

# Food Guide Basics

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## **Purpose**

To learn about *Eating Well with Canada's Food Guide* and its key messages

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## **Intended Audience**

All employees

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## **Suggested Activities**

- Use the *Eating Well with Canada's Food Guide* PowerPoint presentation to educate employees (See the attached CD). *Check Your Choices!* (Dietitians of Canada) can be used as an additional resource.
- Place table tents on tables in kitchens, break rooms, worksite cafeterias, boardrooms, photocopier rooms, and other key areas.
- Hand out and/or post *Eating Well with Canada's Food Guide* and *5 to 10 a Day for Better Health* by elevators, on bulletin boards, in stairwells, and in other key areas.
- Arrange educational sessions or a grocery store tour to be led by a dietitian.
- Provide information on *Eating Well with Canada's Food Guide* on the intranet and/or in newsletters.
- Work with management of relevant cafeterias, canteens, and other food establishments to promote the four food groups (e.g., each day feature and promote a different food group by giving out free samples and offering related recipes and information).
- Arrange taste tests of various fruits and vegetables or other healthy foods during breaks or lunch periods.

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## Materials

- Diversity Checklist
- PowerPoint presentation: *Eating Well with Canada's Food Guide* (See the attached CD.)
- PowerPoint presentation: *Canada's Food Guide—Key Changes in the New Food Guide* (See the attached CD.)
- Table tents  
(See the attached CD and inserts at the back of this binder.)
- *Eating Well with Canada's Food Guide* (See sleeve inserts at the back of this binder. To order multiple copies, go to [www.healthcanada.ca/foodguide](http://www.healthcanada.ca/foodguide) or call 1-866-225-0709 and ask for Publications. Allow four to six weeks for delivery.)
- Fact sheet: *Check Your Choices!* (Dietitians of Canada) (See p. 49)
- Website: *5to10aday* (Canadian Produce Marketing Association) ([www.5to10aday.com](http://www.5to10aday.com))
- How to Access a Dietitian in Nova Scotia  
(See Additional Resources, p. 244)
- Intranet/newsletter messages  
(See Communication Materials, p. 205)
- *Healthy Eating in the Workplace Action Plan Worksheet*  
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*  
(See Additional Resources, p. 225)





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# Step Right Up

## to Healthy Eating

### Check your Choices!

**Tried and True Nutrition Messages:**  
With so many messages from different sources about what foods are good or bad for you, it's easy to be confused. But while claims and fad diets come and go, the basic principles of healthy eating have stood the test of time. Check the points below to see how your choices measure up.

**Canada's Food Guide to Healthy Eating** encourages us to choose a variety of foods from four basic groups – grains, vegetables and fruit, milk products, and meat and alternatives.

**Choose whole grains.**  
A key part of healthy eating consists of grains like bread, cereals, pasta and rice. To get the most nutrients and fibre, choose whole grains and enriched products most often.

**Choose vegetables and fruit.**  
Sometimes crunchy, sometimes sweet, always delicious! Vegetables and fruit are naturally packed with vitamins, minerals, fibre and antioxidants – which helps to boost your immunity and keep you strong and healthy. Vegetables and fruit are great for you, and dark green and orange ones are often the most nutritious!



**Choose lower fat milk products more often.**  
The nutrients in milk, yogurt and cheese – including protein, vitamins A and D, and minerals like calcium, phosphorous and magnesium form the building blocks for healthy bones and teeth. If you are lactose intolerant, enjoy milk that has the lactose removed, use chewable lactase tablets, or try fortified soy beverage.

**Choose leaner meat and alternatives more often.**  
Meat is a key source of protein, iron and B vitamins. Choose leaner cuts and control portions. Enjoy options like poultry and fish more often. Prepare meat using low-fat methods like baking, broiling, stir fry and barbecue. You can also enjoy 'meatless meals' using alternatives like eggs, beans, lentils, peanut butter, dried peas and tofu.



## Check it out!

### Did you...

#### ✓ **Start the day with a healthy breakfast?**

Eating breakfast will jump-start your body's furnace and give you energy to start your day. Skipping breakfast can increase your appetite and lead to overeating later in the day.

#### ✓ **Control your portions?**

Size matters... to achieve and maintain a healthy body weight, watch your portion sizes! For example, a single serving of meat is about the size of a deck of cards.

#### ✓ **Have three meals and three snacks today?**

Eating several smaller meals throughout the day keeps your body running smoothly, so you have a steady supply of energy and are less likely to have food cravings.

#### ✓ **Limit your intake of salt, alcohol and caffeine?**

Taste food before adding salt and drink beverages with alcohol and caffeine in moderation.

#### ✓ **Choose a variety of foods from each food group?**

Variety is the spice of life – and healthy eating! Eating the same foods over and over, even nutritious foods, means you are getting a lot of some nutrients and missing out on others. Experiment with nutritious foods you haven't tried before.

#### ✓ **Remember to drink lots of water?**

Water quenches your thirst and keeps you hydrated – it's the natural choice!

#### ✓ **Do something active today?**

Good health is achieved by a combination of healthy eating and active living. You don't have to be a professional athlete – just spend 30 minutes every day being active – walking, gardening, swimming, bike-riding – pick your passion!

### Recommended Number of Servings per Day\*

<b>Grain Products</b>	<b>5 - 12</b>
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<b>Vegetables and Fruit</b>	<b>5 - 10</b>
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<b>Milk Products</b>	Children 4-9 yrs. :	<b>2 - 3</b>
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	Youth 10-16 yrs. :	<b>3 - 4</b>
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	Adults:	<b>2 - 4</b>
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	Pregnant and	<b>3 - 4</b>
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	Breastfeeding Women:	
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<b>Meat and Alternatives</b>	<b>2 - 3</b>
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\* based on Canada's Food Guide to Healthy Eating.

**Different people need different amounts of food, depending on age, body size and activity level.**

For serving sizes, check out the food guide at [www.healthcanada.ca/foodguide](http://www.healthcanada.ca/foodguide)

Dietitians provide food and nutrition information you can trust. Find a dietitian in your area at [www.dietitians.ca/find](http://www.dietitians.ca/find) or call 1-888-901-7776.

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