

Health Fact Sheets

Fruit and vegetable consumption, 2014



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- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- ^P preliminary
- ^r revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F too unreliable to be published
- * significantly different from reference category ($p < 0.05$)

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Fruit and vegetable consumption, 2014

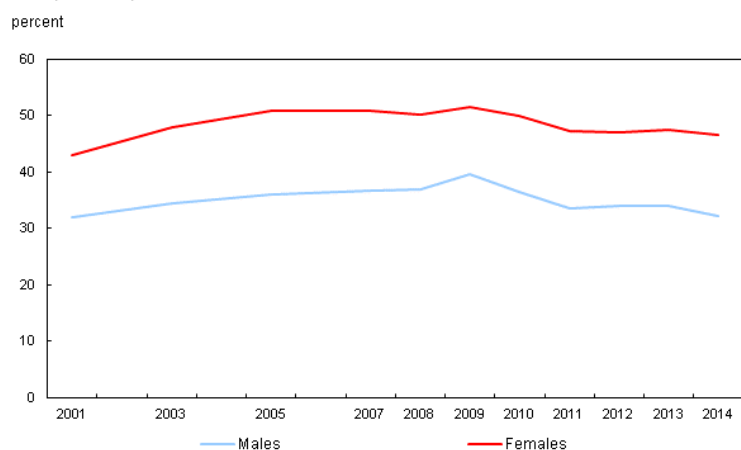
Fruit and vegetables are an important source of vitamins, minerals and fibre. A diet rich in fruit and vegetables may reduce the risk of heart disease and some types of cancer.¹

Fruit and vegetable consumption data are based on a survey question that measures the number of times respondents reported that they consumed fruit and vegetables, rather than the actual quantity consumed.

In 2014, 39.5% of Canadians aged 12 and older, roughly 11.2 million people, reported that they consumed fruit and vegetables five or more times per day. This rate is a decrease from 40.8% in 2013. Reported fruit and vegetable consumption has been lower in the last five years compared to 2009 when it peaked at 45.6%.

From 2001 to 2014, females were more likely than males to consume fruit and vegetables five or more times daily. In 2014, 46.6% (6.7 million) of females consumed fruit and vegetables five or more times daily, compared with 32.1% (4.5 million) of males (Chart 1).

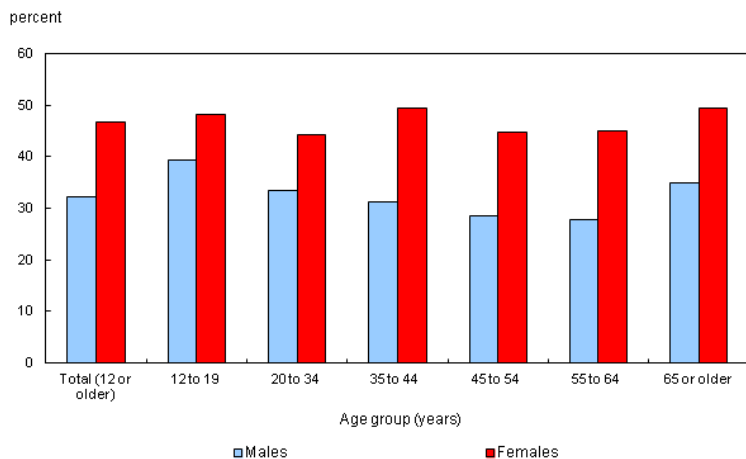
Chart 1
 Percentage reporting that they consumed fruit and vegetables at least five times daily, by sex, household population aged 12 and older, Canada, 2001 to 2014



Source: Canadian Community Health Survey, 2001, 2003, 2005, 2007 to 2014.

In 2014, more than 44% of females in each age group reported that they ate fruit and vegetables five or more times daily. The rate was higher for females than for males in all age groups. Young males aged 12 to 19 (39.3%) were more likely to consume fruit and vegetables five or more times a day compared to males in all other age groups (Chart 2).

Chart 2
 Percentage reporting that they consumed fruit and vegetables at least five times daily, by age group and sex, household population aged 12 and older, Canada, 2014



Source: Canadian Community Health Survey, 2014.

The proportion of residents who reported eating fruit and vegetables at least five times daily was **lower** than the national average (39.5%) in:

- Newfoundland and Labrador (25.7%)
- Prince Edward Island (30.9%)
- Nova Scotia (30.9%)
- New Brunswick (34.3%)
- Ontario (38.1%)
- Manitoba (31.0%)
- Saskatchewan (36.0%)
- Northwest Territories (31.8%)
- Nunavut (23.9%)

The proportion of residents who reported eating fruit and vegetables at least five times daily was **higher** than the national average in Quebec (46.3%).

Residents of Alberta, British Columbia, and Yukon reported rates that were about the same rate as the national average.

Note

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- 1 Pérez, Claudio E. 2002. “ Fruit and vegetable consumption.” *Health Reports*. Vol. (Volume) 13, no. (number) 3. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 23. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2002/6103-eng.pdf>.
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Pérez, Claudio E. 2002. “ Fruit and vegetable consumption.” *Health Reports*. Vol. (Volume) 13, no. (number) 3. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 23–31. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2002/6103-eng.pdf>.

Data

Additional data from the Canadian Community Health Survey are available from CANSIM table 105–0501.