

# Foodbook 2.0 Report

Centre for Foodborne,  
Environmental and Zoonotic  
Infectious Diseases, Infectious  
Disease and Vaccination  
Programs Branch



Public Health  
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# Executive Summary

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*Foodbook 2.0* is a population-based online and telephone survey that was conducted in all Canadian provinces and territories over a 12-month period. The *Foodbook 2.0 Report* summarizes the population-level food, water and animal exposure information collected from January 2023 to January 2024. *Foodbook 2.0* data will be used by federal, provincial and territorial (F/P/T) public health and food safety partners to inform timely and effective response to enteric illness outbreaks, and to support risk assessments and public health interventions to prevent illness. This will enhance Canadian public health capacity to take action in response to enteric illness events and will reduce the impact of these events on the health of people in Canada.

# Introduction

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The *Foodbook 2.0* study was developed jointly by the Foodborne Diseases and Antimicrobial Resistance Surveillance Division and the Outbreak Management Division in the Centre for Foodborne, Environmental and Zoonotic Infectious Diseases of the Public Health Agency of Canada. The main goal was to establish an updated database of the food consumption of people in Canada over a seven-day timeframe, with a specific focus on food items that could potentially lead to enteric illness.

The Public Health Agency of Canada protects the health of people in Canada by responding to outbreaks of enteric illness in which there are ill individuals in more than one province or territory. A key step in the identification of the source of an outbreak is to compare foods eaten by ill individuals affected by the outbreak to foods eaten by the general population. The first version of *Foodbook* was conducted in 2014–2015 to assist outbreak investigators in this step (1).

While *Foodbook* still provides meaningful data, food consumption patterns change over time. In addition, new food items have been identified as a source of enteric illness since the completion of *Foodbook*. *Foodbook 2.0* provides updated data on food consumption and provides food consumption data on additional foods of interest. These data will be used during outbreak investigations and will also inform risk assessments and other public health research to support public health interventions to prevent illness.

The *Foodbook 2.0 Report* summarizes the food, water and animal exposure information collected through the survey. Data are summarized nationally, by province and territory of residence, and by a number of demographic characteristics (age, gender, household income, education level and ethnicity).

# Methodology

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## 1. Study Design

*Foodbook 2.0* had a target sample size of 19,968 people, with the completion of surveys being distributed evenly over a 12-month period. All provinces and territories (P/T) were allocated a minimum sample size of 384 respondents to ensure adequate precision of P/T-level estimates. The remaining samples were allocated proportionally based on population size of the P/Ts.

The study was reviewed and approved by Health Canada and the Public Health Agency of Canada Research Ethics Board (REB 2021-007P) as well as the Newfoundland and Labrador Health Research Ethics Authority (HREB 2021.145), the Nunavut Research Institute (05 005 23R-M) and the Nunatsiavut Government Research Advisory Committee (NGRAC-14558480) to meet unique jurisdictional requirements.

## 2. Participant Selection

A dual sampling frame approach was used, with 75% of the sample coming from a national list of mailing addresses, and the remaining 25% from a national list of telephone numbers. Households were either contacted through a mailed letter or via telephone, depending on the sampling frame. One participant was randomly selected from each household to take part in the survey.

In order to increase the number of children recruited, in households with children (less than 18 years of age) 50% of the time a child was selected to participate, and 50% of the time an adult was selected to participate. If there were no children in the household, an adult was randomly selected from the household. Starting in the fifth month of data collection, the selection method was altered so that in households with children, a child was selected to participate 100% of the time.



### 3. Participant Exclusions

Individuals who were not able to complete the survey in English, French or Inuktitut were excluded from the survey. Additionally, in order to ensure that exposures occurred within the province or territory of residence, anyone who had travelled outside their province or territory of residence overnight during the seven days prior to completing their questionnaire were excluded from completing the food, animal, and water modules of the questionnaire.

### 4. Survey Administration

The surveys were administered by an independent research company contracted by the Public Health Agency of Canada. Respondents had the option to complete the questionnaire by phone or online, and both options could be completed in English, French and Inuktitut.

Informed consent was obtained from all study participants. If the selected individual was under the age of majority, consent was obtained from the child's parent or legal guardian. Proxy respondents were used when necessary for children and individuals with medical or activity limitations.

The survey was first pilot tested over a two-week period between November 1 and 14, 2022. A second pilot was completed between December 1 to 19, 2022. Following the two pilots, the response rate and average survey completion time were reviewed, along with specific questions that were identified as challenging for respondents to understand. The survey was modified based on this feedback and the study was launched on January 2, 2023 and ran until January 7, 2024.



## 5. Questionnaire

The questionnaire asked about food, animal and water exposures during the seven-day period prior to the interview, which aligns with the average incubation period of common enteric pathogens. To avoid respondent fatigue, skip patterns were built into the questionnaire for select food groups. For example, if a respondent indicated they did not eat any beef in the past seven days they were not asked any of the subsequent questions about specific beef products.

Food categories included:

- > Vegetables
- > Herbs
- > Fruits
- > Nuts
- > Seeds
- > Meats
- > Seafood
- > Eggs
- > Dairy and dairy substitutes
- > Dried, processed, and other foods
- > Country foods (only asked in the territories)

The questionnaire also asked about:

- > Food purchasing habits (food from meal kits, butcher shops, farms or farmers markets)
- > Special diets and food preferences
- > Drinking water sources
- > Contact with household pets and pet food
- > Contact with farm animals
- > Food safety knowledge and behaviours (results not included in report)
- > Recent gastrointestinal illness (results not included in report)

## 6. Weighting

The final sample was weighted to account for the sample design and to align the demographic distribution of the sample to the Canadian population. Weights were calculated in two parts: design weights and post-stratification/calibration weights. Design weights accounted for disproportional sampling frames, probability of selection of the household and individual and non-response. Post-stratification weights were calculated for each P/T to match the 2021 Canadian census on three key sample characteristics: age group, sex and household size.

## 7. Analysis

Weighted proportions were calculated and stratified by gender, age group, P/T and month in Stata 15.1 (Stata Corp., Texas Station, TX). Due to skip patterns in the survey, respondents may not have answered every question. For example, respondents that said 'No' to consuming 'Any beef' skipped the remainder of the beef section. When cleaning the data, those respondents were coded as 'No' to all beef questions. These adjustments were made to ensure all questions measure the proportion of the Canadian population that consumed the item.

# Results

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A sample of 145,914 valid telephone numbers was obtained. Approximately 46% were landline telephone numbers and 54% were mobile telephone numbers. Language barriers prevented 1,299 (1%) individuals from participating. In total, 4,965 people contacted by phone completed the survey over the phone, resulting in a response rate of 3% (2). An additional 936 individuals that were contacted by mail called in to complete the survey by phone, resulting in 5,901 telephone surveys completed in total.

A sample of 189,801 households were sent invitations in the mail to participate in the survey. Of those, 16,583 individuals contacted by mail completed the online survey, resulting in a response rate of 9%. An additional 196 individuals that were contacted by phone chose to complete the survey online, resulting in a total of 16,779 online surveys completed.

Overall, 21,744 individuals completed the survey. Sampling targets for each P/T were met with the exception of Nunavut and Northwest Territories. Approximately the same number of interviews were completed during each calendar month. A total of 1,424 respondents indicated they had travelled overnight outside of their province or territory of residence in the seven days prior to participating in the survey. In order to ensure results from the food, animal and water modules are representative of typical exposures within the P/T of residence, respondents that reported travelling outside of their P/T of residence did not complete those modules. These respondents only completed the *Food safety knowledge and behaviours* and *Recent gastrointestinal illness* sections of the survey. Consequently, these respondents were also excluded from the demographic tables of this report.

The demographics of the respondents are presented in Tables 1–6. Food, water and animal exposures were summarized nationally, by province and territory and by age and gender in Tables 7–11. All estimates included in this report have been weighted so that they are representative of the population.

# Considerations for Interpretation

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There are several limitations of the data that should be considered when interpreting the results.

*Foodbook 2.0* data are not representative of populations that were excluded from the study, such as individuals who did not have a residential address or a listed landline or cell phone number (e.g., people living in correctional facilities, hospitals) and respondents who were unable to communicate in the languages available. This may limit the external validity of the study and therefore *Foodbook 2.0* data should not be used to describe exposures explicitly within these populations.

The low response rate may bias results if those who did not respond had different food exposures than respondents. Several strategies were implemented at the outset to maximize response rates such as: explaining the study to respondents, arranging for call-backs at a more convenient time, and offering both an online and phone survey.

Bias due to retrospective recall may also impact the results. Respondents were asked about retrospective exposures over a seven-day recall period. It is easier to recall recent exposures (e.g., in the previous 24 hours) than exposures that occurred more than one or two days ago. Although a shorter recall period may have reduced recall bias, a seven-day retrospective recall period was selected because it aligns with the incubation period for most enteric pathogens and is the recall timeframe used for enteric illness outbreak case interviews. In order to ensure the study data are comparable to outbreak cases, it was critical that participants were asked questions in the same manner as outbreak cases would be asked. Furthermore, a seven-day recall period provides valid estimates of usual exposure within the general population and better estimates of exposure to infrequently consumed foods that would not be captured using shorter recall periods.

# References

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1. Public Health Agency of Canada. Foodbook report. 2015 <https://www.canada.ca/en/public-health/services/publications/food-nutrition/foodbook-report.html>
2. Government of Canada. Improving Respondent Cooperation for Telephone Surveys. 2007. <https://www.tpsgc-pwgsc.gc.ca/rop-por/rapports-reports/telephone/introduction-eng.html>

**Table 1: Unweighted and weighted respondent counts, weighted proportions, and 2021 Census proportion, by province/territory**

Province/Territory	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	National
Respondent count	2,656	2,111	960	1,047	6,212	3,905	684	881	471	569	450	266	108	20,320
Weighted respondents	5,010,205	4,235,681	1,139,311	1,340,251	14,144,605	8,539,134	783,794	984,725	158,570	523,890	48,606	44,753	38,441	36,991,965
Weighted % total	13.5	11.5	3.1	3.6	38.2	23.1	2.1	2.7	0.4	1.4	0.1	0.1	0.1	100
% Canadian population*	13.5	11.5	3.1	3.6	38.5	23.0	2.1	2.6	0.4	1.4	0.1	0.1	0.1	100

\* Statistics Canada. Table 98-10-0001-01 Population and dwelling counts: Canada, provinces and territories. 2021 Census of Population. <https://www150.statcan.gc.ca/t1/tbl1/en/tvaction?pid=9810000101>

**Table 2: Unweighted and weighted respondent counts, and unweighted proportions, by month**

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Respondent count	1,824	1,666	1,893	1,663	1,696	1,610	1,572	1,778	1,617	1,708	1,762	1,531
Weighted respondents	3,325,684	3,015,514	3,527,754	3,011,765	3,187,010	2,870,853	2,854,746	3,104,863	2,794,273	3,252,331	3,137,142	2,910,025
Weighted % total	9.0	8.2	9.5	8.1	8.6	7.8	7.7	8.4	7.6	8.8	8.5	7.9

**Table 3: Unweighted and weighted respondent counts and proportions, and 2021 Census proportions, by age group and gender**

Age and gender	0-9 years			10-19 years			20-64 years			≥ 65 years			All ages		
	Men	Women	Transgender/ another gender	Men	Women	Transgender/ another gender	Men	Women	Transgender/ another gender	Men	Women	Transgender/ another gender	Men	Women	Transgender/ another gender
Respondent count	431	412	4	438	451	22	3,894	6,123	74	3,265	4,745	8	8,028	11,731	108
Weighted respondents	1,974,814	1,920,039	11,639	2,089,444	1,829,300	77,852	10,326,670	10,675,743	171,557	3,193,304	3,741,334	15,181	17,584,234	18,166,418	276,230
Weighted % total	5.5	5.3	0.03	5.8	5.1	0.2	28.7	29.6	0.5	8.9	10.4	0.04	48.8	50.4	0.8
% Canadian population*	5.4	5.1	0.02	5.7	5.4	0.07	29.3	29.8	0.2	8.7	10.2	0.03	49.1	50.6	0.3

\* Statistics Canada, (2024). Age and Gender for the population of Canada, including institutional residents, 2021 Census—100 % Data. [Unpublished data table].  
 Note: 0.8% (163/20,320) of respondents did not report their gender and 1.8% (358/20,320) did not report their age.



**Table 4: Unweighted and weighted respondent counts, weighted proportions, and 2021 Census proportions, by education level**

Education Level	Less than a high school diploma or its equivalent	High school diploma or a high school equivalency	Registered apprenticeship or other trade certificate or diploma	College, CEGEP or other non-university certificate or diploma	University certificate, diploma or degree
Respondent count	752	3,113	1,230	4,118	8,598
Weighted respondents	1,001,223	3,921,844	1,862,241	5,828,631	13,963,774
Weighted % total	3.8	14.8	7.0	21.9	52.5
% Canadian population*	16.2	26.7	8.7	18.8	29.7

\* Statistics Canada. Table 98-10-0384-01 Highest level of education by census year: Canada, provinces and territories, census metropolitan areas and census agglomerations. 2021 Census of Population. <https://www150.statcan.gc.ca/t1/tb11/en/tv.action?pid=9810038401>

Note: This question was only asked of respondents who were >25 years old. 11% (2,170/20,320) of respondents were not asked about education. Among those respondents asked about education, 2% (339/18,150) did not report their education level.

**Table 5: Unweighted and weighted respondent counts, weighted proportions, and 2021 Census proportions, by household income**

Household Income	< \$40,000	\$40,000 – < \$80,000	\$80,000 – < \$120,000	≥ \$120,000
Respondent count	3,294	5,273	4,322	4,936
Weighted respondents	4,601,561	7,388,258	7,778,185	12,385,457
Weighted % total	14.3	23.0	24.2	38.5
% Canadian population*	19.4	28.4	21.4	30.8

\* Statistics Canada. (2024). Household total income groups for Private Households in occupied private dwellings in Canada, 2021 Census—100% Data. [Unpublished data table].

Note: 12% (2,495/20,320) of respondents did not report household income.

**Table 6: Unweighted and weighted respondent counts, weighted proportions and 2021 Census proportions, by ethnicity**

Ethnicity	Black	East/Southeast Asian	Indigenous	Latino	Middle Eastern	South Asian	White	Other	Multiple ethnicities
Respondent count	270	1,212	270	205	248	370	16,247	201	749
Weighted count	869,100	3,243,003	425,265	618,919	674,438	1,308,933	26,317,255	433,181	2,103,564
Weighted % total	2.4	9.0	1.2	1.7	1.9	3.6	73.1	1.2	5.8
% Canadian population*	3.8	8.7	4.9	1.6	2.8	6.9	67.4	0.7	3.2

\* Statistics Canada. Table 98-10-0324-01 Visible minority and population group by generation status: Canada, provinces and territories, Census metropolitan areas and census agglomerations with parts. 2021 Census of Population. <https://www150.statcan.gc.ca/t1/tb11/en/tvaction?pid=9810032401>

Note: to align with the 2021 census, the *East/Southeast Asian* category includes those selecting *Chinese, Filipino, Southeast Asian, Korean and Japanese* in the census. Similarly, the *Middle Eastern* category includes those selecting *Arab and West Asian* in the census.

Note: 3% (548/20,320) of respondents did not report their ethnicity.

**Table 7: Weighted proportions of food, water and animal exposures in the past seven days, by province/territory and nationally**

Exposure	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	Canada
<b>Vegetables</b>														
Any tomatoes	76.7	74.9	67.9	69.6	77.1	78.9	70.9	70.3	62.5	68.1	80.5	73.9	47.6	76.1
Grape or cherry tomatoes	48.8	44.8	35.2	35.9	44.7	53.4	34.7	35.7	31.3	34.5	56.8	43.0	30.8	46.1
Any lettuce or leafy greens	84.1	83.1	76.8	76.9	84.9	83.2	77.3	78.3	81.9	78.9	88.5	80.3	54.1	83.2
Iceberg lettuce	38.2	42.4	42.1	44.0	44.6	38.8	45.8	43.6	44.0	45.7	42.6	42.4	19.2	42.0
Romaine lettuce	57.6	58.3	52.6	50.5	60.5	54.0	44.6	47.7	50.8	51.3	60.3	43.1	35.0	56.8
Spinach	45.5	41.0	29.9	38.4	41.6	30.9	31.8	39.4	35.0	36.8	49.5	25.3	18.3	38.7
Mesclun lettuce/spring mix	30.9	21.8	15.0	15.6	24.6	20.5	18.1	21.8	25.0	15.0	28.6	19.7	3.7	23.2
Kale	23.9	19.1	12.6	12.6	19.8	14.4	9.9	15.4	11.7	15.0	26.2	22.0	19.8	18.1
Arugula	23.2	14.6	6.0	8.5	18.3	16.1	8.7	10.7	14.2	11.6	24.2	14.9	3.1	16.7
Other leafy green	17.0	15.8	8.1	9.7	16.6	16.4	12.4	10.2	9.9	12.8	26.2	16.8	*	15.6
Any pre-packaged leafy greens	34.4	33.8	32.6	31.1	32.4	22.4	30.0	26.7	21.6	24.9	35.2	33.1	21.0	30.2
Commercially pre-packaged salad kit	28.0	27.9	30.7	27.4	25.1	19.3	21.7	24.8	28.0	28.5	30.1	29.6	11.5	24.7
Store-bought or ready to eat green salad	17.8	18.4	17.1	20.0	19.0	16.1	18.6	18.0	20.1	22.0	18.1	20.3	7.8	18.1
Any cabbage	41.7	40.2	36.5	34.3	37.1	37.9	36.2	32.3	35.3	37.7	39.7	31.0	15.9	37.9
Coleslaw	19.8	18.6	17.8	19.6	18.5	26.5	20.4	18.5	18.7	20.4	20.3	14.3	5.0	20.6
Any microgreens or sprouts	16.6	15.3	14.7	11.7	13.8	10.5	12.2	15.4	9.7	11.5	14.1	9.2	9.7	13.5
Microgreens	7.2	5.2	3.9	4.2	6.0	5.7	5.8	7.5	3.7	5.1	6.5	2.5	*	5.9
Alfalfa sprouts	4.2	3.4	1.3	2.4	2.6	2.7	1.9	3.3	0.5	2.1	5.5	2.7	3.6	2.9
Bean sprouts	7.0	7.9	6.7	4.4	5.1	3.4	4.5	7.0	4.5	7.4	4.1	3.8	3.1	5.4
Other sprouts	3.7	1.7	1.7	2.1	3.2	3.3	2.5	2.7	*	2.2	2.4	3.1	*	3.0
Cucumbers	74.4	72.5	72.2	66.4	70.9	77.6	64.9	62.4	57.6	32.3	74.8	67.9	64.7	72.1
Bell peppers	66.2	63.4	58.5	61.4	65.1	70.1	58.7	60.8	55.1	67.5	71.8	66.9	53.7	65.6
Hot peppers	21.9	22.2	17.2	15.1	22.7	14.7	12.8	18.4	16.5	17.5	18.6	9.2	11.2	19.8
Sugar snap peas	17.0	16.6	18.5	18.7	13.3	11.5	12.1	12.5	11.4	10.2	20.9	26.1	6.4	14.0
Mini/baby carrots	30.3	33.0	33.3	32.9	35.8	36.3	27.5	31.2	26.4	24.9	30.2	41.4	23.7	34.1
Mushrooms	45.9	38.9	36.2	42.1	42.8	45.6	37.6	45.7	35.5	36.5	44.3	36.7	21.1	43.0
Any onions	74.5	70.3	67.3	71.4	73.7	68.6	68.3	69.4	56.6	70.0	71.1	79.3	51.2	71.6
Green onions	46.2	40.8	35.4	37.7	39.4	44.8	32.3	32.5	27.8	38.7	43.7	42.3	32.1	41.2
Red onions	43.7	39.1	35.1	38.8	44.2	35.9	36.1	34.6	29.4	35.5	38.9	40.5	17.8	40.4
Other onions	51.6	48.2	45.4	48.2	50.4	39.2	46.2	48.2	37.1	47.1	49.7	51.1	33.3	47.2
<b>Herbs</b>														
Any fresh herbs	52.9	46.8	37.6	41.0	52.0	50.5	32.9	36.1	25.6	29.0	46.6	55.2	45.0	49.1
Fresh basil	23.3	19.2	15.0	16.9	24.7	29.0	14.3	15.1	8.4	12.8	22.6	21.0	9.4	23.6

