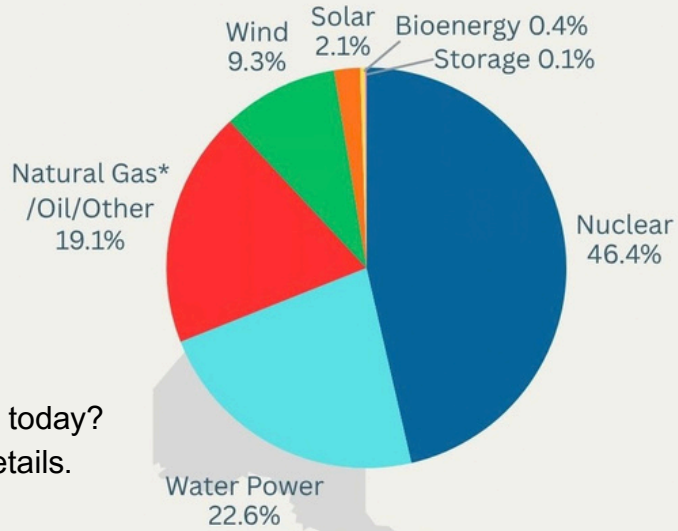
Where does Ontario's energy come from?

In 2025, most of Ontario's energy was generated through Nuclear (46.4%) or Water Power (22.6%).

Want a near real-time breakdown of Ontario's energy mix today? Visit ieso.ca/power-data for daily supply and demand details.



*Includes Lennox & dual fuel (natural gas/bioenergy) and non-contract emitting generation consistent with IESO.
Note: Figures may not add to 100% due to rounding. Figures do not account for the sale and retirement of Clean Energy Credits.