



Canadian Foundation for
Dietetic Research

Tribute to Beth Armour

2020 ANNUAL REPORT



Beth with Archie at Fun Run in Ottawa, 2019

Beth's friends and colleagues with the Canadian Foundation for Dietetic Research (CFDR) were saddened to learn of Beth's passing in the Summer of 2020. Beth was a true supporter of CFDR.

Beth's passion for her profession and for advancing dietetic research was evident in her long-standing involvement with CFDR. From 2003-2004, Beth was on the CFDR Corporate Golf Challenge Team, which was effective in raising funds and profits for CFDR. From 2005-2007, Beth served on the Board of CFDR, including taking on roles as Vice-President and Chair of the Membership Fundraising Committee.

Beth's most recent involvement with CFDR was with the Fun Run that was held along the Rideau Canal in Ottawa at the Dietitians of Canada (DC) Conference in 2019. Beth kindly involved her beloved Tibetan terrier, Archie, as the Fun Run mascot. In fact, Archie raised more pledges (over \$5000!) for the Fun Run than any of his competitors. Beth had volunteered Archie for CFDR events at the DC Conference that was to be held in Saskatoon in June 2020; however, the conference was cancelled due to the COVID-19 pandemic.

Another major achievement of Beth's was being part of a group involved with the founding of the Morgan Awards in honour of her friend and CFDR Manager, Susan Morgan. Beth was on the CFDR Board at the time Susan passed away, and a group of CFDR and Dietitians of Canada colleagues and friends quickly collaborated to draft an implementation plan by April 2006. Beth and her friend, Barb Anderson, who was CFDR President at the time, did a lot of the 'work' in pulling the plan together on their way to and from Wales in June of 2006 when they visited Susan's family. By September 2006, the plan was well enough developed that communication about the Morgan Awards Program was widely disseminated to CFDR and DC members, colleagues, and Susan's family and friends. The first Morgan Medal was awarded at the DC Conference in Victoria in 2007. Beth's passion for the Morgan Awards continued with her extensive ongoing fundraising activities to keep the Morgan Awards viable.

Beth's commitment to the support of practice-based dietetic research through CFDR was consistent with her passion for supporting students and young researchers and the significant contributions she made to Practice-based Evidence in Nutrition: PEN®. Always an influencer, Beth served on the first advisory committee of members from all practice domains, which helped shaped what would become the PEN service. Well respected as an educator, she was instrumental in adapting the Centre for Health Evidence tutorials on evidence-based decision-making for a dietitian audience. These would become essential training for dietitians around the world. While Beth's role in PEN evolved to encompass managing the development and review of nutrition practice recommendations according to established standards, she never wavered from her commitment to working with students. Beth was an extraordinary mentor, engaging and supporting students as they learned about asking good research questions, critical appraisal and applying evidence to practice. Known for her wonderful sense of humour, her generosity and her indomitable work ethic, Beth was an inspiration to all who had the privilege to know her and to work with her.

CFDR, DC and Beth's many friends have lost a wonderful colleague and friend.

Under discussion are both a celebration of Beth's life and a means for an ongoing tribute. Anyone wishing to be involved in moving on these plans, please contact Kay Watson Jarvis at kwjarvis@shaw.ca.

With contributions from Barb Anderson, Lynda Corby, Debbie Gomez, Mary Anne Smith, Kay Watson-Jarvis, Marlene Wyatt, and the PEN team.



With DC friends Ellen Vogel, Marlene Wyatt, Jayne Thirsk, Helen Haresign, Lynda Corby in Whitby 2006



With Debbie Gomez and Archie 2019



With Barb Anderson and 2015 Morgan Medal winner



Gingerbread house and Gomez children



Baking with a friend



40th Birthday



With Jayne Thirsk at ICD in Sydney in 2012



Having fun with Watson-Jarvis family



With Steve and Arwyn Morgan 2012



Report of the Chair

2020 ... what a way to hit a milestone anniversary! Despite a rich 30-year history, like many people and organizations this year, the Canadian Foundation for Dietetic Research has wrestled with shuffling priorities as the world paused due to COVID-19. Our activities and way of working have become even more virtual than before, challenging the Board and staff to collaborate in some unfamiliar ways. Our visibility to our supporters was different too - perhaps more obvious to the many who engaged with us through the Dietitians of Canada virtual AGM

and communications; perhaps less so to those who usually interact with us through events, like the Fun-Run/Walk. Our researchers largely had their work put on hold for at least a while, in some cases requiring project and funding extensions. As the Board moved to reaffirm a sustainable funding base for the Foundation, there was also a reduction in donations from our key audience of individual dietitians, who had many other demands against their resources through 2020. There has also been, in the wake of horrific and well-publicized examples of racially motivated violence, a reminder of our responsibility to respect and reflect Canada's diversity in CFDR's leadership and actions.

