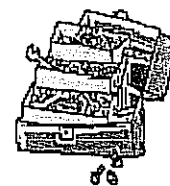
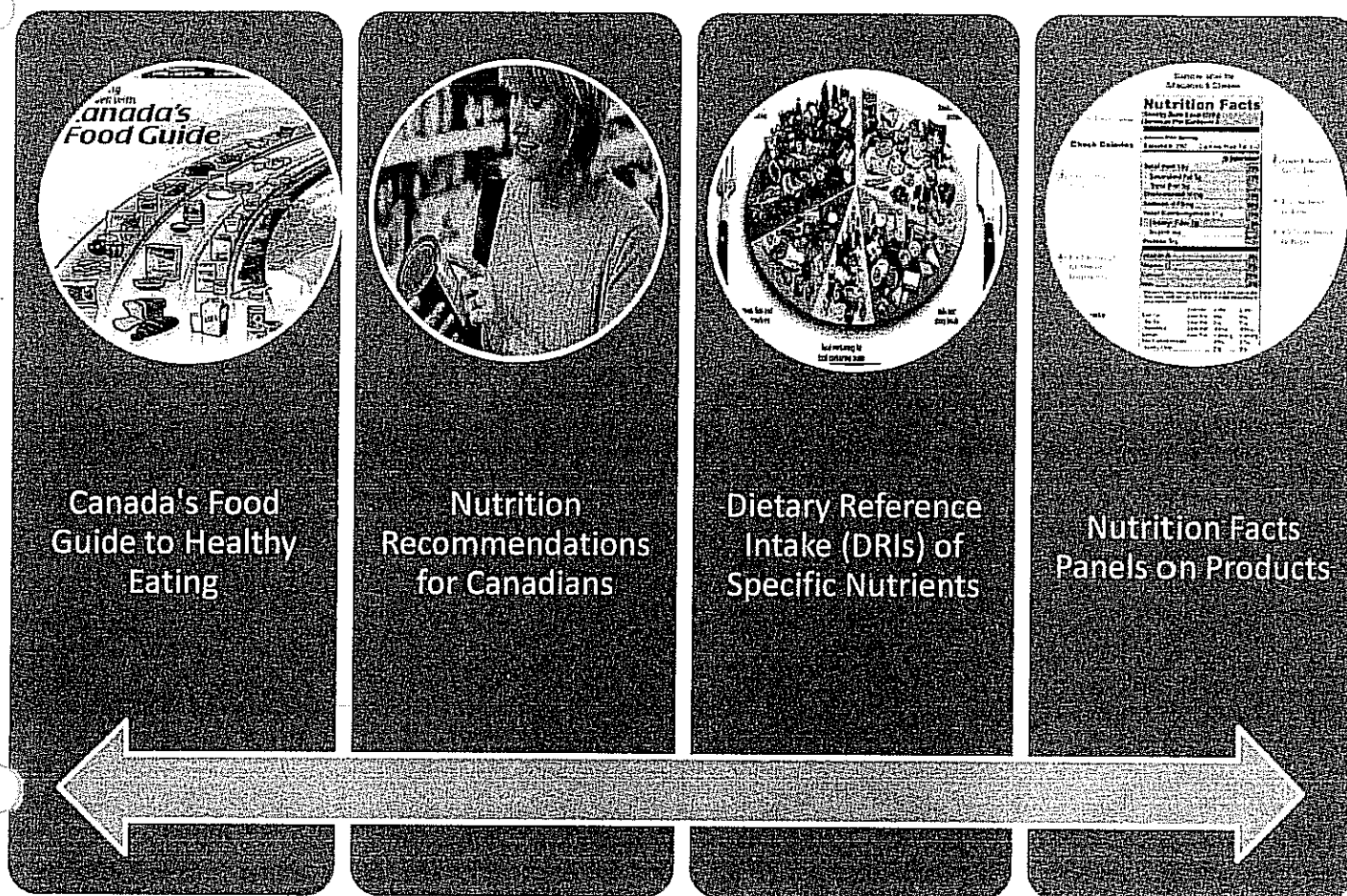


YOUR HEALTHY EATING TOOLBOX



To eat in a healthy way, you should refer to the following items as part of your healthy eating plan:



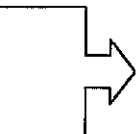
Canada's Food Guide to Healthy Eating helps you to select foods, given the appropriate serving sizes to meet your needs for carbohydrates, fat, protein, fibre, vitamins and minerals.

Nutrition Recommendations for Canadians state general guidelines that should be followed in order to maintain well-being and prevent illnesses such as obesity, diabetes, heart disease, high blood pressure, dental decay and so on.

Dietary Reference Intakes provide specific recommendations on the amount of each nutrient required by an individual of a certain age group over time to maintain optimal health and to prevent nutrient deficiency diseases.

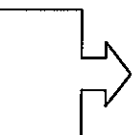
Nutrition Facts Panels show the nutrient content of specific foods. They allow the consumer to see exactly what is in the food by offering % Daily Value amounts to see if there is a little or a lot of specific nutrients, and show the total amount of important nutrients in the foods they are consuming.

Nutrition Recommendations For Canadians



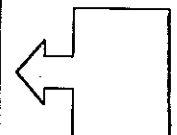
The Canadian diet should provide energy consistent with the maintenance of body weight within the recommended range.

The Canadian diet should include essential nutrients in amounts recommended.



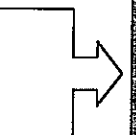
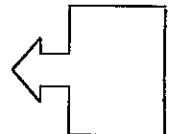
The Canadian diet should include no more than 30% of energy as fat (33 g / 1000 calories) and no more than 10% as saturated fat (11 g / 1000 calories).

