

**Top dietary sources of energy, sodium, sugars, and saturated fats among Canadians: Insights from the 2015 Canadian Community Health Survey: Supplementary material**

Table S1: Top 20 sources of energy, overall and by sex-age and income, among individuals aged 1 year and older, 2015 Canadian Community Health Survey ( $n=20,176$ ), including mean proportion contributed, mean amount (kcal) per day per capita and per consumer, and proportion of individuals consuming each top category<sup>1</sup>

	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
<b>#1 Source</b>	<b>Breads, flatbreads</b>	<b>Unflavoured milk</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Unflavoured milk</b>	<b>Breads, flatbreads</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Breads, flatbreads</b>	<b>Breads, flatbreads</b>	<b>Breads, flatbreads</b>	<b>Breads, flatbreads</b>	<b>Breads, flatbreads</b>	<b>Breads, flatbreads</b>
Mean proportion contributed (%)	6.90	6.74	6.95	6.62	6.73	7.44	7.13	8.88	8.99	8.77	6.63	7.73
Mean amount per capita (kcal) (SE)	134 (2.82)	126 (2.60)	141 (6.83)	113 (3.65)	136 (4.14)	174 (8.60)	121 (4.36)	152 (4.63)	176 (8.44)	132 (4.95)	131 (3.25)	143 (5.13)
Mean amount per consumer (kcal) (SE)	244 (4.03)	175 (3.01)	400 (12.9)	158 (4.34)	261 (6.3)	478 (15.1)	224 (6.40)	222 (5.21)	256 (9.63)	192 (4.87)	242 (4.74)	249 (6.71)
Proportion of individuals consuming the category (%)	54.8	72.3	35.3	71.7	52.1	36.3	53.9	68.7	68.6	68.8	53.2	56.6
<b>#2 Source</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Unflavoured milk</b>	<b>Pasta and pasta dishes</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Breads, flatbreads</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Beef, pork, lamb, goat mixed dishes</b>
Mean proportion contributed (%)	6.59	6.47	6.84	6.25	6.64	6.44	5.50	6.53	7.41	5.54	6.59	6.59
Mean amount per capita (kcal) (SE)	128 (3.59)	121 (4.38)	139 (3.90)	107 (6.70)	134 (5.11)	150 (6.85)	93.1 (4.92)	112 (6.85)	145 (11.4)	83.3 (7.04)	130 (4.43)	122 (5.88)
Mean amount per consumer (kcal) (SE)	402 (7.49)	360 (8.65)	190 (4.36)	351 (13.6)	429 (10.3)	299 (10.3)	357 (13.0)	355 (15.8)	380 (23.2)	323 (20.1)	408 (8.77)	384 (12.4)
Proportion of individuals consuming the category (%)	31.8	33.6	72.9	30.55	31.30	50.40	26.07	31.49	38.06	25.81	31.33	31.38
<b>#3 Source</b>	<b>Pasta and pasta dishes</b>	<b>Breads, flatbreads</b>	<b>Breads, flatbreads</b>	<b>Breads, flatbreads</b>	<b>Alcoholic beverages</b>	<b>Alcoholic beverages</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Alcoholic beverages</b>	<b>Fresh and frozen fruits</b>	<b>Pasta and pasta dishes</b>	<b>Pasta and pasta dishes</b>
Mean proportion contributed (%)	4.27	5.93	5.91	5.95	4.45	5.17	4.51	4.43	5.23	5.02	4.19	4.51
Mean amount per capita (kcal) (SE)	82.7 (3.08)	111 (3.30)	120 (5.26)	102 (3.93)	89.9 (4.78)	121 (8.46)	76.2 (3.06)	75.9 (2.62)	102 (9.28)	75.5 (2.91)	82.5 (3.56)	83.23 (7.25)
Mean amount per consumer (kcal) (SE)	406 (9.39)	217 (4.64)	233 (7.52)	200 (5.06)	348 (12.9)	395 (19.0)	132 (3.60)	124 (2.92)	318 (19.5)	116 (3.30)	411 (11.1)	392 (19.2)
Proportion of individuals consuming the category (%)	20.3	51.3	51.5	51.1	25.8	30.6	57.6	61.4	32.1	64.9	19.7	21.1
<b>#4 Source</b>	<b>Fresh and frozen fruits</b>	<b>Pasta and pasta dishes</b>	<b>Pasta and pasta dishes</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Pasta and pasta dishes</b>	<b>Pasta and pasta dishes</b>	<b>Pasta and pasta dishes</b>	<b>Alcoholic beverages</b>	<b>Potatoes</b>	<b>Unflavoured milk</b>	<b>Fresh and frozen fruits</b>	<b>Rice and rice mixed dishes</b>
Mean proportion contributed (%)	3.95	5.50	4.88	5.89	4.33	4.39	4.23	4.22	4.07	3.76	3.99	4.13
Mean amount per capita (kcal) (SE)	76.5 (1.53)	103 (5.03)	99.1 (6.88)	101 (5.20)	87.4 (4.58)	103 (7.75)	71.6 (4.82)	72.3 (5.45)	79.6 (10.8)	56.6 (3.08)	78.6 (1.79)	76.2 (6.71)

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		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean amount per consumer (kcal) (SE)	132 (1.84)	367 (10.9)	387 (17.5)	316 (11.4)	435 (14.1)	507 (22.7)	359 (14.8)	279 (13.9)	265 (29.6)	84.1 (3.96)	134 (2.15)	279 (16.1)
Proportion of individuals consuming the category (%)	58.1	28.1	25.6	31.9	20.1	20.2	19.9	25.9	30.0	67.4	57.7	27.1
<b>#5 Source</b>	<b>Unflavoured milk</b>	<b>Fresh and frozen fruits</b>	<b>Pizza</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Pizza</b>	<b>Alcoholic beverages</b>	<b>Unflavoured milk</b>	<b>Fresh and frozen fruits</b>	<b>Non-meat, non-legume dishes</b>	<b>Alcoholic beverages</b>	<b>Unflavoured milk</b>
Mean proportion contributed (%)	3.70	4.22	4.28	4.49	3.75	3.56	3.42	3.66	3.91	3.30	3.97	3.95
Mean amount per capita (kcal) (SE)	71.8 (1.40)	79.0 (1.95)	86.9 (8.29)	77.0 (2.64)	75.8 (2.14)	83.2 (8.01)	57.9 (4.15)	62.8 (2.52)	76.4 (4.17)	49.6 (4.75)	78.1 (3.88)	72.9 (3.34)
Mean amount per consumer (kcal) (SE)	114 (1.97)	121 (2.16)	559 (37.4)	115 (2.83)	138 (2.80)	707 (53.7)	277 (13.4)	92.0 (3.21)	133 (5.15)	207 (15.3)	337 (12.1)	118 (4.47)
Proportion of individuals consuming the category (%)	63.2	65.4	15.5	66.7	54.8	11.8	20.9	68.2	57.4	24.0	22.8	61.4
<b>#6 Source</b>	<b>Alcoholic beverages</b>	<b>Pizza</b>	<b>Fresh and frozen fruits</b>	<b>Pizza</b>	Rice and rice mixed dishes	<b>Chicken, turkey, duck mixed dishes</b>	Rice and rice mixed dishes	<b>Potatoes</b>	<b>Unflavoured milk</b>	<b>Alcoholic beverages</b>	<b>Unflavoured milk</b>	<b>Fresh and frozen fruits</b>
Mean proportion contributed (%)	3.59	4.16	3.98	4.01	3.35	3.52	3.42	3.29	3.58	3.09	3.62	3.82
Mean amount per capita (kcal) (SE)	69.5 (3.13)	77.9 (6.04)	80.9 (2.76)	68.8 (9.12)	67.6 (3.71)	82.3 (7.24)	57.8 (3.77)	56.3 (5.48)	69.9 (4.13)	46.5 (5.21)	71.4 (1.55)	70.4 (2.60)
Mean amount per consumer (kcal) (SE)	333 (10.4)	520 (30.1)	126 (3.21)	478 (49.5)	267 (10.5)	470 (24.4)	222 (9.23)	213 (17.3)	101 (5.21)	226 (17.6)	112 (2.17)	124 (3.25)
Proportion of individuals consuming the category (%)	20.8	15.0	64.1	14.4	25.3	17.5	26.0	26.4	69.3	20.6	62.7	56.0
<b>#7 Source</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Dairy desserts</b>	<b>Pizza</b>	Rice and rice mixed dishes	<b>Poultry</b>	<b>Non-meat, non-legume dishes</b>	<b>Red meat</b>	<b>Muffins, quick breads, biscuits</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Potatoes</b>
Mean proportion contributed (%)	3.13	3.25	3.40	3.45	3.24	3.30	3.40	3.05	2.93	2.87	3.39	3.24
Mean amount per capita (kcal) (SE)	60.6 (2.91)	60.9 (3.28)	69.1 (5.24)	59.1 (3.69)	65.4 (5.61)	77.0 (5.97)	57.6 (5.69)	52.3 (3.41)	57.3 (10.1)	43.1 (4.80)	66.8 (3.69)	59.7 (5.88)
Mean amount per consumer (kcal) (SE)	401 (11.6)	342 (11.3)	378 (16.6)	256 (9.64)	664 (44.3)	313 (17.5)	234 (16.9)	219 (10.6)	295 (38.3)	278 (17.7)	412 (13.8)	261 (17.9)
Proportion of individuals consuming the category (%)	15.1	17.8	18.3	23.1	9.85	24.6	24.7	23.8	19.4	15.5	16.0	22.7
<b>#8 Source</b>	<b>Non-meat, non-legume dishes</b>	<b>Non-meat, non-legume dishes</b>	<b>100% fruit juice</b>	Rice and rice mixed dishes	<b>Chicken, turkey, duck mixed dishes</b>	<b>Fresh and frozen fruits</b>	<b>Non-meat, non-legume dishes</b>	<b>Muffins, quick breads, biscuits</b>	<b>Egg dishes</b>	<b>Dairy desserts</b>	<b>Pizza</b>	<b>Poultry</b>
Mean proportion contributed (%)	3.08	3.15	3.18	3.42	3.23	3.23	3.18	2.77	2.87	2.77	3.18	3.22
Mean amount per capita (kcal) (SE)	59.7 (2.30)	58.9 (3.62)	64.6 (3.38)	58.7 (4.44)	65.3 (4.35)	75.5 (3.13)	53.8 (3.99)	47.5 (3.56)	56.2 (5.92)	41.72 (4.09)	62.6 (4.74)	59.4 (6.62)
Mean amount per consumer (kcal) (SE)	270 (7.32)	255 (11.7)	160 (6.74)	209 (10.5)	430 (17.4)	145 (4.36)	255 (12.3)	307 (13.2)	244 (20.7)	234 (15.2)	630 (35.1)	279 (23.9)

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		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Proportion of individuals consuming the category (%)	22.1	23.1	40.4	28.1	15.2	52.1	21.1	15.5	23.0	17.9	9.78	21.1
<b>#9 Source</b>	Rice and rice mixed dishes	Rice and rice mixed dishes	Non-meat, non-legume dishes	Non-meat, non-legume dishes	Non-meat, non-legume dishes	Egg dishes	Unflavoured milk	Egg dishes	Non-meat, non-legume dishes	Chicken, turkey, duck mixed dishes	Non-meat, non-legume dishes	Non-meat, non-legume dishes
Mean proportion contributed (%)	3.05	3.10	3.11	3.19	3.07	3.12	3.17	2.59	2.83	2.61	3.04	3.20
Mean amount per capita (kcal) (SE)	59.1 (2.56)	58.1 (3.08)	63.1 (4.37)	54.7 (5.71)	62.0 (3.29)	72.8 (7.34)	53.7 (2.68)	44.4 (3.22)	55.4 (5.21)	39.3 (4.05)	60.0 (2.81)	59.0 (4.12)
Mean amount per consumer (kcal) (SE)	249 (7.36)	222 (7.69)	279 (12.8)	231 (19.1)	292 (10.7)	340 (25.6)	85.9 (3.80)	229 (12.8)	234 (15.2)	326 (20.9)	274 (8.78)	260 (12.7)
Proportion of individuals consuming the category (%)	23.7	26.2	22.6	23.7	21.3	21.4	62.5	19.4	23.6	12.1	21.5	22.4
<b>#10 Source</b>	Pizza	Dairy desserts	Rice and rice mixed dishes	Chicken, turkey, duck mixed dishes	Poultry	Non-meat, non-legume dishes	Chicken, turkey, duck mixed dishes	Dairy desserts	Muffins, quick breads, biscuits	Salads	Egg dishes	Pizza
Mean proportion contributed (%)	3.05	3.02	2.84	3.07	3.05	2.99	2.81	2.55	2.69	2.50	2.87	2.67
Mean amount per capita (kcal) (SE)	59.1 (3.79)	56.5 (2.88)	57.6 (3.99)	52.7 (4.26)	61.7 (3.84)	69.9 (5.18)	47.6 (4.33)	43.6 (3.11)	52.6 (5.29)	37.6 (3.69)	56.5 (3.51)	49.3 (5.61)
Mean amount per consumer (kcal) (SE)	611 (29.3)	270 (8.04)	236 (11.2)	303 (15.2)	272 (11.8)	326 (17.1)	374 (21.3)	247 (11.2)	342 (19.8)	126 (8.04)	289 (13.1)	553 (45.9)
Proportion of individuals consuming the category (%)	9.67	20.9	24.5	17.4	22.6	21.5	12.7	17.7	15.4	29.9	19.3	8.83
<b>#11 Source</b>	Poultry	100% fruit juice	Potato, corn, other chips, rice cakes	100% fruit juice	Egg dishes	Poultry	Pizza	Chicken, turkey, duck mixed dishes	Pasta and pasta dishes	Pasta and pasta dishes	Rice and rice mixed dishes	Alcoholic beverages
Mean proportion contributed (%)	2.75	3.01	2.70	2.80	2.95	2.81	2.77	2.54	2.49	2.49	2.69	2.45
Mean amount per capita (kcal) (SE)	53.3 (2.55)	56.4 (1.96)	54.9 (7.18)	48.0 (2.27)	59.5 (4.07)	65.6 (5.04)	46.9 (8.54)	43.6 (4.04)	48.7 (5.60)	37.4 (3.96)	53.1 (2.45)	45.3 (4.57)
Mean amount per consumer (kcal) (SE)	249 (8.31)	149 (4.00)	271 (32.0)	136 (3.83)	291 (15.0)	317 (15.8)	597 (85.7)	368 (20.4)	377 (20.8)	304 (18.3)	237 (7.70)	314 (18.6)
Proportion of individuals consuming the category (%)	21.4	37.9	20.2	35.4	20.4	20.7	7.86	11.9	12.9	12.3	22.1	14.3
<b>#12 Source</b>	Potatoes	Breakfast cereals	Dairy desserts	Cookies	Unflavoured milk	Burgers	Salads	Red meat	Chicken, turkey, duck mixed dishes	Poultry	Poultry	Burgers
Mean proportion contributed (%)	2.73	2.52	2.66	2.56	2.82	2.80	2.73	2.54	2.48	2.49	2.60	2.39
Mean amount per capita (kcal) (SE)	52.9 (2.11)	47.1 (1.79)	53.9 (4.20)	43.9 (2.61)	56.9 (1.96)	65.3 (6.90)	46.2 (2.68)	43.4 (5.00)	48.5 (7.20)	37.4 (3.22)	51.1 (2.31)	44.0 (7.03)
Mean amount per consumer (kcal) (SE)	244 (6.90)	137 (3.81)	287 (14.0)	144 (5.27)	96.6 (2.92)	637 (29.3)	156 (7.50)	246 (20.4)	418 (32.8)	165 (7.97)	238 (6.88)	555 (45.2)
Proportion of individuals consuming the category (%)	21.7	34.4	18.8	30.5	58.9	10.2	29.6	17.7	11.6	22.7	21.1	7.85

