The authors regret to inform that some results concerning dietary intake, BMI and food insecurity were incorrect in the printed and online versions of the report. A corrected electronic version of the report will be available for download in the near future.

Changes to the text are in red and the corrected accompanying figures and tables are as follows:

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When participants without traditional food on their 24h recall were removed from the analysis, the average daily traditional food intake increased from 39 grams (Figure 3.18) to 216 grams or about 1 cup (Figure 3.19). The average daily intake ranged from 124 grams (or ½ a cup) in the Mixedwood Plains to 282 grams (or over 1 cup) in the Hudson Plains. Among adults at the 95th percentile of the distribution of reported intake in the sample, the amount of traditional food consumed was 648 grams (or 2 ½ cups) (Figure 3.20). Traditional food intakes were over 700 grams a day among consumers at the 95th percentile in the Montane Cordillera (797 grams), Prairies (740 grams), Taiga Plains (738 grams), Hudson Plains (1393 grams) and the Atlantic Maritime (1106 grams) and the Taiga Shield (712 grams).

Figures 3.21 and 3.22 display the intake of traditional food from each of the major food categories, calculated from both the FFQ and 24-hour recall data for all adults. When the intakes by traditional food category are averaged across all ecozones, land animals are the largest contributor (mean of 18 grams from the FFQ and 25 grams from the 24-hour recall data), followed by fish (14 grams from the FFQ and 8 grams from the 24-hour recall), birds (4 grams from the FFQ and 2 grams from the 24-hour recall), plants (combined wild and cultivated) and seafood.

The relative contribution of each traditional food category to the overall gram intake among consumers, as per analyses of the 24-hour recall data is presented in Figure 3.23. Except for adults in the Pacific Maritime and the Mixedwood Plains, the largest proportion of traditional food is from land animals. In the Pacific Maritime, fish (46%) and seafood (26%) contribute a greater share to the overall gram intake than land animals (23%). The contribution of plants was highest in the Mixedwood Plains (33% combined for wild and cultivated).
Figure 3.18 Average grams of TF consumed daily (consumers and non-consumers) by ecozone in the fall season from the 24-hour recall data

Figure 3.19 Average grams of TF consumed daily by consumers only by ecozone in the fall season from the 24-hour recall data
Figure 3.20 High consumers (95\textsuperscript{th} percentile) daily intake of traditional food from the 24-hour recall data

Figure 3.22 Average grams of traditional food by category (consumers and non-consumers), by ecozone, based on the fall 24-hour recall data
Figure 3.23 Average grams of traditional food by category, consumers only, by ecozone, from the fall 24-hour recall data

<table>
<thead>
<tr>
<th>Ecozone</th>
<th>Fish</th>
<th>Seafood</th>
<th>Land animals</th>
<th>Birds</th>
<th>Plants</th>
<th>Cultivated plants</th>
</tr>
</thead>
<tbody>
<tr>
<td>All ecozones (n=1243)</td>
<td>39</td>
<td>11</td>
<td>121</td>
<td>9</td>
<td>71</td>
<td></td>
</tr>
<tr>
<td>Pacific Maritime (n=146)</td>
<td>69</td>
<td>39</td>
<td>34</td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boreal Cordillera (n=39)</td>
<td>29</td>
<td>104</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Montane Cordillera (n=102)</td>
<td>37</td>
<td>209</td>
<td></td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Taiga Plains (n=49)</td>
<td>65</td>
<td></td>
<td>176</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boreal Plains (n=264)</td>
<td>3</td>
<td>162</td>
<td>102</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prairies (n=70)</td>
<td>3</td>
<td>191</td>
<td></td>
<td></td>
<td>23</td>
<td>2</td>
</tr>
<tr>
<td>Boreal Shield (n=254)</td>
<td>57</td>
<td>133</td>
<td></td>
<td>12</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Taiga Shield (n=131)</td>
<td>21</td>
<td>105</td>
<td></td>
<td>23</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Hudson Plains (n=79)</td>
<td>8</td>
<td>199</td>
<td></td>
<td>44</td>
<td>1</td>
<td></td>
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<tr>
<td>Mixedwood Plains (n=39)</td>
<td>22</td>
<td>50</td>
<td>412</td>
<td>25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Atlantic Maritime (n=70)</td>
<td>13</td>
<td>36</td>
<td>110</td>
<td>18</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

Grams of traditional food per day by category, consumers only
Table 4.4 shows the top 10 store-bought beverages and foods consumed in the greatest amounts by First Nations adults. By weight, water (tap and bottled combined) and soup were the beverage and food item consumed in the greatest amount. When soft drinks were combined with fruit drinks, iced tea and sports drinks, the intake of sugar-sweetened beverages averaged 341 ml (1 1/3 cup) per person per day.

