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## Canadian Community Health Survey Cycle 2.2, Nutrition (2004)

# Nutrient Intakes from Food

Provincial, Regional and National Summary Data Tables

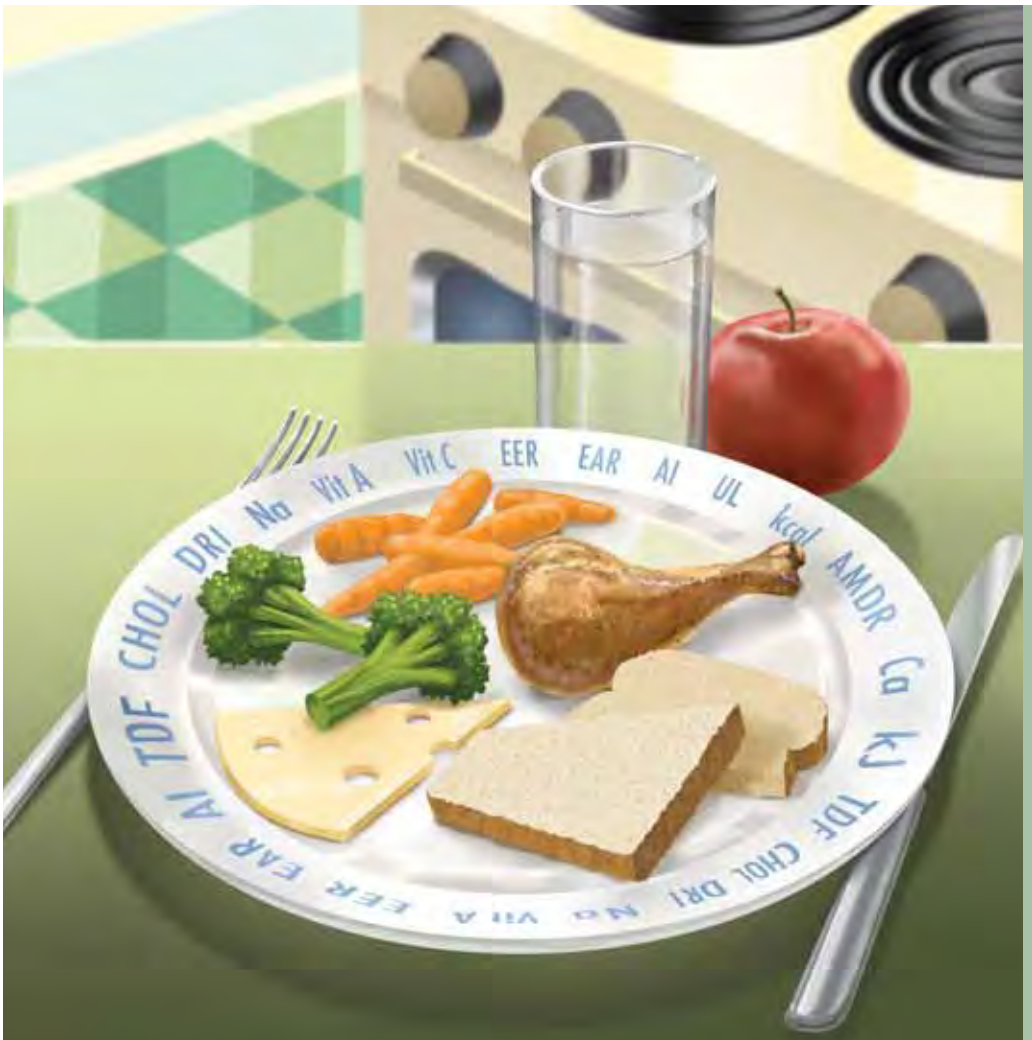
Volume 1

Revised March 31, 2008 and February 2009

Note: This PDF contains the 13 data tables for Ontario, and the Appendices.

The full report is available at:

www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/index-eng.php




Canada

# Table of Contents (for the full report)

**Table 1.6 Total energy intake (kcal/d): Usual intakes from food, by DRI age–sex group, household population, Ontario, 2004[1]**

| 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** | **644** | **1454** *(33)* | | **878** *(67)* | **1003** *(57)* | **1213** *(43)* | **1456** *(36)* | **1719** *(43)* | **1986** *(66)* | **2163** *(86)* |
| | **4-8** | **956** | **1859** *(27)* | | **1404** *(84)* | **1501** *(70)* | **1670** *(48)* | **1870** *(32)* | **2085** *(48)* | **2297** *(82)* | **2432** *(107)* |
| **Male** | | | | | | | | | | | |
| | **9-13** | **589** | **2333** *(51)* | | **1549** *(86)* | **1694** *(78)* | **1960** *(66)* | **2296** *(58)* | **2688** *(74)* | **3110** *(117)* | **3403** *(157)* |
| | **14-18** | **639** | **2718** *(64)* | | **1759** *(138)* | **1961** *(122)* | **2325** *(95)* | **2763** *(79)* | **3238** *(97)* | **3710** *(146)* | **4020** *(187)* |
| | **19-30** | **481** | **2594** *(87)* | | **1744** *(234)* | **1908** *(198)* | **2200** *(139)* | **2558** *(101)* | **2951** *(147)* | **3345** *(244)* | **3605** *(318)* |
| | **31-50** | **709** | **2324** *(60)* | | **1555** *(199)* | **1697** *(170)* | **1954** *(119)* | **2285** *(72)* | **2679** *(117)* | **3084** *(220)* | **3341** *(292)* |
| | **51-70** | **758** | **2132** *(53)* | | **1340** *(116)* | **1486** *(102)* | **1747** *(78)* | **2070** *(59)* | **2447** *(73)* | **2853** *(123)* | **3132** *(168)* |
| | **>70** | **734** | **1774** *(36)* | | **1066** *(60)* | **1199** *(55)* | **1441** *(46)* | **1737** *(41)* | **2064** *(47)* | **2383** *(66)* | **2587** *(85)* |
| | **19+** | **2682** | **2284** *(35)* | | **1393** *(72)* | **1561** *(62)* | **1852** *(50)* | **2230** *(41)* | **2666** *(52)* | **3115** *(87)* | **3434** *(115)* |
| **Female** | | | | | | | | | | | |
| | **9-13** | **585** | **1967** *(41)* | | **1285** *(82)* | **1425** *(71)* | **1664** *(53)* | **1942** *(43)* | **2243** *(57)* | **2548** *(89)* | **2748** *(116)* |
| | **14-18** | **645** | **2069** *(50)* | | **1354** *(108)* | **1496** *(95)* | **1760** *(72)* | **2085** *(61)* | **2434** *(81)* | **2785** *(130)* | **3022** *(172)* |
| | **19-30** | **514** | **1760** *(50)* | | **1010** *(79)* | **1149** *(72)* | **1398** *(62)* | **1703** *(57)* | **2041** *(68)* | **2378** *(95)* | **2597** *(120)* |
| | **31-50** | **758** | **1759** *(44)* | | **1035** *(63)* | **1166** *(57)* | **1409** *(49)* | **1714** *(50)* | **2060** *(67)* | **2408** *(96)* | **2633** *(119)* |
| | **51-70** | **955** | **1647** *(35)* | | **1027** *(78)* | **1150** *(69)* | **1369** *(53)* | **1627** *(41)* | **1905** *(47)* | **2190** *(74)* | **2386** *(99)* |
| | **>70** | **1345** | **1521** *(24)* | | **996** *(51)* | **1089** *(47)* | **1267** *(36)* | **1487** *(28)* | **1724** *(37)* | **1962** *(60)* | **2118** *(78)* |
| | **19+** | **3572** | **1700** *(23)* | | **1011** *(33)* | **1137** *(31)* | **1371** *(27)* | **1661** *(26)* | **1980** *(33)* | **2306** *(47)* | **2522** *(58)* |

*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.