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		Total	Males	Females	Total	Males	Females	Total	Males	Females		
<b>#13 Source</b>	<b>Egg dishes</b>	<b>Cookies</b>	<b>Breakfast cereals</b>	<b>Breakfast cereals</b>	<b>Potatoes</b>	<b>Potatoes</b>	<b>Egg dishes</b>	<b>Pasta and pasta dishes</b>	<b>Dairy desserts</b>	<b>Breakfast cereals</b>	<b>Potatoes</b>	<b>Chicken, turkey, duck mixed dishes</b>
Mean proportion contributed (%)	2.69	2.45	2.55	2.47	2.71	2.77	2.70	2.49	2.34	2.48	2.56	2.35
Mean amount per capita (kcal) (SE)	52.1 (2.66)	45.9 (1.85)	51.8 (2.92)	42.3 (2.18)	54.8 (3.02)	64.7 (4.95)	45.7 (3.18)	42.6 (3.28)	45.8 (5.10)	37.3 (3.04)	50.4 (2.11)	43.3 (4.00)
Mean amount per consumer (kcal) (SE)	268 (10.1)	154 (4.03)	149 (5.92)	124 (4.17)	260 (9.15)	295 (14.1)	236 (9.99)	338 (14.3)	262 (16.3)	141 (6.72)	237 (7.12)	359 (20.0)
Proportion of individuals consuming the category (%)	19.4	29.8	34.8	34.0	21.0	22.0	19.4	12.6	17.5	26.5	20.9	11.9
<b>#14 Source</b>	<b>Dairy desserts</b>	<b>Potato, corn, other chips, rice cakes</b>	<b>Potatoes</b>	<b>Muffins, quick breads, biscuits</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Unflavoured milk</b>	<b>Potatoes</b>	<b>Breakfast cereals</b>	<b>Breakfast cereals</b>	<b>Potatoes</b>	<b>Dairy desserts</b>	<b>Dairy desserts</b>
Mean proportion contributed (%)	2.44	2.40	2.47	2.45	2.31	2.57	2.63	2.39	2.30	2.41	2.49	2.30
Mean amount per capita (kcal) (SE)	47.3 (2.33)	44.9 (3.91)	50.2 (4.05)	42.0 (4.39)	46.7 (3.6)	60.0 (2.87)	44.4 (3.27)	40.9 (3.17)	45.0 (6.08)	36.2 (3.11)	49.1 (2.39)	42.4 (5.60)
Mean amount per consumer (kcal) (SE)	275 (8.32)	238 (18.1)	242 (14.5)	315 (22.8)	279 (16.4)	108 (4.43)	221 (9.76)	154 (8.53)	169 (16.3)	155 (9.62)	269 (7.51)	298 (28.8)
Proportion of individuals consuming the category (%)	17.2	18.9	20.7	13.3	16.7	55.5	20.1	26.6	26.6	23.4	18.0	14.1
<b>#15 Source</b>	<b>Muffins, quick breads, biscuits</b>	<b>Potatoes</b>	<b>Cookies</b>	<b>Potatoes</b>	<b>Burgers</b>	<b>Red meat</b>	<b>Dairy desserts</b>	<b>Poultry</b>	<b>Poultry</b>	<b>Cheese</b>	<b>Muffins, quick breads, biscuits</b>	<b>Muffins, quick breads, biscuits</b>
Mean proportion contributed (%)	2.17	2.34	2.36	2.19	2.27	2.44	2.50	2.35	2.23	2.30	2.13	2.28
Mean amount per capita (kcal) (SE)	42.0 (1.98)	43.9 (2.51)	47.8 (2.66)	37.5 (3.21)	45.9 (4.09)	57.1 (4.80)	42.2 (3.25)	40.3 (3.38)	43.6 (6.35)	34.6 (3.53)	42.0 (1.98)	42.0 (4.67)
Mean amount per consumer (kcal) (SE)	331 (8.95)	225 (9.65)	165 (6.13)	205 (12.3)	551 (22.2)	338 (17.8)	256 (12.6)	206 (13.2)	274 (31.6)	146 (10.3)	315 (9.01)	386 (23.3)
Proportion of individuals consuming the category (%)	12.7	19.5	29.0	18.3	8.32	16.9	16.5	19.5	15.9	23.7	13.1	10.8
<b>#16 Source</b>	<b>Burgers</b>	<b>Muffins, quick breads, biscuits</b>	<b>Muffins, quick breads, biscuits</b>	<b>Potato, corn, other chips, rice cakes</b>	<b>Dairy desserts</b>	<b>Processed meats</b>	<b>Muffins, quick breads, biscuits</b>	<b>Salads</b>	<b>Burgers</b>	<b>Egg dishes</b>	<b>Red meat</b>	<b>Red meat</b>
Mean proportion contributed (%)	2.10	2.31	2.19	2.03	2.25	2.35	2.30	2.14	2.0	2.27	2.02	2.16
Mean amount per capita (kcal) (SE)	40.8 (2.84)	43.3 (3.05)	44.5 (4.31)	34.7 (3.41)	45.4 (3.40)	54.9 (9.93)	38.9 (3.32)	36.8 (2.70)	39.0 (7.67)	34.2 (3.12)	39.7 (2.08)	39.9 (4.00)
Mean amount per consumer (kcal) (SE)	517 (16.1)	325.3 (16.0)	335.17 (23.9)	197.9 (14.0)	286 (13.2)	353 (56.8)	302 (13.7)	132 (6.42)	474 (33.0)	209 (13.9)	253 (9.78)	253 (16.1)
Proportion of individuals consuming the category (%)	7.89	13.3	13.3	17.5	15.9	15.5	12.9	27.8	8.24	16.3	15.5	15.6
<b>#17 Source</b>	<b>Red meat</b>	<b>Poultry</b>	<b>Poultry</b>	<b>Poultry</b>	<b>Red meat</b>	<b>Nuts, seeds and nut,</b>	<b>Nuts, seeds and nut,</b>	<b>Cookies</b>	<b>Baked desserts</b>	<b>Cookies</b>	<b>Burgers</b>	<b>Egg dishes</b>

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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean proportion contributed (%)	2.05	2.05	2.18	1.90	2.14	2.33	2.29	2.05	1.92	2.24	2.01	2.14
Mean amount per capita (kcal) (SE)	39.8 (1.87)	38.5 (2.37)	44.3 (3.66)	32.6 (2.67)	43.3 (2.62)	54.5 (5.76)	38.6 (4.08)	35.1 (2.31)	37.5 (9.45)	33.6 (3.55)	39.6 (2.78)	39.4 (2.43)
Mean amount per consumer (kcal) (SE)	253 (8.34)	200 (9.09)	224.33 (14.11)	174.19 (11.45)	271.98 (11.17)	333.06 (27.04)	225.44 (18.18)	143.05 (7.22)	451.95 (80.41)	138.32 (11.29)	503.18 (14.9)	208.13 (9.14)
Proportion of individuals consuming the category (%)	15.7	19.2	19.7	18.7	15.9	16.4	17.1	24.6	8.30	24.3	7.75	18.8
<b>#18 Source</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Egg dishes</b>	<b>Burgers</b>	<b>Cakes</b>	<b>Salads</b>	<b>Dairy desserts</b>	<b>Oils</b>	<b>Burgers</b>	<b>Cookies</b>	<b>Red meat</b>	<b>Salads</b>	<b>100% fruit juice</b>
Mean proportion contributed (%)	1.91	1.89	2.07	1.89	2.04	2.08	1.98	1.98	1.89	2.09	1.98	2.13
Mean amount per capita (kcal) (SE)	37.1 (2.36)	35.4 (2.31)	42.0 (5.25)	32.4 (3.67)	41.1 (1.78)	48.5 (5.77)	33.5 (1.42)	33.9 (4.89)	36.9 (2.96)	31.5 (2.90)	39.1 (1.50)	39.4 (3.16)
Mean amount per consumer (kcal) (SE)	255 (12.7)	218 (9.47)	514 (34.6)	266 (21.2)	151 (5.35)	317 (23.8)	69.6 (2.33)	444 (22.2)	148 (8.50)	195 (9.24)	151 (4.45)	150 (8.12)
Proportion of individuals consuming the category (%)	14.5	16.3	8.17	12.2	27.2	15.3	48.1	7.6	24.8	16.1	25.4	25.9
<b>#19 Source</b>	<b>Oils</b>	<b>Oils</b>	<b>Egg dishes</b>	<b>Oils</b>	<b>Muffins, quick breads, biscuits</b>	<b>Potato, corn, other chips, rice cakes</b>	<b>Red meat</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Cookies</b>
Mean proportion contributed (%)	1.88	1.74	2.03	1.75	1.99	1.97	1.72	1.91	1.85	1.97	1.89	2.03
Mean amount per capita (kcal) (SE)	36.4 (0.99)	32.5 (1.13)	41.2 (3.69)	30.0 (1.64)	40.1 (2.84)	46.1 (4.66)	29.0 (2.03)	32.7 (3.84)	36.2 (4.08)	29.6 (6.15)	37.3 (2.63)	37.5 (3.30)
Mean amount per consumer (kcal) (SE)	74.7 (1.62)	60.5 (1.77)	246 (14.7)	55.4 (2.52)	341 (13.9)	284 (23.0)	195 (9.51)	188 (19.2)	205 (19.1)	173 (32.3)	254 (13.3)	169 (10.6)
Proportion of individuals consuming the category (%)	48.7	53.8	16.7	54.1	11.8	16.2	14.9	17.4	17.7	17.1	14.4	22.0
<b>#20 Source</b>	<b>Potato, corn, other chips, rice cakes</b>	<b>Cheese</b>	<b>Oils</b>	<b>Cheese</b>	<b>Oils</b>	<b>Oils</b>	<b>Potato, corn, other chips, rice cakes</b>	<b>Cheese</b>	<b>Salads</b>	<b>Burgers</b>	<b>Processed meats</b>	<b>Oils</b>
Mean proportion contributed (%)	1.86	1.67	1.72	1.73	1.96	1.94	1.70	1.86	1.83	1.96	1.86	2.00
Mean amount per capita (kcal) (SE)	36.0 (2.00)	31.2 (1.66)	35.0 (1.73)	29.7 (2.18)	39.5 (1.46)	45.4 (2.47)	28.7 (2.79)	31.8 (2.41)	35.8 (3.71)	29.5 (5.24)	36.7 (4.31)	36.9 (1.99)
Mean amount per consumer (kcal) (SE)	243 (10.6)	134 (5.39)	65.6 (2.67)	128 (6.69)	79.9 (2.35)	89.3 (3.97)	213 (15.4)	153 (7.59)	141 (10.7)	415 (28.2)	244 (26.2)	77.0 (3.07)
Proportion of individuals consuming the category (%)	14.8	23.3	53.4	23.2	49.5	50.8	13.5	20.7	25.3	7.10	14.8	47.5

<sup>1</sup>To facilitate comparisons of top sources across sociodemographic groups, food and beverage categories that are among the top 20 contributors to more than one dietary component among the overall sample are colour coded. Categories in black text are not among the top 20 contributors to more than one dietary component among the overall sample, but may be top contributors to multiple dietary components within particular sociodemographic groups.

