

Eat well. Live well.

A new Canada food guide was released in January of 2019. According to Health Canada, it's based on the best available scientific evidence and input from health experts. The new guide received immediate acclaim from various groups of medical and health professionals, including the Canadian Medical Association, the Heart & Stroke Foundation and Dietitians of Canada.

Compared to the previous version, Canada's new food guide puts more focus on what, when and how we eat, and less on serving size and food groups.

In a nutshell, the new Canada food guidelines recommend that we:

- Eat vegetables, fruit, whole grains and protein foods regularly.
- Choose foods with healthy fat instead of unsaturated fat.
- Make water the drink of choice.
- Avoid alcohol.
- Cook more at home.
- Pay attention to food labels.

Plant-Based Proteins Emphasized

A significant change from the previous food guide is the emphasis placed on getting protein from plant-based sources, such as beans, lentils, nuts and seeds, as these provide more fibre and less saturated fat than other types of protein. The positive effects on health can include a lowered risk of cancer, heart disease and type 2 diabetes.

Other protein foods include low-fat dairy products, lean meats, poultry, fish, shellfish and eggs.

Water is Beverage of Choice

The new guide also places a heavy emphasis on drinking water, suggesting that it should be the "beverage of choice" for Canadians.

Coffee, tea, lower-fat milk and plant-based beverages are listed as other options, though less preferred.

Pop and fruit juices are not recommended because of their sugar content. This differs from the previous version

of the food guide, which suggested drinking fruit juice as a way of achieving the optimal amount of fruit.

Alcohol is also noted as a beverage to cut back on because of its link to liver disease and some cancers.

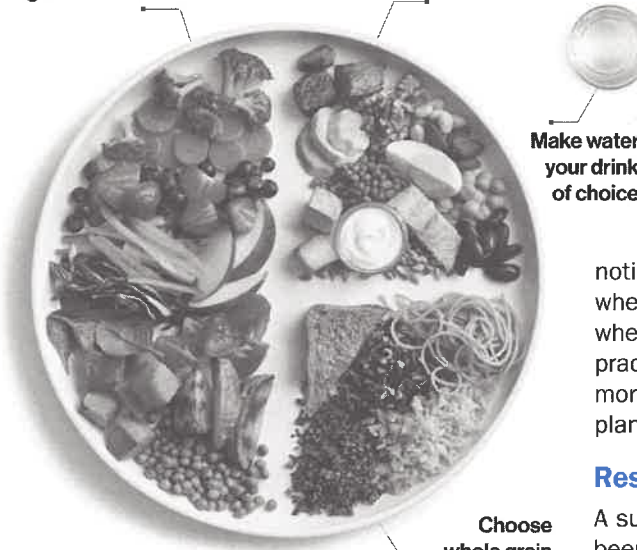
Canada's new food guide

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



It's Not Just What We Eat That Counts

The new guide emphasizes that healthy eating is about more than the foods we eat. It's also about where, when, why and how we eat.

Canadians are encouraged to be mindful of their eating habits, including taking the time to eat healthy, and

noticing when you're hungry and when you're full to help you decide when and how much to eat. Other practical advice includes cooking more often and involving others in planning and preparing meals.

Resources

A suite of online resources has been developed to make it easier for people to understand and apply the new food guide to their daily lives.

Visit www.Canada.ca/FoodGuide for actionable advice, videos and even recipes!

Health Canada plans to roll out part two of the food guide later in 2019, which will outline the recommended types and amount of food to eat daily, as well as guidance for life stages.

5 Ways to Add Flavour to Your Water

You can add fruits and herbs to your hot or cold water for flavour. Here are some ideas to try:

- blackberries + mint
- raspberries + cucumber
- strawberries + fresh basil
- chopped apples + a cinnamon stick
- pear slices + a drop of vanilla extract

If you like some fizz in your drink, try carbonated water.

Sources: www.food-guide.canada.ca/en/; www.ctvnews.ca/canada/canada-s-food-guide-recommends; www.leducprep.com/health/health-matters-the-2019-canada-food-guide.
Image Source: © All Rights Reserved: Canada's Food Guide, Health Canada. Adapted and reproduced with permission from the Minister of Health, 2019.

Healthy eating recommendations



Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

Eat meals with others

Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. 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

- Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices