

Eating Well With Canada's Food Guide

In February 2007, Canada released a new food guide. This was because health care professionals were noticing that Canadians were experiencing health problems such as becoming overweight. Other problems with the food guide were that some people felt it was not specific enough and that it did not meet the needs of our multicultural population.

The food guide has gone from a 2-page document to a 6-page document, which seems overwhelming at first, but it is actually easier for specific age groups to use it.

Using your colour copy of the food guide, answer the following questions.

1. Which food group is situated at the top of the rainbow? Why is it placed at the top of the rainbow?
2. Provide specific examples and serving sizes of some of the food choices that are included in each of the groups. (e.g. Grain Products – ½ bagel is one serving, 1 slice of bread is one serving, etc.)
3. What specific advice is offered for feeding children?
4. Explain how to count food guide servings in a meal.
5. Why do you think an explanation of the Nutrition Facts Panel was included at the back of the Food Guide? Is this an effective, useful or helpful feature? Will it make a difference in people's lives?
6. Explain the difference between a portion size that you would eat and a serving size from the food guide.
7. Having the amount and type of food recommended and following the food guide will help to do which three things?
8. Why should you satisfy your thirst with water?
10. What does the food guide have to say about exercise?
11. How do you feel about the new food guide? Is it specific enough? Is it useful? Is it too complex? Does it appeal to a wide variety of Canadians? Will it work as a tool for you? Explain your answers.
12. Why is choosing a variety of foods so important?
13. What are the exact names of each food group? How many servings from each food group should YOU personally consume? What types of food from each group should you choose?
14. What place do foods such as fast foods, cakes, pop, chips, mustard, ketchup, cookies and so on have in the food guide. Explain why.
15. Suppose that you ate the following for lunch. Using the serving sizes from the food guide, account for the number of servings from each food group. 3 slices of pizza that had a total of ¼ cup tomato sauce, ¼ cup green peppers, 100 g mozzarella cheese, ¼ cup pepperoni and ¼ cup of mushrooms. To drink you had 500 mL of Mountain Dew. You also had 1 slice of garlic toast with 5 mL of butter on it.
16. What is the purpose of a food guide?

Enjoy a variety of foods from the four food groups

To accommodate different food preferences, each food group includes a wide variety of choices. Eating different foods within each group will help people get all the nutrients they need.

The table below shows how each of the four food groups contributes a certain combination of nutrients to the healthy eating pattern.

SOME IMPORTANT NUTRIENTS IN THE FOOD GROUPS				
Key Nutrient	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Protein			✓	✓
Fat			✓	✓
Carbohydrate	✓	✓	✓	
Fibre	✓	✓		
Thiamin		✓		✓
Riboflavin		✓	✓	✓
Niacin		✓		✓
Folate	✓	✓		
Vitamin B6	✓			✓
Vitamin B12			✓	✓
Vitamin C	✓			
Vitamin A	✓		✓	
Vitamin D			✓	
Calcium			✓	
Iron		✓		✓
Zinc		✓	✓	✓
Magnesium	✓	✓	✓	✓
Potassium	✓	✓	✓	✓