

What's New with Canada's Food Guide?

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(Adapted from Health Canada, Office of Nutrition Policy and Promotion, 2019)

Objectives

- To understand the new messages in Canada's Food Guide
- To understand that healthy eating includes *what* we eat and *how* we eat
- To become familiar with the resources for Canada's Food Guide

Overview

- Background
- New messages in the Food Guide
- Resources available and next steps
- Questions



Background

Why the Food Guide Matters to Canadians

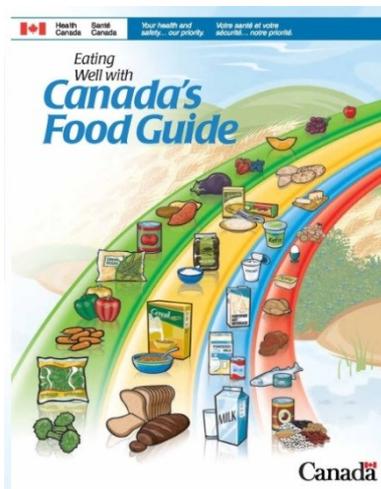
- Many users
- Many influences
 - Day cares and schools
 - Hospitals, clinics, and long-term care facilities
 - Families and individuals



Background

Why revise?

- Reflect current evidence on topics such as sodium, sugars, and saturated fat
- Align with credible and relevant information on food and health
- Provide a user-friendly tool for a diverse audience



Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children				Teens		Adults	
	2-3	4-8	9-13	14-18	19-50	51+	51+	51+
Girls and Boys	4	5	6	7	8	7-8	8-10	7
Vegetables and Fruit	3	4	6	7	6-7	8	6	7
Grain Products	2	2	3-4	3-4	3-4	2	2	3
Milk and Alternatives	1	1	1-2	2	3	2	3	2
Meat and Alternatives								

What is One Food Guide Serving?
Look at the examples below.

- Vegetables and Fruit:** Fresh, frozen or canned vegetables (125 mL (1/2 cup)); Leafy vegetables (Cooked, 125 mL (1/2 cup) / Raw, 200 mL (1 cup)); Fresh, frozen or canned fruits (1 fruit or 125 mL (1/2 cup)); 100% Juice (125 mL (1/2 cup)).
- Grain Products:** Bread (1 slice (35 g)); Bagel (1 bagel (45 g)); Flat breads (1 pita or 1 tortilla (35 g)); Cooked rice, bulgur or quinoa (125 mL (1/2 cup)); Cereal (Cold, 30 g / Hot, 175 mL (1/2 cup)); Cooked pasta or cereals (125 mL (1/2 cup)).
- Milk and Alternatives:** Milk or powdered milk (reconstituted) (250 mL (1 cup)); Canned milk (evaporated) (125 mL (1/2 cup)); Fortified soy beverage (250 mL (1 cup)); Yogurt (175 g (3/4 cup)); Kefir (175 g (3/4 cup)); Cheese (50 g (1/3 cup)).
- Meat and Alternatives:** Cooked fish, shellfish, poultry, lean meat (75 g (1/3 cup) or 125 mL (1/2 cup)); Cooked legumes (125 mL (1/2 cup)); Tofu (150 g (1/2 cup) or 175 mL (1/2 cup)); Eggs (2 eggs); Peanut or nut butters (30 mL (2 Tbsp)); Shelled nuts and seeds (50 mL (1/2 cup)).

Make each Food Guide Serving count...
Whenever you are—at home, at school, at work or when eating out!

- Eat at least one dark green and one orange vegetable each day.
 - Go for dark green vegetables such as broccoli, spinach, lettuce and spinach.
 - Go for orange vegetables such as carrots, sweet potatoes and winter squash.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
 - Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
 - Eat a variety of whole grains such as barley, brown rice, oat, quinoa and wild rice.
 - Enjoy whole grain bread, cereal or whole wheat pasta.
- Choose grain products that are lower in fat, sugar or salt.
 - Compare the Nutrition Facts table on labels to make wise choices.
 - Enjoy the best source of grain products. When adding sauce or gravies, use small amounts.
- Drink skim, 1% or 2% milk each day.
 - Use 50 mL (1/4 cup) of milk every day for adequate vitamin D.
 - Drink fortified soy beverage if you do not drink milk.
- Select lower fat milk alternatives.
 - Compare the Nutrition Facts table on labels or choose to make your choice.
- Have most alternatives such as beans, lentils and tofu often.
- Eat at least two Food Guide Servings of fish each week.*
 - Choose fish such as the herring, salmon, codfish, lobster and trout.
- Select lean meat and alternatives prepared with little or no added fat or salt.
 - Use no added fat for meats. Remove fat when possible.
 - Use cooking methods such as roasting, baking or poaching that require little or no added fat.
 - If you eat leaner meats, sausage or processed meats, choose those lower in salt, sodium and fat.