Information on the foods that are the most important contributor to each nutrient can be found in Appendix H. Wild meats were the top contributor to both protein and iron intake. About half of the iron in the diet came from white bread, cereal, wild meat, beef and pasta. About one-quarter of vitamin D came from fish, while approximately 48% came from milk, margarine and eggs. Processed meats such as cold cuts and sausages were the top contributor to both total fat and saturated fat, while the main sources of salt were processed food: soup, white bread and processed meats.
Table 4.2 Mean number of Eating Well with Canada’s Food Guide-First Nations, Inuit and Métis (EWCGF-FNIM) servings compared to recommendations

<table>
<thead>
<tr>
<th>Canada’s Food Guide Recommended # of servings/day</th>
<th>Mean number of servings per day ± SE (95% CI)</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All regions (n=4010)</td>
<td>British Columbia (n=652)</td>
<td>Alberta (n=349)</td>
<td>Saskatchewan (n=673)</td>
<td>Manitoba (n=451)</td>
<td>Ontario (n=855)</td>
<td>Quebec (n=392)</td>
<td>Atlantic (n=638)</td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td>7-8</td>
<td>Vegetables and Fruit</td>
<td>2.8 ± 0.07 (2.7, 2.9)</td>
<td>3.2 ± 0.08 (3.1, 3.4)</td>
<td>2.7 ± 0.23 (2.3, 3.2)</td>
<td>2.5 ± 0.11 (2.3, 2.7)</td>
<td>2.6 ± 0.24 (2.1, 3.1)</td>
<td>2.7 ± 0.19 (2.3, 3.1)</td>
</tr>
<tr>
<td></td>
<td>6-7</td>
<td>Grain Products</td>
<td>4.9 ± 0.14 (4.6, 5.2)</td>
<td>4.3 ± 0.45 (3.4, 5.2)</td>
<td>5.2 ± 0.41 (4.4, 6.0)</td>
<td>5.1 ± 0.35 (4.4, 5.8)</td>
<td>5.0 ± 0.38 (4.2, 5.7)</td>
<td>4.7 ± 0.19 (4.3, 5.1)</td>
</tr>
<tr>
<td></td>
<td>2-3</td>
<td>Milk and Alternatives</td>
<td>0.8 ± 0.04 (0.8, 0.9)</td>
<td>0.8 ± 0.08 (0.7, 1.0)</td>
<td>0.8 ± 0.15 (0.5, 1.1)</td>
<td>0.6 ± 0.07 (0.5, 0.8)</td>
<td>0.8 ± 0.08 (0.6, 1.0)</td>
<td>1.0 ± 0.09 (0.8, 1.2)</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Meat and Alternatives</td>
<td>3.0 ± 0.08 (2.8, 3.2)</td>
<td>3.1 ± 0.15 (2.8, 3.4)</td>
<td>3.2 ± 0.26 (2.7, 3.7)</td>
<td>2.8 ± 0.15 (2.5, 3.1)</td>
<td>3.0 ± 0.27 (2.5, 3.5)</td>
<td>3.1 ± 0.22 (2.6, 3.5)</td>
</tr>
<tr>
<td></td>
<td>All regions (n=2191)</td>
<td>British Columbia (n=394)</td>
<td>Alberta (n=218)</td>
<td>Saskatchewan (n=317)</td>
<td>Manitoba (n=229)</td>
<td>Ontario (n=531)</td>
<td>Quebec (n=153)</td>
<td>Atlantic (n=349)</td>
</tr>
<tr>
<td><strong>Men</strong></td>
<td>7-10</td>
<td>Vegetables and Fruit</td>
<td>3.0 ± 0.12 (2.8, 3.3)</td>
<td>3.4 ± 0.46 (2.5, 4.3)</td>
<td>2.8 ± 0.21 (2.4, 3.2)</td>
<td>3.0 ± 0.24 (2.5, 3.5)</td>
<td>2.9 ± 0.23 (2.4, 3.3)</td>
<td>3.0 ± 0.17 (2.2, 4.1)</td>
</tr>
<tr>
<td></td>
<td>7-8</td>
<td>Grain Products</td>
<td>5.9 ± 0.23 (5.4, 6.3)</td>
<td>4.8 ± 0.43 (4.0, 5.7)</td>
<td>5.6 ± 0.52 (4.6, 6.7)</td>
<td>7.0 ± 0.85 (5.3, 8.7)</td>
<td>5.9 ± 0.18 (5.5, 6.2)</td>
<td>6.3 ± 0.23 (5.9, 6.8)</td>
</tr>
<tr>
<td></td>
<td>2-3</td>
<td>Milk and Alternatives</td>
<td>1.0 ± 0.05 (0.9, 1.1)</td>
<td>0.8 ± 0.16 (0.5, 1.1)</td>
<td>0.9 ± 0.07 (0.8, 1.1)</td>
<td>1.0 ± 0.11 (0.8, 1.2)</td>
<td>0.9 ± 0.17 (0.6, 1.2)</td>
<td>1.1 ± 0.08 (1.0, 1.3)</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>Meat and Alternatives</td>
<td>4.0 ± 0.14 (3.7, 4.3)</td>
<td>4.0 ± 0.31 (3.4, 4.6)</td>
<td>4.2 ± 0.28 (3.7, 7.8)</td>
<td>4.3 ± 0.29 (3.7, 4.9)</td>
<td>3.9 ± 0.43 (3.1, 4.8)</td>
<td>4.1 ± 0.26 (3.5, 4.6)</td>
</tr>
</tbody>
</table>

