



Catalogue no. 21-020-XIE

# Food Statistics

2006



Statistics  
Canada

Statistique  
Canada

---

Canada

## **How to obtain more information**

Specific inquiries about this product and related statistics or services should be directed to: Agriculture Division, Statistics Canada, Ottawa, Ontario, K1A 0T6 (telephone: 1-800-263-1136).

For information on the wide range of data available from Statistics Canada, you can contact us by calling one of our toll free numbers. You can also contact us by e-mail or by visiting our website at [www.statcan.ca](http://www.statcan.ca).

National inquiries line **1-800-263-1136**

National telecommunications device for the hearing impaired **1-800-363-7629**

Depository Services Program inquiries **1-800-700-1033**

Fax line for Depository Services Program **1-800-889-9734**

E-mail inquiries [infostats@statcan.ca](mailto:infostats@statcan.ca)

Website [www.statcan.ca](http://www.statcan.ca)

## **Information to access the product**

This product, catalogue no. 21-020-XIE, is available for free in electronic format. To obtain a single issue, visit our website at [www.statcan.ca](http://www.statcan.ca) and select Publications.

## **Standards of service to the public**

Statistics Canada is committed to serving its clients in a prompt, reliable and courteous manner. To this end, the Agency has developed *standards of service* which its employees observe in serving its clients.

To obtain a copy of these service standards, please contact Statistics Canada toll free at 1-800-263-1136. The service standards are also published on [www.statcan.ca](http://www.statcan.ca) under About us > Providing services to Canadians.



Statistics Canada  
Agriculture Division

# Food Statistics

2006

Published by authority of the Minister responsible for Statistics Canada

© Minister of Industry, 2007

All rights reserved. The content of this electronic publication may be reproduced, in whole or in part, and by any means, without further permission from Statistics Canada, subject to the following conditions: that it be done solely for the purposes of private study, research, criticism, review or newspaper summary, and/or for non-commercial purposes; and that Statistics Canada be fully acknowledged as follows: Source (or "Adapted from", if appropriate): Statistics Canada, year of publication, name of product, catalogue number, volume and issue numbers, reference period and page(s). Otherwise, no part of this publication may be reproduced, stored in a retrieval system or transmitted in any form, by any means—electronic, mechanical or photocopy—or for any purposes without prior written permission of Licensing Services, Client Services Division, Statistics Canada, Ottawa, Ontario, Canada K1A 0T6.

May 2007

Catalogue no. 21-020-XIE

ISSN 1705-2920

Frequency: Annual

Ottawa

La version française de cette publication est disponible sur demande (nº 21-020-XIF au catalogue).

---

***Note of appreciation***

*Canada owes the success of its statistical system to a long standing partnership between Statistics Canada, the citizens of Canada, its businesses, governments and other institutions. Accurate and timely statistical information could not be produced without their continued cooperation and goodwill.*

# User information

---

## Symbols

The following standard symbols are used in Statistics Canada publications:

- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- p preliminary
- r revised
- x suppressed to meet the confidentiality requirements of the *Statistics Act*
- E use with caution
- F too unreliable to be published

**Note:** This publication represents a small portion of information available from Canada Food Stats (23F0001X), a free internet downloadable product, also available on CD-ROM. The powerful and friendly system gathers data from across Statistics Canada and even includes data from other organizations. It contains information on food available for consumption and prices, nutrition, supply and demand, as well as data on the food industry, processing, employment, productivity, trade and much more. In addition, Canada Food Stats provides a reservoir of written articles and analysis relevant to food from production to processing to consumption.

# Table of contents

---

<b>Highlights</b>	<b>5</b>
<b>Analysis</b>	<b>6</b>
Food Available for Consumption in Canada – 2006	6
Cereals rise to a record	6
Less sugar in the diet	6
More meat	6
Poultry keeps on climbing	7
Eggs, fish and cheese remain popular	7
Milk consumption dips	7
Fruits and vegetables –vegetable consumption is down	7
Oils and fats decline	8
Coffee still a favorite	8
More alcohol	8
Calories available eases	8
<b>Related products</b>	<b>10</b>
<b>Statistical tables</b>	
1 Food available by major group, per person	12
1-1 Fruits	12
1-2 Vegetables	13
1-3 Beverages	14
1-4 Dairy products and eggs	15
1-5 Meats and fish	16
1-6 Other products	17
2 Food available adjusted for losses by major group, per person	18
2-1 Fruits	18
2-2 Vegetables	19
2-3 Beverages	20
2-4 Dairy products and eggs	21
2-5 Meats and fish	22
2-6 Other products	23

**Table of contents – continued**

3	Food available by commodity	24
3-1	Cereal products	24
3-2	Sugars and syrups	24
3-3	Red meats (carcass weight)	24
3-4	Poultry (eviscerated weight)	25
3-5	Fish (edible weight)	25
3-6	Pulses and nuts	25
3-7	Oils and fats	26
3-8	Dairy products and eggs	26
3-9	Beverages and juices	27
3-10	Fruits fresh	28
3-11	Fruits processed	29
3-12	Vegetables fresh	30
3-13	Vegetables processed	31
4	Food available adjusted for losses by commodity	31
4-1	Cereal products	31
4-2	Sugars and syrups	32
4-3	Red meats (boneless weight)	32
4-4	Poultry (boneless weight)	32
4-5	Fish (edible weight)	32
4-6	Pulses and nuts	33
4-7	Oils and fats	33
4-8	Dairy products and eggs	34
4-9	Beverages and juices	35
4-10	Fruits fresh	36
4-11	Fruits processed	37
4-12	Vegetables fresh	38
4-13	Vegetables processed	39
5	Total nutrients available from the Canadian food supply	40
6	Total nutrients available adjusted for losses from the Canadian food supply	41

**Data quality, concepts and methodology**

Concepts and methods	42
----------------------	----

**Appendix**

I Sources	44
-----------	----

## Highlights

---

Canadians are eating more cereal products, yogurt, pork, beef and poultry on a per capita basis, according to the 2006 snapshot of food available for consumption.

