

## Nutrient Intake of Canadians

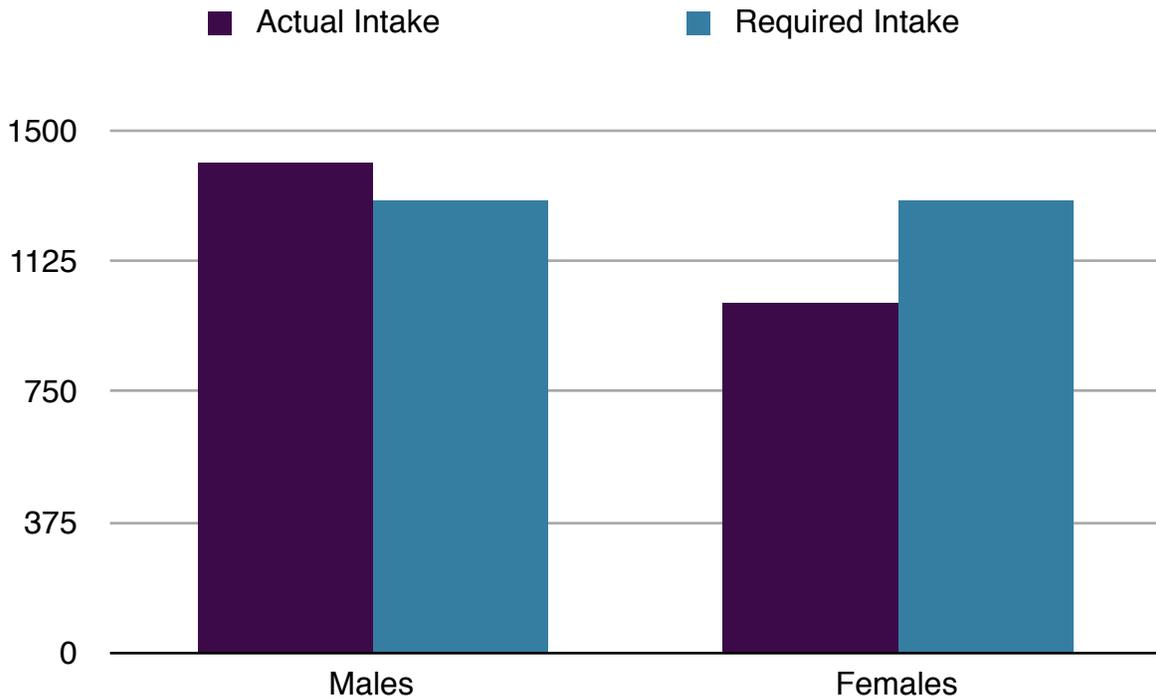
### ***Knowledge and Understanding***

Below is a chart indicating the average intake and the required intake of five common nutrients for both males and females.

