Program: The Total Diet Study

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In Partnership With
Health Canada

Objective:
➢ The food composites are analysed for toxic and nutritionally important chemicals, by the Food Research Division in the Bureau of Chemical Safety, and their partners
➢ The measured concentrations are then combined with food intake information to give estimates of the dietary intakes of these chemicals for Canadians

Background:
➢ Recommended by the World Health Organization (WHO) for accurate estimates of dietary intakes of contaminants.
➢ Since 1969, Health Canada has conducted Total Diet Studies in five different periods of time to estimate the levels of chemicals to which Canadians in different age-sex groups are exposed through the food supply.
➢ These studies are organized by the Food Research Division in the Bureau of Chemical Safety.
➢ Supported by partners both within Health Canada (e.g., the Nutrition Research and Evaluation Divisions, the Regional Laboratories of the Health Products and Food Branch, Pest Management Regulatory Agency, and outside of Health Canada such as Canadian Food Inspection Agency, and Kemptville Campus, University of Guelph).

Procedures:
➢ The food samples are sent to the Kemptville Campus, University of Guelph
➢ They are processed as for consumption in the average household kitchen
➢ The processed foods are then mixed according to each category to make composites (140)
➢ Frozen samples are delivered to the Food Research Division in the Bureau of Chemical Safety, Ottawa
➢ They then analyse the composites for toxic and nutritionally important chemicals
➢ The measured concentrations are then combined with food intake information to give estimates of the dietary intakes of these chemicals for Canadians

Support Appreciated from:
Health Canada
World Health Organization
Canadian Food Inspection Agency

Community Benefits Include: Safer and healthier foods