

A publication of the non-profit Centre for **Health Science and Law**

Food for Life Report

TAXED & UNDERTAXED TO DEATH: NOT AN ANTI-GOVERNMENT RANT

single issue price
\$8
(taxes incl.)

In this issue...

Jan/Feb 2017

SALTY TO A FAULT

p. 8,10

PRODUCT COMPARISONS

LASAGNA & CEREAL

p. 12

p. 18

PERFORMANCE NUTRITION

p. 24

BORN TO WALK

p. 26

INGREDIENT DECODER

p. 29



BACK, INDEPENDENT, AND NOW ALL-CANADIAN, NEW, AND IMPROVED.



Welcome to the first issue of *Food for Life Report*, made possible by financial and moral support from you. We aim to help make Canadians more savvy eaters, and governments and food companies

more accountable.

Food for Life Report will be advertisement-free and its non-profit publisher, the Centre for Health Science and Law, will maintain financial independence from industry and government. We will continue to operate from the former CBC radio studios beside Parliament Hill and our staff, contributors, and volunteers will contribute from across Canada. (If you want to be part of it, send a note and c.v. to HR@HealthScienceAndLaw.ca)

Give us your feedback anytime at <https://www.surveymonkey.com/r/Food-for-Life-Report> There's lots to write about what's on the menu in grocery stores, restaurants, workplaces, schools, and governments in Canada and elsewhere. And we aim to make *Food for Life Report* visually interesting in ways that both entertain and inform.

To make sure we keep our priorities straight, we'll keep a watchful eye on evidence of the human and economic burden of nutrition-related illness, including Canadian evidence from the Global Burden of Disease project (GBD, see p. 5). GBD estimates were updated in October to reflect new science, but Canadian government nutrition surveys are updated so rarely, these numbers don't reflect decade-long decreases in trans fat and pop consumption. That

should change.

The federal government's election platform promised to roll back harms caused by excesses of food marketing (food labelling and advertising to children) and manufacturing (sodium and trans fat). This is now Minister of Health Dr. Jane Philpott's job. Minister of Agriculture Lawrence MacAulay is mandated to create a "food policy that promotes healthy living..." but he is also legally mandated to promote a food industry that, frankly, profits from overeating, especially (but not only) processed foods. Canada's largest food retailer, Loblaw, also owns Canada's largest seller of meds for high blood pressure, blood cholesterol, and the like, Shoppers Drug Mart. So, conflict-of-interest safeguards must be top priorities in developing the strategy.

The new government also pledged to prize evidence and right-size the contributions of charities and non-profits in the public square where, for years, partisan political parties, companies, and industry associations have had the upper hand.

Change is coming. And the U.S. federal government may not be leading the way for at least the next four years. Let's help make sure it is change with substantial public health impact.

Bill Jeffery, BA, LLB

Executive Director and Founder
Centre for Health Science and Law
Ottawa

EXPERT ADVISORY BOARD

Mary L'Abbé, PhD
University of Toronto

Kevin Banks, SJD, LLB, BA
Centre for Law in the Contemporary Workplace
Queen's University

Jennifer Black, PhD, MS, RD
University of British Columbia

Norm Campbell, CM, MD, FRCPC
University of Calgary

Charlene Elliott, PhD
University of Calgary

Amandine Garde, PhD
University of Liverpool Law School
United Kingdom

Sara F. L. Kirk, PhD
Dalhousie University

Catherine L. Mah, MD, PhD
Memorial University

Mary McKenna, PhD, RD
University of New Brunswick

Andrew Pipe, CM, MD
Ottawa Heart Institute, University of Ottawa

Kim Raine, PhD, RD
University of Alberta

Mike Rayner, BA, DPhil
University of Oxford, United Kingdom

SUBSCRIPTIONS

Subscribe to *Food for Life Report* for one year (6 issues) for \$39 (plus shipping) on-line at: www.HealthScienceAndLaw.ca

Subscribe by mail for \$45 (including shipping and handling) by writing to:

Food for Life Report
c/o Centre for Health Science and Law
7th Floor, One Rideau Street
Ottawa, ON K1N 8S7

Your mailing label displays the expiry date of your subscription.

Return undeliverable mail to this address.

For bulk subscriptions or volume electronic subscriptions for professional counselling settings or workplace wellness programs, please contact:

CIRCULATION@HealthScienceAndLaw.ca

Publication Mail Agreement No. 4324-3513

Library of Canada ISSN: 2371--5995

