

How would you describe your general approach to eating ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
Eat a well balanced and healthy diet	26%	32%	18%	31%	23%	29%	30%	20%	20%	43%	24%	29%
Eat mainly healthy foods with some gaps	47%	48%	51%	44%	50%	47%	35%	48%	52%	40%	47%	47%
Sometimes eat healthy foods but your diet needs improvement	22%	18%	26%	23%	23%	22%	24%	27%	24%	15%	24%	21%
Do not usually eat very healthy foods	4%	3%	4%	2%	4%	2%	10%	5%	4%	2%	5%	2%
Don't know	0	-	1%	-	0	-	-	-	0	1%	0	-

	TOTAL	REGION TYPE		EDUCATION				INCOME		
		Rural	Urban	<HS	HS	Post sec	University	<\$30K	\$30K-<\$60K	\$60K +
Base: All respondents										
Unweighted Base	1000	181	819	106	226	374	288	248	298	360
Weighted Base	1000	175	825	113	228	367	287	255	295	357
Eat a well balanced and healthy diet	26%	32%	25%	28%	25%	22%	32%	25%	30%	23%
Eat mainly healthy foods with some gaps	47%	43%	48%	33%	41%	53%	50%	41%	45%	54%
Sometimes eat healthy foods but your diet needs improvement	22%	23%	22%	29%	27%	23%	16%	27%	23%	21%
Do not usually eat very healthy foods	4%	2%	4%	9%	6%	3%	2%	7%	2%	3%
Don't know	0	-	0	1%	0	-	-	1%	0	-

Now I would like you to think about YESTERDAY. For each of the following, please tell me HOW MANY SERVINGS of each type of food you ate yesterday: Fruits or vegetables ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	7%	5%	8%	7%	8%	6%	11%	10%	7%	4%	9%	6%
1 serving	20%	17%	19%	19%	20%	22%	18%	20%	20%	18%	26%	14%
2 servings	24%	24%	24%	30%	23%	26%	23%	26%	21%	27%	28%	21%
3 servings	19%	9%	22%	18%	20%	22%	22%	20%	21%	17%	19%	20%
4 servings	11%	16%	10%	9%	11%	11%	10%	11%	12%	12%	8%	15%
5 servings	9%	16%	9%	8%	8%	7%	10%	8%	8%	12%	6%	12%
6 servings	4%	5%	7%	6%	4%	3%	3%	2%	5%	4%	2%	6%
7 servings	2%	3%	1%	4%	3%	2%	2%	1%	3%	3%	1%	4%
8 servings	2%	4%	-	-	2%	1%	-	1%	1%	2%	1%	2%
9 servings	0	2%	-	-	-	-	-	1%	0	-	0	0
10-19 servings	0	-	-	-	1%	-	-	0	-	1%	0	0
90-99 servings	0	-	-	-	-	0	-	-	0	-	-	0
Don't know	0	-	-	-	-	1%	-	-	1%	-	-	0
STATISTICS												
Mean	2.87	3.29	2.66	2.69	2.82	2.93	2.55	2.60	3.01	3.01	2.31	3.40
Standard Deviation	3.5	2.1	1.7	1.8	2.0	6.2	1.7	1.8	5.2	1.9	1.7	4.6
Standard Error	0.1	0.2	0.2	0.2	0.1	0.4	0.2	0.1	0.3	0.1	0.1	0.2

	TOTAL	REGION TYPE		EDUCATION				INCOME		
		Rural	Urban	<HS	HS	Post sec	University	<\$30K	\$30K-<\$60K	\$60K +
Base: All respondents										
Unweighted Base	1000	181	819	106	226	374	288	248	298	360
Weighted Base	1000	175	825	113	228	367	287	255	295	357
None	7%	6%	8%	14%	11%	7%	2%	13%	3%	7%
1 serving	20%	21%	19%	32%	24%	18%	13%	27%	16%	18%
2 servings	24%	20%	25%	20%	24%	27%	23%	20%	31%	22%
3 servings	19%	22%	19%	14%	21%	18%	22%	17%	19%	22%
4 servings	11%	14%	11%	8%	8%	10%	16%	11%	14%	10%
5 servings	9%	10%	9%	4%	5%	11%	13%	5%	9%	12%
6 servings	4%	4%	4%	2%	4%	4%	5%	4%	4%	3%
7 servings	2%	2%	3%	2%	1%	3%	3%	1%	2%	4%
8 servings	2%	1%	2%	3%	2%	1%	1%	1%	1%	2%
9 servings	0	0	0	-	-	0	1%	0	0	0
10-19 servings	0	-	0	-	-	0	1%	-	0	0
90-99 servings	0	-	0	-	-	0	-	-	-	-
Don't know	0	1%	0	-	-	-	1%	-	0	-
STATISTICS										
Mean	2.87	2.80	2.88	2.20	2.39	3.07	3.24	2.32	2.92	2.93
Standard Deviation	3.5	1.8	3.8	1.9	1.8	5.3	1.8	1.8	1.7	1.9
Standard Error	0.1	0.1	0.1	0.2	0.1	0.3	0.1	0.1	0.1	0.1

Now I would like you to think about YESTERDAY. For each of the following, please tell me HOW MANY SERVINGS of each type of food you ate yesterday: 1) Fruits or vegetables ?

	TOTAL	APPROACH TO EATING			
		Balanced and healthy diet	Eat mainly healthy foods	Sometimes eat healthy foods	Do not usually eat very healthy foods
Base: All respondents					
Unweighted Base	1000	262	471	229	36
Weighted Base	1000	264	472	225	37
None	7%	3%	4%	16%	29%
1 serving	20%	16%	18%	28%	19%
2 servings	24%	20%	25%	26%	40%
3 servings	19%	21%	21%	17%	3%
4 servings	11%	15%	12%	7%	5%
5 servings	9%	10%	11%	5%	3%
6 servings	4%	6%	4%	1%	2%
7 servings	2%	3%	3%	1%	-
8 servings	2%	4%	1%	-	-
9 servings	0	1%	-	-	-
10-19 servings	0	1%	-	-	-
90-99 servings	0	0	-	-	-
Don't know	0	0	0	-	-
STATISTICS					
Mean	2.87	3.71	2.95	1.95	1.53
Standard Deviation	3.5	6.2	1.8	1.5	1.4
Standard Error	0.1	0.4	0.1	0.1	0.2

Now I would like you to think about YESTERDAY. For each of the following, please tell me HOW MANY SERVINGS of each type of food you ate yesterday: Cereal, grains or bread ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	7%	5%	9%	2%	9%	7%	5%	6%	8%	7%	10%	5%
1 serving	29%	28%	27%	26%	28%	32%	33%	28%	29%	32%	31%	27%
2 servings	32%	31%	32%	32%	31%	34%	28%	31%	34%	30%	34%	30%
3 servings	17%	18%	16%	29%	15%	16%	23%	18%	15%	18%	15%	19%
4 servings	8%	9%	8%	7%	10%	6%	4%	9%	6%	9%	5%	11%
5 servings	3%	4%	5%	1%	3%	2%	6%	4%	3%	2%	2%	4%
6 servings	2%	2%	3%	2%	3%	2%	1%	2%	3%	1%	2%	3%
7 servings	0	1%	-	-	1%	0	-	1%	1%	-	0	1%
8 servings	0	1%	-	1%	0	-	-	0	0	-	0	0
10-19 servings	0	1%	-	-	0	-	-	-	0	1%	-	0
60-69 servings	0	-	-	-	-	0	-	-	0	-	-	0
Don't know	0	-	1%	-	0	1%	-	0	1%	1%	0	0
STATISTICS												
Mean	2.19	2.33	2.14	2.31	2.15	2.17	2.10	2.23	2.26	2.05	1.90	2.46
Standard Deviation	2.3	1.6	1.4	1.3	1.6	3.8	1.3	1.5	3.3	1.5	1.3	3.0
Standard Error	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.2	0.1	0.1	0.1

