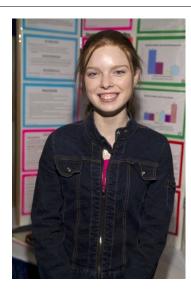




CWSF 2005 - Vancouver, British Columbia



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Abstract: 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.



