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## Canadian Community Health Survey Cycle 2.2, Nutrition (2004)

# Nutrient Intakes from Food

Provincial, Regional and National Summary Data Tables  
Volume 1

**Note:**

This PDF contains the 13 data tables for the Prairie Region, & the Appendices.

The full report is available at:

[www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/index_e.html)



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**Table 1.12 Total energy intake (kcal/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004<sup>1</sup>**

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Both</b>										
	1-3	622	1375 (30)	895 (51)	989 (48)	1163 (42)	1375 (40)	1595 (44)	1812 (56)	1963 (71)
	4-8	919	1837 (36)	1341 (81)	1431 (70)	1594 (52)	1799 (41)	2034 (61)	2268 (98)	2418 (125)
<b>Male</b>										
	9-13	579	2440 (73)	1796 (107)	1922 (99)	2156 (88)	2459 (87)	2809 (112)	3164 (157)	3394 (195)
	14-18	634	2902 (81)	1877 (140)	2090 (126)	2462 (108)	2913 (101)	3450 (121)	3982 (164)	4331 (209)
	19-30	578	2670 (76)	1543 (158)	1748 (146)	2139 (117)	2623 (94)	3141 (121)	3662 (198)	4016 (259)
	31-50	693	2432 (83)	1504 (127)	1684 (117)	2004 (103)	2418 (102)	2906 (149)	3411 (244)	3749 (316)
	51-70	596	2064 (55)	1210 (91)	1361 (88)	1664 (81)	2063 (74)	2476 (80)	2892 (109)	3181 (141)
	>70	296	1835 (50)	1152 (78)	1289 (69)	1524 (61)	1799 (63)	2111 (72)	2444 (96)	2674 (120)
	19+	2163	2346 (41)	1356 (55)	1535 (51)	1876 (49)	2321 (52)	2823 (60)	3353 (80)	3723 (99)
<b>Female</b>										
	9-13	533	2000 (57)	1398 (103)	1527 (96)	1756 (84)	2025 (79)	2310 (88)	2591 (112)	2773 (133)
	14-18	638	1975 (52)	1292 (71)	1424 (66)	1664 (63)	1962 (65)	2295 (77)	2628 (104)	2850 (130)
	19-30	499	1929 (66)	1147 (89)	1284 (85)	1541 (81)	1873 (84)	2258 (101)	2657 (133)	2920 (162)
	31-50	716	1783 (50)	1267 (133)	1373 (119)	1567 (95)	1806 (73)	2071 (79)	2335 (117)	2509 (153)
	51-70	745	1659 (40)	1142 (63)	1247 (56)	1432 (47)	1657 (45)	1907 (56)	2157 (82)	2322 (104)
	>70	510	1442 (40)	869 (45)	976 (47)	1176 (50)	1431 (53)	1724 (60)	2023 (75)	2219 (88)
	19+	2470	1739 (28)	1079 (38)	1201 (37)	1431 (37)	1725 (38)	2063 (43)	2414 (55)	2654 (68)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnote**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

**Table 2.12 Percentage of total energy intake from fats, by DRI age–sex group, household population, Prairie Region, 2004<sup>1</sup>**

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake							AMDR <sup>2</sup>	% below AMDR (SE)	% within AMDR (SE)	% above AMDR (SE)
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)				
<b>Both</b>														
	1-3	622	30.4 (0.7)	23.7 (1.3)	25.1 (1.1)	27.5 (0.9)	30.3 (0.8)	33.1 (1.0)	35.8 (1.4)	37.3 (1.7)	30-40	47.3 (8.6) <sup>E</sup>	51.4 (8.2)	F
	4-8	919	30.3 (0.4)	25.1 (1.4)	26.3 (1.1)	28.2 (0.7)	30.4 (0.5)	32.7 (0.7)	34.7 (1.1)	35.9 (1.4)	25-35	F	86.8 (7.0)	F
<b>Male</b>														
	9-13	579	30.7 (0.5)	23.8 (0.9)	25.2 (0.8)	27.8 (0.7)	30.7 (0.6)	33.7 (0.7)	36.5 (0.8)	38.3 (1.0)	25-35	F	74.0 (4.8)	17.0 (4.2) <sup>E</sup>
	14-18	634	31.4 (0.6)	26.4 (1.4)	27.5 (1.2)	29.3 (0.8)	31.3 (0.7)	33.4 (0.9)	35.3 (1.2)	36.5 (1.5)	25-35	F	86.6 (8.0)	F
	19-30	578	31.1 (0.7)	23.2 (1.9)	24.9 (1.6)	27.8 (1.1)	31.2 (0.8)	34.5 (1.1)	37.6 (1.6)	39.5 (2.0)	20-35	<3	76.8 (8.0)	F
	31-50	693	32.1 (0.9)	24.1 (2.4)	25.7 (2.0)	28.5 (1.4)	31.8 (1.1)	35.1 (1.5)	38.2 (2.1)	40.0 (2.6)	20-35	F	73.6 (10.8)	F
	51-70	596	31.5 (0.9)	25.3 (2.7)	26.8 (2.2)	29.2 (1.5)	31.9 (1.1)	34.7 (1.4)	37.1 (2.1)	38.6 (2.5)	20-35	F	77.3 (11.2)	F
	>70	296	31.7 (1.1)	21.8 (2.2)	23.7 (2.0)	27.1 (1.6)	31.0 (1.2)	35.0 (1.5)	38.8 (2.1)	41.1 (2.4)	20-35	F	72.6 (8.4)	25.0 (7.8) <sup>E</sup>
	19+	2163	31.7 (0.5)	22.6 (1.1)	24.6 (0.9)	27.9 (0.7)	31.7 (0.6)	35.5 (0.7)	38.9 (0.9)	41.0 (1.0)	20-35	F	70.3 (4.1)	28.1 (3.9)
<b>Female</b>														
	9-13	533	29.4 (0.5)	24.9 (1.4)	25.8 (1.2)	27.3 (0.8)	29.1 (0.7)	30.9 (0.9)	32.5 (1.3)	33.5 (1.6)	25-35	F	93.1 (6.6)	F
	14-18	638	30.5 (0.5)	24.0 (1.3)	25.4 (1.1)	27.7 (0.8)	30.2 (0.7)	32.8 (0.9)	35.2 (1.2)	36.6 (1.5)	25-35	F	80.9 (7.5)	F
	19-30	499	30.8 (0.9)	24.3 (2.1)	25.7 (1.8)	28.1 (1.4)	30.8 (1.1)	33.5 (1.2)	35.9 (1.6)	37.4 (2.0)	20-35	<3	85.0 (8.5)	F
	31-50	716	33.0 (0.6)	27.5 (2.0)	28.7 (1.7)	30.7 (1.2)	32.9 (0.9)	35.1 (1.1)	37.0 (1.6)	38.2 (1.9)	20-35	<3	74.0 (11.6)	F
	51-70	745	32.5 (0.6)	26.6 (2.2)	27.9 (1.9)	30.0 (1.5)	32.4 (0.7)	34.8 (1.7)	37.0 (2.9)	38.3 (3.7)	20-35	F	76.6 (10.6)	F
	>70	510	29.4 (0.6)	21.5 (1.2)	23.1 (1.1)	25.9 (0.9)	29.1 (0.8)	32.4 (0.9)	35.4 (1.1)	37.2 (1.2)	20-35	F	86.2 (4.7)	F
	19+	2470	32.0 (0.4)	24.7 (0.9)	26.3 (0.7)	28.9 (0.6)	31.9 (0.5)	35.0 (0.6)	37.6 (0.7)	39.2 (0.8)	20-35	<3	74.9 (4.1)	24.8 (4.1)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