Oils and Fats

- Include a small amount—30 to 45 mL (2 to 3 Tbsp)—of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and safflower.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

Enjoy a variety of foods from the four groups.

Satisfy your thirst with water!
Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

*Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Key Changes

- No input from food industries
- Considered the environment
- Considered cultural and traditional food intake
- Includes recommendations on *how* to eat.



Key Changes

Canada's food guide **Eat well. Live well.**

Eat a variety of healthy foods each day



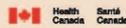
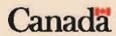
Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

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Canada's food guide **Eat well. Live well.**

Healthy eating is more than the foods you eat



Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food labels

Limit foods high in sodium, sugars or saturated fat

Be aware of food marketing

Discover your food guide at Canada.ca/FoodGuide

What's New with Canada's Food Guide?

Eat Well.

Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day



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Health Canada **Santé Canada**

Canada

Vegetables and Fruit



- Eating vegetables and fruits may lower the risk of heart disease
- Include fresh, frozen, dried, and canned options
- Aim for 1/2 your plate
- Start small - add one serving a day
 - Add sliced banana on top of toast with peanut butter
 - Add carrots and potatoes to a meat stew

Whole Grains



- High in fibre to lower risk of type 2 diabetes and heart disease
- Enjoy a variety such as oats, quinoa, brown rice, and whole grain bread
- Aim for $\frac{1}{4}$ of your plate
- Try new whole grains
 - Add brown rice to soups
 - Snack on whole grain crackers
 - Bake with whole wheat flour

Protein Foods



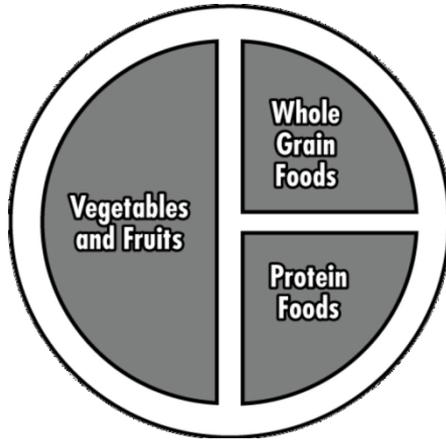
- Protein foods can include:
 - Legumes, nuts and seeds
 - Lean meats, fish, and eggs
 - Lower fat dairy products
 - Does not include processed meats
- Aim for $\frac{1}{4}$ of your plate
- Choose protein foods that come from plants more often
 - Hummus and bean dips
 - Add beans to stews and soups

What happened to milk?



- Milk is included as a protein food
- Lower fat milk is a healthy drink
- Calcium and vitamin D requirements are the same
- Milk is important for children and the elderly for bone health

Eat Well Plate



- Use proportions of foods for healthy meals or snacks
 - Aim to have a vegetable or fruit at each snack
- For mixed dishes, think about the **proportions** of the foods in soups, stews, and stir-fries
 - Choose protein
 - Choose whole grain
 - Make half the meal vegetables and fruit

Make water your drink of choice



- Water supports health and promotes hydration **without adding calories** to the diet
- Drinks to limit:
 - Sugary drinks
 - Can lead to obesity and tooth decay
 - Alcoholic beverages
 - Can be high in calories
 - Can increase the risk of cancer and liver disease

Make water your drink of choice



- Tips for drinking more water
 - Drink it hot or cold
 - Carry a reusable water bottle
 - Try a fruit infused water or carbonated water
 - Drink water during physical activity
- Other healthy drink choices:
 - White milk
 - Unsweetened, fortified soy beverage
 - Unsweetened coffee and teas

What's New with Canada's Food Guide?

Live well.

Canada's food guide

Eat well. Live well.

