

Detailed Tables

Carbohydrates can be described as 'good carbs' and 'bad carbs'. Have you heard these terms being used?

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Yes	1089 72%	154 75% e	124 83% ae	85 74% e	451 79% e	181 52% e	93 75% e	137 79% i	545 73% i	407 69% i	476 64% j	613 79% j
	427 28%	52 25% b	25 17% b	30 26% b	123 21% b	165 48% ab	31 25% cd	36 21% g	205 27% g	185 31% g	267 36% k	160 21% k

Thinking just of carbohydrates, as far as you know, are all carbohydrates the same? That is, do different types of carbohydrates have different effects on your body?

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age		
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+
		a	b	c	d	e	f	g	h	i
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672
	1516	207	149	116	574	346	124	174	751	592
All carbohydrates are the same	145 10%	23 11%	12 8%	11 10%	58 10%	33 9%	9 7%	12 7%	62 8%	71 12% h
Some carbohydrates are different	895 59%	120 58%	103 69% ae	72 62% e	347 61% e	173 50% e	79 64% e	125 72% hi	455 61% i	315 53% i
Don't know	476 31%	63 31%	34 23%	33 28%	169 29%	141 41% ab	37 29% cd	37 21% g	234 31% g	205 35% g

How well do you feel you understand the distinction between 'good carbs' and 'bad carbs'?

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age		
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+
		a	b	c	d	e	f	g	h	i
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672
	1516	207	149	116	574	346	124	174	751	592
Very well	165 11%	30 15%	16 11%	15 13%	59 10%	32 9%	13 10%	21 12%	88 12%	56 9%
A little	444 29%	55 27%	51 34%	30 26%	166 29%	102 29%	41 33%	63 37%	222 30%	159 27%
Not very well	540 36%	61 30%	60 40%	44 38%	215 38%	127 37%	32 26%	60 35%	265 35%	215 36%
Not at all	367 24%	61 29%	23 15%	27 23%	133 23%	85 25%	39 31%	30 17%	175 23%	162 27%

Have you heard of the concept 'Glycemic Index' or 'G.I.'?

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Yes	566 37%	92 45%	67 45%	49 42%	233 41%	91 26%	34 28%	51 29%	288 38%	227 38%	223 30%	343 44%
No	950 63%	114 55%	82 55%	67 58%	341 59%	256 74%	90 ab	123 71%	462 62%	365 62%	519 70%	430 56%

There are some popular diets that advocate eating low amounts of carbohydrates and high amounts of protein. As far as you know, are there any health risks associated with this sort of diet?

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Yes	810 53%	127 61%	95 64%	73 64%	326 57%	118 34%	71 57%	95 55%	404 54%	311 53%	366 49%	445 58%
No	218 14%	24 11%	12 8%	16 14%	72 13%	83 24%	12 10%	27 15%	99 13%	93 16%	120 16%	99 13%
(Dk/Ns)	487 32%	56 27%	42 28%	26 23%	176 31%	146 42%	41 ab	52 30%	248 33%	187 32%	257 35%	230 30%

What do you believe are the health risks associated with this sort of diet?

