

Canada's Food Guide 2019

chapter 2, section 2.3:pg 53-60; 3e only
especially **Critical Thinking: Improving a Food Guide** pg 59, 3e

**Remember to start working on your
3-day food record.**



Learning Objectives

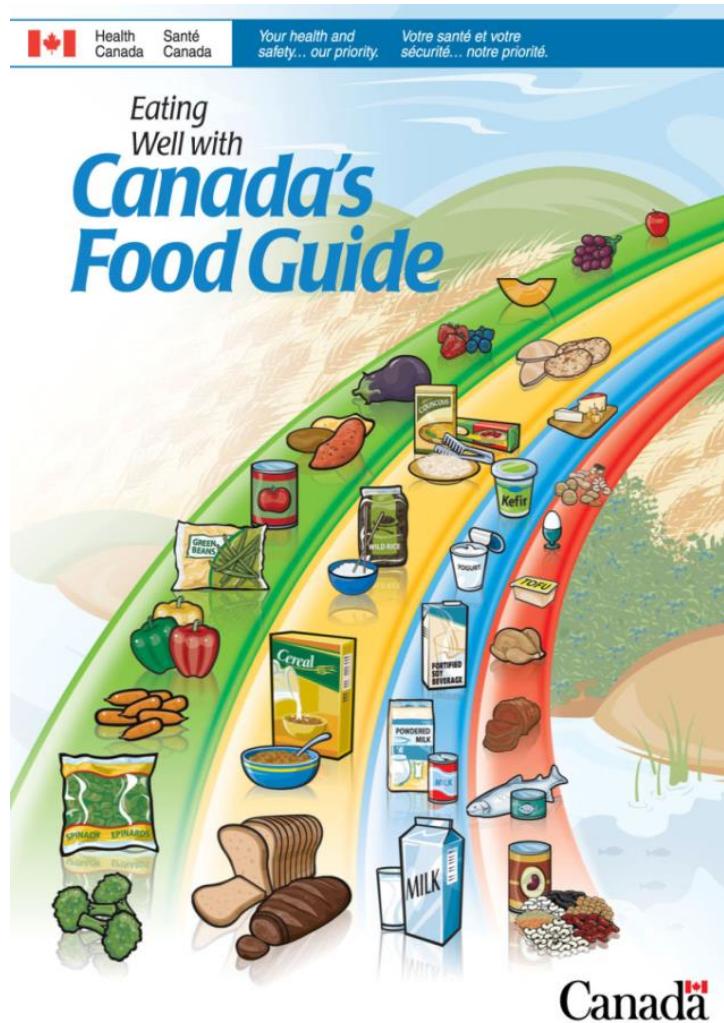
1. Compare 2007 and 2019 food guides from Canada
2. Use the 2007 to evaluate the quality of a diet
3. Discuss the criticisms of the 2007 changes and key messages from the 2019 guidelines
4. Use the 2019 CFG to plan a healthy meal

Revision of Canada's Food Guide

- *2007 Eating Well with Canada's Food Guide*
- Replaced in January 2019 with a new Canada's Food Guide
 - Based on updated science
 - Address controversies and criticism of the old guide
 - Present information that better suits consumer preferences



Controversies about Canada's Food Guide 2007



- Four food groups:
- 1) Vegetables and fruits
- 2) Grain products
 - Critique: not enough emphasis on whole grains
 - Message in old guide: “At least half of your grain products whole grain each day.”
- 3) Milk and alternatives
- 4) Meat and alternatives

Critics say these food groups reflect beef and dairy industry influence. Food industry reps were included in the development of this CFG

Controversies: Too prescriptive

Consumers prefer proportions rather than absolute amounts

Soft on juice

Recommended Number of Food Guide Servings per Day									
Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3



Controversies: Poor messaging on fat

Type of fat (saturated vs unsaturated) more important than total fat intake

▶ Eat at least one dark green and one orange vegetable each day.

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

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

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

▶ Have vegetables and fruit more often than juice.