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<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> AMDR is the Acceptable Macronutrient Distribution Range. For additional detail, see footnote 8 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

**Table 3.12 Percentage of total energy intake from protein, by DRI age–sex group, household population, Prairie Region, 2004<sup>1</sup>**

Sex	Age (years)	n	Mean	(SE)	Percentiles ( <i>and SE</i> ) of usual intake						AMDR <sup>2</sup>	% below AMDR	(SE)	% within AMDR	(SE)	% above AMDR	(SE)								
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)								95th (SE)							
<b>Both</b>																									
	1-3	622	14.6	(0.3)	10.6	(0.5)	11.4	(0.5)	12.8	(0.4)	14.5	(0.3)	16.3	(0.4)	18.0	(0.6)	19.1	(0.7)	5-20	0.0	(0.0)	97.3	(1.5)	F	
	4-8	919	14.1	(0.2)	11.2	(0.2)	11.8	(0.2)	12.8	(0.2)	14.1	(0.2)	15.4	(0.3)	16.7	(0.3)	17.6	(0.3)	10-30	<3		99.2	(0.4)	0.0	(0.0)
<b>Male</b>																									
	9-13	579	14.7	(0.3)	11.2	(0.8)	11.9	(0.7)	13.2	(0.5)	14.6	(0.4)	16.2	(0.5)	17.7	(0.8)	18.7	(1.0)	10-30	F		99.1	(1.2)	0.0	(0.0)
	14-18	634	15.4	(0.3)	11.7	(0.7)	12.4	(0.6)	13.6	(0.5)	15.1	(0.4)	17.0	(0.6)	18.7	(0.8)	19.8	(1.1)	10-30	<3		99.4	(0.7)	<3	
	19-30	578	16.4	(0.5)	10.8	(0.7)	11.8	(0.7)	13.7	(0.5)	15.9	(0.5)	18.3	(0.7)	21.0	(1.2)	23.0	(1.5)	10-35	F		97.5	(1.5)	<3	
	31-50	693	16.7	(0.5)	11.4	(1.0)	12.3	(0.9)	13.9	(0.7)	16.0	(0.6)	18.5	(0.7)	21.1	(1.2)	22.9	(1.6)	10-35	F		98.7	(1.0)	<3	
	51-70	596	17.5	(0.4)	12.9	(0.8)	13.8	(0.7)	15.3	(0.5)	17.1	(0.5)	19.1	(0.6)	21.1	(0.9)	22.3	(1.1)	10-35	<3		99.8	(0.4)	<3	
	>70	296	17.6	(0.7)	12.9	(1.0)	13.7	(0.9)	15.3	(0.8)	17.2	(0.7)	19.4	(1.0)	21.7	(1.3)	23.1	(1.6)	10-35	<3		99.9	(0.2)	0.0	(0.0)
	19+	2163	16.9	(0.3)	11.8	(0.4)	12.8	(0.3)	14.4	(0.3)	16.5	(0.3)	18.7	(0.4)	21.0	(0.6)	22.6	(0.7)	10-35	<3		99.2	(0.4)	0.0	(0.0)
<b>Female</b>																									
	9-13	533	13.9	(0.3)	10.0	(0.5)	10.7	(0.5)	12.0	(0.4)	13.6	(0.4)	15.3	(0.5)	16.9	(0.7)	18.0	(0.8)	10-30	F		95.1	(2.4)	0.0	(0.0)
	14-18	638	14.4	(0.4)	10.7	(0.8)	11.4	(0.7)	12.6	(0.5)	14.0	(0.5)	15.5	(0.6)	17.0	(0.8)	18.0	(1.0)	10-30	F		97.9	(1.9)	0.0	(0.0)
	19-30	499	15.3	(0.5)	10.6	(0.9)	11.4	(0.8)	12.9	(0.7)	14.8	(0.6)	17.0	(0.6)	19.4	(0.9)	21.1	(1.1)	10-35	F		97.3	(2.1)	<3	
	31-50	716	16.9	(0.4)	12.0	(0.9)	13.0	(0.8)	14.6	(0.7)	16.6	(0.5)	18.6	(0.6)	20.6	(0.8)	22.0	(1.1)	10-35	<3		99.4	(0.8)	0.0	(0.0)
	51-70	745	16.9	(0.3)	12.4	(1.0)	13.1	(1.0)	14.3	(0.9)	15.8	(0.9)	17.4	(0.9)	18.9	(0.8)	20.0	(0.9)	10-35	<3		100.0	(0.8)	0.0	(0.0)
	>70	510	18.3	(0.6)	13.2	(0.7)	14.2	(0.7)	15.9	(0.6)	18.2	(0.7)	20.7	(0.8)	23.4	(1.0)	25.1	(1.2)	10-35	<3		99.8	(0.2)	<3	
	19+	2470	16.7	(0.2)	11.9	(0.4)	12.8	(0.4)	14.4	(0.3)	16.4	(0.3)	18.6	(0.3)	20.8	(0.4)	22.3	(0.6)	10-35	<3		99.4	(0.4)	0.0	(0.0)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

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<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> AMDR is the Acceptable Macronutrient Distribution Range. For additional detail, see footnote 8 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

**Table 4.12 Percentage of total energy intake from carbohydrates, by DRI age–sex group, household population, Prairie Region, 2004<sup>1</sup>**

