



Nutrition

PE Health Unit – Lesson 3

Healthy Eating

- Important for a healthy lifestyle
- Having a well balanced diet
 - Eating food from each food group
- Food Groups
 - Vegetables and fruit
 - Grain products
 - Milk and alternatives
 - Meat and alternatives



Vegetables and Fruit

- Come in many forms: fresh, frozen, canned
- Usually low in fat and calories
- Are the source of many important nutrients, such as vitamins, minerals, and fibre
- There are many products with “vegetables” and fruit” in their names, or written on their packaging
 - However, many are actually very high in fat, sugar, or salt (e.g. candy, fruit jams, fruit drinks not labeled 100% juice, vegetable chips)



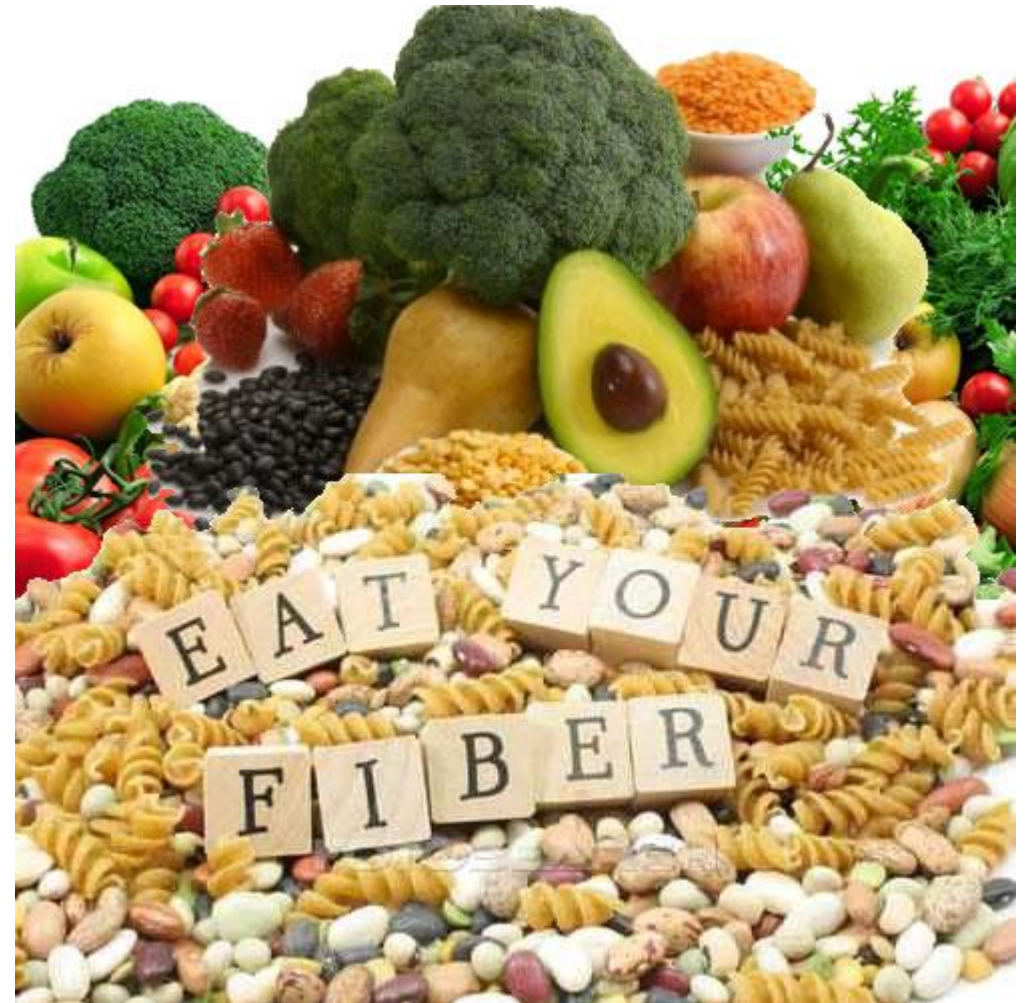
Grain Products

- Grain products include: all grains, cereals, pasta, rice, and products made with grain flour (including corn flour)
- Choosing more grain products that are whole grain will help increase fibre intake
 - Whole grain products - grains that have not been refined and contain all nutrients naturally found in the grain
 - Non-whole grain products - made with refined grain they have been processed and are missing parts of the grain, therefore missing some naturally occurring essential nutrients
- Choosing whole grains for half of your grain products will help ensure nutrient needs are met



Fibre

- Dietary fibre is found in plant-based foods such as whole grain breads, cereals, vegetables, fruits, legumes (beans, peas, lentils), nuts, and seeds
- Cannot be digested, therefore passes through our digestive system
 - Helps maintain a healthy digestive tract!



