1. Objectives and Research Methods

2. Detailed Analysis of Results
   a. Perceptions and Eating Habits
   b. Knowledge, Sources of Information, Labels & Packaging
   c. Food Selection
   d. Meal Preparation

3. Key Insights

4. Profile of Respondents
Objectives and Research Methods
To investigate self-reported knowledge, attitudes and behaviours of the adult Canadian population with respect to food and nutrition

To continue to provide this information using the longest standing nutrition tracking study in Canada

To garner new information on emerging factors influencing food choices and eating behaviours
Data Collection

- 1,504 Canadians completed an online survey
- Participants were obtained from Leger’s web panel of 475,000 members nationally
- Data was weighted to match 2011 Canadian census by region, age, and sex
- Data was collected between July 31 and August 9, 2015

<table>
<thead>
<tr>
<th>Age</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24 years of age</td>
<td>12%</td>
<td>51%</td>
</tr>
<tr>
<td>25-34 years of age</td>
<td>16%</td>
<td>48%</td>
</tr>
<tr>
<td>35-44 years of age</td>
<td>17%</td>
<td></td>
</tr>
<tr>
<td>45-54 years of age</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>55-64 years of age</td>
<td>17%</td>
<td></td>
</tr>
<tr>
<td>65-74 years of age</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>75 or older</td>
<td>4%</td>
<td></td>
</tr>
</tbody>
</table>

Other (Trans, Non-Binary, Genderfluid) - 1%
Detailed Analysis of Results
Perceptions and Eating Habits
Canadians continued to rate their health to be good to excellent and consider their eating habits to be the same.

In general, how would you rate your eating habits?*

**Eating Habits**
Excellent/Very Good/Good: 78% (2015) vs. 77% (2013) vs. 74% (2008)

<table>
<thead>
<tr>
<th>Year</th>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>8%</td>
<td>28%</td>
<td>41%</td>
<td>17%</td>
<td>5%</td>
</tr>
<tr>
<td>2013</td>
<td>5%</td>
<td>30%</td>
<td>42%</td>
<td>18%</td>
<td>5%</td>
</tr>
<tr>
<td>2008</td>
<td>4%</td>
<td>24%</td>
<td>46%</td>
<td>19%</td>
<td>7%</td>
</tr>
</tbody>
</table>

How would you rate your overall health?*

**Overall Health**
Excellent/Very Good/Good: 79% (2015) vs. 78% (2013) vs. 74% (2008)

<table>
<thead>
<tr>
<th>Year</th>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>7%</td>
<td>30%</td>
<td>42%</td>
<td>18%</td>
<td>4%</td>
</tr>
<tr>
<td>2013</td>
<td>6%</td>
<td>29%</td>
<td>43%</td>
<td>18%</td>
<td>4%</td>
</tr>
<tr>
<td>2008</td>
<td>5%</td>
<td>25%</td>
<td>44%</td>
<td>20%</td>
<td>5%</td>
</tr>
</tbody>
</table>

* Base: All (n=1504)
Canadians continued to rate their health to be good to excellent and consider their eating habits to be the same.

* Base: All (n=1504)
Canadians continued to rate their health to be good to excellent and consider their eating habits to be the same.
Managing Health Through Diet

Obesity is the most common condition Canadians are managing through diet.

Between 10-20% say they are managing high blood pressure, high cholesterol and diabetes. As expected these conditions are more common among older Canadians.

Women more likely than men to indicate they are managing IBS, anemia, gluten intolerance and osteoporosis (higher among older women).

Those in Alberta more likely to report they are currently managing heart disease through diet.

No significant changes compared to previous waves.

Q.9 Which of the following conditions are you managing through food and diet? Base: All respondents (n=1504)
57% of Canadians indicate they have made a change in the last 12 months to improve or change their eating habits. This is a significant drop compared to 2013.

Women are significantly more likely to indicate they have made a change in the last 12 months to their eating habits compared to men.