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### Table 4.3 Top 5 contributors to Canada’s Food Guide (% of total group intake), First Nations women and men in Canada

<table>
<thead>
<tr>
<th>Gender</th>
<th>Vegetables and Fruit (%)</th>
<th>Meat and Alternatives (%)</th>
<th>Grain Products (%)</th>
<th>Milk and Alternatives (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>Fresh/frozen vegetables 23.5</td>
<td>Beef 21.3</td>
<td>White bread 27.6</td>
<td>Fluid milk 27.8</td>
</tr>
<tr>
<td></td>
<td>Canned vegetables a 19.8</td>
<td>Chicken 16.1</td>
<td>Pasta/noodles 20.4</td>
<td>Cheese 21.6</td>
</tr>
<tr>
<td></td>
<td>Potatoes 16.2</td>
<td>Pork 14.2</td>
<td>Cereal c 10.6</td>
<td>Mixed dishes with cheese e 19.9</td>
</tr>
<tr>
<td></td>
<td>Fruit 14.7</td>
<td>Eggs 10.6</td>
<td>Whole wheat bread 10.4</td>
<td>Mashed potatoes with milk 11.4</td>
</tr>
<tr>
<td></td>
<td>Fruit/vegetable juice 10.4</td>
<td>Wild meats b 9.0</td>
<td>Grains d 10.0</td>
<td>Cream soups 9.2</td>
</tr>
<tr>
<td>Men</td>
<td>Canned vegetables a 21.4</td>
<td>Beef 18.5</td>
<td>White bread 28.5</td>
<td>Fluid milk 34.2</td>
</tr>
<tr>
<td></td>
<td>Potatoes 21.0</td>
<td>Chicken 15.2</td>
<td>Pasta/noodles 20.2</td>
<td>Mixed dishes with cheese e 22.9</td>
</tr>
<tr>
<td></td>
<td>Fresh/frozen vegetables 17.6</td>
<td>Pork 14.7</td>
<td>Bannock 10.3</td>
<td>Cheese 15.4</td>
</tr>
<tr>
<td></td>
<td>Fruit 12.1</td>
<td>Wild meats b 14.6</td>
<td>Cereal c 10.1</td>
<td>Cream soups 11.0</td>
</tr>
<tr>
<td></td>
<td>Fruit/vegetable juice 10.3</td>
<td>Eggs 10.9</td>
<td>Whole wheat bread 9.7</td>
<td>Mashed potatoes with milk 9.7</td>
</tr>
</tbody>
</table>
Table 4.4 Top 10 consumed store-bought beverages and foods (grams/person/day), consumers and non-consumers combined, ranked by overall decreasing amount of consumption, total participants

<table>
<thead>
<tr>
<th>Total FNFNES participants (n=6487)</th>
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</thead>
<tbody>
<tr>
<td><strong>Beverages</strong></td>
</tr>
<tr>
<td>Coffee</td>
</tr>
<tr>
<td>Water, tap</td>
</tr>
<tr>
<td>Carbonated drinks, regular</td>
</tr>
<tr>
<td>Tea</td>
</tr>
<tr>
<td>Water, bottled</td>
</tr>
<tr>
<td>Fruit drink</td>
</tr>
<tr>
<td>Milk</td>
</tr>
<tr>
<td>Fruit juice</td>
</tr>
<tr>
<td>Carbonated drinks, diet</td>
</tr>
<tr>
<td>Iced tea</td>
</tr>
<tr>
<td><strong>Food</strong></td>
</tr>
<tr>
<td>Soup</td>
</tr>
<tr>
<td>Pasta/noodles</td>
</tr>
<tr>
<td>Vegetables</td>
</tr>
<tr>
<td>Bread/buns, white</td>
</tr>
<tr>
<td>Potatoes</td>
</tr>
<tr>
<td>Cereal</td>
</tr>
<tr>
<td>Fruits</td>
</tr>
<tr>
<td>Mixed dishes</td>
</tr>
<tr>
<td>Chicken</td>
</tr>
<tr>
<td>Eggs</td>
</tr>
</tbody>
</table>
Appendix H. Top 10 contributors to macro and micronutrients