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s
 * small base

	TOT AL	Region						Age			Gender	
		BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: Yes in q7a	814	135	102	80	314	122	61	56	396	362	355	459
Weighted	810	127	95*	73*	326	118	71*	95*	404	311	366	445
Lack of sufficient nutrition necessary for brain function and energy	483	72	66	46	191	70	37	70	239	174	207	276
	60%	57%	69% f	62%	59%	60%	53%	74% hi	59%	56%	57%	62%
Potential damage to internal organs (liver, kidney)	380	71	48	34	152	42	33	48	179	154	156	224
	47%	56% e	50% e	47%	47% e	36%	46%	50%	44%	49%	43%	50% j
Development of cardiac or heart issues	343	64	39	36	143	33	29	44	162	136	155	188
	42%	50% e	41% e	49% e	44% e	28%	40%	47%	40%	44%	42%	42%
Increase in cholesterol levels	266	43	32	24	115	27	25	34	122	110	125	140
	33%	34%	34%	32%	35% e	23%	35%	36%	30%	35%	34%	32%
Too rapid weight loss	207	30	23	14	84	36	21	24	102	82	87	121
	26%	23%	24%	20%	26%	30%	29%	25%	25%	26%	24%	27%
Development of diabetes	97	13	10	15	36	16	8	9	43	45	60	37
	12%	10%	10%	20% ad	11%	13%	11%	10%	11%	15%	16% k	8%
Nutritional imbalance/ yo-yo diet	36	5	1	4	13	8	5	3	20	13	20	16
	4%	4%	1%	5%	4%	7%	7%	3%	5%	4%	5%	4%
Gout	7	1	2	1	1	1	2	0	4	3	4	3
	1%	1%	2%	1%	0	1%	3%	-	1%	1%	1%	1%
Ketosis	7	1	1	1	3	1	0	3	1	2	4	2
	1%	1%	1%	1%	1%	1%	-	3% h	0	1%	1%	1%
Lack of vitamins	5	3	0	0	3	0	0	3	1	1	4	1
	1%	2%	-	-	1%	-	-	4% hi	0	0	1%	0
Nothing	1	1	0	0	0	0	0	0	1	0	0	1
	0	1%	-	-	-	-	-	-	0	-	-	0
Other	19	4	2	1	7	3	2	2	12	5	4	15
	2%	3%	2%	1%	2%	3%	3%	2%	3%	2%	1%	3% j
(Dk/Ns)	46	5	3	5	21	9	3	5	19	21	25	21
	6%	4%	3%	7%	6%	8%	4%	6%	5%	7%	7%	5%

In selecting the foods you and your family eat, what are you most concerned about?

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

	TOT AL	Region						Age			Gender	
		BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Price/ value for money	596 39%	76 37%	58 39%	51 44%	207 36%	151 44%	53 42%	76 44%	285 38%	235 40%	327 44%	269 35%
Quality	410 27%	47 23%	42 28%	31 27%	128 22%	137 40%	25 20%	49 28%	192 26%	169 29%	226 30%	184 24%
Nutrition / nutritional value	401 26%	55 27%	41 28%	30 26%	165 29%	61 18%	49 40%	34 19%	198 26%	169 29%	182 24%	219 28%
Healthy	389 26%	51 25%	32 22%	29 25%	152 26%	100 29%	25 20%	49 28%	199 26%	141 24%	158 21%	231 30%
Fat content	314 21%	41 20%	32 21%	23 20%	144 25%	40 12%	34 27%	27 16%	155 21%	132 22%	134 18%	179 23%
Taste/ flavor (incl. family will eat)	278 18%	33 16%	30 20%	30 26%	109 19%	51 15%	25 20%	39 22%	157 21%	82 14%	148 20%	130 17%
Freshness	236 16%	38 18%	22 14%	9 7%	91 16%	69 20%	9 7%	14 8%	105 14%	118 20%	94 13%	143 18%
Additives / preservatives (chemicals, pesticides..)	128 8%	37 18%	11 7%	12 10%	49 8%	13 4%	7 6%	10 6%	65 9%	53 9%	53 7%	75 10%
Sugar content	98 6%	13 6%	10 7%	11 9%	40 7%	20 6%	4 3%	10 6%	43 6%	45 8%	46 6%	53 7%
Balanced diet	82 5%	16 8%	9 6%	9 8%	30 5%	14 4%	4 3%	5 3%	41 5%	36 6%	31 4%	51 7%
Ease of preparation	69 5%	7 3%	6 4%	1 1%	28 5%	22 6%	5 4%	12 7%	46 6%	11 2%	27 4%	42 5%
Variety	68 4%	9 4%	8 5%	2 1%	25 4%	22 6%	3 3%	3 2%	33 4%	32 5%	23 3%	45 6%
Avoiding overly processed foods	60 4%	13 6%	6 4%	3 2%	24 4%	8 2%	7 6%	0 -	29 4%	31 5%	16 2%	45 6%
Carbohydrates	55 4%	9 4%	8 5%	6 5%	25 4%	5 1%	2 2%	2 1%	23 3%	30 5%	20 3%	35 4%
Vegetables	53 4%	14 7%	9 6%	5 4%	17 3%	5 2%	4 3%	3 2%	22 3%	28 5%	14 2%	39 5%
Calories	49 3%	4 2%	6 4%	4 3%	24 4%	5 1%	8 6%	2 1%	26 3%	22 4%	24 3%	25 3%
Organic	47 3%	14 7%	5 3%	3 3%	16 3%	6 2%	3 2%	5 3%	25 3%	17 3%	14 2%	33 4%
Fruit	47 3%	11 5%	8 5%	4 3%	17 3%	5 1%	3 2%	3 2%	21 3%	23 4%	12 2%	35 5%

