

# Fresh and Processed Meat Intake: A CANADIAN PERSPECTIVE

**TABLE 1. Fresh Red Meat and Processed Meat Eaten per Day 2004 vs 2015 (mean gram weight)**  
(By Canadian household populations aged 1 or older – excluding territories)

	2004			2015		
	Both sexes	Males	Females	Both sexes	Males	Females
Fresh red meat <sup>1</sup>	53.5	68.6	38.6	41.1	52.3	30.3
Processed red meat <sup>2</sup>	21.9	27.9	16.1	19.9	26.5	13.5
Processed poultry <sup>3</sup>	n/a	n/a	n/a	8.2	10.7	5.6
<b>TOTAL</b>	<b>75.4<sup>4</sup></b>	<b>96.50<sup>4</sup></b>	<b>54.7<sup>4</sup></b>	<b>69.2</b>	<b>89.50</b>	<b>49.4</b>

<sup>1</sup> includes beef, veal, pork and lamb including ground meat and burgers

<sup>2</sup> includes salted beef, bacon (but not turkey or chicken bacon), ham, sausages (not turkey or meatless), and luncheon meats (not considered poultry)

<sup>3</sup> includes chicken nuggets, all chicken wings, patties, and poultry-related sausages and deli meats

<sup>4</sup> excludes processed poultry

Source: 2004 Canadian Community Health Survey - Nutrition; 2015 Canadian Community Health Survey - Nutrition

**TABLE 2. Percent of Total Calories, Fat and Protein Eaten per Day (2015)**

(By Canadian household populations aged 1 or older – excluding territories)

	Calories	Fat	Protein
Fresh red meat <sup>1</sup>	4.90	7.17	12.94
Processed red meat <sup>2</sup>	2.48	4.33	4.60
Processed poultry <sup>3</sup>	0.78	1.07	2.14
<b>TOTAL</b>	<b>8.16</b>	<b>12.57</b>	<b>19.68</b>

<sup>1</sup> includes beef, veal, pork and lamb including ground meat and burgers

<sup>2</sup> includes salted beef, bacon (but not turkey or chicken bacon), ham, sausages (not turkey or meatless), and luncheon meats (not considered poultry)

<sup>3</sup> includes chicken nuggets, all chicken wings, patties, and poultry-related sausages and deli meats

Source: 2015 Canadian Community Health Survey - Nutrition

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