

Health Canada

Health Products and Food Branch

Office of Nutrition Policy and Promotion

100 Eglantine Driveway, Address Locator: 0603C

Ottawa, ON K1A 0K9

Email address: [Nutrition@hc-sc.gc.ca](mailto:Nutrition@hc-sc.gc.ca); [Info@hc-sc.gc.ca](mailto:Info@hc-sc.gc.ca); [Consultations@ipsos.com](mailto:Consultations@ipsos.com)

December 8, 2016

**Re: Canada's Food Guide Consultation**

**From: Group of concerned Canadian Physicians and Allied Health Care providers**

For the past 35+ years, Canadians have been urged to follow the Canadian Dietary Guidelines. During this time, there has been a sharp increase in nutrition-related diseases, particularly obesity and diabetes.

We are especially concerned with the dramatic increase in the rates of childhood obesity and diabetes. In 1980, 15% of Canadian school-aged children were overweight or obese. Remarkably, this number more than doubled to 31% in 2011 (24); 12% of children met the criteria for obesity in the same reporting period (1,2,3). This has resulted in a population with a high burden of disease, causing both individual suffering, and resulting in health care systems which are approaching their financial breaking points (3). The guidelines have not been based on the best and most current science, and significant change is needed.

From the Report of the Standing Senate Committee on Social Affairs on Obesity in Canada, *"Canada's dated food guide is no longer effective in providing nutritional guidance to Canadians. Fruit juice, for instance, is presented as a healthy item when it is little more than a soft drink without the bubbles"* (4). Appendices A, B and C include key recommendations made by the Standing Senate Committee, show the Brazilian dietary guidelines as a progressive dietary guideline example emphasizing real food, and shows some examples of Real Food for Canadians from the Public Health Collaboration UK.

We are a group of Canadian Physicians and Allied Health Care professionals who wish to see significant change to the dietary guidelines, and insist they be based on best and current evidence. As such, we support (and have slightly modified) the manifesto of the US Nutrition Coalition (<http://www.nutrition-coalition.org/manifesto-3/>), which outlines evidence-based facts for change. This will significantly reduce the burden of dietary diseases in the coming years, and vastly impact the amount of health care dollars spent on these diseases. These points for change are based on rigorous science, are entirely relevant to our own guidelines, and are strongly endorsed by this group of healthcare professionals.

## Points for Change

### The Canadian Dietary Guidelines should:

1. Clearly communicate to the public and health-care professionals that the low-fat diet is no longer supported, and can worsen heart-disease risk factors (5,6,7,8, 25).
2. Be created without influence from the food industry (4).
3. Eliminate caps on saturated fats (22,23).
4. Be nutritionally sufficient, and those nutrients should come from real foods, not from artificially fortified refined grains (9).
5. Promote low-carb diets as at least *one* safe and effective intervention for people struggling with obesity, diabetes, and heart disease (10,11,13).
6. Offer a true range of diets that respond to the diverse nutritional needs of our population (12).
7. De-emphasize the role of aerobic exercise in controlling weight (14).
8. Recognize the controversy on salt and cease the blanket "lower is better" recommendation (15,16).
9. Stop using any language suggesting that sustainable weight control can simply be managed by creating a caloric deficit (21).
10. Cease its advice to replace saturated fats with polyunsaturated vegetable oils to prevent cardiovascular disease (17,18,19,20).
11. Stop steering people away from nutritious whole foods, such as whole-fat dairy and regular red meat (18).
12. Include a cap on added sugar, in accordance with the updated WHO guidelines, ideally no greater than 5% of total calories (26).
13. Be based on a complete, comprehensive review of the most rigorous (randomized, controlled clinical trial) data available; on subjects for which this more rigorous data is not available, the Guidelines should remain silent.

Thank you for your consideration of these recommendations. We have an opportunity to become a world leader with our dietary guidelines, with recommendations that reflect the best current evidence. We can dramatically improve the health of Canadians, and halt the dramatic rise in health care costs associated with treating chronic dietary diseases.