On the other hand, they prefer less milk and sugar, and fewer oils, fats and vegetables in their diet. The amount of other key products available for consumption, such as eggs, fish, cheese and fresh fruits has remained stable in general.

These estimates on food availability have been adjusted to account for losses in homes, restaurants and institutions resulting from cooking, storage and food that is wasted. Another term for these estimates is "apparent food consumed".

Total cereals available from the food supply, adjusted for these loss factors, amounted to a record high 61.0 kilograms (kg) per person in 2006, up from 60.3 kg in 2005. These grain-based products include pasta, bakery products and cereal-based snacks.

The amount of beef available for consumption rose from 13.6 kg per person to 13.9 kg. Although there has been some fluctuation, the amount of beef available from the food supply has been more stable after trending down from the mid-1970s to the early 1990s.

The amount of pork available rose modestly from 9.5 kg to 9.7 kg following a 13.5% decline the previous year.

Domestically, pork faces competition from both the beef and poultry sectors. Canadians export more pork than they consume, because of high external demand and favourable exchange rates. Exports of pork meat are 44% higher than the total available for consumption in Canada.

Poultry consumption, which has been climbing over time, inched up from 13.3 kg per person in 2005 to 13.4 kg in 2006.

As well, yogurt continues to gain in popularity. Each Canadian ate 4.9 litres of yogurt on average last year, up from 4.8 litres in 2005 and 2.2 litres a decade earlier. Milk continued its long-term downward trend, falling from 59.1 litres in 2005 to 58.7 litres.

People are apparently not dipping into the sugar bowl as often. Indications are that refined sugar availability fell from 23.3 kg per person in 2005 to 22.3 kg in 2006, a 4.0% decline.

On average, fresh vegetables available for consumption (excluding potatoes) dipped to 37.8 kg per person in 2006 from 38.8 kg the year before. Even so, the amount of fresh vegetables now available for consumption is more than 50% higher than it was in 1970.

The amount of oils and fats available for consumption, including butter, margarine and salad and cooking oils, is down a substantial 13.2% from the peak in 1998. In 2006, Canadians used 18.6 kg of oils and fats per person, compared with 19.3 kg in 2005 and 21.4 kg in 1998.

The amount of fresh fruits available remained virtually unchanged from 2005 at 37.6 kg per person. One exception was apples, the availability of which fell from 7.2 kg in 2005 to 6.8 kg last year.

# **Analysis**

---

## **Food Available for Consumption in Canada – 2006**

*This release is based on food available for human consumption from the Canadian food supply, adjusted for losses. The data have been adjusted for retail, household, cooking and plate loss. The results of a program review, including updating the loss factors, have been incorporated in this statistical release.*

Canadians are eating more cereal products, yogurt, pork, beef and poultry on a per capita basis, according to the 2006 snapshot of food available for consumption.

On the other hand, they prefer less milk and sugar, and fewer oils, fats and vegetables in their diet. The amount of other key products available for consumption, such as eggs, fish, cheese and fresh fruits has remained stable in general.

These estimates on food availability have been adjusted to account for losses in homes, restaurants and institutions resulting from cooking, storage and food that is wasted. Another term for these estimates is “apparent food consumed”.

### **Cereals rise to a record**

Total cereals available from the food supply, adjusted for these loss factors, amounted to a record high 61.0 kilograms (kg) per person in 2006, up from 60.3 kg in 2005. These grain-based products include pasta, bakery products and cereal-based snacks. Cereal popularity rose rapidly during the 1990s, gaining over 20% during that time. Generally, it has stabilised since then.

Products made with wheat flour accounted for the majority of cereal products available as each individual devoured 47.7 kg in 2006. Canadians continue to incorporate rice into their diet, eating 6.7 kg in 2006, nearly double that of 1990.

### **Less sugar in the diet**

People are not dipping into the sugar bowl as often, requesting a smaller amount in 2006 and considerably less than past decades. Indications are that 2006 refined sugar available is down to 22.3 kg/person, a drop of 4.0% from the previous year. Compared to a peak back in 1987, consumers are using less sugar -by some 26%.

In 2006, Canadians were spreading a little more honey while pouring a little less maple syrup.

### **More meat**

The amount of beef available for consumption rose from 13.6 kg per person to 13.9 kg. Although there has been some fluctuation, the amount of beef available from the food supply has been more stable after trending down from the mid-1970s to the early 1990s. Cooking with beef peaked in 1976 at 23.2 kg/person. Some cuts of beef are associated with a high quality product sought by numerous consumers while others seek the convenience of the burger.

The amount of pork available rose modestly from 9.5 kg to 9.7 kg following a 13.5% decline the previous year. Domestically, pork faces competition from both the beef and poultry sectors.

Canadians export more pork than they consume, because of high external demand and favourable exchange rates. Exports of pork meat are 44% higher than the total available for consumption in Canada.

Exports of pork meat have climbed to record levels, rising almost 50% during the past five years. United States, at 38% of the total based on quantities, was the major importer of Canadian pork in 2006 while Japan claimed 24%. There are numerous countries that import pork from this country including: Russia, South Korea, Romania, Australia, Mexico and China.