In selecting the foods you and your family eat, what are you most concerned about?

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOTAL	BC	AB	MB/SK	ON	QC	AT	18-24	25-49	50+	Male	Female
		a	b	c	d	e	f	g	h	i	j	k
Meat	46 3%	12 6%	7 5%	4 3%	17 3%	4 1%	2 2%	5 3%	19 3%	22 4%	21 3%	25 3%
Salt content	38 2%	5 2%	7 5%	3 3%	16 3%	5 1%	1 1%	5 3%	11 2%	21 4%	16 2%	22 3%
Ingredients (incl. informative labelling)	27 2%	3 1%	2 1%	0 -	8 1%	10 3%	5 4%	3 2%	15 2%	9 1%	10 1%	17 2%
Cholesterol	24 2%	4 2%	3 2%	2 1%	12 2%	3 1%	1 1%	3 2%	6 1%	14 2%	16 2%	8 1%
High in fiber	22 1%	1 0	1 1%	2 2%	10 2%	5 1%	4 3%	2 1%	10 1%	11 2%	6 1%	16 2%
Origin of product (incl. locally owned product, where product comes from, etc.)	22 1%	4 2%	3 2%	0 -	7 1%	6 2%	1 1%	2 1%	12 2%	8 1%	8 1%	14 2%
Convenient	22 1%	4 2%	4 2%	4 4%	7 1%	1 0	2 2%	3 2%	18 2%	1 0	7 1%	15 2%
Brand name	21 1%	1 0	2 1%	1 1%	12 2%	4 1%	2 2%	4 2%	10 1%	7 1%	11 2%	10 1%
Fast	21 1%	5 2%	2 1%	1 1%	12 2%	0 -	1 1%	2 1%	16 2%	3 0	4 1%	17 2%
Appearance	17 1%	1 0	1 0	2 2%	9 2%	3 1%	1 1%	1 1%	5 1%	10 2%	7 1%	10 1%
Grains (incl. bread, cereals)	17 1%	4 2%	2 1%	1 1%	6 1%	2 1%	3 2%	4 2%	8 1%	5 1%	4 1%	13 2%
Safety (incl. diseases)	16 1%	3 1%	3 2%	1 1%	8 1%	1 0	1 1%	0 -	8 1%	8 1%	8 1%	8 1%
Dairy products	12 1%	4 2%	3 2%	2 2%	1 0	1 0	1 1%	3 2%	8 1%	2 0	6 1%	7 1%
Perisability (shelf life)	12 1%	1 0	3 2%	1 1%	3 0	2 1%	2 2%	3 2%	3 0	5 1%	5 1%	7 1%
Food allergies	7 0	2 1%	0 -	1 1%	3 1%	1 0	0 -	0 -	4 1%	3 0	1 0	6 1%
Nothing	11 1%	1 0	1 1%	3 3%	2 0	2 1%	1 1%	0 -	9 1%	1 0	5 1%	5 1%
Other	86 6%	13 7%	7 5%	11 10%	31 5%	21 6%	3 2%	9 5%	36 5%	41 7%	51 7%	35 5%
Dk/ns	3 0	0 -	0 -	0 -	1 0	2 0	0 -	2 1%	1 0	0 -	3 0	0 -

