

Keeping In Touch



Spring 2010

CFDR focuses on functional foods



The Canadian Foundation for Dietetic Research announced a new research program last fall: *Nutrition Research in Focus* features one large-scale

research project (\$50,000) focused on a “hot” topic.

Nutrition Research in Focus enables partners and constituents to have a say in determining the topic for this major project. In the winter, surveys were sent to all CFDR corporate partners and members of Dietitians of Canada to identify the “hot” topic. 779 survey responses were received in total. In the end, the topic of functional foods and their impact on health was selected.

Functional foods and nutraceuticals have been piquing interest with their promises to improve health and protect against chronic diseases. Those in the food industry, governments, and agriculture, as well as dietitians and consumers are eager for more information. CFDR’s new research project is expected to shed some light on this emerging nutrition area.

Applications for this research program are due in June and the project is scheduled to begin in the Fall. To obtain a copy of the RFP, contact [Isla Horvath](#).

Research Breakfast will showcase two functional foods projects

Two researchers in the functional foods area will present information about their CFDR-funded projects on May 6, 2010 at CFDR’s Research Breakfast. **Rhona Hanning PhD, RD**, and **Ashley Patterson, PhD (Cand)**, University of Waterloo, will present information on their research project, which compares people’s preferences

for fish, fish oil capsules and new foods with omega-3 added in the prevention of heart disease.

Judy Sheeshka, PhD, RD, University of Guelph, studied attitudes of Canadian dietitians about nutraceuticals and functional foods. She will present her research findings and discuss their impact on future dietetic practices.

After the event, summaries and presentations will be posted to CFDR’s website for further knowledge sharing.

Have you seen what’s new on CINDAR lately?

The Canadian Inventory of Nutrition and Dietetic Associated Research (CINDAR) is a dynamic database of nutrition and dietetic research in Canada. New information is added continuously.

If you’re wondering about the latest news in the research community on the topic of school food and beverage guidelines, for example, CINDAR is the place to look. (See new information on a research project on the implementation of such guidelines in BC, [here](#).)

CINDAR is a constantly changing database of research that has been completed or is ongoing right now. Search the database on specific topics (a search on Vitamin D, for example, results in a list of 43 research projects); or click on “What’s New” under the “Search for Abstracts” drop-down menu to see the latest updates.

CINDAR was established by Dietitians of Canada through a grant from the Canadian Foundation for Dietetic Research. Check out the wealth of information on research and investigators at www.cfdr.ca/cindar.html.



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The importance of nutrition research

By Isla Horvath, Executive Director, CFDR

With Nutrition Month just past, I've been thinking a lot about how valuable dietitians and researchers are to the health of Canadians. I wanted to share some thoughts with you, CFDR's constituents.



The value of nutrition research became infinitely clear to me in my own life with my father's recent diagnosis of kidney

disease. He visits a wonderful renal clinic to help him in the management of his disease and is able to talk with several health professionals. Most helpful, though, is the dietitian who has provided him and my mother with valuable tools and knowledge about the best foods to eat to slow the progression of the disease. My dad is always pleased when he and my mom return from their regular visit to the clinic having learned that his potassium and creatinine levels are steady, thanks to the alterations he has made in his diet. Although my parents know that the disease can't be cured, they both feel good knowing that they are contributing to better health through better nutrition. That nutrition knowledge was provided to them by a dietitian; and the knowledge about which foods are best in the management of kidney disease was developed through nutrition research. Thanks to the dietitian, and thanks to the researchers.

My appreciation for dietitians and nutrition researchers was further strengthened recently with my own diagnosis of celiac disease. Like my father, I found that the most helpful professionals in dealing with the disease were dietitians. They provided me with the tools I need to eat well for optimum health and I've never felt better; and I owe a huge debt of thanks to the researchers who discovered that celiac disease is managed through diet.