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Table S2: Top 20 sources of sodium, overall and by sex-age and income, among individuals aged 1 year and older, 2015 Canadian Community Health Survey ( $n=20,176$ ), including mean proportion contributed, mean amount (mg) per day per capita and per consumer, and proportion of individuals consuming each top category<sup>1</sup>

	Total (Males and Females, all ages)	Sex/Age									Income		
		1-18 years			19-64 years			≥65 years			High	Low	
		Total	Males	Females	Total	Males	Females	Total	Males	Females			
<b>#1 Source</b>	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Breads, flatbreads	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	
Mean proportion contributed (%)	13.1	13.6	14.3	12.8	12.9	14.8	10.1	13.3	15.1	11.8	13.0	13.5	
Mean amount per capita (mg) (SE)	358 (10.3)	351 (13.0)	403 (19.5)	299 (16.4)	370 (14.1)	497 (24.8)	238 (12.5)	322 (24.4)	418 (44.3)	249 (9.35)	359 (12.2)	352 (20.3)	
Mean amount per consumer (mg) (SE)	1125 (22.1)	1045 (25.6)	1142 (37.4)	937 (37.6)	1181 (29.1)	1367 (42.7)	911 (32.9)	1022 (62.1)	1100 (100)	363 (9.31)	1129 (24.4)	1112 (47.9)	
Proportion of individuals consuming the category (%)	31.8	33.6	35.3	31.9	31.3	36.3	26.1	31.5	38.1	68.8	31.3	31.4	
<b>#2 Source</b>	Breads, flatbreads	Breads, flatbreads	Breads, flatbreads	Breads, flatbreads	Breads, flatbreads	Breads, flatbreads	Breads, flatbreads	Breads, flatbreads	Breads, flatbreads	Breads, flatbreads	Beef, pork, lamb, goat mixed dishes	Breads, flatbreads	Breads, flatbreads
Mean proportion contributed (%)	9.04	7.89	7.89	7.90	8.70	8.24	9.38	11.9	12.0	11.3	8.76	9.88	
Mean amount per capita (mg) (SE)	247 (4.90)	204 (5.72)	223 (9.30)	185 (6.82)	249 (7.22)	276 (12.4)	220 (7.66)	289 (8.76)	334 (15.9)	238 (20.8)	243 (5.86)	258 (8.80)	
Mean amount per consumer (mg) (SE)	450 (6.85)	398 (7.77)	433 (13.0)	362 (8.27)	477 (10.6)	548 (18.2)	408 (10.9)	420 (9.75)	487 (17.9)	923 (57.7)	449 (8.38)	452 (10.9)	
Proportion of individuals consuming the category (%)	54.8	51.3	51.5	51.1	52.1	50.4	53.9	68.7	68.6	25.8	53.2	56.6	
<b>#3 Source</b>	Pasta and pasta dishes	Pasta and pasta dishes	Pizza	Pasta and pasta dishes	Pasta and pasta dishes	Pizza	Non-meat, non-legume dishes	Non-meat, non-legume dishes	Processed meats	Non-meat, non-legume dishes	Pasta and pasta dishes	Pasta and pasta dishes	
Mean proportion contributed (%)	5.15	6.75	6.64	7.88	5.19	5.35	5.22	4.92	4.85	5.38	5.00	5.59	
Mean amount per capita (mg) (SE)	140 (6.44)	174 (9.07)	188 (17.9)	185 (12.9)	148 (9.86)	179 (17.1)	122 (9.15)	119 (7.49)	134 (14.1)	114 (11.0)	139 (6.57)	146 (19.1)	
Mean amount per consumer (mg) (SE)	690 (24.1)	622 (21.6)	1207 (80.6)	604 (29.8)	739 (37.0)	1526 (118)	581 (28.7)	500 (21.8)	646 (37.5)	474 (32.9)	691 (23.1)	687 (71.2)	
Proportion of individuals consuming the category (%)	20.4	28.1	15.5	30.6	20.1	11.8	21.1	23.8	20.8	24.0	19.7	21.1	
<b>#4 Source</b>	Non-meat, non-legume dishes	Pizza	Pasta and pasta dishes	Pizza	Non-meat, non-legume dishes	Pasta and pasta dishes	Pasta and pasta dishes	Processed meats	Non-meat, non-legume dishes	Processed meats	Chicken, turkey, duck mixed dishes	Non-meat, non-legume dishes	
Mean proportion contributed (%)	4.78	6.47	5.82	6.27	4.83	5.22	5.15	4.82	4.52	4.79	4.94	4.87	
Mean amount per capita (mg) (SE)	130 (5.15)	167 (12.9)	164 (11.9)	147 (19.5)	138 (7.50)	175 (17.6)	121 (9.98)	117 (11.8)	125 (10.8)	101 (18.4)	137 (7.25)	127 (8.64)	
Mean amount per consumer (mg) (SE)	591 (16.3)	1118 (65.0)	642 (32.3)	1021 (106)	649 (24.2)	866 (64.1)	606 (34.9)	675 (51.0)	531 (29.8)	712 (103)	844 (27.1)	562 (25.3)	

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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Proportion of individuals consuming the category (%)	22.1	15.0	25.6	14.4	21.3	20.2	19.9	17.3	23.6	14.2	16.0	22.4
<b>#5 Source</b>	<b>Pizza</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Pizza</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Soups</b>	<b>Soups</b>	<b>Soups</b>	<b>Non-meat, non-legume dishes</b>	<b>Pizza</b>
Mean proportion contributed (%)	4.58	4.90	5.18	4.57	4.80	4.87	4.45	3.99	3.95	4.03	4.76	4.13
Mean amount per capita (mg) (SE)	125 (7.19)	127 (8.07)	146 (13.9)	107 (9.03)	137 (10.5)	163 (13.4)	104 (10.1)	96.6 (8.13)	110 (14.3)	85.3 (8.51)	132 (6.39)	108 (12.2)
Mean amount per consumer (mg) (SE)	1294 (53.9)	711 (31.9)	800 (56.2)	616 (32.6)	1393 (81.7)	931 (43.9)	820 (54.3)	692 (33.3)	784 (51.6)	612 (37.8)	602 (19.8)	1211 (102)
Proportion of individuals consuming the category (%)	9.67	17.8	18.3	17.4	9.85	17.5	12.7	14.0	14.0	13.9	21.5	8.83
<b>#6 Source</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Non-meat, non-legume dishes</b>	<b>Non-meat, non-legume dishes</b>	<b>Non-meat, non-legume dishes</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Processed meats</b>	<b>Egg dishes</b>	<b>Egg dishes</b>	<b>Egg dishes</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Pizza</b>	Rice and rice mixed dishes
Mean proportion contributed (%)	4.54	4.52	4.53	4.51	4.70	4.71	4.06	3.63	3.95	3.55	4.74	3.65
Mean amount per capita (mg) (SE)	124 (5.69)	117 (6.39)	128 (9.71)	106 (8.29)	134 (8.56)	158 (19.1)	95.2 (7.09)	87.9 (6.83)	110 (11.4)	75.0 (7.78)	131 (8.83)	95.5 (17.1)
Mean amount per consumer (mg) (SE)	818 (23.2)	506 (19.9)	566 (29.5)	447 (25.6)	885 (34.9)	1016 (96.7)	491 (23.1)	453 (28.5)	476 (41.5)	622 (45.6)	1320 (61.6)	349 (55.7)
Proportion of individuals consuming the category (%)	15.1	23.1	22.6	23.7	15.2	15.5	19.4	19.4	23.0	12.1	9.78	27.1
<b>#7 Source</b>	<b>Processed meats</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Egg dishes</b>	<b>Non-meat, non-legume dishes</b>	<b>Pizza</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Potatoes</b>	<b>Muffins, quick breads, biscuits</b>	<b>Processed meats</b>	<b>Processed meats</b>
Mean proportion contributed (%)	4.18	4.41	4.43	4.40	4.34	4.56	3.98	3.39	3.49	3.50	4.38	3.59
Mean amount per capita (mg) (SE)	114 (7.17)	114 (2.40)	125 (3.53)	103 (3.25)	124 (8.83)	153 (11.7)	93.2 (13.4)	82.0 (7.04)	96.9 (16.6)	74.1 (10.2)	121 (8.59)	93.8 (13.3)
Mean amount per consumer (mg) (SE)	793 (39.4)	158 (2.71)	171 (3.88)	144 (3.80)	608 (32.3)	712 (38.4)	1186 (121)	692 (37.0)	323 (51.3)	478 (45.9)	806 (45.1)	751 (81.9)
Proportion of individuals consuming the category (%)	14.4	72.3	72.9	71.7	20.4	21.5	7.9	11.9	30.0	15.5	14.8	12.4
<b>#8 Source</b>	<b>Egg dishes</b>	<b>Processed meats</b>	<b>Processed meats</b>	Rice and rice mixed dishes	<b>Processed meats</b>	<b>Egg dishes</b>	<b>Processed meats</b>	<b>Muffins, quick breads, biscuits</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Egg dishes</b>	<b>Egg dishes</b>	<b>Potatoes</b>
Mean proportion contributed (%)	3.96	3.69	4.07	3.58	4.18	4.53	3.38	3.14	3.25	3.27	4.26	3.40
Mean amount per capita (mg) (SE)	108 (5.79)	95.5 (6.94)	115 (11.0)	83.9 (9.48)	119 (10.4)	152 (15.7)	79.2 (8.41)	75.9 (6.58)	90.1 (11.8)	69.1 (8.05)	118 (7.63)	88.9 (9.91)
Mean amount per consumer (mg) (SE)	557 (22.1)	645 (30.8)	682 (44.9)	299 (29.2)	888 (61.1)	710 (53.9)	703 (52.2)	491 (30.0)	776 (55.6)	424 (39.9)	602 (28.0)	388 (33.3)
Proportion of individuals consuming the category (%)	19.4	14.8	16.9	28.1	13.5	21.4	11.3	15.5	11.6	16.3	19.3	22.7

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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
<b>#9 Source</b>	<b>Soups</b>	<b>Egg dishes</b>	<b>Egg dishes</b>	<b>Processed meats</b>	<b>Rice and rice mixed dishes</b>	<b>Burgers</b>	<b>Soups</b>	<b>Pasta and pasta dishes</b>	<b>Pasta and pasta dishes</b>	<b>Pasta and pasta dishes</b>	<b>Soups</b>	<b>Chicken, turkey, duck mixed dishes</b>
Mean proportion contributed (%)	2.83	2.92	3.16	3.23	3.12	3.28	3.27	3.0	3.07	2.93	2.78	3.32
Mean amount per capita (mg) (SE)	77.1 (4.84)	75.5 (5.65)	89.3 (9.45)	75.6 (8.14)	89.3 (9.29)	110 (11.1)	76.6 (10.1)	72.7 (6.65)	85.1 (12.0)	62.0 (7.06)	76.9 (5.95)	86.7 (7.43)
Mean amount per consumer (mg) (SE)	735 (29.6)	464 (25.3)	534 (41.6)	595 (40.3)	353 (34.3)	1074 (56.7)	732 (72.2)	577 (35.9)	659 (60.4)	504 (36.4)	731 (37.8)	719 (36.9)
Proportion of individuals consuming the category (%)	10.5	16.3	16.7	12.7	25.3	10.2	10.5	12.6	12.9	12.3	10.4	11.9
<b>#10 Source</b>	<b>Potatoes</b>	<b>Potatoes</b>	<b>Potatoes</b>	<b>Egg dishes</b>	<b>Potatoes</b>	<b>Rice and rice mixed dishes</b>	<b>Salads</b>	<b>Potatoes</b>	<b>Fresh, frozen fish and seafood</b>	<b>Salads</b>	<b>Potatoes</b>	<b>Egg dishes</b>
Mean proportion contributed (%)	2.82	2.68	2.81	2.63	2.86	3.13	3.22	2.79	2.83	2.86	2.62	3.07
Mean amount per capita (mg) (SE)	76.8 (3.52)	69.3 (4.37)	79.4 (7.31)	61.5 (5.73)	81.8 (5.16)	105 (15.7)	75.4 (4.90)	67.5 (8.34)	78.7 (12.7)	60.5 (8.13)	72.5 (3.42)	80.3 (5.25)
Mean amount per consumer (mg) (SE)	35 (12.7)	355 (18.1)	383 (28.8)	389 (28.1)	389 (17.7)	426 (59.1)	255 (15.0)	255 (28.7)	567 (55.6)	202 (22.0)	341 (12.8)	424 (21.9)
Proportion of individuals consuming the category (%)	21.7	19.5	20.7	15.8	21.0	24.6	29.6	26.4	13.9	29.9	20.9	18.8
<b>#11 Source</b>	<b>Rice and rice mixed dishes</b>	<b>Rice and rice mixed dishes</b>	<b>Burgers</b>	<b>Potatoes</b>	<b>Soups</b>	<b>Potatoes</b>	<b>Rice and rice mixed dishes</b>	<b>Fresh, frozen fish and seafood</b>	<b>Muffins, quick breads, biscuits</b>	<b>Cheese</b>	<b>Burgers</b>	<b>Soups</b>
Mean proportion contributed (%)	2.76	2.67	2.45	2.52	2.82	2.99	3.11	2.71	2.81	2.77	2.47	2.97
Mean amount per capita (mg) (SE)	75.4 (6.17)	69.1 (5.92)	69.1 (9.95)	59.0 (5.32)	80.5 (6.94)	100 (8.91)	73.0 (9.01)	65.7 (7.44)	78.1 (7.78)	58.7 (6.25)	68.4 (5.27)	77.6 (6.27)
Mean amount per consumer (mg) (SE)	318 (23.9)	263 (19.6)	846 (81.4)	322 (21.5)	792 (46.8)	456 (28.4)	281 (32.1)	524 (40.5)	507 (37.9)	247 (18.5)	869 (38.8)	744 (36.1)
Proportion of individuals consuming the category (%)	23.7	26.2	8.17	18.3	10.2	22.0	26.0	12.6	15.4	23.7	7.75	10.3
<b>#12 Source</b>	<b>Burgers</b>	<b>Cheese</b>	<b>Cheese</b>	<b>Cheese</b>	<b>Burgers</b>	<b>Soups</b>	<b>Fresh and frozen vegetables</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Rice and rice mixed dishes</b>	<b>Poultry</b>
Mean proportion contributed (%)	2.50	2.32	2.28	2.38	2.75	2.51	2.68	2.54	2.46	2.64	2.47	2.60
Mean amount per capita (mg) (SE)	68.1 (4.70)	60.1 (3.25)	64.5 (5.08)	55.6 (3.95)	78.7 (7.12)	84.2 (9.36)	62.9 (5.46)	61.6 (2.46)	68.2 (3.98)	55.9 (3.04)	68.3 (5.58)	67.9 (8.67)
Mean amount per consumer (mg) (SE)	863 (32.0)	258 (10.6)	275 (18.3)	240 (11.9)	945 (44.8)	853 (63.3)	141 (11.3)	90.3 (3.10)	98.4 (4.98)	83.0 (3.91)	305 (23.2)	318 (34.3)
Proportion of individuals consuming the category (%)	7.89	23.3	23.4	23.2	8.32	9.87	44.8	68.2	69.3	67.4	22.1	21.1
<b>#13 Source</b>	<b>Unflavoured milk</b>	<b>Muffins, quick breads, biscuits</b>	<b>Breakfast cereals</b>	<b>Muffins, quick breads, biscuits</b>	<b>Salads</b>	<b>Poultry</b>	<b>Potatoes</b>	<b>Fresh and frozen vegetables</b>	<b>Fresh and frozen vegetables</b>	<b>Fresh, frozen fish and seafood</b>	<b>Unflavoured milk</b>	<b>Burgers</b>
Mean proportion contributed (%)	2.47	2.14	2.13	2.35	2.38	2.08	2.67	2.33	2.16	2.58	2.45	2.57



