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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 3

Revised February 2009

Note:

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



Canada 

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Table 29.12 Folic acid (µg/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004^{1,2,3}

Sex	Age (years)	n	Mean	(SE)	Percentiles (and SE) of usual intake													
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)							
Both																		
	1-3	622	202	(7)	110	(9)	125	(8)	155	(8)	193	(8)	238	(10)	289	(15)	325	(21)
	4-8	919	270	(7)	172	(14)	189	(12)	221	(9)	262	(8)	309	(13)	356	(20)	386	(26)
Male																		
	9-13	579	353	(15)	220	(25)	244	(23)	290	(19)	352	(17)	423	(24)	501	(39)	556	(51)
	14-18	634	427	(16)	249	(22)	281	(21)	341	(19)	418	(19)	509	(25)	606	(37)	673	(48)
	19-30	578	423	(17)	266	(43)	297	(37)	354	(27)	423	(19)	495	(25)	571	(43)	624	(60)
	31-50	693	387	(15)	232	(29)	261	(27)	318	(23)	393	(22)	481	(27)	572	(40)	631	(51)
	51-70	596	351	(13)	191	(20)	222	(17)	276	(14)	343	(13)	422	(18)	521	(41)	600	(71)
	>70	296	309	(15)	182	(17)	202	(17)	240	(18)	293	(16)	361	(70) ^E	443	(81) ^E	503	(92) ^E
	19+	2163	380	(8)	211	(12)	243	(11)	299	(10)	376	(10)	471	(13)	571	(19)	645	(27)
	Female																	
9-13		533	313	(11)	256	(29)	270	(26)	294	(20)	322	(16)	353	(18)	382	(26)	401	(33)
14-18		638	312	(12)	165	(15)	190	(14)	239	(14)	303	(15)	375	(17)	447	(21)	495	(24)
19-30		499	320	(13)	162	(18)	188	(17)	241	(15)	309	(14)	385	(18)	464	(26)	520	(33)
31-50		716	306	(10)	196	(26)	217	(24)	256	(19)	305	(14)	360	(15)	418	(24)	458	(32)
51-70		745	298	(9)	189	(17)	209	(15)	247	(13)	295	(12)	349	(15)	405	(23)	443	(30)
>70		510	252	(10)	145	(10)	165	(9)	196	(10)	243	(10)	297	(14)	370	(22)	419	(29)
19+		2470	300	(5)	169	(7)	192	(7)	237	(7)	295	(6)	360	(8)	432	(11)	483	(14)

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

Symbol Legend

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

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

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

Footnotes

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

² No DRIs have been established for folic acid. ³ There are two chemical forms in foods that contribute to folate bioactivity: naturally occurring folate called “food folate” and the added synthetic form of folate called “folic acid.” The term “folic acid” is a measuring unit referring to the simple arithmetic sum of the content of both food folate and folic acid in foods (in micrograms).

