

Eating for Good Health



Developed by Public Health Dietitians
Alberta Health Services

Audience: Newcomers to Canada

Who presents: Community group leaders and educators

Length: 30 minutes

Outcomes

By the end of this presentation, participants will be able to:

1. choose healthy foods and drinks for good health.
2. use Canada's Food Guide to make a healthy meal.
3. identify unhealthy foods and drinks to limit.
4. recognize the relationship between living a healthy lifestyle and prevention of chronic disease.
5. identify ways to be more physically active.

This presentation is part of the Newcomer Nutrition Education Toolkit:

www.ahs.ca/nutrition/Page10982.aspx

Materials needed/Introduction

- Laptop and projector or smartboard
- Canada's Food Guide: Healthy Eating Recommendations. Web link: <https://food-guide.canada.ca/en/healthy-eating-recommendations/>
- Healthy Eating Toolkit, Winnipeg Regional Health Authority. (optional) Web link: www.wrha.mb.ca/prog/nutrition/files/EAL_toolkit.pdf
- AHS Sugar Shocker Education Kit (optional). Web link: www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf

Handouts

- Canada's Food Guide Snapshot. Web link: <https://food-guide.canada.ca/static/assets/pdf/CFG-snapshot-EN.pdf>
- To order resources from Health Canada. Web link: <http://www.hc-publication-sc.hc-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/7?ReadForm&cat=00030&lang=eng&>

The notes pages are intended to be a guide for the facilitator to present the material; they are not a formal script for each slide. The "*Background Information for Facilitator*" sections provide further details to the presenter on a particular topic which may assist with questions from the audience.

You will find some of the following prompts on some slides:

- ☺ **Click to the next slide** – click to have words or pictures appear separately
- ★ **Discussion** – ideas for group discussion
- ◆ **Optional Props** – suggestions for items to use as visual aids.

Welcome!



Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

Facilitator Notes:

★**Discussion** - presenter asks the question “Do you know the word ‘healthy’?”

Answer: Healthy means to have good health (feeling strong, having energy). Being healthy also means to be free from sickness. For example, healthy food is good for your heart and body. Healthy food helps kids to grow, and can stop you from getting sick.

- In this presentation we will talk about a healthy lifestyle. A healthy lifestyle means making good choices on what we eat and how much we move our body (keeping active).
- Eating food that is good for our bodies helps keep us free from sickness and helps us live a long time. If you like, you can share your ideas with the group as we go along.
- This presentation was made by dietitians. A dietitian is a person who is an expert on food and how food is used in the body.

Background Information for Facilitator:

- Public health dietitians have expertise in nutrition, food systems and related public health sciences (DC, 2010). Public health nutrition encompasses the assessment, planning and implementation of services for enhancement of population health and prevention of nutrition-related diseases (DC, 2010).
- In Alberta, dietitians must meet specific education requirements to provide advice, counseling and instruction about food and diet. Dietitians must be registered with the College of Dietitians of Alberta (www.collegeofdietitians.ab.ca/) and they must take part in continuing education each year to ensure they keep up with new evidence and practice standards.

Healthy Eating



How can we eat healthy foods?

Why should we choose healthy foods and drinks?

What foods should I eat to feel good?

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

Facilitator Notes:

★**Discussion** - presenter asks participants questions “**How** can we eat healthy foods?” “**What** foods should I eat to feel good?” “**Why** should we choose healthy foods and drinks?”

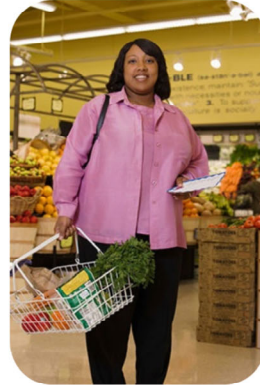
Answers may vary depending on group discussion

- In this presentation we will talk about healthy eating. You will learn what foods are good for your health, how to make a healthy meal, and why it is important to choose healthy foods.

Eating in Canada

- Life is different here
- Food is everywhere
- Choose food that is good for your body

This will help you **feel good**
and **stay healthy!**



Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Food can be found everywhere in Canada.
- Making good choices becomes very important for good health.

Facilitator Notes:

- In Canada, buying food might be different from your home country. Here, you can find many kinds of food in many different places.
- It is important to choose food that is good for your body. This will help you feel good and stay healthy!



Outcome: Participants will be able to choose healthy foods and drinks for good health.


Key Messages:

- Eat plenty of vegetables and fruits. (HC, 2019b)

Facilitator Notes:


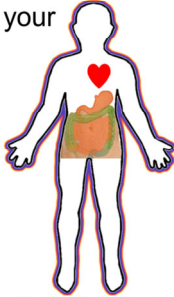
- Vegetables and fruits have many good nutrients such as vitamins, minerals and fibre. (HC, 2019b)
- It is best to eat many different types of vegetables and fruits.

★**Discussion** – presenter points to pictures on slide, ask the audience to say the name of the fruit or vegetable.


Alberta Health Services

Vegetables and Fruits

Vegetables and fruits are good for your heart, gut and your whole body!

Eat vegetables and fruits at every meal and snack.

Mikael Haggstrom, Intestine and stomach - transparent - cut.png, GCD

www.albertahealthservices.ca 6

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Vegetables and fruits keep your heart healthy.
- Include vegetables and fruits every meal and snack.

Facilitator Notes:

- Vegetables and fruits have many good nutrients such as vitamins, minerals and fibre.
- These foods help our bodies work well, and keeps our hearts, gut and our whole body healthy. (HC, 2019b)
- Try to include vegetables and fruits at every meal and snack.(HC, 2019b) We need to eat them the most in a day.
- It is best to eat many different types of vegetables and fruits.

