What’s changed with the new food guide?

Overall, the healthy eating messages have not changed; however, the way messages are presented has changed.

The new Canada’s Food Guide:
- Presents healthy food choices:
  - Vegetables and Fruits
  - Whole Grain Foods
  - Protein Foods
- Combines the former Milk & Alternatives and Meat & Alternatives groups as protein foods (milk, yogurt, and cheese are included as protein foods)
- Encourages choosing plant-based proteins more often
- Identifies 100% juice as a sugary drink, not to be consumed regularly
- Focuses on proportions of healthy foods using the Eat Well Plate rather than number of servings - bit.ly/cfgplate
- Encourages replacing saturated fat with foods that contain mostly unsaturated fat
- Places more emphasis on how you eat, not just what you eat

Key healthy eating messages in the food guide now include skills and behaviors. These can be part of how you teach the Food Guide.

These new skills and behavior-based messages are:
- 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
The Alberta Health Services nutrition website is Healthyeatingstartshere.ca

Our website has resources to teach the healthy eating messages from the 2019 Canada’s Food Guide.

Note: Our nutrition resources are currently being updated for consistency with the 2019 Canada’s Food Guide. For now, some may contain 2007 Canada’s Food Guide terminology. The nutrition information in these resources are still accurate.

Here’s a selection of the nutrition resources on our website. Explore Healthyeatingstartshere.ca to find these and many more!

**Curriculum Based Lesson Plans**

**Information Sheets**
- Label Reading the Healthy Way - [bit.ly/ahslabel](bit.ly/ahslabel)
- Choose Whole Grains - [bit.ly/ahsgrains](bit.ly/ahsgrains)
- Wake Up to Breakfast Every Day - [bit.ly/ahsbreakfast](bit.ly/ahsbreakfast)

**Sugar Shocker Education Kit** - [bit.ly/ahssugar](bit.ly/ahssugar)
For elementary, junior high, and senior high school
  - Teaches children and youth how to make healthy drink choices

For elementary and junior high school
  - Includes many food preparation activities accompanied by nutrition lessons

For junior and senior high school
  - A guide with everything you need to offer interactive education! Check out the label reading activities

For junior and senior high school
  - A PowerPoint presentation that provides information about energy drinks and their effects – reinforces the importance of being an informed consumer

Any questions? We are here to help. Contact your local dietitian or email PublicHealth.Nutrition@ahs.ca