



Health
Canada

Santé
Canada

Statistics
Canada

Statistique
Canada

Canadian Community Health Survey Cycle 2.2, Nutrition (2004)

Nutrient Intakes from Food

Provincial, Regional and National Summary Data Tables
Volume 3

Revised February 2009

Note:

This PDF contains the 12 data tables for Alberta as well as the Appendices.



Canada 

Table of Contents (for the full report)

	Acknowledgements	i
	List of Tables.....	iii
	List of Appendices	vii
	List of Abbreviations.....	viii
I	Introduction.....	1
II	Summary Data Tables	3
	<i>(table numbering continued from Volume 2)</i>	
	29. Folic acid ($\mu\text{g/d}$): Usual intakes from food	3
	30. Linolenic acid (g/d): Usual intakes from food.....	17
	31. Percentage of total energy intake from linolenic acid.....	31
	32. Moisture (g/d): Usual intakes from food	45
	33. Naturally occurring folate ($\mu\text{g/d}$): Usual intakes from food.....	59
	34. Protein (g/d): Usual intakes from food.....	73
	35. Total carbohydrates (g/d): Usual intakes from food	87
	36. Total fats (g/d): Usual intakes from food	101
	37. Total monounsaturated fats (g/d): Usual intakes from food.....	115
	38. Total polyunsaturated fats (g/d): Usual intakes from food	129
	39. Total saturated fats (g/d): Usual intakes from food	143
	40. Total sugars (g/d): Usual intakes from food.....	157

List of Appendices

Appendix A: Table Footnotes.....	171
Appendix B: Justification for Excluding Nutrients from Volume 2 and Volume 3.....	175
List of Nutrients Included in the Three-Volume Set.....	176
Appendix C: References.....	177

Table 29.9 Folic acid (µg/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2,3}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Both	1-3	169	203 (10)	100 (19) ^E	117 (18)	148 (15)	190 (12)	241 (15)	300 (26)	346 (38)
	4-8	281	265 (10)	182 (25)	197 (22)	224 (16)	257 (12)	296 (17)	334 (30)	360 (39)
Male	9-13	183	364 (22)	198 (27)	224 (26)	275 (23)	347 (23)	442 (35)	556 (62)	637 (85)
	14-18	187	422 (23)	315 (51)	337 (45)	377 (35)	425 (28)	477 (35)	527 (55)	559 (72)
	19-30	223	410 (20)	382 (90) ^E	391 (76) ^E	406 (49)	422 (24)	438 (37)	453 (75)	461 (102) ^E
	31-50	229	385 (22)	228 (50) ^E	257 (46) ^E	316 (38)	399 (33)	497 (44)	595 (66)	658 (84)
	51-70	197	348 (15)	186 (33) ^E	219 (29)	277 (21)	345 (18)	421 (24)	501 (41)	558 (56)
	>70	72	314 (26)	182 (26)	201 (26)	240 (26)	296 (28)	368 (41)	464 (66)	544 (91) ^E
	19+	721	378 (11)	225 (21)	254 (20)	310 (17)	383 (15)	468 (18)	557 (27)	617 (36)
Female	9-13	165	314 (16)	190 (37) ^E	216 (33)	264 (26)	328 (21)	405 (33)	482 (52)	530 (63)
	14-18	206	316 (18)	179 (32) ^E	205 (29)	252 (25)	309 (22)	370 (25)	430 (33)	469 (41)
	19-30	191	328 (18)	130 (23) ^E	156 (24)	216 (25)	308 (24)	410 (28)	535 (42)	632 (58)
	31-50	258	298 (14)	226 (40) ^E	243 (35)	271 (27)	305 (19)	342 (23)	380 (39)	406 (52)
	51-70	249	291 (15)	182 (29)	203 (26)	240 (21)	287 (18)	338 (23)	393 (35)	430 (46)
	>70	128	260 (18)	133 (21)	153 (20)	192 (19)	246 (20)	313 (27)	386 (39)	437 (51)
	19+	826	299 (7)	159 (11)	183 (11)	232 (10)	296 (10)	365 (12)	441 (18)	498 (23)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² No DRIs have been established for folic acid.

³ There are two chemical forms in foods that contribute to folate bioactivity: naturally occurring folate called “food folate” and the added synthetic form of folate called “folic acid.” The term “folic acid” is a measuring unit referring to the simple arithmetic sum of the content of both food folate and folic acid in foods (in micrograms).

For additional footnotes common to all tables, see Appendix A.