Gut image from: https://commons.wikimedia.org/wiki/File:Intestine_and_stomach_-_transparent_-_cut.png

Alberta Health Services

Vegetables and Fruits

In the winter it is very cold.



We cannot grow food all the months of the year.

In Canada, vegetables and fruits are:

- Fresh 
- Canned 
- Frozen 

www.albertahealthservices.ca 7

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Fresh, frozen or canned vegetables and fruits can be healthy choices.

Facilitator Notes:

- Many places in Canada can only grow fresh vegetables, fruits and other healthy food during the warmer months (June - September).
- In colder months (October – May), it may be harder to find some fresh vegetables and fruits or they may cost a lot of money. To help Canadians have healthy food in all seasons, vegetables and fruits and other healthy food are put into cans and packages.
- Canned or frozen vegetables and fruits are picked in warmer months when they are best. They are cleaned and sometimes cut up. The cans do not let any air in them, so the vegetables and fruits can last a long time on a shelf. Freezing vegetables and fruits also makes them last a long time as long as they are kept in the freezer.
- Healthy food in cans or packages have all the same good things found in fresh food. Frozen and canned vegetables and fruits take little time to prepare. They can be a healthy convenient option.

Canned fruits

- Look for canned fruits packed in juice or water.
- Fruit packed in syrup is not a healthy choice. Syrup is made from sugar.

◆ **Optional Props** - *pass around a canned fruit label so participants can see “juice” on the package.*

Frozen fruits

- Look for frozen fruits without sugar added.
- Look for the word “unsweetened” on the package. The word “sweet” means sugar. In English the word “un” means “no”. So, **unsweetened** means no sugar.

◆ **Optional Props** - *pass around a food label so participants can see the word “unsweetened” on the package.*

Canned or frozen vegetables

- Too much salt—or sodium—is not good for our body. Look for cans that say “no added salt”. Drain and rinse canned vegetables to lower the sodium/salt content.
- Look for frozen vegetables with no sauces or “no added salt”.

◆ **Optional Props** - *pass around a food label so participants can see “no added salt” on the package.*

Vegetables and Fruits



Choose whole vegetables
and fruits instead of juice



Fruit juice =



Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Choose whole vegetables and fruits instead of juice

Facilitator Notes:

- Fruit juice and fruit juice concentrates are high in sugars. Choose whole vegetables and fruits instead of juice. Whole vegetables and fruits provide us with more nutrients, such as fibre. Replace juice with water. (HC, 2019b)
- Fruit “drink”, “punch”, or “cocktail” have sugar added to them. They may not be made from fruit. They are not healthy drinks.

Whole Grain Foods



Quinoa



Brown rice



Whole grain
pasta



Whole grain
cracker



Whole grain
pita



Whole grain
bread



Injera



Oats

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

Eat a variety of whole grain foods. (HC, 2019b)

Facilitator Notes:

Whole Grains:

- “Whole grains” mean that all the parts of the grain are present (HC, 2019b). Whole grain foods have more good things in them that our bodies need to stay healthy.

Whole grain examples: (HC, 2019b)

- Quinoa
- Brown rice or wild rice
- Whole grain wheat
- Whole grain pasta
- Oats
- Barley
- Bulger
- Farro
- Freekah
- Amaranth
- Buckwheat

★**Discussion** – presenter points to pictures on slide, ask the audience to say the names of the whole grain foods.

Background Information for Facilitator:

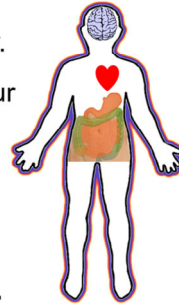
For more information on whole grains and the benefits of fibre, refer to Nutrition Services handouts:

- Choose Whole Grains
www.ahs.ca/assets/info/nutrition/if-nfs-hesh-st-choose-whole-grains.pdf
- Fibre Facts
www.ahs.ca/assets/info/nutrition/if-nfs-fibre-facts.pdf

Whole Grain Foods

Whole grain foods give you energy.

Whole grain foods are good for your brain, heart and gut.



Eat whole grain foods every day.

Holiday upload, Brain Outline, CCO
Mikael Håggström, Intestine and
stomach- transparent- cut.png, CCO

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Whole grain foods give you energy.
- Whole grain foods are good for your brain, heart and gut.
- Eat whole grain foods every day.

Facilitator Notes:

- Whole grains have many good nutrients for us such as fibre, vitamins and minerals. (HC, 2019b)
- Whole grains give us energy for our bodies and brain. They help us think at work or school (Berg, 2002).
- The fibre in whole grains can lower your risk of: (HC, 2019b)
 - stroke
 - colon cancer
 - heart disease
 - type 2 diabetes

Brain image from: <https://purepng.com/photo/28398/clipart-brain-outline>

Gut image from: https://commons.wikimedia.org/wiki/File:Intestine_and_stomach_-_transparent_-_cut.png

Protein Foods from Plants

Protein foods from plants are good for your blood, muscles and heart.



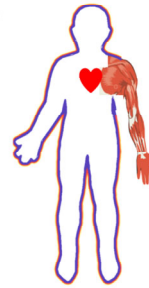
Nuts



Beans, peas,
lentils



Tofu



KissCC0, Muscle Anatomy Human Body
Musculature Muscular system, CCO

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Protein foods from plants also keep our blood healthy (HC, 2019c) and help our bodies build muscles. (DC, 2019a). They are also better for our hearts. (HC, 2019b)
- Eat plant proteins often.