Now I would like you to think about YESTERDAY. For each of the following, please tell me HOW MANY SERVINGS of each type of food you ate yesterday: Meat, fish, poultry, eggs or beans ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	8%	8%	4%	8%	10%	6%	9%	14%	6%	4%	8%	8%
1 serving	38%	37%	33%	35%	39%	38%	43%	30%	40%	43%	38%	38%
2 servings	38%	36%	39%	39%	38%	41%	33%	36%	40%	40%	37%	39%
3 servings	10%	11%	15%	16%	8%	8%	11%	12%	9%	9%	9%	11%
4 servings	3%	3%	5%	2%	3%	4%	2%	3%	3%	3%	4%	3%
5 servings	1%	4%	-	1%	1%	0	1%	2%	0	1%	1%	1%
6 servings	0	-	1%	-	1%	-	-	1%	-	-	0	0
7 servings	1%	1%	1%	-	0	1%	-	1%	1%	-	1%	0
10-19 servings	0	-	-	-	-	0	-	0	-	-	-	0
20-29 servings	0	-	-	-	-	-	1%	0	-	-	0	-
50-59 servings	0	-	-	-	-	0	-	-	0	-	-	0
90-99 servings	0	-	1%	-	-	-	-	-	0	-	0	-
Don't know	0	-	1%	-	-	1%	-	1%	0	-	0	0
STATISTICS												
Mean	1.86	1.81	2.83	1.71	1.62	1.92	1.91	1.84	2.02	1.67	1.95	1.78
Standard Deviation	3.5	1.2	9.5	1.0	1.1	3.2	3.0	1.9	5.3	0.9	4.3	2.4
Standard Error	0.1	0.1	1.0	0.1	0.1	0.2	0.3	0.1	0.3	0.1	0.2	0.1

Now I would like you to think about YESTERDAY. For each of the following, please tell me HOW MANY SERVINGS of each type of food you ate yesterday: Dairy products (milk, cheese, yogurt) ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	11%	14%	12%	14%	13%	7%	6%	9%	14%	9%	11%	11%
1 serving	24%	24%	30%	18%	26%	22%	23%	22%	24%	27%	29%	20%
2 servings	29%	28%	23%	35%	27%	35%	25%	26%	31%	33%	29%	30%
3 servings	20%	18%	21%	16%	19%	23%	24%	21%	18%	23%	20%	21%
4 servings	9%	11%	10%	8%	10%	7%	8%	11%	8%	7%	6%	12%
5 servings	3%	2%	2%	5%	3%	3%	8%	6%	3%	2%	3%	4%
6 servings	1%	2%	1%	-	1%	1%	3%	2%	1%	-	1%	1%
7 servings	1%	-	-	2%	0	0	3%	1%	1%	0	0	1%
8 servings	0	1%	1%	1%	-	1%	-	1%	0	-	0	0
10-19 servings	0	1%	-	-	-	0	1%	1%	0	-	1%	-
60-69 servings	0	-	-	-	-	0	-	-	0	-	-	0
Don't know	0	-	-	-	-	0	-	-	0	-	-	0
STATISTICS												
Mean	2.20	2.13	2.03	2.19	2.00	2.47	2.57	2.41	2.16	1.99	2.03	2.36
Standard Deviation	2.3	1.6	1.4	1.6	1.4	3.9	1.7	1.7	3.3	1.2	1.5	2.9
Standard Error	0.1	0.1	0.1	0.2	0.1	0.2	0.2	0.1	0.2	0.1	0.1	0.1

Now I would like you to think about YESTERDAY. For each of the following, please tell me HOW MANY SERVINGS of each type of food you ate yesterday: Candy, chips, pop or sweet desserts ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	40%	48%	38%	34%	40%	40%	35%	32%	37%	53%	38%	42%
1 serving	35%	33%	38%	39%	35%	34%	32%	36%	38%	30%	35%	35%
2 servings	14%	12%	12%	20%	13%	13%	21%	18%	16%	7%	15%	13%
3 servings	6%	3%	7%	4%	7%	7%	6%	7%	5%	6%	6%	6%
4 servings	2%	1%	3%	1%	2%	3%	4%	3%	2%	2%	3%	2%
5 servings	1%	2%	2%	-	1%	-	1%	1%	1%	-	1%	0
6 servings	1%	1%	-	1%	2%	1%	-	2%	1%	2%	2%	1%
7 servings	0	-	-	-	-	1%	-	0	0	-	0	-
8 servings	0	1%	-	-	-	-	-	-	-	0	-	-
10-19 servings	0	-	-	-	-	1%	1%	0	0	0	0	0
20-29 servings	0	-	-	-	0	-	1%	-	0	-	0	0
Don't know	0	-	-	-	-	0	-	-	0	-	-	0
STATISTICS												
Mean	1.11	0.88	1.03	1.03	1.15	1.15	1.39	1.30	1.12	0.86	1.20	1.03
Standard Deviation	1.6	1.3	1.2	1.0	1.7	1.5	2.3	1.4	1.8	1.4	1.6	1.5
Standard Error	0	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1