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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean amount per capita (mg) (SE)	67.4 (1.27)	55.4 (3.87)	60.0 (3.48)	55.0 (5.28)	68.1 (3.33)	69.6 (6.57)	62.6 (5.26)	56.4 (4.98)	60.0 (7.83)	54.5 (8.30)	67.8 (1.44)	67.0 (9.10)
Mean amount per consumer (mg) (SE)	107 (1.77)	417 (20.1)	173 (6.80)	413 (27.1)	250 (11.1)	336 (24.5)	312 (18.2)	116 (9.47)	127 (15.2)	478 (50.5)	106 (1.99)	846 (56.4)
Proportion of individuals consuming the category (%)	63.2	13.3	34.8	13.3	27.2	20.7	20.1	48.4	47.1	11.4	62.7	7.85
<b>#14 Source</b>	Muffins, quick breads, biscuits	Breakfast cereals	Potato, corn, other chips, rice cakes	Crackers	Poultry	Muffins, quick breads, biscuits	Muffins, quick breads, biscuits	Salads	Burgers	Fresh and frozen vegetables	Salads	Muffins, quick breads, biscuits
Mean proportion contributed (%)	2.28	2.08	2.13	2.02	2.20	1.94	2.40	2.27	1.91	2.52	2.25	2.55
Mean amount per capita (mg) (SE)	62.3 (3.27)	53.7 (2.15)	60.0 (8.54)	47.4 (4.95)	62.8 (4.76)	64.9 (8.14)	56.3 (5.21)	54.8 (5.19)	53.1 (9.80)	53.2 (5.91)	62.3 (2.76)	66.56 (8.85)
Mean amount per consumer (mg) (SE)	490 (16.9)	156 (4.48)	297 (38.5)	225 (16.4)	277 (17.4)	608 (46.3)	437 (25.1)	197 (15.4)	645 (69.9)	108 (11.5)	241 (9.39)	611 (51.9)
Proportion of individuals consuming the category (%)	12.7	34.4	20.2	21.0	22.6	10.7	12.9	27.8	8.24	49.5	25.4	10.8
<b>#15 Source</b>	Salads	Pancakes, waffles, French toast	Pancakes, waffles, French toast	Breakfast cereals	Muffins, quick breads, biscuits	Sauces, gravies	Poultry	Cheese	Processed, cottage, ricotta, cream cheese	Fish mixed dishes	Muffins, quick breads, biscuits	Unflavoured milk
Mean proportion contributed (%)	2.10	2.04	2.08	2.02	2.12	1.87	2.38	2.25	1.82	2.27	2.20	2.54
Mean amount per capita (mg) (SE)	57.4 (2.30)	52.8 (3.74)	58.6 (5.58)	47.2 (2.56)	60.7 (4.85)	62.6 (8.28)	55.7 (6.97)	54.5 (4.29)	50.6 (8.89)	48.1 (8.21)	60.8 (3.02)	66.3 (2.77)
Mean amount per consumer (mg) (SE)	231 (8.39)	463 (20.2)	517 (29.8)	139 (4.96)	516 (27.2)	445 (48.9)	226 (24.2)	263 (14.0)	457 (52.4)	757 (77.1)	455 (14.8)	107 (3.58)
Proportion of individuals consuming the category (%)	24.8	11.4	11.3	34.0	11.8	14.1	24.7	20.7	11.1	6.35	13.1	61.4
<b>#16 Source</b>	Poultry	Burgers	Muffins, quick breads, biscuits	Pancakes, waffles, French toast	Fresh and frozen vegetables	Salads	Unflavoured milk	Burgers	Cheese	Burgers	Cheese	Cheese
Mean proportion contributed (%)	2.01	1.95	1.98	2.00	2.06	1.82	2.18	2.08	1.79	2.26	2.02	1.97
Mean amount per capita (mg) (SE)	54.7 (3.10)	50.3 (5.45)	55.8 (5.32)	46.9 (4.88)	58.8 (3.99)	61.1 (4.40)	51.0 (2.36)	50.3 (6.89)	49.7 (5.54)	47.8 (8.90)	55.8 (2.79)	51.4 (6.93)
Mean amount per consumer (mg) (SE)	255 (12.1)	747 (48.1)	420 (30.6)	409 (26.1)	143 (8.79)	245 (14.7)	81.7 (3.25)	659 (42.4)	287 (20.7)	674 (57.9)	294 (10.4)	305 (30.7)
Proportion of individuals consuming the category (%)	21.4	6.73	13.3	11.5	41.0	24.9	62.5	7.63	17.3	7.10	18.7	16.7
<b>#17 Source</b>	Cheese	Soups	Soups	Soups	Unflavoured milk	Unflavoured milk	Fresh, frozen fish and seafood	Fish mixed dishes	Salads	Potatoes	Fresh and frozen vegetables	Fresh and frozen vegetables
Mean proportion contributed (%)	2.00	1.91	1.97	1.85	1.89	1.70	2.14	1.85	1.74	1.99	1.94	1.84
Mean amount per capita (mg) (SE)	54.6 (2.82)	49.4 (3.91)	55.5 (6.67)	43.3 (4.55)	54.1 (1.76)	57.0 (2.58)	50.1 (7.25)	44.8 (5.59)	48.3 (6.10)	42.2 (4.80)	53.8 (3.35)	48.2 (4.39)

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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean amount per consumer (mg) (SE)	297 (11.0)	581 (32.1)	637 (52.4)	521 (37.4)	91.8 (2.61)	103 (4.01)	535 (57.8)	772 (59.7)	191 (21.2)	180 (17.6)	123 (7.13)	120 (9.92)
Proportion of individuals consuming the category (%)	18.4	8.51	8.72	8.30	58.9	55.5	9.37	5.80	25.3	23.4	43.1	39.7
<b>#18 Source</b>	Fresh and frozen vegetables	Potato, corn, other chips, rice cakes	Rice and rice mixed dishes	Potato, corn, other chips, rice cakes	Cheese	Cheese	Cheese	Poultry	Poultry	Poultry	Fresh, frozen fish and seafood	Fresh, frozen fish and seafood
Mean proportion contributed (%)	1.92	1.86	1.93	1.53	1.85	1.67	2.12	1.79	1.66	1.94	1.84	1.72
Mean amount per capita (mg) (SE)	52.4 (2.75)	48.0 (4.61)	54.5 (6.74)	35.7 (3.85)	53.0 (4.00)	56.0 (6.93)	49.7 (3.97)	43.4 (4.44)	46.1 (7.95)	41.0 (4.56)	51.0 (4.10)	45.1 (4.33)
Mean amount per consumer (mg) (SE)	122 (5.85)	254 (21.7)	223 (26.3)	204 (16.3)	327 (17.8)	385 (35.4)	278 (16.2)	222 (19.6)	290 (44.7)	181 (15.8)	542 (33.4)	446 (30.3)
Proportion of individuals consuming the category (%)	42.8	18.9	24.5	17.5	16.2	14.6	17.9	19.5	15.9	22.7	9.25	10.0
<b>#19 Source</b>	Fresh, frozen fish and seafood	Crackers	Crackers	Processed, cottage, ricotta, cream cheese	Fresh, frozen fish and seafood	Fresh and frozen vegetables	Burgers	Processed, cottage, ricotta, cream cheese	Pizza	Processed, cottage, ricotta, cream cheese	Poultry	Condiments
Mean proportion contributed (%)	1.81	1.80	1.62	1.45	1.83	1.64	1.96	1.77	1.58	1.71	1.81	1.68
Mean amount per capita (mg) (SE)	49.4 (3.25)	46.5 (3.25)	45.6 (3.91)	34.0 (4.75)	52.4 (4.52)	54.8 (5.74)	46.0 (7.54)	42.8 (5.11)	43.9 (9.99)	36.2 (5.62)	50.0 (2.61)	43.9 (12.7)
Mean amount per consumer (mg) (SE)	515 (26.2)	229 (11.3)	232 (16.3)	306 (30.4)	557 (36.1)	147 (14.0)	727 (59.5)	412 (35.9)	1266 (212.9)	368 (48.6)	233 (10.2)	473 (115.7)
Proportion of individuals consuming the category (%)	9.59	20.3	19.6	11.1	9.40	37.3	6.33	10.4	3.47	9.82	21.1	9.18
<b>#20 Source</b>	Sauces, gravies	Poultry	Poultry	Cookies	Sauces, gravies	Fresh, frozen fish and seafood	Fish mixed dishes	Breakfast cereals	Fish mixed dishes	Breakfast cereals	Sauces, gravies	Salads
Mean proportion contributed (%)	1.52	1.52	1.58	1.44	1.73	1.63	1.53	1.38	1.48	1.56	1.55	1.67
Mean amount per capita (mg) (SE)	41.5 (3.14)	39.3 (2.94)	44.7 (4.45)	33.7 (2.11)	49.4 (4.73)	54.6 (5.67)	35.9 (4.38)	33.4 (2.24)	41.0 (7.44)	33.0 (3.30)	43.0 (3.60)	43.6 (4.32)
Mean amount per consumer (mg) (SE)	382 (23.0)	204 (13.8)	227 (20.8)	110 (4.6)	412 (31.4)	579 (42.8)	671 (67.5)	126 (6.33)	794 (92.6)	124 (9.74)	373 (25.5)	200 (16.9)
Proportion of individuals consuming the category (%)	10.9	19.2	19.7	30.5	12.0	9.43	5.36	26.6	5.17	26.5	11.3	21.6

<sup>1</sup>To facilitate comparisons of top sources across sociodemographic groups, categories that are among the top 20 contributors to more than one dietary component among the overall sample are colour coded. Categories in black text are not among the top 20 contributors to more than one dietary component among the overall sample, but may be top contributors to multiple dietary components within particular sociodemographic groups.

