**Appendix 1:** Table of weighted 3 day and 7 day recall period food consumption with measure of significance, Foodbook, Canada 2014-15.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |   | **Number of participants reported consuming food item over 3 day recall period (n=197)** | **Weighted proportion that consumed product in previous:**  |   |
| **Food item** |  **3 days** | **7 days** | **P-value** |
| Vegetables |  |  |  |  |
|  | Tomatoes | 113 | 66.5% | 72.9% | 0.239 |
|  | Tomatoes on sandwich, burger or taco at restaurant | 13 | 11.9% | 20.4% | 0.069 |
|  | Roma/plum tomatoes | 33 | 26.8% | 25.7% | 0.874 |
|  | Hothouse tomatoes | 53 | 29.8% | 38.3% | 0.119 |
|  | Beefsteak tomatoes | 20 | 10.4% | 12.2% | 0.663 |
|  | **Cherry or grape tomatoes** | **40** | **20.7%** | **32.8%** | **0.017** |
|  | Lettuce or leafy greens | 142 | 80.6% | 82.4% | 0.652 |
|  | Lettuce on a sandwich, burger or taco at restaurant | 23 | 19.4% | 24.3% | 0.379 |
|  | Iceberg lettuce | 67 | 43.5% | 41.1% | 0.719 |
|  | **Romaine lettuce** | **68** | **34.5%** | **48.8%** | **0.015** |
|  | Spinach | 46 | 25.1% | 28.4% | 0.528 |
|  | Mesclun greens | 20 | 16.1% | 15.0% | 0.834 |
|  | Packaged lettuce | 69 | 48.7% | 46.1% | 0.691 |
|  | Cabbage | 63 | 29.3% | 30.0% | 0.903 |
|  | Sprouts | 11 | 9.5% | 12.9% | 0.397 |
|  | Alfalfa sprouts | 0 | - | 2.4% | - |
|  | Bean sprouts | 7 | 5.6% | 8.7% | 0.309 |
|  | Cucumbers | 101 | 60.0% | 62.9% | 0.619 |
|  | Bell peppers | 103 | 58.5% | 63.6% | 0.411 |
|  | Hot peppers | 18 | 18.1% | 19.4% | 0.831 |
|  | Celery | 86 | 46.5% | 47.6% | 0.863 |
|  | Carrots | 127 | 61.0% | 68.9% | 0.207 |
|  | Mini carrots | 56 | 37.0% | 35.9% | 0.866 |
|  | Any carrots (including baby and mini)\* | 148 | 74.8% | 81.4% | 0.234 |
|  | **Peas** | **44** | **16.8%** | **28.8%** | **0.003** |
|  | ***Green or yellow beans*** | ***40*** | ***17.0%*** | ***36.6%*** | ***<0.001*** |
|  | Broccoli | 78 | 47.6% | 55.5% | 0.212 |
|  | Cauliflower | 52 | 30.7% | 33.0% | 0.709 |
|  | Leeks | 14 | 9.6% | 9.2% | 0.899 |
|  | Fresh garlic | 79 | 48.5% | 48.9% | 0.948 |
|  | Mushrooms | 73 | 40.7% | 50.0% | 0.125 |
|  | Zucchini | 29 | 18.9% | 21.1% | 0.659 |
|  | Onions | 148 | 72.2% | 82.7% | 0.077 |
|  | White/yellow onions | 131 | 62.4% | 73.5% | 0.077 |
|  | Red onions | 49 | 25.4% | 32.2% | 0.207 |
|  | ***Green onions*** | ***43*** | ***17.0%*** | ***34.0%*** | ***<0.001*** |
|  | **Vegetable juice** | **24** | **10.9%** | **18.2%** | **0.022** |
| Herbs & Spices |  |  |  |  |
|  | ***Fresh Thai basil*** | ***8*** | ***2.9%*** | ***9.2%*** | ***<0.001*** |
|  | Fresh Basil | 23 | 13.0% | 17.8% | 0.226 |
|  | Fresh cilantro/coriander | 19 | 13.6% | 17.6% | 0.434 |
|  | ***Fresh tarragon*** | ***3*** | ***0.6%*** | ***3.2%*** | ***<0.001*** |
|  | Fresh parsley | 32 | 18.3% | 26.1% | 0.104 |
|  | Other fresh herbs | 33 | 17.7% | 24.0% | 0.167 |