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

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

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

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

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

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

▶ Select lower fat milk alternatives.

- Compare the Nutrition Facts table on yogurts or cheeses 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 char, herring, mackerel, salmon, sardines and trout.

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

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

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.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Advantage of prescriptive approach: Can be used to assess diet quality

Conformance to Canada's Food Guide (20 year-old female)				
	Vegetables & Fruits (# CFG servings)	Grain Products (# CFG servings)	Milk & Alternatives (# CFG servings)	Meat & Alternatives (# CFG servings)
Day 1	2	9	1	4
Day 2	3	10	0	3
Day 3	4	11	1	5
3-day average	3	10	1	4
Recommended # servings	7-8	6-7	2	2
Assessment of 3-day average	less than recommended	more than recommended	less than recommended	more than recommended

Criticism of Old Food Guide	Change in New Guide
1) Not enough emphasis on whole grains	
2) Food groups may be industry-influenced	
3) Uses prescriptive serving sizes	
4) Includes fruit juice	
5) Emphasizes total fat intake instead of type of fat	

Process for developing new guide-CFG 2019



1. Dietary guidelines developed after a review of the scientific literature, especially of systematic reviews.
2. A review of the Canadian context
 - 2004-Canadian Community Health Survey-Nutrition
 - Assessed the adequacy of the dietary intake of Canadians
3. A review of how the previous Canada's Food Guide was used
 - Assess consumer preferences with respect to the presentation of information
- Food industry representatives were excluded from the development process.

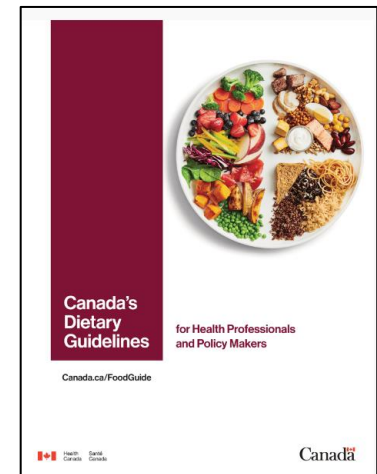
Review of the scientific literature (2018): Tabulated results for various nutrients, foods, and dietary patterns

Annex 3: Summary of Convincing (strong) Food and Health Relationships and Changes Since 2015

PREDICTOR	OUTCOME (SPECIFIC OUTCOME OR RISK FACTOR)	DIRECTION OF RISK † , ††	SOURCE (# OF FINDINGS)	CHANGES IN CONVINCING EVIDENCE SINCE 2015 * , ** , ***
Alcohol				
Alcohol	Cancer (Colorectal; Breast - postmenopausal; Oesophageal - squamous cell carcinoma; Liver; Mouth, pharynx, larynx)	Increased	WCRF, 2018 49 (1); WCRF, 2018 36 (1); WCRF, 2018 44 (1); WCRF, 2018 43 (1); WCRF, 2018 47 (1)	No change
Alcohol (Moderate drinking)	CVD (CHD)	Decreased	DGAC, 2010 5 (1)	No change

Canadian Dietary Guidelines: Three Main Ideas

- 1) Nutritious foods are the foundation for healthy eating.
- 2) Processed or prepared foods and beverages that contribute to excess sodium, free sugars, or saturated fat undermine healthy eating and should not be consumed regularly.
- 3) Food skills are needed to navigate the complex food environment and support healthy eating.



Canadian Dietary Guidelines:

GUIDELINE 1:

Nutritious foods are the foundation for healthy eating.

- Vegetables, fruit, whole grains, and protein foods should be consumed regularly. Among protein foods, consume plant-based more often.
 - Protein foods include legumes, nuts, seeds, tofu, fortified soy beverage, fish, shellfish, eggs, poultry, lean red meat including wild game, lower fat milk, lower fat yogurts, lower fat kefir, and cheeses lower in fat and sodium.
- Foods that contain mostly unsaturated fat should replace foods that contain mostly saturated fat.
- Water should be the beverage of choice.