Exposure	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	Canada
Fresh cilantro/coriander	30.1	25.5	15.6	19.2	26.6	21.2	13.2	15.6	10.6	13.3	30.0	21.3	31.4	24.3
Fresh parsley	26.6	21.9	14.6	16.8	26.1	29.9	20.5	16.9	15.3	13.7	24.8	23.8	15.4	25.3
Other fresh herbs	22.5	20.0	18.1	17.6	20.8	20.6	10.1	14.0	10.5	9.9	21.5	19.7	23.1	20.1
<b>Fruits</b>														
Mangoes	26.6	23.8	20.6	19.4	26.1	29.3	15.5	16.8	17.0	16.0	27.4	15.8	28.1	25.6
Fresh mangoes	17.3	15.5	14.5	13.2	19.1	22.0	8.7	10.6	11.6	7.5	11.9	8.2	15.6	18.1
Frozen mangoes	8.4	7.5	6.1	5.4	7.6	8.3	4.5	6.0	4.6	8.4	15.5	6.6	17.6	7.6
Dried mangoes	5.1	6.0	2.3	4.7	3.5	3.2	4.1	4.0	2.2	2.9	8.5	2.6	*	3.9
Papayas	3.2	3.9	2.7	2.5	5.6	2.7	1.1	2.1	2.4	1.5	*	*	*	3.9
Fresh papayas	2.8	2.9	1.4	1.7	4.5	2.3	0.4	1.0	*	*	*	*	*	3.1
Frozen papayas	0.3	*	*	*	0.4	0.4	*	*	*	*	*	*	*	0.4
Dried papayas	0.1	*	*	*	0.2	0.3	*	*	*	*	*	*	*	0.2
Pomegranate	7.9	6.9	4.3	4.3	8.2	6.3	4.1	5.3	3.3	4.8	4.5	5.7	4.8	7.1
Fresh pomegranate (including ready-to-eat seeds)	6.8	4.9	3.5	2.3	6.0	5.2	1.8	4.1	2.9	3.7	3.1	4.1	4.8	5.4
Frozen pomegranate	0.7	0.5	0.4	0.9	1.0	0.5	*	*	*	1.7	*	*	*	0.8
Avocado (including guacamole)	54.8	42.3	31.1	33.3	43.9	44.7	27.2	34.7	25.0	23.9	52.6	42.7	43.5	43.6
Fresh avocado	50.9	38.4	28.4	29.5	40.7	41.3	21.7	30.2	20.1	22.5	48.6	38.8	42.8	40.1
Frozen avocado	2.3	2.5	1.8	1.4	1.3	1.9	2.8	3.8	1.9	*	4.9	5.1	*	1.8
Any melon	34.3	41.2	41.9	35.9	41.8	42.8	32.3	34.1	32.1	37.2	34.2	40.9	43.4	40.2
Cantaloupe	15.7	21.4	22.6	16.7	23.3	27.9	13.2	16.6	9.9	20.5	17.7	29.2	35.9	22.4
Fresh cantaloupe	14.7	19.3	19.9	15.4	21.4	26.7	12.2	15.6	7.5	17.9	17.4	28.5	33.8	20.8
Frozen cantaloupe	0.5	1.0	1.0	0.9	0.7	0.6	*	*	*	*	*	*	*	0.7
Honeydew melon	9.1	14.5	14.5	9.2	13.3	12.7	10.1	10.3	9.9	17.3	11.9	19.0	22.2	12.5
Fresh honeydew melon	2.0	5.0	2.2	2.1	4.3	3.9	3.7	2.6	2.1	1.8	4.0	4.3	*	3.7
Frozen honeydew melon	*	*	*	*	0.2	*	*	*	*	*	*	*	*	0.2
Watermelon	25.1	29.1	31.1	25.4	27.8	26.3	25.3	24.4	22.4	26.5	23.5	28.5	29.5	27.1
Fresh watermelon	24.3	27.2	29.0	23.9	26.3	25.3	24.0	21.4	20.9	21.7	23.0	27.1	27.2	25.6
Frozen watermelon	0.9	1.5	1.8	1.7	0.9	0.8	0.6	*	*	*	*	*	*	1.0
Peaches	16.9	15.8	13.7	14.3	18.8	18.1	12.7	13.1	14.9	15.2	19.5	19.3	17.2	17.4
Fresh peaches	12.1	10.5	9.8	8.5	14.4	13.5	10.2	9.5	5.9	10.6	11.2	15.1	15.2	12.7
Frozen peaches	4.4	4.5	4.5	4.5	3.6	4.0	2.3	3.2	2.7	5.2	8.2	1.7	*	3.9
Nectarines	8.6	10.1	11.4	5.9	13.6	15.2	9.0	10.8	9.1	15.8	10.8	17.1	6.1	12.4
Fresh nectarines	8.0	9.4	9.5	5.7	11.9	14.0	7.4	9.9	8.2	14.2	9.9	17.1	5.5	11.2
Frozen nectarines	0.4	0.4	*	*	0.4	0.7	*	*	*	*	*	*	*	0.5
Any berries	77.6	75.7	72.0	71.7	78.3	78.7	75.8	78.5	74.9	76.7	79.5	86.4	75.0	77.5

Exposure	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	Canada
Strawberries	55.9	59.0	56.2	57.1	61.3	62.0	60.4	61.8	61.1	64.3	56.5	67.8	61.9	60.2
Fresh strawberries	46.1	51.2	45.6	47.8	54.6	54.6	51.4	52.2	46.4	53.3	44.9	61.6	54.7	52.4
Frozen strawberries	18.9	20.0	18.1	17.1	16.9	17.6	17.6	18.2	20.4	19.8	26.7	19.2	21.1	17.9
Dried strawberries	3.0	1.6	2.8	0.8	1.7	1.8	2.2	2.7	1.5	4.9	*	6.9	*	2.0
Raspberries	36.1	37.0	35.4	27.9	37.6	43.4	33.3	29.7	33.8	28.8	45.2	46.8	38.0	37.8
Fresh raspberries	27.2	28.9	27.0	21.5	31.2	36.9	27.2	23.8	25.8	22.6	32.9	42.2	29.4	30.8
Frozen raspberries	12.7	12.0	13.9	9.2	9.5	10.3	7.8	9.0	9.3	8.6	17.4	8.4	24.4	10.5
Dried raspberries	1.3	0.7	*	0.5	0.9	0.5	*	*	*	*	*	*	*	0.8
Blueberries	55.7	47.7	46.3	41.2	54.1	50.0	55.8	52.3	54.3	48.3	52.9	63.1	55.0	51.8
Fresh blueberries	36.4	33.3	32.2	29.9	42.1	39.6	38.9	37.3	37.6	30.5	30.3	42.9	36.6	38.6
Frozen blueberries	31.5	23.1	22.8	18.1	21.2	17.2	26.9	23.7	24.9	25.3	33.0	23.0	30.6	22.1
Dried blueberries	1.7	0.9	1.7	2.0	2.0	1.4	0.6	1.0	1.4	4.6	1.6	*	*	1.7
Blackberries	20.3	19.0	16.2	13.2	18.2	16.6	14.2	13.2	12.5	16.0	17.7	31.9	45.7	17.7
Fresh blackberries	12.8	12.1	11.0	9.6	14.3	13.2	9.6	9.4	7.4	11.8	10.1	26.8	34.3	13.1
Frozen blackberries	8.6	7.5	5.1	4.7	4.4	4.1	4.6	3.0	5.2	4.7	7.9	9.9	19.1	5.3
Dried blackberries	0.3	0.1	*	*	0.3	0.2	*	*	*	*	*	*	*	0.2
Coconut: excluding coconut water or milk	9.0	8.6	8.7	7.8	9.3	5.5	3.8	9.3	9.0	6.1	13.0	5.4	7.2	8.1
Fresh coconut	2.1	3.0	2.9	2.7	3.4	1.5	0.5	2.4	1.9	*	1.2	*	*	2.6
Frozen coconut	0.3	1.2	*	0.8	1.7	0.4	*	*	*	*	*	*	*	1.0
Dried coconut	6.5	4.7	4.5	5.7	6.0	3.8	3.2	6.5	5.9	4.7	10.4	3.2	6.0	5.3
Bag of mixed frozen fruit or berries	20.6	24.1	20.5	20.1	19.2	18.1	16.3	22.6	16.0	24.0	34.4	24.2	26.2	19.9
Fruit smoothies at home or store-bought	31.7	30.1	28.5	27.7	30.2	20.8	26.4	29.0	29.7	27.5	38.6	30.5	35.7	28.0
Unpasteurized apple cider or fruit juice	16.0	14.3	13.8	18.6	15.9	19.4	13.9	15.5	14.6	17.3	9.5	17.3	6.7	16.5
<b>Nuts and nut butters</b>														
Any nuts	77.7	74.7	72.3	66.8	74.9	72.8	70.5	71.7	64.2	67.9	79.1	70.9	75.9	74.1
Peanuts (excluding peanut butter/spread)	35.5	35.3	36.8	32.7	36.0	29.8	31.7	32.7	32.7	33.7	34.2	25.8	39.2	34.1
Peanut butter	54.0	52.4	52.4	48.5	52.0	52.9	52.9	53.5	47.5	51.7	61.2	44.5	57.3	52.5
Almonds (excluding almond butter/spread)	45.7	39.1	41.2	33.5	40.2	36.0	33.1	34.9	30.4	31.0	45.4	32.0	27.8	39.1
Almond butter	8.8	5.4	4.5	3.9	7.4	8.5	4.9	4.9	4.2	5.0	14.0	4.5	7.2	7.2
Walnuts	27.6	23.2	19.9	15.9	26.3	22.0	17.7	19.2	17.2	16.7	26.8	23.3	13.6	24.0
Hazelnuts (excluding hazelnut butter/spread)	13.3	8.8	9.5	6.7	11.0	9.4	7.0	10.0	7.9	10.8	11.5	5.3	5.0	10.3
Hazelnut spread	11.8	16.5	10.8	14.9	14.4	20.9	11.6	5.7	8.2	11.9	7.6	15.7	30.1	15.4

Exposure	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	Canada
Cashews (excluding cashew butter/spread)	36.1	30.3	31.2	25.4	32.3	31.5	25.4	29.7	22.3	24.5	33.5	33.6	36.6	31.8
Cashew butter	2.3	1.8	0.7	1.6	1.7	1.6	*	1.4	0.5	*	1.9	*	*	1.7
Pecans	21.1	16.7	15.1	13.6	17.5	16.4	13.7	13.2	9.3	12.2	24.5	20.5	9.5	17.1
Other nuts	28.1	22.7	20.9	17.1	22.8	20.5	16.0	19.4	14.3	17.1	25.8	21.4	44.6	22.4
<b>Seeds and seed products</b>														
Any seeds	61.9	50.5	48.9	49.0	51.9	52.8	45.4	47.9	44.4	42.2	58.5	39.1	52.5	52.7
Sunflower seeds	26.4	17.8	18.8	19.3	18.5	17.8	19.9	14.6	18.0	13.7	27.5	13.5	10.6	19.2
Butter or paste containing sunflower seeds	6.4	4.3	2.2	3.6	4.5	3.0	2.5	1.7	3.7	3.1	4.4	3.2	*	4.1
Sesame seeds	36.2	28.5	20.6	22.9	29.5	32.9	22.9	21.2	17.8	27.8	33.5	20.0	38.9	30.1
Tahini	18.1	15.0	5.4	8.2	15.8	12.6	9.5	11.6	9.1	7.0	19.2	19.2	20.1	14.3
Chia seeds/chia seed powder	19.8	13.0	18.8	10.6	15.4	19.4	10.4	15.3	9.6	11.0	20.9	14.4	8.0	16.4
Flax seeds/flax seed powder	22.1	15.4	17.8	14.5	17.1	14.9	12.0	19.3	14.9	12.6	26.2	12.8	11.4	16.9
Other seeds	25.9	20.1	15.0	17.2	20.6	17.1	20.2	21.4	18.2	14.7	31.2	16.6	13.0	20.1
<b>Beef</b>														
Any beef (not including deli-meat)	76.1	83.8	83.8	80.8	79.1	80.0	79.5	75.9	84.3	83.1	71.1	74.9	77.3	79.6
Any ground beef	63.7	73.0	75.7	71.7	67.4	69.3	74.5	67.0	77.7	74.1	59.8	67.7	69.7	68.7
Ground beef consumed raw or undercooked	2.8	2.8	1.8	0.5	1.8	5.4	3.2	*	2.6	1.7	*	*	*	2.8
Any hamburgers	41.0	46.1	51.3	48.4	45.0	43.4	47.6	40.8	54.0	49.9	35.4	37.6	43.2	44.5
Hamburgers store-bought frozen beef patties	14.3	16.1	20.7	15.3	18.5	6.5	16.3	11.1	13.6	25.2	10.7	18.1	18.8	14.7
Raw beef (not including raw ground beef)	2.6	6.5	3.3	2.2	4.5	4.6	4.1	3.9	6.9	2.3	2.6	*	*	4.3
Steak	33.2	36.5	29.0	28.8	34.3	30.7	32.7	28.1	32.7	41.1	26.9	38.6	37.8	33.1
Stewing beef	17.5	20.4	15.7	14.3	17.7	18.4	15.0	18.0	11.6	19.8	12.6	16.8	19.1	17.9
Veal	2.0	2.1	1.5	2.7	6.1	12.9	0.7	*	*	1.3	*	*	*	6.1
Beef sausage (not including dried sausage)	13.6	16.1	25.1	18.0	11.1	19.6	10.6	8.8	6.7	20.2	14.1	13.5	14.5	14.7
Other whole-cut beef products (e.g. ribs or roast)	23.1	26.6	26.6	23.5	22.8	21.0	21.7	23.3	17.7	32.5	13.6	28.0	14.8	23.1
<b>Pork</b>														
Any pork (not including deli-meats)	59.5	61.1	70.2	60.4	57.7	57.6	59.7	58.6	61.0	63.2	61.4	61.6	60.5	58.9
Ground pork	17.2	13.9	17.3	13.9	14.3	17.7	11.0	11.3	9.2	11.3	8.9	11.4	28.0	15.3
Pork sausage (not including dried sausage)	29.4	31.8	39.7	33.6	29.9	26.7	25.6	22.7	23.0	21.7	29.3	31.0	25.7	29.3

Exposure	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	Canada
Pork pieces or parts	41.3	41.9	46.5	41.5	40.1	42.2	45.6	43.7	42.7	51.0	41.9	39.0	31.4	41.6
Pork consumed raw or with pink still showing	2.8	2.2	2.5	6.2	2.8	5.7	2.3	1.6	1.5	2.2	1.4	6.0	*	3.5
<b>Chicken</b>														
Any chicken (not including deli-meats)	86.3	85.5	86.0	85.4	87.1	86.5	86.4	83.5	88.1	94.4	78.1	79.4	78.0	86.5
Store-bought breaded chicken	29.1	33.3	36.8	43.0	33.7	31.1	38.2	32.4	37.0	49.5	18.4	30.7	22.2	33.1
Store-bought breaded chicken purchased frozen	19.6	22.7	28.2	34.3	23.2	21.7	32.0	24.7	23.9	37.1	10.1	21.4	19.7	23.2
Store-bought stuffed chicken products	8.1	7.5	7.6	8.5	7.4	5.8	8.6	7.4	4.2	5.4	6.7	5.6	*	7.1
Store-bought stuffed chicken products purchased frozen	6.4	6.1	4.5	8.6	5.4	3.8	8.1	2.8	2.4	3.7	4.4	7.4	*	5.3
Ground chicken	7.1	6.4	5.5	4.8	9.3	6.6	9.5	6.9	7.8	4.9	6.2	8.4	12.2	7.6
Roasted whole chicken purchased from a store	21.1	22.6	20.2	19.3	27.0	26.0	24.7	24.9	24.1	27.0	11.8	20.3	3.4	24.8
Whole chicken purchased raw and cooked at home	24.5	26.4	26.5	27.7	29.0	35.1	36.7	34.0	39.5	46.2	16.7	25.7	16.3	29.9
Chicken pieces or parts	72.6	70.7	70.2	68.4	72.9	67.9	67.3	63.3	68.0	74.5	65.3	64.9	59.6	70.8
Chicken sausage (not including dried sausage)	2.2	5.3	3.0	4.6	3.5	3.9	1.7	1.2	*	1.9	1.8	*	*	3.5
<b>Turkey</b>														
Any turkey (not including deli-meat)	14.0	15.0	14.4	14.5	14.4	8.7	11.1	13.2	10.0	19.2	17.7	16.4	6.9	13.0
Ground turkey	4.7	5.9	2.7	4.7	4.8	2.6	3.8	1.9	1.5	4.8	6.8	2.3	*	4.2
Turkey sausage	2.1	1.6	2.1	1.4	1.7	0.5	*	*	*	1.9	*	*	*	1.4
Whole turkey	5.2	5.1	8.2	6.6	5.7	3.2	5.5	7.5	6.7	11.1	7.3	9.4	*	5.2
Turkey pieces or parts	6.7	6.8	8.8	5.5	6.8	4.3	5.1	8.5	3.2	10.3	7.2	10.4	*	6.3
<b>Other poultry</b>														
Other poultry	4.4	3.0	3.8	3.0	3.6	5.2	1.4	2.1	1.9	5.7	*	2.2	*	3.9
<b>Deli-meats</b>														
Any deli-meat/cold cuts	47.1	48.3	48.5	47.0	47.6	57.6	47.0	48.3	41.0	54.6	48.9	58.7	39.5	50.0
Chicken deli-meat	8.3	7.1	8.7	8.3	11.4	7.2	12.0	7.5	11.2	12.2	5.2	8.3	8.2	9.2
Turkey deli-meat	14.2	16.6	18.1	12.4	19.3	12.7	15.5	15.0	9.6	20.1	18.1	24.4	12.2	16.3
Ham deli-meat	33.9	35.3	37.5	30.0	31.8	46.5	33.9	33.0	29.9	39.3	33.2	37.1	27.5	36.2
Beef deli-meat	9.9	10.3	10.5	12.4	11.2	10.2	13.4	12.3	9.8	14.1	7.0	18.7	4.6	10.8
Other deli-meat	10.7	10.0	13.6	10.0	12.8	13.0	9.8	12.9	6.0	12.0	13.1	8.7	10.0	12.0
<b>Other meats/animal products</b>														
Hot dogs	25.2	30.3	38.5	37.3	26.8	31.0	32.1	26.0	28.5	35.7	25.9	33.6	27.7	28.9
Pâté/meat spread	4.7	2.5	2.6	3.4	3.8	22.7	3.9	2.3	1.3	1.7	4.3	5.2	*	8.0



