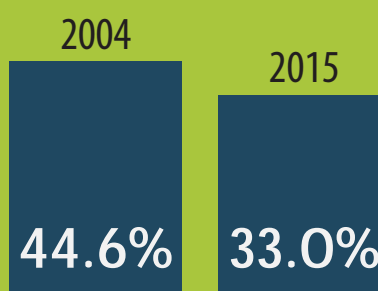


Canadians' consumption of vegetables and fruits: What changed between 2004 and 2015?

Canada's Food Guide says: "Have plenty of vegetables and fruits."
So how are Canadians doing? We looked at nutrition survey results over time.

FEWER Canadians consumed at least 5 servings of vegetables and fruits in a typical day.



Total consumption of **vegetables** decreased by half a serving (-0.5).

2004

3.1 servings per day, on average



2015

2.6 servings per day, on average

Potatoes remained the top source of vegetables, followed by **lettuce** and **tomatoes**.

Total consumption of **fruits** dropped by just under a third of a serving (-0.3).



Fruit juice remained the top source of fruits, followed by **bananas** and **apples**.

2004

2.2 servings per day, on average

2015

1.9 servings per day, on average

Note: All 2015 estimates are statistically significantly different from 2004 estimates ($p < 0.0001$).

Source: Polsky, J. and D. Garriguet. 2020. "Change in vegetable and fruit consumption in Canada between 2004 and 2015." *Health Reports*, Vol. 31, No. 4, p. 3-12.

Catalogue number: 11-627-M

ISBN: 978-0-660-35240-4

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