Agreement level with I enjoy eating carbohydrates

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

	TOT AL	Region						Age			Gender	
		BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Female
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Completely agree	530 35%	95 46%	61 41%	45 39%	224 39%	52 15%	53 43%	65 37%	304 40%	162 27%	210 28%	320 41%
		e	e	e	e	e	e	i	i			j
Somewhat agree	542 36%	72 35%	66 44%	44 38%	205 36%	114 33%	41 33%	79 46%	240 32%	222 38%	279 38%	263 34%
			e					h		h		
Neither agree nor disagree	378 25%	38 18%	16 11%	23 20%	126 22%	146 42%	30 24%	25 14%	185 25%	168 28%	226 30%	153 20%
		b		b	b	abcdf	b		g	g	k	
Somewhat disagree	49 3%	2 1%	3 2%	3 3%	15 3%	25 7%	0 -	5 3%	17 2%	27 5%	19 3%	30 4%
						abdf				h		
Completely disagree	17 1%	0 -	3 2%	0 -	4 1%	10 3%	0 -	0 -	5 1%	12 2%	9 1%	7 1%
			a			ad				h		
Summary												
Top 2 Box	1072 71%	167 81%	127 85%	89 77%	429 75%	165 48%	95 76%	144 83%	544 72%	384 65%	489 66%	583 75%
		e	de	e	e		e	hi	i			j
Low 2 Box	66 4%	2 1%	7 4%	3 3%	19 3%	35 10%	0 -	5 3%	21 3%	39 7%	28 4%	38 5%
			f			abcdf				h		

Agreement level with Carbohydrates are healthy for me

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

	TOT AL	Region						Age			Gender	
		BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Female
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Completely agree	198 13%	41 20%	26 17%	18 16%	72 13%	18 5%	23 18%	19 11%	113 15%	65 11%	87 12%	110 14%
		de	e	e	e	e	e		i			
Somewhat agree	544 36%	87 42%	69 46%	51 44%	214 37%	79 23%	44 35%	73 42%	285 38%	186 31%	250 34%	294 38%
		e	de	e	e	e	e	i	i			
Neither agree nor disagree	535 35%	52 25%	35 23%	35 30%	198 34%	173 50%	43 34%	55 32%	252 34%	228 39%	296 40%	240 31%
					ab	abcd	b				k	
Somewhat disagree	196 13%	23 11%	16 11%	11 9%	78 14%	55 16%	13 10%	24 14%	87 12%	84 14%	85 12%	111 14%
Completely disagree	43 3%	4 2%	3 2%	1 1%	12 2%	20 6%	2 2%	2 1%	13 2%	28 5%	24 3%	19 2%
						acd				h		
Summary												
Top 2 Box	741 49%	128 62%	95 64%	69 59%	285 50%	98 28%	67 54%	92 53%	398 53%	251 42%	337 45%	404 52%
		de	de	e	e	e	e	i	i			j
Low 2 Box	239 16%	27 13%	20 13%	12 10%	90 16%	76 22%	15 12%	26 15%	101 13%	112 19%	110 15%	130 17%
						abcd				h		