**Footnote**

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

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

## Table 2.6 Percentage of total energy intake from fats, by DRI age–sex group, household population, Ontario, 2004[1]

| 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) | AMDR[2] | % below AMDR | (SE) | % within AMDR | (SE) | % above AMDR | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Both** | | | | | | | | | | | | | | | | | | |
| | **1-3** | **644** | **29.3** | *(0.5)* | **21.6** *(1.3)* | **23.3** *(1.1)* | **26.2** *(0.7)* | **29.5** *(0.6)* | **32.8** *(0.7)* | **35.7** *(1.1)* | **37.5** *(1.3)* | **30-40** | **54.3** | *(4.9)* | **44.1** | *(4.5)* | [F] | |
| | **4-8** | **956** | **29.2** | *(0.3)* | **23.2** *(1.1)* | **24.5** *(0.9)* | **26.7** *(0.6)* | **29.3** *(0.4)* | **31.8** *(0.6)* | **34.1** *(0.9)* | **35.6** *(1.2)* | **25-35** | [F] | | **80.9** | *(6.9)* | [F] | |
| **Male** | | | | | | | | | | | | | | | | | | |
| | **9-13** | **589** | **30.0** | *(0.4)* | **25.3** *(0.4)* | **26.4** *(0.4)* | **28.1** *(0.4)* | **30.1** *(0.4)* | **32.0** *(0.4)* | **33.7** *(0.5)* | **34.8** *(0.5)* | **25-35** | [F] | | **91.8** | *(1.2)* | [F] | |
| | **14-18** | **639** | **30.7** | *(0.4)* | **27.6** *(1.7)* | **28.3** *(1.4)* | **29.4** *(0.8)* | **30.6** *(0.5)* | **31.9** *(0.9)* | **33.0** *(1.5)* | **33.7** *(1.8)* | **25-35** | [F] | | **98.9** | *(8.7)* | [F] | |
| | **19-30** | **481** | **30.7** | *(0.6)* | **23.2** *(2.5)* | **24.8** *(2.0)* | **27.6** *(1.2)* | **30.6** *(0.7)* | **33.7** *(1.2)* | **36.5** *(2.0)* | **38.2** *(2.5)* | **20-35** | [F] | | **82.0** | *(9.5)* | [F] | |
| | **31-50** | **709** | **30.8** | *(0.6)* | **21.4** *(1.4)* | **23.2** *(1.2)* | **26.8** *(0.9)* | **31.1** *(0.7)* | **35.2** *(0.9)* | **38.6** *(1.2)* | **40.8** *(1.5)* | **20-35** | [F] | | **71.4** | *(5.8)* | **25.9** | *(5.2)* [E] |
| | **51-70** | **758** | **30.6** | *(0.5)* | **22.7** *(1.7)* | **24.4** *(1.4)* | **27.2** *(0.9)* | **30.4** *(0.6)* | **33.8** *(0.8)* | **37.0** *(1.4)* | **39.0** *(1.8)* | **20-35** | [F] | | **80.6** | *(6.4)* | **18.2** | *(5.7)* [E] |
| | **>70** | **734** | **29.7** | *(0.5)* | **19.1** *(0.9)* | **21.3** *(0.8)* | **25.1** *(0.6)* | **29.6** *(0.6)* | **34.2** *(0.8)* | **38.3** *(1.0)* | **40.7** *(1.2)* | **20-35** | **6.7** | *(1.7)* [E] | **71.7** | *(4.5)* | **21.5** | *(3.7)* [E] |
| | **19+** | **2682** | **30.6** | *(0.3)* | **21.0** *(0.7)* | **23.0** *(0.6)* | **26.5** *(0.5)* | **30.7** *(0.4)* | **34.9** *(0.5)* | **38.6** *(0.7)* | **40.9** *(0.9)* | **20-35** | **3.4** | *(1.0)* [E] | **72.2** | *(3.1)* | **24.4** | *(2.7)* |
| **Female** | | | | | | | | | | | | | | | | | | |
| | **9-13** | **585** | **30.4** | *(0.5)* | **25.5** *(1.5)* | **26.6** *(1.3)* | **28.5** *(0.8)* | **30.5** *(0.6)* | **32.7** *(0.9)* | **34.7** *(1.4)* | **35.9** *(1.8)* | **25-35** | [F] | | **88.3** | *(8.5)* | [F] | |
| | **14-18** | **645** | **30.7** | *(0.5)* | **25.4** *(0.5)* | **26.6** *(0.5)* | **28.6** *(0.5)* | **30.8** *(0.6)* | **33.0** *(0.6)* | **35.0** *(0.7)* | **36.3** *(0.7)* | **25-35** | [F] | | **85.9** | *(2.9)* | [F] | |
| | **19-30** | **514** | **29.6** | *(0.6)* | **23.5** *(2.0)* | **24.8** *(1.6)* | **27.0** *(1.1)* | **29.4** *(0.8)* | **32.0** *(1.2)* | **34.3** *(1.8)* | **35.7** *(2.3)* | **20-35** | [F] | | **92.4** | *(7.1)* | [F] | |
| | **31-50** | **758** | **32.0** | *(0.6)* | **24.4** *(2.1)* | **26.1** *(1.7)* | **28.9** *(1.1)* | **31.9** *(0.7)* | **35.0** *(1.0)* | **37.8** *(1.7)* | **39.7** *(2.2)* | **20-35** | **<3** | | **74.8** | *(8.3)* | **24.7** | *(8.0)* [E] |
| | **51-70** | **955** | **30.6** | *(0.5)* | **23.9** *(1.9)* | **25.5** *(1.6)* | **28.0** *(1.0)* | **30.7** *(0.6)* | **33.7** *(0.9)* | **36.4** *(1.5)* | **37.9** *(1.8)* | **20-35** | **<3** | | **82.9** | *(7.2)* | [F] | |
| | **>70** | **1345** | **30.3** | *(0.4)* | **22.2** *(1.2)* | **24.1** *(0.9)* | **27.1** *(0.6)* | **30.6** *(0.5)* | **34.2** *(0.7)* | **37.4** *(1.1)* | **39.4** *(1.4)* | **20-35** | [F] | | **78.0** | *(5.4)* | **20.2** | *(4.7)* [E] |
| | **19+** | **3572** | **31.0** | *(0.3)* | **23.2** *(0.9)* | **24.9** *(0.7)* | **27.8** *(0.5)* | **31.0** *(0.4)* | **34.3** *(0.5)* | **37.4** *(0.7)* | **39.2** *(0.9)* | **20-35** | **<3** | | **78.0** | *(3.4)* | **21.0** | *(3.1)* |

*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] 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 3.6 Percentage of total energy intake from protein, by DRI age–sex group, household population, Ontario, 2004[1]

| 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) | AMDR[2] | % below AMDR | (SE) | % within AMDR | (SE) | % above AMDR | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Both** | | | | | | | | | | | | | | | | | | |
| | **1-3** | **644** | **15.1** | *(0.2)* | **11.8** *(0.8)* | **12.6** *(0.7)* | **13.8** *(0.4)* | **15.2** *(0.3)* | **16.6** *(0.5)* | **18.0** *(0.8)* | **18.8** *(1.0)* | **5-20** | **0.0** | *(0.0)* | **98.2** | *(2.0)* | [F] | |
| | **4-8** | **956** | **14.1** | *(0.2)* | **10.1** *(0.4)* | **10.8** *(0.4)* | **12.2** *(0.3)* | **13.8** *(0.2)* | **15.6** *(0.3)* | **17.3** *(0.4)* | **18.5** *(0.6)* | **10-30** | [F] | | **95.3** | *(1.8)* | **0.0** | *(0.0)* |
| **Male** | | | | | | | | | | | | | | | | | | |
| | **9-13** | **589** | **14.4** | *(0.2)* | **12.4** *(0.8)* | **12.8** *(0.7)* | **13.5** *(0.4)* | **14.2** *(0.2)* | **15.0** *(0.4)* | **15.8** *(0.8)* | **16.3** *(1.1)* | **10-30** | **<3** | | **100.0** | *(0.4)* | **0.0** | *(0.0)* |
| | **14-18** | **639** | **15.5** | *(0.3)* | **11.1** *(0.7)* | **11.9** *(0.6)* | **13.3** *(0.5)* | **15.1** *(0.3)* | **17.1** *(0.5)* | **19.1** *(0.8)* | **20.4** *(1.0)* | **10-30** | [F] | | **98.4** | *(1.2)* | **<3** | |
| | **19-30** | **481** | **16.2** | *(0.4)* | **11.7** *(1.2)* | **12.5** *(1.1)* | **14.0** *(0.7)* | **15.8** *(0.5)* | **17.7** *(0.7)* | **19.6** *(1.2)* | **20.8** *(1.6)* | **10-35** | [F] | | **99.3** | *(1.2)* | **<3** | |
| | **31-50** | **709** | **17.8** | *(0.4)* | **13.4** *(1.3)* | **14.2** *(1.1)* | **15.6** *(0.8)* | **17.5** *(0.5)* | **19.7** *(0.7)* | **21.9** *(1.4)* | **23.3** *(1.9)* | **10-35** | **<3** | | **100.0** | *(0.3)* | **<3** | |
| | **51-70** | **758** | **17.1** | *(0.3)* | **13.4** *(0.3)* | **14.1** *(0.3)* | **15.4** *(0.3)* | **16.8** *(0.4)* | **18.4** *(0.4)* | **20.1** *(0.5)* | **21.1** *(0.5)* | **10-35** | **<3** | | **100.0** | *(0.0)* | **0.0** | *(0.0)* |
| | **>70** | **734** | **16.2** | *(0.3)* | **13.9** *(1.0)* | **14.4** *(0.8)* | **15.2** *(0.6)* | **16.1** *(0.3)* | **17.1** *(0.5)* | **18.1** *(0.9)* | **18.7** *(1.2)* | **10-35** | **<3** | | **100.0** | *(0.1)* | **0.0** | *(0.0)* |
| | **19+** | **2682** | **17.1** | *(0.2)* | **13.5** *(0.9)* | **14.2** *(0.8)* | **15.4** *(0.5)* | **16.9** *(0.2)* | **18.6** *(0.5)* | **20.2** *(0.9)* | **21.2** *(1.2)* | **10-35** | **<3** | | **100.0** | *(0.1)* | **0.0** | *(0.0)* |
| **Female** | | | | | | | | | | | | | | | | | | |
| | **9-13** | **585** | **14.1** | *(0.3)* | **11.6** *(0.8)* | **12.0** *(0.7)* | **12.8** *(0.5)* | **13.8** *(0.3)* | **14.8** *(0.4)* | **15.8** *(0.7)* | **16.5** *(0.9)* | **10-30** | **<3** | | **99.9** | *(0.7)* | **0.0** | *(0.0)* |
| | **14-18** | **645** | **14.3** | *(0.3)* | **9.3** *(0.5)* | **10.2** *(0.5)* | **11.9** *(0.4)* | **14.0** *(0.3)* | **16.2** *(0.4)* | **18.6** *(0.6)* | **20.1** *(0.8)* | **10-30** | **8.6** | *(2.6)* [E] | **91.4** | *(2.7)* | **<3** | |
| | **19-30** | **514** | **15.9** | *(0.4)* | **12.4** *(1.2)* | **13.1** *(1.0)* | **14.3** *(0.7)* | **15.7** *(0.4)* | **17.3** *(0.7)* | **18.9** *(1.2)* | **20.0** *(1.6)* | **10-35** | **<3** | | **99.9** | *(1.1)* | **<3** | |
| | **31-50** | **758** | **16.5** | *(0.4)* | **12.1** *(1.0)* | **12.9** *(0.9)* | **14.5** *(0.6)* | **16.4** *(0.4)* | **18.5** *(0.6)* | **20.6** *(1.1)* | **21.9** *(1.5)* | **10-35** | **<3** | | **99.6** | *(0.6)* | **0.0** | *(0.0)* |
| | **51-70** | **955** | **17.0** | *(0.3)* | **13.2** *(1.0)* | **13.9** *(0.8)* | **15.2** *(0.6)* | **16.7** *(0.3)* | **18.3** *(0.5)* | **19.8** *(0.9)* | **20.8** *(1.2)* | **10-35** | **<3** | | **100.0** | *(0.3)* | **0.0** | *(0.0)* |
| | **>70** | **1345** | **16.2** | *(0.3)* | **11.6** *(0.7)* | **12.4** *(0.6)* | **14.0** *(0.4)* | **15.9** *(0.3)* | **17.9** *(0.4)* | **20.1** *(0.6)* | **21.5** *(0.8)* | **10-35** | **<3** | | **99.0** | *(0.8)* | **0.0** | *(0.0)* |
| | **19+** | **3572** | **16.5** | *(0.2)* | **12.1** *(0.5)* | **12.9** *(0.4)* | **14.4** *(0.3)* | **16.2** *(0.2)* | **18.3** *(0.3)* | **20.3** *(0.6)* | **21.7** *(0.8)* | **10-35** | **<3** | | **99.5** | *(0.4)* | **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] 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 4.6 Percentage of total energy intake from carbohydrates, by DRI age–sex group, household population, Ontario, 2004[1]

