

Community Food Advisor Program

CFA Training – Session 3 Focus on the Four Food Groups

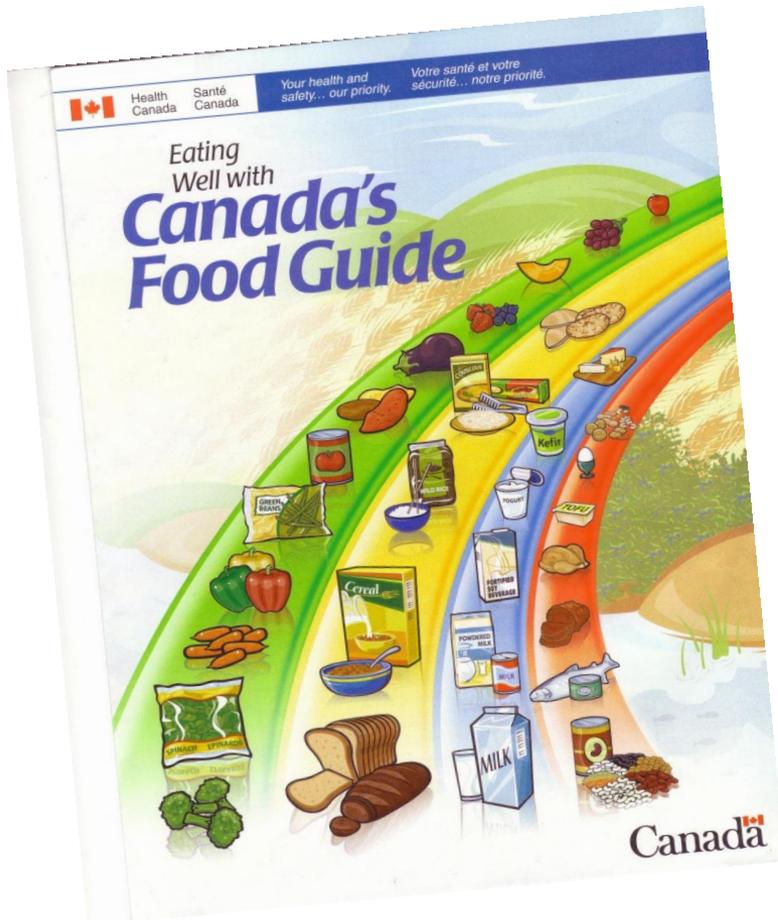


Welcome & Introduction

At the End of This Presentation, You Will Have a Better Understanding of:

- Food Guide Serving sizes and recommended number of servings from each of the four food groups for adults
- How to select, prepare and store foods from the four food groups
- Nutritional value and health benefits of certain foods from the four food groups (e.g., whole grains, orange and green vegetables, milk, fish)

Vegetables and Fruit



- Adults need 7 to 10 Food Guide servings a day
- Eat at least one dark green and one orange vegetable daily
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt
- Have vegetables and fruit more often than juice
- Diets high in vegetables and fruit are linked with lower risk of many types of cancer and other diseases

Vegetables and Fruit

What is a Food Guide Serving?

- 1 medium piece of fruit or vegetable
- ½ cup (125 mL) vegetable or fruit (fresh, frozen or canned)
- 1 cup (250 mL) tossed salad
- 1 medium potato
- ½ cup (125 mL) juice
- ¼ cup dried fruit
- ½ cup tomato sauce



Vegetables and Fruit

Vegetables and Fruit are Packed Full of Goodness...