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake							AMDR <sup>2</sup>	% below AMDR (SE)	% within AMDR (SE)	% above AMDR (SE)
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)				
<b>Both</b>														
	1-3	622	54.9 (0.8)	46.9 (1.9)	48.7 (1.6)	51.7 (1.2)	55.0 (1.0)	58.3 (1.1)	61.1 (1.4)	62.7 (1.6)	45-65	F	96.4 (2.6)	F
	4-8	919	55.5 (0.5)	49.3 (1.6)	50.6 (1.3)	52.8 (0.8)	55.2 (0.5)	57.7 (0.9)	60.0 (1.4)	61.3 (1.7)	45-65	<3	99.3 (1.1)	<3
<b>Male</b>														
	9-13	579	54.5 (0.7)	45.8 (1.4)	47.7 (1.2)	51.0 (0.9)	54.5 (0.9)	57.9 (1.0)	60.8 (1.2)	62.5 (1.4)	45-65	F	94.9 (2.8)	F
	14-18	634	52.4 (0.6)	45.0 (1.7)	46.7 (1.4)	49.5 (0.9)	52.5 (0.8)	55.4 (1.0)	58.1 (1.4)	59.7 (1.7)	45-65	F	94.8 (3.6)	<3
	19-30	578	49.0 (0.8)	38.6 (2.0)	41.0 (1.7)	45.0 (1.2)	49.2 (1.0)	53.3 (1.1)	57.0 (1.4)	59.2 (1.7)	45-65	25.1 (6.4) <sup>E</sup>	74.3 (6.5)	<3
	31-50	693	47.6 (1.1)	36.3 (2.7)	38.9 (2.2)	43.3 (1.5)	48.1 (1.2)	52.9 (1.7)	57.1 (2.4)	59.5 (2.8)	45-65	33.4 (8.1) <sup>E</sup>	66.0 (8.2)	<3
	51-70	596	47.9 (1.2)	36.9 (2.3)	39.1 (1.9)	42.9 (1.4)	47.1 (1.2)	51.5 (1.7)	55.7 (2.5)	58.5 (3.1)	45-65	36.7 (8.6) <sup>E</sup>	62.4 (8.6)	<3
	>70	296	49.3 (1.3)	38.9 (2.6)	41.4 (2.2)	45.3 (1.5)	49.9 (1.3)	54.6 (2.0)	58.7 (2.9)	61.3 (3.5)	45-65	23.5 (7.5) <sup>E</sup>	75.0 (8.0)	F
	19+	2163	48.1 (0.6)	36.1 (1.1)	38.8 (0.9)	43.3 (0.7)	48.2 (0.7)	53.2 (0.8)	57.8 (1.1)	60.6 (1.3)	45-65	33.1 (3.5)	65.5 (3.5)	<3
<b>Female</b>														
	9-13	533	56.7 (0.6)	51.5 (1.7)	52.8 (1.4)	54.9 (0.9)	57.2 (0.7)	59.5 (0.9)	61.5 (1.4)	62.8 (1.7)	45-65	<3	98.9 (1.6)	F
	14-18	638	54.2 (0.7)	46.7 (1.7)	48.5 (1.4)	51.4 (1.0)	54.6 (0.8)	57.6 (1.1)	60.4 (1.5)	62.1 (1.8)	45-65	F	96.6 (2.6)	F
	19-30	499	52.1 (1.1)	44.8 (2.5)	46.4 (2.0)	49.0 (1.5)	52.0 (1.3)	55.0 (1.7)	57.7 (2.4)	59.4 (2.8)	45-65	F	94.3 (6.4)	<3
	31-50	716	47.2 (0.7)	37.5 (1.1)	39.7 (1.0)	43.1 (1.0)	46.9 (0.9)	51.0 (1.0)	54.8 (1.0)	57.1 (1.1)	45-65	36.7 (6.1)	63.0 (5.9)	<3
	51-70	745	48.8 (0.7)	40.6 (2.5)	42.4 (2.0)	45.4 (1.3)	48.8 (0.9)	52.2 (1.3)	55.2 (2.1)	57.1 (2.6)	45-65	F	77.7 (8.7)	<3
	>70	510	51.5 (0.8)	40.6 (1.8)	43.0 (1.5)	47.1 (1.2)	51.4 (1.0)	55.7 (1.1)	59.5 (1.3)	61.8 (1.5)	45-65	16.1 (4.9) <sup>E</sup>	82.3 (5.1)	F
	19+	2470	49.2 (0.4)	39.5 (0.9)	41.7 (0.8)	45.2 (0.6)	49.0 (0.5)	53.0 (0.6)	56.6 (0.8)	58.8 (1.0)	45-65	24.0 (3.2)	75.5 (3.3)	<3

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

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<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> AMDR is the Acceptable Macronutrient Distribution Range. For additional detail, see footnote 8 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

**Table 5.12 Percentage of total energy intake from saturated fats, by DRI age–sex group, household population, Prairie Region, 2004<sup>1,2</sup>**

Sex	Age (years)	n	Mean	(SE)	Percentiles (and SE) of usual intake													
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)							
<b>Both</b>																		
	<b>1-3</b>	<b>622</b>	<b>11.9</b>	(0.4)	<b>6.9</b>	(0.7)	<b>7.8</b>	(0.6)	<b>9.7</b>	(0.5)	<b>11.9</b>	(0.4)	<b>14.4</b>	(0.5)	<b>16.5</b>	(0.6)	<b>17.9</b>	(0.8)
	<b>4-8</b>	<b>919</b>	<b>11.0</b>	(0.2)	<b>8.6</b>	(0.5)	<b>9.1</b>	(0.4)	<b>10.0</b>	(0.3)	<b>11.0</b>	(0.2)	<b>12.1</b>	(0.3)	<b>13.1</b>	(0.5)	<b>13.8</b>	(0.6)
<b>Male</b>																		
	<b>9-13</b>	<b>579</b>	<b>10.5</b>	(0.2)	<b>7.9</b>	(0.4)	<b>8.4</b>	(0.4)	<b>9.3</b>	(0.3)	<b>10.4</b>	(0.3)	<b>11.6</b>	(0.3)	<b>12.7</b>	(0.5)	<b>13.4</b>	(0.6)
	<b>14-18</b>	<b>634</b>	<b>10.9</b>	(0.3)	<b>8.4</b>	(0.8)	<b>8.8</b>	(0.7)	<b>9.6</b>	(0.5)	<b>10.6</b>	(0.4)	<b>11.7</b>	(0.6)	<b>12.8</b>	(0.8)	<b>13.5</b>	(1.0)
	<b>19-30</b>	<b>578</b>	<b>10.0</b>	(0.3)	<b>6.7</b>	(0.6)	<b>7.4</b>	(0.5)	<b>8.5</b>	(0.4)	<b>9.8</b>	(0.3)	<b>11.3</b>	(0.4)	<b>12.8</b>	(0.6)	<b>13.7</b>	(0.8)
	<b>31-50</b>	<b>693</b>	<b>10.2</b>	(0.3)	<b>7.2</b>	(0.7)	<b>7.8</b>	(0.6)	<b>8.8</b>	(0.4)	<b>9.9</b>	(0.3)	<b>11.1</b>	(0.5)	<b>12.3</b>	(0.7)	<b>12.9</b>	(0.9)
	<b>51-70</b>	<b>596</b>	<b>9.9</b>	(0.3)	<b>5.7</b>	(0.8)	<b>6.6</b>	(0.7)	<b>8.1</b>	(0.5)	<b>9.9</b>	(0.4)	<b>11.8</b>	(0.4)	<b>13.5</b>	(0.6)	<b>14.5</b>	(0.7)
	<b>&gt;70</b>	<b>296</b>	<b>10.0</b>	(0.4)	<b>6.4</b>	(0.6)	<b>7.0</b>	(0.6)	<b>8.2</b>	(0.5)	<b>9.6</b>	(0.5)	<b>11.2</b>	(0.5)	<b>12.7</b>	(0.7)	<b>13.6</b>	(0.8)
	<b>19+</b>	<b>2163</b>	<b>10.0</b>	(0.2)	<b>6.4</b>	(0.3)	<b>7.1</b>	(0.3)	<b>8.4</b>	(0.2)	<b>9.9</b>	(0.2)	<b>11.5</b>	(0.2)	<b>13.0</b>	(0.3)	<b>13.9</b>	(0.3)
<b>Female</b>																		
	<b>9-13</b>	<b>533</b>	<b>10.4</b>	(0.2)	<b>8.3</b>	(0.6)	<b>8.7</b>	(0.5)	<b>9.5</b>	(0.4)	<b>10.3</b>	(0.3)	<b>11.1</b>	(0.4)	<b>12.0</b>	(0.6)	<b>12.5</b>	(0.7)
	<b>14-18</b>	<b>638</b>	<b>10.1</b>	(0.3)	<b>7.2</b>	(0.4)	<b>7.8</b>	(0.4)	<b>8.8</b>	(0.3)	<b>10.0</b>	(0.3)	<b>11.3</b>	(0.4)	<b>12.6</b>	(0.6)	<b>13.5</b>	(0.7)
	<b>19-30</b>	<b>499</b>	<b>10.5</b>	(0.5)	<b>7.8</b>	(0.5)	<b>8.4</b>	(0.5)	<b>9.4</b>	(0.5)	<b>10.5</b>	(0.6)	<b>11.8</b>	(0.6)	<b>13.0</b>	(0.6)	<b>13.7</b>	(0.7)
	<b>31-50</b>	<b>716</b>	<b>10.7</b>	(0.3)	<b>8.8</b>	(0.8)	<b>9.2</b>	(0.7)	<b>9.9</b>	(0.5)	<b>10.7</b>	(0.4)	<b>11.5</b>	(0.5)	<b>12.2</b>	(0.7)	<b>12.7</b>	(0.8)
	<b>51-70</b>	<b>745</b>	<b>10.6</b>	(0.3)	<b>7.4</b>	(0.7)	<b>8.1</b>	(0.6)	<b>9.2</b>	(0.4)	<b>10.5</b>	(0.3)	<b>11.9</b>	(0.4)	<b>13.3</b>	(0.7)	<b>14.2</b>	(0.8)
	<b>&gt;70</b>	<b>510</b>	<b>9.4</b>	(0.3)	<b>5.5</b>	(0.4)	<b>6.2</b>	(0.4)	<b>7.5</b>	(0.3)	<b>9.1</b>	(0.3)	<b>11.0</b>	(0.4)	<b>12.7</b>	(0.5)	<b>13.9</b>	(0.6)
	<b>19+</b>	<b>2470</b>	<b>10.5</b>	(0.2)	<b>7.3</b>	(0.4)	<b>7.9</b>	(0.3)	<b>9.1</b>	(0.3)	<b>10.4</b>	(0.2)	<b>11.8</b>	(0.3)	<b>13.2</b>	(0.4)	<b>14.1</b>	(0.4)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> No DRIs have been established for percentage of total energy intake from saturated fats.