Facilitator Notes:

- Protein foods from plants include:
 - nuts and nut butters – walnuts, almonds, pecans, pistachios, cashews, peanuts, peanut butter, sunflower butter
 - seeds – sunflower seeds, pumpkin seeds, flax seeds, sesame seeds
 - beans – kidney beans, black beans,, navy beans
 - peas – split green peas, garbanzo beans (chickpeas), black-eyed peas
 - lentils – green lentils, red lentils
 - tofu
- Protein foods from plants have many good nutrients for us such as protein, vitamin and minerals. (HC, 2019b)
- Protein foods from plants keep our blood healthy (HC, 2019c) and help our bodies build muscles. (DC, 2019a) They are also better for our hearts. (HC, 2019b)

★**Discussion** – presenter points to pictures on slide, ask the audience to say the names of the protein foods.

Background Information for Facilitator:

- Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods. This can be beneficial for heart health. (HC, 2019b)

Muscle image from : <https://www.kisscc0.com/clipart/muscle-anatomy-human-body-musculature-muscular-sys-eabt21/>

Protein Foods from Animals

Protein foods from animals are good for your blood and muscles.



Meat
(beef, pork, lamb)



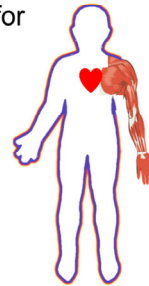
Poultry
(chicken, turkey)



Eggs



Seafood
(fish, shellfish)



KissCC0, Muscle Anatomy Human Body
Musculature Muscular system, CCO

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Protein foods from animals keep your blood healthy and help build muscles.

Facilitator Notes:

- Protein foods have many good nutrients for us such as protein, vitamin and minerals. (HC, 2019b)
- Protein foods from animals include lean meats and poultry, eggs, and seafood.
- They keep our blood healthy (HC, 2019c) and help our bodies build muscles. (DC, 2019a)

★**Discussion** – presenter points to pictures on slide, ask the audience to say the names of protein foods.

Background Information for Facilitator:

- Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods. This can be beneficial for heart health. (HC, 2019b)
- It is best to choose fish that are lower in mercury (e.g. anchovy, capelin, char, hake, herring, Atlantic mackerel, mullet, pollock (Boston bluefish), salmon, smelt, rainbow trout, lake whitefish, blue crab, shrimp, clam, mussel and oyster) (HC, 2008). For more information on mercury in fish, visit the Health Canada web link below:

www.canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish.html

Muscle image from : <https://www.kisscc0.com/clipart/muscle-anatomy-human-body-musculature-muscular-sys-eabt21/>

Protein Foods with Calcium

Protein foods with calcium are good for your bones and teeth.



Milk



Cheese



Yogurt



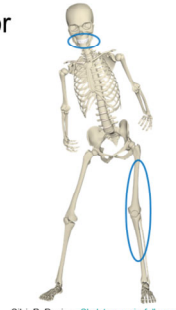
Soy beverage



Tofu



Fish with bones



SilviaP_Design, Skeleton_weis_fall_run,
stumble, CCO

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Protein foods with calcium help build strong bones and teeth. (DC, 2019b)

Facilitator Notes:

- Some protein foods have calcium. These foods help build strong bones and teeth. (DC, 2019b)

★**Discussion** – presenter points to pictures on slide, ask the audience to say the name of the protein foods.

Background Information for Facilitator:

- Vitamin D helps your body absorb calcium and can be found in fatty fish (like sardines, salmon, tuna, and mackerel), eggs, margarine, milk and fortified soy beverages. (DC, 2019b)
- For more information on bone health, see AHS Healthy Bones handout:
www.ahs.ca/assets/info/nutrition/if-nfs-healthy-bones.pdf

Skeleton image from: <https://pixabay.com/illustrations/skeleton-weis-fall-run-stumble-1654869/>

Protein Foods

Eat protein foods that come from plants more often.

Choose lean meat and poultry without skin.

Choose lower fat milk, cheeses and yogurt.



Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Eat protein foods that come from plants often. (HC, 2019b)

Facilitator Notes:

- Protein foods that come from plants like beans, lentils, nuts and tofu are healthy for everyone and can be eaten instead of meat. (HC, 2019b)
- Choose foods like beans, lentils, tofu, nuts and seeds often. (HC, 2019b)
- It is best to eat meat with less fat. Choose lean ground meat, meat that has only a small amount of fat in it, and chicken without skin.
- Fish has a type of fat that is good for our heart and brain (DC, 2019c). You can buy healthy fish in cans. You can also buy fish that is fresh or frozen.
- Choose lower fat milk, cheeses, yogurt and kefir. Fortified soy beverage is also a healthy choice. (HC, 2019b)

Healthy Fat



- Choose healthy fats
- Use a **small** amount of fat for cooking



Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Choose a small amount of healthy fat everyday.

Facilitator Notes:

- You only need a small amount of added healthy fats each day. This would include foods like salad dressings, condiments (mayonnaise), and added fat for cooking.
- Choose healthy oils such as canola oil and olive oil. These are found in the centre aisles of the grocery store. Healthy fats are usually made from plants.
- Soft margarine packaged in a tub is also a healthy choice. Margarine is found in the “cold” section near milk and dairy foods.
- Choose unhealthy fats less often, as they are not good for our body. These are butter, cream, cream cheese, sour cream and whipping cream.