Exposure	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	Canada
Any organ meats	4.7	4.1	4.5	4.3	4.2	3.7	5.4	3.9	3.4	7.4	2.5	3.1	7.9	4.2
Veal or calf liver	0.7	1.3	1.6	1.1	1.6	1.7	2.0	1.1	*	0.6	*	*	*	1.4
Veal or calf liver consumed raw or undercooked	*	*	*	*	*	0.2	*	*	*	*	*	*	*	0.1
Other organ meat	2.0	1.1	1.8	1.0	1.7	1.1	1.4	2.7	1.2	3.0	*	*	*	1.5
Goat	1.2	3.1	1.6	1.8	2.9	0.9	*	*	*	*	*	*	*	2.0
Lamb	9.4	6.3	2.5	3.5	9.9	6.0	3.3	4.9	3.9	4.9	3.8	2.7	*	7.7
Horse	0.2	0.2	*	*	0.3	0.9	*	*	*	*	*	*	*	0.4
Any dried/cured meat products	20.7	24.7	29.0	21.0	20.9	13.6	16.6	11.0	13.5	16.4	24.5	24.5	18.3	19.4
Hunted or farmed deer <sup>1</sup>	3.2	3.4	5.6	5.2	2.3	3.9	4.2	3.9	*	*	Not Asked <sup>2</sup>	Not Asked <sup>2</sup>	Not Asked <sup>2</sup>	3.2
Other hunted meats (not including seafood) <sup>1</sup>	2.7	3.7	6.2	1.4	1.4	3.7	3.8	2.9	*	13.9	Not Asked <sup>2</sup>	Not Asked <sup>2</sup>	Not Asked <sup>2</sup>	2.8
<b>Seafood</b>														
Any seafood	63.5	51.8	48.1	45.8	58.3	66.8	58.4	57.2	53.9	56.9	56.6	57.4	68.6	59.4
Any fish	54.3	41.0	31.1	34.0	49.0	56.2	45.0	45.0	41.8	41.5	44.2	39.0	58.2	49.0
Smoked fish	12.9	9.0	4.5	6.6	10.8	18.3	6.7	10.7	5.1	6.5	9.3	3.5	17.0	12.1
Fish eaten raw	16.8	9.7	4.9	7.4	11.8	16.3	3.9	6.5	3.8	6.4	9.4	10.9	14.4	12.5
Any shellfish	27.5	24.4	21.0	18.2	26.1	40.3	25.4	22.9	24.3	21.8	27.7	31.1	30.7	28.8
Mussels	6.1	5.1	2.9	2.8	3.9	4.9	4.7	6.0	10.3	4.6	4.1	8.8	4.4	4.6
Clams	5.0	3.0	2.6	1.7	2.5	3.1	5.3	2.6	6.4	*	1.3	4.4	*	3.1
Shrimp/prawns	24.1	23.1	19.0	16.1	24.0	36.9	18.5	14.1	8.8	17.6	24.5	28.5	28.2	25.9
Oysters	4.5	3.6	2.8	2.0	2.7	4.4	3.0	2.6	5.4	*	2.7	4.4	*	3.4
Oysters consumed raw	1.5	0.5	*	*	1.3	2.6	1.7	1.0	4.0	*	*	*	*	1.5
<b>Eggs</b>														
Any eggs	88.6	86.5	87.2	86.5	88.5	88.5	84.9	89.0	84.5	88.5	88.6	88.3	91.8	88.1
Raw or undercooked eggs	25.8	25.6	22.9	24.3	23.6	32.2	25.2	25.6	22.2	26.4	27.0	37.5	37.8	26.3
<b>Dairy</b>														
Ice cream	58.2	60.2	59.6	54.2	57.6	52.5	57.7	55.9	69.0	63.2	55.5	48.3	51.2	56.8
Desserts containing milk or cream	42.5	45.4	48.6	41.2	46.2	48.9	45.9	37.3	42.2	56.5	39.5	39.8	34.3	46.0
Yogurt	66.3	65.5	64.1	60.6	66.1	71.6	64.4	63.5	63.1	68.4	72.5	65.9	67.3	67.0
Unpasteurized (raw) milk, excluding cheese	3.8	3.1	4.4	5.5	4.4	4.8	4.9	7.1	2.8	5.9	4.4	10.1	*	4.4
<b>Cheese</b>														
Any cheese products	88.9	89.6	89.7	88.5	88.4	92.5	92.4	88.4	89.5	91.5	91.5	92.6	89.0	89.7
Gouda	15.4	15.2	10.1	10.6	13.6	15.0	9.7	6.7	4.3	8.3	17.8	9.9	2.8	13.7
Feta cheese	33.2	24.5	28.2	31.4	32.1	29.9	21.7	23.0	17.3	20.8	35.2	37.1	21.5	30.0

Exposure	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	Canada
Brie, camembert or other soft cheeses	23.3	17.0	13.1	14.2	22.5	35.8	16.4	11.9	16.4	15.1	24.0	19.1	14.7	24.1
Cheese made from goat milk	12.3	8.4	7.0	7.7	14.0	13.0	6.6	8.4	5.4	10.7	20.2	13.2	12.2	12.1
Cheese made with unpasteurized (raw) milk	4.8	5.8	4.5	5.3	4.7	7.2	3.1	4.3	1.8	6.6	7.4	12.2	*	5.4
<b>Dairy substitutes</b>														
Non-dairy milk	25.0	20.7	14.4	18.6	21.2	23.8	19.5	20.4	14.6	17.1	21.8	10.2	13.4	21.8
Other non-dairy products/ substitutes	17.0	15.1	15.9	14.4	14.6	20.2	15.0	13.3	12.8	16.7	13.4	16.2	15.2	16.3
<b>Other foods</b>														
Any wheat flour	70.8	72.7	73.3	72.9	69.6	62.7	66.0	71.0	66.5	70.7	81.9	67.6	74.3	68.7
Eat/taste unbaked dough/ batter made with wheat flour	13.4	12.1	10.0	12.1	12.7	23.1	14.4	18.2	12.4	12.8	17.6	20.5	24.7	15.3
Other flour	11.5	9.4	6.7	8.2	9.0	9.3	7.2	7.9	6.8	6.7	12.8	6.6	21.8	9.2
Any plant based meat substitutes	23.6	14.7	10.1	12.5	17.5	20.9	9.7	18.0	9.8	9.5	22.2	12.5	28.0	18.1
Tofu	19.9	11.6	7.1	9.0	13.6	17.5	5.3	11.4	8.7	6.2	17.9	11.0	22.2	14.4
Other plant-based substitute	7.1	3.7	2.8	4.5	6.5	6.9	4.0	7.1	4.3	4.0	8.2	3.6	8.9	6.1
Hummus (excluding home-made)	25.5	18.8	13.2	15.5	26.9	27.7	13.5	19.9	16.3	13.2	25.4	22.1	13.5	24.4
Dietary or nutritional supplement	18.4	19.5	17.1	17.6	17.8	11.5	17.2	15.5	10.1	13.5	19.4	10.5	14.5	16.4
Meal replacement beverage	4.4	4.8	3.3	2.9	4.2	3.7	5.0	5.3	3.6	4.2	6.2	3.3	*	4.1
Protein powder	13.9	13.5	12.0	13.5	12.7	7.4	11.1	9.6	6.5	8.5	14.9	7.3	8.1	11.5
Probiotics	5.8	5.8	3.7	3.3	4.8	2.0	2.7	5.1	3.5	3.9	5.2	3.0	1.6	4.2
Food or drink containing cannabis	7.6	6.6	5.1	9.0	7.1	2.6	6.4	6.7	7.7	6.5	6.8	3.6	6.4	6.0
<b>Diets</b>														
Always or sometimes eats organic produce	85.2	76.4	74.5	74.0	74.3	77.7	70.3	76.1	68.1	73.8	89.8	85.3	87.1	76.8
Vegan diet	2.4	1.1	0.6	0.9	1.6	1.1	*	2.4	1.8	*	2.5	*	*	1.5
Vegetarian diet	6.0	5.2	3.7	3.9	4.9	3.9	2.9	6.3	1.6	1.4	4.5	2.7	3.2	4.7
Kosher diet	0.3	0.4	*	*	0.4	0.6	*	*	*	*	*	*	*	0.4
Halal diet	1.0	2.0	*	*	2.9	2.1	*	*	*	*	*	*	*	2.1
<b>Food shopping practices</b>														
Consumed meat from a butcher shop	21.6	17.5	20.6	23.1	24.5	32.1	22.1	13.8	25.6	10.7	12.9	23.0	17.1	24.4
Consumed food from a farm market	20.1	17.9	20.3	15.4	16.4	18.9	18.8	24.3	17.3	15.7	17.2	9.6	*	18.0

Exposure	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	Canada
Consumed produce from a farm market	13.2	11.8	12.5	7.4	11.3	14.9	11.1	14.3	12.3	12.3	9.9	6.4	*	12.4
Consumed eggs from a farm market	12.1	9.1	11.5	10.4	8.7	9.0	11.9	16.6	11.2	9.7	11.4	7.5	*	9.7
Consumed meat from a farm market	6.8	8.7	13.1	7.7	6.9	7.3	9.1	12.4	11.4	7.1	6.4	2.6	*	7.6
Consumed cheese from a farm market	2.7	3.0	4.2	1.8	4.0	4.8	4.2	4.7	2.7	4.6	1.4	1.7	*	3.8
Consumed food from a meal kit	4.3	4.5	3.6	2.7	3.6	5.5	1.8	3.8	2.2	1.5	*	*	*	4.1
<b>Water exposures</b>														
Drank water supplied to residence	92.4	90.2	86.4	83.0	90.0	89.5	85.6	85.9	94.8	83.4	95.2	94.2	96.1	89.6
Water consumed: municipal/city	90.4	87.1	83.7	78.8	84.0	83.8	60.7	62.9	65.5	76.8	90.3	92.9	89.3	83.8
Water consumed: private well	6.8	6.1	8.9	13.0	12.8	13.1	43.3	35.4	48.1	12.0	14.4	*	*	12.5
Water consumed: trucked-in water	1.7	2.4	1.9	3.7	1.3	0.3	*	2.1	*	3.1	9.3	7.9	26.2	1.4
Water consumed: store-bought bottled water	30.0	41.7	37.4	45.0	38.9	35.8	39.6	43.2	35.9	46.8	26.3	33.3	12.5	37.7
Water consumed: cistern	1.2	2.0	2.4	*	0.7	0.3	*	2.5	*	*	*	*	*	0.9
Water consumed: untreated lake, spring or river water	1.2	0.6	1.8	1.9	1.3	1.3	1.2	0.7	*	5.2	2.6	5.0	27.7	1.3
Water consumed: other water source	5.4	6.1	7.5	7.4	6.1	4.4	4.2	4.9	5.6	6.0	4.8	2.7	24.4	5.6
Swam in natural water	8.6	5.1	7.4	6.1	6.4	5.7	3.5	7.9	3.1	5.9	12.3	10.0	*	6.4
<b>Animal exposures—Companion animals</b>														
Companion animals in the home	54.9	55.5	51.5	51.4	52.2	53.7	60.3	59.4	61.8	66.2	62.6	59.5	37.1	53.8
Touch or handle any companion animals	65.9	65.4	67.3	61.1	60.0	63.0	66.2	65.8	69.4	73.6	75.9	66.4	45.3	62.9
Handle any pet waste or cleaned pet enclosure	32.2	33.7	29.1	30.0	34.0	33.9	34.2	35.2	35.6	35.6	42.9	42.3	14.9	33.5
Contact with pet with diarrhea	2.7	3.0	3.2	3.2	2.8	1.3	2.2	3.0	6.0	4.1	4.7	12.3	*	2.5
Dog	54.2	54.1	54.9	50.1	48.1	42.8	55.2	50.1	51.7	56.0	68.2	56.8	44.3	49.0
Cat	32.1	32.8	38.6	35.6	31.0	36.7	39.0	38.5	45.6	44.5	34.9	29.2	9.2	33.7
Reptile or amphibian	2.1	4.0	2.6	1.8	2.7	1.8	2.8	2.0	2.1	4.1	*	*	*	2.5
Rodent	2.1	3.3	4.3	1.9	2.7	2.5	2.9	2.2	1.4	1.3	3.7	*	*	2.6
Rabbit	2.0	1.9	1.9	0.9	2.3	3.4	2.2	1.9	*	1.6	1.7	*	*	2.4
Hedgehog	*	*	*	*	0.4	*	*	*	*	*	*	*	*	0.2
Bird	2.3	2.5	1.7	1.5	2.9	2.7	1.6	2.0	3.0	4.0	1.8	6.8	*	2.6

Exposure	BC	AB	SK	MB	ON	QC	NB	NS	PE	NL	YT	NT	NU	Canada
<b>Animal exposures—Pet food and treats</b>														
Handle pet food/treats	48.8	50.0	46.9	47.0	48.3	45.7	58.2	56.0	53.7	64.5	59.5	58.1	40.1	48.6
Dry pet food	45.4	45.3	45.2	42.7	44.7	43.0	52.1	51.8	52.1	58.5	55.3	52.6	34.7	45.0
Raw pet food	6.5	8.2	6.4	5.4	6.0	5.1	9.0	4.5	3.8	4.4	5.9	7.9	1.6	6.1
Raw treats derived from animal parts	7.4	11.0	7.5	5.3	6.7	6.4	9.9	7.5	5.3	11.7	10.5	6.3	7.3	7.3
Processed animal treats	31.0	31.6	30.0	29.4	29.1	23.8	32.8	29.3	32.6	42.8	41.0	38.9	32.9	28.8
Feeder rodents	0.2	0.5	*	*	0.4	0.2	*	*	*	*	*	*	*	0.4
<b>Animal exposures—Farm animals</b>														
Contact with any farm animals	6.9	6.9	13.2	8.5	6.3	6.9	8.6	9.5	10.1	5.7	8.2	7.1	*	7.0
Cattle	1.5	2.0	6.0	2.1	2.0	1.9	1.9	2.0	3.1	2.0	*	*	*	2.0
Poultry	3.7	2.4	6.5	4.3	2.9	3.3	3.3	6.0	4.2	1.3	4.0	*	*	3.3
Pig	0.7	0.8	1.1	0.3	0.9	0.7	*	*	*	*	*	*	*	0.8
Sheep or goat	1.6	1.6	1.5	1.6	1.4	1.8	3.1	2.2	1.1	2.0	2.0	*	*	1.6
Live on a farm or country property	8.0	8.9	14.0	13.9	10.1	7.6	13.7	15.3	18.8	6.1	15.1	1.7	*	9.5
Visit or work on farm, petting zoo or fair	5.8	5.7	12.1	7.1	5.5	3.8	4.2	3.0	4.7	5.5	3.1	*	*	5.3

\* A reliable estimate cannot be displayed due to small sample size.

<sup>1</sup> Question was only asked in the provinces.

<sup>2</sup> Question was not asked in that jurisdiction.

**Table 8: Weighted proportions of food, water and animal exposures in the past seven days, by month**

Exposure	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
<b>Vegetables</b>													
Any tomatoes	69.2	73.2	73.9	77.5	77.9	79.0	78.7	80.3	82.8	78.8	71.5	72.4	76.1
Grape or cherry tomatoes	40.5	40.7	42.1	44.7	48.3	49.6	50.9	55.3	56.5	47.1	38.2	40.6	46.1
Any lettuce or leafy greens	81.0	81.2	84.4	86.5	85.4	84.9	83.5	84.5	83.9	81.9	82.9	78.3	83.2
Iceberg lettuce	37.7	39.5	44.6	47.0	42.1	43.9	41.5	44.0	40.7	41.2	43.9	37.5	42.0
Romaine lettuce	54.4	54.7	57.6	58.7	56.2	56.5	59.7	61.4	56.1	56.9	57.7	51.9	56.8
Spinach	36.4	40.1	39.8	46.0	41.8	39.8	38.4	36.6	36.5	36.2	37.1	35.3	38.7
Mesclun lettuce/spring mix	25.9	20.2	22.9	24.3	25.4	26.2	27.5	24.7	22.4	18.4	21.3	18.7	23.2
Kale	16.5	18.4	18.4	21.5	20.1	16.2	18.0	18.9	19.0	17.4	17.1	15.5	18.1
Arugula	15.3	17.0	16.4	18.1	17.7	19.2	16.4	16.6	16.6	17.6	14.0	15.8	16.7
Other leafy green	12.5	13.5	13.2	15.6	19.0	17.6	18.5	17.0	19.0	14.6	13.1	14.6	15.6
Any pre-packaged leafy greens	30.6	31.6	31.5	32.1	32.4	31.3	28.4	28.5	28.4	26.8	31.9	28.5	30.2
Commercially pre-packaged salad kit	23.9	21.2	24.8	23.9	26.8	24.3	24.9	26.2	23.9	26.2	28.8	21.0	24.7
Store-bought or ready to eat green salad	17.5	17.8	17.6	17.6	22.2	18.5	18.4	19.0	16.9	18.2	18.3	15.0	18.1
Any cabbage	38.3	40.8	39.8	36.3	39.5	39.0	35.2	37.9	37.0	36.0	36.9	38.1	37.9
Coleslaw	20.9	22.6	20.6	18.6	24.3	21.6	20.0	22.8	19.3	17.8	20.0	18.8	20.6
Any microgreens or sprouts	13.7	15.9	13.3	16.0	14.1	13.4	12.4	11.6	11.8	12.7	14.4	12.7	13.5
Microgreens	8.2	5.5	5.0	7.4	6.5	5.6	5.2	4.2	5.1	5.1	6.2	6.4	5.9
Alfalfa sprouts	3.4	3.1	3.8	3.9	2.8	2.8	2.1	2.6	1.9	2.2	2.9	2.7	2.9
Bean sprouts	5.2	7.6	6.2	5.6	4.3	5.3	4.7	4.6	4.4	5.5	5.7	5.2	5.4
Other sprouts	2.9	3.8	2.6	4.0	3.5	3.4	2.9	2.6	2.7	2.1	1.8	3.5	3.0
Cucumbers	65.8	67.5	70.0	71.7	75.2	76.0	78.3	79.2	76.7	69.6	66.7	69.7	72.1
Bell peppers	62.1	64.1	65.8	66.6	67.8	69.1	63.9	67.0	67.4	64.2	66.0	63.9	65.6
Hot peppers	17.7	18.7	21.0	22.7	17.6	18.7	15.6	18.5	22.6	22.3	22.0	19.8	19.8
Sugar snap peas	13.6	12.8	13.4	16.1	15.4	14.7	19.7	15.3	12.9	11.4	11.9	12.1	14.0
Mini/baby carrots	35.7	30.0	34.7	35.9	36.2	37.9	30.7	36.3	33.3	32.6	32.2	34.1	34.1
Mushrooms	42.2	43.0	42.2	46.9	45.3	45.0	41.7	42.8	42.4	41.4	42.8	40.5	43.0
Any onions	68.5	72.8	70.9	72.1	72.8	72.4	70.0	74.8	72.0	72.4	71.3	69.5	71.6
Green onions	40.0	39.9	39.3	44.1	43.4	44.7	45.2	45.3	40.9	39.5	38.3	34.4	41.2
Red onions	37.2	41.6	43.3	42.4	37.8	40.2	40.1	41.1	43.1	42.7	38.2	37.7	40.4
Other onions	45.2	51.3	48.3	47.1	46.5	45.4	45.4	49.2	47.1	45.7	49.0	45.7	47.2
<b>Herbs</b>													
Any fresh herbs	46.2	46.8	46.8	47.8	48.5	53.9	54.9	55.6	50.5	48.0	44.6	46.3	49.1
Fresh basil	19.3	18.4	20.0	20.8	20.7	29.2	32.5	34.5	29.7	25.0	17.8	17.0	23.6