For additional footnotes common to all tables, see Appendix A.

**Table 6.12 Percentage of total energy intake from monounsaturated fats, by DRI age–sex group, household population, Prairie Region, 2004<sup>1,2</sup>**

Sex	Age (years)	n	Mean	(SE)	Percentiles ( <i>and SE</i> ) of usual intake													
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)							
<b>Both</b>																		
	1-3	622	10.2	(0.3)	6.0	(0.8)	6.9	(0.6)	8.4	(0.4)	10.1	(0.3)	12.0	(0.4)	13.6	(0.5)	14.7	(0.7)
	4-8	919	11.6	(0.2)	9.0	(0.8)	9.6	(0.6)	10.5	(0.4)	11.6	(0.3)	12.8	(0.4)	13.8	(0.6)	14.5	(0.8)
<b>Male</b>																		
	9-13	579	12.1	(0.3)	9.0	(0.5)	9.6	(0.4)	10.7	(0.3)	12.0	(0.3)	13.4	(0.4)	14.7	(0.5)	15.5	(0.6)
	14-18	634	12.4	(0.3)	10.0	(0.7)	10.5	(0.6)	11.3	(0.4)	12.4	(0.3)	13.4	(0.4)	14.4	(0.6)	15.0	(0.7)
	19-30	578	12.9	(0.3)	9.0	(0.9)	9.8	(0.7)	11.3	(0.5)	13.0	(0.4)	14.7	(0.6)	16.3	(0.8)	17.3	(1.0)
	31-50	693	13.1	(0.5)	8.8	(0.3)	9.6	(0.3)	11.1	(0.3)	12.8	(0.2)	14.6	(0.3)	16.2	(0.4)	17.1	(0.4)
	51-70	596	12.8	(0.4)	11.5	(1.8)	11.8	(1.5)	12.4	(0.9)	12.9	(0.5)	13.5	(1.0)	14.1	(1.8)	14.5	(2.2)
	>70	296	12.5	(0.5)	7.8	(0.9)	8.7	(0.8)	10.2	(0.7)	12.1	(0.6)	14.1	(0.7)	15.9	(0.9)	17.1	(1.0)
	19+	2163	12.9	(0.2)	8.7	(0.5)	9.6	(0.4)	11.1	(0.3)	12.9	(0.3)	14.8	(0.3)	16.7	(0.5)	17.7	(0.5)
<b>Female</b>																		
	9-13	533	11.1	(0.3)	9.1	(0.7)	9.5	(0.6)	10.3	(0.4)	11.1	(0.3)	11.9	(0.4)	12.7	(0.6)	13.2	(0.8)
	14-18	638	11.9	(0.3)	8.9	(0.6)	9.5	(0.5)	10.5	(0.4)	11.7	(0.3)	13.0	(0.5)	14.1	(0.7)	14.8	(0.8)
	19-30	499	12.1	(0.3)	9.1	(1.0)	9.7	(0.8)	10.8	(0.6)	12.1	(0.5)	13.4	(0.5)	14.5	(0.8)	15.3	(0.9)
	31-50	716	13.1	(0.3)	12.1	(1.2)	12.3	(1.0)	12.7	(0.7)	13.1	(0.4)	13.5	(0.5)	13.9	(0.8)	14.2	(1.1)
	51-70	745	12.9	(0.3)	9.4	(0.8)	10.1	(0.7)	11.4	(0.4)	12.9	(0.3)	14.5	(0.5)	16.0	(0.8)	16.8	(1.0)
	>70	510	11.3	(0.2)	7.9	(0.6)	8.6	(0.5)	9.7	(0.4)	11.1	(0.3)	12.6	(0.4)	13.9	(0.5)	14.7	(0.6)
	19+	2470	12.6	(0.2)	9.4	(0.4)	10.1	(0.3)	11.3	(0.3)	12.6	(0.2)	14.0	(0.3)	15.2	(0.4)	16.0	(0.4)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> No DRIs have been established for the percentage of total energy intake from monounsaturated fats.

For additional footnotes common to all tables, see Appendix A.



**Table 7.12 Percentage of total energy intake from polyunsaturated fats, by DRI age–sex group, household population, Prairie Region, 2004<sup>1,2</sup>**

