



**WE DON'T HAVE ANY
VEGETABLE JOKES**

**IF YOU KNOW ANY
LETTUCE KNOW**

Monday, January 6th

- How Healthy are you?!
- Canadian Food Guide
- Food Guide Activity
- Serving Sizes
- Reading Labels

LUNCH

- Balanced Meal Plans
- Important Factors in our Diets (if time)

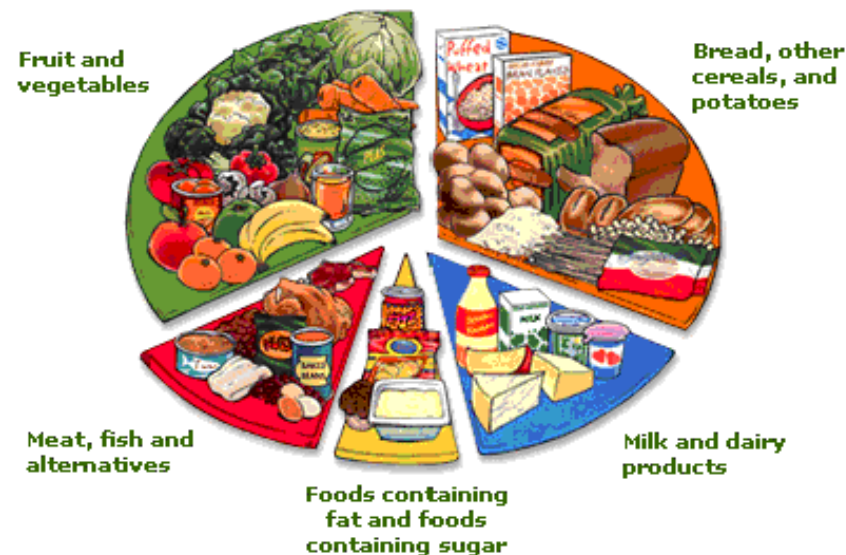
Healthy Eating Snowball



Canada's Food Guide helps Canadians maintain a balanced diet

There are 4 food groups:

- Fruits and Vegetables
- Grain Products
- Milk Products
- Meats and Alternatives

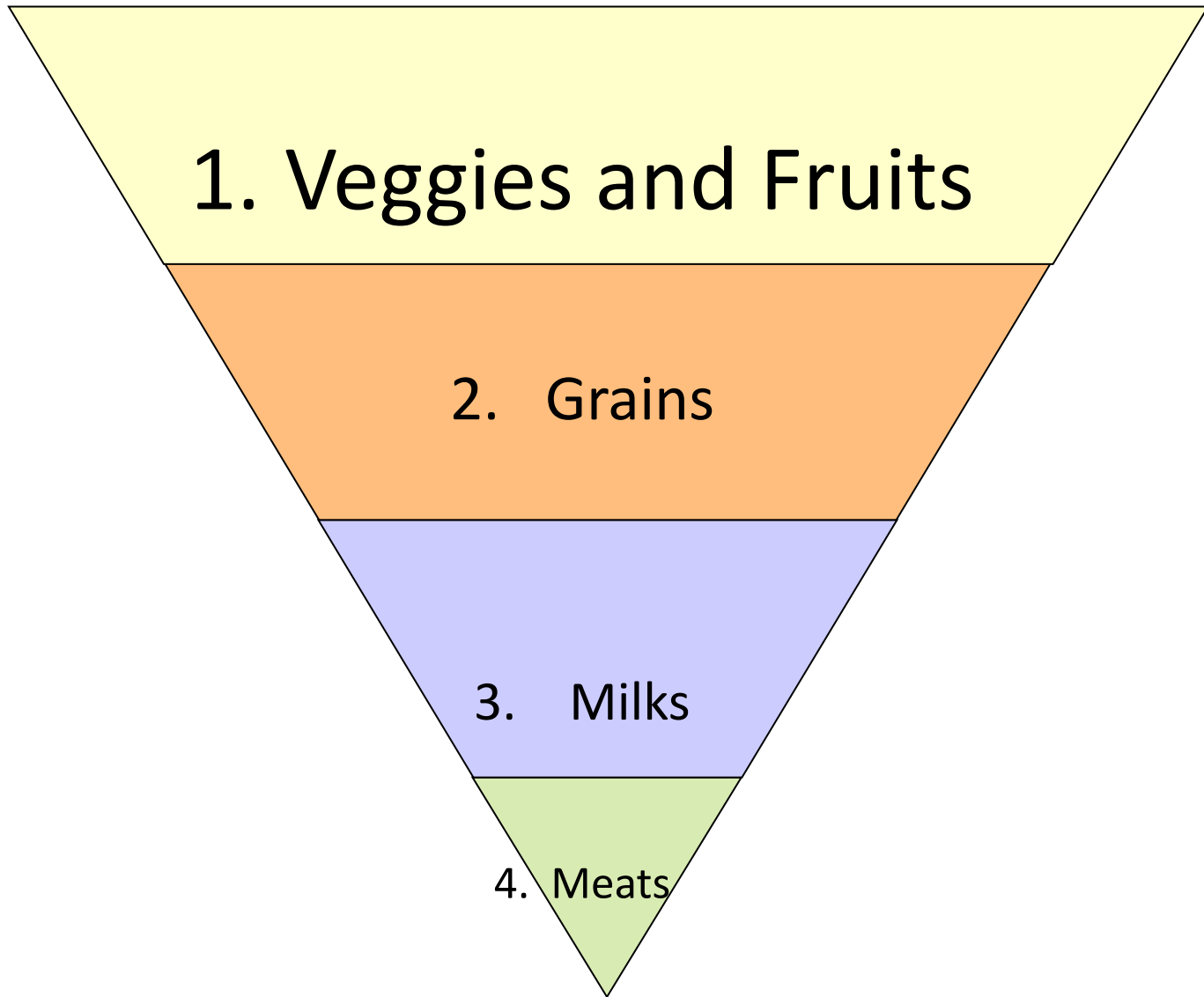


Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Sex			Females	Males	Females	Males	Females	Males
<i>Vegetables and Fruit</i>	4	5	6	7	8	7-8	8-10	7	7
<i>Grain Products</i>	3	4	6	6	7	6-7	8	6	7
<i>Milk and Alternatives</i>	2	2	3-4	3-4	3-4	2	2	3	3
<i>Meat and Alternatives</i>	1	1	1-2	2	3	2	3	2	3

For portion sizes, turn to page 2 in your handout.

Order of Portions:



Vegetables and Fruits



- 7-8 servings PER DAY

What is One Food Guide Serving?
Look at the examples below.




Fresh, frozen or canned vegetables
125 mL (½ cup) 




Leafy vegetables
Cooked: 125 mL (½ cup) 
Raw: 250 mL (1 cup) 



Fresh, frozen or canned fruits 
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup) 

- A medium sized fruit
- Cup of berries or cut up fruit
- Half cup of dried fruit
- 1 cup of lettuce



Grain Products

- 6-7 servings

What is One Food Guide Serving?
Look at the examples below.



Bread
1 slice (35g)




Bagel
½ bagel (45 g)




Flat breads
½ pita or ½ tortilla (35 g)




Cooked rice, bulgur or quinoa
125 mL (½ cup) 



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup) 



Cooked pasta or couscous
125 mL (½ cup) 

- Half cup cooked rice
- Half cup noodles
- 1 cup of cereal
- Half of a bagel



Milk and Alternatives

- 3-4 servings

What is One Food Guide Serving?
Look at the examples below.



Milk or powdered milk (reconstituted)
250 mL (1 cup)



Canned milk (evaporated)
125 mL (½ cup)



Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
50 g (1 ½ oz.)

- 1 cup of milk
- ¾ cup of yogurt
- 1.5 ounces of cheese



Meat and Alternatives

- 2-3 servings

What is One Food Guide Serving?
Look at the examples below.



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or
175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)



- Chicken breast
- Fish fillet
- ¾ cup of cooked beans
- 2 eggs



Eating Right??

- How many people skip breakfast in the morning?
- How many people think a bag of 5 cent candies from shell washed down with a slurpee is a good lunch?
- How many people think a latte from Jitterz is a healthy meal?

Eating Right Can Be Done!

- 3 meals a day with two snacks
- Should eat every 2.5-3 hours during the day
- Eat a **rainbow** of colour each day

How do I count Food Guide Servings in a meal?

Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper = 2 **Vegetables and Fruit** Food Guide Servings

75 g (2 ½ oz.) lean beef = 1 **Meat and Alternatives** Food Guide Serving

250 mL (1 cup) brown rice = 2 **Grain Products** Food Guide Servings

5 mL (1 tsp) canola oil = part of your **Oils and Fats** intake for the day

250 mL (1 cup) 1% milk = 1 **Milk and Alternatives** Food Guide Serving

1 apple = 1 **Vegetables and Fruit** Food Guide Serving



Healthy Eating Snowball Take 2



Balanced Diet Activity

- By yourself or with the person beside you
- Estimate the servings per meal
- Decide if the meal is balanced
- Indicate why if it is not balanced

Nutrition Labelling

What is in your packaged food?

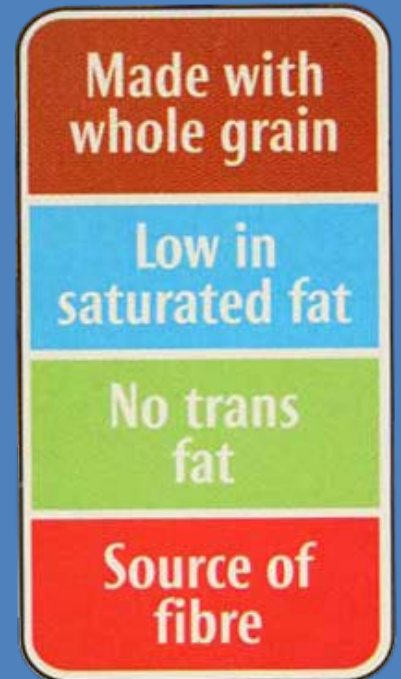


Nutrition Facts		Valeur nutritive	
Serving 1/4 cup (30 g)		Portion 1/4 tasse (30 g)	
Amount per serving		Teneur par portion	
Calories / Calories		110	160
Fat / Lipides 0 g†		0%	4%
Saturated / saturés 0 g		0%	8%
+ Trans / trans 0 g		0%	0%
Cholesterol / Cholestérol 0 mg		0%	0%
Sodium / Sodium 220 mg		4%	12%
Potassium / Potassium 30 mg		4%	12%
Carbohydrate / Glucides 25 g		5%	17%
Fibre / Fibres 1 g		2%	2%
Sugars / Sucres 2 g		4%	4%
Starch / Amidon 23 g		46%	46%
Protein / Protéines 2 g		4%	4%
† Vitamins A & C			

- There are three parts to food labels:

Ingredients: Enriched flour (**wheat** flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean oil, and/or cottonseed oil, high fructose corn syrup, whey (**milk**), **eggs**, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (**soy**), mono- and diglycerides.

Nutrition Facts Valeur nutritive	
Per 5 crackers (22 g) par 5 craquelins (22 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 5 g	8 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 150 mg	6 %
Carbohydrate / Glucides 13 g	4 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 2 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %
Thiamine / Thiamine	4 %



1. Ingredients list

2. Nutrition Facts Table

3. Nutrition Claims

Ingredient List

- The ingredient list informs you about what ingredients are in a packaged food.
- Items are listed from largest to smallest amount



Nutrition Facts Table

- The Nutrition Facts Table provides you with information on the **calories** and **13 core nutrients** for a food.
- More nutrients may be listed on some labels.

Nutrition Facts			
Per 125 mL (87 g)			
Amount		% Daily Value	
Calories 80			
Fat 0.5 g		1 %	
Saturated 0 g		0 %	
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 0 mg		0 %	
Carbohydrate 18 g		6 %	
Fibre 2 g		8 %	
Sugars 2 g			
Protein 3 g			
Vitamin A	2 %	Vitamin C	10 %
Calcium	0 %	Iron	2 %

Nutrition Facts Table

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Serving Size e.g., 125 mL (87 g)

We VERY rarely eat only one serving

Nutrition Facts Table

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

% Daily Value



- For example, the recommended daily intake for calcium is 1200 mg.
- One cup of milk provides 300 mg of calcium and therefore has a 25% Daily Value.

Nutrition Facts Table

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Calories 80	
Fat 0.5 g	1 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

% Daily Value



- Some are linked to negative health risks (eg. trans fats) → want a lower % daily value
- Others are linked with positive health affects (eg. Iron) → want a higher %

Nutrition Facts Table

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

% Daily Value



- Notice that the percentages do NOT add up to 100.
- Each percentage is based on its own recommended amount.

Nutrition Claims

What are Nutrition Claims?

- Regulated by the government
- Statements that can be made when a food meets certain criteria
- There are only five health claims permitted for use, and their wording must be exactly as it appears in the regulations.