Now I would like you to think about YESTERDAY. For each of the following, please tell me HOW MANY SERVINGS of each type of food you ate yesterday: Butter, margarine, oil or salad dressing ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	20%	18%	24%	20%	22%	17%	18%	26%	18%	15%	24%	17%
1 serving	40%	40%	39%	36%	40%	43%	40%	45%	44%	30%	41%	39%
2 servings	23%	22%	26%	26%	23%	24%	18%	19%	19%	34%	20%	27%
3 servings	11%	14%	9%	13%	9%	12%	16%	6%	14%	14%	11%	12%
4 servings	4%	5%	2%	4%	5%	2%	5%	1%	3%	7%	3%	4%
5 servings	0	1%	-	-	0	0	-	1%	0	-	0	0
6 servings	0	-	-	1%	0	-	1%	0	0	-	0	0
7 servings	0	-	-	-	0	0	-	0	0	-	0	-
9 servings	0	-	-	-	-	0	-	0	-	-	0	-
20-29 servings	0	1%	-	-	-	-	-	-	0	-	0	-
50-59 servings	0	-	-	-	-	0	1%	0	0	-	0	0
Don't know	0	-	-	-	0	0	-	0	0	-	-	0
STATISTICS												
Mean	1.54	1.60	1.27	1.49	1.39	1.63	2.23	1.36	1.61	1.67	1.50	1.58
Standard Deviation	2.6	1.9	1.0	1.2	1.2	3.2	6.0	3.1	2.9	1.1	2.8	2.4
Standard Error	0.1	0.2	0.1	0.1	0.1	0.2	0.6	0.2	0.1	0.1	0.1	0.1

Now I'm going to read several statements that relate to how different people might control their weight or their food intake. Which of the following is closest to your own situation?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
I always eat what I want and give little thought to my weight	43%	43%	41%	44%	40%	48%	43%	48%	43%	37%	51%	35%
I occasionally give up certain foods in order to maintain a healthy weight	40%	39%	41%	40%	42%	40%	30%	40%	37%	43%	36%	43%
I sometimes follow specified weight loss diets or programs in order to lose weight	10%	11%	9%	9%	10%	7%	16%	7%	12%	11%	6%	14%
I am regularly on weight loss diets or programs in order to lose weight	4%	5%	5%	4%	3%	2%	6%	2%	5%	4%	2%	5%
Don't know	4%	2%	4%	3%	5%	3%	5%	3%	4%	5%	5%	3%

I would like you to think about your MAIN MEAL OF THE DAY in each of the past 7 days. How many of your last 7 dinners were in the following four categories: Take-out or ordered in - Eaten in a restaurant - Cooked or made from scratch - Heated or reheated a Prepared frozen meal: Take-out or ordered in ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	67%	64%	62%	59%	64%	78%	66%	53%	67%	85%	63%	71%
1 meal	17%	17%	19%	22%	19%	13%	20%	21%	19%	12%	17%	17%
2 meals	9%	9%	11%	11%	10%	7%	5%	13%	10%	2%	11%	7%
3 meals	4%	5%	2%	5%	5%	1%	4%	7%	3%	1%	4%	4%
4 meals	1%	3%	4%	2%	1%	1%	2%	3%	1%	-	2%	1%
5 meals	1%	-	1%	1%	0	1%	-	1%	0	0	1%	0
6 meals	0	1%	-	-	-	-	1%	1%	-	-	0	-
7 meals	0	1%	1%	-	1%	-	-	-	1%	0	1%	0
Don't know	0	-	-	-	-	-	1%	0	-	-	0	-
STATISTICS												
Mean	0.59	0.72	0.77	0.72	0.64	0.36	0.61	0.92	0.57	0.24	0.70	0.49
Standard Deviation	1.1	1.2	1.3	1.1	1.1	0.8	1.1	1.3	1.0	0.7	1.2	0.9
Standard Error	0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0	0.1	0