★**Discussion** – presenter asks the questions: “How much fat or oil do you use each day?”
“Think about how much you use during cooking.”

Answer: Answers may vary. Limit the amount of oil or fat you use in cooking. It is best to cook with a small amount of oil. Too much of any fat is not good for our body. Too much fat may cause weight gain. Boiling, steaming, baking, poaching, roasting and grilling are good ways to cook foods because you need very little oil.

Background Information for Facilitator:

- For more information on healthy fats, visit: www.ahs.ca/nutrition/Page8923.aspx

Healthy Drinks

Water

Milk

Fortified Soy
Beverage



Tap water is safe in cities and towns in Alberta

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Healthy drinks include water, milk and fortified soy beverage.
- Tap water is safe to drink in Canada.

Facilitator Notes:


Water

- Water is good for your body. We need to drink water every day.
- Tap water in Alberta is safe to drink. The water is checked for safety each day. You do not need to buy water in bottles. You do not need to boil tap water (Government of Alberta, 2015).
- One way to make sure you are drinking water is to buy a reusable water bottle and carry it with you to work or school.


◆ **Optional Props** - *Presenter can hold up a reusable water bottle.*

Milk and Fortified Soy Beverage

- Milk and fortified soy beverages are healthy drinks that keep bones and teeth strong.
- Most of the milk in Canada comes from cows.
- Fortified soy beverage is a good choice for anyone that does not want to have food or drinks from animals.
- Soy beverage is a drink made from soy beans (*presenter can point to the picture on the slide*). Look for soy beverage that says “fortified” on the label (*presenter may wish to write the word “fortified” on a whiteboard, flip chart or smart board*). “Fortified” on soy beverage means that vitamin D and calcium have been added.


Alberta Health Services

Healthy Drinks



Drink water most often.

Drink 9 - 12 cups each day

Even if it's cold outside!

12 cups

www.albertahealthservices.ca 17

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Drink water most often.
- Adults need 9-12 cups (2-3 litres) of fluid (drinks) each day.

Facilitator Notes:

- Water is needed for our body to work well. When we don't drink enough we can feel tired or we can get headaches. It is important to remember to drink water, even if it is cold outside.
- Adults need 9-12 cups (2-3 litres) of fluid (drinks) every day. (Food and Nutrition Board, IOM, 2005)
- ◆ **Optional Props** – *show a 1 cup measuring cup for reference. Presenter can also show a water bottle that has measurements (mL, L or oz) marked on it. Explain how many cups are in the bottle.*

Background Information for Facilitator:

- For more information on choosing healthy drinks, visit: www.ahs.ca/nutrition/Page5624.aspx


Healthy Drinks


 Milk, fortified soy beverage, tea and coffee are all healthy drinks.




All healthy drinks count!

12 cups

www.albertahealthservices.ca
18

Outcome: Participants will be able to choose healthy foods and drinks for good health.

Key Messages:

- Healthy drink options other than water include milk, fortified soy beverage, coffee and tea.
- All healthy drinks count towards the total amount of fluids you need each day.

Facilitator Notes:

- Other healthy drink options include milk, fortified soy beverage, coffee and tea.
- All healthy drinks count! Water, milk, fortified soy beverage, coffee and tea can all be included in the total amount of fluids you need each day (9-12 cups).
- Choose plain drinks with no added sugar.

Background Information for Facilitator:

- For more information on choosing healthy drinks, visit: www.ahs.ca/nutrition/Page5624.aspx

Canada's Food Guide

Canada.ca/
FoodGuide

Eat a variety of healthy foods each day

Have plenty of
vegetables
and fruits



Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods

www.albertahealthservices.ca

19

Outcome: Participants will use Canada's Food Guide to make a healthy meal.

Key Messages:

- Eat a variety of healthy foods each day.
- Make water your drink of choice.

Facilitator Notes:

- The Canada's Food Guide helps us to eat a variety of healthy foods each day.
- We need **more** of (*presenter can point to the Vegetables and Fruit section on the plate*) and **less** of (*presenter can point to the sections for Protein Foods and Whole Grains*)
- Eating this way at meals helps us get all of the good things (healthy nutrients) that we need to stay healthy. We will talk about meal examples in the next part of our presentation.
- Make water your drink of choice. Replace sugary drinks with water. (HC, 2019b)

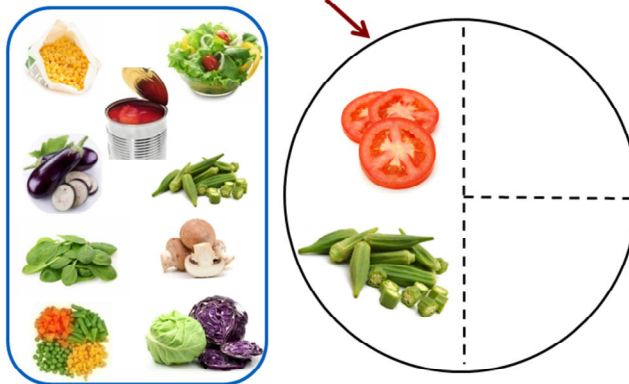
Encourage clients to **visit the website** for much more information about the topics on the slide, and the points below: **Canada.ca/Foodguide**

Background Information for Facilitator:

- Further background information for facilitators can be found summarized in *Canada's Dietary Guidelines*, which informed the development of Canada's Food Guide: <https://food-guide.canada.ca/guidelines/>

Make a Healthy Meal

Vegetables and Fruits



Outcome: Participants will use Canada's Food Guide to make a healthy meal.

Key Messages:

- Make half of your meal with vegetables and fruits.