The Canadian diet should provide 55% of energy as carbohydrate (138 g / 1000 calories).



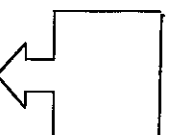
The sodium content of the Canadian diet should be reduced.

The Canadian diet should contain no more than 5% of total energy as alcohol, or two drinks daily, whichever is less.



The Canadian diet should contain no more caffeine than the equivalent of four cups of coffee per day.

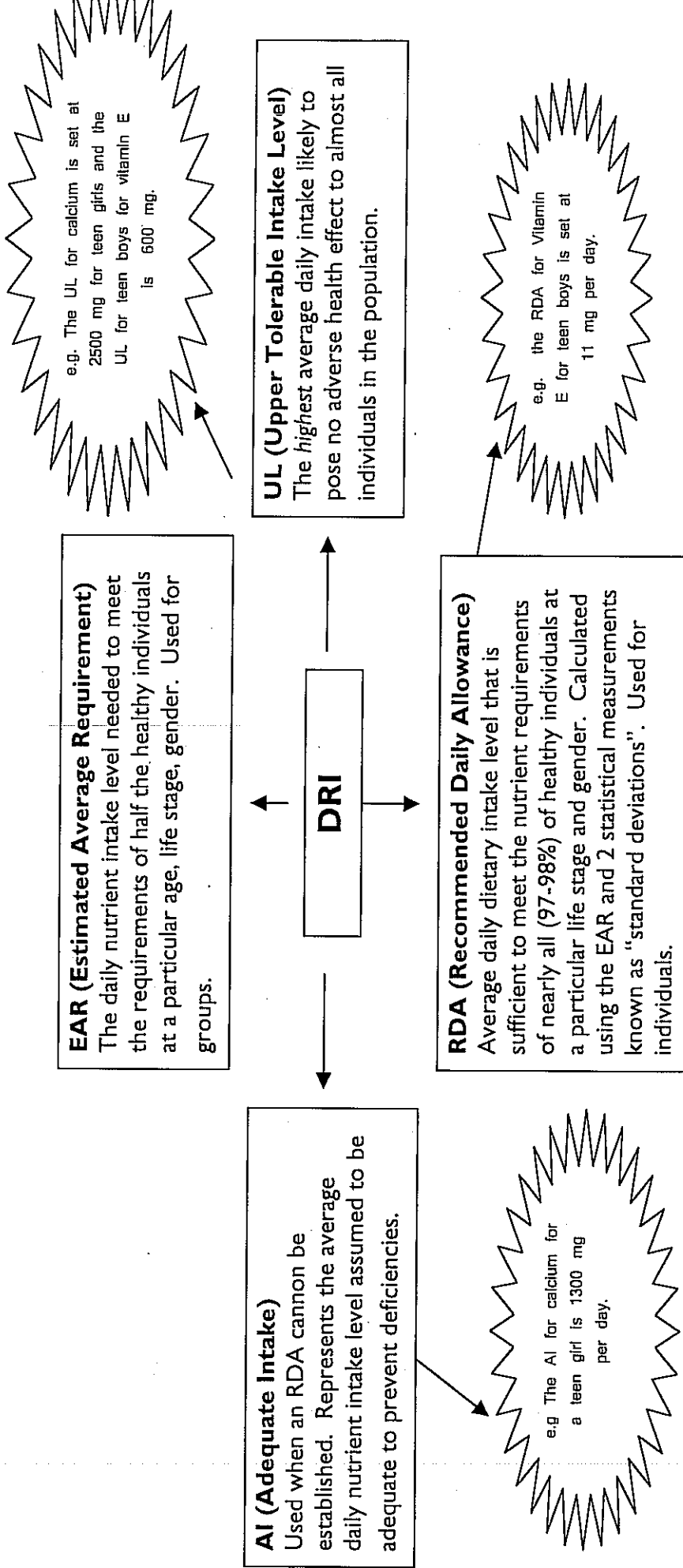
Community water supplies containing less than 1 mg / litre should be fluoridated to that level.



Dietary Reference Intakes – Nutrition For All!

Have you ever wondered if you're getting enough of a particular nutrient? Have you ever wondered how doctors, dietitians, and other health professionals can tell you if you are getting enough nutrients in your diet? In order to determine the health of an individual, nutrition scientists from Canada and the United States have developed Dietary Reference Intakes (DRIs) so that an individual's health can be determined. Dietitians and other health professionals use these recommendations to plan and evaluate diets for healthy people.

The DRI is made up of four parts: The Estimated Average Requirement (EAR), Recommended Dietary Allowance (RDA), Adequate Intake (AI) and Tolerable Upper Intake (UL).



Using Nutrition Recommendations and Dietary Reference Intakes

1. Nutrient recommendations apply to healthy people and not people who are malnourished, have medical problems or restricted intakes. (e.g. if you were on kidney dialysis treatment, you would need to limit your potassium intake level.)
2. The recommendations include a generous margin of safety. They are not ideal; they are not the minimum amount. They target what "most" people need.
3. These recommendations are intended to be met through diets composed of a variety of foods. (Not vitamin supplements or pills.)
4. These recommendations do not need to be met every single day. They should average out over time. (So if you have too little one day, and too much the next of one nutrient, it's acceptable as long as over weeks or months you're getting enough.)
5. Each of the four DRI categories serves a unique purpose.
 - For example, the EAR is best used to develop and evaluate nutrition programs for groups.
 - The RDA and EAR can be used to set goals for individuals.
 - The Tolerable Upper Intake levels help reduce the risk of toxicity or detrimental health effects in the general population.
 - The AI is used when exact required amounts cannot be established for a variety of reasons.