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

Table 30.12 Linolenic acid (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004^{1,2}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake							AI ³	% >AI	(SE)
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)			
Both	1-3	622	0.82 (0.04)	0.51 (0.07)	0.56 (0.07)	0.65 (0.06)	0.78 (0.05)	0.93 (0.06)	1.10 (0.09)	1.22 (0.12)	0.7	65.4	(11.9) ^E
	4-8	919	1.22 (0.05)	0.70 (0.10)	0.78 (0.09)	0.94 (0.07)	1.15 (0.06)	1.41 (0.08)	1.69 (0.15)	1.88 (0.20)	0.9	79.3	(7.8)
Male	9-13	579	1.80 (0.13)	0.88 (0.17) ^E	1.01 (0.17)	1.30 (0.15)	1.73 (0.14)	2.30 (0.22)	2.98 (0.41)	3.50 (0.54)	1.2	80.4	(7.5)
	14-18	634	2.13 (0.09)	1.32 (0.23) ^E	1.48 (0.21)	1.77 (0.17)	2.16 (0.13)	2.63 (0.16)	3.11 (0.27)	3.44 (0.36)	1.6	84.4	(8.2)
	19-30	578	2.39 (0.16)	1.02 (0.20) ^E	1.23 (0.20)	1.64 (0.19)	2.24 (0.18)	3.04 (0.25)	4.00 (0.42)	4.71 (0.60)	1.6	76.7	(7.5)
	31-50	693	2.16 (0.21)	1.20 (0.31) ^E	1.37 (0.29) ^E	1.77 (0.26)	2.25 (0.24)	2.68 (0.25)	3.16 (0.38)	3.51 (0.52)	1.6	82.1	(11.7)
	51-70	596	1.85 (0.11)	1.21 (0.25) ^E	1.34 (0.23) ^E	1.57 (0.19)	1.87 (0.15)	2.24 (0.18)	2.62 (0.30)	2.87 (0.41)	1.6	72.5	(13.8) ^E
	>70	296	1.75 (0.12)	0.78 (0.12)	0.92 (0.12)	1.21 (0.12)	1.63 (0.14)	2.15 (0.18)	2.75 (0.27)	3.21 (0.36)	1.6	51.8	(8.2)
	19+	2163	2.10 (0.10)	0.94 (0.05)	1.11 (0.05)	1.48 (0.07)	2.01 (0.09)	2.72 (0.14)	3.56 (0.21)	4.18 (0.27)	1.6	69.5	(3.5)
Female	9-13	533	1.34 (0.07)	0.74 (0.14) ^E	0.84 (0.13)	1.03 (0.12)	1.30 (0.11)	1.64 (0.13)	2.01 (0.19)	2.28 (0.26)	1.0	78.0	(9.8)
	14-18	638	1.59 (0.08)	0.71 (0.09)	0.84 (0.09)	1.10 (0.09)	1.47 (0.09)	1.96 (0.13)	2.55 (0.20)	2.96 (0.26)	1.1	74.7	(5.7)
	19-30	499	1.54 (0.09)	0.72 (0.14) ^E	0.84 (0.13)	1.09 (0.12)	1.44 (0.13)	1.88 (0.16)	2.37 (0.25)	2.71 (0.32)	1.1	74.2	(8.6)
	31-50	716	1.62 (0.08)	1.01 (0.19) ^E	1.11 (0.18)	1.31 (0.14)	1.58 (0.11)	1.91 (0.13)	2.26 (0.23)	2.51 (0.31)	1.1	90.6	(8.4)
	51-70	745	1.67 (0.08)	0.71 (0.09)	0.84 (0.09)	1.11 (0.09)	1.53 (0.10)	2.09 (0.13)	2.74 (0.20)	3.21 (0.28)	1.1	75.6	(5.5)
	>70	510	1.33 (0.08)	0.56 (0.07)	0.66 (0.07)	0.88 (0.09)	1.24 (0.11)	1.74 (0.14)	2.34 (0.20)	2.76 (0.26)	1.1	59.3	(7.1)
	19+	2470	1.58 (0.04)	0.73 (0.05)	0.85 (0.05)	1.10 (0.06)	1.49 (0.06)	2.00 (0.07)	2.58 (0.11)	2.99 (0.15)	1.1	75.3	(3.7)

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

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

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

Table 31.12 Percentage of total energy intake from linolenic acid, by DRI age–sex group, household population, Prairie Region, 2004¹⁻³

Sex	Age (years)	Percentiles (and SE) of usual intake								
		n	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Both	1-3	622	0.52 (0.02)	0.43 (0.06)	0.45 (0.05)	0.47 (0.04)	0.50 (0.03)	0.54 (0.03)	0.57 (0.05)	0.59 (0.07)
	4-8	919	0.58 (0.02)	0.43 (0.05)	0.45 (0.04)	0.50 (0.03)	0.57 (0.03)	0.64 (0.03)	0.71 (0.05)	0.76 (0.07)
Male	9-13	579	0.63 (0.03)	0.38 (0.06)	0.42 (0.05)	0.50 (0.04)	0.61 (0.03)	0.75 (0.05)	0.89 (0.08)	0.99 (0.12)
	14-18	634	0.66 (0.02)	0.48 (0.06)	0.51 (0.06)	0.58 (0.04)	0.66 (0.03)	0.75 (0.04)	0.85 (0.07)	0.91 (0.09)
	19-30	578	0.81 (0.06)	0.47 (0.09)^E	0.53 (0.08)	0.64 (0.07)	0.79 (0.06)	0.97 (0.08)	1.18 (0.13)	1.33 (0.18)
	31-50	693	0.77 (0.06)	0.50 (0.09)^E	0.55 (0.08)	0.64 (0.07)	0.75 (0.06)	0.88 (0.07)	1.01 (0.10)	1.10 (0.14)
	51-70	596	0.75 (0.04)	0.45 (0.03)	0.51 (0.03)	0.60 (0.04)	0.73 (0.04)	0.90 (0.05)	1.08 (0.07)	1.20 (0.08)
	>70	296	0.83 (0.05)	0.45 (0.05)	0.51 (0.05)	0.62 (0.05)	0.77 (0.06)	0.98 (0.08)	1.23 (0.11)	1.42 (0.15)
	19+	2163	0.78 (0.03)	0.48 (0.04)	0.53 (0.04)	0.63 (0.04)	0.77 (0.03)	0.94 (0.04)	1.14 (0.06)	1.27 (0.08)
Female	9-13	533	0.59 (0.03)	0.39 (0.06)	0.42 (0.05)	0.48 (0.04)	0.57 (0.03)	0.68 (0.04)	0.81 (0.08)	0.90 (0.12)
	14-18	638	0.70 (0.03)	0.44 (0.05)	0.48 (0.05)	0.56 (0.04)	0.67 (0.04)	0.80 (0.05)	0.94 (0.08)	1.03 (0.10)
	19-30	499	0.69 (0.03)	0.42 (0.06)	0.46 (0.06)	0.55 (0.05)	0.66 (0.04)	0.80 (0.05)	0.95 (0.08)	1.05 (0.11)
	31-50	716	0.80 (0.03)	0.52 (0.08)	0.57 (0.07)	0.65 (0.06)	0.77 (0.04)	0.90 (0.05)	1.04 (0.09)	1.13 (0.12)
	51-70	745	0.88 (0.03)	0.41 (0.05)	0.48 (0.05)	0.61 (0.04)	0.80 (0.04)	1.06 (0.06)	1.37 (0.10)	1.60 (0.14)
	>70	510	0.79 (0.04)	0.45 (0.05)	0.50 (0.05)	0.60 (0.05)	0.75 (0.05)	0.95 (0.07)	1.18 (0.10)	1.34 (0.14)
	19+	2470	0.80 (0.02)	0.44 (0.03)	0.49 (0.02)	0.60 (0.02)	0.75 (0.02)	0.94 (0.03)	1.16 (0.04)	1.31 (0.06)