Exposure	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Fresh cilantro/coriander	24.0	25.7	24.7	25.1	23.1	25.0	27.4	24.7	23.7	22.3	22.3	23.4	24.3
Fresh parsley	22.7	23.3	23.2	25.2	24.3	28.7	27.9	28.9	27.3	25.1	23.3	24.7	25.3
Other fresh herbs	16.9	16.6	16.4	17.7	17.2	25.5	27.3	26.0	22.3	22.0	19.1	15.5	20.1
<b>Fruits</b>													
Mangoes	21.1	22.2	27.5	28.6	28.2	34.0	33.7	28.1	23.7	19.4	22.7	18.6	25.6
Fresh mangoes	13.4	14.2	20.6	20.7	20.4	25.2	26.1	20.8	15.9	13.2	14.8	12.3	18.1
Frozen mangoes	7.1	7.2	8.9	7.8	8.5	9.4	9.1	7.5	6.3	5.4	8.6	6.0	7.6
Dried mangoes	3.0	3.8	4.6	2.7	3.7	5.9	4.5	4.1	4.9	3.1	4.1	2.9	3.9
Papayas	4.1	4.1	3.8	4.6	3.7	4.6	4.0	3.9	5.5	2.9	3.1	3.0	3.9
Fresh papayas	3.6	3.7	2.5	3.6	3.1	3.9	3.2	2.7	4.2	2.6	2.3	2.5	3.1
Frozen papayas	*	*	0.6	*	*	*	0.5	0.2	0.9	*	*	*	0.4
Dried papayas	*	*	0.4	*	*	*	*	*	*	*	*	*	0.2
Pomegranate	11.2	6.0	6.4	4.4	6.0	6.4	4.8	3.9	4.2	6.1	10.3	14.3	7.1
Fresh pomegranate (including ready-to-eat seeds)	9.9	4.4	5.4	3.6	4.3	4.1	3.7	2.2	2.4	4.2	8.3	11.7	5.4
Frozen pomegranate	0.4	0.7	0.7	0.2	1.1	0.4	0.7	0.8	0.9	0.8	1.3	0.9	0.8
Avocado (including guacamole)	43.7	44.5	47.4	46.3	43.5	43.0	44.3	44.0	41.2	39.9	41.2	44.4	43.6
Fresh avocado	39.8	41.0	44.5	43.6	41.3	38.7	41.8	39.7	37.6	36.8	37.9	38.5	40.1
Frozen avocado	2.0	1.7	2.1	1.7	2.2	1.9	1.8	2.9	2.1	1.2	1.3	1.2	1.8
Any melon	24.5	30.9	33.0	37.3	43.6	54.3	59.0	59.8	51.0	34.5	29.4	30.5	40.2
Cantaloupe	17.2	21.4	23.1	25.1	24.3	25.5	23.4	26.9	26.9	20.0	18.7	17.0	22.4
Fresh cantaloupe	15.9	19.9	21.9	23.4	22.2	24.2	22.2	25.5	25.7	18.1	16.3	15.1	20.8
Frozen cantaloupe	0.3	0.8	1.0	0.4	0.5	0.9	0.6	0.5	1.0	0.5	0.8	0.7	0.7
Honeydew melon	11.8	11.3	9.5	12.3	12.6	13.9	14.1	15.0	13.6	12.8	12.1	12.2	12.5
Fresh honeydew melon	3.4	3.5	2.8	4.0	2.5	3.9	3.8	4.7	4.5	4.2	3.6	4.0	3.7
Frozen honeydew melon	*	*	*	*	*	*	*	*	*	*	*	*	0.2
Watermelon	10.2	13.3	15.9	19.2	31.2	46.4	50.6	51.0	40.2	21.3	15.3	16.4	27.1
Fresh watermelon	9.7	12.4	14.6	17.9	29.2	44.2	48.7	49.2	39.1	20.2	14.1	14.8	25.6
Frozen watermelon	0.6	0.9	1.1	1.0	0.5	2.2	1.6	1.4	1.2	1.1	0.9	*	1.0
Peaches	10.0	12.9	12.7	9.1	10.0	16.8	20.4	42.0	37.8	15.2	14.1	10.0	17.4
Fresh peaches	4.4	6.9	7.4	4.2	6.1	12.0	16.9	38.4	34.4	12.6	6.9	5.7	12.7
Frozen peaches	4.6	5.3	5.1	3.8	2.8	3.2	2.5	5.5	4.1	2.3	4.7	3.3	3.9
Nectarines	9.9	12.8	13.3	9.1	9.0	8.0	18.6	20.3	18.2	10.4	8.0	11.8	12.4
Fresh nectarines	9.1	11.6	11.7	8.6	8.3	6.9	17.9	18.9	16.3	8.3	7.0	10.5	11.2
Frozen nectarines	0.2	*	0.7	*	*	*	0.5	0.6	0.7	0.7	0.2	0.6	0.5
Any berries	72.6	75.0	77.9	74.9	80.7	83.5	84.8	87.3	79.1	73.6	69.9	71.3	77.5
Strawberries	49.4	53.7	62.7	56.9	65.2	75.4	74.1	65.3	62.4	56.9	53.5	49.2	60.2

Exposure	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Fresh strawberries	39.3	43.1	54.7	48.8	58.8	68.3	69.7	59.4	54.3	50.2	42.7	40.7	52.4
Frozen strawberries	19.1	18.2	20.4	20.1	17.2	20.2	14.8	18.0	17.1	14.9	18.5	15.2	17.9
Dried strawberries	1.0	2.5	1.2	1.5	1.5	2.3	2.2	2.5	2.2	1.6	3.3	2.1	2.0
Raspberries	33.5	31.3	36.9	39.3	38.3	35.5	39.1	42.9	38.6	37.1	41.9	40.1	37.8
Fresh raspberries	25.1	21.2	28.7	32.7	30.9	28.9	33.9	36.8	32.7	31.2	35.7	32.9	30.8
Frozen raspberries	12.3	12.3	12.3	9.5	11.1	10.5	8.7	9.5	9.8	8.1	9.9	11.3	10.5
Dried raspberries	1.0	0.9	1.1	0.9	1.0	0.7	0.7	0.7	0.7	0.3	0.5	0.7	0.8
Blueberries	51.3	54.4	52.7	49.7	54.9	52.1	58.7	68.9	53.3	44.1	40.7	41.9	51.8
Fresh blueberries	38.0	39.2	37.1	34.2	41.9	38.4	49.4	62.4	41.5	29.0	24.3	28.7	38.6
Frozen blueberries	21.8	24.7	26.4	23.6	21.8	22.9	20.1	19.2	21.6	21.9	21.9	19.1	22.1
Dried blueberries	1.5	1.3	1.6	1.4	2.5	1.3	1.9	2.2	1.6	0.9	2.4	1.3	1.7
Blackberries	17.1	20.0	21.0	16.9	19.2	17.0	20.7	18.2	17.5	15.5	13.6	16.0	17.7
Fresh blackberries	12.2	14.7	15.8	12.3	13.4	12.5	16.4	14.6	13.3	11.2	9.3	11.1	13.1
Frozen blackberries	5.1	6.2	6.7	4.9	6.4	4.8	4.8	4.7	5.6	4.3	4.5	5.7	5.3
Dried blackberries	*	*	*	*	*	*	*	*	*	*	*	*	0.2
Coconut: excluding coconut water or milk	7.8	8.3	9.4	8.6	7.5	8.7	7.5	6.7	7.7	6.7	9.6	8.2	8.1
Fresh coconut	2.0	3.7	2.5	3.8	2.1	2.1	2.0	2.0	2.8	1.9	3.9	2.2	2.6
Frozen coconut	0.8	1.0	1.2	1.0	0.7	1.5	1.1	0.7	1.3	0.8	1.7	*	1.0
Dried coconut	5.8	4.4	7.1	4.7	5.1	6.0	5.3	4.5	4.3	4.6	5.6	5.4	5.3
Bag of mixed frozen fruit or berries	19.9	20.4	21.9	20.9	18.3	19.0	19.1	21.3	16.1	20.6	20.9	19.2	19.9
Fruit smoothies at home or store-bought	24.1	28.3	27.5	30.3	26.8	30.7	32.2	30.4	26.6	24.0	31.4	24.2	28.0
Unpasteurized apple cider or fruit juice	17.1	17.6	16.8	15.5	13.9	14.7	16.6	17.2	14.8	17.0	19.8	16.5	16.5
<b>Nuts and nut butters</b>													
Any nuts	75.5	76.8	77.5	74.4	73.4	69.4	70.2	72.8	73.8	73.5	75.2	75.7	74.1
Peanuts (excluding peanut butter/spread)	35.0	35.8	35.9	34.1	32.5	33.3	30.7	32.2	31.9	34.2	37.5	35.3	34.1
Peanut butter	53.8	56.4	55.9	50.8	51.2	50.1	48.7	53.9	51.8	51.2	52.8	52.0	52.5
Almonds (excluding almond butter/spread)	40.6	42.2	41.9	43.1	38.1	37.6	33.5	39.9	37.4	35.1	38.5	41.1	39.1
Almond butter	7.8	9.3	8.2	6.8	8.4	4.6	6.1	6.0	8.7	6.1	8.5	6.0	7.2
Walnuts	25.2	26.4	24.6	25.4	22.1	22.0	20.5	21.9	22.6	23.0	25.6	28.0	24.0
Hazelnuts (excluding hazelnut butter/spread)	12.1	11.3	10.1	10.6	10.3	8.7	9.6	8.1	10.7	9.5	11.5	11.3	10.3
Hazelnut spread	15.7	19.1	15.9	14.7	15.3	15.0	14.4	14.4	14.0	13.7	16.6	15.5	15.4
Cashews (excluding cashew butter/spread)	35.4	33.8	33.2	33.4	32.5	31.3	29.4	30.4	28.0	28.3	33.0	31.8	31.8



Exposure	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Cashew butter	1.5	2.1	2.0	2.7	2.4	1.4	1.1	0.9	0.7	1.6	1.8	2.0	1.7
Pecans	20.2	20.5	18.2	15.3	15.7	15.3	15.3	16.9	15.4	15.9	17.4	18.6	171
Other nuts	22.9	23.1	25.3	21.1	23.4	19.9	20.2	21.6	20.2	20.3	25.9	24.0	22.4
<b>Seeds and seed products</b>													
Any seeds	49.1	52.3	56.2	51.2	52.9	54.2	53.4	52.1	52.8	52.6	54.9	50.5	52.7
Sunflower seeds	15.9	19.6	19.5	15.0	20.0	22.0	22.3	20.4	18.5	20.8	19.7	16.9	19.2
Butter or paste containing sunflower seeds	4.2	3.6	4.3	3.7	3.8	4.8	3.6	4.2	3.7	4.1	5.1	4.4	4.1
Sesame seeds	27.8	29.9	34.1	32.9	29.3	30.9	31.0	31.9	29.3	24.2	31.2	29.3	30.1
Tahini	14.0	13.0	15.7	15.1	15.8	14.4	13.4	14.2	13.4	14.2	12.9	15.6	14.3
Chia seeds/chia seed powder	15.4	17.9	19.3	15.5	17.6	13.8	15.2	17.1	17.0	17.1	14.9	15.4	16.4
Flax seeds/flax seed powder	16.4	18.9	16.7	15.9	14.7	17.3	15.6	17.7	17.7	18.7	14.9	18.1	16.9
Other seeds	18.1	20.4	21.1	19.3	20.0	20.7	16.8	19.7	19.2	19.9	24.3	21.0	20.1
<b>Beef</b>													
Any beef (not including deli-meat)	80.3	78.9	78.2	78.8	78.3	80.6	80.8	82.2	79.1	79.3	80.7	78.4	79.6
Any ground beef	66.9	64.8	68.1	69.1	67.9	69.8	68.4	72.8	66.9	69.9	72.5	66.6	68.7
Ground beef consumed raw or undercooked	2.6	2.3	3.1	4.2	2.4	1.2	3.0	2.2	3.8	2.8	4.0	2.5	2.8
Any hamburgers	36.3	37.2	38.8	44.6	49.1	54.0	50.6	54.2	47.2	44.9	41.7	37.6	44.5
Hamburgers store-bought frozen beef patties	9.0	8.9	10.2	9.9	18.4	19.2	19.4	21.0	17.9	17.5	15.7	10.1	14.7
Raw beef (not including raw ground beef)	4.2	4.3	3.6	5.2	4.2	5.1	3.7	4.2	3.8	4.8	4.1	4.2	4.3
Steak	29.8	30.7	29.6	34.6	33.4	36.5	39.6	37.4	32.2	33.7	30.7	30.1	33.1
Stewing beef	20.3	22.0	21.1	17.4	13.8	14.0	12.4	13.9	13.7	20.5	24.8	19.1	17.9
Veal	6.7	6.3	5.1	6.0	5.4	5.7	5.5	5.9	5.6	5.7	7.9	6.9	6.1
Beef sausage (not including dried sausage)	16.3	12.3	14.9	14.6	15.7	15.6	17.5	15.3	13.2	11.6	13.2	16.3	14.7
Other whole-cut beef products (e.g. ribs or roast)	25.1	22.9	24.0	24.2	19.8	20.5	20.3	21.5	20.7	23.5	27.6	26.7	23.1
<b>Pork</b>													
Any pork (not including deli-meats)	60.2	56.4	57.2	60.8	58.5	59.2	59.4	60.8	58.2	58.6	58.2	60.0	58.9
Ground pork	18.3	13.8	15.2	15.0	14.5	13.3	14.7	14.0	12.6	16.0	16.6	19.5	15.3
Pork sausage (not including dried sausage)	28.5	25.8	28.2	30.3	29.5	32.9	33.4	31.5	27.2	25.9	29.3	30.1	29.3
Pork pieces or parts	41.7	41.2	43.0	43.3	40.1	44.9	39.6	42.1	39.9	39.4	41.5	42.0	41.6
Pork consumed raw or with pink still showing	2.6	3.8	2.3	3.7	3.2	4.2	3.8	4.2	3.4	4.1	2.9	3.7	3.5

Exposure	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
<b>Chicken</b>													
Any chicken (not including deli-meats)	85.0	88.0	86.0	86.4	85.4	87.0	86.0	87.5	84.3	88.5	87.3	86.9	86.5
Store-bought breaded chicken	35.9	34.0	34.1	32.9	32.0	32.2	32.1	33.0	30.3	30.6	35.8	33.9	33.1
Store-bought breaded chicken purchased frozen	26.4	24.2	23.6	23.9	21.4	21.5	22.2	21.4	19.2	22.3	26.1	25.8	23.2
Store-bought stuffed chicken products	5.5	7.1	6.0	8.0	6.5	7.4	7.2	6.9	6.1	6.8	9.7	8.2	7.1
Store-bought stuffed chicken products purchased frozen	Not Asked <sup>1</sup>	Not Asked <sup>1</sup>	Not Asked <sup>1</sup>	8.2	4.4	4.0	4.7	4.6	4.7	5.4	6.8	6.1	5.3
Ground chicken	6.7	8.3	7.6	6.4	7.9	7.9	7.7	7.3	6.7	6.5	8.2	10.3	7.6
Roasted whole chicken purchased from a store	23.7	22.5	26.6	21.9	22.1	25.1	24.3	23.9	25.1	27.2	29.0	26.1	24.8
Whole chicken purchased raw and cooked at home	29.7	30.6	29.7	28.4	29.5	30.8	28.3	30.6	26.0	31.7	31.0	32.4	29.9
Chicken pieces or parts	69.8	73.9	74.5	69.1	68.6	71.1	68.9	70.6	67.1	72.1	72.4	70.2	70.8
Chicken sausage (not including dried sausage)	3.6	3.0	2.9	3.6	2.9	3.9	3.0	3.5	3.8	3.6	4.1	4.4	3.5
<b>Turkey</b>													
Any turkey (not including deli-meat)	21.1	9.3	10.0	12.1	7.6	10.1	6.5	8.6	7.8	26.1	12.4	23.5	13.0
Ground turkey	4.5	4.6	5.3	3.3	3.6	4.1	3.2	4.7	3.9	4.2	5.3	3.8	4.2
Turkey sausage	1.5	1.2	1.6	1.6	1.1	0.9	1.7	0.5	1.2	1.7	1.5	1.8	1.4
Whole turkey	12.7	1.5	1.5	5.1	1.2	1.4	0.5	1.2	2.1	17.3	3.1	14.0	5.2
Turkey pieces or parts	12.0	4.2	3.0	6.8	3.5	4.7	1.5	3.4	3.3	13.8	4.8	13.5	6.3
<b>Other poultry</b>													
Other poultry	4.5	3.3	2.9	4.0	3.7	2.9	3.3	3.8	3.3	5.3	4.0	6.0	3.9
<b>Deli-meats</b>													
Any deli-meat/cold cuts	49.6	49.9	48.6	48.1	46.9	51.0	48.5	53.0	50.7	52.6	51.5	50.0	50.0
Chicken deli-meat	7.4	9.4	8.8	8.2	7.7	11.4	10.9	9.2	9.9	11.6	9.3	7.1	9.2
Turkey deli-meat	11.7	16.7	15.6	16.1	13.9	17.2	15.2	18.4	17.8	18.3	19.4	15.3	16.3
Ham deli-meat	36.2	36.1	35.5	35.9	33.9	38.0	35.7	38.7	35.4	36.1	37.8	35.4	36.2
Beef deli-meat	12.7	10.4	9.9	10.2	9.8	10.8	9.1	12.1	10.6	11.5	11.8	10.8	10.8
Other deli-meat	13.2	11.3	11.5	12.3	11.7	11.3	10.3	12.2	12.3	11.5	13.5	13.1	12.0
<b>Other meats/animal products</b>													
Hot dogs	24.6	21.7	19.7	27.0	34.9	37.0	41.5	37.9	29.4	25.9	26.7	23.6	28.9
Pâté/meat spread	10.3	6.8	8.6	8.4	6.3	8.5	7.4	8.6	8.5	6.4	6.0	10.4	8.0
Any organ meats	4.7	3.4	3.9	5.8	3.2	4.7	4.5	3.2	3.8	4.8	4.6	4.0	4.2
Veal or calf liver	1.1	1.2	1.1	2.6	0.8	1.7	1.8	1.0	1.7	1.5	1.5	1.4	1.4

