



## Canada's Food Guide Release

### Canada's food guide



After much anticipation, the Ministry of Health is pleased to share that Health Canada has launched the new Canada's Food Guide. Canada's Food Guide promotes healthy eating and overall nutritional well-being and acknowledges the importance of creating supportive environments for healthy eating. It is available at <https://food-guide.canada.ca/en/>.

#### Highlights include:

- Actionable advice for Canadians on healthy food choices and healthy eating habits that include cooking more often and being mindful of eating habits
- Updated recommendations on saturated fat, sodium, and sugars, including guidance on confectioneries and sugary drinks such as soft drinks, sweetened milk and juice
- Recognition that nutritious foods can reflect cultural preferences and food traditions

This is a great time to encourage conversations about healthy eating in your classrooms and schools. Resources to support this are available at <https://food-guide.canada.ca/en/healthy-eating-resources>, with more expected in the future. Additional healthy eating resources are available at [Healthy Families BC](#), [HealthLink BC](#), and [Healthy Eating at School](#).

Later in 2019, Health Canada will be releasing Canada's Healthy Eating Pattern for health professionals and policy makers. This document will provide more specific guidance on amounts and types of foods, as well as life stage guidance. Following this release, the Ministry of Health will be working with the Ministry of Education and other health and education partners to review nutrition policies and resources for schools, including the [Guidelines for Food & Beverage Sales in B.C. Schools](#) and the related [School Meal and School Nutrition Program Handbook](#), to support alignment. While the work to review is underway, the *Guidelines for Food & Beverage Sales in B.C. Schools* should continue to be applied in their current form.



Please visit the [HealthLink BC](#) website for information about implementation of the Guidelines for Food and Beverage Sales in B.C. Schools, and contact Tiffany Huang ([Tiffany.Huang@gov.bc.ca](mailto:Tiffany.Huang@gov.bc.ca)), Provincial Food Policy Dietitian at HealthLink BC, with any questions about their implementation.

Please contact Christie Docking ([Christie.Docking@gov.bc.ca](mailto:Christie.Docking@gov.bc.ca)), Senior Policy Analyst at the Ministry of Health, with any further questions.