



Presenter: Bailey Scaplen, BSc.
Nutrition Educator






Why is healthy eating important?

Healthy eating:

- Gives children and youth what they need to grow and be active
- Helps children and youth feel their best



Why should communities provide healthy choices?

- Healthy food and beverages are now served and sold in schools
- The same healthy choices should be promoted in the community

It just makes sense!

The Information Inside the Food Guide

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults		
	3-5	6-13	14-17	18-24	25-34	35-44	45-54	55+
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7
Grain Products	3	4	5	6	7	6-7	8	7
Milk and Alternatives	2	2	3-4	3-4	4	2	2	3
Meat and Alternatives	1	1	2	2	3	2	3	2

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

Vegetables and Fruit

- Fresh, frozen or canned vegetable: 125 mL (1/2 cup)
- Leafy vegetables: Cooked: 125 mL (1/2 cup); Raw: 200 mL (1 cup)
- Fresh frozen or jarred fruits: 1/2 cup or 125 mL (1/2 cup)
- 100% Juice: 125 mL (1/2 cup)

Grain Products

- Bread: 1 slice (35 g)
- Bagel: 1/2 bagel (35 g)
- Flat bread: 1 pita or 1 tortilla (35 g)
- Cooked rice, bulgur or quinoa: 125 mL (1/2 cup)
- Cereal: Cook: 30 g; Dry: 125 mL (1/2 cup)
- Cooked pasta or couscous: 125 mL (1/2 cup)

Milk and Alternatives

- Milk or powdered milk (reconstituted): 250 mL (1 cup)
- Condensed milk (evaporated): 225 mL (3/4 cup)
- Fortified soy beverage: 250 mL (1 cup)
- Yogurt: 75 g (3 oz)
- Butter: 1.8 g (1/2 tsp)
- Cheese: 50 g (1/4 oz)

Meat and Alternatives

- Cooked fish, shellfish, poultry, lean meat: 75 g (1/3 lb) or 125 mL (1/2 cup)
- Cooked legumes: 175 mL (3/4 cup)
- Tofu: 100 g or 175 mL (3/4 cup)
- Eggs: 2 eggs
- Peanut or nut butter: 30 mL (2 Tbsp)
- Shelled nuts and seeds: 50 mL (1/4 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 in dark green vegetables such as broccoli, spinach, lettuce and spinach.
 - Get in orange vegetables such as carrots, sweet potatoes and winter squash.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
 - Freeze vegetables (steamed, baked or stir-fried) instead of deep-fry!
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
 - Eat variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
 - Enjoy whole grain breads, appetizers and whole wheat pasta.
- Choose green products that are lower in fat, sugar or salt.
 - Compare the Nutrition Facts Table on labels to make wise choices.
 - Enjoy the low-fat and grain products. When adding sauces or spreads, use small amounts.
- Drink water, 8% or 9% milk each day.
 - Have 500 mL (2 cups) of milk every day for calcium and vitamin D.
 - Intensified soy beverage if you do not drink milk.
- Check labels for milk alternatives.
 - Compare the Nutrition Facts Table on yogurt or cheese to make wise choices.
- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least two Food Guide Servings of fish each week*
 - Choose fish such as fat, farmed, wild, salmon, sardines, mackerel.
 - Choose frozen, canned and shelf-stable as a convenient way to eat fish. Make sure you are watching for any recalls.
 - Choose fish that have been frozen, steamed, broiled or baked in healthy oil or added fat.
 - Avoid fish that have been fried, broiled or seared that require extra oil or added fat.
 - If you eat farmed meats, sausage or processed meats, choose those lower in salt, sodium and fat.

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

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.

Oils and Fats

- Include a small amount - 30 to 45 mL (1 to 2 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.
- Choose soft margarine that are low in saturated and trans fats.
- Limit butter, lard, margarine, lard and cooking oil.

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.

* Health Canada provides advice for eating seafood (mostly from certain types of fish). Refer to www.healthcanada.gc.ca for the latest information.