Table 30.9 Linolenic acid (g/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake							AI ³	% >AI	(SE)
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both	1-3	169	0.77 (0.06)	0.48 (0.04)	0.53 (0.05)	0.61 (0.05)	0.72 (0.06)	0.85 (0.08)	0.99 (0.10)	1.08 (0.11)	0.7	55.4	(13.8) ^E
	4-8	281	1.17 (0.07)	0.69 (0.05)	0.77 (0.06)	0.91 (0.07)	1.10 (0.08)	1.33 (0.09)	1.56 (0.11)	1.71 (0.12)	0.9	76.4	(7.8)
Male	9-13	183	1.74 (0.12)	0.89 (0.09)	1.04 (0.09)	1.32 (0.11)	1.70 (0.14)	2.18 (0.18)	2.71 (0.23)	3.08 (0.28)	1.2	81.9	(6.0)
	14-18	187	2.04 (0.13)	1.31 (0.11)	1.46 (0.12)	1.72 (0.13)	2.06 (0.16)	2.45 (0.19)	2.85 (0.22)	3.12 (0.25)	1.6	82.7	(7.4)
	19-30	223	2.21 (0.21)	0.85 (0.23) ^E	1.03 (0.23) ^E	1.43 (0.22)	2.04 (0.23)	2.86 (0.32)	3.84 (0.54)	4.57 (0.75)	1.6	68.0	(9.9)
	31-50	229	2.30 (0.32)	1.29 (0.17)	1.49 (0.19)	1.87 (0.23)	2.35 (0.30)	2.90 (0.39)	3.49 (0.52)	3.91 (0.63)	1.6	86.3	(9.9)
	51-70	197	1.74 (0.16)	1.17 (0.15)	1.28 (0.16)	1.49 (0.17)	1.74 (0.19)	2.03 (0.22)	2.33 (0.24)	2.52 (0.27)	1.6	64.1	(17.2) ^E
	>70	72	1.61 (0.16)	0.86 (0.24) ^E	1.00 (0.23) ^E	1.28 (0.20)	1.65 (0.20)	2.07 (0.27)	2.50 (0.41)	2.80 (0.54) ^E	1.6	53.6	(16.5) ^E
	19+	721	2.09 (0.16)	1.22 (0.28) ^E	1.40 (0.26) ^E	1.75 (0.23)	2.18 (0.20)	2.68 (0.23)	3.22 (0.35)	3.60 (0.47)	1.6	82.1	(10.6)
Female	9-13	165	1.23 (0.10)	0.71 (0.20) ^E	0.80 (0.19) ^E	0.98 (0.17) ^E	1.24 (0.16)	1.57 (0.20)	1.96 (0.31)	2.24 (0.42) ^E	1.0	73.2	(16.4) ^E
	14-18	206	1.57 (0.12)	0.63 (0.21) ^E	0.76 (0.20) ^E	1.02 (0.17)	1.41 (0.14)	1.92 (0.20)	2.52 (0.36)	2.96 (0.51) ^E	1.1	69.8	(11.5)
	19-30	191	1.48 (0.14)	0.52 (0.16) ^E	0.63 (0.16) ^E	0.89 (0.17) ^E	1.30 (0.19)	1.86 (0.25)	2.52 (0.38)	3.00 (0.51) ^E	1.1	61.5	(11.5) ^E
	31-50	258	1.59 (0.10)	1.03 (0.08)	1.12 (0.09)	1.31 (0.11)	1.56 (0.13)	1.86 (0.17)	2.17 (0.20)	2.37 (0.22)	1.1	91.5	(7.0)
	51-70	249	1.56 (0.11)	0.57 (0.11) ^E	0.71 (0.11)	1.00 (0.12)	1.45 (0.14)	2.05 (0.19)	2.72 (0.28)	3.21 (0.39)	1.1	69.3	(7.6)
	>70	128	1.22 (0.13)	0.45 (0.10) ^E	0.55 (0.11) ^E	0.76 (0.14) ^E	1.11 (0.18)	1.62 (0.24)	2.27 (0.36)	2.79 (0.48) ^E	1.1	50.7	(11.8) ^E
	19+	826	1.52 (0.06)	0.65 (0.07)	0.77 (0.07)	1.02 (0.08)	1.43 (0.09)	1.99 (0.12)	2.58 (0.16)	2.99 (0.19)	1.1	69.7	(5.2)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² Linolenic acid is an alternative name for α -linolenic acid (n-3).

³ AI is the Adequate Intake. For additional detail, see footnote 10 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

Table 31.9 Percentage of total energy intake from linolenic acid, by DRI age–sex group, household population, Alberta, 2004^{1–3}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Both	1-3	169	0.50 (0.03)	0.43 (0.03)	0.44 (0.03)	0.46 (0.03)	0.48 (0.03)	0.50 (0.03)	0.52 (0.04)	0.53 (0.04)
	4-8	281	0.57 (0.03)	0.42 (0.03)	0.45 (0.03)	0.50 (0.03)	0.55 (0.03)	0.62 (0.04)	0.68 (0.04)	0.72 (0.05)
Male	9-13	183	0.61 (0.03)	0.38 (0.07) ^E	0.42 (0.06)	0.50 (0.05)	0.60 (0.03)	0.72 (0.05)	0.84 (0.09)	0.92 (0.12)
	14-18	187	0.66 (0.04)	0.49 (0.03)	0.52 (0.04)	0.58 (0.04)	0.66 (0.05)	0.75 (0.05)	0.85 (0.06)	0.92 (0.07)
	19-30	223	0.78 (0.08)	0.38 (0.09) ^E	0.44 (0.09) ^E	0.55 (0.08)	0.72 (0.07)	0.95 (0.13)	1.21 (0.26) ^E	1.40 (0.39) ^E
	31-50	229	0.78 (0.08)	0.50 (0.05)	0.55 (0.06)	0.64 (0.07)	0.75 (0.08)	0.89 (0.09)	1.03 (0.11)	1.12 (0.12)
	51-70	197	0.69 (0.05)	0.41 (0.05)	0.46 (0.05)	0.55 (0.06)	0.67 (0.06)	0.82 (0.07)	0.98 (0.09)	1.08 (0.10)
	>70	72	0.78 (0.07)	0.51 (0.11) ^E	0.56 (0.10) ^E	0.67 (0.10)	0.81 (0.09)	0.96 (0.11)	1.12 (0.16)	1.23 (0.21) ^E
	19+	721	0.76 (0.04)	0.57 (0.09)	0.61 (0.08)	0.68 (0.07)	0.77 (0.05)	0.88 (0.06)	0.99 (0.11)	1.07 (0.15)
Female	9-13	165	0.54 (0.03)	0.44 (0.08) ^E	0.46 (0.07)	0.50 (0.06)	0.55 (0.04)	0.60 (0.05)	0.65 (0.08)	0.68 (0.11)
	14-18	206	0.71 (0.05)	0.39 (0.08) ^E	0.43 (0.07)	0.53 (0.06)	0.65 (0.05)	0.81 (0.07)	1.00 (0.11)	1.12 (0.16)
	19-30	191	0.67 (0.05)	0.33 (0.07) ^E	0.38 (0.07) ^E	0.47 (0.06)	0.61 (0.05)	0.79 (0.07)	0.99 (0.12)	1.13 (0.15)
	31-50	258	0.81 (0.04)	0.54 (0.03)	0.58 (0.04)	0.67 (0.04)	0.77 (0.05)	0.89 (0.06)	1.02 (0.07)	1.10 (0.07)
	51-70	249	0.83 (0.05)	0.37 (0.07) ^E	0.44 (0.06)	0.58 (0.06)	0.78 (0.06)	1.05 (0.08)	1.36 (0.14)	1.59 (0.20)
	>70	128	0.74 (0.07)	0.41 (0.08) ^E	0.46 (0.08) ^E	0.57 (0.09)	0.71 (0.09)	0.90 (0.11)	1.11 (0.15)	1.25 (0.18)
	19+	826	0.78 (0.02)	0.41 (0.03)	0.46 (0.03)	0.57 (0.03)	0.73 (0.03)	0.93 (0.04)	1.15 (0.06)	1.29 (0.08)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² Linolenic acid is an alternative name for α -linolenic acid (n-3).

