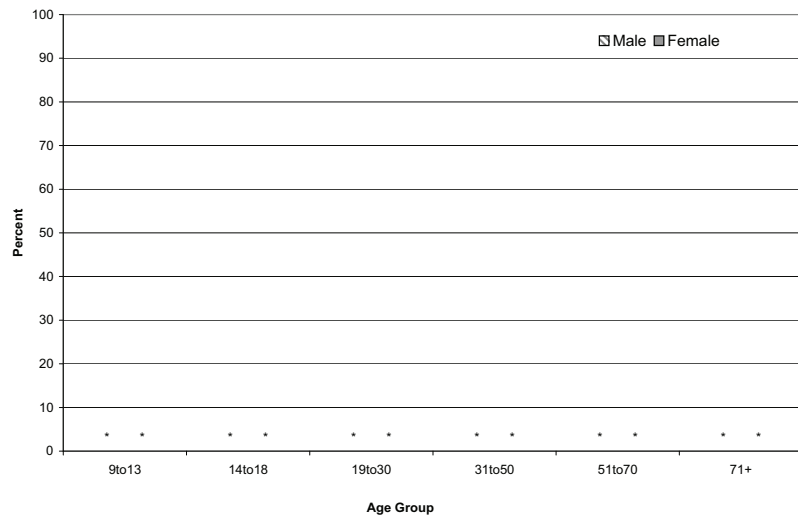
191.1 Percent by Province



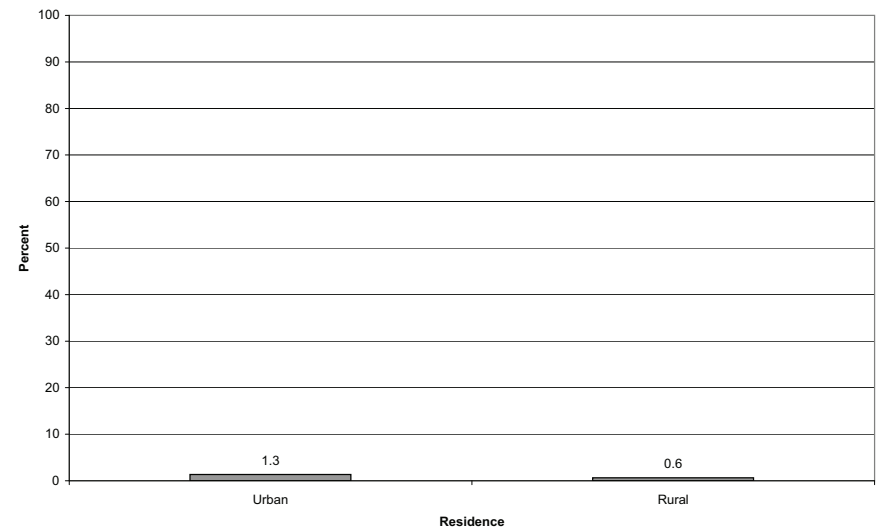
191.3 Percent by Age Group



191.4 Percent by Age Group and Sex



191.6 Percent by Residence



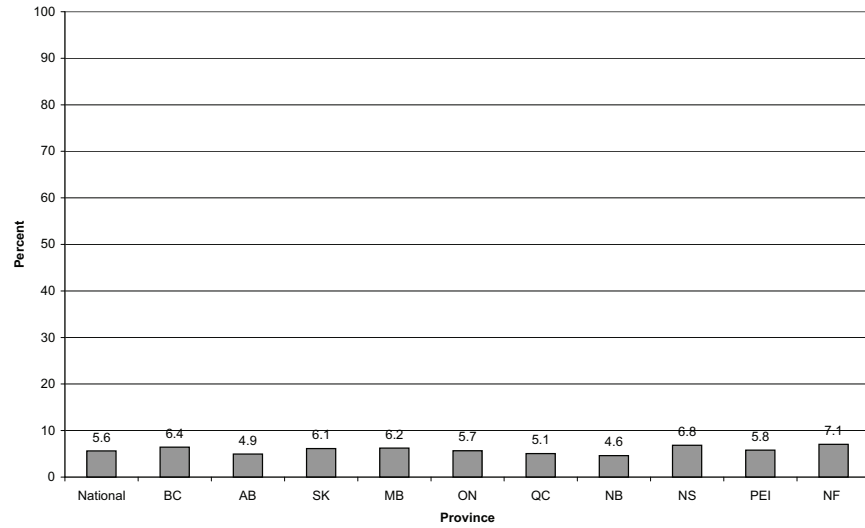
* (tofu, yogurt, etc - excluding soy milk)

— DRIED FRUITS —

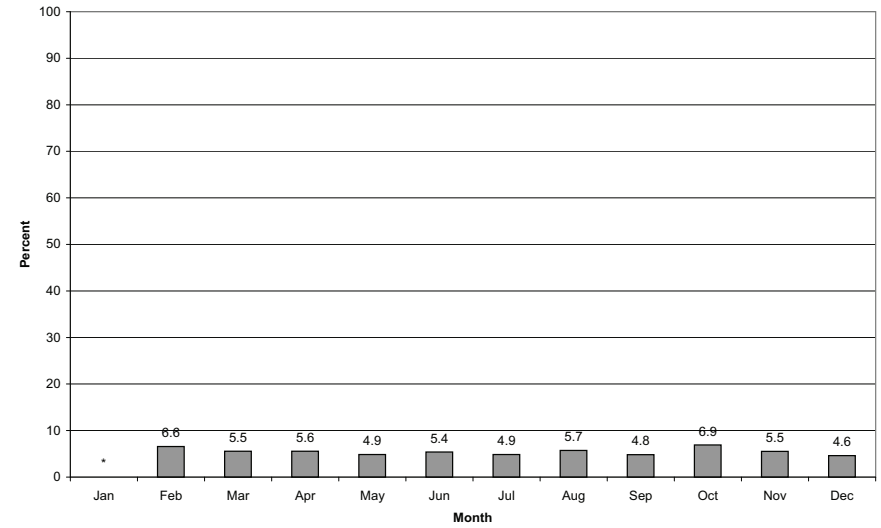
ATE RAISINS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

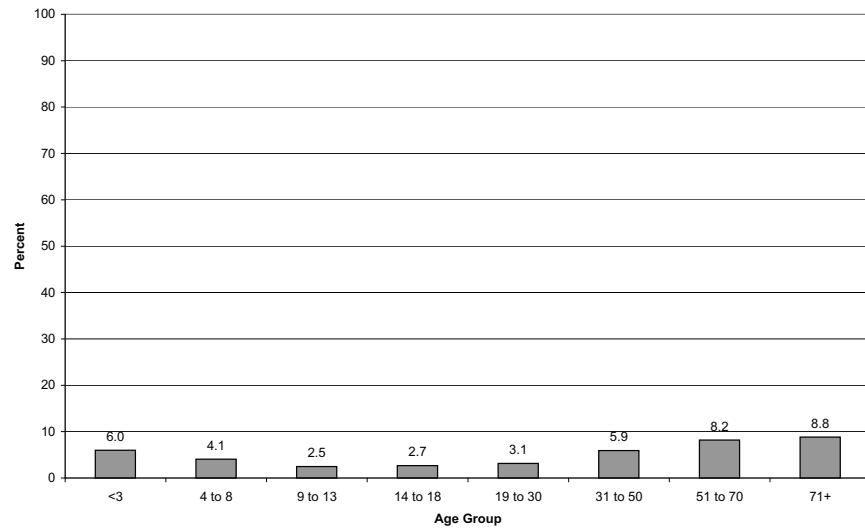
192.1 Percent by Province



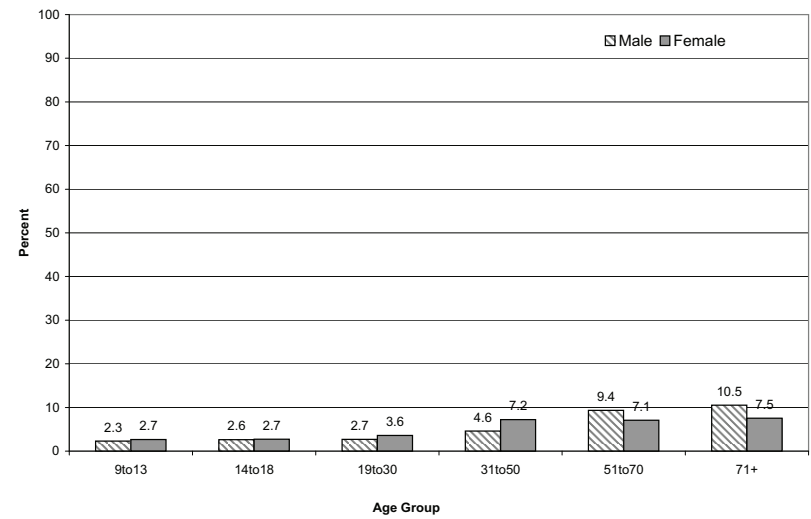
192.2 Percent by Month



192.3 Percent by Age Group



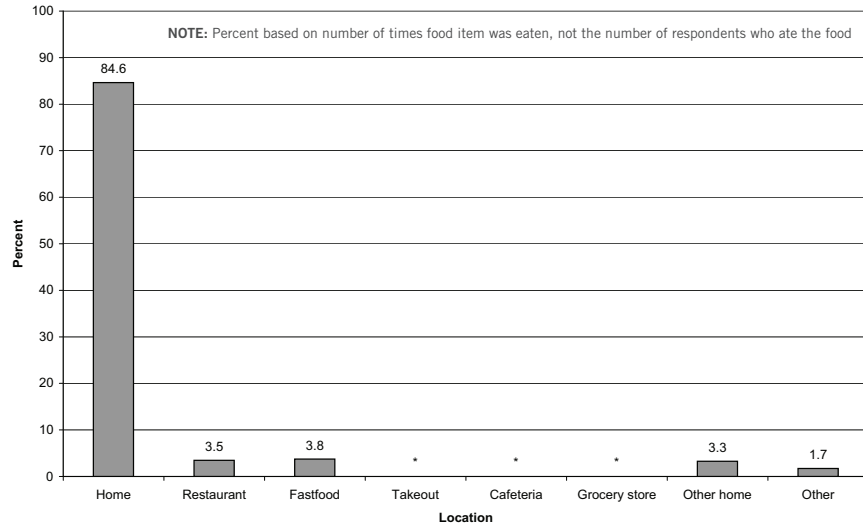
192.4 Percent by Age Group and Sex



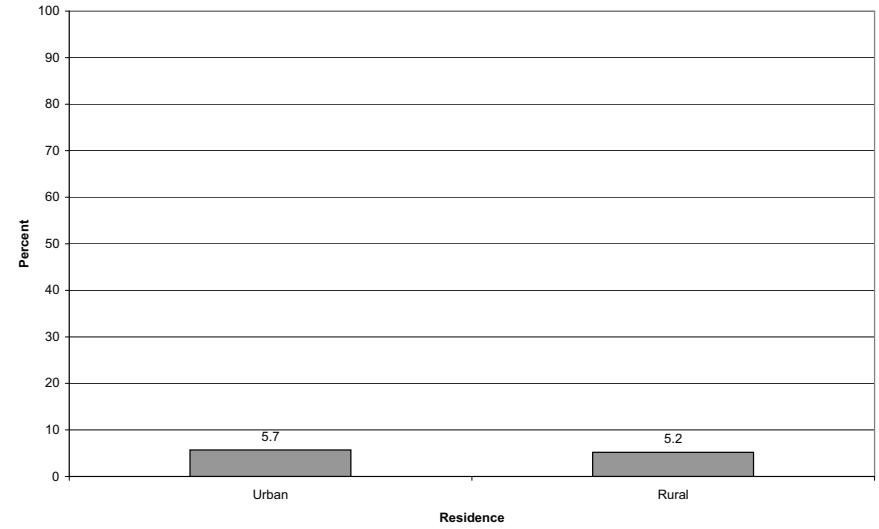
ATE RAISINS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

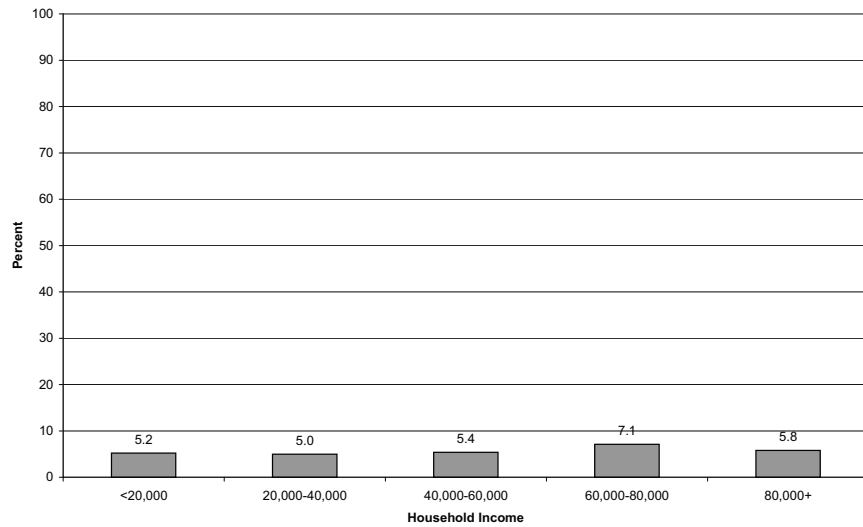
192.5 Percent by Location Where Food Was Prepared



192.6 Percent by Residence



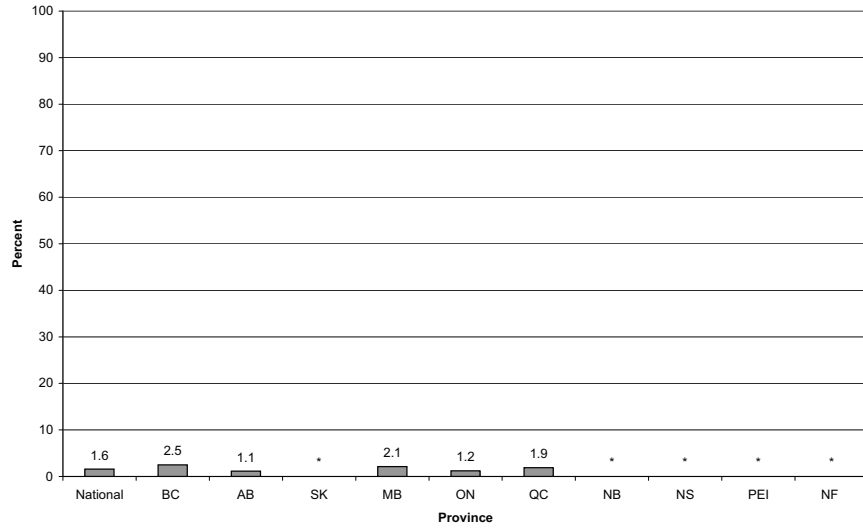
192.7 Percent by Household Income



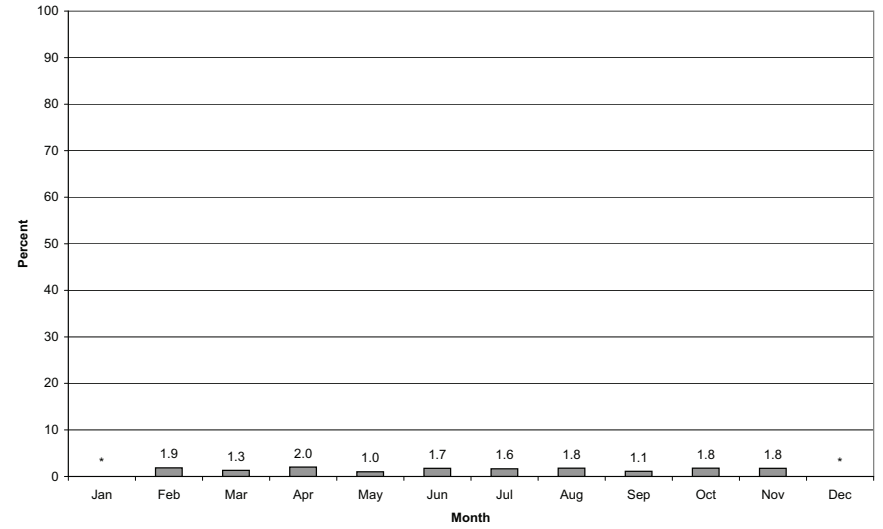
ATE DRIED FRUIT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

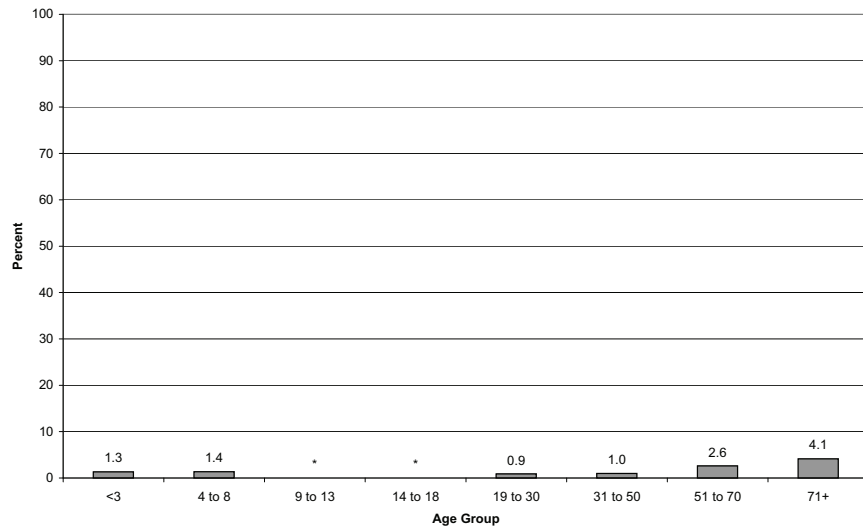
193.1 Percent by Province



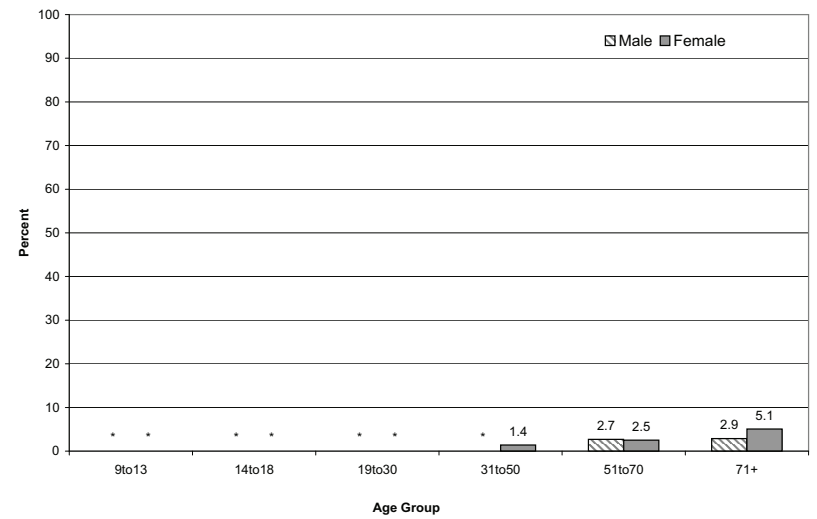
193.2 Percent by Month



193.3 Percent by Age Group



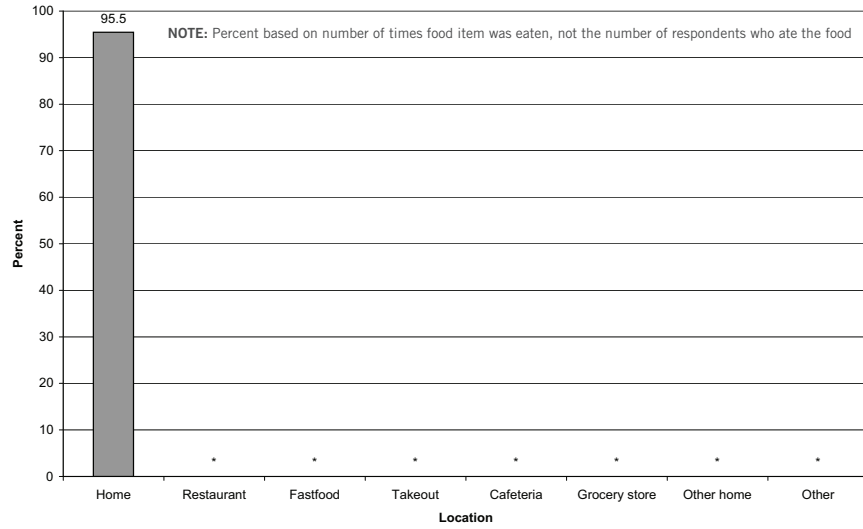
193.4 Percent by Age Group and Sex



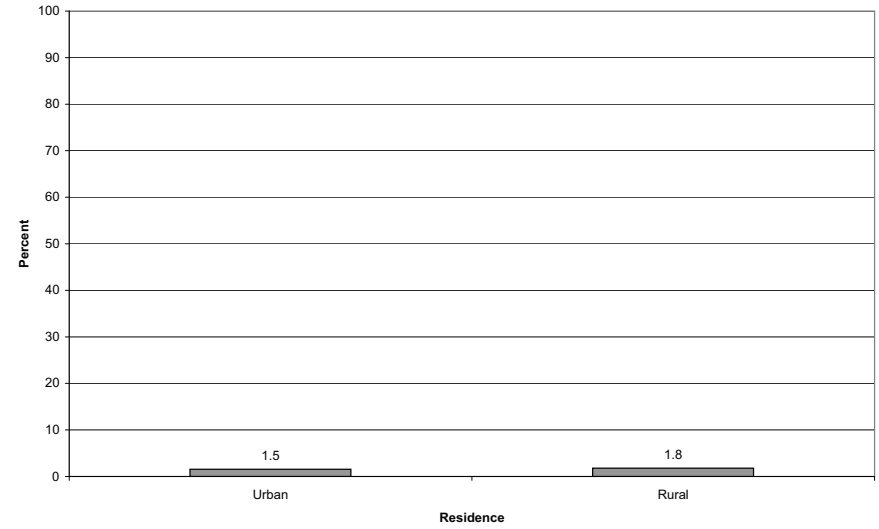
ATE DRIED FRUIT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

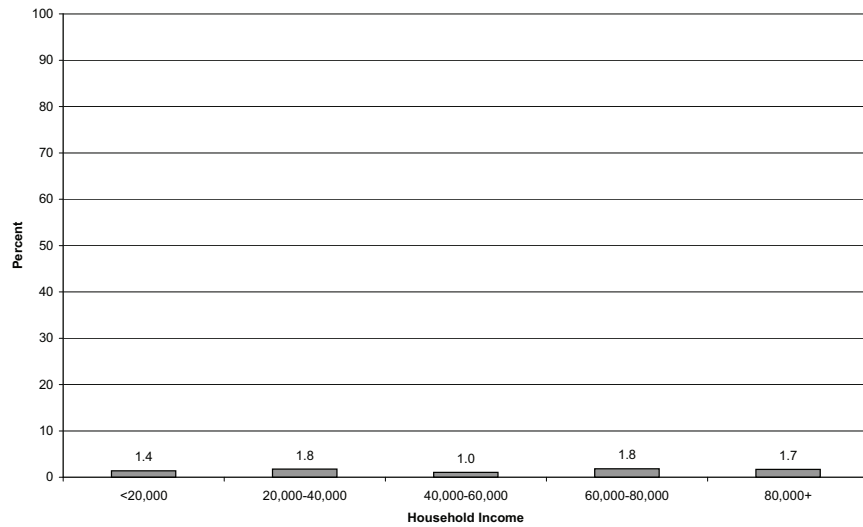
193.5 Percent by Location Where Food Was Prepared



193.6 Percent by Residence



193.7 Percent by Household Income

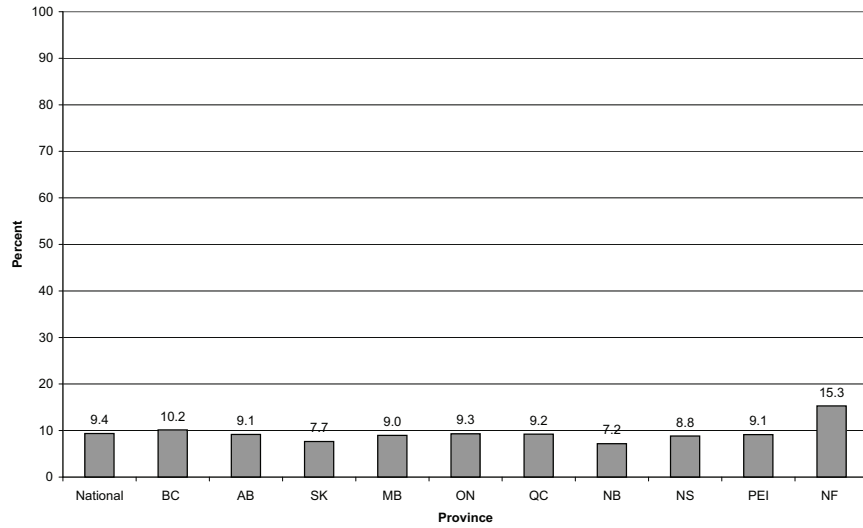


— JUICES —

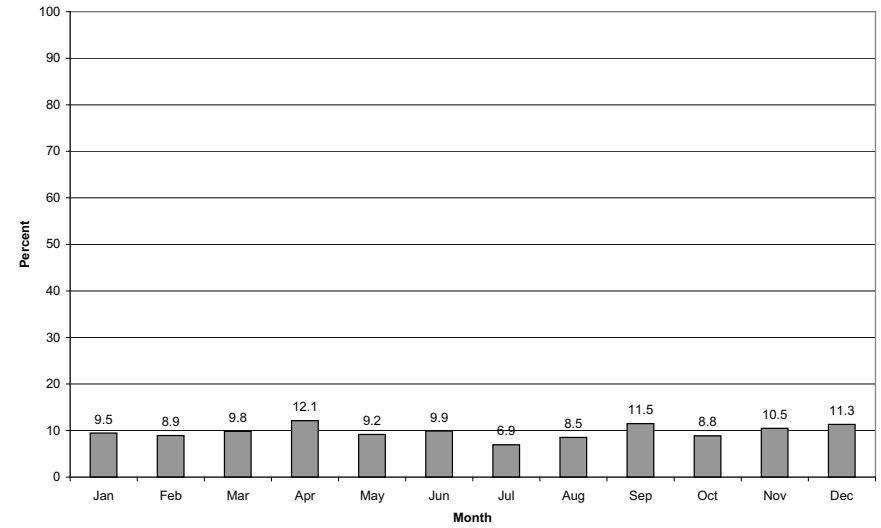
DRANK APPLE JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

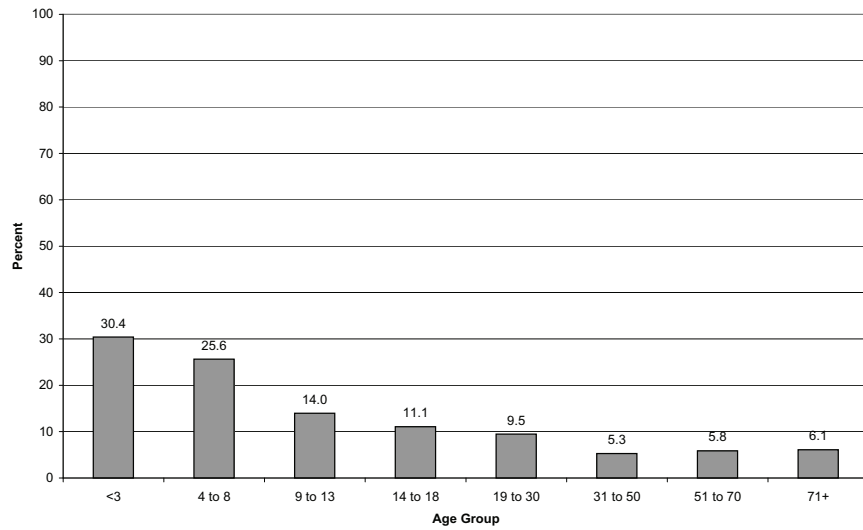
194.1 Percent by Province



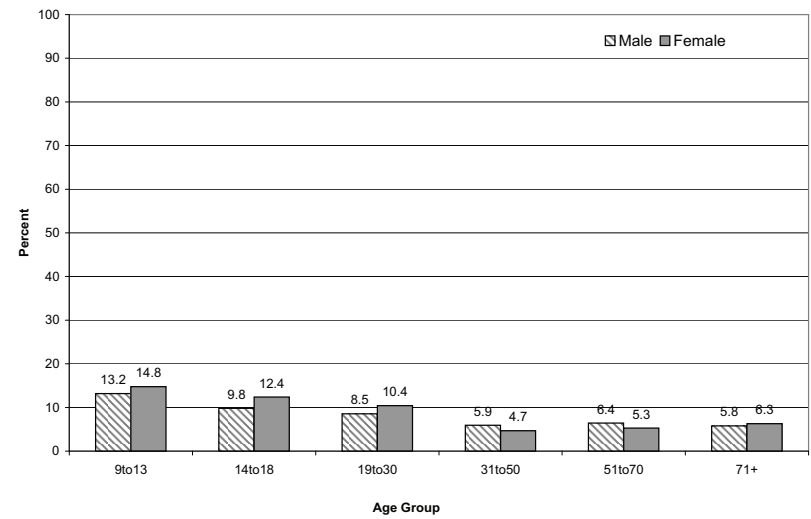
194.2 Percent by Month



194.3 Percent by Age Group



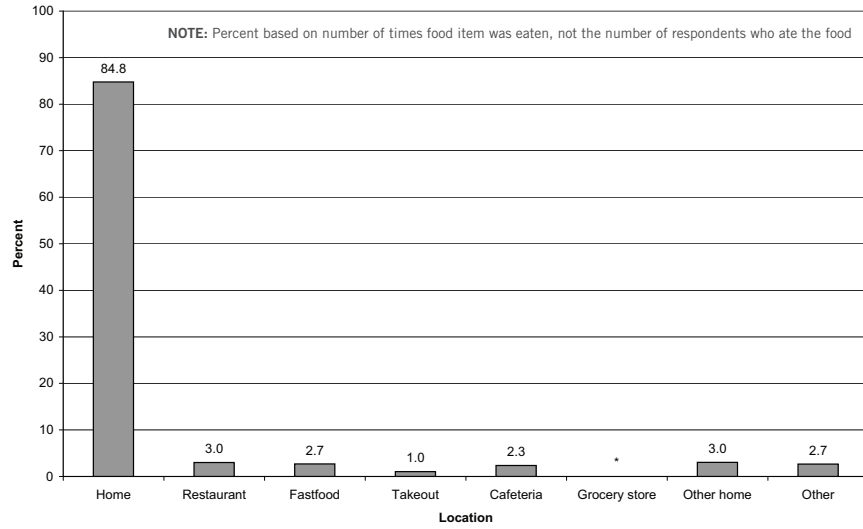
194.4 Percent by Age Group and Sex



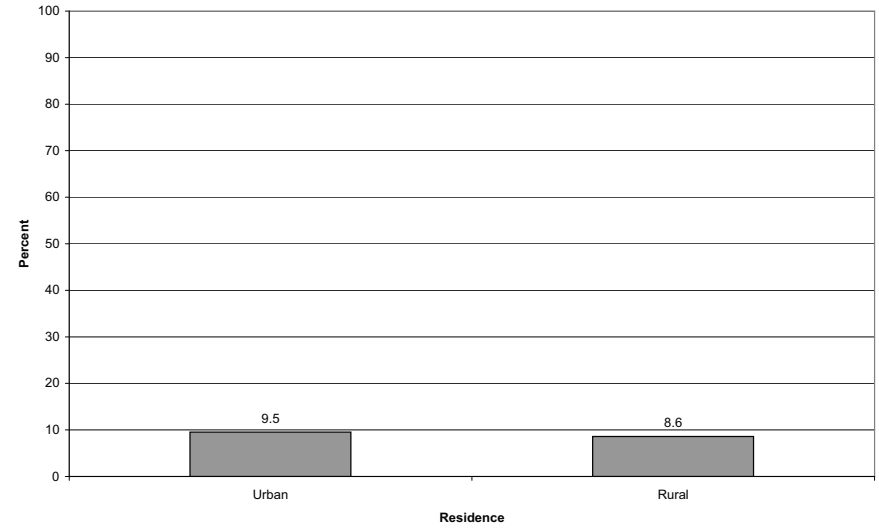
DRANK APPLE JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

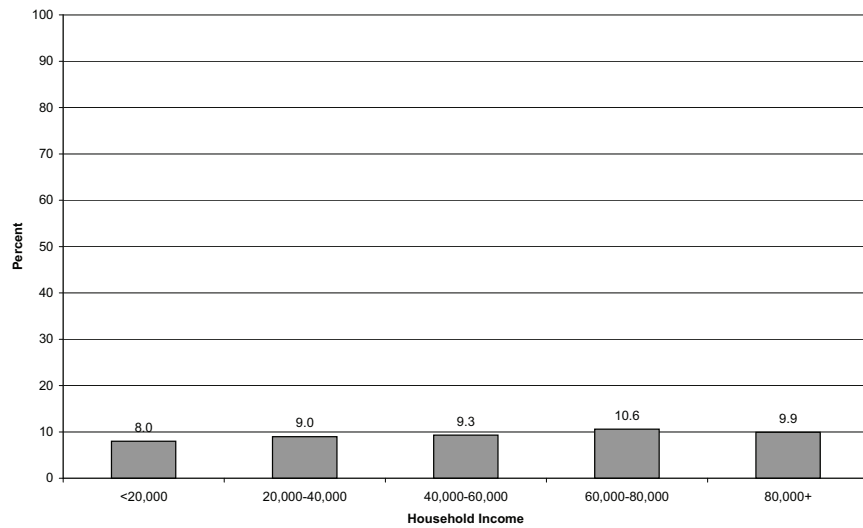
194.5 Percent by Location Where Food Was Prepared



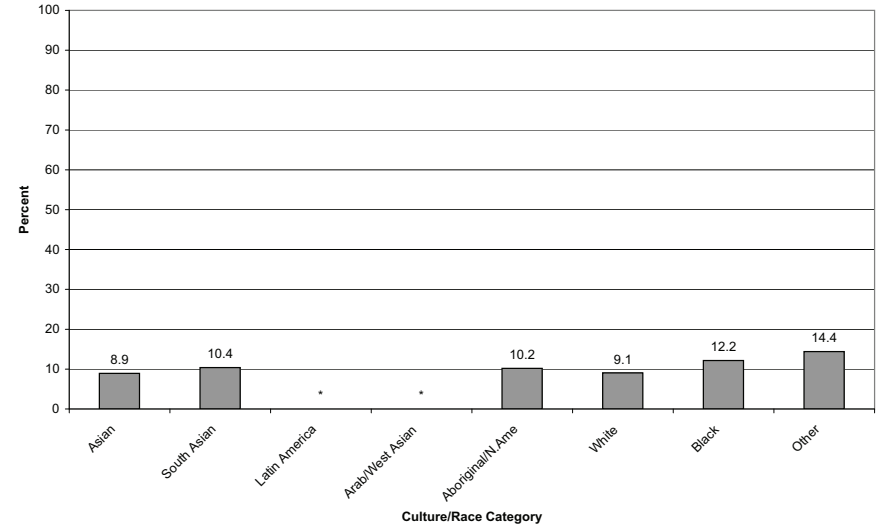
194.6 Percent by Residence



194.7 Percent by Household Income



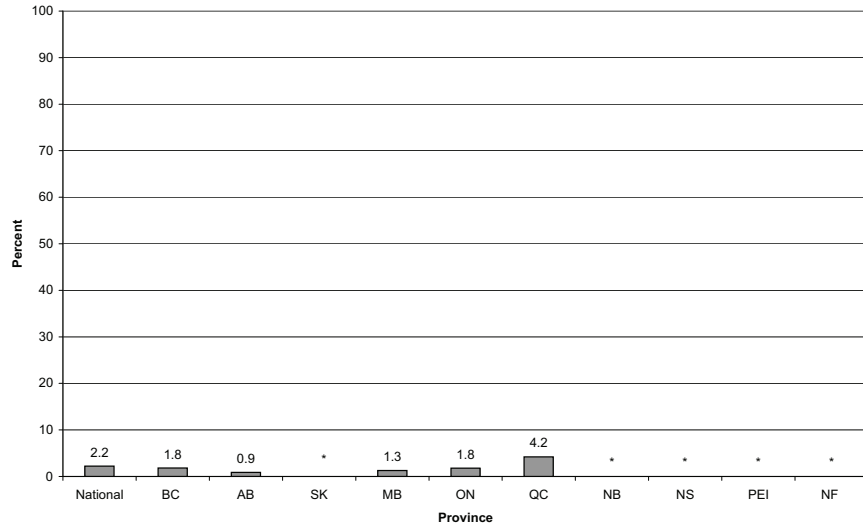
194.8 Percent by Cultural or Racial Origin



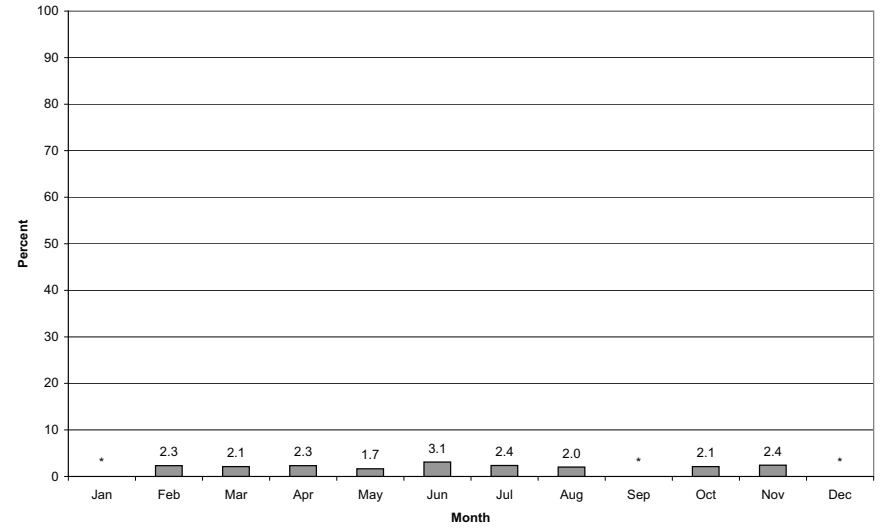
DRANK GRAPEFRUIT JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

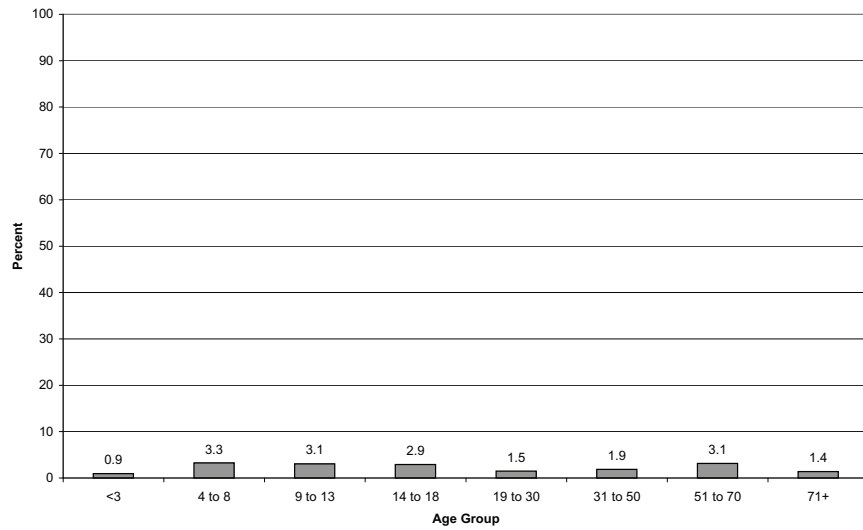
196.1 Percent by Province



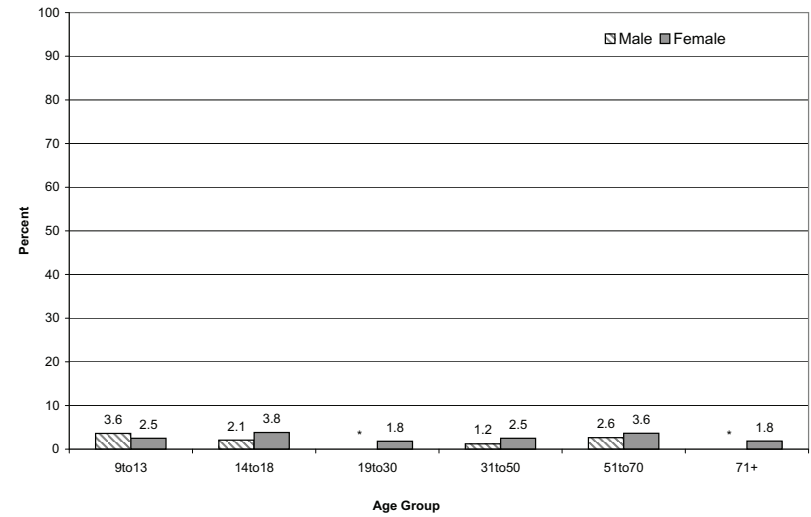
196.2 Percent by Month



196.3 Percent by Age Group



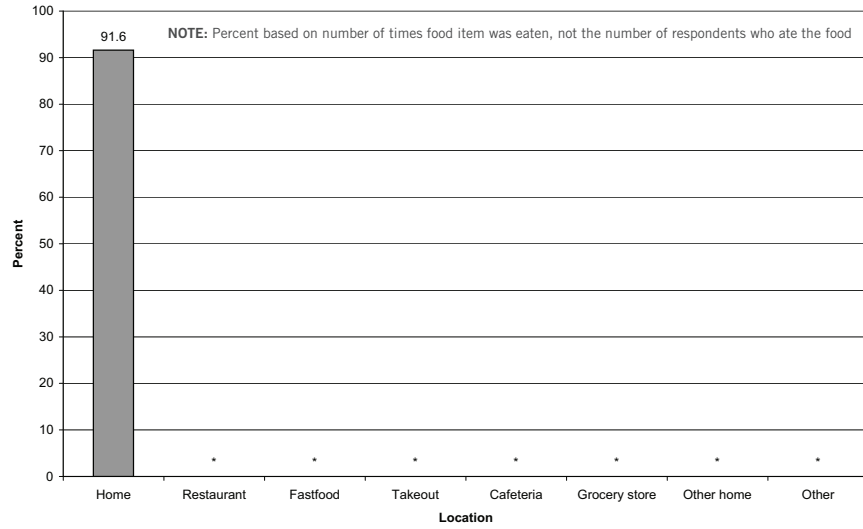
196.4 Percent by Age Group and Sex



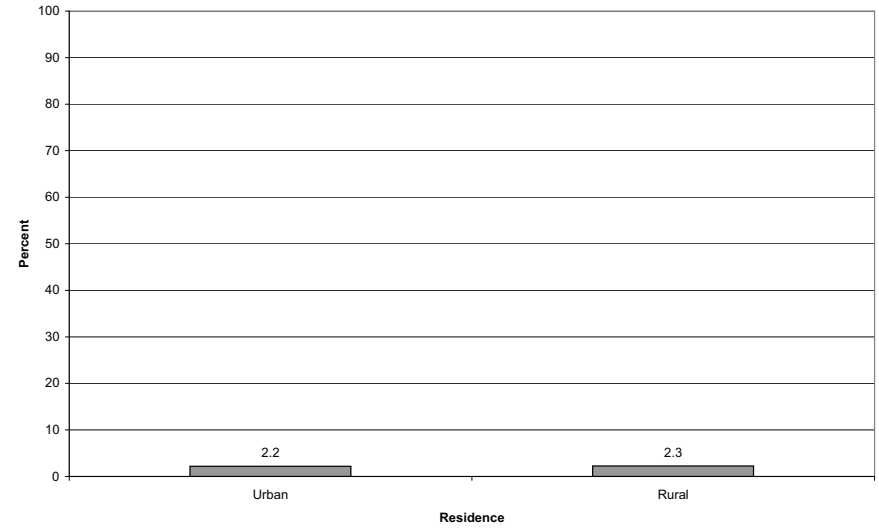
DRANK GRAPEFRUIT JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

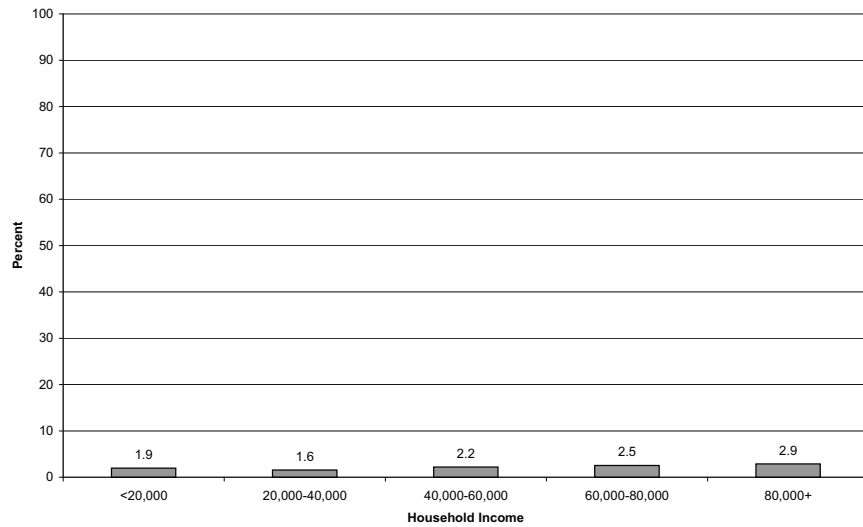
196.5 Percent by Location Where Food Was Prepared



196.6 Percent by Residence



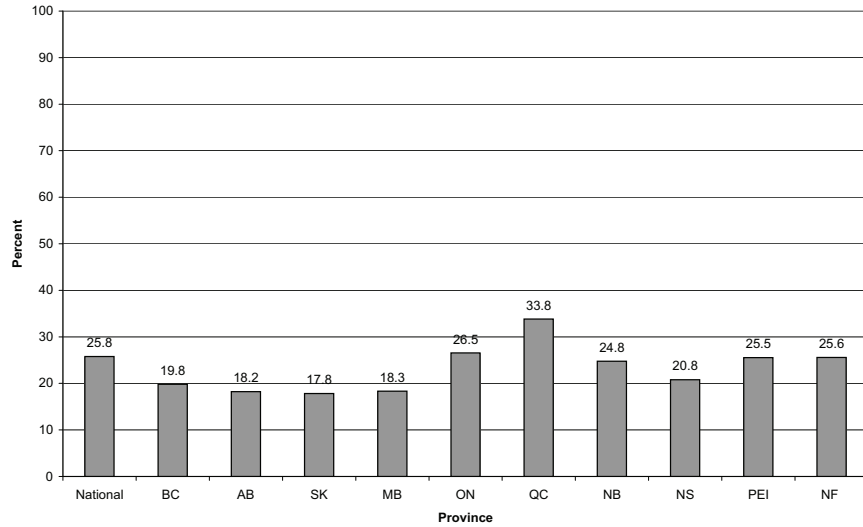
196.7 Percent by Household Income



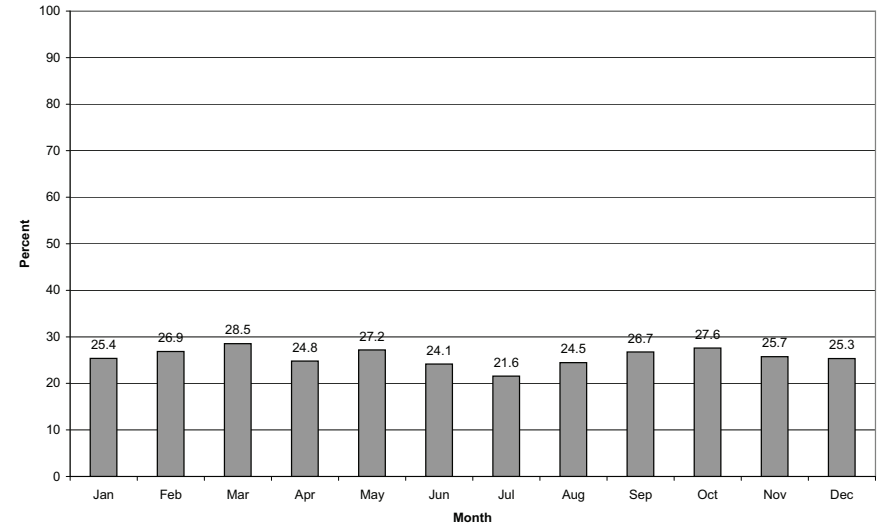
DRANK ORANGE JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

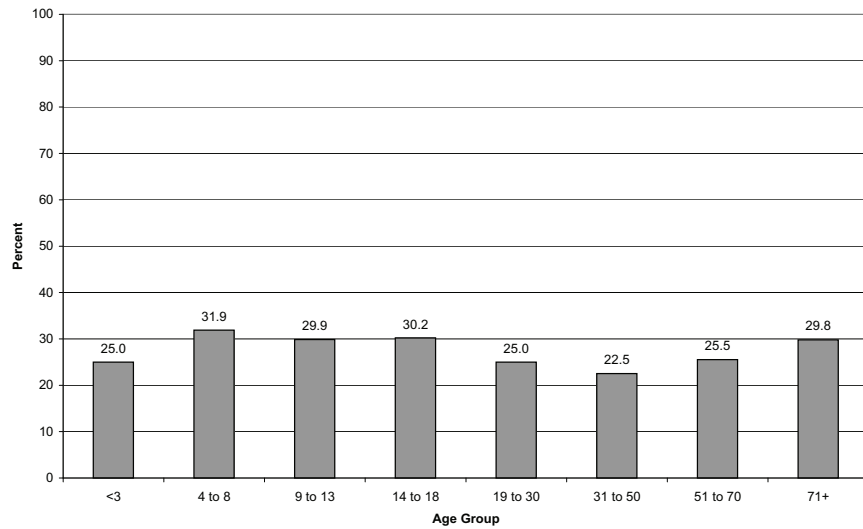
197.1 Percent by Province



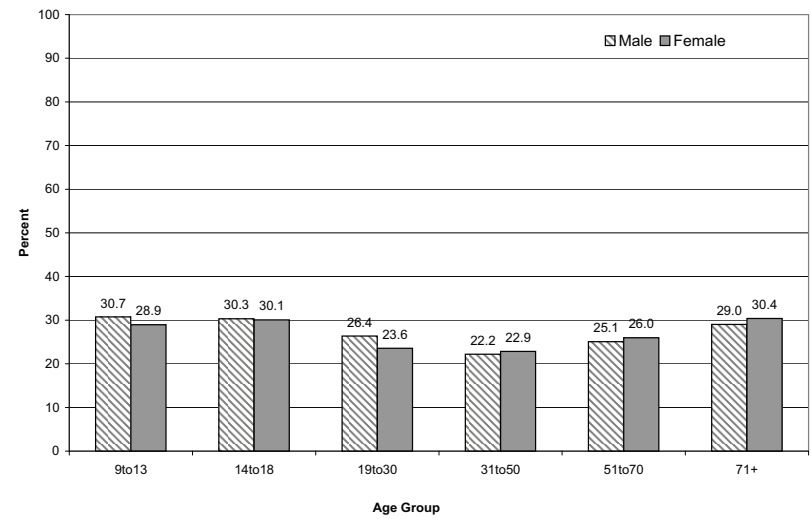
197.2 Percent by Month



197.3 Percent by Age Group



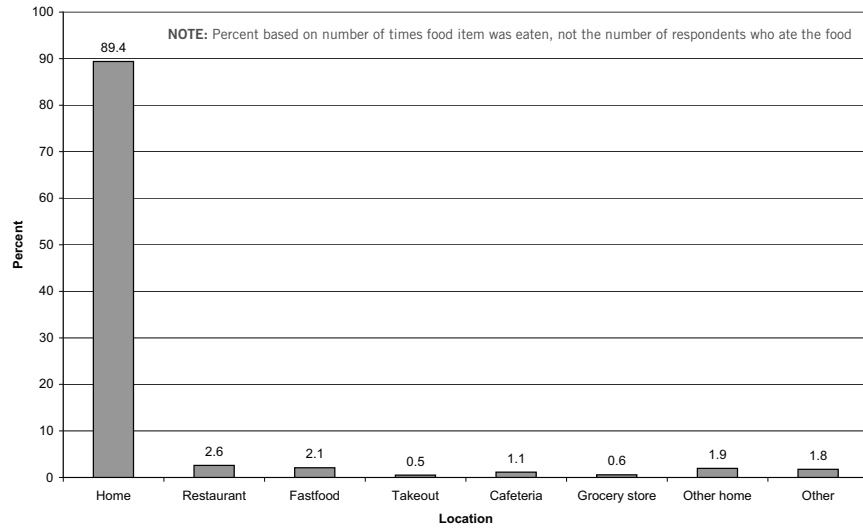
197.4 Percent by Age Group and Sex



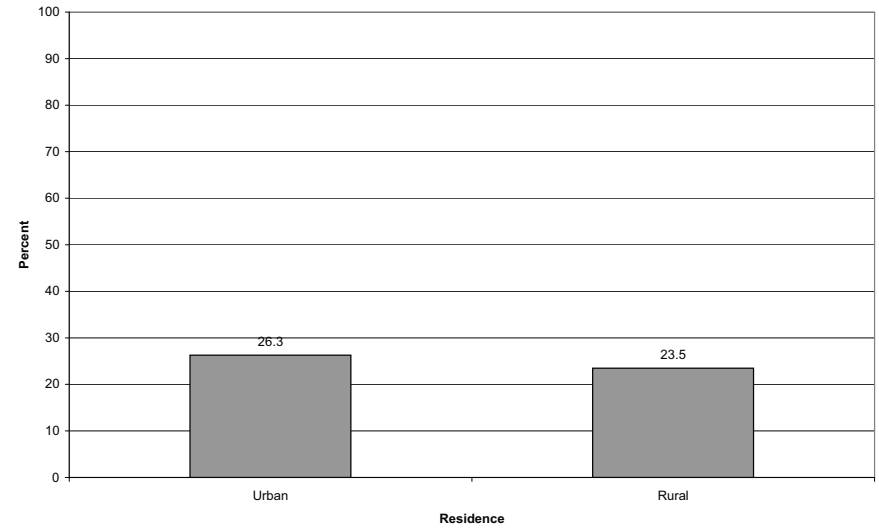
DRANK ORANGE JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

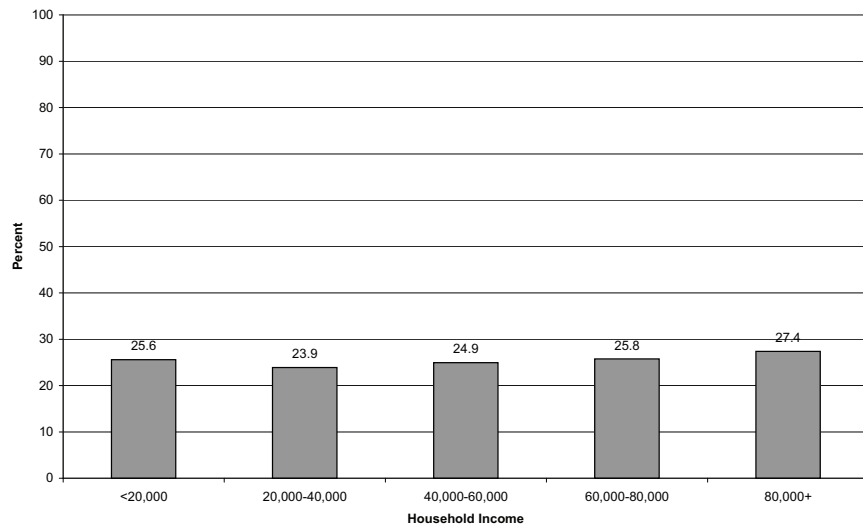
197.5 Percent by Location Where Food Was Prepared



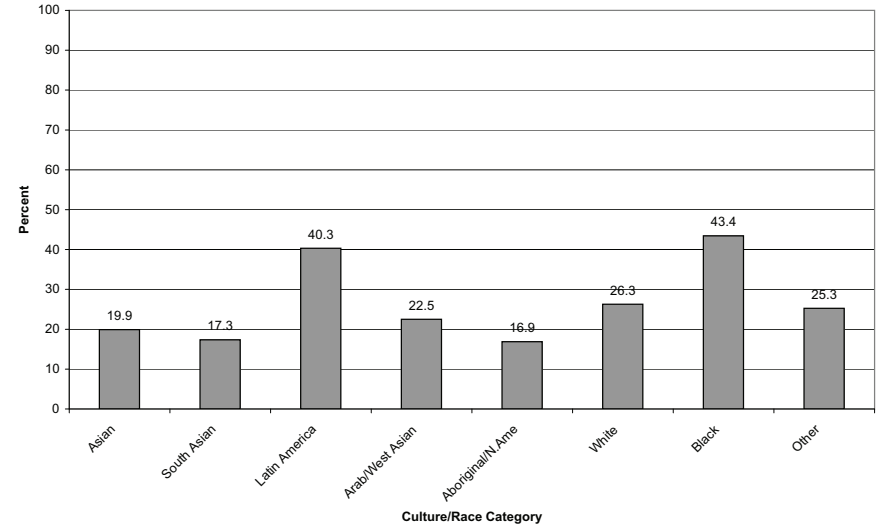
197.6 Percent by Residence



197.7 Percent by Household Income



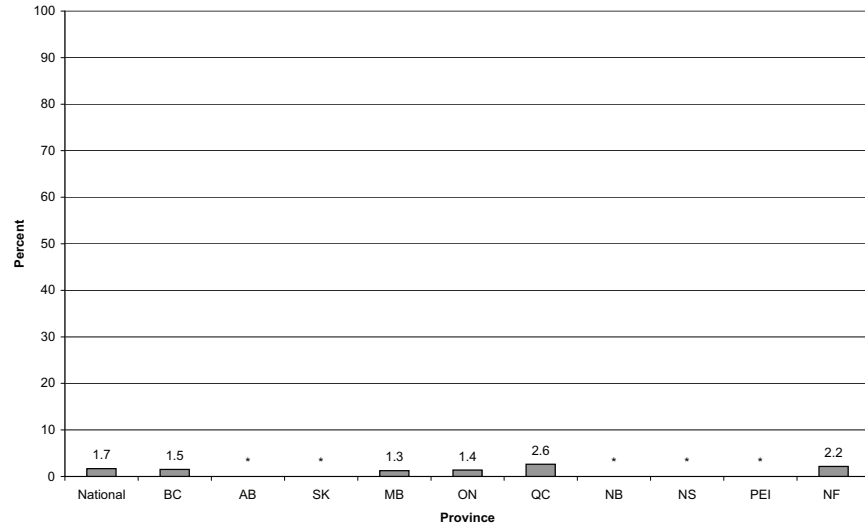
197.8 Percent by Cultural or Racial Origin



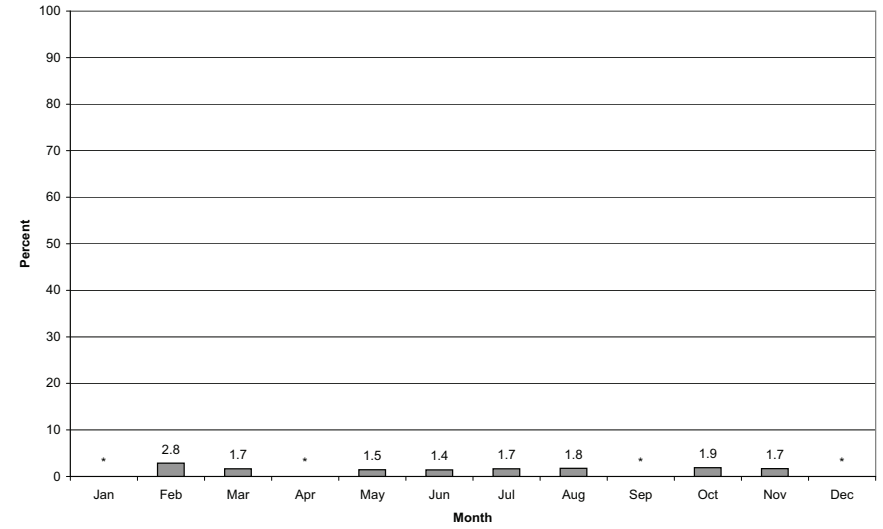
DRANK TOMATO JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

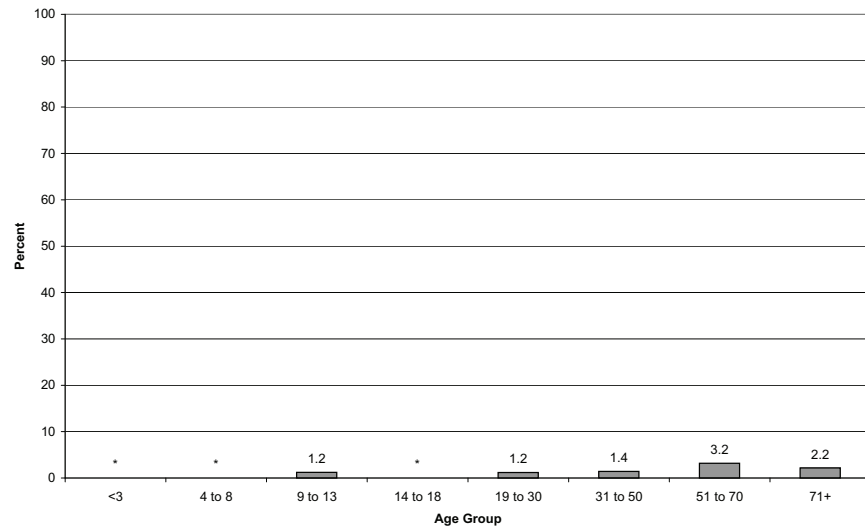
198.1 Percent by Province



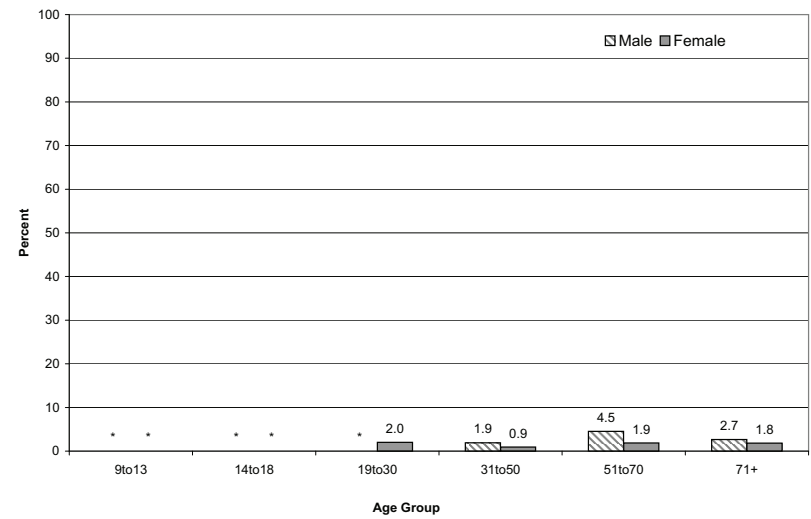
198.2 Percent by Month



198.3 Percent by Age Group



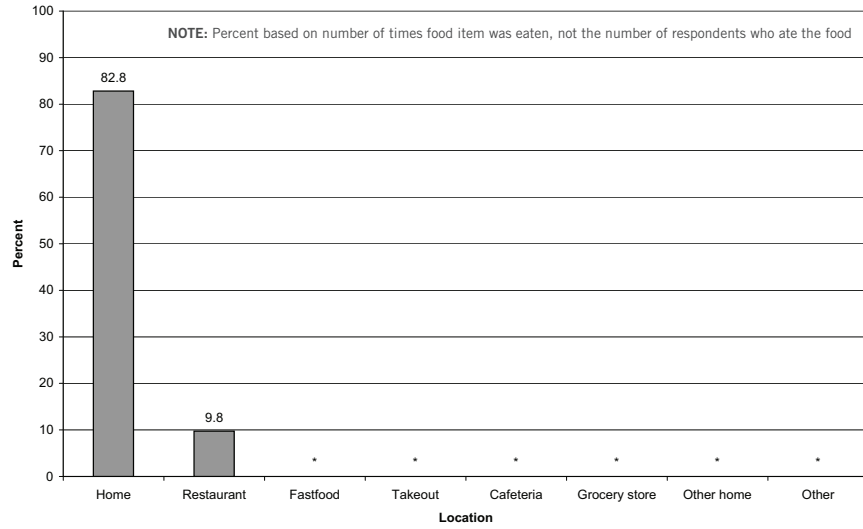
198.4 Percent by Age Group and Sex



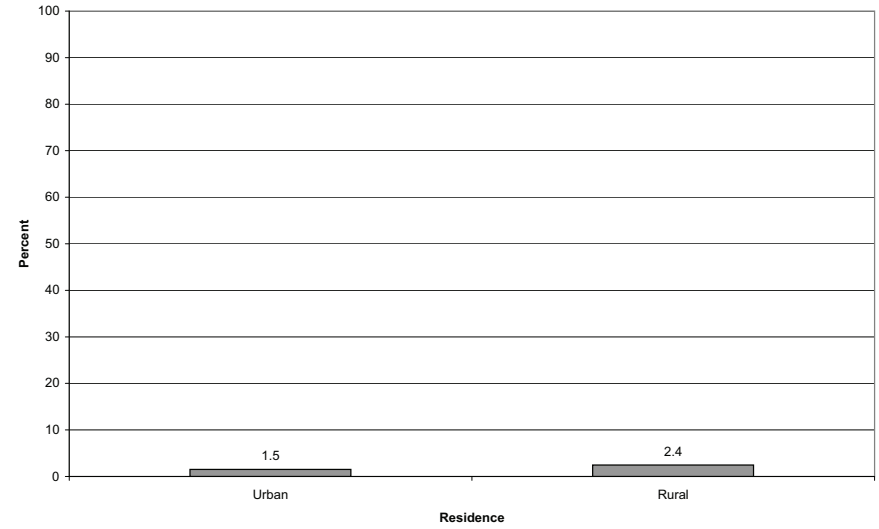
DRANK TOMATO JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

