



# The Scoop on Canada's New Food Guide



## What's on the Eat Well Plate?

Health Canada released the new food guide in January 2019. It consists of the food guide snapshot and many further resources that can be found on their website.

### Eat Well Plate

Have plenty of  
vegetables and  
fruits



Make water  
your drink  
of choice



Eat protein  
foods

#### Protein Foods

These include animal-based protein and plant-based protein. Dairy products fall under this category.

#### Plant vs. Animal Protein

Both sources of protein provide a unique array of nutrients. It is encouraged to eat a variety of protein foods to meet all nutritional needs. Vegetarians and vegans without proper meal planning pose a risk of certain nutritional deficiencies such as vitamin B12. Balance is key for all different patterns of eating.

Choose whole  
grain foods

Water helps to quench one's thirst and replace daily losses to prevent dehydration. It also helps with metabolic and digestive processes.

#### Keep in mind.....

The **Eat Well Plate** snapshot represents your *overall intake for the day* including snacks. As a guide, aim to fill half your plate with vegetables and fruits, a quarter with protein foods and a quarter with whole grain foods at every meal. Eating a variety of foods provide various nutrients needed to grow, learn and be healthy.

### FOR MORE INFORMATION

Healthy eating goes beyond the foods on your plate. Being mindful of your eating habits, cooking more often, enjoying your food and eating meals with others are all important parts of healthy eating. To learn more, visit <https://food-guide.canada.ca/en/>.



Feel free to contact the EMSB Dietitians for information on nutrition education programs to implement in your schools by visiting our EMSB website [www.nutrition.emsb.qc.ca](http://www.nutrition.emsb.qc.ca)

For More  
Information



## The Scoop on the New Canada's Food Guide



Since the launch of the new Canada's Food Guide in January 2019, its visual representation of a healthy plate has led to some nutrition misconceptions or myths.

**Get the right portion of facts of the new Canada's Food Guide**

### MYTH



**MILK AND DAIRY PRODUCTS** are **no longer** part of the guide.

### FACT

**Milk and dairy products** are now considered **protein foods**. They remain an **important source of calcium and vitamin D**.



**VEGETARIANISM OR VEGANISM** is **more nutritious**.

**Meat, poultry, fish and seafood** are nutritious and are **part of a healthy diet as they contain protein, iron and vitamin B12**. It is emphasized to **eat plant based protein more often** for heart health as they are higher in fibre and lower in saturated fats and sodium from processed meats.



**REFINED GRAIN FOODS** (e.g. white bread, rice, pasta) are **no longer part of the food guide**.

**Whole grain foods should be chosen more often** over refined grain foods as **they contain more fiber, vitamins and minerals**. In Canada, **white flour must be enriched** with B vitamins and iron.



**MILK** is **not healthy**.

**Milk** is an **excellent source of calcium, vitamin D and phosphorus**. **Children and adolescents** have **higher calcium and phosphorus needs**, which are essential for **critical bone development and health**.



**100% FRUIT JUICE** offers **no nutritional benefits**.

Although **100% fruit juice** contains **no added sugars** and is a **source of vitamin C, vitamin A, potassium and water**, the **extracted juice does not contain any fibre** and contains a concentrated amount of sugar; therefore the new guide recommends limiting their consumption. Eating the **fresh fruit offers greater nutritional benefits and is the preferred choice** as it also contains fiber.