Q.22 Have you made any changes over the past year to (improve or) change your eating habits? Base: All respondents (n=1504)

*Only significant differences between 2013 and 2015 have been highlighted
Q.23 Have you made an effort to consume more or less of the following in the past year?
Base: Respondents who have made changes to their diet in the past year (n=851)

- **Fruits and Vegetables**: Consume More 85%, Consume Less 4%
- **Fibre**: Consume More 71%, Consume Less 4%
- **Whole grains**: Consume More 63%, Consume Less 9%
- **Protein**: Consume More 60%, Consume Less 5%
- **Vitamin D**: Consume More 53%, Consume Less 2%
- **Foods high in antioxidants**: Consume More 50%, Consume Less 4%
- **Foods containing Omega-3 fatty acids**: Consume More 48%, Consume Less 4%
- **Calcium**: Consume More 46%, Consume Less 5%
- **Supplements (e.g. vitamins)**: Consume More 45%, Consume Less 7%
- **Iron**: Consume More 38%, Consume Less 5%
- **Foods containing probiotics**: Consume More 38%, Consume Less 7%

*Higher among women*

Among those who have made changes in to their eating habits in the past year, a majority have made an effort to consume more fruits and vegetables, fibre and whole grains and protein.

Older Canadians are more likely to attempt to consume more fibre and Vitamin D as they age.

Women are more likely to indicate they have made an effort to consume more Vitamin D, Calcium, Supplements and Iron.
Among those who have made a change to their eating habits in the past year, a majority have made an effort to consume less sugar, sodium, fatty foods and calories in the last 12 months.

With age, Canadians are more likely to indicate they have tried to consume less sugar, salt/sodium, fatty foods and calories.

Women are also more likely to indicate they have made an effort to consume fewer calories compared to men.

Q.23 Have you made an effort to consume more or less of the following in the past year? Base: Respondents who have made changes to their diet in the past year (n=851)
Recent Changes in Eating Patterns or Habits

Did you make any of these dietary changes in the last 12 months?

17% Follow Canada’s Food Guide
10% Avoid Red Meat
8% Avoid Dairy / Dairy Free
7% Avoid Gluten / Gluten Free
5% Follow the Mediterranean diet
4% Follow a weight loss Program
3% Vegetarian / Vegan Diet

Among those who have a specific eating habit or pattern, 55% of those following specific eating patterns or habits have made the change in the last 12 months.

Young Canadians (18-34) are significantly more likely compared to other age groups to say they have recently (within the last 12 months) given up dairy; this is driven largely by 18-24 year olds.

Q29. Did you make any of these dietary changes in the past 12 months? Base: Respondents who selected eating habit/pattern at Q28 (n=622)
Knowledge, Sources of Information, Labels & Packaging
How knowledgeable would you say you are about food and nutrition?

Majority of Canadians say they are somewhat or very knowledgeable about food and nutrition.

Older Canadians (aged 45+) are more likely to say they are knowledgeable about food and nutrition compared to younger Canadians (aged 18-44). Women are also more likely to say they are knowledgeable compared to men.

No significant changes compare to previous wave

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Net: Knowledgeable*</td>
<td>89%</td>
<td>87%</td>
<td>78%</td>
<td>82%</td>
<td>80%</td>
</tr>
</tbody>
</table>

Q16. How knowledgeable would you say you are about food and nutrition? Base: All respondents (n=1504)

*Only significant differences between 2013 and 2015 have been highlighted
Canadians were asked a series of true/false questions to help validate their self reported knowledge about nutrition. The proportion of Canadians who answered the answers correctly mirror the results seen in 2013.