CONSIDERATIONS

Nutritious foods to encourage

- Nutritious foods to consume regularly can be fresh, frozen, canned, or dried.

Cultural preferences and food traditions

- Nutritious foods can reflect cultural preferences and food traditions.
- Eating with others can bring enjoyment to healthy eating and can foster connections between generations and cultures.
- [Traditional food](#) improves diet quality among Indigenous Peoples.

Energy balance

- Energy needs are individual and depend on a number of factors, including levels of physical activity.
- Some [fad diets](#) can be restrictive and pose nutritional risks.

Environmental impact

- Food choices can have an impact on the environment.

Canadian Dietary Guidelines

GUIDELINE 2:	CONSIDERATIONS
<p>Processed or prepared foods and beverages that contribute to excess sodium, free sugars, or saturated fat undermine healthy eating and should not be consumed regularly.</p>	<p>Sugary drinks, confectioneries and sugar substitutes</p> <ul style="list-style-type: none">• Sugary drinks and confectionaries should not be consumed regularly.• Sugar substitutes do not need to be consumed to reduce the intake of free sugars. <p>Publically funded institutions</p> <ul style="list-style-type: none">• Foods and beverages offered in publically funded institutions should align with Canada's Dietary Guidelines. <p>Alcohol</p> <ul style="list-style-type: none">• There are health risks associated with alcohol consumption.



Topics

The World Health Organization (WHO) has released a new guideline on non-sugar sweeteners (NSS), which recommends against the use of NSS to control body weight or reduce the risk of noncommunicable diseases (NCDs).

The recommendation is based on the findings of a systematic review of the available evidence which suggests that use of NSS does not confer any long-term benefit in reducing body fat in adults or children. Results of the review also suggest that there may be potential undesirable effects from long-term use of NSS, such as an increased risk of type 2 diabetes, cardiovascular diseases, and mortality in adults.

"Replacing free sugars with NSS does not help with weight control in the long term. People need to consider other ways to reduce free sugars intake, such as consuming food with naturally occurring sugars, like fruit, or unsweetened food and beverages," says Francesco Branca, WHO Director for Nutrition and Food Safety. "NSS are not essential dietary factors and have no nutritional value. People

Canadian Dietary Guidelines

GUIDELINE 3	CONSIDERATIONS:
<p>Food skills are needed to navigate the complex food environment and support healthy eating.</p> <ul style="list-style-type: none">• Cooking and food preparation using nutritious foods should be promoted as a practical way to support healthy eating.• Food labels should be promoted as a tool to help Canadians make informed food choices.	<p>Food skills and food literacy</p> <ul style="list-style-type: none">• Food skills are important life skills.• Food literacy includes food skills and the broader environmental context.• Cultural food practices should be celebrated.• Food skills should be considered within the social, cultural, and historical context of Indigenous Peoples. <p>Food skills and opportunities to learn and share</p> <ul style="list-style-type: none">• Food skills can be taught, learned, and shared in a variety of settings. <p>Food skills and food waste</p> <ul style="list-style-type: none">• Food skills may help decrease household food waste.
<p>Source (quoted verbatim from): Health Canada. Canada's Dietary Guidelines. Released January 22, 2019. Available online at https://food-guide.canada.ca/en/guidelines/</p>	

Canada's food guide

Food choices

Eating habits

Recipes

Tips

Resources

Eat a variety of healthy foods each day

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



1

2

<https://food-guide.canada.ca/en/>

Food Choices: Key Points

Some of the key messages are described below.

- *Eat vegetables and fruits*
- *Eat whole grains.*
- *Choose protein foods that come from plants more often.*
- *Choose foods with healthy fats instead of saturated fat*
- *Limit highly processed foods. If you choose these foods, eat them less often and in small amounts*
- *Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat.*
- *Choose healthier menu options when eating out*
- *Make water your drink of choice*
- *Use food labels*
- *Be aware that food marketing can influence your choices*



Vegetables and fruits are good for you

Vegetables and fruits are an important part of a healthy eating pattern. Eating a variety of vegetables and fruits may lower your risk of heart disease



Vegetables and fruits have important nutrients such as:

- fibre
- vitamins
- minerals

Include plenty of vegetables and fruits in your meals and snacks. Try making half of your plate vegetables and fruits.

