
  
The North Community Network  
of Specialized Care  
presents  
**Back To Healthy Eating Basics  
with Canada's Food Guide**  
Sept 30, 2010  
  
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Back To Healthy Eating Basics with CFG  
**Presented by**  
**Mary Ellen Deane RD**

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**Presentation Objectives**  
To give you practical information on:

- How to really use the food guide as a healthy eating tool
- How to interpret labels to clearly understand what is in a packaged food
- How to determine when a portion is not a serving
- How to create supportive eating environments at home and at work

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## Canada's Food Guide 101

- It translates the science of nutrition and health into the term we understand...food!
- It emphasizes the importance of combining healthy eating and physical activity

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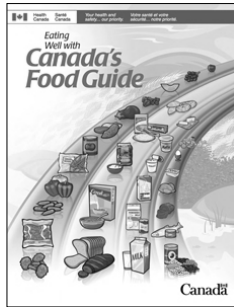
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The Rainbow...  
not just a pretty picture!



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## The Information Inside the Food Guide

Recommended Number of Food Guide Servings per Day	What is One Food Guide Serving?	Make each Food Guide Serving count.
<p><b>VEGETABLES</b></p> <p>4 2 6 7 8 7 10 10 7 7</p>	<p>Dark, leafy green leafy vegetables (e.g., spinach)</p> <p>Light-colored vegetables (e.g., carrots)</p> <p>Beans, lentils, peas, chickpeas</p> <p>Starchy vegetables (e.g., potatoes)</p> <p>Other vegetables (e.g., mushrooms)</p>	<p>Choose a variety of vegetables to get a range of nutrients.</p> <p>Use vegetables in soups, casseroles, and salads.</p> <p>Use vegetables as a snack.</p>
<p><b>FRUIT</b></p> <p>2 4 6 7 7 7 7 7 7 7</p>	<p>Fruit (e.g., apples, oranges)</p> <p>Dried fruit (e.g., raisins)</p> <p>100% fruit juice</p> <p>Smoothies</p>	<p>Make at least half of your plate fruit when you eat.</p> <p>Choose a variety of fruits to get a range of nutrients.</p> <p>Use fruit as a snack.</p>
<p><b>GRAIN AND STARCH</b></p> <p>3 3 4 4 4 4 4 4 4 4</p>	<p>Whole grain bread</p> <p>Whole grain pasta</p> <p>Whole grain rice</p> <p>Whole grain cereal</p> <p>Whole grain flour tortillas</p> <p>Whole grain crackers</p>	<p>Choose whole grains to help lower your risk of heart disease.</p> <p>Use whole grains as a snack.</p>
<p><b>DAIRY</b></p> <p>1 1 1 2 2 2 2 2 2 2</p>	<p>Milk</p> <p>Yogurt</p> <p>Cheese</p> <p>Ice cream</p> <p>Butter</p>	<p>Choose low-fat or fat-free dairy products.</p> <p>Use dairy as a snack.</p>
<p><b>OIL AND FAT</b></p> <p>2 2 2 2 2 2 2 2 2 2</p>	<p>Oil (e.g., olive oil)</p> <p>Butter</p> <p>Margarine</p> <p>Mayonnaise</p> <p>Salad dressing</p>	<p>Use oils and fats to add flavor and texture to your food.</p> <p>Choose healthy fats like olive oil.</p>

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## What Amount of Food do You Need?

Recommended Number of Food Guide Servings per Day

Age or Years Sex	Children			Teens		Adults	
	3-5 Girls and Boys	6-8 Girls	9-13 Boys	14-18 Females	19-30 Males	31-50 Females	51+ Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10
Grain Products	3	4	6	6	7	6-7	8
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2
Meat and Alternatives	1	1	1-2	2	3	2	3

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## What is one Food Guide Serving?



- A reference amount
- Not necessarily what you would eat in one sitting

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

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 fruit



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**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



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

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese



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**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



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**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

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

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**Vegetables and Fruit**  
**“Paint Your Plate” everyday!**



- 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
- Eat your vegetables and fruit more often than drinking them

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**Grain Products**  
**“Go for the Grains”**

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



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**Milk and Alternatives**  
**“Not Just For Kids!”**

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



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**Meat and Alternatives**  
**“Try meatless once a week!”**

- 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



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**Canada's Food Guide also  
Recommends:**

- Satisfying your thirst with water
- Some popular beverages busted!



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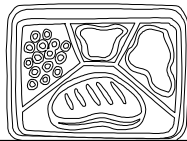
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**Canada's Food Guide also Recommends:**

- 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



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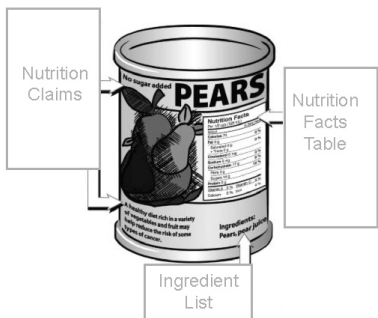
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**Look at the label**



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## The Nutrition Facts table

1 Serving size

2 Calories

Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
<b>Calories</b> 220	
<b>Fat</b> 2 g	3 %
Saturated 0 g	0 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 270 mg	11 %
<b>Carbohydrate</b> 44 g	15 %
Fibre 8 g	32 %
Sugars 16 g	
<b>Protein</b> 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 60 %

3 % Daily Value

4 Get less

5 Get more




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## List of Ingredients

- is present on pre-packaged foods
- all of the ingredients for a food are listed by weight, from the most to the least (the ingredient that is in the largest amount is listed first)
- is a source of allergy information
- is a source of certain nutrient information

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## Sodium sleuth!

Example:

- A prepackaged potato casserole mix

INGREDIENTS: Potatoes, vegetable oil, whey, **salt**, dried milk solids, sour cream, **onion salt**, **monosodium glutamate**, dried parsley, lactic acid, **sodium citrate**, artificial flavors.

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### **Nutrition Claims**

They are:

- Not mandatory
- regulated statements made when a food meets certain criteria
- optional, so may be found only on some food products
- often on the front of food packages

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### **So what's hiding in your cupboard?**

- Questions from participants regarding the labels they have brought in.

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### **Create Healthy Eating Environments**

- Walking the walk, not just talking the talk!
- Making the healthy choice the easy choice
- Supporting those who are making changes to make better choices
- Role modeling the behaviors we talk about

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### **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

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### **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



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### **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



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**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



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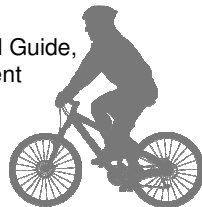
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**Advice for Men and Women over 50**

- 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 µg (400 IU)



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**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!



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**For More Information**

**Canada's Food Guide**

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

**Canada's Physical Activity Guide to Healthy Active Living:**

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/index-home-accueil-eng.php>

**Dietitians of Canada:** [www.dietitians.ca](http://www.dietitians.ca)

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