| 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) | AMDR[2] | % below AMDR | (SE) | % within AMDR | (SE) | % above AMDR | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Both** | | | | | | | | | | | | | | | | | | |
| | **1-3** | **644** | **55.6** | *(0.6)* | **44.8** *(1.6)* | **47.2** *(1.3)* | **51.1** *(0.9)* | **55.3** *(0.7)* | **59.5** *(0.8)* | **63.5** *(1.3)* | **66.0** *(1.6)* | **45-65** | F | | **88.0** | *(4.3)* | F | |
| | **4-8** | **956** | **56.7** | *(0.4)* | **47.9** *(1.0)* | **49.9** *(0.8)* | **53.2** *(0.6)* | **56.8** *(0.5)* | **60.4** *(0.6)* | **63.5** *(0.8)* | **65.4** *(0.9)* | **45-65** | F | | **92.7** | *(2.4)* | **5.8** | *(1.9)* E |
| **Male** | | | | | | | | | | | | | | | | | | |
| | **9-13** | **589** | **55.6** | *(0.4)* | **51.8** *(1.8)* | **52.6** *(1.4)* | **54.1** *(0.9)* | **55.6** *(0.5)* | **57.2** *(0.9)* | **58.6** *(1.4)* | **59.4** *(1.7)* | **45-65** | **<3** | | **100.0** | *(0.8)* | **<3** | |
| | **14-18** | **639** | **53.5** | *(0.6)* | **47.7** *(2.2)* | **49.0** *(1.7)* | **51.3** *(1.1)* | **53.8** *(0.7)* | **56.2** *(1.0)* | **58.5** *(1.7)* | **59.8** *(2.1)* | **45-65** | F | | **98.9** | *(3.1)* | **<3** | |
| | **19-30** | **481** | **50.1** | *(0.8)* | **39.9** *(2.3)* | **42.2** *(1.8)* | **46.0** *(1.2)* | **50.2** *(0.9)* | **54.4** *(1.3)* | **58.2** *(2.0)* | **60.6** *(2.5)* | **45-65** | **20.1** | *(6.4)* E | **78.7** | *(7.0)* | F | |
| | **31-50** | **709** | **47.6** | *(0.8)* | **37.5** *(2.7)* | **39.6** *(2.2)* | **43.1** *(1.3)* | **47.1** *(0.9)* | **51.1** *(1.4)* | **54.6** *(2.3)* | **56.6** *(2.8)* | **45-65** | **36.1** | *(9.1)* E | **63.9** | *(9.1)* | **<3** | |
| | **51-70** | **758** | **47.5** | *(0.6)* | **38.3** *(2.3)* | **40.4** *(1.8)* | **43.9** *(1.1)* | **47.6** *(0.7)* | **51.3** *(1.2)* | **54.5** *(1.9)* | **56.4** *(2.3)* | **45-65** | **31.7** | *(7.3)* E | **68.3** | *(7.4)* | **<3** | |
| | **>70** | **734** | **51.3** | *(0.6)* | **39.8** *(1.2)* | **42.4** *(1.0)* | **46.6** *(0.8)* | **51.3** *(0.6)* | **55.9** *(0.8)* | **60.1** *(1.1)* | **62.6** *(1.3)* | **45-65** | **18.3** | *(3.4)* E | **79.4** | *(3.8)* | F | |
| | **19+** | **2682** | **48.5** | *(0.4)* | **36.9** *(1.0)* | **39.4** *(0.8)* | **43.7** *(0.6)* | **48.4** *(0.5)* | **53.0** *(0.6)* | **57.0** *(0.8)* | **59.3** *(1.0)* | **45-65** | **31.3** | *(2.8)* | **68.0** | *(2.9)* | **<3** | |
| **Female** | | | | | | | | | | | | | | | | | | |
| | **9-13** | **585** | **55.5** | *(0.5)* | **50.9** *(2.1)* | **52.0** *(1.6)* | **53.7** *(1.0)* | **55.6** *(0.6)* | **57.5** *(1.0)* | **59.1** *(1.6)* | **60.1** *(2.0)* | **45-65** | **<3** | | **100.0** | *(1.9)* | **<3** | |
| | **14-18** | **645** | **54.7** | *(0.6)* | **47.8** *(0.7)* | **49.4** *(0.7)* | **52.0** *(0.7)* | **54.8** *(0.7)* | **57.6** *(0.7)* | **60.1** *(0.7)* | **61.7** *(0.7)* | **45-65** | **<3** | | **98.1** | *(0.6)* | **<3** | |
| | **19-30** | **514** | **52.6** | *(0.8)* | **45.5** *(2.6)* | **47.1** *(2.0)* | **49.8** *(1.3)* | **52.7** *(0.9)* | **55.5** *(1.4)* | **58.0** *(2.0)* | **59.4** *(2.5)* | **45-65** | F | | **95.9** | *(5.2)* | **<3** | |
| | **31-50** | **758** | **49.5** | *(0.7)* | **39.8** *(2.4)* | **42.0** *(1.9)* | **45.6** *(1.2)* | **49.5** *(0.8)* | **53.4** *(1.3)* | **56.9** *(1.9)* | **58.9** *(2.4)* | **45-65** | **22.0** | *(7.3)* E | **77.7** | *(7.5)* | **<3** | |
| | **51-70** | **955** | **50.2** | *(0.6)* | **40.2** *(1.9)* | **42.4** *(1.5)* | **46.1** *(1.0)* | **50.3** *(0.7)* | **54.3** *(1.1)* | **57.8** *(1.6)* | **60.0** *(2.0)* | **45-65** | **19.5** | *(5.6)* E | **79.7** | *(5.9)* | **<3** | |
| | **>70** | **1345** | **51.9** | *(0.4)* | **41.4** *(1.1)* | **43.8** *(0.9)* | **47.7** *(0.7)* | **51.9** *(0.5)* | **56.1** *(0.6)* | **59.9** *(0.9)* | **62.2** *(1.0)* | **45-65** | **13.8** | *(2.8)* E | **84.4** | *(3.3)* | F | |
| | **19+** | **3572** | **50.6** | *(0.4)* | **40.2** *(1.0)* | **42.6** *(0.8)* | **46.4** *(0.6)* | **50.5** *(0.4)* | **54.7** *(0.6)* | **58.4** *(0.9)* | **60.6** *(1.0)* | **45-65** | **18.6** | *(2.8)* | **80.5** | *(3.0)* | **<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 5.6 Percentage of total energy intake from saturated fats, by DRI age–sex group, household population, Ontario, 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** | **644** | **11.6** | *(0.3)* | **6.5** *(0.3)* | **7.7** *(0.3)* | **9.5** *(0.3)* | **11.5** *(0.3)* | **13.9** *(0.4)* | **16.2** *(0.5)* | **17.4** *(0.5)* |
| | **4-8** | **956** | **10.7** | *(0.1)* | **7.8** *(0.5)* | **8.4** *(0.4)* | **9.5** *(0.3)* | **10.7** *(0.2)* | **11.9** *(0.2)* | **13.2** *(0.4)* | **13.9** *(0.6)* |
| **Male** | | | | | | | | | | | |
| | **9-13** | **589** | **10.6** | *(0.2)* | **8.1** *(0.6)* | **8.6** *(0.5)* | **9.5** *(0.4)* | **10.5** *(0.2)* | **11.7** *(0.3)* | **12.8** *(0.6)* | **13.5** *(0.8)* |
| | **14-18** | **639** | **10.3** | *(0.2)* | **8.4** *(0.7)* | **8.8** *(0.5)* | **9.5** *(0.3)* | **10.4** *(0.2)* | **11.2** *(0.4)* | **12.0** *(0.6)* | **12.5** *(0.8)* |
| | **19-30** | **481** | **9.7** | *(0.3)* | **6.1** *(0.9)* | **6.8** *(0.8)* | **8.0** *(0.6)* | **9.5** *(0.3)* | **11.1** *(0.7)* | **12.7** *(1.2)* | **13.7** *(1.6)* |
| | **31-50** | **709** | **9.7** | *(0.2)* | **6.2** *(0.5)* | **6.9** *(0.5)* | **8.2** *(0.3)* | **9.9** *(0.3)* | **11.6** *(0.4)* | **13.3** *(0.6)* | **14.5** *(0.8)* |
| | **51-70** | **758** | **9.4** | *(0.2)* | **6.9** *(0.8)* | **7.4** *(0.7)* | **8.3** *(0.5)* | **9.3** *(0.3)* | **10.4** *(0.4)* | **11.5** *(0.8)* | **12.2** *(1.0)* |
| | **>70** | **734** | **9.5** | *(0.2)* | **5.8** *(0.5)* | **6.5** *(0.4)* | **7.7** *(0.3)* | **9.3** *(0.3)* | **11.0** *(0.4)* | **12.8** *(0.6)* | **13.9** *(0.8)* |
| | **19+** | **2682** | **9.6** | *(0.1)* | **6.1** *(0.4)* | **6.8** *(0.4)* | **8.1** *(0.3)* | **9.7** *(0.2)* | **11.6** *(0.3)* | **13.4** *(0.5)* | **14.6** *(0.6)* |
| **Female** | | | | | | | | | | | |
| | **9-13** | **585** | **10.4** | *(0.2)* | **7.5** *(0.6)* | **8.1** *(0.5)* | **9.1** *(0.4)* | **10.2** *(0.2)* | **11.5** *(0.4)* | **12.7** *(0.6)* | **13.4** *(0.8)* |
| | **14-18** | **645** | **10.3** | *(0.2)* | **7.7** *(0.2)* | **8.3** *(0.2)* | **9.2** *(0.2)* | **10.3** *(0.3)* | **11.5** *(0.3)* | **12.6** *(0.3)* | **13.3** *(0.4)* |
| | **19-30** | **514** | **9.6** | *(0.3)* | **6.4** *(0.8)* | **7.0** *(0.7)* | **8.1** *(0.5)* | **9.4** *(0.3)* | **10.8** *(0.5)* | **12.1** *(0.8)* | **12.9** *(1.0)* |
| | **31-50** | **758** | **10.3** | *(0.2)* | **6.9** *(0.6)* | **7.6** *(0.5)* | **8.8** *(0.4)* | **10.2** *(0.3)* | **11.7** *(0.4)* | **13.2** *(0.6)* | **14.2** *(0.8)* |
| | **51-70** | **955** | **9.7** | *(0.2)* | **6.4** *(0.7)* | **7.1** *(0.6)* | **8.2** *(0.4)* | **9.6** *(0.3)* | **11.1** *(0.4)* | **12.5** *(0.6)* | **13.4** *(0.9)* |
| | **>70** | **1345** | **9.8** | *(0.2)* | **6.1** *(0.4)* | **6.8** *(0.4)* | **8.1** *(0.3)* | **9.7** *(0.2)* | **11.6** *(0.3)* | **13.4** *(0.5)* | **14.6** *(0.6)* |
| | **19+** | **3572** | **9.9** | *(0.1)* | **6.1** *(0.4)* | **6.8** *(0.4)* | **8.1** *(0.3)* | **9.7** *(0.2)* | **11.6** *(0.3)* | **13.4** *(0.5)* | **14.6** *(0.6)* |

*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 percentage of total energy intake from saturated fats.

