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Canadian Community Health Survey Cycle 2.2, Nutrition (2004)

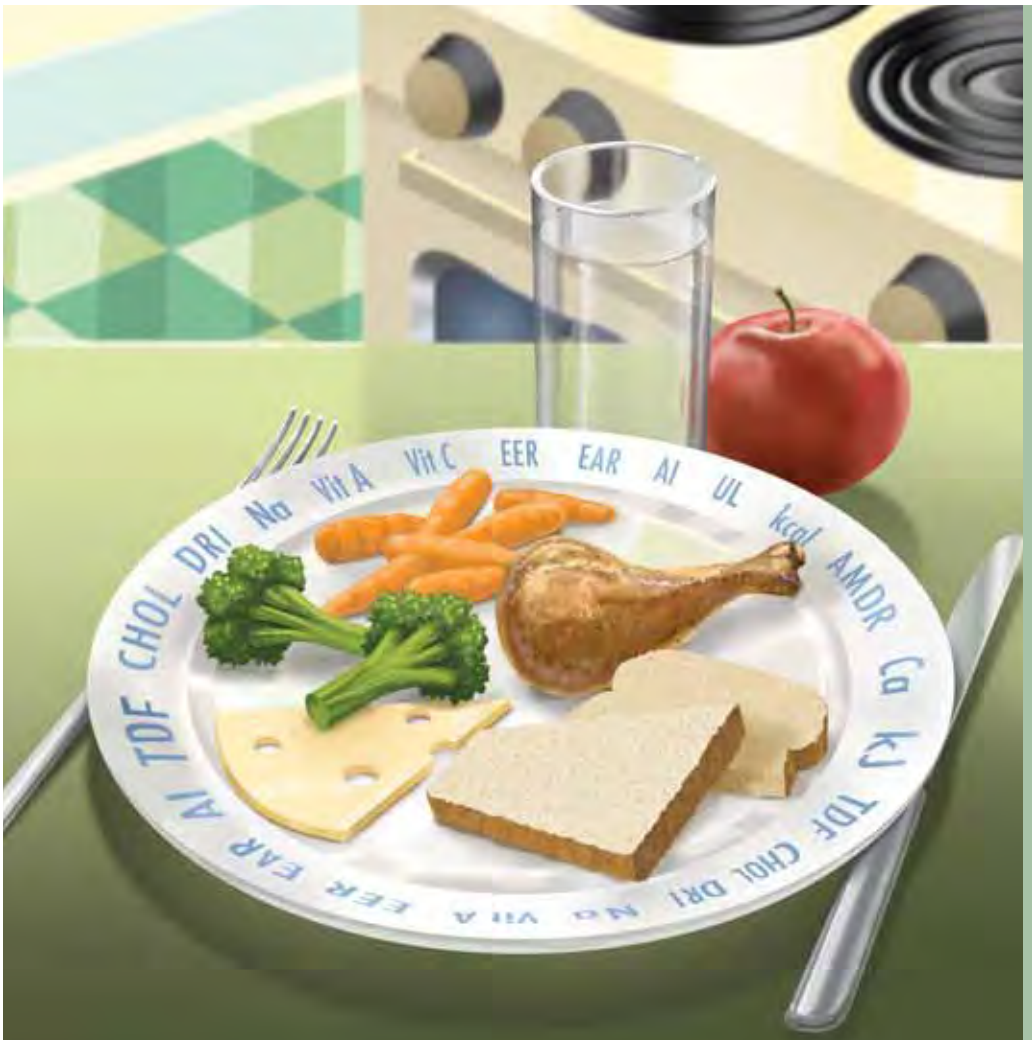
Nutrient Intakes from Food

Provincial, Regional and National Summary Data Tables
Volume 2

Revised February 2009

Note:

This PDF contains the 15 data tables for the Atlantic Region as well as the Appendices.



Canada

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Table 14.11 Folate (DFE/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% <EAR	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both														
	1-3	**348**	**274**	*(10)*	**150** *(14)*	**171** *(13)*	**211** *(12)*	**263** *(13)*	**324** *(16)*	**386** *(22)*	**428** *(27)*	**120**	**<3**	
	4-8	**554**	**395**	*(15)*	**276** *(31)*	**300** *(28)*	**345** *(24)*	**401** *(21)*	**465** *(24)*	**531** *(34)*	**575** *(43)*	**160**	**<3**	
Male														
	9-13	**409**	**467**	*(18)*	**368** *(35)*	**386** *(31)*	**418** *(24)*	**455** *(21)*	**495** *(25)*	**534** *(35)*	**558** *(43)*	**250**	**<3**	
	14-18	**414**	**543**	*(24)*	**375** *(46)*	**415** *(42)*	**486** *(35)*	**573** *(32)*	**675** *(40)*	**785** *(60)*	**859** *(77)*	**330**	**F**	
	19-30	**311**	**579**	*(29)*	**380** *(44)*	**419** *(40)*	**489** *(35)*	**575** *(35)*	**669** *(44)*	**763** *(61)*	**822** *(74)*	**320**	**F**	
	31-50	**489**	**498**	*(20)*	**289** *(22)*	**324** *(21)*	**384** *(20)*	**469** *(22)*	**567** *(28)*	**669** *(38)*	**737** *(46)*	**320**	**F**	
	51-70	**575**	**444**	*(18)*	**281** *(27)*	**309** *(24)*	**361** *(21)*	**428** *(20)*	**509** *(26)*	**597** *(39)*	**657** *(51)*	**320**	**F**	
	>70	**239**	**414**	*(17)*	**274** *(28)*	**300** *(28)*	**344** *(26)*	**402** *(25)*	**473** *(30)*	**548** *(80)*	**597** *(168)* [E]	**320**	**F**	
	19+	**1614**	**491**	*(12)*	**289** *(14)*	**323** *(13)*	**386** *(13)*	**469** *(13)*	**568** *(16)*	**675** *(23)*	**748** *(29)*	**320**	**9.5**	*(2.3)* [E]
Female														
	9-13	**355**	**387**	*(14)*	**271** *(24)*	**295** *(22)*	**338** *(19)*	**391** *(18)*	**449** *(22)*	**506** *(29)*	**543** *(34)*	**250**	**F**	
	14-18	**410**	**403**	*(22)*	**211** *(34)*	**248** *(30)*	**312** *(27)*	**393** *(24)*	**485** *(27)*	**576** *(35)*	**638** *(42)*	**330**	**30.2**	*(7.9)* [E]
	19-30	**384**	**359**	*(17)*	**244** *(29)*	**266** *(27)*	**305** *(24)*	**354** *(23)*	**409** *(28)*	**464** *(36)*	**500** *(44)*	**320**	**F**	
	31-50	**585**	**389**	*(15)*	**213** *(16)*	**245** *(17)*	**306** *(17)*	**385** *(20)*	**477** *(26)*	**573** *(34)*	**636** *(40)*	**320**	**29.3**	*(5.8)* [E]
	51-70	**711**	**392**	*(16)*	**222** *(19)*	**251** *(18)*	**304** *(17)*	**374** *(17)*	**462** *(24)*	**561** *(37)*	**630** *(49)*	**320**	**30.6**	*(6.1)* [E]
	>70	**342**	**329**	*(15)*	**182** *(15)*	**205** *(15)*	**250** *(16)*	**312** *(18)*	**385** *(25)*	**466** *(35)*	**525** *(43)*	**320**	**53.2**	*(8.1)*
	19+	**2022**	**376**	*(9)*	**219** *(9)*	**247** *(9)*	**301** *(10)*	**370** *(11)*	**452** *(14)*	**540** *(19)*	**600** *(23)*	**320**	**31.8**	*(3.6)*

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] 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 15.11 Iron (mg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% Inad-equacy	(SE)	UL[3]	% >UL	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)						
Both																	
	1-3	348	10.1	(0.6)	6.1 (0.5)	6.8 (0.5)	8.0 (0.5)	9.6 (0.6)	11.7 (0.8)	14.3 (1.3)	16.3 (1.8)	3.0	<3		40	<3	
	4-8	554	12.9	(0.3)	9.9 (1.0)	10.6 (0.9)	11.7 (0.7)	13.2 (0.5)	14.7 (0.5)	16.1 (0.8)	17.0 (1.0)	4.1	<3		40	<3	
Male																	
	9-13	409	15.6	(0.6)	11.3 (1.0)	12.1 (0.9)	13.4 (0.7)	15.1 (0.7)	17.1 (0.9)	19.0 (1.2)	20.3 (1.5)	5.9	<3		40	<3	
	14-18	414	17.7	(0.8)	11.6 (1.1)	12.9 (1.1)	15.2 (1.0)	18.3 (1.0)	22.0 (1.3)	26.0 (1.8)	28.6 (2.4)	7.7	<3		45	<3	
	19-30	311	18.6	(1.1)	11.5 (1.0)	12.8 (1.0)	15.2 (1.0)	18.2 (1.1)	21.8 (1.5)	25.6 (2.1)	28.1 (2.6)	6.0	<3		45	<3	
	31-50	489	16.0	(0.6)	9.7 (0.7)	10.7 (0.7)	12.7 (0.7)	15.2 (0.7)	18.3 (0.9)	21.7 (1.2)	24.0 (1.5)	6.0	<3		45	<3	
	51-70	575	15.4	(0.6)	11.3 (1.2)	12.1 (1.0)	13.5 (0.8)	15.3 (0.7)	17.5 (0.9)	19.6 (1.4)	20.9 (1.7)	6.0	<3		45	0.0	(0.0)
	>70	239	13.9	(0.7)	9.2 (0.6)	10.0 (0.6)	11.5 (0.7)	13.5 (0.8)	15.8 (1.0)	18.3 (1.2)	20.0 (1.5)	6.0	<3		45	<3	
	19+	1614	16.2	(0.4)	10.0 (0.4)	11.1 (0.4)	13.0 (0.4)	15.6 (0.4)	18.8 (0.6)	22.2 (0.8)	24.6 (1.0)	6.0	<3		45	<3	
Female																	
	9-13	355	12.8	(0.4)	8.6 (0.7)	9.5 (0.6)	10.9 (0.6)	12.8 (0.6)	15.0 (0.6)	17.4 (0.9)	19.1 (1.2)	5.7	<3		40	<3	
	14-18	410	12.0	(0.5)	6.4 (0.7)	7.4 (0.6)	9.2 (0.5)	11.4 (0.5)	14.1 (0.6)	17.0 (0.9)	19.0 (1.1)	7.7	19.4	(3.4) [E]	45	0.0	(0.0)
	19-30	384	12.2	(0.5)	8.8 (0.7)	9.6 (0.7)	10.9 (0.6)	12.7 (0.7)	14.6 (0.8)	16.5 (1.0)	17.8 (1.2)	7.7	13.0	(2.7) [E]	45	0.0	(0.0)
	31-50	585	12.5	(0.4)	6.9 (0.5)	8.0 (0.5)	10.1 (0.5)	12.6 (0.5)	15.2 (0.6)	17.9 (0.8)	19.7 (1.1)	7.7	17.6	(2.5)	45	0.0	(0.0)
	51-70	711	12.1	(0.3)	7.6 (0.4)	8.3 (0.4)	9.7 (0.4)	11.6 (0.4)	14.0 (0.6)	16.2 (0.8)	17.6 (0.9)	5.0	<3		45	0.0	(0.0)
	>70	342	12.0	(0.4)	7.2 (0.6)	8.0 (0.6)	9.6 (0.5)	11.7 (0.6)	14.2 (0.7)	16.8 (0.9)	18.5 (1.1)	5.0	<3		45	0.0	(0.0)
	19+	2022	12.3	(0.2)	7.7 (0.3)	8.5 (0.3)	10.2 (0.3)	12.2 (0.3)	14.6 (0.4)	17.1 (0.5)	18.6 (0.6)				45	0.0	(0.0)

