### **Detailed tables**

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### **Detailed tables**

OM8. Which do you enjoy most during your day?

			A B C D E F G H I  125 89 82 394 254 100 288 338 418  139* 96* 67* 385 237 76* 288 327 385  18 16 15 59 65 15 61 59 68  13% 16% 23% 15% 27% 20% 21% 18% 18%  ABD  13 8 3 35 28 6 25 34 35  9% 8% 4% 9% 12% 9% 9% 10% 9%  100 63 41 254 128 48 172 209 252  72% 65% 62% 66% 54% 63% 60% 64% 65%  E					OME		SEHOLD OSITION		
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K		\$60K+	Kids	No Kids
		Α	В	С	D	Е	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Breakfast	188 19%					27%					47 16%	141 20%
Lunch	93 9%			-			-				29 10%	64 9%
Dinner	634 63%	72%			66%						196 66%	437 62%
Snacking	85 9%	8 6%	11 11%	7 10%	37 10%	16 7%	6 8%	30 10%	25 8%	31 8%	26 9%	59 8%

# **Detailed tables**

#### OM9. I often skip eating a meal at?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

				REC	SION			HOI	JSEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	Е	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Breakfast												
Yes	442	65	50	35	173	83	35	143	151	148	153	289
	44%	47%	52%	53%	45%	35%	46%	50%	46%	38%	51%	41%
N	550	E	E	E	E	454		145	170	000	K	440
No	558 56%	74 53%	46 48%	31 47%	212 55%	154 65%	41 54%	145	176 54%	238	146 49%	412
	56%	53%	48%	47%	55%	ABCD	54%	50%	54%	62% GH	49%	59%
_unch						ADOD				an an		<u> </u>
Yes	366	58	40	24	160	55	28	116	119	130	107	259
	37%	42%	42%	36%	42%	23%	37%	40%	36%	34%	36%	37%
		E	E	E	E		E					
No	634	81	56	43	225	182	48	171	208	255	192	442
	63%	58%	58%	64%	58%	77% ABCDF	63%	60%	64%	66%	64%	63%
Dinner						ADODI					l	
Yes	73	5	12	1	33	19	3	22	28	23	20	53
	7%	4%	13% AC	1%	9% C	8% C	4%	8%	9%	6%	7%	8%
No	927	134	84	66	352	218	73	266	299	362	279	647
	93%	96% B	87%	99% BDE	91%	92%	96%	92%	91%	94%	93%	92%
Any meal				BBL								
Yes	654	93	69	46	260	133	52	201	214	239	203	451
	65%	67%	72% E	69%	68% E	56%	69% E	70% I	65%	62%	68%	64%
No	346	46	27	21	125	104	24	87	113	147	96	250
	35%	33%	28%	31%	32%	44% BDF	31%	30%	35%	38% G	32%	36%

### **Detailed tables**

#### OM9. [Yes Summary] I often skip eating a meal at?

				REC	SION			HOU	JSEHOLD INCO	OME		EHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Any meal	654	93	69	46	260	133	52	201	214	239	203	451
	65%	67%	72% E	69%	68% E	56%	69% E	70% I	65%	62%	68%	64%
Breakfast	442	65	50	35	173	83	35	143	151	148	153	289
	44%	47% E	52% E	53% E	45% E	35%	46%	50% I	46% I	38%	51% K	41%
Lunch	366	58	40	24	160	55	28	116	119	130	107	259
	37%	42% E	42% E	36% E	42% E	23%	37% E	40%	36%	34%	36%	37%
Dinner	73	5	12	1	33	19	3	22	28	23	20	53
	7%	4%	13% AC	1%	9% C	8% C	4%	8%	9%	6%	7%	8%

# **Detailed tables**

OM10. When I do snack, I typically snack...?

				REC	SION			HOU	JSEHOLD INC	OME		EHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
In the morning	132	26	17	9	49	22	10	34	43	55	47	84
	13%	18% F	18% F	13%	13%	9%	13%	12%	13%	14%	16%	12%
In the afternoon	453	72	51	26	179	92	33	134	155	164	142	311
	45%	52% E	53% E	39%	47%	39%	44%	47%	47%	43%	48%	44%
In the evening	600	82	56	41	225	146	49	184	185	231	170	430
	60%	59%	58%	62%	59%	62%	65%	64%	57%	60%	57%	61%
Before bed	245	35	20	17	110	44	19	86	63	96	90	155
	24%	25%	21%	25%	29% E	19%	25%	30% H	19%	25%	30% K	22%
(Dk/Ns)	2	0	0	0	0	1	0	1	0	1	0	2
,	0	-	-	-	-	1%	1%	0	-	0	-	0

**Detailed tables** 

OM11\_1. (Over the past few years, I am snacking more than I used to) What is the extent to which you agree with the following statements?