- High in fibre
- Rich in many vitamins and minerals
- Low in calories
- Virtually fat free
- Contain antioxidants and phytochemicals that help protect against diseases

Nutritional Benefits

Antioxidants:

- Fight against free radicals
- Free radicals can injure cells in our body
- Antioxidants in foods may help to protect us from cancer and heart disease

Phytochemicals:

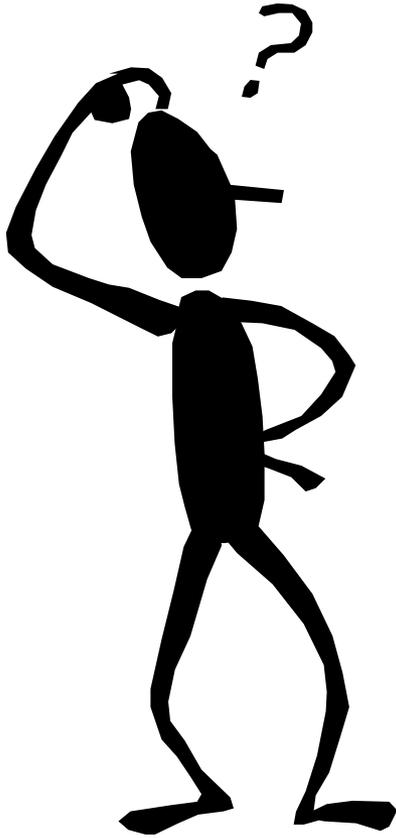
- Compounds naturally found in plants
- Work with other nutrients to help fight disease

Health Benefits

Eating 7 to 10 Food Guide Servings of Vegetables and Fruit Every Day Can Help To...

- Reduce the risk of cancer
- Reduce the risk of heart disease
- Control high cholesterol
- Control blood pressure
- Promote a healthy weight

What Gets in the Way of 7 to 10 a Day?



What makes it difficult for you to eat 7 to 10 Food Guide Servings of vegetables and fruit every day?

What do you think are the top 3 reasons for people not eating enough vegetables and fruit every day?

What Gets in The Way of 7 to 10 a Day?

The Top 3 Reasons That People Are Not Eating Enough Vegetables and Fruit Every Day Are:

1. Taste (“I don’t like them”)
2. Time (“I don’t have the time to prepare them”)
3. Cost (“They are too expensive”)

Vegetables and Fruit: Taste

- Many people say they do not like the taste of vegetables and/or fruit
- But vegetables and fruit come in a variety of tastes (sweet, juicy, bitter, sour, starchy)
- By trying a variety, we can find the ones we enjoy



What do you like about vegetables and fruit?

What are your favourite ways to eat vegetables and fruit?

Vegetables and Fruit: Time

Here Are a Few Ideas To Help You Save Time:

- pre-cut vegetables and salad mixes
- at snack time, grab an apple or an orange, a box of raisins, some grapes, or carrot sticks or red and green pepper sticks
- use a microwave to quickly "zap" vegetables and retain their nutrients
- drink 100% fruit juice in easy-to-tote boxes or bottles
- keep vegetables and fruit visible and easily accessible



What are your time-saving tips for preparing vegetables and fruit?

Vegetables and Fruit: Cost

Tips For Saving Money When Buying FRESH Vegetables and Fruit:

- Buy a mix of items - some to eat right away and some that keep well
- Do not buy more than you can eat
- Check flyers
- Handle with care - only buy bruised produce if you can use them right away
- Buy apples, potatoes, oranges in pre-packaged bags
- Use 'last day' produce for soups or casseroles
- Grow your own
- Join a Food Buying Club
- Shop at the local farmers market

Vegetables and Fruit: Cost

What To Look For When Buying FROZEN or CANNED Vegetables and Fruit:

- frozen vegetables in bags are less expensive than frozen vegetables in boxes
- save by buying "no name" frozen products
- compare the price of canned products using the unit pricing to find the best buy
- do not buy damaged or dented cans



What are your tips for saving money on vegetables and fruit?

Storing Vegetables and Fruit

Fresh Vegetables and Fruit:

- Proper storage of fresh vegetables will help keep them nutritious and safe
- Unlike vegetables, fruit may or may not be ripe when you buy them
- Some fruit is picked ripe (berries, grapes, citrus fruits)
- Other fruits need to be ripened at home on the counter (apricots, pears, peaches, mangos)

Canned Vegetables and Fruit:

- Unopened cans can be stored up to one year
- Transfer uneaten canned vegetables and fruit into clear plastic or glass containers and store in the refrigerator for up to 4 days

Preparing Vegetables and Fruit

Get the Most Out of Your Vegetables and Fruit:

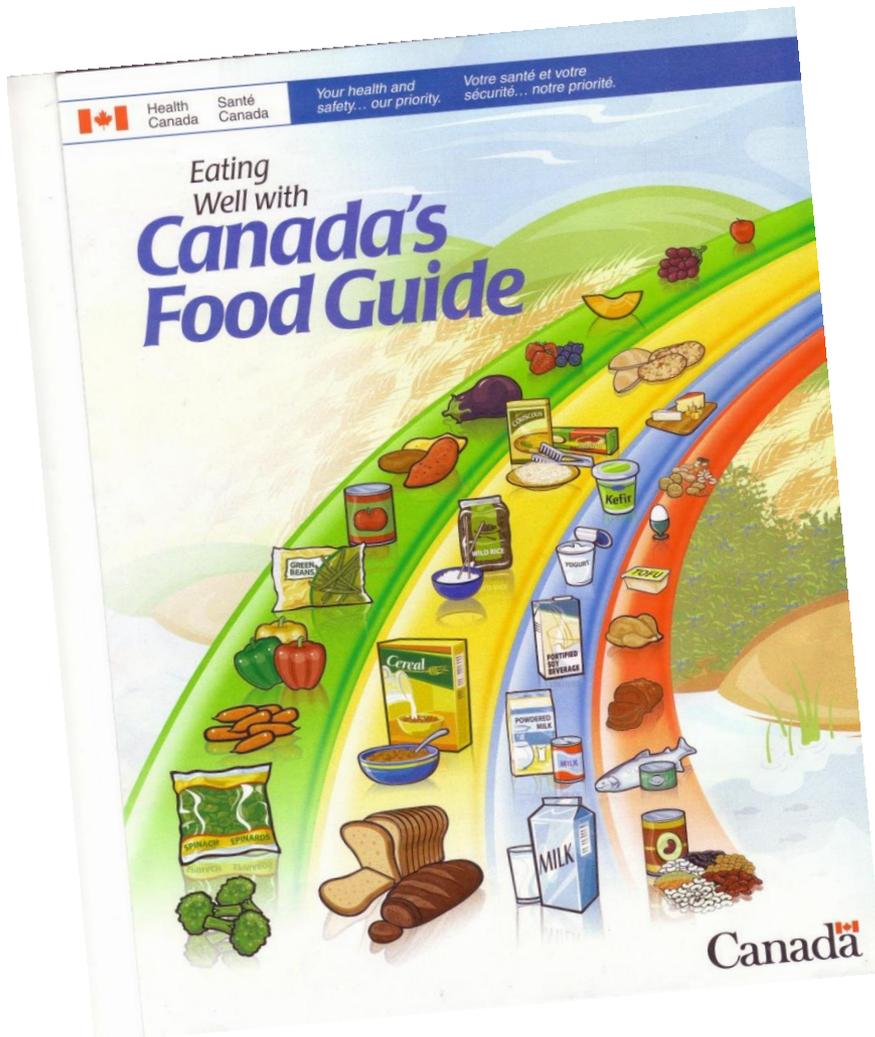
- Wash lettuce, spinach leaves, etc. simply and easily by rinsing with water in a spinner and "spinning" them dry
- Increase the crispness of vegetables by soaking in cold water for a short time to retain nutrients
- Scrub clean the skins of potatoes and carrots instead of peeling them
- Preserve flavours and colours of vegetables by blanching (preheating in boiling water) in a covered pot; most vegetables require blanching before freezing

Preparing Vegetables and Fruit

To Get More Out of Your Fresh Vegetables and Fruit, Remember To:

- Keep vegetables cold and in a dark place
- Prepare produce just before cooking rather than several hours in advance
- Steam, bake or microwave rather than boiling or frying
- Cook vegetables only until tender crisp
- Use as little water as possible in cooking
- Enjoy fresh vegetables and fruit raw whenever possible