³ AMDR is the Acceptable Macronutrient Distribution Range. For additional detail, see footnote 8 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

Table 32.9 Moisture (g/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake							AI ³	% >AI (SE)
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Both	1-3	169	1329 (48)	856 (85)	941 (76)	1104 (60)	1319 (55)	1578 (79)	1855 (126)	2043 (167)	1300	52.1 (7.1)
	4-8	281	1590 (51)	955 (94)	1063 (85)	1265 (67)	1529 (58)	1841 (81)	2168 (129)	2388 (167)	1700	35.1 (5.8)
Male	9-13	183	2216 (148)	1370 (201)	1509 (181)	1771 (150)	2132 (143)	2619 (231)	3230 (429)	3707 (611)	2400	^F
	14-18	187	2851 (127)	1935 (267)	2119 (236)	2459 (178)	2898 (138)	3423 (208)	3997 (380)	4400 (533)	3300	29.9 (9.3) ^E
	19-30	223	3189 (113)	2037 (209)	2244 (187)	2622 (147)	3094 (129)	3635 (170)	4199 (256)	4577 (330)	3700	22.7 (6.5) ^E
	31-50	229	3101 (156)	1947 (200)	2168 (191)	2582 (183)	3113 (197)	3731 (240)	4367 (310)	4789 (373)	3700	26.0 (8.1) ^E
	51-70	197	2634 (120)	1442 (166)	1658 (149)	2050 (129)	2550 (132)	3169 (192)	3890 (298)	4420 (383)	3700	^F
	>70	72	2087 (136)	1201 (217) ^E	1349 (205)	1632 (186)	2009 (170)	2463 (193)	2949 (255)	3279 (311)	3700	^F
	19+	721	2937 (83)	1754 (112)	1974 (111)	2371 (104)	2886 (105)	3524 (117)	4192 (132)	4621 (148)	3700	20.0 (3.1)
Female	9-13	165	1834 (77)	1261 (162)	1364 (147)	1561 (119)	1824 (102)	2144 (145)	2491 (240)	2730 (319)	2100	^F
	14-18	206	2145 (88)	1269 (120)	1426 (116)	1719 (108)	2095 (111)	2530 (140)	2975 (189)	3267 (235)	2300	37.1 (7.4) ^E
	19-30	191	2628 (142)	1434 (185)	1621 (186)	2019 (174)	2514 (172)	3084 (200)	3765 (288)	4264 (378)	2700	40.6 (8.9) ^E
	31-50	258	2745 (111)	1657 (205)	1861 (192)	2254 (169)	2771 (169)	3363 (212)	3943 (282)	4305 (334)	2700	53.5 (9.4) ^E
	51-70	249	2525 (96)	1643 (162)	1799 (142)	2076 (115)	2438 (104)	2888 (149)	3385 (246)	3724 (322)	2700	34.0 (7.2) ^E
	>70	128	2199 (111)	1401 (146)	1545 (144)	1832 (167)	2220 (152)	2642 (222)	3080 (264)	3382 (306)	2700	^F
	19+	826	2607 (56)	1534 (94)	1728 (90)	2096 (82)	2577 (80)	3146 (92)	3741 (120)	4138 (147)	2700	43.8 (4.2)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² The term “moisture” includes water from all food and beverage sources.

³ AI is the Adequate Intake. For additional detail, see footnote 10 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

Table 33.9 Naturally occurring folate (µg/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Both	1-3	169	122 (9)	47 (15) ^E	59 (13) ^E	83 (11)	115 (10)	156 (13)	205 (23)	243 (33)
	4-8	281	156 (7)	96 (14)	106 (13)	124 (10)	150 (8)	181 (12)	216 (22)	240 (31)
Male	9-13	183	225 (16)	100 (22) ^E	118 (21) ^E	154 (19)	206 (17)	277 (24)	370 (48)	445 (71)
	14-18	187	248 (20)	145 (33) ^E	162 (30) ^E	196 (24)	240 (20)	296 (27)	358 (46)	403 (62)
	19-30	223	246 (16)	170 (34) ^E	186 (31)	214 (24)	245 (18)	279 (22)	314 (38)	337 (52)
	31-50	229	240 (12)	130 (19)	149 (18)	188 (16)	241 (17)	305 (22)	375 (33)	424 (42)
	51-70	197	229 (12)	131 (23) ^E	149 (21)	182 (17)	225 (15)	273 (19)	323 (30)	355 (40)
	>70	72	198 (16)	119 (18)	133 (17)	158 (17)	190 (18)	229 (22)	271 (31)	301 (40)
	19+	721	236 (7)	128 (11)	147 (11)	184 (10)	233 (10)	292 (11)	357 (16)	403 (21)
	Female	9-13	165	178 (10)	116 (22) ^E	129 (20)	153 (17)	183 (14)	219 (18)	257 (28)
14-18	206	185 (11)	83 (15) ^E	99 (15)	131 (14)	174 (14)	223 (15)	275 (21)	313 (29)	
19-30	191	202 (16)	100 (20) ^E	113 (20) ^E	141 (20)	183 (20)	239 (25)	303 (38)	347 (50)	
31-50	258	195 (11)	154 (28) ^E	163 (25)	179 (19)	199 (15)	221 (20)	244 (34)	259 (45) ^E	
51-70	249	200 (10)	111 (17)	127 (14)	154 (11)	189 (10)	232 (15)	281 (27)	317 (38)	
>70	128	168 (10)	93 (10)	106 (10)	130 (10)	161 (13)	197 (17)	238 (24)	268 (29)	
19+	826	195 (5)	104 (9)	120 (9)	147 (8)	190 (7)	238 (8)	291 (13)	330 (18)	

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² No DRIs have been established for naturally occurring folate.

For additional footnotes common to all tables, see Appendix A.

