

## CWSF 2005 - Vancouver, British Columbia



### Rachel Hunter

#### Nutrition Nation

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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.