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

Symbol Legend

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

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

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

Footnotes

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

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

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

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

Table 32.12 Moisture (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004^{1,2}

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake							AI ³	% >AI (SE)
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)		
Both	1-3	622	1365 (33)	863 (37)	949 (37)	1113 (38)	1339 (40)	1621 (51)	1923 (69)	2128 (84)	1300	54.2 (4.3)
	4-8	919	1583 (34)	995 (58)	1098 (53)	1287 (43)	1530 (39)	1824 (51)	2137 (79)	2348 (102)	1700	34.2 (3.8)
Male	9-13	579	2106 (92)	1268 (81)	1410 (77)	1678 (75)	2033 (88)	2482 (136)	3024 (232)	3442 (326)	2400	28.6 (6.3) ^E
	14-18	634	2840 (86)	1664 (108)	1883 (107)	2312 (99)	2857 (95)	3471 (134)	4199 (228)	4773 (317)	3300	30.8 (4.4)
	19-30	578	3176 (85)	1759 (117)	1995 (112)	2446 (96)	3008 (95)	3672 (124)	4410 (169)	4918 (210)	3700	24.2 (3.6)
	31-50	693	3086 (107)	1846 (121)	2072 (122)	2494 (127)	3043 (140)	3702 (155)	4416 (182)	4911 (214)	3700	25.0 (4.6) ^E
	51-70	596	2626 (78)	1527 (90)	1726 (83)	2073 (77)	2521 (86)	3102 (118)	3759 (176)	4214 (220)	3700	10.9 (2.7) ^E
	>70	296	2242 (82)	1238 (113)	1402 (113)	1726 (106)	2154 (101)	2666 (116)	3183 (141)	3531 (171)	3700	^F
	19+	2163	2919 (55)	1627 (62)	1850 (64)	2273 (62)	2811 (67)	3494 (83)	4278 (107)	4803 (126)	3700	19.9 (2.0)
Female	9-13	533	1861 (54)	1153 (70)	1278 (66)	1511 (63)	1825 (70)	2203 (94)	2618 (140)	2924 (184)	2100	30.9 (5.5) ^E
	14-18	638	2174 (62)	1227 (67)	1396 (69)	1708 (71)	2106 (78)	2583 (95)	3109 (121)	3478 (147)	2300	38.6 (4.6)
	19-30	499	2671 (96)	1448 (106)	1652 (110)	2048 (112)	2560 (113)	3173 (134)	3860 (178)	4348 (219)	2700	43.4 (5.5)
	31-50	716	2838 (81)	1623 (125)	1845 (117)	2260 (109)	2808 (115)	3449 (136)	4083 (169)	4483 (195)	2700	54.9 (5.5)
	51-70	745	2581 (65)	1670 (84)	1830 (77)	2122 (70)	2504 (73)	2976 (96)	3493 (142)	3844 (180)	2700	38.3 (4.5)
	>70	510	2202 (63)	1338 (64)	1486 (69)	1786 (79)	2195 (85)	2638 (96)	3079 (118)	3371 (137)	2700	22.2 (4.3) ^E
	19+	2470	2657 (39)	1518 (54)	1722 (51)	2099 (50)	2593 (54)	3192 (62)	3837 (80)	4273 (97)	2700	44.8 (2.7)

