

Vegetable and Fruit Consumption

Why Is This Important?

Vegetables and fruit are important sources of vitamins, minerals and fiber. Their sufficient daily consumption can help prevent chronic illness, such as heart disease and certain cancers. Low consumption is linked to [obesity](#), [smoking](#) and [sedentary behaviour](#).

Women and people living in urban areas consume more vegetables and fruit. Consumption is lower in households with no children and households with low income.

What Is Being Done?

[Canada's Food Guide](#) provides consumption guidelines for all ages.

[CHEP's Fresh Food Markets](#) and [Saskatoon Food Bank's Garden Patch](#) increase access to vegetables and fruit.

[Saskatoon Food Council](#) is part of a regional food strategy.

[Nutrition Positive](#) and [Nourishing Minds](#) promote healthy eating in Saskatchewan schools.

To Learn More:

[What is Health Equity?](#) A Primer for the Health Care System

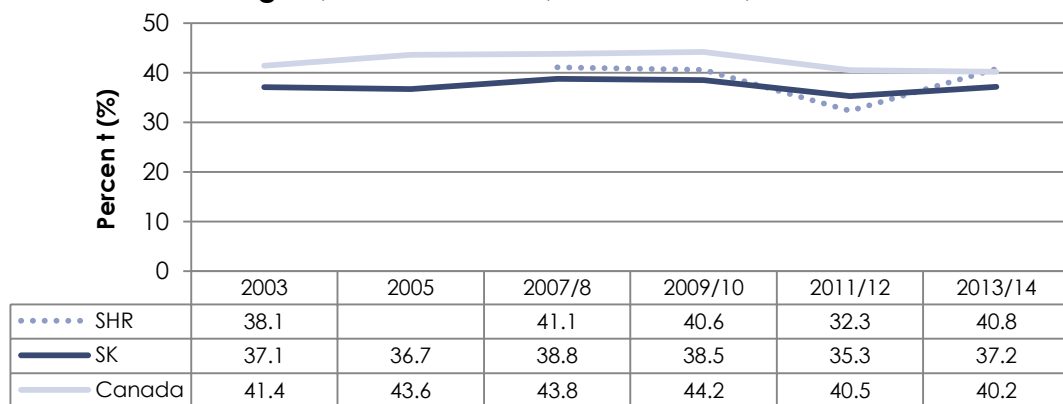
Chief Medical Health Officer's [Call to Action](#)

Highlights

Less than half of the Region's population eats five or more vegetables or fruit daily.

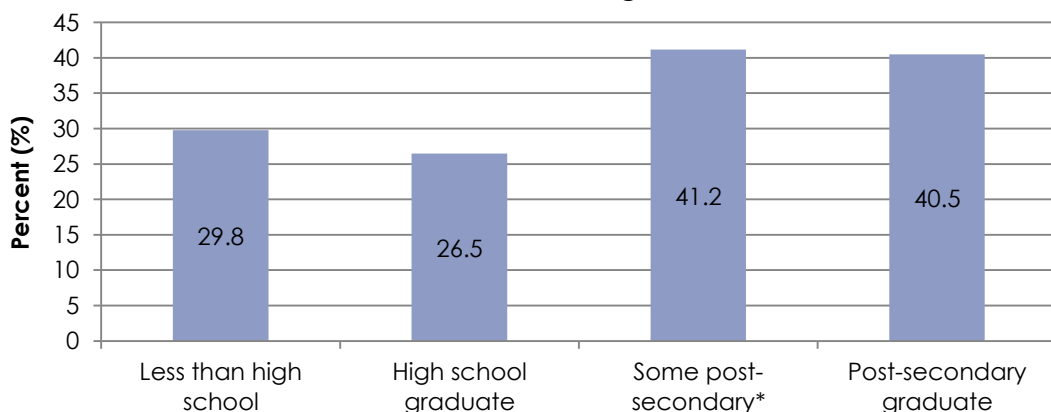
- Over 40% of people in Saskatoon Health Region ate five or more vegetables or fruit daily in 2013/14 (Figure 1). This is similar to Saskatchewan and Canadian averages. Almost 160,000 people report vegetable or fruit consumption less than five times per day.
- People with more education are more likely to consume five or more vegetables or fruit daily. A significantly lower percentage of individuals with high school diplomas ate at least five vegetables and fruit per day compared to those with at least some post-secondary education (26.5% compared to 41.2%; Figure 2).
- Vegetable and fruit consumption varies by [sub-group](#), including sex, household income and education level.

Figure 1: Individuals Eating at Least Five Vegetables and Fruit per Day, Saskatoon Health Region, Saskatchewan, and Canada, 2003 to 2014



Source: [Statistics Canada](#)

Figure 2: Individuals Eating at Least Five Vegetables and Fruit per Day, by Educational Attainment, Saskatoon Health Region, 2010 to 2012



*High variability. Use with caution. This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.

Source: [Statistics Canada](#)