

WHAT'S NEW WITH CANADA'S FOOD GUIDE



It's interactive and on the Web, www.healthcanada.gc.ca/foodguide. You can personalize your Food Guide based on information such as age, gender, the foods you like and the activities you enjoy. By this spring, you will also be able to print "*My Food Guide*" in a number of different languages.

Confused on how to use the Food Guide... there are tips and ideas on planning meals, shopping, using food labels, smart snacking, eating out and counting those Food Guide Servings in a meal all on the Web.

Eating Well with Canada's Food Guide provides the most current information available for healthy eating.

New features of the guide include:

- Better guidance on portion size and number of recommended servings based on your age and gender
- Emphasis on the importance of vegetables and fruit in overall health
- Information about types of fats and oil that help reduce the daily intake of unhealthy saturated and trans fats
- Lower cost food examples
- Addition of daily tips such as eating breakfast, reducing salt and sugar and the importance of reading the *Nutrition Facts Table* on packaged foods
- Focus on physical activity, which emphasizes that eating well **and** being active results in healthy weights and feeling well.

The new *Food Guide* is now six pages and is intended to guide healthy food intake for all Canadians over the age of two. The guide describes what amount of food people need and what type of food is part of a healthy eating pattern.

There are special notes on each of the Food Groups.

- **Vegetables and Fruit.** Eat at least one green and one orange vegetable each day. Choose vegetables and fruit that are prepared with little or no added fat, sugar or salt and have vegetables and fruit more often than juice.
- **Grain Products.** Make at least half of your daily grain products whole grain and choose those that are lower in fat, sugar or salt.
- **Milk and Alternatives.** Drink (500 mL) two cups, skim, 1% or 2% milk each day. Choose fortified soy beverages if you do not drink milk. Select a variety of low fat milk alternatives such as yogurt and cheese.
- **Meat and Alternatives.** Have meat alternatives such as beans, lentils and tofu often. Eat at least two servings of fish each week by choosing fish such as char, salmon, sardines, trout and herring. Select lean meat and alternatives prepared with little or no added fat or salt.
- **Oil and Fat.** Include a small amount 30-45 mL (2-3 Tbsp.) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

Check out Canada's Food Guide today. It can help you meet your nutrient needs, reduce your risk of some chronic diseases and contribute to your overall health and vitality.

WRITTEN BY THE PUBLIC HEALTH NUTRITIONISTS OF SASKATCHEWAN