**Top dietary sources of energy, sodium, sugars, and saturated fats among Canadians: Insights from the 2015 Canadian Community Health Survey: Supplementary material**

**Table S3: Top 20 sources of sugars, overall and by sex-age and income, among individuals aged 1 year and older, 2015 Canadian Community Health Survey (n=20,176), including mean proportion contributed, mean amount (g) per day per capita and per consumer, and proportion of individuals consuming each top category<sup>1</sup>**

	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
<b>#1 Source</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>	<b>Fresh and frozen fruits</b>
Mean proportion contributed (%)	14.2	12.9	12.2	13.8	14.2	12.7	16.0	16.1	14.9	17.2	14.4	13.5
Mean amount per capita (g) (SE)	13.1 (0.27)	14.0 (0.36)	14.2 (0.51)	13.9 (0.48)	12.9 (0.37)	13.0 (0.57)	12.8 (0.50)	13.0 (0.45)	12.9 (0.71)	13.0 (0.51)	13.5 (0.31)	12.2 (0.47)
Mean amount per consumer (g) (SE)	22.6 (0.33)	21.4 (0.40)	22.1 (0.62)	20.8 (0.53)	23.5 (0.50)	24.9 (0.81)	22.2 (0.56)	21.1 (0.50)	22.5 (0.88)	20.0 (0.58)	23.0 (0.38)	21.5 (0.62)
Proportion of individuals consuming the category (%)	58.1	65.4	64.1	66.7	54.8	52.1	57.6	61.4	57.4	64.9	57.7	56.0
<b>#2 Source</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Soda</b>	<b>Soda</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>Unflavoured milk</b>	<b>100% fruit juice</b>
Mean proportion contributed (%)	8.16	11.8	12.1	11.5	9.08	11.0	7.19	8.55	8.75	8.34	8.15	8.38
Mean amount per capita (g) (SE)	7.55 (0.14)	12.8 (0.27)	14.1 (0.39)	11.6 (0.37)	8.25 (0.45)	11.1 (0.77)	5.73 (0.27)	6.90 (0.28)	7.60 (0.45)	6.30 (0.34)	7.62 (0.16)	7.56 (0.64)
Mean amount per consumer (g) (SE)	12.0 (0.20)	17.7 (0.31)	19.3 (0.43)	16.2 (0.43)	35.2 (1.50)	41.2 (2.14)	9.18 (0.37)	10.1 (0.35)	11.0 (0.56)	9.35 (0.44)	12.0 (0.22)	28.9 (1.71)
Proportion of individuals consuming the category (%)	63.2	72.3	72.9	71.7	21.4	25.2	62.5	68.2	69.3	67.4	62.7	25.9
<b>#3 Source</b>	<b>Soda</b>	<b>100% fruit juice</b>	<b>100% fruit juice</b>	<b>100% fruit juice</b>	<b>Unflavoured milk</b>	<b>100% fruit juice</b>	<b>Soda</b>	<b>100% fruit juice</b>	<b>Soda</b>	<b>100% fruit juice</b>	<b>Soda</b>	<b>Unflavoured milk</b>
Mean proportion contributed (%)	7.42	10.0	10.7	9.18	6.66	6.77	6.59	6.28	5.87	7.03	7.27	8.17
Mean amount per capita (g) (SE)	6.87 (0.29)	10.9 (0.41)	12.5 (0.74)	9.23 (0.43)	6.05 (0.20)	6.88 (0.57)	5.25 (0.46)	5.07 (0.36)	5.10 (0.60)	5.30 (0.54)	6.80 (0.35)	7.37 (0.31)
Mean amount per consumer (g) (SE)	33.1 (1.12)	28.6 (0.91)	30.8 (1.57)	26.1 (0.74)	10.3 (0.29)	30.6 (1.65)	26.7 (1.92)	21.1 (1.09)	23.1 (2.41)	21.8 (1.66)	32.4 (1.27)	11.9 (0.4)
Proportion of individuals consuming the category (%)	19.0	37.9	40.4	35.4	58.9	22.5	17.5	24.0	19.7	24.4	19.1	61.4
<b>#4 Source</b>	<b>100% fruit juice</b>	<b>Dairy desserts</b>	<b>Soda</b>	<b>Dairy desserts</b>	<b>100% fruit juice</b>	<b>Unflavoured milk</b>	<b>Dairy desserts</b>	<b>Dairy desserts</b>	<b>Dairy desserts</b>	<b>Dairy desserts</b>	<b>100% fruit juice</b>	<b>Soda</b>
Mean proportion contributed (%)	7.14	5.86	6.02	6.50	6.25	6.26	6.09	5.64	5.65	5.63	6.71	7.87
Mean amount per capita (g) (SE)	6.61 (0.23)	6.35 (0.32)	6.99 (0.58)	6.54 (0.4)	5.68 (0.34)	6.36 (0.28)	4.86 (0.38)	4.55 (0.33)	4.90 (0.57)	4.25 (0.39)	6.27 (0.23)	7.09 (0.57)
Mean amount per consumer (g) (SE)	26.7 (0.64)	30.4 (0.88)	43.6 (2.33)	28.3 (1.04)	27.3 (1.02)	11.5 (0.44)	29.5 (1.43)	25.7 (1.18)	28.1 (1.89)	23.8 (1.37)	25.9 (0.63)	35.2 (2.27)
Proportion of individuals consuming the category (%)	24.8	20.9	15.7	23.1	20.8	55.5	16.5	17.7	17.5	17.9	23.9	17.8
<b>#5 Source</b>	<b>Dairy desserts</b>	<b>Soda</b>	<b>Dairy desserts</b>	<b>Fruit drinks</b>	<b>Dairy desserts</b>	<b>Dairy desserts</b>	<b>100% fruit juice</b>	<b>Soda</b>	<b>100% fruit juice</b>	<b>Cakes</b>	<b>Dairy desserts</b>	<b>Dairy desserts</b>
Mean proportion contributed (%)	5.79	4.99	5.31	4.17	5.80	5.59	5.57	4.44	5.52	3.64	5.94	5.35

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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean amount per capita (g) (SE)	5.36 (0.29)	5.41 (0.33)	6.16 (0.47)	4.20 (0.33)	5.28 (0.44)	5.68 (0.76)	4.44 (0.32)	3.59 (0.34)	4.79 (0.46)	2.75 (0.32)	5.55 (0.29)	4.83 (0.75)
Mean amount per consumer (g) (SE)	31.2 (1.10)	37.1 (1.42)	32.8 (1.55)	29.9 (1.30)	33.2 (1.78)	37.1 (3.33)	23.3 (0.98)	19.8 (1.66)	20.4 (1.37)	23.1 (1.32)	30.4 (0.90)	34.0 (4.14)
Proportion of individuals consuming the category (%)	17.2	14.3	18.8	14.0	15.9	15.3	19.1	15.6	23.5	11.9	18.0	14.1
<b>#6 Source</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Fruit drinks</b>	<b>Fruit drinks</b>	<b>Soda</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Cakes</b>	<b>Sugar, honey</b>	<b>Breads, flatbreads</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>
Mean proportion contributed (%)	4.13	4.11	4.06	3.79	4.70	5.06	4.21	3.98	4.42	3.51	4.04	4.41
Mean amount per capita (g) (SE)	3.83 (0.25)	4.46 (0.29)	4.71 (0.44)	3.82 (0.29)	4.27 (0.39)	5.14 (0.68)	3.36 (0.37)	3.22 (0.30)	3.84 (0.38)	2.65 (0.11)	3.77 (0.31)	3.97 (0.38)
Mean amount per consumer (g) (SE)	29.0 (1.47)	32.4 (1.19)	35.0 (1.81)	29.1 (1.40)	31.0 (2.16)	34.4 (3.53)	26.8 (1.98)	27.3 (1.51)	11.7 (0.98)	3.85 (0.13)	29.8 (1.87)	26.9 (1.82)
Proportion of individuals consuming the category (%)	13.2	13.7	13.5	12.8	13.8	14.9	12.5	11.8	32.8	68.8	12.4	14.6
<b>#7 Source</b>	<b>Sugar, honey</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Cakes</b>	<b>Sugar, honey</b>	<b>Sugar, honey</b>	<b>Sugar, honey</b>	<b>Breads, flatbreads</b>	<b>Cakes</b>	<b>Yogurt, kefir</b>	<b>Cakes</b>	<b>Sugar, honey</b>
Mean proportion contributed (%)	3.33	3.60	3.77	3.52	4.22	4.41	3.96	3.80	4.33	3.44	3.31	3.70
Mean amount per capita (g) (SE)	3.09 (0.10)	3.91 (0.24)	4.38 (0.39)	3.54 (0.41)	3.83 (0.14)	4.48 (0.22)	3.16 (0.18)	3.07 (0.12)	3.76 (0.51)	2.59 (0.21)	3.09 (0.19)	3.34 (0.19)
Mean amount per consumer (g) (SE)	11.5 (0.27)	29.1 (1.12)	31.8 (1.88)	29.1 (2.49)	11.7 (0.33)	12.7 (0.49)	10.6 (0.43)	4.47 (0.16)	32.3 (2.89)	11.3 (0.60)	31.8 (1.14)	11.9 (0.52)
Proportion of individuals consuming the category (%)	26.9	13.4	13.8	12.2	32.7	35.3	29.9	68.7	11.7	23.0	9.58	27.9
<b>#8 Source</b>	<b>Cakes</b>	<b>Cakes</b>	<b>Cookies</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Cakes</b>	<b>Cakes</b>	<b>Chocolate</b>	<b>Sugar, honey</b>	<b>Breads, flatbreads</b>	<b>Soda</b>	<b>Sugar, honey</b>	<b>Fruit drinks</b>
Mean proportion contributed (%)	3.26	3.13	3.02	3.41	3.13	3.08	3.43	3.54	4.09	3.03	3.21	3.58
Mean amount per capita (g) (SE)	3.02 (0.16)	3.40 (0.28)	3.50 (0.21)	3.42 (0.27)	2.84 (0.21)	3.13 (0.32)	2.73 (0.45)	2.86 (0.20)	3.55 (0.23)	2.28 (0.34)	3.00 (0.12)	3.23 (0.47)
Mean amount per consumer (g) (SE)	30.7 (0.92)	30.4 (1.82)	12.1 (0.50)	26.1 (1.05)	32.0 (1.41)	34.7 (1.91)	20.0 (2.69)	10.5 (0.62)	5.18 (0.31)	15.4 (2.06)	11.3 (0.31)	32.3 (3.68)
Proportion of individuals consuming the category (%)	9.85	11.2	29.0	13.1	8.89	9.00	13.6	27.2	68.6	12.1	26.1	9.89

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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
<b>#9 Source</b>	<b>Fruit drinks</b>	<b>Cookies</b>	<b>Flavoured milks</b>	<b>Yogurt, kefir</b>	<b>Breads, flatbreads</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Cakes</b>	<b>Cookies</b>	<b>Cookies</b>	<b>Fruit drinks</b>	<b>Fruit drinks</b>	<b>Breads, flatbreads</b>
Mean proportion contributed (%)	2.92	3.09	3.01	3.34	2.82	2.91	3.19	2.97	3.10	3.01	2.69	3.19
Mean amount per capita (g) (SE)	2.70 (0.18)	3.35 (0.14)	3.50 (0.37)	3.36 (0.23)	2.56 (0.08)	2.96 (0.19)	2.55 (0.28)	2.40 (0.16)	2.69 (0.25)	2.27 (0.35)	2.51 (0.19)	2.88 (0.13)
Mean amount per consumer (g) (SE)	32.6 (1.51)	11.3 (0.33)	31.3 (1.78)	11.8 (0.57)	4.92 (0.12)	8.14 (0.41)	29.1 (2.04)	9.77 (0.53)	10.9 (0.82)	24.3 (2.34)	32.8 (1.52)	5.04 (0.20)
Proportion of individuals consuming the category (%)	8.28	29.8	11.2	28.4	52.1	36.3	8.77	24.6	24.8	9.34	7.55	56.6
<b>#10 Source</b>	<b>Breads, flatbreads</b>	<b>Yogurt, kefir</b>	<b>Breakfast cereals</b>	<b>Cookies</b>	<b>Fruit drinks</b>	<b>Breads, flatbreads</b>	<b>Yogurt, kefir</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Baked desserts</b>	<b>Cookies</b>	<b>Yogurt, kefir</b>	<b>Cakes</b>
Mean proportion contributed (%)	2.78	3.07	2.92	3.18	2.58	2.82	3.03	2.66	2.89	2.84	2.69	3.11
Mean amount per capita (g) (SE)	2.58 (0.06)	3.33 (0.14)	3.39 (0.22)	3.20 (0.19)	2.35 (0.27)	2.86 (0.13)	2.41 (0.19)	2.15 (0.21)	2.51 (0.62)	2.14 (0.22)	2.51 (0.11)	2.80 (0.28)
Mean amount per consumer (g) (SE)	4.70 (0.08)	12.4 (0.38)	9.74 (0.48)	10.5 (0.42)	35.2 (2.86)	5.68 (0.19)	11.6 (0.56)	19.7 (1.32)	30.3 (5.32)	8.81 (0.67)	12.0 (0.32)	27.5 (1.55)
Proportion of individuals consuming the category (%)	54.8	26.8	34.8	30.5	6.67	50.4	20.9	10.9	8.30	24.3	20.6	10.1
<b>#11 Source</b>	<b>Yogurt, kefir</b>	<b>Flavoured milks</b>	<b>Yogurt, kefir</b>	<b>Flavoured milks</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Fruit drinks</b>	<b>Breads, flatbreads</b>	<b>Yogurt, kefir</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Sugar, honey</b>	<b>Breads, flatbreads</b>	<b>Cookies</b>
Mean proportion contributed (%)	2.57	2.99	2.83	2.97	2.50	2.60	2.82	2.56	2.87	2.67	2.65	2.76
Mean amount per capita (g) (SE)	2.38 (0.1)	3.24 (0.23)	3.29 (0.19)	2.99 (0.28)	2.28 (0.11)	2.64 (0.49)	2.25 (0.09)	2.07 (0.14)	2.49 (0.34)	2.01 (0.18)	2.47 (0.06)	2.49 (0.19)
Mean amount per consumer (g) (SE)	12.0 (0.31)	28.4 (1.07)	13.1 (0.53)	25.6 (0.99)	7.27 (0.26)	39.9 (5.07)	4.17 (0.13)	11.2 (0.52)	21.4 (2.08)	9.01 (0.65)	4.58 (0.09)	11.2 (0.57)
Proportion of individuals consuming the category (%)	19.8	11.4	25.2	11.7	31.3	6.62	53.9	18.5	11.7	22.3	53.2	22.0
<b>#12 Source</b>	<b>Cookies</b>	<b>Breakfast cereals</b>	<b>Cakes</b>	<b>Breakfast cereals</b>	<b>Yogurt, kefir</b>	<b>Cookies</b>	<b>Fruit drinks</b>	<b>Fruit drinks</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Fresh and frozen vegetables</b>	<b>Cookies</b>	<b>Beef, pork, lamb, goat mixed dishes</b>
Mean proportion contributed (%)	2.50	2.77	2.81	2.59	2.38	2.24	2.56	2.43	2.63	2.54	2.41	2.33
Mean amount per capita (g) (SE)	2.32 (0.09)	3.00 (0.13)	3.26 (0.35)	2.61 (0.14)	2.16 (0.13)	2.27 (0.18)	2.04 (0.21)	1.96 (0.21)	2.29 (0.21)	1.92 (0.14)	2.25 (0.10)	2.10 (0.13)
Mean amount per consumer (g) (SE)	11.2 (0.31)	8.72 (0.3)	32.0 (2.54)	7.65 (0.29)	12.1 (0.47)	13.0 (0.65)	30.4 (2.04)	25.1 (1.55)	6.01 (0.41)	3.87 (0.23)	11.3 (0.37)	6.62 (0.33)