Table 34.9 Protein (g/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Both	1-3	169	50 (2)	26 (3)	30 (3)	39 (3)	49 (3)	60 (3)	72 (5)	81 (6)
	4-8	281	66 (2)	44 (6)	48 (5)	55 (4)	64 (3)	74 (4)	85 (7)	92 (9)
Male	9-13	183	92 (6)	69 (10)	74 (10)	82 (8)	94 (7)	107 (8)	122 (13)	132 (17)
	14-18	187	110 (5)	77 (12)	84 (11)	96 (8)	112 (7)	130 (9)	147 (14)	159 (19)
	19-30	223	105 (5)	67 (5)	74 (5)	87 (5)	103 (6)	119 (6)	135 (7)	145 (7)
	31-50	229	101 (6)	65 (12) ^E	72 (10)	84 (8)	100 (7)	119 (9)	140 (15)	154 (19)
	51-70	197	90 (5)	51 (11) ^E	59 (9)	73 (7)	89 (6)	106 (7)	122 (10)	132 (13)
	>70	72	82 (6)	69 (10)	71 (9)	76 (7)	81 (7)	86 (8)	90 (11)	93 (12)
	19+	721	98 (3)	63 (6)	70 (5)	83 (4)	97 (3)	114 (5)	132 (8)	144 (10)
Female	9-13	165	69 (3)	50 (7)	54 (6)	61 (5)	69 (4)	79 (5)	90 (9)	97 (12)
	14-18	206	69 (3)	49 (7)	52 (6)	58 (4)	66 (4)	76 (6)	85 (8)	92 (10)
	19-30	191	72 (5)	49 (9) ^E	53 (8)	62 (7)	72 (6)	84 (7)	96 (11)	104 (14)
	31-50	258	73 (4)	59 (10) ^E	63 (9)	68 (7)	75 (5)	82 (6)	89 (8)	94 (11)
	51-70	249	68 (3)	42 (6)	47 (5)	56 (4)	67 (3)	79 (4)	93 (7)	102 (10)
	>70	128	73 (6)	45 (5)	51 (5)	61 (6)	72 (6)	85 (7)	99 (9)	109 (11)
	19+	826	71 (2)	45 (3)	51 (3)	60 (3)	72 (3)	85 (3)	98 (4)	107 (5)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² Although DRIs for protein have been established on a “per kg body weight” basis, no DRIs have been established for the absolute amount of protein.

For additional footnotes common to all tables, see Appendix A.

Table 35.9 Total carbohydrates (g/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004¹

Sex	Age (years)	Percentiles (and SE) of usual intake									EAR ²	% <EAR (SE)
		n	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Both	1-3	169	188 (7)	113 (15)	128 (13)	155 (10)	187 (9)	220 (10)	255 (16)	280 (22)	100	F
	4-8	281	255 (8)	226 (32)	231 (27)	241 (17)	253 (9)	264 (17)	275 (32)	282 (42)	100	<3
Male	9-13	183	339 (16)	214 (25)	236 (23)	278 (20)	333 (18)	399 (45)	470 (93) ^E	518 (141) ^E	100	<3
	14-18	187	372 (14)	234 (33)	263 (28)	316 (21)	378 (17)	446 (24)	516 (37)	561 (48)	100	<3
	19-30	223	322 (13)	197 (26)	220 (24)	263 (19)	316 (16)	377 (21)	439 (32)	480 (41)	100	<3
	31-50	229	299 (19)	171 (32) ^E	195 (29)	241 (26)	301 (24)	378 (43)	460 (81) ^E	511 (114) ^E	100	F
	51-70	197	245 (9)	161 (26)	179 (22)	208 (14)	243 (10)	282 (16)	321 (28)	347 (36)	100	<3
	>70	72	222 (13)	157 (17)	170 (16)	196 (14)	227 (13)	262 (17)	297 (26)	321 (34)	100	<3
	19+	721	286 (9)	170 (15)	192 (13)	232 (11)	285 (11)	349 (13)	416 (19)	460 (24)	100	<3
Female	9-13	165	286 (13)	259 (32)	269 (29)	285 (23)	304 (19)	324 (24)	343 (35)	354 (44)	100	0.0 (0.0)
	14-18	206	259 (11)	187 (23)	200 (20)	223 (16)	252 (15)	289 (18)	328 (25)	351 (31)	100	<3
	19-30	191	245 (11)	121 (16)	144 (15)	186 (13)	238 (13)	299 (17)	366 (24)	415 (31)	100	F
	31-50	258	204 (9)	126 (20)	141 (18)	169 (15)	204 (12)	244 (18)	285 (24)	312 (29)	100	F
	51-70	249	199 (7)	143 (15)	155 (13)	176 (10)	200 (8)	227 (10)	252 (15)	268 (20)	100	<3
	>70	128	179 (9)	103 (11)	115 (11)	140 (11)	173 (12)	214 (14)	254 (18)	282 (22)	100	F
	19+	826	209 (5)	118 (6)	135 (6)	167 (6)	207 (6)	254 (8)	304 (11)	338 (14)	100	F

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² EAR is the Estimated Average Requirement. For additional detail, see footnote 9 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

Table 36.9 Total fats (g/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Both	1-3	169	46 (2)	29 (4)	32 (4)	38 (3)	45 (3)	53 (3)	61 (5)	66 (6)
	4-8	281	63 (2)	41 (2)	45 (2)	52 (2)	61 (3)	71 (3)	81 (4)	88 (4)
Male	9-13	183	87 (5)	59 (4)	64 (4)	73 (5)	86 (5)	101 (7)	117 (8)	128 (9)
	14-18	187	101 (5)	65 (13) ^E	72 (12)	85 (9)	101 (6)	119 (8)	138 (14)	150 (18)
	19-30	223	89 (4)	49 (9) ^E	56 (8)	69 (6)	86 (5)	106 (7)	127 (11)	140 (14)
	31-50	229	90 (6)	46 (5)	54 (5)	68 (5)	89 (6)	112 (8)	133 (10)	147 (12)
	51-70	197	75 (5)	48 (12) ^E	54 (11) ^E	64 (8)	76 (6)	89 (8)	101 (14)	109 (19) ^E
	>70	72	67 (6)	39 (10) ^E	44 (10) ^E	54 (8)	66 (7)	79 (8)	90 (11)	97 (13)
	19+	721	84 (3)	44 (5)	52 (5)	66 (4)	83 (3)	104 (4)	125 (6)	138 (8)
Female	9-13	165	66 (4)	40 (8) ^E	45 (7)	55 (6)	66 (5)	79 (6)	92 (9)	101 (12)
	14-18	206	67 (3)	39 (8) ^E	44 (7)	53 (5)	64 (4)	77 (6)	92 (10)	102 (13)
	19-30	191	69 (5)	36 (8) ^E	42 (7) ^E	52 (7)	67 (7)	85 (9)	103 (11)	115 (14)
	31-50	258	67 (4)	49 (4)	53 (4)	60 (5)	68 (6)	78 (7)	88 (8)	94 (8)
	51-70	249	63 (3)	36 (3)	41 (3)	50 (3)	62 (4)	75 (5)	90 (6)	100 (7)
	>70	128	48 (3)	24 (4)	28 (4)	37 (4)	46 (4)	58 (5)	72 (6)	81 (8)
	19+	826	65 (2)	36 (4)	41 (3)	51 (3)	64 (3)	79 (3)	95 (5)	106 (6)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² No DRIs have been established for the absolute amount of total fats.