## Poultry keeps on climbing

Poultry consumption, which has been climbing over time, inched up in 2006 to reach 13.4 kg/person. Canadians reached for poultry more often in 2006 such that compared to 1976, they ate 71% more.

## Eggs, fish and cheese remain popular

Each Canadian ate approximately 12.3 dozen eggs in 2006 or almost 3 eggs per week. This is similar to the prior year level.

The quantity of fish available for Canadian consumption remained stable when compared to recent times resting at 6.5 kg per person in 2006. Fish demand appears to be fairly steady this decade despite the fact that it fluctuates a little from year to year.

The amount of cheese Canadians demanded stabilised at 9.9 kg per person in 2006. As cheddar cheese consumption rose slightly to 2.7 kg, processed cheese also inclined while variety cheese, which includes cheeses like mozzarella, parmesan, swiss and colby ebbed to 5.3 kg/person.

Although 2006 data indicate that Canadians may enjoy their ice cream, they ate a little less in 2006 or 5.8 litres per person. This is down 24% from a decade ago.

At the same time yogurt continues to gain in popularity due in part to the development of tastier and innovative new products. Canadians ate 4.9 litres of yogurt on average in 2006, up 3.4% from last year and more than double the level from a decade earlier.

## Milk consumption dips

Milk continued its long-term downward trend falling 0.6% in 2006 to 58.7 litres per person. The quantity of 2% milk, which constitutes a major portion of milk consumed, slipped by 1.1% to rest at 27.0 litres. Standard milk declined 2.1% while 1% milk and skim milk rose. Chocolate milk remained stable after rising for several years.

Though Canadians are aware of the fat content of their milk, they still like their table cream. A favorite with coffee, drinkers reached for 2.1 litres of table cream in 2006. The level was nearly four times greater than ten years earlier.

## Fruits and vegetables –vegetable consumption is down

The amount of fresh fruits available remained virtually unchanged from 2005 at 37.6 kg per person. Compared to a decade ago, the total has risen 12.2%. Although down 5.4% from 2005, apples remained a favorite at 6.8 kilograms each in 2006. Apples, bananas, oranges and grapes are still the fruits of choice but other fruits such as mangoes, limes, papayas and pineapples are increasingly popular.

At the same time, the use of processed fruits (canned, frozen or dry) jumped 5.2% to total 8.0 kg/person in 2006.

On average, fresh vegetables available for consumption dipped to 37.8 kg each in 2006 (excluding potatoes), 2.5% fewer than the previous year. Popular vegetables include carrots, onions, tomatoes and peas. Generally, fresh vegetables available climbed from the early seventies and then stabilised at levels first attained in the mid-nineties. It is now over 50% higher than it was in 1970.

Total potato consumption is included in the total fresh vegetables despite the fact that they may be consumed as french fries or potato chips. Recently, experimental data have been incorporated into the program that display the different ways that the spud is processed before being sold.

In total, consumption of this hearty vegetable has been declining in recent years to stand at 28.8 kg/person in 2006, down from 33.8 kg/p in 1996. Although not a record, potato exports crept up 1.9% in 2006. Exports, particularly those of frozen french fries, soared to a peak in 2004. They remain more than twice what they were a decade ago.

Of the total potatoes available, 45% were cooked from fresh potatoes while 55% were processed into products such as frozen french fries or potato chips. In 2006, each Canadian ate 15.8 kg of potatoes that had been purchased fresh, down 1.7% from the previous year. The quantity of potatoes processed waned marginally.

The popularity of juice inched lower in 2006 dipping to 23 litres per Canadian. It is no surprise that orange juice remains the juice of choice at 11.3 litres each and is almost double apple juice, the second preferred juice. Vegetable juices comprise a small portion of juice consumption.

### **Oils and fats decline**

The amount of oils and fats available for consumption, including butter, margarine and salad and cooking oils, is down a substantial 13.2% from the peak in 1998. In 2006, Canadians used 18.6 kg of oils and fats per person, compared with 19.3 kg in 2005 and 21.4 in 1998.

The total use of oils and fats increased rapidly during the nineties. The escalation was boosted by the increased usage of vegetable oils by households and/or food service outlets in salad dressing, deep-fried products and baked goods such as cookies, pastries, specialty breads and croissants. However, in recent years, the trend has reversed.

### **Coffee still a favorite**

Canadians devotion to coffee remained strong. Coffee lovers drank 86 litres in 2006, up 6.5 litres from 1997, the most recent low. The enjoyment of traditional and specialty coffees available from a number of coffee shops has fuelled coffee use.

A little less tea was sipped in 2006 as individuals drank 52 litres each. The preference for tea rose during the nineties to peak in 2004. Along with the growing availability of specialty teas, tea houses are becoming popular in some metropolitan centers and even some coffee establishments are now serving steeped tea.

Soft drinks are not chosen as often as in the past as 2006 continued a downward trend to settle at 85 litres per person. Although not measured as part of this data set, energy and sport drink consumption has been on the rise in recent years.

### **More alcohol**

Beer use, which makes up about 80% of all alcoholic beverages consumed, rose somewhat to 77 litres per person (over 15 years of age) in 2006. At the same time, the intake of wine has continued to increase over the last ten years reaching 13.9 litres each in 2006. Spirit consumption, at 7 litres per Canadian, remained comparable to a year earlier.

These levels may be understated since they do not include home made and brew-on-the-premises wine and beer or contraband alcohol.

### **Calories available eases**

The calories available from the food supply declined by 0.5% in 2006. The amount of energy available for consumption has declined modestly this decade after rising fairly rapidly during the nineties.

