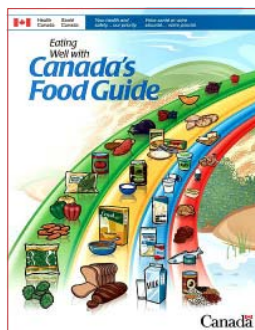




NUTRITION REPORT



Good format? . . . Bad format?



he declares is too much like the now defunct U.S. Food Pyramid.

Saying “Canadians are hungry for straight talk about diet and health,” Jeffery charged in a press release that many food industry players, who don’t prioritize consumer health, have exercised their influence through appointments to the Food Guide Advisory Committee and that their communiqués are being covered up by Health Canada.

As the Sodium Working Group

recommended last year, it’s time to take an evidence-based look at *Canada’s Food Guide* to make it fitter for public consumption.

“Health Canada must ensure that nobody with commercial

conflicts of interest has the inside track in formulating its advice and no oral or written input is considered unless it is put on the public record.”

Canada’s Food Guide’s colour-coded “rainbow” design was adopted in 1992 and compares as abstract and “cluttered,” with too much detail, critics say. While it is colorful, they question whether the rainbow is adequate reference mate-

rial for meal preparation.

For more info, visit <http://cspinet.org/canada/pdf/canadasfoodguide-vs-usfoodplate.pdf>, or www.choosemyplate.gov/

Veganism: A risk to heart health?

THAT ANYONE could be prone to heart disease without consuming animal fats seems unlikely to most health professionals, but some recent data suggests plant-only eaters may lack vital nutrients required for their cardiovascular well-being.

According to a recent article by Adriana Barton in the *Globe and Mail*, a review of dozens of articles on vegan diets published in the *Journal of Agricultural and Food Chemistry* reveals that advocates often lack adequate amounts of iron, zinc, vitamin B12 and omega-3 fatty acids in their diets. The study’s lead researcher, Dr. Duo Li, professor of nutrition at University of Hangzhou, China, says the blood of vegans contain a high platelet volume and clumping of platelets, increasing the risk of blood clots.

While Li advises taking supplements to compensate for these nutritional shortfalls, he is also quoted as encouraging people not to be vegan.

Meanwhile, other experts dispute links between veganism, and heart disease. David Jenkins, professor of nutritional sciences at University of Toronto suggests the role of “good” cholesterol is to move “bad” cholesterol away from arterial walls to the liver. This means the level of good cholesterol in vegan diet, which is low on artery-clogging fats, doesn’t need to be high.

Jenkins goes on to suggest that studies of folic acid and B12 haven’t necessarily established that reducing homocysteine levels will reduce heart disease or stroke risks.

Whether consumed in the diet, or by supplement, all experts on veganism appear to agree that sources of vitamin B12 and omega-3 fatty acids are essential to lowering the risk of heart disease and stroke.

Reference:

<http://pubs.acs.org/journal/cenear>

Has our Food Guide got it wrong?

BILL JEFFERY, Canadian Coordinator for the Centre of Science in the Public Interest (CSPI), reports that the U.S. Department of Health and Human Services’ new “Choose My Plate” website has punched some holes in *Canada’s Food Guide*, which

Keep the Beat recipes for healthy family meals

A FAMILY that dines together binds together. This is the theme of an ambitious publishing project by the U.S. National Heart, Lung and Blood Institute, which has compiled a cookbook of 40 kid-tested recipes comprising healthy entrees, side dishes and snacks. It also features time-saving tips for busy families.

The dishes were designed and created by chef/instructor David Kamen, who trained at the Culinary Institute of America, and reflect the principles of the *2010 Dietary Guidelines for Americans*. The recipes focus on meals that are low in satu-

rated fat, trans fat, cholesterol, sodium and added sugars.

Keep The Beat and individual recipes are available free on the “Keep The Beat: Deliciously Healthy Family Meals” website; hardcopies can be obtained through the NHLBI Health Information Center. You can also access a PDF of the recipes on Facebook.

References

<http://hin.nhlbi.nih.gov/healthyeating>

http://hp2010.nhlbi.nih.gov/healthyeating/pdfs/KTBFamilyCookbook_2010.pdf

www.nhlbi.nih.gov

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