				REC	GION			HOI	JSEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	1	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Over the past few years, I am snackii	ng more than I used to											
Strongly agree	94	8	10	9	44	16	7	35	32	27	34	60
	9%	6%	11%	14% A	11%	7%	9%	12% I	10%	7%	11%	9%
Somewhat agree	286	38	31	20	114	64	19	81	101	104	103	183
	29%	27%	32%	31%	30%	27%	26%	28%	31%	27%	34% K	26%
Somewhat disagree	377	62	30	25	138	89	33	101	119	157	118	260
·	38%	45%	31%	38%	36%	37%	43%	35%	36%	41%	39%	37%
Strongly disagree	242	32	25	11	89	68	17	71	74	97	45	198
	24%	23%	26%	17%	23%	29% C	23%	25%	23%	25%	15%	28% J
Summary												
Top2Box - Agree	380	46	41	30	158	81	26	116	134	131	137	243
	38%	33%	43%	45%	41%	34%	34%	40%	41%	34%	46% K	35%
Low2Box - Disagree	620	94	55	37	227	157	50	172	193	254	162	457
	62%	67%	57%	55%	59%	66%	66%	60%	59%	66%	54%	65% J

**Detailed tables** 

OM11\_2. (The snacks that I typically eat are generally becoming less healthy) What is the extent to which you agree with the following statements?

•				REC	SION			HOI	JSEHOLD INC	OME		EHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	Е	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
The snacks that I typically eat are gene	rally becoming less he	althy										
Strongly agree	67	5	4	6	33	15	3	30	19	18	28	40
	7%	4%	5%	9%	9%	6%	4%	10% I	6%	5%	9%	6%
Somewhat agree	290	42	35	21	113	60	20	84	110	96	91	199
	29%	30%	37%	31%	29%	25%	26%	29%	34% I	25%	31%	28%
Somewhat disagree	426	70	38	29	154	101	34	113	128	185	141	285
·	43%	51%	39%	43%	40%	42%	45%	39%	39%	48% GH	47%	41%
Strongly disagree	217	22	19	11	84	62	19	60	70	87	39	178
	22%	16%	19%	17%	22%	26%	25%	21%	21%	23%	13%	25%
						Α						J
Summary												
Top2Box - Agree	357	47	40	26	146	75	23	114	129	114	119	238
	36%	34%	41%	40%	38%	32%	31%	40% I	40% I	30%	40%	34%
Low2Box - Disagree	643	92	57	40	239	162	53	174	198	272	180	463
-	64%	66%	59%	60%	62%	68%	69%	60%	60%	70% GH	60%	66%

**Detailed tables** 

OM11\_3. (I have enough time to eat breakfast, lunch, and dinner each day) What is the extent to which you agree with the following statements?

				REC	GION			HO	JSEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
have enough time to eat breakfast,	lunch, and dinner each da	ay										
Strongly agree	393	51	28	31	148	99	37	121	127	146	76	317
	39%	37%	29%	46% B	38%	42% B	49% B	42%	39%	38%	25%	45% J
Somewhat agree	333	54	33	20	128	82	16	83	114	136	119	214
	33%	39% F	35% F	30%	33% F	35% F	21%	29%	35%	35%	40% K	31%
Somewhat disagree	177	18	18	11	71	41	18	60	49	68	70	107
<b>C</b>	18%	13%	19%	16%	18%	17%	24% A	21%	15%	18%	23% K	15%
Strongly disagree	97	16	17	5	38	15	5	24	38	35	35	62
	10%	11%	18% DEF	8%	10%	6%	7%	8%	12%	9%	12%	9%
Summary	•											
Top2Box - Agree	726 73%	106 76%	61 63%	50 76%	275 72%	181 76% B	53 69%	204 71%	240 73%	283 73%	195 65%	531 76%
Low2Box - Disagree	274	34	35	16	109	56	23	84	87	103	104	170
Ŭ	27%	24%	37% E	24%	28%	24%	31%	29%	27%	27%	35% K	24%

### **Detailed tables**

OM11\_4. (I like to have a bedtime snack) What is the extent to which you agree with the following statements?

