



444 McLeod St.
Regina, SK S4N 4Y1
Phone: (306) 949-6999
Fax: (306) 949-2605

SASKMILK STATEMENT ON THE NEW CANADA FOOD GUIDE

Health Canada's revamped Food Guide, released on January 22nd following months of speculation, reveals a shift in the recommended diet for Canadians. Removing the classic food groups and portion sizes, the Food Guide instead focuses on identifying food options in the fruit & vegetable, protein, and whole grain categories.

We are concerned that objective science has been ignored in some areas of the new Food Guide. While we recognize that dairy is still featured in the Protein category, its lesser emphasis and the recommendations for lower-fat dairy are troubling. Research continues to show that healthy animal-based proteins, like dairy and meat, play an important role in a healthy lifestyle. In fact, it shows that dairy has some of the highest-quality protein available due to its higher protein content by volume, better protein digestibility, and a more balanced content of essential amino acids. Health Canada's own 2015 study showed that the average Canadian is short on eight nutrients, six of which can be found in milk, making a recommendation to reduce intake puzzling.

Modern science also doesn't support minimizing all fat; saturated fats from dairy are associated with lower cardiovascular disease risk, and the role of saturated fat in health is dependent on the source and type, not just the amount. Further, there is a growing body of evidence that dairy products – including full fat – are associated with reduced risk for Type 2 Diabetes.

SaskMilk will continue to provide the best information possible about the nutrients and contents of dairy, and we hope that consumers will continue to recognize the benefits of including dairy products in their healthy diets.

SaskMilk