Facilitator Notes:

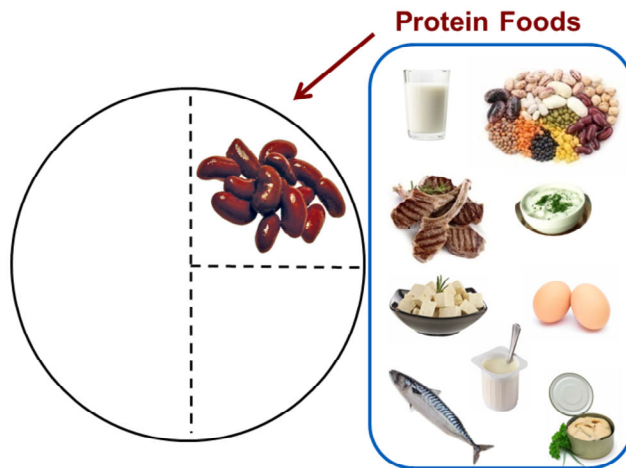
- Vegetables and fruits should make up the largest part of your meal. (HC, 2019c)
- Example on slide, tomatoes and okra are added to this meal.

★**Discussion** - using the pictures of food on the slide as examples, presenter can ask the question "What types of vegetables and fruits do you like to eat?"

Background Information for Facilitator:

- Further background information for facilitators can be found on the Canada's Food Guide webpage "Make healthy meals with the Eat Well Plate": <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

Make a Healthy Meal



Outcome: Participants will use Canada's Food Guide to make a healthy meal.

Key Messages:

- Include protein foods.
- Choose protein foods that come from plants more often.

Facilitator Notes:

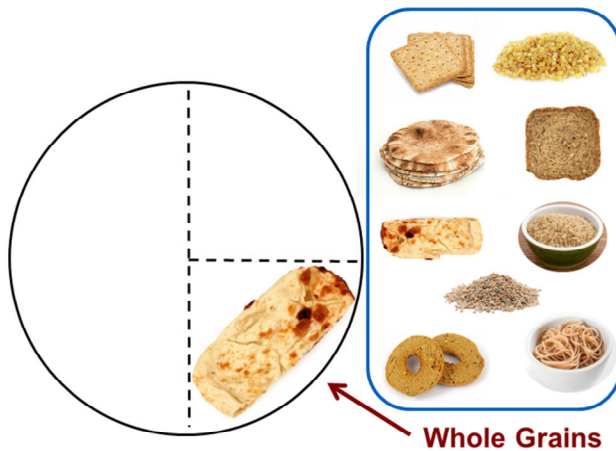
- Fill a smaller part of the plate with protein foods.
- Example on slide, kidney beans are added to this meal. This protein food comes from plants (vegetarian dish).

★ **Discussion** - using the pictures of food on the slide as examples, presenter can ask the question "What types of protein foods do you like to eat?"

Background Information for Facilitator:

- Further background information for facilitators can be found on the Canada's Food Guide webpage "Make healthy meals with the Eat Well Plate": <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

Make a Healthy Meal



Outcome: Participants will use Canada's Food Guide to make a healthy meal.

Key Messages:

- Choose whole grain foods.

Facilitator Notes:

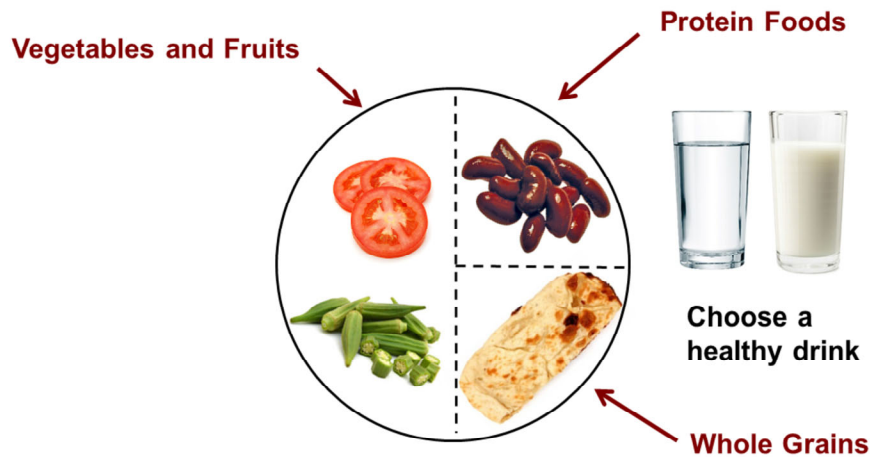
- Fill a smaller part of the plate with whole grain foods.
- Example on slide, naan/roti/flat bread is added to this meal.

★ **Discussion** - using the pictures of food on the slide as examples, presenter can ask the question "What types of whole grains do you like to eat?"

Background Information for Facilitator:

- Further background information for facilitators can be found on the Canada's Food Guide webpage "Make healthy meals with the Eat Well Plate": <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

Make a Healthy Meal



Outcome: Participants will use Canada's Food Guide to make a healthy meal.

Key Messages:

- Eat a variety of healthy foods each day.
- Choose a healthy drink.