For additional footnotes common to all tables, see Appendix A.

Table 37.9 Total monounsaturated fats (g/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Both	1-3	169	14.9 (0.9)	7.0 (1.9) ^E	8.5 (1.7) ^E	11.3 (1.3)	14.8 (1.0)	18.8 (1.3)	23.0 (2.1)	25.8 (2.8)
	4-8	281	24.1 (1.0)	16.5 (2.7)	17.8 (2.4)	20.3 (1.8)	23.4 (1.3)	27.0 (1.8)	30.4 (3.1)	32.6 (4.1)
Male	9-13	183	34.8 (2.2)	21.4 (1.7)	23.7 (1.8)	28.2 (2.0)	34.2 (2.4)	41.4 (3.1)	49.1 (3.9)	54.3 (4.6)
	14-18	187	39.8 (2.2)	26.2 (4.9) ^E	29.0 (4.4)	34.0 (3.4)	40.1 (2.6)	47.0 (3.2)	54.1 (5.2)	58.8 (6.9)
	19-30	223	36.8 (2.1)	20.4 (4.0) ^E	23.3 (3.6)	28.9 (2.8)	36.0 (2.4)	44.3 (3.3)	52.8 (5.2)	58.4 (6.7)
	31-50	229	36.8 (2.6)	17.9 (2.1)	21.1 (2.2)	27.4 (2.4)	36.5 (2.9)	47.2 (3.9)	57.6 (5.4)	64.6 (6.7)
	51-70	197	30.5 (2.2)	14.6 (2.5) ^E	17.5 (2.5)	23.0 (2.5)	30.4 (2.7)	38.7 (3.1)	46.9 (3.9)	52.5 (5.0)
	>70	72	26.7 (2.5)	15.9 (4.0) ^E	17.9 (3.8) ^E	21.6 (3.3)	26.1 (3.0)	30.8 (3.3)	35.1 (4.1)	37.5 (4.7)
	19+	721	34.6 (1.4)	16.4 (1.2)	19.7 (1.2)	25.9 (1.3)	34.1 (1.5)	43.7 (2.0)	53.8 (2.6)	60.5 (3.2)
Female	9-13	165	24.6 (1.5)	15.8 (3.4) ^E	17.5 (3.1) ^E	20.7 (2.6)	24.7 (2.1)	29.1 (3.4)	33.7 (4.6)	36.8 (5.7)
	14-18	206	25.8 (1.4)	15.3 (3.1) ^E	17.1 (2.7)	20.5 (2.0)	24.7 (1.6)	29.6 (2.3)	34.8 (3.9)	38.4 (5.1)
	19-30	191	26.7 (1.8)	12.9 (2.9) ^E	15.2 (2.8) ^E	19.6 (2.6)	25.9 (2.7)	33.3 (3.3)	40.8 (4.4)	46.1 (5.6)
	31-50	258	26.7 (1.4)	19.6 (1.6)	21.2 (1.8)	23.9 (2.0)	27.3 (2.3)	31.0 (2.7)	34.7 (3.0)	37.0 (3.3)
	51-70	249	25.1 (1.4)	10.7 (2.0) ^E	13.1 (1.9)	17.9 (1.6)	24.1 (1.7)	31.9 (2.3)	40.5 (3.4)	46.7 (4.3)
	>70	128	18.4 (1.2)	8.4 (1.4) ^E	10.0 (1.4)	13.2 (1.5)	17.4 (1.7)	22.4 (1.8)	27.6 (2.3)	31.1 (2.8)
	19+	826	25.4 (0.8)	13.3 (1.3)	15.5 (1.3)	19.6 (1.2)	25.1 (1.3)	31.7 (1.4)	38.6 (1.8)	43.2 (2.1)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² No DRIs have been established for total monounsaturated fats.

For additional footnotes common to all tables, see Appendix A.

Table 38.9 Total polyunsaturated fats (g/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2}

Sex	Age (years)	n	Mean	(SE)	Percentiles (and SE) of usual intake													
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)							
Both	1-3	169	5.5	(0.4)	F	2.8	(0.8) ^E	3.9	(0.7) ^E	5.3	(0.5)	7.1	(0.7)	9.0	(1.3)	10.4	(1.8) ^E	
	4-8	281	9.5	(0.4)	6.0	(1.1) ^E	6.6	(0.9)	7.8	(0.7)	9.2	(0.5)	10.8	(0.7)	12.5	(1.2)	13.5	(1.7)
Male	9-13	183	14.4	(0.9)	8.8	(1.8) ^E	9.8	(1.6) ^E	11.6	(1.4)	14.2	(1.2)	17.5	(1.5)	21.0	(2.5)	23.5	(3.3)
	14-18	187	16.6	(1.2)	10.8	(1.9) ^E	11.9	(1.8)	13.9	(1.5)	16.5	(1.3)	19.6	(1.7)	22.8	(2.8)	25.0	(3.9)
	19-30	223	14.9	(0.9)	6.9	(1.3) ^E	8.2	(1.2)	10.9	(1.1)	14.5	(1.0)	18.9	(1.4)	23.6	(2.2)	27.0	(2.9)
	31-50	229	16.9	(1.6)	9.8	(1.1)	11.2	(1.1)	13.8	(1.3)	17.2	(1.6)	21.2	(2.2)	25.4	(3.1)	28.3	(3.7)
	51-70	197	13.6	(0.9)	7.6	(1.8) ^E	8.7	(1.7) ^E	10.7	(1.4)	13.4	(1.2)	16.6	(1.6)	20.1	(2.5)	22.5	(3.3)
	>70	72	12.8	(1.1)	7.2	(1.7) ^E	8.2	(1.5) ^E	10.1	(1.3)	12.7	(1.2)	15.6	(1.7)	18.7	(2.7)	20.9	(3.6) ^E
	19+	721	15.3	(0.8)	8.6	(1.6) ^E	9.9	(1.5)	12.3	(1.2)	15.4	(0.9)	19.2	(1.1)	23.2	(1.7)	25.9	(2.3)
	Female	9-13	165	11.1	(0.9)	7.2	(0.8)	7.9	(0.9)	9.3	(1.0)	11.2	(1.2)	13.4	(1.4)	15.8	(1.7)	17.4
14-18	206	11.9	(0.7)	7.4	(1.6) ^E	8.2	(1.5) ^E	9.7	(1.2)	11.6	(0.9)	13.7	(1.2)	15.9	(1.9)	17.4	(2.6)	
19-30	191	11.2	(0.7)	5.7	(1.2) ^E	6.7	(1.2) ^E	8.5	(1.0)	10.8	(1.0)	13.8	(1.4)	17.1	(2.2)	19.7	(3.1)	
31-50	258	12.1	(0.8)	8.6	(0.7)	9.2	(0.8)	10.5	(0.9)	12.1	(1.1)	13.8	(1.2)	15.6	(1.4)	16.7	(1.6)	
51-70	249	10.7	(0.6)	5.2	(0.9) ^E	6.1	(0.9)	7.9	(0.8)	10.3	(0.7)	13.2	(0.9)	16.3	(1.4)	18.4	(1.8)	
>70	128	8.8	(1.0)	3.6	(1.0) ^E	4.4	(1.0) ^E	6.1	(1.1) ^E	8.5	(1.3)	11.2	(1.6)	15.1	(2.3)	19.0	(3.3) ^E	
19+	826	11.2	(0.4)	5.9	(0.7)	6.8	(0.7)	8.6	(0.6)	11.0	(0.6)	13.9	(0.6)	17.0	(0.9)	19.1	(1.2)	

