

Nutrition Requirements

- our overall state of health is influenced by:
 - the macronutrients and micronutrients we consume

- How Much of Everything Do We Need?

: we have tools to help us

1) Canada's Food Guide



Canada's Food Guide

- provides general guidelines for **how many** servings of each food group a person should eat daily
- also tells us **how big** a serving should be

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What is One Food Guide Serving?

Look at the examples below.

Oils and Fats

- Include a small amount - 30 to 45 mL (1 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.

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When measuring tools aren't available you can use your "Handy Guide" to estimate serving sizes

Hand Symbol	Equivalent	Foods	Calories
	Flat 1 cup	Rice, pasta Fruit Vegetables	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 65
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

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2) Recommended Daily Intake (RDI)

- reference standards for nutrient intakes and should be used for dietary planning and supporting wellness
- can be recorded in grams or Servings

Recommended Servings

	Children		Teens		Adults				
	2-3	4-8	9-13	14-18 Years	19-50 Years	51+ Years			
	Girl/Boy	Female	Male	Female	Male	Male			
Vegetables and Fruit	4	5	6	7	8	7-8	7	7	
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	2	2	2	3	3
Meat and Alternatives	1	1	1-2	2	2	2	2	2	3

: as a general rule, most of the RDI's are based on a **2000 calorie diet** for adults and children over 4 years old

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Food Labels

- it is important to read & understand food labels in order to maintain a healthy diet



- while there are several requirements that food labels must meet, including how large they are on the product, there are 6 main things which must be included on a food label in Canada:

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Food Labelling Requirements

1. Common name
2. Net quantity declaration
3. Dealer name and address
4. List of ingredients (including food allergens)
5. Nutrition Facts table
6. Expiration date



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How to Read the Nutrition Facts

<https://www.youtube.com/watch?v=Orj7p3kQkYQ>

- Serving size & servings per container
- Calories and calories from fat
- List of nutrients & % daily values
- Footnote for daily values (this may not be present if the food label is too small)

	Less than	More than
Total Fat	65g	50g
Sat Fat	20g	25g
Cholesterol	300mg	300mg
Sodium	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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Things to Look For...

- some labels make health claims like "can reduce your cholesterol" or "low in fat"
- these types of claims are regulated by the government & are based on the daily values
- Ex. If a food says it is low in sodium, it must be below 140 mg of sodium per serving

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- structure-function claims, however, are not regulated by the government
- these claims can be generic statements about a food's impact on the body's structure and function
- Ex. "builds stronger bones" or "boosts your immune system"

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