

Bringing Canada's Food Guide to Life

Heidi Murphy, RD

Dominion Memorial Market, Stavanger Drive, Carbonear and Bay Roberts

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Overview...

- **Out with the Old...**

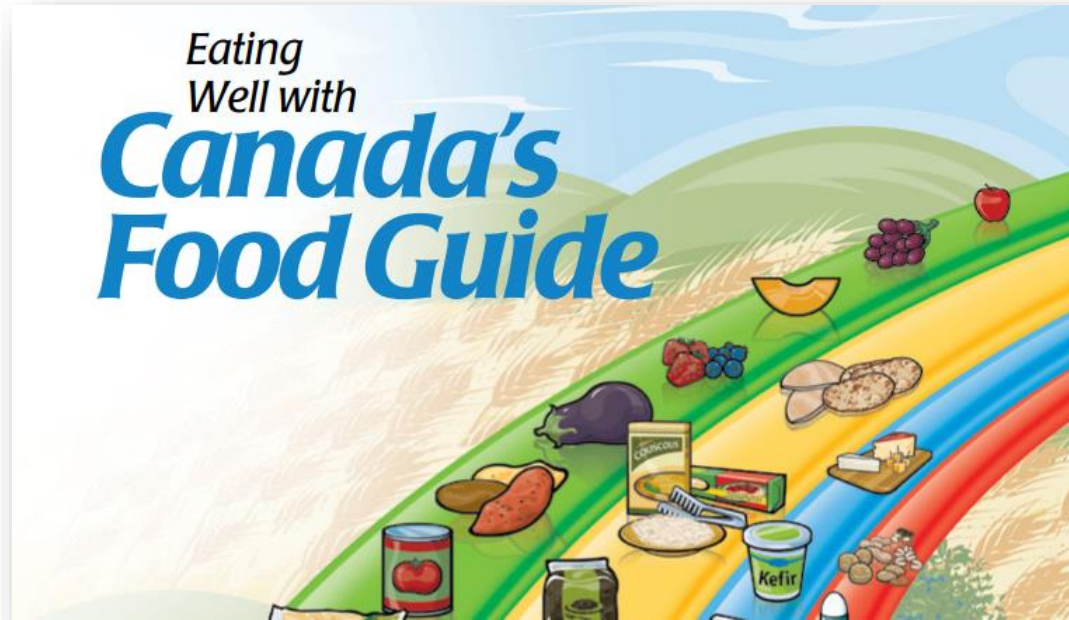
- 2007 Canada's Food Guide
- What it was, what it wasn't

- **In with the New!**

- 2019 Canada's Food Guide
- Plant based protein
- Healthy Fats
- What it is, what it isn't
- What's to come



2007 Canada's Food Guide



2007 Canada's Food Guide

- **Eat the four food groups**

- Fruits/Vegetables, Meat/Alternatives, Dairy and Grains
- Noted foods to limit (high in calories, fat, sugar, salt)
- Encouraged reading food labels

- **Eat to your sex/age**

- Provided serving sizes and number of servings for different age groups and male vs. female
- Provided tips on making each serving count (ie: green leafy/orange veggies, half grains whole grain, one serving of fish/week)

- **Get regular activity**

- Provided tips for staying active
- Encouraged making water drink of choice

2007 Canada's Food Guide



2007 Canada's Food Guide



2019 Canada's Food Guide

Canada's
food guide

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods

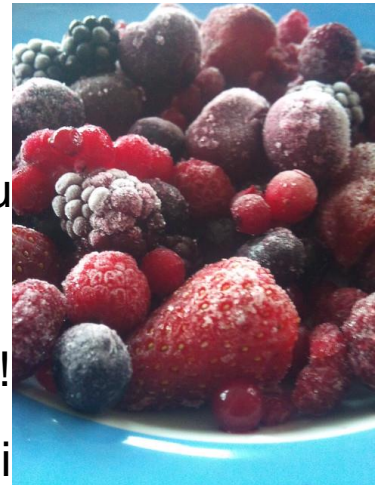


Fruits and Vegetables

- 50% of our plate
- High in Fibre , Vitamins and Minerals
- Increased fruit and vegetable intake can decrease risks of cardiovascular disease

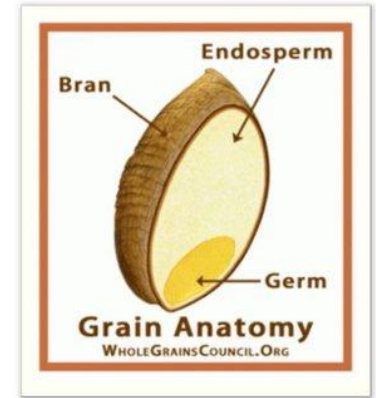
- **How**

- Try cooking vegetables and veg
- Avoid fried or high fat veg
- Fresh or frozen (not canned)
- Prep vegetables to taste



Whole Grains

- 25% of our plate
- Whole grains include all 3 parts of the grain kernel- bran, endosperm and germ.
- At least half of our daily grains should come from whole grains.
- Includes: Wheat, rice, oats, barley, rye, quinoa, buckwheat, amaranth.
- Whole grains that are good sources of soluble fibre such as oats and barley can help manage cholesterol.



Protein

- 25% of our plate
- Builds, replaces and repairs tissue in the body including muscles and organs. Protein also plays a key roll in your immune system and building hormones and enzymes.
- New Food Guide recommends choosing protein foods that come from plants more often.
- Sources:
 - Meat and Poultry
 - Fish
 - Eggs
 - Beans/Lentils
 - Nuts and Seeds
 - Soy Products
 - Dairy- Milk, Yogurt, Cheese



What exactly are Plant-Based Proteins?

- **Nuts and Seeds**
- **Beans, Peas and Lentils**
- **Fortified soy beverages, Tofu, Soybeans and other soy products**

Benefits

- They can provide more fibre and lower in Saturated fat than other types of protein.
- Research indicates that replacing animal protein with plant based sources decreases the risk of developing diabetes and heart disease.

How to incorporate Plant Based Proteins

- Beans/Lentils

- Mix into rice dishes or casserole. Bean Salads. Soups. Bean Burgers. Add to baked goods.



- Tofu

- Firm/Extra firm in Stir fry, wrap, chili

- Nuts and Seeds/ Butters



2019 Canada's Food Guide

Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

- Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.

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

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices

Choose Healthy Fats

- Nuts and Seeds
- Vegetable oils- olive oil
- Fatty Fish
- Avocado



Replacing saturated fats with healthy fat sources and whole grains is associated with decreased incidence of Heart Disease.

Adding in approximately $\frac{1}{4}$ cup of nuts just 4 times a week can decrease the risk of both fatal and nonfatal heart disease.

How to Incorporate Healthy Fats

- Aim to include 2 servings of fatty fish per week- Salmon, Mackerel, Sardines, Trout.
- Have a handful of nuts as a healthy snack
- Add nut butters to toast instead of butter
- Sprinkle cereal, oatmeal and yogurt with seeds like chia, flax or pumpkin.
- Make your own salad dressing using olive oil and a vinegar like balsamic.



2019 Canada's Food Guide

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



Limit foods high in sodium, sugars or saturated fat



Be aware of food marketing

2019 Canada's Food Guide



2019 Canada's Food Guide



Questions?

Canada's food guide

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Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

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Contact me today!

Heidi Murphy, RD

- **709-685-7742**
- **Heidi.Murphy@loblaw.ca**
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