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

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

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

Table 33.12 Naturally occurring folate (µg/d): Usual intakes from food, by DRI age–sex group, household population, Prairie 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	622	122	(5)	52 (7)	63 (7)	86 (5)	114 (6)	151 (8)	196 (13)	230 (19)
	4-8	919	154	(5)	88 (6)	98 (6)	119 (5)	147 (6)	181 (8)	218 (12)	245 (16)
Male	9-13	579	208	(10)	122 (18)	137 (17)	166 (14)	203 (11)	249 (16)	301 (28)	339 (39)
	14-18	634	249	(15)	140 (18)	157 (17)	191 (15)	237 (14)	297 (20)	370 (36)	424 (50)
	19-30	578	251	(12)	135 (25) ^E	156 (22)	195 (17)	242 (14)	299 (18)	364 (32)	412 (44)
	31-50	693	244	(9)	125 (11)	146 (11)	187 (11)	242 (12)	310 (15)	387 (21)	441 (26)
	51-70	596	238	(11)	123 (16)	143 (14)	179 (11)	227 (10)	280 (14)	360 (34)	429 (62)
	>70	296	210	(10)	104 (12)	121 (12)	152 (11)	194 (11)	247 (13)	312 (20)	362 (29)
	19+	2163	241	(5)	123 (6)	144 (6)	182 (6)	233 (7)	297 (8)	375 (14)	432 (20)
Female	9-13	533	177	(8)	115 (16)	126 (15)	148 (12)	176 (10)	209 (13)	243 (22)	267 (27)
	14-18	638	180	(7)	81 (7)	96 (7)	126 (8)	167 (9)	218 (11)	276 (14)	317 (18)
	19-30	499	200	(11)	103 (12)	118 (12)	147 (12)	189 (13)	242 (16)	300 (23)	340 (28)
	31-50	716	198	(8)	118 (17)	132 (16)	158 (13)	192 (11)	235 (12)	281 (18)	314 (25)
	51-70	745	209	(7)	118 (10)	133 (9)	162 (8)	199 (7)	246 (11)	299 (18)	337 (25)
	>70	510	170	(6)	95 (6)	108 (6)	131 (6)	165 (7)	207 (9)	250 (12)	281 (16)
	19+	2470	198	(4)	103 (5)	118 (5)	148 (5)	190 (5)	242 (6)	299 (9)	342 (12)

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

Symbol Legend

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

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

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

Footnotes

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

² No DRIs have been established for naturally occurring folate.

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

Table 34.12 Protein (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004^{1,2}

Sex	Age (years)	Percentiles (and SE) of usual intake								
		n	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
Both										
	1-3	622	51 (1)	30 (2)	34 (2)	41 (2)	50 (2)	60 (2)	71 (3)	78 (3)
	4-8	919	65 (2)	46 (4)	49 (3)	56 (2)	64 (2)	73 (3)	82 (4)	88 (6)
Male	9-13	579	90 (4)	68 (8)	72 (7)	80 (5)	91 (4)	103 (5)	116 (8)	124 (11)
	14-18	634	111 (4)	63 (5)	72 (5)	88 (5)	110 (5)	135 (6)	163 (8)	182 (11)
	19-30	578	107 (4)	66 (9)	74 (7)	88 (5)	104 (4)	123 (6)	141 (10)	153 (13)
	31-50	693	99 (4)	59 (7)	66 (6)	79 (5)	96 (5)	117 (6)	141 (8)	157 (11)
	51-70	596	90 (3)	50 (5)	58 (5)	72 (4)	90 (4)	108 (4)	127 (6)	139 (7)
	>70	296	82 (3)	48 (5)	54 (5)	65 (5)	79 (4)	95 (5)	112 (7)	123 (8)
	19+	2163	98 (2)	55 (3)	63 (3)	77 (2)	95 (2)	116 (3)	139 (4)	155 (5)
Female	9-13	533	70 (2)	51 (5)	55 (5)	61 (4)	70 (3)	79 (4)	88 (6)	94 (7)
	14-18	638	70 (2)	46 (4)	51 (3)	58 (3)	67 (3)	79 (3)	90 (5)	96 (6)
	19-30	499	72 (3)	45 (6)	50 (6)	59 (5)	70 (4)	83 (4)	96 (6)	105 (8)
	31-50	716	75 (3)	46 (6)	51 (5)	61 (5)	75 (4)	89 (4)	104 (5)	114 (7)
	51-70	745	70 (2)	49 (5)	53 (4)	60 (3)	69 (2)	80 (3)	90 (5)	97 (7)
	>70	510	67 (3)	37 (2)	42 (2)	53 (3)	66 (3)	82 (5)	100 (6)	113 (7)
	19+	2470	72 (1)	42 (2)	48 (2)	58 (2)	71 (2)	86 (2)	102 (3)	112 (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 Although DRIs for protein have been established on a “per kg body weight” basis, no DRIs have been established for the absolute amount of protein.