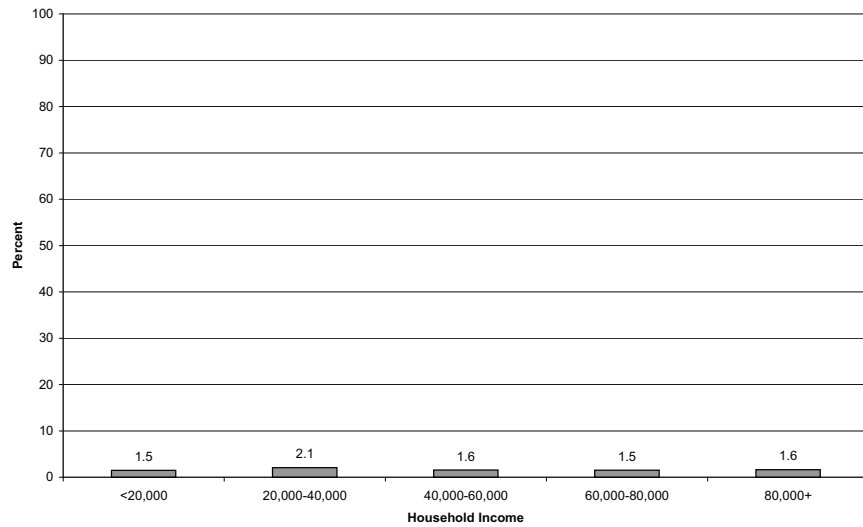
198.5 Percent by Location Where Food Was Prepared



198.6 Percent by Residence



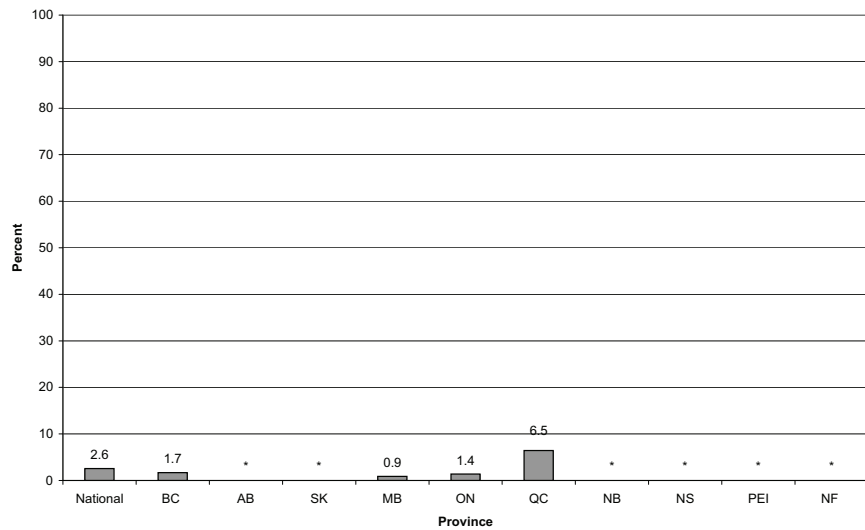
198.7 Percent by Household Income



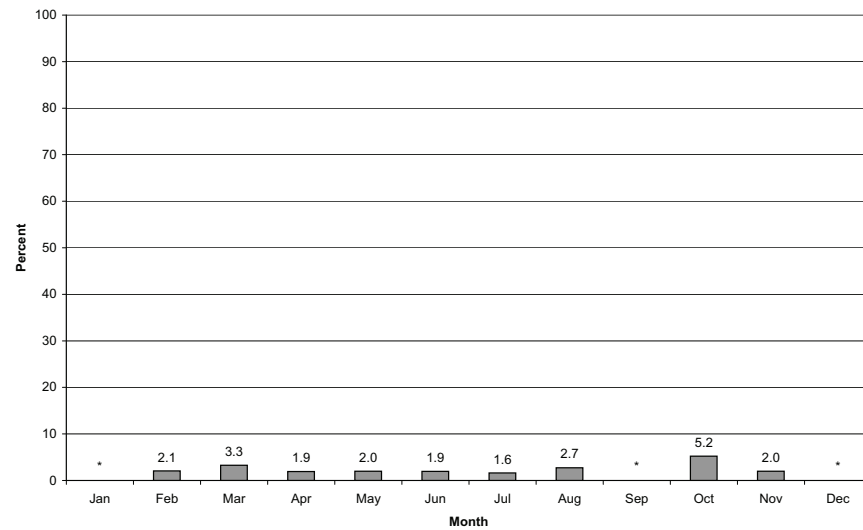
DRANK VEGETABLE JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

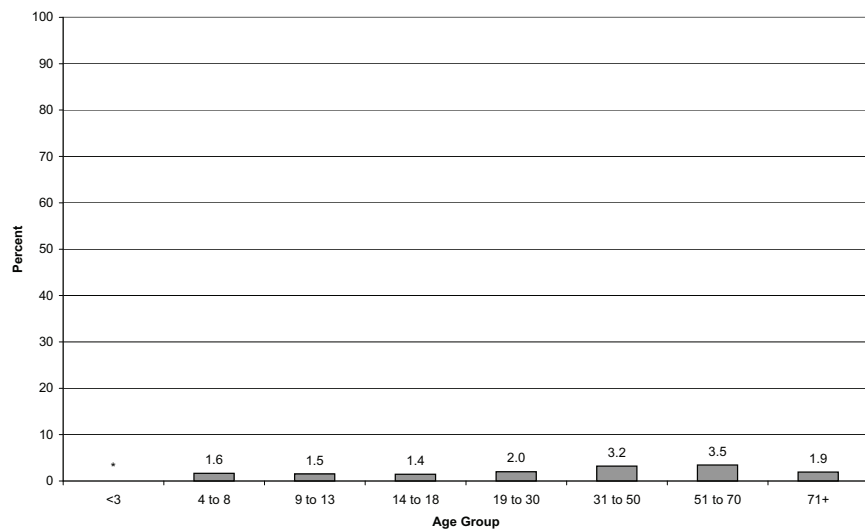
199.1 Percent by Province



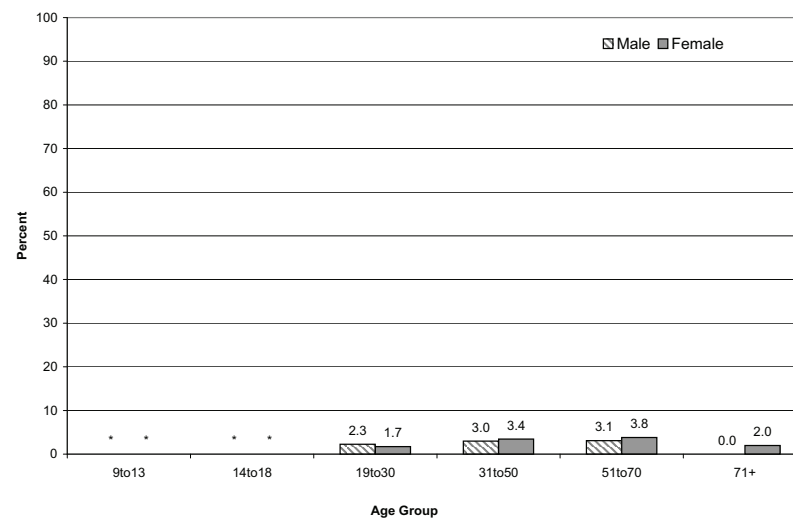
199.2 Percent by Month



199.3 Percent by Age Group



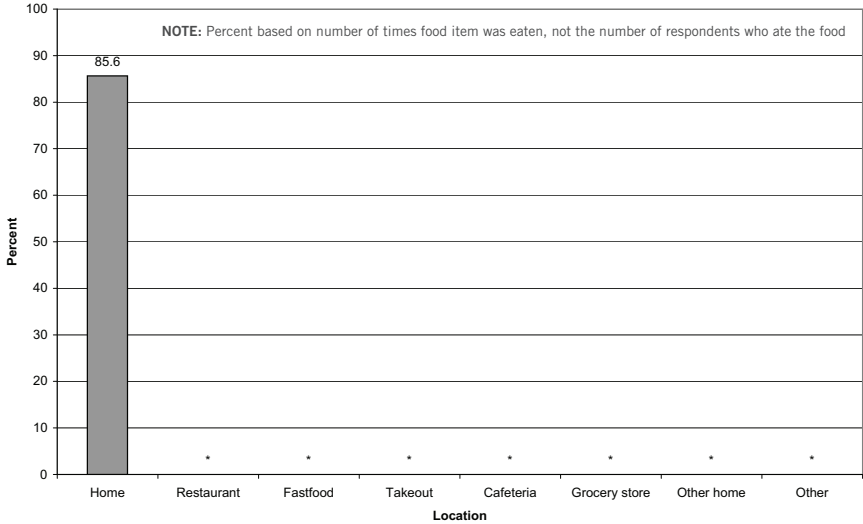
199.4 Percent by Age Group and Sex



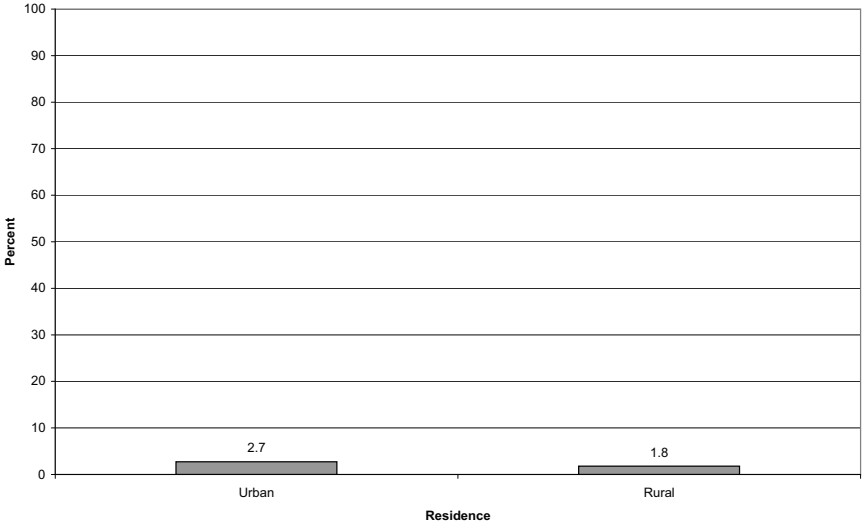
DRANK VEGETABLE JUICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

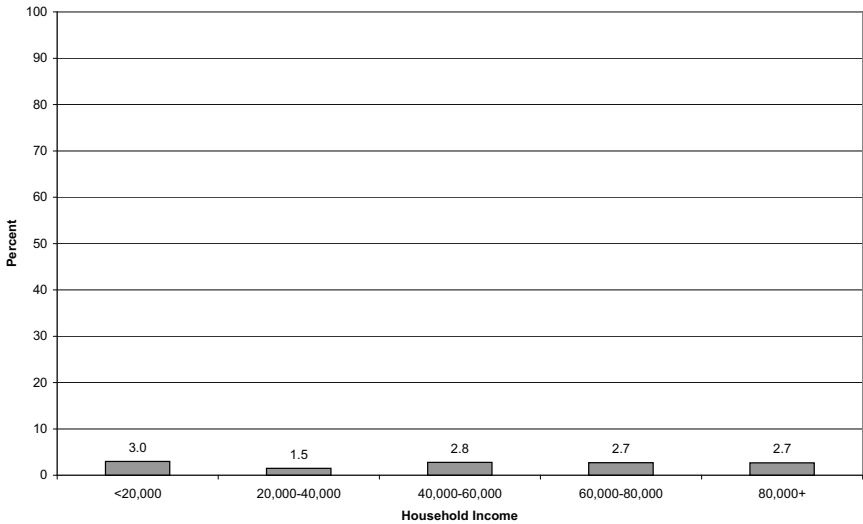
199.5 Percent by Location Where Food Was Prepared



199.6 Percent by Residence



199.7 Percent by Household Income

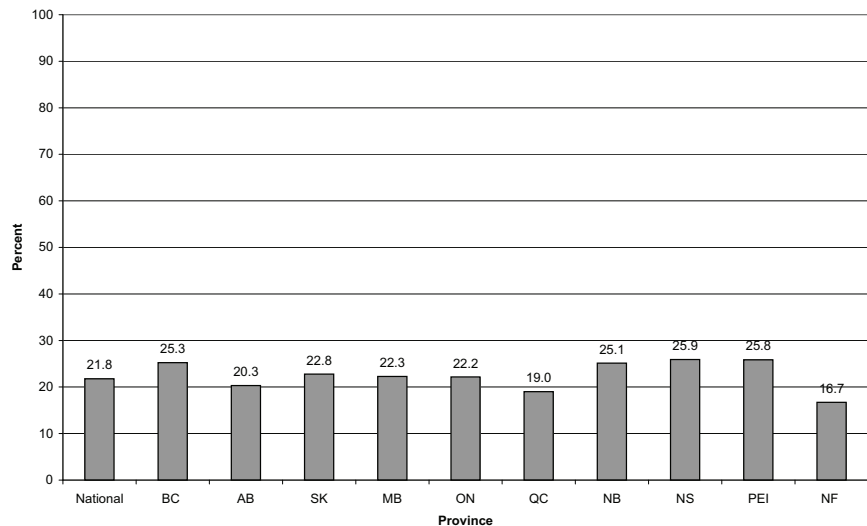


— CEREALS —

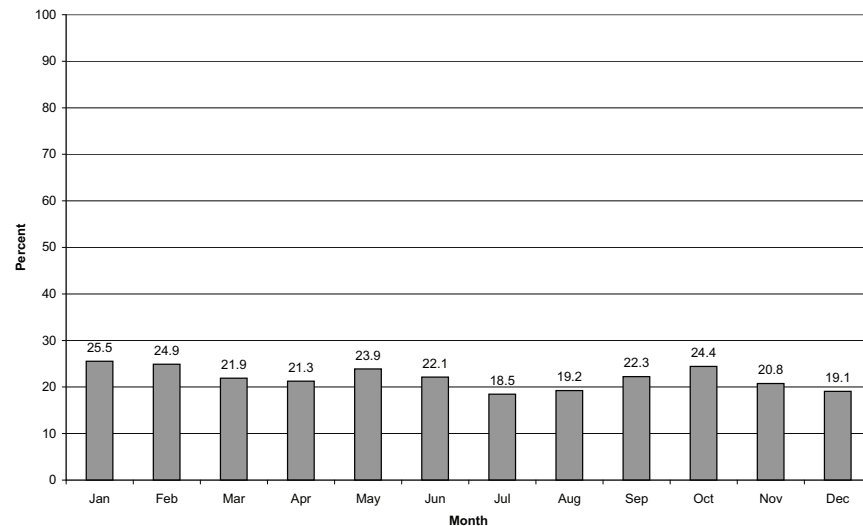
ATE CEREAL IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

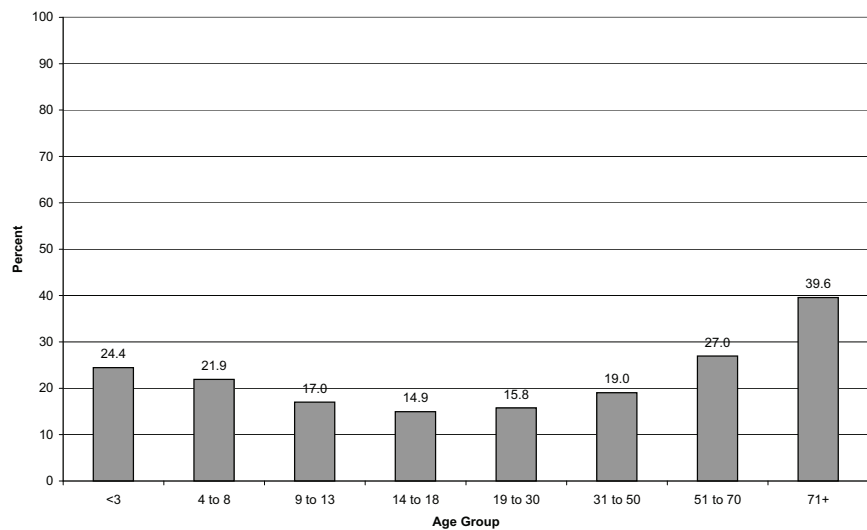
200.1 Percent by Province



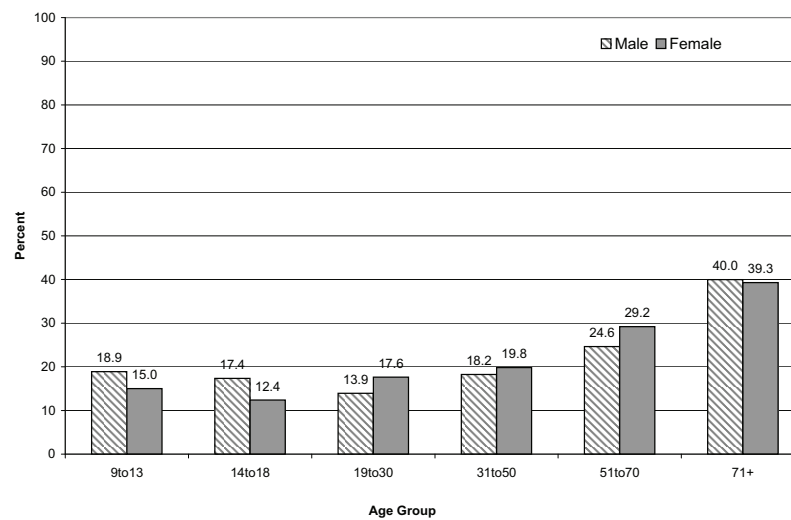
200.2 Percent by Month



200.3 Percent by Age Group



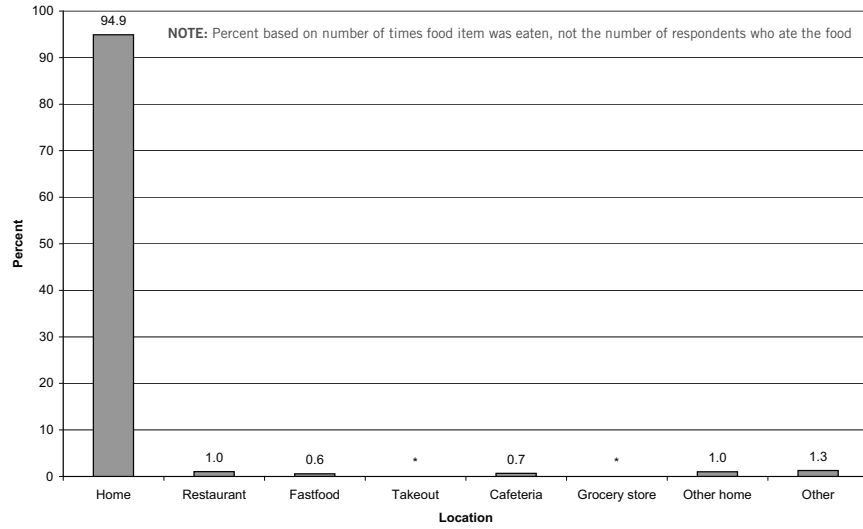
200.4 Percent by Age Group and Sex



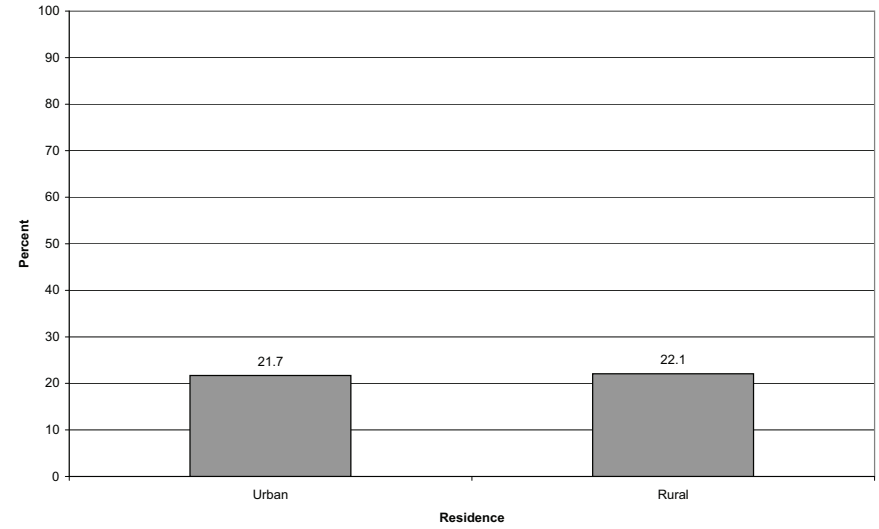
ATE CEREAL IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

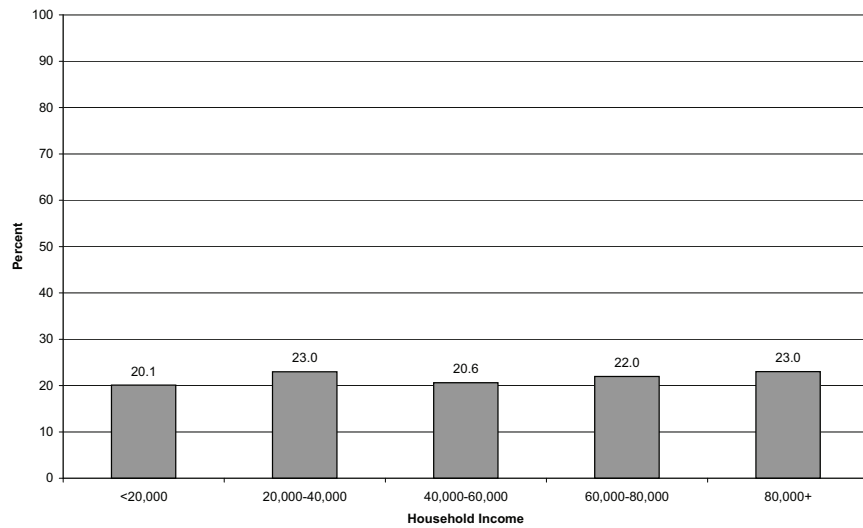
200.5 Percent by Location Where Food Was Prepared



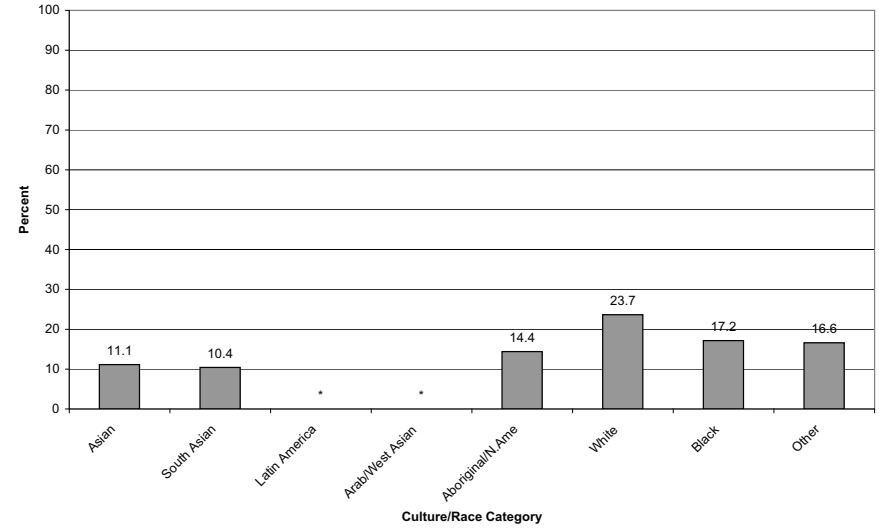
200.6 Percent by Residence



200.7 Percent by Household Income



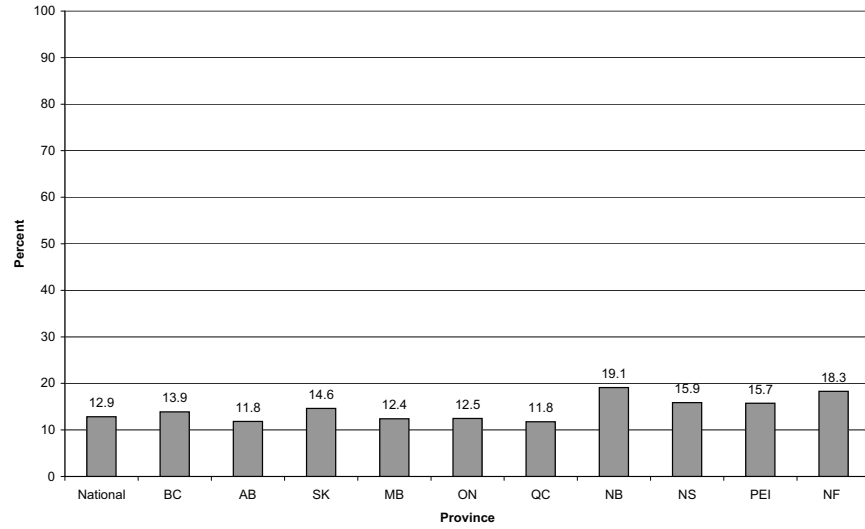
200.8 Percent by Cultural or Racial Origin



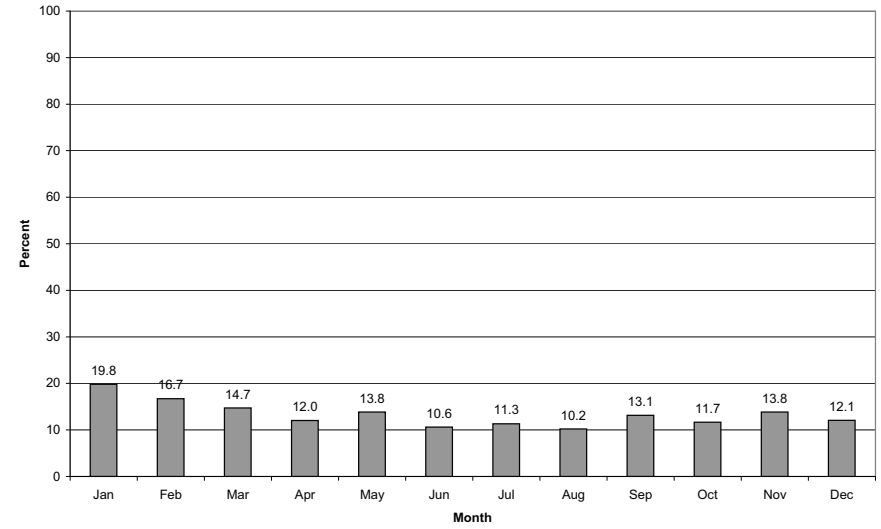
ATE CRACKERS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

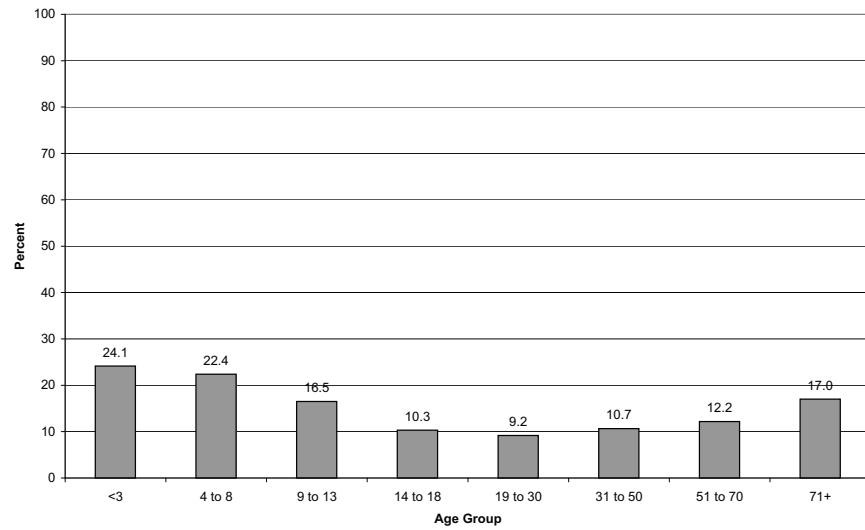
201.1 Percent by Province



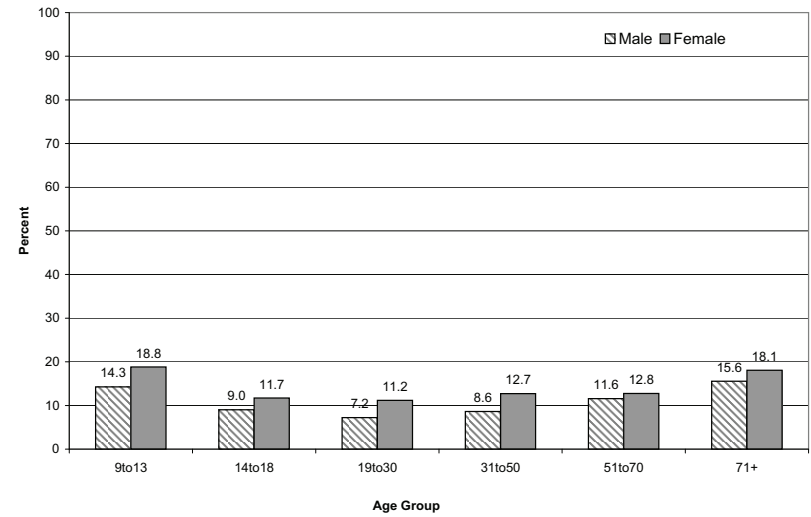
201.2 Percent by Month



201.3 Percent by Age Group



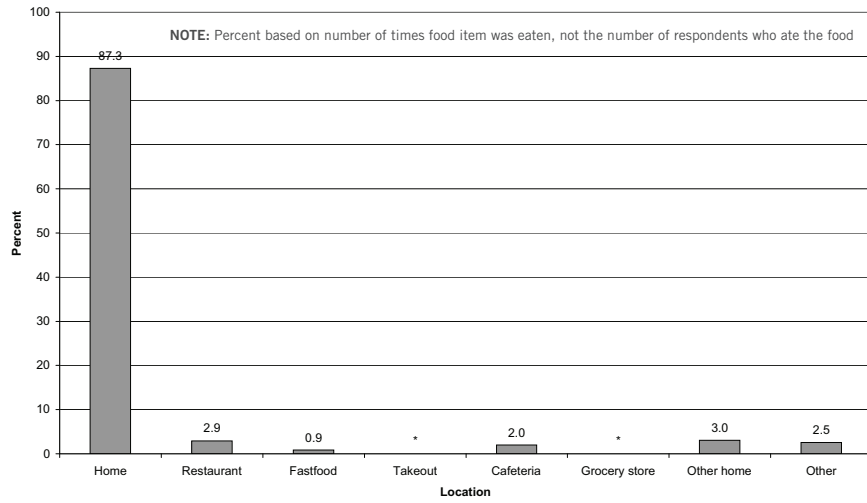
201.4 Percent by Age Group and Sex



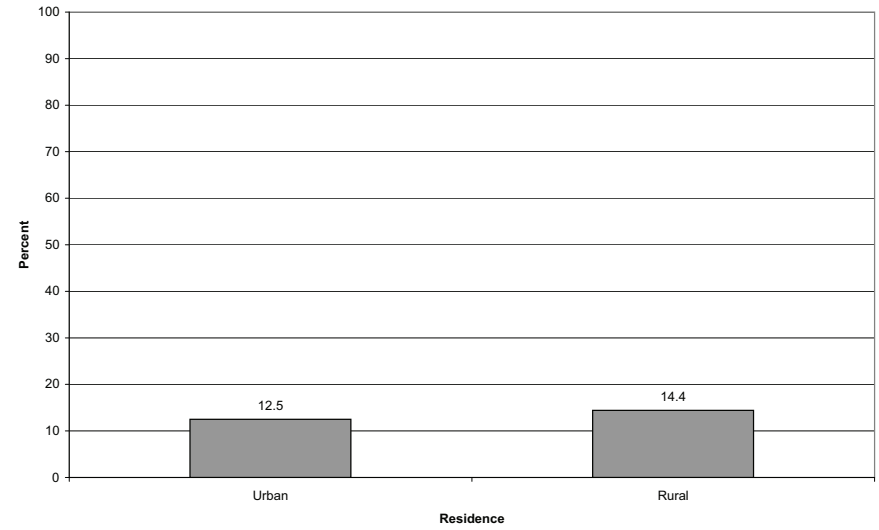
ATE CRACKERS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

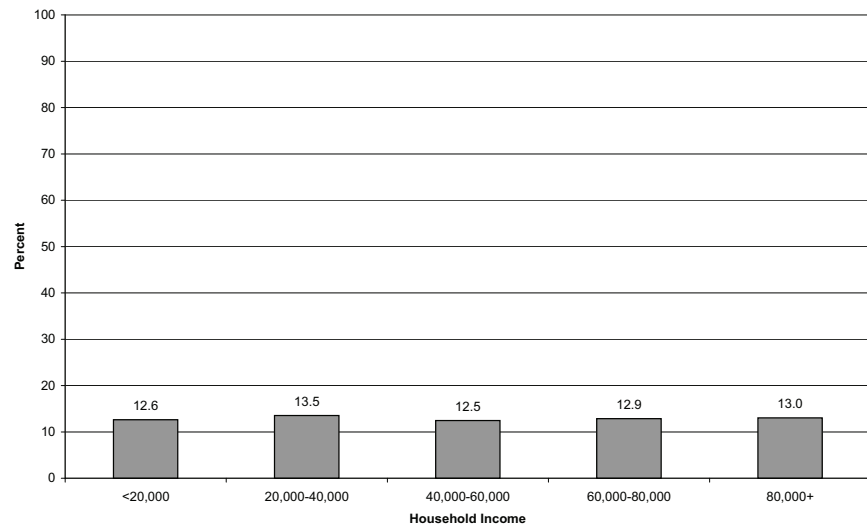
201.5 Percent by Location Where Food Was Prepared



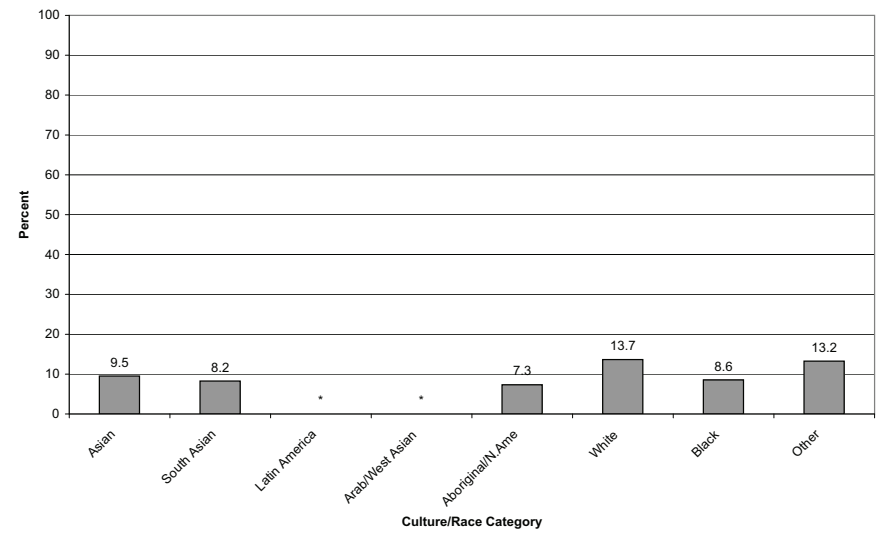
201.6 Percent by Residence



201.7 Percent by Household Income



201.8 Percent by Cultural or Racial Origin

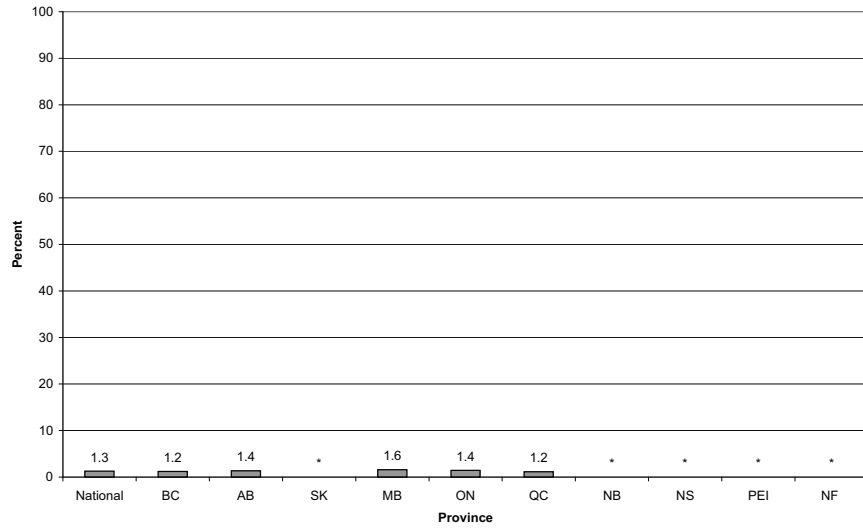


— BABY FOOD & FORMULA —

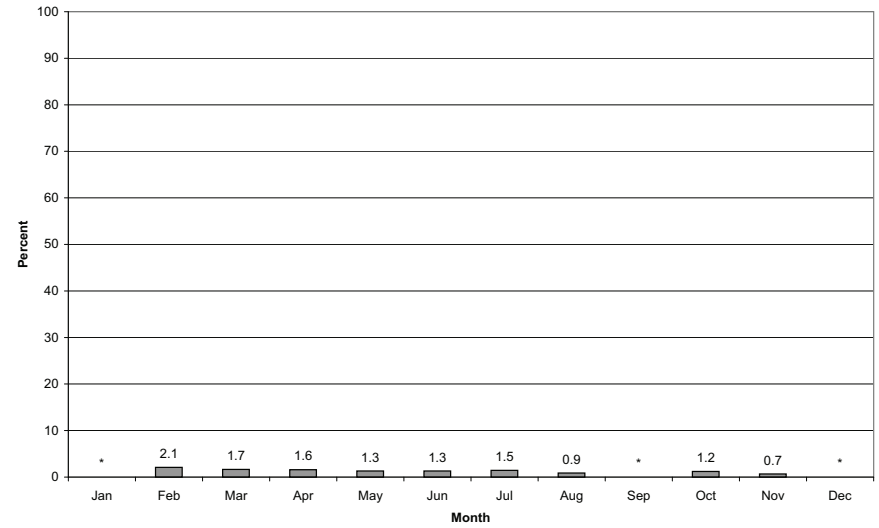
ATE BABYFOOD PRODUCT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

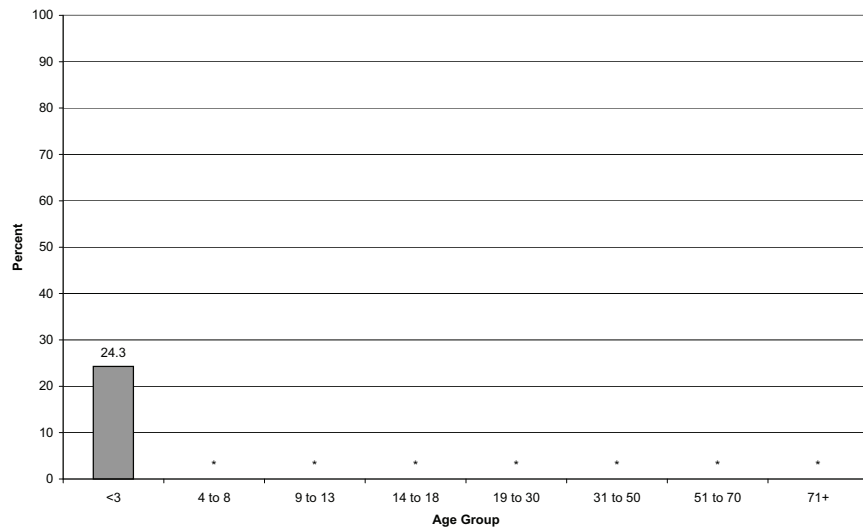
202.1 Percent by Province



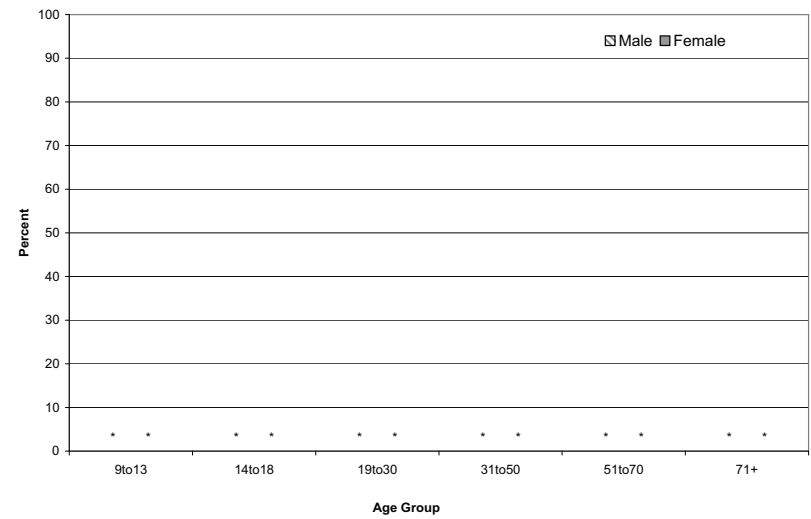
202.2 Percent by Month



202.3 Percent by Age Group



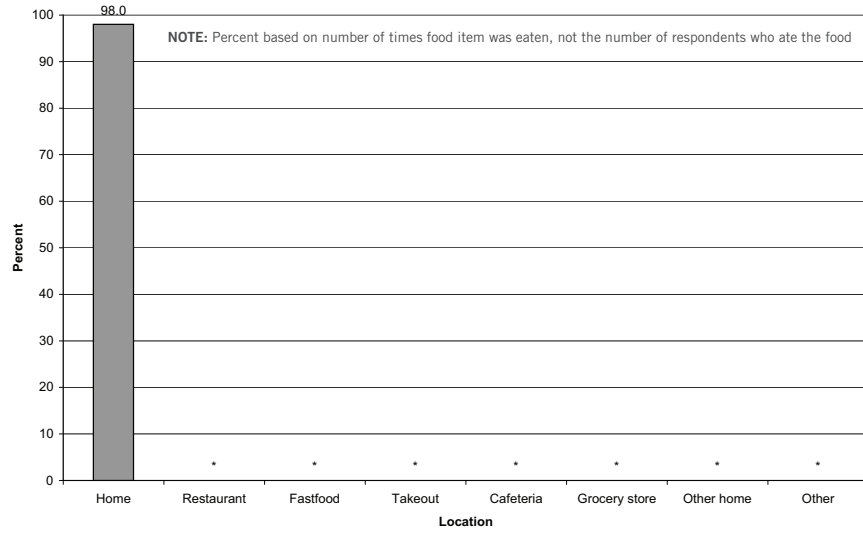
202.4 Percent by Age Group and Sex



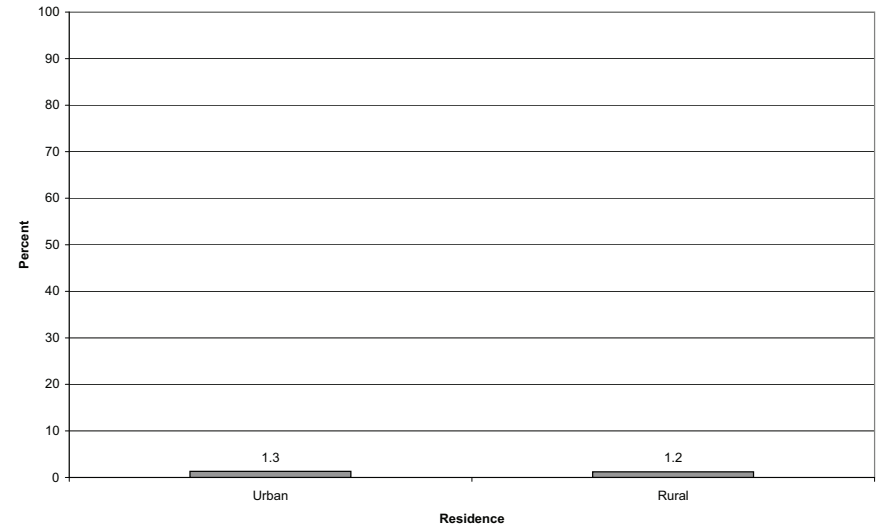
ATE BABYFOOD PRODUCT IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

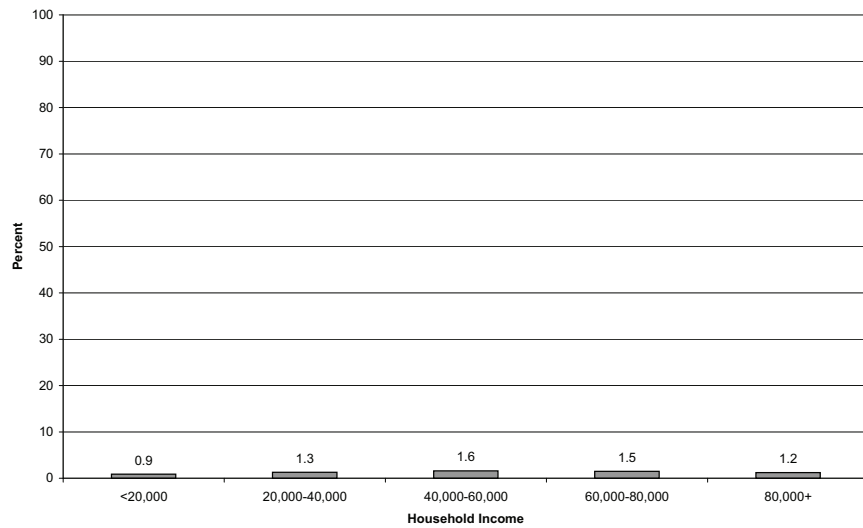
202.5 Percent by Location Where Food Was Prepared



202.6 Percent by Residence



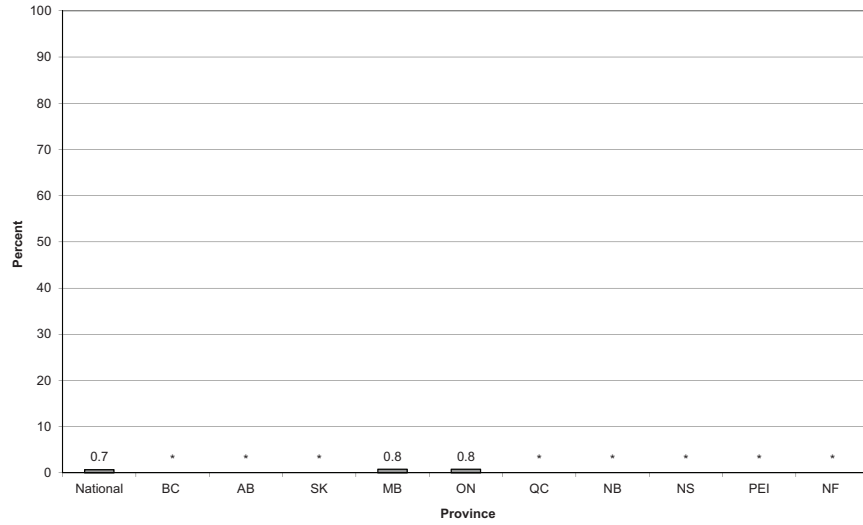
202.7 Percent by Household Income



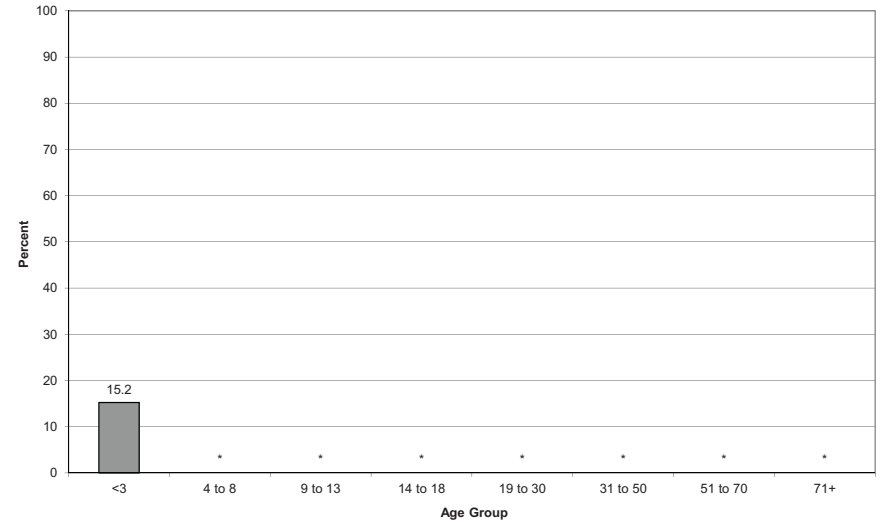
ATE INFANT FORMULA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

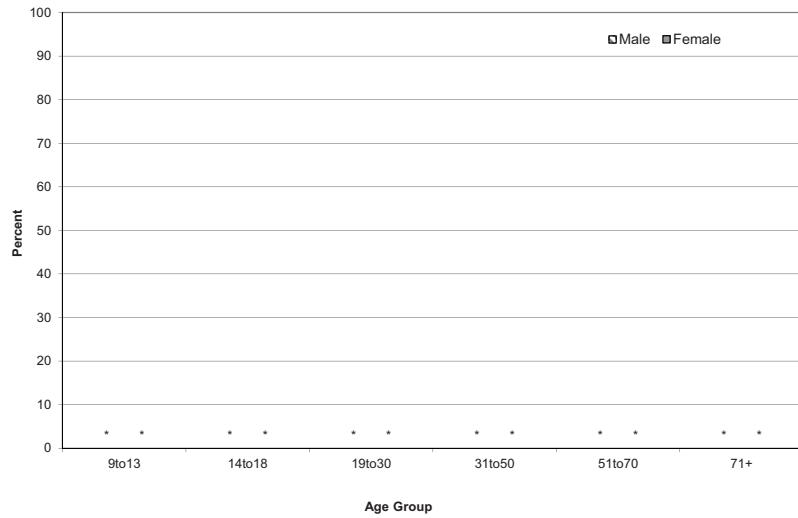
203.1 Percent by Province



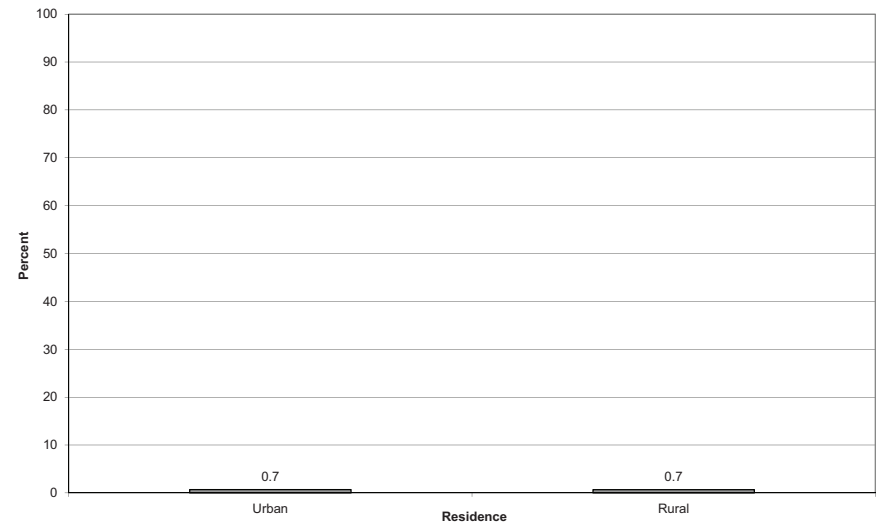
203.3 Percent by Age Group



203.4 Percent by Age Group and Sex



203.6 Percent by Residence

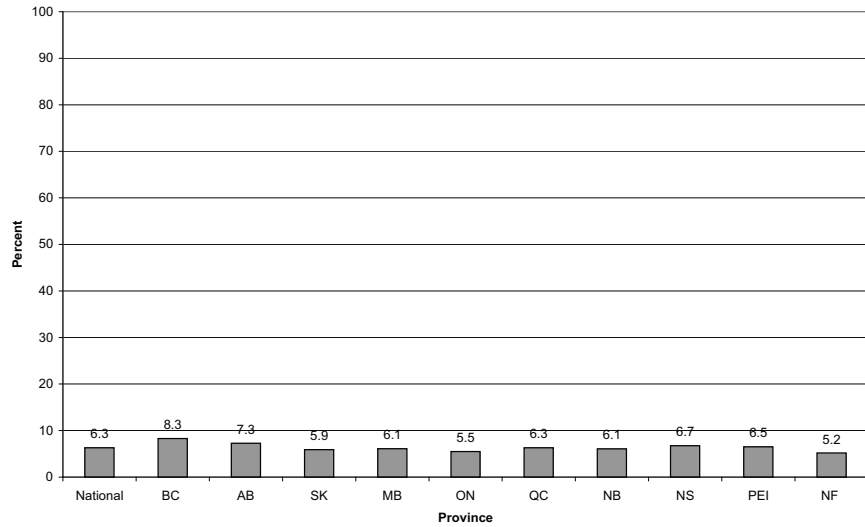


— SNACK FOODS —

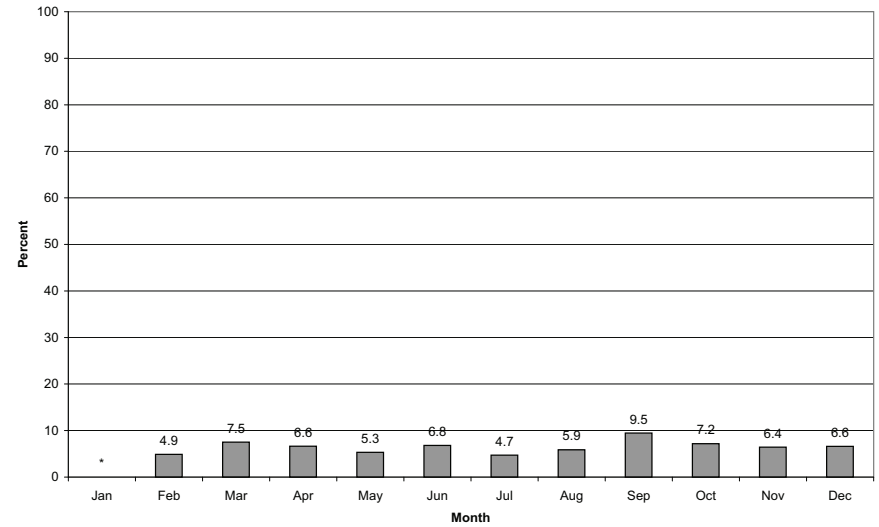
ATE GRANOLA BARS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

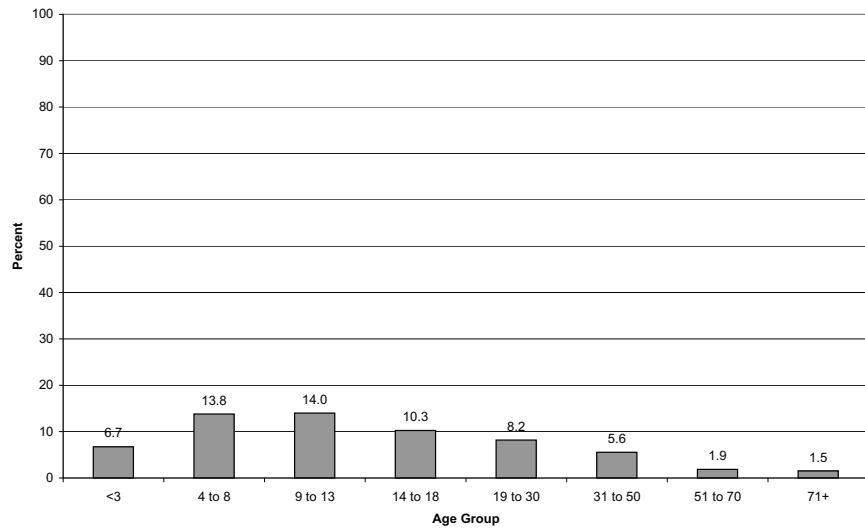
204.1 Percent by Province



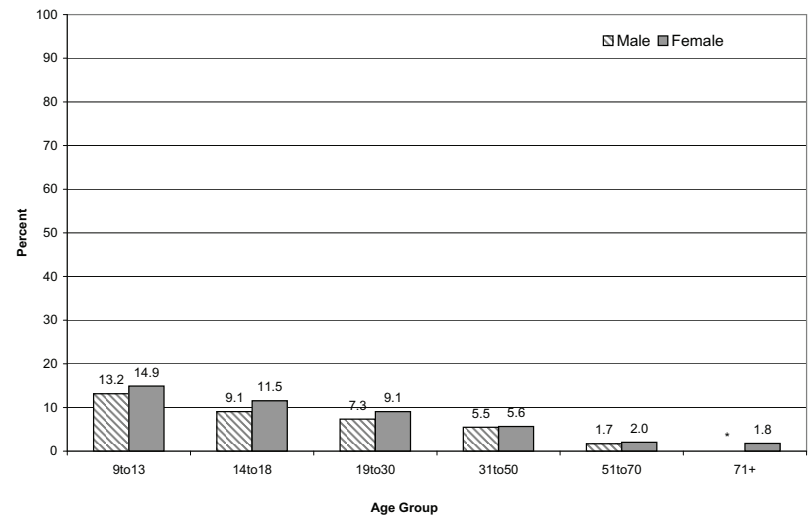
204.2 Percent by Month



204.3 Percent by Age Group



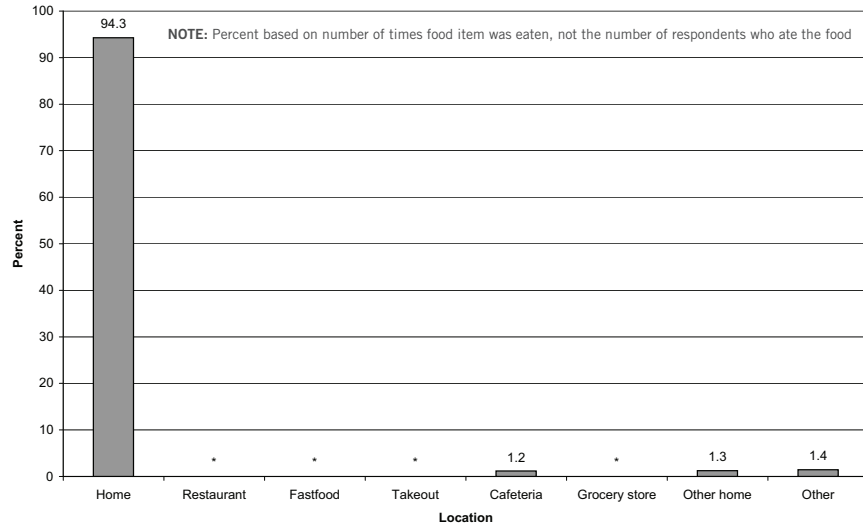
204.4 Percent by Age Group and Sex



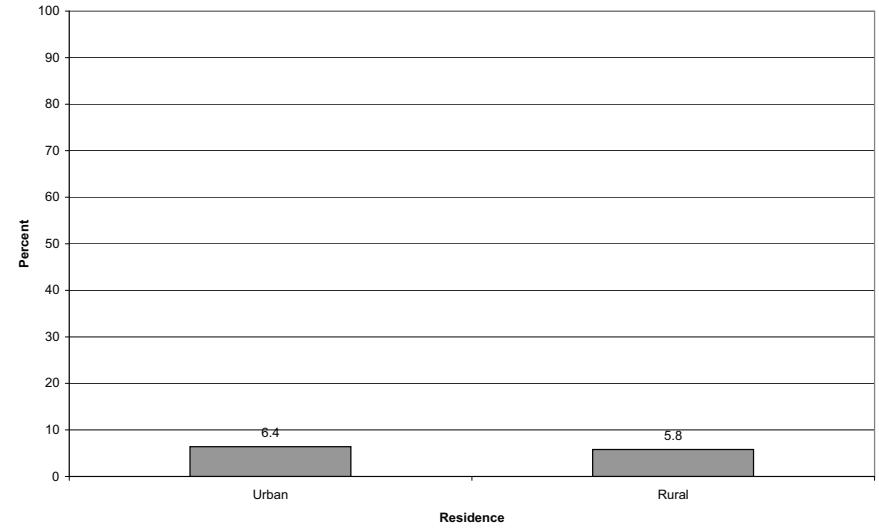
ATE GRANOLA BARS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

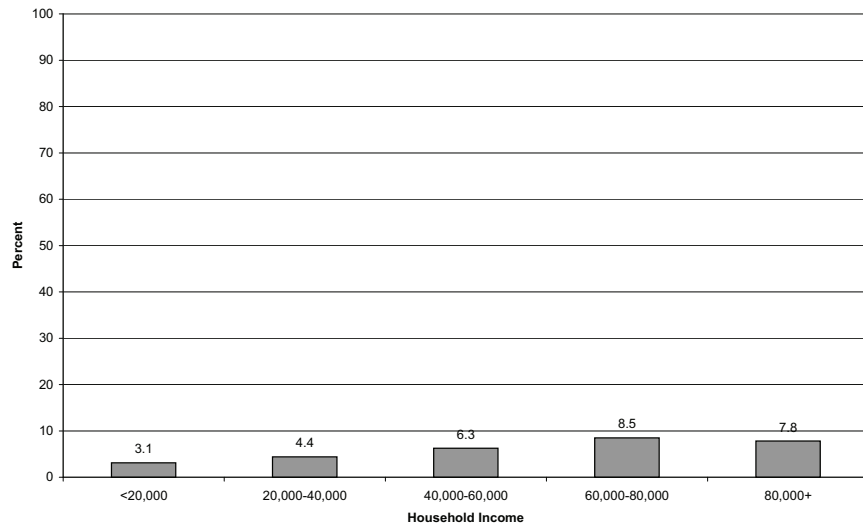
204.5 Percent by Location Where Food Was Prepared



204.6 Percent by Residence



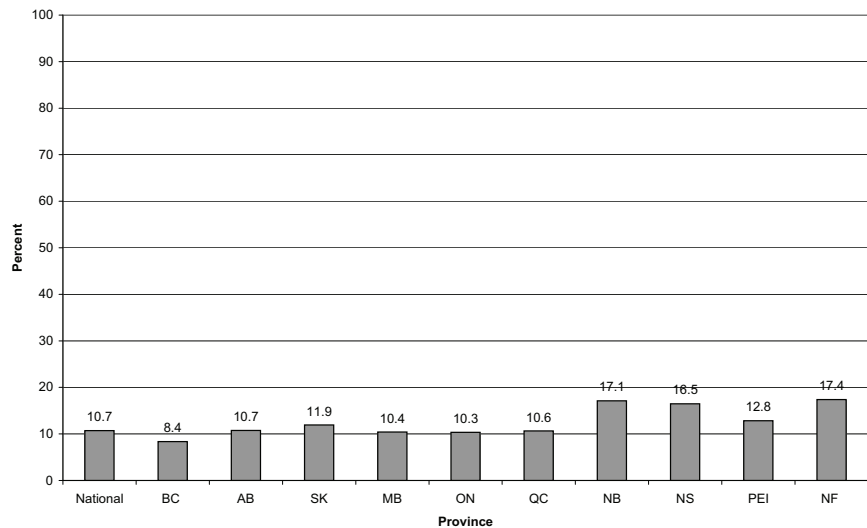
204.7 Percent by Household Income



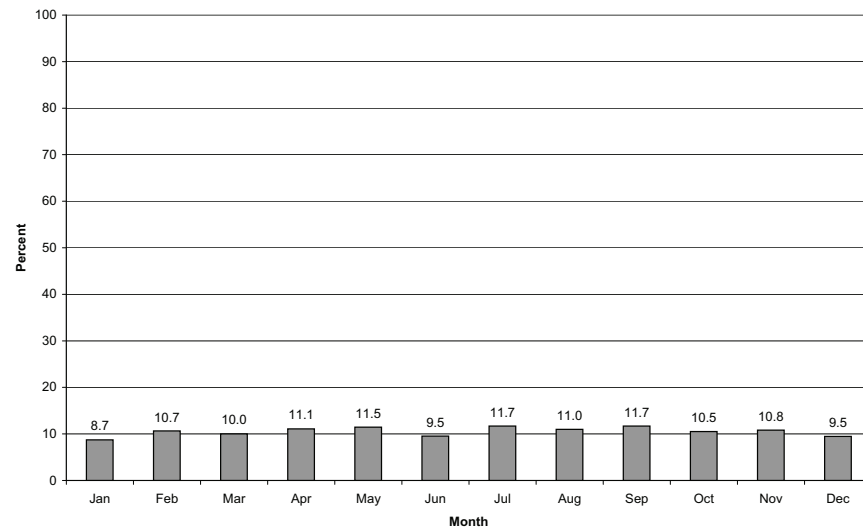
ATE POTATO CHIPS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

