

Speaker Bio



Mary R. L'Abbé is the Earle W. McHenry Professor and Chair, Department of Nutritional Sciences, Faculty of Medicine, University of Toronto. In her previous role as Director of the Bureau of Nutritional Sciences at Health Canada, she was responsible for the leadership of Health Canada's nutrition laboratory research, surveillance, scientific evaluation and regulatory programs aimed at the maintenance and improvement of the nutritional quality of the Canadian food supply, including national nutrition labeling, food fortification, health claims, etc. She served as Canadian Head of Delegation to

the Codex Alimentarius Committees on Nutrition and on Food Labelling.

Dr. L'Abbé was co-chair of the Canadian Trans Fat Task Force (2004-2006), led the Canadian Trans Fat Monitoring Program (2004-2009), a member of the PAHO Task Force on Trans Fat in the Americas and vice-chair of the WHO Scientific Update on Trans Fatty Acids. She was Chair and vice-Chair of the Canadian Sodium Working Group (2007-2010) charged with developing the *Sodium Reduction Strategy for Canada* (2010), a strategy for reducing sodium intakes by Canadians. She is a member of the PAHO regional expert group on Cardiovascular Disease Prevention through Dietary Salt Reduction and a member of the World Health Organization Nutrition Guidance Expert Advisory Group (NUGAG), and Subgroup on Diet and Health (2009-2012).

Dr. L'Abbé holds a PhD in nutrition from McGill University and has authored over 90 peer-reviewed scientific publications and book chapters. She is an expert in public health nutrition, nutrition policy, and food and nutrition regulations. Her research examines the nutritional quality of the Canadian food supply, nutrition surveys and factors influencing consumers' understanding of nutrition, their food choices related to obesity and chronic disease, and research in the area of minerals and trace elements.