				REC	SION			HO	USEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
like to have a bedtime snack												
Strongly agree	161	18	14	15	73	28	14	61	49	51	51	110
	16%	13%	15%	22% E	19% E	12%	18%	21% I	15%	13%	17%	16%
Somewhat agree	307	37	31	21	116	75	28	92	87	128	111	196
	31%	27%	32%	31%	30%	31%	37%	32%	27%	33%	37% K	28%
Somewhat disagree	278	52	29	14	97	70	16	70	105	103	84	194
<b>S</b>	28%	38% CDF	30%	21%	25%	29%	21%	24%	32% G	27%	28%	28%
Strongly disagree	254	32	21	17	100	65	18	65	86	103	53	201
	25%	23%	22%	26%	26%	28%	23%	23%	26%	27%	18%	29% J
Summary	•	•										
Top2Box - Agree	468	55	46	35	188	102	42	153	136	179	162	306
	47%	39%	47%	53%	49%	43%	55% A	53% H	42%	47%	54% K	44%
Low2Box - Disagree	532	85	51	31	197	135	34	135	191	206	137	395
- C	53%	61%	53%	47%	51%	57%	45%	47%	58%	53%	46%	56%
		F							G			J

### **Detailed tables**

OM11\_5. (Because of time constraints, I find myself snacking more often than I used to) What is the extent to which you agree with the following statements?

				REC	GION			HOL	JSEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	Е	F	G	Н	1	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Because of time constraints, I find m	nyself snacking more ofter	than I used to										
Strongly agree	66	8	11	5	32	7	2	25	20	21	26	39
	7%	6%	11% EF	8%	8% E	3%	3%	9%	6%	5%	9%	6%
Somewhat agree	207	28	21	16	76	54	12	66	81	59	76	131
	21%	20%	22%	24%	20%	23%	15%	23% I	25% I	15%	25% K	19%
Somewhat disagree	415	59	36	26	158	105	32	97	132	187	139	276
	42%	42%	38%	39%	41%	44%	42%	34%	40%	48% GH	47% K	39%
Strongly disagree	312	44	28	19	119	72	30	99	94	119	57	255
	31%	31%	29%	29%	31%	30%	40%	35%	29%	31%	19%	36% J
Summary		_										
Top2Box - Agree	272	36	32	21	108	61	14	91	101	80	102	170
	27%	26%	33% F	32% F	28%	26%	18%	32% I	31% I	21%	34% K	24%
Low2Box - Disagree	728	103	64	45	276	176	62	197	226	305	197	531
	73%	74%	67%	68%	72%	74%	82% BC	68%	69%	79% GH	66%	76% J

**Detailed tables** 

OM11\_6. (I feel guilty when I snack in between meals) What is the extent to which you agree with the following statements?

				REC	GION			HO	JSEHOLD INC	OME		SEHOLD OSITION
	Total	ВС	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
feel guilty when I snack in between me												
Strongly agree	95	11	3	5	40	25	10	28	36	31	30	65
	9%	8%	3%	8%	10% B	11% B	14% B	10%	11%	8%	10%	9%
Somewhat agree	275	42	18	19	110	65	21	76	87	112	66	209
	28%	30%	19%	29%	29%	27%	27%	26%	27%	29%	22%	30%
Somewhat disagree	334	57	33	22	122	81	19	96	107	132	116	218
	33%	41% F	35%	32%	32%	34%	25%	33%	33%	34%	39% K	31%
Strongly disagree	296	29	42	20	113	66	26	89	97	110	87	209
	30%	21%	43%	31%	29%	28%	34%	31%	30%	29%	29%	30%
			ADE				A					
Summary	1							T			1	
Top2Box - Agree	370	53	21	24	150	90	31	103	123	143	96	274
	37%	38% B	22%	37% B	39% B	38% B	41% B	36%	38%	37%	32%	39% J
Low2Box - Disagree	630	86	75	42	235	147	45	185	203	242	203	427
Ŭ	63%	62%	78% ACDEF	63%	61%	62%	59%	64%	62%	63%	68% K	61%