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

## Table 6.6 Percentage of total energy intake from monounsaturated fats, by DRI age–sex group, household population, Ontario, 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** | **644** | **9.9** | *(0.2)* | **7.6** *(0.7)* | **8.1** *(0.6)* | **9.0** *(0.4)* | **9.9** *(0.2)* | **10.9** *(0.4)* | **11.8** *(0.6)* | **12.3** *(0.8)* |
| | **4-8** | **956** | **10.9** | *(0.2)* | **8.4** *(0.6)* | **8.9** *(0.5)* | **9.8** *(0.3)* | **10.9** *(0.2)* | **12.0** *(0.3)* | **13.1** *(0.6)* | **13.8** *(0.7)* |
| **Male** | | | | | | | | | | | |
| | **9-13** | **589** | **11.7** | *(0.2)* | **9.9** *(0.2)* | **10.3** *(0.2)* | **11.0** *(0.2)* | **11.8** *(0.2)* | **12.6** *(0.2)* | **13.3** *(0.2)* | **13.7** *(0.2)* |
| | **14-18** | **639** | **12.3** | *(0.2)* | **10.5** *(0.8)* | **10.8** *(0.7)* | **11.5** *(0.4)* | **12.3** *(0.2)* | **13.0** *(0.4)* | **13.7** *(0.7)* | **14.2** *(0.9)* |
| | **19-30** | **481** | **12.6** | *(0.3)* | **9.0** *(1.0)* | **9.8** *(0.8)* | **11.1** *(0.5)* | **12.6** *(0.4)* | **14.1** *(0.5)* | **15.5** *(0.9)* | **16.5** *(1.1)* |
| | **31-50** | **709** | **12.6** | *(0.3)* | **8.6** *(0.8)* | **9.4** *(0.7)* | **10.8** *(0.5)* | **12.6** *(0.3)* | **14.5** *(0.5)* | **16.3** *(0.8)* | **17.5** *(1.0)* |
| | **51-70** | **758** | **12.4** | *(0.3)* | **8.8** *(0.8)* | **9.5** *(0.7)* | **10.8** *(0.5)* | **12.2** *(0.3)* | **13.9** *(0.4)* | **15.4** *(0.7)* | **16.5** *(0.9)* |
| | **>70** | **734** | **11.8** | *(0.2)* | **6.9** *(0.4)* | **7.9** *(0.4)* | **9.6** *(0.3)* | **11.6** *(0.3)* | **13.8** *(0.4)* | **15.9** *(0.5)* | **17.1** *(0.6)* |
| | **19+** | **2682** | **12.5** | *(0.2)* | **8.2** *(0.3)* | **9.1** *(0.3)* | **10.6** *(0.2)* | **12.4** *(0.2)* | **14.3** *(0.2)* | **16.2** *(0.4)* | **17.4** *(0.5)* |
| **Female** | | | | | | | | | | | |
| | **9-13** | **585** | **11.8** | *(0.3)* | **9.2** *(0.3)* | **9.7** *(0.3)* | **10.7** *(0.3)* | **11.8** *(0.3)* | **13.0** *(0.4)* | **14.2** *(0.5)* | **15.0** *(0.6)* |
| | **14-18** | **645** | **12.1** | *(0.2)* | **9.7** *(0.9)* | **10.2** *(0.7)* | **11.1** *(0.5)* | **12.2** *(0.3)* | **13.3** *(0.5)* | **14.3** *(0.8)* | **15.0** *(1.0)* |
| | **19-30** | **514** | **11.7** | *(0.3)* | **8.1** *(0.9)* | **8.8** *(0.7)* | **10.1** *(0.5)* | **11.6** *(0.4)* | **13.2** *(0.5)* | **14.7** *(0.8)* | **15.7** *(1.1)* |
| | **31-50** | **758** | **12.6** | *(0.3)* | **8.7** *(0.9)* | **9.5** *(0.8)* | **10.9** *(0.5)* | **12.5** *(0.3)* | **14.2** *(0.5)* | **15.8** *(0.8)* | **16.9** *(1.0)* |
| | **51-70** | **955** | **12.2** | *(0.2)* | **9.2** *(1.1)* | **9.9** *(0.9)* | **11.0** *(0.6)* | **12.3** *(0.3)* | **13.6** *(0.5)* | **14.8** *(0.9)* | **15.6** *(1.2)* |
| | **>70** | **1345** | **11.8** | *(0.2)* | **8.5** *(0.6)* | **9.2** *(0.5)* | **10.4** *(0.3)* | **11.8** *(0.2)* | **13.3** *(0.4)* | **14.7** *(0.7)* | **15.5** *(0.8)* |
| | **19+** | **3572** | **12.2** | *(0.1)* | **8.5** *(0.4)* | **9.3** *(0.3)* | **10.6** *(0.2)* | **12.1** *(0.2)* | **13.9** *(0.2)* | **15.5** *(0.4)* | **16.5** *(0.5)* |

*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 the percentage of total energy intake from monounsaturated fats.

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

## Table 7.6 Percentage of total energy intake from polyunsaturated fats, by DRI age–sex group, household population, Ontario, 2004[1,2]

| | | | | | Percentiles *(and SE)* of usual intake | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | n | Mean | *(SE)* | 5th *(SE)* | 10th *(SE)* | 25th *(SE)* | 50th *(SE)* | 75th *(SE)* | 90th *(SE)* | 95th *(SE)* |
| **Sex** | **Age (years)** | | | | | | | | | | |
| **Both** | | | | | | | | | | | |
| | **1-3** | **644** | **3.7** *(0.1)* | **2.8** *(0.4)* | **3.0** *(0.3)* | **3.3** *(0.2)* | **3.7** *(0.1)* | **4.1** *(0.2)* | **4.4** *(0.4)* | **4.7** *(0.5)* |
| | **4-8** | **956** | **4.6** *(0.1)* | **3.1** *(0.3)* | **3.3** *(0.2)* | **3.8** *(0.2)* | **4.5** *(0.1)* | **5.2** *(0.2)* | **6.0** *(0.3)* | **6.5** *(0.5)* |
| **Male** | | | | | | | | | | | |
| | **9-13** | **589** | **4.9** *(0.1)* | **4.0** *(0.3)* | **4.2** *(0.3)* | **4.5** *(0.2)* | **4.9** *(0.1)* | **5.3** *(0.2)* | **5.7** *(0.3)* | **5.9** *(0.4)* |
| | **14-18** | **639** | **5.1** *(0.1)* | **4.0** *(0.1)* | **4.2** *(0.1)* | **4.6** *(0.1)* | **5.0** *(0.1)* | **5.4** *(0.1)* | **5.9** *(0.2)* | **6.1** *(0.2)* |
| | **19-30** | **481** | **5.5** *(0.2)* | **3.4** *(0.4)* | **3.8** *(0.4)* | **4.5** *(0.3)* | **5.4** *(0.2)* | **6.4** *(0.3)* | **7.4** *(0.5)* | **8.0** *(0.7)* |
| | **31-50** | **709** | **5.4** *(0.1)* | **3.9** *(0.4)* | **4.2** *(0.4)* | **4.7** *(0.3)* | **5.2** *(0.2)* | **5.8** *(0.3)* | **6.5** *(0.5)* | **6.8** *(0.7)* |
| | **51-70** | **758** | **5.8** *(0.2)* | **3.7** *(0.4)* | **4.1** *(0.4)* | **4.8** *(0.3)* | **5.7** *(0.2)* | **6.7** *(0.3)* | **7.9** *(0.5)* | **8.6** *(0.7)* |
| | **>70** | **734** | **5.5** *(0.2)* | **3.5** *(0.1)* | **3.9** *(0.1)* | **4.5** *(0.1)* | **5.4** *(0.2)* | **6.3** *(0.3)* | **7.4** *(0.4)* | **8.1** *(0.5)* |
| | **19+** | **2682** | **5.5** *(0.1)* | **3.4** *(0.2)* | **3.8** *(0.1)* | **4.5** *(0.1)* | **5.4** *(0.1)* | **6.4** *(0.1)* | **7.5** *(0.2)* | **8.2** *(0.3)* |
| **Female** | | | | | | | | | | | |
| | **9-13** | **585** | **5.2** *(0.2)* | **3.9** *(0.1)* | **4.2** *(0.1)* | **4.6** *(0.2)* | **5.2** *(0.2)* | **5.8** *(0.2)* | **6.5** *(0.3)* | **6.9** *(0.3)* |
| | **14-18** | **645** | **5.4** *(0.1)* | **3.5** *(0.4)* | **3.9** *(0.4)* | **4.5** *(0.2)* | **5.2** *(0.2)* | **6.1** *(0.3)* | **7.0** *(0.5)* | **7.6** *(0.7)* |
| | **19-30** | **514** | **5.3** *(0.2)* | **4.1** *(0.2)* | **4.3** *(0.2)* | **4.7** *(0.2)* | **5.2** *(0.2)* | **5.8** *(0.2)* | **6.4** *(0.3)* | **6.8** *(0.3)* |
| | **31-50** | **758** | **5.9** *(0.2)* | **3.7** *(0.4)* | **4.1** *(0.3)* | **4.8** *(0.2)* | **5.8** *(0.2)* | **6.8** *(0.3)* | **8.0** *(0.5)* | **8.7** *(0.6)* |
| | **51-70** | **955** | **5.6** *(0.2)* | **4.3** *(0.5)* | **4.5** *(0.4)* | **5.0** *(0.3)* | **5.6** *(0.2)* | **6.3** *(0.3)* | **6.9** *(0.5)* | **7.3** *(0.6)* |
| | **>70** | **1345** | **5.7** *(0.2)* | **3.6** *(0.3)* | **4.0** *(0.3)* | **4.6** *(0.2)* | **5.5** *(0.2)* | **6.6** *(0.2)* | **7.8** *(0.5)* | **8.7** *(0.7)* |
| | **19+** | **3572** | **5.7** *(0.1)* | **3.9** *(0.2)* | **4.2** *(0.2)* | **4.8** *(0.2)* | **5.6** *(0.1)* | **6.5** *(0.1)* | **7.4** *(0.3)* | **8.0** *(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] No DRIs have been established for the percentage of total energy intake from polyunsaturated fats.