Grain Products

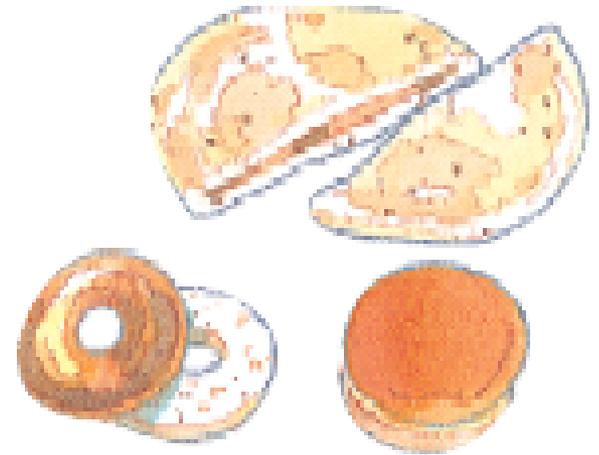


- Adults need 6-8 Food Guide Servings a day
- Make at least $\frac{1}{2}$ of your grain products whole grain each day
- Choose grain products that are lower in fat, sugar and salt
- High fibre diets are linked with a lower risk of heart disease and some types of cancer

Grain Products

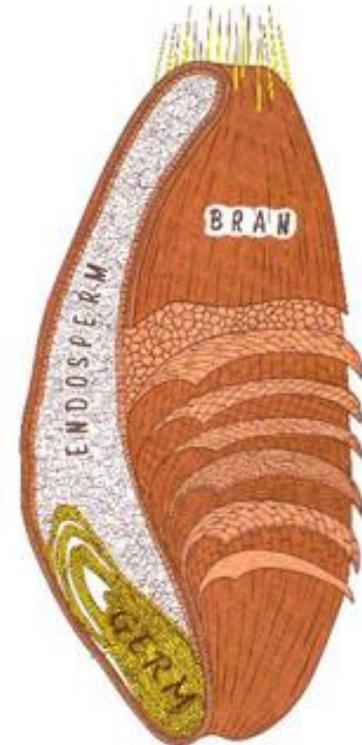
What is a Food Guide Serving?

- 1 slice bread
- 30 g ready-to-eat cereal
- ½ cup (125 mL) pasta, rice or grains
- ½ bagel or pita
- 1 small roll or muffin
- 1 medium pancake or waffle



What are 'Whole Grains?'

- Grains are the seeds of plants
- The many health benefits of grains come from the **whole** package:
 - Bran
 - Endosperm
 - Germ
- Refined grains have the bran and germ removed leaving only the endosperm, the least nutritious part of the grain



***Note: Whole wheat flour in Canada is NOT whole grain**

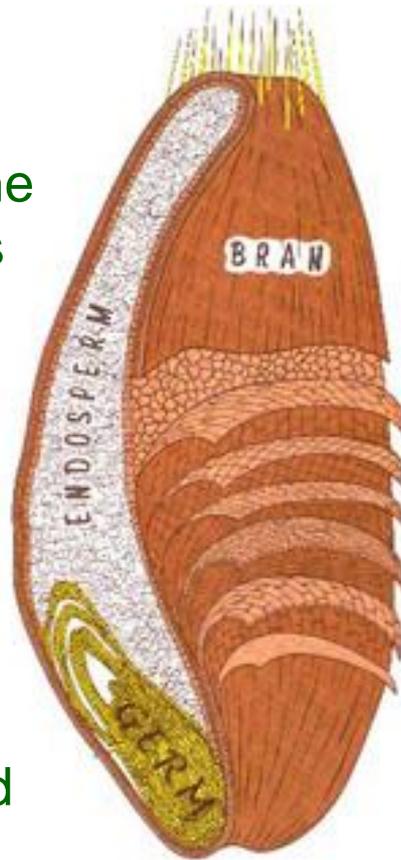
Anatomy of a Grain Kernel

ENDOSPERM

The middle layer (and the largest section) contains carbohydrate and small amounts of B vitamins.

GERM

The smallest part of the grain, but packed with nutrients.



BRAN

The coarse, outer layer of the kernel that includes the fibre and several nutrients.