# **Detailed tables**

OM11. (Top2box Agree Summary) What is the extent to which you agree with the following statements?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

1 Toportions/Mcaris. Columns Tested (576 historic	, v (
Overlap formulae used. * small base	

·				REC	SION			HOl	JSEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	Е	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
I have enough time to eat breakfast, lunch, and dinner each day	726	106	61	50	275	181	53	204	240	283	195	531
	73%	76%	63%	76%	72%	76% B	69%	71%	73%	73%	65%	76% J
I like to have a bedtime snack	468	55	46	35	188	102	42	153	136	179	162	306
	47%	39%	47%	53%	49%	43%	55% A	53% H	42%	47%	54% K	44%
Over the past few years, I am snacking more than I used to	380	46	41	30	158	81	26	116	134	131	137	243
	38%	33%	43%	45%	41%	34%	34%	40%	41%	34%	46% K	35%
I feel guilty when I snack in between meals	370	53	21	24	150	90	31	103	123	143	96	274
	37%	38% B	22%	37% B	39% B	38% B	41% B	36%	38%	37%	32%	39% J
The snacks that I typically eat are generally becoming less healthy	357	47	40	26	146	75	23	114	129	114	119	238
g ,	36%	34%	41%	40%	38%	32%	31%	40% I	40% I	30%	40%	34%
Because of time constraints, I find myself snacking more often than I used to	272	36	32	21	108	61	14	91	101	80	102	170
•	27%	26%	33% F	32% F	28%	26%	18%	32% I	31% I	21%	34% K	24%

**Detailed tables** 

OM11. (Low2box Disagree Summary) What is the extent to which you agree with the following statements?

				REC	GION			HOI	JSEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Because of time constraints, I find myself snacking more often than I used to	728	103	64	45	276	176	62	197	226	305	197	531
	73%	74%	67%	68%	72%	74%	82% BC	68%	69%	79% GH	66%	76% J
The snacks that I typically eat are generally becoming less healthy	643	92	57	40	239	162	53	174	198	272	180	463
	64%	66%	59%	60%	62%	68%	69%	60%	60%	70% GH	60%	66%
feel guilty when I snack in between meals	630	86	75	42	235	147	45	185	203	242	203	427
	63%	62%	78% ACDEF	63%	61%	62%	59%	64%	62%	63%	68% K	61%
Over the past few years, I am snacking nore than I used to	620	94	55	37	227	157	50	172	193	254	162	457
	62%	67%	57%	55%	59%	66%	66%	60%	59%	66%	54%	65% J
like to have a bedtime snack	532	85	51	31	197	135	34	135	191	206	137	395
	53%	61% F	53%	47%	51%	57%	45%	47%	58% G	53%	46%	56% J
have enough time to eat breakfast, lunch, and dinner each day	274	34	35	16	109	56	23	84	87	103	104	170
-	27%	24%	37% E	24%	28%	24%	31%	29%	27%	27%	35% K	24%

# **Detailed tables**

#### OM12. How often would you say you eat in between meals?

				REC	SION			HOI	JSEHOLD INC	OME		EHOLD DSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Rarely	164	21	6	10	64	45	19	51	54	59	42	123
	16%	15%	6%	16% B	17% B	19% B	25% B	18%	16%	15%	14%	18%
A few times a week	348	54	43	24	113	91	23	85	121	141	94	254
	35%	39%	44% D	36%	29%	38% D	30%	30%	37%	37%	31%	36%
Once a day	238	25	22	13	104	57	17	72	74	92	75	163
	24%	18%	23%	19%	27%	24%	23%	25%	23%	24%	25%	23%
A few times a day	199	37	21	15	81	34	12	59	63	76	66	133
	20%	26% E	22%	22%	21% E	14%	16%	20%	19%	20%	22%	19%
I'm almost always snacking on something	51	3	5	4	23	11	5	20	15	16	23	28
	5%	2%	5%	7%	6%	4%	7%	7%	4%	4%	8% K	4%

### **Detailed tables**

OM13. Of the following snacks, which have you snacked on within the last week?

