

Nutrition & The Canada Food Guide

Why Care?

- Eating patterns have been related to _____ of the SEVEN leading causes of DEATH
- Poor nutrition increases the risks for numerous diseases including _____ disease, obesity, stroke, diabetes, hypertension, osteoporosis, and MANY _____



New Canada Food Guide

- <https://food-guide.canada.ca/en/>
- Make it a habit to eat a _____ of healthy foods each day.
- Eat _____ of vegetables and fruits, whole grain foods and protein foods.

Choose protein foods that come from plants more often

Protein

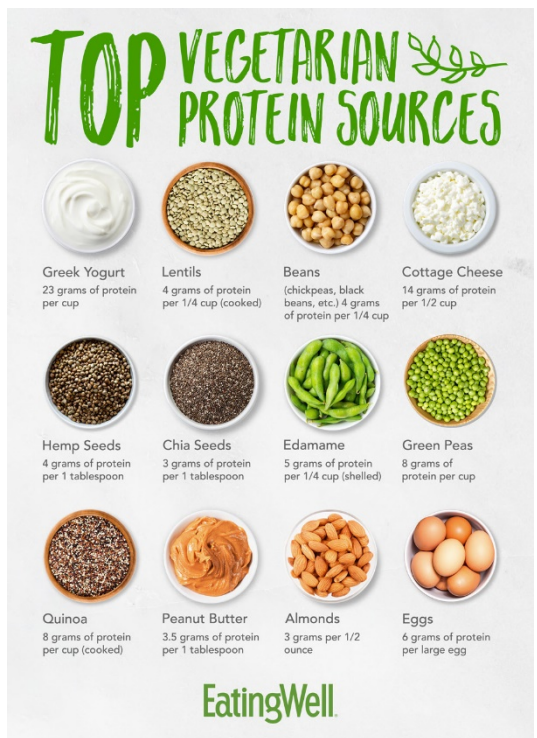
- Made up of _____
- _____ essential amino acids
 - Must be obtained through the diet
- _____ proteins (Contain all 9)
 - meat, fish
- _____ proteins (Missing 1 or more)
 - Nuts, beans and rice

Fats

- There are several types of fats
- We need fat because it contains _____ A, D, E and K
- Saturated Fat come primarily from _____ (red meat, eggs, dairy)
- Unsaturated Fats (_____ sources)
- Trans fat (liquid to solid via hydrogenation)

Fats- Canada Food Guide

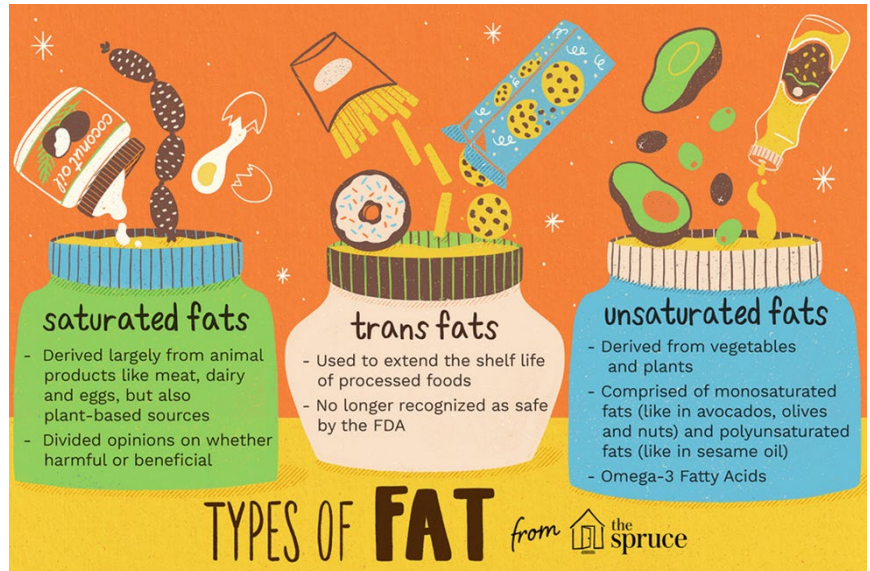
- Choose foods with healthy fats (_____) instead of saturated fat
- Limit highly _____ food.
- If you choose these foods, eat them _____ often and in small amounts.



- Prepare meals and snacks using ingredients that have little to no added _____, sugars or saturated fat
- Choose _____ menu options when eating out.
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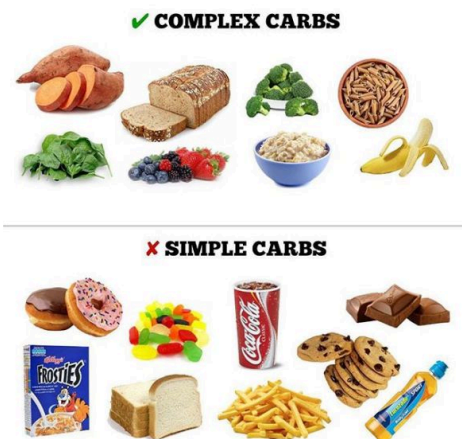
Carbohydrates

- Simple sugars-sucrose (_____)
 - Quick increase in blood sugar
- Complex sugars- Whole grain bread, _____, and rice
- Difference is breakdown process



What about Water?

- _____ is a critical component of a healthy diet!
- Make _____ your drink of choice
- Replace _____ drinks with water.
- Water is the major component of most of the foods you eat and more than _____ of all body tissues are composed of it



Brainstorm some ways that marketing affects your food choices:

Foods That Adversely Affect Your Mood

- _____
- Alcohol
- Trans fats or anything with “partially hydrogenated” oil
- Foods with high levels of chemical preservatives or hormones
- _____ snacks
- Refined carbs (such as white rice or white flour)
- Fried food



Nutrition Analysis

- Let's compare a typical day of the week and weekend to compare to the Canada Food Guide
- Fill in your Plate.

Reading Food Labels

- It is important to know how to read and understand food labels to understand what is in the food you eat

Nutrition Facts

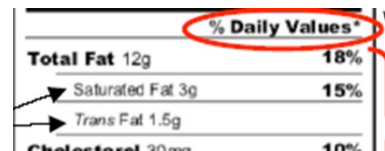
- Look at the serving size
- Often there is more than one "serving" per packet so values must be _____ if consuming the entire packet



Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110

Percent Daily Values

- This gives you the dietary allotment of a specific nutrient based on how much you should have in day
- This is based on an adult _____ calorie a day diet



% Daily Values*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%

What to watch for

- Foods that are high in:
 - Saturated Fat
 - Trans fat
 - Sugar
 - Sodium (In a lot of canned foods)

Nutrition Labels Worksheet

- Lets look at some of our regularly consumed products.



1 serving per container	
Serving size 1 bar	
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 60mg	3%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Total Sugars 41g	
Includes 38g Added Sugars	44%

Always look at the serving size

This product is HIGH in total fat and saturated fat. For each day, try to consume NO MORE than a total of 100% of these.