	n	Mean	(SE)	Percentiles ( <i>and SE</i> ) of usual intake						
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Sex</b>										
<b>Age (years)</b>										
<b>Both</b>										
1-3	622	3.7	(0.1)	2.0 (0.3)	2.3 (0.2)	2.9 (0.2)	3.6 (0.2)	4.4 (0.2)	5.1 (0.3)	5.7 (0.4)
4-8	919	4.7	(0.1)	3.0 (0.2)	3.3 (0.2)	3.9 (0.1)	4.6 (0.1)	5.4 (0.2)	6.2 (0.3)	6.8 (0.3)
<b>Male</b>										
9-13	579	5.2	(0.2)	3.4 (0.2)	3.7 (0.2)	4.3 (0.2)	5.0 (0.2)	5.9 (0.3)	6.9 (0.4)	7.6 (0.5)
14-18	634	5.3	(0.2)	4.2 (0.2)	4.4 (0.2)	4.8 (0.2)	5.3 (0.2)	5.8 (0.2)	6.3 (0.2)	6.6 (0.3)
19-30	578	5.3	(0.2)	4.1 (0.5)	4.4 (0.4)	4.8 (0.3)	5.4 (0.2)	6.0 (0.3)	6.6 (0.4)	7.0 (0.6)
31-50	693	5.7	(0.3)	4.4 (0.6)	4.7 (0.5)	5.2 (0.4)	5.8 (0.3)	6.5 (0.4)	7.1 (0.6)	7.5 (0.7)
51-70	596	5.7	(0.2)	4.0 (0.2)	4.3 (0.2)	4.9 (0.2)	5.7 (0.2)	6.5 (0.2)	7.3 (0.2)	7.8 (0.3)
>70	296	6.1	(0.3)	3.7 (0.3)	4.1 (0.3)	4.9 (0.3)	5.9 (0.3)	7.1 (0.4)	8.4 (0.7)	9.4 (0.9)
19+	2163	5.6	(0.1)	4.1 (0.3)	4.4 (0.3)	5.0 (0.2)	5.7 (0.2)	6.5 (0.2)	7.3 (0.3)	7.8 (0.4)
<b>Female</b>										
9-13	533	4.8	(0.2)	3.8 (0.4)	4.0 (0.3)	4.4 (0.3)	4.8 (0.2)	5.3 (0.2)	5.8 (0.3)	6.1 (0.4)
14-18	638	5.3	(0.2)	4.7 (0.5)	4.8 (0.5)	5.1 (0.3)	5.3 (0.2)	5.6 (0.3)	5.9 (0.5)	6.0 (0.7)
19-30	499	5.2	(0.2)	4.4 (0.5)	4.6 (0.4)	4.9 (0.3)	5.3 (0.2)	5.6 (0.3)	6.0 (0.5)	6.2 (0.6)
31-50	716	5.7	(0.2)	4.3 (0.5)	4.5 (0.4)	5.0 (0.3)	5.6 (0.2)	6.2 (0.2)	6.8 (0.4)	7.2 (0.5)
51-70	745	5.8	(0.2)	3.8 (0.3)	4.1 (0.3)	4.8 (0.2)	5.7 (0.2)	6.6 (0.3)	7.6 (0.4)	8.2 (0.6)
>70	510	5.4	(0.3)	3.7 (0.4)	4.0 (0.4)	4.6 (0.3)	5.4 (0.3)	6.1 (0.4)	7.0 (0.6)	7.6 (0.7)
19+	2470	5.6	(0.1)	3.9 (0.2)	4.2 (0.2)	4.8 (0.1)	5.5 (0.1)	6.3 (0.1)	7.1 (0.2)	7.6 (0.3)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> No DRIs have been established for the percentage of total energy intake from polyunsaturated fats.

For additional footnotes common to all tables, see Appendix A.

**Table 8.12 Total dietary fibre (g/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004<sup>1</sup>**

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						AI <sup>2</sup>	% >AI	(SE)
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)			
<b>Both</b>												
	1-3	622	9.3 (0.4)	4.1 (0.5)	5.1 (0.4)	6.9 (0.4)	9.2 (0.4)	11.8 (0.5)	14.5 (0.8)	16.4 (1.0)	19	F
	4-8	919	12.5 (0.3)	7.7 (0.7)	8.6 (0.6)	10.1 (0.5)	12.1 (0.4)	14.4 (0.5)	16.7 (0.8)	18.2 (1.0)	25	<3
<b>Male</b>												
	9-13	579	16.9 (0.7)	10.8 (1.2)	11.8 (1.1)	13.9 (0.9)	16.6 (0.9)	19.9 (1.2)	23.4 (1.9)	25.8 (2.5)	31	F
	14-18	634	18.3 (0.7)	10.2 (0.9)	11.7 (0.8)	14.4 (0.7)	17.9 (0.8)	22.1 (1.1)	26.1 (1.5)	28.6 (1.8)	38	<3
	19-30	578	18.5 (0.8)	11.0 (1.8) <sup>E</sup>	12.5 (1.6)	15.1 (1.3)	18.3 (0.9)	22.0 (1.2)	25.9 (2.1)	28.5 (2.8)	38	<3
	31-50	693	18.9 (0.8)	9.8 (1.2)	11.4 (1.2)	14.7 (1.0)	18.8 (0.9)	23.4 (1.1)	28.7 (1.8)	32.6 (2.5)	38	F
	51-70	596	18.4 (0.6)	9.3 (0.7)	11.0 (0.7)	13.9 (0.6)	17.5 (0.7)	22.0 (1.0)	27.2 (1.6)	31.1 (2.2)	30	F
	>70	296	18.9 (0.8)	9.3 (1.4)	11.1 (1.2)	14.5 (1.0)	18.2 (0.8)	22.5 (1.0)	27.7 (1.5)	31.7 (2.2)	30	F
	19+	2163	18.7 (0.4)	9.5 (0.6)	11.2 (0.6)	14.3 (0.5)	18.3 (0.5)	22.8 (0.6)	28.0 (0.9)	31.7 (1.2)		
<b>Female</b>												
	9-13	533	14.8 (0.7)	8.8 (0.8)	9.9 (0.8)	12.0 (0.8)	14.7 (0.9)	17.7 (1.0)	20.9 (1.3)	23.0 (1.6)	26	F
	14-18	638	13.1 (0.5)	6.9 (0.6)	8.0 (0.6)	9.9 (0.6)	12.5 (0.6)	15.7 (0.7)	19.1 (0.9)	21.4 (1.2)	26	<3
	19-30	499	13.7 (0.8)	6.7 (0.8)	7.8 (0.7)	9.8 (0.7)	12.6 (0.8)	16.1 (1.0)	20.2 (1.6)	23.2 (2.2)	21	F
	31-50	716	13.8 (0.5)	7.5 (0.9)	8.5 (0.8)	10.4 (0.8)	13.0 (0.8)	16.4 (0.8)	20.3 (1.2)	23.1 (1.7)	25	F
	51-70	745	16.0 (0.6)	7.8 (0.6)	9.1 (0.6)	11.5 (0.6)	14.8 (0.6)	19.1 (0.9)	23.7 (1.3)	26.8 (1.8)	21	17.6 (3.7) <sup>E</sup>
	>70	510	15.0 (0.5)	7.7 (0.5)	8.9 (0.5)	11.1 (0.6)	14.4 (0.7)	18.5 (0.8)	23.3 (1.1)	26.8 (1.4)	21	15.5 (2.8) <sup>E</sup>
	19+	2470	14.5 (0.3)	7.0 (0.3)	8.2 (0.3)	10.4 (0.3)	13.5 (0.4)	17.6 (0.5)	22.2 (0.7)	25.4 (0.9)		

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> AI is the Adequate Intake. For additional detail, see footnote 10 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

**Table 9.12 Total cholesterol (mg/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004<sup>1,2</sup>**

Sex	Age (years)	n	Mean	(SE)	Percentiles ( <i>and SE</i> ) of usual intake						
					5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Both</b>											
	1-3	622	154	(8)	62 (9)	75 (8)	102 (7)	142 (8)	193 (13)	249 (21)	293 (29)
	4-8	919	197	(9)	108 (9)	122 (9)	148 (9)	185 (10)	230 (14)	282 (21)	319 (27)
<b>Male</b>											
	9-13	579	251	(14)	140 (24) <sup>E</sup>	158 (22)	193 (20)	240 (18)	299 (21)	364 (32)	409 (43)
	14-18	634	322	(14)	162 (23)	189 (21)	242 (19)	313 (19)	401 (24)	494 (36)	557 (46)
	19-30	578	338	(16)	170 (30) <sup>E</sup>	195 (27)	245 (23)	314 (20)	400 (27)	494 (44)	556 (58)
	31-50	693	315	(18)	161 (35) <sup>E</sup>	186 (32) <sup>E</sup>	236 (27)	302 (21)	385 (26)	476 (43)	537 (57)
	51-70	596	323	(18)	143 (35) <sup>E</sup>	174 (32) <sup>E</sup>	226 (28)	306 (23)	402 (32)	515 (57)	589 (79)
	>70	296	258	(18)	86 (18) <sup>E</sup>	111 (17)	159 (18)	226 (21)	319 (29)	430 (43)	506 (55)
	19+	2163	317	(10)	145 (13)	172 (12)	223 (12)	296 (12)	394 (15)	506 (23)	582 (30)
<b>Female</b>											
	9-13	533	185	(8)	114 (11)	125 (10)	148 (10)	176 (11)	209 (13)	243 (17)	266 (21)
	14-18	638	211	(13)	112 (22) <sup>E</sup>	130 (20)	164 (16)	208 (14)	259 (19)	316 (32)	356 (43)
	19-30	499	226	(12)	137 (26) <sup>E</sup>	153 (24)	182 (20)	220 (17)	264 (19)	308 (27)	336 (35)
	31-50	716	268	(17)	138 (16)	159 (17)	200 (19)	256 (22)	325 (29)	400 (37)	451 (44)
	51-70	745	246	(11)	126 (20)	145 (18)	183 (15)	235 (14)	302 (19)	375 (32)	423 (41)
	>70	510	204	(10)	111 (16)	127 (15)	157 (13)	198 (12)	247 (17)	302 (25)	338 (32)
	19+	2470	245	(8)	135 (13)	154 (12)	189 (11)	237 (10)	295 (13)	357 (18)	399 (23)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> No DRIs have been established for cholesterol.

