

Canada's Food Guide



January 2012

Fun Food Facts!



Food can only be tasted if it is mixed with saliva



Food Guide Basics

Learning more about Canada's Food Guide will help you and your family know how much food you need, what types of foods are better for you and the importance of physical activity in your day.

Canada's first food guide was introduced in July 1942. The guide acknowledged wartime food rationing, while endeavoring to prevent nutritional deficiencies and improve the health of Canadians. The guide has been transformed many times, has adopted new names, looks and messages however it has never wavered from its original purpose of guiding food selection and promoting the nutritional health of Canadians.

How Much Do I Need?

Having the amount and type of food recommended and following the tips included in Canada's Food Guide will help meet your needs for vitamins, minerals and other nutrients, reduce your risk of obesity, type 2-diabetes, heart disease, certain types of cancer and osteoporosis as well as contribute to your overall health and vitality.

The Food Guide recommends how much food you should be eating from each of the food groups and it is dependant on your age and sex. See our example.

Example: Canada Food Guide Recommendation for 35 year old woman:

7-8 Vegetables and Fruits
6-7 Grain Products
2 Milk and Alternatives
2 Meat and Alternatives
30-45ml (2-3Tbsp) of unsaturated oils & fats

Food Guide Servings

Some people find it difficult to gauge how much one serving is equivalent too. In some cases such as an apple or an orange, it may be easy but when it comes other items found in the four food groups, you may find the following examples a little easier to remember.

Serving	Comparable
Fruit - 1 medium	Size of Baseball
Vegetables - 1/2 cup	Bulb part of light bulb
Bread	Slice of standard loaf
Cereal - 1 cup	Standard Tea Cup
Past/Rice - 1/2 cup	Cupped Palm
Meat, Chicken, Fish	Size of deck of cards
Peanut Butter - 2Tbsp	Size of 1 Whole Walnut Shell
Cheese - 1oz	2 Dominos
Yogurt/Milk - 1cup	Standard Yogurt Container
Butter	1 Pat
Salad Dressing	1/2 Walnut Shell Full

Enjoy Eating

Enjoy preparing and eating with family and friends in order to make preparation fun and less work. Be a positive role model for children by preparing and eating healthy foods with them. Experiment with new foods and recipes.

Resources:
www.hc-sc.gc.ca

Did You Know?



Having meals regularly together is linked to better nutrient intake and lifestyle habits of children and teenagers. Experience a variety of food and take the time to eat and savor every bite

Get Your Copy of Canada's Food Guide here:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>