				REC	SION			HOU	JSEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	ı	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Muffins	173	28	17	11	62	43	12	61	49	63	48	125
	17%	20%	18%	17%	16%	18%	16%	21%	15%	16%	16%	18%
Candy or chocolate	393	54	53	34	161	57	32	99	122	171	140	253
	39%	39%	56%	51%	42%	24%	42%	34%	37%	44%	47%	36%
01:	400	E	ADE	E	E	100	E	140	4-4	<u>G</u>	K	011
Chips	483 48%	53 38%	47 49%	35 53%	184 48%	130 55%	34 45%	146 51%	151 46%	185 48%	169 56%	314 45%
	46%	36%	49%	53% A	46%	55% A	45%	51%	40%	48%	56% K	45%
Fruit	653	93	60	48	236	164	52	173	208	271	184	469
	65%	67%	62%	72%	61%	69%	69%	60%	64%	70% G	62%	67%
Vegetables	376	60	39	24	126	92	35	103	122	151	119	257
· ·	38%	43%	41%	35%	33%	39%	46% D	36%	37%	39%	40%	37%
Cookies	394	55	36	28	165	82	28	115	115	164	140	254
	39%	39%	37%	42%	43%	35%	37%	40%	35%	43% H	47% K	36%
Cereal and milk	238	21	21	16	105	59	16	75	69	94	86	152
	24%	15%	22%	24%	27% A	25%	21%	26%	21%	24%	29% K	22%
Granola bars	267	34	31	24	111	53	14	74	85	108	90	177
	27%	24%	32%	36% EF	29%	23%	19%	26%	26%	28%	30%	25%
Donuts	143	18	17	15	58	23	12	49	35	58	46	97
	14%	13%	18%	22% E	15%	10%	15%	17% H	11%	15%	15%	14%
Yogurt	337	48	31	24	135	77	22	86	124	127	96	241
· ·	34%	34%	32%	36%	35%	32%	29%	30%	38% G	33%	32%	34%
Cheese and crackers	421	54	34	28	169	109	28	113	129	178	122	299
	42%	38%	36%	42%	44%	46%	37%	39%	40%	46%	41%	43%
Chocolate milk	103	12	15	6	35	27	9	33	37	33	41	62
	10%	8%	15%	10%	9%	11%	12%	11%	11%	9%	14% K	9%
None of these	20	3	1	1	9	5	1	5	12	2	6	14
	2%	2%	1%	1%	2%	2%	2%	2%	4% I	1%	2%	2%



**Detailed tables** 

OM14. And of the following list, which type of snack food would you consider to be the healthiest?

Overlap formulae used. * small base					GION			HOU	JSEHOLD INC		COMP	SEHOLD POSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	Е	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Whole-grain cereal	531	68	61	34	196	132	40	146	166	219	162	368
	53%	49%	64% AD	51%	51%	55%	53%	51%	51%	57%	54%	53%
Granola bars or other cereal bars	275	25	17	20	115	77	20	83	97	95	83	192
	27%	18%	18%	30% A	30% AB	32% AB	27%	29%	30%	25%	28%	27%
Fruits	63	15	5	4	21	14	4	18	17	28	15	49
	6%	11%	6%	6%	5%	6%	6%	6%	5%	7%	5%	7%
Fruits & vegetables	27	6	2	3	6	7	3	5	12	9	8	18
	3%	4%	2%	4%	2%	3%	4%	2%	4%	2%	3%	3%
Crackers	26	5	3	3	11	3	1	12	6	8	6	19
	3%	4%	3%	4%	3%	1%	2%	4%	2%	2%	2%	3%
Vegetables	23	5	4	1	8	1	3	7	10	6	10	13
	2%	4% E	4% E	1%	2%	1%	4% E	2%	3%	2%	3%	2%
Chips or other salty snacks	11	1	1	1	6	2	0	4	6	2	2	9
	1%	1%	1%	1%	2%	1%	-	1%	2%	0	1%	1%
Nuts	10	6	1	0	2	0	0	3	3	4	2	8
	1%	4% DE	1%	-	1%	-	-	1%	1%	1%	1%	1%
Cookies or other baked goods	9	1	2	0	6	0	1	6	1	2	1	8
	1%	1%	2%	-	2%	-	1%	2%	0	1%	0	1%
Trail mix	4	3	0	0	0	0	0	0	4	0	2	2
	0	2% DE	-	-	-	-	1%	-	1% I	-	1%	0
Popcorn	3	0	0	1	2	0	1	2	0	2	1	2
	0	-	-	1%	0	-	1%	1%	-	0	0	0
Veggies and dip	2	0	0	0	1	0	1	0	2	0	0	2
	0	-	-	-	0	-	1%	-	0	-	-	0
Yogurt	1	1	0	0	0	0	0	0	1	0	0	1
	0	1%	-	-	-	-	-	-	0	-	-	0

# **Detailed tables**

OM14. And of the following list, which type of snack food would you consider to be the healthiest?

