

Canada Organizes for Better Nutrition

Homemakers in Canada are learning to plan nutritious meals in spite of food restrictions, says Mary Ellen Sullivan

CANADA has become more aware of her nutrition problems during the war and is now laying plans to alleviate deficiencies, as the United States has done.

Canada must feed a large number in the armed forces, continue vast Lend-Lease shipments and change eating habits because of the decreased importation of some foodstuffs.

Dietary surveys sponsored by the Canadian Council of Nutrition and conducted in several large Canadian cities show that deficiency conditions exist in Canada. These surveys which have been conducted in Toronto,

Halifax, Quebec, Edmonton and Winnipeg indicate that insufficient amounts of calcium, iron, iodine, riboflavin, vitamin C and other vitamins are consumed by large numbers of the total population.

A lack of calcium is especially prevalent among the women and children in the lower income groups. Since the surveys have been conducted, however, the Canadian government has lowered the cost of milk, making it available to all economic groups.

Agricultural production, particularly of milk, must increase to meet standards of adequate nutrition, and problems of marketing must be solved to improve the situation.

Consumer education is being conducted by the Canadian government and interested groups. The Foods Requirements Committee has been formed recently to protect civilian food supplies and to maintain nutritional standards. Advertisers are now teaching homemakers how to prepare nutritional foods.

Canada has followed the plan of Great Britain by fixing price ceilings and rationing protective foods. This was done early in the war before the need became as apparent as it did in the United States.

The use of whole wheat instead of white flour and the addition of wheat germ to white flour have been advocated by Canadian nutritionists to increase the intake of riboflavin.

Since the importation of citrus fruits has been curtailed because of the war, Canadians are advised to replace them with canned and fresh tomatoes, potatoes and turnips grown in their own gardens. There has been a marked shortage of dried fruits as well as sugar, coffee and spices but Canada's meat shortage problem has not been as serious as ours and the black market is not as extensive there.

Canadian nutrition experts are promoting an extensive educational program to show the people that an adequate diet can be obtained from common Canadian foods.

During the winter of 1939 a scientific committee assisted the Department of National Defense in increasing the nutritive value of army rations. During that same winter, 1600 women attended nutrition courses sponsored by the Health League of Canada.

Canadian homemakers may soon be making souffles and puddings by using dehydrated eggs in their compressed form