Vegetables and Fruit

- Eat vegetables and fruit at all meals and snacks
- Naturally low in fat, salt, and sugar
- Most children do not eat enough vegetables and fruit

Tips for Providing Fruit

- Fresh fruit (cut up fruit, bananas, apples)
- Fruit cups packed in water or juice (not syrup)
- Fruit leathers with no added sugar
- 100% fruit juice

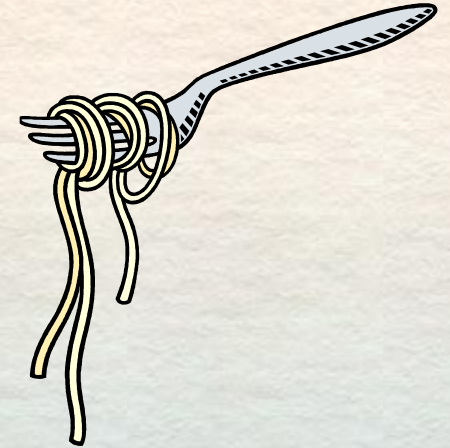


Tips for Providing Vegetables

- Cooked vegetables as part of meals (fresh or frozen) or side salad
- Veggie sticks and dip for a snack
- Add vegetables to:
 - Pizza
 - Sandwiches/wraps
 - Soups
 - Pasta dishes
 - Casseroles



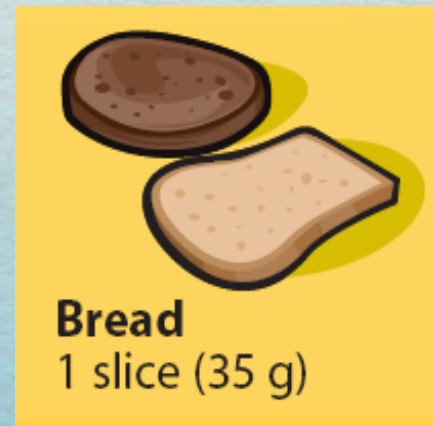
Grain Products



- Gives us energy
- Whole grain has fibre and essential nutrients

Tips for Providing Grain Products

- Provide whole grain snacks with little added sugar, fat and salt
- Serve whole grain options at meals
 - Pasta or rice
 - Crackers
 - Cereal
 - Bread



Milk and Alternatives

- Great source of calcium to help bones and teeth stay strong



Tips for Providing Milk and Alternatives

- Offer milk with meals and snacks
 - Skim, 1% or 2%, white or chocolate



- Provide yogurt and cheese strings for snacks

Tips to Provide Meat and Alternatives

- Provide quality protein (lean chicken, beef, beans, eggs, peanut butter) sources rather than processed meat (pepperoni, sausage, wieners)
- Bake, broil, or barbeque rather than deep frying meats



Tips to Provide Meat and Alternatives

- Serve wraps and sandwiches with lean chicken, beef, and ham or eggs, tuna and peanut butter
- Offer trail mix with nuts as snacks
- Top pizzas with grilled chicken or lean ground beef instead of pepperoni, salami, or bacon
- Serve chili and soups with beans or lean ground beef

Fluids and Beverages

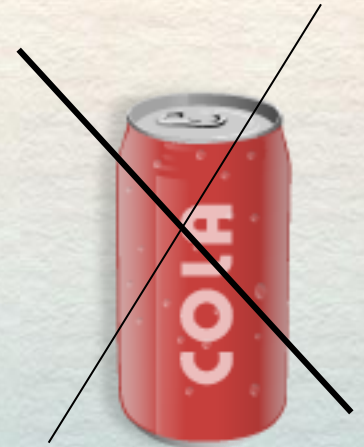
Choose:



- Plain Water
- Milk, Skim, 1% or 2%, white or chocolate
- 100% fruit or vegetable juice

Instead of:

- Soft drinks/pop
- Energy drinks
- Sports drinks
- Flavoured waters



For More Information Visit Canada's Food Guide Online: www.healthcanada.gc.ca/foodguide

Home > Food and Nutrition > Canada's Food Guide

Eating Well with
Canada's Food Guide

Food Guide Basics

Choosing Foods

Using the Food Guide

Maintaining Healthy Habits

Get Your Copy

Take the Guided Tour

Create My Food Guide

[Educators and Communicators](#)

[Background on the Food Guide](#)

[Frequently Asked Questions](#)



Thank You 😊

Any questions?

<http://www.livinghealthyschools.com/eatgreat.html>