RESPONSE TO PETITION

Prepare in English and French marking 'Original Text' or 'Translation'

PETITION NO.: **421-02035**

BY: **MR. ERSKINE-SMITH (BEACHES-EAST YORK)**

DATE: **FEBRUARY 7, 2018**

PRINT NAME OF SIGNATORY: **MR. BILL BLAIR**

Response by the Minister of Health

SIGNATURE
Minister or Parliamentary Secretary

SUBJECT

Food policy

ORIGINAL TEXT

REPLY

Health Canada is committed to using the best evidence in the revision of Canada's Food Guide. Based on this, Health Canada is translating the science on food and health into evidence-informed healthy eating recommendations for Canadians.

Health Canada is proposing that the revised Food Guide continue to encourage Canadians to choose a variety of nutritious protein foods every day, emphasizing plant-based protein sources. Recommended protein foods are legumes, nuts, seeds, tofu, fish, shellfish, eggs, poultry, lean red meat including game meats, lower fat milk, lower fat yogurts, and cheeses lower in fat and sodium. Plant-based proteins are emphasized as part of a healthy eating pattern because the regular intake of plant-based foods, vegetables, fruit, whole grains and plant-based sources of protein can have positive impacts on health.

Health Canada concluded its second online consultation in August 2017, to help inform the revision of Canada's Food Guide. The results of the consultation will be published in a What We Heard report in early 2018. Input from the second consultation and experts, along with focus testing with the public will be considered as we finalize the healthy eating recommendations and develop them into consumer messages, tools and resources that will communicate the guidance

to Canadians in a clear and meaningful way. New healthy eating recommendations and supporting resources for Canadians will begin to be released this year and into 2019.

While Health Canada does not mandate what foods are served in publicly funded institutions, Canada's Food Guide underpins nutrition policies and programs across the country.