**Top Source of Nutrients Infobase Visualization Planning**

* What nutrients to include?

Items in the Nutrition Facts Table (NFT) – energy and core nutrients:

|  |  |  |
| --- | --- | --- |
|  | **Analyzed by The Minh?** | **Discussion with IM** |
| Energy | Y |  |
| Fat | N |  |
| Saturated Fat | Y |  |
| ~~Cholesterol~~ | ~~N~~ | Exclude – not really public health concern |
| Protein | Y |  |
| Carbohydrate | N |  |
| Dietary fibre | Y | Lower priority |
| Calcium | Y |  |
| Sodium | N |  |
| Iron | Y |  |
| Sugars | Y |  |
| Vitamin D | Y |  |
| Potassium | Y |  |

Others to consider:

* Segments of the population have inadequate intakes of the below nutrients; however, there was no evidence to suggest that there were public health issues related to the inadequate intake of these nutrients in the general population. (Voluntary on NFT):
  + Zinc
  + Phosphorus
  + Vitamin B6
  + Vitamin B12
  + Vitamin A
  + Vitamin C
  + Folate\* [IM suggested we add this]
  + Magnesium
  + Thiamin

What age-sex groups to present?[[1]](#footnote-1) 1

* Children: 1 to 8 years [males & females combined]
* Youth: 9 to 18 years [males & females combined]
* Adults: 19 years and older [males & females separate]
* What food categories to present?

Try a multi-level approach – a rough (not comprehensive idea presented below):

|  |  |  |
| --- | --- | --- |
| **Level 1** | **Level 2** | **Level 3 – only where relevant** |
| Dairy & dairy substitutes | * Milks * Cheeses * Yogurts * Creams * Frozen dairy products | * milk, 2% * milk, 1% * milk, whole * milk, skim * plant-based beverage (almond, soy, coconut) * other |

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1. Fischer PWF, Vigneault M, Huang R, Arvaniti K, Roach P. Sodium food sources in the Canadian diet. Appl Physiol Nutr Metab. 2009;34(5):884-892. doi:10.1139/H09-077 [↑](#footnote-ref-1)