



Ontario Society of Nutrition
Professionals in Public Health

La société ontarienne des professionnel(le)s
de la nutrition en santé publique

c/o Ontario Public Health Association
700 Lawrence Ave. West, Suite 310
Toronto, Ontario M6A 3B4

May 11, 2010

Wendy Burgoyne, Interim Best Start Manager
Best Start Resource Centre
Health Nexus
418 Mary Street East
Thunder Bay, ON P7E 4K3
1-800-397-9567 x2279
w.burgoyne@healthnexus.ca

Dear Wendy Burgoyne,

The Family Health Nutrition Advisory Group (FHNAG), a workgroup of the Ontario Society of Nutrition Professionals in Public Health (OSNPPH), is a group of Registered Dietitians and Public Health Nutritionists who specialize in nutrition issues related to reproductive and child health. Our organizations continue to support and use Best Start resources as we interact with families in our communities.

For example, Best Start's *Healthy Eating for a Healthy Baby* (January 2009) is commonly used to promote healthy eating during pregnancy. We find this resource very helpful when discussing nutrition with pregnant women. However, we have noticed there is a reference to limiting caffeine consumption to no more than 200 mg each day (on page 22). We understand this recommendation is based on the following reference:

Weng X, Odouli R, Li DK. Maternal caffeine consumption during pregnancy and the risk of miscarriage: a prospective cohort study. Am J Obstet Gynecol 2008;198:279.e1-e8.
(personal e-mail communication, Hiltrud Dawson, 3/15/2010)

In an effort to keep public health nutrition messages consistent, the FHNAG consulted Health Canada via e-mail and confirmed that Health Canada continues to recommend a limit of 300 mg of caffeine each day in pregnancy. Health Canada (Dr. Joel Rotstein, Bureau of Chemical Safety, Food Directorate of Health Canada, 4/30/2010) was also able to confirm by e-mail that there is no plan to change their current caffeine recommendation during pregnancy.

We are therefore requesting Best Start consider changing their caffeine during pregnancy recommendation back to 300 mg to align with the current Health Canada (Public Health Agency of Canada) recommendation.

(<http://www.phac-aspc.gc.ca/hp-gs/know-savoir/caffeine-eng.php>)

The FHNAG would be available for consultation, including reviewing any future revisions or development of Best Start nutrition-related resources. We can be accessed through info@osnp-ph.on.ca.

Sincerely,

Becky Blair, MSc, RD on behalf of:
Stephanie Leavitt, RD, Co-chair, Family Health Nutrition Advisory Group OSNPPH

A handwritten signature in black ink, appearing to read 'Barbara Bartle', written in a cursive style.

Barbara Bartle, RD, Co-chair, OSNPPH

cc: Cindy Scythes, Manager, Ontario Public Health Association