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. Comparisons to the EAR are determined using the probability approach. For additional detail, see Appendix B.

[3] UL is the Tolerable Upper Intake Level. For additional detail, see footnote 11 in Appendix A.

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

Table 16.11 Linoleic acid (g/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							AI[2]	% >AI	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both														
	1-3	**348**	**5.8**	*(0.3)*	**3.3** *(0.4)*	**3.7** *(0.3)*	**4.6** *(0.3)*	**5.6** *(0.3)*	**6.9** *(0.4)*	**8.1** *(0.5)*	**8.9** *(0.6)*	**7**	**23.0**	*(6.7)* [E]
	4-8	**554**	**8.7**	*(0.3)*	**6.0** *(0.6)*	**6.6** *(0.6)*	**7.6** *(0.5)*	**8.9** *(0.4)*	**10.3** *(0.5)*	**11.7** *(0.8)*	**12.6** *(1.0)*	**10**	**29.5**	*(8.7)* [E]
Male														
	9-13	**409**	**13.2**	*(1.1)*	**8.5** *(1.1)*	**9.5** *(1.0)*	**11.3** *(1.0)*	**13.4** *(1.1)*	**15.7** *(1.5)*	**18.2** *(2.3)*	**19.8** *(2.9)*	**12**	**67.2**	*(13.0)* [E]
	14-18	**414**	**13.8**	*(0.7)*	**8.5** *(0.9)*	**9.5** *(0.9)*	**11.3** *(0.9)*	**13.8** *(0.9)*	**16.7** *(1.1)*	**19.8** *(1.4)*	**21.9** *(1.7)*	**16**	**30.1**	*(8.6)* [E]
	19-30	**311**	**13.3**	*(0.6)*	**7.5** *(0.9)*	**8.5** *(0.9)*	**10.4** *(0.8)*	**13.0** *(0.7)*	**16.1** *(1.0)*	**19.2** *(1.5)*	**21.4** *(1.9)*	**17**	**19.6**	*(6.4)* [E]
	31-50	**489**	**13.2**	*(0.6)*	**6.3** *(0.6)*	**7.3** *(0.6)*	**9.3** *(0.6)*	**12.2** *(0.7)*	**15.8** *(0.9)*	**19.5** *(1.2)*	**22.0** *(1.4)*	**17**	**18.9**	*(4.5)* [E]
	51-70	**575**	**11.8**	*(0.7)*	**7.9** *(1.3)* [E]	**8.7** *(1.2)*	**10.1** *(1.0)*	**11.7** *(0.8)*	**13.5** *(1.0)*	**15.5** *(1.6)*	**16.9** *(2.2)*	**14**	[F]	
	>70	**239**	**9.7**	*(0.6)*	**5.4** *(0.7)*	**6.2** *(0.7)*	**7.7** *(0.7)*	**9.6** *(0.8)*	**12.0** *(1.0)*	**14.4** *(1.3)*	**16.1** *(1.6)*	**14**	[F]	
	19+	**1614**	**12.5**	*(0.3)*	**6.3** *(0.4)*	**7.3** *(0.4)*	**9.2** *(0.4)*	**11.8** *(0.4)*	**15.1** *(0.5)*	**18.7** *(0.8)*	**21.1** *(1.0)*			
Female														
	9-13	**355**	**9.9**	*(0.5)*	**5.9** *(0.7)*	**6.8** *(0.6)*	**8.2** *(0.6)*	**10.0** *(0.7)*	**12.2** *(0.8)*	**14.5** *(1.1)*	**16.1** *(1.4)*	**10**	**49.7**	*(9.3)* [E]
	14-18	**410**	**9.9**	*(0.6)*	**5.1** *(0.6)*	**5.9** *(0.6)*	**7.3** *(0.7)*	**9.3** *(0.8)*	**11.9** *(0.9)*	**14.8** *(1.3)*	**16.7** *(1.6)*	**11**	**32.6**	*(8.2)* [E]
	19-30	**384**	**10.1**	*(0.6)*	**6.7** *(1.0)*	**7.4** *(0.9)*	**8.6** *(0.8)*	**10.2** *(0.8)*	**11.9** *(1.0)*	**13.7** *(1.3)*	**14.9** *(1.6)*	**12**	[F]	
	31-50	**585**	**9.2**	*(0.5)*	**5.1** *(0.6)*	**5.9** *(0.6)*	**7.2** *(0.5)*	**9.0** *(0.6)*	**11.2** *(0.7)*	**13.3** *(0.9)*	**14.8** *(1.1)*	**12**	**18.0**	*(5.6)* [E]
	51-70	**711**	**9.3**	*(0.6)*	**4.9** *(0.6)*	**5.6** *(0.6)*	**7.0** *(0.6)*	**8.8** *(0.6)*	**11.0** *(0.7)*	**13.3** *(0.9)*	**14.8** *(1.1)*	**11**	**25.4**	*(6.5)* [E]
	>70	**342**	**7.2**	*(0.3)*	**4.1** *(0.4)*	**4.6** *(0.4)*	**5.7** *(0.4)*	**7.1** *(0.4)*	**8.7** *(0.5)*	**10.5** *(0.7)*	**11.8** *(0.9)*	**11**	[F]	
	19+	**2022**	**9.2**	*(0.3)*	**4.9** *(0.3)*	**5.6** *(0.3)*	**7.1** *(0.3)*	**9.0** *(0.3)*	**11.4** *(0.4)*	**13.9** *(0.6)*	**15.5** *(0.7)*			

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] 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 17.11 Percentage of total energy intake from linoleic acid, by DRI age–sex group, household population, Atlantic Region, 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	**348**	**3.3**	*(0.1)*	**2.3** *(0.2)*	**2.5** *(0.2)*	**2.8** *(0.1)*	**3.2** *(0.1)*	**3.7** *(0.2)*	**4.1** *(0.2)*	**4.4** *(0.3)*
	4-8	**554**	**3.9**	*(0.1)*	**2.8** *(0.2)*	**3.0** *(0.2)*	**3.4** *(0.1)*	**3.9** *(0.1)*	**4.4** *(0.2)*	**4.9** *(0.2)*	**5.2** *(0.3)*
Male											
	9-13	**409**	**4.6**	*(0.2)*	**3.8** *(0.3)*	**4.0** *(0.3)*	**4.3** *(0.3)*	**4.7** *(0.3)*	**5.2** *(0.4)*	**5.6** *(0.5)*	**5.9** *(0.6)*
	14-18	**414**	**4.4**	*(0.2)*	**3.3** *(0.2)*	**3.5** *(0.2)*	**3.9** *(0.2)*	**4.4** *(0.2)*	**4.9** *(0.2)*	**5.4** *(0.3)*	**5.7** *(0.3)*
	19-30	**311**	**4.2**	*(0.2)*	**2.9** *(0.3)*	**3.2** *(0.3)*	**3.6** *(0.3)*	**4.2** *(0.2)*	**4.8** *(0.2)*	**5.3** *(0.3)*	**5.7** *(0.4)*
	31-50	**489**	**4.5**	*(0.1)*	**3.0** *(0.2)*	**3.2** *(0.2)*	**3.7** *(0.2)*	**4.3** *(0.2)*	**4.9** *(0.2)*	**5.6** *(0.3)*	**6.0** *(0.3)*
	51-70	**575**	**4.5**	*(0.2)*	**4.0** *(0.5)*	**4.1** *(0.4)*	**4.3** *(0.3)*	**4.6** *(0.2)*	**4.9** *(0.2)*	**5.1** *(0.4)*	**5.3** *(0.5)*
	>70	**239**	**4.3**	*(0.2)*	**3.0** *(0.2)*	**3.2** *(0.2)*	**3.7** *(0.2)*	**4.3** *(0.2)*	**4.8** *(0.3)*	**5.4** *(0.3)*	**5.7** *(0.3)*
	19+	**1614**	**4.4**	*(0.1)*	**3.1** *(0.1)*	**3.3** *(0.1)*	**3.8** *(0.1)*	**4.3** *(0.1)*	**4.9** *(0.1)*	**5.6** *(0.2)*	**5.9** *(0.2)*
Female											
	9-13	**355**	**4.2**	*(0.2)*	**3.2** *(0.2)*	**3.4** *(0.2)*	**3.8** *(0.2)*	**4.2** *(0.2)*	**4.7** *(0.2)*	**5.2** *(0.2)*	**5.5** *(0.2)*
	14-18	**410**	**4.2**	*(0.2)*	**3.1** *(0.3)*	**3.3** *(0.3)*	**3.6** *(0.2)*	**4.1** *(0.2)*	**4.6** *(0.3)*	**5.1** *(0.4)*	**5.5** *(0.5)*
	19-30	**384**	**4.7**	*(0.3)*	**3.5** *(0.5)*	**3.8** *(0.4)*	**4.2** *(0.4)*	**4.6** *(0.3)*	**5.1** *(0.4)*	**5.6** *(0.5)*	**5.9** *(0.6)*
	31-50	**585**	**4.5**	*(0.1)*	**3.6** *(0.4)*	**3.8** *(0.3)*	**4.1** *(0.2)*	**4.5** *(0.2)*	**4.8** *(0.2)*	**5.2** *(0.3)*	**5.4** *(0.4)*
	51-70	**711**	**4.8**	*(0.2)*	**3.4** *(0.3)*	**3.7** *(0.3)*	**4.2** *(0.2)*	**4.8** *(0.2)*	**5.5** *(0.3)*	**6.2** *(0.3)*	**6.6** *(0.4)*
	>70	**342**	**4.2**	*(0.1)*	**3.0** *(0.2)*	**3.2** *(0.2)*	**3.7** *(0.2)*	**4.2** *(0.2)*	**4.8** *(0.2)*	**5.4** *(0.3)*	**5.8** *(0.3)*
	19+	**2022**	**4.6**	*(0.1)*	**3.3** *(0.2)*	**3.6** *(0.2)*	**4.0** *(0.1)*	**4.6** *(0.1)*	**5.2** *(0.1)*	**5.8** *(0.2)*	**6.2** *(0.3)*

