

Ontario could introduce legislature requiring restaurants to post calories on menus

Ontario will introduce legislation today to make it easier for families to make informed and healthy food choices.

The Making Healthier Choices Act, if passed, would make Ontario the first province to require food service premises to post calories on menus.

The proposed legislation was developed following consultations with the food industry, health sector and parents. Specific measures in the legislation include:

Requiring calories for food and beverages, including alcohol, to be posted on menus and menu boards in restaurants, convenience stores, grocery stores and other food service premises with 20 or more locations in Ontario.

Requiring food service operators to post a contextual statement that would help to educate patrons about their daily caloric requirements.

Authorizing public health inspectors to enforce menu labelling requirements.

This initiative builds on other steps Ontario is taking to help families live healthier, including the Healthy Kids Community Challenge ? a province-wide initiative encouraging community leaders along with private and public sector partners to come together and develop initiatives to help kids stay healthy and active.

Making it easier for Ontario families to choose healthy foods is a key component of the Healthy Kids Strategy and supports Ontario's Action Plan for Health Care. It is also part of the government's economic plan that is creating jobs for today and tomorrow by focusing