### Please indicate whether you think the following statements are true or false:

<table>
<thead>
<tr>
<th>statement</th>
<th>True</th>
<th>False</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reducing salt or sodium in the diet can reduce blood pressure.</td>
<td>91%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Omega-3 fatty acids are important to a healthy diet.</td>
<td>88%</td>
<td>4%</td>
<td>8%</td>
</tr>
<tr>
<td>A high fibre diet may help prevent colon cancer.</td>
<td>84%</td>
<td>3%</td>
<td>13%</td>
</tr>
<tr>
<td>The glycemic index ranks carbohydrate foods based on how they affect our blood sugar levels.</td>
<td>65%</td>
<td>6%</td>
<td>29%</td>
</tr>
<tr>
<td>All processed foods are unhealthy</td>
<td>30%</td>
<td>58%</td>
<td>11%</td>
</tr>
<tr>
<td>The amount of cholesterol people eat is the major factor that affects their blood cholesterol.</td>
<td>49%</td>
<td>35%</td>
<td>15%</td>
</tr>
<tr>
<td>Non-hydrogenated or soft margarine contains less fat than butter.</td>
<td>37%</td>
<td>36%</td>
<td>27%</td>
</tr>
</tbody>
</table>

Q17. Based on what you’ve heard or know about nutrition, please indicate whether you think the following statements are true or false:  
Base: All respondents (n=1504)
Q18. People can get information about food and nutrition from a number of different sources. From which of the following sources have you gotten information on food and nutrition in the past year? Base: All respondents (n=1504)

Similar to 2013, the majority of Canadians get information on food and nutrition from food product labels. However, compared to 2013 there has been a decrease in Canadians’ reliance on “traditional” sources of health information (i.e. family physicians and other HCPs, traditional media etc.).

Younger Canadians more likely to rely on the internet and social media while older Canadians are more likely to rely on food product labels.
Credibility of Information Sources

Government and association materials, family physician and dietitians as well as nutrition facts tables are viewed as credible sources of information by most.

As Canadians age they are more likely to say physicians and dietitians are credible sources of information. Women are more likely to rate Natural HCPs, nurses and chiropractors as credible sources compared to men.

Similar to 2013 the sources considered most credible are not the most frequently used.

Compared to previous wave, the proportion who say grocery store and pharmacy information as well as radio and TV programs are credible has decreased while the proportion who rate mobile apps as credible sources has increased.
Q.20 When looking at the label of a food product, how often does each of the following sources of information guide your food choices?

Base: All respondents (n=1504)

<table>
<thead>
<tr>
<th>Source of Information</th>
<th>18-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best before date</td>
<td>48%</td>
<td>52%</td>
<td>58%</td>
<td>69%</td>
<td>65%</td>
</tr>
<tr>
<td>Ingredient list</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Nutrition Facts table</td>
<td>30%</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Total size of product</td>
<td>30%</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Statements about health benefits</td>
<td>30%</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Percent daily value</td>
<td>30%</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Serving size</td>
<td>30%</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Statements about nutrient benefits</td>
<td>30%</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Statements about the presence of allergens</td>
<td>30%</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>A healthy or better choices slogan, symbol or logo</td>
<td>30%</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>A religious or cultural symbol, logo or program</td>
<td>30%</td>
<td>26%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
</tbody>
</table>
How often do you use food package information for the following purposes?

<table>
<thead>
<tr>
<th>Purpose</th>
<th>% who say Always/ Usually:</th>
<th>Only the first time I buy the product</th>
</tr>
</thead>
<tbody>
<tr>
<td>To get a general idea of the calorie content of a food</td>
<td>48%</td>
<td>6%</td>
</tr>
<tr>
<td>To compare the nutritional quality in similar types of foods</td>
<td>43%</td>
<td>7%</td>
</tr>
<tr>
<td>To see if there is a little or a lot of a nutrient in a product</td>
<td>43%</td>
<td>7%</td>
</tr>
<tr>
<td>To compare the nutritional quality in different foods</td>
<td>39%</td>
<td>6%</td>
</tr>
<tr>
<td>To see whether the food contains a specific ingredient</td>
<td>36%</td>
<td>9%</td>
</tr>
<tr>
<td>To find foods that claim to be good for your health</td>
<td>35%</td>
<td>8%</td>
</tr>
<tr>
<td>To figure out how much of a food product you or your family should eat</td>
<td>27%</td>
<td>7%</td>
</tr>
<tr>
<td>To see if the product provides a full serving from one of the four food groups</td>
<td>24%</td>
<td>8%</td>
</tr>
<tr>
<td>To see whether the food is organic</td>
<td>20%</td>
<td>8%</td>
</tr>
</tbody>
</table>

Women are more likely to use food package information to get an idea on caloric content, to understand and compare the nutritional quality of foods as well as find foods that claim to be good for your health compared to men.
Do you look for nutritional information from any of the following sources when eating out?