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] 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 18.11 Magnesium (mg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% <EAR	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both														
	1-3	**348**	**220**	*(6)*	**158** *(11)*	**171** *(10)*	**193** *(8)*	**220** *(8)*	**249** *(9)*	**279** *(12)*	**297** *(14)*	**65**	**0.0**	*(0.0)*
	4-8	**554**	**254**	*(7)*	**169** *(9)*	**186** *(8)*	**217** *(8)*	**256** *(9)*	**299** *(10)*	**345** *(14)*	**375** *(17)*	**110**	**<3**	
Male														
	9-13	**409**	**302**	*(9)*	**203** *(12)*	**221** *(12)*	**255** *(11)*	**297** *(11)*	**343** *(14)*	**390** *(18)*	**420** *(21)*	**200**	**F**	
	14-18	**414**	**334**	*(12)*	**199** *(13)*	**224** *(14)*	**272** *(15)*	**334** *(16)*	**407** *(20)*	**489** *(25)*	**544** *(29)*	**340**	**52.4**	*(6.4)*
	19-30	**311**	**379**	*(18)*	**213** *(16)*	**242** *(15)*	**297** *(15)*	**370** *(18)*	**459** *(25)*	**559** *(36)*	**630** *(46)*	**330**	**36.2**	*(5.9)*
	31-50	**489**	**352**	*(11)*	**213** *(15)*	**237** *(14)*	**281** *(13)*	**336** *(14)*	**400** *(17)*	**466** *(22)*	**511** *(27)*	**350**	**56.4**	*(6.4)*
	51-70	**575**	**359**	*(12)*	**206** *(16)*	**235** *(16)*	**287** *(14)*	**352** *(14)*	**427** *(17)*	**507** *(23)*	**565** *(31)*	**350**	**49.2**	*(5.5)*
	>70	**239**	**313**	*(15)*	**189** *(18)*	**211** *(18)*	**255** *(17)*	**312** *(18)*	**375** *(19)*	**442** *(26)*	**490** *(35)*	**350**	**66.3**	*(7.5)*
	19+	**1614**	**356**	*(7)*	**203** *(8)*	**230** *(8)*	**280** *(7)*	**345** *(8)*	**421** *(10)*	**505** *(13)*	**564** *(16)*			
Female														
	9-13	**355**	**253**	*(9)*	**166** *(13)*	**183** *(13)*	**214** *(13)*	**255** *(13)*	**302** *(14)*	**349** *(18)*	**380** *(21)*	**200**	**F**	
	14-18	**410**	**247**	*(10)*	**135** *(17)*	**162** *(14)*	**200** *(11)*	**241** *(11)*	**297** *(15)*	**357** *(21)*	**395** *(25)*	**300**	**76.0**	*(5.3)*
	19-30	**384**	**263**	*(9)*	**180** *(12)*	**196** *(11)*	**225** *(11)*	**262** *(11)*	**307** *(14)*	**355** *(19)*	**387** *(23)*	**255**	**45.0**	*(7.7)* [E]
	31-50	**585**	**287**	*(8)*	**154** *(10)*	**180** *(10)*	**229** *(10)*	**286** *(10)*	**350** *(13)*	**421** *(18)*	**469** *(23)*	**265**	**40.2**	*(4.6)*
	51-70	**711**	**273**	*(6)*	**156** *(9)*	**177** *(8)*	**216** *(8)*	**265** *(8)*	**320** *(10)*	**374** *(12)*	**408** *(14)*	**265**	**50.0**	*(4.5)*
	>70	**342**	**263**	*(9)*	**153** *(9)*	**174** *(9)*	**211** *(9)*	**254** *(10)*	**304** *(12)*	**365** *(17)*	**409** *(19)*	**265**	**56.6**	*(5.7)*
	19+	**2022**	**276**	*(4)*	**160** *(5)*	**182** *(5)*	**223** *(5)*	**272** *(5)*	**330** *(6)*	**391** *(9)*	**431** *(11)*			

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. 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 19.11 Niacin (NE/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% <EAR	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both														
	1-3	**348**	**24.4**	*(0.9)*	**19.3** *(1.8)*	**20.3** *(1.6)*	**22.2** *(1.3)*	**24.5** *(1.1)*	**27.1** *(1.4)*	**29.7** *(2.2)*	**31.4** *(2.8)*	**5**	**0.0**	*(0.0)*
	4-8	**554**	**30.6**	*(1.1)*	**22.3** *(1.8)*	**24.0** *(1.7)*	**27.0** *(1.4)*	**30.8** *(1.3)*	**35.2** *(1.7)*	**39.9** *(2.7)*	**43.2** *(3.6)*	**6**	**0.0**	*(0.0)*
Male														
	9-13	**409**	**39.4**	*(1.4)*	**29.1** *(2.2)*	**30.9** *(2.0)*	**34.1** *(1.7)*	**38.3** *(1.6)*	**43.0** *(2.0)*	**47.7** *(2.8)*	**50.9** *(3.5)*	**9**	**0.0**	*(0.0)*
	14-18	**414**	**46.6**	*(2.1)*	**31.4** *(3.3)*	**34.9** *(3.0)*	**40.1** *(2.8)*	**46.9** *(2.8)*	**54.5** *(3.3)*	**61.8** *(4.6)*	**66.9** *(5.5)*	**12**	**0.0**	*(0.0)*
	19-30	**311**	**51.1**	*(2.3)*	**32.4** *(2.8)*	**36.1** *(2.6)*	**42.6** *(2.3)*	**50.7** *(2.4)*	**59.9** *(3.3)*	**69.8** *(4.9)*	**76.7** *(6.3)*	**12**	**<3**	
	31-50	**489**	**48.4**	*(1.8)*	**32.3** *(2.8)*	**35.1** *(2.6)*	**40.4** *(2.3)*	**47.4** *(2.2)*	**55.6** *(3.0)*	**64.2** *(4.5)*	**69.9** *(5.7)*	**12**	**<3**	
	51-70	**575**	**43.3**	*(1.5)*	**31.8** *(3.2)*	**34.1** *(2.8)*	**37.9** *(2.0)*	**42.2** *(1.6)*	**47.0** *(2.0)*	**51.9** *(3.2)*	**55.1** *(4.1)*	**12**	**0.0**	*(0.0)*
	>70	**239**	**37.2**	*(1.4)*	**25.7** *(2.1)*	**28.0** *(2.0)*	**32.2** *(1.9)*	**37.4** *(1.9)*	**43.2** *(2.3)*	**49.2** *(3.2)*	**53.3** *(3.9)*	**12**	**0.0**	*(0.0)*
	19+	**1614**	**46.4**	*(1.0)*	**29.9** *(1.2)*	**32.9** *(1.1)*	**38.4** *(1.1)*	**45.4** *(1.2)*	**53.9** *(1.6)*	**63.0** *(2.2)*	**69.2** *(2.8)*	**12**	**0.0**	*(0.0)*
Female														
	9-13	**355**	**32.5**	*(1.5)*	**22.1** *(2.3)*	**24.1** *(2.2)*	**27.9** *(2.0)*	**32.7** *(1.9)*	**38.4** *(2.2)*	**44.4** *(2.9)*	**48.4** *(3.6)*	**9**	**0.0**	*(0.0)*
	14-18	**410**	**31.7**	*(1.4)*	**20.6** *(2.3)*	**22.9** *(2.1)*	**26.9** *(1.7)*	**31.7** *(1.6)*	**37.2** *(2.0)*	**42.8** *(2.8)*	**46.4** *(3.5)*	**11**	**<3**	
	19-30	**384**	**32.8**	*(1.1)*	**24.2** *(1.6)*	**26.1** *(1.5)*	**29.7** *(1.3)*	**34.0** *(1.4)*	**38.5** *(1.7)*	**42.8** *(2.3)*	**45.6** *(2.8)*	**11**	**0.0**	*(0.0)*
	31-50	**585**	**33.0**	*(1.1)*	**20.2** *(1.7)*	**22.9** *(1.6)*	**27.4** *(1.5)*	**32.8** *(1.5)*	**38.9** *(1.8)*	**45.1** *(2.2)*	**49.0** *(2.6)*	**11**	**<3**	
	51-70	**711**	**32.5**	*(1.2)*	**21.0** *(1.8)*	**23.0** *(1.6)*	**26.5** *(1.3)*	**31.2** *(1.3)*	**37.0** *(1.8)*	**43.5** *(2.9)*	**48.0** *(3.9)*	**11**	**<3**	
	>70	**342**	**29.6**	*(1.2)*	**19.6** *(1.7)*	**21.6** *(1.6)*	**25.1** *(1.5)*	**29.5** *(1.6)*	**34.5** *(1.8)*	**39.5** *(2.3)*	**42.8** *(2.7)*	**11**	**<3**	
	19+	**2022**	**32.4**	*(0.6)*	**21.3** *(0.9)*	**23.5** *(0.8)*	**27.4** *(0.8)*	**32.2** *(0.8)*	**37.8** *(1.0)*	**43.7** *(1.3)*	**47.7** *(1.6)*	**11**	**<3**	