Sincerely,

Dr. Carol Loffelmann, MD FRCPC (Anesthesiology) Toronto, ON  
Dr. Barbra Allen Bradshaw, MD FRCPC (Anatomical Pathologist) Vernon, BC  
Dr. Jason Fung, MD FRCPC (Nephrology) Toronto, ON  
Dr. Anna Isakoff-Meller, BSc BCh MD (Family Medicine) Guelph, ON

Dr. Jay Wortman, BSc MD CCFP (Family Medicine) West Vancouver, BC  
Dr. Kelsey Kozoriz, MD CCFP, MSc. (Family Medicine) Vancouver, BC  
Dr. Christina Quinlan, MD CCFP, (Family Medicine) Kingston, ON  
Dr. Jennie Greisman, MD CCFP (Family Medicine) Winnipeg, MB  
Dr. Anna Mayer, MD CCFP(EM), (Emergency Medicine) Stratford, ON  
Dr. Janna Callihoo, MD CCFP (Family Medicine) Edmonton, AB  
Dr. Nicole Shadbolt, MD CCFP (Family Medicine) Ottawa, ON  
Dr. Gillian Brunton, MBBS CCFP (Family Medicine) Newcastle, ON  
Dr. Vanessa Beraldo, MB BCh BAO CCFP (Family Medicine) Toronto, ON  
Dr. Kendra Lamb, MD FRCSC (Obstetrics and Gynecology) Calgary, AB  
Dr. Gillian Clarke, BSc MD FRCPC (Radiology) Saint John, NB  
Dr. Katherine Kohle, MD CCFP (Family Medicine) Yellowknife, NT  
Dr. Hanna Bielawska, MD CCFP(EM) (Emergency Medicine) Toronto, ON  
Dr. Erin Smallwood, MD CCFP (Family Medicine) Corner Brook, NL  
Dr. Avantika Marwaha, MD FRCPC (Gastroenterology) Burlington, ON  
Dr. Laura Neumann, MD CCFP (Family Medicine) London, ON  
Dr. Michelle Cohen, MD CCFP (Family Medicine) Brighton, ON  
Dr. Heather Derry, MD FRCPC (Psychiatry) Kelowna, BC  
Dr. Robin McMaster, BSc MD CCFP FCFP (Family Medicine) Regina, SK  
Dr. Heidi King, MD FRCPC (Radiology) Saint John, NB  
Dr. Janis McCallum, MD CCFP (Family Medicine) Courtenay, BC  
Dr. Priya Suppal, BSc MD CCFP FCFP (Family Medicine) Brampton, ON  
Dr. Tina Whitty, BSc MD FRCPC (Anesthesiology) Barrie, ON  
Dr. Katharine Ryans, MD FRCPC (Anesthesiology) Toronto, ON  
Dr. Vanessa Young, MD Dip Sport Medicine (Family Medicine) Victoria, BC  
Dr. Kellie Scott, MD CCFP FCFP (Family Medicine) St. Thomas, ON  
Dr. Aisha Mirza, BSc MD CCFP(EM) DPD (Emergency Medicine), Edmonton, AB  
Dr. Irina Mihaescu, MD (Psychiatry Resident) St. John's, NL  
Dr. Ammara Sadiq, MBBCh CCFP (Family Medicine) Spruce Grove, AB  
Dr. Stephanie Block MD CCFP (Family Medicine) Thunder Bay, ON  
Dr. Lindsay Partridge, HBKin MSc MD CCFP (Family Medicine) Ottawa, ON  
Dr. Christine Thornton, BScN IP/NP MD CCFP(PC) (Hospitalist Medicine) Barrie, ON  
Dr. Tania Santodomingo Garzon MSc PhD MD CCFP (Family Medicine) Grande Prairie, AB  
Dr. Patricia McAavity, BA MD CCFP FCFP (Family Medicine) North Vancouver, BC  
Dr. Alicia Power, MD CCFP (Family Medicine) Victoria, BC  
Dr. Carla Saldanha, MD CCFP FCFP (Family Medicine) St. John's, NL  
Dr. Sandie Ouellet, MDCM CCFP (Family Medicine) Sept-Îles, QC  
Dr. Pascale Thibaudeau, MDCM FRCSC (Orthopaedic Surgery) Montreal, QC  
Dr. Chauntille Munchinsky MD CCFP (Family Medicine) Red Deer, AB  
Dr. Ken Lai, BSc MD DOHS (Family Physician) Newmarket, ON  
Dr. Nathalie Slaney, BScN MD CCFP (Family Physician) Sudbury, ON  
Dr. Anil Shastry, BSc MD FRCP (Rad) FRCP (Nuc Med) (Radiology) London, ON  
Dr. Siobhan Muldowney, BMSc MD CCFP FCFP (Family Physician) Perth, ON  
Dr. Nadia Brito Pateguana, BSc ND (Naturopathic Doctor) Toronto, ON  
Dr. Jane Healey, BSc MD FRCPC (Pediatrics) Mississauga, ON  
Dr. QueChi Hoang, Bsc MD (Family Medicine) Montreal, QC  
Dr. Rebecca Rappaport, MD CCFP (Family Medicine) North Bay, ON  
Dr. Hala Lahlou, MD CCFP(PC) (Family Medicine) Montreal, QC  
Dr. Elyssa Elman, MDCM CCFP (Family Medicine) Montréal, QC