<table>
<thead>
<tr>
<th>A) Energy</th>
<th>B) Protein</th>
<th>C) Fat</th>
<th>D) Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOOD</td>
<td>% of total</td>
<td>FOOD</td>
<td>% of total</td>
</tr>
<tr>
<td>Bread/buns, white</td>
<td>8.3</td>
<td>Game meat&lt;sup&gt;a&lt;/sup&gt;</td>
<td>10.8</td>
</tr>
<tr>
<td>Pasta/noodles</td>
<td>5.2</td>
<td>Chicken&lt;sup&gt;a&lt;/sup&gt;</td>
<td>10.3</td>
</tr>
<tr>
<td>Chicken&lt;sup&gt;a&lt;/sup&gt;</td>
<td>4.6</td>
<td>Beef&lt;sup&gt;b&lt;/sup&gt;</td>
<td>10.0</td>
</tr>
<tr>
<td>Beef&lt;sup&gt;b&lt;/sup&gt;</td>
<td>4.3</td>
<td>Bread/buns, white</td>
<td>6.6</td>
</tr>
<tr>
<td>Carbonated drinks, regular</td>
<td>4.3</td>
<td>Pork&lt;sup&gt;f&lt;/sup&gt;</td>
<td>6.0</td>
</tr>
<tr>
<td>Cold cuts/sausages</td>
<td>4.1</td>
<td>Eggs</td>
<td>5.1</td>
</tr>
<tr>
<td>Snack food&lt;sup&gt;c&lt;/sup&gt;</td>
<td>3.7</td>
<td>Cold cuts/sausages</td>
<td>4.9</td>
</tr>
<tr>
<td>Fried vegetables&lt;sup&gt;d&lt;/sup&gt;</td>
<td>3.4</td>
<td>Pasta/noodles</td>
<td>4.7</td>
</tr>
<tr>
<td>Pizza</td>
<td>3.4</td>
<td>Mixed dishes</td>
<td>3.5</td>
</tr>
<tr>
<td>Cereal</td>
<td>3.2</td>
<td>Fish</td>
<td>3.4</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>E) Saturated Fat</th>
<th>F) Monounsaturated Fat</th>
<th>G) Polyunsaturated Fat</th>
<th>H) Cholesterol</th>
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<tr>
<td>FOOD</td>
<td>% of total</td>
<td>FOOD</td>
<td>% of total</td>
</tr>
<tr>
<td>Cold cuts/sausages</td>
<td>9.5</td>
<td>Cold cuts/sausages</td>
<td>10.0</td>
</tr>
<tr>
<td>Beef&lt;sup&gt;b&lt;/sup&gt;</td>
<td>8.2</td>
<td>Beef&lt;sup&gt;b&lt;/sup&gt;</td>
<td>7.8</td>
</tr>
<tr>
<td>Cheese</td>
<td>6.4</td>
<td>Chicken&lt;sup&gt;a&lt;/sup&gt;</td>
<td>6.6</td>
</tr>
<tr>
<td>Butter</td>
<td>6.0</td>
<td>Margarine</td>
<td>6.2</td>
</tr>
<tr>
<td>Chicken&lt;sup&gt;a&lt;/sup&gt;</td>
<td>5.0</td>
<td>Eggs</td>
<td>5.9</td>
</tr>
<tr>
<td>Eggs</td>
<td>4.9</td>
<td>Vegetable oil</td>
<td>5.6</td>
</tr>
<tr>
<td>Pizza</td>
<td>4.6</td>
<td>Snack food&lt;sup&gt;c&lt;/sup&gt;</td>
<td>4.9</td>
</tr>
<tr>
<td>Pork&lt;sup&gt;f&lt;/sup&gt;</td>
<td>4.4</td>
<td>Pork&lt;sup&gt;f&lt;/sup&gt;</td>
<td>4.4</td>
</tr>
<tr>
<td>Fried vegetables&lt;sup&gt;d&lt;/sup&gt;</td>
<td>3.7</td>
<td>Fried vegetables&lt;sup&gt;d&lt;/sup&gt;</td>
<td>4.0</td>
</tr>
<tr>
<td>Mixed dishes</td>
<td>3.6</td>
<td>Pizza</td>
<td>4.0</td>
</tr>
<tr>
<td>I) Total Sugars</td>
<td>J) Fibre</td>
<td>K) Vitamin A</td>
<td>L) Vitamin C</td>
</tr>
<tr>
<td>-------------------------</td>
<td>-------------------</td>
<td>----------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>FOOD</td>
<td>% of total</td>
<td>FOOD</td>
<td>% of total</td>
</tr>
<tr>
<td>Carbonated drinks, regular</td>
<td>23.4</td>
<td>Bread/buns, white</td>
<td>15.9</td>