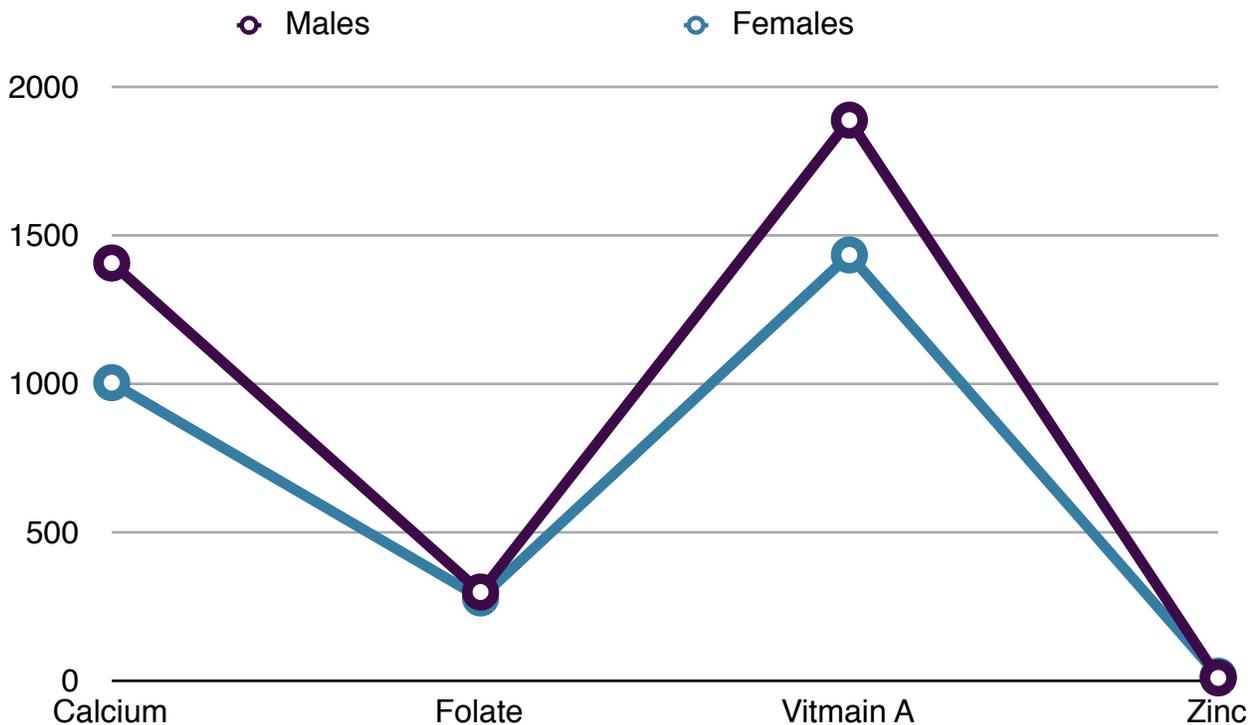
Nutrient	Average	Required	Average	Requires
	Females		Males	
Calcium(mg)	1004	1300	1407	1300
Folate(mcg)	274	400	299	400
Vitamin A(RE)	1434	700	1888	11
Zinc(mg)	9.8	9	15.8	11
Vitamin B12	5	2.4	6.1	2.4

### ***Communication***

The following graph shows the actual vs. required intake of calcium for both males and females



The following graph shows the actual nutrient intake for both males and females.



### **Thinking**

The data provided above came from a survey conducted in 2001 from the Beef Information Centre. The survey included 84 teens. Since this is a reputable company, and the data has since been published in a book, it is likely a reputable source.

During data collection there might have been surveying errors. If they simply just asked teens their nutrient intakes, some might not know. If they actually observed teen eating habits there would be less errors, but there might still be errors in either recording or calculating. Also, since the survey only had 84 participants, this is likely a skewed number and does not represent all teens. A larger number of participants would decrease this bias.

This data is a great benchmark for teens. It lets them know on average if they are receiving enough nutrients. However, teens should still be aware of their own diets, and how much of each nutrient they actually consume.

### **Application**

- i) Overall based on these nutrients, Canadians actually rate pretty fairly. They are getting enough Vitamin A, zinc, and B12. However, they still need more Calcium and Folate in their diets. Both Canadian males and females feel short of the RDA amount for both of these nutrients.

ii) **Folate:** Folate is found in many food sources. Some high folate sources include liver, beans, spinach, and enriched pasta and cereals

By switching from sugary cereals to enriched cereals, you can incorporate more folate into your diet. Also, by eating more spinach, or substituting spinach for other low folate vegetables (potatoes) you can incorporate more folate in your diet.

**Calcium:** Calcium is found in most dairy products. Calcium can also be found in dried herds, sesame seeds, almonds, and flax.

By sprinkling either sesame seeds or flax on your cereal or yoghurt, you can incorporate more calcium into your diet. Also almonds can make a great energy and calcium rich mid afternoon snack. Also, increasing consumption of low fat dairy products is a healthy way to increase calcium intake.

Nutrient	Intake in Canada	Country	Intake
Calcium	1407	US	1266
Folate	299	US	398
Zinc	15.8	US	9.4
Vitamin A	1888	US	694
Vitamin B12	6.1	US	3.4