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 20.11 Phosphorus (mg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% <EAR	(SE)	UL[3]	% >UL	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)						
Both																	
	1-3	**348**	**1155**	*(38)*	**812** *(73)*	**883** *(66)*	**1010** *(53)*	**1159** *(45)*	**1318** *(57)*	**1483** *(88)*	**1599** *(113)*	**380**	**0.0**	*(0.0)*	**3000**	**0.0**	*(0.0)*
	4-8	**554**	**1299**	*(36)*	**912** *(58)*	**991** *(54)*	**1138** *(47)*	**1319** *(43)*	**1513** *(49)*	**1704** *(64)*	**1829** *(78)*	**405**	**0.0**	*(0.0)*	**3000**	**0.0**	*(0.0)*
Male																	
	9-13	**409**	**1517**	*(48)*	**1007** *(72)*	**1102** *(67)*	**1272** *(60)*	**1481** *(58)*	**1706** *(70)*	**1925** *(95)*	**2072** *(120)*	**1055**	F		**4000**	**0.0**	*(0.0)*
	14-18	**414**	**1700**	*(84)*	**984** *(96)*	**1109** *(100)*	**1360** *(102)*	**1687** *(108)*	**2056** *(125)*	**2443** *(156)*	**2710** *(185)*	**1055**	F		**4000**	**<3**	
	19-30	**311**	**1788**	*(79)*	**967** *(83)*	**1103** *(81)*	**1378** *(82)*	**1756** *(90)*	**2197** *(113)*	**2681** *(167)*	**3031** *(222)*	**580**	**<3**		**4000**	**<3**	
	31-50	**489**	**1520**	*(58)*	**936** *(71)*	**1036** *(68)*	**1224** *(63)*	**1469** *(65)*	**1752** *(78)*	**2041** *(109)*	**2235** *(138)*	**580**	**<3**		**4000**	**<3**	
	51-70	**575**	**1432**	*(41)*	**930** *(82)*	**1022** *(75)*	**1193** *(63)*	**1419** *(56)*	**1669** *(63)*	**1898** *(83)*	**2047** *(107)*	**580**	**<3**		**4000**	**0.0**	*(0.0)*
	>70	**239**	**1303**	*(58)*	**839** *(68)*	**922** *(68)*	**1078** *(69)*	**1281** *(74)*	**1518** *(86)*	**1767** *(115)*	**1934** *(144)*	**580**	**<3**		**3000**	**<3**	
	19+	**1614**	**1529**	*(32)*	**901** *(36)*	**1007** *(34)*	**1211** *(34)*	**1486** *(36)*	**1807** *(44)*	**2151** *(63)*	**2391** *(83)*	**580**	**<3**				
Female																	
	9-13	**355**	**1263**	*(55)*	**809** *(75)*	**887** *(75)*	**1040** *(74)*	**1248** *(75)*	**1492** *(83)*	**1737** *(102)*	**1892** *(120)*	**1055**	**26.7**	*(8.5)* E	**4000**	**0.0**	*(0.0)*
	14-18	**410**	**1195**	*(53)*	**629** *(87)*	**755** *(76)*	**961** *(63)*	**1190** *(53)*	**1431** *(70)*	**1696** *(111)*	**1906** *(145)*	**1055**	**34.6**	*(6.5)* E	**4000**	**0.0**	*(0.0)*
	19-30	**384**	**1161**	*(43)*	**763** *(56)*	**843** *(54)*	**989** *(50)*	**1175** *(51)*	**1387** *(60)*	**1601** *(78)*	**1738** *(91)*	**580**	**<3**		**4000**	**0.0**	*(0.0)*
	31-50	**585**	**1189**	*(39)*	**623** *(58)*	**742** *(57)*	**957** *(52)*	**1205** *(53)*	**1464** *(65)*	**1723** *(88)*	**1904** *(111)*	**580**	F		**4000**	**<3**	
	51-70	**711**	**1109**	*(31)*	**614** *(40)*	**704** *(38)*	**877** *(36)*	**1079** *(38)*	**1302** *(47)*	**1542** *(69)*	**1702** *(85)*	**580**	F		**4000**	**0.0**	*(0.0)*
	>70	**342**	**1084**	*(48)*	**636** *(59)*	**713** *(57)*	**856** *(56)*	**1046** *(62)*	**1285** *(82)*	**1551** *(110)*	**1733** *(129)*	**580**	F		**3000**	**<3**	
	19+	**2022**	**1147**	*(20)*	**663** *(27)*	**762** *(27)*	**934** *(26)*	**1138** *(25)*	**1377** *(31)*	**1626** *(45)*	**1801** *(60)*	**580**	**2.4**	*(0.7)* E			

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.

3 UL is the Tolerable Upper Intake Level. For additional detail, see footnote 11 in Appendix A.

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

Table 21.11 Potassium (mg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							AI[2]	% >AI	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both														
	1-3	**348**	**2377**	*(70)*	**1595** *(117)*	**1751** *(108)*	**2032** *(93)*	**2377** *(88)*	**2760** *(108)*	**3137** *(146)*	**3378** *(174)*	**3000**	**14.3**	*(4.7)* [E]
	4-8	**554**	**2650**	*(90)*	**1740** *(99)*	**1911** *(96)*	**2231** *(95)*	**2644** *(104)*	**3104** *(132)*	**3591** *(188)*	**3938** *(242)*	**3800**	[F]	
Male														
	9-13	**409**	**3072**	*(102)*	**2027** *(144)*	**2212** *(136)*	**2554** *(124)*	**2982** *(123)*	**3467** *(150)*	**3963** *(206)*	**4293** *(254)*	**4500**	[F]	
	14-18	**414**	**3364**	*(132)*	**2069** *(188)*	**2308** *(186)*	**2760** *(180)*	**3342** *(182)*	**4027** *(211)*	**4754** *(268)*	**5239** *(317)*	**4700**	[F]	
	19-30	**311**	**3676**	*(142)*	**2184** *(207)*	**2482** *(186)*	**3020** *(169)*	**3707** *(172)*	**4469** *(208)*	**5213** *(292)*	**5713** *(385)*	**4700**	**19.2**	*(5.1)* [E]
	31-50	**489**	**3579**	*(125)*	**2308** *(194)*	**2539** *(176)*	**2928** *(157)*	**3463** *(145)*	**4072** *(178)*	**4673** *(252)*	**5067** *(313)*	**4700**	[F]	
	51-70	**575**	**3333**	*(98)*	**2078** *(144)*	**2303** *(135)*	**2722** *(128)*	**3275** *(125)*	**3888** *(144)*	**4456** *(183)*	**4822** *(221)*	**4700**	[F]	
	>70	**239**	**3127**	*(126)*	**2030** *(150)*	**2220** *(152)*	**2587** *(168)*	**3099** *(180)*	**3688** *(177)*	**4241** *(213)*	**4604** *(266)*	**4700**	[F]	
	19+	**1614**	**3484**	*(66)*	**2097** *(86)*	**2344** *(81)*	**2802** *(79)*	**3410** *(81)*	**4109** *(96)*	**4795** *(126)*	**5241** *(154)*	**4700**	**11.5**	*(2.0)* [E]
Female														
	9-13	**355**	**2654**	*(108)*	**1864** *(151)*	**2025** *(144)*	**2317** *(135)*	**2682** *(135)*	**3095** *(157)*	**3505** *(201)*	**3770** *(241)*	**4500**	**<3**	
	14-18	**410**	**2485**	*(89)*	**1459** *(168)*	**1673** *(152)*	**2050** *(121)*	**2475** *(109)*	**2939** *(134)*	**3434** *(190)*	**3774** *(236)*	**4700**	**<3**	
	19-30	**384**	**2604**	*(111)*	**1670** *(145)*	**1848** *(139)*	**2185** *(134)*	**2617** *(144)*	**3089** *(172)*	**3528** *(211)*	**3806** *(246)*	**4700**	**<3**	
	31-50	**585**	**2751**	*(78)*	**1470** *(113)*	**1732** *(110)*	**2209** *(109)*	**2781** *(113)*	**3384** *(127)*	**3970** *(155)*	**4352** *(180)*	**4700**	[F]	
	51-70	**711**	**2675**	*(70)*	**1533** *(87)*	**1746** *(82)*	**2117** *(77)*	**2571** *(84)*	**3106** *(109)*	**3655** *(142)*	**4007** *(169)*	**4700**	**<3**	
	>70	**342**	**2634**	*(94)*	**1517** *(109)*	**1720** *(103)*	**2090** *(101)*	**2552** *(114)*	**3075** *(136)*	**3617** *(177)*	**3985** *(213)*	**4700**	**<3**	
	19+	**2022**	**2687**	*(43)*	**1527** *(58)*	**1753** *(56)*	**2165** *(56)*	**2675** *(60)*	**3232** *(69)*	**3772** *(84)*	**4119** *(98)*	**4700**	**1.4**	*(0.4)* [E]