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

## Table 8.6 Total dietary fibre (g/d): Usual intakes from food, by DRI age–sex group, household population, Ontario, 2004[1]

| | | | | | Percentiles *(and SE)* of usual intake | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | **n** | **Mean** | *(SE)* | 5th *(SE)* | 10th *(SE)* | 25th *(SE)* | 50th *(SE)* | 75th *(SE)* | 90th *(SE)* | 95th *(SE)* | **AI[2]** | **% >AI** | *(SE)* |
| **Sex** | **Age (years)** | | | | | | | | | | | | | |
| **Both** | | | | | | | | | | | | | | |
| | **1-3** | **644** | **10.1** | *(0.3)* | **5.5** *(0.7)* | **6.4** *(0.6)* | **8.0** *(0.4)* | **10.0** *(0.3)* | **12.3** *(0.4)* | **14.6** *(0.7)* | **16.2** *(1.0)* | **19** | F | |
| | **4-8** | **956** | **13.5** | *(0.3)* | **8.7** *(0.7)* | **9.6** *(0.6)* | **11.3** *(0.5)* | **13.4** *(0.3)* | **15.8** *(0.4)* | **18.3** *(0.8)* | **19.9** *(1.1)* | **25** | **<3** | |
| **Male** | | | | | | | | | | | | | | |
| | **9-13** | **589** | **16.2** | *(0.5)* | **9.3** *(0.8)* | **10.4** *(0.7)* | **12.6** *(0.7)* | **15.5** *(0.6)* | **19.2** *(0.7)* | **23.3** *(1.2)* | **26.2** *(1.7)* | **31** | F | |
| | **14-18** | **639** | **17.4** | *(0.5)* | **11.7** *(1.8)* | **12.8** *(1.5)* | **14.9** *(1.1)* | **17.4** *(0.6)* | **20.2** *(0.9)* | **23.3** *(1.7)* | **25.3** *(2.4)* | **38** | **<3** | |
| | **19-30** | **481** | **19.0** | *(0.8)* | **11.4** *(1.9)* E | **12.8** *(1.7)* | **15.4** *(1.2)* | **18.8** *(0.9)* | **22.7** *(1.4)* | **26.6** *(2.5)* | **29.3** *(3.3)* | **38** | **<3** | |
| | **31-50** | **709** | **18.4** | *(0.7)* | **10.5** *(1.6)* | **11.8** *(1.4)* | **14.3** *(1.0)* | **17.5** *(0.8)* | **21.4** *(1.1)* | **25.7** *(2.0)* | **28.6** *(2.7)* | **38** | **<3** | |
| | **51-70** | **758** | **19.6** | *(0.6)* | **9.6** *(0.8)* | **11.1** *(0.7)* | **14.0** *(0.7)* | **18.2** *(0.6)* | **23.7** *(0.8)* | **29.7** *(1.4)* | **33.9** *(2.1)* | **30** | **9.5** | *(2.3)* E |
| | **>70** | **734** | **17.7** | *(0.5)* | **8.6** *(0.7)* | **10.0** *(0.6)* | **12.6** *(0.6)* | **16.4** *(0.6)* | **21.4** *(0.8)* | **26.7** *(1.1)* | **30.3** *(1.5)* | **30** | **5.3** | *(1.5)* E |
| | **19+** | **2682** | **18.8** | *(0.4)* | **9.8** *(0.5)* | **11.2** *(0.5)* | **14.0** *(0.4)* | **17.9** *(0.4)* | **22.6** *(0.6)* | **27.7** *(0.9)* | **31.3** *(1.2)* | | | |
| **Female** | | | | | | | | | | | | | | |
| | **9-13** | **585** | **14.0** | *(0.4)* | **7.4** *(0.7)* | **8.6** *(0.6)* | **10.7** *(0.5)* | **13.5** *(0.4)* | **16.7** *(0.6)* | **20.0** *(1.0)* | **22.2** *(1.3)* | **26** | F | |
| | **14-18** | **645** | **14.8** | *(0.5)* | **8.1** *(0.9)* | **9.3** *(0.8)* | **11.5** *(0.6)* | **14.4** *(0.5)* | **18.0** *(0.7)* | **21.8** *(1.2)* | **24.5** *(1.6)* | **26** | F | |
| | **19-30** | **514** | **13.5** | *(0.5)* | **6.2** *(0.6)* | **7.3** *(0.6)* | **9.5** *(0.5)* | **12.3** *(0.5)* | **16.0** *(0.7)* | **19.9** *(1.0)* | **22.6** *(1.2)* | **25** | F | |
| | **31-50** | **758** | **16.3** | *(0.7)* | **7.4** *(0.7)* | **8.8** *(0.6)* | **11.5** *(0.5)* | **15.1** *(0.6)* | **19.9** *(0.9)* | **25.7** *(1.7)* | **30.2** *(2.5)* | **25** | **11.2** | *(2.9)* E |
| | **51-70** | **955** | **16.5** | *(0.5)* | **7.8** *(0.7)* | **9.3** *(0.6)* | **12.0** *(0.6)* | **15.6** *(0.6)* | **20.0** *(0.7)* | **25.1** *(1.2)* | **28.8** *(1.6)* | **21** | **21.0** | *(3.0)* |
| | **>70** | **1345** | **15.6** | *(0.4)* | **7.8** *(0.5)* | **9.0** *(0.5)* | **11.4** *(0.4)* | **14.6** *(0.4)* | **18.5** *(0.6)* | **22.8** *(0.9)* | **25.8** *(1.2)* | **21** | **14.8** | *(2.3)* |
| | **19+** | **3572** | **15.7** | *(0.3)* | **7.4** *(0.2)* | **8.7** *(0.2)* | **11.2** *(0.2)* | **14.6** *(0.3)* | **19.0** *(0.4)* | **24.1** *(0.7)* | **27.7** *(1.0)* | | | |

*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.

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

## Table 9.6 Total cholesterol (mg/d): Usual intakes from food, by DRI age–sex group, household population, Ontario, 2004[1,2]

| | | | | | Percentiles *(and SE)* of usual intake | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | **n** | **Mean** | *(SE)* | 5th *(SE)* | 10th *(SE)* | 25th *(SE)* | 50th *(SE)* | 75th *(SE)* | 90th *(SE)* | 95th *(SE)* |
| **Sex** | **Age (years)** | | | | | | | | | | |
| **Both** | | | | | | | | | | | |
| | **1-3** | **644** | **181** *(8)* | **64** *(10)* | **81** *(9)* | **115** *(9)* | **164** *(9)* | **231** *(12)* | **312** *(21)* | **371** *(28)* |
| | **4-8** | **956** | **188** *(6)* | **83** *(11)* | **100** *(10)* | **132** *(8)* | **177** *(7)* | **235** *(9)* | **301** *(17)* | **348** *(24)* |
| **Male** | | | | | | | | | | | |
| | **9-13** | **589** | **266** *(11)* | **151** *(8)* | **170** *(8)* | **208** *(10)* | **257** *(12)* | **316** *(15)* | **380** *(19)* | **425** *(22)* |
| | **14-18** | **639** | **310** *(13)* | **142** *(22)* | **168** *(21)* | **221** *(18)* | **295** *(15)* | **386** *(19)* | **489** *(31)* | **561** *(43)* |
| | **19-30** | **481** | **342** *(19)* | **F** | **177** *(52)* [E] | **236** *(41)* [E] | **317** *(28)* | **419** *(30)* | **535** *(60)* | **618** *(89)* |
| | **31-50** | **709** | **327** *(16)* | **168** *(11)* | **197** *(13)* | **252** *(15)* | **327** *(18)* | **419** *(23)* | **516** *(29)* | **583** *(33)* |
| | **51-70** | **758** | **283** *(12)* | **152** *(35)* [E] | **173** *(31)* [E] | **213** *(23)* | **265** *(14)* | **328** *(21)* | **394** *(41)* | **438** *(56)* |
| | **>70** | **734** | **245** *(9)* | **106** *(22)* [E] | **126** *(20)* | **167** *(16)* | **225** *(11)* | **298** *(17)* | **380** *(33)* | **436** *(46)* |
| | **19+** | **2682** | **311** *(9)* | **146** *(23)* | **173** *(22)* | **227** *(17)* | **299** *(11)* | **386** *(15)* | **486** *(29)* | **554** *(42)* |
| **Female** | | | | | | | | | | | |
| | **9-13** | **585** | **191** *(7)* | **118** *(21)* [E] | **130** *(18)* | **152** *(13)* | **181** *(8)* | **215** *(13)* | **250** *(25)* | **274** *(34)* |
| | **14-18** | **645** | **215** *(10)* | **154** *(29)* [E] | **166** *(25)* | **187** *(18)* | **212** *(11)* | **241** *(19)* | **271** *(36)* | **289** *(48)* [E] |
| | **19-30** | **514** | **202** *(10)* | **99** *(18)* [E] | **116** *(17)* | **149** *(15)* | **192** *(12)* | **244** *(15)* | **301** *(24)* | **342** *(34)* |
| | **31-50** | **758** | **233** *(11)* | **97** *(17)* [E] | **117** *(16)* | **158** *(15)* | **216** *(14)* | **291** *(17)* | **375** *(28)* | **432** *(37)* |
| | **51-70** | **955** | **222** *(10)* | **79** *(13)* | **98** *(12)* | **137** *(11)* | **197** *(10)* | **277** *(14)* | **373** *(25)* | **440** *(35)* |
| | **>70** | **1345** | **196** *(6)* | **99** *(14)* | **114** *(13)* | **143** *(10)* | **184** *(8)* | **234** *(11)* | **286** *(20)* | **320** *(27)* |
| | **19+** | **3572** | **220** *(6)* | **97** *(8)* | **115** *(8)* | **152** *(7)* | **205** *(7)* | **270** *(8)* | **343** *(12)* | **393** *(16)* |

*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 cholesterol.