Exposure	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Veal or calf liver consumed raw or undercooked	*	*	*	*	*	*	*	*	*	*	*	*	0.1
Other organ meat	1.4	1.5	1.6	2.0	1.8	1.6	2.1	1.1	1.3	1.3	1.5	1.6	1.5
Goat	1.4	1.5	2.7	2.7	0.9	1.9	2.2	1.2	2.9	1.1	2.3	3.4	2.0
Lamb	8.2	7.9	7.8	8.9	7.7	5.9	7.5	6.4	7.8	6.9	7.3	9.5	7.7
Horse	0.1	0.5	0.3	0.3	0.3	0.7	0.4	0.3	*	0.2	1.2	*	0.4
Any dried/cured meat products	20.9	16.8	20.6	20.0	16.5	21.8	16.4	20.7	16.7	19.8	21.5	20.5	19.4
Hunted or farmed deer <sup>2</sup>	5.3	3.2	3.5	3.0	2.3	2.8	1.9	3.1	1.1	2.6	4.5	4.9	3.2
Other hunted meats (not including seafood) <sup>2</sup>	3.4	3.6	3.3	2.5	1.5	2.3	1.6	1.7	2.5	3.0	3.9	4.0	2.8
<b>Seafood</b>													
Any seafood	59.0	65.4	65.8	62.5	58.4	59.7	59.0	59.2	57.0	55.1	54.2	56.6	59.4
Any fish	48.1	53.7	55.4	49.6	47.9	49.7	47.7	51.2	47.5	45.3	45.9	45.1	49.0
Smoked fish	15.2	11.5	14.3	12.9	11.0	11.3	10.7	12.9	12.1	10.8	10.9	11.1	12.1
Fish eaten raw	13.2	12.0	15.3	13.4	12.7	12.8	10.0	12.8	12.3	10.9	12.0	11.8	12.5
Any shellfish	31.7	29.6	32.7	31.2	28.5	25.9	27.9	29.5	27.8	24.9	25.8	28.9	28.8
Mussels	6.2	3.8	5.0	5.6	4.1	3.7	3.5	4.5	5.2	4.1	4.8	4.7	4.6
Clams	4.7	3.0	3.8	3.2	2.9	1.7	2.9	2.4	3.1	2.2	3.3	3.4	3.1
Shrimp/prawns	29.4	27.3	29.9	26.7	25.0	22.8	25.5	26.4	25.1	22.6	22.6	26.6	25.9
Oysters	4.2	4.1	3.4	3.9	3.5	2.3	3.3	4.1	3.3	2.4	3.1	3.1	3.4
Oysters consumed raw	2.1	2.5	1.5	0.8	1.4	0.8	1.3	1.5	1.3	0.9	1.5	1.9	1.5
<b>Eggs</b>													
Any eggs	87.8	90.0	89.5	87.6	85.8	89.3	87.7	88.4	87.2	85.1	88.5	90.2	88.1
Raw or undercooked eggs	26.4	27.3	26.3	28.2	27.6	26.1	22.7	25.2	26.2	22.7	27.4	29.3	26.3
<b>Dairy</b>													
Ice cream	43.2	47.3	48.7	53.7	61.4	69.5	72.8	73.8	62.0	57.7	47.9	47.1	56.8
Desserts containing milk or cream	47.1	46.2	45.9	47.9	41.3	50.2	45.8	45.2	42.1	48.6	44.7	46.9	46.0
Yogurt	62.7	69.0	68.2	68.0	64.9	69.9	65.7	68.4	65.7	68.0	66.1	67.2	67.0
Unpasteurized (raw) milk, excluding cheese	4.8	4.1	4.2	5.8	3.2	4.3	4.5	4.3	5.0	3.8	5.0	4.2	4.4
<b>Cheese</b>													
Any cheese products	89.1	89.7	90.2	89.6	87.8	89.9	89.6	90.7	88.2	91.2	90.9	89.7	89.7
Gouda	16.5	13.2	12.6	15.0	13.7	11.5	13.7	13.3	12.4	11.7	14.1	17.3	13.7
Feta cheese	29.4	27.4	30.0	31.1	27.8	33.4	33.0	34.4	28.8	29.0	28.4	27.9	30.0
Brie, camembert or other soft cheeses	31.9	25.0	21.4	23.6	22.6	19.8	23.2	21.3	23.4	22.8	25.3	28.4	24.1
Cheese made from goat milk	15.7	11.2	10.4	12.0	11.6	10.6	12.5	9.7	11.3	14.0	12.3	13.4	12.1
Cheese made with unpasteurized (raw) milk	7.7	5.2	5.0	7.0	3.6	7.1	4.8	3.3	4.2	6.3	5.1	5.8	5.4

Exposure	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
<b>Dairy substitutes</b>													
Non-dairy milk	21.9	22.2	25.2	23.7	21.3	23.4	20.0	21.4	23.9	18.6	20.1	19.8	21.8
Other non-dairy products/ substitutes	15.9	13.4	17.4	20.2	16.6	15.9	17.1	17.6	17.6	14.4	13.5	16.4	16.3
<b>Other foods</b>													
Any wheat flour	71.9	68.7	71.7	68.6	67.2	68.3	64.7	64.3	68.7	68.6	69.0	72.4	68.7
Eat/taste unbaked dough/ batter made with wheat flour	17.5	13.9	18.8	12.5	13.6	13.6	13.2	14.3	13.3	16.1	17.4	18.0	15.3
Other flour	9.8	10.3	11.6	7.5	9.4	7.9	9.2	7.5	9.7	9.4	8.2	10.0	9.2
Any plant based meat substitutes	18.3	17.8	21.4	18.5	19.6	17.9	18.2	17.6	18.2	14.8	17.8	16.8	18.1
Tofu	14.1	14.6	16.6	14.7	16.7	14.3	14.7	14.2	13.9	11.7	14.1	13.4	14.4
Other plant-based substitute	6.9	6.0	8.1	5.9	7.0	6.1	6.6	5.2	7.1	4.3	4.7	4.9	6.1
Hummus (excluding home- made)	22.9	24.3	25.8	26.3	27.2	26.1	22.8	25.2	22.7	23.7	21.6	23.9	24.4
Dietary or nutritional supplement	16.2	16.5	17.5	16.0	15.7	19.2	13.8	18.2	14.8	15.3	17.4	16.0	16.4
Meal replacement beverage	4.0	5.1	3.6	3.7	3.9	4.1	3.6	4.1	4.7	5.2	4.0	3.6	4.1
Protein powder	11.4	10.8	13.8	10.3	10.4	13.2	9.7	14.0	9.9	10.0	12.7	11.5	11.5
Probiotics	3.8	3.3	3.9	5.3	4.1	4.8	3.4	4.0	5.2	3.8	5.4	3.9	4.2
Food or drink containing cannabis	6.6	4.8	6.8	6.0	5.7	4.8	4.6	6.8	6.6	6.6	6.4	6.2	6.0
<b>Diets</b>													
Always or sometimes eats organic produce	77.2	77.4	78.4	76.1	78.7	76.0	79.9	76.4	75.8	73.3	76.6	75.6	76.8
Vegan diet	1.2	1.1	2.1	1.9	1.9	1.3	1.3	0.9	2.2	0.8	1.6	1.1	1.5
Vegetarian diet	5.1	4.0	6.3	3.9	6.8	4.6	5.1	3.7	5.9	3.1	3.9	4.5	4.7
Kosher diet	*	*	0.5	*	*	0.4	0.2	0.8	0.1	*	0.7	*	0.4
Halal diet	0.9	2.1	3.0	2.4	1.5	1.6	2.2	2.6	1.8	1.5	2.9	2.3	2.1
<b>Food shopping practices</b>													
Consumed meat from a butcher shop	25.0	24.6	23.6	25.3	22.9	26.2	25.8	26.4	21.3	23.0	25.0	23.3	24.4
Consumed food from a farm market	13.0	13.5	10.4	14.7	14.6	19.7	23.5	30.2	23.6	23.1	17.7	13.7	18.0
Consumed produce from a farm market	6.3	6.9	5.2	7.3	7.2	13.6	19.6	26.9	19.7	18.4	12.0	8.2	12.4
Consumed eggs from a farm market	8.2	8.4	5.5	10.5	10.3	12.3	10.3	12.3	9.5	11.4	10.3	8.4	9.7
Consumed meat from a farm market	8.1	6.5	4.8	7.1	6.7	8.5	8.1	9.2	7.7	9.6	8.5	6.7	7.6
Consumed cheese from a farm market	3.3	2.7	2.1	4.3	3.8	4.3	5.3	4.9	3.9	4.0	4.0	3.7	3.8
Consumed food from a meal kit	4.4	3.4	4.1	4.7	2.7	5.0	2.6	3.1	6.0	3.9	4.4	5.7	4.1

Exposure	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
<b>Water exposures</b>													
Drank water supplied to residence	89.5	89.7	90.4	90.1	91.2	89.5	90.1	88.0	89.8	87.6	87.8	91.4	89.6
Water consumed: municipal/city	81.0	81.7	82.5	84.4	87.6	84.2	80.3	83.8	86.0	83.3	84.9	85.6	83.8
Water consumed: private well	12.9	11.2	11.8	11.3	12.3	13.5	13.2	12.9	11.7	13.8	11.6	14.1	12.5
Water consumed: trucked-in water	0.8	1.2	1.6	1.6	1.2	1.5	1.9	0.8	1.9	1.9	1.8	1.1	1.4
Water consumed: store-bought bottled water	33.9	30.1	35.1	34.5	38.0	42.1	40.2	45.4	39.7	38.5	36.6	39.0	37.7
Water consumed: cistern	0.4	*	0.5	0.4	0.6	1.0	2.1	1.3	1.4	1.2	1.3	0.6	0.9
Water consumed: untreated lake, spring or river water	0.9	0.7	0.6	0.9	0.8	2.0	1.4	1.9	0.9	2.3	2.6	0.7	1.3
Water consumed: other water source	4.5	4.7	3.4	5.9	7.5	6.7	6.8	5.2	6.1	5.4	6.6	5.4	5.6
Swam in natural water	1.3	*	0.8	1.4	3.9	10.0	24.6	21.1	10.0	3.0	1.8	1.1	6.4
<b>Animal exposures—Companion animals</b>													
Companion animals in the home	55.6	51.8	51.7	50.8	55.3	53.4	54.2	56.3	51.5	55.8	54.4	54.9	53.8
Touch or handle any companion animals	64.7	58.7	60.3	61.5	62.0	65.9	63.3	66.8	63.2	63.1	62.8	63.2	62.9
Handle any pet waste or cleaned pet enclosure	34.2	32.5	32.3	34.0	33.7	34.4	33.1	35.6	32.9	33.2	32.8	32.9	33.5
Contact with pet with diarrhea	3.1	2.5	2.1	2.8	2.3	3.1	2.1	2.8	2.6	2.0	2.6	2.4	2.5
Dog	49.2	45.5	42.6	45.8	49.0	52.1	50.6	53.9	48.7	51.3	49.4	51.5	49.0
Cat	35.0	30.8	34.8	34.0	32.4	34.9	34.2	35.7	32.0	32.9	33.7	33.3	33.7
Reptile or amphibian	3.2	1.9	2.0	1.6	2.2	4.3	5.0	3.4	1.5	1.7	2.3	1.1	2.5
Rodent	2.3	2.2	2.0	2.4	2.8	2.9	2.8	2.0	3.6	3.8	2.1	2.7	2.6
Rabbit	1.6	1.8	2.4	2.8	2.3	3.0	3.7	2.2	3.3	1.8	1.3	2.4	2.4
Hedgehog	*	*	*	*	*	*	*	*	*	*	*	*	0.2
Bird	3.5	2.1	2.6	2.7	2.7	3.1	3.6	3.1	1.9	2.1	2.1	2.1	2.6
<b>Animal exposures—Pet food and treats</b>													
Handle pet food/treats	49.8	46.2	47.4	47.9	48.2	49.3	47.8	50.1	45.0	48.8	50.4	51.8	48.6
Dry pet food	45.9	43.0	44.1	44.5	44.6	44.3	44.2	47.9	41.6	45.7	46.3	47.6	45.0
Raw pet food	6.9	6.8	5.4	5.6	5.2	5.3	7.1	6.3	4.5	6.9	6.8	6.3	6.1
Raw treats derived from animal parts	6.1	6.7	6.3	8.4	6.7	7.3	7.9	7.1	6.1	7.5	10.0	8.2	7.3
Processed animal treats	27.7	27.1	26.5	28.4	29.9	28.0	28.9	29.5	28.5	29.2	30.7	31.2	28.8
Feeder rodents	0.8	0.5	*	*	*	*	*	0.5	*	0.8	0.8	0.4	0.4

Exposure	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
<b>Animal exposures—Farm animals</b>													
Contact with any farm animals	5.5	5.6	4.8	6.9	6.3	8.9	8.2	9.6	9.0	8.4	6.0	6.0	7.0
Cattle	2.7	1.8	1.2	2.6	1.1	3.4	2.0	2.4	2.4	2.1	1.3	1.3	2.0
Poultry	2.2	2.1	2.6	3.3	3.2	5.1	4.6	4.3	4.3	3.8	2.3	2.0	3.3
Pig	*	0.8	*	0.6	*	0.8	1.2	0.6	2.1	0.5	0.7	*	0.8
Sheep or goat	0.7	1.1	1.6	1.7	2.0	2.5	1.3	1.9	3.5	2.0	1.0	0.8	1.6
Live on a farm or country property	9.6	7.8	8.1	10.3	10.8	10.1	10.7	9.7	8.6	10.1	9.1	9.9	9.5
Visit or work on farm, petting zoo or fair	3.7	3.7	3.1	5.6	5.1	6.3	7.0	8.1	7.0	7.5	3.9	3.6	5.3

\* A reliable estimate cannot be displayed due to small sample size

<sup>1</sup> Question was not asked during this month.

<sup>2</sup> Question only asked in the provinces.

**Table 9: Weighted proportions of food, water and animal exposures in the past seven days, by age group and gender**

Exposure	0–9 years			10–19 years			20–64 years			≥ 65 years			All age groups		
	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>
<b>Vegetables</b>															
Any tomatoes	58.1	58.9	58.9	60.8	69.9	65.2	78.3	80.8	79.3	82.4	82.5	82.2	74.8	77.9	76.1
Grape or cherry tomatoes	39.8	40.3	40.5	31.6	42.7	36.8	45.1	50.5	47.7	48.3	50.9	49.6	43.5	48.9	46.1
Any lettuce or leafy greens	57.3	64.3	60.7	81.1	84.6	82.0	85.9	88.5	87.1	84.0	85.7	84.8	81.9	85.0	83.2
Iceberg lettuce	22.4	24.3	23.4	39.0	45.9	41.4	47.9	43.6	45.6	42.6	41.5	42.0	43.1	41.3	42.0
Romaine lettuce	36.1	39.3	37.7	55.5	62.3	57.3	59.2	63.2	61.2	53.2	55.8	54.6	55.0	59.0	56.8
Spinach	21.1	24.6	22.9	32.1	35.5	33.5	42.2	46.3	44.2	32.7	34.3	33.4	37.1	40.4	38.7
Mesclun lettuce/spring mix	14.2	13.8	14.4	12.9	19.5	16.1	21.2	31.8	26.6	18.2	25.1	21.9	18.9	27.3	23.2
Kale	4.7	14.0	9.4	11.1	12.2	11.2	17.9	23.7	20.9	16.0	19.7	18.1	15.4	20.8	18.1
Arugula	6.1	6.8	6.6	9.0	11.3	10.0	17.5	22.5	20.0	13.2	18.5	16.0	14.4	19.0	16.7
Other leafy green	5.5	10.5	7.8	13.2	11.9	12.6	14.0	18.3	16.2	17.0	21.0	19.1	13.6	17.6	15.6
Any pre-packaged leafy greens	20.2	21.7	20.9	27.9	32.0	29.4	32.0	34.5	33.3	27.0	25.4	26.1	29.4	31.0	30.2
Commercially pre-packaged salad kit	13.1	16.6	14.7	17.8	28.9	22.6	27.9	28.1	27.9	22.7	22.3	22.4	24.0	25.6	24.7
Store-bought or ready to eat green salad	9.8	11.3	10.5	14.9	20.4	17.3	20.4	20.2	20.3	15.9	17.2	16.6	17.7	18.6	18.1
Any cabbage	16.5	24.2	20.2	28.3	29.8	28.6	38.5	40.5	39.5	46.2	49.5	47.9	36.5	39.6	37.9
Coleslaw	5.7	10.4	8.0	13.4	15.4	14.1	21.3	19.7	20.5	30.0	33.8	32.0	20.2	21.3	20.6
Any microgreens or sprouts	6.2	10.0	8.0	14.1	13.1	13.5	15.1	14.9	15.1	11.4	10.9	11.2	13.5	13.4	13.5
Microgreens	3.3	4.6	4.0	5.8	6.2	5.8	6.3	7.2	6.8	3.4	4.8	4.3	5.3	6.3	5.9
Alfalfa sprouts	2.1	*	1.3	1.9	1.7	1.7	3.5	3.5	3.5	2.2	3.0	2.6	2.9	2.9	2.9
Bean sprouts	2.1	4.4	3.2	5.6	5.2	5.3	6.7	5.7	6.3	4.0	3.4	3.7	5.7	5.0	5.4
Other sprouts	2.5	1.7	2.1	4.6	3.4	4.2	3.0	3.1	3.1	2.2	2.2	2.2	3.1	2.8	3.0
Cucumbers	79.4	78.6	79.0	73.8	79.2	76.1	68.0	76.3	72.1	63.7	68.0	66.1	69.2	74.9	72.1
Bell peppers	53.9	53.6	53.9	59.1	63.7	61.1	65.9	70.7	68.1	64.8	68.6	66.9	63.7	67.7	65.6
Hot peppers	5.1	4.2	4.6	14.3	12.9	13.7	31.0	19.7	25.4	17.0	12.0	14.3	23.7	15.9	19.8
Sugar snap peas	20.4	14.6	17.4	14.4	14.4	14.8	12.0	14.7	13.4	13.4	14.2	13.8	13.6	14.5	14.0
Mini/baby carrots	38.7	44.9	41.6	38.6	40.7	39.0	33.2	33.5	33.2	31.2	29.9	30.6	34.1	34.5	34.1
Mushrooms	22.1	19.8	20.8	25.0	30.5	27.7	48.5	45.2	46.7	53.3	51.5	52.5	43.8	42.4	43.0
Any onions	41.1	40.5	40.7	61.4	58.7	60.0	76.7	76.3	76.4	79.3	79.4	79.4	71.6	71.7	71.6
Green onions	17.3	15.7	16.4	30.6	34.0	31.8	44.8	45.9	45.4	46.6	46.5	46.6	40.5	41.9	41.2
Red onions	18.1	16.6	17.3	33.9	32.9	33.3	46.6	45.5	46.1	40.6	38.3	39.4	41.0	39.9	40.4
Other onions	26.2	28.1	27.0	41.5	35.2	38.5	49.8	50.7	50.3	52.8	53.9	53.5	46.7	47.6	47.2
<b>Herbs</b>															
Any fresh herbs	35.9	33.7	35.2	43.5	50.2	46.4	54.0	53.1	53.5	43.3	44.3	43.9	49.1	49.0	49.1
Fresh basil	17.1	14.7	16.1	20.9	17.9	19.1	25.9	25.7	25.8	23.5	23.1	23.4	23.9	23.3	23.6