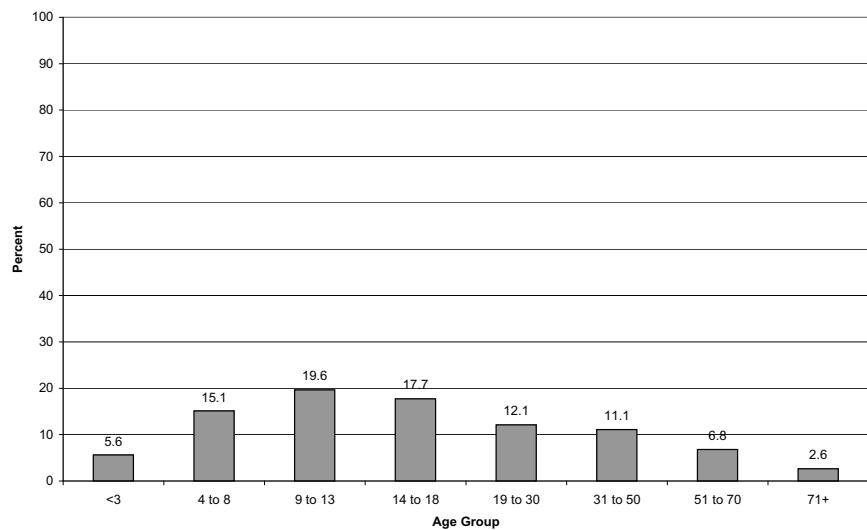
205.1 Percent by Province



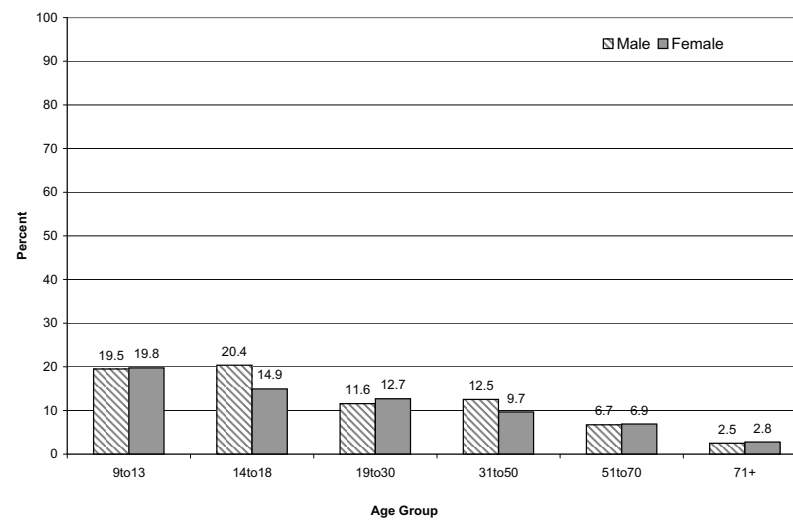
205.2 Percent by Month



205.3 Percent by Age Group



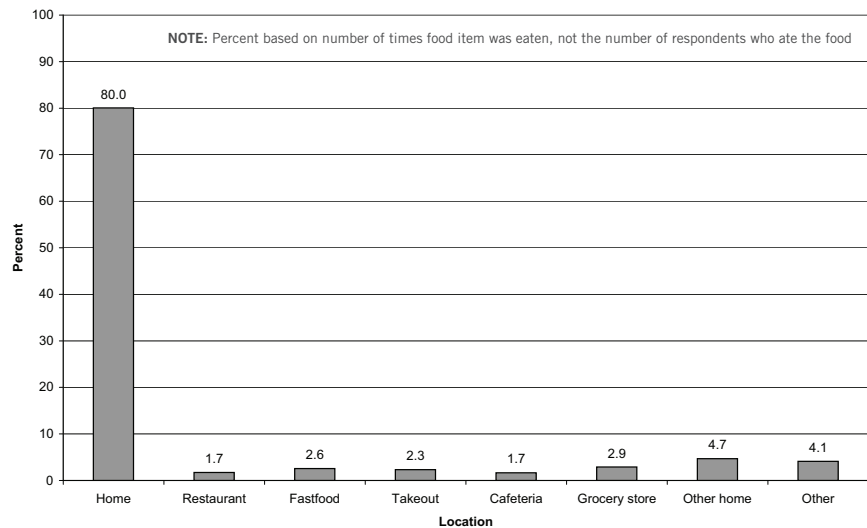
205.4 Percent by Age Group and Sex



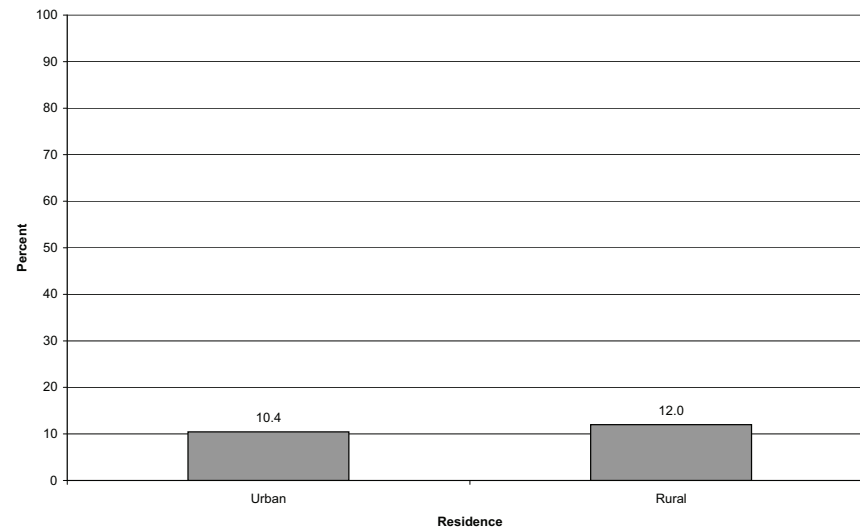
ATE POTATO CHIPS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

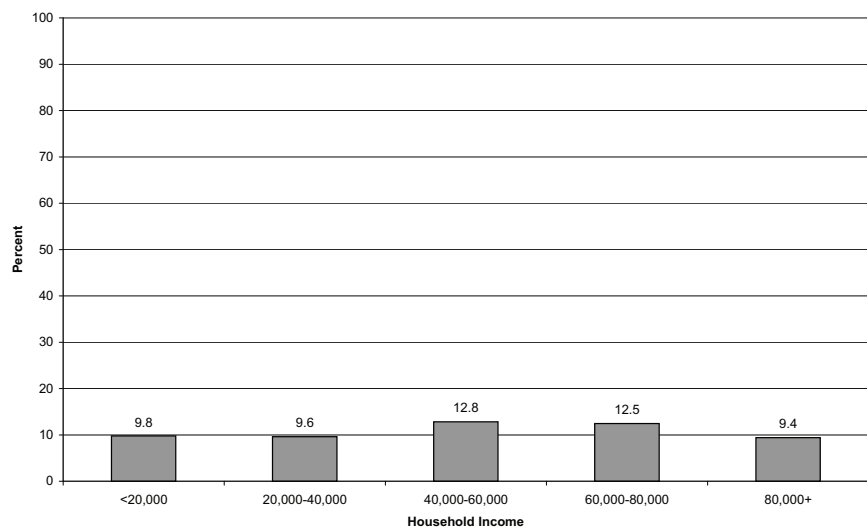
205.5 Percent by Location Where Food Was Prepared



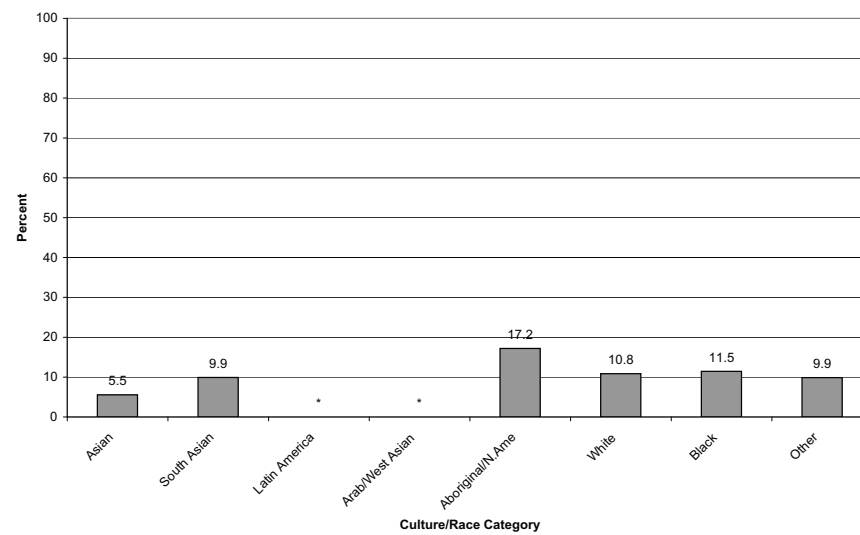
205.6 Percent by Residence



205.7 Percent by Household Income



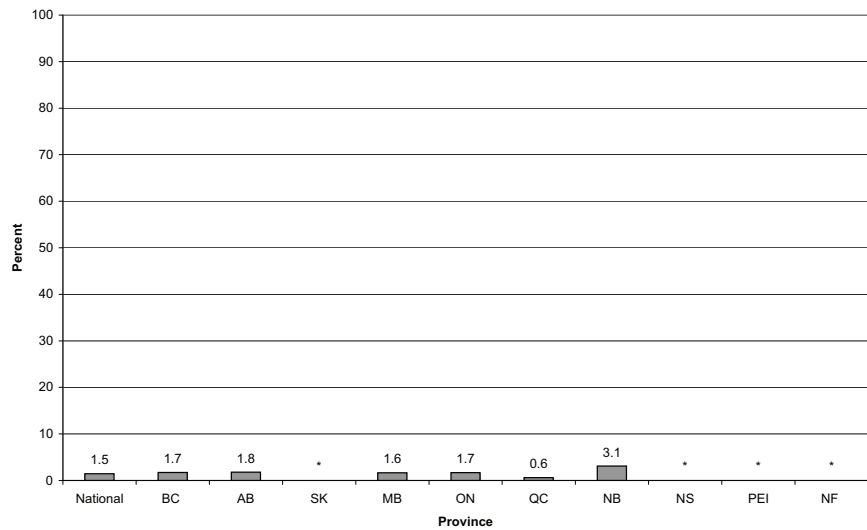
205.8 Percent by Cultural or Racial Origin



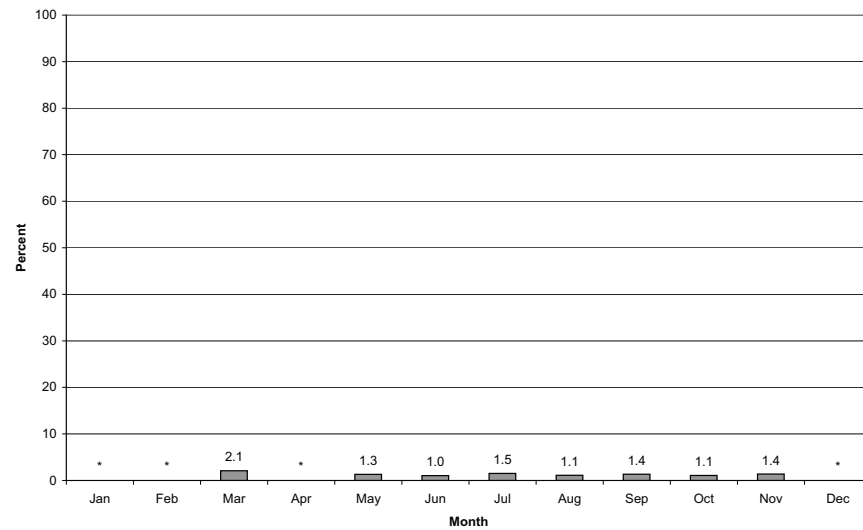
ATE PRETZELS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

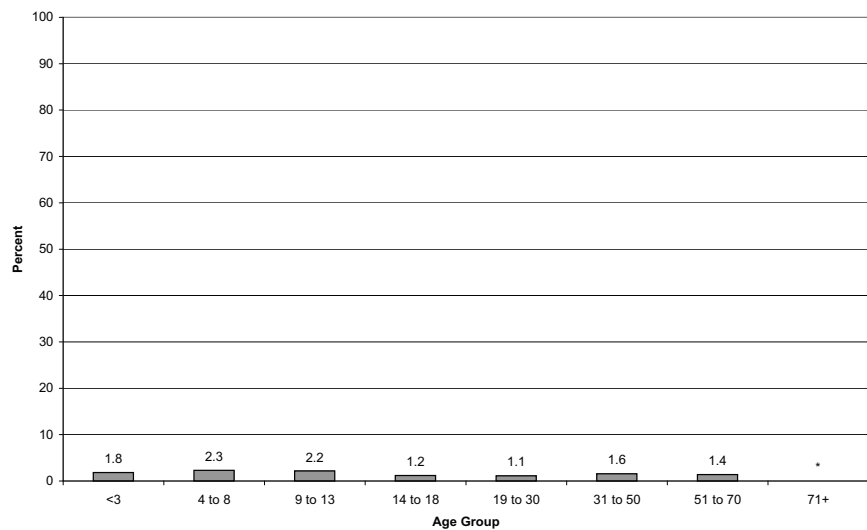
206.1 Percent by Province



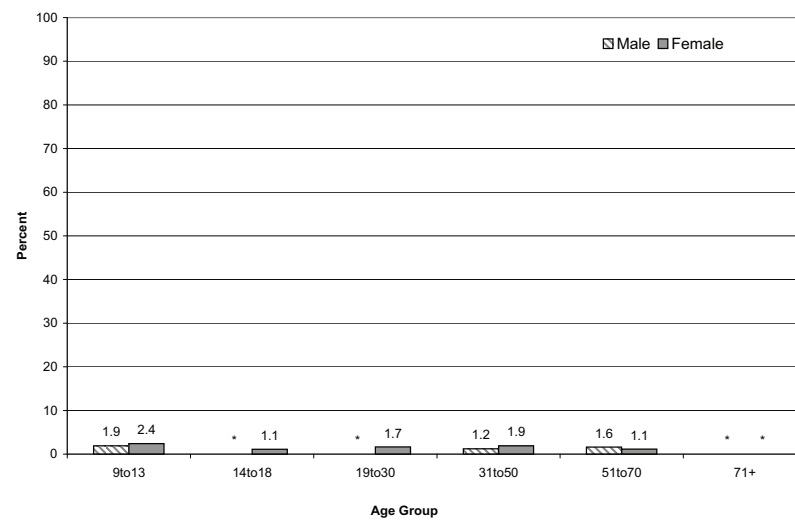
206.2 Percent by Month



206.3 Percent by Age Group



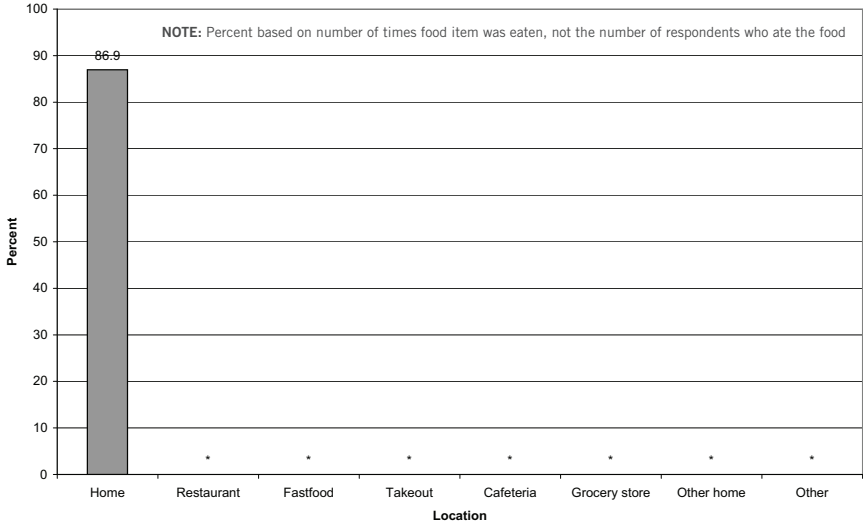
206.4 Percent by Age Group and Sex



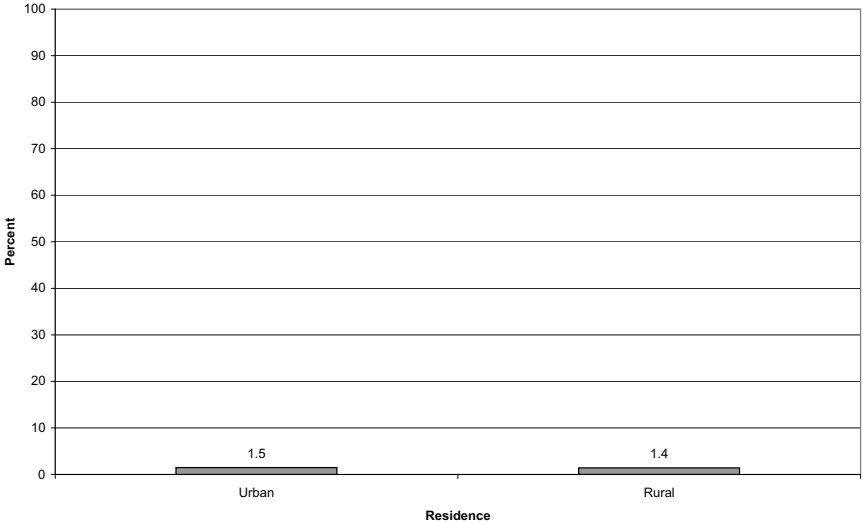
ATE PRETZELS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

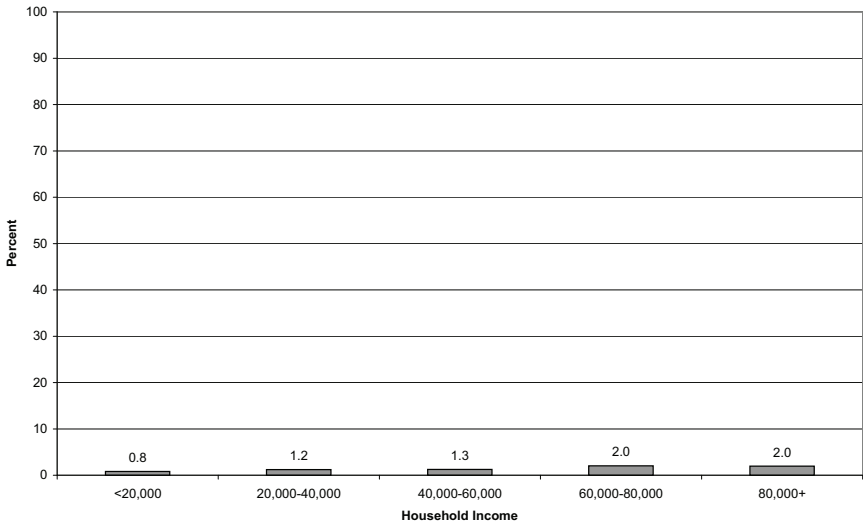
206.5 Percent by Location Where Food Was Prepared



206.6 Percent by Residence



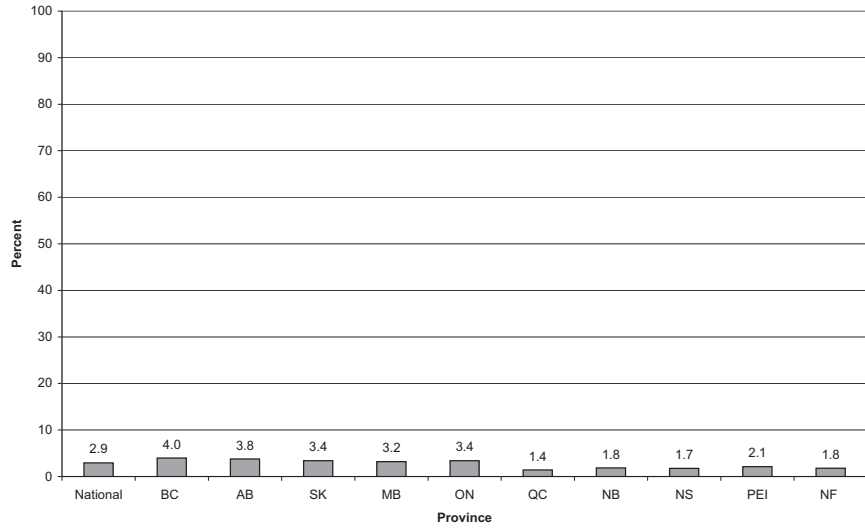
206.7 Percent by Household Income



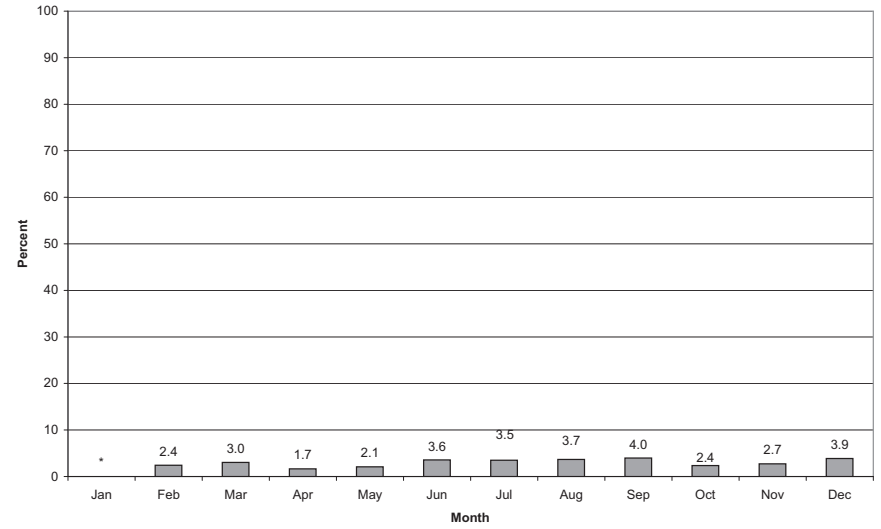
ATE TACO SHELLS & TORTILLAS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

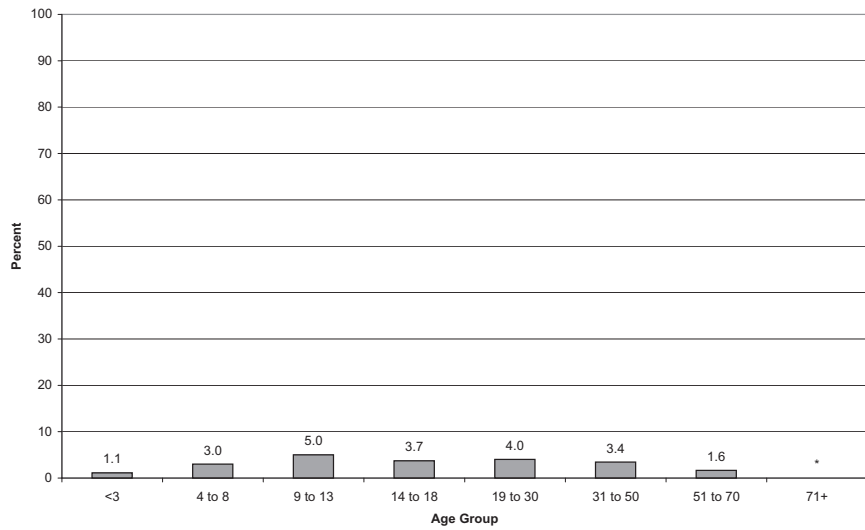
207.1 Percent by Province



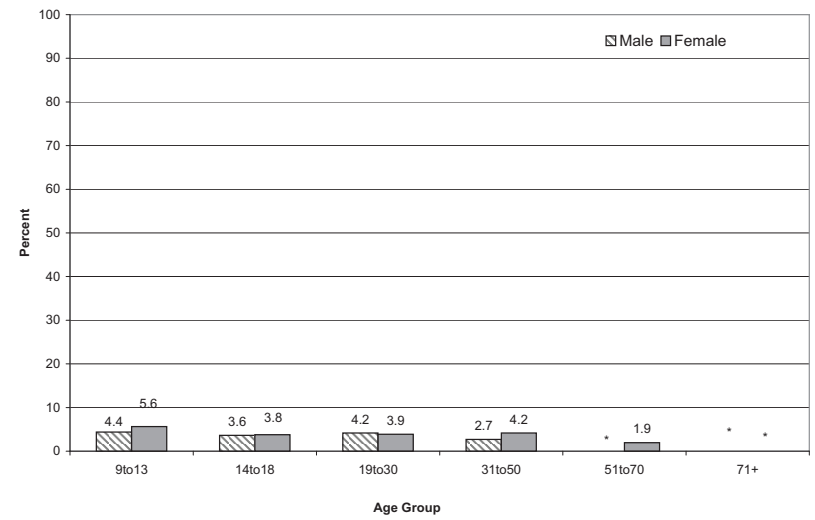
207.2 Percent by Month



207.3 Percent by Age Group



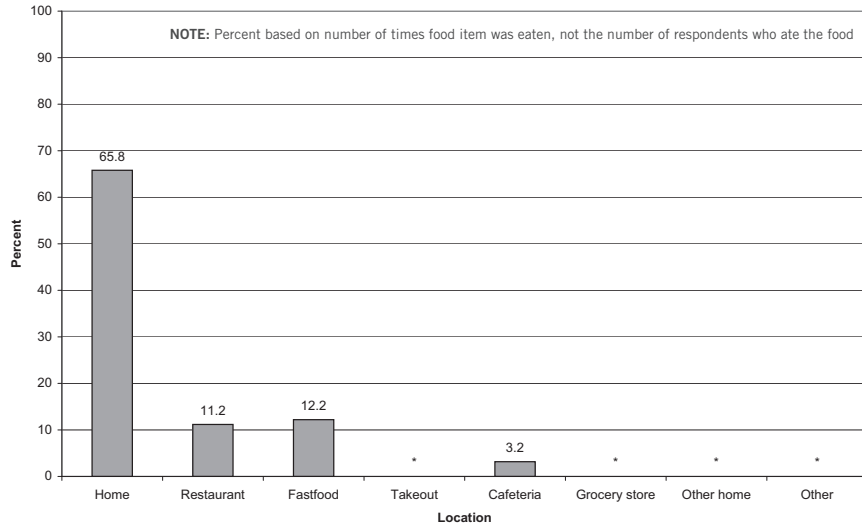
207.4 Percent by Age Group and Sex



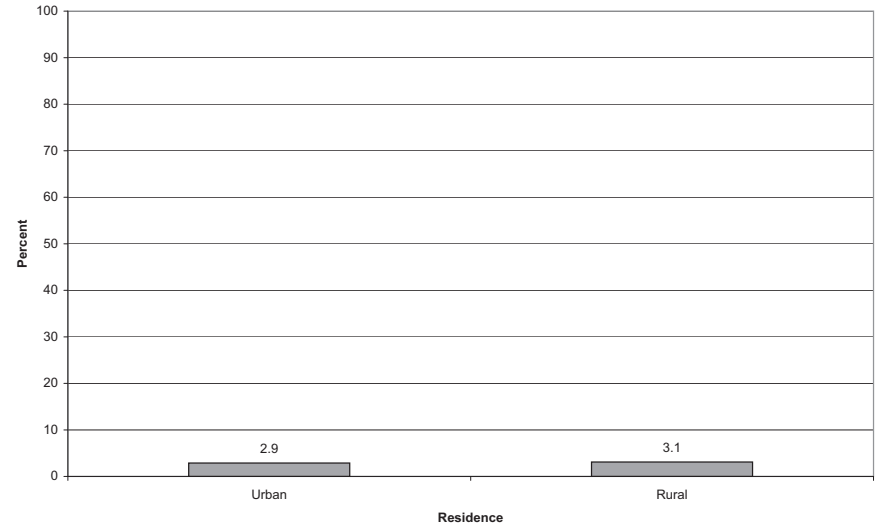
ATE TACO SHELLS & TORTILLAS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

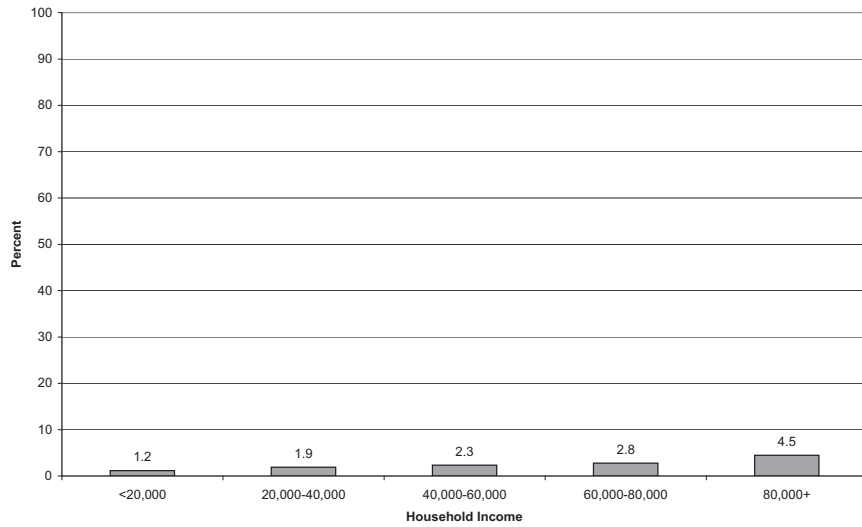
207.5 Percent by Location Where Food Was Prepared



207.6 Percent by Residence



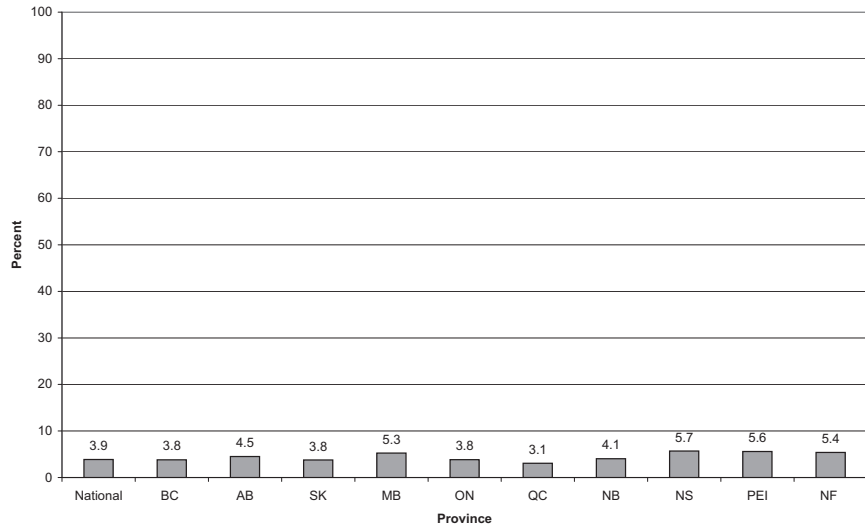
207.7 Percent by Household Income



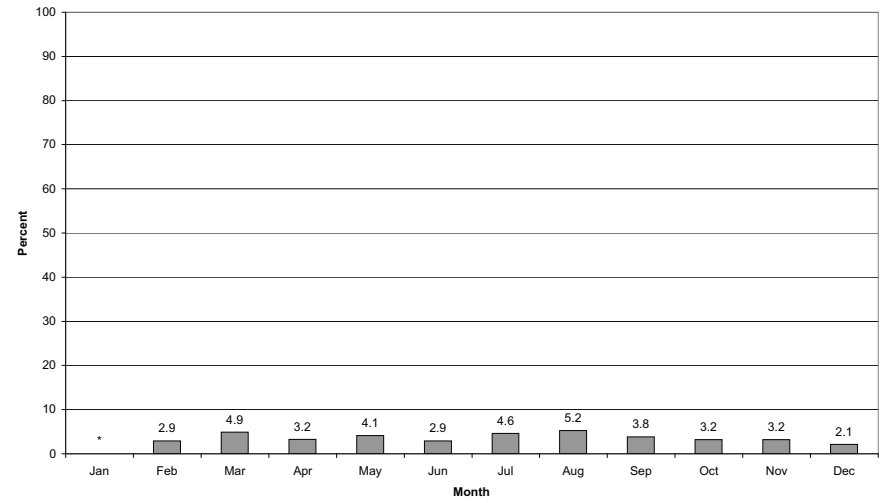
ATE TORTILLAS CHIPS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

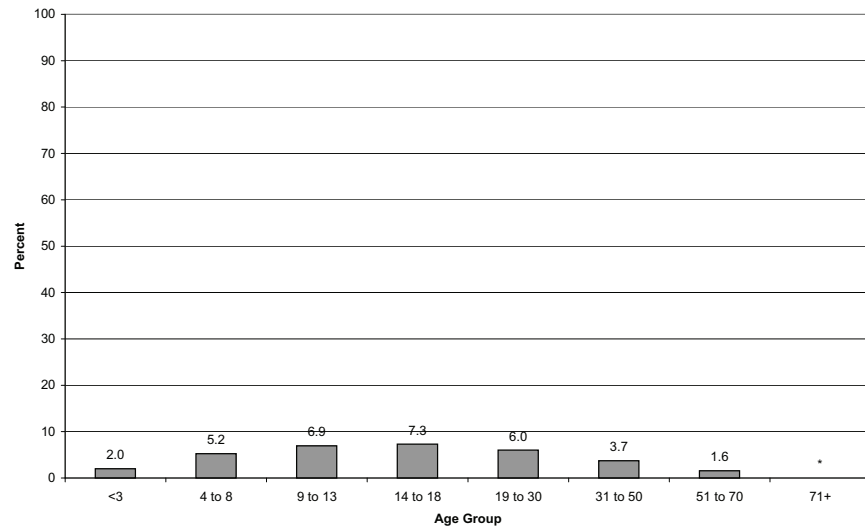
208.1 Percent by Province



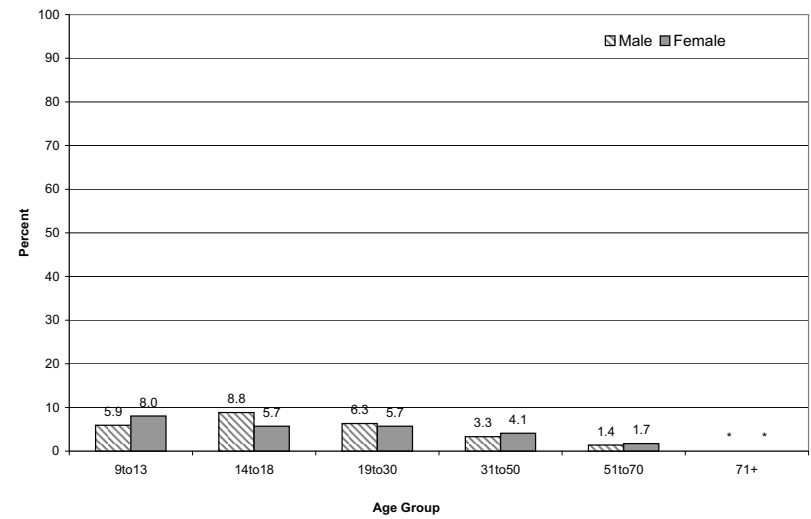
208.2 Percent by Month



208.3 Percent by Age Group



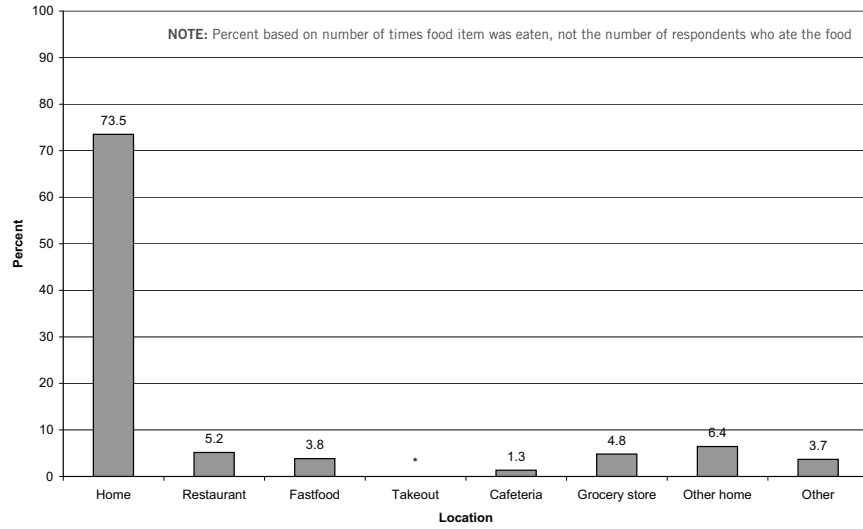
208.4 Percent by Age Group and Sex



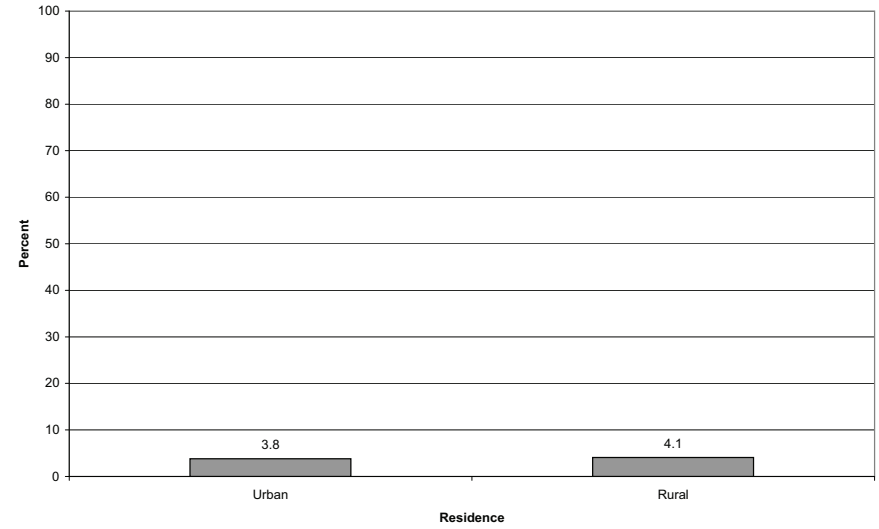
ATE TORTILLAS CHIPS IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

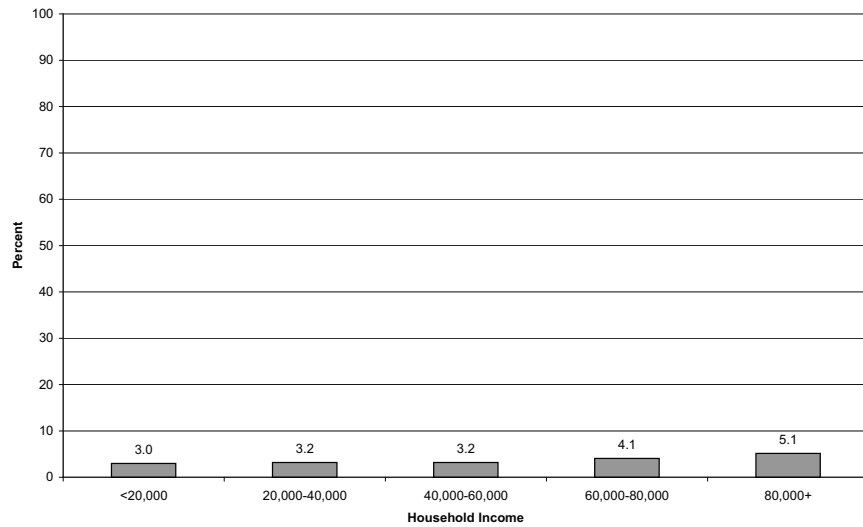
208.5 Percent by Location Where Food Was Prepared



208.6 Percent by Residence



208.7 Percent by Household Income

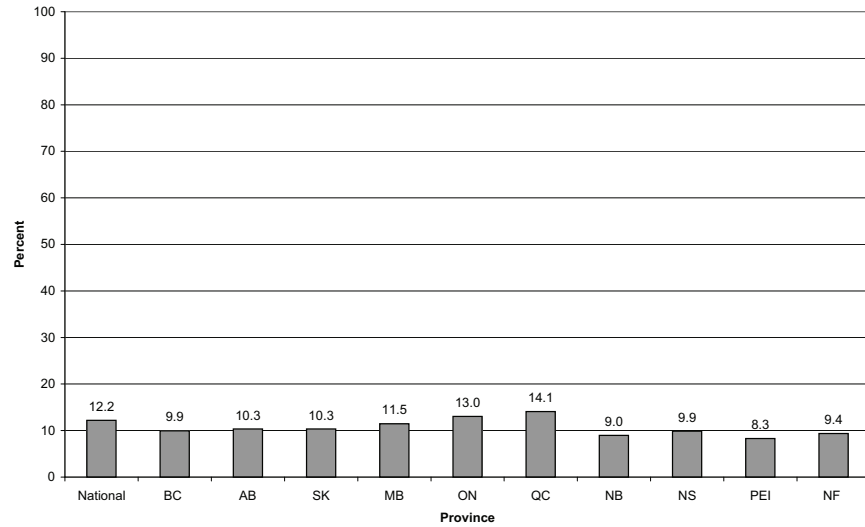


— SAUCES, SALSA, SALAD DRESSINGS, GRAVIES & JAMS/PRESERVES —

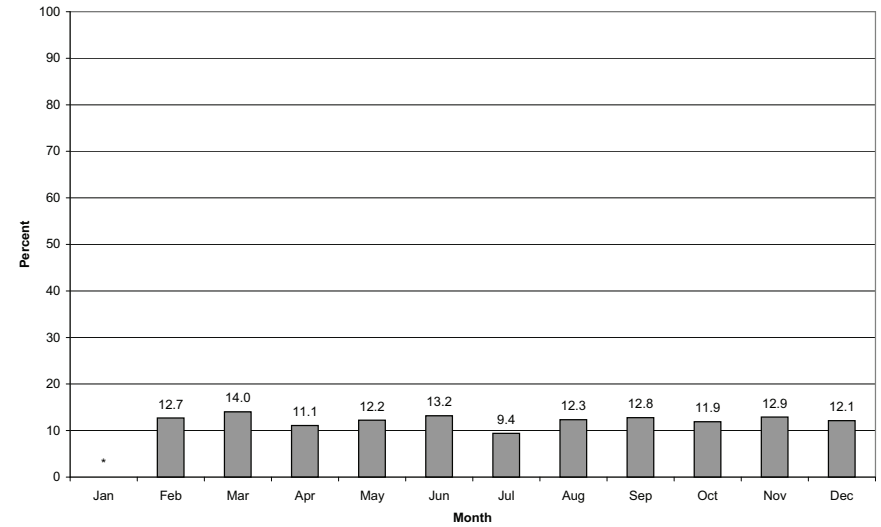
ATE TOMATO SAUCE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

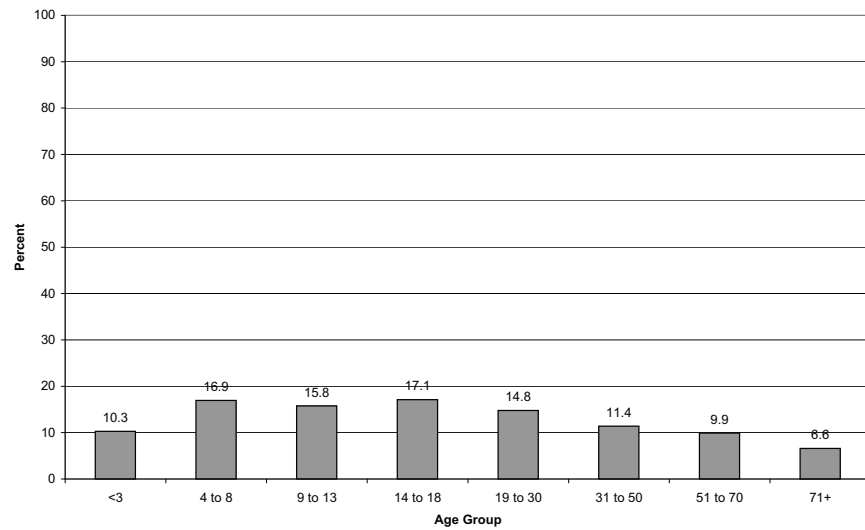
209.1 Percent by Province



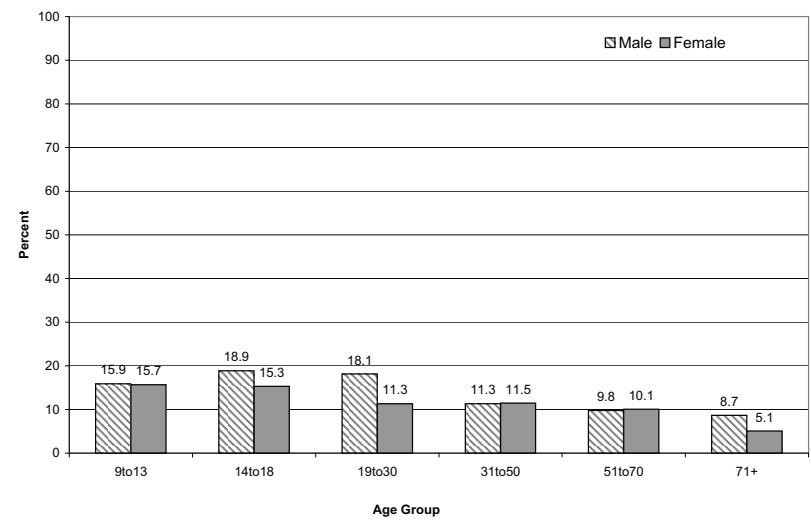
209.2 Percent by Month



209.3 Percent by Age Group



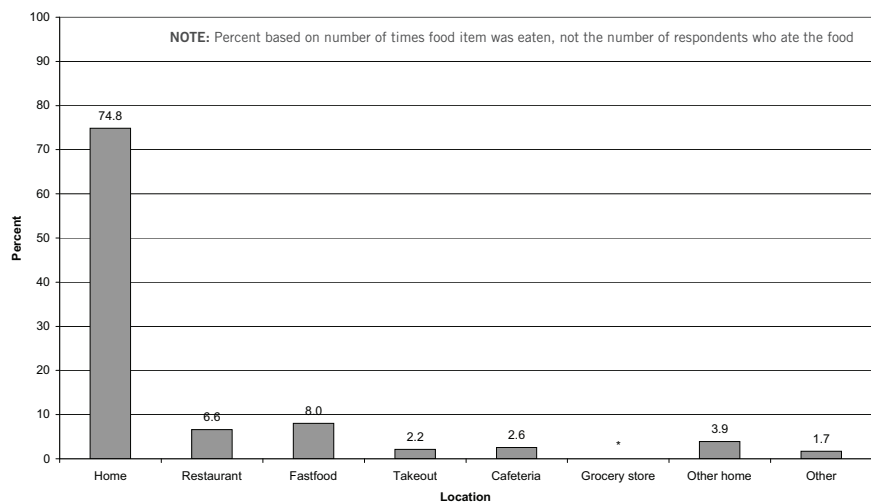
209.4 Percent by Age Group and Sex



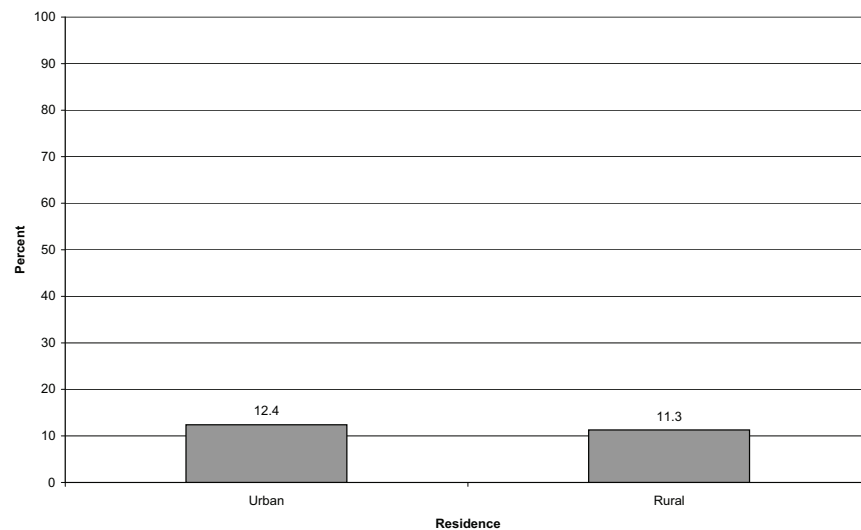
ATE TOMATO SAUCE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

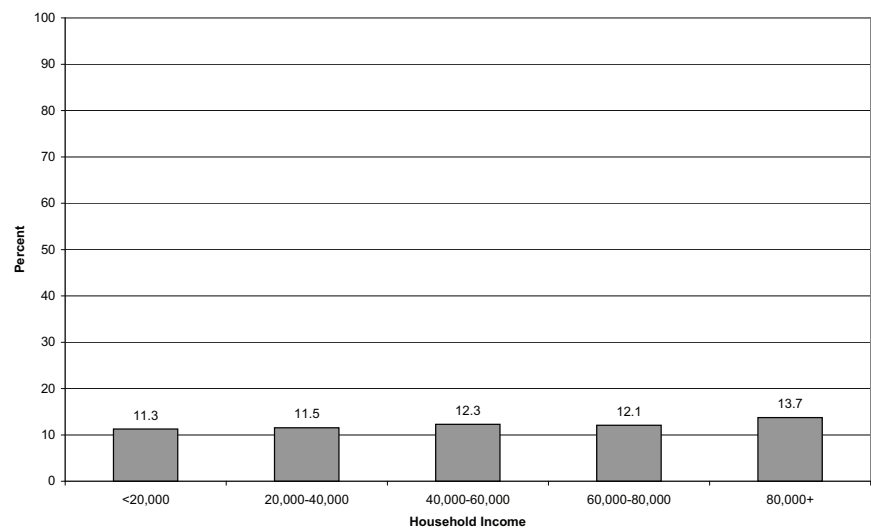
209.5 Percent by Location Where Food Was Prepared



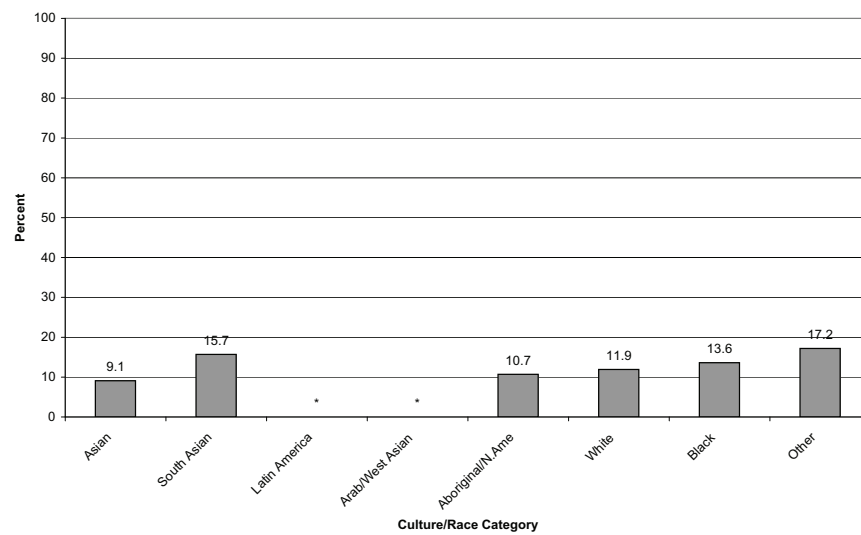
209.6 Percent by Residence



209.7 Percent by Household Income



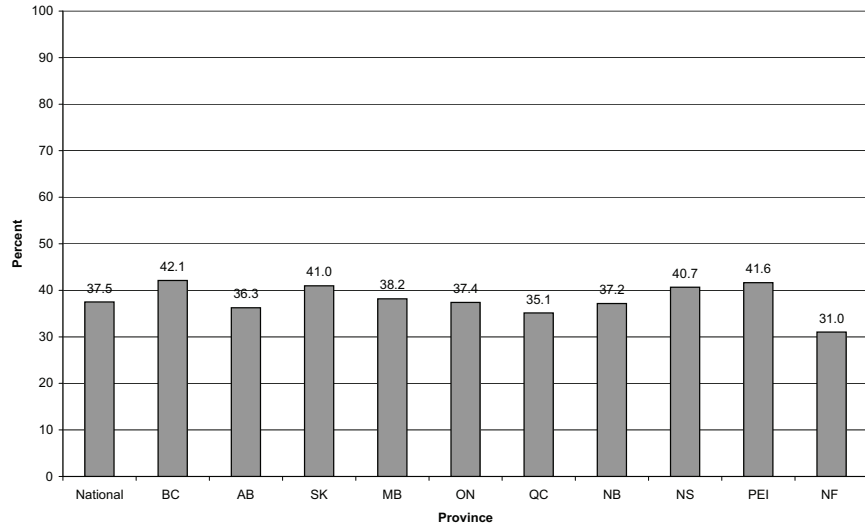
209.8 Percent by Cultural or Racial Origin



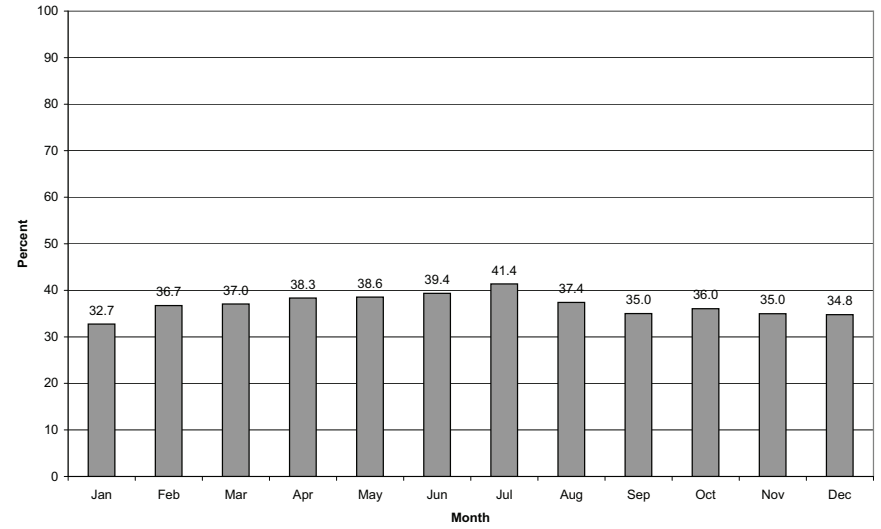
ATE SAUCES (SOY, KETCHUP, ETC) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

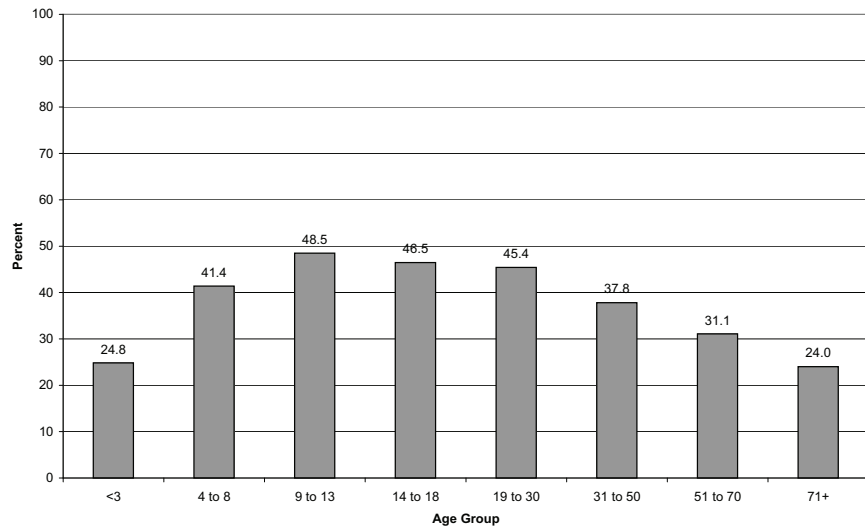
210.1 Percent by Province



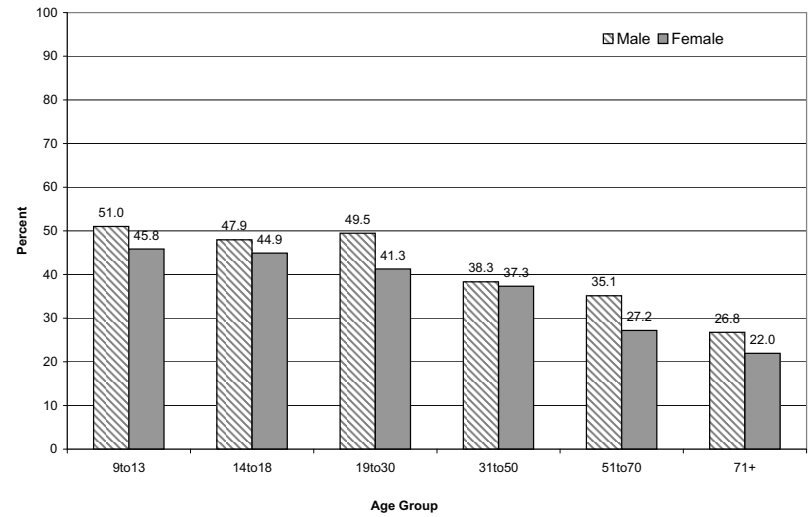
210.2 Percent by Month



210.3 Percent by Age Group



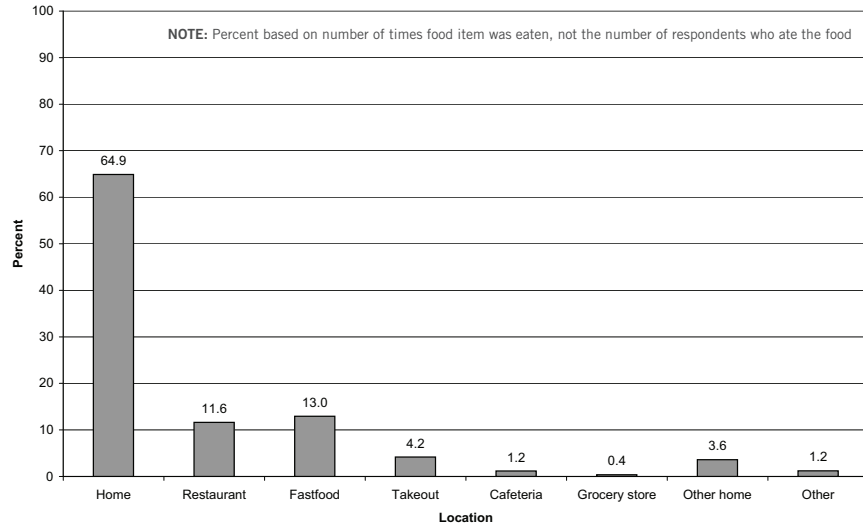
210.4 Percent by Age Group and Sex



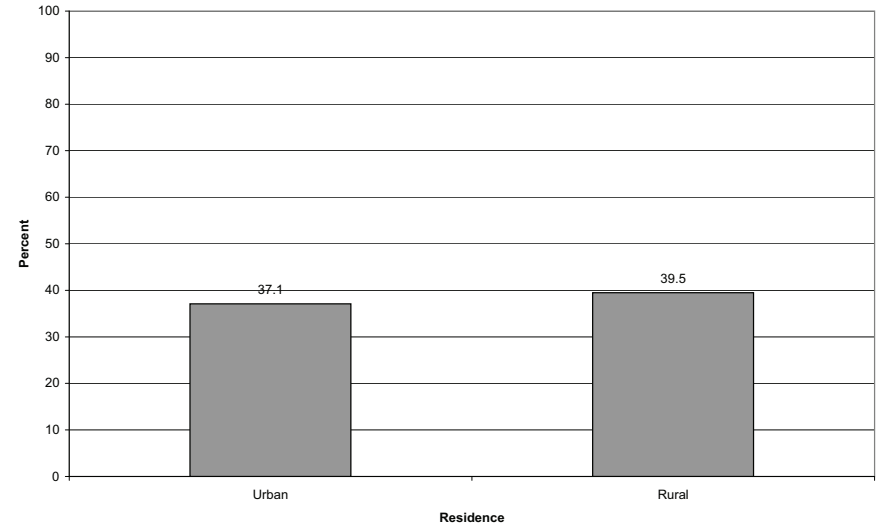
ATE SAUCES (SOY, KETCHUP, ETC) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

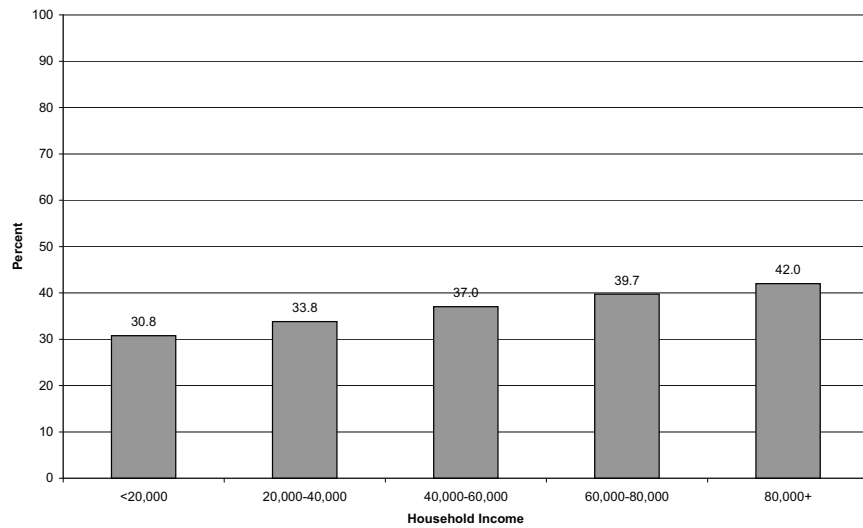
210.5 Percent by Location Where Food Was Prepared



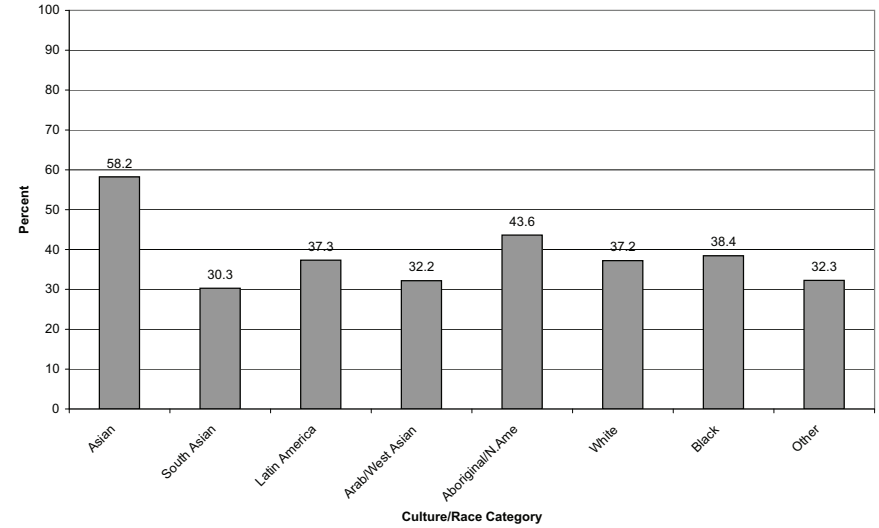
210.6 Percent by Residence



210.7 Percent by Household Income



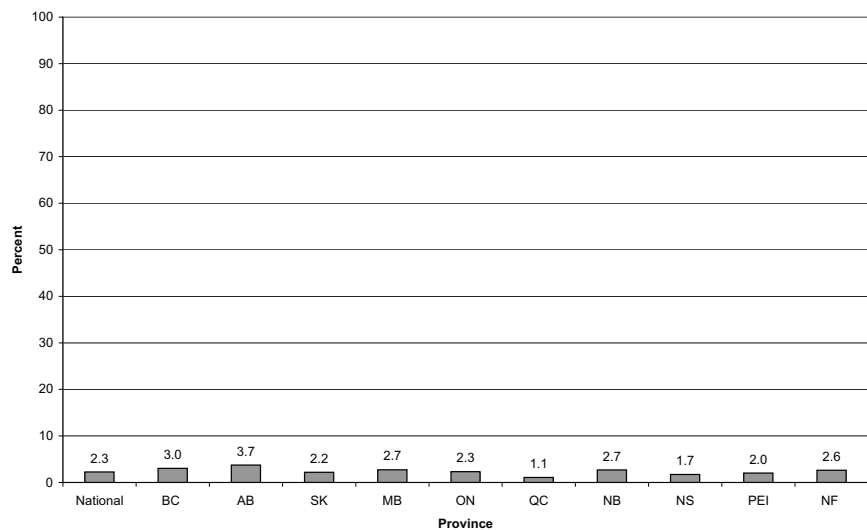
210.8 Percent by Cultural or Racial Origin



