Bringing Canada’s Food Guide to Life

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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

• 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 (i.e.: 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

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

• Increasing fruit and vegetable intake can decrease risks of cardiovascular disease.

• How to incorporate?

  • Try different fruits and vegetables in a variety of textures, colours and shapes.

  • Avoid juices as they are high in sugar.

  • Fresh, frozen and canned (low sodium) are all good choices!

  • Preparing to suit your taste - try baking, grilling, stir-frying, boiling or steaming!
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:
  o Meat and Poultry
  o Fish
  o Eggs
  o Beans/Lentils
  o Nuts and Seeds
  o Soy Products
  o 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 or developing diabetes and heart disease.
How to incorporate Plant Based Proteins

• Beans/Lentils
  o Mix into rice dishes or casserole. Bean Salads. Soups. Bean Burgers. Add to baked goods.

• Tofu
  o 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.
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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?
Personalized Nutrition Services

• Individual nutrition counselling

• Shop with our dietitian shopping service

• Exclusive nutrition packages for:
  – Busy families who need help meal planning
  – Those who want to achieve a healthier weight
  – People on the go who are health conscious
  – Individuals with health conditions:
    • Ex: diabetes, high blood pressure, high cholesterol, digestive issues, food allergies etc.

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*Professional fees apply. Many insurance plans cover the cost of Registered Dietitian services.
Contact me today!

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