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# Keeping In Touch

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Summer 2004



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CANADIAN  
FOUNDATION  
FOR DIETETIC  
RESEARCH

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LA RECHERCHE  
EN DIÉTÉTIQUE

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## CFDR Supports Dietitians for Innovative Research in their Practice

Four dietitians and their teams have been awarded research grants totaling \$60,000 in this year's Canadian Foundation for Dietetic Research (CFDR) grant competition. The recipients were announced on June 18 at the Dietitians of Canada annual meeting in Vancouver, BC

"By supporting high quality applied nutrition and dietetic research, CFDR contributes to the health of Canadians," indicates Nancy Schwartz, PhD, FDC, President of CFDR. "The Foundation is pleased to support research that can be used as a basis for communicating nutrition messages to consumers and for developing nutrition policy within institutions, government agencies and corporations."

CFDR extends congratulations to all those who participated in the 2004 competition. The projects funded for 2004, along with other CFDR-funded research, generate scientific evidence to support the professional practice of dietitians. "The end result is a positive impact on the health of Canadians," concludes Dr. Schwartz.

Once again this year's competition reflects the diversity of the practice of dietetics.

- *investigating a way to prevent heart disease and certain immune disorders by getting a better dietary balance of the two families of "essential" fats that are needed in our diet*
- *developing acceptable sources of the B vitamin folate in puréed foods for residents of long-term care facilities, leading to prevention of heart disease and*

*neurological problems by reducing the build-up of harmful homocysteine in the blood*

- *exploring the best ways to target women in their midlife with messages that will impel them to consume enough of the nutrients that are the building blocks for bone, thus preventing or delaying osteoporosis and fractures later in life*
- *using nutrition to improve the long-term health of patients undergoing cardiac bypass surgery, by having them focus on "low glycemic index" foods that will help their bodies cope with insulin resistance*

The projects were selected based on the quality of the proposals submitted as well as their potential to contribute to the research base that guides the professional practice of dietitians. The knowledge base generated from this research will promote the development of effective nutrition communications, programs and policies.

Since 1993 when CFDR awarded its first two research grants, 60 dietitians and their teams have been funded nearly \$600,000 to undertake research related to their practice. Through the generous support of corporate donors and individual members of Dietitians of Canada, the Foundation continues to thrive and ensures that dietitians maintain their place as the voice of nutrition in Canada.

For further information on these awards and other CFDR-sponsored research, visit the website for the Canadian Inventory of Nutrition and Dietetic Associated Research (CINDAR) at [www.dietitians.ca/cfdrrresearch/index.html](http://www.dietitians.ca/cfdrrresearch/index.html)

## CFDR Upgrades its Unique Research Database

CFDR is proud to launch a new-and-improved Canadian Inventory of Nutrition and Dietetic Associated Research (CINDAR). As of July 2004, along with an updated look and a more user-friendly appeal, CINDAR will boast a powerful search engine that will be able to scan the vast resources in the Dietitians of Canada databank. By setting up links with other organizations, CINDAR also will make information available to other researchers in fields associated with nutrition and dietetics.

The Foundation through CINDAR will continue to encourage dietitians to include research in their everyday practice. To further promote the excellent research being supported by CFDR, abstracts of CFDR-funded research will be profiled on the DC web site: on the public site, the News Room and the Members Only site.

The database, initiated in 1998, provides a resource that supports dietetic practice by offering a consolidated source of self-populated research activities that are being undertaken in Canada. In 2002, seeing it as a valuable opportunity to increase capacity for sharing research activities within its own community and with practicing dietitians, the Canadian Society for Nutritional Sciences embraced CINDAR and hosts it on the CSNS web site for its members to access. The new changes to debut in July 2004 build on this success.

Visit the new, enhanced CINDAR at [www.dietitians.ca/cfdrrsearch/index.html](http://www.dietitians.ca/cfdrrsearch/index.html).

## CFDR Third Annual Corporate Golf Challenge

Enthusiasm is high in anticipation of the Third Annual Corporate Golf Challenge scheduled for September 13 at the beautiful Royal Ashburn Golf Club. Many companies who participated in 2003 are returning, including the defending champions from McCain Foods!

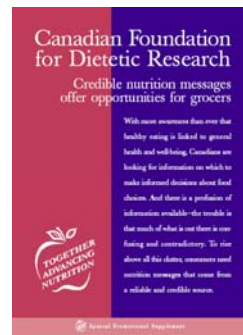


Building on the success of previous years, CFDR is aiming to raise \$75,000 for dietetic research. Novartis Medical Nutrition has signed on as the event sponsor. The hole-in-one prize is a MINI Cooper generously supplied by MINI Downtown.

A few foursomes remain, along with some sponsorship opportunities. Join us on September 13 for a spectacular day of golf and networking followed by dinner, a silent auction and presentation of prizes. Don't delay – save your spot by contacting CFDR immediately!

## CFDR Reaches Out to Grocers

CFDR was pleased to have a special 6-page promotional insert in the June 2004 issue of *Canadian Grocer* magazine, reaching nearly 60,000 readers nationally.



The insert promotes the credibility of consumer messages from Dietitians of Canada (DC) and its members because they are based on research – funded by its foundation, CFDR.

It encourages grocers to look to DC as a source of reliable and meaningful nutrition

messages they can pass along to help consumers make informed food choices.

The insert highlights four examples of highly successful CFDR-funded research projects that demonstrate opportunities for grocery stores to be involved in passing on important nutrition messages. One highlighted project evaluated the nutrition learning of kids taking supermarket tours conducted by registered dietitians. Another looked at the effectiveness of a Nutrition Centre in a supermarket, a focal point where consumers can talk face-to-face with a registered dietitian.

*Canadian Grocer* reaches store operations personnel at supermarket chain head offices, chain and independent supermarket store operators, wholesalers, food brokers and manufacturers of packaged goods, equipment and supplies for supermarkets.

## 2005 Competition to Award \$60,000

At the recent Dietitians of Canada annual meeting in Vancouver, British Columbia, it was announced that the CFDR Board of Directors has approved \$60,000 for the 2005 grants competition. The guidelines for this competition will be posted to the CFDR website in July, at [www.dietitians.ca/cfdr/grants.htm](http://www.dietitians.ca/cfdr/grants.htm).