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] 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 22.11 Riboflavin (mg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% <EAR	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both														
	1-3	**348**	**1.84**	*(0.07)*	**1.20** *(0.10)*	**1.32** *(0.10)*	**1.54** *(0.09)*	**1.81** *(0.08)*	**2.13** *(0.10)*	**2.47** *(0.15)*	**2.71** *(0.19)*	**0.4**	**0.0**	*(0.0)*
	4-8	**554**	**2.05**	*(0.06)*	**1.39** *(0.08)*	**1.53** *(0.08)*	**1.77** *(0.07)*	**2.07** *(0.07)*	**2.40** *(0.09)*	**2.73** *(0.12)*	**2.96** *(0.16)*	**0.5**	**0.0**	*(0.0)*
Male														
	9-13	**409**	**2.29**	*(0.08)*	**1.47** *(0.12)*	**1.63** *(0.11)*	**1.90** *(0.09)*	**2.22** *(0.09)*	**2.58** *(0.11)*	**2.98** *(0.16)*	**3.26** *(0.21)*	**0.8**	**0.0**	*(0.0)*
	14-18	**414**	**2.51**	*(0.12)*	**1.44** *(0.12)*	**1.63** *(0.12)*	**2.01** *(0.13)*	**2.51** *(0.14)*	**3.10** *(0.19)*	**3.74** *(0.27)*	**4.19** *(0.34)*	**1.1**	**<3**	
	19-30	**311**	**2.56**	*(0.13)*	**1.33** *(0.13)*	**1.53** *(0.13)*	**1.94** *(0.13)*	**2.50** *(0.15)*	**3.19** *(0.20)*	**3.99** *(0.30)*	**4.60** *(0.40)*	**1.1**	**F**	
	31-50	**489**	**2.20**	*(0.10)*	**1.31** *(0.09)*	**1.46** *(0.09)*	**1.73** *(0.09)*	**2.08** *(0.09)*	**2.52** *(0.12)*	**3.00** *(0.17)*	**3.34** *(0.22)*	**1.1**	**F**	
	51-70	**575**	**1.94**	*(0.05)*	**1.28** *(0.08)*	**1.40** *(0.07)*	**1.62** *(0.07)*	**1.89** *(0.06)*	**2.19** *(0.07)*	**2.47** *(0.09)*	**2.66** *(0.11)*	**1.1**	**F**	
	>70	**239**	**1.90**	*(0.08)*	**1.27** *(0.09)*	**1.37** *(0.09)*	**1.58** *(0.10)*	**1.83** *(0.10)*	**2.12** *(0.12)*	**2.42** *(0.16)*	**2.62** *(0.21)*	**1.1**	**F**	
	19+	**1614**	**2.17**	*(0.05)*	**1.26** *(0.05)*	**1.41** *(0.05)*	**1.69** *(0.05)*	**2.08** *(0.05)*	**2.54** *(0.07)*	**3.05** *(0.10)*	**3.43** *(0.13)*	**1.1**	**1.9**	*(0.6)* [E]
Female														
	9-13	**355**	**1.99**	*(0.09)*	**1.29** *(0.13)*	**1.42** *(0.12)*	**1.68** *(0.12)*	**2.00** *(0.12)*	**2.37** *(0.14)*	**2.75** *(0.19)*	**3.00** *(0.23)*	**0.8**	**<3**	
	14-18	**410**	**1.79**	*(0.08)*	**0.90** *(0.12)*	**1.10** *(0.11)*	**1.43** *(0.08)*	**1.77** *(0.08)*	**2.14** *(0.10)*	**2.58** *(0.15)*	**2.91** *(0.18)*	**0.9**	**F**	
	19-30	**384**	**1.60**	*(0.07)*	**0.98** *(0.08)*	**1.10** *(0.08)*	**1.31** *(0.07)*	**1.58** *(0.08)*	**1.90** *(0.10)*	**2.26** *(0.13)*	**2.50** *(0.16)*	**0.9**	**F**	
	31-50	**585**	**1.68**	*(0.05)*	**0.84** *(0.07)*	**1.00** *(0.06)*	**1.30** *(0.06)*	**1.67** *(0.07)*	**2.08** *(0.09)*	**2.52** *(0.12)*	**2.84** *(0.17)*	**0.9**	**6.6**	*(2.0)* [E]
	51-70	**711**	**1.67**	*(0.07)*	**0.93** *(0.06)*	**1.05** *(0.06)*	**1.28** *(0.06)*	**1.56** *(0.06)*	**1.95** *(0.09)*	**2.43** *(0.17)*	**2.83** *(0.27)*	**0.9**	**F**	
	>70	**342**	**1.64**	*(0.08)*	**0.93** *(0.08)*	**1.04** *(0.08)*	**1.25** *(0.08)*	**1.55** *(0.10)*	**1.96** *(0.14)*	**2.43** *(0.19)*	**2.76** *(0.23)*	**0.9**	**F**	
	19+	**2022**	**1.66**	*(0.03)*	**0.92** *(0.03)*	**1.06** *(0.03)*	**1.30** *(0.04)*	**1.61** *(0.04)*	**2.01** *(0.05)*	**2.44** *(0.08)*	**2.76** *(0.11)*	**0.9**	**4.3**	*(0.9)* [E]

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 23.11 Thiamin (mg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% <EAR	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both														
	1-3	**348**	**1.19**	*(0.04)*	**0.82** *(0.05)*	**0.89** *(0.05)*	**1.01** *(0.05)*	**1.16** *(0.05)*	**1.34** *(0.06)*	**1.53** *(0.08)*	**1.66** *(0.10)*	**0.4**	**0.0**	*(0.0)*
	4-8	**554**	**1.63**	*(0.05)*	**1.07** *(0.11)*	**1.18** *(0.10)*	**1.39** *(0.08)*	**1.65** *(0.07)*	**1.93** *(0.07)*	**2.21** *(0.10)*	**2.39** *(0.13)*	**0.5**	**<3**	
Male														
	9-13	**409**	**1.87**	*(0.07)*	**1.23** *(0.11)*	**1.33** *(0.10)*	**1.52** *(0.09)*	**1.77** *(0.08)*	**2.07** *(0.10)*	**2.38** *(0.15)*	**2.59** *(0.19)*	**0.7**	**<3**	
	14-18	**414**	**2.10**	*(0.10)*	**1.30** *(0.14)*	**1.45** *(0.14)*	**1.74** *(0.14)*	**2.11** *(0.14)*	**2.57** *(0.17)*	**3.06** *(0.23)*	**3.39** *(0.29)*	**1.0**	**<3**	
	19-30	**311**	**2.40**	*(0.19)*	**1.43** *(0.16)*	**1.59** *(0.16)*	**1.90** *(0.15)*	**2.32** *(0.18)*	**2.85** *(0.25)*	**3.45** *(0.38)*	**3.88** *(0.49)*	**1.0**	**<3**	
	31-50	**489**	**1.86**	*(0.08)*	**1.01** *(0.08)*	**1.14** *(0.08)*	**1.38** *(0.08)*	**1.71** *(0.09)*	**2.14** *(0.11)*	**2.63** *(0.15)*	**2.98** *(0.19)*	**1.0**	**F**	
	51-70	**575**	**1.79**	*(0.07)*	**1.24** *(0.14)*	**1.34** *(0.12)*	**1.53** *(0.10)*	**1.76** *(0.08)*	**2.01** *(0.10)*	**2.26** *(0.14)*	**2.43** *(0.18)*	**1.0**	**<3**	
	>70	**239**	**1.81**	*(0.09)*	**1.20** *(0.10)*	**1.31** *(0.10)*	**1.50** *(0.10)*	**1.76** *(0.11)*	**2.09** *(0.13)*	**2.44** *(0.17)*	**2.69** *(0.21)*	**1.0**	**<3**	
	19+	**1614**	**1.94**	*(0.06)*	**1.14** *(0.05)*	**1.27** *(0.05)*	**1.51** *(0.05)*	**1.84** *(0.06)*	**2.27** *(0.08)*	**2.76** *(0.13)*	**3.11** *(0.17)*	**1.0**	**F**	
Female														
	9-13	**355**	**1.60**	*(0.07)*	**1.08** *(0.09)*	**1.18** *(0.09)*	**1.36** *(0.08)*	**1.60** *(0.09)*	**1.89** *(0.11)*	**2.22** *(0.17)*	**2.44** *(0.21)*	**0.7**	**<3**	
	14-18	**410**	**1.52**	*(0.08)*	**0.83** *(0.12)*	**0.96** *(0.11)*	**1.19** *(0.10)*	**1.48** *(0.09)*	**1.81** *(0.10)*	**2.17** *(0.15)*	**2.42** *(0.19)*	**0.9**	**F**	
	19-30	**384**	**1.45**	*(0.07)*	**1.04** *(0.12)*	**1.13** *(0.12)*	**1.28** *(0.11)*	**1.48** *(0.10)*	**1.70** *(0.11)*	**1.93** *(0.14)*	**2.08** *(0.17)*	**0.9**	**F**	
	31-50	**585**	**1.48**	*(0.05)*	**0.74** *(0.06)*	**0.88** *(0.06)*	**1.13** *(0.06)*	**1.45** *(0.06)*	**1.80** *(0.08)*	**2.17** *(0.10)*	**2.43** *(0.13)*	**0.9**	**11.1**	*(2.9)* [E]
	51-70	**711**	**1.47**	*(0.05)*	**0.90** *(0.07)*	**1.00** *(0.07)*	**1.17** *(0.06)*	**1.41** *(0.05)*	**1.69** *(0.07)*	**1.97** *(0.11)*	**2.15** *(0.13)*	**0.9**	**F**	
	>70	**342**	**1.50**	*(0.07)*	**0.85** *(0.09)*	**0.95** *(0.09)*	**1.16** *(0.09)*	**1.46** *(0.09)*	**1.81** *(0.10)*	**2.17** *(0.13)*	**2.42** *(0.15)*	**0.9**	**F**	
	19+	**2022**	**1.47**	*(0.03)*	**0.87** *(0.04)*	**0.98** *(0.04)*	**1.19** *(0.04)*	**1.45** *(0.04)*	**1.76** *(0.04)*	**2.07** *(0.05)*	**2.27** *(0.06)*	**0.9**	**6.3**	*(1.5)* [E]