For additional footnotes common to all tables, see Appendix A.

**Table 10.12 Vitamin A (RAE/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004<sup>1,2</sup>**

	n	Mean	(SE)	Percentiles (and SE) of usual intake						EAR <sup>3</sup>	%<EAR (SE)	
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)			95th (SE)
<b>Sex</b>												
<b>Both</b>												
1-3	622	498	(25)	228 (30)	268 (28)	351 (27)	478 (29)	626 (39)	776 (57)	886 (76)	210	F
4-8	919	567	(18)	305 (38)	350 (34)	432 (28)	536 (23)	657 (28)	784 (45)	869 (60)	275	F
<b>Male</b>												
9-13	579	793	(68)	469 (85) <sup>E</sup>	523 (78)	623 (67)	756 (59)	917 (70)	1094 (106)	1217 (141)	500	40.1 (4.2)
14-18	634	734	(35)	373 (63) <sup>E</sup>	439 (59)	565 (51)	730 (46)	926 (59)	1134 (92)	1278 (124)	500	40.1 (4.2)
19-30	578	710	(50)	322 (91) <sup>E</sup>	383 (86) <sup>E</sup>	506 (74)	675 (63)	882 (96)	1113 (151)	1278 (198)	485	54.0 (5.3)
31-50	693	641	(40)	244 (31)	302 (30)	415 (32)	578 (40)	802 (57)	1063 (89)	1255 (130)	625	56.3 (5.9)
51-70	596	743	(74)	318 (66) <sup>E</sup>	376 (61)	486 (53)	616 (62)	865 (89)	1222 (192)	1528 (320) <sup>E</sup>	625	56.3 (5.9)
>70	296	738	(61)	410 (76) <sup>E</sup>	457 (72)	551 (64)	680 (59)	848 (77)	1042 (130)	1184 (185)	625	39.5 (12.9) <sup>E</sup>
19+	2163	692	(27)	285 (26)	347 (23)	451 (27)	638 (30)	882 (45)	1154 (73)	1371 (107)	625	48.2 (4.2)
<b>Female</b>												
9-13	533	618	(58)	322 (62) <sup>E</sup>	369 (60)	458 (56)	578 (56)	728 (70)	897 (104)	1017 (136)	500	40.1 (4.2)
14-18	638	524	(25)	186 (23)	231 (25)	328 (27)	461 (32)	650 (40)	884 (58)	1064 (78)	485	54.0 (5.3)
19-30	499	546	(34)	200 (38) <sup>E</sup>	252 (37)	355 (36)	500 (38)	680 (52)	877 (76)	1011 (98)	500	50.0 (6.8)
31-50	716	610	(35)	307 (63) <sup>E</sup>	357 (60) <sup>E</sup>	452 (55)	584 (52)	762 (59)	980 (96)	1139 (137)	625	56.3 (5.9)
51-70	745	638	(30)	316 (43)	363 (41)	457 (37)	593 (34)	773 (48)	983 (88)	1139 (130)	500	33.0 (7.2) <sup>E</sup>
>70	510	565	(41)	255 (43) <sup>E</sup>	296 (44)	378 (47)	502 (54)	687 (68)	909 (104)	1072 (142)	500	49.6 (10.1) <sup>E</sup>
19+	2470	598	(18)	263 (21)	316 (21)	418 (19)	545 (23)	739 (29)	974 (44)	1143 (60)	500	41.5 (4.0)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> No prevalences of intakes above the UL are shown for vitamin A. The UL for vitamin A applies to preformed vitamin A only, and those estimates had not yet been conducted at the time these tables were produced.

<sup>3</sup> EAR is the Estimated Average Requirement. For additional detail, see footnote 9 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

**Table 11.12 Vitamin C (mg/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004<sup>1</sup>**

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						EAR <sup>2</sup>	% <EAR (SE)	UL <sup>3</sup>	% >UL (SE)	
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)					95th (SE)
<b>Both</b>														
	1-3	622	121 (6)	30 (4)	40 (4)	63 (6)	100 (8)	151 (11)	215 (17)	264 (24)	13	<3	400	<3
	4-8	919	128 (5)	44 (10) <sup>E</sup>	57 (10) <sup>E</sup>	83 (8)	120 (7)	162 (9)	206 (16)	237 (22)	22	<3	650	<3
<b>Male</b>														
	9-13	579	149 (10)	54 (15) <sup>E</sup>	67 (15) <sup>E</sup>	97 (13)	142 (12)	196 (16)	254 (27)	295 (36)	39	F	1200	0.0 (0.0)
	14-18	634	149 (12)	74 (21) <sup>E</sup>	87 (19) <sup>E</sup>	111 (17)	145 (16)	187 (20)	233 (32)	265 (41)	63	F	1800	0.0 (0.0)
	19-30	578	145 (12)	44 (14) <sup>E</sup>	56 (14) <sup>E</sup>	83 (14) <sup>E</sup>	123 (13)	180 (18)	247 (30)	296 (42)	75	F	2000	0.0 (0.0)
	31-50	693	132 (11)	35 (10) <sup>E</sup>	47 (11) <sup>E</sup>	73 (11)	118 (12)	184 (18)	266 (34)	330 (52)	75	26.4 (6.9) <sup>E</sup>	2000	<3
	51-70	596	111 (11)	39 (11) <sup>E</sup>	48 (11) <sup>E</sup>	69 (11)	98 (11)	137 (13)	181 (19)	211 (25)	75	30.5 (8.8) <sup>E</sup>	2000	0.0 (0.0)
	>70	296	106 (7)	32 (6) <sup>E</sup>	41 (7)	62 (7)	94 (8)	138 (11)	192 (17)	232 (23)	75	35.2 (5.9) <sup>E</sup>	2000	0.0 (0.0)
	19+	2163	128 (6)	36 (5)	47 (5)	71 (6)	112 (7)	171 (10)	243 (19)	296 (30)	75	27.3 (3.8)	2000	0.0 (0.0)
<b>Female</b>														
	9-13	533	150 (11)	73 (21) <sup>E</sup>	86 (20) <sup>E</sup>	111 (18)	146 (15)	187 (17)	231 (25)	260 (32)	39	<3	1200	0.0 (0.0)
	14-18	638	132 (9)	51 (9) <sup>E</sup>	63 (9)	88 (10)	125 (11)	171 (13)	221 (17)	256 (21)	56	F	1800	0.0 (0.0)
	19-30	499	119 (8)	43 (10) <sup>E</sup>	54 (10) <sup>E</sup>	77 (10)	111 (10)	155 (14)	203 (22)	236 (28)	60	F	2000	0.0 (0.0)
	31-50	716	104 (6)	36 (10) <sup>E</sup>	45 (10) <sup>E</sup>	66 (9)	97 (8)	136 (10)	182 (16)	215 (23)	60	F	2000	0.0 (0.0)
	51-70	745	118 (7)	49 (9) <sup>E</sup>	59 (9)	79 (8)	108 (8)	145 (10)	187 (15)	216 (20)	60	F	2000	0.0 (0.0)
	>70	510	96 (6)	29 (5) <sup>E</sup>	38 (5)	59 (6)	87 (8)	124 (11)	168 (15)	200 (20)	60	26.2 (5.6) <sup>E</sup>	2000	0.0 (0.0)
	19+	2470	110 (4)	37 (3)	47 (4)	69 (4)	100 (5)	142 (6)	191 (9)	225 (11)	60	18.4 (2.7)	2000	0.0 (0.0)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> EAR is the Estimated Average Requirement. For additional detail, see footnote 9 in Appendix A. The EAR for vitamin C used in this table is that for non-smokers.