Milk and Alternatives

- Provides many key nutrients that are important for
 - developing strong bones
 - proper growth and development
 - keeping our teeth strong
- Calcium is a nutrient which is provided with other essential nutrients from the Milk and Alternatives food group
- Milk and Alternatives include: milk, fortified soy beverages (fortified with Vit. D and Calcium), canned milk, pov cheese



Meat and Alternatives

- These foods are high in protein
 - Protein is the building block for cell growth and development and helps our bodies fight infections
- Fat is an important component of Meat and Alternatives
 - It gives us energy and essential vitamins
- Red meats are a high source of iron needed for healthy blood
- Legumes are high in carbohydrates and fibre
- Enjoy leaner cuts of meat and fish
- Choose foods like baked beans, peas, and lentils



Enjoy a variety of foods from the four food groups!

- To accommodate different food preferences, each food group includes a variety of choices
- Eating different foods within each group will help people get all the nutrients they need

SOME IMPORTANT NUTRIENTS IN THE FOOD GROUPS				
Key Nutrient	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Protein			✓	✓
Fat			✓	✓
Carbohydrate	✓	✓	✓	
Fibre	✓	✓		
Thiamin		✓		✓
Riboflavin		✓	✓	✓
Niacin		✓		✓
Folate	✓	✓		
Vitamin B6	✓			✓
Vitamin B12			✓	✓
Vitamin C	✓			
Vitamin A	✓		✓	
Vitamin D			✓	
Calcium			✓	
Iron		✓		✓
Zinc		✓	✓	✓
Magnesium	✓	✓	✓	✓
Potassium	✓	✓	✓	✓

Canada's
food guide

Eat well. Live well.

Eat a variety of healthy foods each day



CANADA.CA/FOODGUIDE

Canada

- *Canada's Food Guide* is a tool we can use to learn about healthy eating patterns and practices
- The eating pattern provided by CFG promotes overall health by ensuring that nutrient needs are met each day, and by helping reduce the risk of obesity and other nutrition related diseases

The New *Canada's Food Guide*

Less prescriptive approach:

- We heard that many Canadians found the previous food guide challenging to use in their daily lives. For this reason, the new food guide has moved away from recommendations based on the number and size of servings.

The food guide's new approach:

- is designed to be flexible
- includes tips for healthy eating habits
- recommends a variety of healthy food choices



	Recommended Number of Food Guide Servings per day			
	Children 2-3 years old	Children 4-13 years old	Teens and Adults (Females) (Males)	
Vegetables and Fruit Fresh, frozen and canned.	4	5-6	7-8	7-10
Grain Products	3	4-6	6-7	7-8
Milk and Alternatives	2	2-4	Teens (19-50 years) 2 Adults (51+ years) 3	Teens (19-50 years) 3-4 Adults (51+ years) 2 3
Meat and Alternatives	1	1-2	2	3

OLD FOOD GUIDE



NEW FOOD GUIDE

Healthy eating
is more than
the foods you
eat



Use food labels



**Limit foods high in sodium,
sugars or saturated fat**



Be aware of food marketing



Eat meals with others



Cook more often



Enjoy your food



Be mindful of your eating habits

Home > Health > Food and nutrition

Canada's food guide

Food choices

Eating habits

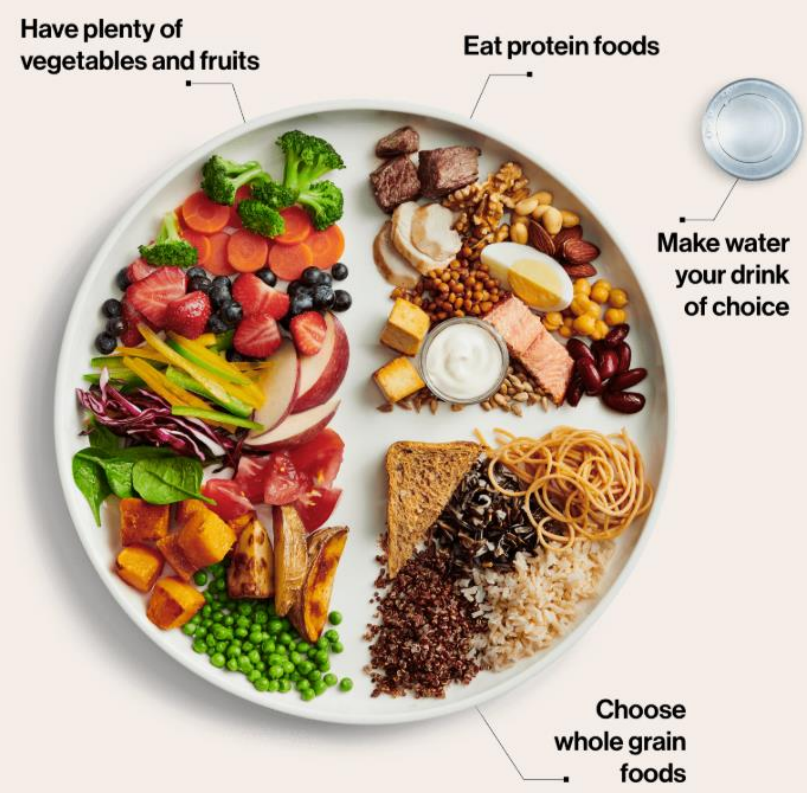
Recipes

Tips

Resources

- Canada's food guide
- Food choices
- Eating habits
- Recipes
- Tips
- Resources

Eat a variety of healthy foods each day



1 2 3 Pause

Try our recipes