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 24.11 Vitamin B_6 (mg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% <EAR	(SE)	UL[3]	% >UL	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)						
Both																	
	1-3	348	1.29	(0.05)	0.91 (0.10)	0.98 (0.09)	1.12 (0.07)	1.28 (0.06)	1.46 (0.07)	1.64 (0.10)	1.76 (0.12)	0.4	0.0	(0.0)	30	0.0	(0.0)
	4-8	554	1.52	(0.06)	0.96 (0.06)	1.06 (0.06)	1.25 (0.06)	1.50 (0.07)	1.81 (0.10)	2.14 (0.15)	2.38 (0.20)	0.5	<3		40	0.0	(0.0)
Male																	
	9-13	409	1.75	(0.07)	1.10 (0.09)	1.21 (0.08)	1.42 (0.08)	1.68 (0.08)	1.97 (0.10)	2.28 (0.13)	2.49 (0.16)	0.8	<3		60	0.0	(0.0)
	14-18	414	2.01	(0.08)	1.29 (0.13)	1.41 (0.12)	1.65 (0.11)	1.98 (0.11)	2.39 (0.15)	2.82 (0.22)	3.11 (0.28)	1.1	F		80	0.0	(0.0)
	19-30	311	2.29	(0.13)	1.38 (0.14)	1.54 (0.14)	1.83 (0.13)	2.20 (0.14)	2.63 (0.17)	3.09 (0.24)	3.40 (0.30)	1.1	<3		100	0.0	(0.0)
	31-50	489	2.10	(0.08)	1.27 (0.13)	1.41 (0.12)	1.68 (0.11)	2.04 (0.10)	2.47 (0.13)	2.91 (0.18)	3.19 (0.22)	1.1	F		100	0.0	(0.0)
	51-70	575	1.98	(0.07)	1.17 (0.12)	1.32 (0.10)	1.58 (0.09)	1.91 (0.08)	2.28 (0.10)	2.64 (0.13)	2.88 (0.17)	1.4	F		100	0.0	(0.0)
	>70	239	1.83	(0.09)	1.06 (0.10)	1.19 (0.10)	1.44 (0.11)	1.76 (0.12)	2.14 (0.14)	2.55 (0.19)	2.82 (0.22)	1.4	22.4	(7.1) E	100	0.0	(0.0)
	19+	1614	2.08	(0.05)	1.19 (0.06)	1.34 (0.05)	1.63 (0.05)	2.01 (0.06)	2.46 (0.07)	2.93 (0.10)	3.24 (0.12)				100	0.0	(0.0)
Female																	
	9-13	355	1.52	(0.08)	1.09 (0.13)	1.18 (0.12)	1.33 (0.10)	1.53 (0.10)	1.76 (0.12)	2.00 (0.16)	2.16 (0.19)	0.8	<3		60	0.0	(0.0)
	14-18	410	1.41	(0.08)	0.84 (0.10)	0.94 (0.10)	1.13 (0.09)	1.38 (0.09)	1.67 (0.12)	1.96 (0.17)	2.16 (0.22)	1.0	F		80	0.0	(0.0)
	19-30	384	1.49	(0.06)	1.01 (0.11)	1.11 (0.10)	1.30 (0.08)	1.52 (0.08)	1.77 (0.10)	2.02 (0.13)	2.16 (0.15)	1.1	F		100	0.0	(0.0)
	31-50	585	1.49	(0.05)	0.75 (0.07)	0.89 (0.07)	1.15 (0.06)	1.47 (0.07)	1.81 (0.08)	2.15 (0.10)	2.39 (0.13)	1.1	21.4	(4.4) E	100	0.0	(0.0)
	51-70	711	1.55	(0.05)	0.91 (0.07)	1.02 (0.07)	1.23 (0.06)	1.49 (0.06)	1.79 (0.08)	2.09 (0.11)	2.29 (0.13)	1.3	31.5	(5.9) E	100	0.0	(0.0)
	>70	342	1.58	(0.06)	0.95 (0.08)	1.08 (0.08)	1.30 (0.07)	1.58 (0.08)	1.88 (0.09)	2.18 (0.12)	2.37 (0.14)	1.3	24.8	(6.1) E	100	0.0	(0.0)
	19+	2022	1.52	(0.03)	0.86 (0.04)	0.99 (0.04)	1.22 (0.04)	1.50 (0.04)	1.82 (0.04)	2.12 (0.06)	2.33 (0.07)				100	0.0	(0.0)

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.

3 UL is the Tolerable Upper Intake Level. For additional detail, see footnote 11 in Appendix A.

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

Table 25.11 Vitamin B_{12} (µg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% <EAR	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both														
	1-3	**348**	**4.4**	*(1.1)* [E]	**2.2** *(0.5)* [E]	**2.5** *(0.6)* [E]	**3.0** *(0.6)* [E]	**3.9** *(0.9)* [E]	**5.4** *(1.4)* [E]	[F]	[F]	**0.7**	**<3**	
	4-8	**554**	**4.4**	*(0.8)* [E]	**2.6** *(0.3)*	**2.8** *(0.3)*	**3.2** *(0.2)*	**3.6** *(0.2)*	**4.3** *(0.3)*	**5.0** *(0.6)*	**5.6** *(0.9)* [E]	**1.0**	**0.0**	*(0.0)*
Male														
	9-13	**409**	**4.8**	*(0.3)*	**2.2** *(0.3)*	**2.5** *(0.3)*	**3.2** *(0.3)*	**4.2** *(0.3)*	**5.5** *(0.4)*	**7.1** *(0.6)*	**8.4** *(0.9)*	**1.5**	**<3**	
	14-18	**414**	**5.2**	*(0.3)*	**2.7** *(0.4)*	**3.1** *(0.4)*	**3.9** *(0.4)*	**4.9** *(0.4)*	**6.2** *(0.5)*	**7.7** *(0.8)*	**8.8** *(0.9)*	**2.0**	**<3**	
	19-30	**311**	**5.3**	*(0.4)*	**2.6** *(0.5)* [E]	**3.0** *(0.5)*	**3.8** *(0.4)*	**4.9** *(0.4)*	**6.2** *(0.6)*	**7.7** *(1.0)*	**8.7** *(1.4)*	**2.0**	[F]	
	31-50	**489**	**5.6**	*(0.6)*	**3.3** *(0.6)* [E]	**3.6** *(0.6)* [E]	**4.1** *(0.6)*	**4.9** *(0.6)*	**6.0** *(0.7)*	**7.3** *(1.2)* [E]	**8.2** *(1.7)* [E]	**2.0**	**<3**	
	51-70	**575**	**5.2**	*(0.4)*	**2.9** *(0.5)* [E]	**3.2** *(0.5)*	**3.9** *(0.4)*	**4.7** *(0.4)*	**5.8** *(0.5)*	**7.1** *(0.8)*	**8.0** *(1.1)*	**2.0**	**<3**	
	>70	**239**	**4.8**	*(0.5)*	**1.9** *(0.4)* [E]	**2.2** *(0.4)* [E]	**2.9** *(0.5)*	**4.0** *(0.7)*	**5.7** *(1.0)* [E]	**8.3** *(1.8)* [E]	**10.8** *(2.7)* [E]	**2.0**	[F]	
	19+	**1614**	**5.4**	*(0.3)*	**2.6** *(0.2)*	**2.9** *(0.2)*	**3.6** *(0.2)*	**4.6** *(0.3)*	**6.2** *(0.4)*	**8.2** *(0.6)*	**9.8** *(0.9)*	**2.0**	**<3**	
Female														
	9-13	**355**	**3.4**	*(0.2)*	**1.6** *(0.2)*	**1.9** *(0.2)*	**2.3** *(0.2)*	**3.1** *(0.2)*	**4.1** *(0.3)*	**5.3** *(0.5)*	**6.2** *(0.7)*	**1.5**	[F]	
	14-18	**410**	**3.5**	*(0.4)*	**1.4** *(0.2)*	**1.7** *(0.2)*	**2.2** *(0.2)*	**2.9** *(0.3)*	**4.1** *(0.4)*	**5.9** *(1.0)* [E]	**7.7** *(1.8)* [E]	**2.0**	[F]	
	19-30	**384**	**3.7**	*(0.4)*	**2.1** *(0.3)*	**2.3** *(0.3)*	**2.8** *(0.3)*	**3.5** *(0.4)*	**4.6** *(0.6)*	**6.1** *(1.1)* [E]	**7.3** *(1.6)* [E]	**2.0**	[F]	
	31-50	**585**	**4.2**	*(0.6)*	**1.5** *(0.2)*	**1.8** *(0.2)*	**2.4** *(0.2)*	**3.4** *(0.3)*	**5.1** *(0.7)*	**7.8** *(1.6)* [E]	**10.4** *(2.8)* [E]	**2.0**	**14.0**	*(4.1)* [E]
	51-70	**711**	**5.1**	*(0.8)*	**1.6** *(0.3)* [E]	**1.9** *(0.4)* [E]	**2.6** *(0.5)* [E]	**4.0** *(0.7)* [E]	**6.6** *(1.4)* [E]	**10.9** *(2.9)* [E]	**15.3** *(4.8)* [E]	**2.0**	[F]	
	>70	**342**	**4.3**	*(0.7)* [E]	**1.7** *(0.3)* [E]	**2.0** *(0.3)* [E]	**2.5** *(0.4)*	**3.4** *(0.5)*	**5.0** *(1.0)* [E]	**7.6** *(2.3)* [E]	[F]	**2.0**	[F]	
	19+	**2022**	**4.4**	*(0.4)*	**1.7** *(0.1)*	**2.0** *(0.1)*	**2.6** *(0.2)*	**3.6** *(0.3)*	**5.5** *(0.5)*	**8.7** *(1.2)*	**11.9** *(2.0)* [E]	**2.0**	**10.1**	*(2.9)* [E]