<sup>3</sup> UL is the Tolerable Upper Intake Level. For additional detail, see footnote 11 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

**Table 12.12 Calcium (mg/d): Usual intakes from food, by DRI age–sex group, household population, Prairie Region, 2004<sup>1</sup>**

Sex	Age (years)	Percentiles (and SE) of usual intake									AI <sup>2</sup>	% >AI (SE)	UL <sup>3</sup>	% >UL (SE)	
		n	Mean (SE)	5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)					
<b>Both</b>															
	1-3	622	1028 (33)	526 (40)	619 (40)	794 (40)	1012 (42)	1267 (54)	1550 (82)	1748 (102)	500	96.0 (1.5)	2500	<3	
	4-8	919	991 (28)	606 (65)	679 (54)	809 (38)	967 (31)	1142 (51)	1320 (85)	1440 (112)	800	76.2 (6.0)	2500	<3	
<b>Male</b>															
	9-13	579	1218 (58)	651 (56)	746 (53)	929 (51)	1176 (60)	1485 (89)	1834 (167)	2082 (232)	1300	38.6 (6.0)	2500	F	
	14-18	634	1330 (47)	668 (73)	787 (69)	1009 (65)	1307 (67)	1678 (81)	2051 (111)	2284 (140)	1300	50.6 (5.7)	2500	F	
	19-30	578	1075 (51)	437 (59)	524 (59)	709 (54)	979 (50)	1311 (67)	1680 (114)	1945 (159)	1000	48.1 (4.8)	2500	<3	
	31-50	693	888 (48)	416 (49)	491 (49)	645 (45)	839 (45)	1088 (58)	1395 (97)	1620 (138)	1000	32.2 (4.9)	2500	<3	
	51-70	596	802 (39)	315 (50)	389 (50)	542 (50)	764 (50)	1050 (58)	1358 (82)	1562 (104)	1200	16.4 (3.4) <sup>E</sup>	2500	<3	
	>70	296	793 (35)	388 (38)	454 (38)	588 (38)	768 (40)	981 (56)	1248 (90)	1458 (127)	1200	11.8 (3.5) <sup>E</sup>	2500	<3	
	19+	2163	904 (26)	376 (23)	455 (24)	615 (26)	845 (27)	1137 (33)	1488 (51)	1744 (73)			2500	<3	
<b>Female</b>															
	9-13	533	965 (36)	543 (49)	620 (47)	762 (45)	944 (49)	1160 (63)	1395 (86)	1558 (108)	1300	14.7 (4.4) <sup>E</sup>	2500	<3	
	14-18	638	871 (32)	402 (30)	477 (32)	623 (34)	820 (39)	1068 (52)	1346 (72)	1539 (89)	1300	11.7 (2.8) <sup>E</sup>	2500	<3	
	19-30	499	926 (70)	496 (95) <sup>E</sup>	566 (92)	704 (85)	889 (79)	1107 (92)	1334 (131)	1486 (168)	1000	36.1 (10.1) <sup>E</sup>	2500	<3	
	31-50	716	804 (43)	364 (64) <sup>E</sup>	432 (64)	565 (61)	739 (56)	961 (59)	1228 (80)	1423 (105)	1000	21.9 (5.0) <sup>E</sup>	2500	<3	
	51-70	745	763 (31)	421 (48)	478 (44)	586 (38)	728 (35)	899 (47)	1087 (76)	1219 (102)	1200	F	2500	<3	
	>70	510	683 (38)	322 (29)	379 (32)	501 (38)	671 (48)	881 (65)	1132 (91)	1306 (106)	1200	F	2500	<3	
	19+	2470	804 (23)	373 (24)	438 (24)	569 (26)	748 (28)	980 (33)	1254 (45)	1448 (56)			2500	<3	

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> AI is the Adequate Intake. For additional detail, see footnote 10 in Appendix A.

<sup>3</sup> UL is the Tolerable Upper Intake Level. For additional detail, see footnote 11 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

**Table 13.12 Sodium (mg/d): Usual intakes from food, by DRI age–sex group, household population, British Columbia, 2004<sup>1</sup>**

Sex	Age (years)	n	Mean (SE)	Percentiles (and SE) of usual intake						AI <sup>2</sup>	% >AI (SE)	UL <sup>3</sup>	% >UL (SE)	
				5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)					95th (SE)
<b>Both</b>														
	1-3	622	1838 (79)	1266 (372) <sup>E</sup>	1389 (328) <sup>E</sup>	1592 (217)	1836 (99)	2125 (160)	2408 (389)	2600 (579) <sup>E</sup>	1000	99.4 (7.7)	1500	82.9 (15.3) <sup>E</sup>
	4-8	919	2608 (69)	1924 (209)	2048 (178)	2272 (123)	2546 (81)	2850 (130)	3150 (226)	3341 (295)	1200	100.0 (0.1)	1900	<sup>F</sup>
<b>Male</b>														
	9-13	579	3559 (140)	2281 (175)	2509 (164)	2936 (155)	3506 (161)	4209 (205)	4995 (310)	5564 (417)	1500	100.0 (0.2)	2200	96.3 (6.4)
	14-18	634	4251 (130)	2589 (205)	2903 (193)	3488 (176)	4231 (176)	5082 (212)	5946 (286)	6510 (352)	1500	100.0 (0.2)	2300	97.8 (7.7)
	19-30	578	3919 (129)	2724 (358)	2958 (308)	3374 (226)	3876 (165)	4429 (210)	4977 (345)	5331 (453)	1500	100.0 (0.1)	2300	<sup>F</sup>
	31-50	693	3578 (157)	2166 (298)	2446 (271)	2968 (221)	3623 (183)	4342 (220)	5027 (313)	5454 (386)	1500	99.6 (0.6)	2300	92.9 (13.8)
	51-70	596	3378 (113)	1945 (185)	2228 (168)	2736 (149)	3382 (149)	4158 (184)	4998 (263)	5573 (337)	1300	99.4 (0.4)	2300	88.3 (3.7)
	>70	296	3094 (165)	1973 (242)	2192 (224)	2599 (199)	3115 (196)	3703 (239)	4300 (318)	4690 (385)	1200	100.0 (0.3)	2300	86.7 (10.7)
	19+	2163	3569 (78)	2397 (296)	2636 (257)	3074 (181)	3622 (101)	4236 (158)	4842 (308)	5230 (421)			2300	96.4 (4.9)
<b>Female</b>														
	9-13	533	2985 (109)	2068 (188)	2241 (174)	2549 (156)	2949 (150)	3426 (173)	3922 (233)	4248 (286)	1500	99.8 (0.5)	2200	91.4 (11.4)
	14-18	638	2881 (113)	1609 (135)	1831 (135)	2262 (132)	2827 (139)	3466 (172)	4116 (237)	4563 (300)	1500	96.7 (1.5)	2300	73.4 (5.6)
	19-30	499	2932 (142)	1550 (224)	1797 (212)	2251 (194)	2839 (181)	3549 (197)	4300 (261)	4803 (326)	1500	95.7 (2.6)	2300	73.0 (7.9)
	31-50	716	2626 (83)	1783 (222)	1939 (197)	2220 (151)	2574 (109)	2986 (128)	3422 (221)	3722 (304)	1500	99.1 (1.7)	2300	69.6 (12.1) <sup>E</sup>
	51-70	745	2496 (69)	1806 (183)	1940 (159)	2180 (119)	2475 (91)	2805 (123)	3139 (202)	3361 (266)	1300	100.0 (0.4)	2300	65.2 (11.0) <sup>E</sup>
	>70	510	2145 (69)	1236 (107)	1386 (107)	1687 (97)	2081 (83)	2512 (89)	2941 (123)	3231 (154)	1200	95.9 (1.8)	2300	36.3 (5.2)
	19+	2470	2598 (50)	1711 (154)	1880 (137)	2190 (106)	2575 (72)	3007 (86)	3450 (178)	3747 (260)			2300	68.2 (5.5)

