



Health  
Canada

Santé  
Canada

Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

# Eating Well with Canada's Food Guide



Canada



## **Canada's Food Guide Defines and Promotes Healthy Eating for Canadians**

- It translates the science of nutrition and health into a healthy eating pattern
- It emphasizes the importance of combining healthy eating and physical activity

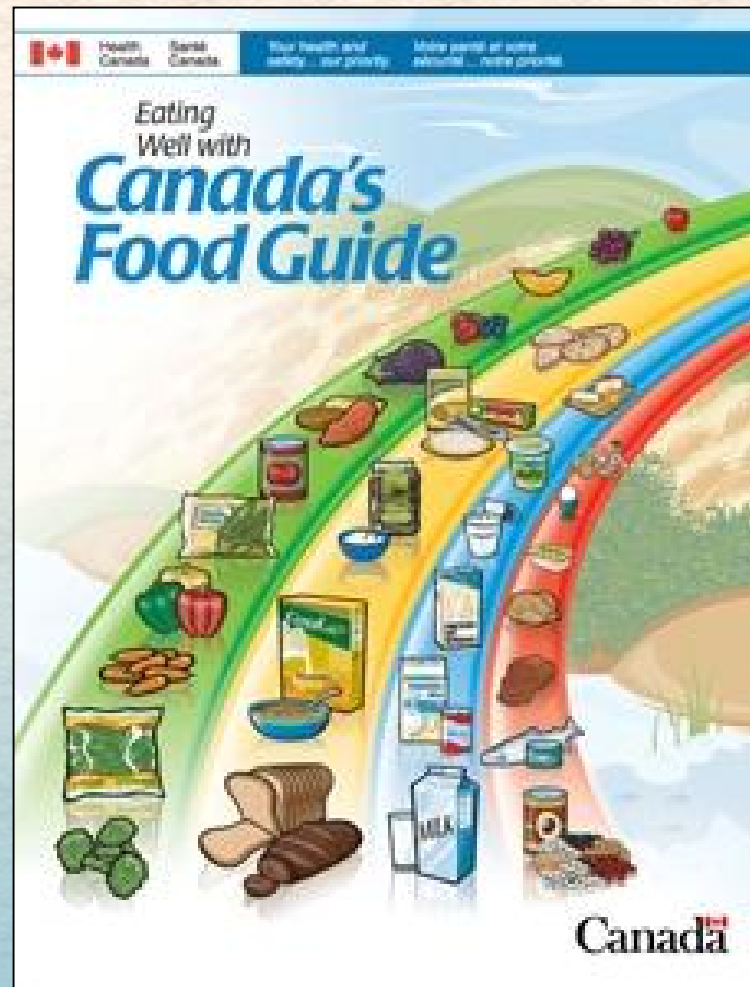


## **This Presentation will Give You Information on:**

- What amount of food you need:
  - Servings per day
  - What is a serving
- What type of food to choose, and
- The importance of physical activity

# Eating Well with Canada's Food Guide

- Rainbow
- Background image





**Having the Amount and Type of Food Recommended and Following the Tips in *Canada's Food Guide* will help:**

- Meet your needs for vitamins, minerals and other nutrients
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis
- Contribute to your overall health and vitality

# The Information Inside the Food Guide

### Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults	
	2-3 Boys and Girls	4-8 Boys and Girls	9-13 Boys and Girls	14-17 Boys and Girls	18-24 Boys and Girls	25-50 Boys and Girls	51+ Boys and Girls
Vegetables and Fruit	4	5	6	7	8	7-8	8-10
Grain Products	3	4	5	6	7	6-7	6
Milk and Alternatives	2	2	2-3	3-4	3-4	2	2
Meat and Alternatives	1	1	1-2	2	2	2	2

### What is One Food Guide Serving?

Look at the examples below.

Fresh, frozen or canned vegetables  
125 mL (1 cup)

Leafy vegetables  
Cooked: 125 mL (1 cup)  
Raw: 250 mL (1 cup)

Fresh, frozen or canned fruits  
1 fruit or 125 mL (1/2 cup)

100% Juice  
125 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.
  - Get 100% juice occasionally, only if beneficial, choose unsweetened varieties.
  - Get whole vegetables such as carrots, sweet potatoes and whole wheat.
- Choose vegetables and fruits prepared with little or no added fat, sugar or salt.
  - Use vegetables dressed baked or stir-fried instead of deep-fried.
- Have vegetables and fruit more often than juices.

