Healthy Eating for Healthy Aging

A closer look at Canada's Food Guide to Healthy Eating
Healthy Eating for Healthy Aging

Canada's Food Guide

Enjoy a variety of foods from each group every day.
Choose lower-fat foods more often.

Grain Products
Choose whole grain and enriched products more often.

Vegetables and Fruit
Choose dark green and orange vegetables and orange fruit more often.

Milk Products
Choose lower-fat milk products more often.

Meat and Alternatives
Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.
Canada's Food Guide to Healthy Eating

Remember this:

- Enjoy a variety of foods from each food group
- Choose lower-fat foods more often
Healthy Eating for Healthy Aging

Grain Products
5-12 servings per day

- 1 Slice
- 1 Bagel, Pita or Bun

Hot Cereal
175 mL
3/4 cup

Cold Cereal
30 g

Pasta or Rice
250 mL
1 cup

Vegetables and Fruit
5-10 servings per day

- 1 Medium Size Vegetable or Fruit

Fresh, Frozen or Canned Vegetables or Fruit
125 mL
1/2 cup

Salad
250 mL
1 cup

Juice
125 mL
1/2 cup

Milk Products
Servings per Day
Children 4-8 years: 2-3
Youth 10-16 years: 3-4
Adults: 2-4
Pregnant and Breastfeeding Women: 3-4

- 2 Slices
- 2 tbsp

Other Foods
Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.

Meat and Alternatives
2-3 servings per day

- 1/3-1/2 Can
- 1-2 Eggs
- 30 mL
- 2 tbsp

- 100 g
- 10 g
- 1/3 cup

- 50-100 g
- 50-100 g
- 100 g
- 100 g
Grain Products

- Choose whole grain and enriched products more often
- Eat 5-12 servings each day

What is a serving?
- 1 slice of bread
- 175 mL (3/4 cup) hot cereal
- 250 mL (1 cup) rice or pasta
Vegetables and Fruit

- Choose dark green and orange vegetables and orange fruit more often
- Eat 5-10 servings each day

What is a serving?
- one medium size vegetable or fruit (for example, one potato, one apple)
- fresh, frozen or canned vegetables or fruit: 125 mL (1/2 cup)
- juice: 125 mL (1/2 cup)
Milk Products

- Choose lower-fat milk products more often
- Eat 2-4 servings each day

What is a serving?
- milk: 250 mL (or 1 cup)
- cheese: a piece that is 3 x 1 x 1 (or 50g)
- yogurt: 175 g (or 3/4 cup)
Meat and Alternatives

- Choose leaner meats, poultry and fish as well as dried peas, beans and lentils more often
- Eat 2-3 servings each day
  - meat, fish or poultry: 50-100 g (size of a deck of cards)
  - tofu: 100 g (or 1/3 cup)
  - beans: 125-250 mL (or 3/4 cup)
  - 1 or 2 eggs
Other Foods

- Foods and beverages that are not part of the four food groups
- Most of these foods are full of fat or Calories
- Don't eat a lot of these foods
  - Fats and oils, butter, margarine, cooking oil
  - Sugar jams and jellies, candies, honey, sugar
  - Snack foods like potato chips, nachos, chocolate bars, etc.
  - Beverages like soft drinks, coffee, tea, alcohol
  - Herbs, spices and condiments
Are we eating enough?

This chart shows what percentage of adults (50 to 65 years of age) who do not eat enough from each food group.
Nutrients Needing Special Attention

Vitamins:
- B-Vitamins
  - Folate
  - Vitamin B6
  - Vitamin B12
- Vitamin C

Minerals:
- Calcium
- Magnesium
- Zinc
Which foods have these nutrients?

- Milk products (milk, yogurt, cheese)
  - Calcium
- Meat & Alternatives
  - Calcium - canned salmon, tofu, baked beans
  - Vitamin B12 - meat, fish, poultry, eggs
  - Folate - legumes (kidney beans, lima beans)
  - Zinc - meat, liver, seafood, eggs
  - Vitamin B6 - meats, legumes
  - Magnesium - nuts, legumes
Which foods have these nutrients?

- **Vegetables and Fruit**
  - Folate - dark green vegetables (spinach, asparagus, broccoli)
  - Vitamin B6 - potatoes, bananas
  - Vitamin C - citrus fruits, raw leafy vegetables, tomatoes, peppers, strawberries, cantaloupe
  - Magnesium - beet greens, blueberries, fruit

- **Grain products**
  - Vitamin B6 - whole grain cereals and breads, oatmeal, wheat germ
  - Magnesium - whole grain cereals and breads
Eating healthy and getting active means you are less likely to develop a chronic disease at any age.

It's never too late!