				REC	SION			HOI	JSEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	К
Other mentions	11 1%	2 2%	0 -	0 -	9 2% E	0 -	0 -	1 1%	3 1%	6 2%	5 2%	6 1%
None	0	0 -	0 -	0 -	0 -	0 -	0 1%	0 -	0 -	0	0 -	0
(Dk/Ns)	6 1%	1 1%	0 -	0 -	3 1%	1 1%	1 1%	2 1%	0 -	4 1%	2 1%	4 1%



# **Detailed tables**

#### OM14a. And the second healthiest?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

				REC	GION			HOI	USEHOLD INC	OME		SEHOLD POSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	1	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Granola bars or other cereal bars	438	64	48	26	158	108	34	125	139	174	139	298
	44%	46%	50%	39%	41%	45%	45%	43%	43%	45%	47%	43%
Whole-grain cereal	285	39	19	22	115	71	19	83	95	106	86	199
	28%	28%	20%	33%	30%	30%	24%	29%	29%	28%	29%	28%
Crackers	130	11	14	12	53	27	15	43	39	48	40	90
	13%	8%	14%	18% A	14%	11%	19% A	15%	12%	12%	14%	13%
Fruits	45	9	6	3	18	8	1	7	18	21	12	34
	5%	7%	6%	4%	5%	4%	2%	2%	5%	5%	4%	5%
Cookies or other baked goods	30	3	2	1	15	7	2	5	12	13	8	22
	3%	2%	2%	1%	4%	3%	3%	2%	4%	3%	3%	3%
Vegetables	28	7	4	1	7	6	2	9	10	9	5	23
	3%	5%	4%	2%	2%	3%	3%	3%	3%	2%	2%	3%
Chips or other salty snacks	8	0	1	1	7	0	0	6	2	1	1	7
	1%	-	1%	1%	2%	-	-	2% I	1%	0	0	1%
Yogurt	8	0	1	1	3	3	1	1	4	3	2	7
	1%	-	1%	1%	1%	1%	1%	0	1%	1%	1%	1%
Nuts	7	1	1	0	1	3	0	2	1	4	3	4
	1%	1%	1%	-	0	1%	-	1%	0	1%	1%	1%
Cheese	6	3	0	0	3	0	0	3	2	1	2	4
	1%	2% E	-	-	1%	-	-	1%	1%	0	1%	1%
Fruits & vegetables	5	1	0	0	2	2	0	3	1	1	1	4
	0	1%	-	-	0	1%	-	1%	0	0	0	1%
Cheese and crackers	2	0	0	0	1	1	0	0	1	1	0	2
	0	-	-	-	0	0	-	-	0	0	-	0
Popcorn	1	0	1	0	0	0	0	0	1	0	0	1
	0	-	1%	-	-	-	-	-	0	-	-	0
Other mentions	5 1%	1 1%	0	0	2	1 0	1 1%	1 0	3 1%	1 0	1 0	4 1%

### **Detailed tables**

#### OM14a. And the second healthiest?

				REG	GION			HOl	JSEHOLD INCO	OME		EHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
None	0	0 -	0 -	0 -	0 -	0 -	0 1%	0 -	0 -	0 0	0 -	0 0
(Dk/Ns)	3	0 -	0 -	0 -	1 0	1 0	1 2%	0 -	0 -	3 1%	1 0	2 0

**Detailed tables** 

OM14. [Total Mentions] And of the following list, which type of snack food would you consider to be the healthiest? And the second healthiest?