Dr. Carolyn Snider, MD FRCPC (Emergency Medicine) Winnipeg, MB  
Ms. Andrea Lombardi, HBA MBA BHScPA CCPA (Physician Assistant) Newmarket, ON  
Dr. Erin Jamieson, BSc MD CCFP (Family Medicine) Ottawa, ON  
Stacey Reason, RN MScN EdD (Health Consultant) Toronto, ON  
Dr. Sandra Allison, BHSc MD MPH CCFP FRCPC (PHPM) Prince George, BC  
Dr. Tanya Tran, BSc MD CCFP (Family Medicine) Edmonton, AB  
Dr. Caroline Spiers, BSc MD CCFP (Family Medicine) Beaumont, AB  
Dr. Vajid Khan, BSc MD FRCPC (Radiology) Sarnia/Oakville, ON  
Dr. Ericka Defoort, Bsc MSc MD CCFP(EM) (Emergency Medicine) Peterborough, ON  
Dr. Don Wilson, BSN MD FRCSC (Obstetrics & Gynecology) Calgary, AB  
Becky Lockhart, RN(NP) BScN, PCNP (Registered Nurse) Livelong, SK  
Dr. Andrea Estey, MD FCRPC (Pediatrics) Edmonton, AB  
Dr. Maryse Mazerolle, BSc MD CCFP (Family Medicine) Cambridge/Dundas, ON  
Dr. Evelyne Bourdua-Roy, MD CCFP (Family Medicine) Contrecoeur, QC  
Dr. Charlotte Ballermann, BSc MD FRCSC (Obstetrics and Gynecology) Edmonton, AB  
Dr. Ginevra Mills, BSc BA MSc MD (Obstetrics and Gynecology Resident) Edmonton, AB  
Dr. Tanja Daws, MBChB BSc CCFP (Family Medicine) Comox, BC  
Dr. Katey Jakins, MD CCFP (Family Medicine) Oshawa, ON  
Dr. Jennifer Cortez, BA MPhil MD CCFP (Family Medicine) Comox, BC  
Dr. Andrea Estey, MD FRCPC (Pediatrics) Edmonton, AB  
Dr. Erin Killorn, MD FRCPC (Pediatric Emergency Medicine) Halifax, NS  
Dr. Sandra Landolt, MD FRCPC (Dermatology) FRCPC (Internal Medicine) Thornhill, ON  
Dr. Lyne Giroux, MD FRCPC (Dermatology) Sudbury, ON  
Dr. Sher-Ping Leung, BC FRCSC (General Surgery) Chilliwack, BC  
Dr. Alison Power, BSc BMBS CCFP (Family Medicine) Moncton, NB  
Dr. Amanda Pendergast, BSc MD CCFP FCFP (Family Medicine) St. John's, NL  
Dr. Sasha High, MD FRCPC (Internal Medicine) Mississauga, ON  
Dr. Jennifer Swainson, MD FRCPC (Psychiatry) Edmonton, AB  
Dr. Claudia Kraft, MSc MD CCFP(EM) (Emergency and Family Medicine) Yellowknife, NT  
Dr. Katherine Kasha, MD CCFP (Family Medicine) Edmonton, AB  
Dr. Naomi Nicholson, MD CCFP (Family Medicine) Lindsay, ON  
Dr. Deana Hathout, MD CCFP(EM) (Emergency and Family Medicine) Oakville, ON  
Dr. Loretta Seevaratnam, MD CCFP (Family Medicine) London, ON  
Dr. Kathryn Walker, BA BEd MD CCFP (Family Medicine) Cambridge, ON  
Dr. Charlene Kotzé, MBChB CCFP (Family and Occupational Medicine) Nanaimo, BC  
Dr. Michelle Yuen, MD CCFP (Family Medicine) Vancouver, BC  
Dr. Deanne Benning, MD, CCFP (Family Medicine) Calgary, AB  
Dr. Kelly Little, BSc MD CCFP (Family Medicine) Vancouver, BC  
Dr. Jessica Strasberg, BA MEd MD CCFP (Family Medicine) Kelowna, BC  
Dr. Clare Reade, MD MSc FRCSC (Gynecologic Oncology) Hamilton, ON  
Dr. Melissa Hanson, MD, (General Surgery Resident) Ottawa, ON  
Dr. Anna Rozenberg, MD FRCPC (Anesthesiology) Brantford, ON  
Dr. Sonia Sampson, MD FRCPC (Anesthesiology) St. John's, NL  
Dr. Jessica Zimble, Bsc MD CCFP (Family Medicine) Prince George, BC  
Dr. Susan Butow, MD CCFP (Family Medicine) Prince George, BC  
Dr. Lara Curtis, Bsc MDCM CCFP (Family Medicine) Edmonton, AB  
Dr. Kirsten Miller, MD FRCPC (Pediatrics) Prince George, BC  
Dr. Jennifer McDonald, MD CCFP (Family Medicine) Toronto, ON  
Barb Herbert, CHN (Nutritionist) Edmonton, AB