Choose different textures, colours and shapes to fit your taste. From apples to zucchini, choose plenty of vegetables and fruits.

Try a variety of vegetables and fruits such as:

- pears
- apples
- berries
- broccoli
- peaches
- cabbage
- leafy greens

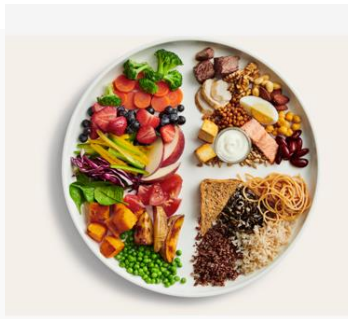
<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-vegetables-and-fruits/>

Fruit juice and fruit juice concentrates are high in sugars. Replace juice with water. Choose whole or cut vegetables and fruits instead of juice.

How to eat more vegetables

Here are some easy ways to eat more vegetables:

- Add canned pumpkin or squash purée to any soup to make it extra rich and creamy.
- Wash, chop and refrigerate or freeze extra vegetables when preparing meals so you have extra for meals the next day.
- Use pre-bagged vegetables that can be quickly tossed in a salad, stir-fry or casserole. Try:
 - baby carrots
 - green beans
 - leafy greens
- Serve raw vegetables with your meals. Try:
 - cucumber
 - cherry or grape tomatoes
 - red, yellow or green peppers
- Try new recipes that call for different types of leafy greens such as:
 - kale
 - spinach
 - bok choy
 - Swiss chard
 - mixed salad greens

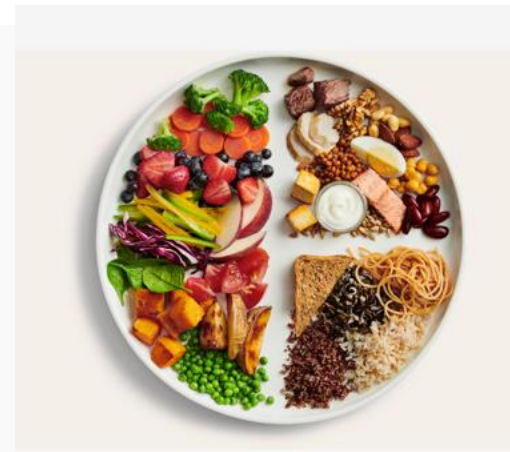


<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-vegetables-and-fruits/>

Whole grain foods are good for you

Whole grain foods have important nutrients such as:

- fibre
- vitamins
- minerals



Whole grain foods are a healthier choice than refined grains because whole grain foods include all parts of the grain. Refined grains have some parts of the grain removed during processing.

Whole grain foods have more fibre than refined grains. Eating foods higher in fibre can help lower your risk of:

- stroke
- colon cancer
- heart disease
- type 2 diabetes

How to include whole grain foods

Here are some easy ways to eat more whole grain foods:

- Try a new whole grain each week:
 - farro
 - freekah
 - amaranth
 - buckwheat
- Mix different whole grain cereals in your bowl and enjoy with lower fat white milk or unsweetened plant-based beverages.
- Start your day with a bowl of oatmeal, whole grain cereal or whole grain toast.
- Keep a variety of whole grain foods in your pantry. Try:
 - oats
 - quinoa
 - brown rice
 - whole grain pasta
 - whole grain bread