Facilitator Notes:

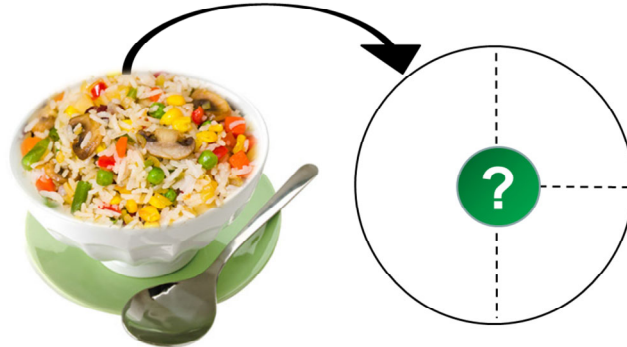
- This meal includes a variety of healthy foods, such as vegetables (tomatoes and okra), a protein food (kidney beans) and a whole grain food (naan/roti/flatbread).
- Choose a healthy drink like water, low fat milk or fortified soy beverage

★ **Discussion** - presenter can ask the question "What types of meals do you make?" Have participants indicate where the foods would be placed on the plate

Background Information for Facilitator:

- Further background information for facilitators can be found on the Canada's Food Guide webpage "Make healthy meals with the Eat Well Plate": <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

How to make a Healthy Bowl?



Outcome: Participants will use Canada's Food Guide to make a healthy meal.

Key Messages:

- Canada's Food Guide can help you make a healthy meal, even if the food is mixed together.

Facilitator Notes:

- We don't always have food in different parts on a plate. Sometimes the food we eat is all mixed together like in a soup, stir-fry or casserole.
- Even when your food is mixed together, you can still use Canada's Food Guide to see if you are getting all the foods you need in the right amounts. Look to see if most of your meal is vegetables (or fruits) and if it includes protein foods and whole grains.

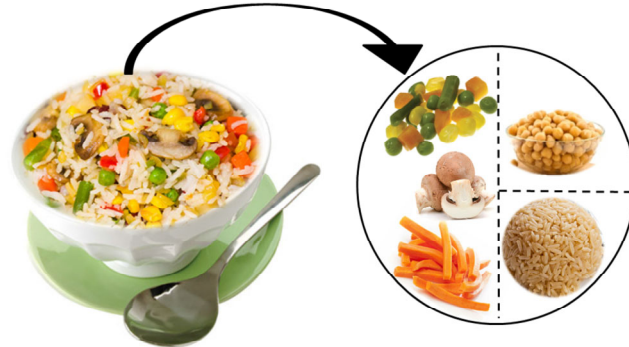
★**Discussion** – Presenter asks audience to look at the meal on the slide. Where do these foods fit on the plate?

😊 **Click to the next slide** – the next slide reveals the answer!

Background Information for Facilitator:

- Further background information for facilitators can be found on the Canada's Food Guide webpage "Make healthy meals with the Eat Well Plate": <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

Healthy Bowl



Outcome: Participants will use Canada's Food Guide to make a healthy meal.

Key Messages:

- Canada's Food Guide can help you make a healthy meal, even if the food is mixed together.

Facilitator Notes:

★**Discussion** – Presenter asks audience to look at the meal on the slide. Where do these foods fit on the plate?

Answer: Most of the bowl is filled with vegetables (carrots, mushrooms, peas, corn, green beans) and smaller parts of the meal include protein (e.g. chickpeas) and whole grains (e.g. brown rice). This meal includes a variety of foods

Background Information for Facilitator:

- Further background information for facilitators can be found on the Canada's Food Guide webpage "Make healthy meals with the Eat Well Plate": <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

Living in Canada

In Canada, food is everywhere.
It is easy to eat too much food.



Packaged foods may have too
much **salt, fat and sugar**.



Outcome: Participants will recognize the relationship between living a healthy lifestyle and prevention of chronic disease.

Key Messages:

- Packaged foods with too much salt, fat and sugar are not good for our bodies.

Facilitator Notes:

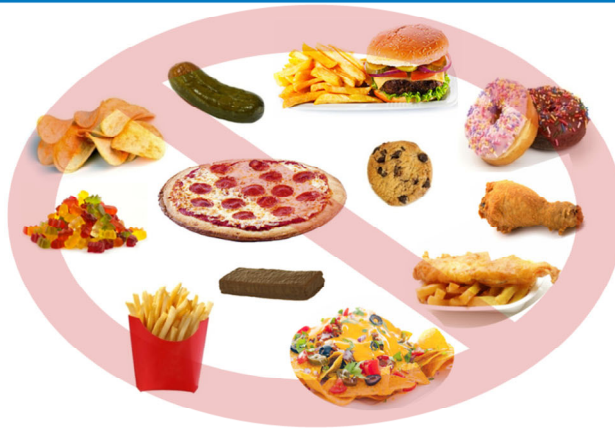
- In Canada, you can find many kinds of foods in many different places. Food may be found at gas stations, corner stores (e.g. Mac's, 7-11), restaurants and grocery stores. It is easy to eat more food than we need.
- Packaged (processed) foods with too much salt, fat and sugar are not good for our bodies. Over time, eating these foods often can make us gain weight and increase our risk of having diabetes, heart disease and some types of cancer (HC, 2019a).

Background Information for Facilitator:

- Processed foods are foods that are changed from the way they are found in nature. They typically contain more sugar, salt and unhealthy fat, and less vitamins, minerals and fibre. (AHS HESH, 2018)
- Canada's Food Guide recommends limiting highly processed foods and beverages because regular consumption can negatively impact health. (HC, 2019a)
- Some processed foods can be part of a healthy eating pattern such as pasteurized milk, and food preserved by drying, canning, or freezing. (HC, 2019b)



Foods to Limit



Outcome: Participants will be able to identify unhealthy foods and drinks to limit.

Key Messages:

- Limit foods with too much sugar, fat, and/or salt.