Compared to 2013, a higher percentage of Canadians say they seek nutritional information when eating out. Like the previous wave Canadians most commonly look for nutritional information from menus and menu boards or on food packaging.

Use of other sources when eating out has largely remained the same.

The percentage who say they use restaurant websites or apps as well as other mobile apps is higher among younger Canadians.
Food Selection
Influences of Food Choice

Maintaining good health is influential in food choices for most (86%). Maintaining good health is most influential among women (90%), those who are university educated (91%) and Canadians aged 45 and over (89%) compared to men (81%), those who are high school educated (80%) and those 44 and under (81%).

Weight management also influences food choice for the majority. Weight is more influential for women (73%) and those who are university (75%) and college educated (68%) compared to men (61%) and those with a high school education (58%).

Older Canadians (aged 45 and older) are significantly more likely to say living longer (66%) and following a special diet (43%) influence their food choice compared to younger Canadians (18-44).

Consistently the percentage of Canadians who report their food choices are influenced has decreased overall compared to 2013.

Q.11 When selecting food to eat, to what extent, if at all, do each of the following influence your food choices? Base: All respondents (n=1504)
Almost all Canadians say taste is important when they are choosing their food.

Nutrition and cost are also important to the vast majority of Canadians in food choices. While 75% say convenience is important, only 6% say it is the most important factor.

Fewer respondents in QC say nutrition is important (81%). Women are more likely to say taste, nutrition and cost are important compared to men.

Compared to the previous wave, significantly more Canadians say cost is an important factor in food choice.

Q14 How important, if at all, are each of the following factors when choosing the food you eat? /
Q15. Please rank these factors from 1 to 4, with 1 being most important and 4 being least important when choosing the food that you eat. Base: All respondents (n=1504)
## Factors in Food Choice: Tended

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste</td>
<td>97%</td>
<td>96%</td>
<td>98%</td>
<td>97%</td>
<td>96%</td>
</tr>
<tr>
<td>Nutrition</td>
<td>95%</td>
<td>96%</td>
<td>93%</td>
<td>89%</td>
<td>89%</td>
</tr>
<tr>
<td>Cost</td>
<td>76%</td>
<td>78%</td>
<td>87%</td>
<td>88%</td>
<td>89%</td>
</tr>
<tr>
<td>Convenience</td>
<td>71%</td>
<td>71%</td>
<td>78%</td>
<td>71%</td>
<td>75%</td>
</tr>
</tbody>
</table>

Q14 How important, if at all, are each of the following factors when choosing the food you eat? Base: All respondents (n=1504)
Influence on Food Selection

When selecting food to eat, to what extent do each of the following influence your food choice?

<table>
<thead>
<tr>
<th>% Somewhat / Very Positive Influence:</th>
</tr>
</thead>
<tbody>
<tr>
<td>The food is a source of protein</td>
</tr>
<tr>
<td>The food is a source of fibre</td>
</tr>
<tr>
<td>The food is low in salt/sodium</td>
</tr>
<tr>
<td>The food is low in sugar</td>
</tr>
<tr>
<td>The food is low in saturated fats</td>
</tr>
<tr>
<td>The food has no trans fats</td>
</tr>
<tr>
<td>The food is low in total fat</td>
</tr>
<tr>
<td>The food is made from whole grains</td>
</tr>
<tr>
<td>The food is a source of specific vitamins and/or minerals</td>
</tr>
<tr>
<td>The food is low in total calories</td>
</tr>
<tr>
<td>The food is low in cholesterol</td>
</tr>
<tr>
<td>The food is low in total carbohydrate</td>
</tr>
<tr>
<td>The food contains non-caloric sweeteners (e.g. aspartame)</td>
</tr>
<tr>
<td>The food contains gelatin</td>
</tr>
</tbody>
</table>

Several food considerations have a positive influence on food choice for more than half of Canadians.

