



Ontario Society of Nutrition
Professionals in Public Health

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

www.osnp-ph.on.ca

Martha Greenberg
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October 26, 2015

RE: Making Healthier Choices Act, Regulation Consultation Draft

Dear Ms. Greenberg:

On behalf of the Ontario Society of Nutrition Professionals in Public Health (OSNPPH), we are writing to provide recommendations regarding the draft Regulation to be made under the Making Healthier Choices Act, 2015.

OSNPPH is the independent and official voice of Registered Dietitians working in Ontario's public health system. OSNPPH provides leadership in public health nutrition by promoting and supporting member collaboration to improve the health of Ontario residents.

OSNPPH supports menu labelling as a population health strategy that assists consumers to make informed and healthier food choices outside the home. In our [key messages](#) and [position paper](#), OSNPPH had developed recommendations based on emerging evidence for menu labelling. Drawing on these works as well as additional expertise of our members, we are providing comments, rationale, and recommendations on the draft Regulation. These recommendations are based on menu labelling research conducted in other jurisdictions, and best practices in nutrition. Incorporating into the Regulation of key elements that have been shown to increase the effectiveness of providing nutrition information will ensure that this legislation is as impactful as possible for improving the health of Ontarians.

Please see the accompanying document for details of our recommendations regarding the draft Regulation. Particularly, we wish to emphasize these components as being of utmost importance:

- Remove any contextual statement regarding calories for children, at least until sufficient research has determined the appropriateness
- Include sodium in addition to calorie posting by January 2019



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- Appoint an expert body/bodies in nutrition to support interpretation and implementation, and for comprehensive evaluation, research, and monitoring

OSNPPH applauds the government for its leadership and commitment to this important legislation towards making the healthier choice the easiest choice given that Ontario families are increasingly relying on food and beverages prepared outside the home. We urge you to act on our recommendations to maximize the potential to create healthier and more transparent food environments in food service premises. We welcome further discussion with you.

Sincerely,

Renée Gaudet, RD, MHSc
OSNPPH Menu Labelling Working Group,
Chair

Evelyn Vaccari, RD, MHSc
OSNPPH, Co-Chair Year 2



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