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

## Table 10.6 Vitamin A (RAE/d): Usual intakes from food, by DRI age–sex group, household population, Ontario, 2004[1,2]

| | | | | | Percentiles *(and SE)* of usual intake | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | **n** | **Mean** | *(SE)* | 5th *(SE)* | 10th *(SE)* | 25th *(SE)* | 50th *(SE)* | 75th *(SE)* | 90th *(SE)* | 95th *(SE)* | **EAR[3]** | **%<EAR** | *(SE)* |
| **Sex** | **Age (years)** | | | | | | | | | | | | | |
| **Both** | | | | | | | | | | | | | | |
| | **1-3** | **644** | **516** | *(18)* | **212** *(26)* | **264** *(24)* | **362** *(21)* | **492** *(21)* | **660** *(27)* | **849** *(42)* | **981** *(58)* | **210** | **4.9** | *(1.6)* [E] |
| | **4-8** | **956** | **565** | *(15)* | **290** *(36)* | **337** *(33)* | **427** *(26)* | **547** *(19)* | **692** *(24)* | **851** *(44)* | **961** *(62)* | **275** | [F] | |
| **Male** | | | | | | | | | | | | | | |
| | **9-13** | **589** | **631** | *(23)* | **307** *(41)* | **362** *(38)* | **468** *(31)* | **607** *(27)* | **769** *(35)* | **936** *(56)* | **1047** *(73)* | **445** | **21.2** | *(5.2)* [E] |
| | **14-18** | **639** | **687** | *(30)* | **436** *(78)* [E] | **482** *(69)* | **568** *(53)* | **678** *(38)* | **804** *(49)* | **934** *(88)* | **1020** *(120)* | **630** | **39.0** | *(11.7)* [E] |
| | **19-30** | **481** | **653** | *(51)* | **270** *(85)* [E] | **323** *(79)* [E] | **431** *(65)* | **586** *(52)* | **803** *(77)* | **1081** *(169)* | **1288** *(259)* [E] | **625** | **55.6** | *(9.5)* [E] |
| | **31-50** | **709** | **628** | *(41)* | **280** *(72)* [E] | **330** *(67)* [E] | **432** *(57)* | **583** *(44)* | **782** *(53)* | **1012** *(107)* | **1179** *(162)* | **625** | **56.3** | *(7.6)* |
| | **51-70** | **758** | **664** | *(38)* | **374** *(76)* [E] | **423** *(71)* [E] | **521** *(60)* | **659** *(53)* | **829** *(72)* | **1010** *(119)* | **1134** *(162)* | **625** | **43.9** | *(11.6)* [E] |
| | **>70** | **734** | **655** | *(54)* | **236** *(43)* [E] | **282** *(42)* | **376** *(43)* | **532** *(45)* | **792** *(67)* | **1183** *(150)* | **1544** *(257)* [E] | **625** | **61.1** | *(5.9)* |
| | **19+** | **2682** | **645** | *(23)* | **281** *(33)* | **331** *(33)* | **440** *(36)* | **608** *(30)* | **824** *(38)* | **1076** *(65)* | **1265** *(98)* | **625** | **52.7** | *(4.7)* |
| **Female** | | | | | | | | | | | | | | |
| | **9-13** | **585** | **563** | *(20)* | **259** *(36)* | **307** *(33)* | **402** *(27)* | **526** *(23)* | **674** *(30)* | **831** *(48)* | **941** *(65)* | **420** | **28.5** | *(5.4)* [E] |
| | **14-18** | **645** | **570** | *(26)* | **281** *(55)* [E] | **330** *(50)* | **426** *(40)* | **553** *(31)* | **706** *(40)* | **871** *(71)* | **985** *(98)* | **485** | **36.5** | *(8.0)* [E] |
| | **19-30** | **514** | **505** | *(28)* | **224** *(51)* [E] | **266** *(47)* [E] | **350** *(39)* | **468** *(31)* | **619** *(42)* | **791** *(79)* | **914** *(111)* | **500** | **56.3** | *(6.8)* |
| | **31-50** | **758** | **645** | *(36)* | **241** *(27)* | **298** *(26)* | **413** *(25)* | **563** *(26)* | **773** *(39)* | **1074** *(87)* | **1332** *(160)* | **500** | **39.4** | *(4.2)* |
| | **51-70** | **955** | **620** | *(33)* | **235** *(45)* [E] | **286** *(44)* | **396** *(39)* | **542** *(35)* | **739** *(40)* | **1023** *(72)* | **1270** *(126)* | **500** | **42.6** | *(6.6)* |
| | **>70** | **1345** | **611** | *(30)* | **292** *(56)* [E] | **333** *(55)* | **421** *(51)* | **558** *(46)* | **753** *(52)* | **989** *(94)* | **1167** *(142)* | **500** | **39.8** | *(9.7)* [E] |
| | **19+** | **3572** | **607** | *(19)* | **263** *(19)* | **309** *(18)* | **404** *(21)* | **567** *(22)* | **774** *(33)* | **1007** *(54)* | **1195** *(83)* | **500** | **39.5** | *(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] No prevalences of intakes above the UL are shown for vitamin A. The UL for vitamin A applies to preformed vitamin A only, and those estimates had not yet been conducted at the time these tables were produced.

[3] 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 11.6 Vitamin C (mg/d): Usual intakes from food, by DRI age–sex group, household population, Ontario, 2004[1]

| 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) | EAR[2] | % <EAR | (SE) | UL[3] | % >UL | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Both** | | | | | | | | | | | | | | | | | |
| | **1-3** | **644** | **141** | *(6)* | **46** *(9)* [E] | **60** *(9)* | **91** *(8)* | **135** *(7)* | **189** *(9)* | **246** *(15)* | **287** *(20)* | **13** | **<3** | | **400** | **<3** | |
| | **4-8** | **956** | **147** | *(5)* | **63** *(10)* [E] | **77** *(10)* | **104** *(8)* | **140** *(6)* | **182** *(9)* | **228** *(15)* | **259** *(21)* | **22** | **<3** | | **650** | **0.0** | *(0.0)* |
| **Male** | | | | | | | | | | | | | | | | | |
| | **9-13** | **589** | **165** | *(9)* | **67** *(16)* [E] | **81** *(15)* [E] | **111** *(13)* | **152** *(10)* | **205** *(13)* | **265** *(24)* | **308** *(35)* | **39** | **<3** | | **1200** | **0.0** | *(0.0)* |
| | **14-18** | **639** | **165** | *(8)* | **82** *(22)* [E] | **97** *(20)* [E] | **124** *(15)* | **162** *(10)* | **207** *(15)* | **255** *(30)* | **287** *(41)* | **63** | [F] | | **1800** | **0.0** | *(0.0)* |
| | **19-30** | **481** | **145** | *(10)* | **64** *(21)* [E] | **76** *(20)* [E] | **102** *(17)* | **138** *(13)* | **184** *(18)* | **233** *(32)* | **267** *(45)* [E] | **75** | [F] | | **2000** | **0.0** | *(0.0)* |
| | **31-50** | **709** | **113** | *(6)* | [F] | **53** *(14)* [E] | **73** *(11)* | **102** *(8)* | **138** *(10)* | **178** *(20)* | **205** *(28)* | **75** | [F] | | **2000** | **0.0** | *(0.0)* |
| | **51-70** | **758** | **136** | *(7)* | **43** *(8)* [E] | **56** *(8)* | **82** *(8)* | **123** *(8)* | **176** *(11)* | **238** *(20)* | **283** *(28)* | **75** | **20.6** | *(4.8)* [E] | **2000** | **0.0** | *(0.0)* |
| | **>70** | **734** | **120** | *(5)* | **36** *(5)* | **47** *(5)* | **72** *(5)* | **109** *(6)* | **156** *(8)* | **209** *(13)* | **246** *(16)* | **75** | **26.9** | *(3.7)* | **2000** | **0.0** | *(0.0)* |
| | **19+** | **2682** | **127** | *(4)* | **44** *(6)* | **55** *(6)* | **79** *(5)* | **115** *(4)* | **162** *(6)* | **214** *(11)* | **250** *(16)* | **75** | **22.0** | *(3.7)* [E] | **2000** | **0.0** | *(0.0)* |
| **Female** | | | | | | | | | | | | | | | | | |
| | **9-13** | **585** | **145** | *(7)* | **60** *(5)* | **73** *(5)* | **99** *(7)* | **135** *(8)* | **177** *(9)* | **219** *(10)* | **246** *(11)* | **39** | **<3** | | **1200** | **0.0** | *(0.0)* |
| | **14-18** | **645** | **151** | *(7)* | **42** *(11)* [E] | **56** *(11)* [E] | **89** *(9)* | **137** *(8)* | **197** *(12)* | **262** *(21)* | **308** *(29)* | **56** | [F] | | **1800** | **0.0** | *(0.0)* |
| | **19-30** | **514** | **128** | *(7)* | **45** *(13)* [E] | **56** *(12)* [E] | **80** *(10)* | **114** *(8)* | **157** *(12)* | **202** *(22)* | **233** *(29)* | **60** | [F] | | **2000** | **0.0** | *(0.0)* |
| | **31-50** | **758** | **115** | *(5)* | **31** *(5)* | **42** *(5)* | **65** *(6)* | **102** *(6)* | **152** *(8)* | **211** *(13)* | **254** *(17)* | **60** | **21.2** | *(3.9)* [E] | **2000** | **0.0** | *(0.0)* |
| | **51-70** | **955** | **126** | *(6)* | **32** *(5)* | **44** *(5)* | **70** *(6)* | **112** *(7)* | **166** *(9)* | **226** *(14)* | **271** *(18)* | **60** | **18.8** | *(3.2)* [E] | **2000** | **0.0** | *(0.0)* |
| | **>70** | **1345** | **116** | *(4)* | **39** *(5)* | **50** *(5)* | **73** *(5)* | **105** *(5)* | **145** *(7)* | **188** *(11)* | **218** *(15)* | **60** | **16.0** | *(3.1)* [E] | **2000** | **0.0** | *(0.0)* |
| | **19+** | **3572** | **121** | *(3)* | **34** *(3)* | **45** *(3)* | **70** *(3)* | **107** *(4)* | **157** *(5)* | **212** *(8)* | **251** *(10)* | **60** | **18.7** | *(2.0)* | **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] 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. The EAR for vitamin C used in this table is that for non-smokers.

