

... 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 macronutrient 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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