### Grain Products

Bread 1 slice (35 g)	Bagel 1 bagel (85 g)	Flat bread 3 pitas or 3 tortillas (35g)	Cooked rice, bulgur or quinoa 175 mL (3/4 cup)	Cereal Cooked: 30 g Dry: 1.49 (1/2 cup)	Cooked pasta or couscous 125 mL (1/2 cup)
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### Milk and Alternatives

Milk or powdered milk (reconstituted) 250 mL (1 cup)	Condensed milk (evaporated) 25 mL (1 tbsp)	Fortified soy beverage 150 mL (1/2 cup)	Yogurt 75 g (1/4 cup)	Butter 1.8 g (1/2 tsp)	Cheese 50 g (1 oz)
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### Meat and Alternatives

Cooked fish, shellfish, poultry, lean meat 75 (1/2 cup) or 125 mL (1/2 cup)	Cooked legumes 175 mL (3/4 cup)	Tofu 175 g (1/2 cup)	Eggs 2 eggs	Peanut or nut butter 30 mL (2 Tbsp)	Shelled nuts and seeds 30 mL (1/4 cup)
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### Oil and Fat

Include a small amount - 30 to 45 mL (1 to 3 Tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, marinades and mayonnaises.

Use vegetable oils such as canola, olive and soybean.

Choose soft margarine that are low in saturated and trans fats.

Limit butter, hard margarine, lard and shortening.

### Enjoy a variety of foods from the four food 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.

**Having the amount and type of food recommended and following the tips in Canada's Food Guide will help:**

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

\* Health Canada provides advice for eating separately serving portions for types of food. Visit [www.health Canada.gc.ca](http://www.health Canada.gc.ca) for full details.

# What Amount of Food do You Need?

**Recommended Number of Food Guide Servings per Day**

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

## What is one Food Guide Serving?

- A reference amount
- Not necessarily what you would eat in one sitting
- A number of ways are used to illustrate a “Food Guide Serving”





## One Food Guide Serving of Vegetables and Fruit is:

125 mL ( $\frac{1}{2}$  cup) fresh, frozen or canned vegetable or fruit or 100% juice

250 mL (1 cup) leafy raw vegetables or salad

1 fruit



## One Food Guide Serving of Grain Products is:

1 slice (35 g) bread or ½ bagel (45 g)

½ pita (35 g) or ½ tortilla (35 g)

125 mL (½ cup) cooked rice, pasta, or couscous

30 g cold cereal

175 mL (¾ cup) hot cereal



## One Food Guide Serving of Milk and Alternatives is:

250 mL (1 cup) milk or fortified soy beverage

175 g ( $\frac{3}{4}$  cup) yogurt

50 g (1  $\frac{1}{2}$  oz.) cheese



## One Food Guide Serving of Meat and Alternatives is:

75 g (2 ½ oz.) or 125 mL (½ cup) cooked fish, shellfish, poultry or lean meat

175 mL (¾ cup) cooked beans

2 eggs


30 mL (2 Tbsp) peanut butter



## 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 soybean



**The type of food that you eat is as important as the amount that you eat!**

## Vegetables and Fruit

- Eat at least one dark green and one orange vegetable each day
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt
- Have vegetables and fruit more often than juice



## Grain Products

- Make at least half of your grain products whole grain each day
- Choose grain products that are lower in fat, sugar or salt





## Milk and Alternatives

- Drink skim, 1% or 2% milk each day
  - Drink fortified soy beverages if you do not drink milk
- Select lower fat milk alternatives



## Meat and Alternatives

- Have meat alternatives such as beans, lentils and tofu often

- Eat at least two Food Guide Servings of fish each week



- Select lean meat and alternatives prepared with little or no added fat or salt

# Counting Food Guide Servings in a Meal



Here is an example:

## Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper = 2 **Vegetables and Fruit** Food Guide Servings