				REC	GION			HOI	JSEHOLD INC	OME	HOUS COMP	SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		А	В	С	D	E	F	G	Н	ı	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Whole-grain cereal	815	106	81	56	311	202	59	229	261	325	248	567
	82%	76%	84%	84%	81%	85%	77%	80%	80%	84%	83%	81%
Granola bars or other cereal bars	712	89	65	46	273	185	54	208	236	268	222	490
	71%	64%	67%	70%	71%	78% A	72%	72%	72%	70%	74%	70%
Crackers	156	16	17	15	64	29	16	55	45	56	47	109
	16%	11%	17%	22% E	17%	12%	21%	19%	14%	15%	16%	16%
Fruits	106	24	10	7	37	22	5	23	34	48	27	79
	11%	17% DEF	11%	10%	10%	9%	7%	8%	11%	12%	9%	11%
Vegetables	51	13	8	2	15	7	5	16	19	15	15	36
	5%	9% DE	9% E	3%	4%	3%	7%	6%	6%	4%	5%	5%
Cookies or other baked goods	39	4	4	1	21	7	3	11	13	15	9	30
	4%	3%	4%	1%	6%	3%	4%	4%	4%	4%	3%	4%
Fruits & vegetables	29	7	2	3	8	7	3	6	13	10	9	20
	3%	5%	2%	4%	2%	3%	4%	2%	4%	3%	3%	3%
Chips or other salty snacks	19	1	2	2	13	2	0	9	7	3	3	16
	2%	1%	2%	3%	3%	1%	-	3% I	2%	1%	1%	2%
Nuts	16	8	2	0	3	3	0	4	3	8	4	12
	2%	5% DEF	2%	-	1%	1%	-	1%	1%	2%	1%	2%
Yogurt	9	1	1	1	3	3	1	1	5	3	2	7
	1%	1%	1%	1%	1%	1%	1%	0	1%	1%	1%	1%
Cheese	6	3	0	0	3	0	0	3	2	1	2	4
	1%	2% E	-	-	1%	-	-	1%	1%	0	1%	1%
Popcorn	4	0	1	1	2	0	1	2	1	2	1	3
	0	-	1%	1%	0	-	1%	1%	0	0	0	0
Trail mix	4	3	0	0	0	0	0	0	4	0	2	2
	0	2% DE	-	-	-	-	1%	-	1% I	-	1%	0
Cheese and crackers	2	0	0	0	1 0	1 0	0	0	1 0	1 0	0	2

**Detailed tables** 

OM14. [Total Mentions] And of the following list, which type of snack food would you consider to be the healthiest? And the second healthiest?

				REC	SION			НО	USEHOLD INCO	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
Veggies and dip	2	0	0	0	1	0	1	0	2	0	0	2
	0	-	-	-	0	-	1%	-	0	-	-	0
Other mentions	15	4	0	0	10	1	1	2	5	8	7	9
	2%	3%	-	-	3%	0	1%	1%	2%	2%	2%	1%
None	0	0	0	0	0	0	0	0	0	0	0	0
	0	-	-	-	-	-	1%	-	-	0	-	0
(Dk/Ns)	1	0	0	0	0	1	0	0	0	1	1	0
	0	-	-	-	-	0	-	-	-	0	0	-

### **Detailed tables**

OM15. And of the following beverages, which would you say is the healthiest?

Overlap formulae used. * small base				REC	GION			HO	USEHOLD INC			SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	Е	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Milk	487	49	40	33	193	125	47	135	155	197	152	334
	49%	35%	42%	49%	50% A	52% A	62% AB	47%	47%	51%	51%	48%
Juice	284	48	27	19	105	72	14	91	97	97	71	213
	28%	35% F	28%	28%	27%	30% F	18%	31%	30%	25%	24%	30% J
Water	114	30	15	8	32	19	11	29	35	50	44	71
	11%	21% DE	15%	11%	8%	8%	14%	10%	11%	13%	15%	10%
Tea	86	11	14	6	37	16	3	23	28	35	26	60
	9%	8%	14% EF	9%	10%	7%	3%	8%	8%	9%	9%	9%
Coffee	9	0	0	2	5	2	1	6	3	1	2	7
	1%	-	-	3%	1%	1%	1%	2% I	1%	0	1%	1%
Herbal/ green tea	5	1	1	0	2	2	0	1	4	1	1	4
-	1%	1%	1%	-	1%	1%	-	0	1%	0	0	1%
Soy milk	4	1	0	0	4	0	0	2	2	1	0	4
	0	1%	-	-	1%	-	-	1%	1%	0	-	1%
Soft drink	2	0	0	0	2	0	0	0	2	0	2	0
	0	-	-	-	1%	-	-	-	1%	-	1% K	-
Other mentions	4	0	0	0	3	1	0	2	2	1	2	2
	0	-	-	-	1%	0	-	1%	1%	0	1%	0
(Dk/Ns)	5	0	0	0	2	2	1	0	1	3	0	5
	0	-	-	-	1%	1%	1%	-	0	1%	-	1%



