

Experts Answer Questions About What's on Your Plate

Canadians have questions about their food – from nutrition right back to the farm. The main place people source information about their food is online. Unfortunately, it's tough to sort through the noise and find accurate information.

Best Food Facts was created to help connect you with leading university experts in North America. From 'what does this food ingredient mean' to more complex topics like GMOs – find out accurate information from credible experts directly.

You deserve credible information about your food. Take a few minutes and visit www.bestfoodfacts.org. Check out over 500 questions already answered or submit your own. Sign up for the monthly Best Food Facts e-news or follow Best Food Facts on your favourite social media channel!



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