

Food & Nutrition

#1 Canada's Food Guide



Identify the foods in the photograph.

Do you see patterns? Similarities, or groupings that you recognize?

Why do you think the foods are grouped this way?

Do you notice a portion pattern? (describe it)

Do you notice any foods that are missing? (list)

#2

The Canada Food Guide was updated in **January of 2019**.






Why do you think they may have had to update the food guide every 10 or so years?

Let's take a look at how it has changed.

Canada's Food Rules - 1944

I. CANADA'S FOOD RULES
Approved by the Canadian Council on Nutrition

THESE ARE THE FOODS FOR HEALTH. EAT THEM EVERY DAY. DRINK PLENTY OF WATER

-  1. *Milk*—Adults, $\frac{1}{2}$ to 1 pint. Children, $1\frac{1}{2}$ pints to 1 quart.
-  2. *Fruit*—One serving of citrus fruit or tomatoes or their juices; and one serving of other fruit.
-  3. *Vegetables*—At least one serving of potatoes; at least two servings of other vegetables, preferably leafy, green or yellow, and frequently raw.
-  4. *Cereals and Bread*—One serving of a whole-grain cereal and at least four slices of Canada Approved Vitamin B bread (whole wheat, brown or white) with butter.
-  5. *Meat and Fish*—One serving of meat, fish, poultry or meat alternates such as beans, peas, nuts, eggs or cheese. Also use eggs and cheese at least three times a week each, and liver frequently.

A fish liver oil, as a source of vitamin D, should be given to children and expectant women, and may be advisable for other adults.

Iodized salt is recommended.

Canada's Food Rules - 1949

Canada's FOOD RULES

These foods are good to eat. Eat them every day for health.
Have at least three meals each day.

Milk
Children (up to about 12 years)..... at least 1 pint
Adolescents..... at least 1½ pints
Adults..... at least ½ pint

Fruit
One serving of citrus fruit or tomatoes or their juices;
AND
one serving of other fruit.

Vegetables
At least one serving of potatoes;
AND
at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw.

Cereals and Bread
One serving of whole grain cereal,
AND
at least four slices of bread (with butter or fortified margarine).

Meat and Fish
One serving of meat, fish, poultry, or meat alternates such as dried beans, eggs and cheese.
Use LIVER frequently.
IN ADDITION,
EGGS and CHEESE at least three times a week each.

VITAMIN D—At least 400 International Units daily for all growing persons and expectant and nursing mothers.

Approved by the Canadian Council on Nutrition, 1950
Nutrition Division
Department of National Health and Welfare, Ottawa

A Pattern For Meals

(following Canada's Food Rules, as given on the other side)

Breakfast
Citrus fruit
Whole grain cereal with milk
Bread with butter or fortified margarine
Egg or other protein food (if desired)
Beverage—milk for children

Dinner
(at noon or at night)
Meat, fish or poultry
Other vegetable(s)
Bread (if desired)
Fruit or fruit dessert
Beverage—milk for children

Supper or Lunch
Cheese, egg or other protein food
Vegetable
Bread with butter or fortified margarine
Dessert
Beverage—milk

Printed 1953
Revised 1954
Reprinted 1955, 1957, 1958

Canada's Food Guide - 1961

CANADA'S FOOD GUIDE

THESE FOODS ARE GOOD TO EAT.
EAT THEM EVERY DAY FOR HEALTH.
HAVE THREE MEALS EACH DAY.

MILK
Children (up to about 12 years)..... 2½ cups (32 fl. oz.)
Adolescents..... 4 cups (32 fl. oz.)
Adults..... 1½ cups (12 fl. oz.)
Expectant and nursing mothers..... 4 cups (32 fl. oz.)

FRUIT
Two servings of fruit or juice including a satisfactory source of vitamin C (ascorbic acid) such as oranges, tomatoes, vitaminized apple juice.

VEGETABLES
One serving of potatoes.
Two servings of other vegetables, preferably yellow or green and often raw.

BREAD AND CEREALS
Bread (with butter or fortified margarine).
One serving of whole grain cereal.

MEAT AND FISH
One serving of meat, fish or poultry.
Eat liver occasionally.
Eggs, cheese, dried beans or peas, may be used in place of meat.
In addition, eggs and cheese each at least three times a week.

VITAMIN D — 400 International Units for all growing persons and expectant and nursing mothers.

APPROVED BY THE CANADIAN COUNCIL ON NUTRITION, 1961.
NUTRITION DIVISION, DEPARTMENT OF NATIONAL HEALTH & WELFARE, CANADA

Canada's Food Guide 1977

Canada's Food Guide

Eat a variety of foods from each group every day

milk and milk products
Children up to 11 years: 2-3 servings
Adolescents: 3-4 servings
Pregnant and nursing women: 3-4 servings
Adults: 2 servings

meat and alternates
2 servings

bread and cereals
3-5 servings
whole grain or enriched

fruits and vegetables
4-5 servings
include at least two vegetables

Health and Welfare Canada, Santé et Services sociaux Canada, Occupation Lifestyle

Canada's Food Guide

Eat a variety of foods from each group every day

Energy needs vary with age, sex and activity. Foods selected according to the guide can supply 1900-3400 calories. For additional energy, increase the number and size of servings from the various food groups or add other foods.

