

Canadians' Nutrient Intakes from Food

What is on this disk?

- *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—Nutrient Intakes from Food: Provincial, Regional and National Summary Data Tables*, Volumes 1, 2 and 3
 - 40 sets of data tables, comparing usual intakes to the DRIs where possible, organized by nutrient for 13 geographical regions
 - The same data tables organized by geographical region
- *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*
 - Needed to interpret the data tables: an overview of the CCHS 2.2 (e.g. description of the survey sample, how the survey was conducted, survey components); an explanation of the DRIs using examples

List of the Nutrients Included in the Three-Volume Set

Volume 1	Volume 2	Volume 3
<ul style="list-style-type: none">- Total Energy- Percentage of total energy intake from:<ul style="list-style-type: none">- fats- protein- carbohydrates- saturated fats- monounsaturated fats- polyunsaturated fats- Total dietary fibre- Cholesterol- Vitamin A- Vitamin C- Calcium- Sodium	<ul style="list-style-type: none">- Folate (DFE)- Iron- Linoleic acid (g, % energy)- Magnesium- Niacin- Phosphorus- Potassium- Riboflavin- Thiamin- Vitamin B₆- Vitamin B₁₂- Vitamin C by smoking status- Vitamin D- Zinc	<ul style="list-style-type: none">- Folate- Linolenic acid (g, % energy)- Moisture- Naturally occurring folate- Protein- Total carbohydrates- Total fats- Total monounsaturated fats- Total polyunsaturated fats- Total saturated fats- Total sugars

Health Canada, in a joint venture with Statistics Canada, has compiled 40 sets of data tables of Canadians' nutrient intakes from food in 2004. The data are from the Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) Share File.

The tables were released as a three-volume set. We are pleased to share this information with you in a convenient disk format (English and French reports in PDF).

Results are presented for 13 geographical areas: the 10 provinces, the Atlantic Region, the Prairie Region, and Canada excluding the territories. For nutrients that have DRIs, the tables also compare usual intakes to the DRIs. The nutrient intakes represent food consumption and exclude data on nutrient intakes from vitamin and mineral supplements.

The reports consist primarily of data tables. To assist in their interpretation, they should be used in concert with the report also included on this disk, *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*, published by Health Canada in 2006. That report includes an overview of the Canadian Community Health Survey (CCHS 2.2) and an explanation of the DRIs using concrete examples.

For more information about the CCHS 2.2 and a detailed description of the reports, see <http://www.hc-sc.gc.ca/fn-an/surveill/index-eng.php>

We trust you will find the contents of this disk a useful reference for using the CCHS Cycle 2.2 data and its findings to guide nutrition-related program and policy decisions.

For further information or to obtain additional copies, please contact:

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