



ONTARIO HOME ECONOMICS ASSOCIATION  
An Association of Professionals, Registered under the Laws of Ontario

July 5, 2017

RE: Canada's Food Guide Consultation – Phase 2

<http://www.foodguideconsultation.ca>

### Guiding Principle 1

Do you agree with the following statements about this Guiding Principle? \*

	Yes	No	Don't know
It is relevant to my work and/or my organization's work.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is clear.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
It provides enough information.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

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## Recommendation 1: Regular intake of vegetables, fruit, whole grains and protein-rich foods, especially plant-based sources of protein

\*Protein-rich foods include: legumes (such as beans), nuts and seeds, soy products (including fortified soy beverage), eggs, fish and other seafood, poultry, lean red meats (including game meats such as moose, deer and caribou), lower fat milk and yogurt, cheeses lower in sodium and fat. Nutritious foods that contain fat, such as homogenized (3.25% M.F.) milk should not be restricted for young children.

Do you agree or disagree with this recommendation? \*

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree
- Don't know

What do you *like* about this recommendation?

See suggested revision below.

What do you *dislike* about this recommendation?

-We like – "encourages a diverse and nutritious eating pattern rather than relying on only animal based foods."

Insert a "regular variety"

-We request the following edit to the first bullet point: For those who choose only plant-based protein products and therefore could be missing nutrients such Vitamin B12 and

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## Recommendation 2: Inclusion of foods that contain mostly unsaturated fat, instead of foods that contain mostly saturated fats

Do you agree or disagree with this recommendation? \*

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree
- Don't know

What do you *like* about this recommendation?

See suggested revision below.

What do you *dislike* about this recommendation?

We request the following edit to the second bullet point: "When selecting fat-containing foods, choose those that contain unsaturated fat rather than saturated fat." Explain this as choosing plant-based sources rather than animal sources.

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# Guiding Principle 1



## Recommendation 3: Regular intake of water

Do you agree or disagree with this recommendation? \*

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree
- Don't know

What do you *like* about this recommendation?

See suggested revision below.

What do you *dislike* about this recommendation?

We request the following edit to the third bullet point: Add the descriptors "safe and tap" to plain water.

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## Guiding Principle 1 and its recommendations

We would now like to ask you for your feedback on the Guiding Principle and its recommendations overall. Here it is again for reference.

**Guiding Principle 1: A variety of nutritious foods and beverages are the foundation for healthy eating.**

Health Canada recommends:

- Regular intake of vegetables, fruit, whole grains and protein-rich foods<sup>4</sup>- especially plant-based sources of protein
- Inclusion of foods that contain mostly unsaturated fat, instead of foods that contain mostly saturated fat
- Regular intake of water

<sup>4</sup>Protein rich foods include: legumes (such as beans), nuts and seeds, soy products (including fortified soy beverage), eggs, fish and other seafood, poultry, lean red meats (including game meats such as moose, deer and caribou), lower fat milk and yogurt, cheeses lower in sodium and fat. Nutritious foods that contain fat such as homogenized (3.25% M.F.) milk should not be restricted for young children.

**Is there anything else you would like to say about Guiding Principle 1 and its recommendations?**

**Based on your experience working with older adults, children and youth, Indigenous populations, low-income people, newcomers, or people with low literacy, is there any further feedback that you would like to give us?**

## Guiding Principle 2

### What this means for Canadians

The consumption of processed or prepared foods is on the rise in Canada. At least half of the sugars intake of Canadians come from processed or prepared foods and beverages, such soft drinks, sweet baked goods, fruit juice, confectionary, breakfast cereals, and sweetened dairy products. More than three quarters of the sodium Canadians consume comes from processed foods or foods prepared at restaurants. As well, the saturated fat intake of about half of Canadians is too high.

Soft drinks and fruit drinks are main sources of sugars in the diets of Canadians. Avoiding these beverages and other beverages high in sugars can help Canadians cut down on sugars intake. This protects oral health, and may reduce the risk of obesity and type 2 diabetes.

Foods and beverages high in sodium, sugars or saturated fat can be identified using the % Daily Value (DV) on the Nutrition Facts table: 15% or more of the %DV is "a lot" of sodium, sugars or saturated fat.

Do you agree with the following statements about this Guiding Principle? \*

	Yes	No	Don't know
It is relevant to my work and/or my organisation's work.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is clear.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
It provides enough information.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

## Recommendation 1: Limited intake of processed or prepared foods high in sodium, sugars or saturated fat

Do you agree or disagree with this recommendation? \*

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree
- Don't know

What do you *like* about this recommendation?

See recommended revisions below.

What do you *dislike* about this recommendation?

-Add a bullet: Limit 100% fruit juice, flavoured milks and flavoured, fortified and sweetened plant-based beverages.

- Remove the selections "100% fruit juice, flavoured milks and flavoured, fortified and sweetened plant-based beverages" from the second bullet point so that it reads: "Avoid soft drinks, fruit-flavoured drinks, flavoured waters with added sugars, energy drinks,

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## Recommendation 2: Avoidance of processed or prepared beverages high in sugars\*

\* Processed or prepared beverages that can be high in sugars include: soft drinks, fruit-flavoured drinks, 100% fruit juice, flavoured waters with added sugars, energy drinks, sport drinks, and other sweetened hot or cold beverages, such as flavoured milks and flavoured plant-based beverages.