Agreement level with I find carbohydrates satisfy my hunger

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

	TOT AL	Region						Age			Gender	
		BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Completely agree	281 19%	49 23% e	33 22% e	25 22% e	125 22% e	21 6% e	28 23% e	28 16% i	172 23% i	81 14%	114 15%	166 22% j
Somewhat agree	583 38%	83 40% e	75 50% ae	49 43% e	248 43% e	76 22% e	52 42% e	86 50% hi	268 36%	228 39%	283 38%	300 39%
Neither agree nor disagree	478 31%	47 23%	31 21%	30 26%	155 27%	178 52% abcd	36 29%	42 24%	236 31%	200 34%	273 37% k	205 26%
Somewhat disagree	135 9%	24 12% bdf	8 5%	10 8%	39 7%	50 14% bdf	5 4%	15 8%	61 8%	60 10%	54 7%	82 11% j
Completely disagree	40 3%	5 2%	2 2%	2 1%	6 1%	21 6% bcd	3 2%	3 2%	14 2%	23 4% h	19 3%	20 3%
Summary												
Top 2 Box	863 57%	131 63% e	108 72% e	75 64% e	373 65% e	97 28% e	80 64% e	114 66% i	440 59% i	309 52%	397 53%	467 60% j
Low 2 Box	175 12%	29 14% bdf	10 7%	11 10%	46 8%	71 20% bcd	8 7%	18 10%	75 10%	83 14% h	73 10%	102 13% j

For White bread, please check whether it might be a 'good carb' or 'bad carb'

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Good carb	82 5%	7 4%	8 5%	4 4%	23 4%	31 9%	9 7%	12 7%	43 6%	27 4%	53 7%	29 4%
Bad carb	1174 77%	171 82%	129 87%	93 80%	457 80%	233 67%	91 73%	138 79%	589 79%	447 75%	527 71%	646 84%
Don't know	260 17%	29 14%	12 8%	18 16%	94 16%	82 24%	24 20%	24 14%	118 16%	119 20%	162 22%	98 13%

For Whole grain bread, please check whether it might be a 'good carb' or 'bad carb'

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age		
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+
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Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672
	1516	207	149	116	574	346	124	174	751	592
Good carb	1242 82%	164 80%	136 91%	95 82%	479 84%	266 77%	101 81%	135 77%	626 83%	481 81%
Bad carb	77 5%	15 7%	4 3%	6 5%	28 5%	21 6%	3 3%	16 9%	28 4%	33 6%
Don't know	197 13%	28 13%	9 6%	15 13%	67 12%	59 17%	20 16%	23 13%	96 13%	78 13%

For White rice, please check whether it might be a 'good carb' or 'bad carb'

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Good carb	285 19%	23 11%	22 15%	16 14%	99 17%	90 26%	33 27%	39 23%	144 19%	102 17%	179 24%	105 14%
Bad carb	886 58%	133 64%	106 71%	72 63%	352 61%	159 46%	64 51%	104 60%	455 61%	327 55%	350 47%	536 69%
Don't know	345 23%	50 24%	21 14%	27 24%	123 21%	97 28%	27 22%	30 17%	152 20%	163 28%	213 29%	132 17%

For Brown rice, please check whether it might be a 'good carb' or 'bad carb'

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Good carb	1207 80%	171 83%	136 91%	94 81%	447 78%	264 76%	95 76%	121 70%	623 83%	462 78%	531 72%	675 87%
Bad carb	75 5%	10 5%	4 3%	5 5%	39 7%	11 3%	5 4%	26 15%	24 3%	25 4%	49 7%	26 3%
Don't know	234 15%	26 12%	9 6%	16 14%	87 15%	72 21%	24 19%	26 15%	103 14%	104 18%	162 22%	73 9%

For Converted white rice, please check whether it might be a 'good carb' or 'bad carb'

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Good carb	206 14%	15 7%	18 12%	11 10%	65 11%	83 24%	13 10%	30 17%	98 13%	78 13%	113 15%	93 12%
Bad carb	836 55%	141 68%	94 63%	65 56%	336 59%	133 39%	67 54%	79 45%	445 59%	312 53%	353 48%	483 62%
Don't know	474 31%	51 25%	37 25%	40 34%	172 30%	130 37%	45 36%	65 37%	208 28%	202 34%	277 37%	197 26%

For Baked potato, please check whether it might be a 'good carb' or 'bad carb'