Exposure	0–9 years			10–19 years			20–64 years			≥ 65 years			All age groups		
	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>
Fresh cilantro/coriander	18.2	13.0	15.6	23.7	27.1	24.8	30.1	27.3	28.5	15.8	13.9	14.8	25.7	23.0	24.3
Fresh parsley	14.3	15.1	14.8	19.9	22.7	21.2	26.9	26.3	26.6	29.0	29.4	29.2	25.1	25.5	25.3
Other fresh herbs	14.4	9.4	12.2	11.5	18.6	14.8	21.8	23.0	22.4	18.8	20.2	19.7	19.4	20.6	20.1
<b>Fruits</b>															
Mangoes	36.1	34.8	35.3	26.8	35.9	31.2	23.6	27.0	25.3	17.0	17.4	17.2	24.3	26.8	25.6
Fresh mangoes	24.6	25.4	24.9	18.5	24.4	21.5	17.1	18.5	17.8	12.3	12.5	12.3	17.3	18.7	18.1
Frozen mangoes	12.6	11.4	11.9	8.4	13.5	10.6	6.8	8.9	7.9	3.4	3.5	3.4	6.9	8.4	7.6
Dried mangoes	5.6	6.0	5.9	5.3	5.9	5.4	3.3	4.6	4.0	2.3	1.9	2.1	3.6	4.2	3.9
Papayas	1.5	2.7	2.1	3.4	1.5	2.7	4.3	4.5	4.4	3.6	3.2	3.4	3.9	4.0	3.9
Fresh papayas	*	2.1	1.6	2.9	1.2	2.0	3.6	3.7	3.6	2.9	2.5	2.7	3.2	3.1	3.1
Frozen papayas	*	*	*	*	*	*	0.3	0.4	0.4	0.2	0.2	0.2	0.3	0.3	0.4
Dried papayas	*	*	*	*	*	*	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Pomegranate	7.0	8.1	7.8	6.7	9.1	7.8	7.3	7.9	7.6	4.5	4.1	4.3	6.8	7.3	7.1
Fresh pomegranate (including ready-to-eat seeds)	5.8	5.9	6.1	4.3	7.3	5.7	5.5	6.1	5.8	3.7	3.2	3.4	5.1	5.6	5.4
Frozen pomegranate	1.1	*	1.2	*	*	1.0	0.8	0.7	0.7	0.3	0.5	0.4	0.8	0.7	0.8
Avocado (including guacamole)	34.4	38.6	36.7	33.2	42.1	36.9	44.4	51.9	48.1	34.7	39.1	37.1	40.4	46.9	43.6
Fresh avocado	31.4	36.5	34.1	28.7	41.2	34.2	40.2	48.8	44.4	31.4	35.3	33.6	36.5	43.8	40.1
Frozen avocado	1.8	1.5	1.7	2.4	1.0	1.7	2.1	1.9	2.0	1.2	1.7	1.5	2.0	1.7	1.8
Any melon	55.5	54.0	54.6	39.3	43.9	41.2	37.0	40.2	38.6	34.6	37.8	36.4	39.0	41.6	40.2
Cantaloupe	29.1	35.1	31.8	18.7	19.3	18.4	20.4	21.6	21.0	21.8	24.9	23.6	21.6	23.3	22.4
Fresh cantaloupe	27.6	33.8	30.4	17.3	17.3	16.7	19.0	19.8	19.4	20.1	23.6	22.1	20.1	21.6	20.8
Frozen cantaloupe	*	*	0.5	1.7	*	1.2	0.6	0.6	0.6	0.7	0.7	0.7	0.7	0.6	0.7
Honeydew melon	14.9	18.3	16.6	9.3	11.6	10.1	11.9	12.3	12.2	12.7	12.9	12.9	12.1	12.9	12.5
Fresh honeydew melon	3.7	3.3	3.5	1.2	3.3	2.1	4.2	4.7	4.5	2.0	2.6	2.3	3.5	3.9	3.7
Frozen honeydew melon	*	*	*	*	*	*	0.3	0.2	0.3	*	*	0.1	0.2	0.1	0.2
Watermelon	41.5	37.5	39.5	27.0	33.9	30.3	24.7	26.4	25.5	21.2	23.3	22.4	26.2	27.9	27.1
Fresh watermelon	40.4	36.4	38.4	23.7	31.7	27.6	23.4	25.2	24.2	19.6	22.0	21.0	24.7	26.5	25.6
Frozen watermelon	0.7	*	0.8	2.9	*	2.2	1.3	0.9	1.1	0.3	0.5	0.4	1.2	0.9	1.0
Peaches	19.4	22.6	21.1	17.0	20.4	18.2	13.5	18.4	16.0	18.1	20.0	19.1	15.4	19.4	17.4
Fresh peaches	12.8	15.3	14.2	13.0	14.6	13.6	10.3	13.5	11.9	14.0	14.2	14.1	11.5	14.0	12.7
Frozen peaches	5.9	7.6	6.6	4.3	6.3	5.0	2.7	5.0	3.8	1.7	2.9	2.3	3.0	4.9	3.9
Nectarines	12.3	10.4	11.2	12.1	13.4	12.8	11.2	12.1	11.7	15.2	14.3	14.7	12.1	12.5	12.4
Fresh nectarines	11.8	9.7	10.7	11.0	11.5	11.2	10.0	11.1	10.6	13.6	12.9	13.2	10.9	11.3	11.2
Frozen nectarines	*	*	*	*	*	*	0.2	0.5	0.4	0.3	0.7	0.5	0.2	0.7	0.5
Any berries	86.8	92.0	89.1	70.1	81.1	75.3	71.2	80.9	76.1	75.1	78.9	77.1	73.6	81.5	77.5
Strawberries	78.6	77.6	77.5	58.9	65.8	61.8	53.9	63.6	58.8	54.0	55.3	54.7	57.2	63.5	60.2



Exposure	0–9 years			10–19 years			20–64 years			≥ 65 years			All age groups		
	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>
Fresh strawberries	72.9	71.6	71.6	49.1	58.7	53.5	46.7	55.1	50.8	46.3	46.9	46.6	49.6	55.4	52.4
Frozen strawberries	26.2	28.0	26.9	21.9	21.7	21.4	14.6	20.5	17.6	11.1	13.8	12.5	16.0	19.8	17.9
Dried strawberries	1.5	3.2	2.3	2.0	1.4	1.7	1.6	2.7	2.2	1.3	1.3	1.3	1.6	2.3	2.0
Raspberries	51.2	48.7	49.8	29.8	36.9	33.3	33.8	41.3	37.6	32.0	36.7	34.6	35.0	40.6	37.8
Fresh raspberries	45.7	42.8	44.1	24.1	30.0	27.1	26.5	33.7	30.1	26.5	30.0	28.5	28.2	33.4	30.8
Frozen raspberries	14.1	12.0	13.2	9.3	9.4	9.4	9.8	12.4	11.2	6.2	8.8	7.6	9.6	11.3	10.5
Dried raspberries	*	1.2	0.8	*	*	*	0.9	0.6	0.8	0.6	0.7	0.7	0.9	0.7	0.8
Blueberries	57.2	60.9	59.1	39.9	48.8	44.0	46.4	54.9	50.7	55.5	58.2	56.9	48.4	55.3	51.8
Fresh blueberries	47.6	49.7	48.5	30.4	37.2	33.3	34.9	39.9	37.3	39.1	42.0	40.7	36.5	40.9	38.6
Frozen blueberries	24.9	24.7	25.2	15.1	20.1	17.4	18.9	25.4	22.2	22.0	25.3	23.7	19.6	24.5	22.1
Dried blueberries	*	*	1.0	*	*	1.0	1.8	1.9	1.8	1.6	2.2	1.9	1.6	1.8	1.7
Blackberries	25.5	23.3	24.3	14.6	15.5	15.2	17.0	19.6	18.3	13.6	14.5	14.2	17.0	18.4	17.7
Fresh blackberries	19.7	19.5	19.5	10.9	13.0	12.0	12.6	13.5	13.0	10.1	10.9	10.6	12.7	13.4	13.1
Frozen blackberries	5.5	5.4	5.4	4.2	2.8	3.5	5.5	6.7	6.2	3.6	3.9	3.7	5.0	5.6	5.3
Dried blackberries	*	*	*	*	*	*	0.3	0.2	0.3	0.2	0.2	0.2	0.2	0.3	0.2
Coconut: excluding coconut water or milk	6.2	4.8	5.7	4.1	7.7	5.7	8.0	10.0	9.0	6.4	8.7	7.6	7.1	8.9	8.1
Fresh coconut	*	1.7	1.4	*	3.3	2.1	3.1	2.8	2.9	2.1	2.1	2.1	2.6	2.6	2.6
Frozen coconut	*	*	1.2	*	1.5	1.2	1.1	1.1	1.1	0.3	0.4	0.3	1.0	0.9	1.0
Dried coconut	3.8	3.5	3.8	2.2	4.6	3.3	4.7	6.9	5.9	3.7	7.2	5.6	4.1	6.4	5.3
Bag of mixed frozen fruit or berries	24.9	23.1	23.9	20.4	27.8	24.0	19.1	22.4	20.8	12.1	13.8	13.0	18.6	21.1	19.9
Fruit smoothies at home or store-bought	41.9	35.8	38.7	37.2	42.0	38.8	27.4	29.9	28.8	12.3	14.5	13.5	27.4	28.5	28.0
Unpasteurized apple cider or fruit juice	18.7	15.2	17.0	21.1	25.5	22.9	16.5	15.2	15.8	17.0	11.9	14.4	17.6	15.4	16.5
<b>Nuts and nut butters</b>															
Any nuts	76.5	70.9	73.7	66.6	64.5	65.6	76.2	77.9	77.0	69.8	71.5	70.8	73.9	74.4	74.1
Peanuts (excluding peanut butter/spread)	26.8	24.1	25.3	26.8	24.9	25.2	39.5	34.3	36.7	39.8	31.6	35.5	36.8	31.8	34.1
Peanut butter	61.7	55.3	58.7	46.4	41.2	44.1	52.5	56.3	54.3	48.0	50.5	49.5	51.8	53.2	52.5
Almonds (excluding almond butter/spread)	28.3	22.7	25.3	23.6	25.2	24.5	42.4	45.3	43.8	40.3	40.4	40.5	38.4	39.9	39.1
Almond butter	10.5	8.0	9.4	2.4	6.7	4.4	6.6	9.2	7.9	4.4	6.4	5.5	6.1	8.3	7.2
Walnuts	16.1	10.5	13.5	12.5	15.9	13.6	22.0	27.4	24.7	30.3	33.7	32.2	22.0	26.0	24.0
Hazelnuts (excluding hazelnut butter/spread)	6.5	5.8	6.1	7.4	5.2	6.4	11.3	10.5	11.0	13.0	12.1	12.6	10.8	9.9	10.3
Hazelnut spread	22.4	20.4	21.5	24.7	28.9	26.3	14.2	17.0	15.6	5.4	5.1	5.4	14.8	16.0	15.4

Exposure	0–9 years			10–19 years			20–64 years			≥ 65 years			All age groups		
	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>
Cashews (excluding cashew butter/spread)	21.0	25.5	23.0	21.2	21.9	21.2	34.0	34.3	34.0	35.6	35.2	35.4	31.5	32.4	31.8
Cashew butter	2.7	2.6	2.6	*	*	0.9	1.4	2.4	1.9	0.8	1.3	1.1	1.4	2.0	1.7
Pecans	11.0	7.9	9.7	8.3	7.0	7.6	16.0	20.2	18.1	20.8	24.8	23.2	15.5	18.6	17.1
Other nuts	14.5	16.3	15.3	17.9	14.8	16.7	23.1	25.7	24.5	22.0	24.0	23.3	21.3	23.2	22.4
<b>Seeds and seed products</b>															
Any seeds	44.9	41.9	43.4	42.2	46.8	44.2	51.5	62.6	57.2	44.9	52.1	48.9	48.7	56.5	52.7
Sunflower seeds	16.7	11.7	14.3	12.6	17.0	14.5	18.2	22.9	20.5	18.3	23.2	20.9	17.4	21.1	19.2
Butter or paste containing sunflower seeds	5.6	8.3	6.8	5.8	3.4	4.6	3.8	4.5	4.2	2.1	2.2	2.2	3.9	4.3	4.1
Sesame seeds	24.0	17.8	20.8	29.2	29.9	29.2	31.3	35.8	33.7	23.0	26.0	24.8	29.0	31.2	30.1
Tahini	12.0	14.4	13.2	10.0	13.6	11.7	14.1	18.5	16.5	8.5	11.5	10.1	12.3	16.2	14.3
Chia seeds/chia seed powder	17.8	14.9	16.4	9.3	11.5	10.4	13.7	24.3	19.2	9.5	12.6	11.1	13.0	19.6	16.4
Flax seeds/flax seed powder	15.7	11.4	13.6	7.4	7.7	7.5	15.3	20.9	18.2	17.6	21.9	19.8	14.9	18.8	16.9
Other seeds	19.6	15.1	17.3	11.2	13.2	11.8	17.0	26.2	21.8	17.0	23.8	20.7	16.9	23.2	20.1
<b>Beef</b>															
Any beef (not including deli-meat)	82.8	78.3	80.3	83.1	82.9	83.1	81.7	78.6	80.1	77.8	75.6	76.7	81.1	78.3	79.6
Any ground beef	70.6	71.0	70.5	73.0	72.7	72.8	70.4	67.7	68.9	66.6	65.1	65.8	69.9	67.7	68.7
Ground beef consumed raw or undercooked	*	2.4	1.7	3.6	3.4	3.4	3.0	3.0	3.0	3.0	2.1	2.5	2.9	2.9	2.8
Any hamburgers	41.8	39.3	40.5	56.2	46.9	51.6	50.2	39.7	44.9	47.0	39.8	43.0	49.2	40.2	44.5
Hamburgers store-bought frozen beef patties	14.7	14.6	14.6	21.5	18.2	20.3	17.8	12.0	14.8	14.4	10.0	12.0	17.1	12.4	14.7
Raw beef (not including raw ground beef)	*	2.6	1.9	5.5	3.5	4.5	6.2	4.2	5.2	2.8	1.7	2.4	5.0	3.6	4.3
Steak	25.2	24.4	24.7	33.3	31.3	31.9	37.8	32.3	34.7	35.8	31.8	33.5	35.5	31.4	33.1
Stewing beef	14.8	16.1	15.2	15.4	16.3	15.5	20.7	16.6	18.6	19.5	17.4	18.3	19.3	16.7	17.9
Veal	6.4	3.3	4.9	4.4	5.2	4.6	7.0	5.3	6.1	8.6	5.5	6.9	7.0	5.3	6.1
Beef sausage (not including dried sausage)	19.1	15.1	17.1	16.0	14.5	15.4	17.6	11.1	14.3	17.9	11.5	14.4	17.6	11.9	14.7
Other whole-cut beef products (e.g. ribs or roast)	22.9	17.9	20.6	26.1	22.2	23.9	24.0	22.1	22.9	26.5	23.7	24.9	24.7	22.0	23.1
<b>Pork</b>															
Any pork (not including deli-meats)	53.6	60.3	56.5	62.4	55.4	59.2	60.4	56.2	58.2	66.4	60.5	63.2	61.0	57.2	58.9
Ground pork	15.1	19.5	17.1	12.9	14.4	13.6	16.5	15.5	16.0	14.9	11.9	13.2	15.6	15.1	15.3
Pork sausage (not including dried sausage)	30.7	34.4	32.3	30.9	24.5	27.7	31.3	27.6	29.3	34.1	24.8	28.9	31.7	27.2	29.3

Exposure	0-9 years			10-19 years			20-64 years			≥ 65 years			All age groups		
	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>
Pork pieces or parts	37.6	36.6	36.8	44.4	36.6	40.3	42.9	38.1	40.4	50.7	47.2	48.7	43.9	39.6	41.6
Pork consumed raw or with pink still showing	2.6	1.9	2.3	4.5	3.2	3.8	3.9	3.3	3.6	3.7	4.1	3.9	3.8	3.3	3.5
<b>Chicken</b>															
Any chicken (not including deli-meats)	86.5	88.2	87.1	87.4	87.7	87.6	87.1	85.4	86.1	86.9	86.4	86.7	87.1	86.2	86.5
Store-bought breaded chicken	48.5	53.5	50.6	47.8	47.5	47.5	34.3	28.7	31.6	22.3	17.7	19.9	35.4	30.9	33.1
Store-bought breaded chicken purchased frozen	36.6	38.5	37.3	36.5	32.8	34.4	23.8	20.9	22.4	13.6	11.9	12.8	24.7	21.8	23.2
Store-bought stuffed chicken products	9.0	8.2	8.5	6.1	12.3	9.1	7.5	5.9	6.7	6.6	6.4	6.5	7.3	6.9	7.1
Store-bought stuffed chicken products purchased frozen	5.5	4.6	5.0	4.8	10.0	7.3	6.1	4.3	5.2	4.7	5.3	5.0	5.6	5.1	5.3
Ground chicken	7.8	8.6	8.1	6.9	10.6	8.3	7.6	8.5	8.0	4.7	5.1	4.9	7.0	8.2	7.6
Roasted whole chicken purchased from a store	22.4	24.5	23.4	24.1	25.1	24.3	24.4	23.8	24.0	30.7	25.8	28.2	25.3	24.5	24.8
Whole chicken purchased raw and cooked at home	28.3	31.8	29.9	33.5	35.7	34.7	29.4	28.2	28.6	31.2	30.5	30.7	30.3	29.9	29.9
Chicken pieces or parts	69.3	71.2	69.9	70.8	66.3	68.4	72.7	71.5	71.9	67.9	70.0	69.0	71.2	70.9	70.8
Chicken sausage (not including dried sausage)	5.0	4.3	4.8	2.0	2.7	2.3	4.2	3.5	3.8	2.8	2.1	2.4	3.7	3.3	3.5
<b>Turkey</b>															
Any turkey (not including deli-meat)	11.3	13.6	12.2	11.8	9.6	10.8	12.9	13.8	13.3	14.3	13.4	13.9	12.9	13.3	13.0
Ground turkey	5.5	6.1	5.7	2.0	3.1	2.4	4.1	5.4	4.7	2.8	3.1	2.9	3.8	4.7	4.2
Turkey sausage	*	*	1.0	*	*	1.1	1.4	1.9	1.6	1.0	1.0	1.0	1.2	1.6	1.4
Whole turkey	3.6	4.9	4.2	6.2	3.1	4.9	5.2	4.8	4.9	7.3	6.1	6.8	5.5	4.9	5.2
Turkey pieces or parts	4.7	5.3	4.9	4.3	4.1	4.2	6.7	5.8	6.2	8.8	7.3	8.1	6.6	6.0	6.3
<b>Other poultry</b>															
Other poultry	5.0	3.0	4.2	3.5	5.7	4.3	3.9	4.3	4.1	3.2	3.0	3.1	3.8	4.0	3.9
<b>Deli-meats</b>															
Any deli-meat/cold cuts	57.4	56.2	56.8	53.0	53.0	52.3	51.4	47.8	49.4	50.8	45.5	47.8	52.0	48.5	50.0
Chicken deli-meat	7.7	9.1	8.5	7.6	10.7	9.0	11.1	8.8	9.9	8.1	7.6	7.8	9.7	8.8	9.2
Turkey deli-meat	23.4	20.6	21.9	19.1	18.6	18.6	17.4	16.7	17.0	10.7	10.7	10.7	16.9	15.8	16.3
Ham deli-meat	45.7	38.2	41.8	36.4	35.4	35.8	37.9	33.7	35.7	38.4	33.0	35.4	38.6	34.1	36.2
Beef deli-meat	4.3	8.8	6.5	7.8	10.3	8.7	14.0	8.8	11.3	16.1	10.6	13.1	12.6	9.2	10.8
Other deli-meat	15.3	10.9	13.0	13.1	9.9	11.3	12.6	11.5	12.0	12.3	12.2	12.2	12.9	11.4	12.0

