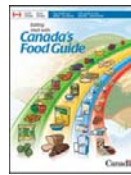


Canada's Food Guide Defines and Promotes Healthy Eating for Canadians

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

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 rainbow design helps communicate Canada's Food Guide recommendations. The different sizes of the arcs in the rainbow represent the proportion of each of the four food groups that is recommended for healthy eating. The Vegetables and Fruit food group is the most prominent arc, emphasizing the important role these foods play.
- The background image helps connect foods with their origin.
- The pictures of the foods reflect the types of foods to include for health that are popular and that represent choices made by the largest multicultural groups in Canada.



The Information Inside the Food Guide

The three inside panels of *Eating Well with Canada's Food Guide* work together to provide you with information on the amount and type of food recommended:

- The first two panels, titled **Number of Recommended Food Guide Servings per Day** and **What is a Food Guide Serving?** provide information on the amount of food to eat from the four food groups and added oils and fats
- The third panel, titled **Make Each Food Guide Serving Count**, provides tips on the type of food choices to make from each of the four food groups.

What Amount of Food do you Need?

The **Recommended Number of Food Guide Servings** chart shows how much food you need from each of the four food groups every day. The recommendations are based on your age and gender.

For example, a woman aged 19-50 years needs:

- 7-8 Food Guide Servings of Vegetables and Fruit
- 6-7 Food Guide Servings of Grain Products
- 2 Food Guide Servings of Milk and Alternatives
- 2 Food Guide Servings of Meat and Alternatives

Age and Sex	Children			Teens			Adults		
	11-13	14-18	19-50	14-18	19-50	51+	14-18	19-50	51+
Vegetables and Fruit	5	6	7	6	7	8	7-8	8-10	7-7
Grain Products	4	6	6	7	6	7	6-7	8	6-7
Milk and Alternatives	2	2	2	2	2	2	2	2	2
Meat and Alternatives	1	1	2	2	2	2	2	2	2

What is one Food Guide Serving?



- It is simply a reference amount. It is a consistent measure to compare how much you eat to what is recommended in Canada's Food Guide. It is meant to help you understand how much food is recommended every day from each of the four food groups.
- In some cases, a Food Guide Serving may be close to what you typically eat in one sitting, such as an apple. In other cases, such as rice or pasta, you may serve yourself more than one Food Guide Serving.

One Food Guide Serving of Vegetables and Fruit is:

- 125 mL ($\frac{1}{2}$ cup) of fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) of leafy raw vegetables or salad
- 1 fruit
- an extended list is available *from the Food Guide Web site.* (http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/fruit/serving-portion/index_e.html)



One Food Guide Serving of Grain Products is:

- 1 slice (35 g) of bread or $\frac{1}{2}$ a bagel (45 g)
- $\frac{1}{2}$ a pita (35 g) or $\frac{1}{2}$ a tortilla (35 g)
- 125 mL ($\frac{1}{2}$ cup) of cooked rice, pasta, or couscous
- 30 g of cold cereal - Look at the Nutrition Facts table on the package to see the equivalent in millilitres (mL) or cups.
- 175 mL ($\frac{3}{4}$ cup) of hot cereal
- an extended list is available *from the Food Guide Web site.* (http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/grain-cereal/serving-portion/index_e.html)



One Food Guide Serving of Milk and Alternatives is:

- 250 mL (1 cup) of milk or fortified soy beverage
- 175 g ($\frac{3}{4}$ cup) of yogurt
- 50 g (1 $\frac{1}{2}$ oz.) of cheese



- an extended list *is available from the Food Guide Web site.* (http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/milk-lait/serving-portion/index_e.html)

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) of cooked beans
- 2 eggs
- 30 mL (2 Tbsp) of peanut butter
- an extended list *is available from the Food Guide Web site.* (http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/meat-viande/serving-portion/index_e.html)



Oils and Fats

- In addition to foods from the four food groups, we also need a small amount of oils and fats.
- For good health, include a small amount (2-3 tablespoons) of unsaturated fat and limit the amount of saturated and trans fats in your day.
- Choosing the right amount and type of oils and fats can lower your risk of developing certain diseases such as heart disease.
- Oils and fats that are mostly unsaturated include vegetable oils used for cooking, salad dressings, soft margarine and mayonnaise. Look for oils such as canola, olive and soybean.
- Limit butter, hard margarine, lard and shortening due to the high amount of saturated and trans fats they contain.
- An extended list of *unsaturated oils and fats can be found on Health Canada's Food Guide Web site at the following link:* http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/oil-huile/type/index_e.html.



Counting Food Guide Servings in a Meal

- Meals usually consist of different foods from more than one food group, such as casseroles, stir-fries and stews. Counting the number of Food Guide Servings in a meal requires that you know what foods are in the meal, as well as how much of each food was used to prepare the meal.
- In this example, the meal is made up of:
 - 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 Alternative** 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



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

Canada's Food Guide has tips on making wise food choices in each food group.

Vegetables and Fruit

Eat at least one dark green and one orange vegetable each day to help you get enough folate and vitamin A.

- Dark green vegetables are important sources of folate. Some examples of dark green vegetables are asparagus, broccoli, and romaine lettuce.
- Orange vegetables are rich in carotenoids such as beta-carotene, which the body converts to vitamin A. Some examples of orange vegetables are carrots, pumpkin, and sweet potatoes.
- Some orange-coloured fruit are also high in vitamin A. Some examples include apricots, cantaloupe, and mango, and can replace an orange vegetable.



Choose vegetables and fruit prepared with little or no added fat, sugar or salt.

- Most vegetables and fruit are naturally low in fat and calories. They become high sources of fat when they are breaded, fried or served with cream-based sauces, butter or cream. Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

Have vegetables and fruit more often than juice

- This will help you get more fibre.