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

Table 35.12 Total carbohydrates (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004¹

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	622	192	(5)	116 (8)	131 (7)	158 (7)	191 (6)	226 (7)	262 (9)	287 (12)	100	F
	4-8	919	257	(5)	188 (14)	201 (11)	225 (8)	253 (6)	283 (9)	314 (15)	334 (19)	100	0.0 (0.0)
Male	9-13	579	335	(10)	224 (13)	245 (12)	285 (11)	335 (12)	393 (16)	453 (22)	493 (27)	100	0.0 (0.0)
	14-18	634	381	(11)	247 (19)	275 (17)	325 (14)	386 (13)	453 (16)	522 (23)	569 (29)	100	<3
	19-30	578	327	(11)	178 (16)	205 (15)	254 (14)	318 (13)	391 (15)	465 (21)	514 (27)	100	<3
	31-50	693	293	(13)	174 (21)	196 (19)	239 (16)	294 (16)	359 (20)	430 (28)	477 (35)	100	<3
	51-70	596	243	(6)	142 (11)	163 (9)	199 (7)	241 (7)	288 (10)	339 (14)	374 (18)	100	<3
	>70	296	227	(8)	139 (10)	155 (9)	187 (9)	226 (8)	268 (10)	313 (15)	345 (19)	100	<3
	19+	2163	283	(6)	156 (7)	179 (7)	223 (6)	279 (7)	345 (9)	418 (11)	468 (14)	100	<3
Female	9-13	533	287	(9)	196 (14)	215 (14)	249 (13)	292 (12)	337 (14)	382 (17)	410 (20)	100	0.0 (0.0)
	14-18	638	271	(8)	168 (11)	189 (10)	223 (10)	266 (10)	320 (12)	377 (16)	415 (20)	100	<3
	19-30	499	251	(9)	134 (11)	155 (10)	193 (9)	241 (9)	297 (12)	358 (17)	400 (22)	100	<3
	31-50	716	209	(6)	135 (12)	149 (11)	176 (9)	209 (8)	246 (9)	284 (13)	309 (16)	100	<3
	51-70	745	204	(5)	134 (9)	149 (8)	173 (7)	203 (6)	237 (7)	270 (9)	292 (11)	100	<3
	>70	510	187	(5)	106 (6)	121 (6)	148 (6)	183 (7)	226 (9)	270 (10)	299 (12)	100	F
	19+	2470	214	(4)	123 (4)	140 (4)	171 (4)	210 (4)	256 (5)	305 (7)	338 (9)	100	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 EAR is the Estimated Average Requirement. For additional detail, see footnote 9 in Appendix A.

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

Table 36.12 Total fats (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie 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	622	48	(1)	30	(2)	33	(2)	40	(2)	47	(2)	55	(2)	63	(3)	68	(3)
	4-8	919	64	(2)	42	(4)	46	(3)	53	(2)	62	(2)	73	(3)	84	(5)	91	(6)
Male																		
	9-13	579	86	(3)	58	(5)	63	(5)	74	(4)	87	(4)	102	(5)	117	(7)	127	(9)
	14-18	634	104	(4)	66	(7)	74	(6)	87	(5)	104	(4)	123	(5)	143	(8)	157	(11)
	19-30	578	95	(3)	55	(8)	62	(7)	75	(6)	93	(5)	113	(6)	133	(10)	145	(13)
	31-50	693	90	(4)	47	(6)	54	(6)	68	(5)	89	(4)	110	(6)	132	(9)	146	(11)
	51-70	596	78	(3)	38	(6)	46	(6)	60	(5)	77	(4)	97	(5)	117	(7)	131	(9)
	>70	296	68	(3)	33	(4)	39	(4)	50	(4)	64	(4)	81	(4)	97	(6)	108	(7)
	19+	2163	86	(2)	43	(3)	51	(3)	65	(3)	84	(2)	107	(3)	130	(4)	145	(5)
Female																		
	9-13	533	67	(2)	44	(5)	49	(4)	57	(4)	67	(3)	78	(4)	89	(5)	97	(6)
	14-18	638	69	(2)	40	(3)	45	(3)	54	(3)	66	(3)	81	(4)	96	(5)	106	(6)
	19-30	499	69	(3)	39	(6)	44	(6)	54	(5)	67	(4)	82	(5)	97	(7)	107	(9)
	31-50	716	67	(2)	48	(7)	52	(6)	59	(5)	67	(4)	77	(4)	86	(6)	92	(8)
	51-70	745	63	(2)	37	(3)	42	(3)	51	(3)	62	(2)	75	(3)	88	(5)	97	(7)
	>70	510	49	(2)	26	(2)	30	(2)	38	(2)	48	(3)	60	(3)	73	(4)	82	(5)
	19+	2470	64	(1)	37	(2)	41	(2)	51	(2)	63	(2)	77	(2)	92	(3)	102	(4)