|  | Any fresh herbs\* | 66 | 40.7% | 47.5% | 0.289 |
|  | Pepper | 157 | 77.8% | 84.8% | 0.227 |
|  | **Curry powder** | **21** | **10.4%** | **17.6%** | **0.048** |
|  | Paprika | 31 | 16.8% | 22.2% | 0.253 |
|  | Turmeric | 23 | 23.4% | 15.4% | 0.197 |
|  | Other spices | 81 | 42.5% | 48.8% | 0.321 |
|  | Any spices | 169 | 87.1% | 90.7% | 0.478 |
| Store-bought Prepared Salads & Dips |  |  |  |  |
|  | Store-bought prepared salads | 19 | 10.5% | 14.5% | 0.282 |
|  | Store-bought prepared green salad | 12 | 8.9% | 9.0% | 0.966 |
|  | ***Store-bought prepared coleslaw*** | ***5*** | ***0.7%*** | ***3.8%*** | ***<0.001*** |
|  | ***Store-bought prepared potato salad*** | ***1*** | ***0.2%*** | ***2.6%*** | ***<0.001*** |
|  | Store-bought prepared pasta salad | 3 | 0.8% | 1.8% | 0.080 |
|  | ***Store-bought prepared fruit salad/platter*** | ***3*** | ***0.5%*** | ***3.1%*** | ***<0.001*** |
|  | **Store-bought salsa** | **22** | **9.9%** | **21.7%** | **0.001** |
|  | Store-bought hummus | 17 | 11.3% | 13.4% | 0.617 |
| Fruits |  |  |  |  |
|  | **Apples** | **123** | **59.8%** | **72.3%** | **0.049** |
|  | Pears | 37 | 20.0% | 23.9% | 0.477 |
|  | Peaches | 22 | 12.8% | 16.0% | 0.507 |
|  | Nectarines | 25 | 12.1% | 12.6% | 0.903 |
|  | Apricots | 8 | 4.0% | 4.6% | 0.725 |
|  | Plums | 20 | 11.1% | 12.7% | 0.678 |
|  | Citrus fruit  | 107 | 52.8% | 65.0% | 0.055 |
|  | Cherries | 29 | 11.2% | 14.7% | 0.318 |
|  | Grapes | 96 | 54.4% | 52.3% | 0.737 |
|  | Bananas | 127 | 72.5% | 76.7% | 0.389 |
|  | Mangos | 20 | 10.7% | 15.7% | 0.154 |
|  | Papayas | 3 | 1.3% | 3.1% | 0.091 |
|  | Kiwi | 16 | 14.7% | 12.3% | 0.647 |
|  | Pomegranate | 9 | 6.8% | 7.8% | 0.738 |
|  | Pineapple | 45 | 26.1% | 30.0% | 0.509 |
|  | Avocado | 30 | 19.1% | 26.0% | 0.172 |
|  | **Olives** | **27** | **17.4%** | **27.2%** | **0.034** |
|  | Cantaloupe | 40 | 22.6% | 23.5% | 0.877 |
|  | **Honeydew melon** | **23** | **6.9%** | **13.8%** | **0.025** |
|  | Watermelon | 37 | 21.1% | 23.7% | 0.637 |
|  | Any melon\* | 67 | 35.9% | 39.7% | 0.539 |
|  | Strawberries | 75 | 40.9% | 49.6% | 0.176 |
|  | ***Raspberries*** | ***32*** | ***12.6%*** | ***27.5%*** | ***<0.001*** |
|  | Blueberries | 56 | 25.9% | 31.3% | 0.284 |
|  | Blackberries | 14 | 11.1% | 10.5% | 0.903 |
|  | Any berries\* | 111 | 58.5% | 65.2% | 0.300 |
|  | Unpasteurized fruit juice | 8 | 4.4% | 7.8% | 0.094 |
|  | Fruit smoothies | 25 | 13.5% | 19.8% | 0.137 |
| Nuts & Seeds |  |  |  |  |
|  | Peanut butter | 109 | 50.2% | 55.0% | 0.449 |
|  | Other nut paste, butter or spread | 22 | 15.8% | 18.3% | 0.645 |
|  | Any nuts | 109 | 54.7% | 65.4% | 0.096 |
|  | Peanuts | 53 | 33.2% | 33.6% | 0.952 |
|  | Almonds | 65 | 32.9% | 41.0% | 0.160 |
|  | Walnuts | 24 | 14.9% | 18.5% | 0.448 |
|  | Hazelnuts | 11 | 5.8% | 10.1% | 0.100 |
|  | ***Cashews*** | ***28*** | ***11.4%*** | ***26.8%*** | ***<0.001*** |