**Top dietary sources of energy, sodium, sugars, and saturated fats among Canadians: Insights from the 2015 Canadian Community Health Survey: Supplementary material**

	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Proportion of individuals consuming the category (%)	20.6	34.4	10.2	34.0	17.9	17.5	6.72	7.80	38.1	49.5	19.7	31.4
<b>#13 Source</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Non-grain non-dairy non-plant desserts</b>	<b>Non-grain non-dairy non-plant desserts</b>	<b>Candy</b>	<b>Chocolate</b>	<b>Candy</b>	<b>Fresh and frozen vegetables</b>	<b>Baked desserts</b>	<b>Jams and jelly</b>	<b>Salads</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Yogurt, kefir</b>
Mean proportion contributed (%)	2.30	2.44	2.70	2.37	2.37	2.17	2.28	2.38	2.33	2.52	2.29	2.21
Mean amount per capita (g) (SE)	2.13 (0.07)	2.65 (0.31)	3.14 (0.45)	2.39 (0.31)	2.15 (0.24)	2.21 (0.68)	1.82 (0.11)	1.92 (0.32)	2.02 (0.36)	1.90 (0.28)	2.14 (0.09)	1.99 (0.17)
Mean amount per consumer (g) (SE)	6.70 (0.17)	39.7 (3.78)	41.4 (5.46)	17.8 (1.91)	19.9 (1.79)	32.8 (8.97)	4.06 (0.20)	26.3 (2.97)	12.3 (1.87)	6.37 (0.84)	6.72 (0.21)	12.0 (0.67)
Proportion of individuals consuming the category (%)	31.8	6.67	7.58	13.4	10.8	6.74	44.8	7.31	16.4	29.9	31.3	16.5
<b>#14 Source</b>	<b>Chocolate</b>	<b>Candy</b>	<b>Candy</b>	<b>Syrups, toppings, frostings, whipped toppings</b>	<b>Cookies</b>	<b>Yogurt, kefir</b>	<b>Salads</b>	<b>Muffins, quick breads, biscuits</b>	<b>Muffins, quick breads, biscuits</b>	<b>Sweetened coffee, tea, hot chocolate, energy drinks, flavoured water</b>	<b>Chocolate</b>	<b>Chocolate</b>
Mean proportion contributed (%)	2.20	2.25	2.15	2.32	2.16	1.89	2.18	2.33	2.33	2.45	2.26	2.03
Mean amount per capita (g) (SE)	2.04 (0.15)	2.44 (0.21)	2.50 (0.31)	2.33 (0.28)	1.96 (0.13)	1.92 (0.19)	1.74 (0.11)	1.88 (0.15)	2.02 (0.21)	1.85 (0.26)	2.11 (0.15)	1.83 (0.37)
Mean amount per consumer (g) (SE)	18.4 (1.14)	18.5 (1.37)	19.2 (2.04)	15.5 (1.48)	11.8 (0.56)	12.7 (0.81)	5.88 (0.29)	12.2 (0.56)	13.1 (0.88)	18.1 (1.61)	17.8 (1.01)	20.8 (3.49)
Proportion of individuals consuming the category (%)	11.1	13.2	13.0	15.1	16.6	15.0	29.6	15.5	15.4	10.2	11.7	8.71
<b>#15 Source</b>	<b>Breakfast cereals</b>	<b>Syrups, toppings, frostings, whipped toppings</b>	<b>Breads, flatbreads</b>	<b>Chocolate</b>	<b>Candy</b>	<b>Breakfast cereals</b>	<b>Cookies</b>	<b>Breakfast cereals</b>	<b>Breakfast cereals</b>	<b>Muffins, quick breads, biscuits</b>	<b>Breakfast cereals</b>	<b>Candy</b>
Mean proportion contributed (%)	2.00	2.10	2.09	2.17	2.11	1.76	2.06	2.25	2.27	2.33	2.06	1.91
Mean amount per capita (g) (SE)	1.85 (0.06)	2.27 (0.17)	2.42 (0.14)	2.18 (0.21)	1.91 (0.37)	1.79 (0.13)	1.64 (0.17)	1.82 (0.16)	1.98 (0.30)	1.76 (0.20)	1.92 (0.07)	1.72 (0.37)
Mean amount per consumer (g) (SE)	8.51 (0.19)	15.1 (0.88)	4.71 (0.24)	17.4 (1.23)	25.7 (4.52)	10.9 (0.48)	10.4 (0.84)	6.84 (0.47)	7.42 (0.87)	11.3 (0.72)	8.69 (0.23)	20.4 (3.73)
Proportion of individuals consuming the category (%)	21.8	15.1	51.5	12.6	7.44	16.4	15.7	26.6	26.6	15.5	21.8	8.38
<b>#16 Source</b>	<b>Candy</b>	<b>Breads, flatbreads</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Non-grain non-dairy non-plant desserts</b>	<b>Fresh and frozen vegetables</b>	<b>Non-meat, non-legume dishes</b>	<b>Candy</b>	<b>Beef, pork, lamb, goat mixed dishes</b>	<b>Chocolate</b>	<b>Breakfast cereals</b>	<b>Candy</b>	<b>Breakfast cereals</b>
Mean proportion contributed (%)	1.99	2.04	1.98	2.14	1.89	1.67	2.02	2.23	2.00	2.23	2.01	1.84
Mean amount per capita (g) (SE)	1.84 (0.23)	2.21 (0.08)	2.30 (0.13)	2.15 (0.4)	1.72 (0.07)	1.69 (0.24)	1.61 (0.32)	1.80 (0.11)	1.74 (0.29)	1.68 (0.15)	1.88 (0.29)	1.66 (0.12)
Mean amount per consumer (g) (SE)	21.9 (2.51)	4.31 (0.13)	6.53 (0.27)	37.5 (5.25)	4.19 (0.14)	7.89 (1.05)	19.7 (3.53)	5.73 (0.26)	15.6 (1.73)	6.34 (0.39)	22.4 (3.24)	7.97 (0.37)

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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Proportion of individuals consuming the category (%)	8.41	51.3	35.3	5.75	41.0	21.5	8.16	31.5	11.2	26.5	8.26	20.6
<b>#17 Source</b>	Fresh and frozen vegetables	Chocolate	Syrups, toppings, frostings, whipped toppings	Breads, flatbreads	Salads	Fresh and frozen vegetables	Beef, pork, lamb, goat mixed dishes	Fresh and frozen vegetables	Fresh and frozen vegetables	Chocolate	Fresh and frozen vegetables	Muffins, quick breads, biscuits
Mean proportion contributed (%)	1.74	1.92	1.91	1.98	1.70	1.60	1.96	2.22	1.90	1.94	1.81	1.57
Mean amount per capita (g) (SE)	1.61 (0.05)	2.08 (0.16)	2.21 (0.23)	1.99 (0.08)	1.55 (0.07)	1.62 (0.09)	1.57 (0.1)	1.79 (0.09)	1.65 (0.13)	1.46 (0.21)	1.69 (0.06)	1.42 (0.18)
Mean amount per consumer (g) (SE)	3.76 (0.09)	17.8 (1.07)	14.6 (1.11)	3.89 (0.11)	5.68 (0.21)	4.35 (0.17)	6.01 (0.27)	3.70 (0.15)	3.50 (0.22)	12.5 (1.51)	3.87 (0.11)	13.0 (0.91)
Proportion of individuals consuming the category (%)	42.8	11.7	15.2	51.1	27.2	37.3	26.1	48.4	47.1	11.7	43.1	10.8
<b>#18 Source</b>	Muffins, quick breads, biscuits	Beef, pork, lamb, goat mixed dishes	Chocolate	Pasta and pasta dishes	Breakfast cereals	Chocolate	Muffins, quick breads, biscuits	Salads	Syrups, toppings, frostings, whipped toppings	Baked desserts	Muffins, quick breads, biscuits	Fresh and frozen vegetables
Mean proportion contributed (%)	1.69	1.80	1.70	1.66	1.65	1.57	1.70	2.19	1.88	1.87	1.73	1.53
Mean amount per capita (g) (SE)	1.57 (0.08)	1.95 (0.08)	1.97 (0.22)	1.67 (0.11)	1.50 (0.08)	1.59 (0.17)	1.35 (0.11)	1.77 (0.18)	1.63 (0.32)	1.41 (0.20)	1.62 (0.08)	1.38 (0.08)
Mean amount per consumer (g) (SE)	12.3 (0.38)	5.81 (0.18)	18.3 (1.71)	5.47 (0.24)	9.13 (0.30)	19.8 (1.68)	10.5 (0.47)	6.37 (0.54)	19.7 (3.17)	21.9 (1.78)	12.1 (0.39)	3.44 (0.14)
Proportion of individuals consuming the category (%)	12.7	33.6	10.8	30.6	16.4	8.05	12.9	27.8	8.27	6.45	13.1	39.7
<b>#19 Source</b>	Salads	Pasta and pasta dishes	Granola and cereal bars	Beef, pork, lamb, goat mixed dishes	Muffins, quick breads, biscuits	Muffins, quick breads, biscuits	Breakfast cereals	Jams and jelly	Salads	Beef, pork, lamb, goat mixed dishes	Salads	Non-meat, non-legume dishes
Mean proportion contributed (%)	1.54	1.50	1.48	1.59	1.61	1.54	1.50	2.07	1.86	1.84	1.66	1.51
Mean amount per capita (g) (SE)	1.43 (0.05)	1.63 (0.08)	1.72 (0.15)	1.60 (0.09)	1.46 (0.11)	1.57 (0.18)	1.19 (0.09)	1.67 (0.19)	1.61 (0.18)	1.39 (0.10)	1.56 (0.07)	1.36 (0.14)
Mean amount per consumer (g) (SE)	5.77 (0.19)	5.80 (0.20)	11.8 (0.72)	5.00 (0.24)	12.4 (0.57)	14.7 (0.96)	7.27 (0.37)	10.4 (0.97)	6.37 (0.56)	5.37 (0.26)	6.02 (0.23)	6.00 (0.56)
Proportion of individuals consuming the category (%)	24.8	28.1	14.5	31.9	11.8	10.7	16.4	16.0	25.3	25.8	25.4	22.4
<b>#20 Source</b>	Syrups, toppings, frostings, whipped toppings	Muffins, quick breads, biscuits	Muffins, quick breads, biscuits	Non-meat, non-legume dishes	Non-meat, non-legume dishes	Pasta and pasta dishes	Syrups, toppings, frostings, whipped toppings	Chocolate	Fruit drinks	Jams and jelly	Syrups, toppings, frostings, whipped toppings	Syrups, toppings, frostings, whipped toppings
Mean proportion contributed (%)	1.53	1.50	1.45	1.55	1.48	1.53	1.43	1.97	1.84	1.81	1.55	1.48
Mean amount per capita (g) (SE)	1.42 (0.10)	1.62 (0.13)	1.69 (0.17)	1.56 (0.35)	1.34 (0.13)	1.55 (0.13)	1.14 (0.21)	1.59 (0.17)	1.60 (0.21)	1.36 (0.16)	1.45 (0.11)	1.33 (0.23)
Mean amount per consumer (g) (SE)	17.0 (0.99)	12.2 (0.69)	12.7 (0.94)	6.61 (1.37)	6.31 (0.55)	7.68 (0.52)	15.5 (2.29)	13.9 (1.11)	26.6 (1.67)	8.72 (0.63)	16.4 (0.98)	18.8 (2.41)
Proportion of individuals consuming the category (%)	8.36	13.3	13.3	23.7	21.3	20.2	7.32	11.5	6.02	15.7	8.67	7.03

## **Top dietary sources of energy, sodium, sugars, and saturated fats among Canadians: Insights from the 2015 Canadian Community Health Survey: Supplementary material**

<sup>1</sup>To facilitate comparisons of top sources across sociodemographic groups, categories that are among the top 20 contributors to more than one dietary component among the overall sample are colour coded. Categories in black text are not among the top 20 contributors to more than one dietary component among the overall sample, but may be top contributors to multiple dietary components within particular sociodemographic groups.