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 26.1[1] Vitamin C (mg/d): Usual intakes from food, by sex, region and smoking status,[2] household population aged 19 and older, 2004[3]

Age–Sex Group	Region	Smoking Status	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[4]	% <EAR	(SE)	UL[5]	% >UL	(SE)
						5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)						
Males 19+	**Atlantic region**	**Non-Smoker**	**1140**	**119**	*(6)*	**40** *(4)*	**51** *(4)*	**75** *(5)*	**112** *(7)*	**157** *(10)*	**211** *(14)*	**251** *(18)*	**75**	**24.7**	*(3.8)*	**2000**	**0.0**	*(0.0)*
		Smoker	**474**	**92**	*(7)*	**31** *(6)* [E]	**39** *(6)*	**57** *(7)*	**84** *(9)*	**121** *(12)*	**163** *(17)*	**190** *(20)*	**110**	**68.7**	*(7.1)*	**2000**	**0.0**	*(0.0)*
	Quebec	**Non-Smoker**	**800**	**156**	*(7)*	**55** *(7)*	**72** *(7)*	**107** *(7)*	**154** *(8)*	**211** *(11)*	**278** *(15)*	**328** *(20)*	**75**	**11.0**	*(2.4)* [E]	**2000**	**0.0**	*(0.0)*
		Smoker	**378**	**135**	*(11)*	**70** *(20)* [E]	**82** *(20)* [E]	**105** *(18)* [E]	**138** *(17)*	**180** *(18)*	**228** *(27)*	**261** *(36)*	**110**	[F]		**2000**	**0.0**	*(0.0)*
	Ontario	**Non-Smoker**	**1990**	**135**	*(5)*	**49** *(7)*	**61** *(7)*	**87** *(6)*	**124** *(5)*	**173** *(7)*	**226** *(13)*	**264** *(18)*	**75**	**17.6**	*(3.8)* [E]	**2000**	**0.0**	*(0.0)*
		Smoker	**690**	**106**	*(7)*	[F]	**49** *(15)* [E]	**68** *(12)* [E]	**96** *(8)*	**133** *(11)*	**175** *(23)*	**204** *(33)*	**110**	**60.9**	*(7.7)*	**2000**	**0.0**	*(0.0)*
	Prairie region	**Non-Smoker**	**1484**	**143**	*(8)*	**37** *(5)*	**49** *(5)*	**76** *(7)*	**122** *(8)*	**191** *(12)*	**277** *(23)*	**344** *(36)*	**75**	**24.6**	*(3.8)*	**2000**	**<3**	
		Smoker	**679**	**92**	*(7)*	[F]	**44** *(13)* [E]	**61** *(12)* [E]	**84** *(10)*	**114** *(11)*	**148** *(18)*	**171** *(23)*	**110**	**72.2**	*(9.6)*	**2000**	**0.0**	*(0.0)*
	British Columbia	**Non-Smoker**	**611**	**151**	*(8)*	**48** *(8)* [E]	**60** *(9)*	**87** *(10)*	**133** *(10)*	**192** *(13)*	**248** *(19)*	**287** *(26)*	**75**	**17.9**	*(5.0)* [E]	**2000**	**0.0**	*(0.0)*
		Smoker	**219**	**115**	*(10)*	**39** *(13)* [E]	**49** *(13)* [E]	**70** *(14)* [E]	**107** *(15)*	**153** *(18)*	**207** *(26)*	**248** *(36)*	**110**	**52.1**	*(10.1)* [E]	**2000**	**0.0**	*(0.0)*
Females 19+	**Atlantic region**	**Non-Smoker**	**1530**	**107**	*(4)*	**32** *(3)*	**42** *(3)*	**64** *(4)*	**96** *(5)*	**139** *(7)*	**189** *(10)*	**225** *(12)*	**60**	**22.2**	*(3.1)*	**2000**	**0.0**	*(0.0)*
		Smoker	**491**	**84**	*(6)*	**30** *(7)* [E]	**38** *(8)* [E]	**55** *(8)*	**79** *(9)*	**109** *(11)*	**142** *(14)*	**166** *(17)*	**95**	**65.0**	*(8.2)*	**2000**	**0.0**	*(0.0)*
	Quebec	**Non-Smoker**	**926**	**138**	*(7)*	**48** *(5)*	**61** *(6)*	**87** *(6)*	**126** *(8)*	**176** *(10)*	**232** *(14)*	**273** *(18)*	**60**	**9.7**	*(2.6)* [E]	**2000**	**0.0**	*(0.0)*
		Smoker	**368**	**115**	*(10)*	**44** *(10)* [E]	**53** *(10)* [E]	**75** *(11)*	**109** *(12)*	**156** *(17)*	**208** *(25)*	**245** *(34)*	**95**	**40.0**	*(9.2)* [E]	**2000**	**0.0**	*(0.0)*
	Ontario	**Non-Smoker**	**2867**	**128**	*(3)*	**41** *(4)*	**53** *(4)*	**78** *(4)*	**116** *(4)*	**164** *(5)*	**217** *(9)*	**255** *(12)*	**60**	**13.8**	*(2.1)*	**2000**	**0.0**	*(0.0)*
		Smoker	**705**	**92**	*(6)*	**21** *(4)* [E]	**29** *(5)* [E]	**45** *(5)*	**74** *(6)*	**117** *(9)*	**171** *(15)*	**210** *(21)*	**95**	**64.1**	*(4.3)*	**2000**	**0.0**	*(0.0)*
	Prairie region	**Non-Smoker**	**1848**	**113**	*(4)*	**37** *(4)*	**47** *(4)*	**69** *(4)*	**101** *(5)*	**143** *(7)*	**193** *(10)*	**229** *(12)*	**60**	**18.1**	*(2.7)*	**2000**	**0.0**	*(0.0)*
		Smoker	**621**	**102**	*(8)*	**48** *(13)* [E]	**57** *(13)* [E]	**74** *(12)* [E]	**99** *(12)*	**133** *(14)*	**170** *(20)*	**195** *(26)*	**95**	**46.0**	*(12.2)* [E]	**2000**	**0.0**	*(0.0)*
	British Columbia	**Non-Smoker**	**799**	**125**	*(5)*	**47** *(7)*	**58** *(7)*	**84** *(8)*	**123** *(8)*	**156** *(9)*	**196** *(12)*	**222** *(15)*	**60**	**11.2**	*(3.4)* [E]	**2000**	**0.0**	*(0.0)*
		Smoker	**192**	**100**	*(14)*	[F]	**51** *(16)* [E]	**69** *(17)* [E]	**96** *(18)* [E]	**133** *(24)* [E]	**178** *(39)* [E]	**212** *(55)* [E]	**95**	[F]		**2000**	**0.0**	*(0.0)*

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] Some domains were too small to produce reliable estimates. Only the domains with a large enough sample are included.

[2] Smokers are defined as those who smoke daily or occasionally.

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

[4] EAR is the Estimated Average Requirement. Note that the EAR for smokers is increased by 35 mg/day. For additional detail, see footnote 9 in Appendix A.

[5] UL is the Tolerable Upper Intake Level. For additional detail, see footnote 11 in Appendix A.

