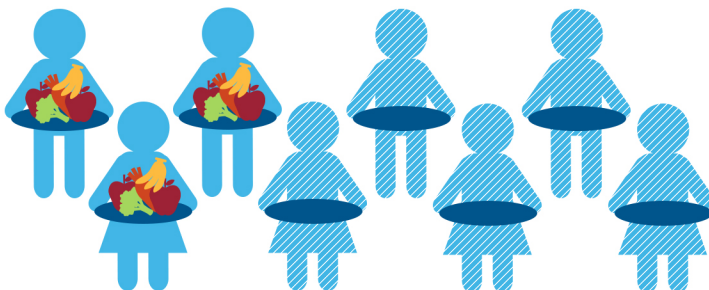


Fruit & Vegetable Consumption in Saskatchewan (2013-2014)

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.

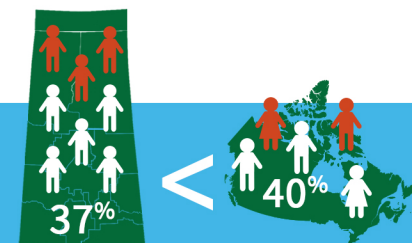
3 in 8

SK residents 12 years and older reported consuming fruit and vegetables at least 5x per day



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

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



Fruit and vegetable consumption at least 5x per day was

46%

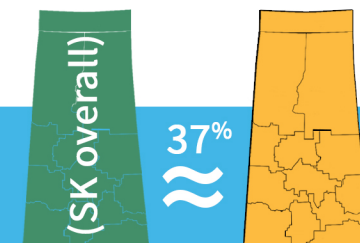
more common in females than males.



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



...was not significantly different between SK and the Regional Health Authorities



...did not change significantly between 2007-08 and 2013-14