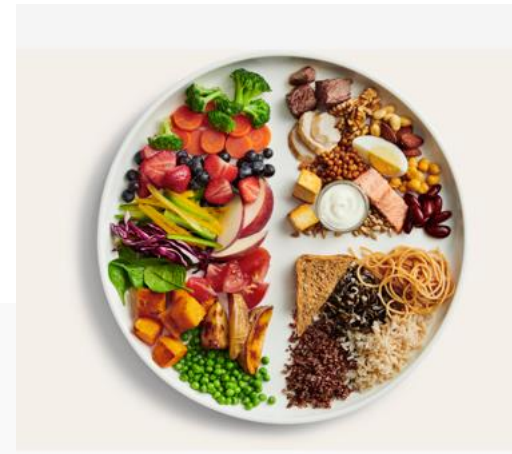


<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

To increase the amount of whole grain foods in your recipes, try adding:

- barley, bulgur and quinoa to soups, salads and stir-fries
- brown or wild rice to white rice for more fibre and a nutty flavour

Some warnings about grain products:



Some grain foods can have a lot of added sodium, sugars or saturated fat. These include foods like:

- breads
- muffins
- crackers
- pasta dishes

Make sure your choices are actually whole grain

Whole wheat and multi-grain foods may not be whole grain. Some foods may look like they are whole grain because of their colour, but they may not be.

Read the ingredient list and choose foods that have the word “whole grain” followed by the name of the grain as one of the first ingredients like:

- whole grain oats
- whole grain wheat

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

Whole wheat foods are not whole grain, but can still be a healthy choice as they contain fibre.

Eat protein foods



Healthy food choices

Protein foods, including plant-based protein foods, are an important part of healthy eating. Include foods such as beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, eggs, lower fat milk and lower fat dairy products.

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

Protein foods are good for you

You can eat a variety of protein foods as part of a healthy [eating pattern](#).

Protein foods have important nutrients such as:

- protein
- vitamins
- minerals



Choose protein foods that come from plants more often. Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods. This can be beneficial for your heart health.

You don't need to eat large amounts of protein foods to meet your nutritional needs. Try to eat protein foods such as:

- eggs
- lean meats and poultry
 - lean cuts of beef, pork and wild game
 - turkey
 - chicken
- nuts and seeds
 - peanuts
 - almonds
 - cashews
 - nut butters
 - sunflower seeds

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

List continues next slide...

- fish and shellfish
 - trout
 - shrimp
 - salmon
 - scallops
 - sardines
 - mackerel
- lower fat dairy products
 - milk
 - yogurt
 - lower sodium cheeses
- beans, peas and lentils
 - brown, green or red or other lentils
 - peas such as chickpeas and split peas
 - dried beans such as black beans and kidney beans
- fortified soy beverages, tofu, soybeans and other soy products



<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

Benefits of choosing foods with healthy fats

Choosing foods that contain mostly healthy fats instead of foods that contain mostly saturated fat can help lower your risk of heart disease. Heart disease is 1 of the leading causes of death in Canada.

The type of fat you eat over time is more important for health than the total amount of fat you eat.

Foods containing healthy fats

These foods contain healthy fats:

- nuts
- seeds
- avocado
- fatty fish
- vegetable oils
- soft margarine

Foods containing saturated fat

These foods contain saturated fat:

- fatty meats
- high fat dairy products
- some highly processed foods
- some tropical oils such as palm oil and coconut oil

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/choosing-foods-with-healthy-fats/>



Limit foods that contain saturated fat

Limit the amount of foods containing saturated fat, such as:

- cream
- higher fat meats
- processed meats
- canned coconut milk or cream
- some frozen desserts like ice cream
- some desserts and bakery products
- most deep fried foods, like French fries
- cheeses and foods containing a lot of cheese

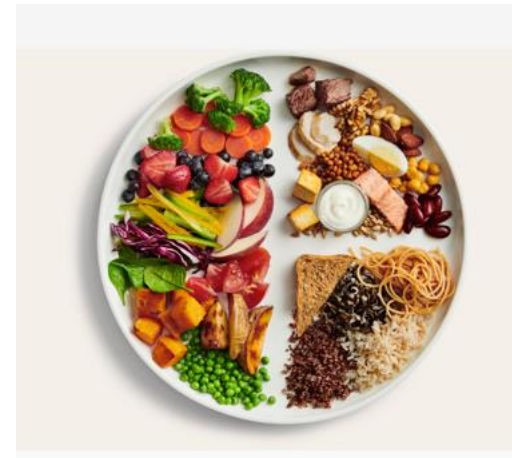
When preparing foods, try to limit the amount of saturated oils and fats like:

- lard
- ghee
- butter
- palm oil
- coconut oil
- hard margarine

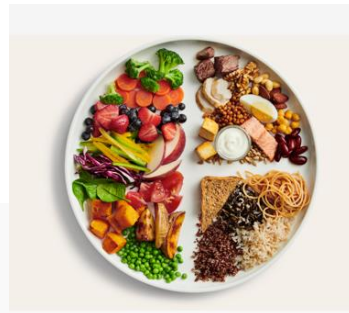
Choose lean cuts of meat and skinless poultry. Trim off as much of the visible fat as possible. Drain fat from cooked ground meat. Lean or extra lean cuts of meat can include:

- pork loin
- chicken breast
- sirloin roast or steak
- inside and outside round roast
- lean ground poultry
- wild game such as:
 - deer
 - bison
 - moose
 - caribou

Some processed foods are made with ingredients that are high in saturated fat. Use the food labels to compare products. Choose those with little to no added saturated fat.



<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/choosing-foods-with-healthy-fats/>



Benefits of limiting highly processed foods

You should limit highly processed foods and drinks because they are not a part of a healthy eating pattern.

Highly processed foods are processed or prepared foods and drinks that add excess sodium, sugars or saturated fat to the diets of Canadians.

Highly processed foods can include:

- sugary drinks
- chocolate and candies
- ice cream and frozen desserts
- fast foods like French fries and burgers
- frozen entrées like pasta dishes and pizzas
- bakery products like muffins, buns and cakes
- processed meats like sausages and deli meats

<https://food-guide.canada.ca/en/healthy-eating-recommendations/limit-highly-processed-foods/>

Make water your drink of choice



Other healthy drink choices

Healthy drink options other than water can include:

- white milk (unsweetened lower fat milk)
- unsweetened fortified plant-based beverages such as:
 - soy beverage
 - almond beverage
- unsweetened coffee and teas

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-water-your-drink-of-choice/>

Eating Habits

- *Be mindful of your eating habits*
- *Cook more often*
- *Enjoy your food*
- *Eat meals with others*

