



CANADIAN FOUNDATION FOR DIETETIC RESEARCH

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Canadian Foundation for Dietetic Research Announces Funding for Six Research Projects

Toronto, June 2012 – The Canadian Foundation for Dietetic Research (CFDR) approved funding of \$100,000 this month for six projects under its 2012 Annual Grants Competition. In making the grants announcement Cathy Paroschy Harris, RD, President of CFDR, said, “Our Scientific Review Committee was pleased with the quality of research applications received. The approved grants will fill knowledge gaps in several areas of nutrition and dietetic practice research.”

The six research projects are:

Phosphorus and potassium content of low sodium meat, poultry and fish products: implications for patients with chronic kidney disease - Pauline Darling MSc, PhD, RD, St. Michael’s Hospital, Toronto, ON. Sodium reduction of processed foods is often accompanied by the addition of potassium salts and phosphate-containing additives. This increased mineral load presents a challenge for patients with chronic kidney disease (CKD) who are often educated to choose low sodium products while limiting dietary phosphorus and potassium. This study will evaluate the phosphorus and potassium content of meat, poultry, and fish products containing varying amounts of sodium and food additives. This study will provide new quantitative information regarding the phosphorus and potassium content of low sodium foods and additive-containing food products in the Canadian food supply. This will enhance dietary interventions and enable patients with CKD to make more informed food choices, which can help with the management of their disease.

Does the lipid-lowering effect of soy foods differ based on equol status? A meta-analysis of randomized controlled trials - Julia MW Wong, PhD, RD, St. Michael’s Hospital, Toronto, ON. Recent analyses have challenged the effectiveness of soy foods as part of a cardiovascular risk reduction diet. Smaller lipid reductions than previously reported may possibly be due to inherent phenotypical differences. The researchers will conduct a systematic review and meta-analysis to assess the evidence for effect modification of the lipid-lowering effect of soy foods by equol status. The results of this project, which will synthesize the highest-quality available evidence, will provide evidence to clarify the role of soy foods as part of nutrition recommendations and counseling approaches for effective lipid-lowering strategies as part of a dietary approach to cardiovascular health.

Evaluation of supplementation habits and dietary intakes of young athletes - Jill Parnell, PhD, Mount Royal University, Calgary, AB. Young Canadian athletes may have suboptimal dietary intakes and consume dietary supplements to enhance physical performance and promote health; however, they lack sources of reliable information regarding the potential benefits or risks. The research team will investigate the dietary intakes and supplement use in young Canadian athletes; and they will evaluate the potential of electronic media for providing nutrition education to young athletes. The results will help Registered Dietitians to develop evidence-based recommendations. Information regarding familiarity and preferences for electronic media will support the development of nutrition services that can be accessed by all athletes.

Food security and the transition from homelessness to housing: a critical ethnography - Karen Davison, PhD, RD, University of British Columbia. Homelessness is a major social problem that precipitates mortality, violence, mental illness, and morbidity. Although shelter and nutritious food are provided to manage homelessness, gaps in knowledge exist as to why people residing in transitional housing suffer from high rates of nutrition-related disease. This study will examine the research question: what relationships exist between food and the provision of transitional shelter? This research could lead to the development of food systems that are more sensitive to the needs of people living in transitional housing that are marginalized by various inequities.

How much vitamin D is required to be protective against deficiency during the winter months? An investigation in elderly men living in a long-term care facility - Isabelle Germain, PhD(c) MSc DtP, St. Anne's Hospital, Montreal, QC. By 2025, 20% of Canadians will be over 65 years of age. Emerging research suggests that higher vitamin D status improves musculoskeletal health and rheumatoid arthritis (RA). To date, no dose-response study has examined if optimizing vitamin D status improves bone metabolism, musculoskeletal health and RA outcomes combined. This study will evaluate the impact of vitamin D supplementation in senior men. The observations are relevant to establishing vitamin D recommendations for this age/sex group based on evidence rather than extrapolation.

Vitamin D intake and bone health in adults with diabetic nephropathy - Diana Mager PhD, RD, University of Alberta, Edmonton, AB. Adults with diabetic nephropathy have suboptimal vitamin D status and poor bone health due to inadequate intakes of vitamin D. This study will examine dietary intake of vitamin D in adults with diabetic nephropathy and the potential interrelationships with vitamin D intake to vitamin D status and bone health in this vulnerable population.

The Canadian Foundation for Dietetic Research was created in 1991 by Dietitians of Canada to support applied nutrition and dietetic practice research. Thanks to the generous support of corporate donors and individual members of Dietitians of Canada, CFDR has awarded research grants annually since 1993. To date, CFDR has funded more than 100 research teams across the country, awarding more than \$1,435,000 in grants. The CFDR research program supports the Foundation's mission: *Enhancing the health of Canadians by contributing new knowledge about food and nutrition.*

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