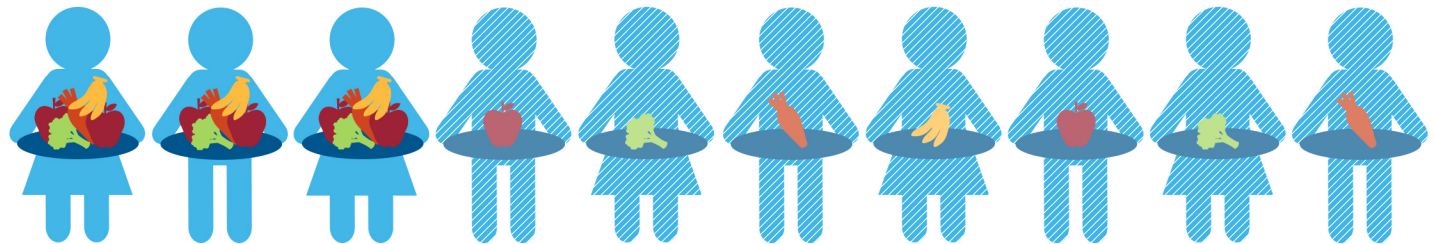


# Fruit & Vegetable Consumption in Saskatchewan (2015-2016)

FRUIT AND VEGETABLES are an important source of vitamins, minerals and fibre. A diet rich in fruit and vegetables may reduce the risk of heart disease and some types of cancer. This depicts the proportion of people who consumed fruits and vegetables at least five times per day for people aged 12 years and older, but does not take into account the amount consumed.

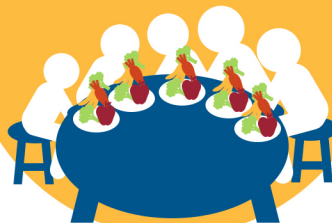
About  
**3 in 10**  
SK residents 12 years  
and older reported  
consuming fruit and  
vegetables at least  
5x per day



Fruit and vegetable  
consumption  
at least 5x per day  
was  
**83%**  
more common  
in females  
than males

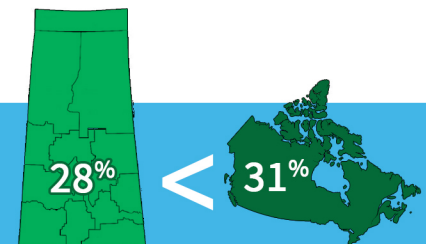


Fruit and vegetable  
consumption  
at least 5x per day was  
not significantly different  
among age groups in SK

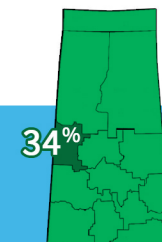


The proportion of residents who reported consuming  
fruit and vegetables at least 5x per day:

...was  
lower  
(statistically  
significant) in  
SK than in  
Canada



...was  
significantly  
higher in  
Prairie North



SOURCE: Canadian Community Health Survey (CCHS)  
NOTE: Due to methodological changes to the Canadian Community Health Survey (CCHS)  
in 2015, the combined 2015 and 2016 results should not be compared to previous surveys.