Using the plate snapshot to create meals

- <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

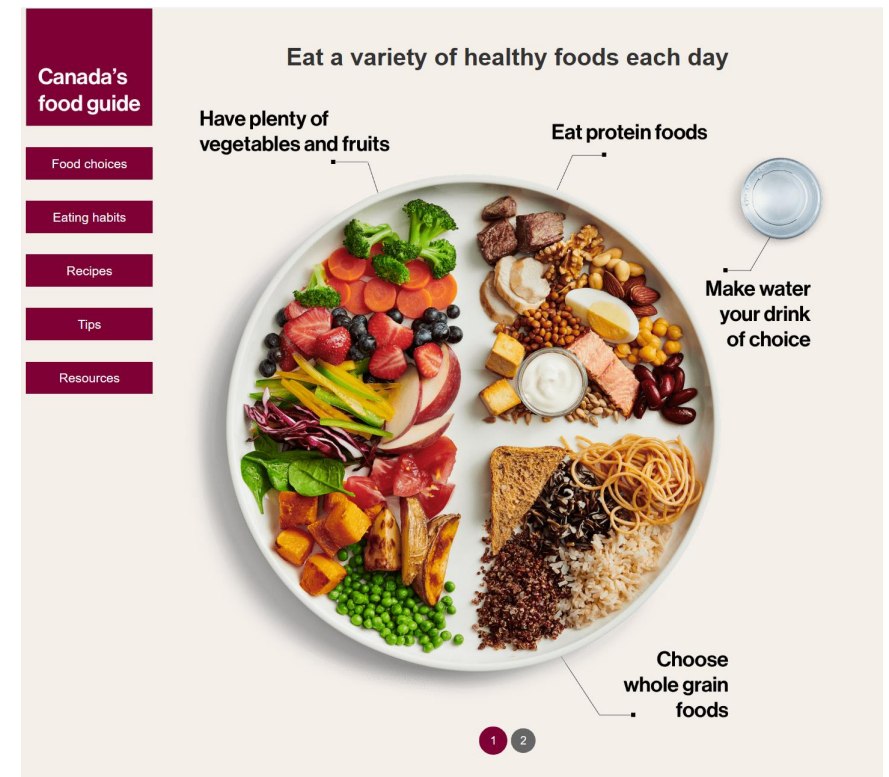


TABLE 2.3

Sample Meals Using Canada's Food Guide: First Select the Vegetables and Fruit to be the Main Component of the Meal, then Select Protein and a Whole Grain

Breakfast: Oatmeal with Fruit and Nuts	Breakfast: Veggie Omelette and Toast	Dinner: Stir-fry Vegetables and Chicken
<p>Vegetables and fruit: Berries, banana, apple, pear, etc.</p> <p>Whole grains: Oatmeal</p> <p>Protein food: Yogurt, nuts</p> <p>Directions: Add fruit and nuts to bowl of oatmeal or place on the side; place yogurt on the side</p>	<p>Vegetables and fruit: Chopped vegetables, orange</p> <p>Whole grains: Whole grain wheat toast</p> <p>Protein food: Egg</p> <p>Directions: Scramble egg and add egg and chopped vegetables to fry pan to cook, plate, and add toast and orange on side</p>	<p>Vegetables: Assorted chopped vegetables; carrots, broccoli, red and yellow peppers</p> <p>Whole grains: Brown rice</p> <p>Protein food: Sliced chicken breast</p> <p>Directions: Stir-fry vegetables and sliced chicken; serve with rice</p>

Source: From Government of Canada. Canada's Food Guide: Make Healthy Meals with the Eat Well Plate. Available online at: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>. Accessed May 25, 2019. Public Domain.

Français

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Español

繁體中文

Português

Ojibwe

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العربية

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Food guide snapshot

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Eating Well with
Canada's Food Guide
 First Nations, Inuit and Métis



FIGURE 2.10 First Nations,
 Inuit, and Métis Food Guide

TABLE 2.4 Traditional Foods. Traditional Food Improves Diet Quality among Indigenous Peoples

Some traditional foods are:

Land mammals: moose, deer, elk, hare/rabbit, caribou

Sea mammals: seal, whale

Coastline fish: salmon, cod, arctic char

Lake fish: trout, walleye, whitefish, northern pike

Coastline shellfish

Birds: Duck, geese

Berries: Blueberry, strawberry, raspberry, Saskatoon berry, etc.