I'm telling this story not because I'm unique, but because I am **not** unique. Every Canadian is in some way

healthier because of nutrition research. They may consult with dietitians to manage their nutritional health, and the knowledge the dietitian provides is based on research. They may simply be eating healthier foods because food companies, learning from nutrition research, are making products with fewer trans fats, lower sodium, or other health benefits. **Every** Canadian benefits from nutrition research.

I'm proud to work with the Canadian Foundation for Dietetic Research, and I'm grateful for the work of dietitians and researchers. Most of all, I'm thankful to CFDR's corporate partners and DC members who believe in the value of nutrition research as strongly as I do. Thanks for helping to build a healthier Canada.

Webcast will shed light on sodium intake

Excess dietary sodium can contribute to many serious health risks, yet Canadians consume almost twice the amount of sodium needed for good health. CFDR, in partnership with the Canadian Council of Food and Nutrition (CCFN) will present a webcast that looks at sodium intake on April 28, 2010.

Researchers **Anna Farmer PhD, MPH, RD** and **Diana Mager PhD, RD** at the University of Alberta have been investigating Canadians' understanding of sodium and their willingness to reduce their intake of salt. Their research project was funded by CFDR, in collaboration with the BC Ministry of Healthy Living and Sport. Dr. Farmer will present the team's research findings during the webcast. Updates from Health Canada's Sodium Working Group, CCFN's Tracking Nutrition Trends report on sodium and more will round out the program, which is provided on a complimentary basis.

For more information or to register, visit www.cfdrr.ca. The webcast will be archived on the CFDR website for a year following the live presentation.

Looking for information on CFDR's research programs, researcher resources, project summaries, upcoming events, or more? Check out www.cfdrr.ca.



Legacy Leaders program recognizes long-term corporate partners

The Board of Directors of CFDR approved a new benefits program for CFDR's cornerstone supporters. The *Legacy Leaders* program recognizes those corporate partners whose financial commitment to CFDR is five or more consecutive years.

"CFDR would not be the strong, stable Foundation that it is today without the support of our *Legacy Leaders*," says **Lisa Beausoleil**, CFDR Board member and Co-Chair of the Foundation's Fundraising Committee. "Building a solid financial base enables us to plan for the future, to commit funds for research projects and to create long-term research programs."

A new logo has been created to identify our corporate leaders as proud CFDR supporters. The logo has been adapted for a recognition plaque – a prize "button" that



partners can display in their booths at trade shows or other venues. The plaques will be sent to all *Legacy Leaders* prior to the DC conference.

"We heard from our corporate partners that they are proud to support nutrition research and want to highlight their strong belief in evidence-based research results," says **Helen Ann Dillon**, Co-Chair of CFDR's Fundraising Committee.

"These buttons are a concrete way in which they can acknowledge their support. We are proud of our relationship with our corporate partners and hope they will display the buttons prominently."

Additional benefits and recognition, beyond the list of already existing partner benefits, will be extended to our *Legacy Leaders*. Information will be shared personally with each *Legacy Leader* in the coming months.

CFDR's *Legacy Leaders*

FOUNDER *LEGACY LEADERS*

Dairy Farmers of Canada
Dietitians of Canada
Nestlé Healthcare Nutrition

BENEFACTOR *LEGACY LEADERS*

The Centrum Foundation and Wyeth Consumer Health Care Inc.

SPONSOR *LEGACY LEADERS*

Campbell's Food Service and Campbell Company of Canada
Compass Group Canada
Kraft Canada Inc.
McCain Foods (Canada)
McDonald's Restaurants of Canada Limited
Unilever Canada Inc.

PATRON *LEGACY LEADERS*

Abbott Nutrition Canada
Almond Board of California
ARAMARK Canada Ltd.
Canola Council of Canada
Egg Farmers of Canada
General Mills Canada Corporation
Kellogg Canada Inc.
Mead Johnson Nutritionals
PepsiCo Canada

Kellogg Canada renews support of CFDR

CFDR recognized Kellogg Canada for renewing its partnership support at the Annual General Meeting in November 2009. Kellogg's contributed to CFDR's first corporate

fundraising campaign in 1993 and has been a partner ever since. Through the years, they have also supported the Fun Run held at the Dietitians of Canada conference as a sponsor, and the Corporate Golf Challenge through registering foursomes and donating silent auction items.