Nutritional and Health Benefits of Whole Grains

- High in fibre
- More vitamins and minerals than refined grains
- Most are low in fat
- Some grains, like flax, contain a heart healthy type of fat (omega-3 fat)
- A diet high in whole grains may play a role in reducing the risk of heart disease and certain cancers

A Whole Lot of Whole Grains

Grains and Cereals:

Amaranth	Oat bran*
Barley	Quinoa
Brown Rice	Rolled Oats
Buckwheat	Spelt
Bulgur	Triticale
Cornmeal	Wheat germ*
Farro	Wheat berries
Kamut	Wheat bran*
Millet	

***technically not a whole grain**

Breads and Other Processed Products:

- Whole grain flour
- Whole grain cereal
- Whole grain bread
- Whole grain bagels
- Whole grain muffins
- Whole grain rye
- Whole grain pasta
- Whole grain crackers
- Whole grain tortillas
- Whole grain couscous
- Popcorn

Whole Grains: How To Get Them

There are many whole grain options available in everyday foods such as bread, cereal and pasta...

- Scan the ingredient list
- Read food labels
- Choose 100% whole grain products
- Visit a bulk or specialty food store

Whole Grains: Adding Them To Your Menu

- Select higher fibre cereals (e.g., bran flakes, shredded wheat or oatmeal with at least 4 grams of fibre per serving)
- Make sandwiches with whole-grain breads or rolls
- Try whole wheat pasta and brown rice
- Substitute whole wheat flour for white flour in baking
- Try interesting whole grain products (e.g., bulgur, quinoa, millet)
- Add wild rice or barley in soups, stews, casseroles and salads
- Sprinkle ground flaxseed over salads, soups, yogurt or cereals

Storing Whole Grains

- Buy grains in sealed packages
- After opening, store in tightly covered containers in a cool, dry place to protect grains from air, moisture and spoilage
- Different grains have different storage times (6 months to a year)
- To extend storage time, store in the refrigerator or freezer

Preparing Whole Grains

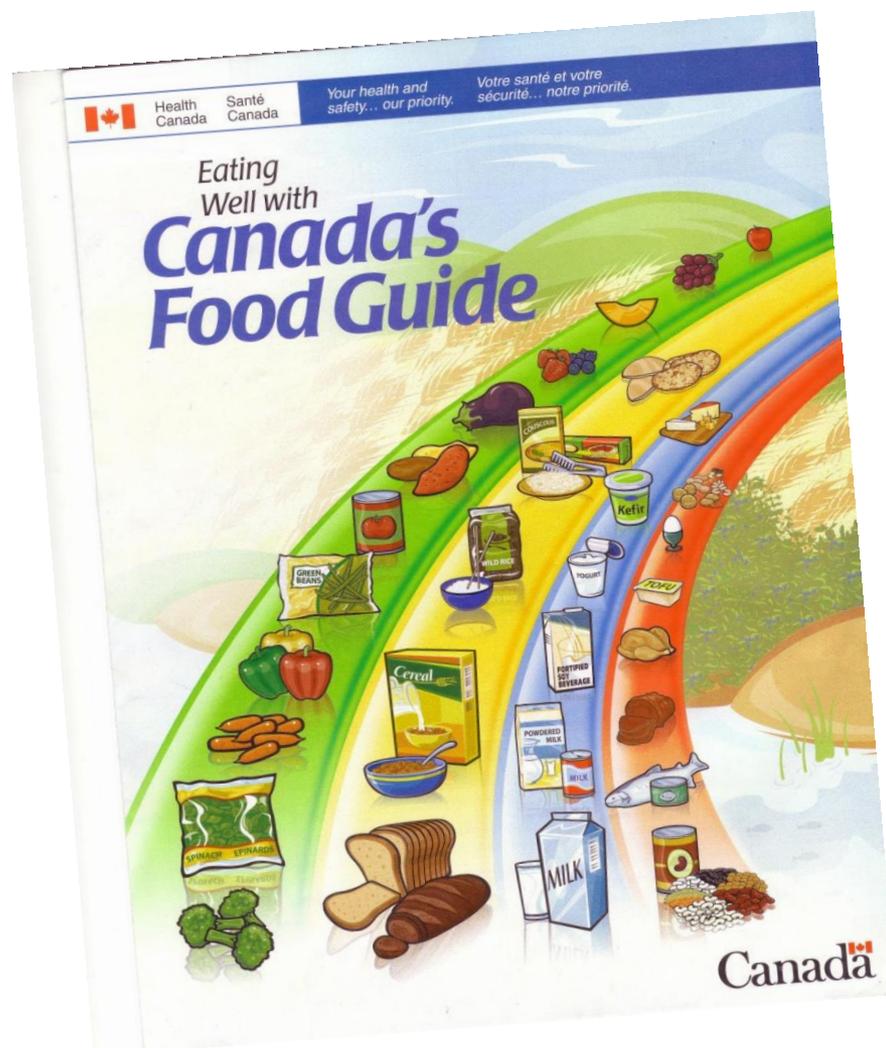
Cook most grains in a liquid:

- Cooking in liquid heats and rehydrates grains
- Add grains to boiling water and simmer until the food absorbs most of the liquid
- 1 part grain to 2 to 3 parts water

Cook grains until tender:

- Cooking times vary according to the type of grain
- Some grains that are especially tough, such as wheat or rye may need soaking before cooking.

Milk and Alternatives



- Adults need 2-3 Food Guide Servings a day
- Drink skim, 1% or 2% milk each day
- Select lower fat milk alternatives

Milk and Alternatives

What is a Food Guide Serving?

- 1 cup (250 mL) milk (skim, 1%, 2%)
- 1 cup (250 ml) fortified soy beverage
- 200 mL yogurt drink
- $\frac{3}{4}$ cup (175 g) yogurt or kefir
- 50 g hard cheese
- $\frac{1}{2}$ cup (125 mL) pudding or custard made with milk



Nutrition and Health Benefits

Milk and Alternatives Are The Most CALCIUM-Rich Food Sources:

Calcium:

- Helps build strong bones in childhood
- Helps maintain bone mass in adults
- Lowers the risk of fractures as we age

 Teenagers and older adults need more calcium

Nutrition and Health Benefits

Milk is The Most Common Source of VITAMIN D

Vitamin D:

- Helps the body use calcium for healthy bones
- Milk has vitamin D added to it
- Vitamin D is not found in cheese, most yogurts or ice cream
- We also make vitamin D from the sunlight

 **Older adults need more vitamin D**

Milk and Alternatives: Smart Shopping

Tips For Buying Milk and Alternatives:

- Choose low fat (2% M.F. or less) milk and yogurt
- Choose lower fat cheeses (20% M.F. or less)
- Shop for food safety:
 - Buy only pasteurized foods
 - Check the 'best before' date

Milk and Alternatives: Adding Them To Your Menu

- Make soups with milk instead of water
- Start your day with cereal and milk; make oatmeal with milk instead of water
- Make your coffee choice a café latté
- Add cheese to salads and sandwiches
- Select milk desserts such as custards, puddings and yogurt
- Add skim milk powder to cooked cereals, casseroles, hamburger patties, omelets, mashed potatoes, etc.
- Make your own calcium-enriched milk by adding 1 Tbsp. of skim milk powder per cup of milk

Storing Milk and Alternatives

Milk and alternatives, and foods made with them, are high-risk foods for bacteria to grow.

Practice safe food handling techniques.

