

... just the FACTS

Study summaries examining the latest science on beef's place in a healthy diet

MANY CANADIANS DO NOT MEET REQUIREMENTS FOR ESSENTIAL NUTRIENTS

STUDY DESIGN:

Canadian Community Health Survey (CCHS) - Nutrition, 2015 data was used to estimate adults' usual nutrient intakes from foods and assess how these compare to the DRI recommendations.

WHAT IS CCHS:

CCHS – Nutrition, 2015 is the most recent national survey of Canadians' food and beverage intakes, conducted by Health Canada in partnership with Statistics Canada.

METHODS:

24-h dietary recalls from both available days were analyzed to assess usual nutrient intakes. Usual nutrient intakes were compared to DRI values to estimate the prevalence of inadequacy.

PARTICIPANTS:

Data from 11,992 adults (≥19 years) who participated in the CCHS: Nutrition 2015 study.

RESULTS:

- Protein, fat and carbohydrate intakes of Canadian adults were within the recommended acceptable macro nutrient distribution ranges.
- Many Canadian adults did not meet their requirements for key essential nutrients.

Essential Nutrients	Prevalence of Inadequate Intakes from Foods (based on the EARs)
Iron	Nearly 30% of women aged 19-50 years
Zinc	30-34% of women and 21-44% of men (depending on age group)
Calcium	More than 60% of women and 40% of men 19+ years
Magnesium	66% of women and 58% of men 19+ years
Vitamin A	47% of women and 51% of men 19+ years
B-Vitamins	Many Canadians had inadequate vitamin B12, B6 and thiamin intakes
Vitamin C	28-59% of women and 38-64% of men (depending on age group)
Vitamin D	Almost all Canadian adults - 98% of women and 94% of men

CONCLUSION:

National nutrition surveillance data indicates that a significant number of Canadian adults do not meet the recommendations for key essential nutrients and are at risk of inadequacy.

FOR YOUR PRACTICE:

Beef is a source of key essential nutrients many Canadians don't get enough of in their diets, including iron, zinc, vitamins B₁₂ and B₆, thiamin, and magnesium.

Ahmed M, Praneet Ng A, and L'Abbe MR. Nutrient intakes of Canadian adults: results from the Canadian Community Health Survey (CCHS)-2015 Public Use Microdata File. Am J Clin Nutr. 2021 Sep 1;114(3):1131-1140

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