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

Symbol Legend

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

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

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

Footnotes

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

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

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

Table 37.12 Total monounsaturated fats (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie 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	622	16.2 (0.6)	7.7 (1.0)	9.2 (0.9)	12.1 (0.8)	15.8 (0.7)	20.1 (0.8)	24.5 (1.2)	27.5 (1.5)
	4-8	919	24.7 (0.7)	15.3 (1.6)	16.9 (1.4)	20.0 (1.1)	23.9 (0.9)	28.5 (1.2)	33.1 (2.0)	36.2 (2.6)
Male	9-13	579	34.0 (1.4)	21.4 (2.4)	23.7 (2.2)	28.1 (1.8)	33.9 (1.6)	40.7 (2.1)	48.0 (3.2)	52.9 (4.2)
	14-18	634	41.0 (1.5)	26.0 (3.2)	29.2 (2.8)	34.9 (2.2)	41.5 (1.8)	48.4 (2.1)	55.9 (3.3)	61.2 (4.4)
	19-30	578	39.4 (1.6)	22.0 (3.5)	25.1 (3.1)	31.0 (2.4)	38.6 (2.0)	47.4 (2.8)	56.4 (4.5)	62.3 (5.8)
	31-50	693	36.8 (1.8)	18.2 (2.8)	21.3 (2.6)	27.4 (2.2)	35.9 (2.0)	46.1 (2.8)	56.5 (4.6)	63.5 (6.1)
	51-70	596	31.7 (1.4)	16.1 (3.2) ^E	19.0 (2.9)	24.5 (2.3)	31.7 (1.8)	39.9 (2.2)	48.4 (3.5)	54.0 (4.7)
	>70	296	26.9 (1.4)	12.5 (1.7)	14.8 (1.8)	19.2 (1.8)	25.0 (1.7)	32.0 (1.9)	39.4 (2.5)	44.3 (3.1)
	19+	2163	35.3 (0.9)	17.0 (1.3)	20.2 (1.2)	26.4 (1.1)	34.6 (1.1)	44.5 (1.4)	54.5 (2.0)	61.3 (2.6)
Female	9-13	533	25.6 (1.0)	15.9 (2.0)	17.8 (1.8)	21.2 (1.5)	25.4 (1.4)	30.2 (1.7)	35.1 (2.4)	38.4 (3.0)
	14-18	638	27.0 (1.0)	15.0 (1.3)	17.2 (1.2)	21.0 (1.1)	25.8 (1.1)	31.7 (1.5)	38.0 (2.2)	42.2 (2.8)
	19-30	499	27.1 (1.3)	15.1 (2.5) ^E	17.2 (2.3)	21.2 (2.0)	26.3 (1.8)	32.2 (2.1)	38.3 (3.1)	42.2 (3.9)
	31-50	716	26.5 (1.0)	19.2 (2.8)	20.7 (2.5)	23.4 (2.0)	26.8 (1.6)	30.5 (1.7)	34.2 (2.5)	36.6 (3.2)
	51-70	745	24.9 (0.9)	14.0 (1.4)	16.1 (1.3)	19.8 (1.1)	24.6 (1.1)	30.1 (1.4)	35.8 (2.0)	39.8 (2.6)
	>70	510	19.2 (0.7)	9.7 (1.0)	11.1 (1.0)	14.2 (1.0)	18.4 (1.1)	23.9 (1.2)	29.0 (1.5)	32.2 (1.9)
	19+	2470	25.3 (0.5)	13.9 (0.8)	16.0 (0.8)	19.8 (0.8)	24.8 (0.8)	30.9 (0.9)	37.3 (1.2)	41.4 (1.5)

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

Symbol Legend

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

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

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

Footnotes

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

² No DRIs have been established for total monounsaturated fats.