Prior to 1980 energy disappearance for the United States, United Kingdom and Canada were at a similar level. Around 1980, the American caloric disappearance began to rise, yet Canadian caloric disappearance mirrored that of the United Kingdom remaining stable. However, since 1993 Canadian caloric disappearance had begun to rise and by 2001 it had nearly reached the level of that found in the United States. The energy disappearance of the United Kingdom has only increased moderately during this time.

Many reasons can account for the increase of energy disappearance in Canada from 1993 on. In the early 1990s Canada was just coming out of a recession, people had discretionary money to spend again. With the ease of drive-thru restaurants and the demands of everyday life – long days in the office, transporting children to hockey practice, music lessons, etc. – people increased their frequency of buying meals from restaurants, especially fast food establishments. Another possible reason may be the influence of American culture on Canadian society and the integration of the North American food industry. With the ease of franchising, more and more fast food restaurants of all kinds, including coffeehouses, have become established in Canada.

## **Related products**

---

### **Selected publications from Statistics Canada**

---

23-012-X	Cattle Statistics
23F0001X	Canada Food Stats
32-229-X	Food Consumption in Canada: Part 1

---

### **Selected CANSIM tables from Statistics Canada**

---

002-0010	Supply and disposition of food in Canada, annual
002-0011	Food available in Canada, annual
002-0019	Food available by major groups in Canada, annual
003-0035	Per capita disappearance of meats and output of meats and offal, annual
003-0036	Animals slaughtered, supply and disappearance in Canada, annual
003-0037	Meat production, supply and disappearance in Canada, annual
003-0080	Nutrients in the food supply, by source of nutritional equivalent and commodity, annual

---

### **Selected surveys from Statistics Canada**

---

3423	Stocks Survey - Frozen and Chilled Meats
3430	Dairy Factory Production and Stocks
3460	Livestock Survey
3475	Food Consumption in Canada (Part I and Part II)

---

## **Statistical tables**

---



**Table 1-2**  
**Food available by major group, per person — Vegetables 1,2**

	Total fresh vegetables	Processed		Juice	Total <sup>3</sup>
		Canned	Frozen		
		kilograms		litres	kilograms
1960	115.57	11.71	1.59	4.47	..
1961	108.65	11.89	1.63	4.57	134.35
1962	113.77	12.83	1.36	5.16	141.99
1963	110.20	12.22	1.81	5.09	139.22
1964	110.10	12.21	1.86	4.38	136.70
1965	102.57	13.06	2.16	4.26	132.35
1966	104.00	13.66	2.40	4.67	135.48
1967	117.75	13.12	2.22	3.79	148.42
1968	109.55	13.94	2.43	4.13	141.86
1969	117.42	13.04	2.41	3.73	148.08
1970	112.74	12.82	2.76	3.64	142.23
1971	112.61	13.39	2.59	3.77	142.94
1972	112.56	13.44	2.67	3.47	142.47
1973	111.89	14.99	2.92	3.80	147.86
1974	111.02	15.05	3.27	3.97	146.30
1975	121.18	12.00	2.56	3.98	149.17
1976	118.06	11.78	2.51	3.64	146.64
1977	121.84	12.50	3.21	4.72	153.70
1978	125.51	13.19	3.38	4.39	159.60
1979	134.24	13.68	3.65	4.31	170.06
1980	127.70	12.92	3.98	4.17	161.70
1981	122.91	13.34	3.71	3.62	158.29
1982	123.89	12.99	4.07	3.50	159.04
1983	138.38	12.94	3.18	3.37	172.46
1984	125.19	13.29	3.91	3.41	161.31
1985	129.18	12.33	3.58	3.06	163.48
1986	138.34	12.36	3.77	2.77	173.72
1987	137.95	12.56	4.41	2.70	174.75
1988	127.87	11.80	4.42	2.85	164.49
1989	127.97	12.71	4.95	2.63	167.19
1990	130.47	12.75	4.72	2.07	170.71
1991	129.07	12.00	4.97	2.05	166.12
1992	139.52	12.91	4.35	1.82	178.37
1993	146.61	13.15	4.82	1.59	187.41
1994	145.92	13.37	4.81	1.56	185.60
1995	142.61	12.79	5.46	1.53	181.93
1996	145.24	12.94	5.42	1.54	186.86
1997	146.44	13.25	5.54	1.54	188.20
1998	145.97	13.48	5.51	1.52	187.45
1999	147.52	12.99	5.35	1.51	187.33
2000	145.96	13.08	5.66	1.48	187.22
2001	150.25	13.52	5.88	1.48	192.54
2002	144.22	13.16	5.74	1.44	185.29
2003	141.99	12.33	5.70	1.46	181.87
2004	137.97	11.94	5.77	1.35	177.10
2005	138.77	11.68	5.67	1.37	177.30
2006	136.02	12.35	5.56	1.33	175.36