Dr. Jaclyn Oldham, MD CCFP (Family Medicine) Oshawa, ON  
Dr. Heidi von Engelbrechten, MD CCFP (Family Medicine) Calgary, AB  
Dr. Sarah Lasuta, MD CCFP (Family Medicine) Sechelt, BC  
Dr. Michelle Scheepers, MBChB FRCPC (Anesthesiology) Penticton, BC  
Dr. Amélie Desjardins Tessier, MD CCFP (Family Medicine) Montreal, QC  
Dr. Lisa Scott, MD (Family Medicine) Kincardine, ON  
Dr. Danielle Michaels, MD MEng CCFP (Family Medicine) Edmonton, AB  
Dr. Monique St Martin, MD (Family Medicine) Sudbury, ON  
Dr. Asmaa Hussain, MD FRCPC (Paediatrics) St Thomas, ON  
Dr. Laurence Kadoch, MD FRCPC (Radiology) Toronto, ON  
Dr. Patricia Disperati, MD FRCPC (Hematology) Toronto, ON  
Dr. Christine Federow, MD FRCPC (Anesthesiology) Edmonton, AB  
Dr. Lisa Pillo, MSc(HQ) MD FRCPC (Anesthesiology) Toronto, ON  
Dr. Nadia Alam, MD (Family Medicine-Anesthesia) Georgetown, ON  
Dr. Adriana Palencar, MD CCFP FCFP (Family and Emergency Medicine) Bowmanville, ON  
Dr. Lauren Reid, MD, FRCPC (Physical Medicine and Rehabilitation)  
Dr. Sukhjeen Nandra, MD (Family Medicine-Anesthesia) Oakville, ON  
Dr. Stephanie Popiel, BSc MSc MD CCFP (Family Medicine) Perth, ON  
Susan Allaby, BN RN (Registered Nurse) Norton, NB  
Dr. Laura Jull, MD CCFP (Family Medicine) Edmonton, AB  
Dr. Andrew Aresnault, DDS (Dentist) Saint John, NB  
Dr. Wendy Hall, MD FRCPC (Anesthesiology) Calgary, AB  
Dr. Allison Blain, BEd MD FRCPC (Anesthesiology and Chronic Pain) Hamilton, ON  
Dr. Sharon Szmulowicz, MD FRCPC (Psychiatry) Toronto, ON  
Dr. Allison Meiwald, BN MD FRCPC (Emergency Medicine) London, ON  
Dr. Miriam Berchuk, MD FRCPC (Anesthesiology) Calgary, AB  
Dr. Paige Demong, MD CCFP (Sports Medicine) Calgary, AB  
Dr. Laura Hogan, BSc MD CCFP (Family Medicine) Charlottetown, PE  
Dr. Grace Christou, MSc MD FRCPC (Hematology) Ottawa, ON  
Dr. Jennifer Tiffney, MD FRCPC (Psychiatry) Niagara Region, ON  
Dr. Lauren McLachlin, BHSc MD CCFP(PC) (Family Medicine) Collingwood, ON  
Dr. Megan Hayes, BSc(Community Health) MD CCFP (Family Medicine) Harbour Grace, NL  
Dr. Maral Nadjafi, MD FRCPC (Internal Medicine) Toronto, ON  
Dr. Jessica Hunter-Orange, BHScOT MD CCFP (Family Medicine) London, ON  
Dr. Jennifer Rustad, MA MD CCFP (Family Medicine) Toronto, ON  
Dr. Andrea Todd, MD PhD FRCPC (Anesthesiology) Calgary, AB  
Dr. Tania Oommen, MD FRCPC (Psychiatry) Edmonton, AB  
Dr. Cindi Cohen, BSc MD CCFP (Family Medicine) Saskatoon, SK  
Dr. Heather Gooden, BSc BA MD CCFP (Family Medicine) Calgary, AB  
Dr. Maleen Avery MD CCFP(Dip Sport Med) (Family Medicine) Winnipeg, MB  
Dr. Geoffrey Forbes, BSc MDCM (Family Medicine) Downsview, ON  
Dr. Jill Bailey, MD CCFP (Family Medicine) Orangeville, ON  
Dr. Alisha Campbell, MD CCFP (Family Medicine) Ottawa, ON  
Dr. Cynthia Fontaine, MD CCFP FCFP (Family Medicine) St. John's, NL  
Dr. Deanna Bellamy, MD CCFP (Family Medicine) Charlottetown, PE  
Dr. Ioana Solomon, MD (Family Medicine Resident) Edmonton, AB  
Dr. Nadine Taub, MD CCFP (Family Medicine) Vancouver, BC  
Dr. Emily Almaden-Camacho, MD CCFP (Family Medicine) Edmonton, AB  
Dr. Sarah Addleman, MDCM CCFP(EM) (Emergency Medicine) Ottawa, ON

