



# HeartSmart Kids™

## Update: Canada's Food Guide

**Ensuring dietary guidance for all Canadians that is scientifically grounded, useful and relevant**

You may have heard that the new Canada Food Guide was released earlier this year. Activities and messages in the **HeartSmart Kids™** books are still relevant and grounded in the evidence-based messaging from Health Canada, and the **HeartSmart Kids™** books will be updated over 2019-2020. In the meantime, please use this fact sheet to supplement your teaching.

### **New Canada Food Guide recommendations**

**Tips** to adapt **HeartSmart Kids™** to support the new Canada Food Guide:

- There is a reduced emphasis on specific food groups, number of servings and serving sizes.
- When talking about dairy and alternatives or meats and alternatives, call them protein foods instead.
- Talk about the importance of grain products being whole grain options.

### **Healthy eating recommendations**

[\(linked here\)](#)

*Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.*

#### [Be Mindful of Your Eating Habits](#)

- Take time to eat
- Notice when you are hungry and when you are full

#### [Cook More Often](#)

- Plan what you eat
- Involve others in planning and preparing meals

#### [Enjoy Your Food](#)

- Culture and food traditions can be a part of healthy eating

#### [Eat Meals with Others](#)

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***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](#)

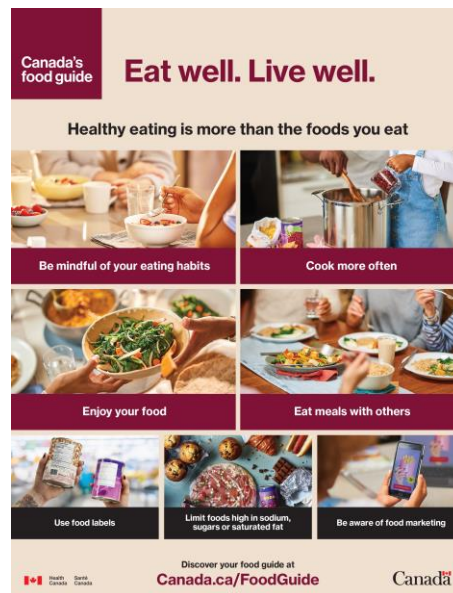
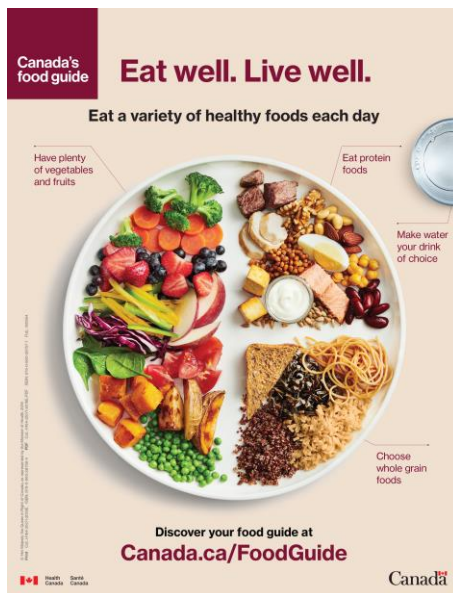
- Replace sugary drinks with water

[Use food labels](#)

[Be aware that food marketing can influence your choices](#)

## Online you will find

- [Food Guide Snapshot](#) (Click on each section of the plate to get lists of healthy food choices in this category)
- [Evidence behind Canada's Food Guide](#)
- [Canada's Dietary Guidelines for Health Professionals & Policy Makers](#)
- Resources such as [tips](#), [recipes](#), and [downloadable posters](#)



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