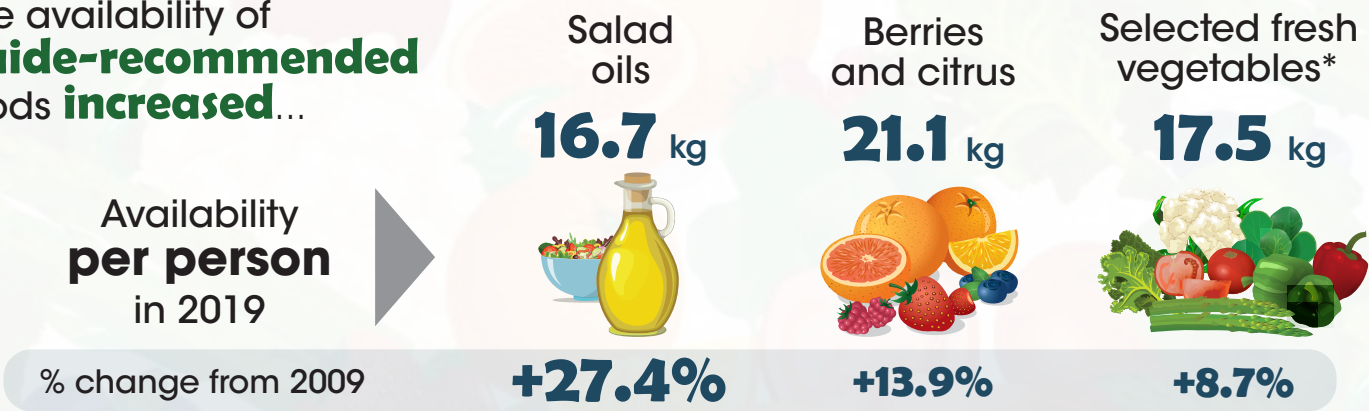


ARE CANADIANS EATING HEALTHY FOODS?

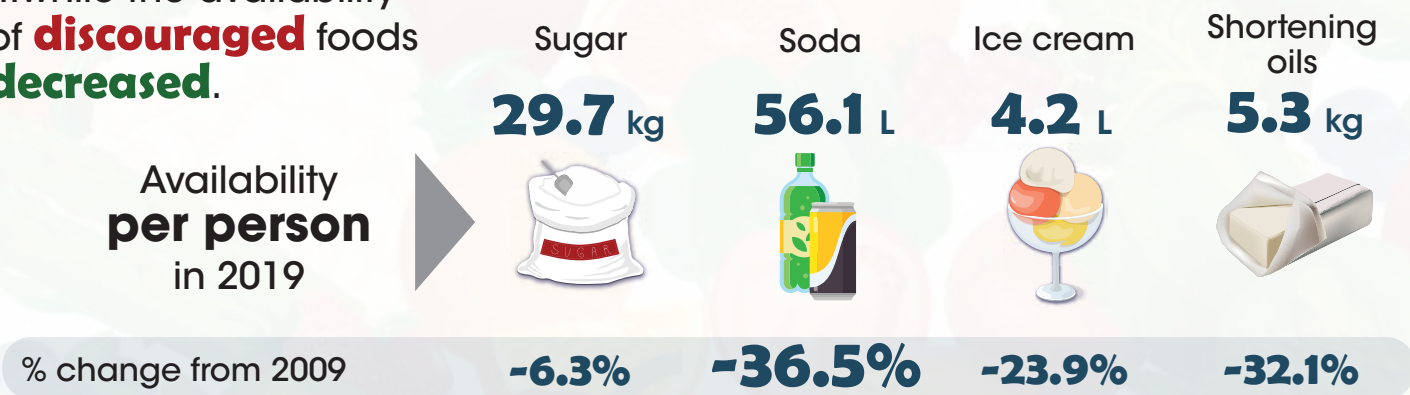
While *Canada's Food Guide* provides recommendations on what Canadians **should eat**, data on food availability give an idea what they **do eat**. To get a better idea of Canadians' eating habits, we can look at the change in the availability of certain foods based on whether they are recommended or not.

The availability of **guide-recommended** foods **increased**...



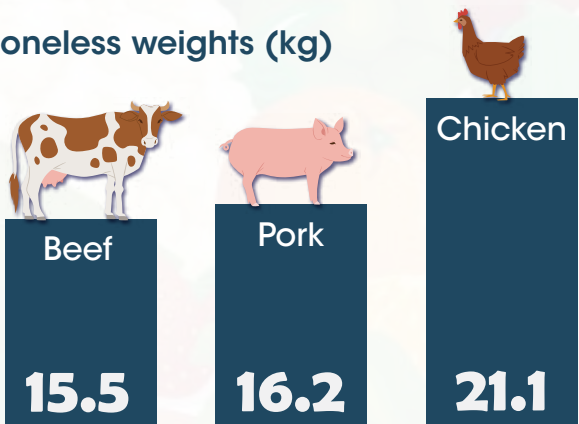
* Asparagus, kale, spinach, tomatoes, cauliflower and peppers

...while the availability of **discouraged** foods **decreased**.

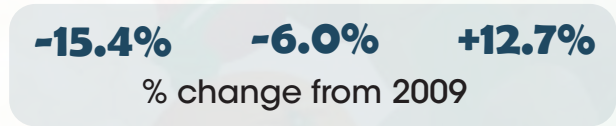


The availability of **chicken rose**, when compared with **pork** or **beef**.

Boneless weights (kg)

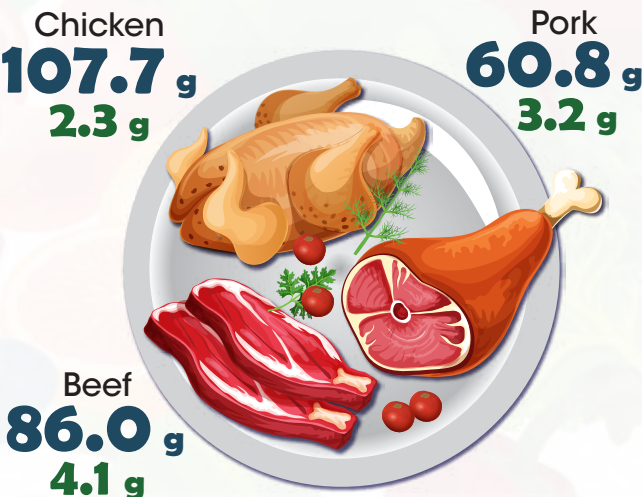


Availability per person in 2019



According to the **2015 Canadian Community Health Survey - Nutrition**, Canadians' saturated fat intake from chicken was lower than pork or beef.

Meat consumption (average daily amount)
Saturated fat



Beef
86.0 g
4.1 g

Sources:

- 1. Statistics Canada, Food available in Canada (Table 32-10-0054).
- 2. Health Canada, Canada's Food Guide.
- 3. Statistics Canada, 2015 Canadian Community Health Survey - Nutrition.

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