Dr Jasmine Gandhi, MD FRCPC (Psychiatrist) Ottawa, ON  
Dr. Caroline Tyson, BSc MA MD FRCPC (Emergency Medicine) Vancouver, BC  
Dr. Michelle Sue, BSc MD CCFP (Family Physician) Mississauga, ON  
Dr. Cecile Smit ,MD CCFP (Family Medicine/Anesthesia) Port Alberni, BC  
Dr. Sheryl Seidman, MD (Emergency Medicine) Toronto, ON  
Dr. Ananya Das, MBChB (Family Medicine) Saskatoon, SK  
Dr. Carla Roberts, MD FRCSC (Obstetrics and Gynecology) Moncton, NB  
Dr. Allison Stasiuk, BSc(Pharm) MD (Family Medicine Resident) Brandon, MB  
Dr. Lynn Jacoby, MD FAAP (Pediatrics) Edmonton, AB  
Dr. Melissa Gear, MD CCFP (Family Medicine) Oromocto, NB  
Dr. Hedieh Molla Ghanbari, MD CCFP (Family Medicine) Toronto, ON  
Dr. Katy Smallwood, MD FRCSC (Obstetrics and Gynecology) Corner Brook, NL  
Dr. Melissa Aragon, MA MD (Family Practice) Squamish BC  
Dr. Robin Mc Master, MD CCFP (Family Medicine) Regina, SK  
Dr. Katarzyna Rycerz, MD CCFP (Family Medicine) London, ON  
Dr. Katherine Munnoch, MD FRCSC (Obstetrics and Gynecology) Timmins, ON  
Dr. Anya Brox, MD CCFP (Diabetologist) Vernon, BC  
Dr. Megan Schenke, MD CCFP (Family and Emergency Medicine) Pembroke, ON  
Dr. Toby Fainsilber, MDCM CCFP (First Nations Health) Cree community – Waswanipi  
Dr. Sarah Tuck, BA MD CCFP (Family Medicine) Ottawa, ON  
Dr. Katalin Koller, MD FRCPC (Geriatrics) Halifax, NS  
Dr. Michelle Ruhl, MD (Pediatric Resident) Calgary, AB  
Dr. Sarah Olesen, MD CCFP (Family Medicine) Calgary, AB  
Dr. Kendra Lamb, MD FRCSC (Obstetrics and Gynecology) Calgary, AB  
Chris Nutting, DC MSc (Nutrition) (Chiropractor) Edmonton, AB  
Dr. Debasish Das, MBChB (Family Medicine) Calgary, AB  
Dr. Allison Ye, BEng(Comp) MPH MD FRCPC (Radiation Oncology) Prince George, BC  
Dr. Shirin Mehra, MD (Family and Emergency Medicine) Stratford, ON  
Dr. Priya Govender, MBChB DA(SA) (Family Medicine) Calgary, AB  
Dr. Naureen Kasamali, MD FRCPC (Psychiatry) Edmonton, AB  
Dr. Amanda Pendergast. BSc MD CCFP FCFP (Family Medicine) St John's, NL  
Dr. Tehseen Ladha, MD FRCPC (Pediatrics) Edmonton, AB  
Dr. Vivian Liu, MD CCFP (Family Medicine) Toronto, ON  
Dr. Barbara Miller, MSc MD CCFP-EM (Emergency Medicine) Ottawa, ON  
Dr. Juliana Gorja, MD CCFP (Family Medicine) Toronto, ON  
Dr. Meghana Saincher, MD CCFP (Family Medicine) Calgary, AB  
Dr. Tonja Stothart, B.Sc BEd MD CFPC (Emergency Medicine) Ottawa, ON  
Dr. Samantha Hill, MDCM FRCSC (Cardiac Surgeon) Toronto, ON  
Kaylie Hoglin, BScN MN NP (Primary Care Hospital Team) Edmonton, AB  
Stephanie Grimm, B.A., BSN, RD (Guelph Family Health Team) Guelph, ON