Exposure	0–9 years			10–19 years			20–64 years			≥ 65 years			All age groups		
	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>
<b>Other meats/animal products</b>															
Hot dogs	37.0	43.4	40.2	34.3	38.9	36.5	28.1	25.0	26.5	28.6	24.3	26.4	29.7	28.0	28.9
Pâté/meat spread	5.6	4.4	5.0	5.2	5.8	5.3	8.4	7.8	8.1	11.2	11.0	11.1	8.3	7.9	8.0
Any organ meats	4.0	2.0	3.0	2.6	2.9	2.6	4.7	3.6	4.1	6.8	4.6	5.6	4.8	3.7	4.2
Veal or calf liver	1.5	*	0.9	*	*	*	1.4	1.2	1.3	3.1	1.9	2.5	1.6	1.3	1.4
Veal or calf liver consumed raw or undercooked	*	*	*	*	*	*	*	0.1	0.1	*	0.1	0.1	0.2	0.1	0.1
Other organ meat	*	*	1.2	1.2	*	0.9	2.1	1.5	1.8	2.1	0.9	1.4	1.9	1.2	1.5
Goat	*	2.6	2.2	*	2.8	1.8	3.1	1.9	2.4	0.4	0.3	0.3	2.3	1.8	2.0
Lamb	7.7	4.0	5.9	5.0	8.0	6.3	10.0	6.5	8.2	8.1	6.5	7.2	9.0	6.5	7.7
Horse	*	*	*	*	*	*	0.2	0.3	0.3	0.9	1.0	0.9	0.3	0.4	0.4
Any dried/cured meat products	19.4	20.1	19.8	26.9	17.3	22.5	22.6	18.8	20.6	17.2	11.9	14.4	21.7	17.2	19.4
Hunted or farmed deer <sup>2</sup>	5.2	4.6	4.9	3.3	2.4	2.8	4.0	2.8	3.4	3.0	1.6	2.3	3.9	2.6	3.2
Other hunted meats (not including seafood) <sup>2</sup>	3.5	2.6	3.0	2.6	2.3	2.4	3.5	2.8	3.2	2.2	1.7	1.9	3.1	2.4	2.8
<b>Seafood</b>															
Any seafood	52.6	50.3	51.4	49.9	50.7	49.9	60.1	58.9	59.3	69.4	68.4	68.8	59.9	59.3	59.4
Any fish	40.1	44.1	42.1	40.7	42.2	40.9	49.6	48.6	48.9	58.6	56.1	57.2	49.4	49.1	49.0
Smoked fish	5.2	8.5	6.9	10.7	9.6	9.9	14.5	12.4	13.4	13.4	10.7	12.0	13.0	11.3	12.1
Fish eaten raw	3.6	6.8	5.4	14.2	11.8	12.8	16.9	15.1	15.9	7.1	5.7	6.3	13.3	11.8	12.5
Any shellfish	22.4	21.0	21.7	23.1	19.9	21.7	29.1	31.6	30.2	33.3	31.8	32.5	28.4	29.3	28.8
Mussels	*	1.7	1.3	2.3	2.5	2.3	5.9	4.7	5.3	7.8	4.0	5.9	5.3	4.0	4.6
Clams	*	*	*	1.5	*	1.3	4.4	2.9	3.6	4.6	3.2	3.8	3.7	2.5	3.1
Shrimp/prawns	19.9	18.9	19.3	21.7	18.0	20.1	26.0	28.6	27.2	29.4	28.7	29.1	25.5	26.5	25.9
Oysters	*	*	*	2.6	2.0	2.2	4.7	3.7	4.2	3.7	2.8	3.2	3.8	3.0	3.4
Oysters consumed raw	*	*	*	*	*	0.7	2.1	1.7	1.9	1.4	1.2	1.3	1.6	1.3	1.5
<b>Eggs</b>															
Any eggs	84.1	83.2	83.9	82.9	82.7	82.5	89.8	89.3	89.4	88.7	88.9	88.8	88.2	88.1	88.1
Raw or undercooked eggs	15.5	15.0	15.3	18.2	21.0	19.6	31.4	30.8	31.0	24.1	20.1	21.9	26.7	25.9	26.3
<b>Dairy</b>															
Ice cream	65.7	70.3	68.1	64.2	64.8	64.8	51.7	54.6	53.1	57.8	58.1	57.8	55.8	57.9	56.8
Desserts containing milk or cream	44.2	53.4	49.0	46.6	57.9	51.8	48.0	44.6	46.1	42.0	39.0	40.3	46.3	45.8	46.0
Yogurt	83.8	86.1	84.9	60.8	63.7	61.8	62.7	68.3	65.6	58.5	69.0	64.1	64.1	69.7	67.0
Unpasteurized (raw) milk, excluding cheese	3.6	3.7	3.6	10.6	6.2	8.4	5.2	3.4	4.3	2.9	2.0	2.4	5.4	3.6	4.4

Exposure	0–9 years			10–19 years			20–64 years			≥ 65 years			All age groups		
	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>
<b>Cheese</b>															
Any cheese products	88.7	90.6	89.7	89.8	90.2	89.8	87.7	91.4	89.5	90.9	91.4	91.0	88.5	90.9	89.7
Gouda	10.1	10.5	10.2	10.4	9.9	9.9	14.8	14.4	14.6	15.8	14.4	15.0	14.0	13.6	13.7
Feta cheese	18.0	15.5	17.1	14.7	25.4	19.5	31.8	35.8	33.8	30.9	30.8	31.0	28.3	31.8	30.0
Brie, camembert or other soft cheeses	12.8	12.4	12.4	13.2	21.9	17.3	25.9	25.4	25.6	29.9	29.0	29.4	23.8	24.6	24.1
Cheese made from goat milk	8.1	5.4	6.7	8.2	7.8	7.8	11.6	14.9	13.4	11.4	14.6	13.1	10.8	13.3	12.1
Cheese made with unpasteurized (raw) milk	3.7	5.2	4.5	5.3	6.3	5.6	6.7	5.1	5.8	5.0	3.6	4.2	6.0	4.9	5.4
<b>Dairy substitutes</b>															
Non-dairy milk	22.2	19.7	21.1	15.7	19.7	17.7	20.3	29.1	25.0	12.7	17.2	15.2	18.5	24.7	21.8
Other non-dairy products/substitutes	13.6	13.5	13.4	13.0	15.4	14.5	15.6	19.3	17.6	13.9	15.2	14.6	14.7	17.8	16.3
<b>Other foods</b>															
Any wheat flour	79.5	77.3	78.5	71.8	74.0	72.6	66.0	70.8	68.4	61.5	64.4	63.0	67.3	70.2	68.7
Eat/taste unbaked dough/batter made with wheat flour	14.9	16.0	15.7	17.8	24.9	20.7	13.3	17.8	15.7	9.3	13.0	11.3	13.2	17.1	15.3
Other flour	12.0	8.7	10.6	5.9	8.7	7.2	8.3	11.7	10.0	6.0	8.0	7.1	8.1	10.4	9.2
Any plant based meat substitutes	14.5	19.8	17.2	18.1	20.1	19.0	17.9	23.1	20.6	10.4	11.5	11.0	16.1	19.9	18.1
Tofu	11.1	16.7	13.9	15.9	15.1	15.4	14.2	19.0	16.7	7.5	7.9	7.7	12.7	15.9	14.4
Other plant-based substitute	6.1	5.0	5.6	5.5	6.4	6.1	6.2	8.0	7.2	2.8	3.5	3.2	5.4	6.5	6.1
Hummus (excluding home-made)	26.5	23.9	25.1	19.6	26.3	22.5	24.0	29.9	27.0	16.0	19.2	17.8	22.2	26.7	24.4
Dietary or nutritional supplement	8.3	7.2	7.7	19.3	13.1	16.4	18.9	20.9	19.9	9.4	11.4	10.5	16.1	16.7	16.4
Meal replacement beverage	*	1.8	1.3	4.8	3.0	3.8	4.5	4.6	4.6	4.1	5.1	4.7	4.1	4.2	4.1
Protein powder	4.9	4.4	4.6	13.5	7.2	10.6	15.2	14.9	15.0	4.5	5.5	5.1	11.9	11.1	11.5
Probiotics	2.8	1.6	2.2	2.2	2.4	2.2	3.7	7.0	5.4	2.5	3.4	3.0	3.2	5.2	4.2
Food or drink containing cannabis	*	*	1.3	6.4	5.1	5.8	8.1	7.5	7.9	3.0	3.2	3.1	6.2	5.8	6.0
<b>Diets</b>															
Always or sometimes eats organic produce	75.8	78.5	77.3	82.0	81.3	81.6	77.7	77.0	77.4	69.3	73.7	71.7	76.5	77.0	76.8
Vegan diet	*	*	0.5	*	*	0.9	1.6	1.7	1.7	1.3	1.2	1.3	1.4	1.5	1.5
Vegetarian diet	2.9	4.2	3.7	3.2	4.8	4.0	4.5	6.5	5.6	2.5	3.5	3.0	3.9	5.4	4.7
Kosher diet	*	*	*	*	*	*	0.4	0.4	0.4	0.4	0.5	0.5	0.4	0.4	0.4
Halal diet	2.6	1.8	2.2	3.5	4.9	4.0	2.7	1.8	2.3	0.6	0.2	0.4	2.4	1.8	2.1

Exposure	0–9 years			10–19 years			20–64 years			≥ 65 years			All age groups		
	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>
<b>Food shopping practices</b>															
Consumed meat from a butcher shop	24.2	22.4	23.3	21.2	20.1	20.3	26.7	22.1	24.2	31.4	23.3	27.1	26.7	22.4	24.4
Consumed food from a farm market	22.3	24.7	23.3	15.8	15.1	15.4	16.5	19.3	17.9	16.4	17.1	16.8	16.9	19.0	18.0
Consumed produce from a farm market	14.3	18.1	16.1	10.2	10.7	10.3	11.2	13.6	12.4	11.9	11.6	11.8	11.4	13.4	12.4
Consumed eggs from a farm market	10.5	13.1	11.8	8.1	8.2	7.9	9.3	10.2	9.8	9.3	9.7	9.5	9.3	10.2	9.7
Consumed meat from a farm market	10.2	10.2	10.1	8.0	6.7	7.4	7.4	8.2	7.8	6.9	4.8	5.8	7.6	7.7	7.6
Consumed cheese from a farm market	2.5	4.9	3.6	3.3	2.4	2.7	3.5	4.6	4.0	4.6	2.9	3.7	3.6	4.1	3.8
Consumed food from a meal kit	4.5	5.3	4.8	5.1	2.5	4.0	5.0	4.6	4.8	2.2	1.8	2.0	4.4	3.8	4.1
<b>Water exposures</b>															
Drank water supplied to residence	90.9	90.0	90.6	90.5	91.6	90.8	90.6	89.2	89.9	87.3	87.6	87.4	89.9	89.2	89.6
Water consumed: municipal/city	84.7	88.1	86.5	85.0	82.1	83.9	86.6	83.3	84.9	79.3	79.0	79.2	84.7	82.8	83.8
Water consumed: private well	16.0	12.4	14.2	9.4	14.5	11.8	11.1	13.0	12.0	14.9	14.4	14.6	12.0	13.2	12.5
Water consumed: trucked-in water	0.5	1.0	0.7	0.5	1.4	1.1	2.2	1.4	1.8	0.8	1.1	1.0	1.6	1.3	1.4
Water consumed: store-bought bottled water	30.8	27.4	29.3	39.7	42.4	40.3	40.0	38.7	39.2	36.2	36.9	36.7	38.1	37.5	37.7
Water consumed: cistern	*	*	1.3	*	*	*	1.1	0.9	1.0	0.8	0.5	0.7	1.0	0.8	0.9
Water consumed: untreated lake, spring or river water	1.7	0.5	1.2	1.8	1.4	1.6	1.4	1.0	1.2	1.7	0.9	1.3	1.6	1.0	1.3
Water consumed: other water source	7.6	6.0	6.7	7.2	8.1	7.6	3.7	6.6	5.2	4.0	5.1	4.7	4.7	6.4	5.6
Swam in natural water	10.2	9.7	10.0	8.5	13.1	10.5	5.8	6.4	6.2	2.9	3.1	3.0	6.1	6.6	6.4
<b>Animal exposures—Companion animals</b>															
Companion animals in the home	49.5	56.9	53.3	60.4	66.6	63.8	52.6	61.1	57.0	38.0	42.2	40.3	50.3	57.0	53.8
Touch or handle any companion animals	59.6	62.6	61.3	65.0	70.3	68.1	61.1	70.2	65.8	51.5	56.4	54.1	59.3	66.1	62.9
Handle any pet waste or cleaned pet enclosure	4.6	6.6	5.5	22.5	27.4	25.2	38.1	46.3	42.4	26.6	29.5	28.2	30.1	36.5	33.5
Contact with pet with diarrhea	*	1.3	1.2	2.6	1.4	2.0	2.5	4.0	3.3	1.8	1.3	1.6	2.2	2.8	2.5
Dog	49.1	48.6	49.0	52.6	55.1	53.6	46.5	55.3	50.9	41.0	43.1	42.1	46.3	51.8	49.0
Cat	27.5	36.2	32.2	35.9	37.9	37.7	33.0	39.6	36.5	21.1	28.2	25.0	30.4	36.4	33.7

Exposure	0–9 years			10–19 years			20–64 years			≥ 65 years			All age groups		
	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>	Men	Women	All <sup>1</sup>
Reptile or amphibian	3.5	3.1	3.3	5.8	7.5	6.5	1.8	2.6	2.3	0.6	0.6	0.6	2.2	2.7	2.5
Rodent	2.5	3.4	2.9	3.4	6.8	5.2	2.0	3.1	2.5	2.1	1.0	1.5	2.2	3.0	2.6
Rabbit	2.7	2.5	2.6	3.0	5.9	4.2	2.4	2.6	2.5	0.6	0.6	0.6	2.2	2.5	2.4
Hedgehog	*	*	*	*	*	*	*	0.3	0.2	*	*	0.1	0.2	0.2	0.2
Bird	4.6	*	2.8	4.0	1.7	2.9	2.3	3.2	2.8	1.9	2.0	2.0	2.7	2.5	2.6
<b>Animal exposures—Pet food and treats</b>															
Handle pet food/treats	34.4	42.0	38.2	52.1	56.9	55.1	47.9	58.1	53.2	35.4	40.7	38.3	44.4	52.4	48.6
Dry pet food	31.3	38.5	34.9	46.4	54.4	50.6	44.6	54.9	49.9	31.4	36.2	34.0	40.7	48.9	45.0
Raw pet food	1.2	1.8	1.5	5.1	7.4	6.2	6.8	8.2	7.5	5.3	4.3	4.7	5.6	6.6	6.1
Raw treats derived from animal parts	3.8	4.1	4.0	6.1	8.4	7.1	8.4	10.1	9.2	4.4	3.8	4.0	6.8	7.9	7.3
Processed animal treats	18.2	24.7	21.7	31.1	37.3	34.3	27.5	35.5	31.6	21.3	23.0	22.3	25.6	31.6	28.8
Feeder rodents	*	*	*	*	*	*	0.5	0.5	0.5	*	*	0.1	0.4	0.4	0.4
<b>Animal exposures—Farm animals</b>															
Contact with any farm animals	11.3	9.8	10.6	7.2	8.6	8.1	7.0	7.9	7.4	4.1	3.5	3.8	6.9	7.2	7.0
Cattle	2.6	4.5	3.6	1.8	1.5	2.1	2.0	2.3	2.2	1.1	0.6	0.8	1.9	2.1	2.0
Poultry	6.7	5.2	6.1	4.8	2.9	4.1	3.1	3.6	3.3	1.6	1.3	1.4	3.4	3.2	3.3
Pig	*	1.7	0.8	*	*	1.0	0.9	1.0	1.0	0.2	*	0.1	0.7	0.9	0.8
Sheep or goat	2.2	3.4	2.9	1.0	2.4	1.8	1.8	1.8	1.8	0.5	0.5	0.5	1.5	1.8	1.6
Live on a farm or country property	12.3	9.6	10.9	8.7	8.1	8.7	8.5	9.6	9.0	11.8	11.4	11.5	9.5	9.6	9.5
Visit or work on farm, petting zoo or fair	10.2	8.2	9.3	4.9	5.6	5.2	5.1	5.9	5.5	3.6	2.4	3.0	5.3	5.3	5.3

\* A reliable estimate cannot be displayed due to small sample size.

<sup>1</sup> Includes all genders.

<sup>2</sup> Question was only asked in the provinces.

**Table 10:** Weighted proportions of food, water and animal exposures, in the past seven days, nationally

Exposure	Proportion	Standard Error	Lower 95% CI <sup>1</sup>	Upper 95% CI <sup>2</sup>
<b>Vegetables</b>				
Any tomatoes	76.1	0.5	75.2	77.1
Grape or cherry tomatoes	46.1	0.6	45.0	47.2
Any lettuce or leafy greens	83.2	0.4	82.4	84.0
Iceberg lettuce	42.0	0.6	40.8	43.2
Romaine lettuce	56.8	0.6	55.7	58.0
Spinach	38.7	0.6	37.5	39.8
Mesclun lettuce/spring mix	23.2	0.5	22.2	24.1
Kale	18.1	0.5	17.2	19.0
Arugula	16.7	0.4	15.9	17.6
Other leafy green	15.6	0.4	14.7	16.5
Any pre-packaged leafy greens	30.2	0.5	29.2	31.2
Commercially pre-packaged salad kit	24.7	0.5	23.8	25.7
Store-bought or ready to eat green salad	18.1	0.4	17.3	19.0
Any cabbage	37.9	0.5	36.9	39.0
Coleslaw	20.6	0.5	19.7	21.5
Any microgreens or sprouts	13.5	0.4	12.8	14.3
Microgreens	5.9	0.3	5.3	6.4
Alfalfa sprouts	2.9	0.2	2.5	3.2
Bean sprouts	5.4	0.3	4.8	5.9
Other sprouts	3.0	0.2	2.6	3.3
Cucumbers	72.1	0.5	71.1	73.0
Bell peppers	65.6	0.5	64.6	66.7
Hot peppers	19.8	0.4	18.9	20.7
Sugar snap peas	14.0	0.4	13.3	14.8
Mini/baby carrots	34.1	0.5	33.1	35.2
Mushrooms	43.0	0.5	41.9	44.1
Any onions	71.6	0.5	70.6	72.6
Green onions	41.2	0.6	40.1	42.3
Red onions	40.4	0.6	39.3	41.6
Other onions	47.2	0.6	46.1	48.3
<b>Herbs</b>				
Any fresh herbs	49.1	0.6	48.0	50.1
Fresh basil	23.6	0.5	22.7	24.5
Fresh cilantro/coriander	24.3	0.5	23.3	25.2
Fresh parsley	25.3	0.5	24.4	26.2
Other fresh herbs	20.1	0.4	19.2	20.9



Exposure	Proportion	Standard Error	Lower 95% CI <sup>1</sup>	Upper 95% CI <sup>2</sup>
<b>Fruits</b>				
Mangoes	25.6	0.5	24.6	26.6
Fresh mangoes	18.1	0.5	17.2	19.0
Frozen mangoes	7.6	0.3	7.0	8.3
Dried mangoes	3.9	0.2	3.5	4.4
Papayas	3.9	0.2	3.5	4.4
Fresh papayas	3.1	0.2	2.7	3.5
Frozen papayas	0.4	0.1	0.2	0.5
Dried papayas	0.2	0.1	0.1	0.3
Pomegranate	7.1	0.3	6.5	7.6
Fresh pomegranate (including ready-to-eat seeds)	5.4	0.3	4.9	5.9
Frozen pomegranate	0.8	0.1	0.6	0.9
Avocado (including guacamole)	43.6	0.5	42.6	44.7
Fresh avocado	40.1	0.5	39.1	41.2
Frozen avocado	1.8	0.2	1.5	2.1
Any melon	40.2	0.5	39.2	41.3
Cantaloupe	22.4	0.5	21.5	23.3
Fresh cantaloupe	20.8	0.5	19.9	21.7
Frozen cantaloupe	0.7	0.1	0.5	0.8
Honeydew melon	12.5	0.4	11.8	13.3
Fresh honeydew melon	3.7	0.2	3.2	4.2
Frozen honeydew melon	0.2	0.1	0.1	0.3
Watermelon	27.1	0.5	26.1	28.1
Fresh watermelon	25.6	0.5	24.6	26.6
Frozen watermelon	1.0	0.1	0.8	1.3
Peaches	17.4	0.4	16.5	18.2
Fresh peaches	12.7	0.4	12.0	13.5
Frozen peaches	3.9	0.2	3.5	4.4
Nectarines	12.4	0.4	11.6	13.1
Fresh nectarines	11.2	0.4	10.5	11.8
Frozen nectarines	0.5	0.1	0.3	0.6
Any berries	77.5	0.5	76.6	78.4
Strawberries	60.2	0.5	59.2	61.3
Fresh strawberries	52.4	0.6	51.3	53.4
Frozen strawberries	17.9	0.5	17.0	18.7
Dried strawberries	2.0	0.2	1.6	2.3
Raspberries	37.8	0.5	36.8	38.9
Fresh raspberries	30.8	0.5	29.8	31.9
Frozen raspberries	10.5	0.4	9.8	11.2

