



DAIRY patterns

What quantities of dairy products do Canadians consume? The dairy products that Canadians consume have changed over time:

- ◆ The amount of whole milk (3.25%) has decreased.
- ◆ The amount of lower-fat milk (2%, 1% or skim) has increased.
- ◆ The amount of ice cream and butter has decreased.
- ◆ The amount of cream, yogurt and cheese has increased.

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Why do you think the consumption of these different dairy products has changed over time?

Statistics Canada collects information about the amounts of foods that an average individual consumes. The following examples show the average amount of some dairy products that a Canadian could consume in a year. These statistics are from 2018. A **statistic** shows information that can be measured, counted and analyzed to increase our understanding. Statistics can be useful in making comparisons and describing patterns.

- ◆ Whole milk = 10.4 L
- ◆ 2% milk = 32.8 L
- ◆ 1% milk = 11.9 L
- ◆ Skim milk = 4.6 L
- ◆ Chocolate and other flavoured milk = 5.5 L
- ◆ Cereal cream (10%) = 3.1 L
- ◆ Whipping cream (32% or 35%) = 1.6 L



- ◆ Cheddar cheese = 14.08 kg
- ◆ Variety cheeses = 8.1 L
- ◆ Ice cream = 4 L
- ◆ Yogurt = 9.9 L (29 mL per day)
- ◆ Sour cream = 1.4 L
- ◆ Buttermilk = .3 L

These amounts show us how much of a product a Canadian on average uses in a year. If you wanted to know what this means on a daily basis, you can take the total and divide it by 365 days.

For example, an average Canadian might consume 32.8 L of 2% milk in a year. This is equal to 32 800 mL. If you divide this amount by 365 days, you find that an average Canadian might consume about 92 mL of 2% milk daily. This is equal to about 1/3 a cup each day.



Source: Canadian Dairy Information Centre



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What are the three most popular dairy products? Are they liquids or solids?



What conclusion could you make about dairy products from the average yearly amounts consumed by Canadians?

Statistics from Statistics Canada (2018): Food Available in Canada. <https://doi.org/10.25318/3210005401-eng>

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