**CC:**

Health Minister Philpott - Hon.Jane.Philpott@Canada.ca

CBC Health Toronto - tonews@cbc.ca

Richard O'Regan, Senior Producer, Television News, CBC Halifax - richard.oregan@cbc.ca

Chairs of the Standing Committee on Social Affairs - SOC-AFF-SOC@sen.parl.gc.ca

- Kelvin Kenneth Ogilvie - kelvin.ogilvie@sen.parl.gc.ca

- Art Eggleton, P.C. - art.eggleton@sen.parl.gc.ca

- Nancy Ruth – nancy.ruth@sen.parl.gc.ca

- Jacques Demers – line.tessier@sen.parl.gc.ca

- Norman Doyle – norman.doyle@sen.parl.gc.ca

- Linda Frum – linda.frum@sen.parl.gc.ca

- Pana Merchant – pana.merchant@sen.parl.gc.ca

- Chantal Petitclerc – chantal.petitclerc@sen.parl.gc.ca

- Carolyn Stewart Olsen – carolyn.stewart.olsen@sen.parl.gc.ca

- Judith Seidman – Judith.seidman@sen.parl.gc.ca

- Nancy Greene Raine – nancy.raine@sen.parl.gc.ca

Provincial health ministers:

- British Columbia, Hon Terry Lake - hlth.minister@gov.bc.ca

- NorthWest Territories, Hon Glen Abernethy - glen\_abernethy@gov.nt.ca

- Yukon, Hon Mike Nixon - mike.nixon@gov.yk.ca

- Nunavut, Hon George Hickes - info@gov.nu.ca

- Alberta, Hon Sarah Hoffman - health.minister@gov.ab.ca

- Saskatchewan, Hon Jim Reiter - he.minister@gov.sk.ca

- Manitoba, Hon Kelvin Goertzen - mgi@gov.mb.ca

- Ontario, Hon Dr. Eric Hoskins (infoline.moh@ontario.ca)

- Quebec, Hon Dr. Gaetan Barrette - ministre@msss.gouv.qc.ca

- Newfoundland and Labrador, Hon Dr. John Haggie - hcsminister@gov.nl.ca

- New Brunswick, Hon Victor Boudreau - Victor.Boudreau@gnb.ca

- Prince Edward Island, Hon Robert L. Henderson - rlhenderson@gov.pe.ca

- Nova Scotia, Hon Leo A. Glavine - Health.Minister@novascotia.ca

## References:

1. Twells, LK, Midodzi W, et al. Current and predicted prevalence of obesity in Canada: a trend analysis. *CMAJ Open*. Mar 3, 2014. Vol 2 (1), E18-E26.
2. Diabetes: Canada at The Tipping Point [homepage on the Internet]. [Cited 2016 Nov 28]. Available from: <https://www.diabetes.ca/CDA/media/documents/publications-and-newsletters/advocacy-reports/canada-at-the-tipping-point-english.pdf>
3. Janseen, Ian. The public health burden of obesity in Canada. *Canadian Journal of Diabetes*. Apr 2013. Vol 37 (2), 90-96.
4. The Standing Senate Committee on Social Affairs, Science and Technology Recommendations [homepage on the Internet]. [Cited 2016 Nov 28]. Available from: <http://www.parl.gc.ca/Content/SEN/Committee/421/soci/RMS/01mar16/Report-e.htm#recs>
5. Harcombe Z, Fergal G et al. Evidence from randomised controlled trials did not support the introduction of the dietary fat guidelines in 1977 and 1983: a systematic review and meta-analysis. *Open Heart* 2015, 2.
6. Mansoor N, K Retterstol et al. Effects of low-carbohydrate diets v. low-fat diets on body weight and cardiovascular risk factors: a meta-analysis of randomized control trials. *British Journal of Nutrition*. Feb 2016. 115 (3), 466-479.
7. Dietary Guidelines for Americans 2015 – 2020, Eighth edition [homepage on the Internet]. [Cited 2016 Nov 28]. Available from: <https://health.gov/dietaryguidelines/2015/guidelines/>
8. Siri-Tarino P, R Krauss et al. Meta-analysis of the prospective cohort studies evaluating the association of saturated fat with cardiovascular disease. *The Am J Clin Nutr*. Mar 2010. 91 (3), 535-546.
9. Food Based Dietary Guidelines, Brazil [homepage on the Internet]. [Cited 2016 Nov 28]. Available from: <http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/brazil/en/>
10. Feinman R, R Sundberg et al. Dietary carbohydrate restriction as the first approach in diabetes management: critical review and evidence base. *Nutrition*. Jan 2015. 31 (1), 1-13.
11. Willet W, J Manson, S Liu. Glycemic index, glycemic load, and risk of type 2 diabetes. *Am J Clin Nutr*. Jul 2012. 76 (1), 2745-2805.
12. Price, Weston. *Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects*. 1998.
13. Tobias D, F Hu et al. Effect of low-fat dietary interventions versus other diet interventions on long-term weight change in adults: a systematic review and meta-analysis. *Lancet Diabetes and Endocrinology*. Dec 2015. 3 (12), 968-979.
14. Malhotra A, T Noakes, S Phinney. It is time to bust the myth of physical inactivity and obesity: you cannot outrun a bad diet. *Br J Sports Med*. Apr 22, 2015.
15. DiNicolantonio J, J O'Keefe. Hypertension due to toxic white crystals in the diet: should we blame salt or sugar? *Progress in Cardiovascular Diseases*. July 20, 2016.
16. Mente A, M O'Donnell, S Yusuf. The population risks of dietary salt excess are exaggerated. *Can J Cardiology*. May 2014. 30 (5), 507-512.