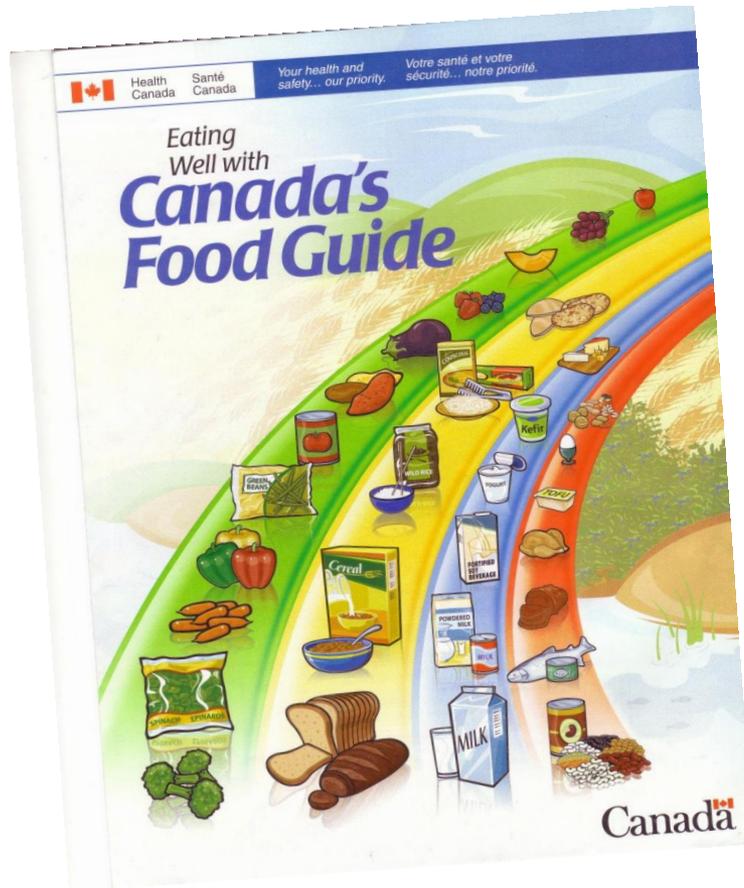
Milk:

- Keep refrigerated
- Milk can be frozen; gently shake as it thaws.
- Refrigerate canned and UHT milk after opening
- Store skim milk powder in a cool, dry place

Cheese:

- Keep refrigerated and well wrapped
- Firmer and more aged cheese will keep the longest

Meat and Alternatives



- 2-3 Food Guide Servings per day for people over age 14
- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least 2 Food Guide Servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.

Meat and Alternatives

What is a Food Guide Serving?

- 75 g (2.5 oz) / 125 mL (½ cup) cooked lean meat, poultry, or fish
- 175 mL (¾ cup) cooked legumes (dried peas, beans or lentils)
- 30 mL (2 tbsp) peanut or nut butter
- 2 eggs
- 150g or 175 mL (¾ cup) tofu or hummus
- 60 mL (¼ cup) nuts or seeds



Eggs

Nutrition Profile...

- ✓ High quality, complete protein
- ✓ Only the yolk contains fat and cholesterol
- ✓ Only the yolk contains iron and vitamin A.
Most of the vitamins and minerals are found in the yolk
- ✓ Omega 3 eggs contain heart-healthy fat
- ✓ Liquid egg products are lower in fat and cholesterol



Selecting and Storing Eggs

- Buy only Canada Grade A eggs
- Do not buy eggs that are not in the refrigerated cabinet
- Check that shells are clean and uncracked
- Check the best before date
- Store in the original carton in the refrigerator



Cooking Eggs

For Best Results...

- Use low to moderate heat to prevent tough eggs or curdling
- Puncture the membrane around the yolk before microwaving, otherwise the yolk will explode
- To avoid a green ring on hard-cooked eggs, use low temperature, short cooking time and cool quickly after cooking
- Use large eggs in baking - recipes are written for large eggs

Cooking Eggs

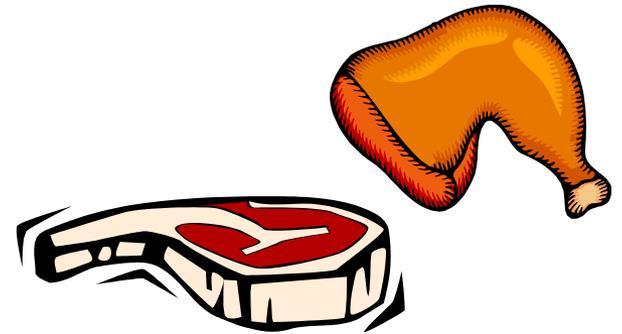
Preparing Egg White Foam:

- Separate eggs carefully - the fat in yolk will inhibit egg white foam
- Use clean equipment and glass bowl
- Egg whites foam better at room temperature
- Do not over beat
- Mild acids (e.g., lemon juice, cream of tartar) and sugar give greater volume and stability to the foam

Meat and Poultry

Nutrition Profile...