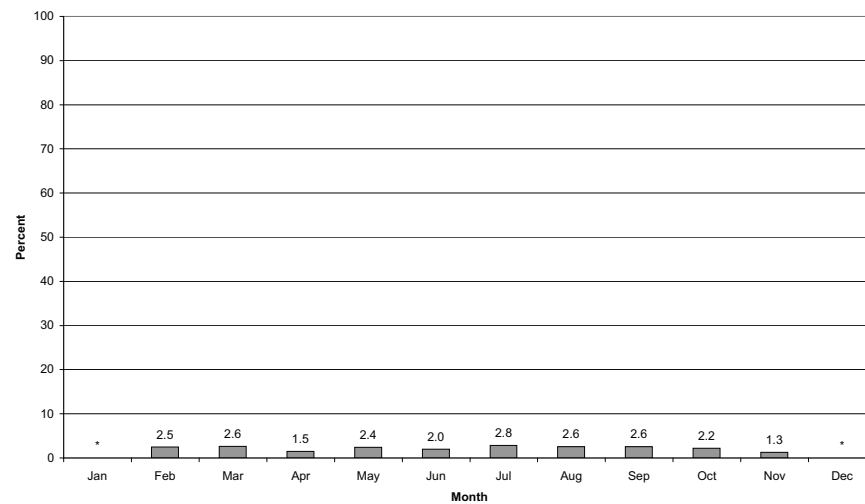
ATE SALSA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

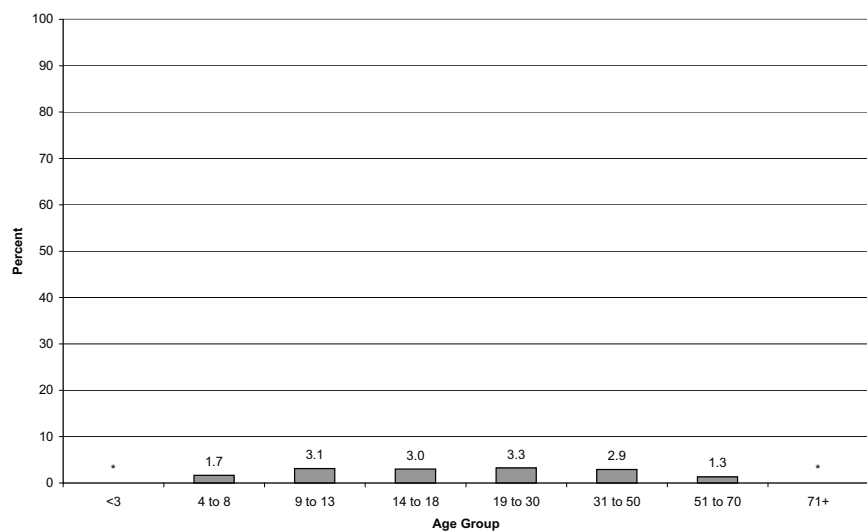
211.1 Percent by Province



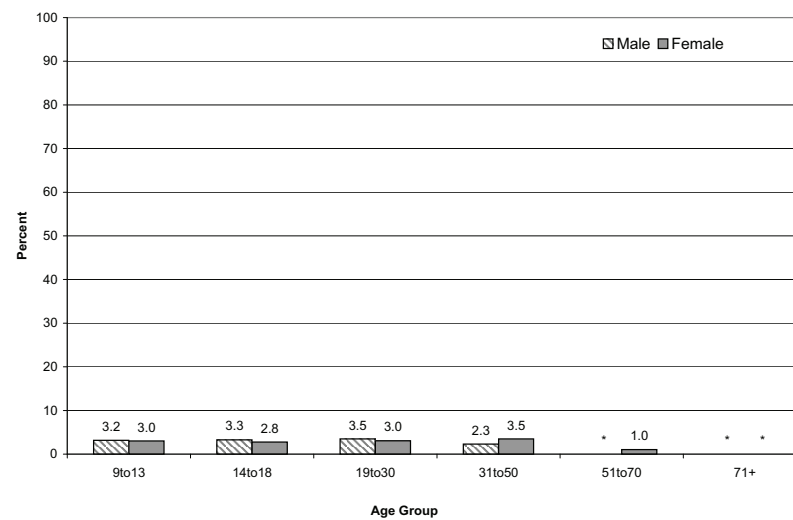
211.2 Percent by Month



211.3 Percent by Age Group



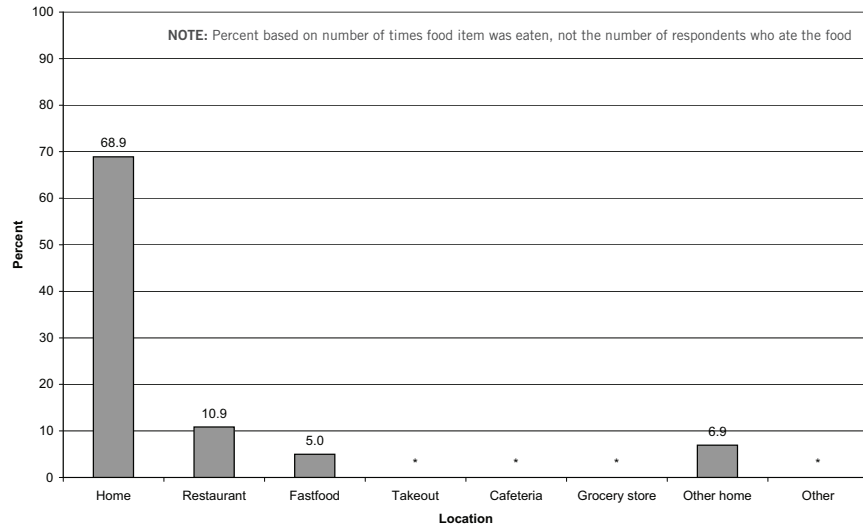
211.4 Percent by Age Group and Sex



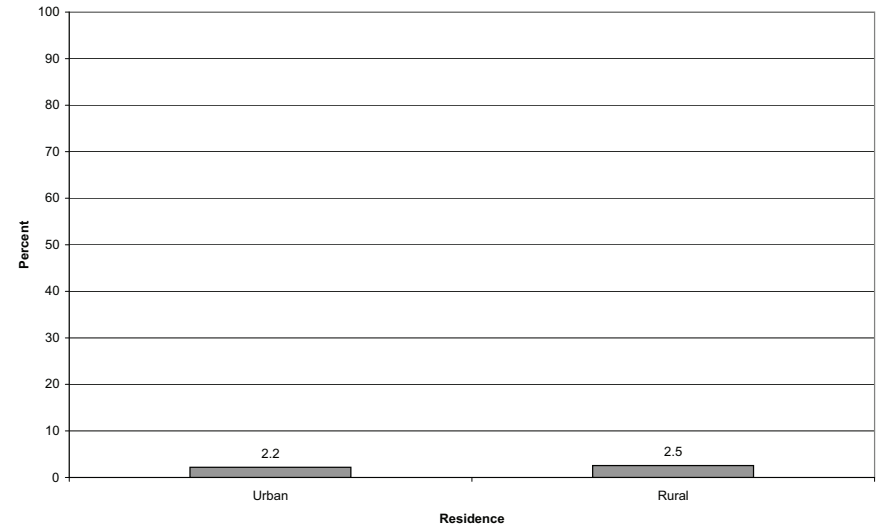
ATE SALSA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

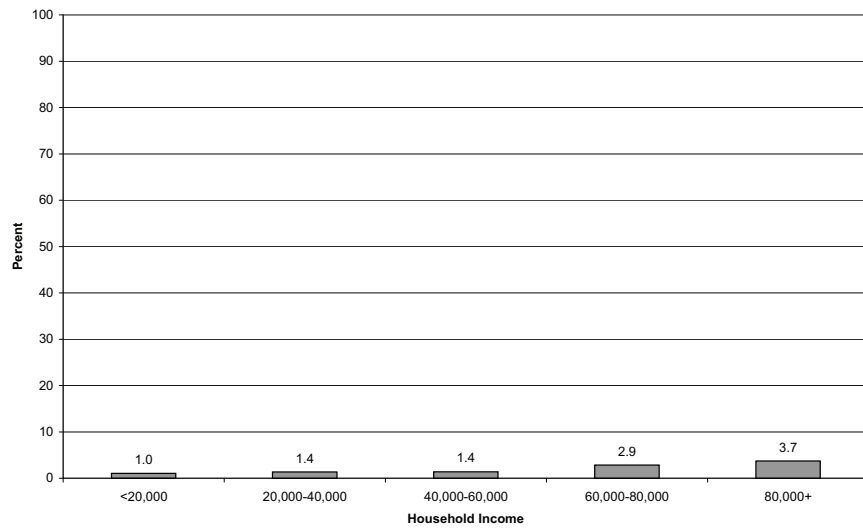
211.5 Percent by Location Where Food Was Prepared



211.6 Percent by Residence



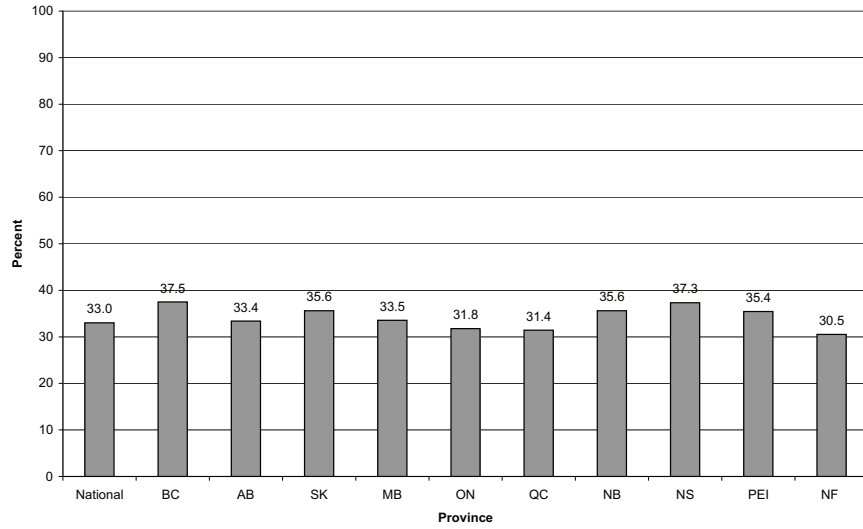
211.7 Percent by Household Income



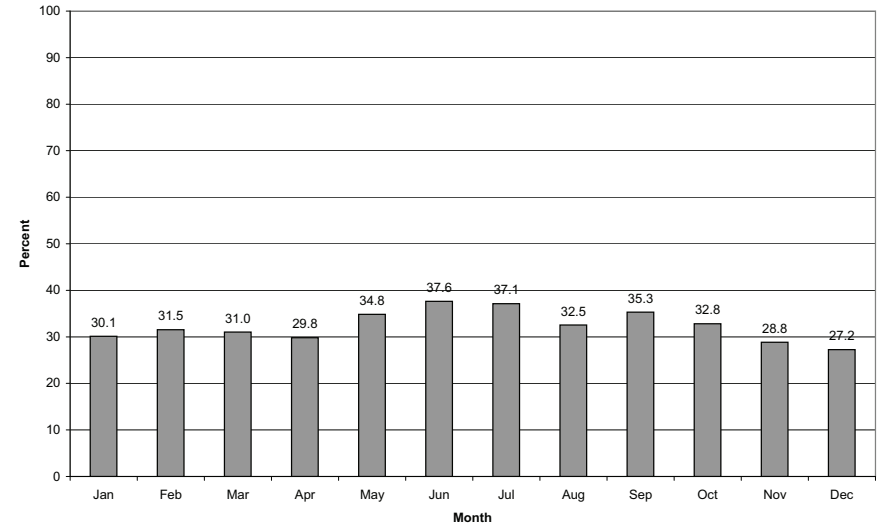
ATE SALAD DRESSING IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

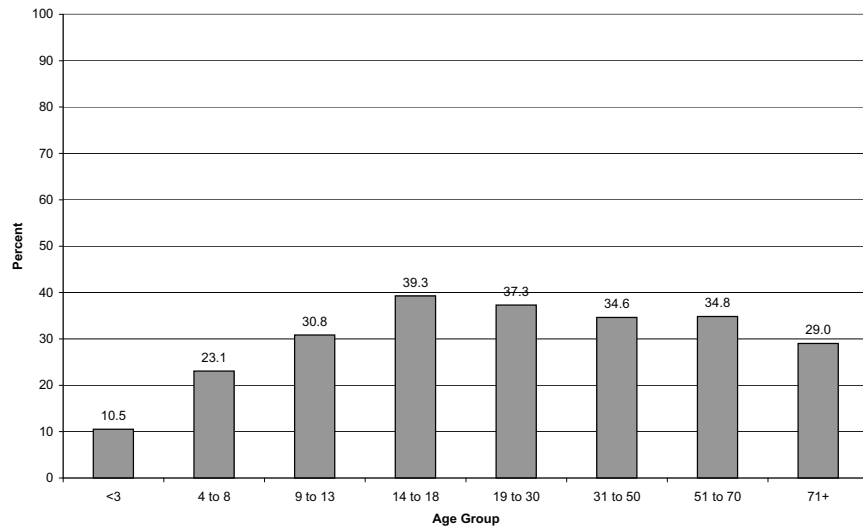
212.1 Percent by Province



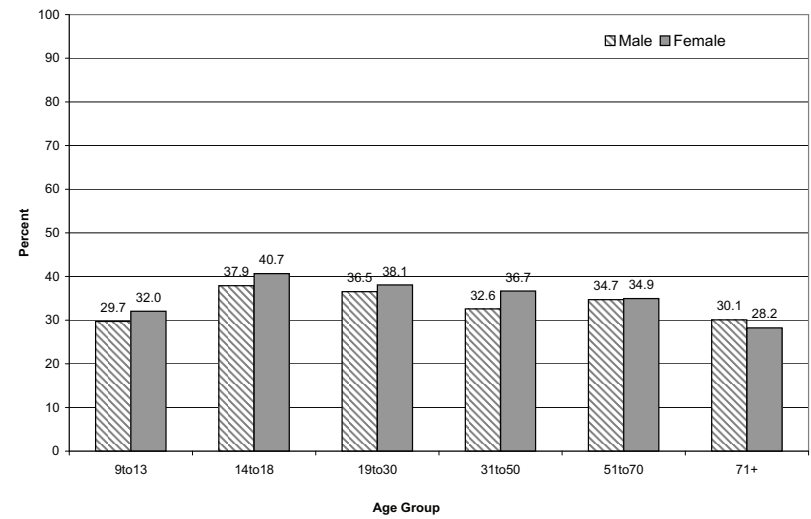
212.2 Percent by Month



212.3 Percent by Age Group



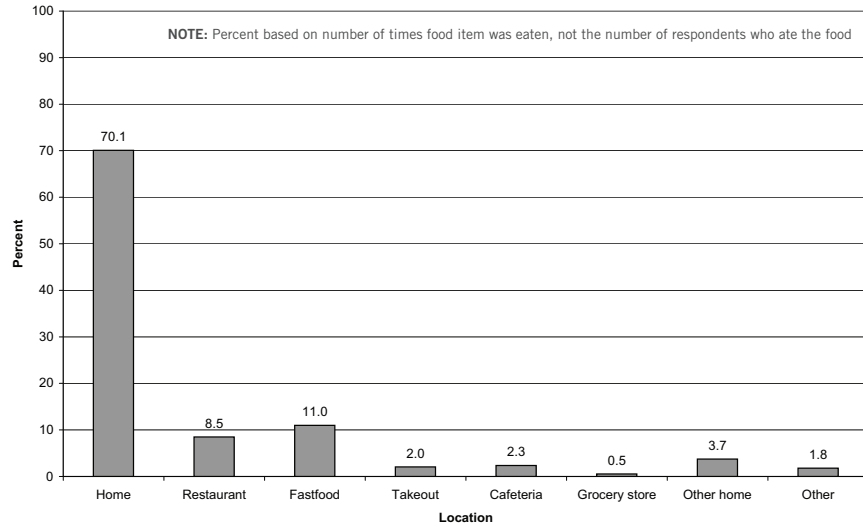
212.4 Percent by Age Group and Sex



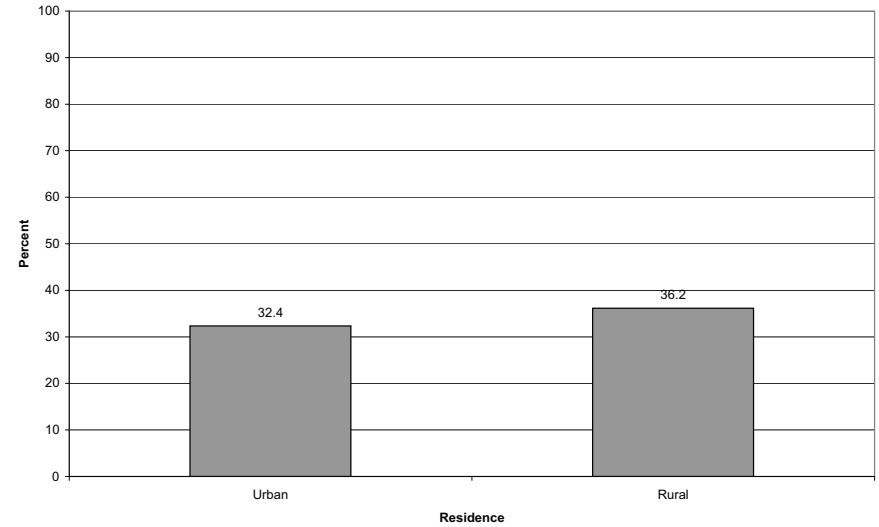
ATE SALAD DRESSING IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

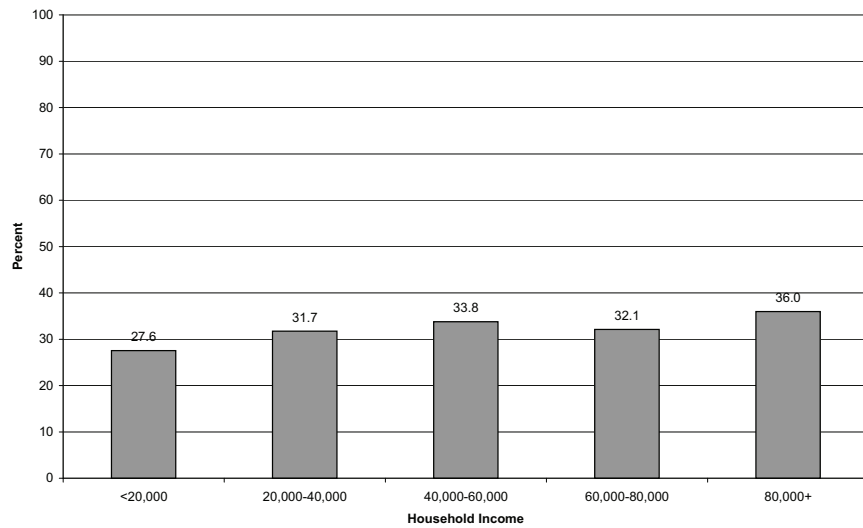
212.5 Percent by Location Where Food Was Prepared



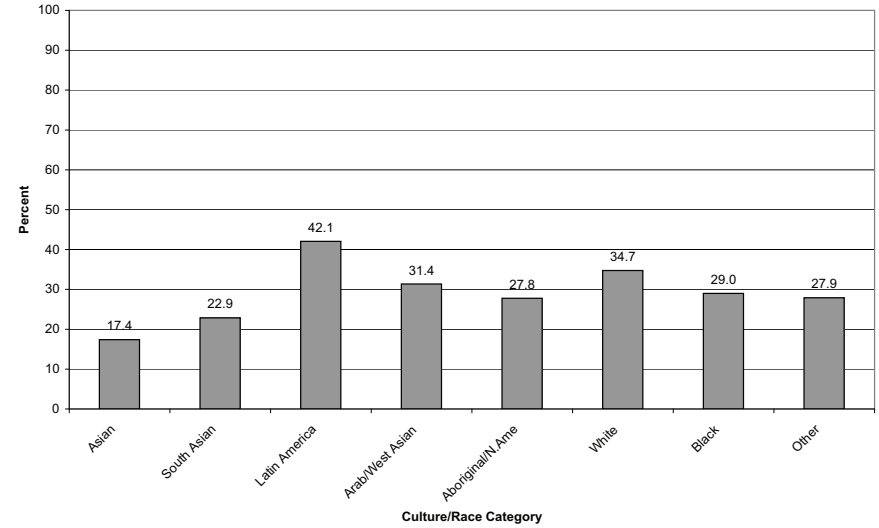
212.6 Percent by Residence



212.7 Percent by Household Income



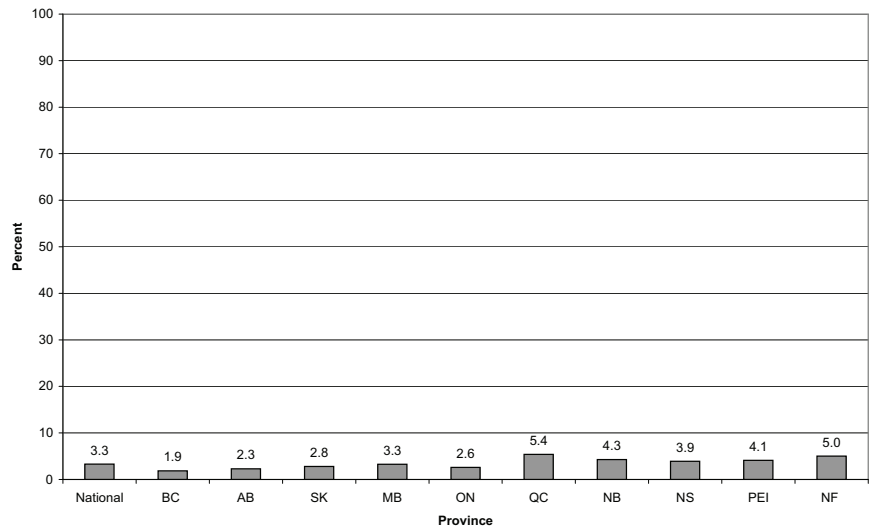
212.8 Percent by Cultural or Racial Origin



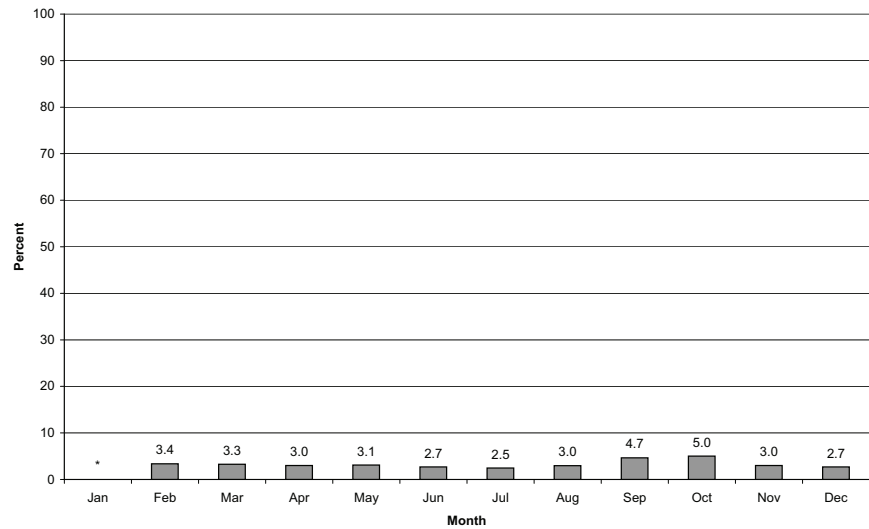
ATE GRAVIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

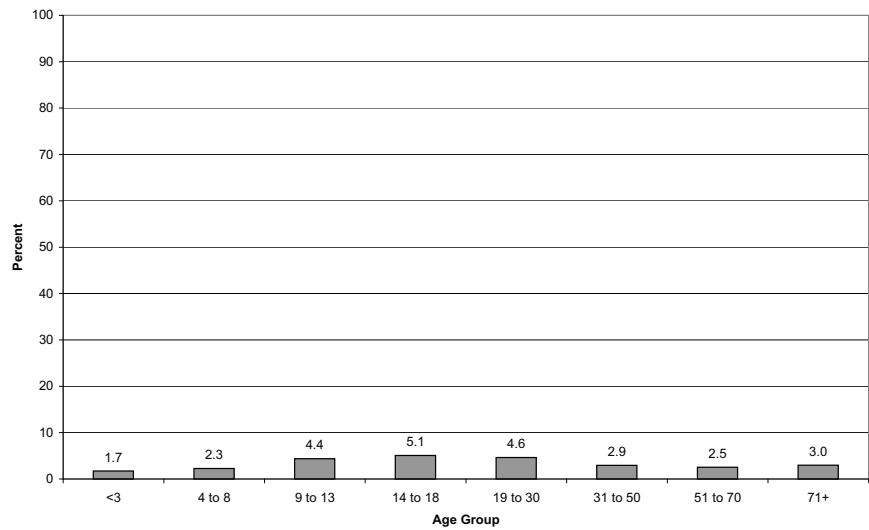
213.1 Percent by Province



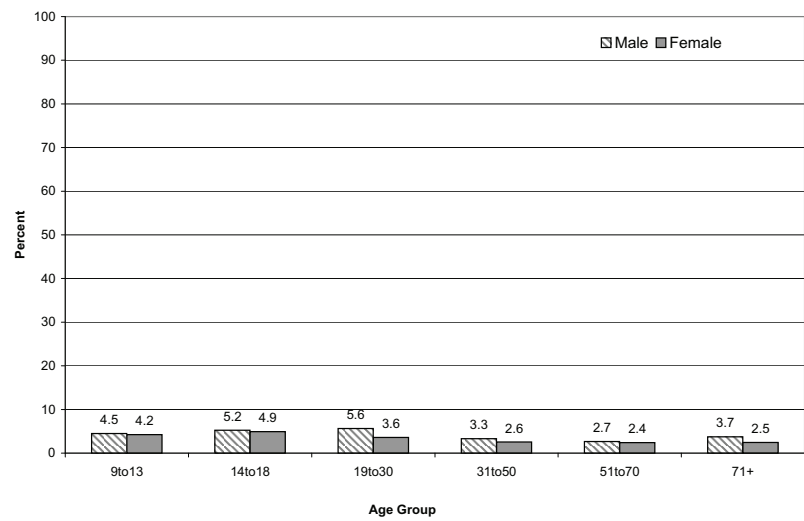
213.2 Percent by Month



213.3 Percent by Age Group



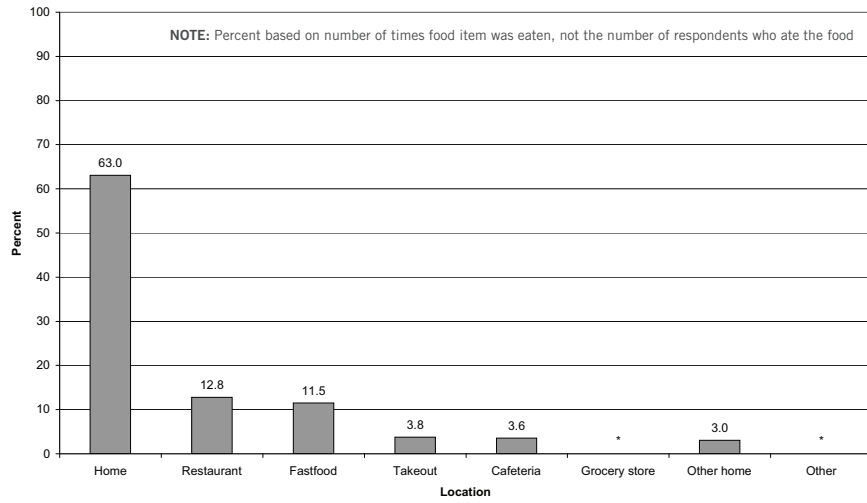
213.4 Percent by Age Group and Sex



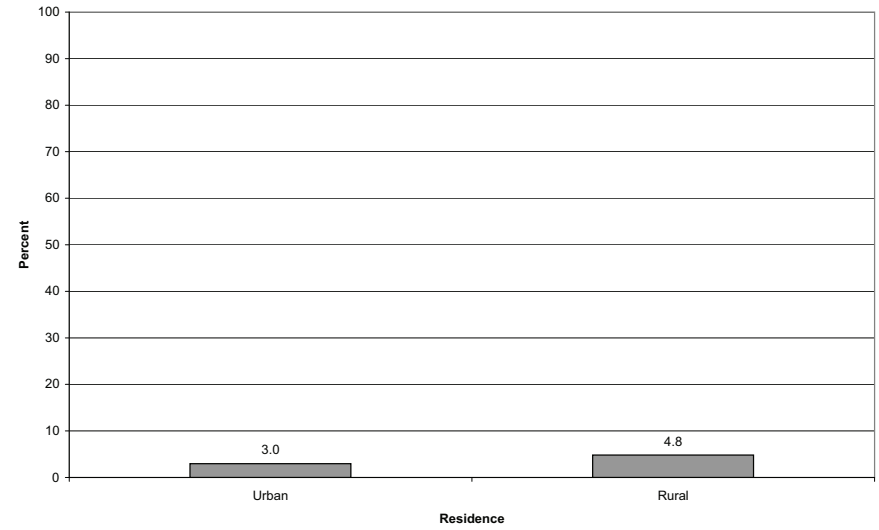
ATE GRAVIES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

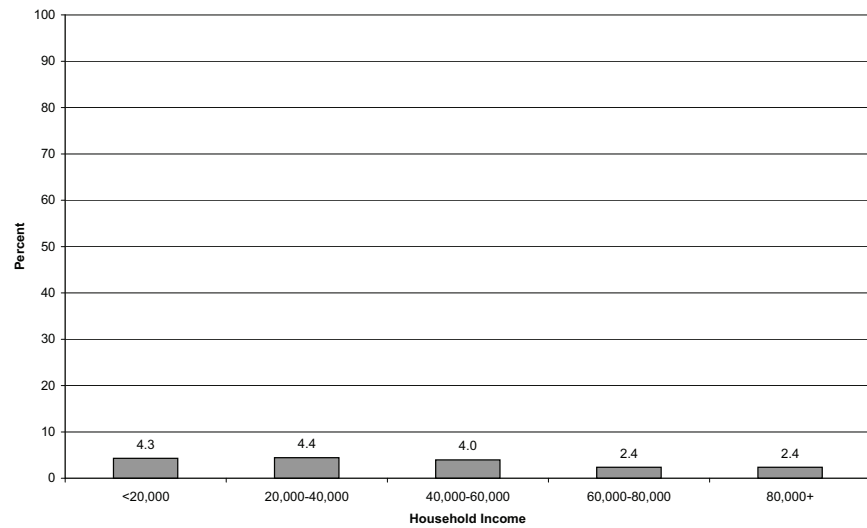
213.5 Percent by Location Where Food Was Prepared



213.6 Percent by Residence



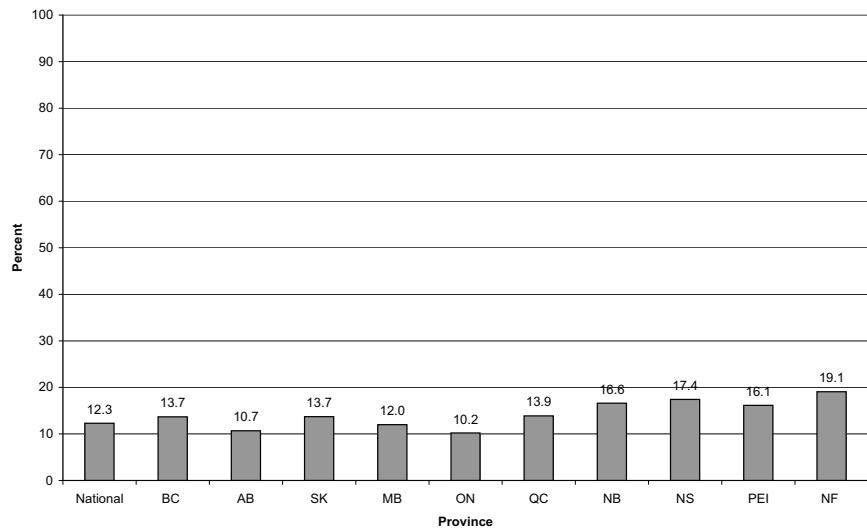
213.7 Percent by Household Income



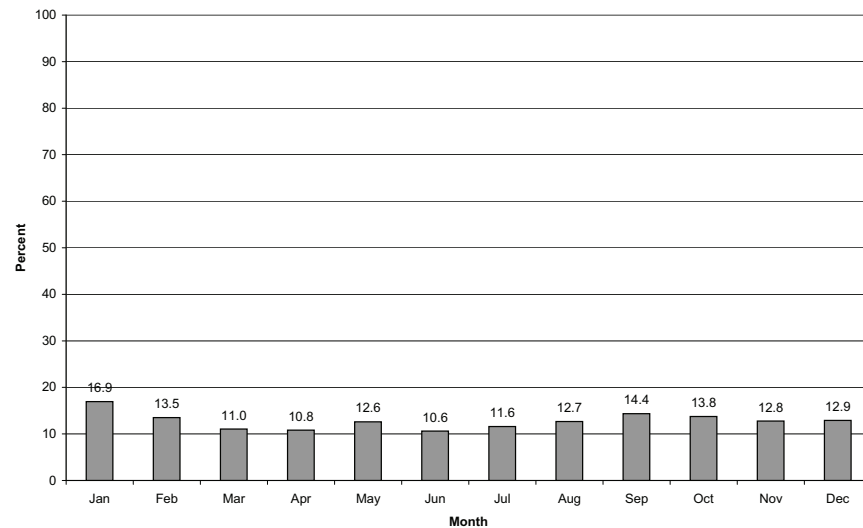
ATE JAM/PRESERVES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

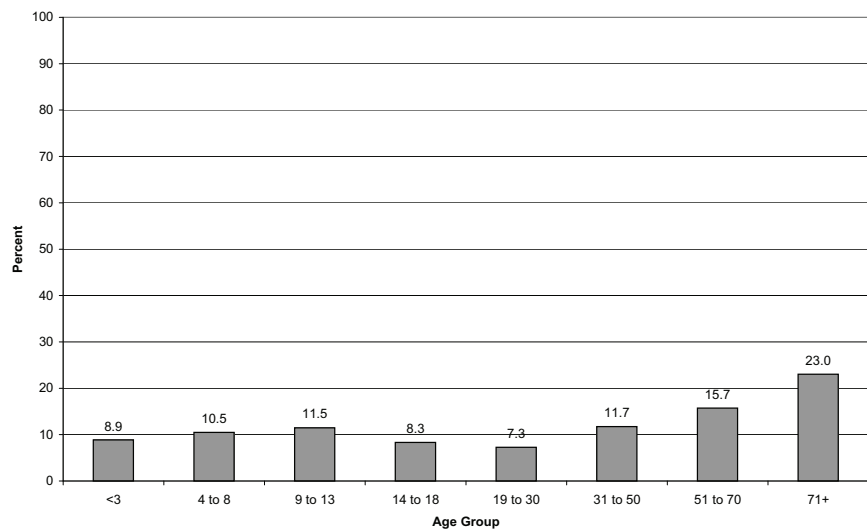
214.1 Percent by Province



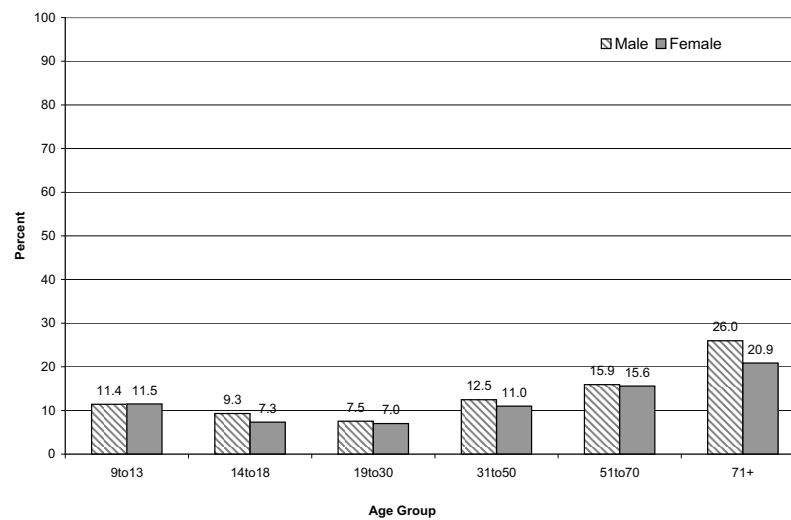
214.2 Percent by Month



214.3 Percent by Age Group



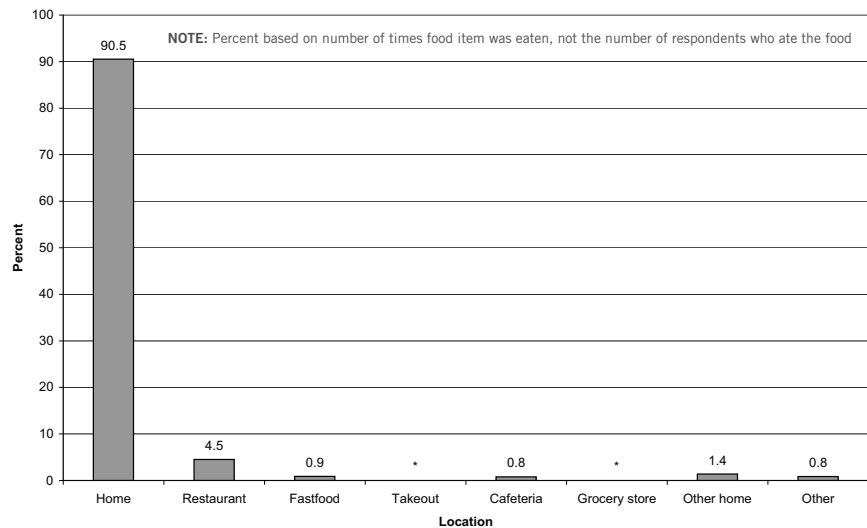
214.4 Percent by Age Group and Sex



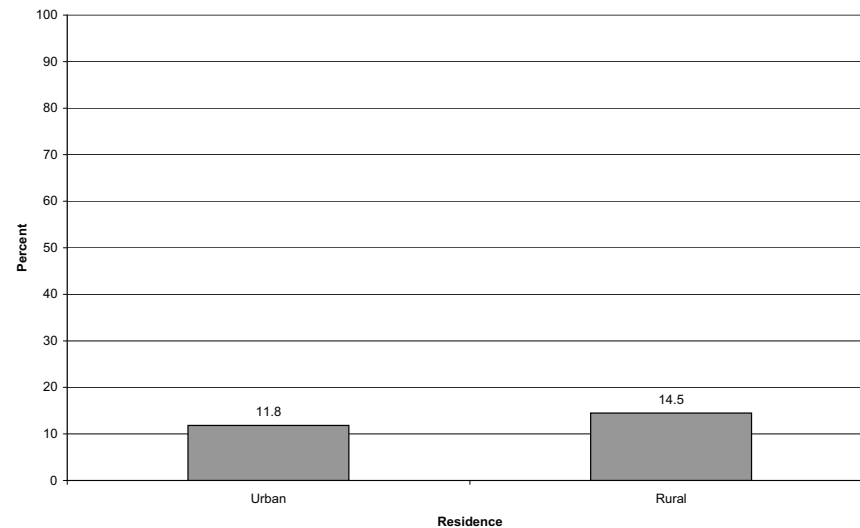
ATE JAM/PRESERVES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

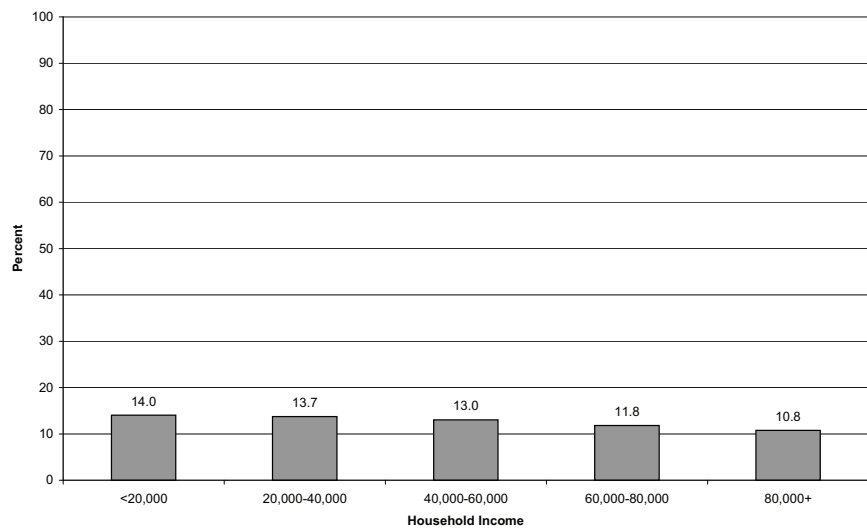
214.5 Percent by Location Where Food Was Prepared



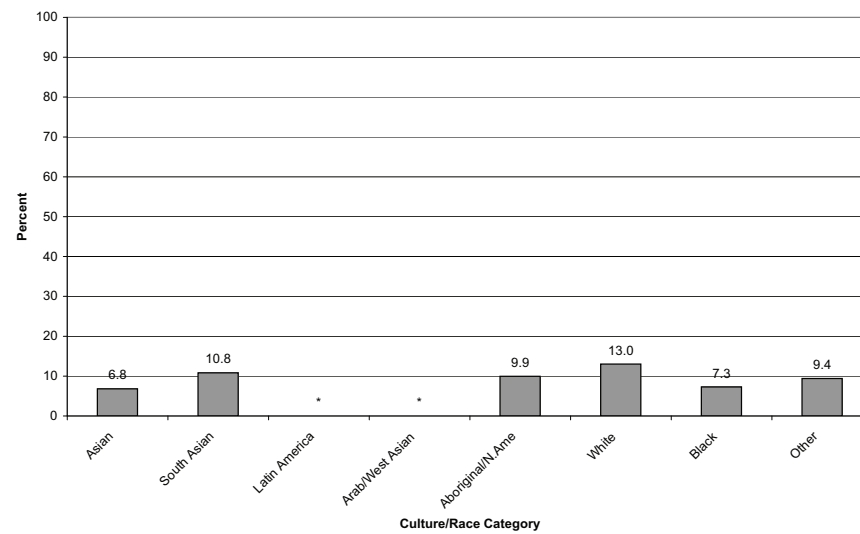
214.6 Percent by Residence



214.7 Percent by Household Income



214.8 Percent by Cultural or Racial Origin

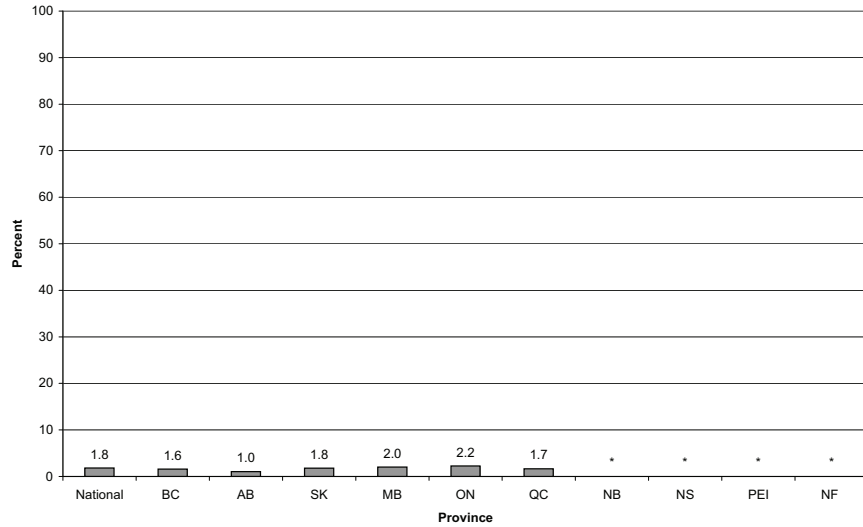


— DELI SALADS —

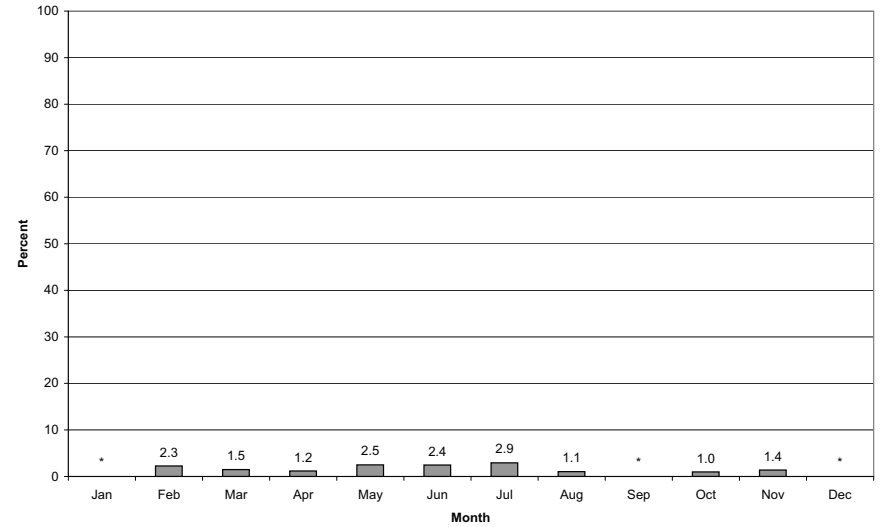
ATE FRUIT SALAD IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

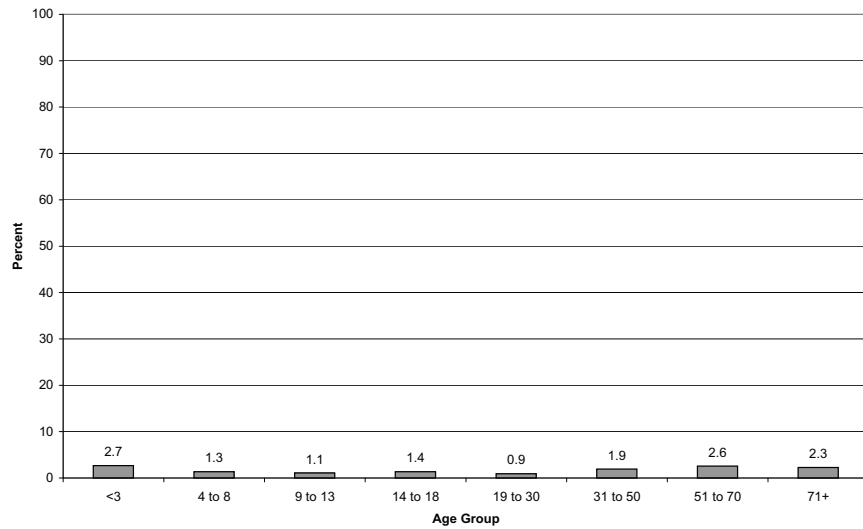
215.1 Percent by Province



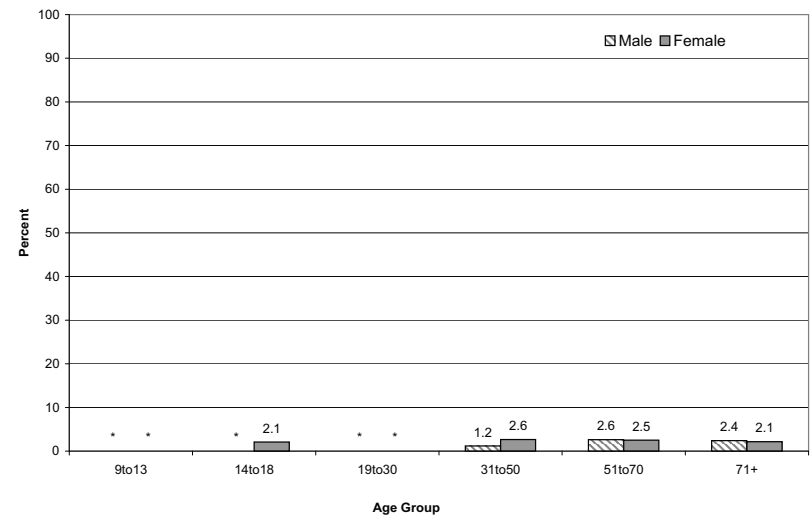
215.2 Percent by Month



215.3 Percent by Age Group



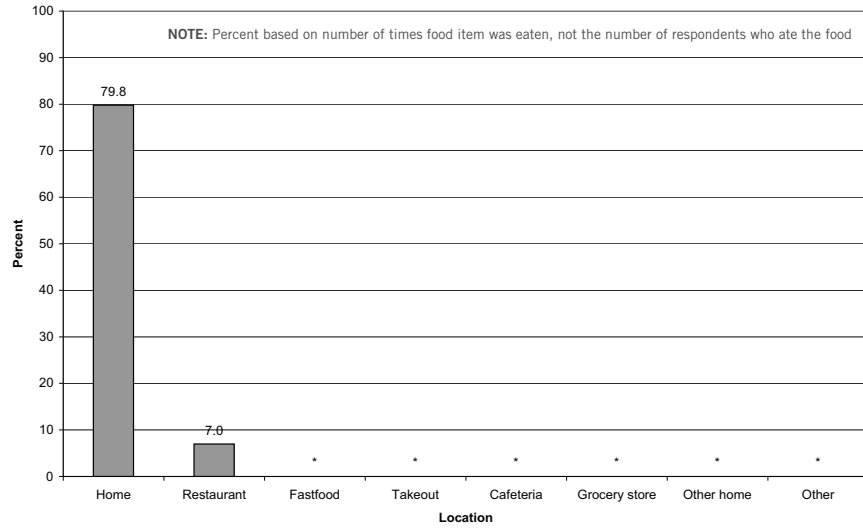
215.4 Percent by Age Group and Sex



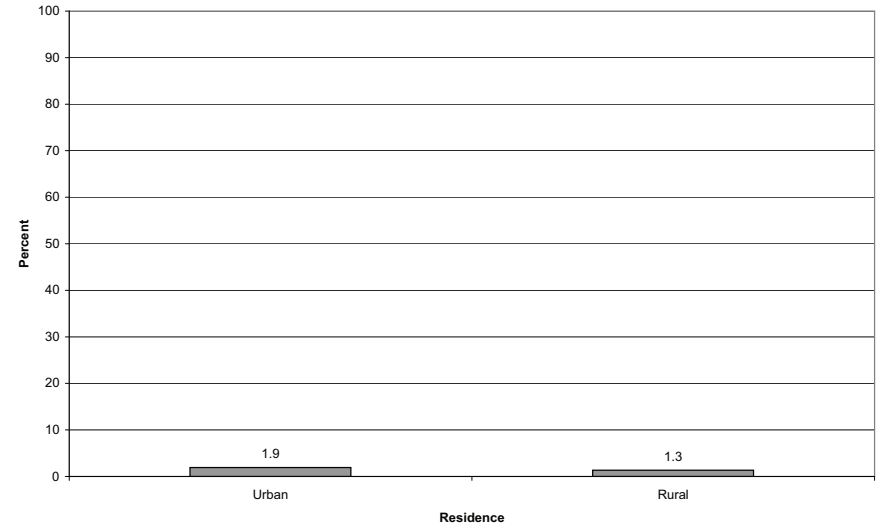
ATE FRUIT SALAD IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

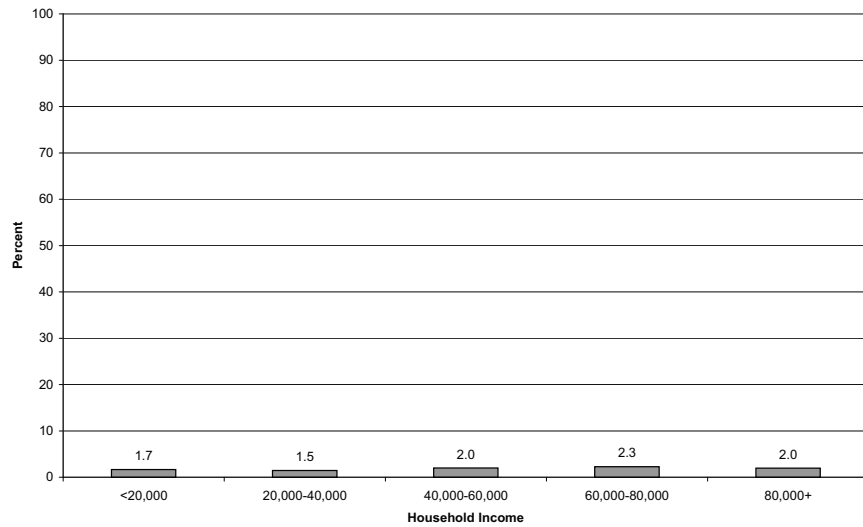
215.5 Percent by Location Where Food Was Prepared



215.6 Percent by Residence



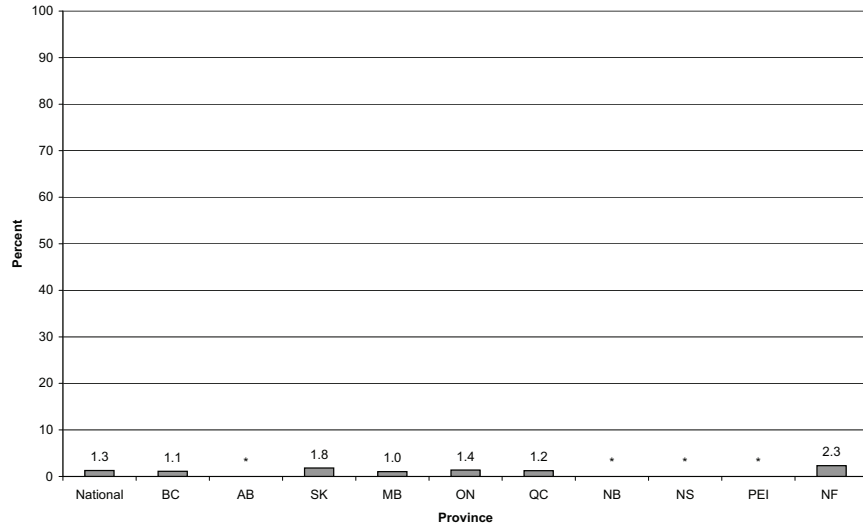
215.7 Percent by Household Income



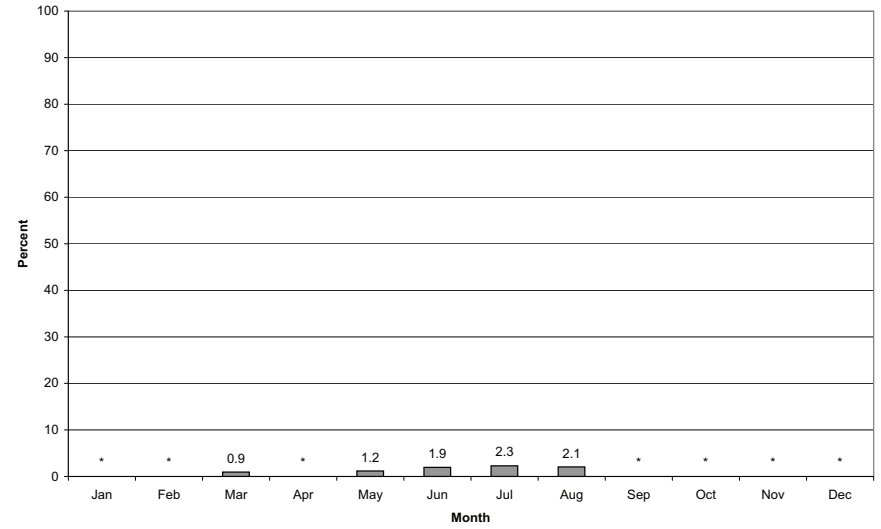
ATE PASTA SALAD IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

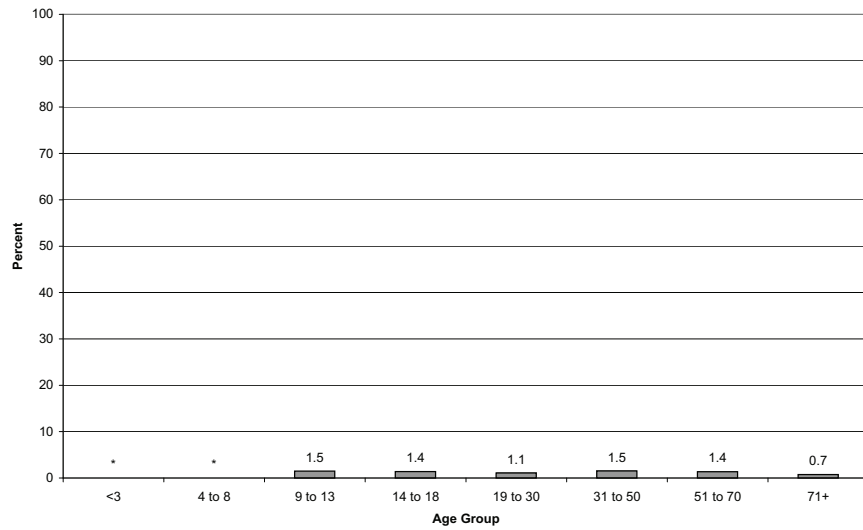
216.1 Percent by Province



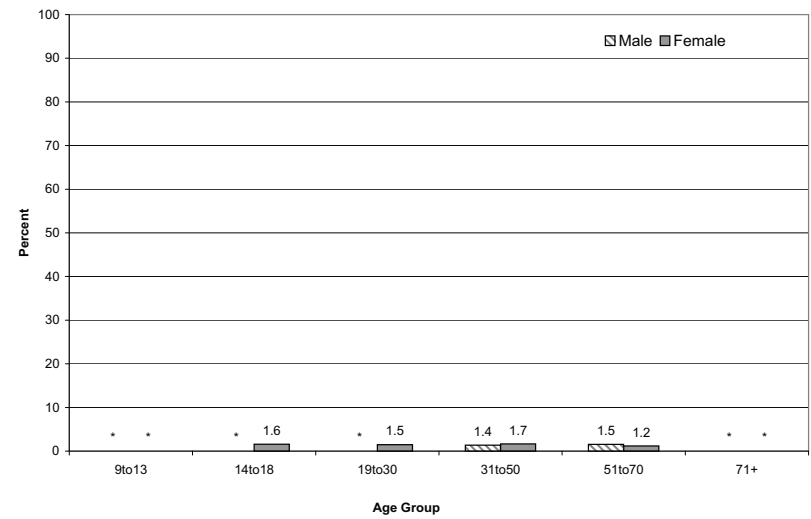
216.2 Percent by Month



216.3 Percent by Age Group



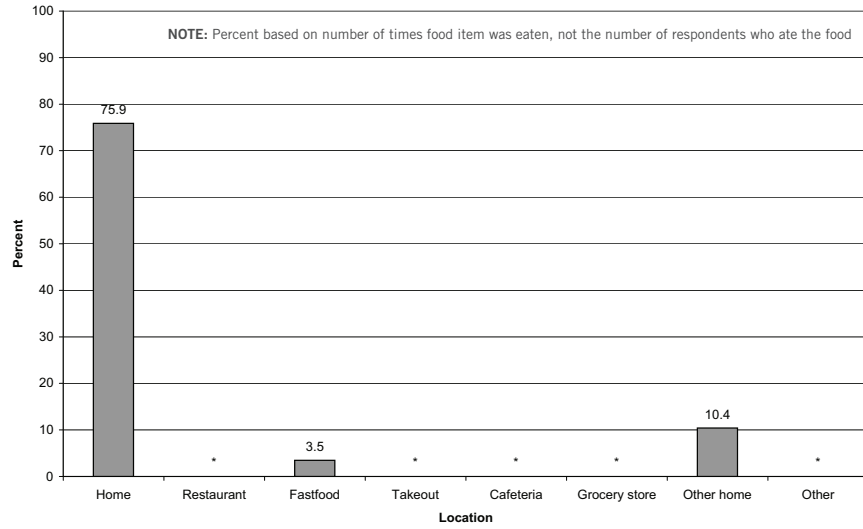
216.4 Percent by Age Group and Sex



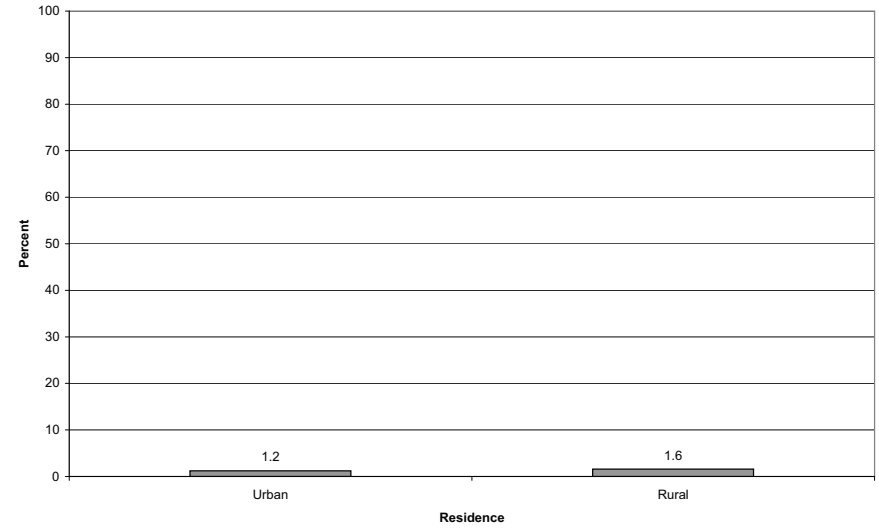
ATE PASTA SALAD IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

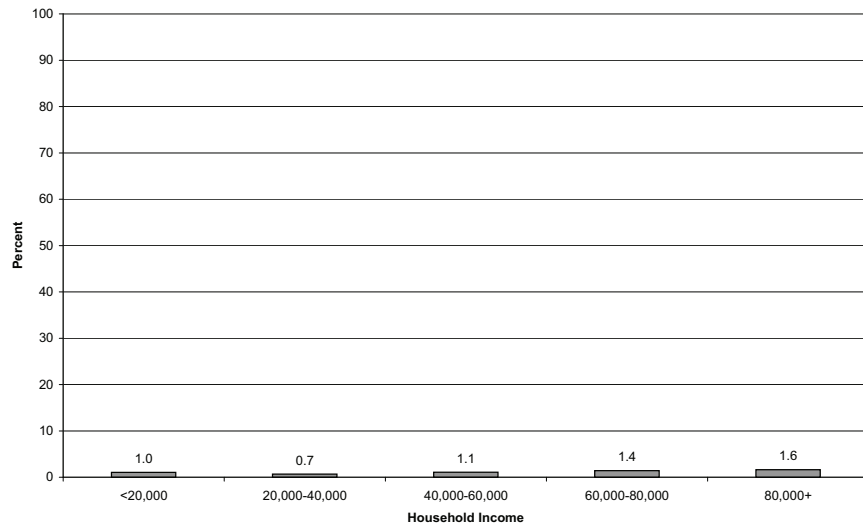
216.5 Percent by Location Where Food Was Prepared



