

Recent Changes to Canada's Food Guide

Canada's Food Guide / Guide alimentaire canadien

Health Canada has just announced a new Canada's Food Guide. For more information, please refer to the Health Canada website: [English](#) / [French](#)

The revised Canada's Food Guide includes a number of key changes, notably:

- movement away from four food groups;
- guidance on foods and beverages that can have a negative impact on health when consumed regularly;
- updated recommendations on saturated fat, sodium and sugars;
- advice on healthy eating habits and food skills (e.g. cook more often, eating with others);
- an online, mobile-responsive platform that will include multiple tools and resources; and
- dietary guidelines for use by health professionals and policy makers: [Canada's Dietary Guidelines For Health Professionals and Policy Makers](#)

The Office of Nutrition Policy and Promotion materials help communicate on the Food Guide. Please link to [Healthy eating resources](#) and the [Stakeholder Toolkit](#), including:

- Newsletter content;
- Web buttons and banners;
- PDF of promotional poster;
- PDF of Food Guide Snapshot;
- Presentation about the Food Guide revision and the new suite of resources.

Please share with staff and schools as you deem appropriate, thank you very much.

Take care! "The great aim of education is not knowledge but action." Hebert Spencer

Lynn Ann Duffley

School Wellness Consultant – Anglophone Sector

Wellness Branch, Department of Social Development

Cell Tel/Tél.: 506-875-6879

Please share your wellness story, get ideas, learn of events and celebrate successes at www.wellnessnb.ca