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² No DRIs have been established for total polyunsaturated fats.

For additional footnotes common to all tables, see Appendix A.

Table 39.9 Total saturated fats (g/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2}

Sex	Age (years)	n	Mean	(SE)	Percentiles (and SE) of usual intake													
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)							
Both																		
	1-3	169	17.9	(1.0)	8.0	(2.3) ^E	10.0	(2.0) ^E	13.6	(1.5)	18.1	(1.1)	23.1	(1.6)	28.2	(2.6)	31.7	(3.5)
	4-8	281	23.0	(0.9)	14.9	(0.7)	16.3	(0.8)	19.0	(0.9)	22.4	(1.1)	26.4	(1.3)	30.7	(1.6)	33.5	(1.8)
Male																		
	9-13	183	29.2	(1.7)	19.2	(1.2)	21.0	(1.3)	24.3	(1.5)	28.8	(1.8)	34.2	(2.3)	40.1	(2.9)	44.1	(3.4)
	14-18	187	35.1	(2.2)	20.6	(1.9)	23.8	(2.0)	29.0	(2.2)	34.5	(2.5)	40.6	(3.3)	48.0	(3.8)	53.4	(4.1)
	19-30	223	29.2	(1.6)	15.3	(3.3) ^E	17.5	(3.0) ^E	21.9	(2.3)	27.6	(1.8)	34.5	(2.5)	41.9	(4.2)	47.0	(5.7)
	31-50	229	27.6	(1.5)	12.9	(3.3) ^E	15.5	(2.9) ^E	20.3	(2.1)	26.4	(1.7)	33.4	(2.8)	40.5	(4.7)	45.2	(6.1)
	51-70	197	23.6	(1.7)	9.3	(1.8) ^E	11.6	(1.9)	16.2	(2.0)	22.6	(2.0)	30.2	(2.2)	38.4	(2.9)	43.8	(3.7)
	>70	72	21.3	(2.0)	10.6	(2.0) ^E	12.4	(2.2) ^E	16.0	(2.5)	20.7	(2.5)	25.6	(2.4)	30.1	(2.5)	33.0	(2.7)
	19+	721	26.6	(0.9)	12.6	(1.5)	15.1	(1.4)	19.8	(1.2)	25.7	(1.0)	32.5	(1.3)	39.6	(1.8)	44.3	(2.4)
	Female																	
9-13		165	23.5	(1.3)	13.4	(3.0) ^E	15.3	(2.7) ^E	18.9	(2.3)	23.2	(2.1)	28.2	(2.5)	33.9	(3.8)	38.0	(5.1)
14-18		206	22.5	(1.5)	11.8	(2.0) ^E	13.4	(1.8)	16.6	(1.6)	20.8	(1.7)	26.3	(2.3)	32.7	(3.8)	37.4	(5.1)
19-30		191	24.8	(2.6)	15.7	(4.3) ^E	17.5	(4.2) ^E	20.7	(3.9) ^E	24.9	(3.7)	29.8	(4.0)	34.7	(5.1)	38.0	(6.3)
31-50		258	21.6	(1.4)	15.1	(3.2) ^E	16.4	(3.0) ^E	18.8	(2.6)	21.9	(2.2)	25.4	(2.1)	29.0	(2.7)	31.4	(3.5)
51-70		249	20.7	(1.5)	9.8	(2.0) ^E	11.5	(1.9)	14.7	(1.7)	19.4	(1.6)	25.4	(2.2)	32.3	(3.8)	37.5	(5.3)
>70		128	15.8	(1.2)	7.6	(1.1)	9.1	(1.0)	11.8	(1.0)	14.9	(1.1)	18.6	(1.5)	23.0	(2.3)	26.6	(3.2)
19+		826	21.5	(1.0)	11.3	(1.4)	13.0	(1.4)	16.4	(1.3)	21.0	(1.3)	26.5	(1.4)	32.5	(1.9)	36.8	(2.5)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² No DRIs have been established for total saturated fats.

For additional footnotes common to all tables, see Appendix A.