17. DiNicolantonio J. The cardiometabolic consequences of replacing saturated fats with carbohydrates or  $\Omega$ -6 polyunsaturated fats: Do the dietary guidelines have it wrong? *Open Heart* 2014 (1).
18. Kratz M, T Baars, S Guyenet. The relationship between high-fat dairy consumption and obesity, cardiovascular and metabolic disease. *European Journal of Nutrition*. Feb 2013. 52 (1), 1-24.
19. Chowdhury R, E Angelantonio et al. Association of dietary, circulating, and supplement fatty acids with coronary risk: a systematic review and meta-analysis. *Annals Int Med*. Mar 18, 2014.
20. De Souza R, S Anand et al. Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. *BMJ* 2015, 351.
21. Brehm B, D D'Alessio et al. A randomized trial comparing a very low carbohydrate diet and a calorie-restricted low fat diet on body weight and cardiovascular risk factors in healthy women. *Journal of Clinical Endocrinology and Metabolism*. 2009, 88 (4).
22. De Souza R, S Anand et al. Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. *BMJ* 2015; 351.
23. Schwingshackl L, G Hoffman. Dietary fatty acids in the secondary prevention of coronary heart disease: a systematic review, meta-analysis and meta-regression. *Nutrition and Metabolism*. *BMJ Open* 2014 (4), 1-9.
24. Overweight and obesity in children and adolescents: Results from the 2009 to 2011 Canadian Health Measures Survey [homepage on the Internet]. [Cited 2016 Nov 28]. Available from: <http://www.statcan.gc.ca/pub/82-003-x/2012003/article/11706-eng.htm>
25. Teicholz, Nina. The scientific report guiding the US dietary guidelines: is it scientific? *BMJ* 2015; 351.
26. WHO Sugar Intake for Adults and Children [homepage on the Internet]. [Cited 2016 Dec 6]. Available from: [http://www.who.int/nutrition/publications/guidelines/sugars\\_intake/en/](http://www.who.int/nutrition/publications/guidelines/sugars_intake/en/)

## APPENDIX A

Key recommendations from the Report of the Standing Senate Committee on Social Affairs on Obesity in Canada and practical examples for Canadians.

### **Recommendation 6**

*The committee recommends that the Minister of Health immediately undertake a complete revision of Canada's food guide in order that it better reflect the current state of scientific evidence. The revised food guide must:*

- *Be evidence-based;*
- *Apply meal-based rather than nutrient-based principles;*
- *Effectively and prominently describe the benefits of fresh, whole foods compared to refined grains, ready-to-eat meals and processed foods; and,*
- *Make strong statements about restricting consumption of highly processed foods.*

We offer some common examples of real foods that will appeal Canadians who bring the wide range of cuisines to our national palate.

### Real Food Examples

**Fats & Proteins** - Eggs, sardines, mackerel, salmon, beef, chicken (with skin), lamb, pork, liver, kidney, heart, avocados, olives, full-fat cheese, full-fat yoghurt, cream, almonds, macadamia nuts, brazil nuts, walnuts

**Carbohydrates** - Broccoli, spinach, green beans, bell peppers, tomatoes, mushrooms, cauliflower, courgettes, onions, carrots, butternut squash, wild blueberries, strawberries, apples, oranges, lemons, parsnips, beans, legumes, potatoes, fermented breads, whole grains (rice, oats, bulgur, wheat berries, quinoa etc).