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

2. In retail weight unless otherwise specified.

3. In fresh equivalent weight.







**Table 1-6**  
**Food available by major group, per person — Other products<sup>1,2</sup>**

	Total oils and fats	Total cereal products	Total pulses and nuts	Total sugars and syrups
kilograms				
1960	17.22	67.68	6.94	43.77
1961	17.35	63.66	6.93	44.15
1962	18.36	64.71	6.57	45.48
1963	18.89	69.86	6.95	43.45
1964	18.94	59.96	8.04	44.27
1965	18.35	72.94	7.32	45.30
1966	19.08	62.65	6.70	47.28
1967	20.39	63.68	7.04	45.61
1968	20.81	63.59	6.87	46.28
1969	20.95	65.47	6.34	46.17
1970	20.74	65.23	6.53	46.06
1971	20.25	60.89	8.31	45.43
1972	21.20	63.72	7.77	44.97
1973	21.20	64.68	8.15	47.43
1974	21.58	63.36	8.80	41.55
1975	21.61	63.99	9.73	40.22
1976	22.05	65.87	6.77	42.30
1977	22.03	64.28	5.35	42.37
1978	21.79	63.23	7.73	41.18
1979	21.94	62.11	5.92	41.30
1980	21.91	65.33	5.81	35.00
1981	22.41	62.59	8.19	38.52
1982	22.26	65.05	7.85	38.45
1983	23.11	63.42	7.31	39.34
1984	22.37	64.22	7.36	41.45
1985	23.11	67.48	7.15	42.20
1986	22.75	67.03	8.70	42.28
1987	23.70	68.48	8.07	43.41
1988	23.61	71.24	7.47	39.46
1989	23.50	69.30	7.52	36.09
1990	23.60	70.45	7.68	36.84
1991	23.80	67.97	7.50	35.61
1992	23.70	69.02	7.89	37.49
1993	24.70	71.69	8.21	38.21
1994	25.71	73.24	8.65	39.09
1995	27.00	75.29	8.48	36.97
1996	28.45	78.53	8.39	37.31
1997	29.89	82.49	8.33	37.11
1998	31.15	83.68	8.63	34.59
1999	30.87	85.07	8.78	34.82
2000	30.66	85.31	9.15	35.92
2001	30.90	85.83	9.27	35.39
2002	30.04	85.08	9.53	35.28
2003	29.50	83.74	9.19	35.23
2004	28.62	86.30	9.54	35.09
2005	28.24	86.19	9.38	33.82
2006	27.24	87.09	9.71	32.57

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.  
 2. In retail weight unless otherwise specified.







**Table 2-4****Food available adjusted for losses by major group, per person — Dairy products and eggs<sup>1</sup>**

	Fluid milk	Total cheeses	Total creams	Other dairy products	Total dairy products <sup>2</sup>	Eggs
	litres	kilograms	litres	kilograms	dozens	kilograms
1960	55.20	2.66	..	13.16	13.30	18.16
1961	59.39	2.76	..	13.50	14.17	17.87
1962	59.92	2.98	..	13.51	14.13	17.74
1963	60.54	3.07	..	14.10	14.65	16.94
1964	61.17	3.20	..	14.12	14.71	16.88
1965	66.79	3.37	2.65	16.78	15.91	16.73
1966	66.51	3.41	2.61	17.14	16.13	16.18
1967	65.81	3.64	2.59	16.65	15.65	16.48
1968	66.11	3.84	2.62	16.99	16.12	16.54
1969	66.17	4.18	2.60	17.65	17.01	16.99
1970	67.40	4.41	2.56	16.30	15.98	17.12
1971	66.78	4.60	2.55	15.85	15.57	16.59
1972	68.10	4.72	2.59	15.74	15.68	16.02
1973	69.57	5.09	2.57	15.48	15.95	15.30
1974	69.76	5.61	2.58	15.38	16.35	15.15
1975	67.56	5.53	2.43	15.01	15.87	15.05
1976	68.84	5.61	2.51	15.55	16.56	14.84
1977	69.53	5.66	2.44	17.83	18.11	14.45
1978	70.59	6.04	2.55	17.07	16.91	14.22
1979	72.41	6.19	2.68	17.49	17.76	14.81
1980	72.40	6.41	2.82	16.85	17.43	14.67
1981	71.87	6.86	2.94	16.99	17.65	14.46
1982	71.59	6.91	2.84	17.27	17.95	14.42
1983	70.87	6.97	2.92	17.40	17.89	14.07
1984	70.44	6.74	3.12	16.49	17.51	13.49
1985	69.61	7.50	3.31	17.22	17.47	13.17
1986	70.34	7.84	3.48	17.28	17.59	13.08
1987	71.03	8.42	3.53	17.84	18.60	12.81
1988	70.01	8.82	3.53	17.47	18.34	12.41
1989	67.85	8.86	3.44	17.12	18.04	12.09
1990	67.19	8.98	3.69	16.11	17.20	11.91
1991	66.55	9.15	3.59	15.90	17.06	11.89
1992	65.19	9.21	3.61	15.26	16.79	11.52
1993	63.29	9.15	3.67	16.06	16.89	11.47
1994	63.92	9.45	3.75	16.15	17.12	11.49
1995	63.59	9.49	3.84	16.22	17.06	11.40
1996	63.40	9.25	3.86	16.10	17.02	11.84
1997	62.75	9.94	3.96	15.77	16.96	11.96
1998	62.49	9.61	4.25	15.99	16.85	12.06
1999	61.76	9.72	4.48	16.60	16.94	12.06
2000	62.10	9.88	4.81	17.07	17.18	12.41
2001	61.27	9.71	5.02	17.75	17.31	12.54
2002	60.22	9.65	5.12	18.05	17.04	12.20
2003	59.98	9.60	5.59	17.99	16.82	12.37
2004	60.19	9.93	5.81	18.57	17.03	12.04
2005	59.06	9.88	5.89	19.11	16.90	12.31
2006	58.71	9.91	6.04	19.03	16.73	12.32