Vegetables: corn, squash, fiddleheads, mushrooms

Beans

Hazelnut

Wild rice

Labrador tea

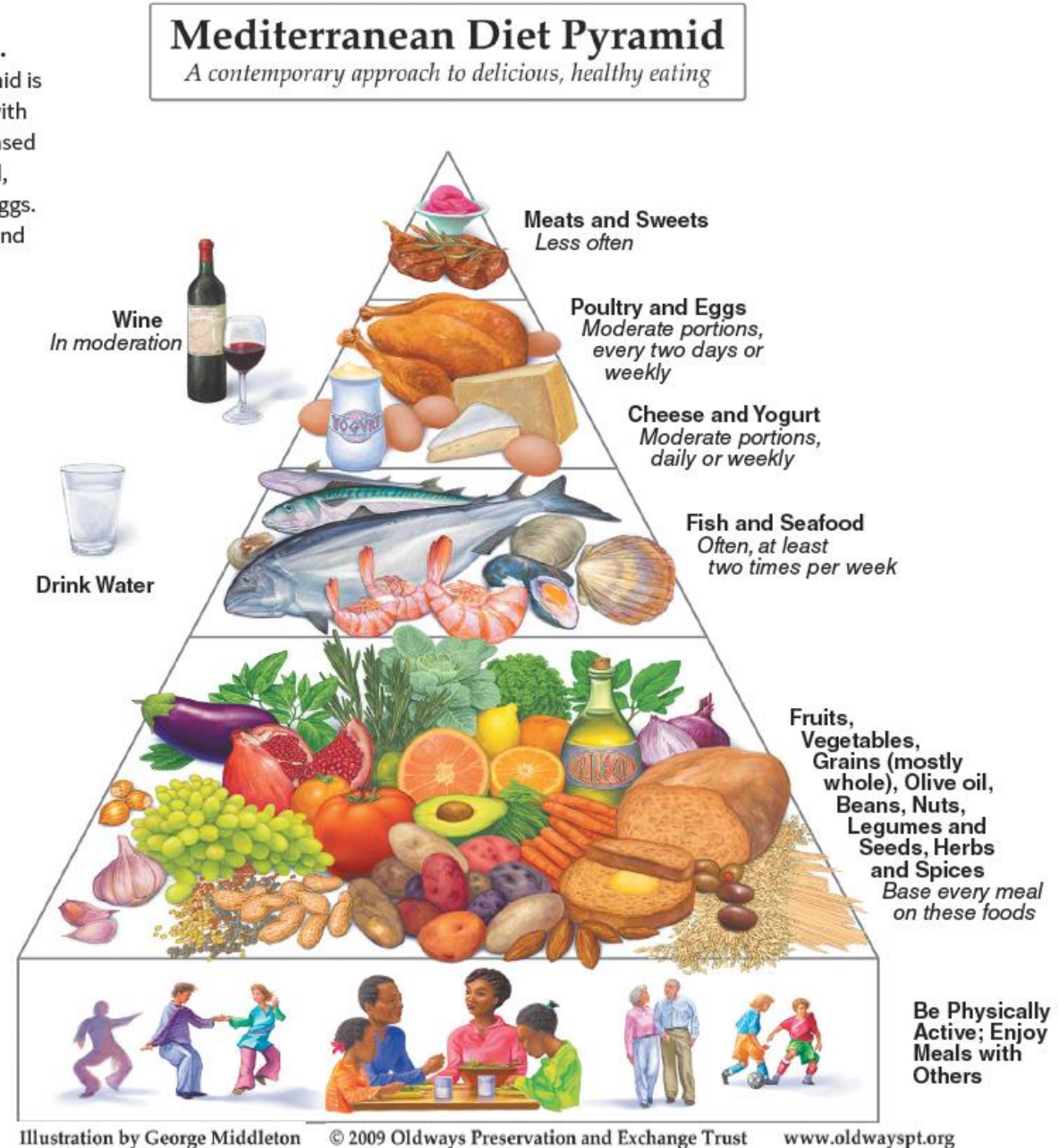
Source: Health Canada. Canada's Dietary Guidelines. Released January 22, 2019. Available online at <https://food-guide.canada.ca/en/guidelines/>. Accessed May 25, 2019.

Canadian Healthy Eating Pattern

- Introductory document on the importance of implementing the CFG 2019
- https://publications.gc.ca/collections/collection_2019/sc-hc/H164-231-2019-eng.pdf
- Intended for use by health professionals (not yet released)
- May reflect more quantitative approach

2.4 Other Food Guides and Dietary Patterns

FIGURE 2.12 The Mediterranean Diet Pyramid. The Mediterranean diet pyramid is based on plant-based foods with smaller amounts of animal-based products, mainly fish, seafood, cheese, yogurt, poultry, and eggs. Only small amounts of meat and sweets are included.



Criticism of Old Food Guide	Change in New Guide
1) Not enough emphasis on whole grains	
2) Food groups may be industry-influenced	
3) Uses prescriptive serving sizes	
4) Includes fruit juice	
5) Emphasizes total fat intake instead of type of fat	