75 g (2 ½ oz.) lean beef = 1 **Meat and Alternatives** Food Guide Serving

250 mL (1 cup) brown rice = 2 **Grain Products** Food Guide Servings

5 mL (1 tsp) canola oil = part of your **Oils and Fats** intake for the day

250 mL (1 cup) 1% milk = 1 **Milk and Alternatives** Food Guide Serving

1 apple = 1 **Vegetables and Fruit** Food Guide Serving

## Count the Food Guide Servings in this Meal

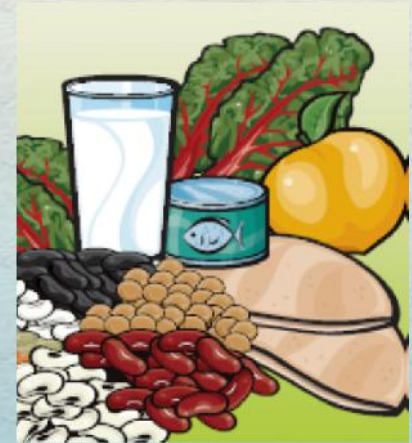
### Vegetable Curry



- 125 mL ( $\frac{1}{2}$  cup) fresh spinach
- (1 cup) carrot, cauliflower, mushrooms, green beans, onion
- about 90 mL (6 Tbsp) chickpeas
- 15 mL (1 Tbsp) peanut oil

## Canada's Food Guide also Recommends:

- Satisfying your thirst with water
- Enjoying a variety of foods from the four food groups



## Canada's Food Guide also Recommends:

- Limiting foods and beverages high in calories, fat, sugar or salt
- Examples include cakes and pastries, doughnuts and muffins, french fries and potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks

## Read the Label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table

<b>Nutrition Facts</b>			
Per 0 mL (0 g)			
Amount	% Daily Value		
<b>Calories</b> 0			
<b>Fat</b> 0 g			<b>0 %</b>
Saturates 0 g			<b>0 %</b>
+ Trans 0 g			
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 0 mg			<b>0 %</b>
<b>Carbohydrate</b> 0 g			<b>0 %</b>
Fibre 0 g			<b>0 %</b>
Sugars 0 g			
<b>Protein</b> 0 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 0 %		

## Advice for Different Ages and Stages

People of different ages and at different stages of life have specific needs. These groups include:

- Children
- Women of childbearing age, and
- Men and women over the age of 50



## Advice for Children

- Serve small nutritious meals and snacks each day
- Do not restrict nutritious foods because of their fat content
- Be a good role model



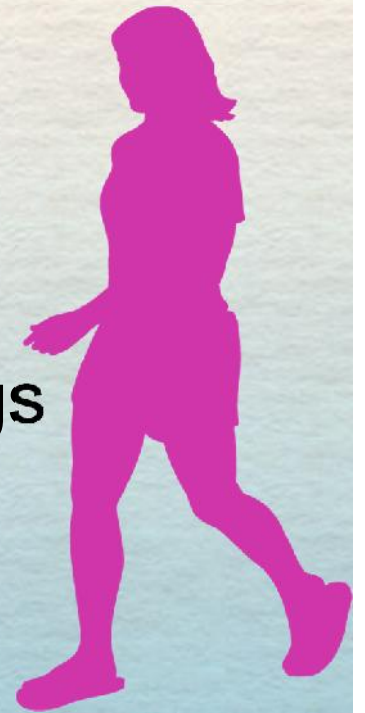
## Advice for Women of Childbearing Age

- All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing folic acid everyday
- Pregnant women also need extra iron from a multivitamin



## Advice for Pregnant and Breastfeeding Women

- Pregnant and breastfeeding women need extra calories
  - Include an extra 2-3 Food Guide Servings from any of the food groups



## Advice for Men and Women over 50

- The need for vitamin D increases after the age of 50
- In addition to following the Food Guide, take a daily vitamin D supplement of 10  $\mu\text{g}$  (400 IU)



# Eating Well and Being Active Work Together for a Healthier You!

The benefits of eating well and being active include:

- Better overall health
- Lower risk of disease
- A healthy body weight
- Feeling and looking better
- More energy
- Stronger muscles and bones



## Be Active

*Canada's Physical Activity Guide* recommends building:

- 30 to 60 minutes of moderate physical activity into daily life for adults
- At least 90 minutes a day for children and youth
- Start slowly and build up!





## Take a Step Today...

- Have breakfast every day
- Walk whenever you can
- Spend less time being inactive
- Eat vegetables and fruit at all meals and snacks
- Enjoy eating with family and friends
- Take time to eat and savour every bite

