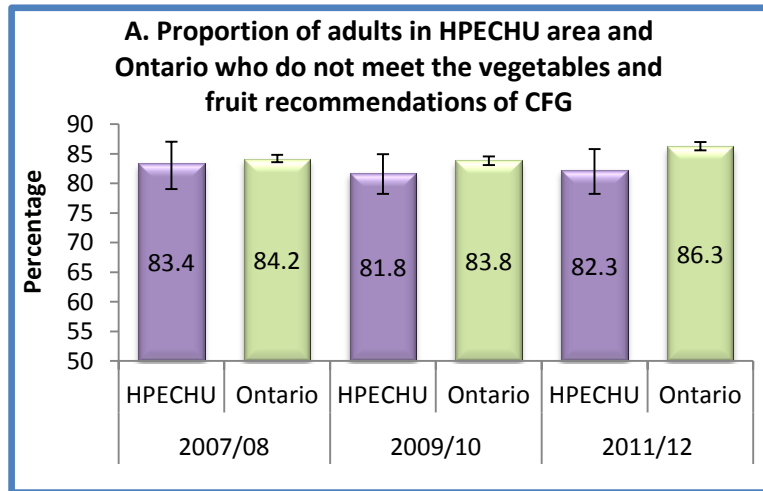


## Vegetables and Fruit



**Sample:** Residents 19 and over in HPECHU area and Ontario.

**Source:** Canadian Community Health Survey, 2007/08, 2009/10, and 2011/12. Statistics Canada.

**Interpretation:**

Figure A outlines the percentage of adults who did not meet the vegetables and fruit recommendations of Canada's Food Guide (CFG). In HPECHU area in 2011/12, 82.3% (78.2-85.8) of adults aged 19 and up did not meet the vegetables and fruit recommendations of CFG. Slightly fewer adults in HPECHU area do not meet the vegetables and fruit recommendations of CFG than Ontario.

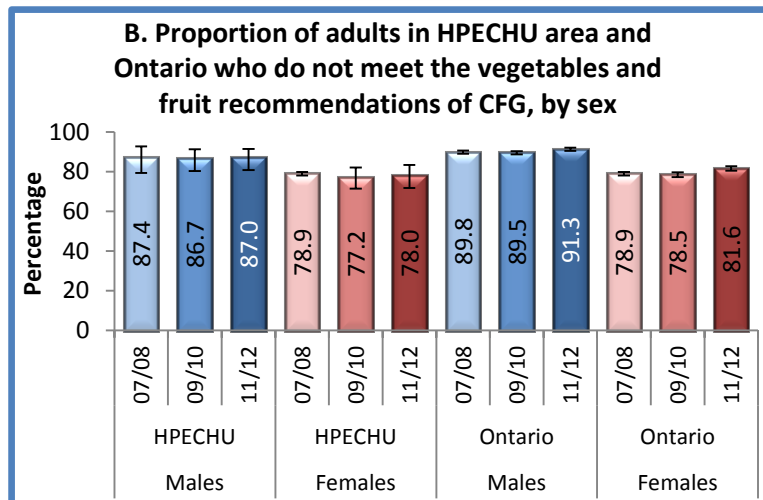


Figure B: In Ontario for 2011/12, significantly more males, 91.3% (90.5, 92.1), than females, 81.6% (80.5, 82.7), did not meet the vegetables and fruit recommendations of CFG. There were no significant differences between males and females in HPECHU area.

**Canada's Food Guide (CFG)**

The vegetables and fruit recommendations of CFG refers to the recommended number of servings per day of vegetables and fruit. CFG's recommended number of servings of vegetables and fruit is:

- men aged 19 to 50: 8 to 10 servings
- women aged 19 to 50: 7 to 8 servings
- men and women aged 51+: 7 servings

Please refer to Eating Well with Canada's Food Guide for serving size references.

Source: Eating Well with Canada's Food Guide, 2007.

**I** = (in the graphs) represents the 95% confidence interval.

## Vegetables and Fruit



**Sample:** Residents 19 and over in HPECHU area and Ontario.

**Source:** Canadian Community Health Survey, 2007/08, 2009/10, and 2011/12. Statistics Canada.

### Interpretation:

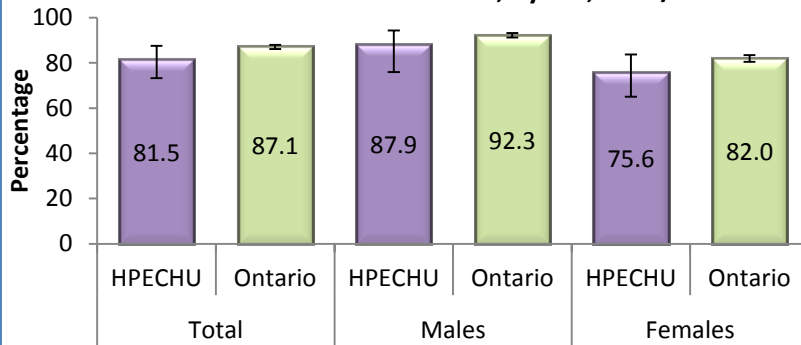
Figure C: In Ontario, significantly more males than females aged 19-50 did not meet the vegetables and fruit recommendations of CFG [92.3% (91.3, 93.3) and 82.0% (80.5, 83.4), respectively]. There were no differences between males and females in HPECHU area.

Figure D: In Ontario, significantly more males than females aged 51 and over did not meet the vegetables and fruit recommendations of CFG [89.8% (88.5, 91.0) and 81.0% (79.3, 82.7), respectively].

Figures C and D: There were no significant differences between HPECHU area and Ontario.

I = (in the graphs) represents the 95% confidence interval.

**C. Proportion of adults aged 19-50 in HPECHU area and Ontario who do not meet the vegetables and fruit recommendations of CFG, by sex, 2011/12**



**D. Proportion of adults aged 51 and over in HPECHU area and Ontario who do not meet the vegetables and fruit recommendations of CFG, by sex, 2011/12**