<p>milk and milk products</p> <p>Children up to 11 years: 2-3 servings Adolescents: 3-4 servings Pregnant and nursing women: 3-4 servings Adults: 2 servings</p> <p>Skim, 2%, whole, buttermilk, reconstituted dry or evaporated milk may be used as a beverage or as the main ingredient in other foods. Cheese may also be chosen.</p> <p>Examples of one serving 250 ml (1 cup) milk, yoghurt or cottage cheese 45 g (1½ ounces) cheddar or process cheese</p> <p><small>In addition, a supplement of vitamin D is recommended when milk is consumed which does not contain added vitamin D.</small></p>	<p>meat and alternates</p> <p>2 servings</p> <p>Examples of one serving 60 to 90 g (2-3 ounces) cooked lean meat, poultry, liver or fish 60 ml (4 tablespoons) peanut butter 250 ml (1 cup) cooked dried peas, beans or lentils 80 to 250 ml (1/3-1 cup) nuts or seeds 60 g (2 ounces) cheddar, process or cottage cheese 2 eggs</p>
<p>bread and cereals</p> <p>3-5 servings</p> <p>whole grain or enriched. Whole grain products are recommended.</p> <p>Examples of one serving 1 slice bread 125 to 250 ml (1/2-1 cup) cooked or ready-to-eat cereal 1 roll or muffin 125 to 200 ml (1/2-3/4 cup) cooked rice, macaroni, spaghetti</p>	<p>fruits and vegetables</p> <p>4-5 servings</p> <p>Include at least two vegetables.</p> <p>Choose a variety of both vegetables and fruits — cooked, raw or their juices. Include yellow or green or green leafy vegetables.</p> <p>Examples of one serving 125 ml (1/2 cup) vegetables or fruits 125 ml (1/2 cup) juice 1 medium potato, carrot, tomato, peach, apple, orange or banana</p>

Canada's Food Guide - 1982

Canada's Food Guide

Eat a variety of foods from each group every day

milk and milk products
Children up to 11 years: 2-3 servings
Adolescents: 3-4 servings
Pregnant and nursing women: 3-4 servings
Adults: 2 servings

meat, fish, poultry and alternates
2 servings

bread and cereals
3-5 servings
whole grain or enriched

fruits and vegetables
4-5 servings
include at least two vegetables

Health and Welfare Canada, Santé et Services sociaux Canada, © Minister of Supply and Services Canada 1982, Canada

Canada's Food Guide

<p>Variety</p> <p>Choose different kinds of foods from within each group in appropriate numbers of servings and portion sizes.</p>	<p>Energy Balance</p> <p>Needs vary with age, sex and activity. Balance energy intake from foods with energy output from physical activity to control weight. Foods selected according to the Guide can supply 4000 - 6000 kJ.</p>	<p>Moderation</p> <p>Select and prepare foods with limited amounts of fat, sugar and salt. If alcohol is consumed, use limited amounts.</p>
<p>milk and milk products</p> <p>Children up to 11 years: 2-3 servings Adolescents: 3-4 servings Pregnant and nursing women: 3-4 servings Adults: 2 servings</p> <p>Skim, 2%, whole, buttermilk, reconstituted dry or evaporated milk may be used as a beverage or as the main ingredient in other foods. Cheese may also be chosen.</p> <p>Some examples of one serving 250 ml (1 cup) milk 175 ml (3/4 cup) yoghurt 45 g (1½ ounces) cheddar or process cheese</p> <p><small>In addition, a supplement of vitamin D is recommended when milk is consumed which does not contain added vitamin D.</small></p>	<p>meat, fish, poultry and alternates</p> <p>2 servings</p> <p>Some examples of one serving 60 to 90 g (2-3 ounces) cooked lean meat, fish, poultry or liver 60 ml (4 tablespoons) peanut butter 250 ml (1 cup) cooked dried peas, beans or lentils 125 ml (1/2 cup) nuts or seeds 60 g (2 ounces) cheddar cheese 125 ml (1/2 cup) cottage cheese 2 eggs</p>	
<p>bread and cereals</p> <p>3-5 servings</p> <p>whole grain or enriched. Whole grain products are recommended.</p> <p>Some examples of one serving 1 slice bread 125 ml (1/2 cup) cooked cereal 125 ml (1/2 cup) ready-to-eat cereal 1 roll or muffin 125 to 175 ml (1/2 - 3/4 cup) cooked rice, macaroni, spaghetti or noodles 1/2 hamburger or Wiener bun</p>	<p>fruits and vegetables</p> <p>4-5 servings</p> <p>Include at least two vegetables.</p> <p>Choose a variety of both vegetables and fruits — cooked, raw or their juices. Include yellow, green or green leafy vegetables.</p> <p>Some examples of one serving 125 ml (1/2 cup) vegetables or fruits — fresh, frozen or canned 125 ml (1/2 cup) juice — fresh, frozen or canned 1 medium-sized potato, carrot, tomato, peach, apple, orange or banana</p>	

Canada's Food Guide to Healthy Eating - 1992

Health Canada / Santé Canada

CANADA'S Food Guide
 TO HEALTHY EATING FOR PEOPLE FOUR YEARS AND OVER

Enjoy a variety of foods from each group every day.
 Choose lower-fat foods more often.

