

February 2019

Alberta Health Services - Nutrition Services

Canada's Food Guide Update

Good day,

As many of you are aware, the 2019 revision of Canada's Food Guide (CFG) was released on January 22nd. Alberta Health Services, Nutrition Services supports the content and messages within the CFG.

About the new Canada's Food Guide:

- It is for Canadians 2 years of age and older.
- The key messages in the new CFG are:
 - o Eat a variety of healthy foods each day
 - o Have plenty of vegetables and fruits
 - o Eat protein foods
 - o Make water your drink of choice
 - o Choose whole grain foods.
- It also encourages Canadians to be mindful of their eating habits, to cook more often, to enjoy their food, and to eat meals with others.
- All information about the CFG is found on the Health Canada site at Canada.ca/FoodGuide. This is the same link used for the previous CFG.
- The new CFG is mostly similar to the old version. The main differences are: it no longer names the food groups; dairy foods are now part of the Protein group; and there is more emphasis on foods that are plant-based and less processed.
- Health Canada has developed a number of resources to support Canadians to follow these recommendations and messages.
 - o They are useful for individuals and households to plan and prepare healthy meals, with easy access from tablets, smartphones, and computers.
 - o They are intended to be online, and printer-friendly. Print copies cannot be ordered at this time. Key resources include:
 - o [Food Guide Snapshot](#)
 - o [Healthy Eating Recommendations](#)
 - o [Educational Poster](#)
- Please note that Health Canada has not yet released *Canada's Healthy Eating Pattern*, which is needed for menu planning. It will provide specific guidance on amounts and types of food, and information for different age groups. Intended for health professionals and policy makers, it is expected later in 2019.

Questions? Contact your School Health Nurse

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What does this mean for schools?

- The [Alberta Nutrition Guidelines for Children and Youth](#) (ANGCY) have not changed at this time.
- **For menu planning and food provision guidance, please continue to use** ANGCY and our nutrition education resources, found at www.ahs.ca/nutrition/Page2925.aspx
- For individual teaching in the classroom and sharing of healthy eating messages to families, encourage educators to use the new links to CFG information provided above.
- Nutrition Services is undertaking a review and revision of all its resources. Those that can be updated without the additional Health Eating Pattern information will be first.