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

Table 38.12 Total polyunsaturated fats (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie 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	622	5.9	(0.3)	2.6	(0.4) ^E	3.1	(0.4)	4.2	(0.3)	5.6	(0.3)	7.4	(0.4)	9.3	(0.7)	10.6	(0.9)
	4-8	919	9.9	(0.3)	5.1	(0.5)	5.9	(0.4)	7.4	(0.4)	9.4	(0.3)	11.7	(0.5)	14.3	(0.8)	16.3	(1.1)
Male																		
	9-13	579	14.9	(1.1)	8.1	(1.0)	9.1	(1.0)	11.2	(0.9)	14.2	(1.0)	18.3	(1.4)	23.2	(2.2)	26.9	(3.1)
	14-18	634	17.4	(0.8)	11.6	(1.7)	12.8	(1.5)	14.9	(1.2)	17.6	(1.0)	20.7	(1.2)	24.0	(2.0)	26.3	(2.7)
	19-30	578	16.3	(0.7)	9.1	(1.8) ^E	10.4	(1.6)	13.0	(1.2)	16.3	(0.9)	20.1	(1.3)	24.1	(2.2)	27.0	(3.1)
	31-50	693	16.4	(1.1)	9.5	(2.1) ^E	10.7	(1.9) ^E	13.2	(1.5)	16.4	(1.1)	20.2	(1.4)	24.2	(2.3)	27.0	(3.1)
	51-70	596	13.8	(0.6)	7.5	(1.3) ^E	8.7	(1.2)	10.9	(1.0)	13.7	(0.8)	17.1	(1.0)	20.7	(1.6)	23.2	(2.2)
	>70	296	12.9	(0.7)	6.7	(0.8)	7.7	(0.7)	9.6	(0.7)	12.3	(0.8)	15.5	(1.0)	19.0	(1.6)	21.4	(2.0)
	19+	2163	15.4	(0.5)	8.2	(0.9)	9.5	(0.8)	11.9	(0.7)	15.3	(0.6)	19.3	(0.7)	23.7	(1.1)	26.8	(1.5)
Female																		
	9-13	533	11.2	(0.6)	7.1	(1.2) ^E	7.9	(1.1)	9.3	(0.9)	11.1	(0.8)	13.2	(0.9)	15.4	(1.4)	16.8	(1.8)
	14-18	638	11.9	(0.5)	6.7	(0.8)	7.7	(0.8)	9.5	(0.6)	11.7	(0.6)	14.2	(0.8)	16.9	(1.2)	18.8	(1.5)
	19-30	499	11.4	(0.5)	7.1	(1.1)	7.9	(0.9)	9.4	(0.8)	11.3	(0.7)	13.5	(1.0)	15.9	(1.5)	17.4	(2.0)
	31-50	716	11.8	(0.5)	8.2	(1.3)	8.8	(1.2)	10.0	(0.9)	11.6	(0.7)	13.3	(0.8)	15.1	(1.2)	16.2	(1.6)
	51-70	745	11.0	(0.4)	5.7	(0.6)	6.6	(0.6)	8.3	(0.5)	10.6	(0.5)	13.5	(0.6)	16.5	(0.9)	18.5	(1.2)
	>70	510	9.1	(0.5)	4.5	(0.6)	5.2	(0.6)	6.8	(0.6)	8.7	(0.7)	11.4	(0.8)	14.3	(1.2)	16.7	(1.5)
	19+	2470	11.2	(0.3)	6.0	(0.4)	6.9	(0.4)	8.5	(0.4)	10.8	(0.4)	13.7	(0.4)	16.7	(0.6)	18.7	(0.8)

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

Symbol Legend

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

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

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

Footnotes

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

² No DRIs have been established for total polyunsaturated fats.

