

# Canada's Food Guide

## Eat well. Live well.

**Practice Points and Resources for Health Professionals working with Pregnant Women and Young Children**



### What's New – Key Points:

- A broader, more flexible approach to eating. Includes how, when, what, where and why we eat.
- Refers to 3 “food groupings” rather than 4 food groups.
- Promotes water as the drink of choice; intent to reduce sugary drink consumption.
- Promotes mindful eating instead of recommending number of servings to eat.
- Is an **online** suite of resources; the “snapshot” of the plate is just the tip of the iceberg.
- Intent to be inclusive of all cultures; developed for all Canadians **2 years and up**.

### New Messaging - Healthy Eating is more than the Foods You Eat:

- Be mindful of your eating habits
- Cook more often
- Enjoy your food - culture and traditions can be part of healthy eating
- Eat meals with others

### Main Messages about *What to Eat*:

- Eat plenty of vegetables and fruit.
- Choose whole grains.
- Eat protein foods. Choose plant-based proteins more often.

### Implementing the new Canada Food Guide (CFG)

- View the new [Canada Food Guide](#)
- [CFG FAQs | HealthLink BC](#)
- [What's new with Canada's Food Guide?](#)
- [Orientation to CFG video](#)

**Download or order print copies of CFG and CFG resources:**

**Download:** [CFG snapshot, poster, healthy eating recommendations and images](#)

**Order Print Copies:** [CFG snapshot available in 28 languages](#)

## **Practice Specific Points:**

- **Guidance for Life Stages and Specific Settings**  
See Health Canada's [Tips for Healthy Eating](#) page for more information on:
  - Children, teens, parents, older adults
  - Meal planning and cooking
  - Healthy eating at home, school, work, in the community, and when eating out
- **Nutrition in Pregnancy**
  - Continue to follow the [Prenatal Nutrition Guidelines for Health Professionals](#). Health Canada is currently determining what further guidance may be needed for health professionals and policy makers to support specific populations and settings, which may include guidance for pregnancy.
- [\*\*Is Dairy in the New Food Guide?\*\*](#)
  - Milk is part of the protein foods grouping. Continue to follow the [Pediatric Nutrition Guidelines](#) that recommend 2 cups of cow's milk or soy beverage daily for children ages 2-6 years.
  - Registered dietitians are available at Health Link BC to support families that choose not to offer their child cow's milk or soy beverage.
- **A Positive Feeding Relationship supports Mindful Eating**
  - Parents can support their children to be mindful eaters by offering meals and snacks at regular times, reducing distractions at meal time, and by following the division of responsibility in feeding.
- **Indigenous Peoples**
  - The new CFG can be used to support Indigenous Peoples. If desired, the previous food guide (2007) for [First Nations, Inuit and Métis](#) can continue to be used.
- **For More Information**
  - See [CFG FAQ for Health Professionals in BC](#)

## **Existing Resources that Align with CFG Key Messages**

### **For Parents**

- [Benefits of Family Meals](#)
- [Feeding Young Children](#)
- [Vegetable and Fruit Tips for Children](#)
- [Get your kids in the kitchen](#) and [Kid Friendly Recipes](#)
- [Plant Based Eating All About Pulses](#)

### **For Group Settings and Community Partners**

- [Nutrition Activities/Lesson Plans for Early Years Parenting Groups](#)
- [Food Activities for Young Children](#)
- [Let's Talk Mealtime Cards for Toddlers and Preschoolers](#)
- School requests - see [IH CFG Toolkit for Educators](#)

**Questions for the Early Years Dietitians? Contact [nutrition.earlyyears@interiorhealth.ca](mailto:nutrition.earlyyears@interiorhealth.ca)**