Facilitator Notes:

Sugar

- Eating food with a lot of sugar (examples: cookies, chocolate, cake, ice cream):
 - Is bad for our teeth
 - Can make us gain weight. Having extra weight may increase your risk of having diabetes, heart disease and some types of cancer (HC, 2019a, Vartanian et al., 2007; WHO, 2003).

Foods High in Unhealthy Fat and Salt

- Eating foods that are very high in fat and salt (examples: chips, French fries, pizza, bacon, deli meats (salami, sausage, pepperoni)):
 - May lead to different diseases in the heart, gut or brain (HC, 2019a)
 - Can make us gain weight.
- These types of foods should not be eaten often.



Drinks to Limit



Outcome: Participants will be able to identify unhealthy foods and drinks to limit.

Key Messages:

- Limit drinks with too much sugar, fat and/or salt.

Facilitator Notes:

Sugar

- Drinks with a lot of sugar (examples: pop, juice, sports and energy drink, iced tea):
 - Is bad for our teeth (WHO, 2015)
 - Can make us gain weight. Having extra weight may increase your risk of having diabetes, heart disease and some types of cancer (HC, 2019a; Vartanian et al., 2007; WHO, 2003).

Drinks High in Unhealthy Fat and Salt

- Drinks that are very high in fat and salt (examples: hot chocolate, specialty coffee made with cream, vegetable juice)
 - May increase your risk of having diabetes and heart disease (HC, 2019a)
 - Can make us gain weight.
- Choose healthy drink options like water, milk, fortified soy beverage, plain coffee and tea.

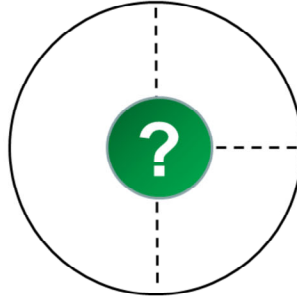
Background Information for Facilitator:

Sugar Shocker Kit (AHS)

- This kit includes more detailed information and activities on healthy and unhealthy beverages. It also has drink photos with sugar content that can be printed off or projected onto a Smart Board. Refer to the following web link: www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf

Question

What type of food should we eat the **most** of?



Outcome: Participants will use Canada's Food Guide to make a healthy meal.

Key Messages:

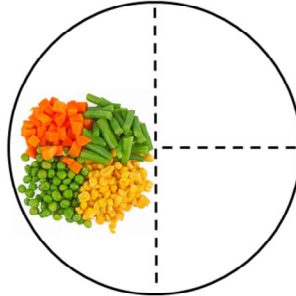
Facilitator Notes:

😊 **Click to the next slide** – Slides 29 – 34 use questions to test the audience on what they have learned during presentation. Click to the next slide to reveal the answer to the question.

★ **Discussion** - Presenter asks the question, "What type of food should we eat the most of?"

Question

What type of food should we eat the **most** of?



Vegetables and Fruits!

Outcome: Participants will use Canada's Food Guide to make a healthy meal.

Key Messages:

Facilitator Notes:

Answer: Vegetables and fruits. Vegetables and/or fruits should make up half of your meal.

Question

If you are cooking with oil, how much should you add?

a)



b)



c)



Outcome: Participants will choose healthy foods and drinks for good health.

Key Messages:

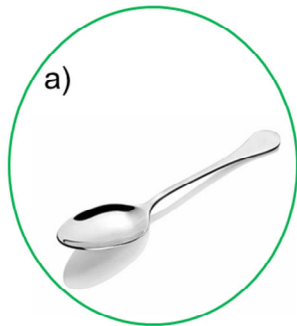
Facilitator Notes:

😊 **Click to the next slide** – Slides 29– 34 use questions to test the audience on what they have learned during presentation. Click to the next slide to reveal the answer to the question.

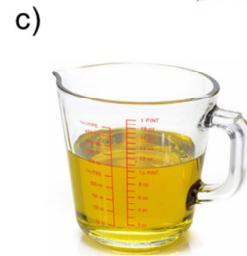
★ **Discussion** - Presenter asks the question, “If you are cooking with oil, how much should you add?”

Question

If you are cooking with oil, how much should you add?



A small amount



Outcome: Participants will choose healthy foods and drinks for good health.

Key Messages:

Facilitator Notes:

***Answer:** We should only add a small amount of healthy fat when cooking. The size of a small spoon is a good amount. It is a good idea to measure the amount of oil you use in cooking so that you do not use too much.*

Question

Which drinks are healthy?



Cola



Milk or Fortified
Soy Beverage



Ice Slush



Apple Drink





Water

Outcome: Participants will choose healthy foods and drinks for good health.

Key Messages:

Facilitator Notes:

 **Click to the next slide** – Slides 29 – 34 use questions to test the audience on what they have learned during presentation. Click to the next slide to reveal the answer to the question.

 **Discussion** - Presenter asks the question, “Which drinks are healthy?” To help the audience answer, presenter can point to the pictures and ask, “Is this drink healthy?”

Question

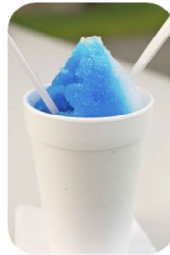
Which drinks are healthy?



Cola



Milk or Fortified
Soy Beverage



Ice Slush



Apple Drink



Water

Outcome: Participants will choose healthy foods and drinks for good health.

Key Messages:

Facilitator Notes:

***Answer:** Milk (or fortified soy beverage) and water are healthy drinks. The other drinks on the slide (e.g. cola, slush and apple drink) have too much sugar.*

What to Remember

Choose food and drinks that are good for your body

Canada's Food Guide



Canada.ca/FoodGuide

Outcome: Participants will choose healthy foods and drinks for good health.