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

Table 39.12 Total saturated fats (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie 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	622	18.7	(0.7)	9.1	(1.2)	10.9	(1.0)	14.3	(0.9)	18.7	(0.8)	23.8	(0.9)	28.5	(1.2)	31.9	(1.6)
	4-8	919	23.1	(0.6)	14.9	(1.6)	16.4	(1.4)	19.2	(1.0)	22.7	(0.7)	26.7	(1.1)	30.8	(2.0)	33.5	(2.6)
Male	9-13	579	29.0	(1.1)	19.1	(1.8)	21.0	(1.7)	24.5	(1.4)	29.0	(1.2)	34.3	(1.7)	39.8	(2.7)	43.6	(3.4)
	14-18	634	36.1	(1.5)	21.3	(2.9)	24.3	(2.6)	29.3	(2.1)	35.6	(1.8)	43.3	(2.3)	51.9	(3.7)	57.7	(4.9)
	19-30	578	30.5	(1.2)	16.6	(2.5)	18.9	(2.3)	23.3	(1.9)	29.1	(1.5)	36.1	(1.9)	43.4	(3.2)	48.2	(4.2)
	31-50	693	28.1	(1.1)	13.4	(1.6)	15.7	(1.5)	20.4	(1.3)	26.8	(1.2)	34.3	(1.8)	42.0	(2.8)	47.3	(3.9)
	51-70	596	24.4	(1.1)	10.2	(1.9) ^E	12.8	(1.8)	17.6	(1.6)	23.8	(1.4)	31.1	(1.6)	39.2	(2.2)	44.7	(2.9)
	>70	296	21.3	(1.1)	10.2	(1.0)	12.0	(1.1)	15.5	(1.3)	20.1	(1.4)	25.6	(1.5)	31.1	(1.7)	34.7	(1.8)
	19+	2163	27.2	(0.6)	12.3	(0.8)	14.8	(0.8)	19.7	(0.7)	26.0	(0.7)	33.7	(0.9)	42.1	(1.3)	47.8	(1.6)
	Female	9-13	533	23.8	(0.9)	15.3	(1.8)	16.9	(1.7)	19.9	(1.4)	23.5	(1.3)	27.7	(1.6)	31.9	(2.2)	34.8
14-18	638	23.0	(1.0)	12.1	(0.9)	13.8	(1.0)	17.1	(1.0)	21.9	(1.2)	27.7	(1.6)	34.2	(2.3)	38.8	(3.1)	
19-30	499	24.0	(1.6)	12.3	(1.3)	14.3	(1.4)	18.1	(1.6)	23.0	(1.9)	29.1	(2.4)	35.6	(3.0)	39.9	(3.4)	
31-50	716	21.6	(0.9)	14.8	(2.3)	16.1	(2.1)	18.5	(1.8)	21.6	(1.4)	25.1	(1.4)	28.8	(2.1)	31.2	(2.7)	
51-70	745	20.6	(0.9)	11.0	(1.2)	12.5	(1.1)	15.6	(1.1)	19.9	(1.0)	25.4	(1.4)	31.2	(2.3)	35.3	(3.1)	
>70	510	15.7	(0.7)	7.3	(0.7)	8.7	(0.7)	11.4	(0.7)	14.9	(0.8)	19.2	(1.0)	24.1	(1.4)	27.7	(1.8)	
19+	2470	21.1	(0.6)	11.2	(0.8)	12.9	(0.8)	16.2	(0.8)	20.5	(0.8)	25.8	(0.9)	31.5	(1.2)	35.5	(1.4)	

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

Symbol Legend

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

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

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

Footnotes

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

² No DRIs have been established for total saturated fats.

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

Table 40.12 Total sugars (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004^{1,2}

Table 1.22 Usual intake (g/d) of sodium chloride from food, by age sex group, household population, Vienne region, 2007																		
Sex	Age (years)				Percentiles (and SE) of usual intake													
		n	Mean	(SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)							
Both																		
	1-3	622	97	(4)	45	(5)	55	(4)	73	(4)	96	(4)	121	(5)	150	(8)	172	(12)
	4-8	919	124	(4)	76	(6)	84	(5)	100	(4)	120	(4)	145	(7)	171	(10)	188	(14)
Male																		
	9-13	579	152	(6)	85	(9)	97	(8)	120	(7)	150	(7)	185	(9)	221	(14)	245	(17)
	14-18	634	181	(7)	108	(13)	123	(12)	151	(10)	185	(10)	224	(13)	264	(21)	290	(27)
	19-30	578	135	(6)	64	(9)	75	(9)	97	(7)	125	(6)	159	(9)	195	(14)	219	(17)
	31-50	693	119	(7)	47	(8) ^E	58	(8)	82	(8)	114	(8)	154	(11)	198	(16)	230	(20)
	51-70	596	93	(5)	38	(5)	46	(5)	64	(5)	88	(5)	119	(7)	153	(10)	176	(12)
	>70	296	84	(4)	41	(4)	50	(4)	65	(4)	82	(3)	102	(4)	126	(7)	145	(8)
	19+	2163	113	(3)	44	(3)	55	(3)	76	(3)	106	(4)	145	(5)	189	(7)	220	(9)
Female																		
	9-13	533	135	(5)	77	(7)	88	(6)	108	(7)	134	(7)	164	(9)	196	(11)	217	(12)
	14-18	638	127	(5)	70	(9)	81	(8)	100	(7)	125	(7)	156	(9)	189	(12)	212	(16)
	19-30	499	113	(5)	53	(6)	64	(6)	84	(5)	110	(6)	140	(8)	174	(12)	198	(16)
	31-50	716	87	(4)	43	(6)	50	(6)	64	(5)	83	(5)	107	(6)	133	(8)	151	(11)
	51-70	745	87	(3)	45	(5)	53	(5)	66	(4)	84	(4)	105	(5)	126	(6)	141	(8)
	>70	510	76	(3)	32	(4)	40	(4)	55	(4)	74	(4)	94	(5)	117	(7)	134	(9)
	19+	2470	91	(2)	41	(2)	49	(2)	65	(2)	87	(3)	113	(3)	145	(5)	167	(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 total sugars.

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

Appendix A: Table Footnotes

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

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

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

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

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

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

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

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

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

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

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

Total milligrams of folic acid

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

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

Total grams of alcohol

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

Percent of energy from alcohol

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

Caffeine

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

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

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

Appendix C: References

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