

# What Are Yukon Children Eating?

*From the Yukon Healthy Living Segmentation Study  
...on children aged 5 to 17 as reported by parents*

For **breakfast**, most Yukon children include fruit (66%) and drink milk or milk alternatives (86%). Nearly half drink fruit juice for breakfast (52%).

- A child's age or gender have little impact on children's breakfast choices.
- Children who are more active are more likely to include fruit at breakfast and drink milk or fruit juice.



For **lunch**, 82% of children include fruit and/or vegetables, 49% drink fruit juice and 48% drink milk. 13% include fast food and/or junk food while 10% drink soda pop or sugared drinks.

- Younger children are more likely to include fruit and/or vegetables and drink milk.
- Older children are more likely to consume junk food, drink fruit juice and drink soda pop.
- Children spending more time "on screen" are more likely to eat junk food and drink fruit juice, whereas children who are more active tend to include fruit and/or vegetables and drink milk at lunch.

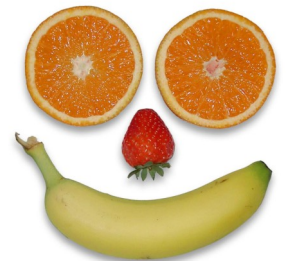
For **snacks**, 69% of Yukon children include fruit or vegetables, 52% drink fruit juice and 47% drink milk. 46% consume junk food, fast food and/or chips while 33% drink soda pop.

- Youth are more likely than younger children to drink pop and have junk food for a snack while younger children are more likely to drink milk and include fruit and/or vegetables.
- Children spending more time "on screen" are more likely to eat junk food and drink pop, milk and/or fruit juice for a snack.



For **dinner**, most Yukon children include fruit or vegetables (88%) and drink milk (65%).

- Older children are more likely to drink soda pop, milk and/or fruit juice, while girls are more likely than boys to drink milk.
- Children spending more time "on screen" tend to drink more soda pop and are more likely to eat fast food at dinner.



NOTE: One-quarter of those surveyed reported having at least one child between the ages of 5 and 17 living at home (which compares to 28% reported in the 2001 Census).

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