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<tr>
<td>Condiments, sweet</td>
<td>15.3</td>
<td>Cereal</td>
<td>9.8</td>
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<tr>
<td>Fruits</td>
<td>6.2</td>
<td>Vegetables</td>
<td>9.3</td>
</tr>
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<td>Fruit juice</td>
<td>5.2</td>
<td>Fruits</td>
<td>6.5</td>
</tr>
<tr>
<td>Fruit drinks</td>
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<td>Pasta/noodles</td>
<td>6.1</td>
</tr>
<tr>
<td>Milk</td>
<td>4.8</td>
<td>Fried vegetables</td>
<td>5.9</td>
</tr>
<tr>
<td>Pastries</td>
<td>4.1</td>
<td>Potatoes</td>
<td>5.7</td>
</tr>
<tr>
<td>Iced tea</td>
<td>4.0</td>
<td>Snack food</td>
<td>5.3</td>
</tr>
<tr>
<td>Bread/buns, white</td>
<td>3.9</td>
<td>Mixed dishes</td>
<td>4.1</td>
</tr>
<tr>
<td>Cereal</td>
<td>2.8</td>
<td>Pizza</td>
<td>3.7</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>M) Vitamin D</th>
<th>N) Folate</th>
<th>O) Calcium</th>
<th>P) Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>% of total</td>
<td>Food</td>
<td>% of total</td>
</tr>
<tr>
<td>Fish</td>
<td>24.3</td>
<td>Bread/buns, white</td>
<td>20.4</td>
</tr>
<tr>
<td>Milk</td>
<td>17.6</td>
<td>Pasta/noodles</td>
<td>16.8</td>
</tr>
<tr>
<td>Margarine</td>
<td>16.9</td>
<td>Vegetables</td>
<td>5.4</td>
</tr>
<tr>
<td>Eggs</td>
<td>13.6</td>
<td>Eggs</td>
<td>5.1</td>
</tr>
<tr>
<td>Cold cuts/sausages</td>
<td>4.4</td>
<td>Pizza</td>
<td>4.8</td>
</tr>
<tr>
<td>Pasta/noodles</td>
<td>3.8</td>
<td>Bannock</td>
<td>4.6</td>
</tr>
<tr>
<td>Pork</td>
<td>3.5</td>
<td>Cereal</td>
<td>3.4</td>
</tr>
<tr>
<td>Chicken</td>
<td>2.1</td>
<td>Soup</td>
<td>2.9</td>
</tr>
<tr>
<td>Beef</td>
<td>1.9</td>
<td>Tea</td>
<td>2.8</td>
</tr>
<tr>
<td>Potatoes</td>
<td>1.2</td>
<td>Fruit juice</td>
<td>2.6</td>
</tr>
<tr>
<td>Food</td>
<td>q) Sodium</td>
<td>Food</td>
<td>r) Zinc</td>
</tr>
<tr>
<td>--------------------</td>
<td>------------</td>
<td>------------</td>
<td>----------</td>
</tr>
<tr>
<td>Soup</td>
<td>12.2</td>
<td>Beef(b)</td>
<td>16.3</td>
</tr>
<tr>
<td>Bread/buns, white</td>
<td>11.1</td>
<td>Game meat(e)</td>
<td>14.4</td>
</tr>
<tr>
<td>Cold cuts/sausages</td>
<td>8.9</td>
<td>Bread/buns, white</td>
<td>5.0</td>
</tr>
<tr>
<td>Condiments(i)</td>
<td>7.1</td>
<td>Chicken(a)</td>
<td>4.7</td>
</tr>
<tr>
<td>Mixed dishes</td>
<td>4.7</td>
<td>Cold cuts/sausages</td>
<td>4.4</td>
</tr>
<tr>
<td>Pizza</td>
<td>4.5</td>
<td>Pork(f)</td>
<td>4.4</td>
</tr>
<tr>
<td>Pasta/noodles</td>
<td>4.0</td>
<td>Cereal</td>
<td>4.3</td>
</tr>
<tr>
<td>Snack food(c)</td>
<td>3.3</td>
<td>Mixed dishes</td>
<td>4.0</td>
</tr>
<tr>
<td>Chicken(a)</td>
<td>3.1</td>
<td>Pasta/noodles</td>
<td>3.9</td>
</tr>
<tr>
<td>Sandwiches</td>
<td>3.1</td>
<td>Eggs</td>
<td>3.5</td>
</tr>
</tbody>
</table>

