

# Diet Quality in Waterloo Region

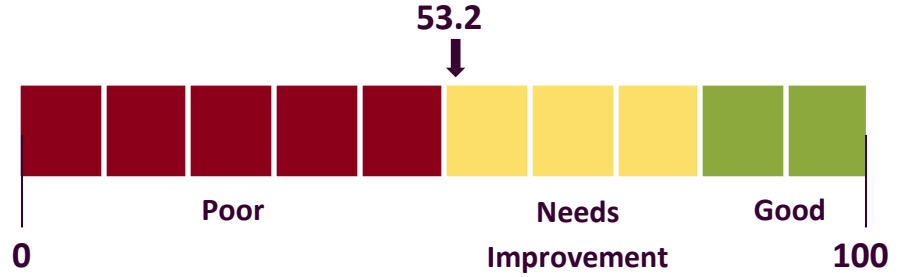
Following the recommendations in Canada's Food Guide can support good health.

Virtually all of the residents in Waterloo Region need to improve their eating habits to reduce the risk of developing chronic health conditions.

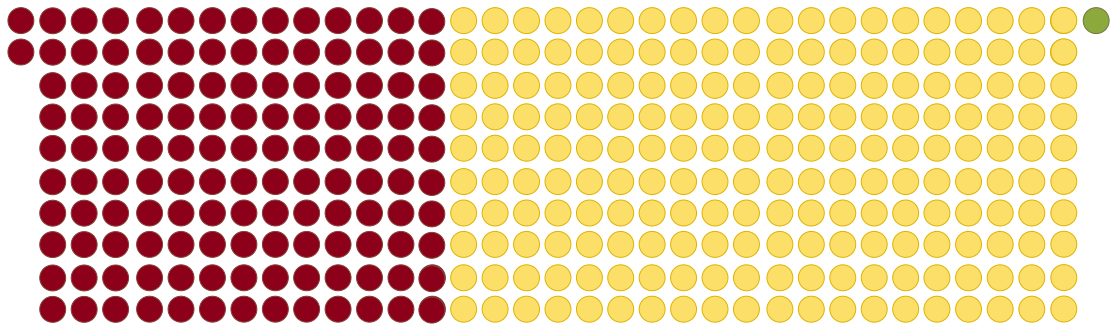
## Overall Diet Quality

The average Healthy Eating Index score for Waterloo Region was 53.2 out of 100 points.

The cut off for a 'poor' diet is a score of 50.

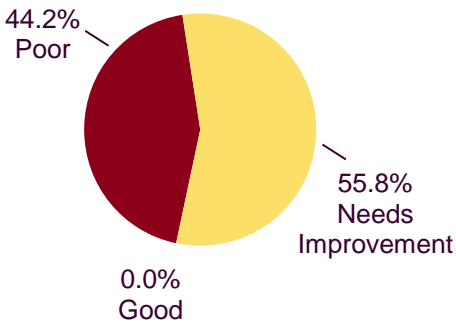


Only one out of every 333 residents in Waterloo Region (0.3%) follows the recommendations in Canada's Food Guide.

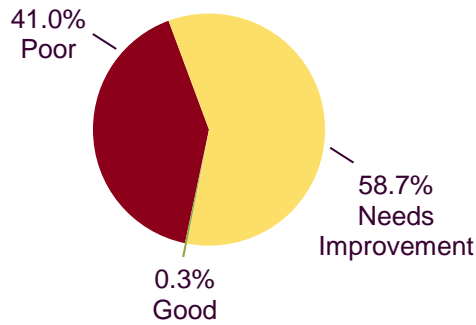


## Diet Quality by Education

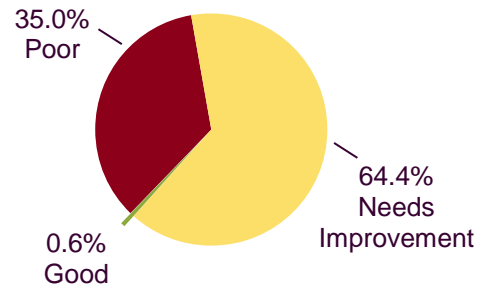
### High School or Less



### Some Post Secondary or University Graduate

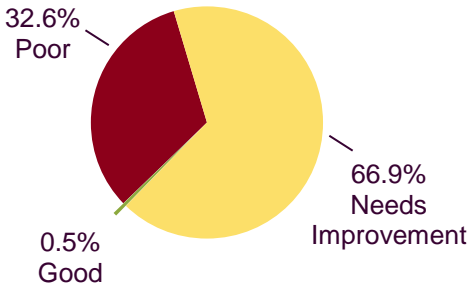


### Professional or Graduate Degree

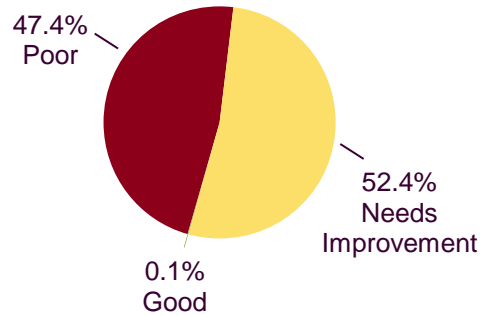


## Diet Quality by Gender and Age

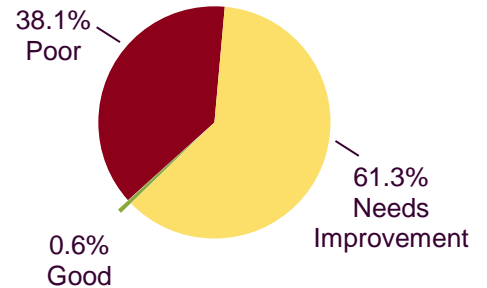
### Women



### Men



### Youth



Distributed by:

Healthy Living Division

Region of Waterloo Public Health and Emergency Services

[www.regionofwaterloo.ca/ph](http://www.regionofwaterloo.ca/ph) • 519-575-4400 (TTY 519-575-4608)

Source: Minaker L., Frank L., et. al. NEWPATH study findings. 2012.



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES