

Display: Canada's Food Guide

Suggested display set-up

<p>Healthy eating is more than the foods you eat</p>  <p>Eat meals with others. Make time to connect with food. Aim for pleasant meal and snack times.</p> <p>Enjoy your food. Food is important, socially and culturally. It is also a source of pleasure. Aim to feel good about food and eating.</p>	<p>Canada's Food Guide & You</p> <p>Tips for well Canadians 2 years and older</p>  <p>Enjoy a variety of foods each day</p>  <p>Vegetables and fruit: carrots, seaweed, potatoes, apples, berries</p> <p>Protein foods: beans, lentils, nuts, seeds, tofu, eggs, meat, poultry, seafood, milk, fortified soy beverage, cheese, yogurt</p> <p>Whole grains: whole grain bread, pasta, cereal; brown rice</p>	<p>Healthy Eating: Making it work for you</p> <p>There's no "right" way to eat. Many factors affect the food choices we make, such as:</p> <ul style="list-style-type: none">• Income and budgets• Access to food• Culture and traditions• Food skills• Food preferences 	
<p>Cook more often. Start with simple recipes that include three food groupings. Build variety by exploring new foods or cooking methods.</p> <p>Be aware of food marketing. It comes in many forms and can impact our food choices.</p> <p>Use food labels. They can help you compare and choose products more easily.</p> 	<p>Practice mindful eating</p> <p>Listen and respond to your body's signals of hunger, fullness, and satisfaction.</p> <p>Plan to eat regular meals and snacks. Take time to eat and limit distractions.</p> <p>What and how much you eat will vary from meal to meal, and from day to day. The pattern of how you eat over time is what matters most.</p> 	<p>Enjoy plant-based proteins more often</p> <p>This includes beans, lentils, tofu, nuts and seeds. Try:</p> <ul style="list-style-type: none">• Peanut butter on toast or in oatmeal• Pumpkin seeds sprinkled on a salad• Beans added to a soup or casserole• Split red lentils cooked in pasta sauce• Hummus with veggie sticks 	<p>Questions? Unique nutritional needs?</p> <p>A dietitian can help!</p> <p>Call 8-1-1 (or 604-215-8110) to speak to a dietitian at HealthLink BC.</p> <p>A referral to a dietitian may be available in your community. Connect with your local health center or hospital.</p>  <p>Health advice you can trust 24/7 Now as easy as 8-1-1</p>

Recommended client resources to accompany display:

- Snapshot: Canada's Food Guide (NH Document Source # [21098](#))
- Poster: Canada's Food Guide (NH Document Source # [21009](#))
- [Healthy Eating Recommendations](#): Canada's Food Guide: (Health Canada)
- Dietitian Services at HealthLink BC (Document Sources # [1997](#))
- [Mastering Meals Step-by-step](#) (Ellyn Satter Institute)
- [The Principles of Mindful Eating](#) (The Center for Mindful Eating)
- Poster: Cooking with Kids (NH Document Source # [10-421-6042](#))
- [Using Food Labels](#) (Health Canada)



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10-421-6071 (IND 07/19)

Canada's Food Guide Display Backgrounder

Purpose

The Population Health Nutrition team created this display to support individuals and community groups with using Canada's food guide. While the food guide is suitable for healthy Canadians over two years of age, the messages on this display are designed for adults and teenagers.

Resources focusing on best-practice approaches for feeding children can be found on the [Population Health Nutrition ourNH page](#) or by contacting the Population Health Nutrition team.

Important considerations for using Canada's food guide:

[Canada's food guide](#) supports a variety of eating patterns. Food choices are influenced by many factors including: income and budgets; access to food; culture and traditions; food skills; and food preferences. These factors impact how and what we eat, and are often outside of an individual's control. When using Canada's food guide with clients, consider the context of people's lives and the resources available to them. Find opportunities to "make the healthy choice the easy choice"; create supportive food environments in workplaces, schools, and communities. For more strategies to promote healthy eating see: [Northern Health's Position on Healthy Eating](#).

Suggestions for supporting clients:

- Invite clients to peruse the display and to take handouts that appeal to them.
- Promote [accessing credible, evidence-based healthy eating information](#). Be aware that diet culture messaging often misuses terms such as "healthy eating" and "wellness". Healthy eating should be flexible, inclusive, sustainable, and should foster a positive relationship with food. For more information, refer to [Weight-Loss Diets and Programs: Healthy or Harmful?](#)
- When promoting eating together, consider what might be possible based on a person's situation. It may be sharing a meal or a snack with a friend, co-worker, or fellow resident.
- Clarify that milk, dairy products, and fortified soy beverage are part of the protein food grouping. Other [plant-based beverages](#) (e.g. almond, coconut, and rice beverages) are poor sources of protein and many other nutrients, although some vitamins and minerals are added into commercial products that have been fortified (check the label).
- Consider that plant-based proteins may be unfamiliar to some clients. Encourage clients to start small, and include plant-based proteins in meals and snacks they enjoy.
- If alcohol is part of mealtime gatherings, recommend reducing risks with [Canada's low risk alcohol drinking guidelines](#).
- For more information, see the Canada's food guide mobile-responsive website: [Canada.ca/FoodGuide](#).
- If appropriate, consider a referral to a clinical dietitian at your local hospital or health center, or to Dietitian Services at Health Link (Dial 811 or 604-215-8110).

Questions about these resources?

NH staff and community partners can connect with the Population Health Nutrition team at PopHthNutrition@northernhealth.ca or 250-631-4236.