\(a\) chicken = roasted, baked, fried and stewed
\(b\) beef = ground, steak, ribs and brisket
\(c\) snack food = potato chips, pretzels, popcorn
\(d\) fried vegetables = French fries, hash browns, onion rings, battered & deep-fried zucchini
\(e\) game meat = moose, caribou, deer, elk, rabbit, bear, beaver, groundhog, muskrat, porcupine, goose, duck, ptarmigan, grouse and pheasant
\(f\) pork = loin, chops and ribs
\(i\) condiments, sweet = sugar, jam, syrup, honey
\(c\) pastries = cakes, pies, muffins, doughnuts
\(i\) condiments = sauces, ketchup, mustard, salt, vinegar
Table 4.5 Distribution of Healthy Eating Index (HEI) scores, by sex and age group

<table>
<thead>
<tr>
<th>Sex</th>
<th>Age</th>
<th>n</th>
<th>Mean (SE)</th>
<th>5th (SE)</th>
<th>10th (SE)</th>
<th>25th (SE)</th>
<th>50th (SE)</th>
<th>75th (SE)</th>
<th>90th (SE)</th>
<th>95th (SE)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19-50</td>
<td>1385</td>
<td>45.8 (0.8)</td>
<td>38.9 (1.7)</td>
<td>40.3 (1.4)</td>
<td>42.7 (1.1)</td>
<td>45.5 (0.9)</td>
<td>48.5 (1.1)</td>
<td>51.3 (1.6)</td>
<td>53.0 (1.9)</td>
</tr>
<tr>
<td></td>
<td>51-70</td>
<td>680</td>
<td>51.8 (0.7)</td>
<td>40.5 (1.3)</td>
<td>43.0 (1.1)</td>
<td>47.3 (0.9)</td>
<td>52.1 (0.8)</td>
<td>56.8 (0.9)</td>
<td>60.8 (1.1)</td>
<td>63.1 (1.2)</td>
</tr>
<tr>
<td></td>
<td>71+</td>
<td>126</td>
<td>51.0 (2.8)</td>
<td>39.6 (4.3)</td>
<td>41.8 (4.1)</td>
<td>45.9 (3.7)</td>
<td>50.7 (3.5)</td>
<td>55.7 (3.5)</td>
<td>60.1 (3.7)</td>
<td>62.5 (3.9)</td>
</tr>
<tr>
<td>Male</td>
<td>19-50</td>
<td>2661</td>
<td>48.6 (0.4)</td>
<td>38.9 (0.9)</td>
<td>41.0 (0.8)</td>
<td>44.5 (0.6)</td>
<td>48.6 (0.5)</td>
<td>52.8 (0.5)</td>
<td>56.7 (0.7)</td>
<td>59.0 (0.8)</td>
</tr>
<tr>
<td></td>
<td>51-70</td>
<td>1131</td>
<td>51.8 (0.6)</td>
<td>42.1 (0.7)</td>
<td>44.2 (0.7)</td>
<td>47.7 (0.7)</td>
<td>51.7 (0.7)</td>
<td>55.8 (0.8)</td>
<td>59.5 (0.9)</td>
<td>61.7 (0.9)</td>
</tr>
<tr>
<td></td>
<td>71+</td>
<td>218</td>
<td>53.8 (1.6)</td>
<td>50.1 (3.4)</td>
<td>51.0 (3)</td>
<td>52.6 (2.3)</td>
<td>54.2 (1.9)</td>
<td>55.9 (2)</td>
<td>57.4 (2.4)</td>
<td>58.2 (2.8)</td>
</tr>
</tbody>
</table>
Among all adults, traditional food provided an average of 3.2% of the daily calories, ranging from 0.5% in the southern ecozone of the Mixedwood Plains to 7.3% in the northwestern ecozone of the Boreal Cordillera and the western ecozone of the Pacific Maritime (Figure 4.4). Among consumers, 18% of calories were from traditional food (Figure 4.5) while those eating at the 95th percentile derived over half their calories (53.3%) from traditional food (data not shown). On days that traditional food was eaten, the intake of almost all nutrients was significantly higher while the intake of saturated fat was lower (Table 4.6).
Figure 4.5. Mean (SE) percentage of calories from traditional food for consumers only, from 24-hour recall data