|  | **Pecans** | **13** | **6.2%** | **12.9%** | **0.029** |
|  | Sunflower seeds | 30 | 19.7% | 18.3% | 0.781 |
|  | Sesame seeds | 20 | 15.9% | 17.1% | 0.789 |
|  | Tahini, halva or other products made from sesame seeds | 9 | 10.7% | 6.8% | 0.451 |
| Beef |  |  |  |  |
|  | **Beef (not including deli-meats)** | **125** | **60.5%** | **78.4%** | **0.006** |
|  | **Hamburgers (i.e. hamburger patties)** | **47** | **22.4%** | **39.1%** | **0.001** |
|  | **Hamburgers home-made from ground beef** | **23** | **9.9%** | **21.9%** | **0.001** |
|  | Hamburgers store-bought frozen beef patties | 9 | 4.3% | 8.4% | 0.143 |
|  | **Beef hamburgers from a restaurant or fast food establishment** | **14** | **8.5%** | **16.1%** | **0.033** |
|  | ***Other ground beef (e.g. meatball, chilli or spaghetti sauce)*** | ***43*** | ***23.2%*** | ***44.3%*** | ***<0.001*** |
|  | ***Any ground beef\**** | ***79*** | ***38.7%*** | ***63.4%*** | ***<0.001*** |
|  | Ground beef consumed raw or undercooked (e.g. tartare or kibbeh) | 0 | - | 0.7% | - |
|  | Raw beef (e.g. carpaccio) | 0 | - | 0.8% | - |
|  | Steak | 48 | 25.4% | 31.1% | 0.306 |
|  | Stewing beef | 16 | 9.6% | 13.8% | 0.256 |
|  | **Other whole-cut beef products (e.g. ribs or roast)** | **25** | **10.5%** | **20.0%** | **0.009** |
| Pork |  |  |  |  |
|  | ***Pork (not including deli-meats)*** | ***79*** | ***34.0%*** | ***55.1%*** | ***<0.001*** |
|  | **Ham (not including deli-meats)** | **20** | **7.7%** | **15.0%** | **0.010** |
|  | **Bacon** | **36** | **14.1%** | **27.2%** | **0.001** |
|  | Ground pork | 8 | 4.8% | 8.3% | 0.157 |
|  | **Pork pieces or parts** | **42** | **20.9%** | **33.7%** | **0.013** |
| Poultry |  |  |  |  |
|  | ***Chicken (not including deli-meats)*** | ***125*** | ***61.5%*** | ***85.6%*** | ***<0.001*** |
|  | **Store-bought breaded chicken (e.g. chicken nuggets, strips or burgers)** | **16** | **7.3%** | **16.5%** | **0.001** |
|  | Ground chicken | 7 | 3.4% | 5.3% | 0.343 |
|  | ***Chicken pieces or parts*** | ***98*** | ***47.7%*** | ***70.0%*** | ***<0.001*** |
|  | Chicken from a restaurant or fast food | 22 | 15.8% | 21.0% | 0.298 |
|  | Turkey (not including deli-meat) | 17 | 6.7% | 11.8% | 0.096 |
|  | Turkey bacon | 1 | 0.2% | 0.5% | 0.073 |
|  | Ground turkey | 3 | 1.1% | 2.5% | 0.084 |
|  | Turkey pieces or parts | 13 | 5.4% | 8.3% | 0.328 |
|  | Other poultry | 2 | 1.1% | 2.3% | 0.235 |
|  | **Any poultry\*** | **132** | **65.0%** | **87.6%** | **<0.001** |
| Deli-Meat |  |  |  |  |
|  | ***Deli-meat/cold cuts*** | ***64*** | ***29.1%*** | ***49.3%*** | ***<0.001*** |
|  | **Chicken deli meat** | **9** | **3.6%** | **9.2%** | **0.007** |
|  | ***Turkey deli meat*** | ***14*** | ***3.8%*** | ***12.4%*** | ***<0.001*** |
|  | Ham deli meat | 39 | 22.2% | 28.2% | 0.225 |
|  | Beef deli meat | 8 | 5.9% | 7.3% | 0.644 |
|  | Bologna | 13 | 4.8% | 8.5% | 0.150 |