As I reflect on this tumultuous year, I also see reason for hope: becoming self-aware through change can enable significant improvement, for people and organizations. A pandemic requiring innovation in all aspects of prevention and treatment requires practice-based evidence now, more than ever. Our Board

and the Dietitians of Canada Board have begun working more closely to ensure our actions are yielding the greatest benefit to dietitians across the nation. We also began to follow-up with researchers who have received our grants to explore the impact of CFDR's work on the evolution of dietetics in Canada, and we are currently beginning to share some of these success stories. As the sun sets on my tenure with the CFDR Board, I like to think we're coming out of a difficult winter, and we're going to move soon into a brighter spring. With that transition, I hope we see a renaissance for CFDR's work and sustainability, moving the organization into a new phase of growth as it enters its next decade. Here's to the next 30 years!

Pierrette Buklis MHS Sc RD FDC
Chair, Board of Directors

Message from the ED



This is my last report as ED of CFDR as I will be stepping down in January 2021. Four years ago, when I was asked to be the volunteer, part-time ED, it seemed like a daunting task. However, with the support of the CFDR Board, and the DC staff, it has turned out to be very enjoyable and rewarding. My role has been primarily in supporting the research functions of CFDR. This has included extending the call for proposals for the annual CFDR grant competition and organizing the Scientific Review Committee (SRC) activities. Another activity related to the CFDR grants has been reviewing the annual reports from CFDR grant holders.

The CFDR ED role also includes participating in the annual DC conference as a conference team member. CFDR supports the Research Showcase at the annual DC conference that involves extending the call for abstracts, organizing abstract review committees, and overseeing the Research Showcase. We have been working on ways to encourage participation from researchers and participation at the Research Showcase events. We instituted two waves of abstract submission: Early Bird abstracts mainly for researchers and Late Breaking abstracts primarily for student/ interns. In Vancouver in 2018, we introduced the use of electronic

posters. In Ottawa in 2019, we introduced Lightning Round presentations where selected Early Bird abstracts were chosen, based on topic, to be presented in the regular conference program. In 2020, 10 Early Bird abstracts were presented as Lightning Rounds at the virtual DC conference. We expect to have similar activities for the 2021 conference in Montreal.

Another part of the ED role was managing the Morgan Awards while they fell under the purview of CFDR. It was through this that I met Beth Armour and discovered her passion for the Morgan Awards and all that they represented. I wish that I had known Beth better earlier and better.

Thanks very much to the CFDR Board, especially to Pierrette Buklis who has been Chair for most of my tenure. I would also like to express my gratitude to the staff at Dietitians of Canada who provide secretariat services to CFDR for their support. Special thanks to Alison Duncan and Christina Lengyel who have served as Chairs for the Scientific Review Committee and Early Bird abstract committees, respectively, over the past four years. Thanks also to Pauline Darling for her help with the abstract review committees for 2020. Thanks to all who have served on the various committees over the past four years for their dedication and support and for commitment to supporting the practice-based research activities of CFDR.

Janis Randall Simpson PhD, RD, FDC
Executive Director

2020 CFDR Research Awards

Annually, CFDR provides research grant awards to dietitians and members of Dietitians of Canada who wish to explore a question that relates directly to their practice and will be directly applicable to improving the nutritional health of Canadians.

For 2020, CFDR approved funding of \$91,774 for five projects.

The following five projects were approved for funding.

Stéphanie Chevalier PhD RD & Anne-Julie Tessier BSc RD

McGill University Health Centre



Artificial Intelligence to the Profit of Dietitians: Validity and Reliability of the Smart Food Diary Keenoa

Dietary assessment is essential but highly challenging due to limitations of self-reported methods. Keenoa is an artificial intelligence-based food diary that integrates food recognition from pictures of meals. This study will establish the validity (against recovery biomarkers of energy, protein, potassium and sodium), test-retest reliability, and usability of Keenoa and its role in dietetic practice. Healthy men and women (n=120) will use Keenoa and a written food diary for 4 days each over 3 times in 10 weeks. Energy intake will be determined using doubly-labelled water (for 30 participants). Analysis of urinary nitrogen, potassium and sodium will be completed twice at each period. By its novelty and cutting-edge technology, the integration of Keenoa to the dietetic practice has a high potential of increasing the importance and growing recognition of dietitians' roles.

