The North Community Network of Specialized Care presents

Back To Healthy Eating Basics with Canada’s Food Guide

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Back To Healthy Eating Basics with CFG

Presented by
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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
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

The Rainbow...
not just a pretty picture!

The Information Inside the Food Guide
What Amount of Food do You Need?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
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</thead>
<tbody>
<tr>
<td>Grains</td>
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<td>4</td>
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<td>1</td>
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<tr>
<td>Fat and Oils</td>
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<td>9</td>
<td>9</td>
<td>7</td>
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</tbody>
</table>

What is one Food Guide Serving?

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

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
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 (¾ cup) yogurt
- 50 g (1 ½ 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 you eat is as important as the amount you eat!

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
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

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

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
Canada’s Food Guide also Recommends:

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

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

Look at the label
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

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.
**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
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 µg (400 IU)

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!
For More Information

Canada's Food Guide


Dietitians of Canada: www.dietitians.ca