Table 40.9 Total sugars (g/d): Usual intakes from food, by DRI age–sex group, household population, Alberta, 2004^{1,2}

Sex	Age (years)	n	Mean	(SE)	Percentiles (and SE) of usual intake													
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)							
Both																		
	1-3	169	95	(6)	48	(10) ^E	58	(9)	75	(7)	97	(6)	122	(8)	150	(15)	172	(22)
	4-8	281	127	(6)	79	(5)	87	(5)	102	(5)	122	(6)	148	(9)	175	(14)	193	(18)
Male																		
	9-13	183	152	(9)	71	(15) ^E	85	(13)	113	(11)	150	(11)	194	(16)	239	(24)	269	(31)
	14-18	187	179	(10)	106	(10)	121	(11)	150	(11)	185	(12)	224	(14)	263	(17)	288	(19)
	19-30	223	134	(7)	74	(16) ^E	84	(14) ^E	103	(11)	127	(8)	154	(12)	182	(20)	201	(26)
	31-50	229	120	(11)	52	(16) ^E	63	(15) ^E	86	(14)	117	(13)	154	(16)	193	(23)	219	(29)
	51-70	197	91	(7)	34	(11) ^E	42	(10) ^E	59	(9)	83	(8)	115	(10)	150	(17)	175	(23)
	>70	72	75	(6)	41	(9) ^E	48	(8) ^E	61	(6)	76	(5)	92	(6)	110	(10)	123	(14)
	19+	721	113	(5)	44	(6)	55	(6)	76	(6)	106	(6)	144	(8)	186	(11)	214	(14)
Female																		
	9-13	165	134	(8)	72	(12) ^E	84	(11)	107	(11)	136	(11)	169	(14)	204	(19)	227	(23)
	14-18	206	120	(7)	66	(7)	76	(7)	94	(8)	117	(9)	143	(11)	170	(12)	188	(14)
	19-30	191	107	(7)	51	(5)	61	(5)	80	(6)	105	(9)	134	(11)	166	(15)	188	(18)
	31-50	258	84	(5)	37	(8) ^E	44	(8) ^E	58	(8)	79	(7)	107	(8)	139	(13)	163	(18)
	51-70	249	85	(5)	52	(10) ^E	58	(9)	70	(7)	84	(6)	100	(7)	116	(10)	127	(13)
	>70	128	67	(5)	27	(7) ^E	33	(7) ^E	47	(7)	64	(7)	82	(9)	103	(13)	120	(17)
	19+	826	88	(3)	42	(4)	50	(4)	64	(4)	85	(4)	111	(5)	139	(7)	159	(9)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

² No DRIs have been established for total sugars.

For additional footnotes common to all tables, see Appendix A.

Appendix A: Table Footnotes

The following footnotes apply to all of the summary data tables presented in Section II of this report.

1. The survey excludes from its target population those living in the three territories, individuals living on Indian reserves or on Crown lands, residents of institutions, full-time members of the Canadian Forces and residents of certain remote regions.
2. The tables exclude pregnant and breastfeeding females, subject to another set of nutritional recommendations. The sample of pregnant and breastfeeding females is not large enough to allow for reliable estimates.
3. Sample size and mean intake are based on the first 24-hour dietary recall (first day of interview) only.
4. Intakes are based on food consumption only. Intakes from vitamin and mineral supplements are not included. Inferences about the prevalence of nutrient excess or inadequacy based on intakes from food alone may respectively underestimate or overestimate the prevalences based on total nutrient intakes from both food and supplements.
5. The intake distribution (percentiles and percentage above or below a cut-off when applicable) was adjusted to remove within-individual variability using Software for Intake Distribution Estimation (SIDE) (Iowa State University, 1996) and the method presented in Nusser SM, Carriquiry AL, Dodd KW, Fuller WA: A semiparametric transformation approach to estimating usual daily intake distributions. *J Am Stat Assoc* 1996; 91: 1440-1449.
6. In some cases, within-individual variance was estimated at the regional or national level and applied at the provincial level. For more details, see Section II.4: Measuring Sampling Variability with Bootstrap Replication in Volume 1 of the *Nutrient Intakes from Food* report series.
7. Bootstrapping techniques were used to produce the coefficient of variation (CV) and the standard error (SE).
8. AMDR is the Acceptable Macronutrient Distribution Range, expressed as a percentage of total energy intake. Intakes inside the range (shown in the AMDR columns) are associated with a reduced risk of chronic disease while providing adequate intakes of essential nutrients. For further information on AMDR see the Health Canada publication *Canadian Community Health Survey*,

Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data, Section 2.1.5, p. 27.

The applications of the AMDRs for essential fatty acids to group assessment are not the same as for the other macronutrients. The lower boundaries for the AMDR for linoleic and alpha-linolenic acids are not based on the same type of endpoints as the boundaries for total fat and carbohydrate. The boundaries for fat and carbohydrate are set based on evidence indicating increased risk for coronary heart diseases and the lower bound of the AMDR for both n-6 (linoleic) and n-3 (alpha-linolenic) fatty acids is based on the percent of energy from these fatty acids needed to provide the AI for these nutrients. The AI, in turn, is based on the median intake of both linoleic and alpha-linolenic acid in the United States, where essential fatty acid deficiency is non-existent in the healthy population.

Thus, by definition about half the population has intakes of these fatty acids below the AI and therefore outside the AMDR. In other words, based on the AI, one would conclude that the population is "adequate" with respect to linoleic and alpha-linolenic acids, while based on the AMDR a different conclusion (i.e. that 50% of the population has intakes below the AMDR) would be reached. Therefore, the lower bound of the AMDRs for linoleic and alpha-linolenic acids should not be used in the assessment of population intakes.

9. EAR is the Estimated Average Requirement. The level of intake at the EAR (shown in the EAR columns) is the average daily intake level that is estimated to meet the requirement, as defined by the specified indicator of adequacy, in half of the apparently healthy individuals in a DRI age–sex group. For further information on EAR see the Health Canada publication *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*, Section 2.1.1, p. 23.
10. AI is the Adequate Intake. The level of intake at the AI (shown in the AI columns) is the recommended average daily intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group or groups of apparently healthy people that are assumed to be adequate. It is developed when an EAR cannot be determined. The percentage of the population having a usual intake above the AI (shown in the %>AI columns) almost certainly meets their needs. The adequacy of intakes below the AI cannot be assessed, and should not be interpreted as being inadequate. For further information on AI see the Health Canada

publication *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*, Section 2.1.3, p. 25.

11. UL is the Tolerable Upper Intake Level. The level of intake at the UL (shown in the UL columns) is the highest average daily intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population. For further information on UL see the Health Canada publication *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*, Section 2.1.4, p. 26.
12. For a more detailed understanding of DRIs and their interpretation when assessing intakes of particular nutrients, consult the summary of the series of publications on DRIs published by the Institute of Medicine: *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*.
13. In terms of precision, the estimate 0.0 with a standard error of 0.0 refers to a standard error smaller than 0.1%.

