

### News Flash

April 12, 2007

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#### Items in this News Flash:

- More warnings about high sodium intakes
- Practical tips for slashing sodium from Chinese food
- Why a fat tax makes sense
- NEW -National Food Guide for First Nations, Inuit and Metis

#### **More warnings about high sodium intakes**

*Canadians too salty, Statscan says*

The Globe and Mail, April 10, 2007

<http://www.theglobeandmail.com/servlet/story/RTGAM.20070410.wbadsalt0410/BNStory/specialScienceandHealth/home>

*Canadians stuffing too much salt in diets, StatsCan says*

CBC News, April 10, 2007

<http://www.cbc.ca/health/story/2007/04/10/salt-diet.html>

*A shaky future: Most Canadians consume twice the safe level*

The Globe and Mail, April 11, 2007

<http://www.theglobeandmail.com/servlet/story/LAC.20070411.HSALT11/TPStory/?query=salt>

*Salted Up? How much sodium does your body need?*

CBC News, April 10, 2007

<http://www.cbc.ca/news/background/health/sodium.html>

#### **Practical tips for slashing sodium from Chinese food**

*How to cut the sodium in Chinese cuisine*

The Globe and Mail, April 10, 2007

<http://www.theglobeandmail.com/servlet/story/LAC.20070411.HBECK11/TPStory/?query=salt>

Traditional heart-healthy Chinese cuisine is not what you'll find in many Chinese restaurants. The Washington-based Center for Science in the Public Interest, analyzed the nutritional content of typical Chinese restaurant dishes finding they are awash in calories and sodium.

For example, an order of stir-fried greens was found to deliver 900 calories and 2,200 mg of sodium. The average adult should limit daily sodium to 2300 mg. Sedentary men aged 19 to 50 need about 2,400 calories a day; women need roughly 1,850.

It's not all bad news. The saturated and trans fat content of many Chinese dishes is lower than what you'll find in other ethnic dishes.

Tips for the next time you eat Chinese cuisine:

Choose

- Steamed vegetables, dishes stir-fried in less oil, and sauces served on the side and brown rice.
- Extra vegetables to substitute for meat.
- Steamed, boiled, braised, *jum* (poached), *kow* (roasted) and *shu* (barbecued) items. Ask for steamed rice instead of fried rice or noodles.
- Dishes made with seafood, fish and tofu (not deep fried) are typically lower in calories and saturated fat.
- Chopsticks to slow down your eating and eat less of the sodium-rich sauce.

Avoid

- Deep-fried, crispy, batter-dipped, breaded and fried items such as lemon chicken, orange crispy beef, egg rolls and spring rolls.
- Soy sauce at the table (1,000 mg of sodium per tablespoon), use only a little dipping sauce, skip the soup and ask that dishes be prepared without MSG .

Find out more: <http://www.cspinet.org/new/200703211.html>

### **Why a fat tax makes sense**

*Why the obesity epidemic justifies a fat tax*

The Globe and Mail, April 11, 2007

<http://www.theglobeandmail.com/servlet/story/RTGAM.20070411.wcomment0411/BNStory/National/home>

We ban the sale of cigarettes to children and tax heavily to discourage smoking by adults. Tobacco companies are forbidden to advertise. Why? Because we know smoking may cause cancer and other ailments. We have similar policies discouraging the use of alcohol.

The new health problem is obesity. We know colas and other sugary drinks are significant contributors to obesity. They are not as dangerous to health as smoking and drinking, so we probably couldn't justify banning their sale to children, but there is certainly a case for taxing them to raise prices and reduce consumption.

Adding taxes to double the price of unhealthy foods would certainly make shoppers think again. A farfetched idea? Not really. We don't allow the sale of products known to be poisonous, so why not discourage consumption of products which we now know will be dangerous to health when eaten to excess over time?

We use tax policy to influence all sorts of private decisions to produce what we consider to be socially desirable results. The progressive income tax itself is intended to bear more

heavily on the rich than the poor. Revenues from taxes on unhealthy foods would at least ease the rising burden on health services.

**NEW- National Food Guide for First Nations, Inuit and Metis**

*Canada introduces food guide aimed at First Nations, Inuit and Metis people*

National Post, April 12, 2007

<http://www.canada.com/nationalpost/news/story.html?id=b566a6de-9aa0-461c-bea8-da20413783ae&k=32411>

Canada introduces food guide aimed at natives

CTV News, April 12, 2007

[http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070412/natives\\_foodguide\\_070412/20070412?hub=Health](http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20070412/natives_foodguide_070412/20070412?hub=Health)

*Canada's New Government launches first ever national Food Guide for First Nations, Inuit and Metis*

Launched today is the first ever national food guide for First Nations, Inuit and Metis - "Eating Well with Canada's Food Guide – First Nations Inuit and Metis."

Designed to complement the new 2007 version of Canada's Food Guide, this guide reflects the unique values, traditions and food choices of Aboriginal populations.

National Aboriginal Organizations and intermediaries, such as nutrition professionals, confirmed their support for a nationally tailored First Nations, Inuit and Metis food guide and have been engaged at all stages of its development. In fact, more than 400 people were consulted over the past two years.

Find out more:

Eating well with Canada's Food Guide – First Nations, Inuit and Metis: [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index_e.html)



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