- ✓ High quality, complete protein
- ✓ Key source of iron
- ✓ Many important vitamins and minerals
- ✓ Some choices are high in fat



Meat and Poultry: Smart Shopping

Tips for Buying Meat and Poultry:

Choose Lean Meats

- Choose meats with less marbling
- Less tender cuts are usually leaner (ie. chuck, round and flank)
- Chicken/turkey breast
- Extra lean or lean ground meat
- Lean deli meats (e.g., roast beef, turkey breast, black forest ham)
- Avoid breaded and highly processed meats

Shop for Food Safety

- Keep fresh meats and poultry separate from other foods in your cart
- Check the 'packaged on' and 'best before' dates
- Do not buy foods that are not in the refrigerated cabinet

Meat and Poultry: Low Fat Cooking

- Trim the visible fat from meat; take the skin off poultry
- Use moist heat cooking methods to make leaner cuts of meat more tender (e.g., stewing, braising)
- Marinate meats before cooking with dry cooking techniques (e.g., BBQ, stir fry, grilling)
- Add little or no fat during cooking
- Avoid frying and breading
- Prepare lower fat sauces and gravies

Storing Meat and Poultry

Raw and cooked meats and poultry are high-risk foods for bacteria to grow.

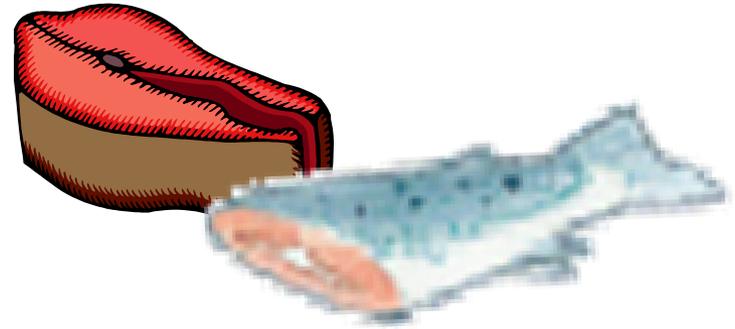
Practice safe food handling techniques.

- Use fresh meat and poultry within 2-3 days of purchase
- Keep fresh meats and poultry separate from other items in the refrigerator
- Refrigerate or freeze cooked foods immediately after serving
- Remove stuffing from stuffed poultry or meats; refrigerate in a separate container
- Never refreeze raw uncooked meat or poultry

Fish

Nutrition Profile...

- ✓ High quality, complete protein
- ✓ Most fish is low in fat (i.e. cod, haddock, sole, perch, pickerel)
- ✓ High fat fish contains hearty-healthy omega 3 fats (i.e. salmon, mackerel, trout)
- ✓ Many important vitamins and minerals



Fish: Smart Shopping

Tips for Buying Fish:

Make Healthy Choices

- Fresh or frozen fillets or steaks
- Avoid breaded and battered fish
- Avoid fish in creamy sauces
- Canned fish packed in water

Shop for Food Safety

- Fresh fish - look for clear eyes, shiny bright skin and firm moist flesh; should have a mild odour
- Frozen fish - should be solidly frozen, no discoloration

Fish: Cooking Tips

- Cook at a high temperature for a short period of time. Do not overcook
- Bake, grill or microwave
- Fish is cooked when flesh is opaque and flakes easily with a fork
- Use herbs and/or lemon to enhance flavour; avoid creamy sauces

Storing Fish

Raw and cooked fish is a high-risk food for bacteria to grow.

Practice safe food handling techniques.

- Fish can be stored in an airtight container and refrigerated for 3-4 days
- Keep frozen fish frozen; never refreeze raw uncooked fish
- Lean fish can be stored for six months in the freezer
- Fattier fish can be stored for two months in the freezer