Data source: Statistics Canada, Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Share File

**Symbol Legend**

<sup>E</sup> Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

<sup>F</sup> Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

**Footnotes**

<sup>1</sup> Intakes are based on food consumption only. For additional detail, see footnote 4 in Appendix A.

<sup>2</sup> AI is the Adequate Intake. For additional detail, see footnote 10 in Appendix A.

<sup>3</sup> UL is the Tolerable Upper Intake Level. For additional detail, see footnote 11 in Appendix A.

For additional footnotes common to all tables, see Appendix A.

## Appendix A: Table Footnotes

The following footnotes apply to all of the summary data tables presented in Section III of this report.

1. The survey excludes from its target population those living in the three territories, individuals living on Indian reserves or on Crown lands, residents of institutions, full-time members of the Canadian Forces and residents of certain remote regions.
2. The tables exclude pregnant and breastfeeding females, subject to another set of nutritional recommendations. The sample of pregnant and breastfeeding females is not large enough to allow for reliable estimates.
3. Sample size and mean intake are based on the first 24-hour dietary recall (first day of interview) only.
4. Intakes are based on food consumption only. Intakes from vitamin and mineral supplements are not included. Inferences about the prevalence of nutrient excess or inadequacy based on intakes from food alone may respectively underestimate or overestimate the prevalences based on total nutrient intakes from both food and supplements.
5. The intake distribution (percentiles and percentage above or below a cut-off when applicable) was adjusted to remove within-individual variability using Software for Intake Distribution Estimation (SIDE) (Iowa State University, 1996) and the method presented in Nusser SM, Carriquiry AL, Dodd KW, Fuller WA: A semiparametric transformation approach to estimating usual daily intake distributions. *J Am Stat Assoc* 1996; 91: 1440-1449.
6. In some cases, within-individual variance was estimated at the regional or national level and applied at the provincial level. See section II.4: Measuring Sampling Variability with Bootstrap Replication for more details.
7. Bootstrapping techniques were used to produce the coefficient of variation (CV) and the standard error (SE).
8. AMDR is the Acceptable Macronutrient Distribution Range, expressed as a percentage of total energy intake. Intakes inside the range (shown in the AMDR columns) are associated with a reduced risk of chronic disease while



providing adequate intakes of essential nutrients. For further information on AMDR see the Health Canada publication *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*, Section 2.1.5, p. 27.

9. EAR is the Estimated Average Requirement. The level of intake at the EAR (shown in the EAR columns) is the average daily intake level that is estimated to meet the requirement, as defined by the specified indicator of adequacy, in half of the apparently healthy individuals in a DRI age–sex group. For further information on EAR see the Health Canada publication *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*, Section 2.1.1, p. 23.
10. AI is the Adequate Intake. The level of intake at the AI (shown in the AI columns) is the recommended average daily intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group or groups of apparently healthy people that are assumed to be adequate. It is developed when an EAR cannot be determined. For further information on AI see the Health Canada publication *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*, Section 2.1.3, p. 25.
11. UL is the Tolerable Upper Intake Level. The level of intake at the UL (shown in the UL columns) is the highest average daily intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population. For further information on UL see the Health Canada publication *Canadian Community Health Survey, Cycle 2.2, Nutrition (2004)—A Guide to Accessing and Interpreting the Data*, Section 2.1.4, p. 26.
12. For a more detailed understanding of DRIs and their interpretation when assessing intakes of particular nutrients, consult the summary of the series of publications on DRIs published by the Institute of Medicine: *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*.
13. Data on trans fat intake cannot be obtained from the CCHS 2.2 dataset and therefore are not reported separately. However, the estimates for percent energy from total fat comprise all fats, including trans fats. Note that the estimates provided for energy intake from the individual types of fat will not add up to the estimates provided for total fat due to measurement error as well as the lack of data on trans fat intake.

## Appendix B: Interpretation of Sodium Results

Three questions in the CCHS 2.2 questionnaire pertained to salt intake. These were asked to obtain information on type of salt used, frequency of added table salt and the use of table salt in cooking.

### 1. Salt Type

–Indicator of the type of salt normally used:

1 = Ordinary Salt

2 = Sea, Seasoned. Or other Flavoured Salt

3 = Lite Salt

4 = Salt Substitute

5 = None

X = Don't Know; XX = Refusal; XXX = Other Specified

### 2. Frequency of Salt at the Table

–Indicator of how often salt is added at the table:

1 = Rarely

2 = Occasionally

3 = Very Often

X = Don't Know; XX = Refusal

### 3. Frequency of Salt in Cooking

–Indicator of how often *ordinary* salt is added during cooking/preparation:

1 = Rarely

2 = Occasionally

3 = Very Often

4 = Never

X = Don't Know; XX = Refusal

These questions were the same as those asked in the United States (US) surveys utilizing the Automated Multiple-Pass Method. This method was chosen for a number of reasons. Asking about the use of salt for each cooked, non-processed food was time consuming and repetitive, and respondents frequently did not know the answer for specific foods. Overall salt consumption questions were asked to reduce respondent burden and to address this identified uncertainty. Also, it was estimated that salt added during cooking or food preparation contributed 5% or less to average sodium intake.

Use of the information collected from these questions differed between Canada and the US. Answers to the salt questions in the CCHS 2.2 were not reflected in the estimated sodium intakes in the coded data. Salt present in standard recipes for mixed dishes, such as spaghetti sauce or stew, remained constant. For other cooked items, such as cooked vegetables, the default choice was the food without salt added during cooking. In the US, answers to the question about frequency of salt added in cooking are used to adjust estimated sodium intakes for selected foods that are likely to have been prepared at home.

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