	TOTAL	REGION TYPE		EDUCATION				INCOME		
		Rural	Urban	<HS	HS	Post sec	University	<\$30K	\$30K-<\$60K	\$60K +
Base: All respondents										
Unweighted Base	1000	181	819	106	226	374	288	248	298	360
Weighted Base	1000	175	825	113	228	367	287	255	295	357
None	67%	75%	66%	82%	68%	62%	67%	75%	66%	60%
1 meal	17%	14%	18%	8%	17%	20%	19%	12%	18%	24%
2 meals	9%	6%	10%	3%	9%	12%	7%	7%	11%	9%
3 meals	4%	2%	4%	3%	3%	3%	5%	5%	3%	4%
4 meals	1%	1%	2%	2%	1%	1%	2%	1%	1%	1%
5 meals	1%	1%	0	1%	1%	1%	-	0	1%	1%
6 meals	0	1%	0	-	1%	0	-	-	1%	-
7 meals	0	0	0	2%	0	0	-	1%	-	1%
Don't know	0	-	0	-	-	-	0	-	-	0
STATISTICS										
Mean	0.59	0.47	0.62	0.47	0.58	0.66	0.56	0.49	0.61	0.67
Standard Deviation	1.1	1.1	1.1	1.3	1.1	1.1	1.0	1.1	1.1	1.1
Standard Error	0	0.1	0	0.1	0.1	0.1	0.1	0.1	0.1	0.1

I would like you to think about your MAIN MEAL OF THE DAY in each of the past 7 days. How many of your last 7 dinners were in the following four categories: Take-out or ordered in - Eaten in a restaurant - Cooked or made from scratch - Heated or reheated a Prepared frozen meal: Eaten in a restaurant ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	63%	66%	60%	59%	66%	59%	67%	63%	60%	67%	61%	65%
1 meal	21%	21%	21%	25%	20%	23%	19%	19%	23%	21%	20%	22%
2 meals	10%	8%	11%	7%	10%	13%	7%	13%	10%	6%	13%	8%
3 meals	3%	3%	4%	5%	3%	2%	5%	3%	4%	2%	4%	3%
4 meals	1%	1%	1%	3%	1%	2%	2%	1%	1%	1%	1%	2%
5 meals	1%	1%	1%	1%	1%	1%	-	0	1%	1%	2%	0
6 meals	0	-	1%	1%	-	-	-	-	0	-	-	0
7 meals	0	-	1%	-	-	-	-	-	-	0	0	-
STATISTICS												
Mean	0.62	0.54	0.78	0.76	0.57	0.67	0.55	0.62	0.69	0.54	0.69	0.55
Standard Deviation	1.0	0.9	1.3	1.2	1.0	1.0	1.0	1.0	1.1	1.0	1.1	0.9
Standard Error	0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0	0

	TOTAL	REGION TYPE		EDUCATION				INCOME		
		Rural	Urban	<HS	HS	Post sec	University	<\$30K	\$30K-<\$60K	\$60K +
Base: All respondents										
Unweighted Base	1000	181	819	106	226	374	288	248	298	360
Weighted Base	1000	175	825	113	228	367	287	255	295	357
None	63%	66%	63%	78%	70%	59%	56%	71%	60%	60%
1 meal	21%	23%	21%	10%	19%	24%	24%	15%	24%	24%
2 meals	10%	6%	11%	4%	8%	10%	15%	9%	11%	11%
3 meals	3%	2%	3%	5%	2%	4%	3%	2%	3%	3%
4 meals	1%	2%	1%	-	0	2%	1%	2%	2%	0
5 meals	1%	1%	1%	2%	0	0	2%	1%	0	2%
6 meals	0	-	0	-	0	0	-	0	-	0
7 meals	0	-	0	1%	-	-	-	0	-	-
STATISTICS										
Mean	0.62	0.56	0.63	0.51	0.45	0.68	0.73	0.57	0.64	0.66
Standard Deviation	1.0	1.0	1.0	1.2	0.9	1.0	1.0	1.1	1.0	1.0
Standard Error	0	0.1	0	0.1	0.1	0.1	0.1	0.1	0.1	0.1



I would like you to think about your MAIN MEAL OF THE DAY in each of the past 7 days. How many of your last 7 dinners were in the following four categories: Take-out or ordered in - Eaten in a restaurant - Cooked or made from scratch - Heated or reheated a Prepared frozen meal: Cooked or made from scratch ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	6%	6%	9%	3%	6%	4%	5%	8%	5%	2%	7%	4%
1 meal	2%	1%	6%	3%	2%	0	3%	3%	2%	2%	3%	2%
2 meals	5%	5%	9%	3%	5%	4%	6%	9%	4%	2%	6%	4%
3 meals	8%	4%	8%	15%	12%	5%	4%	9%	10%	7%	10%	7%
4 meals	15%	14%	9%	16%	18%	12%	15%	15%	17%	14%	16%	14%
5 meals	18%	20%	14%	28%	14%	22%	20%	21%	19%	14%	19%	18%
6 meals	18%	21%	23%	17%	16%	21%	16%	17%	17%	21%	15%	21%
7 meals	27%	29%	22%	16%	25%	32%	32%	19%	27%	37%	24%	30%
Don't know	0	-	-	-	1%	-	-	0	-	1%	0	0
STATISTICS												
Mean	4.89	5.08	4.44	4.66	4.68	5.28	5.08	4.46	4.92	5.42	4.64	5.14
Standard Deviation	2.0	1.9	2.3	1.7	2.0	1.8	2.0	2.1	1.9	1.7	2.1	1.9
Standard Error	0.1	0.2	0.2	0.2	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1