Melissa Fernandez PhD RD & Kim Raine PhD RD

University of Alberta



The Influence of Online Food Purchasing on Consumers' Diet Quality and Eating Practices

Digital food retail environments are a growing part of e-commerce; however, the impact of food retail services on food choices are not known. This cross-sectional study will explore the associations between online food purchasing, diet quality, and eating practices and will evaluate the impact of different online purchasing attributes on meal choice. An online survey (n=1170) will collect information on participant characteristics, diet quality, and eating practices of participants who do not purchase food online and who use food delivery apps, online groceries or meal kits. A discrete choice experiment consisting of a series of choice tasks will be used to study preferred meal selection based on different online purchasing attributes. This exploratory study will fill knowledge gaps regarding the impact of emerging digital food environments on food choices.

Jess Haines PhD RD & Lisa Tang MSc RD

University of Guelph



Mothers on Media: Testing the Influence of Body Image Messaging on Mothers' Body Dissatisfaction, Eating Attitudes and Behaviour During the Postpartum Period

Body dissatisfaction is higher during the postpartum period compared to other periods of life, and is strongly associated with disordered eating behaviours. An experimental study among 130 postpartum mothers will test the effect of social media body image messaging on postpartum mothers'

body dissatisfaction, eating attitudes and behaviours. Mothers will be randomized into either an experimental or control group. All mothers will receive 15 social media messages per day over 5 days. Mothers randomized to the experimental group will receive body image messaging targeting mothers, and mothers randomized to control will receive infant feeding tips. Mothers will complete a follow-up survey immediately after the 5-day exposure period and at 1-month follow-up. Findings will provide new information to support dietitians in developing nutrition interventions that help women maintain a positive body image and healthy attitudes toward food and eating during the critical postpartum period.

Rhona Hanning PhD RD FDC & Sandra Juutilainen PhD

University of Waterloo & Ryerson University



Towards Decolonizing Canadian Dietetic Practice

This study will investigate how dietetics can integrate the Truth and Reconciliation Commission of Canada (TRCC, 2015) Calls to Action into our standards of practice, educational competencies, and guidelines for service provision to Indigenous peoples. A scoping review of published and grey literature will document the integration of TRCC/decolonization/cultural competence within education and standards of practice for health care professions and health service provision for Indigenous Peoples, as relevant to dietetics in Canada. Key informants

will be interviewed about relevant activities, practices and processes within health professions in Canada, including input from Indigenous health-related leaders and activists. Throughout the project, dietetic educators and others with an interest in the work will have opportunities to learn about the findings and shape the direction; sessions at DC's annual conference are anticipated. Results will be synthesized, recommendations made to DC committees and findings disseminated through webinar and publications. Outcomes will support practice in ways that are culturally safe and that respect traditional Indigenous knowledge and healing practices.

Claudia Lemay BSc RD

Consultant, Surrey BC



Constipation and Malnutrition in the Elderly in Long-Term Care Facilities

Malnutrition and constipation are common health concerns among elderly residents living in long-term care (LTC) facilities in Canada. Constipation is often recognized as a risk factor. This study will investigate the association between constipation and weight loss and malnutrition by reviewing records of 361 participants in LTC facilities in BC. The number of suppositories received will be used as a proxy for constipation. Associations between suppository use and weight and calf circumference will be assessed. Results of this study may provide evidence for the promotion of bowel protocols in LTC.

CFDR 2020 Research Showcase

Twenty-five Early Bird abstracts were submitted for the 2020 CFDR Research Showcase that was to be held at the 2020 Dietitians of Canada (DC) conference in Saskatoon, SK. Unfortunately, the in-person conference was cancelled due to the COVID-19 pandemic. However, the DC virtual conference included 10 Lightning Round presentations from the CFDR Early Bird abstracts.

The feedback from the presenters was very positive. Evaluation by DC found that 92% of respondents (averaged

across all 9 evaluation reports) felt that the Lightning Round presentations were useful and added to the value of the program.