Key Messages:

Facilitator Notes:

- *This is a summary slide to remind the participants of what was discussed during the presentation, and opportunity to ask any additional questions.*

Active Living



Outcome: Participants will identify ways to be more physically active.

Key Messages:

Facilitator Notes:

The next few slides will discuss active living.

Active Living

How has your activity changed since moving to Canada?

Why should I keep active?

Outcome: Participants will identify ways to be more physically active.

Key Messages:

Facilitator Notes:

★**Discussion** - presenter asks questions “**How** has your activity changed since moving to Canada?” and “**Why** should we keep active?”

Answers may vary depending on group discussion

- In Canada, it is easy to sit more and move our bodies less. For example, many people drive or take the bus instead of walking. With cold winters, we also stay inside more. This may be different than your home country. We need to remember to move our bodies every day, so that we stay healthy.
- Physical activity is an important part of a healthy lifestyle. Some of the health benefits include: (CSEP, 2011).
 - Build strong bones and muscles
 - Be more fit and flexible
 - Reduce stress
 - Feel better about yourself
 - Manage weight
 - Lower your risk of chronic disease (i.e. obesity, diabetes, heart disease)

Keep Active and Sit Less



Outcome: Participants will identify ways to be more physically active

Key Messages:

- Being active helps us feel good.

Facilitator Notes:

☆**Discussion** - *presenter asks the questions “What types of activities are you doing right now?” and “What can you do to be more active and sit less?”*

Answers may vary depending on group discussion

- Being active (walking, playing soccer, taking the stairs etc.) helps us feel good and stay well (CSEP, 2011).
- There are a lot of activities that we can do during the cold part of the year. For example, ice skating, walking, and sledding. Remember to dress warm. There are also places you can go for indoor activities, such as swimming, running, and playing sports (soccer, basketball).

Staying Healthy in Canada

Take care of your health by:

- eating foods that are good for your body
- moving your body daily



Outcome: Participants will recognize the relationship between living a healthy lifestyle and prevention of chronic disease.

Key Messages:

- Eat foods that are good for your body.
- Move your body daily.

Facilitator Notes:

- Your everyday choices and habits are important for your health. Choosing healthy foods and staying active can help keep you healthy
- It is important to choose food that is good for our bodies.
- It is important to move our bodies every day.
- This can also help us feel more energetic, be able to work hard, learn and help prevent sickness! (CSEP, 2011).

Questions?

If you have questions about your health,

Call Health Link: **811**



Outcome:

Key Messages:

Facilitator Notes:

References:

- Alberta Health Services. Healthy Eating Starts Here: Steps to a Healthier You Processed Food. [Online]. 2018 [cited 2019 Mar 05]. Available from: <https://www.albertahealthservices.ca/nutrition/Page15229.aspx>
- Berg JM, Tymoczko JL, Stryer L. Biochemistry. 5th ed. In: Section 30.2, Each Organ Has a Unique Metabolic Profile. New York: W H Freeman; 2002.
- Canadian Society for Exercise Physiology. Canadian physical activity guidelines for adults 18-64 years. [document in the internet] 2011. [cited 2016 Sep 12]. Available from: http://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf.
- Dietitians of Canada. Pan Canadian Task Force. Advancing the health of the population through public health nutrition practice [document on the internet] 2010 [cited 10 Jun 2016]; Available from: https://www.dietitians.ca/Downloads/Public/Public_Health_Nutrition_Task_Force_Handout_Eng_.aspx
- Dietitians of Canada. What you need to know about calcium. [Online] 2019 [cited 2019 Feb 28]. Available from: <http://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/What-You-Need-to-Know-about-Calcium.aspx>
- Food and Nutrition Board, Institute of Medicine. Dietary reference intakes for water, potassium, sodium, chlorine and sulphate. Washington, DC: National Academy Press; 2005.
- Government of Alberta. Alberta Environment's Drinking Water Program. [Online]. 2015 [cited 2016 Oct 6]. Available from: <http://environment.alberta.ca/apps/regulateddwq/more.aspx>
- Health Canada. Fats [Online] 2013 [cited 2016 Oct 12]. Available from: <https://www.canada.ca/en/health-canada/services/nutrients/fats.html>.
- Health Canada. Canada's dietary guidelines. [Online] 2019a [cited 2019 Jan 20]. Available from: <https://food-guide.canada.ca/static/assets/pdf/CDG-EN-2018.pdf>
- Health Canada. Canada's food guide. [Online] 2019b [cited 2019 Jan 20]. Available from: <https://food-guide.canada.ca/en/>
- Health Canada. Canada's food guide: Make healthy meals with the Eat Well Plate [Online] 2019c [cited 2019 Feb 27]. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>
- Health Canada [Online]. Mercury in fish: 2008. [cited 2016 Sep 12]. Available from: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish.html>
- World Health Organization (WHO). Diet, nutrition and the prevention of chronic diseases: report of a joint WHO/FAO expert consultation. Geneva: WHO; 2003.
- World Health Organization (WHO). Guideline: Sugars intake for adults and children. Geneva: WHO; 2015.
- Vartanian L. et al., Effect of soft drinks on nutrition and health: a systematic review and metanalysis [serial on the internet] 2007 [cited 2016 October 11]; American Journal of Public Health 97(4): 667-675. Available from: <http://ajph.aphapublications.org/cgi/reprint/97/4/667>