216.6 Percent by Residence



216.7 Percent by Household Income

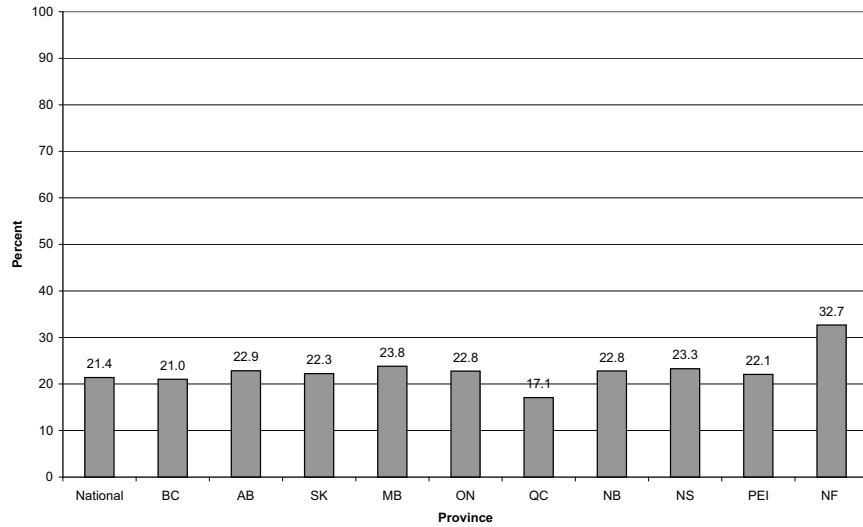


— PREPARED/PROCESSED FOODS —

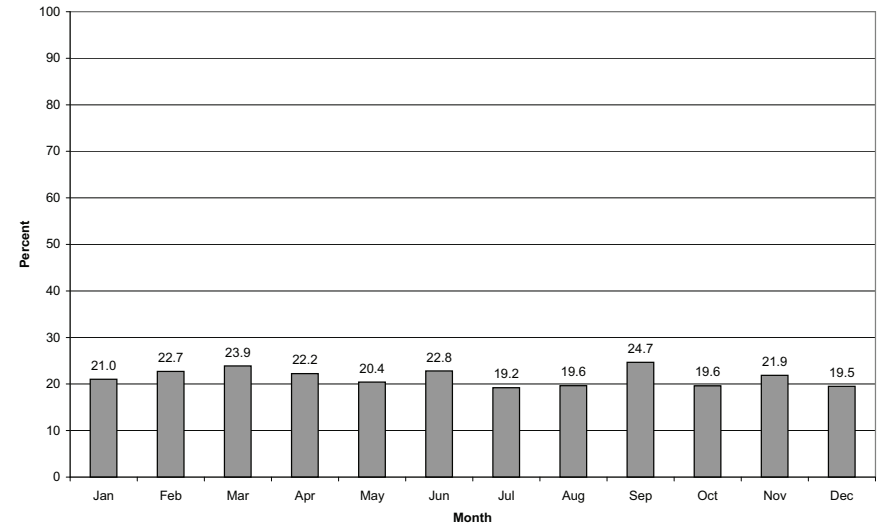
ATE YEAST IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

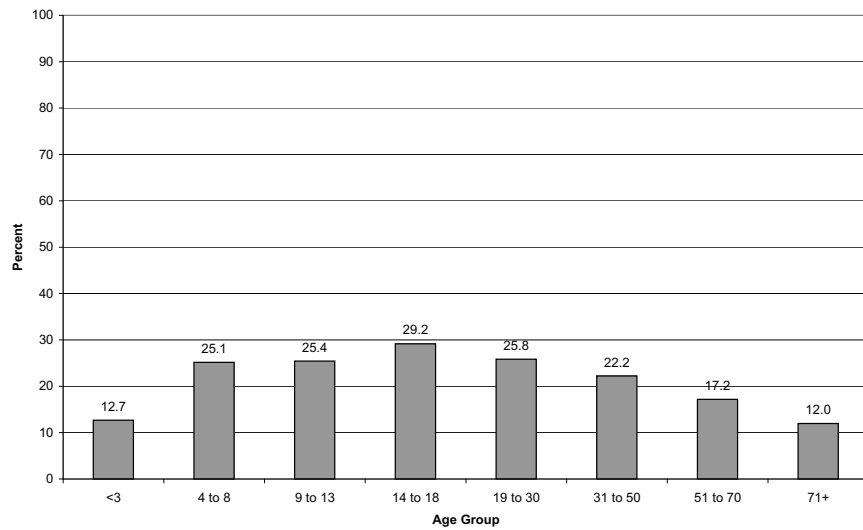
217.1 Percent by Province



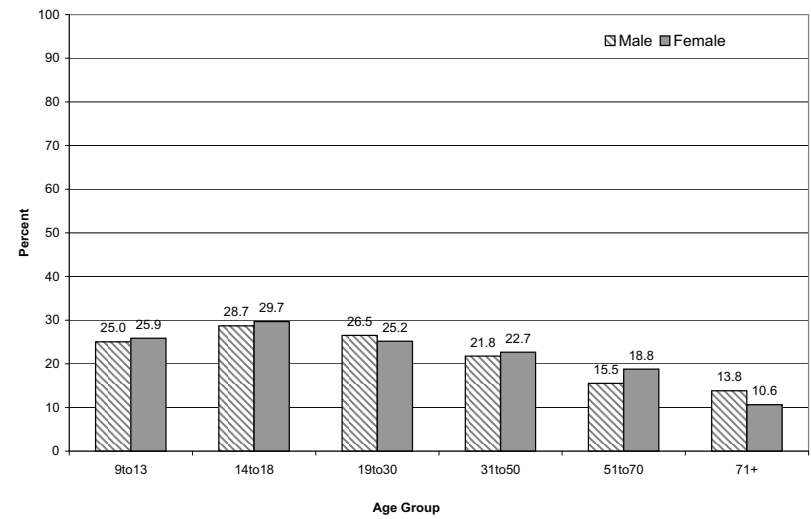
217.2 Percent by Month



217.3 Percent by Age Group



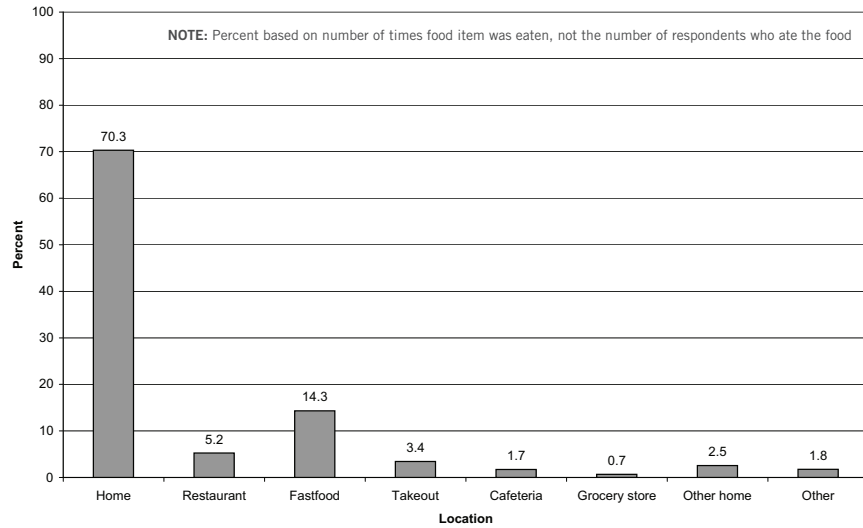
217.4 Percent by Age Group and Sex



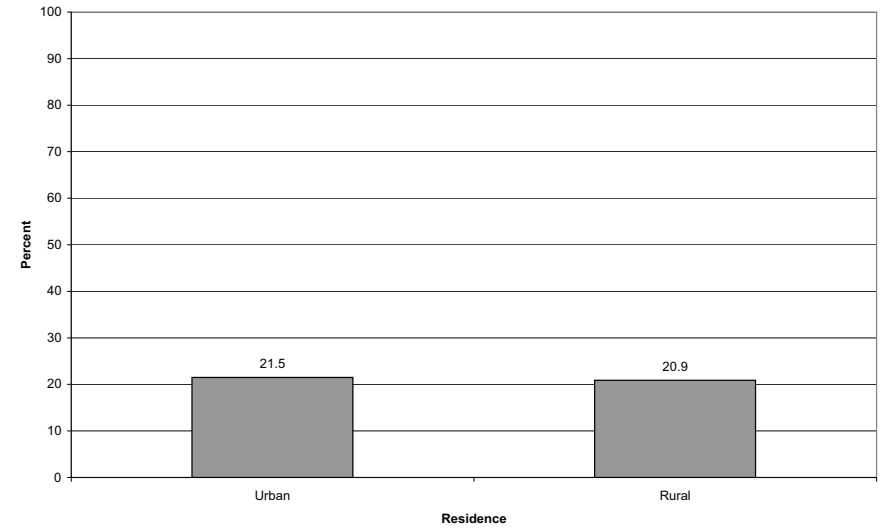
ATE YEAST IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

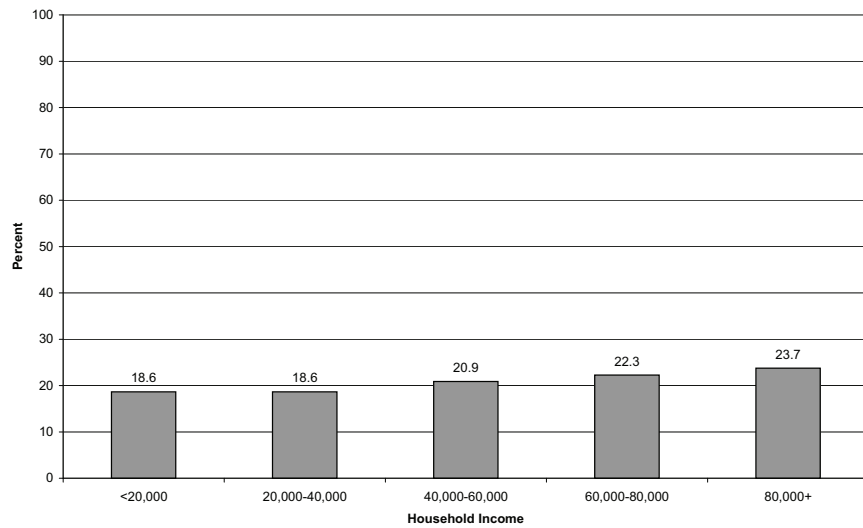
217.5 Percent by Location Where Food Was Prepared



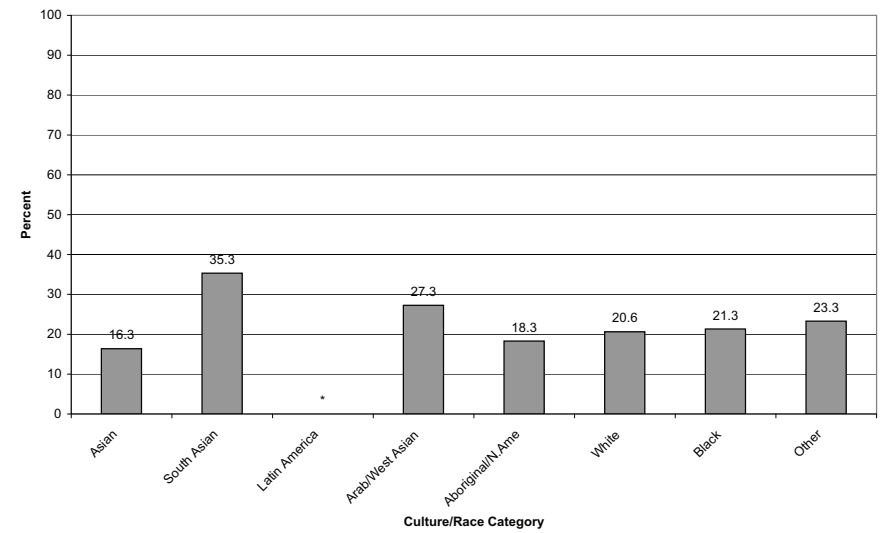
217.6 Percent by Residence



217.7 Percent by Household Income



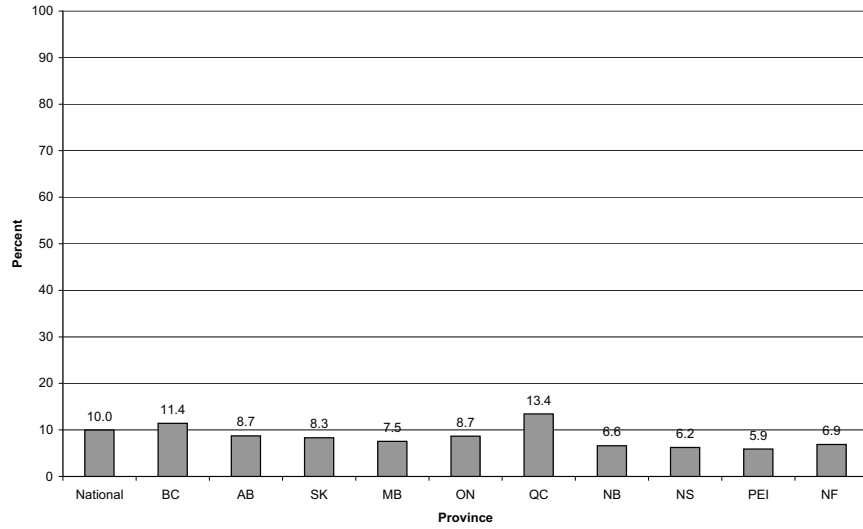
217.8 Percent by Cultural or Racial Origin



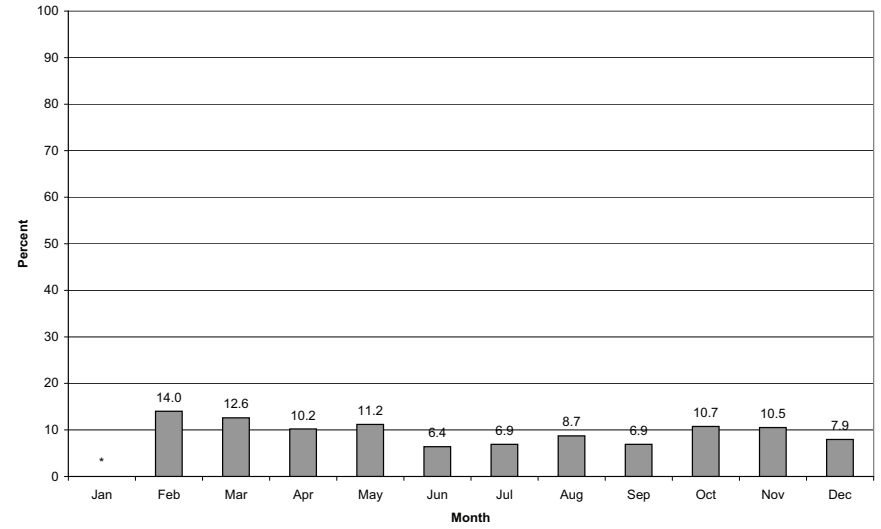
ATE SOUP, HOMEMADE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

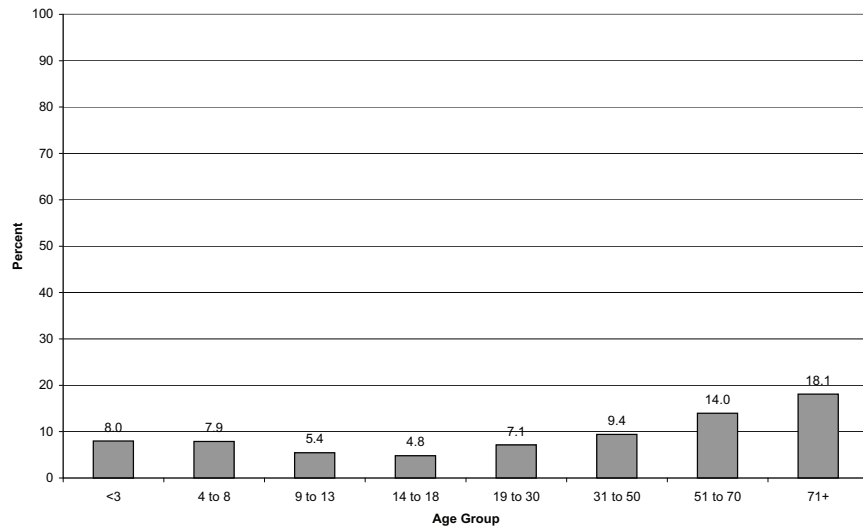
218.1 Percent by Province



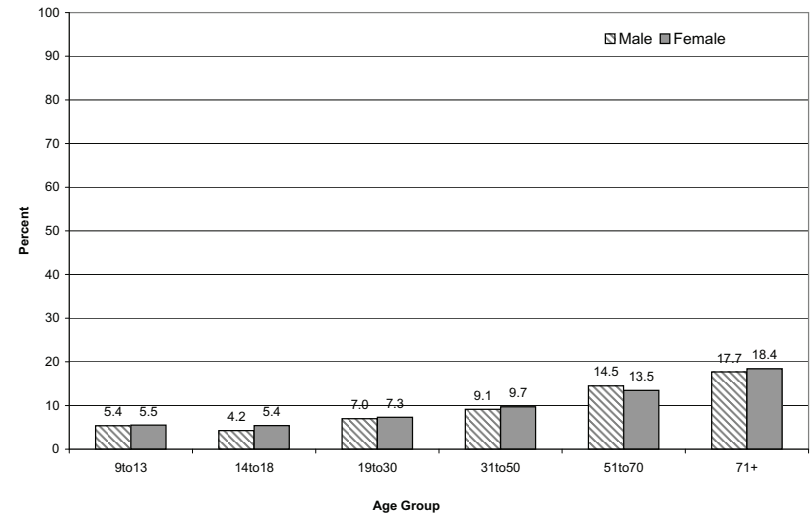
218.2 Percent by Month



218.3 Percent by Age Group



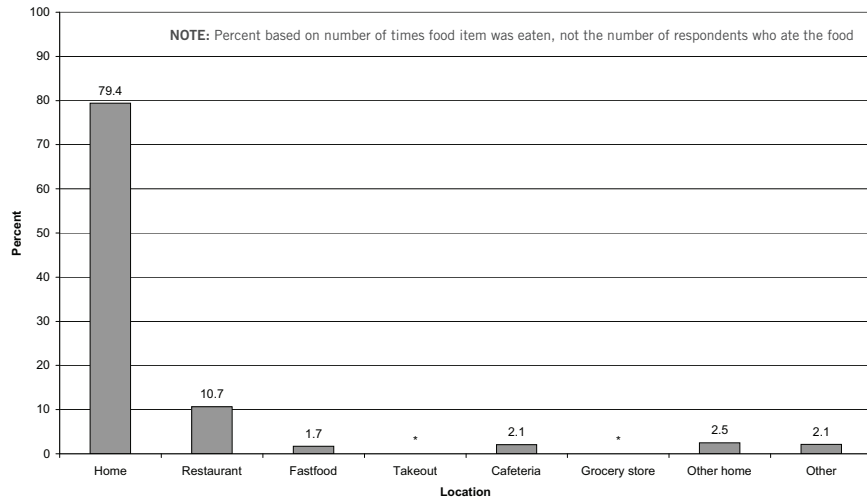
218.4 Percent by Age Group and Sex



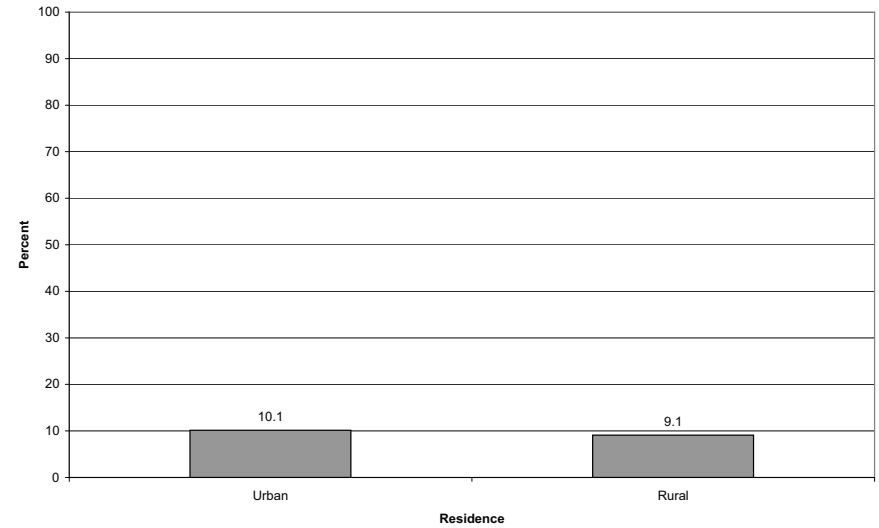
ATE SOUP, HOMEMADE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

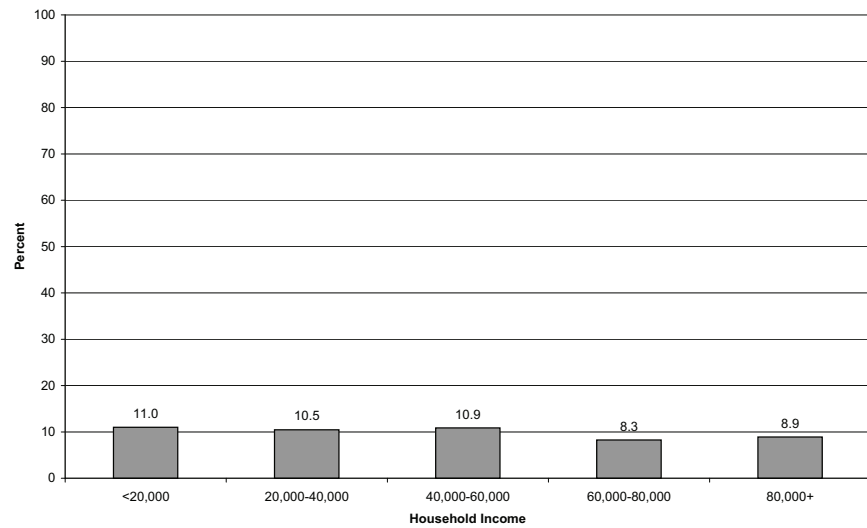
218.5 Percent by Location Where Food Was Prepared



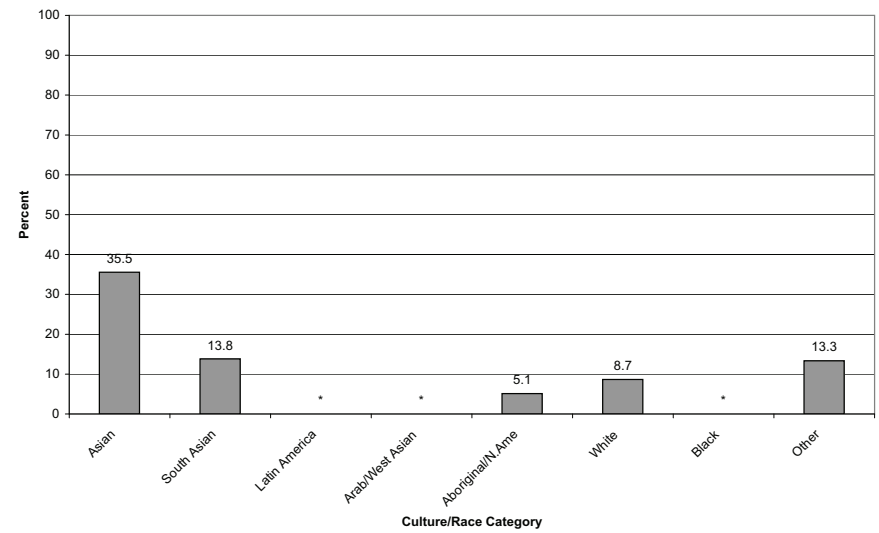
218.6 Percent by Residence



218.7 Percent by Household Income



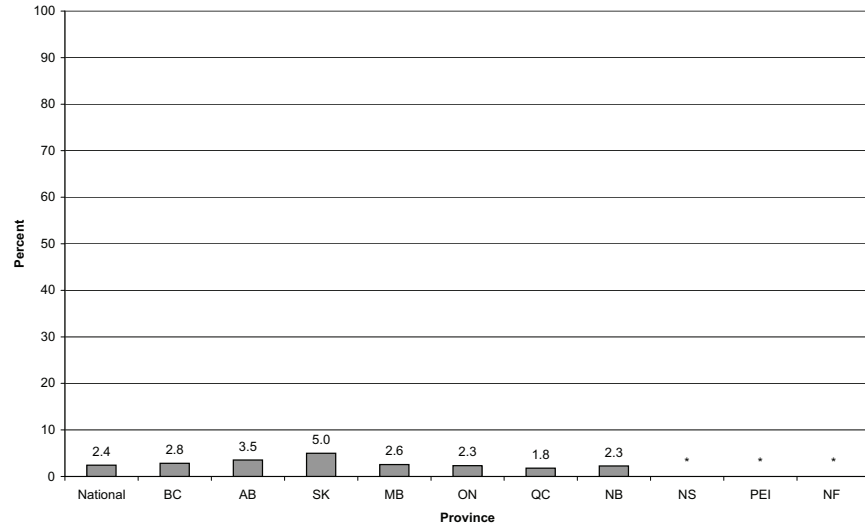
218.8 Percent by Cultural or Racial Origin



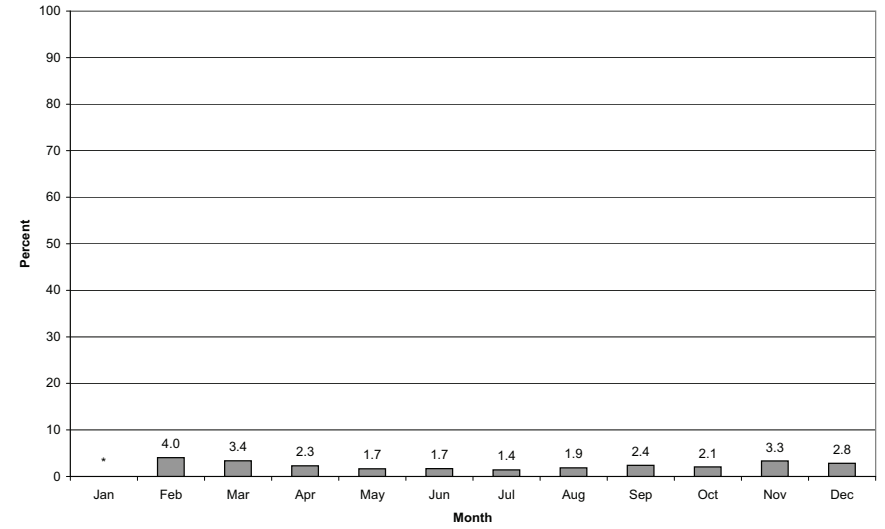
ATE SOUP, CANNED IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

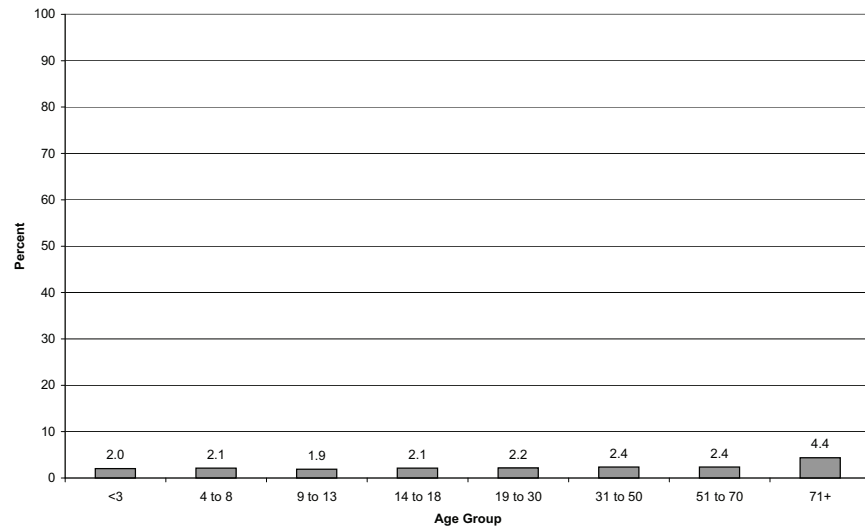
220.1 Percent by Province



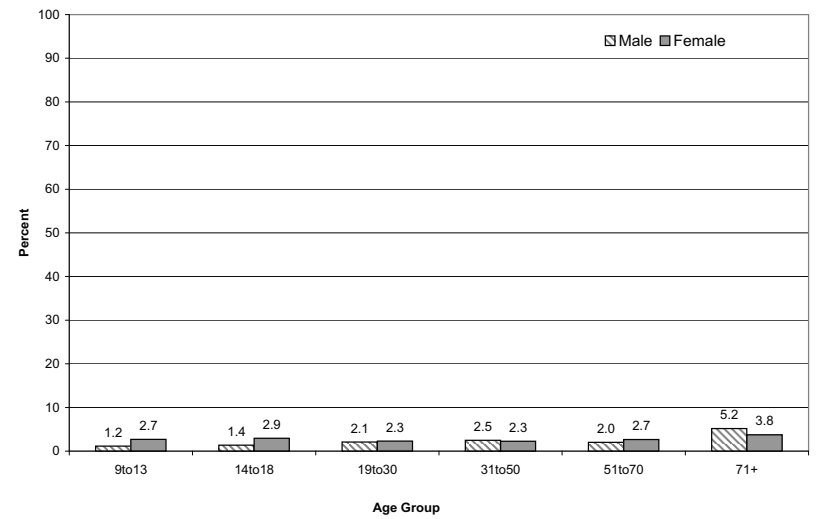
220.2 Percent by Month



220.3 Percent by Age Group



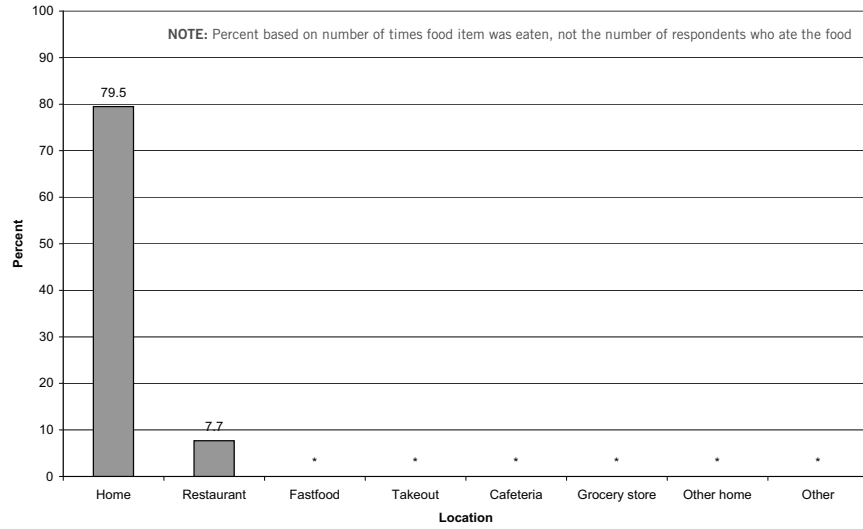
220.4 Percent by Age Group and Sex



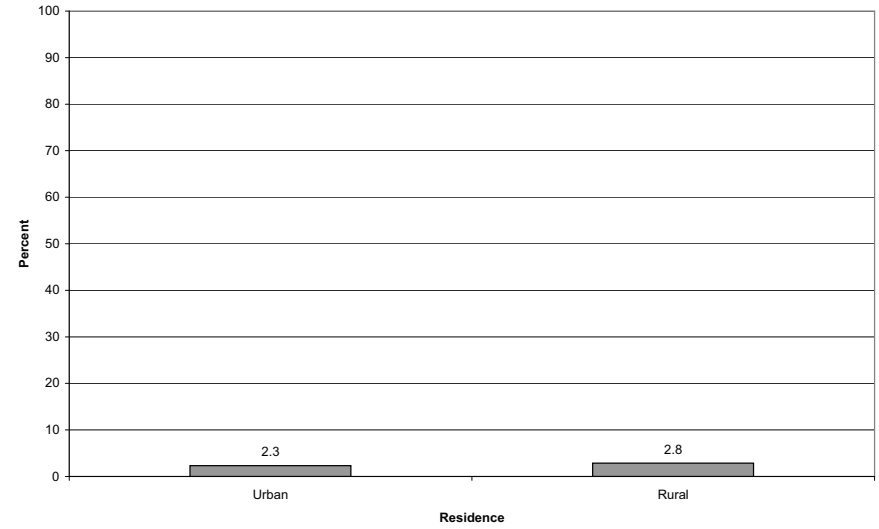
ATE SOUP, CANNED IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

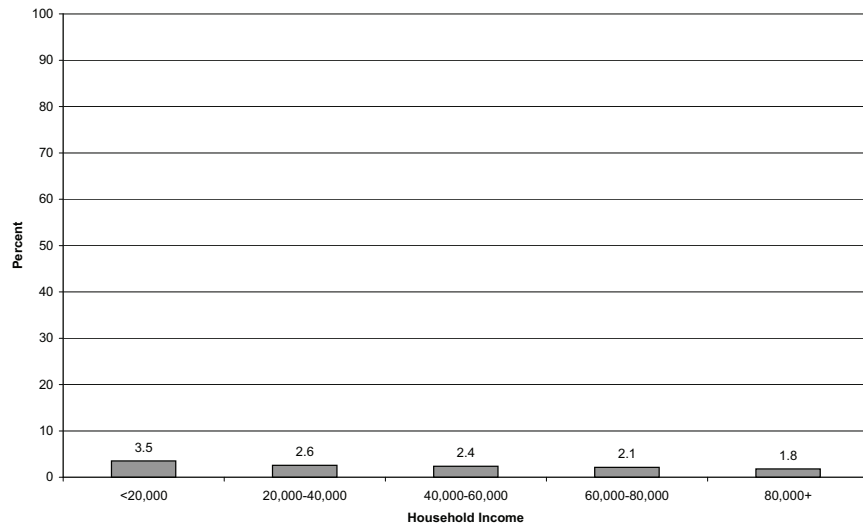
220.5 Percent by Location Where Food Was Prepared



220.6 Percent by Residence



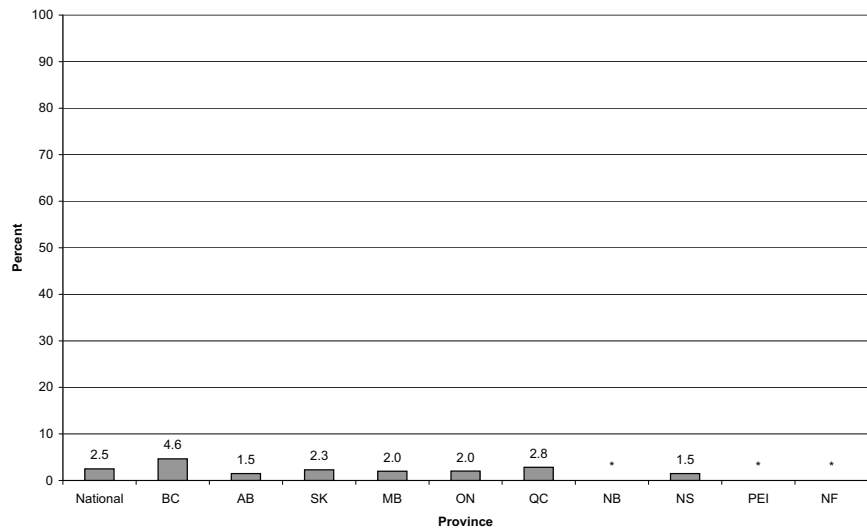
220.7 Percent by Household Income



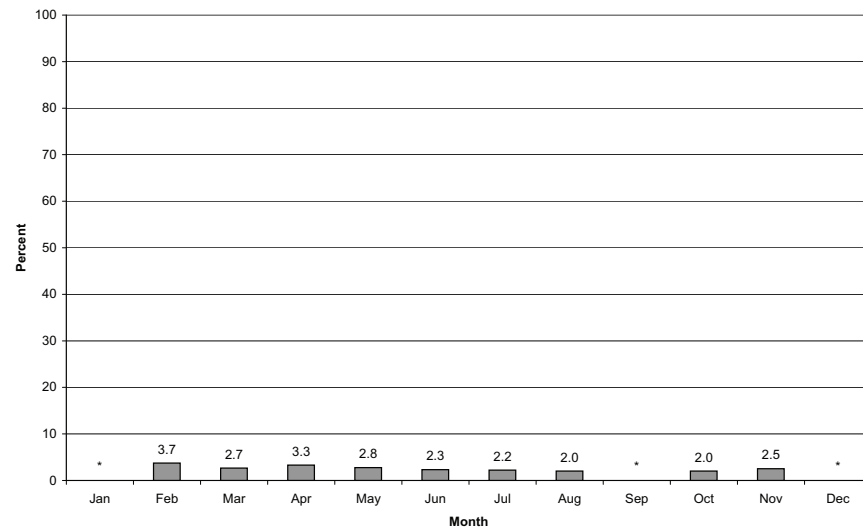
ATE CHINESE DISHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

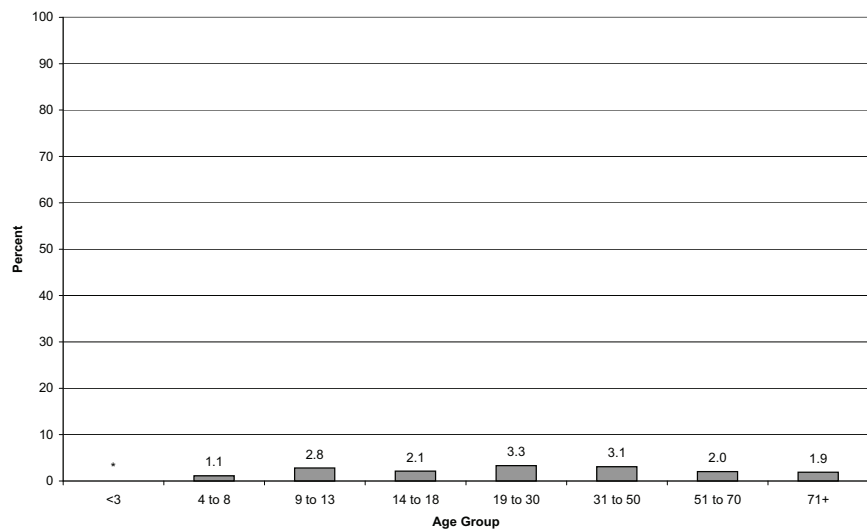
221.1 Percent by Province



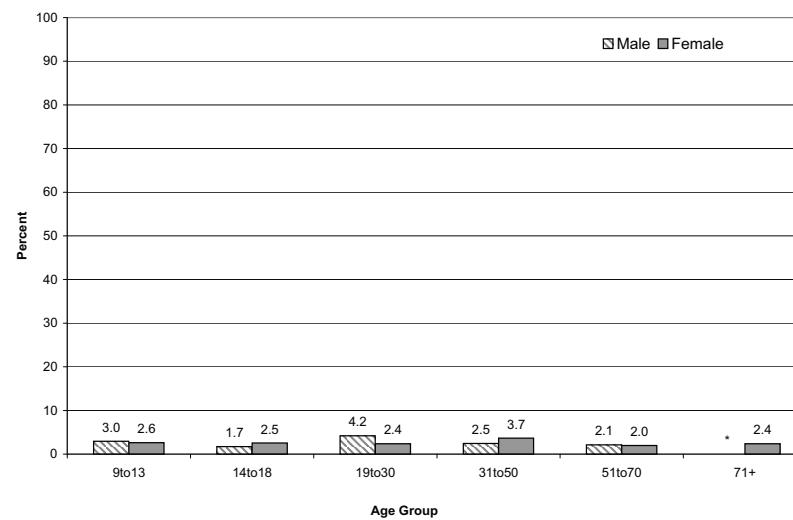
221.2 Percent by Month



221.3 Percent by Age Group



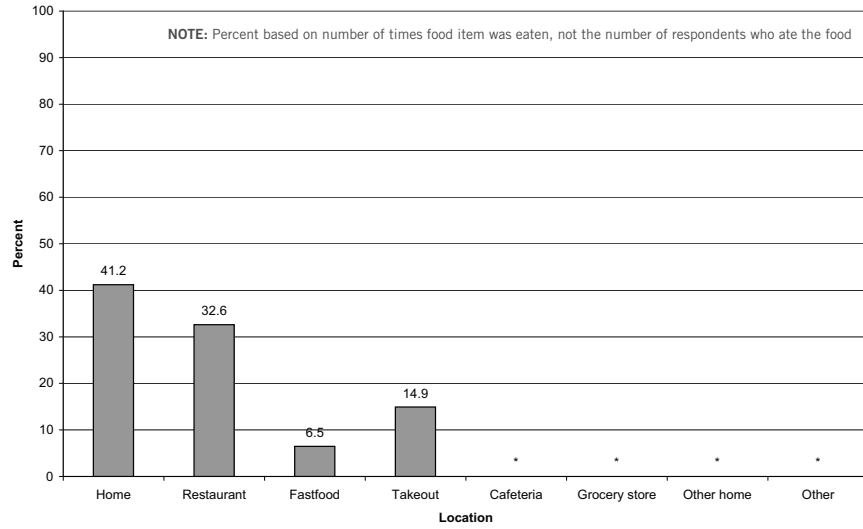
221.4 Percent by Age Group and Sex



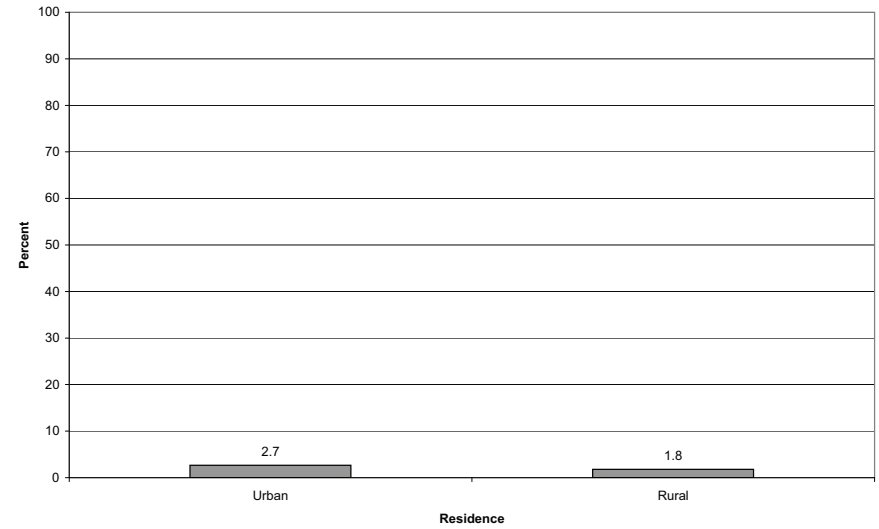
ATE CHINESE DISHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

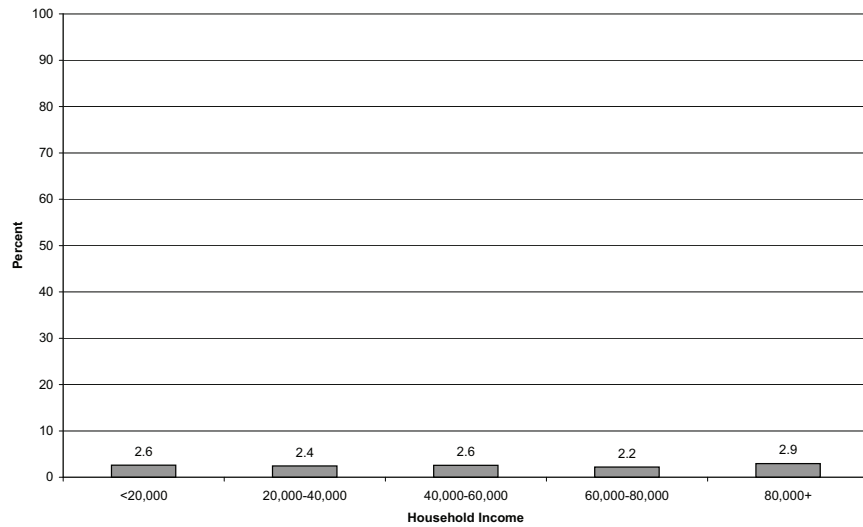
221.5 Percent by Location Where Food Was Prepared



221.6 Percent by Residence



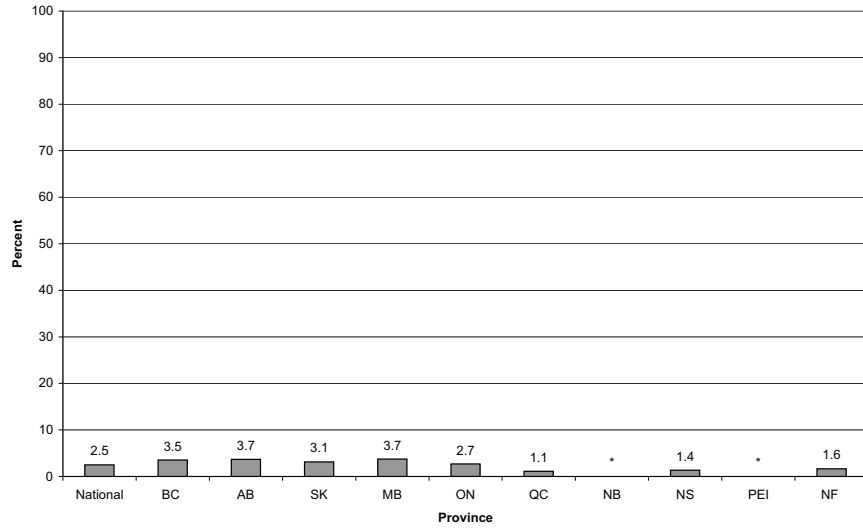
221.7 Percent by Household Income



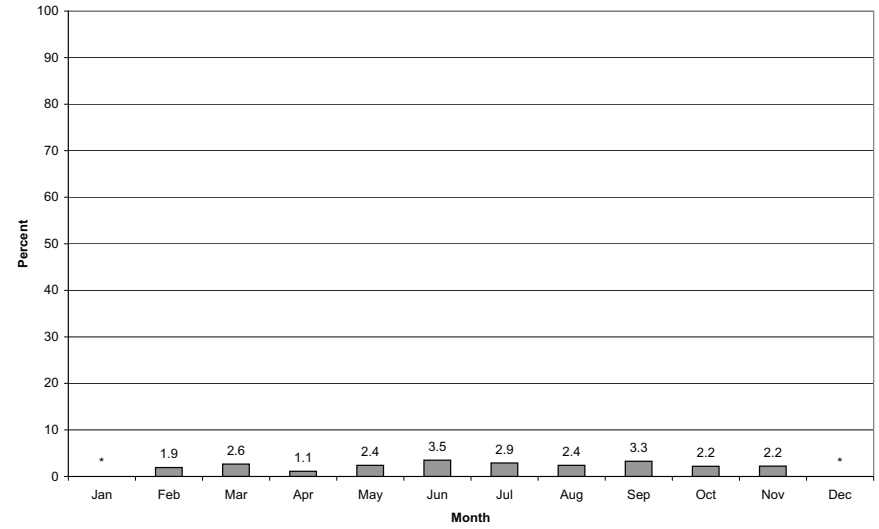
ATE MEXICAN DISHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

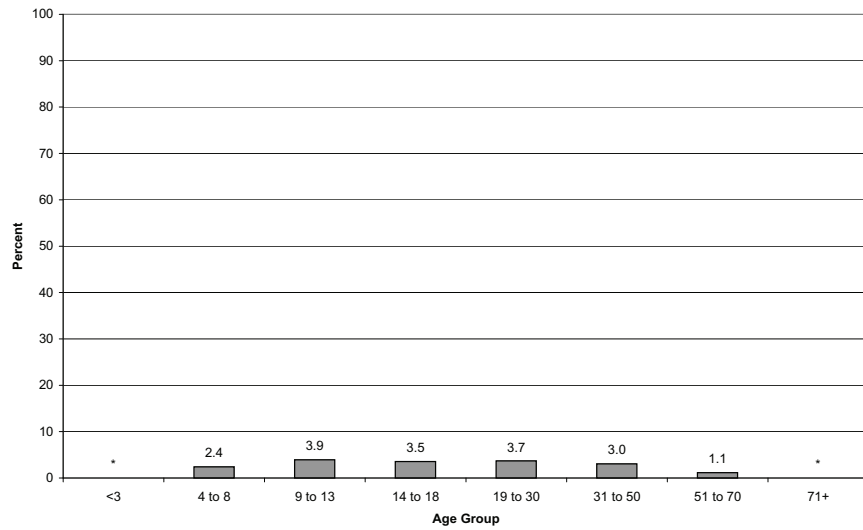
222.1 Percent by Province



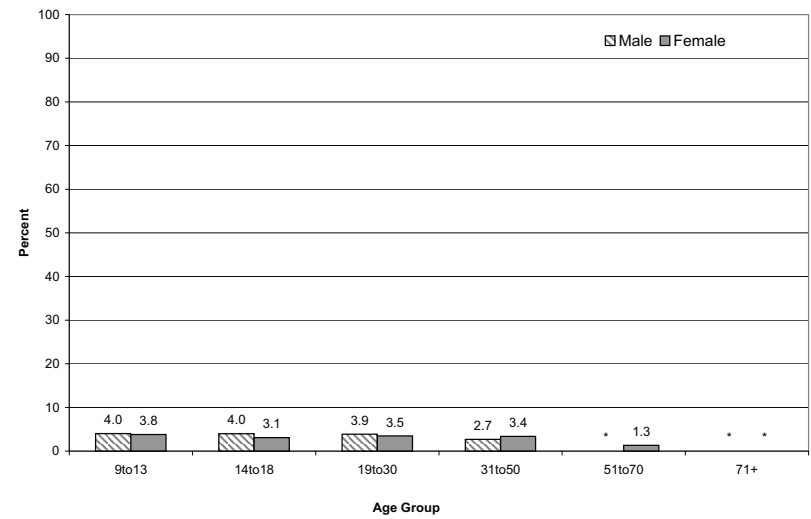
222.2 Percent by Month



222.3 Percent by Age Group



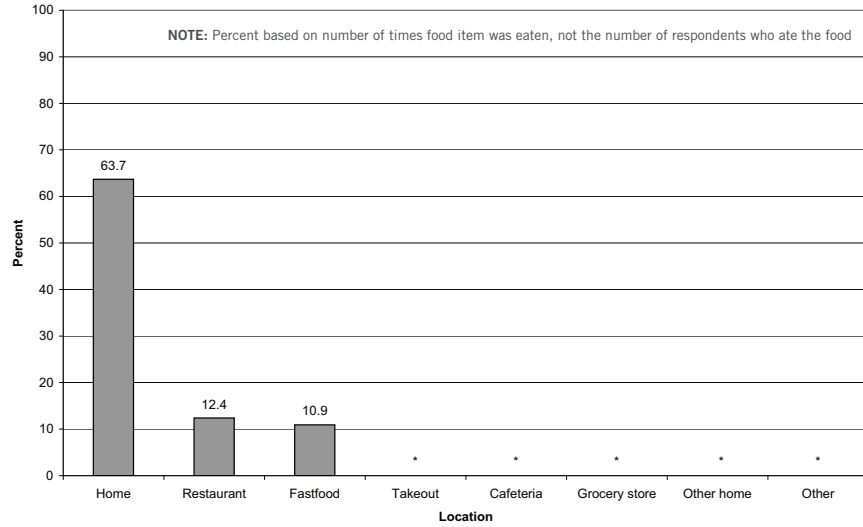
222.4 Percent by Age Group and Sex



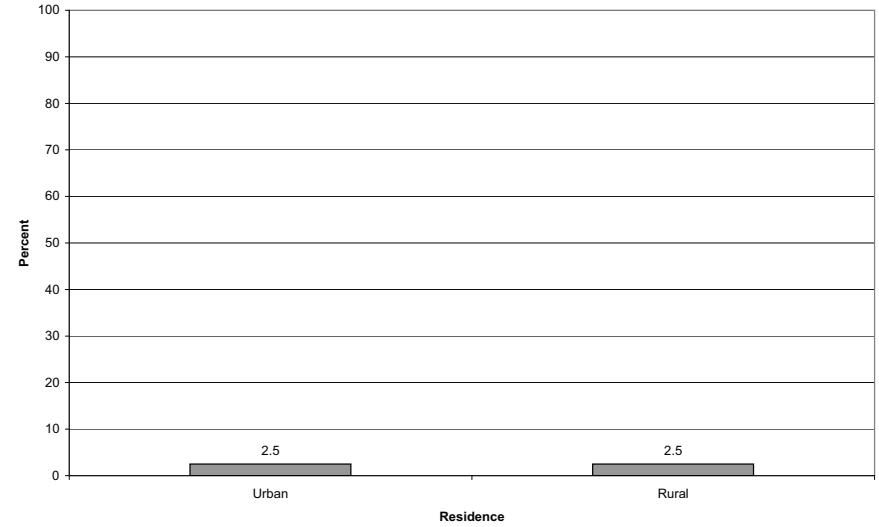
ATE MEXICAN DISHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

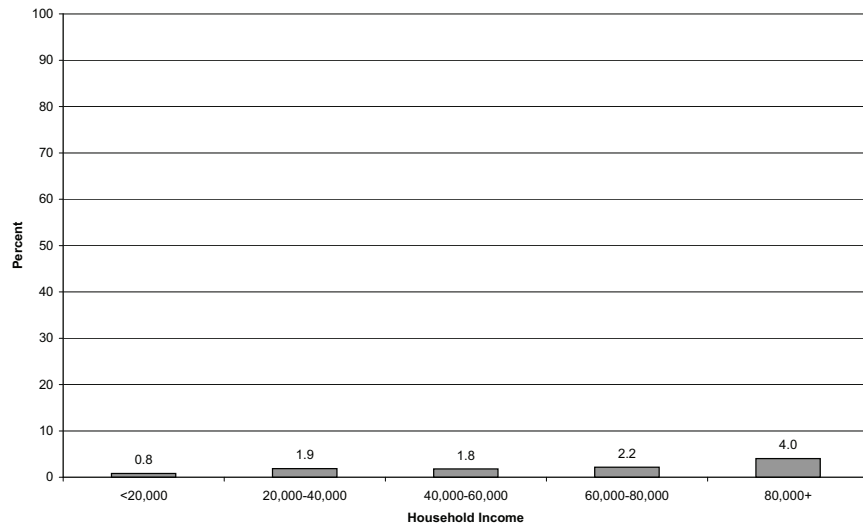
222.5 Percent by Location Where Food Was Prepared



222.6 Percent by Residence



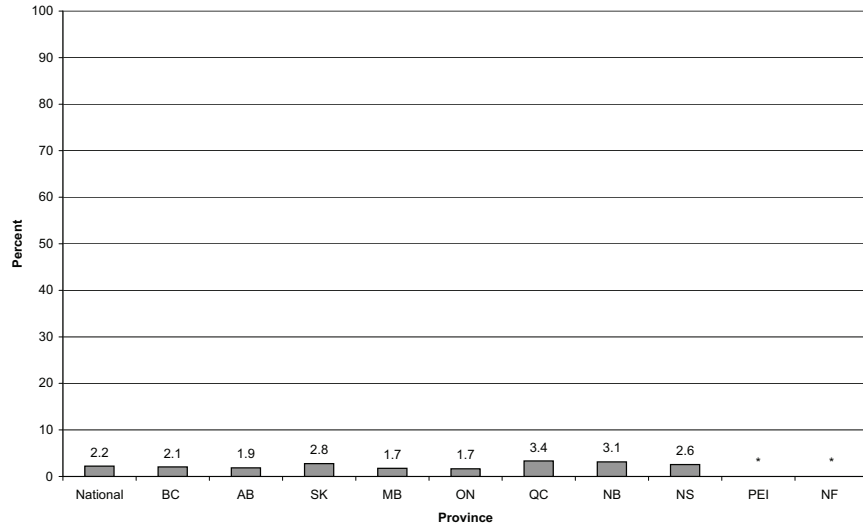
222.7 Percent by Household Income



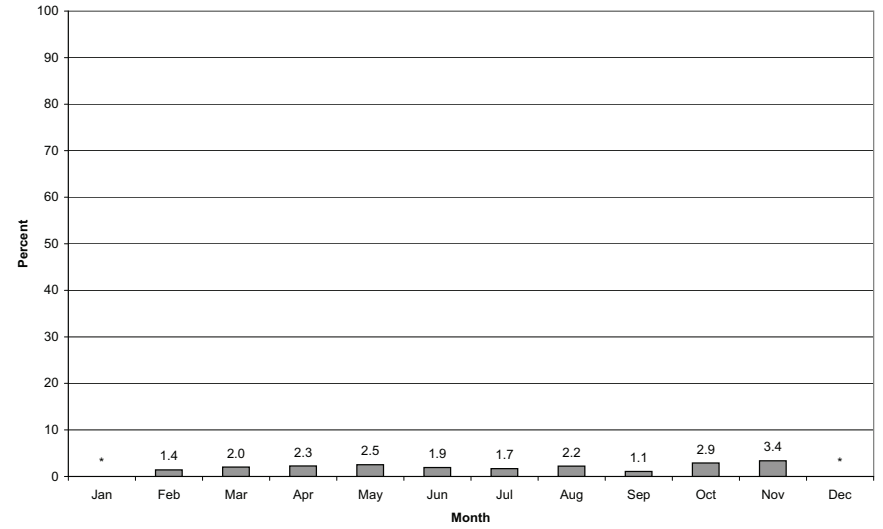
ATE LASAGNA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

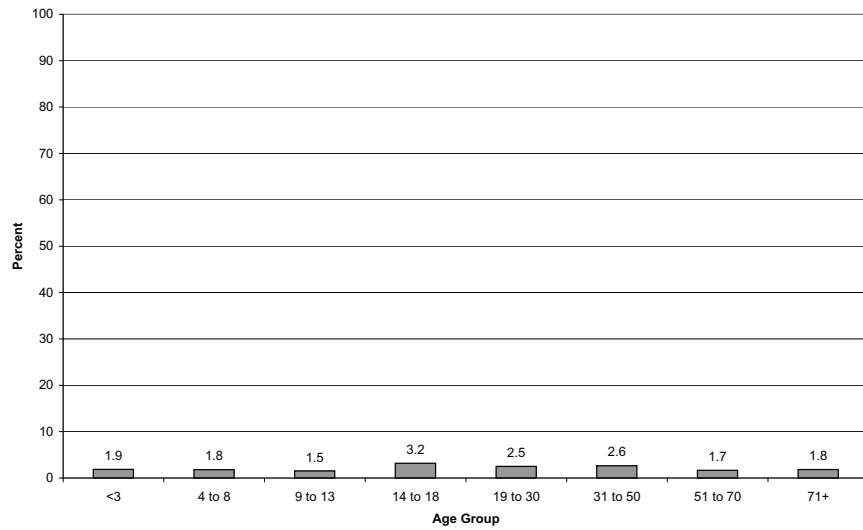
223.1 Percent by Province



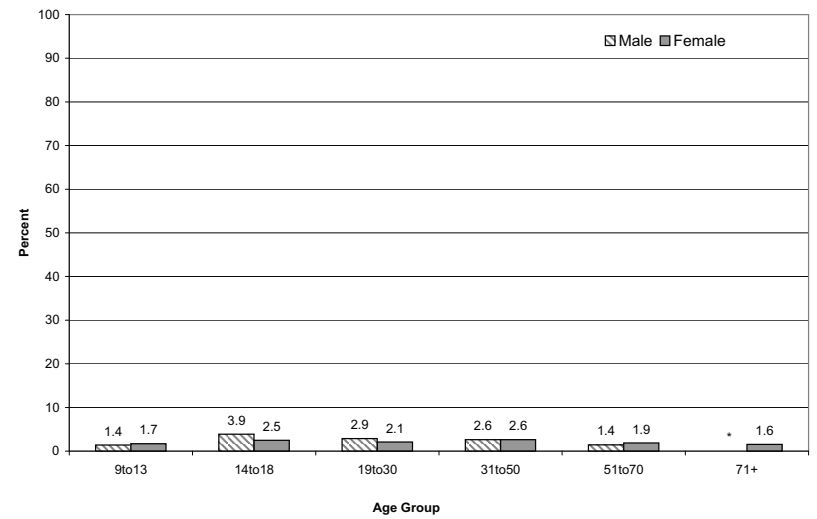
223.2 Percent by Month



223.3 Percent by Age Group



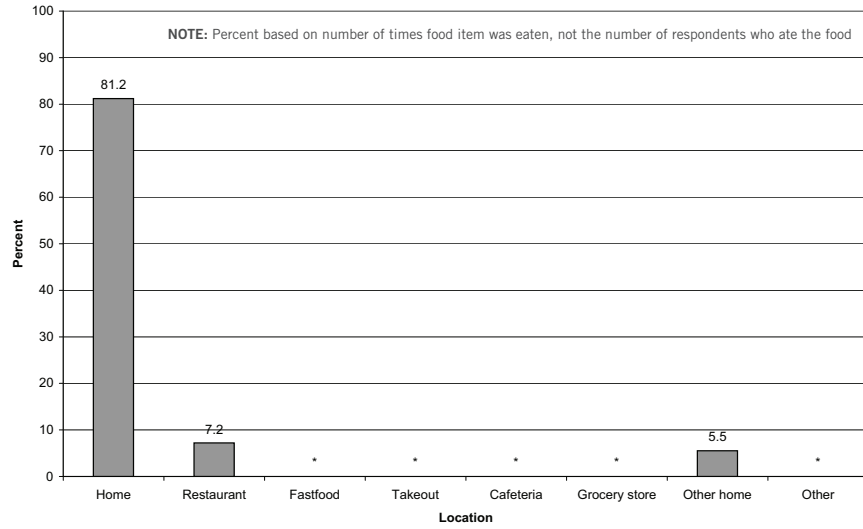
223.4 Percent by Age Group and Sex



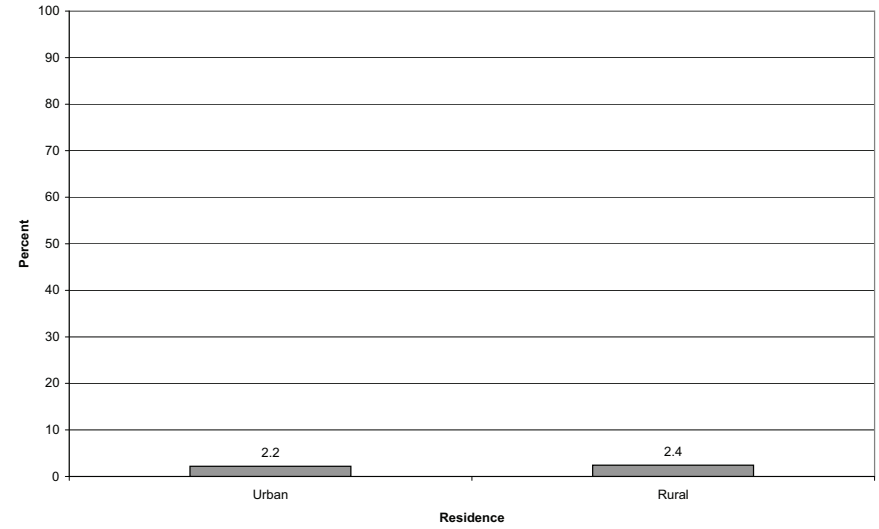
ATE LASAGNA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

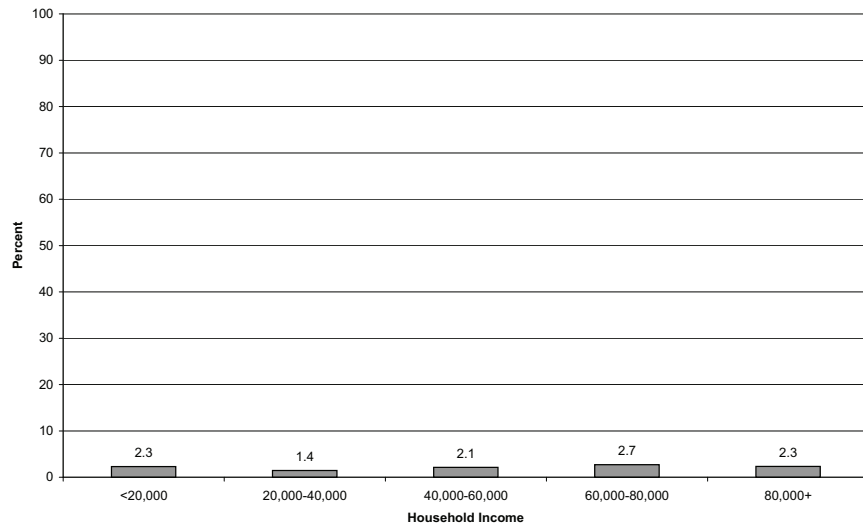
223.5 Percent by Location Where Food Was Prepared



