

## Definition/Description:

Percentage of the population aged 12 and over, by the average number of times per day that they consume fruits and vegetables.

Very little nutrition information exists for residents in the Winnipeg Health Region. Therefore, for the purpose of the Comprehensive CHA Report, the percentage of the population that ingests the minimum daily requirement (number of servings) of fruits and vegetables is the proxy indicator used to measure dietary practices.

Canada's Food Guide recommends that between 5 and 10 servings of fruits and vegetables should be consumed per day. Each of the following quantities equates to one serving: 1 medium fruit/vegetable (banana, apple, carrot), 1/2 cup fresh/frozen/canned fruit/vegetable, 1 cup salad or 1/2 cup of juice.

## Source:

Statistics Canada, Canadian Community Health Survey Cycle 1.1 2001  
 Statistics Canada, Canadian Community Health Survey Cycle 2.1 2003

## Findings:

### Population by Reported Number of Servings of Fruit and Vegetables Consumed Per Day, 2001

Number of Servings of Fruits/Vegetables Per Day	Sex	Geography	Per Cent	Low 95% confidence interval - per cent	High 95% confidence interval - per cent
Five or More Times Per Day	Both	Canada	37.2	36.7	37.6
		Manitoba	30.4	29.0	31.8
		Winnipeg Health Region	30.1	27.9	32.2
	Female	Canada	42.6	42.0	43.2
		Manitoba	37.2	35.1	39.2
		Winnipeg Health Region	37.3	34.2	40.3
	Male	Canada	31.5	31.0	32.1
		Manitoba	23.4	21.4	25.4
		Winnipeg Health Region	22.4	19.4	25.5
Less Than Five Times Per Day	Both	Canada	61.8	61.3	62.2
		Manitoba	68.7	67.3	70.1
		Winnipeg Health Region	69.4	67.3	71.6
	Female	Canada	56.5	55.9	57.1
		Manitoba	62.3	60.3	64.4
		Winnipeg Health Region	62.7	59.6	65.7
	Male	Canada	67.2	66.6	67.8
		Manitoba	75.3	73.2	77.3
		Winnipeg Health Region	76.6	73.5	79.7

### Population by Reported Number of Servings of Fruit and Vegetables Consumed Per Day, 2003

Number of Servings of Fruits/Vegetables per Day	Sex	Geography	Per Cent	Low 95% confidence interval - per cent	High 95% confidence interval - per cent
Five or More Times per Day	Both	Canada	38.9	38.5	39.4
		Manitoba	33.7	31.8	35.5
		Winnipeg Health Region	35.3	32.5	38.0
	F	Canada	45.5	44.9	46.0
		Manitoba	38.9	36.0	41.7
		Winnipeg Health Region	39.7	35.4	43.9
	M	Canada	32.2	31.6	32.8
		Manitoba	28.3	25.8	30.8
		Winnipeg Health Region	30.7	26.8	34.6
Less Than Five Times per Day	Both	Canada	55.2	54.8	55.6
		Manitoba	58.2	56.3	60.1
		Winnipeg Health Region	56.3	53.5	59.2
	F	Canada	49.3	48.7	49.8
		Manitoba	53.1	50.2	56.0
		Winnipeg Health Region	52.0	47.8	56.3
	M	Canada	61.3	60.7	61.9
		Manitoba	63.5	60.8	66.2
		Winnipeg Health Region	60.9	56.7	65.1

### Highlights:

- In 2001, a larger percentage of WHR residents (69.4%) did not eat the recommended daily requirement of fruit and vegetables per day: five or more servings, compared to Canada (61.8%).
- More males did not eat the minimum daily requirement of fruits and vegetables than compared to females in the WHR (77% vs 63%, respectively). A similar pattern between males and females exists for Manitoba and Canada.
- One half of WHR residents in 2003 (56.3%) did not eat the recommended daily requirement of fruit and vegetables per day: five or more servings, compared to Canada (55.2%).
- In 2003, a higher proportion of males than females consumed less than five servings of fruit and vegetables per day (52.0% vs 60.9% respectively).
- When comparing 2003 data to 2001 data, it appears that slightly more WHR residents (35.3% vs 30.1% respectively) are eating five or more servings per day of fruit and vegetables as recommended in Canada's Food Guide. This accounts for approximately one-third of the population.
- The trend of a higher proportion of males than females consuming less than five servings of fruit and vegetables per day is still seen in 2003. It should be noted that WHR values for males and females in 2003 have improved, when compared to 2001 (60.9% and 52.0% vs 76.6% and 62.7% respectively).