

## What does the Food Guide tell you?

The rainbow side of the Food Guide gives you advice on how to choose foods.

- **'Enjoy a variety of foods from each group every day'** Try something new! Explore the rainbow of foods that make up the 4 food groups. Enjoy foods with different tastes, textures and colors. More colors means more nutrients!
- The **4 food groups** provide you with the nutrients you need to be healthy. You need foods from each group because each group gives you different nutrients. You also need to choose different foods from within each food group to get all the nutrients your body needs. Look at the chart on the opposite page for the key nutrients each food group offers.
- **'Choose lower-fat foods more often'**. Everyone needs some fat in their diet, but most people eat too much fat. Eating more breads, cereals, grains, vegetables, fruit, peas, beans and lentils will help you cut down on fat. You can also choose lower-fat dairy products and leaner meats, poultry and fish. Each of the 4 food groups includes foods that contain fat. Eat lower-fat foods from each group every day. Choose smaller amounts of higher-fat foods. If you do, you'll be able to enjoy the foods you love and eat well at the same time.
- **Tips to Reduce Fat**
  - Spread less butter or margarine on bread, buns or bagels.
  - Have salads with less dressing or with a lower-fat dressing.
  - Try vegetables without butter, margarine or rich sauces.
  - Try skim, partly-skim or reduced-fat milk products in recipes.
  - Choose meat, poultry or fish that are baked, broiled or microwaved. Serve with light broth or herbs instead of using oils, butters, or creamy sauces.
  - Have fried or deep-fried foods less often.
  - Have snacks such as chips, chocolate bars, cookies, pastries & ice-cream less often.

<p><u>'Choose whole grain and enriched products more often.'</u></p> <p>Whole grain products such as whole wheat, oats, barley or rye are suggested because they are high in starch and fibre. Enriched foods are recommended because they have some vitamins and minerals added back to them. Treat yourself to multi-grain breads, pumpernickel bagels, enriched pasta, brown rice, ready-to-eat bran cereals or oatmeal.</p>	<p><u>'Choose dark green and orange vegetables and orange fruit more often.'</u></p> <p>These foods are higher than other vegetables and fruit in certain key nutrients like vitamin A and folacin. Go for salads, broccoli, spinach, squash, sweet potatoes, carrots, cantaloupes or orange juice.</p>
<p><u>'Choose lower-fat milk products more often.'</u></p> <p>Lower-fat milk products have less fat and Calories, yet still provide the high quality protein and calcium essential to healthy eating. Whether it's milk, yogurt, cheese or milk powder, choose the lower-fat option. Look at labels and choose products with a lower % M.F. (Milk Fat) or % B.F. (Butter Fat). Then you can have the refreshing taste of milk products with less fat.</p>	<p><u>'Choose leaner meats, poultry, and fish, as well as dried peas, beans and lentils more often.'</u></p> <p>Many leaner meats, poultry, fish and seafood choices are available to help you reduce your fat intake without losing important nutrients. Be sure to trim visible fat. Try baking, broiling, roasting or microwaving instead of frying, and drain off extra fat after cooking. To lower your fat while increasing your intake of starch and fibre, choose foods like baked beans, split pea soup or lentil casserole.</p>

## Key Nutrients in Canada's Food Guide to Healthy:

- Each food group is essential, because each group provides its own set of nutrients. That's why it is important to eat a **VARIETY** of foods from **ALL FOOD GROUPS**.
- The table below provides information on the specific nutrients present in the foods of **EACH** group. As you can see, if you miss foods in one group, your intake of the nutrients provided in that food group may be low.
- Some highly active individuals or larger individuals may need more servings in some or all of the food groups to meet daily energy requirements.
- **Athletes** should **FOCUS** on increasing both the **GRAIN PRODUCTS** group and the **VEGETABLES AND FRUIT** group to meet the high energy and nutrient demands of training and competition. Smaller increases should come from the milk products and the meat & alternative group to meet total calorie needs.

<b>Grain Products</b>	+	<b>Vegetables &amp; Fruits</b>	+	<b>Milk Products</b>	+	<b>Meat &amp; Alternatives</b>	=	<b>The 4 Food Groups</b>
protein	.		.	protein	.	protein	.	<b>protein</b>
.	.		.	fat	.	fat	.	<b>fat</b>
carbohydrate	.	carbohydrate	.		.		.	<b>carbohydrate</b>
fibre	.	fibre	.		.		.	<b>fibre</b>
thiamin	.	thiamin	.		.	thiamin	.	<b>thiamin</b>
riboflavin	.		.	riboflavin	.	riboflavin	.	<b>riboflavin</b>
niacin	.		.		.	niacin	.	<b>niacin</b>
folacin	.	folacin	.		.	folacin	.	<b>folacin</b>
.	.		.	vitamin B <sub>12</sub>	.	vitamin B <sub>12</sub>	.	<b>vitamin B<sub>12</sub></b>
.	.	vitamin C	.		.		.	<b>vitamin C</b>
.	.	vitamin A	.	vitamin A	.		.	<b>vitamin A</b>
.	.		.	vitamin D	.		.	<b>vitamin D</b>
.	.		.	calcium	.		.	<b>calcium</b>
iron	.	iron	.		.	iron	.	<b>iron</b>
zinc	.		.	zinc	.	zinc	.	<b>zinc</b>
magnesium	.	magnesium	.	magnesium	.	magnesium	.	<b>magnesium</b>

**ALL FOOD GROUPS ARE IMPORTANT FOR HEALTH AND ATHLETIC PERFORMANCE!**