Overall women are more likely to say all claims except non-caloric sweeteners and gelatin have a positive influence on their food choice compared to men.

Older respondents are more likely to say fibre, low sodium, low sugar, low saturated and trans fat as well as low calorie all have a positive influence on their food choice.

Non-caloric sweeteners and gelatin are viewed as both positive and negative influences.

Compared to the previous wave, claims related to fats and cholesterol are viewed as a positive influence by fewer Canadians.
Say ‘low in sugar’ has a positive influence on their food selection. Among these......

How likely would you be to eat foods containing each of the following?

- Honey: 70% 2013: 16%
- Maple Syrup: 64% 2013: 20%
- Sugar: 51% 2013: 64%
- Fructose: 32%
- Corn syrup: 27%
- Evaporated cane juice: 22%

In general, those who say that sugar is influential are more likely to say they would eat foods containing honey, maple syrup and sugar and less likely to eat foods containing fructose, corn syrup and evaporated cane juice.

Older Canadians are more likely to say they are unlikely to eat foods containing any of these types of sugar.

Compared to previous wave Canadians are more likely to say they would eat foods containing honey and maple syrup and less likely to eat food containing sugar. The proportion of Canadians who say they would be unlikely to eat foods containing fructose, corn syrup and evaporated cane juice also significantly increased.

Q12a. How likely, if at all, would you be to eat foods containing each of the following? Base: Those who selected very/somewhat influential for food low in sugar at Q12 (n=1049)

TRACKING NUTRITION TRENDS 2015
Concern About Non-Caloric Sweetener

Say ‘contains non-caloric sweetener’ has a positive influence on their food selection. Among these...

<table>
<thead>
<tr>
<th>%Not Concerned</th>
<th>% Concerned</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aspartame</strong></td>
<td>16%</td>
</tr>
<tr>
<td><strong>Sucralose</strong></td>
<td>24%</td>
</tr>
<tr>
<td><strong>Sorbitol</strong></td>
<td>15%</td>
</tr>
<tr>
<td><strong>AceK</strong></td>
<td>11%</td>
</tr>
<tr>
<td><strong>Agave</strong></td>
<td>24%</td>
</tr>
<tr>
<td><strong>Stevia</strong></td>
<td>30%</td>
</tr>
</tbody>
</table>

How concerned are you about the following?

Canadians who say that foods containing non-caloric sweeteners are influential are most concerned about aspartame and sucralose and least concerned about stevia and agave.

It is worth noting that a sizeable number of respondents don’t know whether or not they are concerned about Sorbitol, AceK, Agave and Stevia.

Compared to the previous wave the percentage of Canadians who are concerned about aspertame, sucralose, sorbitol and AceK has decreased.
Most important to Canadians when making food choice is previous product experience. Also important is where the food is produced (locally and within Canada) and that the food is free of pesticides, additives, hormones and preservatives.

Several factors are more likely to be rated as important as Canadians age as well as by women compared to men.

No significant changes compared to previous wave.
60% of Canadians say they are the primary meal planner in their household.

Women are significantly more likely to say they are the primary meal planner compared to men.

As Canadians age they are more likely to say they are the primary meal planner – peaking between 35 and 54 – then declining from age 55.

Q8 Are you the primary meal planner in your household? Base: All respondents (n=1504)
Results: Quiz on Food and Health

Canadians were asked a series of true/false questions to help validate their self-reported knowledge about nutrition. The proportion of Canadians who answered the answers correctly mirror the results seen in 2013.