Kellogg Canada renewed its pledge to CFDR for the next five years, demonstrating the company's belief in the value of nutrition research.



Lisa Beausoleil, CFDR Fundraising Committee Co-Chair presents a plaque to Kate Cole, Nutrition Marketing Business Partner at Kellogg Canada.

CFDR to offer award in partnership with CIHR

A new research training award will be available through a partnership of the Canadian Foundation for Dietetic Research and the Canadian Institutes of Health Research (CIHR). The grant is part of CIHR's Small Health Organizations Partnership Program (SHOPP), a program focused on helping small health organizations, like CFDR, to increase their health research capacity.

One award will be available through SHOPP's graduate student trainee program and will be awarded to a Master's student in dietetics. Participation in CIHR's SHOPP program demonstrates CFDR's commitment to investing in the dietetic researchers of the future.

Further information will be available in June 2010 and posted to CIHR's and CFDR's websites. Applications will be submitted through CIHR and will be due in February 2011.

CFDR recognizes retiring board member

Caroline Ruzicka, Technology Management Director, Unilever North America, was recognized with a Lifetime Membership plaque at CFDR's Annual General Meeting in November 2009. Caroline joined the CFDR Board in November 2007 for a 2-year term. In addition, Caroline served on the CFDR corporate Fundraising Committee for a year, helping to develop strategies to encourage new companies to join CFDR as corporate partners.

The CFDR Board Nominations Committee is collecting nominations for Board positions beginning in November 2010. Interested? Contact [Isla Horvath](mailto:Isla.Horvath@cfdr.ca).

Online portal makes giving easy

Many people have discovered how easy it is to support nutrition research on-line. Through CanadaHelps.org, a national giving portal, donors can make a donation to CFDR using their credit cards at their computers. Tax receipts are emailed immediately. Visit www.cfdr.ca and click on the "Donate Now" button. And thanks to all those who have contributed on line already.



Coming Up ...

April 28, 2010 – Consumers and sodium: a pinch of understanding

Complimentary webcast: visit www.cfdr.ca

May 6, 2010 – CFDR's Research Breakfast

Delta Toronto Airport West Hotel: focus on Functional Foods.

May 27 - 28, 2010 – CFDR Research at Dietitians of Canada conference

Montreal, QC: Hear 18 oral presentations on a variety of topics. *New this year: Guided Poster Tours*, Thursday, May 27. Also, posters will be on display throughout Thursday and Friday.

May 28, 2010 – 6th Annual Fun Run/Walk

Montreal, Quebec – enjoy the route on beautiful Mount Royal. Thanks to our event sponsors:

Platinum:

Nestlé Healthcare
Nutrition



Gold: Dairy
Farmers of Canada



Silver: Egg Farmers of Canada
PepsiCo Canada

... and thanks to our Bronze sponsors, donors and participants.

September 13, 2010 - 9th Annual Corporate Golf Challenge

Piper's Heath Golf Course, Hornby, ON.

Thanks to our main event sponsor **Nestlé Healthcare Nutrition**, dinner sponsor **Dairy Farmers of Canada**, and all donors and registrants.

For information on any CFDR event, contact [Isla Horvath](mailto:Isla.Horvath@cfdr.ca).

Comments? Questions?

We're committed to establishing stronger relationships with those who support the Foundation's work.

If you have any comments or questions about material in this newsletter, or about CFDR, we want to hear from you. See page 1 for our contact information or send an Email to [Isla Horvath](mailto:Isla.Horvath@cfdr.ca), CFDR's Executive Director, at ihorvath_cfdr@dietitians.ca.