[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 12.6 Calcium (mg/d): Usual intakes from food, by DRI age–sex group, household population, Ontario, 2004[1]

| 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) | AI[2] | % >AI | (SE) | UL[3] | % >UL | (SE) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Both** | | | | | | | | | | | | | | | | | |
| | **1-3** | **644** | **1034** | *(27)* | **519** *(50)* | **619** *(44)* | **800** *(35)* | **1024** *(31)* | **1288** *(40)* | **1580** *(65)* | **1786** *(88)* | **500** | **95.7** | *(1.6)* | **2500** | **<3** | |
| | **4-8** | **956** | **1026** | *(22)* | **561** *(52)* | **647** *(46)* | **804** *(35)* | **1001** *(26)* | **1231** *(36)* | **1475** *(62)* | **1641** *(84)* | **800** | **75.4** | *(4.3)* | **2500** | **<3** | |
| **Male** | | | | | | | | | | | | | | | | | |
| | **9-13** | **589** | **1160** | *(40)* | **534** *(54)* | **636** *(52)* | **831** *(48)* | **1094** *(49)* | **1426** *(59)* | **1784** *(87)* | **2020** *(112)* | **1300** | **33.2** | *(4.0)* | **2500** | **<3** | |
| | **14-18** | **639** | **1235** | *(44)* | **664** *(84)* | **765** *(77)* | **959** *(63)* | **1218** *(51)* | **1527** *(69)* | **1854** *(114)* | **2074** *(152)* | **1300** | **42.4** | *(5.0)* | **2500** | **<3** | |
| | **19-30** | **481** | **981** | *(43)* | **418** *(77)* [E] | **502** *(73)* | **673** *(63)* | **914** *(54)* | **1222** *(71)* | **1566** *(122)* | **1806** *(166)* | **1000** | **41.9** | *(5.5)* | **2500** | **<3** | |
| | **31-50** | **709** | **822** | *(27)* | **405** *(70)* [E] | **471** *(65)* | **603** *(52)* | **787** *(37)* | **1014** *(47)* | **1258** *(89)* | **1422** *(123)* | **1000** | **26.2** | *(5.0)* [E] | **2500** | **<3** | |
| | **51-70** | **758** | **800** | *(30)* | **332** *(28)* | **391** *(30)* | **524** *(29)* | **710** *(30)* | **963** *(42)* | **1287** *(71)* | **1532** *(106)* | **1200** | **12.8** | *(2.4)* [E] | **2500** | **<3** | |
| | **>70** | **734** | **692** | *(21)* | **322** *(28)* | **379** *(26)* | **490** *(23)* | **644** *(22)* | **835** *(30)* | **1043** *(48)* | **1186** *(63)* | **1200** | **4.7** | *(1.5)* [E] | **2500** | **0.0** | *(0.0)* |
| | **19+** | **2682** | **840** | *(18)* | **367** *(21)* | **433** *(21)* | **572** *(22)* | **777** *(21)* | **1042** *(27)* | **1342** *(43)* | **1561** *(59)* | | | | **2500** | **<3** | |
| **Female** | | | | | | | | | | | | | | | | | |
| | **9-13** | **585** | **968** | *(33)* | **522** *(64)* | **597** *(57)* | **739** *(45)* | **921** *(36)* | **1131** *(49)* | **1345** *(81)* | **1485** *(106)* | **1300** | [F] | | **2500** | **<3** | |
| | **14-18** | **645** | **938** | *(42)* | **449** *(70)* | **532** *(66)* | **694** *(55)* | **918** *(46)* | **1192** *(66)* | **1490** *(116)* | **1694** *(160)* | **1300** | **18.2** | *(4.9)* [E] | **2500** | **<3** | |
| | **19-30** | **514** | **772** | *(30)* | **390** *(73)* [E] | **454** *(65)* | **577** *(48)* | **739** *(35)* | **931** *(52)* | **1132** *(91)* | **1266** *(120)* | **1000** | **18.6** | *(5.8)* [E] | **2500** | **<3** | |
| | **31-50** | **758** | **784** | *(28)* | **387** *(41)* | **451** *(39)* | **573** *(34)* | **740** *(31)* | **952** *(40)* | **1186** *(65)* | **1345** *(87)* | **1000** | **21.0** | *(3.7)* [E] | **2500** | **<3** | |
| | **51-70** | **955** | **730** | *(23)* | **347** *(34)* | **406** *(32)* | **523** *(29)* | **683** *(26)* | **884** *(34)* | **1113** *(57)* | **1276** *(79)* | **1200** | **6.9** | *(2.0)* [E] | **2500** | **<3** | |
| | **>70** | **1345** | **678** | *(18)* | **326** *(23)* | **380** *(23)* | **488** *(22)* | **636** *(21)* | **820** *(26)* | **1022** *(40)* | **1161** *(53)* | **1200** | **4.1** | *(1.2)* [E] | **2500** | **0.0** | *(0.0)* |
| | **19+** | **3572** | **754** | *(15)* | **364** *(18)* | **426** *(17)* | **547** *(16)* | **712** *(16)* | **920** *(21)* | **1148** *(33)* | **1304** *(43)* | | | | **2500** | **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 13.6 Sodium (mg/d): Usual intakes from food, by DRI age–sex group, household population, Ontario, 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** | **644** | **1810** | *(50)* | **1103** *(149)* | **1238** *(129)* | **1482** *(94)* | **1788** *(61)* | **2127** *(76)* | **2465** *(136)* | **2687** *(187)* | **1000** | **97.4** | *(2.2)* | **1500** | **73.7** | *(7.8)* |
| | **4-8** | **956** | **2565** | *(58)* | **1717** *(139)* | **1876** *(121)* | **2161** *(91)* | **2525** *(66)* | **2960** *(91)* | **3428** *(169)* | **3746** *(234)* | **1200** | **99.8** | *(0.3)* | **1900** | **89.0** | *(4.3)* |
| **Male** | | | | | | | | | | | | | | | | | |
| | **9-13** | **589** | **3360** | *(94)* | **2273** *(228)* | **2464** *(206)* | **2824** *(164)* | **3298** *(117)* | **3858** *(135)* | **4439** *(237)* | **4827** *(327)* | **1500** | **100.0** | *(0.2)* | **2200** | **96.3** | *(3.1)* |
| | **14-18** | **639** | **3932** | *(116)* | **2757** *(370)* | **2996** *(318)* | **3426** *(225)* | **3957** *(147)* | **4552** *(215)* | **5151** *(394)* | **5543** *(531)* | **1500** | **100.0** | *(0.2)* | **2300** | **99.2** | *(2.3)* |
| | **19-30** | **481** | **3797** | *(181)* | **2466** *(155)* | **2716** *(161)* | **3164** *(176)* | **3718** *(201)* | **4347** *(240)* | **4995** *(293)* | **5427** *(336)* | **1500** | **100.0** | *(0.1)* | **2300** | **97.1** | *(1.5)* |
| | **31-50** | **709** | **3267** | *(118)* | **2486** *(364)* | **2642** *(314)* | **2926** *(224)* | **3274** *(147)* | **3658** *(226)* | **4039** *(409)* | **4282** *(545)* | **1500** | **100.0** | *(0.7)* | **2300** | **98.3** | *(6.6)* |
| | **51-70** | **758** | **3070** | *(92)* | **1739** *(226)* | **1969** *(197)* | **2388** *(147)* | **2912** *(104)* | **3523** *(139)* | **4175** *(256)* | **4624** *(356)* | **1300** | **99.2** | *(0.9)* | **2300** | **78.7** | *(6.7)* |
| | **>70** | **734** | **2582** | *(64)* | **1393** *(118)* | **1603** *(104)* | **1981** *(82)* | **2459** *(69)* | **3019** *(91)* | **3623** *(150)* | **4047** *(208)* | **1200** | **97.7** | *(1.1)* | **2300** | **58.5** | *(4.0)* |
| | **19+** | **2682** | **3271** | *(70)* | **1848** *(144)* | **2089** *(131)* | **2546** *(105)* | **3156** *(83)* | **3895** *(108)* | **4675** *(190)* | **5197** *(260)* | | | | **2300** | **83.9** | *(3.8)* |
| **Female** | | | | | | | | | | | | | | | | | |
| | **9-13** | **585** | **2793** | *(76)* | **1730** *(158)* | **1927** *(138)* | **2277** *(104)* | **2707** *(85)* | **3197** *(121)* | **3711** *(205)* | **4058** *(279)* | **1500** | **98.2** | *(1.5)* | **2200** | **78.9** | *(5.5)* |
| | **14-18** | **645** | **2912** | *(75)* | **1836** *(255)* | **2054** *(217)* | **2450** *(149)* | **2933** *(96)* | **3468** *(150)* | **4010** *(273)* | **4373** *(370)* | **1500** | **98.8** | *(1.4)* | **2300** | **81.5** | *(7.2)* |
| | **19-30** | **514** | **2440** | *(87)* | **1660** *(226)* | **1801** *(195)* | **2051** *(139)* | **2352** *(96)* | **2678** *(138)* | **2996** *(235)* | **3197** *(307)* | **1500** | **98.1** | *(3.3)* | **2300** | **54.5** | *(10.7)* [E] |
| | **31-50** | **758** | **2657** | *(95)* | **1375** *(120)* | **1596** *(113)* | **2013** *(104)* | **2546** *(105)* | **3199** *(136)* | **3926** *(208)* | **4433** *(277)* | **1500** | **92.4** | *(2.6)* | **2300** | **61.7** | *(4.9)* |
| | **51-70** | **955** | **2402** | *(61)* | **1236** *(130)* | **1446** *(115)* | **1835** *(89)* | **2311** *(73)* | **2851** *(89)* | **3428** *(142)* | **3818** *(190)* | **1300** | **93.7** | *(2.3)* | **2300** | **50.6** | *(4.2)* |
| | **>70** | **1345** | **2288** | *(55)* | **1332** *(122)* | **1498** *(105)* | **1792** *(78)* | **2168** *(59)* | **2637** *(85)* | **3156** *(161)* | **3512** *(224)* | **1200** | **97.4** | *(1.4)* | **2300** | **41.9** | *(3.8)* |
| | **19+** | **3572** | **2501** | *(47)* | **1393** *(69)* | **1587** *(64)* | **1944** *(55)* | **2402** *(52)* | **2951** *(66)* | **3539** *(102)* | **3937** *(134)* | | | | **2300** | **55.6** | *(2.9)* |

*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] 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.

# Appendix A: Table Footnotes

The following footnotes apply to all of the summary data tables presented in Section III 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 Armed 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. See section II.4: Measuring Sampling Variability with Bootstrap Replication for more details.

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 essentials 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. Data on trans fat intake cannot be obtained from the CCHS 2.2 dataset and therefore are not reported separately. However, the estimates for percent energy from total fat comprise all fats, including trans fats. Note that the estimates provided for energy intake from the individual types of fat will not add up to the estimates provided for total fat due to measurement error as well as the lack of data on trans fat intake.

14. 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: Interpretation of Sodium Results

Three questions in the CCHS 2.2 questionnaire pertained to salt intake. These were asked to obtain information on type of salt used, frequency of added table salt and the use of table salt in cooking.