Grain Products
 Choose whole grain and enriched products more often.

Vegetables and Fruit
 Choose dark green and orange vegetables and orange fruit more often.

Milk Products
 Choose lower-fat milk products more often.

Meat and Alternatives
 Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

Canada

Grain Products 5-12 SERVINGS PER DAY	1 Serving 1 Slice Cold Cereal 30 g Hot Cereal 175 mL 3/4 cup	2 Servings Pasta or Rice 250 mL 1 cup 1 Bagel, Pita or Bun
Vegetables and Fruit 5-10 SERVINGS PER DAY	1 Medium Size Vegetable or Fruit	1 Serving Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup Salad 250 mL 1 cup Juice 125 mL 1/2 cup
Milk Products SERVINGS PER DAY Children 4-6 years: 2-3 Youth 6-12 years: 3-4 Adults 13-64 Pregnant and Breast-feeding Women: 3-4	1 Serving Milk 250 mL 1 cup Cheese 30 g 1 slice 2 Slices 60 g	1 Serving Yogurt 175 g 3/4 cup
Meat and Alternatives 2-3 SERVINGS PER DAY	1 Serving Meat, Poultry or Fish 50-100 g 1/2-2/3 Can 50-100 g 1-2 Eggs	1 Serving Beans 125-250 mL 100 g 1/2 cup Peanut Butter 30 mL 2 Tbsp

Other Foods
 Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories, so use these foods in moderation.

Different People Need Different Amounts of Food
 The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.

Consult Canada's Physical Activity Guide to Healthy Active Living to help you build physical activity into your daily life.

Enjoy eating well, being active and feeling good about yourself. That's **VITALITY**

© Minister of Public Works and Government Services Canada, 1997
 Cat. No. H09-202/1997-01 - 5589-0-400-19468-1
 No changes permitted. Reprint permission not required.

Eating Well with Canada's Food Guide - 2007

Health Canada / Santé Canada

Your health and safety... our priority. / Votre santé et votre sécurité... notre priorité.

Eating Well with Canada's Food Guide

Canada

What do you notice about the **visual presentation** over the years? (easier to read? More colorful? Less information? More information?). Explain.

What are the **similarities**? (what is the main goal or intent in all of them)

#5

It's important to follow a diet that is **nutritious and balanced**.

Eating fast food items and buying foods that contain preservatives and additives can cause us to develop health issues later in life.

Start thinking **now** about the foods you eat. **Develop healthy eating habits now** so that these habits will last a lifetime.

Benefits of a Healthy diet:

- Good for the environment.
- Give you more energy and help you feel good.
- Help you perform better in activities that are important to you.
- Decrease your chance of developing chronic diseases that can impact your health and well-being.

#6

Now is the time to start your **healthy eating routine!**

Being stuck at home means we have time to plan and prepare a healthy meal.

Choose a recipe and try it! You'll be surprised at how good it feels to cook for yourself and others. And how tasty home cooked meals really are.

Take a look at recipes on the internet and also cook books you may have at home. Pick one you think you and your family might like.

If you need some help, try this site:

<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes.html>

Start to create your own recipe box! Fill it with your favourite recipes.

There are different ways to organize your recipes:

- Recipe box (DIY: <https://www.shelterness.com/diy-recipe-boxes/>)
- Create a Binder and write recipes on paper
- Use Pinterest to pin your favourites (pinterest.com)
- Use Google Drive to organize your recipes
- Use an App (ChefTap, Evernote, Paprika, Pepperplate, etc.)



I hope you find time to prepare a health snack and/or meal for yourself and perhaps make something for someone else.

I'm sure your family or friends would love to receive a special treat from you during these times!



#7

If you are interested in learning more about the foods we eat and how it affects our health, watch this short film. It might make you think more about your food, where it comes from, and whether or not it's a good choice for you.

The Nature of Things: Food For Thought.



References:

Suzuki, D. The Nature of Things: Food for Thought [<https://gem.cbc.ca/media/the-nature-of-things/season-58/episode-10/38e815a-0101e420723>]. Gem CBC.

Health Canada (2007). History of Canada's Good Guides from 1942 to 2007.

Health Canada (2010). Eating Well with Canada's Food Guide – First Nations, Inuit and Metis.

Government of Canada (2019). Healthy Eating for Teens.

Government of Canada (2020). Canada's Food Guide. <https://food-guide.canada.ca/en/>