All Early Bird abstracts have been published in the fall issue of the Canadian Journal for Dietetic Practice and Research and on the CFDR website.

Thirty Late Breaking abstracts were submitted and are posted on the CFDR website.

2020 CFDR Research Results

CFDR congratulates investigators for completion of several projects in the 2019-2020 fiscal year. Highlights of these projects are presented. Full abstracts for all completed CFDR-funded projects can be found in CFDR's Research Room at: <http://researchroom.cfd.ca/about.asp>

Kirsten Lee BSc PhD(c) & Sharon Kirkpatrick PhD RD

University of Waterloo



Examining the Impact of Numeric Versus Traffic Light Calorie Labelling

Background: There is substantial interest in calorie labelling in restaurants and fast-food chains, with some jurisdictions mandating numeric labelling. At the same time, Health Canada is considering front-of-package labels with implementation of interpretive symbols, such as traffic light labelling (TLL), for packaged foods and beverages. Despite high policy interest, there is limited evidence from naturalistic settings on the impact of numeric and interpretive labelling on point-of-purchase food and beverage purchasing decisions. The objective of this study was to examine the impact of numeric versus interpretive calorie labelling on consumer noticing, perceptions and use of labels, and food and beverage purchasing decisions.

Methods: Using a pre-post quasi-experimental design, three residence cafeterias at the University of

Waterloo were randomized to receive numeric, TLL (i.e., red, amber, or green symbol, also indicating the number of calories), or no calorie labelling for 2 weeks. Exit surveys were conducted with cafeteria patrons prior to (n=949) and following (n=1106) implementation of labels.

Results: Considering all participants (including those who completed the survey more than once during the study period), label noticing increased from 23% to 43% among those exposed to numeric labels ($p < 0.05$) and 28% to 63% among those exposed to traffic light labels ($p < 0.05$), compared to no change in the control (15%) ($p > 0.05$). Among those who noticed labels, a higher proportion (66%) of those in the traffic light condition reported using the labels to inform their purchases compared to the numeric (50%) and control (50%) conditions ($p < 0.05$). Additionally, a higher proportion (47%) of respondents perceived the TLL as easier to use than numeric calorie labels (30%). However, with a preliminary focus on hot meals, there is little evidence of differences in mean calories ordered when comparing the numeric and TLL.

Conclusions: Our preliminary findings suggest noticing and use was higher for TLL versus numeric labels.

Janis Randall Simpson PhD RD & Natalee Miller MScFN RD

University of Guelph & Huron Perth Public Health



Nutritional Status of Old Order Amish and Mennonite Women and Children in Southwestern Ontario

Background: The Old Order Amish (OOA) and Old Order Mennonite (OOM) communities, who use horse-and-buggy transportation, are two of the most conservative Anabaptist groups in rural Southwestern Ontario. Health care professionals have expressed concerns about the nutritional status of women of childbearing age and their children. The objective was to assess nutritional status, particularly vitamins B12 and D, folate and iron in women and vitamin D in children..

Methods: Nutrient analysis (ESHA) of 3-day food records was conducted. Blood samples were drawn from women (venipuncture) and children (finger prick). Data analysis was with SPSS.

Results: Fifty women (55% OOA) (31±6 years) (18 pregnant), were recruited. Serum 25(OH) vitamin D was insufficient (<75 nmol/L) for 63%. All had dietary vitamin D intakes <EAR; 31% were <EAR with supplements included. All had high RBC folate. Sixty % had dietary folate intake <EAR; with supplements, 17% were <EAR and 60% were >TUL. Only 2% had low hemoglobin. 33% were <EAR for dietary iron; 13% were <EAR for food and supplements. Milk and alternate servings were 2.2±1.4/day (Canada's Food Guide (CFG) = 2/day); 38% consumed <2 servings per day. Eighty-two % consumed milk directly from cows or goats (without vitamin D fortification). 84% reported taking a multivitamin; 59% never used sunscreen outdoors; 86% spent more than 2 hours/day outdoors; and 72% travelled in open buggies. Fifty-two children (aged 2-80 mo) (56% male) were recruited. Serum vitamin D was

insufficient (<75 nmol/L) for 59% of children. Dietary vitamin D intakes were <EAR for all children; servings of milk and alternates were 1.7±1/day with 64% having <2 servings/day. (CFG=2/day). Eighty-one % drank farm milk directly from cows or goats.

Conclusions: The prevalence of vitamin D insufficiency is high amongst women and children in these OOA and OOM communities. Vitamin D supplementation is recommended for infants ≤ 1 year. These results support continued supplementation to achieve the RDA of 600 IU/day for OOA and OOM women and children > 1 year, whose lifestyle provides limited opportunities to obtain vitamin D through diet or skin synthesis.

Virginia Quick PhD RD & Efrosini Papaconstantinou PhD RN
Rutgers University & University of Ontario Institute of Technology



The Relationship Between Sleep Quality and Eating Competence in a Sample of Canadian Post-secondary Students

Background: Sleep insufficiency, particularly among adult postsecondary students, is a major public health problem and is associated with a multitude of poor health outcomes including weight gain and obesity-related comorbidities. Few studies have comprehensively investigated this topic with emphasis on implications for dietetics practice. This study explored relationships between sleep characteristics (e.g., sleep quality and duration) and

weight-related behaviours (e.g., diet, physical activity, weight challenges) in a sample of undergraduate students in Oshawa, ON.

Methods: Using a cross-sectional design, participants completed an online survey about their eating, sleep, and physical activity behaviours, along with sociodemographic characteristics and self-reported height and weight.

Results: Participants (n=257) were on average 23 years of age and female (83%), with the majority being full-time students (92%). Most participants had a healthy body weight (BMI: mean 24.58) and low physical activity levels (65%). Global sleep scores indicated poor overall sleep quality; however, most participants self-reported having very or fairly good (65%) sleep quality in the past month. Poorer sleep quality was associated with a higher BMI and those who reported longer sleep duration (≥ 7 hr) had higher odds of reporting higher internal eating regulation (OR 1.15).

Conclusions: Although most students (65%) report having very or fairly good sleep quality, the mean global sleep score of 7.4 was higher than the cut-off of 5 indicating poor sleep quality. Inadequate sleep was also associated with daytime sleepiness, less daily fruit and vegetable consumption and poor internal regulation in eating competence (i.e., attention and responsiveness to cycles of hunger, appetite, and satiety). These findings highlight the need for dietitians to evaluate sleep behaviours as part of their nutritional assessments and care plans. Capacity-building strategies are called for to strengthen dietitians' capacities in this emerging area.

Sarah Woodruff PhD
University of Windsor



Evaluation of a Fruit and Vegetable Food Literacy Curriculum Intervention Among Grade 5 Students from Southwestern Ontario, Canada

Background: The focus of this study was to create and assess the impact of food literacy curriculum alongside a centrally procured school snack program.

Methods: All participants received the 8-week food delivery school snack program. Intervention schools received a toolkit and access to 42 multidisciplinary food literacy curriculum supports using the produce delivered as part of the food delivery program. Matched pre- and post-test online surveys were used with grade five students from five intervention and three control schools, in addition to post-test surveys completed by their teachers. In total, all teachers completed the post-test (n=10) and 273 students completed either the pre- or post-test: 242 students completed the pre-test (84% response rate) and 249 completed the post-test (87% response rate). The main outcome variables among the students were fruit and vegetable intake, knowledge, preference, and attitude changes, and use of the curriculum supports was evaluated for the teachers.

Results: Among students, there was a significant improvement in fruit and vegetable intake and knowledge of recommended fruit and vegetable

servings, yet no differences in knowledge of food groups, or fruit and vegetable preferences or attitudes were observed. Teachers reported that they appreciated that the snack program provided an opportunity for students to try new fruit and vegetables and most intervention teachers used at least 3-4 lesson plans.

Conclusions: Integrating health education efforts within core curricula classes (e.g., math, science, literacy) can lead to modest favourable health outcomes.

Christine Nash MSc RD

University Health Network, Toronto



Nutritional Status and Dialysis Modality: Their Effect on Folate Status 20 Years after the Institution of a National Folic Acid Fortification Program

Background: Canadian dialysis patients are supplemented with ≥ 1 mg folic acid/day to circumvent folate deficiency and this may not be appropriate post-fortification.

Methods: Dietary intake from 3-day weighed food records (analyzed using ESHA) and blood concentrations of folate, vitamins B6 and B12 and their association with nutritional status (subjective global assessment [SGA]) and dialysis modality were evaluated in 70 subjects undergoing in-centre hemodialysis (IHD), peritoneal dialysis (PD) or home hemodialysis (HHD).

Results: Total intakes for folate, vitamins B6, and B12 exceeded

daily recommendations at 2050 μg , 11.7 mg, and 9.8 μg , respectively. Mean folate and median vitamin B6 concentrations were high (62.5 nmol/L, 121 mg/L), while B12 concentrations were within the normal range (532 pmol/L). Significant differences were observed between HHD and the PD and HHD groups for median total intakes of folate, vitamins B6 and B12, mean serum folate and SGA. Nutritional status was not correlated to folate status.

Conclusions: Findings suggest that current renal recommendations on the use of high dose B vitamin supplements, particularly folic acid, in dialysis cohorts, are likely unnecessary to sustain adequate body stores. This study will provide guidance on updating clinical protocols for folic acid supplementation in the dialysis population.

Andrea Haqq MHS MD

University of Alberta



Validation of a Tool to Assess Appetite in Children

Introduction: A current gap exists in the ability to assess appetite (the desire to eat) in young children. Questionnaires that use visual analogue scales (VAS) are commonly used to assess appetite and have been validated in adults. There are currently no validated tools for appetite assessment in young children. This study examined the validity and reliability of a newly developed appetite assessment tool

for children ages 4-10 years old. The objective was to determine if the level of appetite assessed is sensitive to expected changes in appetite, similar to the level of appetite assessed using a validated VAS, and predictive of energy intake immediately following the assessment.

Methods: At visit 1, all children completed the picture-based and activity preferences assessments; 8-10-year-old children completed the seriation and VAS assessments. An ad libitum snack was provided, and initial assessments were repeated at 5, 30- and 60-minutes post snack. Procedures at visit 2 were the same as visit 1, however 25% of the ad libitum snack consumed at visit 1 was provided.

Results: At 5 minutes and 30 minutes post-meal, there were larger differences in mean satiety scores between visit 1 and visit 2. Comparing the 5-minute post-meal satiety score and VAS scores, a negative correlation was seen at visit 1, and a strong negative correlation at visit 2.

Conclusions: Having a valid child reported tool for appetite assessment can lead to advancements in long-term body weight control. We can obtain more accurate data on hunger and satiety and change the way weight management research is being conducted in young children.

Summarized Balance Sheet

As of Aug 31, 2020

ASSETS	2020	2019
Cash	225,586	78,846
Investments	2,041,921	2,158,267
Sundry receivables	19,408	103,875
	2,286,915	2,340,988
CAPITAL ASSETS		
	2,286,915	2,340,988
LIABILITIES		
Current	71,841	57,891
NET ASSETS		
Restricted	1,821,551	1,931,199
Unrestricted	393,523	351,898
	2,215,074	2,283,097
	2,286,915	2,340,988

Summarized Statement of Revenues, Expenses and Fund Balances

Year Ended Aug 31, 2020

REVENUES	2020	2019
Donations - Corporate	45,602	51,053
Donations - Individuals	12,598	48,142
Revenues from Fundraising Events	-	32,606
Directed Research	2,000	2,700
Investment Income	66,991	69,276
Unrealized gain on investments	28,697	37,270
	155,888	241,047
EXPENSES		
Research Program		
Open Grant Competition Expenses	80,620	74,218
Expenses	15,724	18,720
Administration	31,947	28,440
Governance	46,206	39,935
Research Communications	19,501	30,889
Directed Research	-	20,337
Expenses on Fundraising events	29,913	21,559
	223,911	234,098
Deficiency of Revenue over Expenses for the Year	(68,023)	6,949
Net Assets - Beginning of Year	2,283,097	2,276,148
Net Assets - End of Year	2,215,074	2,283,097

Note: a complete set of audited financial statements is available from CFDR on request.

CFDR Legacy Leaders 2019-2020

CFDR is grateful to our corporate partners who believe in the value of dietetic and nutrition research in building a healthy Canada. Our partners contribute funds and human resources to support the work of the Foundation.

CFDR is proud to have worked with the following donors for 2019-2020 at all levels of financial support.

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Canadian Foundation for Dietetic Research Fondation Canadienne de la Recherche en Diététique

99 Yorkville Avenue, Second Floor Toronto, ON M5R 1C1 2

t. 416 642 9309 **f.** 416 596 0603

e. info@cfdr.ca **w.** www.cfdr.ca

Charitable Registration No. 892702150 RR0001