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Table S4: Top 20 sources of saturated fats, overall and by sex-age and income, among individuals aged 1 year and older, 2015 Canadian Community Health Survey (n=20,176), including mean proportion contributed, mean amount (g) per day per capita and per consumer, and proportion of individuals consuming each top category<sup>1</sup>

	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
<b>#1 Source</b>	Beef, pork, lamb, goat mixed dishes	Unflavoured milk	Unflavoured milk	Unflavoured milk	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Cheese	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes
Mean proportion contributed (%)	8.38	12.7	13.0	12.2	8.53	9.60	7.00	8.24	9.41	8.98	8.42	8.27
Mean amount per capita (g) (SE)	2.00 (0.06)	3.04 (0.07)	3.38 (0.1)	2.71 (0.1)	2.10 (0.09)	2.72 (0.15)	1.44 (0.08)	1.75 (0.13)	2.30 (0.21)	1.65 (0.17)	2.05 (0.08)	1.85 (0.11)
Mean amount per consumer (g) (SE)	6.29 (0.15)	4.21 (0.08)	4.63 (0.13)	3.78 (0.12)	6.70 (0.22)	7.50 (0.34)	5.53 (0.25)	5.54 (0.34)	6.03 (0.47)	6.97 (0.5)	6.45 (0.18)	5.84 (0.27)
Proportion of individuals consuming the category (%)	31.8	72.3	72.9	71.7	31.3	36.3	26.1	31.5	38.1	23.7	31.3	31.4
<b>#2 Source</b>	Unflavoured milk	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Beef, pork, lamb, goat mixed dishes	Cheese	Egg dishes	Cheese	Cheese	Butter	Beef, pork, lamb, goat mixed dishes	Unflavoured milk	Unflavoured milk
Mean proportion contributed (%)	6.80	8.01	8.77	7.11	5.71	5.48	6.13	7.21	6.57	6.91	6.44	7.93
Mean amount per capita (g) (SE)	1.62 (0.04)	1.92 (0.08)	2.27 (0.13)	1.57 (0.10)	1.40 (0.11)	1.56 (0.16)	1.26 (0.10)	1.53 (0.12)	1.60 (0.22)	1.27 (0.14)	1.57 (0.04)	1.77 (0.09)
Mean amount per consumer (g) (SE)	2.57 (0.05)	5.73 (0.19)	6.44 (0.27)	4.93 (0.24)	8.65 (0.51)	7.27 (0.61)	7.05 (0.44)	7.36 (0.37)	7.44 (0.76)	4.92 (0.46)	2.47 (0.06)	2.86 (0.13)
Proportion of individuals consuming the category (%)	63.2	33.6	35.3	31.9	16.2	21.4	17.9	20.7	21.5	25.8	62.7	61.4
<b>#3 Source</b>	Cheese	Cheese	Cheese	Dairy desserts	Egg dishes	Cheese	Unflavoured milk	Butter	Unflavoured milk	Unflavoured milk	Cheese	Cheese
Mean proportion contributed (%)	6.01	6.06	5.87	6.66	5.16	5.41	5.73	6.25	6.09	6.22	5.96	6.16
Mean amount per capita (g) (SE)	1.43 (0.08)	1.46 (0.08)	1.52 (0.12)	1.47 (0.11)	1.27 (0.09)	1.54 (0.20)	1.18 (0.07)	1.32 (0.11)	1.49 (0.10)	1.14 (0.07)	1.46 (0.08)	1.38 (0.19)
Mean amount per consumer (g) (SE)	7.79 (0.31)	6.25 (0.26)	6.5 (0.43)	6.38 (0.34)	6.21 (0.36)	10.54 (1.01)	1.89 (0.10)	6.07 (0.38)	2.14 (0.13)	1.7 (0.10)	7.67 (0.30)	8.17 (0.86)
Proportion of individuals consuming the category (%)	18.4	23.3	23.4	23.1	20.4	14.6	62.5	21.8	69.3	67.4	18.7	16.7
<b>#4 Source</b>	Egg dishes	Dairy desserts	Dairy desserts	Cheese	Unflavoured milk	Unflavoured milk	Egg dishes	Unflavoured milk	Cheese	Dairy desserts	Egg dishes	Dairy desserts
Mean proportion contributed (%)	4.62	5.73	4.95	6.28	5.13	4.72	4.69	6.15	5.66	5.90	4.98	4.63
Mean amount per capita (g) (SE)	1.10 (0.06)	1.38 (0.08)	1.28 (0.12)	1.39 (0.10)	1.26 (0.05)	1.34 (0.08)	0.97 (0.07)	1.30 (0.06)	1.38 (0.15)	1.08 (0.12)	1.22 (0.08)	1.03 (0.13)

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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean amount per consumer (g) (SE)	5.68 (0.24)	6.58 (0.28)	6.83 (0.48)	5.99 (0.33)	2.14 (0.08)	2.41 (0.12)	4.99 (0.24)	1.91 (0.08)	7.97 (0.53)	6.07 (0.51)	6.21 (0.31)	7.28 (0.67)
Proportion of individuals consuming the category (%)	19.4	20.9	18.8	23.2	58.9	55.5	19.4	68.2	17.3	17.9	19.3	14.1
<b>#5 Source</b>	Dairy desserts	Pizza	Pizza	Pasta and pasta dishes	Dairy desserts	Burgers	Butter	Dairy desserts	Dairy desserts	Butter	Dairy desserts	Burgers
Mean proportion contributed (%)	4.61	4.75	4.94	5.11	4.06	4.61	4.51	5.48	5.12	5.89	4.61	3.88
Mean amount per capita (g) (SE)	1.10 (0.05)	1.14 (0.09)	1.28 (0.12)	1.13 (0.09)	1.00 (0.08)	1.31 (0.15)	0.93 (0.14)	1.16 (0.09)	1.25 (0.14)	1.08 (0.08)	1.13 (0.06)	0.87 (0.16)
Mean amount per consumer (g) (SE)	6.41 (0.22)	7.62 (0.46)	8.23 (0.57)	3.70 (0.24)	6.28 (0.34)	12.8 (0.74)	6.36 (0.83)	6.56 (0.34)	7.14 (0.47)	4.92 (0.24)	6.17 (0.21)	11.0 (1.23)
Proportion of individuals consuming the category (%)	17.2	15.0	15.5	30.6	15.9	10.2	14.6	17.7	17.5	22.0	18.0	7.85
<b>#6 Source</b>	Butter	Pasta and pasta dishes	Pasta and pasta dishes	Pizza	Pizza	Processed meats	Dairy desserts	Egg dishes	Egg dishes	Egg dishes	Butter	Non-meat, non-legume dishes
Mean proportion contributed (%)	3.68	4.56	4.09	4.53	3.68	4.57	4.38	4.42	4.97	3.80	3.78	3.60
Mean amount per capita (g) (SE)	0.88 (0.05)	1.09 (0.07)	1.06 (0.11)	1.00 (0.14)	0.91 (0.07)	1.30 (0.21)	0.90 (0.08)	0.94 (0.07)	1.21 (0.13)	0.70 (0.07)	0.92 (0.07)	0.80 (0.08)
Mean amount per consumer (g) (SE)	5.96 (0.28)	3.9 (0.21)	4.14 (0.37)	6.96 (0.76)	9.19 (0.52)	8.35 (1.14)	5.48 (0.39)	4.83 (0.30)	5.26 (0.48)	4.29 (0.33)	5.97 (0.35)	3.55 (0.31)
Proportion of individuals consuming the category (%)	14.7	28.1	25.6	14.4	9.85	15.5	16.5	19.4	23.0	16.3	15.2	22.4
<b>#7 Source</b>	Pasta and pasta dishes	Non-meat, non-legume dishes	Chicken, turkey, duck mixed dishes	Non-meat, non-legume dishes	Processed meats	Pizza	Chocolate	Red meat	Red meat	Non-meat, non-legume dishes	Pasta and pasta dishes	Egg dishes
Mean proportion contributed (%)	3.54	3.55	3.53	3.75	3.67	4.23	3.80	3.54	4.25	3.79	3.62	3.50
Mean amount per capita (g) (SE)	0.85 (0.04)	0.85 (0.09)	0.92 (0.08)	0.83 (0.16)	0.90 (0.11)	1.20 (0.12)	0.78 (0.12)	0.75 (0.1)	1.04 (0.21)	0.70 (0.08)	0.88 (0.05)	0.78 (0.05)
Mean amount per consumer (g) (SE)	4.15 (0.16)	3.69 (0.35)	5.01 (0.32)	3.50 (0.62)	6.71 (0.72)	10.2 (0.78)	5.74 (0.75)	4.25 (0.46)	5.34 (0.87)	2.90 (0.26)	4.41 (0.19)	4.14 (0.17)
Proportion of individuals consuming the category (%)	20.4	23.1	18.3	23.7	13.5	11.8	13.6	17.7	19.4	24.0	19.7	18.8
<b>#8 Source</b>	Pizza	Chicken, turkey, duck mixed dishes	Non-meat, non-legume dishes	Chicken, turkey, duck mixed dishes	Burgers	Pasta and pasta dishes	Non-meat, non-legume dishes	Non-meat, non-legume dishes	Processed meats	Burgers	Processed meats	Butter
Mean proportion contributed (%)	3.49	3.29	3.38	3.01	3.66	3.84	3.61	3.46	3.52	2.99	3.60	3.37
Mean amount per capita (g) (SE)	0.83 (0.05)	0.79 (0.05)	0.88 (0.08)	0.67 (0.06)	0.90 (0.08)	1.09 (0.10)	0.74 (0.07)	0.73 (0.06)	0.86 (0.10)	0.55 (0.10)	0.88 (0.09)	0.75 (0.06)

**Top dietary sources of energy, sodium, sugars, and saturated fats among Canadians: Insights from the 2015 Canadian Community Health Survey: Supplementary material**

	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean amount per consumer (g) (SE)	8.62 (0.35)	4.44 (0.21)	3.87 (0.28)	3.83 (0.26)	10.8 (0.54)	5.39 (0.35)	3.53 (0.27)	3.07 (0.22)	4.13 (0.29)	7.75 (0.74)	5.83 (0.54)	5.95 (0.43)
Proportion of individuals consuming the category (%)	9.67	17.8	22.6	17.4	8.32	20.2	21.1	23.8	20.8	7.10	14.8	12.6
<b>#9 Source</b>	<b>Non-meat, non-legume dishes</b>	<b>Egg dishes</b>	<b>Egg dishes</b>	<b>Chocolate</b>	<b>Pasta and pasta dishes</b>	<b>Dairy desserts</b>	<b>Salads</b>	<b>Processed meats</b>	<b>Burgers</b>	<b>Processed meats</b>	<b>Pizza</b>	<b>Poultry</b>
Mean proportion contributed (%)	3.43	3.05	3.25	2.82	3.64	3.84	3.36	3.16	3.19	2.76	3.57	3.33
Mean amount per capita (g) (SE)	0.82 (0.04)	0.73 (0.05)	0.84 (0.07)	0.62 (0.06)	0.89 (0.06)	1.09 (0.13)	0.69 (0.05)	0.67 (0.05)	0.78 (0.16)	0.51 (0.06)	0.87 (0.06)	0.75 (0.11)
Mean amount per consumer (g) (SE)	3.71 (0.15)	4.50 (0.21)	5.04 (0.30)	4.98 (0.32)	4.45 (0.23)	7.12 (0.54)	2.34 (0.16)	3.88 (0.22)	9.44 (0.87)	3.56 (0.30)	8.77 (0.39)	3.50 (0.42)
Proportion of individuals consuming the category (%)	22.1	16.3	16.7	12.6	20.1	15.3	29.6	17.3	8.24	14.2	9.78	21.1
<b>#10 Source</b>	<b>Processed meats</b>	<b>Processed meats</b>	<b>Processed meats</b>	<b>Egg dishes</b>	<b>Butter</b>	<b>Red meat</b>	<b>Pasta and pasta dishes</b>	<b>Burgers</b>	<b>Non-meat, non-legume dishes</b>	<b>Red meat</b>	<b>Non-meat, non-legume dishes</b>	<b>Pasta and pasta dishes</b>
Mean proportion contributed (%)	3.43	2.87	3.12	2.80	3.47	3.58	3.35	3.10	3.18	2.73	3.38	3.29
Mean amount per capita (g) (SE)	0.82 (0.07)	0.69 (0.05)	0.81 (0.08)	0.62 (0.06)	0.85 (0.08)	1.02 (0.10)	0.69 (0.06)	0.66 (0.10)	0.77 (0.11)	0.50 (0.05)	0.83 (0.05)	0.74 (0.08)
Mean amount per consumer (g) (SE)	5.70 (0.43)	4.65 (0.26)	4.79 (0.34)	3.91 (0.28)	6.43 (0.47)	6.01 (0.46)	3.46 (0.26)	8.60 (0.61)	3.28 (0.39)	3.11 (0.20)	3.77 (0.18)	3.46 (0.30)
Proportion of individuals consuming the category (%)	14.4	14.8	16.9	15.8	13.3	16.9	19.9	7.63	23.6	16.1	21.5	21.1
<b>#11 Source</b>	<b>Burgers</b>	<b>Cookies</b>	<b>Burgers</b>	<b>Cookies</b>	<b>Non-meat, non-legume dishes</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Poultry</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Salads</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Pizza</b>
Mean proportion contributed (%)	3.32	2.53	3.12	2.62	3.39	3.39	3.27	2.61	2.67	2.56	3.36	3.25
Mean amount per capita (g) (SE)	0.79 (0.06)	0.61 (0.03)	0.81 (0.11)	0.58 (0.04)	0.83 (0.06)	0.96 (0.10)	0.67 (0.09)	0.55 (0.06)	0.65 (0.11)	0.47 (0.05)	0.82 (0.05)	0.73 (0.08)
Mean amount per consumer (g) (SE)	10.07 (0.40)	2.05 (0.08)	9.88 (0.77)	1.90 (0.09)	3.92 (0.21)	5.49 (0.40)	2.74 (0.32)	4.67 (0.37)	5.62 (0.62)	1.57 (0.12)	5.06 (0.23)	8.15 (0.65)
Proportion of individuals consuming the category (%)	7.89	29.8	8.17	30.5	21.3	17.5	24.7	11.9	11.6	29.9	16.0	8.83
<b>#12 Source</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Chocolate</b>	<b>Cookies</b>	<b>Butter</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Non-meat, non-legume dishes</b>	<b>Pizza</b>	<b>Breads, flatbreads</b>	<b>Poultry</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Burgers</b>	<b>Red meat</b>
Mean proportion contributed (%)	3.11	2.49	2.46	2.59	3.17	3.24	2.90	2.35	2.54	2.55	3.14	3.13
Mean amount per capita (g) (SE)	0.74 (0.04)	0.60 (0.04)	0.64 (0.04)	0.57 (0.04)	0.78 (0.06)	0.92 (0.09)	0.60 (0.08)	0.50 (0.03)	0.62 (0.11)	0.47 (0.05)	0.77 (0.05)	0.70 (0.08)