	TOTAL	REGION TYPE		EDUCATION				INCOME		
		Rural	Urban	<HS	HS	Post sec	University	<\$30K	\$30K-<\$60K	\$60K +
Base: All respondents										
Unweighted Base	1000	181	819	106	226	374	288	248	298	360
Weighted Base	1000	175	825	113	228	367	287	255	295	357
None	6%	5%	6%	8%	6%	6%	4%	10%	5%	4%
1 meal	2%	0	2%	4%	2%	2%	2%	3%	1%	3%
2 meals	5%	6%	5%	4%	4%	5%	5%	5%	5%	5%
3 meals	8%	7%	9%	5%	10%	9%	7%	7%	9%	9%
4 meals	15%	9%	16%	13%	13%	17%	15%	15%	15%	17%
5 meals	18%	19%	18%	10%	20%	19%	19%	15%	19%	20%
6 meals	18%	18%	18%	12%	15%	19%	23%	14%	20%	20%
7 meals	27%	35%	25%	42%	31%	22%	24%	32%	26%	22%
Don't know	0	-	0	1%	-	-	1%	1%	0	-
STATISTICS										
Mean	4.89	5.22	4.82	5.03	4.96	4.73	5.00	4.79	4.98	4.85
Standard Deviation	2.0	1.9	2.0	2.3	2.0	2.0	1.9	2.3	1.9	1.8
Standard Error	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1

I would like you to think about your MAIN MEAL OF THE DAY in each of the past 7 days. How many of your last 7 dinners were in the following four categories: Take-out or ordered in - Eaten in a restaurant - Cooked or made from scratch - Heated or reheated a Prepared frozen meal: Heated or reheated a prepared frozen meal ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: All respondents												
Unweighted Base	1000	150	100	100	300	250	100	320	425	237	494	506
Weighted Base	1000	130	90	70	377	251	81	337	375	272	490	510
None	59%	64%	55%	53%	50%	70%	66%	53%	63%	61%	56%	61%
1 meal	17%	17%	21%	22%	20%	12%	10%	20%	13%	18%	18%	16%
2 meals	13%	12%	10%	16%	14%	10%	14%	15%	14%	9%	13%	13%
3 meals	6%	3%	7%	3%	9%	4%	5%	5%	5%	7%	6%	5%
4 meals	2%	2%	2%	5%	3%	1%	3%	3%	1%	3%	2%	2%
5 meals	2%	2%	5%	-	1%	2%	-	3%	1%	1%	2%	1%
6 meals	0	-	-	-	0	-	1%	-	0	-	-	0
7 meals	2%	-	1%	-	3%	2%	1%	2%	2%	1%	2%	1%
STATISTICS												
Mean	0.90	0.67	1.01	0.86	1.12	0.69	0.76	1.01	0.82	0.81	0.97	0.83
Standard Deviation	1.4	1.1	1.5	1.1	1.6	1.4	1.3	1.5	1.4	1.3	1.5	1.4
Standard Error	0	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1

And how many of these: Take-out or ordered in meals were what you would think of as 'fast food' such as pizza, fried chicken or hamburgers ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: Respondents who mentioned Take-out or ordered in												
Unweighted Base	331	53	38	44	109	56	31	147	145	35	179	152
Weighted Base	327	47	34	29	135	56	27	156	125	42	178	150
None	18%	31%	24%	16%	15%	17%	14%	20%	15%	19%	17%	21%
1 meal	51%	43%	51%	47%	54%	49%	55%	43%	54%	70%	49%	53%
2 meals	20%	16%	15%	25%	18%	26%	17%	24%	18%	7%	24%	15%
3 meals	7%	2%	2%	9%	10%	5%	7%	6%	9%	4%	6%	8%
4 meals	2%	4%	7%	-	1%	-	3%	3%	2%	-	1%	3%
5 meals	0	-	-	2%	-	2%	-	1%	0	-	0	1%
6 meals	1%	2%	-	-	-	-	4%	1%	-	-	1%	-
7 meals	0	2%	-	-	-	-	-	-	1%	-	0	-
Don't know	1%	-	-	-	2%	2%	-	2%	1%	-	1%	1%
STATISTICS												
Mean	1.28	1.23	1.18	1.36	1.27	1.26	1.50	1.35	1.31	0.95	1.34	1.20
Standard Deviation	1.0	1.4	1.1	1.0	0.9	0.9	1.4	1.1	1.0	0.6	1.1	1.0
Standard Error	0.1	0.2	0.2	0.2	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1

