

TOP DIETARY SOURCES OF ENERGY, SODIUM, SUGARS, AND SATURATED FAT AMONG CANADIANS: *INSIGHTS FROM THE 2015 CCHS*

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BACKGROUND

DIET & HEALTH

- ▶ Dietary risk factors are a leading cause of poor health and chronic disease risk in Canada
- ▶ Particular focus on overconsumption of calories, as well as particular nutrients, among Canadians
- ▶ **POPULATION HEALTH EFFORTS TO ADDRESS HEALTHY EATING ARE COMPLEX**



BACKGROUND

DIETARY PATTERNS

- ▶ Information on current consumption patterns among Canadians is lacking, but by determining dietary patterns and top food contributors, we can more effectively address:





OBJECTIVE

Examine the top sources of calories, sodium, sugars, and saturated fats among Canadians

METHODS



CCHS

- ▶ 2015 Canadian Community Health Survey (N=20 487, 61.6% response rate)
- ▶ 24-hour dietary recall
- ▶ Foods and beverages coded according to the NSS (Nutrition Survey System) and the Canadian Nutrient File (CNF)

METHODS

ANALYSES



Combined individuals' health survey data with recall data (N=20 176)

Categorized CNF food/beverage codes into 'source categories' (n=89)

Sex (male/female)
Age (1-18, 19-64, ≥65)
Income (low/high)

Determine **percentage contribution**

i.e. Flavoured milks
Fresh/frozen fruits
Mexican dishes
Breads/flatbreads
Red meat
Salad dressings

i.e. % of daily energy intake from pizza
% of daily sugar intake from soda

Order the top 20 sources for each of energy, sodium, sugars, and saturated fats by **percentage contribution**



RESULTS TOP SOURCES & KEY SOCIO-DEMOGRAPHIC DIFFERENCES

Energy

1. Breads and flatbreads
2. Red meat mixed dishes
3. Pasta and pasta dishes
4. Fresh/frozen fruits
5. Unflavoured milk

Sodium

1. Red meat mixed dishes
2. Breads and flatbreads
3. Pasta and pasta dishes
4. Non-meat/non-legume mixed dishes
5. Pizza

Sugar

1. Fresh/frozen fruits
2. Unflavoured milk
3. Soda
4. 100% fruit juice
5. Dairy desserts

Saturated fat

1. Red meat mixed dishes
2. Unflavoured milk
3. Cheese
4. Egg dishes
5. Dairy desserts



RESULTS OVERLAP OF TOP 20 SOURCES

Category	Dietary components and rank			
	Energy	Sodium	Sugar	Saturated fat
Beef, pork, lamb, goat mixed dishes	2	1	1	13
Unflavoured milk	5	13	2	2
Breads, flatbreads	1	2	17	10
Pasta and pasta dishes	3	3	7	-
Non-meat, non-legume dishes	8	4	9	-
Pizza	10	5	8	-
Dairy desserts	14	-	5	5
Egg dishes	13	8	4	-
Chicken, turkey, duck mixed dishes	7	6	12	-
Burgers	16	12	11	-
Potatoes	12	10	19	-
Poultry	11	16	14	-
Muffins, quick breads, biscuits	15	14	-	18
Salads	-	15	16	19
Fresh and frozen fruits	4	-	-	1
Processed meats	-	7	10	-
Cheese	-	17	3	-
Rice and rice mixed dishes	9	11	-	-
Chocolate	-	-	15	14
Cookies	-	-	18	12
Red meat	17	-	13	-
Fresh and frozen vegetables	-	18	-	17
Oils	19	-	20	-



RESULTS OVERLAP OF TOP 20 SOURCES

Breads and flatbreads
#1 contributor to energy

Contribute 6.9% to daily calorie intake

244 kcal (SE=4.03) per consumer

54.8% of people consume them

CONCLUSION



LIMITATIONS

- ▶ Heterogeneity within food & beverage source categories
- ▶ Limitations of 24HR – recall bias, misestimation of portion sizes, social desirability biases
- ▶ Nutrient information from CNF may not be complete and/or accurate



CONCLUSION

IMPLICATIONS

- ▶ Top sources included items consumed commonly as well as those that are high in a given dietary component
- ▶ Sources were very similar across socio-demographic groups
- ▶ Potential for population-level intervention



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