**Drinks** - Water, tea, herbal tea, fruit tea, coffee, whole milk, heavy cream

**Oils** - Beef tallow, butter, coconut oil, ghee, duck fat, lard and cold-pressed olive oil

### Fake processed food examples:

**Fats & Proteins** - Low-fat cheeses, low-fat yogurt, low-fat margarine, beans in sauce, flavoured nuts, canned whipped cream

**Carbohydrates** - Sugary cereals, refined breads, refined pastas, potato chips, biscuits, cakes, sweetened and dried fruit

**Drinks** - Sugary soft drinks, fruit juices, low-fat milk, sugary milkshakes, pre-packaged smoothies

**Oils** - Sunflower oil, corn oil, vegetable oil, soya oil and canola oil.\*

(\*adapted from <https://phcuk.org/>)

### *Recommendation 7*

*The committee further recommends that the Minister of Health revise the food guide on the guidance of an advisory body which:*

- *Comprises experts in relevant areas of study, including but not limited to nutrition, medicine, metabolism, biochemistry, and biology; and,*
- *Does not include representatives of the food or agriculture industries.*

## **Appendix B**

### **Brazilian Dietary Guidelines as an Example**

A model for consideration is the Dietary Guidelines for the Brazilian Population, which addresses many of the above points, but also focuses on their own 10 steps to Healthy diets, including:

1. Make natural or minimally processed foods the basis of your diet.
2. Use oils, fats, salt, and sugar in small amounts when seasoning and cooking natural or minimally processed foods and to create culinary preparations.
3. Limit consumption of processed foods.
4. Avoid consumption of ultra-processed foods.
5. Eat regularly and carefully in appropriate environments and, whenever possible, in company.
6. Shop in places that offer a variety of natural or minimally processed foods.
7. Develop, exercise and share cooking skills.
8. Plan your time to make food and eating important in your life.
9. Out of home, prefer places that serve freshly made meals.
10. Be wary of food advertising and marketing.

[http://189.28.128.100/dab/docs/portaldab/publicacoes/guia\\_alimentar\\_populacao\\_ingles.pdf](http://189.28.128.100/dab/docs/portaldab/publicacoes/guia_alimentar_populacao_ingles.pdf)

Of note in these guidelines is the absence of a focus on macronutrients and calorie counting. We believe the guidelines should reflect science and we trust Canadians will embrace a whole food lifestyle.

## Appendix C

Used with permission from Public Health Collaboration United Kingdom (<https://phcuk.org/>)

<https://phcuk.org/wp-content/uploads/2016/05/Healthy-Eating-Guidelines-Weight-Loss-Advice-For-The-United-Kingdom-Public-Health-Collaboration.pdf>

*“The Real Food Lifestyle is an approach that allows for individual flexibility, and accepts that a variety of real food diets can be used to maintain personal good health. In order to improve public health in the UK the Public Health Collaboration recommends that as a nation we follow The Real Food Lifestyle by eating real food, avoiding fake food and are active everyday.”*

A week of living The Real Food Lifestyle could be as follows:

	Breakfast	Lunch	Dinner	Snack	Activity
Monday	Full fat Greek yoghurt with nuts and berries	Salmon with green beans and boiled new potatoes	Chicken curry with cauliflower	Almond butter with celery	20 minutes strength exercise
Tuesday	Fried kippers with tomatoes	Lentil soup	Moussaka with grilled courgettes	Macadamia nuts	20 minutes walk at lunchtime
Wednesday	Full fat Greek yoghurt with nuts and berries	Frittata with salad and olive oil	Cream cheese stuffed chicken wrapped in bacon with buttered broccoli	Olives	4 minutes aerobic interval training
Thursday	Ground almond and flaxseed scone with butter and blueberries	Avocado and prawn salad with balsamic vinegar	Sirloin steak with cauliflower, spinach and garlic mash	Peach	20 minutes strength exercise
Friday	Strawberries and unsweetened coconut flakes	Homemade cream vegetable soup	Seafood and okra stir-fry cooked in coconut oil	Brazil nuts	20 minutes walk at lunchtime
Saturday	Scrambled eggs and bacon with fried	Tinned tuna and kidney bean salad with olive oil	Homemade beef bolognese with zucchini	Apricot	4 minutes aerobic interval training

	mushrooms		spaghetti		
Sunday	Full fat Greek yoghurt with nuts and berries	Roast chicken, potatoes and vegetables	Homemade cream of mushroom soup	Pecan nuts	1 hour walk in park or countryside