And how many of these: Eaten in a restaurant meals were what you would think of as 'fast food' such as pizza, fried chicken or hamburgers ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: Respondents who mentioned Eaten in a restaurant												
Unweighted Base	376	52	39	41	104	106	34	121	170	79	195	181
Weighted Base	368	44	36	29	129	103	27	125	149	89	191	177
None	56%	72%	52%	58%	55%	52%	57%	53%	54%	64%	56%	56%
1 meal	28%	21%	36%	25%	31%	27%	28%	31%	31%	19%	26%	31%
2 meals	8%	3%	5%	7%	5%	14%	10%	11%	8%	4%	9%	6%
3 meals	3%	-	-	9%	4%	3%	2%	2%	3%	4%	3%	3%
4 meals	2%	2%	2%	2%	1%	3%	2%	2%	2%	3%	2%	2%
5 meals	1%	2%	2%	-	1%	-	-	-	1%	2%	1%	0
7 meals	0	-	3%	-	-	-	-	-	-	1%	1%	-
Don't know	1%	-	-	-	3%	1%	-	1%	1%	3%	2%	1%
STATISTICS												
Mean	0.69	0.46	0.90	0.73	0.66	0.76	0.65	0.67	0.71	0.71	0.73	0.65
Standard Deviation	1.1	1.0	1.6	1.1	1.0	1.0	0.9	0.9	1.0	1.4	1.1	1.0
Standard Error	0.1	0.1	0.3	0.2	0.1	0.1	0.2	0.1	0.1	0.2	0.1	0.1

	TOTAL	REGION TYPE		EDUCATION				INCOME		
		Rural	Urban	<HS	HS	Post sec	University	<\$30K	\$30K-<\$60K	\$60K +
Base: Respondents who mentioned Eaten in a restaurant										
Unweighted Base	376	63	313	24	70	152	129	74	121	148
Weighted Base	368	60	308	25	68	149	126	75	118	144
None	56%	51%	57%	42%	54%	56%	60%	46%	52%	64%
1 meal	28%	32%	27%	26%	33%	28%	26%	24%	35%	24%
2 meals	8%	8%	8%	8%	6%	9%	8%	14%	7%	7%
3 meals	3%	3%	3%	8%	5%	2%	3%	3%	4%	3%
4 meals	2%	5%	2%	-	-	4%	1%	5%	2%	1%
5 meals	1%	1%	1%	6%	-	-	1%	2%	-	1%
7 meals	0	-	0	5%	-	-	-	2%	-	-
Don't know	1%	-	2%	4%	2%	1%	1%	5%	-	-
STATISTICS										
Mean	0.69	0.83	0.67	1.40	0.61	0.69	0.62	1.07	0.69	0.57
Standard Deviation	1.1	1.2	1.0	1.9	0.8	1.0	1.0	1.5	0.9	1.0
Standard Error	0.1	0.1	0.1	0.4	0.1	0.1	0.1	0.2	0.1	0.1

And how many of these: Heated or reheated a prepared frozen meal were what you would think of as 'fast food' such as pizza, fried chicken or hamburgers ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
Base: Respondents who mentioned Heated or reheated a prepared frozen meal												
Unweighted Base	402	54	45	46	149	75	33	148	154	91	210	192
Weighted Base	413	47	41	33	189	76	27	159	139	107	216	197
None	60%	64%	72%	60%	56%	60%	60%	54%	62%	66%	57%	63%
1 meal	24%	25%	14%	25%	28%	24%	17%	30%	22%	20%	28%	21%
2 meals	9%	7%	6%	8%	9%	10%	10%	8%	10%	8%	9%	9%
3 meals	4%	2%	4%	5%	4%	5%	6%	4%	5%	2%	3%	5%
4 meals	1%	2%	-	2%	-	-	4%	1%	-	1%	1%	0
5 meals	1%	-	4%	-	1%	-	-	1%	1%	1%	1%	-
6 meals	0	-	-	-	-	-	2%	-	-	-	-	0
7 meals	0	-	-	-	1%	1%	-	1%	1%	-	0	1%
Don't know	1%	-	-	-	1%	-	-	1%	-	1%	1%	1%
STATISTICS												
Mean	0.66	0.54	0.59	0.66	0.67	0.68	0.87	0.73	0.66	0.55	0.70	0.62
Standard Deviation	1.1	0.9	1.2	1.0	1.0	1.1	1.4	1.1	1.1	1.0	1.1	1.1
Standard Error	0.1	0.1	0.2	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1

