



### **Alfred Aziz, PhD**

Alfred Aziz is the *Chief, Nutrition Regulations and Standards Division, Bureau of Nutritional Sciences, Food Directorate, Health Canada.*

Dr. Aziz holds a bachelor and master degree in Nutrition from the American University of Beirut, Lebanon, and PhD in Nutritional Sciences from the University of Toronto. In 2005, he received the Health Canada's Office of the Chief Scientist postdoctoral fellowship award and two years later, was appointed as a research scientist in Health Canada's Bureau of Nutritional Sciences. His graduate, post-graduate and independent research programs included food intake regulation, as well as lipid and carbohydrate metabolism. Concurrently, Dr. Aziz became involved in several policy files, such as health claims and the development of a

framework to curb childhood obesity. Between 2012 and 2015, he was a participant of the Health Canada Science Management Development Program, and occupied several leadership positions and worked on different files, including paediatric initiatives; medical marihuana regulations; risk assessment and risk management; and recently, nutrition labelling and other food and nutrition regulatory modernization initiatives.

### **Regulation of glycemic response/index/load claims: Health Canada's perspective**

The purpose of this presentation is to provide an overview of the food health claims framework in Canada and Health Canada's perspective on function claims related to the management of postprandial glycemia and glycemic index (GI) claims. The *Food and drugs Acts* prohibits the use of food health claims that are false or misleading. Under this overarching principle, Health Canada uses a risk-based approach to enable health claims through either regulations or policy. With respect to the management of postprandial glycemia, Health Canada consulted on a draft guidance document for the substantiation of function claims related to the reduction of the glycemic response and is currently in the process of completing the review and analysis of the comments received. While some challenges had been identified regarding GI claims, Health Canada is providing support and advice to a Canadian Diabetes Association initiative in exploring options for a GI symbol on foods.

#### **Learning objectives:**

1. Provide an overview of the food health claims framework in Canada
2. Provide an overview of Health Canada's perspectives on claims related to the management of postprandial glycemia:
  - a) function claims for the reduction of the glycemic response to foods
  - b) potential path forward for GI claims