### Please indicate whether you think the following statements are true or false:

<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reducing salt or sodium in the diet can reduce blood pressure.</td>
<td>91%</td>
<td>4%</td>
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<td>Omega-3 fatty acids are important to a healthy diet.</td>
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</tr>
<tr>
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<tr>
<td>The amount of cholesterol people eat is the major factor that affects their blood cholesterol.</td>
<td>49%</td>
<td>35%</td>
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<tr>
<td>Non-hydrogenated or soft margarine contains less fat than butter.</td>
<td>37%</td>
<td>36%</td>
<td>27%</td>
</tr>
</tbody>
</table>

Q17. Based on what you’ve heard or know about nutrition, please indicate whether you think the following statements are true or false:

Base: All respondents (n=1504)
Canadians continue to prepare an average of 5 of each meal at home per week. On average, Canadians eat roughly one of each meal out per week. Canadians are more likely to consume lunch and dinner outside of the home versus breakfast.

It is worth noting that there was a significant decline in the proportion of Canadians eating breakfast prepared at home on a daily basis (52% vs. 48% in 2015). There is a subtle shift in the frequency of eating dinner prepared at home; a significant decline in those eating dinner prepared at home four or five times per week (43% vs. 37% in 2015) was met with an increase in those eating dinner prepared at home only two or three times per week (6% to 10% in 2015).
Overall the percentage of Canadians who eat breakfast, lunch and dinner everyday as well as the average number of times Canadians eat breakfast, lunch and dinner per week has decreased since 2013. While number of meals per week has decreased, the percentage of Canadians who snack between meals everyday as well as average number of snacks per week has remained the same.

Quebecers, older Canadians (aged 55 and older), women and those who are married are more likely to say they eat breakfast, lunch and dinner everyday and to have more of these meals on average per week. Younger people (18-34) are more likely to snack everyday.
Thinking of your last 10 meals you ate at home, how often would you say……?

% Always / Most of the time

Prepared from scratch in home
66%

Prepared from near scratch in home
60%

Planned in advance (vs. on the spot at meal time)
44%

Prepared using a recipe
22%

Purchased as a fresh or frozen packaged meal and heated in home
10%

Purchased ready to eat at grocer/deli/butcher etc.
6%

Purchased ready to eat at restaurant
5%

Eaten with others at a table (vs. in front of TV or on the run)
49%

Eaten alone at a table (vs. in front of TV or on the run)
23%

The majority of Canadians have prepared most or all of their recent meals at home from scratch or near scratch. A large proportion also report that most or all of their recent meals were planned in advance.

Women, married Canadians and older Canadians as well as those in QC are all more likely to say most or all meals were prepared from scratch / near scratch.

While only 5% and 6% say all or most of their meals were ready-to-eat meals, a substantial percentage say at least some of their meals were ready-to-eat meals from restaurants (36%) or from a grocery store, deli or butcher (33%).

Close to half say all or most of their recent meals were at a table with others; less than ¼ say most/all of were at a table alone.
Do you regularly use any of the following supplements?

NET: Regularly take a supplement

- Vitamin D: 67%
- Multi-vitamin: 28%
- Vitamin C: 21%
- Omega-3: 20%
- Calcium: 20%
- B-vitamins: 18%
- Probiotics: 13%
- Fish oil: 12%
- Iron: 11%
- Protein: 10%
- Vitamin E: 7%
- Glucosamine: 7%
- Herbal supplements: 6%
- Energy supplements: 4%
- Vitamin water: 3%
- Echinacea: 3%
- Magnesium: 1%
- Other: 3%
- I don’t know: 2%
- None of the above: 31%

Two-thirds of Canadians regularly take at least one supplement (67%).

Atlantic Canadians and Quebecers are the least likely of all regions to regularly take any supplements (59% and 58%).

Canadians’ likelihood of taking supplements increases with age. Vitamin C, Vitamin E, Calcium, Omega-3, Glucosamine and B-vitamins increase significantly particularly among those 65+.