	TOTAL	REGION TYPE		EDUCATION				INCOME		
		Rural	Urban	<HS	HS	Post sec	University	<\$30K	\$30K-<\$60K	\$60K +
Base: Respondents who mentioned Heated or reheated a prepared frozen meal										
Unweighted Base	402	67	335	42	96	160	101	104	121	142
Weighted Base	413	67	347	46	97	163	105	109	122	147
None	60%	66%	59%	49%	57%	61%	64%	48%	62%	63%
1 meal	24%	25%	24%	26%	26%	22%	26%	27%	28%	23%
2 meals	9%	2%	10%	12%	7%	11%	6%	12%	6%	10%
3 meals	4%	4%	4%	11%	3%	4%	2%	6%	3%	3%
4 meals	1%	-	1%	2%	2%	-	-	3%	-	-
5 meals	1%	1%	1%	-	1%	1%	1%	1%	1%	-
6 meals	0	1%	-	-	-	0	-	-	-	-
7 meals	0	-	1%	-	1%	-	1%	2%	-	-
Don't know	1%	-	1%	-	3%	-	-	2%	-	-
STATISTICS										
Mean	0.66	0.56	0.68	0.89	0.74	0.62	0.57	0.98	0.52	0.54
Standard Deviation	1.1	1.1	1.1	1.1	1.2	1.0	1.1	1.4	0.8	0.8
Standard Error	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1

What type of improvement do you think your diet needs, That is, what is not healthy in what you usually eat ?

	TOTAL	REGION						AGE			GENDER	
		BC	ALB	SK/MN	ONT	QUE	ATL	18-34	35-54	55+	Male	Female
TOTAL MENTIONS												
Base: Respondents who don't Eat a well balanced and healthy diet												
Unweighted Base	736	102	81	71	231	181	70	254	339	132	375	361
Weighted Base	734	89	73	49	288	179	56	269	300	155	372	362
Need more fruits/ vegetables	32%	35%	43%	36%	27%	34%	30%	33%	30%	35%	31%	34%
Less fat/ oils	11%	13%	5%	16%	9%	15%	9%	12%	10%	13%	14%	9%
Less sugar/ sweets (chocolate, desserts, soda etc.)	23%	22%	21%	14%	20%	31%	27%	23%	24%	22%	16%	31%
Less fried/ greasy food (french fries etc.)	5%	4%	6%	2%	6%	4%	11%	5%	7%	3%	8%	3%
Less junk food (potato chips etc.)	13%	7%	12%	11%	16%	12%	14%	16%	14%	7%	12%	14%
Regular meals	6%	7%	4%	2%	4%	8%	10%	7%	5%	4%	6%	6%
More balanced	5%	6%	-	6%	4%	8%	2%	6%	5%	1%	5%	5%
Less starchy foods (pasta, bread etc.)	5%	6%	4%	3%	6%	3%	3%	5%	6%	4%	4%	6%
Less fast food/ take out (pizza, burgers etc.)	9%	6%	11%	18%	6%	11%	16%	15%	9%	1%	11%	8%
Less snacks	3%	2%	2%	4%	6%	-	2%	3%	4%	2%	3%	3%
Eat less/ smaller portions	4%	2%	7%	2%	3%	5%	2%	2%	6%	4%	5%	3%
More dairy products	2%	2%	2%	1%	1%	4%	1%	2%	2%	2%	0	4%
Nothing	4%	4%	5%	4%	4%	2%	6%	2%	4%	7%	4%	3%
Other	21%	23%	18%	14%	19%	30%	14%	21%	21%	23%	24%	19%
Don't know	2%	3%	-	4%	3%	0	-	2%	0	4%	2%	2%