223.6 Percent by Residence



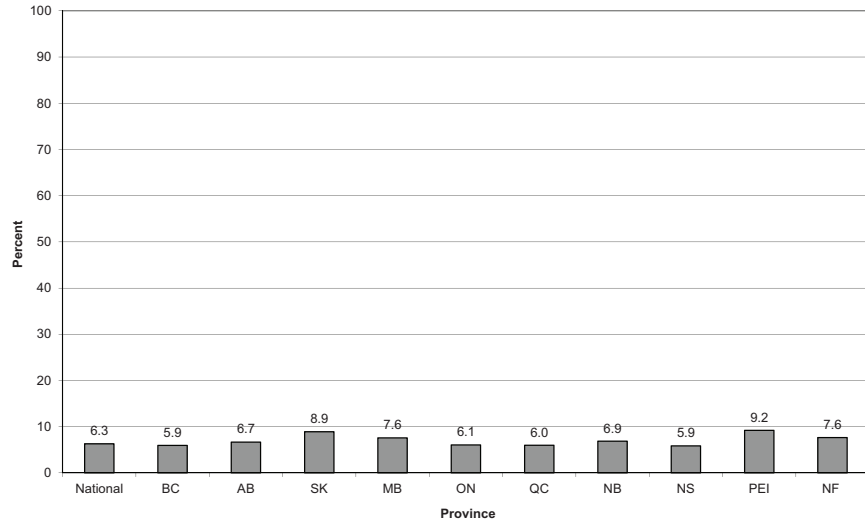
223.7 Percent by Household Income



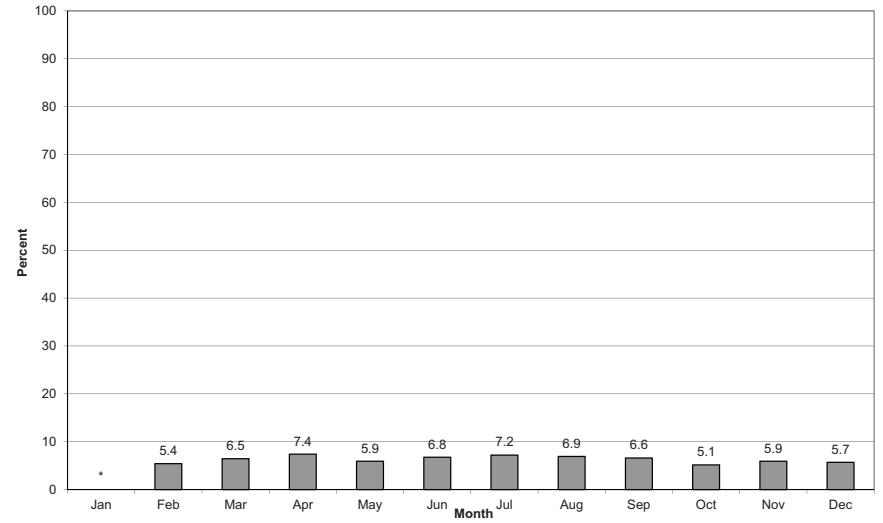
ATE MACARONI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

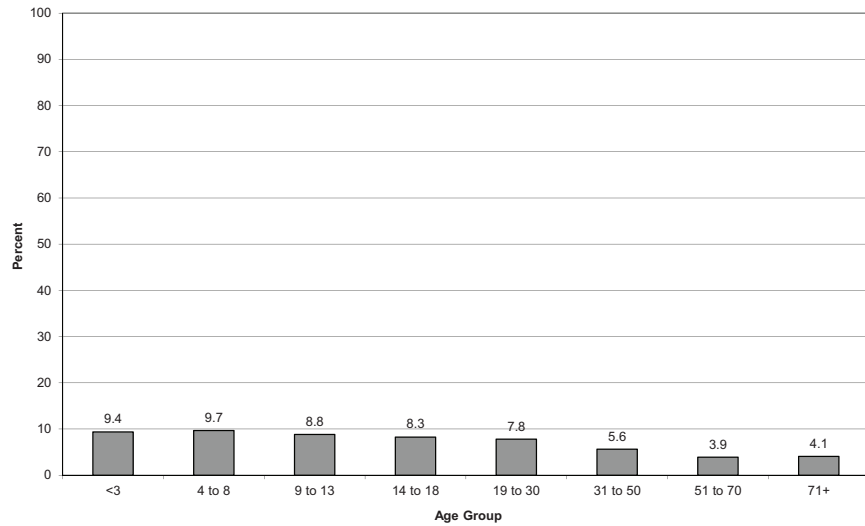
224.1 Percent by Province



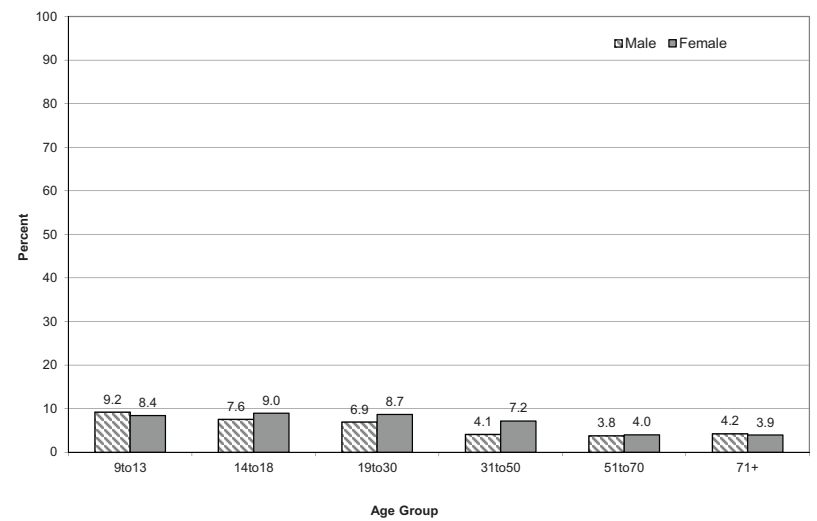
224.2 Percent by Month



224.3 Percent by Age Group



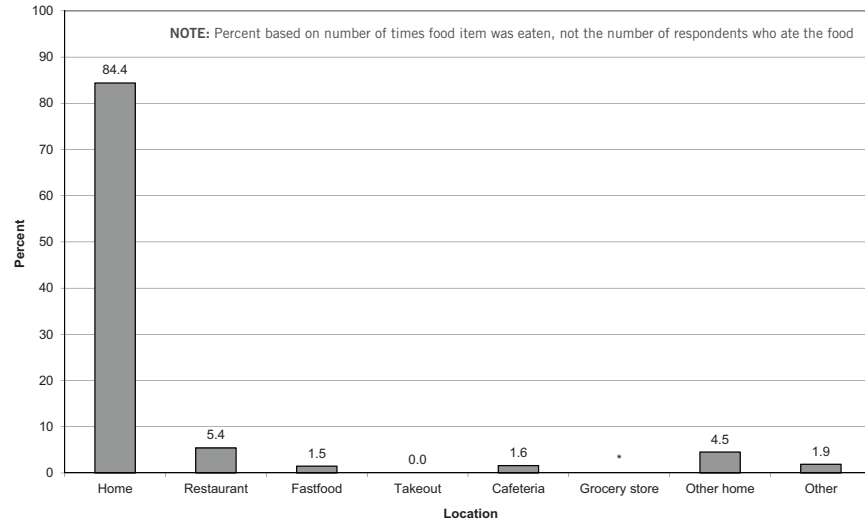
224.4 Percent by Age Group and Sex



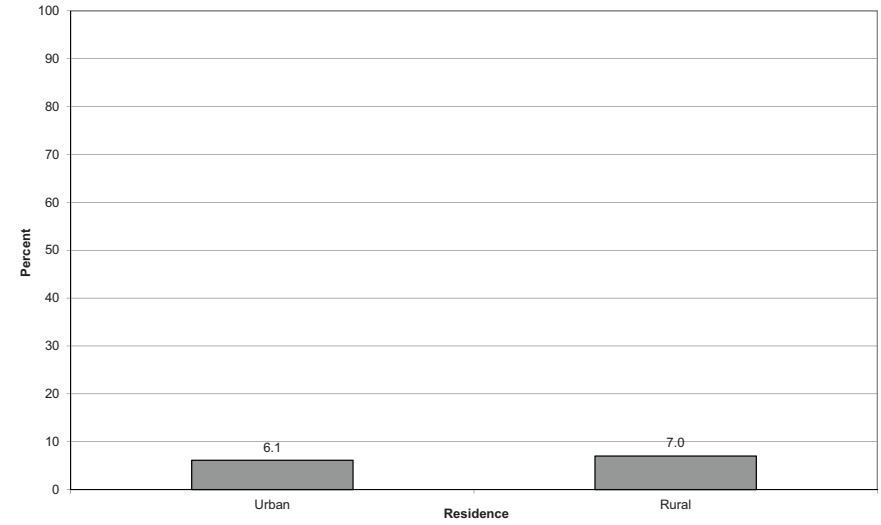
ATE MACARONI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

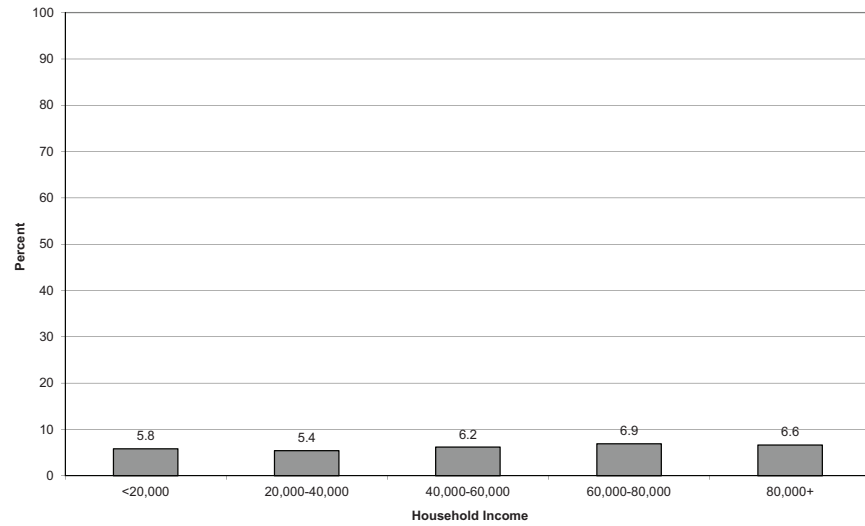
224.5 Percent by Location Where Food Was Prepared



224.6 Percent by Residence



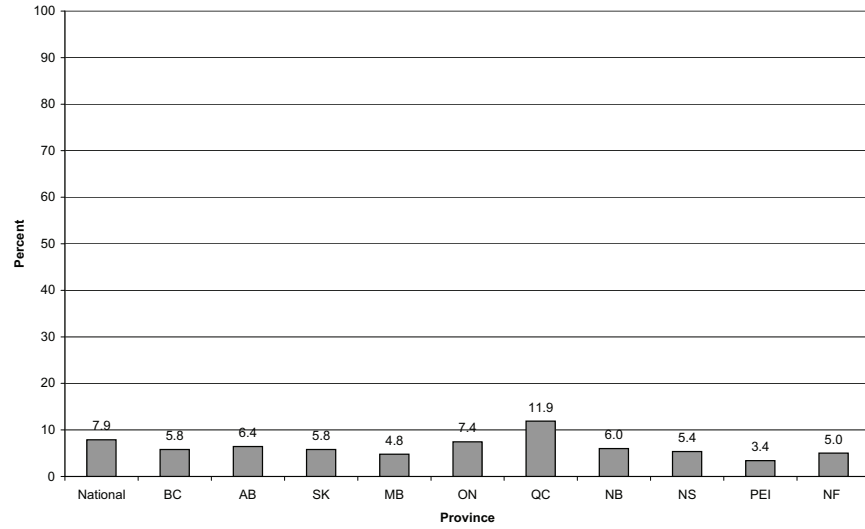
224.7 Percent by Household Income



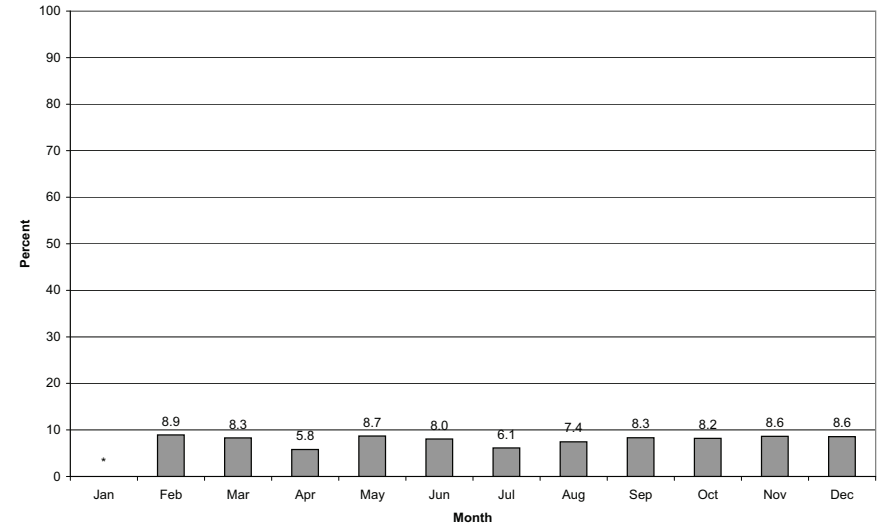
ATE SPAGHETTI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

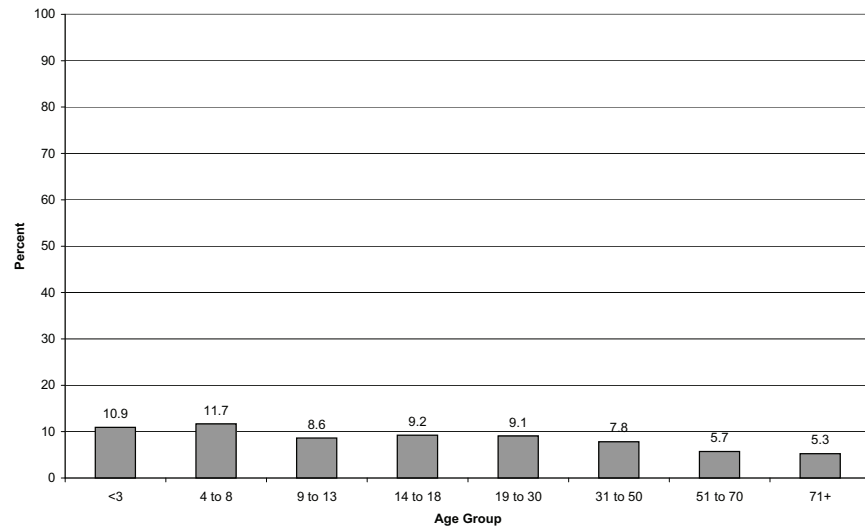
226.1 Percent by Province



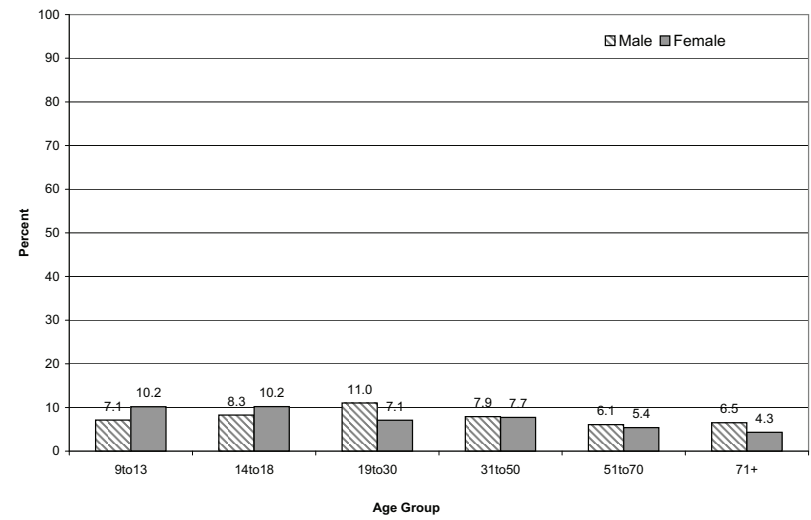
226.2 Percent by Month



226.3 Percent by Age Group



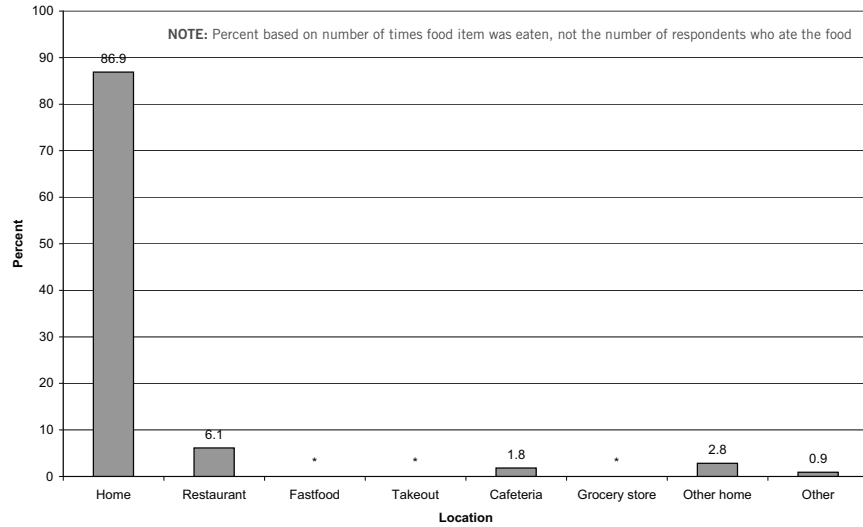
226.4 Percent by Age Group and Sex



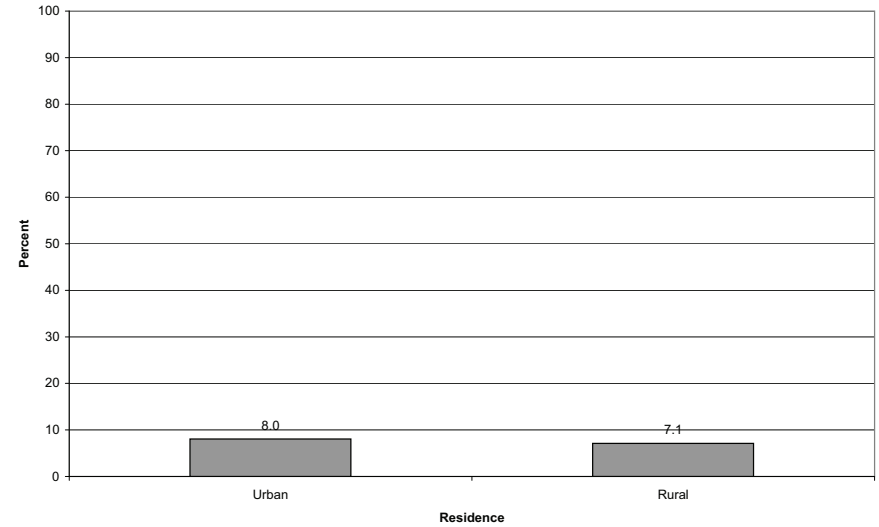
ATE SPAGHETTI IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

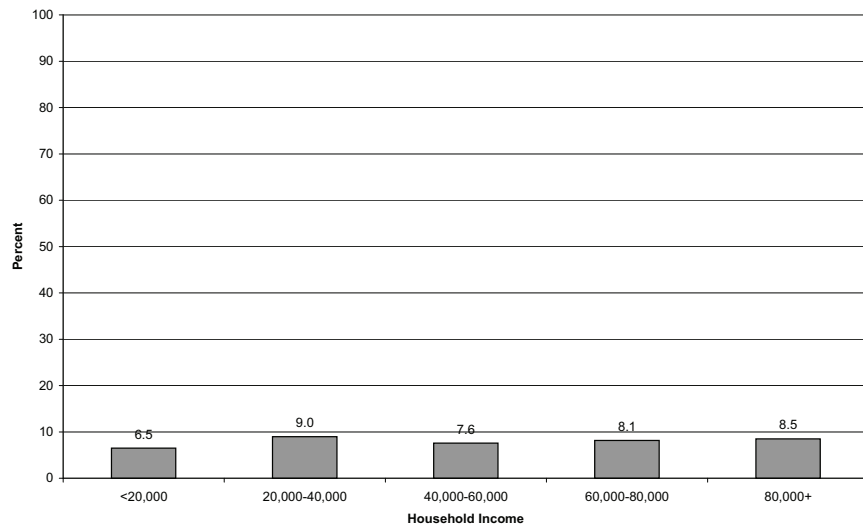
226.5 Percent by Location Where Food Was Prepared



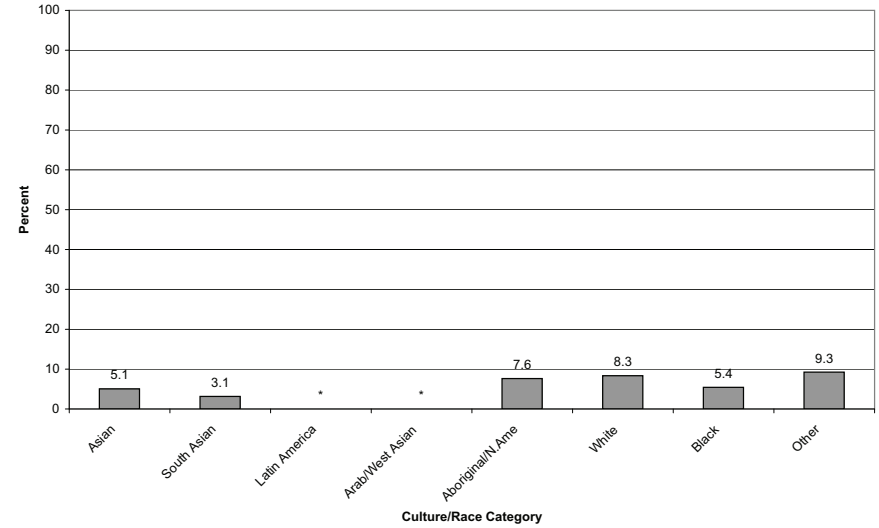
226.6 Percent by Residence



226.7 Percent by Household Income



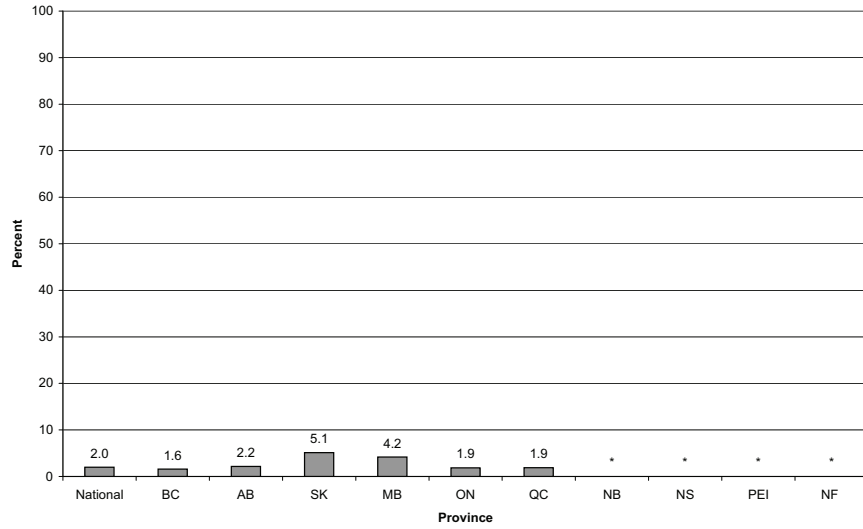
226.8 Percent by Cultural or Racial Origin



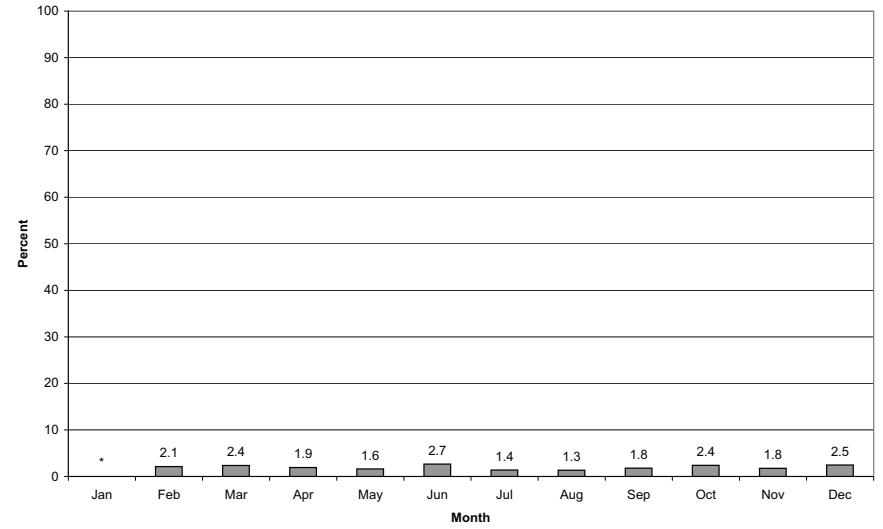
ATE OTHER PASTA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

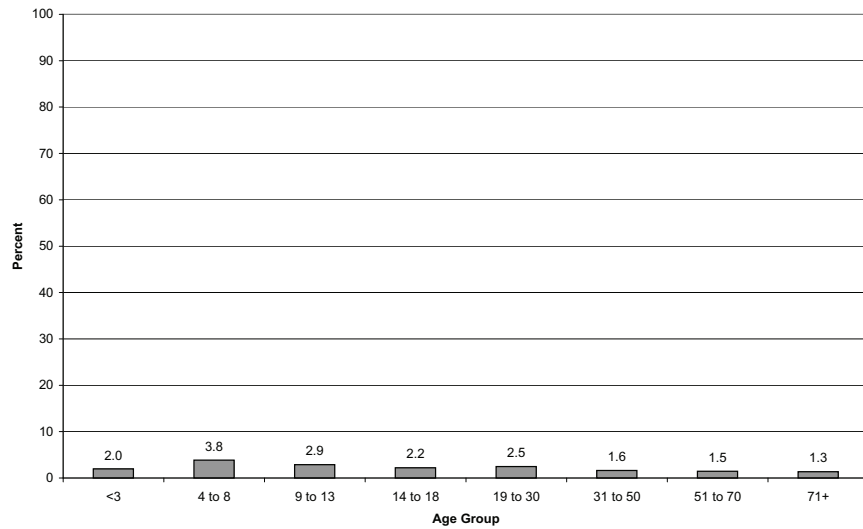
227.1 Percent by Province



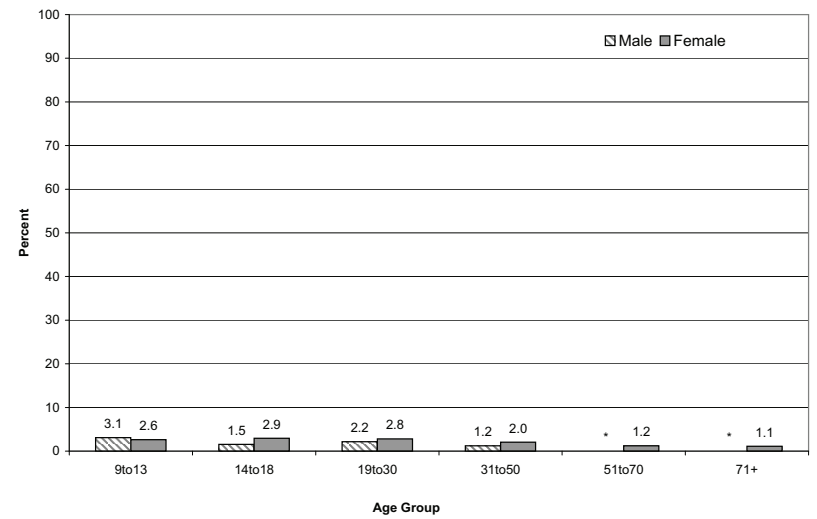
227.2 Percent by Month



227.3 Percent by Age Group



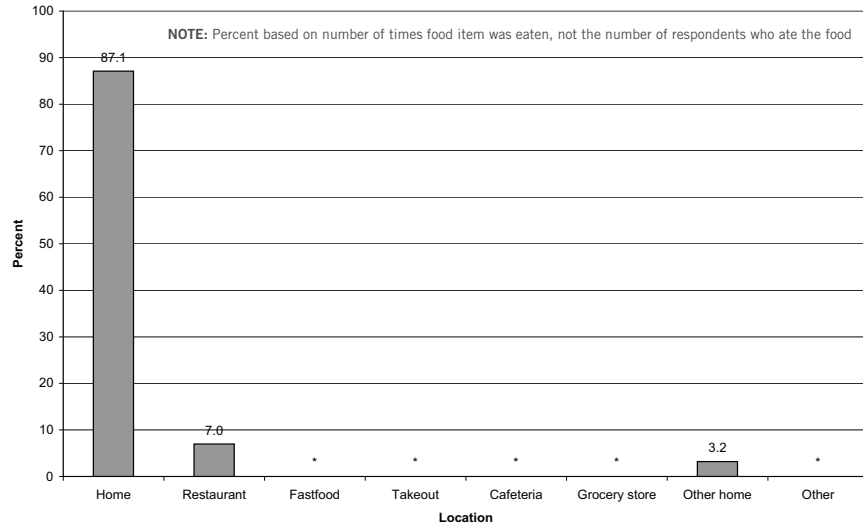
227.4 Percent by Age Group and Sex



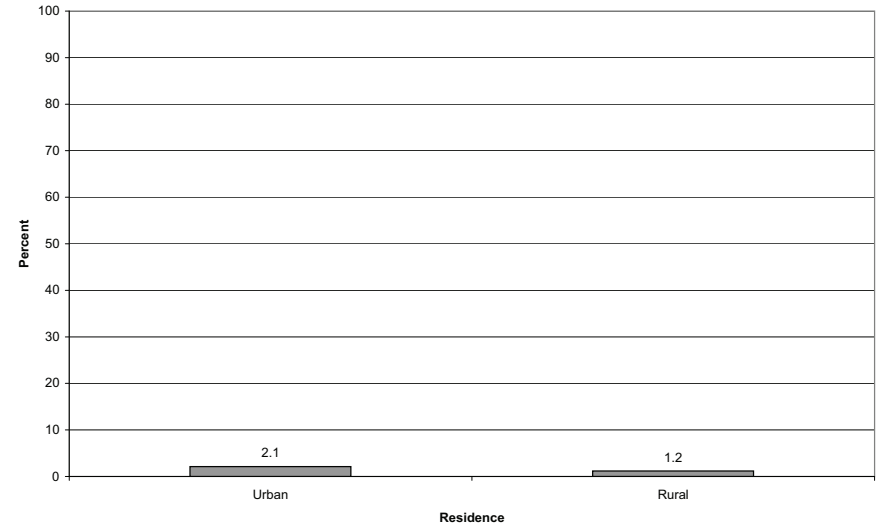
ATE OTHER PASTA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

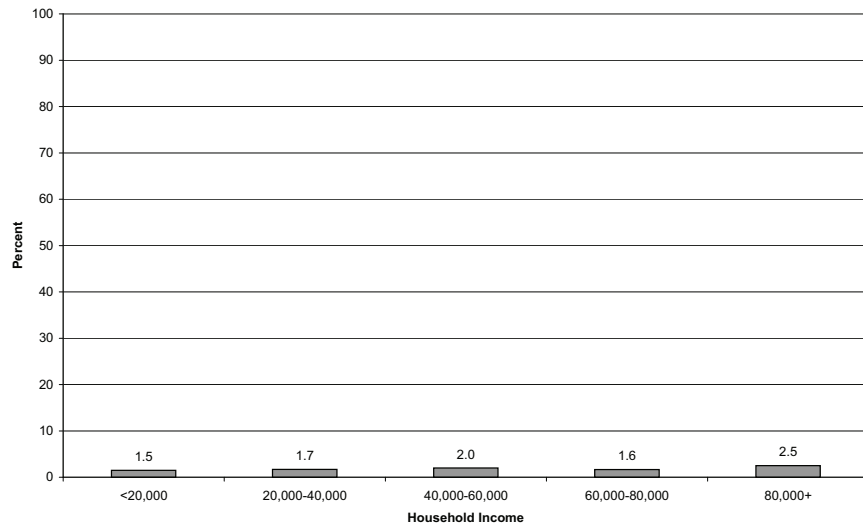
227.5 Percent by Location Where Food Was Prepared



227.6 Percent by Residence



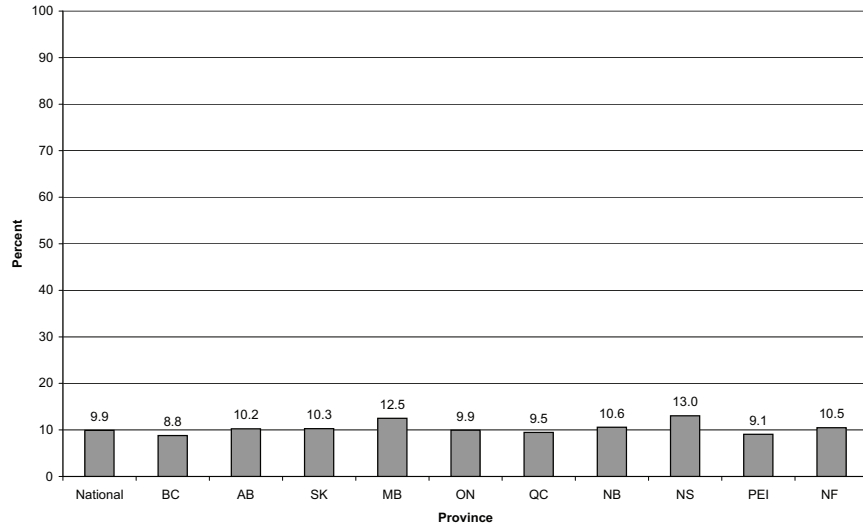
227.7 Percent by Household Income



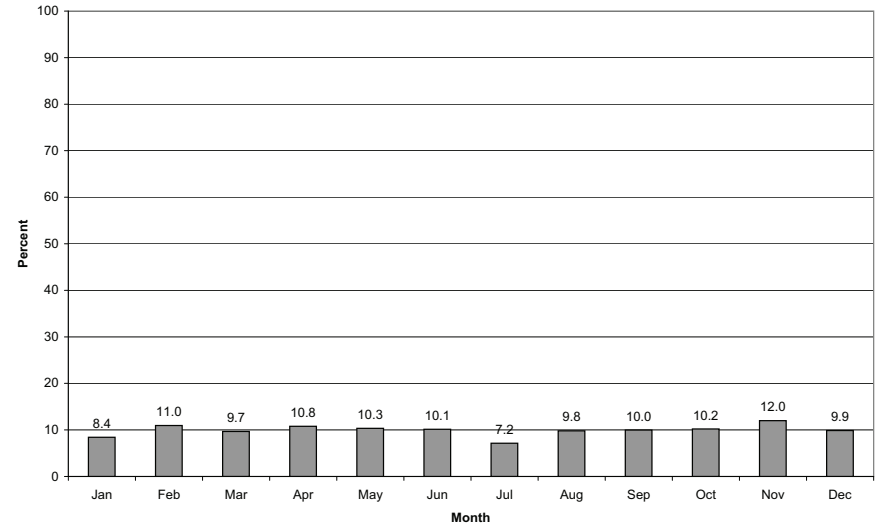
ATE PIZZA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

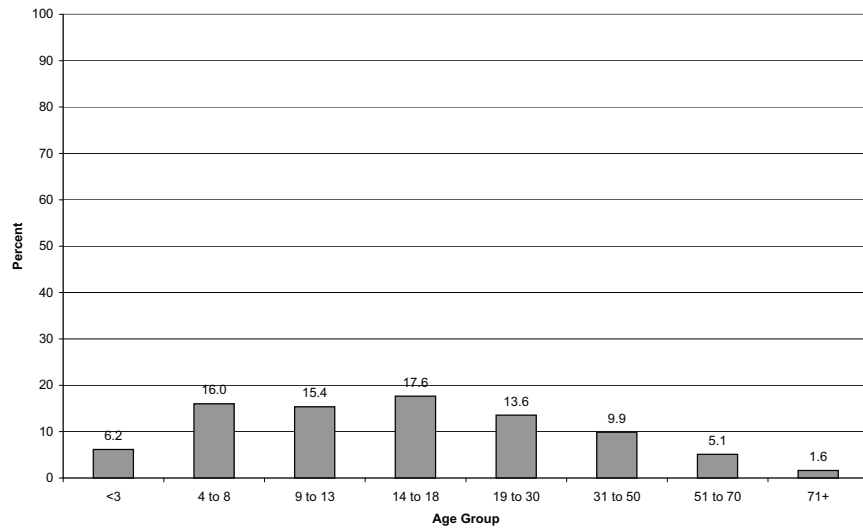
228.1 Percent by Province



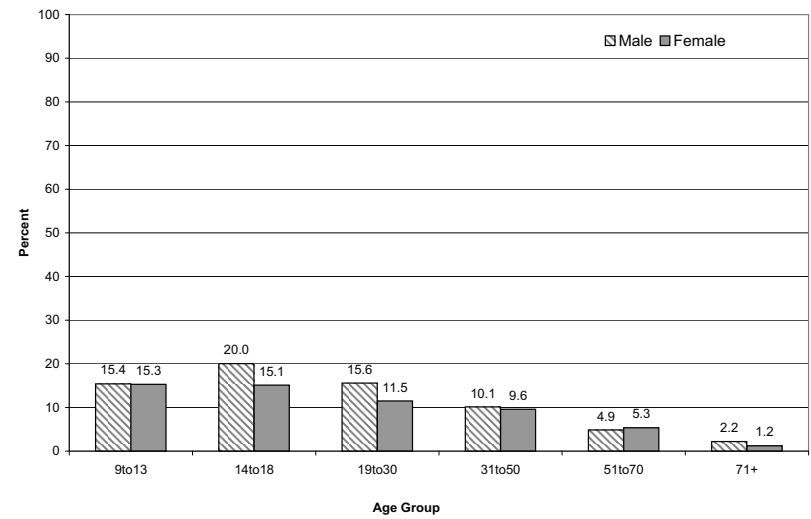
228.2 Percent by Month



228.3 Percent by Age Group



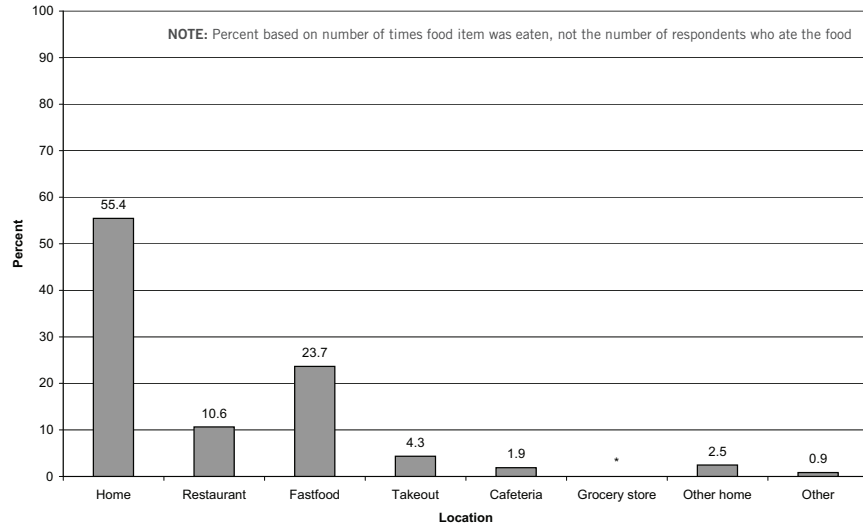
228.4 Percent by Age Group and Sex



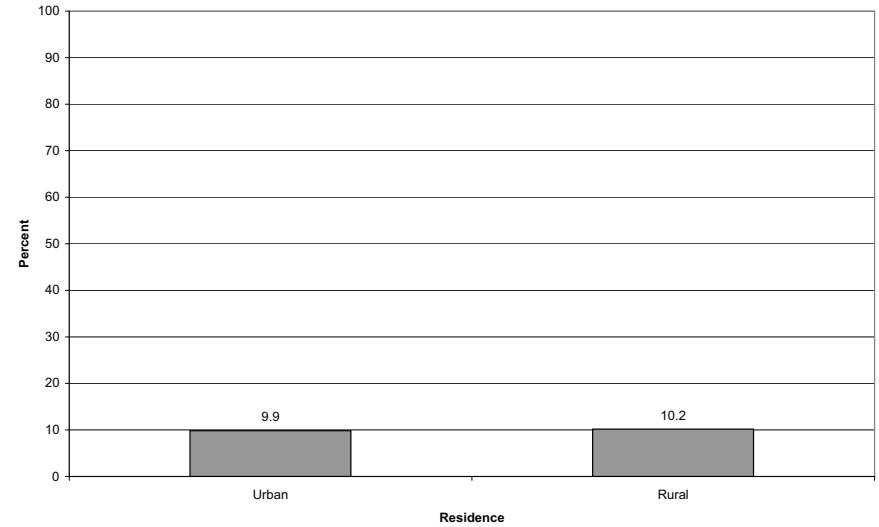
ATE PIZZA IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

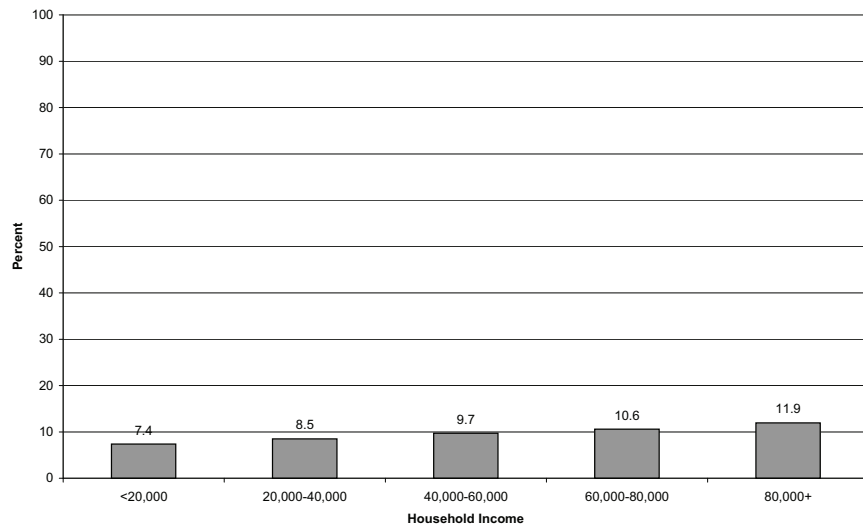
228.5 Percent by Location Where Food Was Prepared



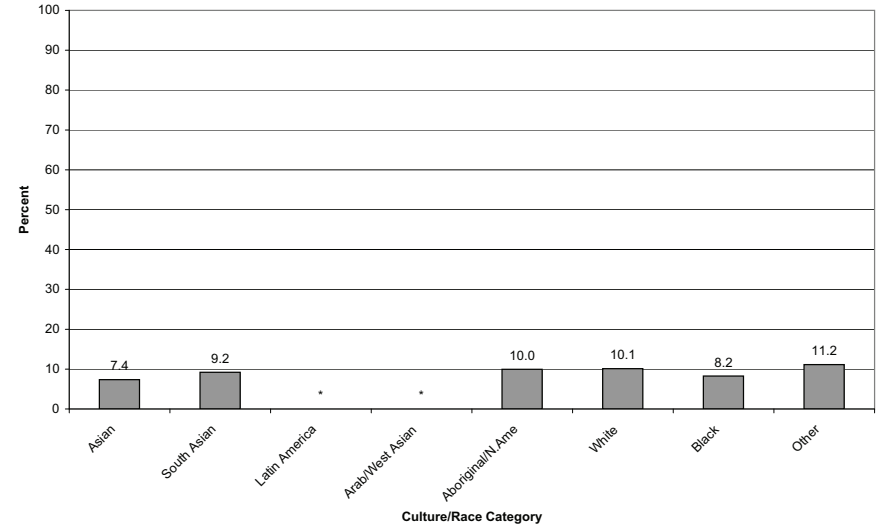
228.6 Percent by Residence



228.7 Percent by Household Income



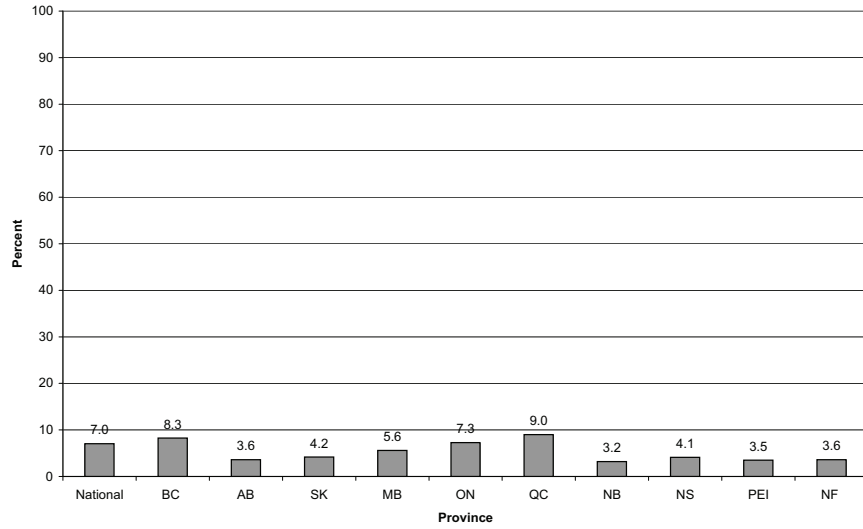
228.8 Percent by Cultural or Racial Origin



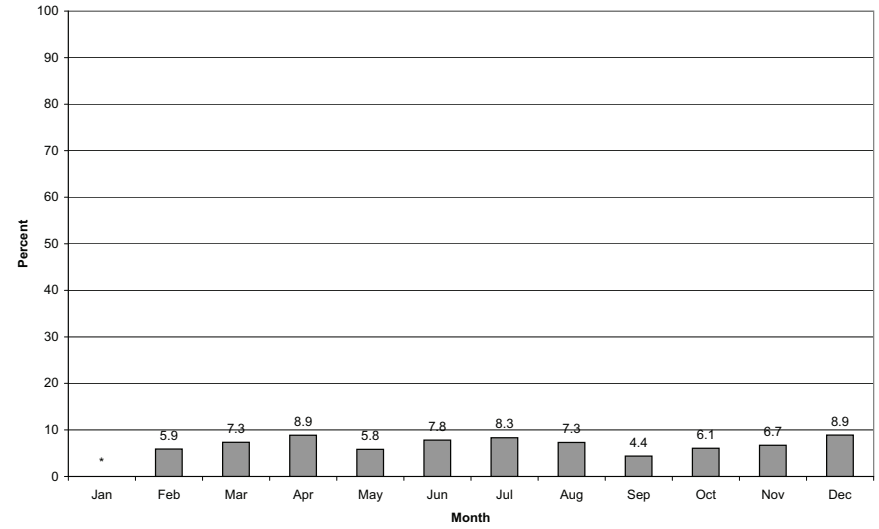
ATE RICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

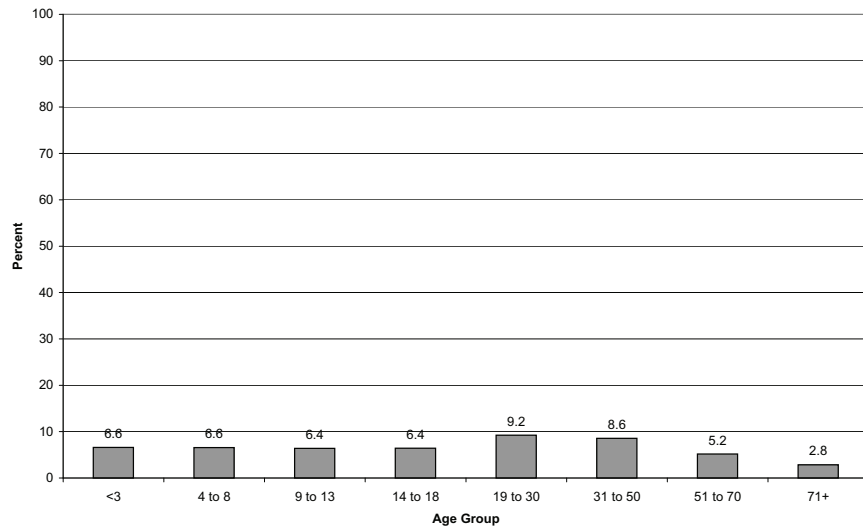
229.1 Percent by Province



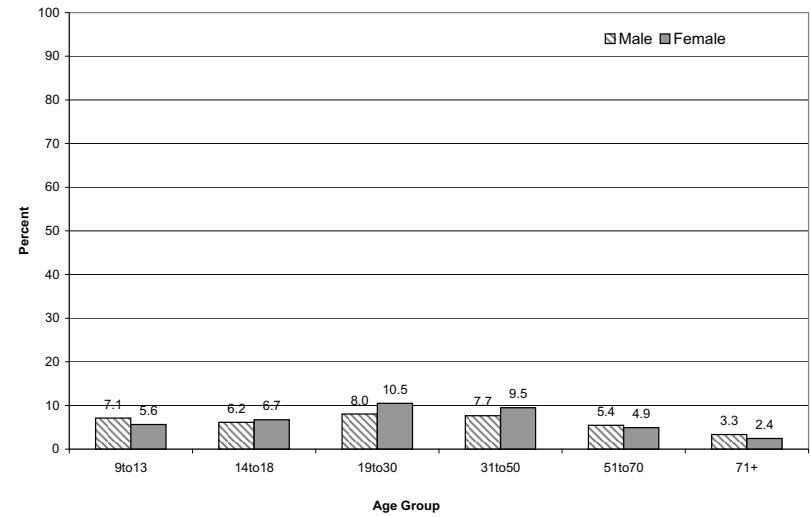
229.2 Percent by Month



229.3 Percent by Age Group



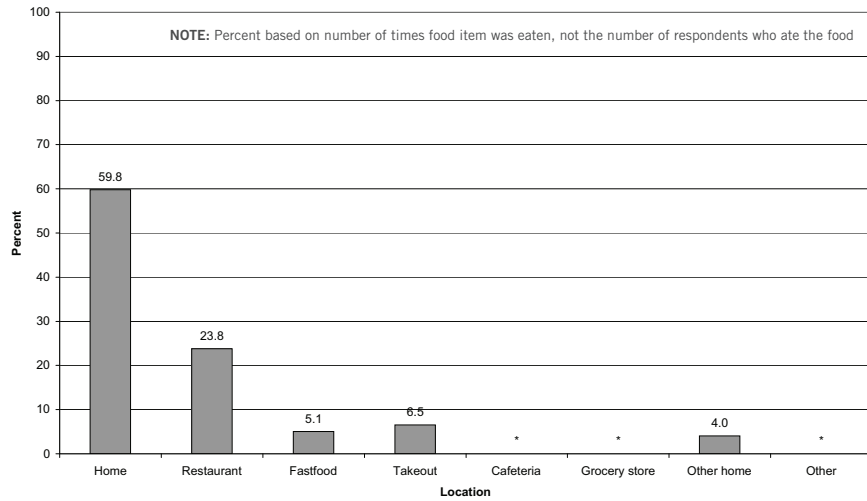
229.4 Percent by Age Group and Sex



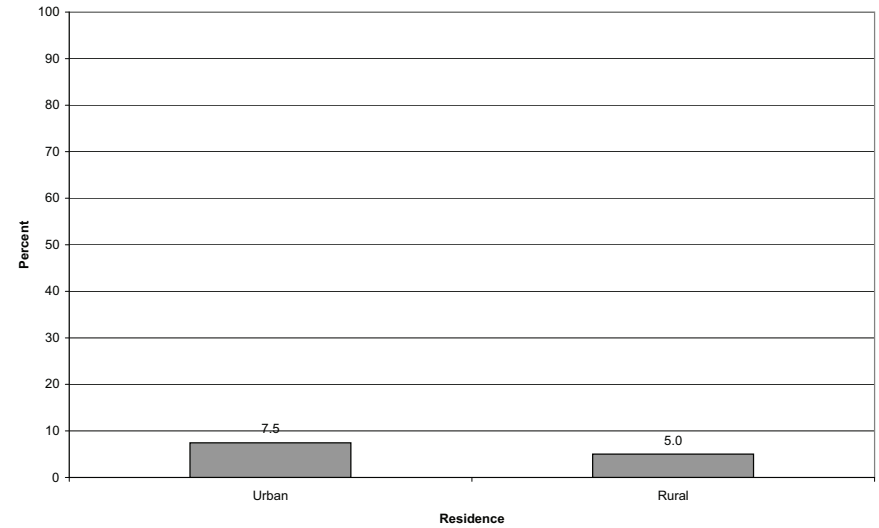
ATE RICE IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

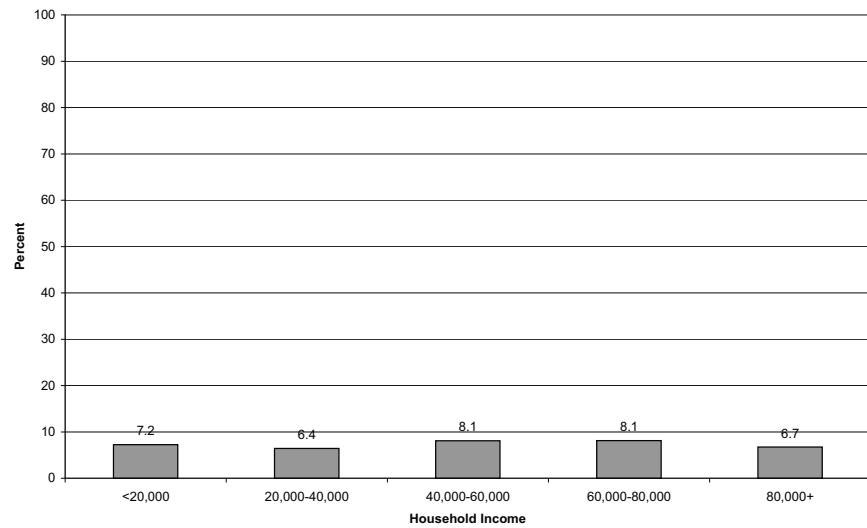
229.5 Percent by Location Where Food Was Prepared



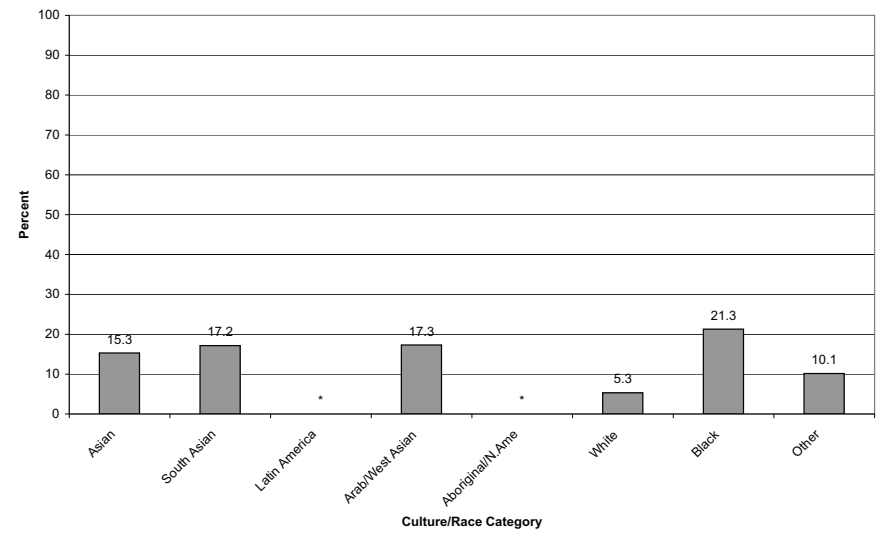
229.6 Percent by Residence



229.7 Percent by Household Income



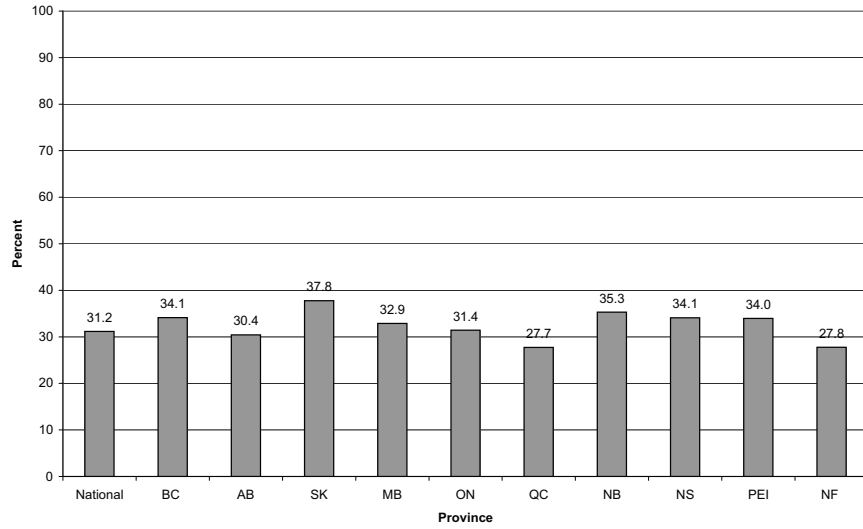
229.8 Percent by Cultural or Racial Origin



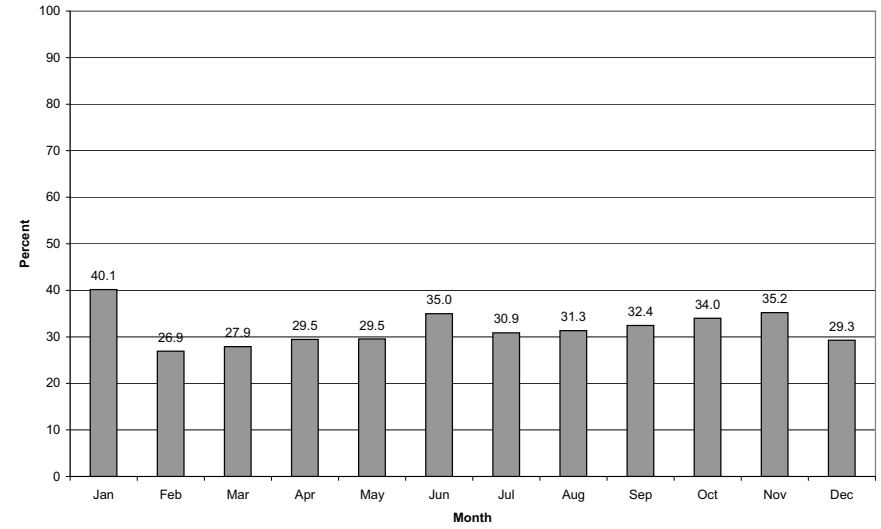
ATE SANDWICHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

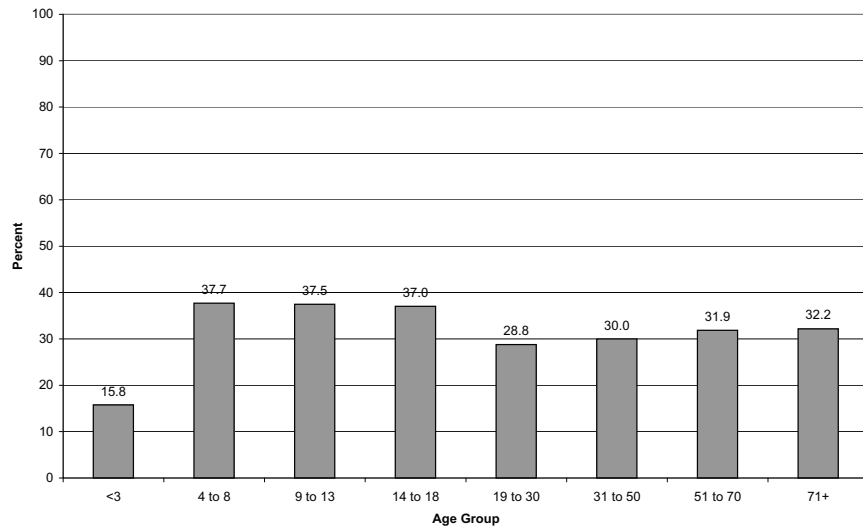
230.1 Percent by Province



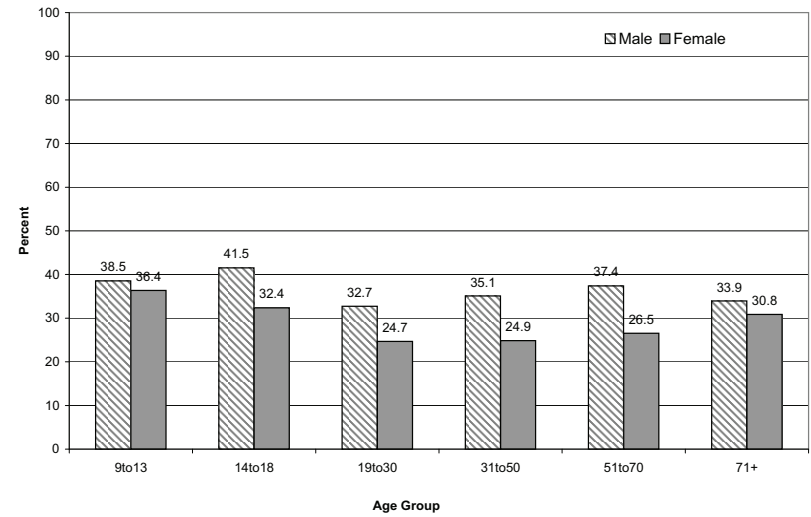
230.2 Percent by Month



230.3 Percent by Age Group



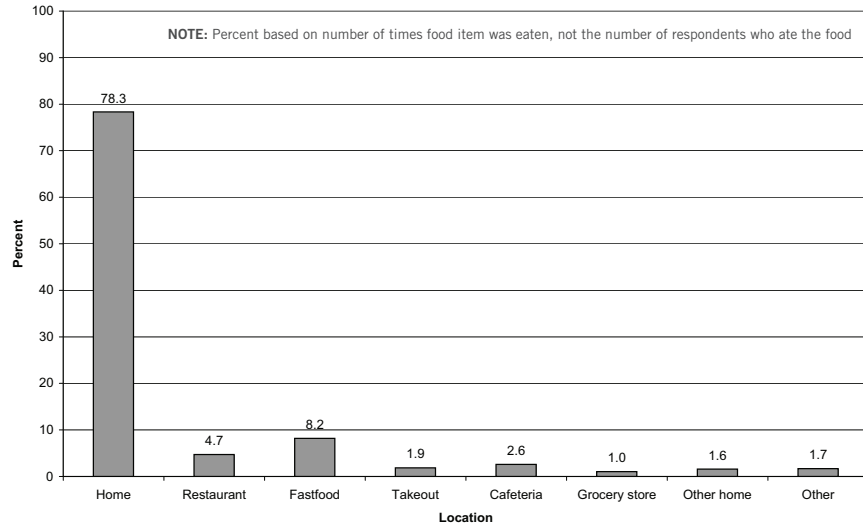
230.4 Percent by Age Group and Sex



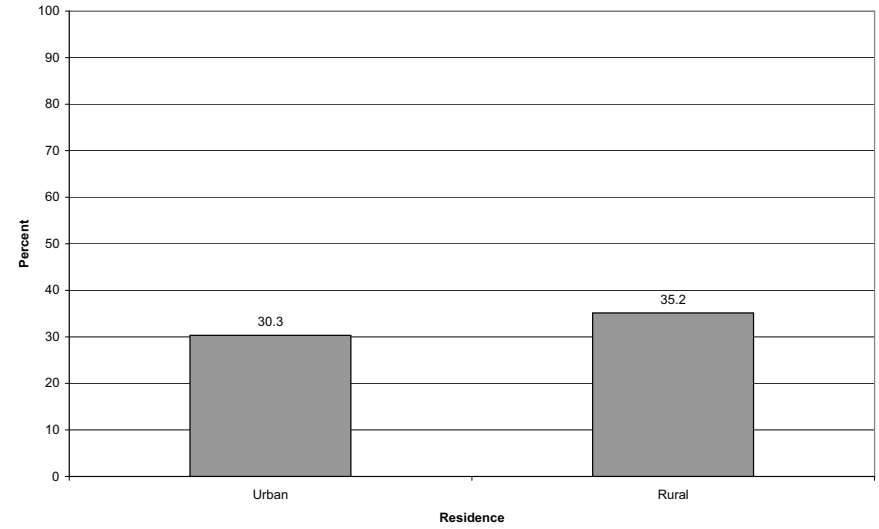
ATE SANDWICHES IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

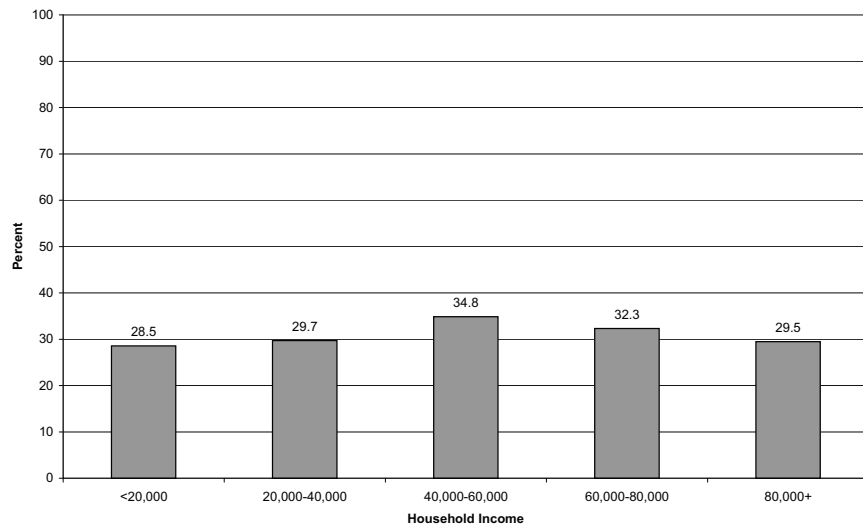
230.5 Percent by Location Where Food Was Prepared