While the overall percentage of Canadians taking at least one vitamin or supplement has remained the same (67%), more Canadians are taking Vitamin D in 2015 (35% vs. 32%), Probiotics (13% vs. 8%), Iron (11% vs. 8%), and Omega-3 (20% vs. 17%).
Key Insights
Canadians perceive their own health, eating habits and food knowledge positively

Like previous years the majority of Canadians rate their health (79%) and eating habits (78%) as good to excellent.

Canadians also rate their own knowledge about food and nutrition well– 80% say they are knowledgeable.

More than half of Canadians (59%) say they have recently made an effort to change or improve their eating habits by…….

A significant drop from previous wave (92%) in efforts to improve eating habits.

Eating More:
- Fruits and Vegetable
- Fibre
- Whole Grains
- Protein

Eating Less:
- Sugar
- Salt / Sodium
- Fatty foods
- Calories

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Eating Less:
- Sugar
- Salt / Sodium
- Fatty foods
- Calories
Less than half follow specific eating habits and patterns

41% of Canadians adhere to a specific eating habit or pattern

Significant decline from previous wave (49%)

Most Common:
- Canada’s Food Guide (17%)
- Avoid Red Meat (8%)
- Avoid Dairy (6%)

More common among millennials compared to older Canadians

55% Made these changes in the last 12 months
Credible sources of information not necessarily the most used

- Government and health association materials
- Dietician
- Nutrition Facts Label
- Family Physician

Viewed as credible sources of information by most

While viewed as most credible not necessarily the most common sources of information used for information on food and nutrition.

Most commonly used sources of information on food and nutrition:

- Food product labels
- Internet, Social media and blogs

Most common among older Canadians

Most common among younger Canadians
Food labeling and packaging as well as restaurant menus used as sources of information

- Best Before date
- Ingredient List
- Nutrition Facts table

Most likely to guide food choice

Food Package information

Most commonly used to:
- Get an understanding of caloric content
- Compare nutritional quality
- Assess level of specific nutrients

66% seek nutritional information when eating out

Most commonly used sources of nutritional information when eating out are menus and menu boards (52%) as well as food packaging (20%)

17% ask servers or staff

Both significant increases over last wave
Taste has biggest influence on food choice

While 75% say convenience is a factor, only 6% say it is most important.

TASTE IS MOST IMPORTANT WHEN CHOOSING FOOD followed by nutrition and cost.

Majority (86%) say maintaining good health is influential on their food choices.

There is a decrease (vs. 2013) in the proportion of Canadians who say weight management, energy/stamina, living longer and following a special diet are influential to their food choices.

There is an increase (vs. 2013) in proportion who say maintaining good health, weight management, energy/stamina, living longer and following a special diet are NOT influential on their food choice.
Variety of factors positively influence food choice

- Protein
- Whole grain
- Low in total fat
- Low in saturated fat
- Low in calories
- Source of specific vitamin or mineral
- Low in salt/sodium
- Fibre
- Low in sugar
- Low in cholesterol
- Low in protein
- Low in total fat
- Low in saturated fat
- Low in calories
- Source of specific vitamin or mineral
- Fibre
- Low in sugar
- Low in cholesterol

All have a positive influence on food choice for more than half of Canadians

Additional factors in food choice:
- Previous experience with a product
- Where the product is produced (locally/within Canada)
- Product is free of:
  - Pesticides
  - Additives
  - Hormones
  - Preservatives
- Known brand
- Food sustainably sourced
- Packaging is environmentally friendly

Important to more than half of Canadians
Majority of Canadians eat dinner every day

- Majority (82%) report eating dinner everyday
- Just over half report eating breakfast (55%) and lunch (60%) everyday

All 3 have declined from previous wave (2013)

- Majority say recent meals prepared at home were prepared from scratch or near scratch most or all of the time
- About 1/3 say at least some of their recent meals at home were purchased ready to eat

