

**NFS 1212H**  
**Regulation of Food Composition, Health Claims and Safety**

Fall 2015

Thurs 1-3 PM, Room 139, FitzGerald Building (150 College Street)

Course Coordinators:

Professors Harvey Anderson and Kathy Musa-Velosa

Rationale:

The Canadian food industry is producing new foods and food ingredients in response to consumer demand and lifestyle, new crops that offer advantages over traditional crops (e.g., improved resilience against pathogens or environmental stressors or enhanced nutritional attributes), and functional foods for the maintenance of health and prevention of disease. The goal of this course is to provide students with an understanding of the regulatory frameworks that are in place to ensure a safe food supply and to ensure communications made in food labeling and advertising are not deceptive. Through a series of guests lectures from individuals in government, industry, and academia, students will be exposed to several aspects of scientific and regulatory affairs and will have a unique opportunity to interact and discuss topics with experts in a variety of fields. Students will be exposed to such topics as the structure and application of the Canadian Food and Drugs Act and Regulations, health claim and labelling requirements, study design and standards of evidence for regulatory submissions, and the roles of government, industry and academia in controlling food products in Canada and internationally. This course is an excellent opportunity for students to form networks with current subject matter experts, and to gain exposure to career opportunities in industry, government and academia.

Objectives:

To provide a critical understanding of the:

- Regulation and control of food composition in Canada and internationally.
- Role of government, industry and academia in providing a safe and healthy food supply.
- Strengths and weaknesses of Canadian, U.S. and European regulatory systems.
- Current public health issues including health claims, labeling and monitoring.
- Methods used for assessing food safety.
- Standards of evidence required in submissions for regulatory approval.

Format:

Didactic lectures; case studies; problem-based discussions.

### **Part 1: Food Composition, Labelling and Regulations**

September 17	<p><i>Course Introduction</i> Harvey Anderson, Professor, Department of Nutritional Sciences and Director of the Program in Food Safety, Nutrition and Regulatory Affairs (PFSNRA), U of T</p> <p><i>Legislation and Regulations in Canada</i> Harvey Anderson, Department of Nutritional Sciences and Director of the Program in Food Safety, Nutrition and Regulatory Affairs (PFSNRA), U of T</p> <p><b>Assignment 1 Instructions</b></p>
September 24	<p><i>Communicating the Label: Front of Pack Logos and Symbols</i> Mary L'Abbé, Professor and Chair, Department of Nutritional Sciences, U of T</p> <p><i>Nutrient Profiling in Regulation</i> Marie-Eve Labonté, Post-Doctoral Fellow, University of Toronto</p>
October 1	<p><i>Global Food Regulations</i> Harvey Anderson, Department of Nutritional Sciences and Director of the Program in Food Safety, Nutrition and Regulatory Affairs (PFSNRA), U of T</p>

### **Part 2: Health Claims**

October 8	<p><i>Evaluating the Scientific Evidence for Health Claims</i> Christina Wong, Ph.D., Department of Nutritional Sciences, U of T</p> <p><i>PFSNRA Response to Health Canada's Proposed Labelling Changes</i> Ashleigh Wiggins, Manager, Program in Food Safety, Nutrition and Regulatory Affairs</p>
October 15	<p><i>Our Food System and Chronic Disease</i> Harvey Anderson, Department of Nutritional Sciences and Director of the Program in Food Safety, Nutrition and Regulatory Affairs (PFSNRA)</p> <p><i>Health Claims Related to Pre- and Probiotics</i> Elena Comelli, Assistant Professor, Department of Nutritional Sciences, U of T</p>

### **Part 3: Food Safety**

October 22	<p><i>Principles of Food Safety Evaluation and Risk Assessment</i> Manki Ho, PhD, Manager of Regulatory and Toxicology, Intertek</p> <p><b>Assignment 1 Individual Report Due</b> <b>Assignment 2 Instructions</b></p>
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October 29	<p><i>Sugars and health: An Example of Maintaining Perspective in Research</i> John Sievenpiper, Adjunct Research Fellow, Clinical Nutrition and Risk Factor Modification Centre, St. Michael's Hospital, Toronto</p> <p><i>Conforming to Regulations: Infant Formula – A Case Study</i> Maria Fernanda-Nunez, Regulatory Science Manager, Mead Johnson Nutrition (Canada) Co.</p>
November 5	<p><i>Current and Future Policy on Mandatory and Voluntary Food Fortification</i> William Yan, Director, Bureau of Nutritional Sciences, Food Directorate at Health Canada</p> <p><i>Principles and Methods of Dietary Exposure Assessment</i> Harvey Anderson, Department of Nutritional Sciences and Director of the Program in Food Safety, Nutrition and Regulatory Affairs (PFSNRA)</p>
November 12	<p><i>Foods for Special Dietary Use and their Regulations</i> Andrea Papamandjaris, Science and Regulatory Affairs, Nestlé Canada</p> <p><i>Design and Measurement Standards for Clinical Studies of Efficacy and Safety</i> Kathy Musa-Veloso, Associate Director, Food and Nutrition Group, CANTOX Health Sciences International</p>
November 19	<b>Assignment 2 Presentations</b>
November 26	<p><i>Natural Health Products</i> Rebecca Rogerson, Manager, Regulatory and Toxicology, Intertek</p> <p><b>Assignment 2 Presentations (Continued)</b></p>

#### **Part 4: Special Topics**

December 3	<p><i>Novel Food Regulation in Canada</i> Luc Bourbonnière, Head of Novel Foods Section, Health Canada</p> <p><i>Health Claim Submissions: An Industry Perspective</i> Jonathan Clifford, Regulatory Affairs Manager (Foods) Canada, Unilever</p>
December 10	<p><i>Labelling Regulations for Food Allergens and Gluten Sources in Canada</i> Michael Abbott, Section Head, Food Allergen and Intolerance Assessment Section, Chemical Health Hazard Assessment Division, Health Canada</p> <p><i>Nutrition Regulations and Standards Division at Health Canada</i> Alfred Aziz, Chief of Nutrition Regulation and Standards Division, Food Directorate, Health Canada</p> <p><i>Course Review</i> Harvey Anderson and Kathy Musa-Velosa</p> <p><b>Assignment 2 Individual Report Due (December 10<sup>th</sup>)</b></p>

Marking Scheme:

- Assignment 1: Labeling and Advertising. Individual report, 30%
- Assignment 2: Health Claims. Presentation, 20%; report, 50%.

Contact Information:

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