|  | ***Salami*** | ***13*** | ***4.2%*** | ***11.3%*** | ***<0.001*** |
|  | **Pepperoni** | **12** | **3.8%** | **9.7%** | **<0.001** |
|  | Kielbasa | 3 | 1.4% | 2.9% | 0.184 |
|  | ***Hot dogs*** | ***24*** | ***9.4%*** | ***26.9%*** | ***<0.001*** |
|  | **Sausage** | **30** | **17.3%** | **30.8%** | **0.002** |
| Other Meat/Animal Products |  |  |  |  |
|  | **Dried meat products (e.g. beef jerky)** | **11** | **3.8%** | **7.4%** | **0.031** |
|  | Pate/meat spread | 6 | 4.6% | 5.3% | 0.730 |
|  | Lamb | 6 | 3.5% | 5.3% | 0.400 |
|  | Veal | 4 | 6.1% | 4.8% | 0.713 |
|  | **Goat** | **1** | **0.5%** | **2.4%** | **0.019** |
|  | Organ meats or offal (e.g. liver, kidney or heart) | 5 | 1.9% | 4.2% | 0.117 |
| Fish & Seafood |  |  |  |  |
|  | ***Fish (e.g. cooked trout or salmon)*** | ***65*** | ***28.0%*** | ***55.6%*** | ***<0.001*** |
|  | Smoked fish (e.g. smoked salmon) | 7 | 4.9% | 7.4% | 0.392 |
|  | ***Raw fish (e.g. sushi, tartare, sashimi or ceviche)*** | ***4*** | ***0.8%*** | ***6.8%*** | ***<0.001*** |
|  | ***Shellfish*** | ***19*** | ***7.5%*** | ***16.8%*** | ***<0.001*** |
|  | Mussels | 2 | 0.9% | 2.0% | 0.248 |
|  | Clams | 3 | 1.5% | 2.1% | 0.644 |
|  | **Scallops** | **2** | **1.1%** | **3.5%** | **0.011** |
|  | ***Shrimp/prawns*** | ***10*** | ***4.3%*** | ***14.1%*** | ***<0.001*** |
|  | ***Crab*** | ***1*** | ***0.2%*** | ***2.9%*** | ***<0.001*** |
|  | Lobster | 4 | 1.1% | 2.4% | 0.136 |
|  | Oysters | 1 | 0.8% | 1.0% | 0.796 |
|  | Raw oysters | 0 |  | 0.4% |  |
| Eggs |  |  |  |  |
|  | Eggs | 140 | 67.8% | 79.3% | 0.062 |
|  | **Raw or undercooked eggs** | **22** | **8.2%** | **15.0%** | **0.033** |
|  | **Any eggs\*** | **141** | **68.0%** | **80.7%** | **0.039** |
| Dairy / Dairy Substitutes |  |  |  |  |
|  | Dairy products, excluding cheese | 151 | 74.5% | 84.6% | 0.064 |
|  | Pasteurized dairy milk | 134 | 65.5% | 74.7% | 0.121 |
|  | Unpasteurized (raw) dairy milk, excluding cheese | 5 | 1.8% | 2.8% | 0.407 |
|  | ***Powdered milk product*** | ***4*** | ***0.6%*** | ***2.6%*** | ***<0.001*** |
|  | Whipped/whipping cream | 19 | 10.9% | 15.0% | 0.246 |
|  | ***Sour cream*** | ***24*** | ***9.4%*** | ***23.4%*** | ***<0.001*** |
|  | **Ice cream/gelato** | **48** | **23.6%** | **42.0%** | **0.004** |
|  | **Yogurt** | **91** | **44.7%** | **58.2%** | **0.035** |
|  | **Dairy substitutes or non-dairy milk (e.g. soy, or rice milk)** | **14** | **7.2%** | **15.9%** | **0.005** |
|  | **Any cheese products** | **156** | **76.8%** | **88.8%** | **0.037** |
|  | **Cheddar cheese** | **121** | **59.3%** | **72.6%** | **0.034** |
|  | ***Mozzarella*** | ***66*** | ***26.6%*** | ***47.6%*** | ***<0.001*** |
|  | ***Parmesan cheese*** | ***45*** | ***17.2%*** | ***40.1%*** | ***<0.001*** |
|  | **Gouda** | **7** | **2.8%** | **7.0%** | **0.005** |
|  | **Feta cheese** | **17** | **8.0%** | **19.0%** | **0.001** |