Proportions/Mean: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Good carb	778 51%	122 59%	79 53%	61 53%	271 47%	176 51%	68 55%	78 45%	371 49%	330 56%	359 48%	419 54%
Bad carb	442 29%	50 24%	48 32%	30 26%	201 35%	84 24%	29 23%	59 34%	243 32%	139 24%	201 27%	241 31%
Don't know	296 20%	34 17%	22 15%	24 21%	102 18%	87 25%	27 22%	37 21%	137 18%	123 21%	183 25%	113 15%

For Parboiled rice, please check whether it might be a 'good carb' or 'bad carb'

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Good carb	270 18%	27 13%	24 16%	21 18%	115 20%	51 15%	32 25%	32 18%	126 17%	113 19%	167 23%	103 13%
					a		ae				k	
Bad carb	601 40%	93 45%	61 41%	36 31%	236 41%	140 40%	35 28%	56 32%	317 42%	229 39%	235 32%	366 47%
		cf	f		f	f			g		j	
Don't know	645 43%	87 42%	64 43%	59 51%	222 39%	155 45%	58 47%	86 50%	308 41%	251 42%	341 46%	304 39%
				d							k	

For Lentils, please check whether it might be a 'good carb' or 'bad carb'

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Good carb	1182 78%	170 82%	124 83%	90 78%	451 79%	255 74%	92 74%	126 73%	599 80%	456 77%	524 71%	657 85%
		e	e								j	
Bad carb	41 3%	6 3%	2 1%	4 4%	17 3%	9 3%	2 2%	8 5%	14 2%	19 3%	27 4%	14 2%
											k	
Don't know	293 19%	31 15%	24 16%	21 18%	106 18%	82 24%	30 24%	40 23%	137 18%	116 20%	191 26%	102 13%
						ab	a				k	

For White enriched pasta, please check whether it might be a 'good carb' or 'bad carb'

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

		Region						Age			Gender	
	TOT AL	BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
Good carb	227 15%	18 9%	19 13%	14 13%	82 14%	70 20%	23 18%	42 24%	100 13%	85 14%	132 18%	95 12%
					a	ad	a	hi			k	
Bad carb	952 63%	146 71%	105 70%	73 63%	369 64%	189 55%	70 57%	103 59%	502 67%	346 59%	405 55%	547 71%
		ef	ef		e			i			j	
Don't know	337 22%	42 21%	25 17%	28 25%	123 21%	87 25%	31 25%	29 17%	149 20%	160 27%	206 28%	132 17%
						b			gh		k	

Nutritionists are increasingly distinguishing between 'good carbs' and 'bad carbs'. A 'bad carb' spikes your blood sugar rapidly causing increased fat storage, followed by renewed food craving, which can lead to overeating. A 'good carb' raises blood sugar

Proportions/Means: Columns Tested (5% risk level) - a/b/c/d/e/f - g/h/i - j/k - l/m/n - o/p/q - r/s

	TOT AL	Region						Age			Gender	
		BC	AB	MB/S K	ON	QC	AT	18-24	25-49	50+	Male	Fema le
		a	b	c	d	e	f	g	h	i	j	k
Base: All respondents Weighted	1516	222	161	123	553	348	109	107	737	672	721	795
	1516	207	149	116	574	346	124	174	751	592	743	773
You would eat more/some of these 'good carbs'	691	85	64	54	240	183	65	81	353	257	336	355
	46%	41%	43%	47%	42%	53% ad	52%	46%	47%	43%	45%	46%
You would reduce/eliminate your intake of the 'bad carbs'	472	71	49	38	191	86	37	53	231	188	225	247
	31%	34% e	33%	32%	33% e	25%	30%	30%	31%	32%	30%	32%
You would not change your diet	353	51	35	24	143	78	22	40	166	147	182	172
	23%	25%	24%	20%	25%	22%	18%	23%	22%	25%	24%	22%