# of meals Canadians prepare at home per week: 5
## Trends in Nutrition

There have been several changes in how Canadians perceive and behave around food and nutrition since 2013

<table>
<thead>
<tr>
<th>Change</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decrease in the % who say they are influenced by weight management, to get energy / stamina, to live longer or follow a special diet</td>
<td>General decrease in dietary changes or habits</td>
</tr>
<tr>
<td>Decrease in the % of Canadians who have made changes in the last 12 months to improve their eating habits (92% to 57%)</td>
<td></td>
</tr>
<tr>
<td>Decrease in the % adhering to a specific eating pattern or habit (49% to 41%)</td>
<td></td>
</tr>
<tr>
<td>Decrease in use / reliance on “traditional” sources of health information (i.e. family physician, other HCPs) and an increase in use of internet, social media and blogs as well as friends / relatives and colleagues</td>
<td>Increased reliance on internet and mobile apps</td>
</tr>
<tr>
<td>Decrease in % who view grocery store/pharmacy information as credible, while the % who view mobile apps as credible sources of information has increased</td>
<td></td>
</tr>
<tr>
<td>The proportion of those who eat, breakfast, lunch and dinner everyday has decreased as has the average number of each of these meals Canadians eat per week</td>
<td>Changes in approach to meal times</td>
</tr>
<tr>
<td>Overall the % of those who eat dinner at home 4-5 times a week has decreased while the % of those that eat at home 2-3 times per week has increased</td>
<td></td>
</tr>
<tr>
<td>Increase in % of those who say they seek nutritional information when eating out (59% to 66%).</td>
<td></td>
</tr>
<tr>
<td>Decrease in the % who say they are influenced by the presence of fats and cholesterol in their food selection</td>
<td>Changes in food perception</td>
</tr>
<tr>
<td>Increase in the % who are likely to eat foods with honey and maple syrup while there has been a decrease in the % of those who are likely to eat foods with sugar, fructose, corn syrup and evaporated cane juice.</td>
<td></td>
</tr>
<tr>
<td>Increase in the % who say cost is the most important factor in their food choice</td>
<td>Increased role of cost</td>
</tr>
</tbody>
</table>
## Demographics

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24 years of age</td>
<td>12%</td>
</tr>
<tr>
<td>25-34 years of age</td>
<td>16%</td>
</tr>
<tr>
<td>35-44 years of age</td>
<td>17%</td>
</tr>
<tr>
<td>45-54 years of age</td>
<td>20%</td>
</tr>
<tr>
<td>55-64 years of age</td>
<td>17%</td>
</tr>
<tr>
<td>65-74 years of age</td>
<td>14%</td>
</tr>
<tr>
<td>75 or older</td>
<td>4%</td>
</tr>
</tbody>
</table>

- **2%** I am currently pregnant
- **2%** I have been pregnant within the past year
- **2%** I am currently breastfeeding
- **1%** I was breastfeeding within the past year

29%
### Demographics

#### PRIMARY SHOPPER

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am</td>
<td>63%</td>
</tr>
<tr>
<td>Other person in household</td>
<td>10%</td>
</tr>
<tr>
<td>Share equally</td>
<td>26%</td>
</tr>
</tbody>
</table>

#### BODY MASS INDEX

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>2%</td>
</tr>
<tr>
<td>Normal</td>
<td>33%</td>
</tr>
<tr>
<td>Overweight</td>
<td>30%</td>
</tr>
<tr>
<td>Obese</td>
<td>22%</td>
</tr>
<tr>
<td>Refused weight and/or height</td>
<td>12%</td>
</tr>
</tbody>
</table>

*Other (Trans, Non-Binary, Genderfluid) - 1%*
TNT 2015 Experts Advisory Committee

- Pierrette Buklis, MHSc, RD, General Mills Canada
- Andrea Dunn Davis, MSc, Campbell Company of Canada
- Erin Hobin, PhD, Public Health Ontario
- Jessica Lieffers, MSc, RD, School of Public Health and Health Systems, University of Waterloo

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