<table>
<thead>
<tr>
<th>Ecozone</th>
<th>Percent of Calories from Traditional Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>All ecozones (n=1243)</td>
<td>18.0</td>
</tr>
<tr>
<td>Pacific Maritime (n=146)</td>
<td>20.6</td>
</tr>
<tr>
<td>Boreal Cordillera (n=39)</td>
<td>14.1</td>
</tr>
<tr>
<td>Montane Cordillera (n=102)</td>
<td>24.9</td>
</tr>
<tr>
<td>Atlantic Maritime (n=70)</td>
<td>12.7</td>
</tr>
<tr>
<td>Mixedwood Plains (n=39)</td>
<td>8.7</td>
</tr>
<tr>
<td>Boreal Plains (n=264)</td>
<td>17.7</td>
</tr>
<tr>
<td>Prairies (n=70)</td>
<td>14.0</td>
</tr>
<tr>
<td>Boreal Shield (n=254)</td>
<td>16.6</td>
</tr>
<tr>
<td>Taiga Shield (n=131)</td>
<td>16.6</td>
</tr>
<tr>
<td>Hudson Plains (n=79)</td>
<td>23.4</td>
</tr>
<tr>
<td>Montane Cordillera (n=102)</td>
<td>14.9</td>
</tr>
<tr>
<td>Boreal Cordillera (n=39)</td>
<td>14.1</td>
</tr>
<tr>
<td>Pacific Maritime (n=146)</td>
<td>20.6</td>
</tr>
<tr>
<td>All ecozones (n=1243)</td>
<td>18.0</td>
</tr>
</tbody>
</table>

Percent of calories from traditional food, total population
### Table 4.6 Comparison of nutrient intake on days with and without traditional food

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Days with TF (n=1243 recalls)</th>
<th>Days without TF (n=5242 recalls)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>mean ± SE</td>
<td></td>
</tr>
<tr>
<td>Calories, kcal</td>
<td>1970 ± 26.9</td>
<td>1912 ± 13.4</td>
</tr>
<tr>
<td>Protein, grams***</td>
<td>118 ± 2.13</td>
<td>74.7 ± 0.61</td>
</tr>
<tr>
<td>Fat, grams***</td>
<td>71.4 ± 1.3</td>
<td>78.5 ± 0.69</td>
</tr>
<tr>
<td>Carbohydrates, grams**</td>
<td>220 ± 3.48</td>
<td>232 ± 1.78</td>
</tr>
<tr>
<td>Total sugars, grams***</td>
<td>70.8 ± 1.89</td>
<td>79.5 ± 0.92</td>
</tr>
<tr>
<td>Fibre, grams</td>
<td>13.1 ± 0.24</td>
<td>13.2 ± 0.12</td>
</tr>
<tr>
<td>Cholesterol, grams***</td>
<td>385 ± 8.49</td>
<td>312 ± 3.73</td>
</tr>
<tr>
<td>Total saturated fat, grams***</td>
<td>20.5 ± 0.4</td>
<td>25.4 ± 0.24</td>
</tr>
<tr>
<td>Monounsaturated fat, grams**</td>
<td>27.8 ± 0.58</td>
<td>30.1 ± 0.28</td>
</tr>
<tr>
<td>Polyunsaturated fat, grams</td>
<td>15.2 ± 0.36</td>
<td>15.6 ± 0.18</td>
</tr>
<tr>
<td>Linoleic acid, grams*</td>
<td>11.6 ± 0.3</td>
<td>12.3 ± 0.14</td>
</tr>
<tr>
<td>Linolenic acid, grams***</td>
<td>1.85 ± 0.06</td>
<td>1.37 ± 0.02</td>
</tr>
<tr>
<td>Calcium, mg**</td>
<td>571 ± 10.7</td>
<td>612 ± 6.26</td>
</tr>
<tr>
<td>Iron, mg***</td>
<td>20.2 ± 0.41</td>
<td>12.9 ± 0.11</td>
</tr>
<tr>
<td>Zinc, mg***</td>
<td>17.1 ± 0.39</td>
<td>10.2 ± 0.1</td>
</tr>
<tr>
<td>Magnesium, mg***</td>
<td>279 ± 4.31</td>
<td>231 ± 1.78</td>
</tr>
<tr>
<td>Copper, mg***</td>
<td>1.64 ± 0.03</td>
<td>1.13 ± 0.02</td>
</tr>
<tr>
<td>Potassium, mg***</td>
<td>2913 ± 42.9</td>
<td>2258 ± 17.2</td>
</tr>
<tr>
<td>Sodium, mg***</td>
<td>2764 ± 55.3</td>
<td>3136 ± 27.1</td>
</tr>
<tr>
<td>Phosphorus, mg***</td>
<td>1490 ± 23.4</td>
<td>1076 ± 8.44</td>
</tr>
<tr>
<td>Vitamin A, ug**</td>
<td>563 ± 31.8</td>
<td>453 ± 6.8</td>
</tr>
<tr>
<td>Vitamin D, ug***</td>
<td>7.6 ± 0.4</td>
<td>3.22 ± 0.05</td>
</tr>
<tr>
<td>Vitamin C, mg*</td>
<td>89.7 ± 4.31</td>
<td>79.8 ± 1.85</td>
</tr>
<tr>
<td>Folate, ug</td>
<td>362 ± 7.05</td>
<td>350 ± 3.48</td>
</tr>
<tr>
<td>Thiamin, mg</td>
<td>1.63 ± 0.03</td>
<td>1.63 ± 0.02</td>
</tr>
<tr>
<td>Riboflavin, mg**</td>
<td>2.22 ± 0.04</td>
<td>1.87 ± 0.01</td>
</tr>
<tr>
<td>Niacin, mg***</td>
<td>47.8 ± 0.82</td>
<td>35.4 ± 0.29</td>
</tr>
<tr>
<td>Vitamin B6, mg***</td>
<td>1.72 ± 0.03</td>
<td>1.40 ± 0.01</td>
</tr>
<tr>
<td>Vitamin B12, ug***</td>
<td>14.0 ± 0.58</td>
<td>3.95 ± 0.13</td>
</tr>
</tbody>
</table>