|  | ***Other cheeses sold as blocks or cut from solid blocks or wheels*** | ***25*** | ***12.0%*** | ***25.5%*** | ***<0.001*** |
|  | **Brie, camembert or other soft cheeses** | **12** | **5.9%** | **13.5%** | **0.003** |
|  | Blue-veined cheese such as blue cheese or gorgonzola | 5 | 2.8% | 5.6% | 0.088 |
|  | ***Cottage, ricotta or other fresh cheese*** | ***12*** | ***4.2%*** | ***13.1%*** | ***<0.001*** |
|  | **Cheese made from goat/sheep milk** | **11** | **3.6%** | **8.6%** | **0.004** |
|  | **Processed cheese (e.g. sliced cheese, cheese string/tubes or from a jar)** | **45** | **21.3%** | **36.1%** | **0.008** |
|  | ***Cheese made with unpasteurized (raw) milk*** | ***1*** | ***0.3%*** | ***3.6%*** | ***<0.001*** |
|  | Any raw dairy | 6 | 3.7% | 8.1% | 0.052 |
| Frozen Foods |  |  |  |  |
|  | **Frozen vegetables** | **66** | **26.1%** | **38.7%** | **0.031** |
|  | **Frozen berries** | **41** | **12.2%** | **21.3%** | **0.009** |
|  | Frozen fruit other than berries | 11 | 5.0% | 9.4% | 0.123 |
|  | **Any frozen fruit\*** | **46** | **13.0%** | **24.2%** | **0.002** |
|  | Frozen pizza | 23 | 13.8% | 20.1% | 0.224 |
|  | Frozen pot pies | 4 | 3.1% | 3.6% | 0.816 |
|  | Frozen meals in a a bag or box (e.g. stir fry, frozen dinners) | 14 | 8.9% | 9.9% | 0.780 |
|  | Frozen snack foods/appetizers (e.g. mozzarella sticks, jalapeno poppers) | 6 | 5.3% | 6.1% | 0.794 |
| Dried, Processed & Other |  |  |  |  |
|  | ***Dried fruit (e.g. raisins, cranberries, apricots or coconut)*** | ***60*** | ***17.7%*** | ***33.2%*** | ***<0.001*** |
|  | Granola bars, power bars, or other protein bars | 60 | 29.3% | 37.5% | 0.164 |
|  | Chips or pretzels | 66 | 42.8% | 53.9% | 0.085 |
|  | **Chocolate or chocolate-containing candy** | **78** | **46.3%** | **63.9%** | **0.006** |
|  | Cold breakfast cereal | 93 | 47.9% | 54.3% | 0.319 |
|  | Hot breakfast cereal (e.g. oatmeal, cream of wheat or porridge) | 50 | 22.0% | 28.5% | 0.245 |
|  | Tofu | 10 | 5.4% | 8.5% | 0.164 |
|  | Dietary or nutritional supplement (e.g. meal replacements, protein powder) | 54 | 27.7% | 28.2% | 0.926 |
| Ethnic Foods & Fast Foods |  |  |  |  |
|  | ***Asian style foods***  | ***26*** | ***11.5%*** | ***27.4%*** | ***<0.001*** |
|  | Indian style foods | 16 | 11.6% | 13.5% | 0.693 |
|  | **Mexican style foods** | **14** | **7.3%** | **16.7%** | **0.003** |
|  | Meal from a fast food restaurant | 16 | 44.3% | 53.6% | 0.868 |

\* Foods with asterisk indicate composite variables (n=7) that were generated as part of data analysis and were not questions directly asked of survey participants.

Foods in bold have a significant difference between consumption during the 3 day and 7 day recall period using a p-value of 0.05.

Foods in bold and italics have a significant difference between consumption during the 3-day and 7-day recall period using a Bonferroni adjusted p-value of 0.00025.