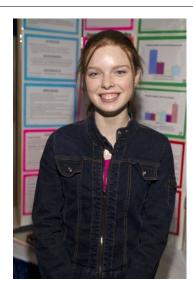




ESPC 2005 - Vancouver (Colombie-Britannique)



Rachel Hunter

Nutrition Nation

Division: Sciences de la santé

Catégorie: Junior

Région:Simcoe CountyVille:Oro Station, ONÉcole:St. Monicas School

Sommaire: This study surveyed Canadians' knowledge of Canada's Food Guide (CFG)

and Fast Foods nutrition. Results from 682 surveys indicated that 22% of participants used CFG and less than 50% knew serving sizes. The majority of the participants could not identify the healthier choice when given 2 fast

food options. It was concluded that Canadians could improve their

nutritional knowledge and choices.