Exposure	Proportion	Standard Error	Lower 95% CI <sup>1</sup>	Upper 95% CI <sup>2</sup>
Dried raspberries	0.8	0.1	0.6	1.0
Blueberries	51.8	0.6	50.8	52.9
Fresh blueberries	38.6	0.6	37.5	39.7
Frozen blueberries	22.1	0.5	21.2	23.1
Dried blueberries	1.7	0.1	1.4	1.9
Blackberries	17.7	0.4	16.9	18.6
Fresh blackberries	13.1	0.4	12.3	13.8
Frozen blackberries	5.3	0.3	4.8	5.8
Dried blackberries	0.2	0.0	0.1	0.3
Coconut: excluding coconut water or milk	8.1	0.3	7.5	8.7
Fresh coconut	2.6	0.2	2.2	2.9
Frozen coconut	1.0	0.1	0.8	1.2
Dried coconut	5.3	0.2	4.8	5.8
Bag of mixed frozen fruit or berries	19.9	0.5	19.0	20.7
Fruit smoothies at home or store-bought	28.0	0.5	26.9	29.0
Unpasteurized apple cider or fruit juice	16.5	0.4	15.7	17.3
<b>Nuts and nut butters</b>				
Any nuts	74.1	0.5	73.1	75.0
Peanuts (excluding peanut butter/spread)	34.1	0.5	33.1	35.1
Peanut butter	52.5	0.6	51.4	53.6
Almonds (excluding almond butter/spread)	39.1	0.5	38.1	40.2
Almond butter	7.2	0.3	6.7	7.8
Walnuts	24.0	0.5	23.1	24.9
Hazelnuts (excluding hazelnut butter/spread)	10.3	0.3	9.7	11.0
Hazelnut spread	15.4	0.4	14.5	16.3
Cashews (excluding cashew butter/spread)	31.8	0.5	30.8	32.8
Cashew butter	1.7	0.2	1.4	2.0
Pecans	17.1	0.4	16.3	17.9
Other nuts	22.4	0.5	21.5	23.3
<b>Seeds and seed products</b>				
Any seeds	52.7	0.6	51.6	53.8
Sunflower seeds	19.2	0.4	18.4	20.0
Butter or paste containing sunflower seeds	4.1	0.2	3.7	4.6
Sesame seeds	30.1	0.5	29.1	31.1
Tahini	14.3	0.4	13.6	15.1
Chia seeds/chia seed powder	16.4	0.4	15.6	17.2
Flax seeds/flax seed powder	16.9	0.4	16.1	17.6

Exposure	Proportion	Standard Error	Lower 95% CI <sup>1</sup>	Upper 95% CI <sup>2</sup>
Other seeds	20.1	0.4	19.2	20.9
<b>Beef</b>				
Any beef (not including deli-meat)	79.6	0.4	78.8	80.5
Any ground beef	68.7	0.5	67.7	69.7
Ground beef consumed raw or undercooked	2.8	0.2	2.5	3.2
Any hamburgers	44.5	0.6	43.5	45.6
Hamburgers store-bought frozen beef patties	14.7	0.4	13.8	15.5
Raw beef (not including raw ground beef)	4.3	0.2	3.8	4.8
Steak	33.1	0.5	32.1	34.1
Stewing beef	17.9	0.4	17.1	18.8
Veal	6.1	0.3	5.5	6.6
Beef sausage (not including dried sausage)	14.7	0.4	13.9	15.5
Other whole-cut beef products (e.g. ribs or roast)	23.1	0.5	22.2	24.0
<b>Pork</b>				
Any pork (not including deli-meats)	58.9	0.5	57.9	60.0
Ground pork	15.3	0.4	14.5	16.1
Pork sausage (not including dried sausage)	29.3	0.5	28.3	30.3
Pork pieces or parts	41.6	0.5	40.5	42.6
Pork consumed raw or with pink still showing	3.5	0.2	3.1	3.8
<b>Chicken</b>				
Any chicken (not including deli-meats)	86.5	0.4	85.8	87.3
Store-bought breaded chicken	33.1	0.5	32.1	34.2
Store-bought breaded chicken purchased frozen	23.2	0.5	22.2	24.2
Store-bought stuffed chicken products	7.1	0.3	6.5	7.7
Store-bought stuffed chicken products purchased frozen	5.3	0.3	4.7	6.0
Ground chicken	7.6	0.3	7.0	8.2
Roasted whole chicken purchased from a store	24.8	0.5	23.9	25.8
Whole chicken purchased raw and cooked at home	29.9	0.5	28.9	31.0
Chicken pieces or parts	70.8	0.5	69.8	71.8
Chicken sausage (not including dried sausage)	3.5	0.2	3.1	3.9
<b>Turkey</b>				
Any turkey (not including deli-meat)	13.0	0.4	12.3	13.8
Ground turkey	4.2	0.2	3.8	4.7
Turkey sausage	1.4	0.1	1.1	1.6
Whole turkey	5.2	0.2	4.7	5.7
Turkey pieces or parts	6.3	0.3	5.8	6.8

Exposure	Proportion	Standard Error	Lower 95% CI <sup>1</sup>	Upper 95% CI <sup>2</sup>
<b>Other poultry</b>				
Other poultry	3.9	0.2	3.5	4.3
<b>Deli-meats</b>				
Any deli-meat/cold cuts	50.0	0.5	48.9	51.1
Chicken deli-meat	9.2	0.3	8.6	9.9
Turkey deli-meat	16.3	0.4	15.4	17.1
Ham deli-meat	36.2	0.5	35.1	37.3
Beef deli-meat	10.8	0.3	10.2	11.5
Other deli-meat	12.0	0.4	11.3	12.7
<b>Other meats/animal products</b>				
Hot dogs	28.9	0.5	27.9	29.9
Pâté/meat spread	8.0	0.3	7.5	8.6
Any organ meats	4.2	0.2	3.8	4.6
Veal or calf liver	1.4	0.1	1.2	1.7
Veal or calf liver consumed raw or undercooked	0.1	0.0	0.0	0.2
Other organ meat	1.5	0.1	1.3	1.8
Goat	2.0	0.2	1.7	2.4
Lamb	7.7	0.3	7.1	8.2
Horse	0.4	0.1	0.3	0.5
Any dried/cured meat products	19.4	0.4	18.5	20.3
Hunted or farmed deer <sup>3</sup>	3.2	0.2	2.8	3.6
Other hunted meats (not including seafood) <sup>3</sup>	2.8	0.2	2.4	3.2
<b>Seafood</b>				
Any seafood	59.4	0.5	58.3	60.5
Any fish	49.0	0.6	47.9	50.1
Smoked fish	12.1	0.4	11.4	12.8
Fish eaten raw	12.5	0.4	11.7	13.2
Any shellfish	28.8	0.5	27.8	29.7
Mussels	4.6	0.2	4.2	5.1
Clams	3.1	0.2	2.7	3.4
Shrimp/prawns	25.9	0.5	25.0	26.8
Oysters	3.4	0.2	3.0	3.8
Oysters consumed raw	1.5	0.1	1.2	1.7
<b>Eggs</b>				
Any eggs	88.1	0.4	87.4	88.8
Raw or undercooked eggs	26.3	0.5	25.3	27.2

Exposure	Proportion	Standard Error	Lower 95% CI <sup>1</sup>	Upper 95% CI <sup>2</sup>
<b>Dairy</b>				
Ice cream	56.8	0.5	55.7	57.9
Desserts containing milk or cream	46.0	0.6	44.9	47.1
Yogurt	67.0	0.5	66.0	68.0
Unpasteurized (raw) milk, excluding cheese	4.4	0.3	3.9	4.9
<b>Cheese</b>				
Any cheese products	89.7	0.3	89.1	90.4
Gouda	13.7	0.4	13.0	14.5
Feta cheese	30.0	0.5	29.0	31.0
Brie, camembert or other soft cheeses	24.1	0.5	23.1	25.0
Cheese made from goat milk	12.1	0.4	11.4	12.8
Cheese made with unpasteurized (raw) milk	5.4	0.3	4.9	5.9
<b>Dairy substitutes</b>				
Non-dairy milk	21.8	0.5	20.9	22.7
Other non-dairy products/substitutes	16.3	0.4	15.5	17.1
<b>Other foods</b>				
Any wheat flour	68.7	0.5	67.8	69.7
Eat/taste unbaked dough/batter made with wheat flour	15.3	0.4	14.5	16.1
Other flour	9.2	0.3	8.6	9.9
Any plant based meat substitutes	18.1	0.4	17.3	19.0
Tofu	14.4	0.4	13.6	15.2
Other plant-based substitute	6.1	0.3	5.6	6.6
Hummus (excluding home-made)	24.4	0.5	23.5	25.3
Dietary or nutritional supplement	16.4	0.4	15.6	17.2
Meal replacement beverage	4.1	0.2	3.7	4.5
Protein powder	11.5	0.4	10.8	12.2
Probiotics	4.2	0.2	3.8	4.6
Food or drink containing cannabis	6.0	0.3	5.5	6.5
<b>Diets</b>				
Always or sometimes eats organic produce	76.8	0.5	75.9	77.7
Vegan diet	1.5	0.1	1.2	1.7
Vegetarian diet	4.7	0.2	4.3	5.2
Kosher diet	0.4	0.1	0.2	0.6
Halal diet	2.1	0.2	1.7	2.4

Exposure	Proportion	Standard Error	Lower 95% CI <sup>1</sup>	Upper 95% CI <sup>2</sup>
<b>Food shopping practices</b>				
Consumed meat from a butcher shop	24.4	0.5	23.4	25.3
Consumed food from a farm market	18.0	0.4	17.1	18.8
Consumed produce from a farm market	12.4	0.4	11.7	13.1
Consumed eggs from a farm market	9.7	0.3	9.1	10.4
Consumed meat from a farm market	7.6	0.3	7.0	8.2
Consumed cheese from a farm market	3.8	0.2	3.4	4.3
Consumed food from a meal kit	4.1	0.2	3.7	4.6
<b>Water exposures</b>				
Drank water supplied to residence	89.6	0.3	88.9	90.2
Water consumed: municipal/city	83.8	0.4	83.0	84.5
Water consumed: private well	12.5	0.4	11.8	13.2
Water consumed: trucked-in water	1.4	0.1	1.2	1.7
Water consumed: store-bought bottled water	37.7	0.5	36.6	38.7
Water consumed: cistern	0.9	0.1	0.7	1.1
Water consumed: untreated lake, spring or river water	1.3	0.1	1.1	1.6
Water consumed: other water source	5.6	0.2	5.2	6.1
Swam in natural water	6.4	0.3	5.8	6.9
<b>Animal exposures—Companion animals</b>				
Companion animals in the home	53.8	0.5	52.8	54.9
Touch or handle any companion animals	62.9	0.5	61.9	64.0
Handle any pet waste or cleaned pet enclosure	33.5	0.5	32.5	34.5
Contact with pet with diarrhea	2.5	0.2	2.2	2.9
Dog	49.0	0.5	48.0	50.1
Cat	33.7	0.5	32.6	34.7
Reptile or amphibian	2.5	0.2	2.1	2.9
Rodent	2.6	0.2	2.3	3.0
Rabbit	2.4	0.2	2.0	2.7
Hedgehog	0.2	0.1	0.1	0.3
Bird	2.6	0.2	2.3	3.0
<b>Animal exposures—Pet food and treats</b>				
Handle pet food/treats	48.6	0.5	47.5	49.6
Dry pet food	45.0	0.5	43.9	46.1
Raw pet food	6.1	0.3	5.6	6.6

Exposure	Proportion	Standard Error	Lower 95% CI <sup>1</sup>	Upper 95% CI <sup>2</sup>
Raw treats derived from animal parts	7.3	0.3	6.8	7.9
Processed animal treats	28.8	0.5	27.8	29.7
Feeder rodents	0.4	0.1	0.2	0.5
<b>Animal exposures—Farm animals</b>				
Contact with any farm animals	7.0	0.3	6.5	7.6
Cattle	2.0	0.2	1.7	2.4
Poultry	3.3	0.2	2.8	3.7
Pig	0.8	0.1	0.5	1.0
Sheep or goat	1.6	0.2	1.3	1.9
Live on a farm or country property	9.5	0.3	8.9	10.2
Visit or work on farm, petting zoo or fair	5.3	0.3	4.8	5.8

<sup>1</sup> Lower 95% Confidence Interval

<sup>2</sup> Upper 95% Confidence Interval

<sup>3</sup> Question was only asked in the provinces

**Table 11:** Weighted proportions of country food exposures, in the past seven days, by territory

Food Item	YT				NT				NU			
	Proportion	Standard Error	lower 95% CI <sup>1</sup>	upper 95% CI <sup>2</sup>	Proportion	Standard Error	lower 95% CI <sup>1</sup>	upper 95% CI <sup>2</sup>	Proportion	Standard Error	lower 95% CI <sup>1</sup>	upper 95% CI <sup>2</sup>
<b>Meat</b>												
Locally sourced meat	25.1	2.8	19.6	30.7	12.6	4.4	4.1	21.2	29.0	8.5	12.4	45.6
Caribou	2.9	1.1	0.7	5.1	4.5	1.7	1.3	7.8	22.7	7.5	7.9	37.4
Moose	13.8	2.2	9.6	18.0	3.1	1.0	1.1	5.2	5.5 <sup>3</sup>	5.1	0.0	15.5
Sheep	1.1 <sup>3</sup>	0.5	0.1	2.0	*	-	-	-	Not asked <sup>4</sup>	-	-	-
Bison	10.9	2.4	6.3	15.6	1.4	0.6	0.2	2.6	Not asked <sup>4</sup>	-	-	-
Elk or deer	2.4	0.7	1.0	3.7	*	-	-	-	Not asked <sup>4</sup>	-	-	-
Goat	0.4 <sup>3</sup>	0.3	0.0	0.9	Not asked <sup>4</sup>	-	-	-	Not asked <sup>4</sup>	-	-	-
Muskox	Not asked <sup>4</sup>	-	-	-	0.8 <sup>3</sup>	0.6	0.0	1.9	1.5	0.7	0.1	2.9
Bear	0.2 <sup>3</sup>	0.2	0.0	0.5	*	-	-	-	3.3 <sup>3</sup>	2.5	0.0	8.1
Polar bear	Not asked <sup>4</sup>	-	-	-	*	-	-	-	3.3 <sup>3</sup>	2.5	0.0	8.1
Gophers or ground squirrels	0.2 <sup>3</sup>	0.2	0.0	0.5	*	-	-	-	Not asked <sup>4</sup>	-	-	-
Beaver or muskrat	*	-	-	-	*	-	-	-	Not asked <sup>4</sup>	-	-	-
Rabbit or hare	0.2 <sup>3</sup>	0.2	0.0	0.5	0.2 <sup>3</sup>	0.2	0.0	0.6	*	-	-	-
Porcupine	0.2 <sup>3</sup>	0.2	0.0	0.5	Not asked <sup>4</sup>	-	-	-	Not asked <sup>4</sup>	-	-	-
Geese	0.4 <sup>3</sup>	0.4	0.0	1.0	0.3 <sup>3</sup>	0.3	0.0	0.8	2.4 <sup>3</sup>	2.2	0.0	6.8
Duck	0.7 <sup>3</sup>	0.4	0.0	1.4	0.4 <sup>3</sup>	0.3	0.0	1.0	2.7 <sup>3</sup>	2.2	0.0	7.1
Ptarmigan/grouse	1.2	0.5	0.2	2.3	1.8 <sup>3</sup>	0.9	0.1	3.5	4.5	2.6	0.0	9.6
Seal	Not asked <sup>4</sup>	-	-	-	*	-	-	-	5.7	2.8	0.3	11.1
Walrus	Not asked <sup>4</sup>	-	-	-	*	-	-	-	1.6 <sup>3</sup>	1.2	0.0	3.9
Beluga	Not asked <sup>4</sup>	-	-	-	0.2 <sup>3</sup>	0.2	0.0	0.6	8.5	3.9	0.9	16.1
Narwhal	Not asked <sup>4</sup>	-	-	-	*	-	-	-	12.4	5.8	1.0	23.7
Bowhead	Not asked <sup>4</sup>	-	-	-	*	-	-	-	4.2 <sup>3</sup>	3.0	0.0	10.1
Other whale	Not asked <sup>4</sup>	-	-	-	*	-	-	-	*	-	-	-



Food Item	YT				NT				NU			
	Proportion	Standard Error	lower 95% CI <sup>1</sup>	upper 95% CI <sup>2</sup>	Proportion	Standard Error	lower 95% CI <sup>1</sup>	upper 95% CI <sup>2</sup>	Proportion	Standard Error	lower 95% CI <sup>1</sup>	upper 95% CI <sup>2</sup>
Traditional dried meat from land animals	1.5	0.6	0.3	2.6	8.5	4.4	0.0	17.0	5.8	2.6	0.6	10.9
Traditional dried meat from marine animals	*	-	-	-	*	-	-	-	2.1 <sup>3</sup>	2.1	0.0	6.3
<b>Seafood</b>												
Locally sourced seafood	9.9	1.5	6.9	12.9	12.2	2.3	7.7	16.8	25.8	7.9	10.3	41.2
Arctic char	2.0	0.6	0.8	3.2	2.0	0.8	0.3	3.6	25.5	7.9	10.1	41.0
Whitefish	1.1 <sup>3</sup>	0.5	0.1	2.0	6.9	1.7	3.6	10.3	2.1 <sup>3</sup>	2.1	0.0	6.3
Trout	1.8	0.6	0.6	2.9	3.9	1.3	1.3	6.6	0.9 <sup>3</sup>	0.6	0.0	2.1
Herring	Not asked <sup>4</sup>	-	-	-	*	-	-	-	*	-	-	-
Inconnu	*	-	-	-	0.8 <sup>3</sup>	0.5	0.0	1.7	*	-	-	-
Salmon	6.0	1.2	3.7	8.3	1.6	0.7	0.2	2.9	5.3 <sup>3</sup>	5.0	0.0	15.1
Cod/burbot	0.4 <sup>3</sup>	0.3	0.0	0.9	1.4 <sup>3</sup>	0.7	0.1	2.7	*	-	-	-
Seaweed	Not asked <sup>4</sup>	-	-	-	0.4 <sup>3</sup>	0.4	0.0	1.2	1.0 <sup>3</sup>	0.6	0.0	2.3
Pike	1.0 <sup>3</sup>	0.6	0.0	2.1	2.0 <sup>3</sup>	1.1	0.0	4.1	Not asked <sup>4</sup>	-	-	-
Arctic grayling	0.6 <sup>3</sup>	0.4	0.0	1.3	Not asked <sup>4</sup>	-	-	-	Not asked <sup>4</sup>	-	-	-
Shellfish	Not asked <sup>4</sup>	-	-	-	0.8 <sup>3</sup>	0.5	0.0	1.8	2.9 <sup>3</sup>	2.2	0.0	7.3
Traditional dry fish	0.2 <sup>3</sup>	0.2	0.0	0.5	1.2 <sup>3</sup>	0.7	0.0	2.5	5.1	2.6	0.0	10.2
<b>Other</b>												
Locally sourced eggs	Not asked <sup>4</sup>	-	-	-	13.7	5.0	3.8	23.5	11.1	6.2	0.0	23.2
Duck eggs	Not asked <sup>4</sup>	-	-	-	*	-	-	-	0.2 <sup>3</sup>	0.2	0.0	0.7
Geese eggs	Not asked <sup>4</sup>	-	-	-	*	-	-	-	0.5 <sup>3</sup>	0.3	0.0	1.1
Other wild eggs	Not asked <sup>4</sup>	-	-	-	0.5 <sup>3</sup>	0.5	0.0	1.6	*	-	-	-
Locally sourced morel or other mushrooms	7.5	2.1	3.4	11.6	2.5	1.1	0.4	4.6	0.3 <sup>3</sup>	0.3	0.0	0.8
Locally produced raw/unpasteurized honey	7.3	1.2	4.9	9.7	5.7	1.4	3.0	8.4	Not asked <sup>4</sup>	-	-	-

\* The exposure was not reported in the territory

- Not calculated

<sup>1</sup> Lower 95% Confidence Interval

<sup>2</sup> Upper 95% Confidence Interval

<sup>3</sup> Results are based on a small sample size, should be used with caution

<sup>4</sup> Question was not asked in the territory