Healthy eating is more than the foods you eat



- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others
- Use food labels
- Limit foods high in sodium, sugars or saturated fat
- Be aware of food marketing

Discover your food guide at
Canada.ca/FoodGuide

Canada

Be mindful of your eating habits



- Be aware of your eating habits
 - How, why, what, when, where, and how much
- Can help with making healthier food choices
- Listen to feelings of hunger and fullness
 - Tend to eat more when distracted

Cook more often



- Food skills can include planning, reading labels, and cooking
- Can contribute to better food choices and control of what you add to your meals
- Involve children and community members to:
 - Build food skills
 - Share traditions
 - Try new foods

Enjoy your food



- You should like the food you eat!
- Cultural and traditional foods can add enjoyment
- Enjoy food by:
 - Growing or harvesting your own food
 - Eating with others
 - Making your eating area attractive

Eat meals with others



- Benefits
 - Quality time with others
 - Share food traditions across generations and cultures
- Make time to enjoy meals with others
 - Participate in community celebrations and feasts
 - Plan a family dinner
 - Have lunch with a co-worker

Other Considerations



- Limit foods high in sodium, sugars or saturated fat
- Use food labels
- Be aware of food marketing

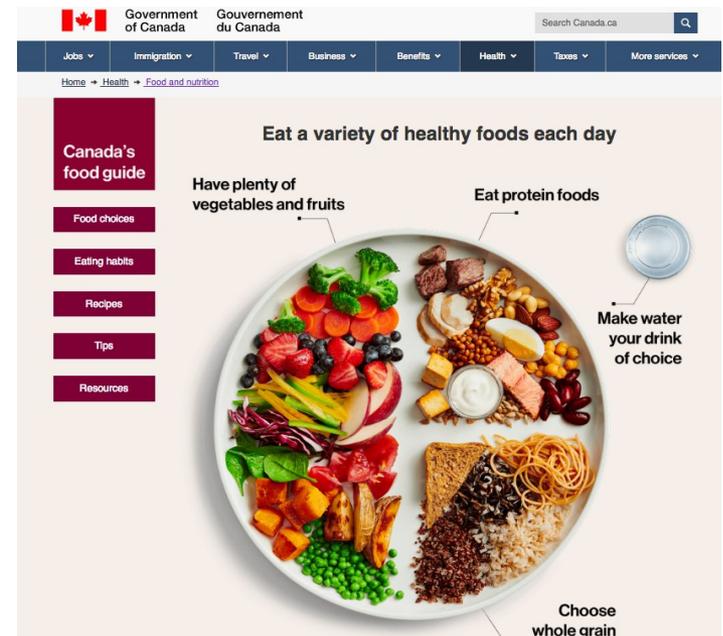


Resources

- Canada's Food Guide is an online suite of resources

Visit: <https://food-guide.canada.ca/en/>

- Information for
 - General public
 - Health professionals
 - Policy makers





Canada's food guide

Food choices

Eating habits

Recipes

Tips

Resources

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice



Choose whole grain



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Canada's food guide

Healthy food choices



Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

- Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices

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Healthy food choices

Eat a variety of
healthy foods



Limit highly
processed foods



Make water your drink of choice



Replace sugary
drinks



Use food labels

Be aware of food
marketing



Healthy eating habits

Be mindful of your
eating habits



Cook more often



Enjoy your food



Eat meals with others

Making healthy drink choices is as important as your food choices.

On this page

- [Benefits of making water your drink of choice](#)
- [How to make water your drink of choice](#)
- [5 ways to add flavour to your water](#)
- [Other healthy drink choices](#)
- [Drinks to limit](#)

Benefits of making water your drink of choice

There are a lot of drink choices available. Many choices have a lot of:

- calories
- sodium
- sugars
- saturated fat

Make water your drink of choice instead.

Drinking water is:

- important for your health
- a great way to quench your thirst
- a way to stay hydrated without calories

Our bodies lose water by:

- sweating
- breathing
- getting rid of waste

You need to replace what is lost.

How to make water your drink of choice

Use these tips to help make water your drink of choice:

- drink it hot or cold
- drink water with your meals
- ask for water with your food when eating out
- carry a reusable water bottle when you are out
- try a fruit and herb infused water or carbonated water
- drink water during and after physical activity or playing sports



Canada's food guide

Food choices

Eating habits

Recipes

Tips

Resources

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice



Choose whole grain



Canada's food guide

Healthy eating habits



Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- [Involve others in planning and preparing meals](#)

Enjoy your food

- Culture and food traditions can be a part of healthy eating

[Eat meals with others](#)

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Canada's food guide

Enjoy your food



Healthy food choices

Eat a variety of healthy foods

Limit highly processed foods

Make water your drink of choice

Use food labels

Be aware of food marketing

Healthy eating habits

Be mindful of your eating habits

Cook more often

Enjoy your food

Include culture and food traditions

Enjoying your food is part of healthy eating. Enjoy the taste of your food and the many food-related activities that go along with eating.

