



## Health Products and Food Branch

### Healthy Eating

Health Canada is dedicated to helping Canadians maintain and improve their health and understands that eating a nutritious and balanced diet is one of the best ways to protect and promote good health.

#### Office of Nutrition Policy and Promotion

The Health Products and Food Branch (HPFB) of Health Canada is responsible for the regulation of health products and food in Canada. Through its Office of Nutrition Policy and Promotion (ONPP), HPFB provides Canadians with expert advice on nutrition and promotes their nutritional health and well-being by defining, promoting and implementing evidence-based nutritional policies and standards. ONPP serves as a focal point for nutrition in Health Canada and provides national leadership in promoting and supporting healthy eating.

#### Setting national nutrition policies and standards

All of ONPP's policies and publications reflect the best and latest medical, biological, social, economic and environmental evidence available. The office also takes current standards and practices adopted by other countries and international agencies, such as the World Health Organization, into account when developing policies for Canada. ONPP works to better understand what Canadians eat and the key factors that influence eating behaviour.

#### Working collaboratively

Nutritional issues cut across a range of other areas, and decisions related to health, agriculture, education, social and economic policy all have an impact on the nutrition and health of Canadians. Recognizing this broad scope, ONPP works collaboratively with its partners, including all levels of government, public and private agencies as well as other organizations across Canada and around the world to promote and support healthy eating.

#### Benefits to Canadians

ONPP considers the needs, attitudes and behaviour of Canadians, as well as current scientific knowledge, when developing health policies for Canadians. This work results in improved resources and better nutritional information for Canadians. The most widely known ONPP publication is Canada's Food Guide to Healthy Eating. Educators, health professionals and other groups who communicate nutritional information to a variety of audiences rely on ONPP's resources and products.

Health Canada, through the work of ONPP, is recognized as a trusted source of evidence-based information about nutrition. By developing and distributing a broad range of information on nutritional topics such as dietary guidance, nutrition labelling, healthy weights and healthy pregnancy, ONPP helps Canadians adopt healthy eating patterns that promote good health.

#### Health Canada

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#### Office of Nutrition Policy and Promotion

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