


## The New Canada's Food Guide – What do the changes mean to your family?

The new [Canada's Food Guide](#) helps support healthy eating for you and your family. With the new changes, it's the perfect time to create new habits one small step at a time. Here are some of the more significant changes:

### Healthy Food Choices

- **The four food groups have been replaced with a picture of a healthy plate.** Aim to fill half of your plate with a variety of vegetables and fruits, and the other half with equal amounts of protein and whole grain foods.
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- **Milk products are now listed as a source of protein** along with beans, nuts, seeds, lean meats, fish, and eggs.
    - Continue to enjoy lower fat dairy products (i.e. milk, yogurt and cheese). Dairy products provide important nutrients like calcium and vitamin D for your family.
    - Choose protein food that comes from plants more often. These delicious [recipes](#) include options for plant-based meals.
  - **Fruit juice is now recognized as a sugary drink** along with iced tea, chocolate milk and soft drinks. Sugary drinks are not recommended; make water the drink of choice.

### Healthy Eating Habits

The new Food Guide explains “how” to eat healthy in addition to “what” to eat. Here are a couple of examples:

- **Cook more often.** Children like to be included in the [planning and preparation of meals](#). It helps build their confidence and cooking skills, and is a great way to connect with your child. The new Food Guide includes [tips on preparing meals](#) with kids.
- [Eat meals with your family](#) and be free from distractions such as electronic devices or television.

### Accessing the Food Guide

The new food guide is mobile friendly. You can also [print](#) copies or [order](#) copies from Health Canada.