Appendix B: Justification for Excluding Nutrients from Volume 2 and Volume 3

Volume 1 of the compendium contained data on 13 nutrients, including 6 nutrients expressed as a percent of total energy. There were originally 31 nutrients scheduled to be released in Volumes 2 and 3 of the compendium, but for a variety of reasons some of these nutrients are not included. Decisions to omit these nutrients were made jointly by representatives from Statistics Canada and Health Canada.

Exclusions and changes to the list of nutrients that were to be included in Volumes 2 and 3 of the compendium are as follows:

Total milligrams of folic acid

Folic acid is found in small amounts in a number of foods. Most respondents consumed a small amount of folic acid, which resulted in a bimodal distribution of folic acid intake. As a result, it was very difficult to normalize the distribution, which meant that SIDE was unable to calculate usual intake.

One of the steps that SIDE uses to estimate usual intake is to transform the data into a normal distribution. Assessing SIDE's ability to perform this transformation rests on measuring the Anderson-Darling (A-D) score for normality. The A-D score is a statistic that measures how close a distribution is to a normal distribution. Any A-D score less than 0.576 is considered to be sufficiently normal for SIDE to continue without warning. Typically, SIDE will be able to transform 95% of the domains without error using the default SIDE options. The remaining 5% of domains will typically score higher than 0.576 but usually less than 1.0. Adjusting the SIDE options will usually reduce the A-D to within the limit. In the case of folic acid, more than half of the provincial domains had an A-D score above the 0.576 threshold and many domains scored higher than 2. The nature of the data simply does not allow SIDE to produce proper estimates for the usual intake of folic acid.

Total grams of alcohol

Alcohol is consumed differently than other nutrients. For most respondents, alcohol is not part of their daily intake of food, but rather is something that is consumed occasionally. In this sense, in terms of analysis, alcohol behaves more like a food than a nutrient. In order for SIDE to estimate the usual intake of foods, many recalls are needed to capture enough occurrences of the particular food. Thus, two recalls are not enough to calculate the usual intake of alcohol.

Percent of energy from alcohol

The difficulty in estimating a usual intake for alcohol causes similar problems for expressing that intake as a percent of total energy.

Caffeine

Caffeine also is consumed differently than other nutrients. The usual intake of caffeine could not be calculated due to the same issues as folic acid and alcohol. Many respondents reported zero or small levels of caffeine intake. Therefore, it is difficult for SIDE to properly model the data with only two dietary recalls.

Based on the changes above, the list of nutrients included in Volume 1 and the revised list of nutrients included in Volumes 2 and 3 are as follows:

List of Nutrients Included in the Three-Volume Set		
Volume 1	Volume 2	Volume 3
Total Energy	Folate (DFE)	Folacin
Percentage of total energy intake from fats	Iron	Linolenic acid (g, % energy)
Percentage of total energy intake from protein	Linoleic acid (g, % energy)	Moisture
Percentage of total energy intake from carbohydrates	Magnesium	Naturally occurring folate
Percentage of total energy intake from saturated fats	Niacin	Protein
Percentage of total energy intake from monounsaturated fats	Phosphorus	Total carbohydrates
Percentage of total energy intake from polyunsaturated fats	Potassium	Total fats
Total dietary fibre	Riboflavin	Total monounsaturated fats
Cholesterol	Thiamin	Total polyunsaturated fats
Vitamin A	Vitamin B ₆	Total saturated fats
Vitamin C	Vitamin B ₁₂	Total sugars
Calcium	Vitamin C by smoking status	
Sodium	Vitamin D	
	Zinc	

Appendix C: References

Department of Statistics and Center for Agricultural and Rural Development, Iowa State University: *A User's Guide to SIDE, Software for Intake Distribution Estimation Version 1.0*. Technical Report 96-TR 30. Ames, IA: Iowa State University Statistical Laboratory, 1996. Available at:

www.card.iastate.edu/publications/DBS/PDFFiles/96tr30.pdf

Dodd KW: *A Technical Guide to C-SIDE, Software for Intake Distribution Estimation*. Technical Report 96-TR 32, Dietary Assessment Research Series Report 9. Ames, IA: Department of Statistics and Center for Agricultural and Rural Development, Iowa State University, 2006. Available at:

www.card.iastate.edu/publications/DBS/PDFFiles/96tr32.pdf

Health Canada: *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*. Ottawa: Publications, Health Canada, 2006. Available at: www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/cchs_focus-volet_escc-eng.php

Institute of Medicine: *Dietary Reference Intakes: A Risk Assessment Model for Establishing Upper Intake Levels for Nutrients*. Washington, DC: National Academy Press, 1998. Available at: <http://books.nap.edu/catalog/6432.html>

Institute of Medicine: *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin and Choline*. Washington, DC: National Academy Press, 1998. Available at: www.nap.edu/catalog.php?record_id=6015

Institute of Medicine: *Dietary Reference Intakes: Applications in Dietary Assessment*. Washington, DC: National Academy Press, 2000. Available at: <http://books.nap.edu/catalog/9956.html>

Institute of Medicine: *Dietary Reference Intakes: Applications in Dietary Planning*. Washington, DC: National Academy Press, 2003. Available at: <http://books.nap.edu/catalog/10609.html>

Institute of Medicine: *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*. Washington, DC: National Academy Press, 2004. Available at: <http://books.nap.edu/catalog/10925.html>

Institute of Medicine: *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients)*. Washington, DC:

National Academy Press, 2005. Available at:

<http://books.nap.edu/catalog/10490.html>

Institute of Medicine: *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. Washington, DC: National Academy Press, 2006.

Available at: www.nap.edu/topics.php?topic=380

Nusser SM, Carriquiry AL, Dodd KW, Fuller WA: A semiparametric transformation approach to estimating usual daily intake distributions. *J Am Stat Assoc* 1996; 91: 1440–1449

Nusser SM, Fuller WA, Guenther PM: Estimating usual dietary intake distributions: adjusting for measurement error and nonnormality in 24-hour food intake data. In L Lyberg, P Biemer, M Collins et al., eds. *Survey Measurement and Process Quality*, New York: John Wiley & Sons, 1997.

Statistics Canada: *Canadian Community Health Survey (CCHS) Cycle 2.2—Nutrition: Software for Intake Distribution Estimation (SIDE) Documentation*. Ottawa, 2007.

Available at: www.statcan.ca/english/sdds/document/5049_D22_T9_V1_E.pdf