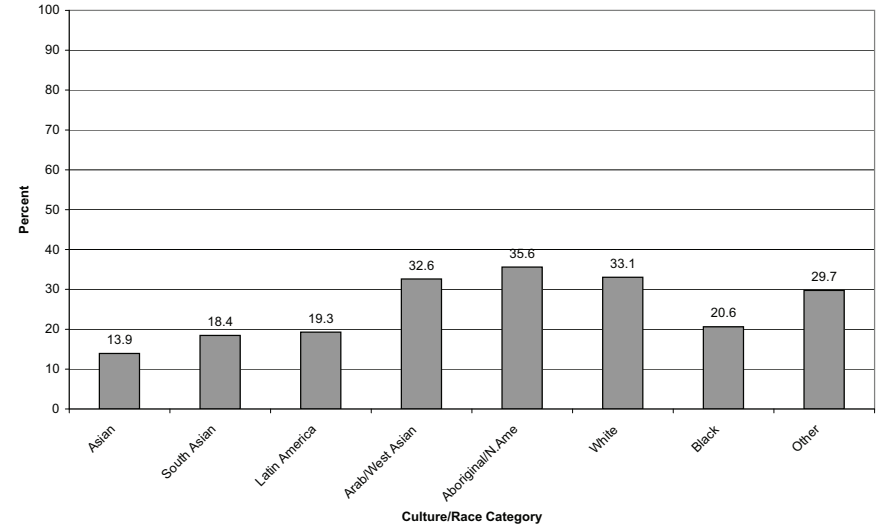
230.6 Percent by Residence



230.7 Percent by Household Income



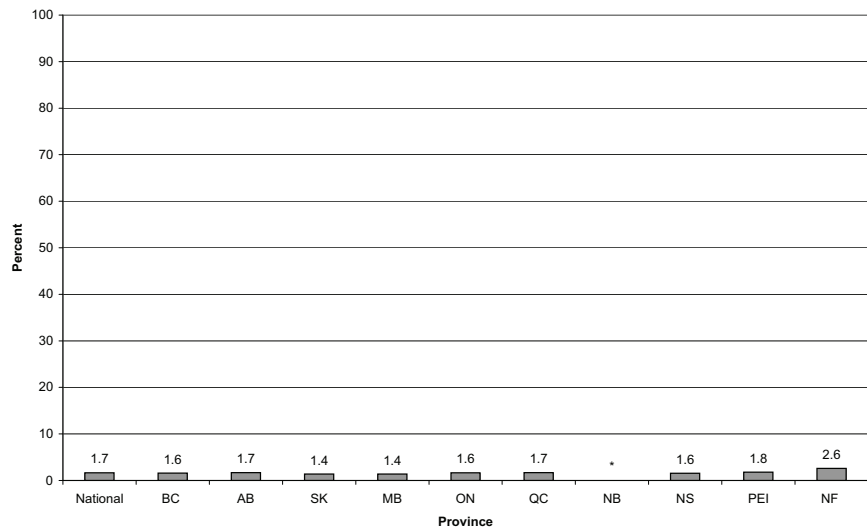
230.8 Percent by Cultural or Racial Origin



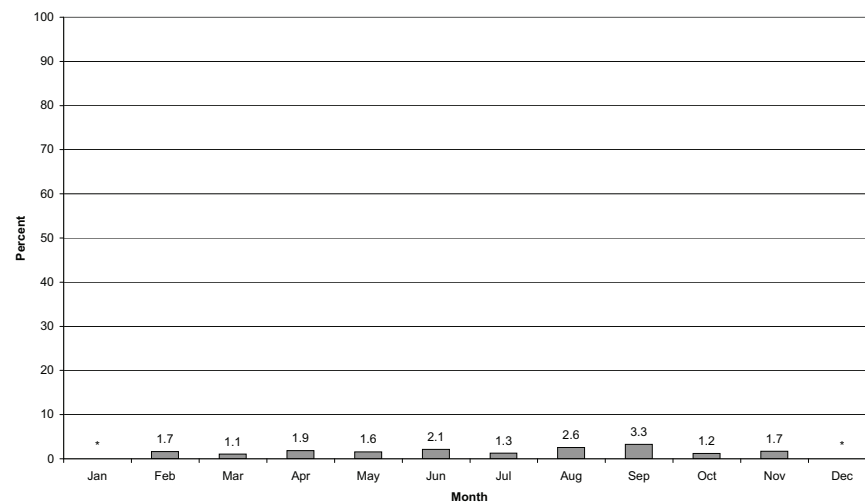
ATE SUBMARINE (SANDWICHES) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

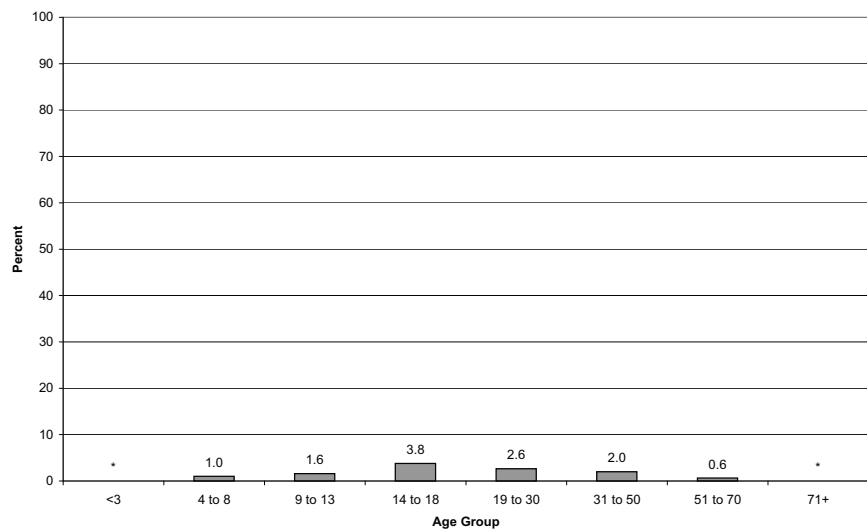
231.1 Percent by Province



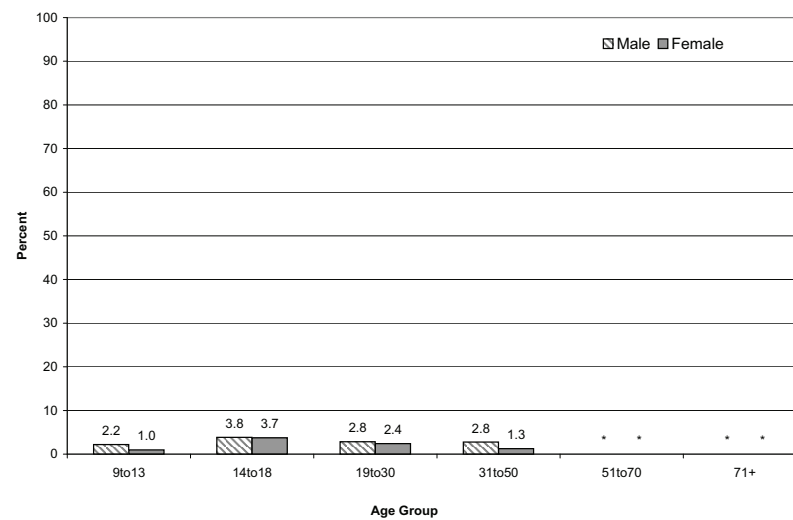
231.2 Percent by Month



231.3 Percent by Age Group



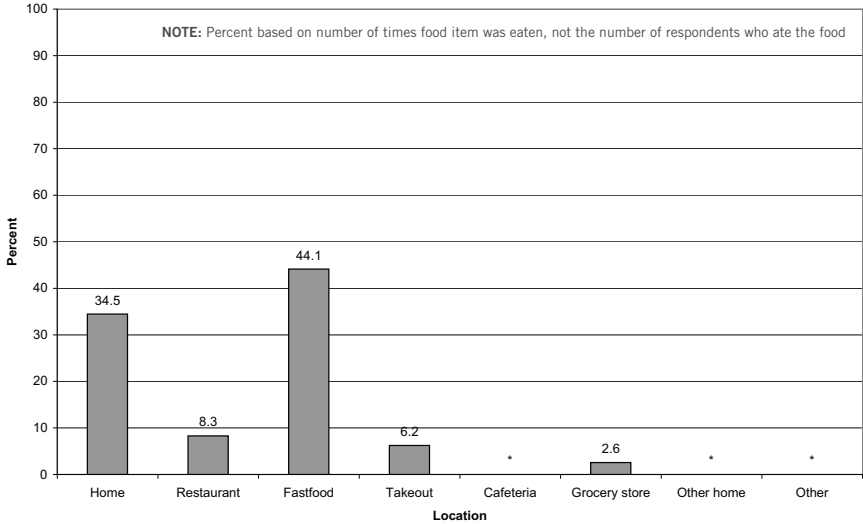
231.4 Percent by Age Group and Sex



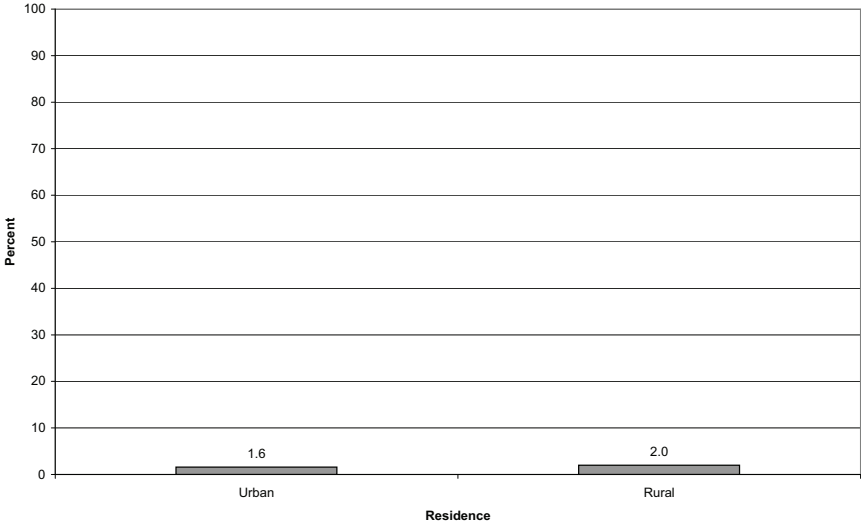
ATE SUBMARINE (SANDWICHES) IN THE PAST 24 HOURS

CCHS 2.2 2004 24-Hour Dietary Recall

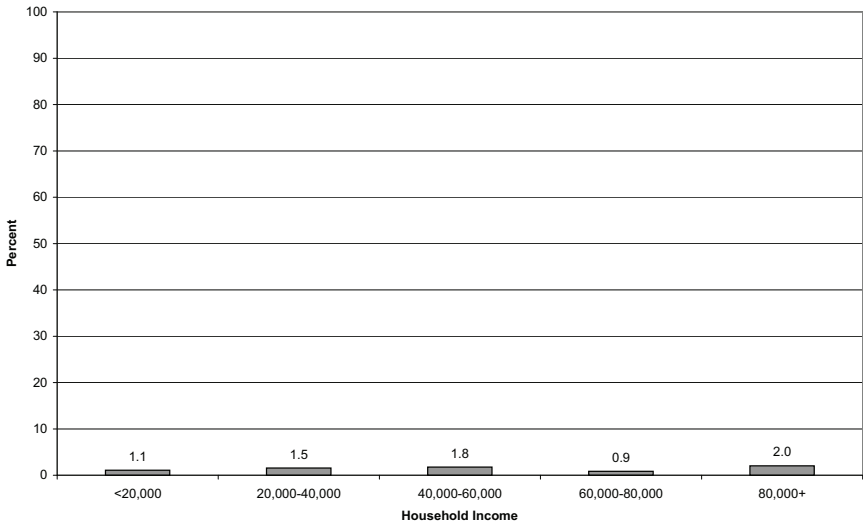
231.5 Percent by Location Where Food Was Prepared



231.6 Percent by Residence



231.7 Percent by Household Income



APPENDIX 1: FOOD ITEM AMOUNTS CONSUMED (GRAMS) IN THE PAST 24 HOURS NATIONALLY AND BY PROVINCE

	FOOD	NATIONAL			BC			AB			SK			MB			ON			QC			NB			NS			PE			NL					
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max			
VEGETABLES																																					
1	Asparagus	83.8	0.4	880.0	80.0	0.4	300.0	*	*	*	*	*	*	87.4	0.5	518.6	88.7	0.4	880.0	85.4	2.8	180.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
2	Beans	66.4	0.3	875.0	57.0	0.4	293.6	76.1	2.6	420.6	48.9	2.4	447.2	52.3	0.5	250.0	69.9	0.8	875.0	64.2	0.5	447.2	64.6	0.4	453.6	80.5	0.7	226.6	71.6	0.3	187.5	37.1	4.6	187.5			
	- Raw Beans	74.9	0.4	293.6	*	*	*	*	*	*	*	*	*	*	*	*	*	*	230.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
3	Beets	62.1	0.7	340.0	73.4	8.0	289.3	*	*	*	*	*	*	57.9	0.9	340.0	73.9	1.9	300.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
4	Broccoli	69.6	<0.1	936.0	69.1	1.4	840.0	67.0	<0.1	926.2	71.2	0.2	604.0	76.5	0.1	700.0	76.7	0.2	936.0	60.9	0.1	604.0	58.0	1.8	420.0	55.3	0.9	312.0	56.1	<0.1	189.2	68.0	1.7	310.0			
	- Raw Broccoli	79.6	0.9	604.0	71.1	2.8	310.0	91.5	1.8	310.0	103.2	1.8	604.0	61.0	0.9	465.0	81.0	1.8	453.0	78.1	3.7	604.0	*	*	*	62.3	1.0	186.0	*	*	*	*	*	*	*	*	
5	Brussel Sprouts	112.4	4.2	840.0	*	*	*	*	*	*	*	*	*	*	*	*	114.9	4.9	840.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
6	Bulb Onion	24.3	<0.1	940.0	28.5	<0.1	653.2	20.7	<0.1	217.3	20.8	<0.1	316.1	21.6	<0.1	640.0	23.2	<0.1	430.7	26.0	<0.1	940.0	24.3	<0.1	350.0	23.2	<0.1	652.4	18.9	<0.1	280.0	20.4	<0.1	226.4			
	- Raw Bulb Onion	19.3	<0.1	640.0	18.0	<0.1	330.0	18.0	<0.1	210.0	18.8	<0.1	224.0	18.2	<0.1	640.0	19.9	<0.1	300.0	20.0	<0.1	324.0	17.9	<0.1	350.0	19.2	<0.1	220.0	14.7	<0.1	152.0	18.3	<0.1	182.4			
7	Cabbage	60.4	0.1	989.0	71.7	0.6	669.3	79.6	0.2	686.0	64.0	0.5	368.0	52.3	0.2	247.7	61.0	0.1	989.0	48.4	0.5	459.3	39.9	0.6	237.7	59.6	1.0	300.0	35.3	0.4	186.5	49.3	1.1	300.0			
	- Raw Cabbage	51.7	0.3	532.1	58.9	1.0	410.3	59.3	0.7	410.3	66.2	1.4	368.0	49.8	1.0	247.7	49.1	0.3	532.1	50.3	1.4	459.3	39.6	1.4	139.3	35.6	1.0	137.6	38.3	1.4	186.5	45.0	3.0	182.4			
8	Carrots	43.5	<0.1	907.2	44.9	<0.1	801.7	46.9	<0.1	865.3	43.1	0.1	488.0	42.0	0.1	750.0	38.5	<0.1	452.7	47.7	<0.1	702.0	49.7	<0.1	330.0	54.1	0.1	907.2	48.4	0.2	255.1	38.2	0.6	224.0			
	- Raw Carrots	41.0	<0.1	907.2	43.7	<0.1	300.0	49.3	0.1	500.0	35.0	0.1	488.0	36.5	0.2	750.0	37.6	<0.1	452.7	42.5	<0.1	610.0	45.9	<0.1	330.0	45.7	0.1	907.2	32.2	0.2	255.1	28.8	0.6	220.0			
9	Carrots, Baby	38.7	2.0	200.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
10	Cauliflower	53.9	0.3	962.5	39.1	1.9	150.0	41.3	0.3	130.0	75.7	3.4	250.0	55.0	0.5	250.0	43.4	0.9	270.0	77.1	3.2	962.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	- Raw Cauliflower	62.8	0.5	962.5	48.6	3.1	150.0	*	*	*	86.5	4.1	250.0	69.2	0.5	250.0	48.6	0.9	270.0	86.1	6.3	962.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
11	Celery	20.4	<0.1	750.0	24.2	<0.1	270.9	19.0	<0.1	217.5	21.8	<0.1	146.8	21.4	<0.1	225.0	19.7	<0.1	750.0	19.9	<0.1	331.8	21.6	<0.1	226.9	23.5	0.1	224.2	16.6	0.2	80.0	12.3	0.2	240.0			
	- Raw Celery	22.8	<0.1	306.0	20.7	<0.1	128.0	20.4	<0.1	217.5	26.4	<0.1	128.0	23.4	0.4	200.0	23.2	<0.1	192.0	24.4	<0.1	306.0	22.0	<0.1	152.4	22.8	0.2	120.0	16.8	0.8	80.0	15.8	0.4	240.0			
12	Corn	75.4	<0.1	973.7	62.2	0.2	297.2	72.4	1.0	357.4	64.8	0.8	328.0	76.0	0.8	490.2	67.3	0.4	973.7	123.1	0.3	600.0	85.4	1.5	400.0	86.6	2.3	456.0	112.0	1.2	490.2	52.0	3.0	245.1			
13	Cucumber	52.2	<0.1	903.0	47.2	0.2	474.0	50.5	0.4	301.0	41.6	0.3	194.1	45.0	0.3	280.0	47.8	<0.1	602.0	65.9	0.3	804.0	55.6	0.6	903.0	54.5	0.8	474.0	40.5	0.6	394.2	28.8	0.3	178.9			
14	Eggplant	45.3	<0.1	548.0	*	*	*	*	*	*	*	*	*	*	*	*	46.4	0.6	548.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
	- Raw Eggplant	48.7	<0.1	149.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
15	Green Onion	14.9	<0.1	533.2	29.0	<0.1	533.2	9.3	<0.1	100.0	8.4	0.6	45.0	9.1	0.3	90.0	13.4	<0.1	137.6	11.0	0.4	150.0	8.7	<0.1	42.2	9.6	0.3	100.0	*	*	*	6.9	0.4	60.7			
16	Leeks	45.4	<0.1	248.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	43.7	0.5	248.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
17	Lettuce - Boston Bibb	62.6	<0.1	326.6	*	*	*	*	*	*	*	*	*	*	*	*	52.6	6.2	123.3	68.9	6.9	326.6	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
18	Lettuce - Iceberg	48.0	<0.1	1078.0	40.0	<0.1	665.0	44.3	0.2	332.5	55.2	<0.1	539.0	51.8	0.7	1078.0	46.8	<0.1	748.1	57.9	0.2	755.0	39.2	<0.1	332.5	34.1	1.4	324.0	33.1	0.3	332.5	31.1	0.3	332.5			
19	Lettuce - Loose Leaf	33.7	<0.1	671.1	25.3	0.5	332.5	46.3	2.0	220.5	*	*	*	45.7	0.7	220.5	27.0	<0.1	203.0	41.5	0.2	671.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
20	Lettuce - Romaine	55.9	<0.1	665.0	52.7	0.5	371.0	66.1	1.2	500.0	58.3	0.2	332.5	64.6	0.2	376.0	58.4	<0.1	332.5	47.7	0.2	665.0	78.5	0.6	332.5	62.8	1.8	376.0	48.6	5.0	332.5	27.7	0.3	112.0			
21	Mushroom	19.0	<0.1	945.0	24.9	<0.1	388.5	21.8	0.1	233.1	17.8	0.2	262.4	19.5	0.1	313.1	19.2	<0.1	945.0	15.6	<0.1	226.8	12.1	<0.1	226.8	24.0	0.1	280.0	17.8	<0.1	226.8	13.2	0.1	78.0			
	- Raw Mushroom	31.5	<0.1	280.0	22.4	<0.1	78.0	45.9	0.4	140.0	22.3	0.7	70.0	21.6	0.3	88.6	30.2	<0.1	226.8	35.2	<0.1	226.8	*	*	*	39.8	1.4	280.0	*	*	*	*	*	*	*		
22	Olives	11.8	<0.1	331.1	9.7	0.3	81.6	9.8	0.3	226.8	6.6	<0.1	86.0	7.5	0.1	59.1	11.9	<0.1	331.1	14.4	0.3	109.9	6.8	0.4	40.0	10.1	0.2	90.3	6.9	0.3	43.4	4.6	0.2	27.7			
23	Peas & Pea Pods	28.6	0.2	366.0	30.2	0.4	320.0	29.7	0.4	290.0	13.8	0.8	160.0	19.4	0.7	240.0	30.4	0.2	366.0	26.0	0.2	275.8	*	*	*	*	*	*	*	*	*	*	59.9	1.7	288.8		
	- Raw Pea Pods	53.9	<0.1	254.0	*	*	*	*	*	*	*	*	*	*	*	35.2	0.8	145.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		
24	Peppers	22.8	<0.1	328.0	26.7	<0.1	328.0	26.2	0.1	328.0	22.6	0.2	186.0	20.0	<0.1	298.0	23.8	<0.1	270.4	19.1	<0.1	238.0	21.1	<0.1	192.4	25.4	<0.1	195.6	13.3	<0.1	149.0	15.9	<0.1	117.1			
	- Raw Peppers	27.2	<0.1	328.0	30.9	<0.1	328.0	31.5	0.2	328.0	26.2	0.3	186.0	23.9	<0.1	298.0	25.6	<0.1	270.4	27.5	<0.1	238.0	28.8	<0.1	192.4	22.9	0.1	195.6	14.5	0.2	149.0	17.9	<0.1	117.1			
25	Potatoes	134.2	<0.1	1500.0	130.6	<0.1	835.0	134.8	<0.1	900.0	123.6	0.2	1169.0	125.7	<0.1	1015.8	130.7	<0.1	994.0	135.4	0.2	900.0	161.0	<0.1	920.7	142.3	1.0	1058.6	150.6	0.5	835.0	170.6	<0.1	1500.0			
26	Radishes	10.2	0.2	152.2	8.8	0.5	58.0	8.1	0.6	58.0	12.9	0.2	58.0	8.1	0.5	31.2	8.3	0.3	147.0	14.9	0.9	101.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
	- Raw Radishes	10.2	0.2	152.2	9.7	0.5	58.0	8.1	0.6	58.0	12.9	0.2	58.0																								

APPENDIX 1: FOOD ITEM AMOUNTS CONSUMED (GRAMS) IN THE PAST 24 HOURS NATIONALLY AND BY PROVINCE (CONT.)

	FOOD	NATIONAL			BC			AB			SK			MB			ON			QC			NB			NS			PE			NL			
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	
33	Turnip	37.0	<0.1	434.6	25.5	4.3	130.0	42.6	<0.1	434.6	17.6	3.3	79.2	41.6	3.1	312.0	34.8	0.4	312.0	36.5	<0.1	430.6	65.1	0.3	234.0	35.4	0.7	156.0	48.1	1.0	193.8	42.6	2.0	312.0	
34	Zucchini	45.5	0.3	528.0	53.9	0.3	528.0	*	*	*	*	*	*	31.5	0.8	124.0	44.5	0.3	342.0	39.5	0.4	513.0	*	*	*	*	*	*	*	*	*	*	*		
	- Raw Zucchini	59.7	<0.1	322.7	*	*	*	*	*	*	*	*	*	*	*	57.3	4.9	196.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		
HERBS & SPICES																																			
35	Basil, Fresh	13.1	<0.1	81.8	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
36	Black Pepper	0.1	<0.1	5.1	0.2	<0.1	5.0	0.1	<0.1	1.2	<0.1	<0.1	1.0	0.1	<0.1	1.3	0.1	<0.1	5.0	<0.1	<0.1	5.1	<0.1	<0.1	0.5	<0.1	<0.1	0.5	0.1	<0.1	3.0	<0.1	<0.1	5.0	
37	Chives, Fresh	4.0	<0.1	143.1	*	*	*	*	*	*	*	*	*	*	*	*	2.1	<0.1	23.7	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
38	Garlic	1.7	<0.1	151.9	2.8	<0.1	129.5	1.3	<0.1	35.0	0.7	<0.1	18.0	1.3	<0.1	102.0	2.3	<0.1	107.3	1.1	<0.1	151.9	0.7	<0.1	21.4	1.5	<0.1	105.0	1.0	<0.1	34.0	0.7	<0.1	17.0	
	- Fresh Garlic	2.0	<0.1	151.9	3.3	<0.1	129.5	1.5	<0.1	35.0	0.7	<0.1	18.0	1.5	<0.1	102.0	2.6	<0.1	107.3	1.2	<0.1	151.9	0.6	<0.1	21.4	1.7	<0.1	105.0	1.1	<0.1	34.0	0.8	<0.1	17.0	
39	Ginger	1.5	<0.1	73.2	2.3	<0.1	73.2	0.9	<0.1	4.1	0.7	<0.1	7.5	2.2	<0.1	30.6	1.3	<0.1	56.8	0.3	<0.1	1.2	*	*	*	*	*	*	*	*	*	*	*	*	
	- Fresh Ginger	1.6	<0.1	73.2	3.0	<0.1	73.2	1.2	<0.1	4.1	*	*	*	*	*	0.8	<0.1	31.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
40	Oregano	0.1	<0.1	2.0	0.1	<0.1	0.9	0.1	<0.1	1.7	0.2	<0.1	0.9	0.2	<0.1	2.0	0.1	<0.1	1.9	0.1	<0.1	2.0	0.2	<0.1	0.5	0.2	<0.1	0.5	0.1	<0.1	0.4	0.2	<0.1	0.5	
41	Parsley	2.4	<0.1	333.2	4.6	<0.1	104.5	1.1	<0.1	48.4	3.4	<0.1	56.2	1.6	<0.1	51.0	3.1	<0.1	333.2	1.7	<0.1	83.3	3.7	<0.1	193.3	1.6	<0.1	24.3	1.0	<0.1	3.9	1.1	<0.1	19.0	
	- Fresh Parsley	2.6	<0.1	333.2	5.3	<0.1	104.5	1.1	<0.1	48.4	3.6	<0.1	56.2	1.5	<0.1	51.0	3.3	<0.1	333.2	1.7	<0.1	83.3	4.1	<0.1	193.3	1.6	<0.1	24.3	1.0	<0.1	3.9	1.1	<0.1	19.0	
42	Sage	0.3	<0.1	1.3	*	*	*	*	*	*	*	*	*	*	*	*	0.2	<0.1	0.9	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
43	Salt	1.9	<0.1	22.7	2.0	<0.1	17.9	2.0	<0.1	22.7	1.8	<0.1	9.6	1.9	<0.1	16.4	1.9	<0.1	21.5	2.1	<0.1	17.6	1.8	<0.1	16.1	1.9	<0.1	11.8	1.9	<0.1	11.4	2.0	<0.1	22.2	
SPROUTS																																			
44	Alfalfa Sprouts	12.8	<0.1	113.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
45	Bean Sprouts	38.7	0.2	340.2	53.7	0.9	340.2	35.1	0.2	164.2	30.4	1.1	232.1	37.3	0.6	112.6	37.2	0.2	286.6	25.7	1.1	162.7	34.3	0.4	124.0	20.2	0.6	86.8	*	*	*	*	*		
	- Raw Bean Sprouts	35.4	0.2	340.2	44.7	1.2	340.2	*	*	*	*	*	*	33.4	1.1	112.6	33.1	0.4	286.6	30.0	1.1	90.1	*	*	*	*	*	*	*	*	*	*	*	*	
FRUIT																																			
46	Apples	144.3	<0.1	848.0	140.6	0.9	552.0	137.1	1.8	530.0	138.6	1.1	848.0	118.9	0.8	530.0	142.5	0.7	848.0	155.2	<0.1	848.0	152.5	2.3	424.0	144.3	0.6	848.0	143.5	2.8	424.0	135.2	0.9	636.0	
	- Raw Apples	152.2	0.8	848.0	145.6	0.9	552.0	142.8	2.3	530.0	149.3	1.1	848.0	130.6	0.8	530.0	150.6	0.8	848.0	163.0	2.8	848.0	161.7	2.3	424.0	159.5	2.2	848.0	159.7	6.7	424.0	149.8	0.9	636.0	
47	Apricots	60.8	<0.1	525.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
	- Raw Apricots	57.0	<0.1	525.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
48	Avocado	80.6	1.5	402.0	48.0	2.2	227.8	*	*	*	*	*	*	*	*	84.7	3.6	308.7	94.6	4.8	402.0	*	*	*	*	*	*	*	*	*	*	*	*	*	
49	Bananas	111.2	0.1	951.5	113.1	0.4	272.0	119.8	0.3	404.0	102.9	0.6	354.0	106.5	0.1	404.0	116.2	0.1	816.0	100.7	0.5	816.0	103.9	0.6	354.0	104.3	0.8	951.5	109.7	0.6	354.0	112.9	0.3	272.0	
	- Raw Bananas	116.1	0.5	951.5	116.7	1.3	272.0	125.1	4.0	404.0	114.4	2.4	354.0	112.0	0.5	404.0	120.1	0.9	816.0	106.5	2.1	816.0	111.9	2.8	354.0	111.5	0.9	951.5	116.0	0.8	354.0	115.7	7.2	272.0	
50	Blackberries	38.3	<0.1	219.6	46.9	0.7	151.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
	- Raw Blackberries	64.6	<0.1	144.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
51	Blueberries	42.0	0.2	480.3	45.8	0.3	317.2	37.6	0.5	346.3	43.2	0.9	262.8	40.5	0.8	190.3	39.1	0.5	480.3	52.0	0.3	343.1	27.8	0.9	253.7	29.5	0.2	268.7	42.2	2.0	163.5	37.5	0.3	190.3	
	- Raw Blackberries	68.0	0.3	480.3	78.4	0.3	317.2	80.3	2.7	346.3	*	*	*	75.9	3.0	190.3	57.3	1.4	480.3	76.7	1.4	317.2	*	*	*	*	*	*	*	*	*	*	*	*	
52	Cantaloupe	182.9	1.6	1701.3	106.2	1.6	1524.6	228.6	11.4	1505.7	148.2	2.7	1155.0	179.9	10.0	1104.0	135.3	2.7	1309.3	266.7	2.1	1701.3	*	*	*	125.4	5.5	320.0	*	*	*	*	*		
53	Cherries	78.6	0.3	870.0	99.5	1.5	860.9	122.5	1.1	480.3	*	*	*	84.8	0.7	870.0	75.0	0.7	480.3	63.7	1.0	340.0	*	*	*	*	*	*	*	*	*	*	*	*	
	- Raw Cherries	82.4	0.7	870.0	99.2	1.5	860.9	123.9	1.1	480.3	*	*	*	90.8	0.7	870.0	76.3	0.9	480.3	71.5	1.0	340.0	*	*	*	*	*	*	*	*	*	*	*	*	
54	Cranberries	15.7	0.4	78.6	*	*	*	*	*	*	*	*	*	*	*	*	12.9	0.5	78.6	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
55	Grapefruit	168.7	1.9	996.0	169.8	25.0	332.0	222.2	15.0	738.0	*	*	*	190.2	26.4	996.0	159.0	12.3	664.0	152.9	1.9	447.7	*	*	*	*	*	*	*	*	*	*	*		
56	Grapes	82.8	0.3	950.0	93.3	1.5	530.0	89.1	1.1	350.0	76.5	1.7	400.0	85.3	0.4	950.0	82.6	0.3	680.4	80.4	1.4	530.0	58.3	2.2	320.0	71.8	0.3	950.0	78.7	2.4	530.0	55.0	1.3	290.0	
57	Honeydew Melon	161.9	0.5	1588.3	156.1	10.9	1280.0	*	*	*	*	*	*	*	*	*	138.1	0.5	1588.3	83.6	1.6	1000.0	*	*	*	*	*	*	*	*	*	*	*	*	
58	Kiwi	75.8	0.8	304.0	71.9	19.1	228.0	*	*	*	*	*	*	*	*	73.0	7.0	304.0	81.3	7.0	304.0	*	*	*	*	*	*	*	*	*	*	*	*	*	
59	Lemon	7.0	<0.1	2135.0	6.3	<0.1	71.0	13.5	<0.1	976.0	4.1	<0.1	105.9	6.3	<0.1	183.0	6.4	<0.1	2135.0	6.5	<0.1	442.2	2.9	<0.1	19.8	13.7	<0.1	273.0	2.4	<0.1	11.4	4.6	<0.1	38.0	
60	Mangoes	137.4	0.9	520.0	137.9	6.8	520.0	*	*	*	*	*	*	*	*	*	122.0	0.9	414.0	150.1	12.0	310.5	*	*	*	*	*	*	*	*	*	*	*	*	
61	Nectarines	169.7	11.3	816.0	180.7	22.6	408.0	132.9	30.3	408.0	137.0	11.3	272.0	157.0	17.2	272.0	167.2	23.4	816.0	186.0	11.3	544.0	*	*	*	*	*	*	*	*	*	*	*		
62	Oranges	135.2	<0.1	960.0	136.0	0.1	768.0	158.8	2.3	655.0	138.1	0.2	368.0	142.4	0.1	524.0	134.6	<0.1	960.0	12															

APPENDIX 1: FOOD ITEM AMOUNTS CONSUMED (GRAMS) IN THE PAST 24 HOURS NATIONALLY AND BY PROVINCE (CONT.)

	FOOD	NATIONAL			BC			AB			SK			MB			ON			QC			NB			NS			PE			NL					
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max			
63	Other berries (includes elderberry, gooseberry, mulberry, ohelobery, saskatoon berries, partridgeberries)	95.6	<0.1	305.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*			
64	Papaya	100.3	<0.1	456.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*			
	- Raw Papaya	100.8	<0.1	456.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		
65	Peaches	108.7	2.4	606.5	120.9	10.4	471.0	116.8	8.5	314.0	101.8	3.5	314.0	93.9	5.1	237.0	117.8	5.8	588.0	96.2	4.0	606.5	118.8	16.2	309.1	76.0	2.4	415.2	*	*	*	*	*	*			
	- Raw Peaches	109.4	3.5	606.5	126.0	10.4	471.0	117.7	8.5	314.0	102.7	3.5	314.0	94.2	5.1	237.0	118.8	5.8	588.0	96.2	4.0	606.5	118.8	16.2	309.1	74.6	5.4	196.0	*	*	*	*	*	*			
66	Pears	133.7	1.6	836.0	146.6	7.3	332.0	143.6	5.7	216.6	143.6	10.9	332.0	130.8	1.7	332.0	136.4	3.9	608.0	123.8	10.7	606.5	101.9	8.2	209.0	105.7	1.6	332.0	*	*	*	122.7	21.8	332.0			
	- Raw Pears	133.2	1.7	836.0	146.7	7.3	332.0	143.6	5.7	216.6	146.3	10.9	332.0	130.8	1.7	332.0	136.4	3.9	608.0	121.7	10.7	606.5	101.9	8.2	209.0	106.1	2.7	332.0	*	*	*	122.7	21.8	332.0			
67	Pineapple	63.5	<0.1	944.0	37.9	<0.1	135.6	48.2	1.7	155.0	49.8	1.2	350.0	37.2	1.2	171.6	71.7	0.8	944.0	77.5	3.9	606.5	*	*	*	59.8	1.6	203.4	*	*	*	46.1	0.9	155.0			
	- Raw Pineapple	75.4	1.2	944.0	48.0	7.3	135.6	70.3	3.2	155.0	*	*	*	51.8	3.2	171.6	82.7	1.2	944.0	78.9	7.1	606.5	*	*	*	61.5	7.0	203.4	*	*	*	*	*	*			
68	Plums	71.9	0.9	858.0	94.5	6.0	690.0	102.0	26.4	660.0	*	*	*	109.2	8.4	858.0	93.5	3.0	276.0	14.9	3.0	82.5	*	*	*	*	*	*	*	*	*	*	*	*	*		
69	Raspberries	54.8	0.6	453.1	74.1	0.6	451.3	*	*	*	*	*	*	58.7	1.9	453.1	42.1	0.6	453.1	60.4	2.4	332.9	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
	- Raw Raspberries	53.2	0.6	451.3	71.4	0.6	451.3	*	*	*	*	*	*	58.3	1.9	246.0	40.6	0.6	276.7	57.6	2.5	161.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
70	Strawberries	83.8	0.3	954.0	82.7	1.0	732.0	101.2	1.4	401.0	75.7	1.3	477.0	77.5	0.9	580.1	79.9	1.0	954.0	87.0	0.3	646.3	80.0	1.8	477.0	68.3	1.9	331.5	79.5	0.9	315.0	57.8	3.1	477.0			
	- Raw Strawberries	82.8	1.0	954.0	88.1	1.0	477.0	87.0	1.4	350.0	87.4	6.0	477.0	77.4	1.0	315.0	79.4	1.7	954.0	84.9	2.5	477.0	90.5	1.8	477.0	68.0	1.9	261.0	80.8	5.8	315.0	65.2	4.6	477.0			
71	Tangerines	120.0	1.2	700.0	105.4	17.5	504.0	96.1	28.4	210.0	*	*	*	108.4	10.6	700.0	131.3	4.0	600.0	118.3	5.3	375.0	114.4	5.3	210.0	*	*	*	*	*	*	*	*	*	*		
72	Watermelon	402.7	1.5	3077.1	631.4	8.7	3077.1	425.2	11.4	1430.0				502.6	6.0	1584.3	421.4	6.5	2543.4	350.5	8.0	2260.8	351.5	1.5	1413.0	394.1	18.0	1806.9	*	*	*	*	*	*	*	*	
EGGS																																					
73	Eggs, Overall	36.3	<0.1	514.7	41.6	<0.1	459.4	41.6	<0.1	286.4	35.6	<0.1	300.0	32.8	<0.1	429.8	35.8	<0.1	479.3	33.3	<0.1	514.7	37.9	<0.1	346.6	34.4	<0.1	347.1	32.4	<0.1	185.2	31.9	<0.1	340.6			
74	Egg Substitute	82.9	<0.1	301.9	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		
75	Egg Whites Pasteurized	11.7	<0.1	206.2	11.7	<0.1	164.4	12.6	<0.1	159.4	8.7	<0.1	98.5	32.4	<0.1	206.2	12.3	<0.1	197.2	8.7	<0.1	131.4	14.2	<0.1	98.6	12.0	<0.1	98.6	13.1	0.3	65.7	10.3	<0.1	75.1			
76	Egg Whole	30.5	<0.1	514.7	32.8	<0.1	459.4	35.1	<0.1	286.4	29.1	<0.1	300.0	26.2	<0.1	429.8	30.0	<0.1	479.3	29.5	<0.1	514.7	32.6	<0.1	289.2	27.3	<0.1	270.7	27.0	<0.1	185.2	26.2	<0.1	340.6			
77	Egg Yolk	4.2	<0.1	80.4	4.3	<0.1	34.9	3.4	<0.1	33.9	3.2	<0.1	33.9	6.2	<0.1	60.1	4.5	<0.1	68.0	3.5	<0.1	80.4	8.1	<0.1	17.9	8.1	<0.1	33.9	*	*	*	10.3	<0.1	75.2			
78	Eggs Prepared (fried, boiled, poached, omelet, scrambled)	61.4	<0.1	400.0	58.0	1.4	190.4	70.7	<0.1	258.6	66.6	0.5	220.0	59.0	1.2	400.0	61.3	<0.1	250.0	58.6	0.5	396.0	73.6	0.5	346.6	65.4	1.2	347.1	55.8	0.8	150.0	54.0	<0.1	150.0			
79	Quiche	198.1	<0.1	246.7	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		
DAIRY & DAIRY SUBSTITUTES																																					
80	Butter	12.8	<0.1	227.0	11.6	<0.1	113.0	12.1	0.1	104.1	11.3	<0.1	81.5	11.0	0.2	107.5	11.7	<0.1	227.0	15.0	<0.1	227.0	13.0	<0.1	56.8	16.9	<0.1	113.5	13.1	<0.1	92.0	13.2	<0.1	134.6			
81	Buttermilk	46.2	<0.1	612.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*		
82	White Milk	299.1	<0.1	5306.9	297.4	<0.1	2653.4	332.3	<0.1	2440.0	349.6	<0.1	2062.6	342.2	<0.1	2195.9	293.5	<0.1	5306.9	279.4	<0.1	2805.9	310.4	<0.1	2071.0	340.4	<0.1	2692.3	373.4	<0.1	2653.4	255.5	<0.1	2132.3			
83	Chocolate Milk	391.9	0.5	2000.0	384.5	46.9	1640.6	433.5	1.1	1268.0	429.3	31.2	1056.6	423.9	15.6	1359.3	370.9	0.5	2000.0	386.9	5.2	1812.5	487.0	2.1	1056.6	374.6	31.2	906.2	449.7	15.5	906.2	388.5	52.8	656.2			
84	Evaporated Milk	57.0	1.1	2283.7	*	*	*	*	*	*	37.7	2.7	86.3	82.6	2.6	504.0	43.3	2.6	248.2	*	*	*	50.3	5.2	504.0	56.4	5.2	533.5	75.9	5.2	456.7	99.6	1.1	2283.7			
85	Ice Milk	89.4	0.5	560.6	91.2	9.1	287.1	80.2	20.1	190.5	84.8	9.1	560.6	90.9	9.1	435.5	96.7	0.5	296.2	78.8	28.2	330.0	93.4	18.3	294.3	87.9	18.3	296.2	*	*	*	90.7	1.6	240.7			
86	Half and Half Cream	35.3	<0.1	968.0	33.4	0.7	299.2	29.5	0.3	360.0	37.8	<0.1	484.0	34.9	0.3	229.5	37.7	0.3	968.0	35.4	0.3	484.0	27.7	<0.1	484.0	29.6	0.3	121.0	41.7	0.2	968.0	22.7	0.3	121.0			
87	Table Cream	36.9	0.2	960.0	38.1	2.5	180.2	37.4	0.9	960.0	31.5	2.5	240.0	42.9	1.0	246.7	31.2	1.2	285.3	38.5	0.2	480.0	44.2	2.9	360.0	56.6	1.2	304.3	28.7	1.5	198.3	41.3	1.8	224.8			
88	Whip Cream	30.9	0.1	660.0	40.9	0.3	660.0	33.1	1.1	79.9	30.8	1.1	119.5	29.5	0.1	119.5	25.0	0.6	239.0	33.6	1.0	204.8	22.0	1.3	119.0	23.8	1.7	62.0	*	*	*	35.2	0.5	239.0			
89	Yogurt	154.7	0.5	2947.4	173.0	0.5	811.5	154.2	1.0	735.0	143.4	1.0	964.7	131.1	1.0	735.0	147.1	1.0	1592.4	163.5	1.0	2947.4	117.4	1.0	444.0	151.2	5.1	798.3	122.5	1.0	527.2	115.7	1.0	316.3			
90	Sour Cream	30.3	<0.1	460.0	32.3	<0.1	230.0	31.2	<0.1	336.0	24.6	<0.1	241.3	23.2	<0.1	345.0	27.8	<0.1	460.0	36.6	<0.1	168.0	21.9	0.2	115.0	33.0	0.2	120.7	26.1	0.2	120.7	24.8	0.3	230.0			
91	Ice Cream	108.1	0.3	1093.1	98.2	0.4	598.8	116.0	2.5	708.9	107.2	0.9	783.7	102.7	0.4	528.0	111.7	0.3	874.5	108.5	1.1	783.7	97.1	2.1	437.2	113.5	2.0	437.2	98.5	1.6	1093.1	90.1	1.1	478.5			

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APPENDIX 1: FOOD ITEM AMOUNTS CONSUMED (GRAMS) IN THE PAST 24 HOURS NATIONALLY AND BY PROVINCE (CONT.)

	FOOD	NATIONAL			BC			AB			SK			MB			ON			QC			NB			NS			PE			NL		
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max
92	Frozen Yogurt	121.2	0.6	850.0	*	*	*	*	*	*	*	*	*	*	*	82.2	12.1	386.0	204.0	16.5	850.0	*	*	*	*	*	*	*	*	*	*	*	*	*
93	Milk Dessert	161.0	<0.1	1328.0	229.3	<0.1	514.6	*	*	*	*	*	*	*	*	151.5	<0.1	370.0	134.1	<0.1	1328.0	*	*	*	*	*	*	*	*	*	*	*	*	*
94	Custard	20.6	<0.1	227.7	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
95	Soy Beverage	221.4	4.3	878.2	204.1	7.4	639.3	*	*	*	*	*	*	*	*	221.1	15.5	776.6	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
CHEESE																																		
96	Cheese-All	52.2	<0.1	660.0	54.9	<0.1	500.0	46.6	<0.1	452.0	51.5	<0.1	339.0	52.5	<0.1	477.6	48.0	<0.1	660.0	59.4	<0.1	453.6	46.5	<0.1	252.0	49.6	<0.1	226.0	45.0	<0.1	250.0	56.1	<0.1	250.0
97	Blue Cheese	30.7	<0.1	141.8	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
98	Cheddar Cheese	47.5	<0.1	500.0	50.5	<0.1	500.0	48.1	0.6	226.8	42.2	<0.1	252.0	38.0	<0.1	254.2	41.6	<0.1	453.6	55.7	0.5	302.9	38.8	<0.1	229.5	39.6	0.6	226.0	51.1	0.1	226.8	45.5	0.5	226.0
99	Cottage Cheese	75.1	<0.1	477.6	96.3	0.1	409.6	72.3	0.1	452.0	114.9	0.8	339.0	112.4	<0.1	477.6	79.7	0.2	452.0	53.0	0.1	282.5	*	*	*	*	*	*	*	*	*	*	*	*
100	Cream Cheese (includes Cheesecake)	25.8	<0.1	660.0	21.9	0.3	106.9	20.1	1.0	124.0	37.3	0.7	189.3	25.2	0.4	87.2	26.5	0.3	660.0	25.6	0.4	453.6	29.7	1.2	174.3	33.3	<0.1	165.6	16.3	1.2	58.1	69.3	0.6	250.0
101	Edam Cheese	40.1	0.2	200.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
102	Feta Cheese	32.8	0.2	204.0	37.9	0.8	200.0	17.8	0.2	150.0	*	*	*	19.2	1.6	45.2	30.0	0.7	204.0	48.3	1.4	200.2	*	*	*	*	*	*	*	*	*	*	*	*
103	Goat Cheese	47.8	<0.1	84.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
104	Gouda Cheese	15.3	0.2	66.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
105	Monterey Jack Cheese	35.8	<0.1	141.8	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
106	Parmesan Cheese	6.4	<0.1	205.8	6.8	<0.1	150.0	6.4	<0.1	118.3	5.8	<0.1	56.7	5.5	<0.1	100.0	6.0	<0.1	100.0	7.2	<0.1	205.8	5.2	<0.1	57.9	6.0	<0.1	68.8	4.7	<0.1	34.0	6.0	<0.1	35.3
107	Provolone Cheese	50.4	<0.1	255.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
108	Processed Cheese	31.2	<0.1	359.4	35.8	0.7	231.0	29.1	0.7	216.0	28.9	0.8	244.0	30.3	<0.1	183.0	30.6	<0.1	162.5	32.1	<0.1	359.4	30.1	1.3	252.0	28.3	<0.1	185.5	28.2	1.4	109.1	30.9	2.1	209.9
109	Ricotta Cheese	45.9	<0.1	293.0	41.6	1.4	293.0	36.1	0.3	156.7	41.0	1.4	137.4	36.2	0.7	137.4	44.8	<0.1	235.0	51.2	0.6	204.0	43.9	0.7	142.0	53.0	5.3	164.0	25.8	2.1	98.7	66.0	1.5	164.0
110	Romano Cheese	13.5	<0.1	70.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
111	Swiss Cheese	36.2	0.2	300.0	36.5	0.5	300.0	21.4	1.9	56.7	*	*	*	38.0	0.2	112.5	30.4	0.4	113.4	43.1	0.5	250.0	*	*	*	*	*	*	*	*	*	*	*	*
MEAT & POULTRY																																		
112	Chicken (overall)	116.8	<0.1	1881.7	107.1	<0.1	819.9	111.3	<0.1	862.4	105.4	<0.1	736.9	113.0	<0.1	870.4	115.4	<0.1	1881.7	128.5	0.4	851.7	127.7	<0.1	823.9	105.1	0.6	640.8	99.5	<0.1	640.8	137.6	0.1	784.0
113	Chicken - Other	35.6	0.1	870.4	34.9	3.3	193.2	24.0	0.3	146.1	31.5	1.5	190.9	40.3	0.6	870.4	43.3	0.3	660.0	29.5	1.3	110.9	34.1	1.8	153.3	28.7	4.3	166.4	27.9	0.1	87.0	30.6	2.5	435.2
	Chicken Breast:																																	
114	Skin Off (Chicken Breast)	110.4	0.4	881.0	91.7	1.3	585.4	101.7	1.8	586.3	107.3	2.2	709.8	110.9	1.4	521.8	109.8	0.4	881.0	129.1	1.2	851.7	120.4	0.5	823.9	85.9	4.0	432.3	106.5	1.2	496.8	120.1	2.9	780.8
115	Skin On (Chicken Breast)	109.1	1.0	784.0	110.2	11.7	323.0	135.0	2.8	371.4	*	*	*	90.8	13.4	453.6	110.2	1.1	699.3	98.8	1.4	340.0	*	*	*	*	*	*	*	*	*	*	*	
	Chicken Drumstick:																																	
116	Skin Off (Chicken Drumstick)	83.5	0.6	796.0	61.1	3.5	336.3	65.8	1.8	399.3	82.7	2.0	549.8	62.6	1.0	293.3	99.2	0.6	796.0	76.4	1.3	713.9	80.9	5.5	558.9	60.1	5.1	220.7	*	*	*	82.1	5.4	253.2
117	Skin On (Chicken Drumstick)	91.5	3.0	542.3	*	*	*	*	*	*	*	*	*	*	*	*	96.9	3.0	307.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	Chicken Thigh:																																	
118	Skin Off (Chicken Thigh)	85.4	1.0	640.8	94.3	3.9	323.0	62.7	3.6	459.4	89.1	2.4	430.7	76.6	6.0	408.6	87.5	1.0	330.1	83.9	1.6	283.9	119.0	2.9	368.4	61.5	5.9	640.8	*	*	*	106.0	2.9	567.8
119	Skin On (Chicken Thigh)	96.6	1.8	567.8	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	Chicken Wing:																																	
120	Skin Off (Chicken Wing)	92.6	0.6	540.6	*	*	*	74.5	2.3	304.4	73.1	0.9	397.6	119.0	2.3	494.8	113.3	1.3	540.6	72.8	0.6	230.9	*	*	*	*	*	*	*	*	*	49.9	2.6	198.7
121	Skin On (Chicken Wing)	155.7	5.9	862.4	116.9	15.6	819.9	*	*	*	*	*	*	*	*	*	136.3	18.5	713.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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APPENDIX 1: FOOD ITEM AMOUNTS CONSUMED (GRAMS) IN THE PAST 24 HOURS NATIONALLY AND BY PROVINCE (CONT.)

	FOOD	NATIONAL			BC			AB			SK			MB			ON			QC			NB			NS			PE			NL				
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max		
122	Ground Chicken	70.6	3.3	697.6	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
123	Turkey	86.0	<0.1	854.4	77.3	2.5	306.0	81.6	2.9	738.4	85.8	5.9	278.3	84.4	1.5	491.4	91.7	<0.1	854.4	69.6	2.0	449.5	85.2	7.1	315.1	102.6	3.9	520.6	144.7	8.4	800.9	110.3	2.2	540.0		
124	Duck	172.5	<0.1	528.8	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
125	Other Birds	165.9	<0.1	528.8	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
126	Pork	73.9	<0.1	943.1	87.5	0.5	754.6	96.5	<0.1	772.0	84.3	0.9	832.1	80.5	<0.1	630.3	76.3	<0.1	943.1	58.2	<0.1	840.0	76.7	<0.1	626.2	75.9	0.6	385.0	85.1	0.4	439.4	80.6	<0.1	684.4		
127	Lamb	111.1	0.4	549.3	99.0	2.9	283.5	*	*	*	*	*	*	*	*	*	*	96.5	1.8	367.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
128	Veal	79.6	0.5	549.3	*	*	*	*	*	*	*	*	*	*	*	*	96.8	0.5	450.9	68.6	0.5	549.3	*	*	*	*	*	*	*	*	*	*	*	*	*	
129	Venison	84.6	<0.1	397.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
130	Game Meat	93.5	<0.1	825.5	*	*	*	163.0	3.1	825.5	100.3	4.6	466.3	91.4	<0.1	277.2	82.3	0.5	280.0	78.3	0.5	340.2	*	*	*	*	*	*	*	*	*	*	117.7	2.2	314.2	
131	Liver-Non-Poultry	136.1	2.8	758.7	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
BEEF																																				
132	Beef (Lean/Lean & Fat)	119.2	<0.1	980.4	117.8	0.4	970.0	117.4	<0.1	611.8	119.5	1.0	641.7	115.8	0.3	622.1	120.2	0.4	980.4	120.0	1.0	922.3	125.5	<0.1	832.2	121.3	1.3	831.6	105.1	0.8	673.7	108.0	0.7	482.0		
133	Ground Beef	70.2	<0.1	1028.4	71.5	<0.1	540.4	84.2	<0.1	863.5	71.8	<0.1	696.8	75.3	<0.1	691.5	74.9	<0.1	681.7	56.4	<0.1	801.0	71.6	<0.1	491.8	80.0	0.1	819.2	71.0	<0.1	800.9	68.2	<0.1	1028.4		
134	Ground Beef-Extra Lean	99.4	<0.1	691.5	80.7	14.0	453.6	*	*	*	*	*	*	110.3	7.1	691.5	115.4	<0.1	596.9	85.3	11.5	453.6	*	*	*	*	*	*	*	*	*	*	*	*	*	
135	Ground Beef-Lean	91.7	<0.1	801.0	92.6	1.0	352.9	96.1	1.1	453.6	76.9	2.9	408.1	89.1	0.2	682.6	94.8	<0.1	600.7	84.5	1.8	801.0	95.9	0.1	491.8	107.3	3.1	335.7	110.9	0.5	463.8	130.7	<0.1	553.9		
136	Ground Beef-Medium	57.4	<0.1	1028.4	62.5	<0.1	540.4	73.3	<0.1	863.5	64.8	<0.1	696.8	62.1	<0.1	500.0	59.8	<0.1	583.0	45.1	<0.1	801.0	62.8	<0.1	463.7	60.6	0.1	819.2	58.9	<0.1	800.9	53.3	0.2	1028.4		
137	Ground Beef-Regular	87.3	<0.1	681.7	72.1	9.6	253.1	115.6	<0.1	289.8	89.5	0.4	455.1	80.1	<0.1	355.7	89.1	<0.1	681.7	72.0	5.7	400.5	*	*	*	*	*	*	*	*	87.0	4.4	606.8	67.9	5.7	297.1
138	Roast Beef (Hip, Rump)	78.9	<0.1	615.0	81.1	0.4	346.4	64.0	4.4	259.8	64.1	1.4	346.4	105.2	0.4	615.0	87.0	0.4	514.1	67.9	1.2	514.1	81.3	<0.1	508.3	88.3	5.5	514.1	78.1	0.8	219.5	*	*	*		
COOKED OR PROCESSED MEATS																																				
139	Bacon (Overall)	27.0	<0.1	567.0	31.6	0.2	226.8	26.2	0.3	259.2	25.2	0.6	161.0	25.0	0.3	250.0	27.4	0.3	230.0	23.9	0.4	230.0	29.7	0.8	230.0	23.2	<0.1	115.0	25.2	0.1	113.4	31.5	<0.1	567.0		
140	Bacon, Turkey	31.1	1.7	113.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
141	Ham	58.4	<0.1	776.0	69.2	<0.1	700.3	59.2	0.6	411.9	51.7	0.6	492.8	58.0	0.1	492.8	52.1	0.4	730.1	61.6	0.8	538.7	65.1	1.0	776.0	63.8	0.6	420.2	53.2	0.6	210.0	45.5	0.2	481.2		
142	Corned Beef	84.3	0.7	520.5	*	*	*	*	*	*	*	*	*	122.9	5.0	520.5	81.4	4.2	520.5	*	*	*	*	*	*	*	*	*	*	*	*	88.0	0.7	360.6		
143	Delis Meats/Cold Cuts	37.5	<0.1	520.5	37.6	0.4	385.0	35.9	0.4	330.0	32.3	0.1	330.8	47.9	0.1	520.5	34.3	<0.1	520.5	42.8	0.5	415.6	38.3	0.6	425.9	38.2	<0.1	401.7	33.7	0.3	312.0	34.5	0.7	279.0		
144	Bologna	42.0	<0.1	350.0	39.2	8.8	168.0	40.9	1.8	120.0	31.5	7.0	330.8	40.1	1.0	175.0	37.8	<0.1	219.0	52.5	7.0	350.0	36.8	5.4	140.0	51.5	2.5	140.1	36.0	7.0	87.6	27.8	3.5	84.0		
145	Kielbasa	82.5	<0.1	400.0	*	*	*	*	*	*	*	*	*	*	*	77.1	1.9	400.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
146	Pastrami	76.4	6.0	220.0	*	*	*	*	*	*	*	*	*	*	*	43.7	6.0	149.7	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
147	Pepperoni	14.2	<0.1	283.5	18.7	0.4	175.0	14.2	0.4	140.0	18.0	0.6	140.0	18.8	0.1	175.1	12.9	0.1	224.0	14.1	0.5	283.5	15.5	0.7	140.0	11.4	<0.1	120.0	10.9	0.3	140.0	12.2	0.7	200.0		
148	Salami	56.5	<0.1	425.9	55.1	0.7	260.0	50.8	2.3	275.6	42.9	1.3	156.0	76.4	0.6	358.9	55.0	<0.1	200.0	61.0	2.4	368.0	45.0	0.6	425.9	64.9	1.1	240.0	68.5	8.2	312.0	*	*	*		
149	Meat Pate or Liverwurst	31.1	<0.1	416.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	31.4	0.3	416.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
150	Hamburgers	220.9	<0.1	819.2	233.7	<0.1	540.4	212.2	<0.1	427.5	247.5	<0.1	696.8	206.8	<0.1	691.5	226.2	<0.1	600.7	214.2	<0.1	801.0	200.0	<0.1	400.5	200.4	<0.1	819.2	201.0	<0.1	800.9	193.4	<0.1	675.8		
151	Hot Dogs	65.6	<0.1	600.0	67.0	9.1	600.0	56.9	17.7	280.5	58.5	7.4	337.5	61.1	8.0	200.0	65.3	<0.1	450.0	66.0	7.0	406.9	78.0	18.8	400.1	94.0	2.9	450.0	67.1	18.8	300.6	74.4	4.0	338.0		
152	Sausage (Fresh and Cured)	55.2	<0.1	600.0	67.8	0.6	600.0	55.8	0.3	280.5	56.6	0.6	431.1	64.2	<0.1	353.2	52.0	<0.1	450.0	52.7	0.5	554.4	54.5	0.6	400.1	53.9	0.4	450.0	53.3	0.3	300.6	59.5	<0.1	338.0		
153	Sausage - Beef	73.8	2.2	375.0	*	*	*	*	*	*	*	*	*	*	*	75.8	3.2	242.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
154	Sausage - Pork	43.1	<0.1	467.1	60.9	0.6	242.4	48.7	0.3	272.0	43.1	0.6	431.1	59.0	<0.1	348.2	38.8	0.1	242.5	41.1	0.5	467.1	32.8	0.6	244.3	24.4	0.4	226.1	35.6	0.3	211.7	33.6	0.6	232.8		
SEAFOOD																																				
155	Clam	92.0	<0.1	488.6	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
156	Cod	96.1	0.4	719.9	84.7	2.9	387.5	*	*	*	*	*	*	*	*	94.4	2.6	348.9	96.1	1.1	481.2	*	*	*	*	*	*	*	*	*	*	*	116.3	0.4	719.9	
157	Crab	89.6	<0.1	625.2	*	*	*	*	*	*	*	*	*	*	*	*	121.3	2.2	625.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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APPENDIX 1: FOOD ITEM AMOUNTS CONSUMED (GRAMS) IN THE PAST 24 HOURS NATIONALLY AND BY PROVINCE (CONT.)