Do you agree or disagree with this recommendation? \*

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree
- Don't know

What do you *like* about this recommendation?

See suggested revision below.

What do you *dislike* about this recommendation?

-Add a bullet: Limit 100% fruit juice, flavoured milks and flavoured, fortified and sweetened plant-based beverages.  
· Remove the selections "100% fruit juice, flavoured milks and flavoured, fortified and sweetened plant-based beverages" from the second bullet point so that it reads: "Avoid soft drinks, fruit-flavoured drinks, flavoured waters with added sugars, energy drinks, sports drinks, and other sugar-sweetened hot or cold beverages."

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## Guiding Principle 2 and its recommendations

We would now like to ask you for your feedback on this Guiding Principle and its recommendations overall. Here it is again:

**Guiding Principle 2: Processed or prepared foods and beverages high in sodium, sugars or saturated fat undermine healthy eating.**

Health Canada recommends:

- Limited intake of processed or prepared foods high in sodium, sugars or saturated fat
- Avoidance of processed or prepared beverages high in sugars\*

\* Processed or prepared beverages that can be high in sugars include: soft drinks, fruit-flavoured drinks, 100% fruit juice, flavoured waters with added sugars, energy drinks, sport drinks, and other sweetened hot or cold beverages, such as flavoured milks and flavoured plant-based beverages.

**Is there anything else you would like to say about Guiding Principle 2 and its recommendations?**

**Based on your experience working with older adults, children and youth, Indigenous populations, low-income people, newcomers, or people with low literacy, is there any further feedback that you would like to give us?**

Note: If you do not work with any of these groups you are still welcome to respond to this question as you see fit.

## Guiding Principle 3

### What this means for Canadians

Fewer Canadians are preparing meals from scratch, which involves transforming basic ingredients into complete, culturally appropriate meals. Canadians are also increasingly reliant on convenience foods. The increased use of convenience foods is not always due to limited skills, but also to time constraints, or social and economic considerations.

Planning and preparing healthy meals and snacks at home, and selecting nutritious foods at the grocery store or when eating out, are all skills that can help support healthy eating. Preparing and sharing food brings enjoyment to eating when done in the company of family and friends. Having meals together can help reinforce positive eating habits and help children develop healthy attitudes towards food. It can also be a way for people to take part in food cultures they did not grow up with.

As skills are learned and used, the process to select, plan and prepare meals can become less time-consuming and more routine. Building a foundation of knowledge and skills can contribute to improved food choices at any age and can help support life-long healthy eating habits.

Understanding where food comes from and how it is prepared can support more mindful eating practices. These practices include things such as taking time to eat and savour every bite, paying attention to feelings of hunger and fullness, eating slowly with enjoyment, and avoiding distractions while eating.

Do you agree with the following statements about this Guiding Principle? \*

	Yes	No	Don't know
It is relevant to my work and/or my organization's work.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is clear.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
It provides enough information.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Cancel

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## Recommendation 1: Selecting nutritious food when shopping or eating out

Do you agree or disagree with this recommendation? \*

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree
- Don't know

What do you *like* about this recommendation?

Please see final page for suggested revisions.

What do you *dislike* about this recommendation?

Please see final page for suggested revisions.

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(Recommendation 2 is missing because the answers are the same as pages 1 and 3)

### Recommendation 3: Sharing meals with family and friends whenever possible

Do you agree or disagree with this recommendation? \*

- Strongly agree
- Somewhat agree
- Somewhat disagree
- Strongly disagree
- Don't know

What do you *like* about this recommendation?

Please see final page for suggested revisions.

What do you *dislike* about this recommendation?

Please see final page for suggested revisions.

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## Guiding Principle 3 and its recommendations

We would now like to ask you for your feedback on the Guiding Principle 3 and its recommendations overall. Here it is again:

**Guiding Principle 3: Knowledge and skills are needed to navigate the complex food environment and support healthy eating.**

Health Canada recommends:

- Selecting nutritious foods when shopping or eating out
- Planning and preparing healthy meals and snacks
- Sharing meals with family and friends whenever possible

**Is there anything else you would like to say about Guiding Principle 3 and its recommendations?**

· Add: Canada recognizes the role the determinants of health, including adequate income, in realizing Guiding Principle #3 in its entirety. We are pleased to see the issue of food literacy included as a Guiding Principle and request financial support to implement this goal in the education system, its infrastructure and in the community. We encourage a stronger relationship between Health Canada and

**Based on your experience working with older adults, children and youth, Indigenous populations, low-income people, newcomers, or people with low literacy, is there any further feedback that you would like to give us?**

Note: If you do not work with any of these groups you are still welcome to respond to this question as you see fit.

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## Considerations

Do you agree or disagree with these considerations? \*

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Don't know
Determinants of health	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cultural diversity	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Environment	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What do you *like* about these considerations?

Please see below for suggested revisions.

What do you *dislike* about these considerations?

• Access to adequate income should be explicit. Under "Determinants of health, the second sentence should read: "There are many interrelated factors that influence our ability to make healthy food choices, including access to adequate income, access to and availability of nutritious foods, culture, and the social and physical environment." and followed by access to availability of nutritious foods, culture, and the social and physical