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

2. In milk solid equivalent.

**Table 2-5**  
**Food available adjusted for losses by major group, per person — Meats and fish<sup>1</sup>**

	Red meats, boneless weight	Poultry, boneless weight	Fish
kilograms			
1960	26.00	..	..
1961	25.86	..	..
1962	26.01	..	..
1963	26.65	6.06	..
1964	28.11	6.44	..
1965	28.33	6.74	..
1966	28.27	7.27	..
1967	29.67	7.53	..
1968	29.96	7.32	..
1969	29.45	7.91	..
1970	30.40	8.26	..
1971	32.12	7.83	..
1972	32.84	7.99	..
1973	31.54	8.21	..
1974	32.54	8.04	..
1975	33.35	7.50	..
1976	34.46	7.85	..
1977	33.70	8.19	..
1978	32.67	8.43	..
1979	31.14	8.95	..
1980	32.02	8.91	..
1981	31.90	8.77	..
1982	30.69	8.67	..
1983	31.07	8.67	..
1984	30.04	8.88	..
1985	30.56	9.42	..
1986	30.12	9.54	..
1987	28.44	10.02	..
1988	28.30	10.15	6.06
1989	28.60	9.87	6.71
1990	27.13	10.21	6.24
1991	26.56	10.25	5.97
1992	27.10	10.51	5.87
1993	25.97	10.69	6.55
1994	26.73	11.24	5.62
1995	26.51	11.07	5.42
1996	25.65	11.05	5.69
1997	25.34	11.36	5.98
1998	27.02	11.67	6.04
1999	28.07	12.03	6.81
2000	26.92	12.55	6.42
2001	26.38	12.94	6.60
2002	25.90	13.03	6.61
2003	25.54	12.69	6.73
2004	25.75	13.18	6.41
2005	24.12	13.26	6.45
2006	24.62	13.40	6.47

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

**Table 2-6****Food available adjusted for losses by major group, per person — Other products<sup>1</sup>**

	Total oils and fats	Total cereal products	Total pulse s and nuts	Total sugars and syrups
kilograms				
1960	12.88	47.33	5.87	31.16
1961	12.98	44.49	5.86	31.43
1962	13.72	45.24	5.56	32.38
1963	14.11	48.86	5.88	30.94
1964	14.13	41.88	6.80	31.52
1965	13.67	51.03	6.19	32.25
1966	14.11	43.82	5.67	33.66
1967	14.97	44.53	5.96	32.47
1968	15.26	44.52	5.82	32.95
1969	15.31	45.87	5.37	32.87
1970	15.16	45.67	5.53	32.79
1971	14.79	42.63	7.03	32.35
1972	15.40	44.62	6.57	32.02
1973	15.34	45.36	6.89	33.77
1974	15.61	44.41	7.44	29.58
1975	15.60	44.85	8.23	28.64
1976	15.88	46.15	5.73	30.12
1977	15.85	45.05	4.53	30.17
1978	15.69	44.31	6.54	29.32
1979	15.77	43.50	5.01	29.41
1980	15.72	45.78	4.91	24.92
1981	16.14	43.84	6.93	27.43
1982	16.06	45.56	6.64	27.38
1983	16.59	44.42	6.18	28.01
1984	16.06	44.98	6.22	29.51
1985	16.55	47.28	6.05	30.05
1986	16.23	46.96	7.36	30.10
1987	16.79	47.98	6.83	30.91
1988	16.73	49.84	6.32	28.10
1989	16.61	48.52	6.36	25.70
1990	16.64	49.36	6.50	26.23
1991	16.77	47.63	6.35	25.36
1992	16.67	48.32	6.68	26.70
1993	17.27	50.27	6.94	27.21
1994	17.86	51.34	7.31	27.83
1995	18.78	52.68	7.17	26.32
1996	19.70	54.89	7.10	26.57
1997	20.57	57.76	7.05	26.42
1998	21.42	58.57	7.30	24.63
1999	21.19	59.55	7.42	24.79
2000	21.01	59.73	7.74	25.58
2001	21.16	60.09	7.85	25.20
2002	20.58	59.55	8.06	25.12
2003	20.20	58.50	7.78	25.08
2004	19.59	60.34	8.07	24.99
2005	19.29	60.28	7.93	24.08
2006	18.60	60.95	8.22	23.19

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.



















**Table 4-6**  
**Food available adjusted for losses by commodity — Pulses and nuts<sup>1</sup>**

	1981	1986	1991	1996	2001	2002	2003	2004	2005	2006
kilograms per person										
Baked and canned beans	1.96	1.95	1.31	1.21	1.20	1.14	1.14	1.14	1.09	1.09
Dry beans	0.52	0.63	0.64	1.20	1.84	1.90	1.95	2.02	2.07	2.03
Peanuts	2.40	2.49	2.32	2.73	2.26	2.44	2.27	2.44	2.43	2.69
Dry peas	0.94	1.00	0.98	1.16	1.20	1.20	1.20	1.21	1.21	1.21
Tree nuts	1.10	1.28	1.09	0.80	1.35	1.39	1.21	1.26	1.13	1.20
<b>Total pulses and nuts</b>	<b>6.93</b>	<b>7.36</b>	<b>6.35</b>	<b>7.10</b>	<b>7.85</b>	<b>8.06</b>	<b>7.78</b>	<b>8.07</b>	<b>7.93</b>	<b>8.22</b>

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

**Table 4-7**  
**Food available adjusted for losses by commodity — Oils and fats<sup>1</sup>**

	1981	1986	1991	1996	2001	2002	2003	2004	2005	2006
kilograms per person										
Butter	3.43	3.01	2.37	2.26	2.22	2.28	2.28	2.39	2.21	2.16
Margarine	4.82	4.71	4.39	4.21	3.87	3.73	3.56	3.40	3.26	3.12
Salad oils	2.37	3.38	3.68	6.07	8.20	7.93	7.86	7.93	7.88	7.80
Shortening and shortening oils	5.52	5.13	6.34	7.15	6.87	6.63	6.50	5.88	5.95	5.51
<b>Total oils and fats</b>	<b>16.14</b>	<b>16.23</b>	<b>16.77</b>	<b>19.70</b>	<b>21.16</b>	<b>20.58</b>	<b>20.20</b>	<b>19.59</b>	<b>19.29</b>	<b>18.60</b>

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.