Grain Products

Make at least half of your grain products whole grain each day.



- Eating whole grains will help you get enough fibre and magnesium. A diet rich in whole grains may also help reduce the risk of cardiovascular disease.
- Examples of whole grains include barley, oats, brown rice or wild rice.

Choose grain products that are lower in fat, sugar or salt.

- Most grain products are naturally low in fat, but the way we eat them can add extra calories and increase the total fat consumed. For example, if you add spreads or sauces to your pasta or bread, use small amounts.
- Make sandwiches on whole grain bagels, baguettes, bread, buns and tortillas instead of croissants. Trade the morning cinnamon bun for an English muffin spread with nut butter. Buy lower fat and lower salt (sodium) versions of crackers.

Milk and Alternatives

Drink skim, 1% or 2% milk each day.



- In order to get adequate vitamin D, you should drink 500 mL (2 cups) of milk.
- Fortified soy beverages can be used as an alternative to milk. They contain added vitamins and minerals to make them a nutritionally adequate alternative to milk. Look for the word "fortified" on the package.

Select lower fat milk alternatives.

- Milk products with high milk fat content such as cheese and some yogurt contain high amounts of fat, saturated fat and calories. Look for lower fat yogurt (2% M.F. [milk fat] or less), and lower fat cheese (15% to 20% M.F. or less). Replace half the cheese in a recipe with a variety of cheese that is lower in fat. Serve lower fat vanilla or fruit-flavoured yogurt as a dip for fruit.

Meat and Alternatives

When it comes to meat consumption, times have changed. Many of us grew up in households where meat took centre stage on the dinner plate. Today, a balanced meal includes meat alternatives or smaller amounts of meat.

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

- This will help lower your saturated fat intake and increase your intake of fibre.

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



- Regular consumption of fish helps reduce the risk of heart disease.
- All fish contain at least some omega-3 fats which are important for health. Good choices include char, herring, mackerel, rainbow trout, salmon and sardines because these have very high amounts of omega-3 fats.

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

- To help you reduce the amount of saturated fat you eat, Canada's Food Guide emphasizes lean cuts of meat and skinless poultry. Instead of frying or deep-frying meats, bake, broil, poach or roast them and allow the fat to drip off. Luncheon meats, processed meats and sausages add extra fat and sodium. If you eat these products, choose lower fat and lower salt varieties.

Canada's Food Guide also Recommends:

- To drink water regularly. It can satisfy thirst and provide hydration without adding calories.
- Drink more water in hot weather or when you are very active.
- To eat different foods within each food group. It will help you get all of the nutrients you need.

- In addition to eating the recommended amount and type of food each day, Canada's Food Guide recommends limiting foods and beverages high in calories, fat, sugar or salt (sodium). Refer to the back panel of Canada's Food Guide for a list of foods that should be limited.
- 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
- Foods that are high in fat and sugar are high in calories. Also, higher fat foods are often higher in saturated and trans fats. These kinds of fats put people at higher risk for heart disease.
- Most people get more salt (sodium) than they need, especially if they eat packaged, processed foods and meals made outside of the home.

Read the Label

- Nutrition information on food labels can help you make wise choices. To help you choose products which contain less fat, saturated and trans fats, sugar and sodium, read the Nutrition Facts table on food labels.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.
- 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

Valeur nutritive	
par 0 mL (0 g)	
Quantité	% valeur quotidienne
Calories 0	
Lipides 0 g	0 %
saturés 0 g	0 %
trans 0 g	
Cholestérol 0 mg	
Sodium 0 mg	0 %
Glucides 0 g	0 %
Fibres 0 g	0 %
Sucres 0 g	
Protéines 0 g	
Vitamine A 0 %	Vitamine C 0 %
Calcium 0 %	Fer 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 5

Advice for Children

- Following Canada's Food Guide helps children grow and thrive.
- Because young children have small stomachs that tend to fill up quickly, children need to eat small amounts of food throughout the day. One Food Guide Serving from a food group can be divided up into smaller amounts and served throughout the day. For example, a Food Guide Serving of Meat and Alternatives can be split and served at two different meals. One egg can be served at lunch and about 30 g (1 oz.) of chicken for dinner.

- Since young children need calories for growth and development, the Food Guide recommends not restricting nutritious foods because of their fat content and serving a variety of foods from the four food groups.
- Be a good role model. Children look to parents and caregivers to learn eating behaviours and develop a taste for healthy food.

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.

- Although folic acid is found in some foods, such as dark green vegetables, beans, lentils, orange juice and some grain products, all women who could become pregnant and those who are pregnant or breastfeeding need a daily multivitamin containing 400 micrograms (0.4 mg) of folic acid.
- This supplement, together with the amount of folic acid obtained by following Canada's Food Guide, will help decrease the risk of neural tube defects and meet the extra folic acid needs for those pregnant and breastfeeding.
- In addition, pregnant women need to ensure that their multivitamin also contains enough iron. A health care provider can help them find the right multivitamin.
- Pregnant and breastfeeding women need extra calories
- The Food Guide recommends that pregnant and breastfeeding women add an extra 2 or 3 Food Guide Servings each day from any of the food groups.
- For example, 2 extra Food Guide Servings could be: one piece of fruit and 175 g ($\frac{3}{4}$ cup) of yogurt.

Advice for Men and Women over 50

- Vitamin D needs increase after the age of 50 and are higher than can be obtained by following the Food Guide.
- In older adults, vitamin D intake is associated with highest bone mineral density, improved muscle strength, reduced fracture rates, reduced rates of falling and improved mobility.
- Therefore, all adults over 50 should take a supplement containing 400 IU of vitamin D in addition to following the Food Guide to meet their vitamin D needs.