### **Detailed tables**

#### OM15a. And the second healthiest?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K

Overlap formulae used. \* small base REGION HOUSEHOLD INCOME HOUSEHOLD COMPOSITION Total ВС AB SK/MB Atlantic <\$30K \$30K -\$60K+ Kids No Kids Ontario Quebec <\$60K Α В С D Ε F G K Н J Base: All respondents 1044 125 89 82 394 254 100 288 338 418 305 739 Weighted 1000 139\* 96\* 67\* 385 237 76\* 288 385 299 701 327 Juice 468 55 47 29 174 116 47 135 157 176 138 330 47% 39% 49% 44% 45% 49% 62% 47% 48% 46% 46% 47% ACDE Milk 49 36 25 73 331 128 102 107 122 100 230 19 33% 35% 38% 38% 33% 31% 25% 35% 33% 32% 34% 33% 23 34 Tea 115 9 6 40 32 5 34 47 34 81 17% 10% 9% 10% 13% 12% 10% 12% 11% 12% 11% 7% Water 44 7 0 4 22 3 6 13 24 16 28 4% 5% 7% 6% 3% 4% 2% 4% 6% 5% 4% В В В G Coffee 17 2 2 1 6 0 5 6 6 5 13 2% 1% 2% 1% 2% 3% 2% 2% 2% 2% 2% 2 Soft drink 10 6 0 5 3 2 3 1 1 1% 1% 1% 1% 1% 0 2% 1% 0 1% 1% Herbal/ green tea 6 0 0 4 0 0 4 2 2 4 1% 1% 0 1% 1% 1% 1% 1% Soy milk 2 2 0 0 0 0 0 0 1 0 2 0 1% 0 0 0 Other mentions 4 0 1 0 3 0 0 1 2 0 4 0 1% 1% 0 0 0 1% 0 0 0 0 0 0 0 0 None 1 1 0 1% 0 0 D (Dk/Ns) 3 0 0 0 2 0 2 3 1 0 0 0 1% 0 1% 0 0



**Detailed tables** 

OM15. [Total Mentions] And of the following beverages, which would you say is the healthiest? And the second healthiest?

Overlap formulae used. * small base				REC	SION			HOI	JSEHOLD INC	OME		SEHOLD OSITION
	Total	BC	AB	SK/MB	Ontario	Quebec	Atlantic	<\$30K	\$30K - <\$60K	\$60K+	Kids	No Kids
		Α	В	С	D	E	F	G	Н	I	J	K
Base: All respondents	1044	125	89	82	394	254	100	288	338	418	305	739
Weighted	1000	139*	96*	67*	385	237	76*	288	327	385	299	701
Milk	816	98	76	58	321	197	66	237	261	318	253	563
	82%	70%	79%	87% A	83% A	83% A	87% A	82%	80%	83%	84%	80%
Juice	751	102	74	48	278	188	61	225	254	273	209	542
	75%	73%	77%	72%	72%	79%	81%	78% I	78% I	71%	70%	77% J
Tea	200	34	23	12	76	48	8	57	61	82	59	141
	20%	24% F	24% F	18%	20% F	20% F	10%	20%	19%	21%	20%	20%
Water	155	35	15	12	53	26	14	35	47	72	58	97
	15%	25% DE	15%	18%	14%	11%	19%	12%	14%	19% G	19% K	14%
Coffee	26	2	2	2	12	8	1	11	8	7	7	20
	3%	1%	2%	4%	3%	3%	1%	4%	3%	2%	2%	3%
Soft drink	12	2	1	1	8	1	0	5	5	2	5	7
	1%	1%	1%	1%	2%	0	-	2%	2%	0	2%	1%
Herbal/ green tea	11	2	1	0	6	2	0	1	7	3	3	8
	1%	2%	1%	-	2%	1%	-	0	2% G	1%	1%	1%
Soy milk	6	2	0	0	4	0	0	2	3	2	0	6
	1%	2%	-	-	1%	-	-	1%	1%	0	-	1%
Other mentions	8	0	1	0	6	1	0	2	3	3	2	6
	1%	-	1%	-	2%	0	-	1%	1%	1%	1%	1%