**Top dietary sources of energy, sodium, sugars, and saturated fats among Canadians: Insights from the 2015 Canadian Community Health Survey: Supplementary material**

	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean amount per consumer (g) (SE)	4.91 (0.20)	5.13 (0.31)	2.20 (0.12)	4.01 (0.19)	5.13 (0.30)	4.29 (0.32)	7.60 (0.67)	0.72 (0.03)	3.89 (0.58)	3.88 (0.35)	9.75 (0.32)	4.43 (0.36)
Proportion of individuals consuming the category (%)	15.1	11.7	29.0	14.3	15.2	21.5	7.86	68.7	15.9	12.1	7.75	15.6
<b>#13 Source</b>	<b>Red meat</b>	<b>Burgers</b>	<b>Butter</b>	<b>Processed meats</b>	<b>Red meat</b>	<b>Butter</b>	<b>Chicken, turkey, duck mixed dishes</b>	<b>Poultry</b>	<b>Breads, flatbreads</b>	<b>Muffins, quick breads, biscuits</b>	<b>Red meat</b>	<b>Processed meats</b>
Mean proportion contributed (%)	2.87	2.44	2.24	2.57	3.04	2.74	2.86	2.33	2.43	2.46	2.78	2.92
Mean amount per capita (g) (SE)	0.68 (0.04)	0.59 (0.06)	0.58 (0.06)	0.57 (0.07)	0.75 (0.06)	0.78 (0.08)	0.59 (0.06)	0.49 (0.05)	0.59 (0.05)	0.45 (0.09)	0.68 (0.04)	0.65 (0.09)
Mean amount per consumer (g) (SE)	4.35 (0.20)	8.69 (0.49)	4.74 (0.30)	4.46 (0.36)	4.70 (0.28)	6.51 (0.40)	4.63 (0.38)	2.53 (0.24)	0.86 (0.06)	2.91 (0.47)	4.32 (0.24)	5.24 (0.52)
Proportion of individuals consuming the category (%)	15.7	6.73	12.2	12.7	15.9	11.9	12.7	19.5	68.6	15.5	15.5	12.4
<b>#14 Source</b>	<b>Poultry</b>	<b>Butter</b>	<b>Chocolate</b>	<b>Yogurt, kefir</b>	<b>Poultry</b>	<b>Poultry</b>	<b>Processed meats</b>	<b>Salads</b>	<b>Baked desserts</b>	<b>Chocolate</b>	<b>Chocolate</b>	<b>Potatoes</b>
Mean proportion contributed (%)	2.60	2.40	2.21	1.91	2.90	2.64	2.38	2.29	2.35	2.44	2.60	2.41
Mean amount per capita (g) (SE)	0.62 (0.04)	0.58 (0.04)	0.57 (0.07)	0.42 (0.03)	0.71 (0.06)	0.75 (0.06)	0.49 (0.05)	0.49 (0.04)	0.57 (0.13)	0.45 (0.06)	0.64 (0.05)	0.54 (0.08)
Mean amount per consumer (g) (SE)	2.89 (0.14)	4.35 (0.17)	5.30 (0.52)	1.49 (0.09)	3.15 (0.20)	3.62 (0.21)	4.36 (0.31)	1.75 (0.10)	6.90 (1.03)	3.84 (0.43)	5.34 (0.36)	2.35 (0.31)
Proportion of individuals consuming the category (%)	21.4	13.3	10.8	28.4	22.6	20.7	11.3	27.8	8.30	11.7	11.7	22.7
<b>#15 Source</b>	<b>Chocolate</b>	<b>Poultry</b>	<b>Poultry</b>	<b>Pastries and donuts</b>	<b>Chocolate</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Burgers</b>	<b>Cookies</b>	<b>Potatoes</b>	<b>Cookies</b>	<b>Poultry</b>	<b>Breads, flatbreads</b>
Mean proportion contributed (%)	2.49	1.82	1.88	1.78	2.55	2.23	2.30	2.24	2.27	2.39	2.36	2.40
Mean amount per capita (g) (SE)	0.59 (0.04)	0.44 (0.03)	0.49 (0.04)	0.39 (0.05)	0.63 (0.07)	0.63 (0.07)	0.47 (0.07)	0.47 (0.04)	0.55 (0.14)	0.44 (0.05)	0.57 (0.03)	0.54 (0.03)
Mean amount per consumer (g) (SE)	5.36 (0.32)	2.27 (0.11)	2.48 (0.16)	5.79 (0.45)	5.81 (0.50)	3.87 (0.35)	7.48 (0.48)	1.93 (0.11)	1.85 (0.43)	1.81 (0.15)	2.68 (0.10)	0.94 (0.05)
Proportion of individuals consuming the category (%)	11.1	19.2	19.7	6.79	10.8	16.4	6.33	24.6	30.0	24.3	21.1	56.6
<b>#16 Source</b>	<b>Salads</b>	<b>Red meat</b>	<b>Red meat</b>	<b>Muffins, quick breads, biscuits</b>	<b>Salads</b>	<b>Potatoes</b>	<b>Red meat</b>	<b>Chocolate</b>	<b>Cookies</b>	<b>Breads, flatbreads</b>	<b>Salads</b>	<b>Chicken, turkey, duck mixed dishes</b>
Mean proportion contributed (%)	2.09	1.79	1.84	1.78	2.44	2.05	2.28	2.22	2.11	2.26	2.29	2.34
Mean amount per capita (g) (SE)	0.50 (0.02)	0.43 (0.04)	0.48 (0.05)	0.39 (0.05)	0.60 (0.03)	0.58 (0.07)	0.47 (0.04)	0.47 (0.05)	0.51 (0.05)	0.42 (0.02)	0.56 (0.03)	0.52 (0.06)

**Top dietary sources of energy, sodium, sugars, and saturated fats among Canadians: Insights from the 2015 Canadian Community Health Survey: Supplementary material**

	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean amount per consumer (g) (SE)	2.01 (0.07)	3.19 (0.20)	3.63 (0.28)	2.95 (0.29)	2.2 (0.10)	2.65 (0.24)	3.15 (0.21)	4.10 (0.29)	2.07 (0.15)	0.61 (0.03)	2.17 (0.09)	4.34 (0.34)
Proportion of individuals consuming the category (%)	24.8	13.5	13.2	13.3	27.2	22.0	14.9	11.5	24.8	68.8	25.4	11.9
<b>#17 Source</b>	<b>Breads, flatbreads</b>	<b>Syrups, toppings, frostings, whipped toppings</b>	<b>Potatoes</b>	<b>Poultry</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Breads, flatbreads</b>	<b>Breads, flatbreads</b>	<b>Muffins, quick breads, biscuits</b>	<b>Salads</b>	<b>Poultry</b>	<b>Breads, flatbreads</b>	<b>Cookies</b>
Mean proportion contributed (%)	2.05	1.72	1.84	1.74	2.14	2.03	2.19	2.10	2.06	2.10	1.93	2.17
Mean amount per capita (g) (SE)	0.49 (0.02)	0.41 (0.04)	0.48 (0.06)	0.38 (0.04)	0.53 (0.04)	0.58 (0.05)	0.45 (0.03)	0.45 (0.05)	0.50 (0.06)	0.39 (0.04)	0.47 (0.02)	0.49 (0.04)
Mean amount per consumer (g) (SE)	0.89 (0.03)	2.74 (0.26)	2.30 (0.26)	2.05 (0.16)	3.14 (0.20)	1.14 (0.08)	0.84 (0.05)	2.88 (0.29)	1.99 (0.19)	1.71 (0.13)	0.87 (0.04)	2.18 (0.14)
Proportion of individuals consuming the category (%)	54.8	15.1	20.7	18.7	16.7	50.4	53.9	15.5	25.3	22.7	53.2	22.0
<b>#18 Source</b>	<b>Cookies</b>	<b>Potatoes</b>	<b>Syrups, toppings, frostings, whipped toppings</b>	<b>Syrups, toppings, frostings, whipped toppings</b>	<b>Breads, flatbreads</b>	<b>Oils</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Baked desserts</b>	<b>Chocolate</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Oils</b>	<b>Chocolate</b>
Mean proportion contributed (%)	1.88	1.71	1.72	1.73	2.09	1.90	2.01	2.02	2.02	2.04	1.79	2.14
Mean amount per capita (g) (SE)	0.45 (0.02)	0.41 (0.03)	0.44 (0.06)	0.38 (0.06)	0.51 (0.03)	0.54 (0.03)	0.41 (0.04)	0.43 (0.06)	0.49 (0.08)	0.37 (0.10)	0.44 (0.01)	0.48 (0.07)
Mean amount per consumer (g) (SE)	2.18 (0.08)	2.11 (0.15)	2.94 (0.36)	2.54 (0.37)	0.99 (0.05)	1.06 (0.05)	2.42 (0.18)	5.85 (0.59)	4.42 (0.41)	2.19 (0.52)	0.89 (0.03)	5.43 (0.57)
Proportion of individuals consuming the category (%)	20.6	19.5	15.2	15.1	52.1	50.8	17.1	7.31	11.2	17.1	48.2	8.71
<b>#19 Source</b>	<b>Potatoes</b>	<b>Yogurt, kefir</b>	<b>Breads, flatbreads</b>	<b>Red meat</b>	<b>Oils</b>	<b>Sauces, gravies</b>	<b>Oils</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Pasta and pasta dishes</b>	<b>Cream</b>	<b>Cookies</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>
Mean proportion contributed (%)	1.85	1.69	1.65	1.72	1.94	1.86	1.99	1.90	1.86	1.94	1.79	2.07
Mean amount per capita (g) (SE)	0.44 (0.03)	0.41 (0.02)	0.43 (0.03)	0.38 (0.05)	0.48 (0.02)	0.53 (0.09)	0.41 (0.02)	0.40 (0.06)	0.45 (0.06)	0.36 (0.05)	0.44 (0.02)	0.46 (0.07)
Mean amount per consumer (g) (SE)	2.03 (0.11)	1.52 (0.05)	0.83 (0.06)	2.77 (0.28)	0.96 (0.03)	3.76 (0.62)	0.85 (0.04)	2.32 (0.30)	3.51 (0.38)	2.41 (0.26)	2.18 (0.10)	3.29 (0.46)
Proportion of individuals consuming the category (%)	21.7	26.8	51.5	13.8	49.5	14.1	48.1	17.4	12.9	14.8	19.7	14.0
<b>#20 Source</b>	<b>Oils</b>	<b>Breads, flatbreads</b>	<b>Oils</b>	<b>Breads, flatbreads</b>	<b>Potatoes</b>	<b>Salads</b>	<b>Muffins, quick breads, biscuits</b>	<b>Cream</b>	<b>Muffins, quick breads, biscuits</b>	<b>Cakes</b>	<b>Nuts, seeds and nut, seed mixes, trail mixes</b>	<b>Muffins, quick breads, biscuits</b>
Mean proportion contributed (%)	1.84	1.68	1.59	1.71	1.93	1.80	1.78	1.85	1.79	1.76	1.69	2.01

**Top dietary sources of energy, sodium, sugars, and saturated fats among Canadians: Insights from the 2015 Canadian Community Health Survey:  
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	Total (Males and Females, all ages)	Sex/Age									Income	
		1-18 years			19-64 years			≥65 years			High	Low
		Total	Males	Females	Total	Males	Females	Total	Males	Females		
Mean amount per capita (g) (SE)	0.44 (0.01)	0.40 (0.02)	0.41 (0.02)	0.38 (0.03)	0.47 (0.04)	0.51 (0.04)	0.37 (0.05)	0.39 (0.04)	0.44 (0.05)	0.32 (0.05)	0.41 (0.03)	0.45 (0.06)
Mean amount per consumer (g) (SE)	0.90 (0.02)	0.79 (0.04)	0.77 (0.03)	0.74 (0.04)	2.25 (0.15)	2.05 (0.12)	2.84 (0.31)	2.40 (0.19)	2.84 (0.31)	2.73 (0.25)	2.81 (0.14)	4.14 (0.51)
Proportion of individuals consuming the category (%)	48.7	51.3	53.4	51.1	21.0	24.9	12.9	16.3	15.4	11.9	14.4	10.8

<sup>1</sup>To facilitate comparisons of top sources across sociodemographic groups, categories that are among the top 20 contributors to more than one dietary component among the overall sample are colour coded. Categories in black text are not among the top 20 contributors to more than one dietary component among the overall sample, but may be top contributors to multiple dietary components within particular sociodemographic groups.