On this page

- [Benefits of enjoying your food](#)
- [How to enjoy your food](#)

Benefits of enjoying your food

The benefits of enjoying your food include:

- tasting the flavours
- being open to trying new foods
- developing a healthy attitude about food

Knowing that you are making healthy food choices can increase your enjoyment of food.

Enjoying your food includes:

- socializing at mealtime
- enjoying shopping for food
- preparing and cooking food
- growing or harvesting your own food
- getting to know the people that grow or produce your food
- involving others in meal planning, preparation and clean up

How to enjoy your food

There are many ways to enjoy your food and make healthy choices. Try these ideas to add enjoyment to healthy eating.

Enjoy your food by making choices that reflect:

- taste
 - enjoying your food should be about choosing a variety of healthy foods and flavours that you like
- culture
 - culture and food traditions can be a great way to add to the enjoyment of your food



Canada's food guide

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Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

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Make water your drink of choice



Choose whole grain

For consumers

Food guide snapshot, recipes, publications



Healthy eating recommendations



Food guide snapshot



Educational poster

For professionals

Dietary guidelines, downloadable resources, evidence to support Canada's food guide



Evidence behind the food guide



Canada's Dietary Guidelines



Prenatal nutrition

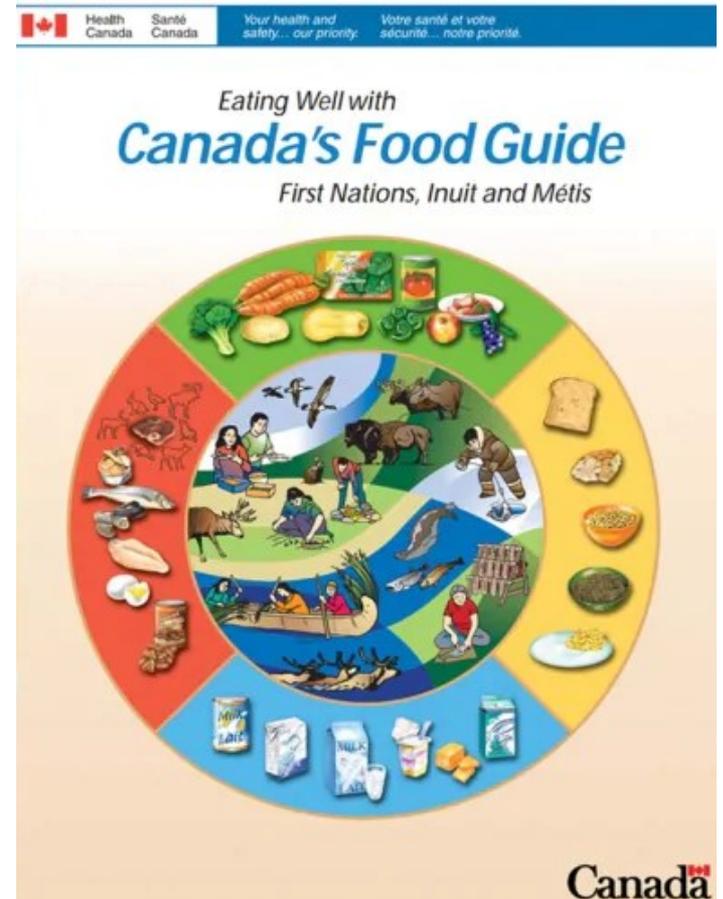
Resources

- To order printed copies of Canada's Food Guide, visit:

<http://www.hc-publication-sc.hc-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/Web1/180594?OpenDocument&lang=eng>

Indigenous Tools

- Discussions on planning next steps are underway
- Along with the new 2019 Canada's Food Guide, the current *Canada's Food Guide – First Nations, Inuit and Métis* can still be used



What's Still to Come

- Canada's Healthy Eating Pattern
 - For use by health professionals and policy makers
 - Provide more specific guidance on amounts and types of food for different ages
 - Help with facility meal planning and policies
- Online suite of resources
 - Updated on an ongoing basis

Summary

Canada's Food Guide is...

- Shifting to provide advice for a flexible eating pattern
 - Eat Well plate and proportions
- Providing information on healthy food choices and eating habits
- An online suite of resources

Thank you!

Questions?

