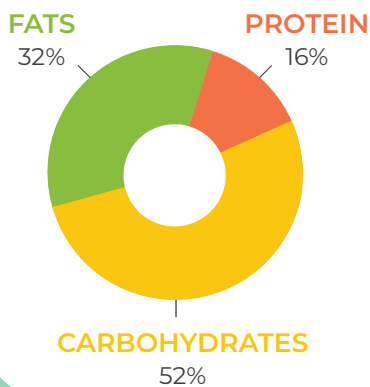


# THE FOOD & NUTRITION SECURITY FOR MANITOBA YOUTH STUDY: DIETARY INTAKE & DIET QUALITY

## DIETARY INTAKE

### AVERAGE MACRONUTRIENT DISTRIBUTION:



### KEY FINDINGS: NUTRIENTS

- Students consumed enough carbohydrate and protein; however almost all had inadequate fibre intakes
- Majority of students did not consume enough vitamin D or calcium
- More than half exceeded sodium recommendations and ¼ of males had almost twice the recommendations
- More than half had excessive amounts of saturated fat
- Most students consumed adequate iron; however more than half of females did not meet recommendations for folate & zinc

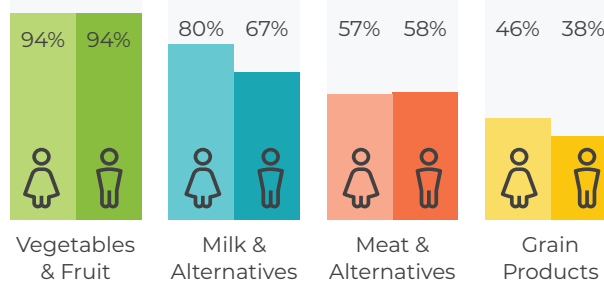
### KEY FINDINGS: FOOD GROUPS

- Majority of students did not meet food group requirements from Eating Well With Canada's Food Guide (2007) (EWCFG)\*1
- Females had on average 3.4 servings of 'Other foods' (those outside of the four food groups) while males averaged 4.5 servings.
- Students who consumed the most calories obtained a higher proportion of servings from Other foods and Sugar Sweetened Beverages and Juice.

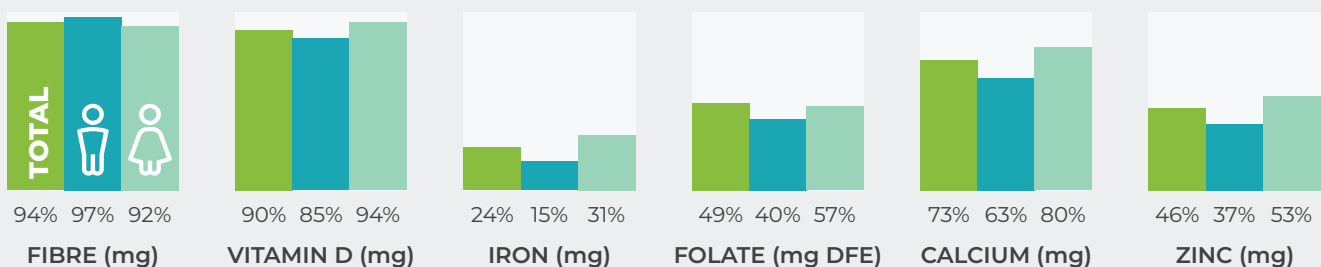
**\*EATING WELL WITH CANADA'S FOOD GUIDE (2007):** EWCFG is a guidance document specifying the types and amounts of food recommended for Canadians, based on four food groups. This version of the food guide was used because it has portion sizes and was the guideline available at the time of the FANS study.<sup>1</sup>



### STUDENTS NOT MEETING MINIMUM FOOD GROUP SERVING RECOMMENDATIONS:



### % OF STUDENTS NOT MEETING KEY NUTRIENT RECOMMENDATIONS:



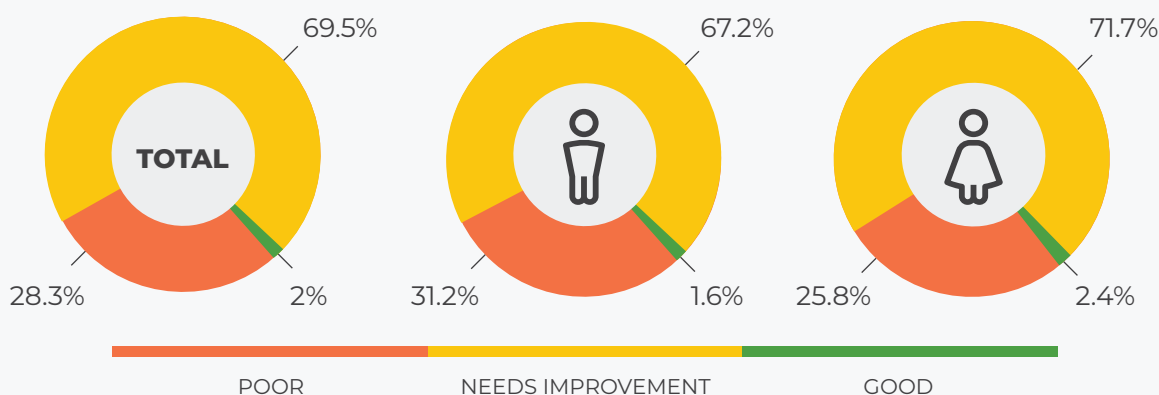
# DIET QUALITY

## HEALTHY EATING INDEX-CANADA (HEI-C)

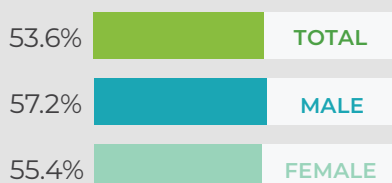
The Healthy Eating Index is a “measure of diet quality assessed against dietary guidelines. The HEI-C is adapted to the Canadian context using the guidelines outlined in EWCFG 2007<sup>1</sup>

An individual's HEI-C score can be ranked from 1-100, with a higher score meaning a higher quality diet or categorized as **good**, **needs improvement** or **poor**.

### FANS PARTICIPANT HEI-C CATEGORIES:



### AVERAGE FANS PARTICIPANT HEI-C SCORES:



### IDEAS FOR ACTION:

- School meal programs – Food literacy education – Healthy school food environment – Food costing
- Task force – Regional surveillance

### U.N. SUSTAINABLE DEVELOPMENTAL GOALS (SDGs)- NUTRITION:

The 2030 Agenda for SDGs promotes health and prosperity while protecting the planet. Nutrition contributes directly to SDG 2 'End hunger, achieve food security, and improved nutrition and promote sustainable agriculture' and is essential to achieving many of the other SDGs<sup>3</sup>

For more info visit [FANLIT.ORG](http://FANLIT.ORG) or email the FANS support team: [fans18@umanitoba.ca](mailto:fans18@umanitoba.ca)

**FOOD AND NUTRITION SECURITY**  
FOR MANITOBA YOUTH

**CIHR IRSC** Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada

**University of Manitoba**

**FANLit**  
FOOD AND NUTRITION LITERACY

1. Health Canada. (2007). Eating Well with Canada's Food Guide 2007. <https://publications.gc.ca/site/eng/300616/publication.html> 2. Grosso, G., Mateo, A., Rangelov, N., Buzeti, T., & Birt, C. (2020). Nutrition in the context of the Sustainable Development Goals. European Journal of Public Health, 30(Supplement\_1), i19-i23.