	FOOD	NATIONAL			BC			AB			SK			MB			ON			QC			NB			NS			PE			NL			
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	
158	Haddock	115.3	4.9	657.6	*	*	*	*	*	*	*	*	*	*	*	119.3	6.3	308.0	*	*	*	*	*	*	121.2	4.9	450.2	*	*	*	*	*	*		
159	Halibut	98.3	3.4	627.5	*	*	*	*	*	*	*	*	*	*	*	65.4	3.4	627.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
160	Herring	71.6	<0.1	210.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
161	Lobster	181.5	1.2	885.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
162	Mussels	154.5	<0.1	890.6	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
163	Perch	133.9	<0.1	455.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
164	Pollock	57.5	1.3	705.6	*	*	*	*	*	*	*	*	*	79.2	11.6	705.6	50.4	12.6	270.0	81.2	9.4	216.5	*	*	*	*	*	*	*	*	*	*	*	*	
165	Salmon	142.8	0.4	816.0	133.1	0.6	558.0	101.7	7.4	552.0	*	*	*	99.6	1.8	264.6	149.3	1.0	816.0	159.1	0.5	433.7	*	*	*	116.0	5.0	319.6	*	*	*	156.8	0.4	766.3	
166	Sardines	72.8	1.4	425.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
167	Scallops	77.1	0.4	437.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
168	Shrimp	51.1	0.3	431.2	39.7	0.3	256.3	61.2	1.8	261.2	*	*	*	58.0	1.5	431.2	57.3	0.7	272.7	46.0	1.5	262.8	*	*	*	*	*	*	*	*	*	*	*	*	
169	Smoked Fish	193.5	1.0	426.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
170	Sole	105.7	0.4	775.0	124.4	0.6	581.2	*	*	*	*	*	*	*	*	89.8	0.4	556.4	115.1	1.0	739.7	*	*	*	*	*	*	*	*	*	*	*	*	*	*
171	Squid	80.6	<0.1	476.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
172	Trout	105.6	7.0	889.1	*	*	*	*	*	*	*	*	*	*	*	80.3	9.6	340.9	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
173	Tuna Canned	72.6	<0.1	553.1	74.3	2.4	510.1	90.7	7.1	426.0	74.7	<0.1	213.0	110.6	9.1	213.0	63.8	<0.1	352.7	80.1	3.4	553.1	62.9	5.4	133.0	81.7	6.4	208.0	59.5	7.1	344.0	62.1	10.9	170.0	
174	Sushi	176.6	<0.1	466.9	139.0	<0.1	466.9	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
NUTS, SEEDS, TOFU & NUT BUTTERS																																			
175	Almonds	19.7	<0.1	276.0	21.3	0.3	200.8	18.0	0.2	120.7	16.2	0.2	81.6	19.2	0.3	170.1	24.3	<0.1	276.0	13.6	<0.1	106.5	13.6	0.2	142.0	16.9	<0.1	142.0	21.5	1.3	120.7	11.1	0.4	52.5	
176	Brazil Nuts	10.1	<0.1	140.0	10.2	0.2	56.1	*	*	*	*	*	*	*	*	9.7	<0.1	35.4	7.0	<0.1	18.7	*	*	*	*	*	*	*	*	*	*	*	*	*	*
177	Cashews	25.7	<0.1	453.8	27.6	0.4	170.1	20.5	0.2	179.8	33.9	0.2	140.0	38.1	0.4	150.0	28.5	<0.1	453.8	21.1	<0.1	198.5	*	*	*	*	*	*	*	*	*	*	*	*	
178	Hazelnuts and Filberts	8.3	<0.1	126.1	10.3	0.2	56.1	8.0	0.2	14.3	*	*	*	*	*	9.2	<0.1	31.2	6.5	<0.1	75.9	*	*	*	*	*	*	*	*	*	*	*	*	*	*
179	Macadamia Nuts	7.0	<0.1	67.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
180	Peanuts	34.9	<0.1	438.0	31.2	0.3	193.5	38.4	0.9	191.6	39.6	0.1	219.0	35.2	0.5	292.0	39.7	<0.1	438.0	26.5	<0.1	283.5	40.3	0.5	150.0	41.9	0.1	292.0	28.3	2.0	127.7	33.8	0.5	82.1	
	- Raw Peanuts	77.4	1.0	283.5	*	*	*	*	*	*	*	*	*	*	*	68.1	1.0	191.6	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
181	Pecans	10.2	<0.1	78.0	10.4	0.2	56.1	7.3	0.2	27.0	*	*	*	10.9	0.1	28.5	9.6	<0.1	40.5	12.3	<0.1	77.4	*	*	*	*	*	*	*	*	*	3.9	0.2	21.7	
182	Pine Nuts	11.2	<0.1	139.9	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
183	Pistachios	67.9	0.4	340.2	*	*	*	*	*	*	*	*	*	*	*	73.0	0.6	272.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
184	Pumpkin Seeds	28.0	0.4	227.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
185	Sesame Seeds	13.6	<0.1	150.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
186	Sunflower Seeds	36.9	<0.1	347.4	45.1	<0.1	276.5	39.9	0.5	180.0	46.5	<0.1	276.5	45.1	<0.1	347.4	29.8	0.4	232.0	45.0	0.8	245.2	*	*	*	*	*	*	*	*	*	*	*	*	
187	Walnuts	6.0	<0.1	120.0	4.5	0.1	60.0	5.1	<0.1	40.0	3.5	0.2	69.7	3.1	<0.1	60.0	5.5	<0.1	120.0	12.3	0.2	77.4	4.4	0.3	47.6	3.4	<0.1	20.3	3.2	<0.1	20.3	2.4	0.3	12.9	
188	Almond Butter	17.6	<0.1	62.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
189	Peanut Butter	25.1	0.3	516.0	28.0	1.0	387.0	24.2	0.5	129.1	21.1	0.4	516.0	22.4	0.9	129.0	26.3	0.3	516.0	23.8	0.5	258.0	24.1	1.0	129.0	25.9	0.9	165.6	29.2	1.5	258.0	21.9	1.0	193.5	
190	Hummus	55.7	5.2	374.8	*	*	*	*	*	*	*	*	*	*	*	56.0	5.2	187.4	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
191	Soy Product (tofu, yogurt, etc-Excluding milk)	96.6	1.3	821.5	95.1	2.6	731.0	*	*	*	*	*	*	*	*	106.6	1.3	381.2	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
DRIED FRUITS																																			
192	Raisins	16.7	<0.1	226.8	15.8	0.4	81.6	19.1	0.5	145.0	16.1	<0.1	145.0	23.8	0.1	145.0	15.5	<0.1	196.0	18.2	0.5	226.8	18.6	0.5	145.0	12.9	0.4	87.0	29.9	0.8	196.0	12.0	0.1	72.5	
193	Dried Fruit (Includes apples, apricots, figs, peaches, pears, prunes, cranberries, mixed fruits)	46.0	0.3	680.0	43.3	1.0	217.0	56.5	2.0	680.0	*	*	*	52.6	2.0	408.0	42.9	0.5	280.0	43.3	1.8	223.1	*	*	*	*	*	*	*	*	*	*	*	*	*

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FOOD	NATIONAL			BC			AB			SK			MB			ON			QC			NB			NS			PE			NL			
	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	
JUICES																																		
194 Apple Juice	258.7	<0.1	2696.9	259.3	0.5	1310.2	290.6	1.0	1627.5	237.8	<0.1	2696.9	303.5	0.2	1487.7	271.8	0.1	1797.9	215.4	<0.1	1859.9	278.3	<0.1	1797.9	269.5	<0.1	786.1	229.3	0.3	899.0	269.0	0.3	1048.2	
195 Carrot Juice	198.6	1.4	676.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
196 Grapefruit Juice	191.0	<0.1	2087.9	302.6	1.5	2087.9	287.7	3.2	615.9	*	*	*	236.0	7.2	617.0	243.4	0.3	1790.7	117.9	<0.1	895.4	*	*	*	*	*	*	*	*	*	*	*	*	*
197 Orange Juice	307.8	0.1	4209.6	332.2	3.5	2211.0	353.7	0.9	4209.6	359.8	0.9	2104.8	332.8	0.9	2104.8	303.4	1.1	2104.8	291.1	0.3	1991.9	313.2	0.9	1353.9	284.0	3.2	1906.4	293.2	0.1	1711.8	305.4	2.1	1711.8	
- Raw Orange Juice	167.5	1.3	1797.9	157.4	5.1	899.0	237.9	24.0	899.0	*	*	*	185.3	1.3	1797.9	164.1	1.3	899.0	166.1	2.3	1504.3	*	*	*	*	*	*	*	*	*	*	*	*	*
198 Tomato Juice	220.8	<0.1	2627.8	244.9	7.0	951.4	*	*	*	*	*	*	233.3	1.6	2627.8	270.5	3.4	1406.3	167.0	<0.1	875.9	*	*	*	*	*	*	*	*	*	151.1	24.8	533.7	
199 Vegetable Juice	295.2	1.0	2631.7	374.9	74.2	2631.7	*	*	*	*	*	*	415.6	50.7	2045.6	293.3	1.0	2045.6	279.9	5.0	1663.7	*	*	*	*	*	*	*	*	*	*	*	*	
CEREALS																																		
200 Cereal	89.7	<0.1	1425.7	111.5	0.1	1425.7	88.5	0.2	1151.9	97.8	0.4	1389.3	94.2	<0.1	648.9	96.5	<0.1	1389.3	60.8	<0.1	509.3	68.1	0.2	1383.8	96.2	0.4	804.9	66.6	0.4	771.4	100.0	0.1	511.9	
201 Crackers	25.1	0.1	600.0	26.9	0.2	300.0	23.5	0.9	321.8	24.7	1.0	238.5	22.6	0.7	600.0	24.2	0.2	453.6	25.5	0.2	453.6	24.5	0.1	200.0	28.6	1.1	500.0	24.4	1.5	226.8	31.8	0.8	472.0	
BABY FOOD & FORMULA																																		
202 Babyfood Product	155.0	0.2	904.0	138.5	1.8	561.2	169.9	0.8	644.6	*	*	*	138.1	0.4	498.8	178.3	1.2	623.5	94.3	0.2	413.6	*	*	*	*	*	*	*	*	*	*	*	*	*
203 Infant Formula	238.1	<0.1	783.1	*	*	*	*	*	*	*	*	*	92.7	0.3	331.6	194.5	<0.1	783.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
SNACK FOODS																																		
204 Granola Bars	40.9	<0.1	558.0	44.1	<0.1	310.5	42.2	<0.1	558.0	42.4	<0.1	185.0	45.0	<0.1	370.0	38.2	<0.1	310.5	40.2	<0.1	300.0	44.8	<0.1	177.4	43.5	<0.1	141.8	36.4	<0.1	74.0	42.3	<0.1	138.0	
205 Potato Chips	39.6	0.3	900.0	40.1	0.6	265.0	44.7	0.4	900.0	61.2	0.3	290.0	42.7	0.8	600.0	38.3	1.3	440.0	34.3	0.4	338.0	31.0	1.4	118.7	49.4	1.4	574.0	41.1	1.3	324.0	46.9	0.3	230.0	
206 Pretzels	31.0	0.1	320.0	44.3	0.6	266.9	39.6	4.6	266.9	*	*	*	42.1	0.6	200.0	23.3	0.2	297.8	24.9	2.5	140.0	25.9	0.1	89.9	*	*	*	*	*	*	*	*	*	
207 Taco Shells & Tortillas	64.0	0.7	496.8	70.2	3.1	263.5	50.1	0.7	281.7	46.2	4.5	131.1	66.6	4.5	290.3	69.5	3.3	496.8	57.3	8.0	244.2	45.8	8.0	196.0	49.7	3.6	185.0	61.8	6.2	93.3	62.1	4.5	158.4	
208 Tortilla Chips	50.8	1.1	754.0	44.9	1.6	200.8	80.4	1.1	754.0	45.4	3.6	200.0	40.8	3.0	362.3	46.7	1.6	440.0	47.6	1.8	275.0	50.2	7.2	154.4	54.6	5.4	170.1	61.5	1.8	344.0	49.4	1.6	286.0	
SAUCES, SALSA, SALAD DRESSINGS, GRAVIES & JAMS/PRESERVES																																		
209 Tomato Sauce	47.6	<0.1	824.8	46.3	<0.1	405.3	45.3	<0.1	494.1	42.1	0.5	490.0	47.4	<0.1	438.1	49.1	<0.1	552.1	47.9	<0.1	824.8	43.7	<0.1	307.6	45.2	<0.1	238.1	41.2	<0.1	217.9	40.1	1.0	438.1	
210 Sauces (soy, ketchup, etc)	29.9	<0.1	791.3	28.2	<0.1	791.3	26.5	<0.1	480.0	26.7	<0.1	339.9	28.3	<0.1	518.0	28.5	<0.1	750.0	33.8	<0.1	720.0	36.2	<0.1	518.0	30.0	<0.1	388.5	28.3	<0.1	259.0	47.1	<0.1	518.0	
211 Salsa	73.1	1.1	566.5	64.4	4.1	339.9	51.0	2.1	339.9	57.0	5.4	339.9	66.3	1.1	518.0	62.0	2.7	566.5	133.9	5.4	469.4	87.9	5.4	518.0	88.9	1.2	388.5	69.0	4.3	259.0	213.7	5.4	518.0	
212 Salad Dressing	23.9	<0.1	695.4	22.9	<0.1	265.1	26.5	<0.1	250.0	23.7	<0.1	239.8	22.7	<0.1	250.0	24.3	<0.1	245.0	22.4	<0.1	235.0	26.8	0.2	695.4	26.7	0.3	469.9	24.3	0.4	500.0	21.5	0.5	231.8	
213 Gravies	81.0	<0.1	651.7	59.2	<0.1	384.1	70.8	0.5	288.1	55.6	0.9	384.1	72.7	0.4	292.5	78.0	<0.1	570.1	89.6	<0.1	651.7	103.2	<0.1	522.5	78.2	1.4	570.1	90.0	1.4	238.4	90.8	1.2	519.3	
214 Jams/Preserves	25.3	<0.1	959.2	25.6	0.5	479.6	22.9	1.0	159.7	22.4	1.2	239.8	23.5	0.2	319.7	25.7	0.2	319.7	27.0	<0.1	959.2	24.7	0.8	177.6	20.4	<0.1	151.9	23.2	2.1	161.1	24.4	0.4	639.5	
DELI SALADS																																		
215 Fruit Salad	247.1	<0.1	606.5	274.9	2.2	326.1	297.2	<0.1	450.3	291.0	0.8	207.4	265.0	0.2	294.5	240.9	0.3	433.1	236.8	<0.1	606.5	*	*	*	*	*	*	*	*	*	*	*	*	*
216 Pasta Salad	174.5	<0.1	800.7	160.1	0.1	800.7	*	*	*	164.7	0.2	627.8	190.3	<0.1	449.5	174.2	<0.1	367.2	175.8	<0.1	460.4	*	*	*	*	*	*	*	*	*	82.0	<0.1	533.8	
PREPARED/PROCESSED FOODS																																		
217 Yeast	1.3	<0.1	19.4	1.4	<0.1	6.7	1.1	<0.1	11.2	1.0	<0.1	6.4	1.1	<0.1	6.4	1.3	<0.1	16.0	1.3	<0.1	6.4	1.2	<0.1	19.4	1.1	<0.1	16.6	0.9	<0.1	4.4	0.9	<0.1	11.0	
Soup:																																		
218 Soup, Homemade	451.1	<0.1	2926.2	527.2	<0.1	1640.2	484.2	<0.1	1917.2	345.3	<0.1	670.0	492.2	<0.1	1633.5	409.2	<0.1	2926.2	443.4	<0.1	1872.7	667.1	<0.1	1210.9	502.5	<0.1	807.8	391.1	<0.1	400.7	427.3	<0.1	1312.5	
219 Soup, Dried	292.7	0.2	1551.3	*	*	*	*	*	*	*	*	*	*	*	285.0	0.2	1407.2	237.1	0.3	1072.1	*	*	*	*	*	*	*	*	*	*	*	*	*	*
220 Soup, Canned	343.9	<0.1	1666.2	394.6	0.2	813.8	347.3	9.8	746.6	323.7	7.3	416.5	336.5	0.5	652.5	329.8	<0.1	1666.2	350.9	<0.1	416.5	270.5	2.4	376.8	*	*	*	*	*	*	*	*	*	
221 Chinese Dishes	241.8	<0.1	628.7	341.8	<0.1	350.7	268.0	<0.1	190.3	239.4	<0.1	231.6	222.2	<0.1	300.3	234.8	<0.1	628.7	169.4	<0.1	195.8	*	*	*	146.0	<0.1	140.7	*	*	*	*	*	*	
222 Mexican Dishes	233.8	<0.1	700.0	218.7	<0.1	453.6	260.9	<0.1	628.6	199.8	0.2	357.8	212.3	<0.1	362.3	234.6	<0.1	700.0	257.6	<0.1	347.8	*	*	*	187.3	<0.1	140.1	*	*	*	225.7	<0.1	199.9	
223 Lasagna	315.4	<0.1	563.0	323.9	<0.1	412.1	284.4	<0.1	314.1	398.9	<0.1	379.3	300.9	<0.1	379.3	282.1	<0.1	426.7	323.8	<0.1	563.0	355.6	<0.1	363.7	340.5	<0.1	284.5	*	*	*	*	*	*	
224 Macaroni	262.7	<0.1	1376.1	251.6	<0.1	1021.8	268.9	<0.1	860.4	272.8	<0.1	851.5	250.7	<0.1	917.4	268.2	<0.1	1376.1	265.7	<0.1	712.5	285.5	<0.1	917.4	243.1	<0.1	917.4	228.1	<0.1	573.6	173.9	<0.1	533.8	

* The following foods were analyzed but had less than 30 respondents consume the food item and thus were not able to be reported in the table.

APPENDIX 1: FOOD ITEM AMOUNTS CONSUMED (GRAMS) IN THE PAST 24 HOURS NATIONALLY AND BY PROVINCE (CONT.)

FOOD	NATIONAL			BC			AB			SK			MB			ON			QC			NB			NS			PE			NL		
	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max
225 Noodles (Egg)	296.3	<0.1	947.5	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
226 Spaghetti	203.1	<0.1	799.3	313.0	<0.1	799.3	388.3	<0.1	1034.6	462.8	<0.1	1051.1	538.6	<0.1	1472.2	517.5	<0.1	1560.2	429.2	<0.1	1560.2	338.7	<0.1	1472.2	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
227 Other Pasta	288.0	<0.1	689.8	306.6	<0.1	405.3	253.4	<0.1	235.1	181.8	<0.1	235.1	221.9	<0.1	331.9	298.8	<0.1	689.8	317.8	<0.1	388.9	*	*	*	*	*	*	*	*	*	*	*	*
228 Pizza	179.5	<0.1	357.3	192.3	<0.1	327.6	171.8	<0.1	247.6	170.8	<0.1	211.7	164.1	<0.1	258.5	170.6	<0.1	288.9	195.8	<0.1	252.9	174.2	<0.1	175.0	178.4	<0.1	216.2	143.8	<0.1	170.3	201.7	<0.1	357.3
229 Rice	229.4	<0.1	1161.0	221.5	<0.1	797.4	240.4	<0.1	1022.8	201.1	<0.1	1099.0	177.1	<0.1	916.7	244.9	<0.1	1161.0	225.8	<0.1	1013.7	190.1	<0.1	391.2	149.0	<0.1	235.2	214.4	<0.1	391.1	144.8	<0.1	363.7
230 Sandwiches	177.1	<0.1	597.5	204.4	<0.1	585.4	178.2	<0.1	436.6	169.4	<0.1	485.6	175.2	<0.1	520.5	170.1	<0.1	597.5	177.5	<0.1	552.8	163.6	<0.1	466.4	170.3	<0.1	364.0	160.4	<0.1	450.0	153.8	<0.1	323.4
231 Submarine (sandwiches)	295.8	<0.1	425.9	348.4	<0.1	250.0	340.2	<0.1	168.0	319.2	<0.1	155.0	375.6	<0.1	360.1	282.9	<0.1	282.9	267.7	<0.1	425.9	*	*	*	282.5	0.2	207.2	281.1	<0.1	158.8	265.6	<0.1	200.0

* The following foods were analyzed but had less than 30 respondents consume the food item and thus were not able to be reported in the table.

NOTES:

- 1) The following foods were analyzed but had less than 30 respondents consume the food item nationally (and were not included in the table): Arctic Char, Bass, Bay Leaf, Blood Sausage, Bratwurst, Camembert, Cilantro, Cloudberries, Coriander, Cumin, Dill (Fresh & Dried), Deli Meat–Beef, Deli Meat–Chicken, Deli Meat–Ham, Egg Nog, Fish Sticks, Figs, Goat Milk, Ground Turkey, Guava, Head Cheese, Hollandaise sauce, Lemongrass, Limes, Liver-poultry, Kale, Kingfish, Macadamia Nuts, Mexican Style Queso, Marjoram, Mackerel, Melon Balls, Mint (Fresh & Dried), Milkshake, Octopus, Other frozen berries, Oysters, Pistachios, Pomegranate, Pumpkin, Pheasant, Rabbit, Rosemary, Seed Paste, Soy nuts, Sundried Tomatoes, Stilton Cheese, Tahini, Thyme (Fresh & Dried), Trail Mix, Tuna (not canned).
- 2) The following raw foods were analyzed but had less than 30 respondents consume the raw food item nationally (and were not included in the table): Asparagus, Beets, Brussel Sprouts, Corn, Kale, Leeks, Oysters, Pumpkin, Squash, Sweet Potatoes, Swiss Chard.

APPENDIX 2: FOOD ITEM AMOUNTS CONSUMED (IN GRAMS) IN THE PAST 24 HOURS BY AGE GROUP

	FOOD	<3			4 to 8			9 to 13			14 to 18			19 to 30			31 to 50			51 to 70			70+		
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max
VEGETABLES																									
1	Asparagus	*	*	*	*	*	*	*	*	*	*	*	84.3	1.2	180.0	85.4	0.4	518.6	93.6	1.9	270.0	65.4	6.3	226.8	
2	Beans	29.2	0.5	135.0	37.8	1.1	447.2	44.0	0.8	228.0	60.3	0.9	742.2	60.3	1.2	268.2	84.2	0.3	742.2	68.3	0.4	796.0	59.4	0.8	875.0
3	Beets	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	60.9	0.7	300.0	64.3	0.9	289.3	
4	Broccoli	37.8	0.9	280.0	47.1	0.2	720.0	67.3	0.8	563.8	67.1	0.1	936.0	81.5	0.2	926.2	71.9	0.2	604.0	71.5	<0.1	694.0	62.2	0.3	797.2
5	Brussel Sprouts	*	*	*	*	*	*	*	*	*	*	*	*	*	*	128.3	56.1	840.0	133.3	9.7	315.0	77.4	4.4	252.0	
6	Bulb Onion	8.3	<0.1	145.9	12.2	<0.1	137.6	19.1	<0.1	940.0	18.0	<0.1	210.0	25.3	<0.1	725.1	26.0	<0.1	652.4	29.3	<0.1	759.3	24.4	<0.1	350.0
7	Cabbage	26.5	0.1	79.6	42.8	0.5	157.8	42.8	0.4	365.9	60.8	0.5	686.0	52.9	0.2	459.3	62.8	0.5	889.2	65.2	0.2	631.0	68.1	0.6	989.0
8	Carrots	23.2	<0.1	212.6	34.0	<0.1	702.0	39.4	<0.1	500.0	45.2	<0.1	610.0	48.3	0.1	907.2	49.3	<0.1	750.0	41.5	<0.1	453.6	39.6	<0.1	801.7
9	Carrots, Baby	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
10	Cauliflower	*	*	*	50.8	2.3	250.0	43.3	1.0	270.0	46.9	2.0	962.5	87.9	4.5	331.2	50.6	0.3	250.0	46.0	0.5	250.0	37.6	4.1	200.0
11	Celery	6.6	<0.1	75.8	12.6	<0.1	306.0	18.8	<0.1	270.9	18.6	<0.1	217.5	21.3	<0.1	240.0	22.5	<0.1	236.7	21.8	<0.1	331.8	18.8	<0.1	750.0
12	Corn	32.5	0.8	196.3	64.6	1.2	453.6	69.8	0.2	516.0	72.3	1.3	357.4	91.9	<0.1	973.7	80.1	0.4	490.2	79.3	2.0	600.0	53.7	0.4	500.0
13	Cucumber	41.9	0.2	474.0	45.4	<0.1	405.0	48.8	0.5	903.0	48.1	0.3	301.0	66.6	0.3	732.0	46.8	0.3	474.0	56.1	0.3	602.0	50.3	0.3	804.0
14	Eggplant	*	*	*	*	*	*	*	*	*	*	*	*	25.7	0.6	266.9	51.9	0.4	449.1	63.3	1.6	548.0	*	*	*
15	Green Onion	6.1	<0.1	39.2	6.4	0.2	58.1	15.1	<0.1	150.0	11.5	<0.1	63.3	10.7	0.2	79.8	19.5	<0.1	533.2	14.0	<0.1	105.8	14.7	0.2	90.0
16	Leeks	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
17	Lettuce - Boston Bibb	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	61.9	2.5	326.6	*	*	*
18	Lettuce - Iceberg	22.3	0.7	269.5	32.9	0.3	324.0	32.6	<0.1	665.0	37.7	<0.1	1078.0	49.1	1.0	453.6	52.6	<0.1	755.0	52.8	0.2	748.1	40.5	0.2	539.0
19	Lettuce - Loose Leaf	*	*	*	*	*	*	22.2	1.0	150.0	37.5	1.2	332.5	16.3	0.9	203.0	44.0	<0.1	671.1	32.1	0.3	185.5	21.8	0.2	185.5
20	Lettuce - Romaine	17.9	1.0	120.8	40.2	0.2	277.6	44.7	1.0	332.5	63.8	1.2	500.0	66.7	1.2	376.0	59.8	<0.1	665.0	52.4	0.3	376.0	37.5	0.2	376.0
21	Mushroom	6.1	<0.1	155.4	6.8	<0.1	155.4	15.6	<0.1	233.1	14.3	0.1	262.4	18.5	<0.1	313.1	21.8	0.1	388.5	20.3	<0.1	945.0	22.7	<0.1	136.5
22	Olives	4.5	0.2	25.6	5.3	<0.1	47.4	13.1	0.3	331.1	8.3	0.3	236.7	17.7	<0.1	109.9	11.0	<0.1	135.1	9.6	0.2	101.3	10.5	0.3	74.6
23	Peas & pea pods	5.5	0.9	190.3	19.3	0.2	165.0	18.6	0.8	160.0	24.9	1.3	210.0	24.6	0.4	320.0	40.3	0.4	366.0	26.9	0.5	320.0	25.1	0.2	244.0
24	Peppers	8.1	<0.1	149.0	12.6	<0.1	238.0	18.3	<0.1	186.0	21.8	<0.1	270.4	25.0	<0.1	241.1	24.0	<0.1	328.0	25.3	<0.1	298.0	18.6	<0.1	186.0
25	Potatoes	60.6	0.2	875.0	93.2	<0.1	668.0	119.0	0.6	1058.6	145.0	0.4	1500.0	136.3	<0.1	1000.0	145.9	<0.1	1200.0	140.9	<0.1	1092.0	129.6	<0.1	920.7
26	Radishes	*	*	*	*	*	*	7.5	0.6	40.0	10.0	1.0	63.0	11.5	0.5	55.8	11.2	0.5	147.0	9.8	0.3	152.2	10.0	0.2	101.5
27	Snow Peas	*	*	*	*	*	*	31.0	2.6	62.9	59.7	1.0	160.0	30.7	1.0	152.3	37.7	2.1	318.9	38.3	0.9	318.6	44.2	4.4	302.7
28	Spinach	19.8	0.3	190.0	39.8	0.2	453.6	40.4	0.8	393.7	61.5	0.5	332.5	63.9	0.6	770.4	72.3	<0.1	453.6	47.2	<0.1	360.0	54.2	0.2	377.8
29	Squash	*	*	*	*	*	*	*	*	*	53.4	0.7	268.3	143.5	1.2	778.6	68.5	0.4	920.3	91.5	1.0	737.5	106.9	11.3	367.5
30	Sweet potatoes	60.0	6.2	328.0	92.7	4.1	429.8	154.9	20.5	656.0	141.8	13.7	492.0	200.9	12.7	984.0	197.2	3.9	1968.0	150.0	4.1	984.0	177.9	6.8	660.0
31	Swiss chard	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
32	Tomatoes	49.9	0.8	546.0	65.4	0.3	728.0	69.0	<0.1	546.0	82.2	<0.1	596.4	79.2	0.8	492.0	78.5	0.2	910.0	80.7	0.2	546.0	78.2	<0.1	910.0
33	Turnip	12.6	1.9	155.7	20.6	1.0	117.0	36.4	1.8	430.6	32.8	0.2	193.8	38.3	2.0	155.1	36.4	<0.1	434.6	40.7	<0.1	312.0	35.8	0.4	234.0
34	Zucchini	14.1	0.4	42.1	*	*	*	*	*	*	43.2	0.3	342.0	45.8	0.3	232.1	39.5	0.9	513.0	57.2	0.3	528.0	45.0	0.4	186.0
HERBS & SPICES																									
35	Basil, Fresh	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
36	Black Pepper	<0.1	<0.1	0.5	<0.1	<0.1	1.2	0.1	<0.1	5.0	0.1	<0.1	5.0	0.1	<0.1	5.1	0.1	<0.1	5.0	0.1	<0.1	5.0	0.1	<0.1	2.1
37	Chives, Fresh	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
38	Garlic	0.3	<0.1	16.2	1.0	<0.1	112.6	1.2	<0.1	129.5	0.9	<0.1	104.5	1.8	<0.1	105.0	2.0	<0.1	102.0	2.3	<0.1	151.9	1.6	<0.1	39.8
39	Ginger	*	*	*	0.3	<0.1	3.2	0.8	<0.1	10.0	0.6	<0.1	3.7	2.2	<0.1	73.2	0.8	<0.1	59.3	1.6	<0.1	35.9	7.7	<0.1	56.8
40	Oregano	<0.1	<0.1	0.9	<0.1	<0.1	0.5	0.1	<0.1	2.0	0.2	<0.1	1.7	0.2	<0.1	1.0	0.2	<0.1	2.0	0.1	<0.1	0.9	<0.1	<0.1	1.0
41	Parsley	0.7	<0.1	24.3	0.9	<0.1	27.4	1.1	<0.1	23.4	1.4	<0.1	85.4	3.0	<0.1	61.0	3.1	<0.1	333.2	2.7	<0.1	230.0	2.1	<0.1	44.2
42	Sage	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	0.4	<0.1	1.3	*	*	*
43	Salt	0.9	<0.1	10.7	1.6	<0.1	16.4	1.8	<0.1	15.0	2.1	<0.1	22.7	2.2	<0.1	17.9	2.1	<0.1	22.2	1.9	<0.1	17.6	1.5	<0.1	12.2

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APPENDIX 2: FOOD ITEM AMOUNTS CONSUMED (IN GRAMS) IN THE PAST 24 HOURS BY AGE GROUP (CONT.)

	FOOD	<3			4 to 8			9 to 13			14 to 18			19 to 30			31 to 50			51 to 70			70+			
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	
SPROUTS																										
44	Alfalfa Sprouts	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
45	Bean Sprouts	13.7	0.6	60.8	18.5	0.6	99.2	26.2	0.6	286.6	32.4	0.2	129.7	29.3	0.2	232.1	41.6	0.3	170.9	53.9	0.4	188.3	49.7	0.6	340.2	
FRUIT																										
46	Apples	95.5	<0.1	848.0	129.5	0.8	828.0	152.5	2.2	848.0	161.9	0.7	848.0	150.7	0.8	424.0	156.9	0.6	530.0	139.5	0.7	636.0	119.4	0.8	433.1	
47	Apricots	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
48	Avocado	*	*	*	*	*	*	*	*	*	*	*	73.4	4.7	227.8	90.3	2.2	402.0	67.9	4.8	227.8	*	*	*	*	
49	Bananas	80.1	0.6	816.0	95.6	0.3	472.0	111.7	0.7	544.0	120.2	0.8	951.5	119.3	0.1	680.0	118.2	0.5	360.6	112.2	0.1	708.0	100.6	0.3	816.0	
50	Blackberries	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
51	Blueberries	26.5	0.3	145.0	33.6	0.9	317.2	42.2	0.7	480.3	39.6	0.9	225.2	35.6	0.7	290.0	40.5	0.3	343.1	50.2	0.3	333.6	47.0	0.2	268.7	
52	Cantaloupe	144.8	1.6	1701.3	147.1	2.1	1155.0	190.6	13.2	949.9	141.0	18.0	922.3	247.2	2.7	1006.1	187.4	2.7	1505.7	212.5	2.8	1524.6	110.3	1.9	529.7	
53	Cherries	38.2	3.5	135.6	35.2	3.3	170.0	73.0	3.5	253.7	90.4	0.7	860.9	97.4	1.1	870.0	87.7	0.3	570.9	69.0	1.7	570.9	83.3	0.7	340.0	
54	Cranberries	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	11.1	0.4	78.6	*	*	*
55	Grapefruit	*	*	*	*	*	*	*	*	*	*	*	198.9	25.0	600.0	177.5	1.9	738.0	165.4	15.0	996.0	148.3	25.4	738.0	*	
56	Grapes	58.0	1.7	340.0	66.2	1.6	950.0	87.6	2.4	320.0	112.0	0.5	530.0	118.6	0.3	530.0	94.6	0.3	530.0	72.4	0.4	950.0	52.7	0.7	480.0	
57	Honeydew Melon	*	*	*	*	*	236.0	22.4	640.0	*	*	*	*	*	*	81.0	10.6	1588.3	228.4	14.2	1241.1	*	*	*	*	
58	Kiwi	64.6	7.0	152.0	67.5	7.0	152.0	78.3	14.0	304.0	105.9	7.0	304.0	*	*	61.6	7.0	228.0	73.8	0.8	182.0	68.6	38.0	152.0		
59	Lemon	1.7	<0.1	36.0	3.3	<0.1	76.0	4.3	<0.1	211.9	11.3	<0.1	442.2	5.4	<0.1	49.9	6.4	<0.1	273.0	9.6	<0.1	976.0	6.4	<0.1	2135.0	
60	Mangoes	86.3	0.9	520.0	123.4	10.2	414.0	107.0	2.1	438.5	115.5	5.8	243.6	157.5	1.4	414.0	146.7	6.7	363.3	141.8	10.2	310.5	107.2	6.2	207.0	
61	Nectarines	*	*	*	169.8	11.3	408.0	159.7	22.6	544.0	170.0	33.9	408.0	170.4	30.3	816.0	193.0	43.5	392.0	154.9	17.2	408.0	159.7	32.2	272.0	
62	Oranges	87.9	0.1	360.0	117.3	<0.1	480.0	141.2	0.4	736.0	164.9	0.8	960.0	148.5	3.6	736.0	143.6	<0.1	786.0	126.5	0.3	736.0	125.3	<0.1	736.0	
63	Other berries-Raw (includes elderberry, gooseberry, mulberry, oheloberry, saskatoon berries, partridgeberries)	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
64	Papaya	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
65	Peaches	72.3	3.5	316.0	105.8	16.6	314.0	99.1	5.4	490.0	124.0	4.2	606.5	120.7	8.5	588.0	100.9	2.4	392.0	118.3	4.0	471.0	105.2	5.8	371.9	
66	Pears	98.9	10.9	332.0	122.5	5.4	456.0	147.7	17.5	608.0	129.2	1.7	606.5	152.5	5.7	332.0	131.0	1.6	418.0	132.9	2.7	332.0	141.5	3.9	836.0	
67	Pineapple	40.4	0.8	472.0	42.9	3.8	480.0	56.1	4.1	336.0	59.4	3.1	606.5	59.6	<0.1	350.0	56.9	1.6	350.0	80.8	1.8	944.0	68.5	4.4	528.0	
68	Plums	33.8	0.9	138.0	49.7	3.0	264.0	101.2	3.0	660.0	74.3	3.0	396.0	62.1	3.0	207.4	82.9	3.0	858.0	70.5	1.6	396.0	61.2	3.0	330.0	
69	Raspberries	*	*	*	47.9	7.7	246.0	51.3	0.6	246.0	58.9	1.7	453.1	56.0	0.6	265.6	43.3	0.6	250.0	56.3	1.4	451.3	79.5	0.6	246.0	
70	Strawberries	55.0	1.2	288.0	81.3	2.3	580.1	98.5	1.0	954.0	83.9	1.8	732.0	77.9	1.0	518.0	87.1	1.0	477.0	86.2	0.3	907.2	84.3	1.9	396.0	
71	Tangerines	94.6	5.3	300.0	88.0	4.0	210.0	117.5	4.0	375.0	142.5	1.2	700.0	122.8	12.2	375.0	117.2	2.5	300.0	141.3	5.2	504.0	108.5	10.6	375.0	
72	Watermelon	209.0	6.5	1494.9	342.3	1.5	2543.4	512.9	16.0	2260.8	481.6	6.0	2288.0	476.1	9.1	1293.1	466.7	8.0	3077.1	256.0	16.0	1913.9	329.3	5.5	1478.4	
EGGS																										
73	Eggs, Overall	21.6	<0.1	175.8	21.1	<0.1	268.5	27.1	<0.1	347.1	31.3	<0.1	429.8	40.2	<0.1	479.3	42.0	<0.1	459.4	38.3	<0.1	514.7	31.0	<0.1	289.2	
74	Egg Substitute	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
75	Egg Whites Pasteurized	6.9	<0.1	98.6	10.2	<0.1	131.5	10.1	<0.1	98.6	13.9	<0.1	131.4	20.4	0.2	206.2	12.2	<0.1	197.2	10.7	<0.1	198.0	6.3	<0.1	65.7	
76	Egg Whole	18.7	<0.1	175.8	17.1	<0.1	268.5	24.0	<0.1	251.0	27.9	<0.1	429.8	34.1	<0.1	479.3	35.4	<0.1	459.4	31.8	<0.1	514.7	24.2	<0.1	289.2	
77	Egg Yolk	7.5	<0.1	34.9	6.1	<0.1	33.9	4.3	<0.1	67.7	4.0	<0.1	16.9	4.8	<0.1	56.2	3.4	<0.1	68.0	4.2	<0.1	80.4	5.0	<0.1	75.2	
78	Eggs Prepared (fried, boiled, poached, omelet, scrambled)	38.9	0.5	173.5	50.7	0.5	159.5	56.7	<0.1	347.1	77.3	<0.1	396.0	66.1	<0.1	264.0	64.1	0.3	264.2	60.2	0.8	400.0	55.2	1.2	232.0	
79	Quiche	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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	FOOD	<3			4 to 8			9 to 13			14 to 18			19 to 30			31 to 50			51 to 70			70+		
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max
DAIRY & DAIRY SUBSTITUTES																									
80	Butter	6.7	<0.1	90.3	8.9	<0.1	85.7	10.6	<0.1	113.5	14.8	<0.1	143.8	11.8	<0.1	145.0	13.6	<0.1	146.7	14.1	<0.1	227.0	13.3	<0.1	134.6
81	Buttermilk	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
82	White Milk	504.6	<0.1	2135.0	394.6	<0.1	1708.0	409.6	<0.1	2805.9	424.6	<0.1	3980.1	317.1	<0.1	2692.3	254.6	<0.1	5306.9	226.8	<0.1	2653.4	240.4	<0.1	2071.0
83	Chocolate Milk	258.3	31.2	1056.6	330.7	1.1	1093.7	362.1	15.5	1812.5	480.0	2.1	2000.0	454.7	0.5	1268.0	397.0	1.1	1499.9	365.3	55.9	1093.7	*	*	*
84	Evaporated Milk	*	*	*	*	*	*	43.7	5.2	533.5	69.9	4.3	252.0	58.2	2.3	259.1	70.3	1.1	2130.2	37.8	1.3	504.0	53.4	2.6	2283.7
85	Ice Milk	78.9	9.1	190.5	63.8	1.6	560.6	92.4	0.5	435.5	105.3	13.4	352.0	112.8	9.4	296.2	83.1	16.6	287.1	81.3	15.7	237.1	82.5	9.1	209.5
86	Half and Half Cream	*	*	*	13.2	<0.1	72.0	19.4	0.2	121.0	27.0	0.3	122.4	39.5	0.3	484.0	36.8	0.3	484.0	32.6	0.3	968.0	33.0	0.7	968.0
87	Table Cream	23.0	1.0	154.6	12.2	0.2	164.6	25.6	0.6	285.3	28.0	2.3	195.0	35.9	1.9	960.0	44.3	1.2	480.0	30.3	0.5	360.0	32.3	0.5	304.3
88	Whip Cream	16.8	0.1	74.4	35.5	0.3	660.0	34.5	0.8	178.5	31.2	1.8	239.0	28.1	1.1	223.1	29.1	1.0	204.8	33.8	0.2	238.0	31.1	0.9	119.5
89	Yogurt	104.7	1.0	980.0	127.5	0.9	735.0	133.1	1.0	1592.4	163.4	1.0	1010.6	189.7	1.0	2947.4	166.7	0.5	1194.3	148.1	1.0	750.0	133.0	1.0	735.0
90	Sour Cream	13.7	0.2	84.0	22.8	<0.1	136.7	25.5	<0.1	196.0	33.7	<0.1	345.0	35.6	<0.1	460.0	28.9	<0.1	460.0	35.5	<0.1	243.0	20.4	<0.1	120.7
91	Ice Cream	62.6	0.4	437.2	87.0	0.3	560.6	117.5	0.5	745.6	149.4	1.1	1093.1	126.7	1.1	783.7	109.5	2.1	519.7	103.9	2.0	860.4	82.7	1.6	437.2
92	Frozen Yogurt	88.6	28.4	227.0	78.8	30.0	200.0	109.7	26.9	290.0	*	*	*	*	*	*	*	*	*	109.2	22.0	646.4	147.4	12.1	244.0
93	Milk Dessert	*	*	*	*	*	*	153.9	<0.1	290.2	*	*	*	*	*	*	163.6	<0.1	1328.0	144.1	<0.1	378.3	190.4	<0.1	370.0
94	Custard	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
95	Soy Beverage	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
CHEESE																									
96	Cheese-All	40.2	<0.01	299.8	44.0	<0.01	452.0	50.4	<0.01	340.2	55.9	<0.01	500.0	58.3	<0.01	453.6	55.4	<0.01	660.0	48.9	<0.01	477.6	41.3	<0.01	339.0
97	Blue Cheese	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
98	Cheddar Cheese	36.2	0.3	299.8	40.2	<0.1	216.2	45.6	<0.1	283.5	44.2	<0.1	500.0	55.4	0.5	235.1	49.0	<0.1	283.5	47.6	0.5	453.6	40.1	0.2	283.5
99	Cottage Cheese	57.5	0.1	226.0	54.1	0.1	452.0	48.5	0.2	296.6	63.8	0.3	409.6	88.6	0.1	409.6	66.5	<0.1	296.6	101.3	0.2	477.6	75.5	0.2	339.0
100	Cream Cheese (includes cheesecake)	15.4	0.4	100.0	20.2	0.1	62.7	25.1	0.8	174.3	29.7	0.4	253.6	29.3	<0.1	453.6	28.3	1.5	660.0	22.3	0.3	165.6	13.6	0.5	59.6
101	Edam Cheese	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
102	Feta Cheese	*	*	*	*	*	*	*	*	*	20.6	0.8	112.0	24.3	1.6	163.6	39.0	0.2	204.0	32.2	0.7	200.0	*	*	*
103	Goat Cheese	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
104	Gouda Cheese	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
105	Monterey Jack Cheese	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
106	Parmesan Cheese	4.3	<0.1	82.8	4.6	<0.1	79.0	4.9	<0.1	69.1	6.3	<0.1	150.0	7.8	<0.1	118.3	6.5	<0.1	205.8	6.9	<0.1	100.0	4.4	<0.1	59.2
107	Provolone Cheese	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
108	Processed Cheese	23.9	0.6	126.6	26.6	0.2	210.0	29.8	0.3	244.0	34.2	<0.1	216.0	33.6	<0.1	252.0	33.4	0.7	359.4	29.5	0.5	231.0	25.1	<0.1	103.2
109	Ricotta Cheese	23.7	0.6	164.0	29.4	0.8	137.4	37.1	1.8	235.0	37.5	2.1	230.6	49.8	0.4	293.0	52.9	<0.1	204.0	41.9	0.3	164.0	62.8	0.8	110.7
110	Romano Cheese	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
111	Swiss Cheese	*	*	*	*	*	*	31.9	0.8	126.6	41.2	1.1	113.4	39.4	1.2	203.1	46.4	0.5	300.0	27.4	0.2	108.8	24.4	0.3	210.0
MEAT & POULTRY																									
112	Chicken (Overall)	50.9	<0.1	558.9	70.9	<0.1	780.8	101.7	<0.1	862.4	120.5	<0.1	763.7	125.0	<0.1	881.0	134.8	<0.1	870.4	115.3	0.2	1881.7	97.4	0.2	709.8
113	Chicken - Other	13.3	0.9	31.7	13.7	0.9	80.4	31.3	0.3	166.4	36.8	0.3	237.7	37.6	0.5	322.8	50.6	2.6	870.4	23.2	0.1	187.9	16.2	0.3	83.2
	Chicken Breast:																								
114	Skin Off (Chicken Breast)	45.2	0.6	517.0	74.6	3.0	780.8	110.4	0.6	839.2	121.2	1.2	763.7	111.4	0.6	881.0	126.9	0.6	851.7	103.2	0.5	762.9	92.8	0.4	709.8
115	Skin On (Chicken Breast)	*	*	*	*	*	*	88.2	2.8	377.7	90.6	1.1	393.0	139.6	1.4	409.1	110.7	1.4	699.3	107.4	1.0	784.0	88.5	19.9	214.9
	Chicken Drumstick:																								
116	Skin Off (Chicken Drumstick)	59.7	1.4	558.9	54.5	2.0	336.3	56.8	2.0	253.2	76.5	1.8	303.9	82.6	4.3	549.8	78.2	4.1	713.9	134.6	1.3	796.0	60.0	0.6	312.8
117	Skin On (Chicken Drumstick)	*	*	*	*	*	*	106.0	5.9	542.3	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	Chicken Thigh:																								
118	Skin Off (Chicken Thigh)	44.0	1.7	188.4	52.0	2.4	292.8	67.4	3.4	459.4	74.1	4.9	430.7	99.3	5.4	361.3	90.9	4.8	640.8	95.4	1.6	330.1	72.6	1.0	388.6
119	Skin On (Chicken Thigh)	*	*	*	*	*	*	168.1	19.0	862.4	195.7	15.6	736.9	163.5	13.8	819.9	148.1	15.6	713.3	180.7	5.9	510.0	*	*	*

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		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max
	Chicken Wing:																								
120	Skin Off (Chicken Wing)	*	*	*	27.5	0.9	246.7	75.5	1.3	346.3	106.2	1.9	494.8	111.3	2.1	513.2	108.9	1.9	409.0	87.9	0.6	540.6	42.1	2.6	173.2
121	Skin On (Chicken Wing)	*	*	*	*	*	*	168.1	19.0	862.4	195.7	15.6	736.9	163.5	13.8	819.9	148.1	15.6	713.3	180.7	5.9	510.0	*	*	*
122	Ground Chicken	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1	<0.1
123	Turkey	49.1	1.5	291.7	60.7	2.0	465.6	78.0	2.3	283.0	88.3	2.9	491.4	91.6	2.5	854.4	85.5	0.8	512.0	90.6	<0.1	800.9	88.9	2.0	574.9
124	Duck	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
125	Other Birds	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
126	Pork	25.8	0.1	770.4	42.5	<0.1	540.0	63.6	<0.1	659.1	74.5	<0.1	840.0	64.4	<0.1	876.1	87.4	<0.1	772.0	79.1	<0.1	943.1	72.0	0.4	684.4
127	Lamb	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	129.3	1.8	445.8	99.9	0.4	420.2	*	*	*
128	Veal	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	73.0	2.8	342.2	92.4	5.6	255.9	54.9	6.7	326.4
129	Venison	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
130	Game Meat	*	*	*	*	*	*	*	*	*	97.2	8.4	293.4	99.6	6.9	414.5	104.5	<0.1	825.5	86.1	2.9	340.2	*	*	*
131	Liver-Non-Poultry	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	129.2	5.3	504.8	*	*	*
	BEEF																								
132	Beef (Lean/Lean & Fat)	43.9	1.3	420.2	59.9	0.3	388.9	89.1	1.0	657.0	137.7	0.4	980.4	124.9	0.1	922.3	132.6	0.8	970.0	126.9	0.4	831.6	97.2	<0.1	770.4
133	Ground Beef	30.8	<0.1	352.9	49.8	<0.1	455.1	58.2	<0.1	691.5	77.0	<0.1	1028.4	75.2	<0.1	696.8	76.1	<0.1	863.5	72.6	<0.1	819.2	63.8	<0.1	688.3
134	Ground Beef-Extra Lean	*	*	*	74.7	7.3	307.6	52.8	7.1	691.5	*	*	*	*	*	*	112.1	2.0	455.1	114.6	1.0	510.3	80.1	8.6	499.1
135	Ground Beef-Lean	39.5	0.1	352.9	55.6	1.0	455.1	68.5	<0.1	491.8	106.4	<0.1	801.0	93.3	<0.1	559.6	116.8	0.6	582.5	90.5	1.8	600.7	76.1	0.2	408.1
136	Ground Beef-Medium	23.4	<0.1	279.5	41.6	<0.1	455.1	50.0	<0.1	455.1	64.6	<0.1	1028.4	65.4	<0.1	696.8	59.7	<0.1	863.5	56.0	<0.1	819.2	48.3	0.4	688.3
137	Ground Beef-Regular	46.5	5.7	128.0	57.2	<0.1	398.2	78.2	<0.1	277.7	90.8	<0.1	400.5	117.8	<0.1	455.1	93.1	1.4	681.7	83.5	2.4	396.9	67.8	<0.1	606.8
138	Roast Beef (Hip, Rump)	44.7	7.9	156.9	50.8	1.8	346.4	69.0	2.6	514.1	101.2	0.4	514.1	78.0	0.1	259.8	94.3	0.8	615.0	63.8	0.4	431.9	89.9	<0.1	366.9
	COOKED OR PROCESSED MEATS																								
139	Bacon Overall	12.5	<0.1	46.0	20.7	0.4	160.0	24.3	0.4	138.0	28.4	0.3	250.0	31.8	<0.1	567.0	29.5	0.2	230.0	24.2	0.1	161.0	20.5	0.4	143.0
140	Bacon (Turkey)	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
141	Ham	29.2	0.6	189.3	43.9	0.2	708.8	54.9	0.6	689.8	60.8	<0.1	538.7	59.5	<0.1	727.5	61.2	0.4	492.8	64.4	0.1	776.0	52.0	0.6	730.1
142	Corned Beef	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	96.2	5.6	390.4	72.0	4.2	401.7	82.8	0.7	520.5
143	Deli Meats/Cold Cuts	23.5	0.3	503.8	26.3	0.1	301.3	31.7	<0.1	330.8	37.8	<0.1	350.0	37.2	0.2	520.5	38.9	0.3	390.4	45.3	<0.1	415.6	44.4	0.9	520.5
144	Bologna	30.2	1.8	131.4	29.9	1.0	129.3	44.0	1.0	330.8	42.1	6.8	350.0	35.7	6.4	120.7	49.0	4.1	175.0	40.7	<0.1	141.8	42.3	5.0	85.1
145	Kielbasa	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
146	Pastrami	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
147	Pepperoni	7.1	0.3	100.0	11.7	0.1	175.0	14.6	0.1	210.0	14.1	<0.1	200.0	17.9	0.2	283.5	13.5	0.3	170.1	12.2	0.2	113.4	11.4	1.1	224.0
148	Salami	*	*	*	45.1	2.3	260.0	50.6	<0.1	212.9	71.1	0.6	275.6	65.3	0.6	425.9	50.1	0.4	368.0	63.1	<0.1	252.0	35.9	0.9	200.0
149	Meat Pate or Liverwurst	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
150	Hamburgers	85.8	<0.1	173.9	143.8	<0.1	455.1	173.5	<0.1	691.5	236.5	<0.1	801.0	235.6	<0.1	696.8	244.4	<0.1	582.5	220.8	<0.1	819.2	179.4	<0.1	463.7
151	Hot Dogs	44.9	7.0	300.0	57.0	2.9	338.0	67.4	2.5	450.0	73.2	15.9	337.5	77.8	18.8	450.0	68.5	12.7	600.0	63.2	<0.1	338.0	54.2	4.0	200.0
152	Sausage (Fresh and Cured)	46.9	0.3	300.0	50.4	0.1	338.0	57.1	<0.1	450.0	53.9	0.5	467.1	55.1	0.2	450.0	51.0	0.6	600.0	65.4	<0.1	554.4	58.5	0.5	353.2
153	Sausage - Beef	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
154	Sausage - Pork	38.9	0.3	242.5	37.1	0.1	232.8	41.8	<0.1	431.1	35.2	0.5	467.1	39.9	0.2	238.2	39.5	0.6	277.9	55.6	0.4	272.0	53.6	0.5	242.4
	SEAFOOD																								
155	Clam	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
156	Cod	*	*	*	*	*	*	92.7	0.4	332.5	*	*	*	*	*	*	99.2	2.3	340.2	114.5	2.4	719.9	72.8	2.9	453.6
157	Crab	*	*	*	*	*	*	*	*	*	*	*	*	92.6	<0.1	625.2	*	*	*	85.3	8.3	375.0	*	*	*
158	Haddock	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	109.8	10.2	657.6	147.1	6.3	495.8	106.1	8.3	450.2
159	Halibut	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
160	Herring	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

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APPENDIX 2: FOOD ITEM AMOUNTS CONSUMED (IN GRAMS) IN THE PAST 24 HOURS BY AGE GROUP (CONT.)

	FOOD	<3			4 to 8			9 to 13			14 to 18			19 to 30			31 to 50			51 to 70			70+			
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	
161	Lobster	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	104.7	4.6	885.0	*	*	*	
162	Mussels	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
163	Perch	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
164	Pollock	33.7	11.6	88.2	57.9	11.5	203.2	*	*	*	51.6	12.6	141.4	*	*	*	*	*	*	51.1	7.1	705.6	*	*	*	
165	Salmon	*	*	*	*	*	*	99.0	0.4	536.8	122.0	4.8	338.3	100.8	6.4	417.5	170.3	2.8	816.0	152.8	0.6	766.3	107.2	1.0	465.0	
166	Sardines	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
167	Scallops	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	83.7	2.3	230.9	*	*	*
168	Shrimp	*	*	*	*	*	*	51.0	0.4	252.8	56.0	1.8	272.7	62.6	1.4	262.8	46.1	1.5	431.2	48.4	0.7	235.2	41.0	0.3	226.8	
169	Smoked Fish	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
170	Sole	*	*	*	*	*	*	*	*	*	104.8	2.5	517.0	55.6	6.3	331.5	116.3	2.3	371.0	140.4	7.1	775.0	92.6	9.1	364.0	
171	Squid	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
172	Trout	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	115.7	9.6	889.1	
173	Tuna Canned	42.4	2.4	346.5	59.6	3.4	250.0	76.8	<0.1	546.6	85.0	3.6	344.0	64.6	<0.1	243.5	77.2	<0.1	352.7	68.6	1.0	553.1	88.0	3.6	426.0	
174	Sushi	*	*	*	*	*	*	*	*	*	*	*	*	202.0	<0.1	466.9	*	*	*	*	*	*	*	*	*	
NUTS, SEEDS, TOFU & NUT BUTTERS																										
175	Almonds	8.0	0.4	69.0	10.5	1.5	56.0	17.3	0.3	88.2	25.9	0.4	145.0	23.6	<0.1	276.0	22.5	0.2	190.3	18.6	<0.1	200.8	10.0	<0.1	71.0	
176	Brazil Nuts	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	7.7	0.3	35.0	11.5	<0.1	70.0	15.9	<0.1	140.0	
177	Cashews	*	*	*	*	*	*	38.8	0.5	179.8	28.9	0.5	453.8	19.6	<0.1	137.0	28.0	0.2	198.5	26.3	<0.1	170.1	21.2	<0.1	137.0	
178	Hazelnuts and Filberts	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	7.9	0.2	67.5	10.6	<0.1	67.5	6.9	<0.1	31.2	
179	Macadamia Nuts	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
180	Peanuts	11.9	0.2	106.6	17.0	0.5	82.1	21.3	0.1	191.6	28.3	0.9	193.5	39.1	<0.1	219.0	37.4	0.9	438.0	37.7	<0.1	292.0	29.8	<0.1	365.0	
181	Pecans	*	*	*	*	*	*	*	*	*	9.9	0.2	30.9	8.5	<0.1	78.0	13.6	0.2	77.4	10.1	<0.1	55.0	6.1	<0.1	31.2	
182	Pine Nuts	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
183	Pistachios	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
184	Pumpkin Seeds	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
185	Sesame Seeds	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
186	Sunflower Seeds	*	*	*	30.2	0.6	138.2	33.3	<0.1	199.0	81.1	<0.1	276.5	48.5	0.1	244.9	35.3	<0.1	347.4	26.7	<0.1	138.9	20.5	0.3	64.0	
187	Walnuts	2.0	0.1	11.2	5.7	<0.1	80.0	3.1	<0.1	47.6	5.2	<0.1	40.0	7.5	<0.1	52.5	5.9	<0.1	60.0	6.6	<0.1	60.0	7.6	<0.1	120.0	
188	Almond Butter	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
189	Peanut Butter	12.2	0.4	80.7	23.6	0.5	193.5	26.9	0.9	322.5	29.1	1.0	258.0	30.3	2.0	516.0	26.9	1.6	387.0	22.2	1.3	516.0	18.3	0.3	129.0	
190	Hummus	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
191	Soy Product (tofu, yogurt, etc-Excluding milk)	*	*	*	*	*	*	*	*	*	*	*	*	125.4	5.8	381.1	79.2	7.3	568.0	160.6	2.7	731.0	*	*	*	
DRIED FRUITS																										
192	Raisins	23.0	0.3	181.3	19.6	0.4	145.0	19.1	<0.1	145.0	17.3	0.7	196.0	17.0	0.4	196.0	16.0	0.1	226.8	17.3	<0.1	145.0	13.5	0.1	145.0	
193	Dried Fruit (Includes apples, apricots, figs, peaches, pears, prunes, cranberries, mixed fruits)	44.1	2.0	236.6	49.8	2.0	170.6	*	*	*	*	*	*	36.5	1.8	408.0	37.1	2.0	236.6	46.7	0.3	223.1	52.8	2.5	428.8	
JUICES																										
194	Apple Juice	229.3	<0.1	1487.7	254.5	0.3	1859.9	276.4	<0.1	2696.9	288.7	0.1	1797.9	349.2	2.7	1504.3	244.3	<0.1	1627.5	195.6	0.2	899.0	185.0	<0.1	651.0	
195	Carrot Juice	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	
196	Grapefruit Juice	23.4	<0.1	250.0	71.4	4.0	261.0	113.5	<0.1	895.4	128.0	1.0	1044.0	254.3	0.8	906.2	265.9	0.3	2087.9	196.0	1.5	988.0	142.0	3.1	494.0	
197	Orange Juice	217.9	0.9	1416.1	279.1	1.1	2104.8	331.3	0.3	1867.4	424.4	0.9	2104.8	404.9	0.8	2211.0	308.3	0.9	2104.8	250.9	0.1	4209.6	208.7	3.7	1992.0	
198	Tomato Juice	*	*	*	*	*	*	190.1	7.8	875.9	*	*	*	258.3	15.2	2627.8	278.8	1.5	951.4	180.1	5.1	875.9	214.8	8.1	1402.5	

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	FOOD	<3			4 to 8			9 to 13			14 to 18			19 to 30			31 to 50			51 to 70			70+		
		Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max	Wtd Avg	Min	Max
199	Vegetable Juice	*	*	*	231.0	19.3	348.8	228.4	45.4	877.2	471.4	34.6	2631.7	336.5	1.0	2045.6	269.3	5.0	1058.7	327.7	1.0	1936.0	234.8	45.4	529.4
CEREALS																									
200	Cereal	48.8	0.2	642.6	72.4	0.2	804.9	78.8	<0.1	1151.9	87.0	<0.1	771.4	105.2	0.2	1163.1	99.9	0.1	1389.3	85.0	<0.1	1425.7	90.9	0.1	1383.8
201	Crackers	14.9	0.1	200.0	28.9	0.2	419.8	30.3	0.2	321.8	35.0	0.5	600.0	29.3	0.7	300.0	26.1	0.7	500.0	21.3	0.2	453.6	19.8	0.4	472.0
BABY FOOD & FORMULA																									
202	Babyfood Product	155.7	0.2	904.0	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
203	Infant Formula	243.2	<0.1	407.8	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
SNACK FOODS																									
204	Granola Bars	35.0	<0.1	210.0	41.7	<0.1	300.0	41.6	<0.1	370.0	42.9	<0.1	558.0	39.5	<0.1	235.0	42.0	<0.1	310.5	37.3	<0.1	120.0	41.0	<0.1	310.5
205	Potato Chips	16.2	1.3	56.0	27.6	0.6	338.0	36.4	0.3	440.0	48.3	1.0	574.0	46.2	1.3	900.0	41.8	1.3	600.0	34.7	0.3	250.0	18.3	1.3	115.0
206	Pretzels	16.4	0.1	70.0	22.0	0.6	192.0	29.6	0.2	297.8	39.7	2.3	240.0	33.8	0.6	297.8	37.1	2.3	320.0	28.7	0.6	280.0	*	*	*
207	Taco Shells & Tortillas	52.3	4.9	327.1	36.6	4.5	165.6	60.4	3.1	426.2	63.6	1.1	396.9	73.6	3.6	496.8	66.3	3.3	290.3	60.0	5.9	157.0	*	*	*
208	Tortilla Chips	20.6	1.6	170.1	42.8	1.1	314.6	46.7	1.6	357.4	57.2	1.6	440.0	53.8	1.8	628.6	52.4	3.6	362.3	51.2	3.6	754.0	*	*	*
SAUCES, SALSA, SALAD DRESSINGS, GRAVIES & JAMS/PRESERVES																									
209	Tomato Sauce	25.5	<0.1	261.0	26.7	<0.1	240.4	40.8	<0.1	824.8	50.9	<0.1	494.1	54.6	<0.1	438.1	51.8	<0.1	596.7	50.1	<0.1	517.3	40.2	<0.1	396.7
210	Sauces (soy, ketchup, etc)	15.3	<0.1	250.0	24.4	<0.1	388.5	28.0	<0.1	791.3	34.8	<0.1	750.0	37.5	<0.1	720.0	32.4	<0.1	750.0	22.8	<0.1	437.5	17.9	<0.1	266.9
211	Salsa	*	*	*	86.7	1.1	388.5	50.6	2.7	469.4	63.5	2.7	566.5	89.2	2.1	339.9	74.8	4.3	518.0	60.6	4.0	259.0	*	*	*
212	Salad Dressing	8.2	<0.1	235.0	13.2	<0.1	235.0	20.2	<0.1	695.4	25.5	0.5	265.1	26.3	<0.1	250.0	26.9	<0.1	469.9	22.9	<0.1	236.0	17.1	0.2	245.0
213	Gravies	39.3	0.4	174.0	51.5	<0.1	398.1	92.7	0.4	570.1	104.5	<0.1	570.1	89.2	<0.1	463.4	89.5	0.5	570.1	59.6	<0.1	344.3	50.7	<0.1	651.7
214	Jams/Preserves	13.8	0.2	159.9	19.4	0.6	191.9	23.6	<0.1	399.7	31.9	0.1	319.7	26.2	1.0	319.7	29.9	0.8	479.6	22.0	0.2	959.2	24.3	<0.1	639.5
DELI SALADS																									
215	Fruit Salad	234.9	0.2	122.4	166.0	<0.1	217.4	318.2	<0.1	367.2	338.7	0.3	606.5	267.3	0.3	379.7	257.2	3.5	282.2	225.6	<0.1	294.5	229.2	0.2	450.3
216	Pasta Salad	*	*	*	*	*	*	196.8	<0.1	367.2	264.0	<0.1	800.7	170.2	0.1	627.8	192.7	<0.1	533.8	147.1	<0.1	371.5	74.6	<0.1	138.8
PREPARED/PROCESSED FOODS																									
217	Yeast Soup:	0.8	<0.1	11.8	0.9	<0.1	11.0	1.2	<0.1	16.6	1.4	<0.1	11.0	1.5	<0.1	11.3	1.3	<0.1	11.2	1.1	<0.1	19.4	0.9	<0.1	6.7
218	Soup, Homemade	193.6	<0.1	568.0	307.4	<0.1	724.0	429.1	<0.1	970.7	466.6	<0.1	1182.3	472.3	<0.1	1133.8	534.4	<0.1	1642.5	438.4	<0.1	2926.2	396.4	<0.1	1478.8
219	Soup, Dried	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	198.3	0.2	1404.2	*	*	*	263.6	0.2	785.0
220	Soup, Canned	205.5	1.3	227.9	240.4	0.6	267.2	418.9	0.2	966.2	464.5	<0.1	1666.2	371.4	1.2	624.8	332.0	0.5	455.8	349.9	<0.1	416.5	327.0	<0.1	416.5
221	Chinese Dishes	*	*	*	164.3	<0.1	190.3	175.3	<0.1	286.6	227.4	<0.1	312.4	236.0	<0.1	416.9	286.3	<0.1	628.7	217.0	<0.1	300.7	206.3	<0.1	215.1
222	Mexican Dishes	*	*	*	189.8	<0.1	314.6	249.9	<0.1	426.2	260.4	<0.1	700.0	266.5	<0.1	628.6	218.6	<0.1	362.3	195.5	<0.1	245.1	*	*	*
223	Lasagna	153.8	<0.1	189.6	246.0	<0.1	379.3	310.8	<0.1	341.4	302.8	<0.1	426.7	388.4	<0.1	563.0	331.9	<0.1	563.0	297.5	<0.1	318.2	215.1	<0.1	305.5
224	Macaroni	131.1	<0.1	286.8	202.2	<0.1	717.0	279.7	<0.1	621.6	308.3	<0.1	1376.1	312.7	<0.1	1187.4	270.0	<0.1	917.4	260.8	<0.1	653.1	186.5	<0.1	564.7
225	Noodles (Egg)	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
226	Spaghetti	449.2	<0.1	1560.2	477.8	<0.1	821.3	429.5	<0.1	1472.2	377.8	<0.1	952.5	498.4	<0.1	1246.8	431.4	<0.1	1560.2	458.7	<0.1	1472.2	554.9	<0.1	1051.1
227	Other Pasta	172.7	<0.1	226.8	290.1	<0.1	288.7	283.8	<0.1	235.0	308.3	<0.1	331.9	333.1	<0.1	405.3	332.1	<0.1	689.8	214.3	<0.1	388.9	177.8	<0.1	105.4
228	Pizza	74.4	<0.1	177.6	127.0	<0.1	166.6	172.7	<0.1	357.3	197.9	<0.1	288.9	195.5	<0.1	327.6	189.2	<0.1	252.9	184.3	<0.1	172.7	108.5	<0.1	111.6
229	Rice	128.4	<0.1	826.4	144.2	<0.1	427.9	227.9	<0.1	752.8	282.7	<0.1	1099.0	304.5	<0.1	1013.7	214.2	<0.1	1161.0	207.1	<0.1	647.7	178.9	<0.1	782.4
230	Sandwiches	84.2	<0.1	299.8	114.8	<0.1	485.6	144.1	<0.1	440.0	189.0	<0.1	585.4	206.3	<0.1	552.8	200.9	<0.1	597.5	174.9	<0.1	492.0	139.1	<0.1	520.5
231	Submarine (sandwiches)	*	*	*	180.0	<0.1	176.3	273.9	<0.1	200.0	316.5	<0.1	256.0	328.9	<0.1	425.9	287.0	0.2	360.1	272.4	<0.1	200.0	*	*	*

* The following foods were analyzed but had less than 30 respondents consume the food item and thus were not able to be reported in the table.

NOTES:

- The following foods were analyzed but had less than 30 respondents consume the food item nationally (and were not included in the table): Arctic Char, Bass, Bay Leaf, Blood Sausage, Bratwurst, Camembert, Cilantro, Cloudberries, Coriander, Cumin, Dill (Fresh & Dried), Deli Meat—Beef, Deli Meat—Chicken, Deli Meat—Ham, Egg Nog, Fish Sticks, Figs, Goat Milk, Ground Turkey, Guava, Head Cheese, Hollandaise sauce, Lemongrass, Limes, Liver-poultry, Kale, Kingfish, Macadamia Nuts, Mexican Style Queso, Marjoram, Mackerel, Melon Balls, Mint (Fresh & Dried), Milkshake, Octopus, Other frozen berries, Oysters, Pistachios, Pomegranate, Pumpkin, Pheasant, Rabbit, Rosemary, Seed Paste, Soy nuts, Sundried Tomatoes, Stilton Cheese, Tahini, Thyme (Fresh & Dried), Trail Mix, Tuna (not canned).