



# The Daily

Statistics Canada

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## New products

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## Study: Salt consumption

2004

Most Canadians consume far more salt in their average daily diet than is necessary, or recommended, according to a new study published today in *Health Reports*.

The study, which used data from the nutrition component of the 2004 Canadian Community Health Survey (CCHS), found that regardless of age, average daily sodium intake was far beyond the recommended upper limit.

Among individuals aged 19 to 70, the upper limit was surpassed by more than 85% of men and 60% of women.

The Washington, D.C.-based Institute of Medicine, an independent organization, has established "tolerable upper intake levels" for sodium. These levels range from 1,500 to 2,200 milligrams (mg) a day for children aged one to three, to a maximum of 2,300 mg for people aged 14 or older.

Consumption exceeding these limits increases the risks of adverse health effects, especially those linked to hypertension.

The study found that in 2004, the average for all Canadians was 3,092 mg of sodium a day, one-third more than the maximum.

Men consumed more sodium than women; intakes were above 4,100 mg a day for men aged 14 to 30, compared with just over 2,900 mg for women.

Even young children consumed too much. Children aged one to three averaged close to 2,000 mg a day in 2004. In this age group, 77% of children exceeded the recommended daily limit.

Sodium consumption exceeded the recommended levels throughout the country, but two provinces stood out. In Quebec and British Columbia, the average daily intake for people aged one or older was around 3,300 mg.

In Ontario, the only province where daily sodium consumption was below the national average, intake averaged 2,871 mg, still above the recommended level.

A relatively small grouping of foods accounted for close to a third of all the sodium Canadians consumed in 2004. The "sandwich" category (pizza, sandwiches, submarines, hamburgers, hot dogs) led the way, representing 19% of sodium intake. This was followed by soups (7%) and pasta dishes (6%).

The amount of salt people added to their food was not measured by the CCHS, and it was not included in daily sodium intake.

Even so, the people whose diets contained the most sodium were also the most likely to report adding salt to their food "very often." They averaged 3,396 mg of sodium a day. In contrast, people who reported "never" adding salt to their food averaged 2,927 mg.

**Definitions, data sources and methods: survey number 3226.**

The article "Sodium consumption at all ages", which is part of today's *Health Reports*, Vol. 18, no. 2 (82-003-XWE, free) online release, is now available from the *Publications* module of our website.

Also released today is "Canadians' eating habits", based on a previous report that was published online July 6, 2006 as part of the results from the nutrition component of the Canadian Community Health Survey.

For more information, or to enquire about the concepts, methods or data quality of these articles, contact Didier Garriguet (613-951-7187; [didier.garriguet@statcan.ca](mailto:didier.garriguet@statcan.ca)), Health Statistics Division.

For more information about *Health Reports*, contact Christine Wright (613-951-1765; [christine.wright@statcan.ca](mailto:christine.wright@statcan.ca)), Health Statistics Division. ■

## Informatics professional services price indexes

2005 (preliminary)

Informatics professional services price indexes (IPSPI) are now available for 2005. Indexes for 2003 and 2004 have been revised.

The IPSPI measure change in the total price of informatics professional services as well as changes in their labour cost and realised net multiplier components. These indexes are available at the Canada-level only.

**Available on CANSIM: tables 329-0014, 329-0051, 329-0052, 329-0054 and 329-0055.**

**Definitions, data sources and methods: survey number 2333.**

For more information on these indexes, contact Prices Division (613-951-9606 or toll-free 1-866-230-2248; [prices-prix@statcan.ca](mailto:prices-prix@statcan.ca)). To enquire about the concepts, methods or data quality of this release, contact Monique Beyrouiti (613-951-1673; [monique.beyrouiti@statcan.ca](mailto:monique.beyrouiti@statcan.ca)), Prices Division. ■

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## Production of eggs and poultry

February 2007 (preliminary)

Egg production was estimated at 45.9 million dozen in February, up 0.4% from February 2006.

Poultry meat production reached 86.9 million kilograms in February, up 0.1% from February 2006.

**Definitions, data sources and methods: survey numbers, including related surveys, 3425 and 5039.**

For further information, or to enquire about the concepts, methods or data quality of this release, contact Sandy Gielfeldt (613-951-2505; [sandy.gielfeldt@statcan.ca](mailto:sandy.gielfeldt@statcan.ca)) or Barbara Bowen (613-951-3716; [barbara.bowen@statcan.ca](mailto:barbara.bowen@statcan.ca), Agriculture Division. ■

## Farm product prices

February 2007

Prices received by farmers in February for grains, oilseeds, specialty crops, potatoes, cattle, hogs, poultry, eggs and dairy products are now available.

The Ontario grain corn price in February was \$158.95 per tonne, up 7% from one month earlier and up 48% from February 2006 when the price was \$107.70.

The February feeder cattle price in Manitoba was \$94.40 per hundredweight, up 5% from one month earlier but down 13% from the February 2006 price of \$108.27.

Farm commodity prices are now available on CANSIM. Over 35 commodities are available by province, some series going back 20 years.

**Available on CANSIM: table 002-0043.**

**Definitions, data sources and methods: survey number 3436.**

For more information, or to enquire about the concepts, methods or data quality of this release, contact Nickeisha Patterson (613-951-3249; fax:

613-951-3868; [nickeisha.patterson@statcan.ca](mailto:nickeisha.patterson@statcan.ca)), Agriculture Division. ■

## Natural gas transportation and distribution

December 2006

Data on natural gas transportation and distribution for December are now available.

**Available on CANSIM: tables 129-0001 to 129-0004.**

**Definitions, data sources and methods: survey number 2149.**

For more information, to order data, or to enquire about the concepts, methods or data quality of this release, contact the dissemination officer (toll-free 1-866-873-8789; 613-951-9497; [energ@statcan.ca](mailto:energ@statcan.ca)), Manufacturing, Construction and Energy Division. ■

## Supply and disposition of refined petroleum products

December 2006

Data on the supply and disposition and domestic sales of refined petroleum products are now available for December.

**Available on CANSIM: tables 134-0001 to 134-0004.**

**Definitions, data sources and methods: survey number 2150.**

The December 2006 issue of *The Supply and Disposition of Refined Petroleum Products in Canada* Vol. 61, no. 12 (45-004-XWE, free) is now available from the *Publications* module of our website.

For more information, or to enquire about the concepts, methods or data quality of this release, contact the Marketing and Dissemination Section (613-951-9497 or toll free 1-866-873-8789; [energ@statcan.ca](mailto:energ@statcan.ca)), Manufacturing, Construction and Energy Division. ■

## New products

**The Supply and Disposition of Refined Petroleum Products in Canada, December 2006, Vol. 61, no. 12**  
**Catalogue number 45-004-XWE**  
 (free).

**Health Reports, Vol. 18, no. 2**  
**Catalogue number 82-003-XWE**  
 (free).

**All prices are in Canadian dollars and exclude sales tax. Additional shipping charges apply for delivery outside Canada.**

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