**Table 4-9**  
**Food available adjusted for losses by commodity — Beverages and juices<sup>1</sup>**

	1981	1986	1991	1996	2001	2002	2003	2004	2005	2006
litres per person										
Ale, beer, stout and porter	99.69	92.69	84.79	78.11	79.38	78.80	79.49	78.32	76.46	76.79
Bottled water	..	..	..	16.63	25.09	..	..	..	..	..
Coffee	86.13	76.99	82.30	82.42	86.02	87.95	88.97	89.36	86.28	86.00
Distilled spirits	9.44	7.18	5.67	5.07	6.68	6.95	7.03	6.93	6.95	7.02
Soft drinks	57.23	67.77	85.59	93.81	96.08	95.06	93.39	90.04	87.05	84.77
Tea	57.81	50.28	35.64	41.37	61.74	60.35	62.11	63.10	56.73	51.97
Wines	10.68	11.30	9.58	9.85	11.60	12.04	12.22	12.65	13.19	13.85
<b>Total beverages</b>	<b>318.31</b>	<b>306.39</b>	<b>303.13</b>	<b>333.87</b>	<b>372.07</b>	..	..	..	..	..
Alcoholic beverages, population over 15 years of age	119.81	111.17	100.04	93.03	97.65	97.79	98.74	97.90	96.59	97.66
Non-alcoholic beverages	225.21	218.58	223.75	259.64	292.85	..	..	..	..	..
Apple juice	6.14	7.73	7.03	5.90	5.80	5.94	5.90	5.92	6.07	5.91
Grape juice	0.73	1.47	1.55	3.77	2.43	3.56	3.31	2.82	2.70	2.95
Grapefruit juice	1.30	0.71	0.76	0.86	0.64	1.10	0.92	1.02	0.80	0.61
Lemon juice	0.23	0.22	0.29	0.34	0.32	0.47	0.47	0.47	0.47	0.52
Orange juice	10.79	9.92	6.76	11.51	11.49	11.51	11.42	11.73	11.63	11.26
Pineapple juice	0.49	0.25	0.65	0.57	0.81	0.62	0.59	0.65	0.77	0.76
Tomato juice	3.06	2.34	1.73	1.30	1.25	1.22	1.24	1.14	1.16	1.13
<b>Total juices</b>	<b>22.75</b>	<b>22.63</b>	<b>18.78</b>	<b>24.24</b>	<b>22.75</b>	<b>24.43</b>	<b>23.84</b>	<b>23.76</b>	<b>23.60</b>	<b>23.13</b>
Fruit juice	19.68	20.29	17.05	22.94	21.50	23.21	22.61	22.62	22.44	22.01
Vegetable juice	3.06	2.34	1.73	1.30	1.25	1.22	1.24	1.14	1.16	1.13

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.



**Table 4-11**  
**Food available adjusted for losses by commodity — Fruits processed<sup>1</sup>**

	1981	1986	1991	1996	2001	2002	2003	2004	2005	2006
kilograms per person										
Apple pie filling	0.11	0.04	0.28	0.12	0.10	0.08	0.08	0.08	0.08	0.08
Apple sauce	0.43	0.38	0.46	0.52	0.44	0.43	0.42	0.43	0.42	0.42
Apples canned	0.08	0.01	0.04	0.04	0.22	0.23	0.26	0.29	0.29	0.34
Apples dried	0.01	0.02	0.04	0.04	0.05	0.05	0.05	0.05	0.04	0.05
Apples frozen	0.03	0.09	0.04	0.06	0.06	0.04	0.04	0.04	0.04	0.03
Apricots canned	0.11	0.06	0.03	0.04	0.03	0.03	0.04	0.04	0.05	0.04
Blueberries canned	0.01	0.01	0.02	0.00	0.01	0.01	0.01	0.01	0.01	0.01
Blueberries frozen	0.09	0.19	0.18	0.28	0.38	0.39	0.39	0.40	0.42	0.47
Cherries frozen	0.16	0.15	0.27	0.12	0.18	0.16	0.17	0.18	0.20	0.18
Peaches canned	0.96	0.89	0.73	0.84	0.91	0.88	0.88	0.85	0.84	0.82
Pears canned	0.45	0.40	0.31	0.30	0.31	0.30	0.29	0.29	0.28	0.28
Pineapples canned	1.10	0.91	1.13	0.88	0.82	0.79	0.78	0.77	0.75	0.72
Raspberries frozen	0.26	0.16	0.28	0.32	0.25	0.24	0.28	0.32	0.31	0.34
Strawberries canned	0.03	0.00	0.02	0.04	0.05	0.06	0.07	0.06	0.06	0.07
Strawberries frozen	0.41	0.30	0.33	0.41	0.46	0.54	0.59	0.50	0.50	0.52
Unspecified canned fruits	..	..	1.02	1.00	1.36	1.52	1.52	1.68	1.54	1.65
Unspecified dried fruits	1.26	1.33	1.33	1.15	1.20	1.21	1.29	1.34	1.21	1.30
Unspecified frozen fruits	0.09	0.09	0.16	0.27	0.31	0.30	0.40	0.42	0.58	0.70
<b>Total, fresh equivalent</b>	<b>5.45</b>	<b>4.98</b>	<b>6.67</b>	<b>6.43</b>	<b>7.14</b>	<b>7.27</b>	<b>7.55</b>	<b>7.73</b>	<b>7.63</b>	<b>8.03</b>
Canned	3.14	2.64	4.05	3.78	4.25	4.34	4.34	4.49	4.33	4.43
Frozen	1.04	0.99	1.25	1.46	1.64	1.67	1.87	1.86	2.05	2.25
Dried	1.27	1.35	1.37	1.19	1.25	1.26	1.34	1.39	1.25	1.35

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.









