

LETTER TO THE EDITOR

Let the Guide be your guide

To the Editor,

Re: "Canada's Food Guide,"
February 1 Weekender editorial.

You're right: a balanced diet is best and there is no one-size-fits-all approach to eating. The new Food Guide is the best tool we've seen to help us make healthier choices.

Registered Dietitians, the only professionals fully trained in dietetics and legally mandated to provide accurate nutrition information, are the best source of nutrition advice, especially for those with health conditions requiring specific diets from the Guide's recommendations.

The Guide encourages us to eat more plant-based protein, with higher fibre and less fat, a smaller impact on the environment and lower cost. Poor diets are a main risk factor for chronic diseases that account for about one-third of direct health care costs. Unfortunately, too often the food industry influences us through its advertising. The food that's available should support the needs of society, not corporate profit.

Additionally, many in Timiskaming cannot afford

healthy food, and the solution is not in budgeting or cooking skills. It's a result of poverty, which can be fixed with government policy change like higher social assistance rates, more secure job opportunities with benefits, and basic income for all.

Let's celebrate the Food Guide for what it is: up-to-date

guidance that gives priority to health over money and that highlights much needed ways of working together that make it easier for Canadians to eat healthy.

Sincerely,

Laura Dias,

Public Health Dietitian,
Timiskaming Health Unit