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

Table 27.11 Vitamin D (µg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							AI[2]	% >AI	(SE)	UL[3]	% >UL	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)						
Both																	
	1-3	348	6.9	(0.4)	3.2 (0.6) [E]	4.0 (0.5)	5.4 (0.4)	6.9 (0.4)	8.6 (0.5)	10.4 (0.8)	11.8 (1.0)	5	80.0	(5.6)	50	0.0	(0.0)
	4-8	554	6.6	(0.3)	3.5 (0.3)	4.1 (0.3)	5.1 (0.3)	6.4 (0.3)	8.0 (0.4)	9.7 (0.5)	10.9 (0.7)	5	76.8	(4.4)	50	0.0	(0.0)
Male																	
	9-13	409	7.2	(0.3)	3.3 (0.4)	3.9 (0.4)	5.1 (0.4)	6.7 (0.4)	8.7 (0.6)	11.0 (0.8)	12.7 (1.1)	5	75.9	(5.5)	50	0.0	(0.0)
	14-18	414	9.2	(1.4)	3.3 (0.6) [E]	4.1 (0.6)	5.6 (0.7)	7.7 (0.9)	11.0 (1.4)	16.0 (2.7) [E]	20.4 (4.3) [E]	5	81.9	(6.0)	50	<3	
	19-30	311	7.2	(0.5)	2.6 (0.6) [E]	3.3 (0.6) [E]	4.7 (0.6)	6.7 (0.6)	9.2 (0.8)	12.2 (1.2)	14.3 (1.6)	5	71.0	(7.3)	50	0.0	(0.0)
	31-50	489	6.5	(0.5)	3.1 (0.4)	3.6 (0.4)	4.6 (0.4)	6.0 (0.5)	7.7 (0.6)	9.6 (1.0)	10.9 (1.3)	5	67.9	(8.5)	50	0.0	(0.0)
	51-70	575	6.8	(0.4)	3.4 (0.6) [E]	3.9 (0.6)	4.9 (0.5)	6.3 (0.5)	8.0 (0.5)	10.1 (0.9)	11.5 (1.3)	10	[F]		50	0.0	(0.0)
	>70	239	7.5	(0.6)	2.8 (0.5) [E]	3.5 (0.6)	4.9 (0.6)	7.0 (0.7)	9.9 (1.0)	13.7 (1.6)	17.0 (2.2)	15	[F]		50	<3	
	19+	1614	6.8	(0.3)	2.8 (0.2)	3.3 (0.2)	4.4 (0.2)	6.2 (0.3)	8.5 (0.4)	11.2 (0.6)	13.2 (0.8)				50	0.0	(0.0)
Female																	
	9-13	355	6.1	(0.4)	2.6 (0.4)	3.1 (0.4)	4.2 (0.4)	5.6 (0.5)	7.5 (0.6)	9.6 (0.9)	10.9 (1.0)	5	61.5	(8.4)	50	0.0	(0.0)
	14-18	410	5.3	(0.4)	1.5 (0.3) [E]	2.1 (0.3)	3.2 (0.3)	4.7 (0.4)	6.9 (0.7)	9.8 (1.5)	12.3 (2.3) [E]	5	45.3	(6.4)	50	<3	
	19-30	384	5.3	(0.5)	1.9 (0.3)	2.3 (0.3)	3.3 (0.4)	4.8 (0.5)	7.0 (0.7)	9.6 (1.1)	11.5 (1.4)	5	47.7	(7.7)	50	0.0	(0.0)
	31-50	585	5.2	(0.3)	2.0 (0.3)	2.5 (0.3)	3.6 (0.3)	5.1 (0.4)	7.0 (0.6)	9.4 (1.1)	11.3 (1.6)	5	51.0	(6.8)	50	<3	
	51-70	711	5.3	(0.4)	2.0 (0.2)	2.5 (0.3)	3.4 (0.3)	4.7 (0.4)	6.6 (0.6)	8.7 (0.8)	10.4 (1.1)	10	[F]		50	<3	
	>70	342	5.6	(0.5)	2.6 (0.5) [E]	3.1 (0.5) [E]	3.9 (0.6)	5.0 (0.6)	6.6 (0.8)	8.6 (1.2)	10.0 (1.5)	15	<3		50	0.0	(0.0)
	19+	2022	5.3	(0.2)	2.0 (0.1)	2.5 (0.2)	3.5 (0.2)	4.9 (0.2)	6.8 (0.3)	9.3 (0.5)	11.2 (0.8)				50	0.0	(0.0)

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

[3] UL is the Tolerable Upper Intake Level. For additional detail, see footnote 11 in Appendix A.

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

Table 28.11 Zinc (mg/d): Usual intakes from food, by DRI age–sex group, household population, Atlantic Region, 2004[1]

Sex	Age (years)	n	Mean	(SE)	Percentiles (*and SE*) of usual intake							EAR[2]	% <EAR	(SE)	UL[3]	% >UL	(SE)
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)						
Both																	
	1-3	348	7.5	(0.3)	5.5 (0.5)	5.9 (0.4)	6.6 (0.4)	7.5 (0.3)	8.5 (0.4)	9.6 (0.6)	10.2 (0.7)	2.5	0.0	(0.0)	7	64.5	(10.2)
	4-8	554	9.3	(0.3)	6.4 (0.6)	7.0 (0.5)	8.0 (0.4)	9.3 (0.4)	10.8 (0.4)	12.3 (0.6)	13.3 (0.8)	4.0	<3		12	F	
Male																	
	9-13	409	11.9	(0.5)	8.1 (0.6)	8.8 (0.6)	9.9 (0.6)	11.5 (0.6)	13.3 (0.7)	15.2 (1.0)	16.5 (1.2)	7.0	F		23	<3	
	14-18	414	13.5	(0.6)	8.0 (0.9)	9.2 (0.9)	11.1 (0.8)	13.6 (0.8)	16.6 (1.0)	19.4 (1.4)	21.3 (1.8)	8.5	F		34	<3	
	19-30	311	15.0	(0.7)	8.5 (0.9)	9.7 (0.9)	12.0 (0.8)	15.0 (0.9)	18.3 (1.3)	21.8 (1.8)	24.1 (2.2)	9.4	F		40	<3	
	31-50	489	13.4	(0.6)	7.8 (0.7)	8.7 (0.7)	10.4 (0.7)	12.7 (0.8)	15.7 (1.1)	19.0 (1.6)	21.3 (2.1)	9.4	F		40	<3	
	51-70	575	12.0	(0.5)	7.4 (0.9)	8.2 (0.8)	9.6 (0.6)	11.4 (0.6)	13.5 (0.7)	15.7 (1.1)	17.1 (1.4)	9.4	F		40	0.0	(0.0)
	>70	239	10.9	(0.6)	7.8 (1.0)	8.4 (0.9)	9.4 (0.8)	10.8 (0.8)	12.3 (0.9)	13.8 (1.2)	14.8 (1.5)	9.4	F		40	0.0	(0.0)
	19+	1614	13.1	(0.3)	7.6 (0.4)	8.5 (0.4)	10.3 (0.4)	12.6 (0.4)	15.4 (0.5)	18.5 (0.8)	20.6 (1.0)	9.4	16.8	(3.2) E	40	<3	
Female																	
	9-13	355	9.2	(0.5)	5.9 (0.6)	6.5 (0.6)	7.6 (0.6)	9.1 (0.5)	10.8 (0.6)	12.6 (0.9)	13.8 (1.1)	7.0	F		23	<3	
	14-18	410	8.7	(0.4)	5.5 (0.6)	6.1 (0.6)	7.2 (0.5)	8.5 (0.4)	10.0 (0.6)	11.7 (0.9)	12.8 (1.1)	7.3	26.6	(8.3) E	34	0.0	(0.0)
	19-30	384	9.6	(0.7)	6.3 (0.6)	6.9 (0.6)	8.0 (0.5)	9.3 (0.5)	11.5 (0.9)	14.3 (2.0)	16.8 (3.4) E	6.8	F		40	<3	
	31-50	585	9.9	(0.4)	5.3 (0.5)	6.1 (0.5)	7.6 (0.5)	9.8 (0.5)	12.1 (0.6)	14.7 (0.9)	16.4 (1.1)	6.8	16.2	(4.4) E	40	0.0	(0.0)
	51-70	711	9.1	(0.4)	5.9 (0.5)	6.5 (0.5)	7.5 (0.5)	9.0 (0.5)	10.6 (0.6)	12.3 (0.9)	13.5 (1.2)	6.8	F		40	0.0	(0.0)
	>70	342	8.5	(0.4)	4.8 (0.5)	5.4 (0.5)	6.6 (0.5)	8.2 (0.6)	10.1 (0.7)	12.0 (0.8)	13.3 (1.0)	6.8	27.8	(8.3) E	40	0.0	(0.0)
	19+	2022	9.5	(0.2)	5.6 (0.3)	6.3 (0.3)	7.6 (0.3)	9.2 (0.3)	11.4 (0.4)	13.7 (0.7)	15.4 (0.9)	6.8	15.2	(3.1) E	40	<3	

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.

3 UL is the Tolerable Upper Intake Level. For additional detail, see footnote 11 in Appendix A.

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: Iron Estimation

The distribution of iron requirements for menstruating females and some of the other age–sex groups is not normal or necessarily symmetric. Therefore, the full probability approach is required for the estimation of iron inadequacy instead of the EAR cut-point method. For all age–sex groups, the iron requirement distributions from Appendix I of the Institute of Medicine's (IOM) report on the DRIs for iron (IOM, 2001) were used to estimate inadequacy. For the three DRI age–sex groups of menstruating females aged between 14 and 50 years, the iron requirement distributions of mixed populations, which assumes 17% oral contraceptive (OC) users and 83% non-OC users, were used to estimate inadequacy (IOM, 2001).

Tables of the risk of inadequate intake for specified ranges of the usual intake of iron, which are provided in the IOM report, were used for calculating iron inadequacy. The following summarizes how the full probability method was used to estimate iron inadequacy:

- SIDE was used to estimate the usual intake distribution of iron. A file containing the intake value at 9,999 evenly spaced percentiles was generated for each domain.
- From Appendix I of the IOM report on the DRIs for iron, Table I-3 and Table I-4 were used. For females aged 14 to 18 years and menstruating women, the tables for the mixed adolescent and adult populations were used.
- For example, for the mixed adolescent population, intakes below 4.49 mg/d are assumed to have 100% probability of inadequacy (risk=1.0). Those with intakes above or equal to 14.39 mg/d are assumed to have zero risk of inadequacy. For intakes between these two extremes, the risk of inadequacy is calculated as 100 minus the midpoint of the percentile of requirement.
- Each of the 9,999 intake values fell into one of the specified requirement ranges, each with a corresponding risk value. The corresponding risk values are 1, 0.9625, 0.925, 0.85, 0.75, 0.65, 0.55, 0.45, 0.35, 0.25, 0.15, 0.075, 0.0375 and 0. The average of these 9,999 risk values was the estimate of the iron inadequacy for that age–sex group.
- Standard errors for the estimates were calculated with the probability approach using the bootstrap method.

- For additional information on iron estimation and the probability method, consult Appendix 3 of the Health Canada publication *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*, or the section 'Assessing the Adequacy of Intakes of Groups' in Chapter 14 of the IOM's DRI report on iron (IOM, 2001).

Appendix C: 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 other nutrients scheduled to be released in future volumes of the compendium, but for a variety of reasons some of these nutrients will not be 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 D: References

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