## 1. Salt Type

—Indicator of the type of salt normally used:

1 = Ordinary Salt

2 = Sea, Seasoned. Or other Flavoured Salt

3 = Lite Salt

4 = Salt Substitute

5 = None

X = Don't Know; XX = Refusal; XXX = Other Specified

## 2. Frequency of Salt at the Table

—Indicator of how often salt is added at the table:

1 = Rarely

2 = Occasionally

3 = Very Often

X = Don't Know; XX = Refusal; XXX = Other Specified

## 3. Frequency of Salt in Cooking

—Indicator of how often *ordinary* salt is added during cooking/preparation:

1 = Rarely

2 = Occasionally

3 = Very Often

4 = Never

X = Don't Know; XX = Refusal; XXX = Other Specified

These questions were the same as those asked in the United States (US) surveys utilizing the Automated Multiple-Pass Method. This method was chosen for a number of reasons. Asking about the use of salt for each cooked, non-processed food was time consuming and repetitive, and respondents frequently did not know the answer for specific foods. Overall salt consumption questions were asked to reduce respondent burden and to address this identified uncertainty. Also, it was estimated that salt added during cooking or food preparation contributed 5% or less to average sodium intake.

Use of the information collected from these questions differed between Canada and the US. Answers to the salt questions in the CCHS 2.2 were not reflected in the estimated sodium intakes in the coded data. Salt present in standard recipes for mixed dishes, such as spaghetti sauce or stew, remained constant. For other cooked items, such as cooked vegetables, the default choice was the food without salt added during cooking. In the US, answers to the question about frequency of salt added in cooking are used to adjust estimated sodium intakes for selected foods that are likely to have been prepared at home.

# Appendix C: References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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**

# Appendix D: Note on Changes to Volume 1

In January 2008, users were informed that Volume 1 would be reissued because of corrections made to the sodium table point estimates. Since then, some modifications have been made to the compendium to correct methodological discrepancies in some of the tables. **It is important to note that in all cases described below, modifications are not related to the data quality of the CCHS Cycle 2.2 files.** Only methodological modifications used in calculating the tables were made. **Attached is the list of domains affected.** A complete list of modifications is available in a separate document upon request**.**

## Modifications to Volume 1

### 1. Standard Error

The calculation of the **standard error** of the percentage of the population above or below a certain threshold had to be modified. This affects 12 standard error estimates in Volume 1:

- 5 for calcium
- 4 for percentage of total energy intake from fats
- 3 for percentage of total energy intake from carbohydrates.

In addition, the same type of modification had to be made to the sodium tables, affecting the standard error of the percentage of the population above the UL for 146 domains out of 221.

### 2. Within-Individual Variance

Other modifications are related to the use of **within-individual variances**[5] in some domains. For the sodium tables, there were some domains where it was necessary to force another domain's within-individual variance. However, in a number of cases, the next higher domain was not used. These point estimates were corrected using the appropriate within-individual variance.

### 3. Methodology

Changes were also made to the methodology used to calculate the bootstrap estimate. In order to calculate the bootstrap estimate, the point estimate is recalculated using every replicate weight, meaning 500 times. There are two options; the first uses the same day-to-day variation estimate for every replicate. The second (if the data are coming from another CCHS domain) uses each replicate's day-to-day variation estimate. This means that for replicate one you use the regional day-to-day variation of the first replicate, for replicate two, the second and so on.

In theory, the second method is optimal as variability in the center of the distribution and in the tails are both taken into account. With the first option we do not take into account variability in the tails. The second method will always be more conservative than the first as it accounts for more sources of variability. That being said, the first method is still statistically valid.

In Volume 1, it was initially decided to use the second method. However, most nutrients, with the exception of cholesterol and Vitamin C, were

[5] To estimate the distribution of usual intake (percentiles, percent above or below a certain threshold), we need to estimate two variance components: the within-individual variance (day-to-day variation in one individual's intake) and the between-individual variance (variation in long-term average population consumption). This involves a complex normality transformation and an ANOVA model using the first and second 24-hour recall. The second 24-hour recall is used to estimate the day-to-day variation. These calculations are done using SIDE. It is possible that for various reasons (usually not enough second recalls), we fail to estimate the day-to-day variation. In that case, instead of having no estimate, it is possible to use another estimate in its place. For example, for small provinces, if we are unable to estimate the day to day variation, we could use the regional or national day-to-day variation in its place.

calculated using the first method. For consistency and for timeliness, it was decided to recalculate the estimates which used the second method. These modifications will affect 30 domains for the cholesterol tables and 16 domains for the Vitamin C tables. Modifications will affect the standard errors of the 5th, 10th, 25th, 75th, 90th and 95th percentiles. Standard errors for the 5th, 10th, 90th and 95th percentiles will be between 10% and 20% lower than the previously published standard errors that were calculated using the second method described above. For the 25th and 75th percentiles the difference will be less than 10%. Again, this revision only affects the calculation of the SE and not the point estimates already published.

The methodology section in Volume 1 has also been modified to reflect the methods that were actually used to produce the tables.

### 4. Appendices

Finally, a note was added to **Appendix A: Table Footnotes** to clarify that an estimate of 0.0 with a standard error of 0.0 refers to an estimate with a standard error smaller than 0.1%.

## List of Domains Affected

**Percentage of total energy intake from fats**
Table 2.1 – Males 51-70
Table 2.2 – Males 19-30
Table 2.3 – Males 19+, Females 51-70
Table 2.10 – Males 19-30

**Percentage of total energy intake from carbohydrates**
Table 4.1 – Males 14-18, Males 31-50
Table 4.9 – Females 19+

**Percentage of total energy intake from monounsaturated fats**
Table 6.1 – Females 14-18
Table 6.2 – Males >70
Table 6.3 – Children 4-8, Males 51-70, Males >70
Table 6.5 – Females >70
Table 6.6 – Males 9-13, Females 9-13

Table 6.7 – Females 19-30
Table 6.8 – Females 19-30
Table 6.9 – Males 31-50
Table 6.10 – Females 19-30

**Fibre (mg/d)**
Table 8.6 – Females 19-30
Table 8.11 – Females 19-30
**Note:** AI corrected from 21 to 25 for Females 19-30 in Tables 8.1 to 8.12

**Cholesterol (mg/d)**
Table 9.1 – Males 19-30, Males 51-70, Females 14-18, Females 19-30
Table 9.3 – Males 19-30, Males 51-70, Females 9-13, Females >70
Table 9.4 – Children 4-8, Females 31-50, Females >70
Table 9.6 – Males 9-13, Males 31-50
Table 9.7 – Males 19-30, Females 9-13, Females 19-30, Females >70
Table 9.8 – Females 9-13
Table 9.9 – Children 4-8, Males 9-13, Males 14-18, Males 19-30, Males 31-50, Males 51-70, Females 9-13, Females 19-30, Females 31-50
Table 9.12 – Children 4-8, Females 9-13, Females 31-50

**Vitamin A (RAE/d)**
Table 10.5 – Males 31-50
Table 10.9 – Females 19+
Table 10.12 – Males 9-13, Males 14-18, Males 19-30, Females 9-13, Females 31-50

**Vitamin C (mg/d)**
Table 11.1 – Females 19-30
Table 11.2 – Children 4-8, Females 14-18
Table 11.3 – Males 9-13, Males 14-18, Females 19-30
Table 11.4 – Males 51-70
Table 11.6 – Females 9-13
Table 11.7 – Children 4-8, Males 9-13, Males 19-30, Females 9-13, Females 51-70
Table 11.8 – Males 14-18, Females 31-50
Table 11.9 – Females 9-13

**Calcium (mg/d)**
Table 12.3 – Males 9-13
Table 12.4 – Males 31-50
Table 12.6 – Females 19-30
Table 12.7 – Males 31-50, Females 19-30

**Sodium (mg/d)**

Table 13.1 – Children 1-3, Children 4-8, Males 9-13, Males 14-18, Males 19-30, Males 71+, Males 19+, Females 9-13, Females 14-18, Females 31-50, Females 19+

Table 13.2 – Children 1-3, Males 9-13, Males 14-18, Males 19-30, Males 31-50, Males 51-70, Males 71+, Males 19+, Females 9-13, Females 14-18, Females 19-30, Females 31-50, Females 51-70, Females 71+, Females 19+

Table 13.3 – Children 4-8, Males 9-13, Males 14-18, Males 19-30, Males 31-50, Males 51-70, Males 71+, Males 19+, Females 9-13, Females 14-18, Females 19-30, Females 31-50, Females 51-70, Females 19+

Table 13.4 – Children 1-3, Children 4-8, Males 9-13, Males 14-18, Males 19-30, Males 31-50, Males 51-70, Males 71+, Males 19+, Females 9-13, Females 19-30, Females 31-50, Females 19+

Table 13.5 – Children 1-3, Children 4-8, Males 9-13, Males 14-18, Males 19-30, Males 31-50, Males 71+, Males 19+, Females 14-18, Females 31-50, Females 51-70, Females 19+

Table 13.6 – Children 1-3, Children 4-8, Males 9-13, Males 14-18, Males 31-50, Males 19+, Females 14-18, Females 19-30, Females 19+

Table 13.7 – Children 4-8, Males 14-18, Males 19-30, Males 31-50, Males 51-70, Males 71+, Males 19+, Females 9-13, Females 14-18, Females 31-50, Females 51-70, Females 19+

Table 13.8 – Children 1-3, Children 4-8, Males 9-13, Males 14-18, Males 19-30, Males 31-50, Males 51-70, Males 71+, Males 19+, Females 9-13, Females 14-18, Females 31-50, Females 51-70, Females 71+, Females 19+

Table 13.9 - Males 9-13, Males 14-18, Males 19-30, Males 71+, Males 19+, Females 14-18, Females 19-30, Females 31-50, Females 19+

Table 13.10 – Children 1-3, Children 4-8, Males 9-13, Males 14-18, Males 19-30, Males 31-50, Males 51-70, Males 71+, Males 19+, Females 31-50, Females 51-70, Females 19+

Table 13.11 – Children 1-3, Children 4-8, Males 9-13, Males 14-18, Males 19-30, Males 31-50, Males 51-70, Males 71+, Males 19+, Females 9-13, Females 14-18, Females 19+

Table 13.12 – Children 1-3, Children 4-8, Males 9-13, Males 14-18, Males 19-30, Males 31-50, Males 71+, Males 19+, Females 9-13, Females 31-50, Females 51-70, Females 19+