## Concepts and methods

---

This publication represents a small portion of information available from **Canada Food Stats, a CD-ROM product**. The powerful and friendly system gathers data from across Statistics Canada and even includes data from other organizations. It contains information on food available for consumption, prices, nutrition, supply and demand, as well as data on the food industry, processing, employment, productivity, trade and much more. In addition, **Canada Food Stats** provides a reservoir of written articles and analysis relevant to food from production to processing to consumption.

Data presented in this bulletin are compiled from a wide variety of sources, both survey and administrative, and from various divisions within Statistics Canada along with other government departments. More information can be obtained from the Statistics Canada web site or by contacting the Agriculture Division directly. As this bulletin features food statistics, a summary of the concepts and methods used for these data series has been provided. A detailed version of the concepts and methods is available on the Canada Food Stats CD-ROM.

Statistics Canada's Agriculture Division has produced data depicting the amount of food that is available for consumption from the Canadian food supply as far back as 1960. Food available for consumption does not account for losses in stores, households, private institutions or restaurants. Estimated quantities of food available adjusted for losses are adjusted for retail, institutional and household, including cooking, storage and plate loss.

The nutrients available data are derived by applying nutritional equivalent factors to the retail weight of per capita food available data. The Food Bureau of Agriculture and Agri-Food Canada developed these factors in cooperation with Statistics Canada. The factors were applied to each food or beverage type and then summed to derive subtotals or totals. These factors remain consistent over time starting in 1976. Consequently, the nutritional data are a subset of the Food Available in Canada data series. This data series is more correctly termed per capita food available.

The nutrients available adjusted for losses is a proxy of fork level consumption based on food supply data. They have been derived by adjusting the nutrients available from the Canadian food supply to account for retail, institutional, household, cooking and plate loss. As the factors used to adjust the food available data are estimates themselves, considerable caution should be used when working with the data — the data should be viewed as experimental.

The food available refers to the amount of food available for consumption and is derived residually using supply-disposition tables. All components of supply are added together and all uses (disposition) other than human consumption are deducted. The resulting amount is assumed to be available for human consumption.

To calculate total supply, beginning stocks, production and imports are added together. Net supply is then derived by subtracting disposition items including exports, manufacturing uses, feeds, waste and ending stocks. The net supply is divided by the Canadian population at July 1 to obtain per capita values or disappearance per person.

The data for the numerous supply-disposition tables are obtained from a myriad of survey, administrative and other sources. Each food commodity table is unique.

In general, beginning stocks are those quantities of fresh and frozen food products held in storage at January 1 while ending stocks refer to year-end inventories (December 31). Stock and production data are obtained through surveys of producers and food processors. Import and export data are provided by the International Trade Division of Statistics Canada. Manufacturing data include requirements for processing, seed, animal feed and industrial use. Processed foods are then accounted for directly.

Traditionally, the waste factors attempt to account for quantities removed during processing or lost in storage. They do not allow for losses in stores, households, restaurants or institutions during storage and preparation or for unconsumed food. Consequently, the food available data are sometimes referred to as "apparent" to remind users

of this data limitation. The nutrients available adjusted for losses are not apparent but rather represent a proxy of consumption as the food available data were adjusted to account for food losses not previously accounted for.

The new waste adjustment factors account for losses at the retail and consumer levels, including institutions, restaurants and households. The factors attempt to account for losses or waste from storage, in the preparation of food and from the plate. The factors were provided, with appreciation, from the United States Department of Agriculture.

All of the nutrient factors and waste adjustment factors are based on weight. Consequently, the waste adjustments have a limitation in that they may only partially account for losses of some nutrients as a result of cooking. For instance, more (or less) fat, fat soluble nutrients or water soluble nutrients may be wasted depending on the methods used in preparation and cooking. Although every attempt has been made to adjust the nutrient data to approximate consumption, the data are estimates, a limitation that readers should keep in mind when working with the files. Further, these data refer to nutrients available from food and beverages and do not account for nutrients that may be provided by dietary supplements or from the water supply.

# **Appendix I**

---

## **Sources**

### **Statistics Canada:**

- Agriculture Division
- Distributive Trades Division
- Income and Expenditure Accounts Division
- Industry, Measures and Analysis Division
- Input-Output Division
- International Trade Division
- Investment and Capital Stock Division
- Labour Statistics Division
- Manufacturing, Construction and Energy Division
- Micro-Economic Studies and Analysis Division
- Service Industries Division

### **Other departments:**

- Agriculture and Agri-Food Canada
- Fisheries and Oceans Canada
- United States Department of Agriculture
- Ontario Ministry of Agriculture and Food
- B.C. Ministry of Agriculture and Fisheries
- Canadian Soft Drink Association
- Brewers Association of Canada
- Association of Canadian Distillers
- Canadian Wine Institute
- Canadian Bottled Water Association
- Canadian Sugar Institute