*significantly different, unpaired t-test, *p<0.05; **p<0.01; ***p<0.0001
The Body Mass Index (BMI) is a proxy measure of body fat based on a person’s weight and height and is an index used to categorize body weights and risk of disease. BMI was calculated using both measured heights and weights when the data were available. In cases where only reported or a combination of reported and measured heights and weights were available, the BMI values were adjusted by the addition of the estimated bias value. The estimated bias value is the mean difference found between the BMIs using measured and reported values using a paired t-test. BMI values that were calculated with reported height and/or weight values were adjusted for bias in reporting by applying results from simple regression analyses by gender, using the reduced model 4 as described by Gorber et al, 2008. Based on the BMI categories, 83% of all adults were either overweight or obese (Figures 4.6 and 4.7). In the general Canadian population, based on measured weight and height data from the 2015 CCHS, 61.3% of Canadians aged 18 years and older are either overweight or obese. (Statistics Canada n.d. (f)).

Figure 4.7 Percentage of adults who are overweight or obesity by ecozones
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Figure 4.24 Household food insecurity by ecozone

Errors in the original figure:

1) The values at the end of each bar erroneously showed the rate for the secure category instead of the total rate of food insecurity (marginal + moderate + severe).

2) The bars for the results for moderate and severe food insecurity were reversed by mistake.

The corrected figure is as follows:

<table>
<thead>
<tr>
<th>Ecozone</th>
<th>Marginal</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pacific Maritime</td>
<td>6.0</td>
<td>35.8</td>
<td>48.1</td>
</tr>
<tr>
<td>Montane Cordillera</td>
<td>10.5</td>
<td>12.8</td>
<td>4.0</td>
</tr>
<tr>
<td>Montane Cordillera</td>
<td>11.3</td>
<td>25.4</td>
<td>7.0</td>
</tr>
<tr>
<td>Boreal Plains</td>
<td>9.7</td>
<td>28.0</td>
<td>45.0</td>
</tr>
<tr>
<td>Boreal Shield</td>
<td>12.8</td>
<td>31.2</td>
<td>12.5</td>
</tr>
<tr>
<td>Hudson Plains</td>
<td>13.1</td>
<td>31.1</td>
<td>12.1</td>
</tr>
<tr>
<td>Atlantic Maritime</td>
<td>9.0</td>
<td>14.6</td>
<td>26.8</td>
</tr>
</tbody>
</table>

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Among adults reporting traditional food intake on their 24-hour recall, the average daily calories from traditional food was 25.18%, while adults eating at the 95th percentile derived over half their calories 58.4% (53.3%) from traditional food.

The inadequate intake of several nutrients for the population, including vitamins A, D, and C, folate, calcium, and magnesium, reflects a diet pattern with low amounts of traditional food for the overall population (4.6% of calories for the total population) and a high proportion of store-bought foods with a limited variety.