

CANADA'S 2019 FOOD GUIDE: *what does it mean for your bones?*

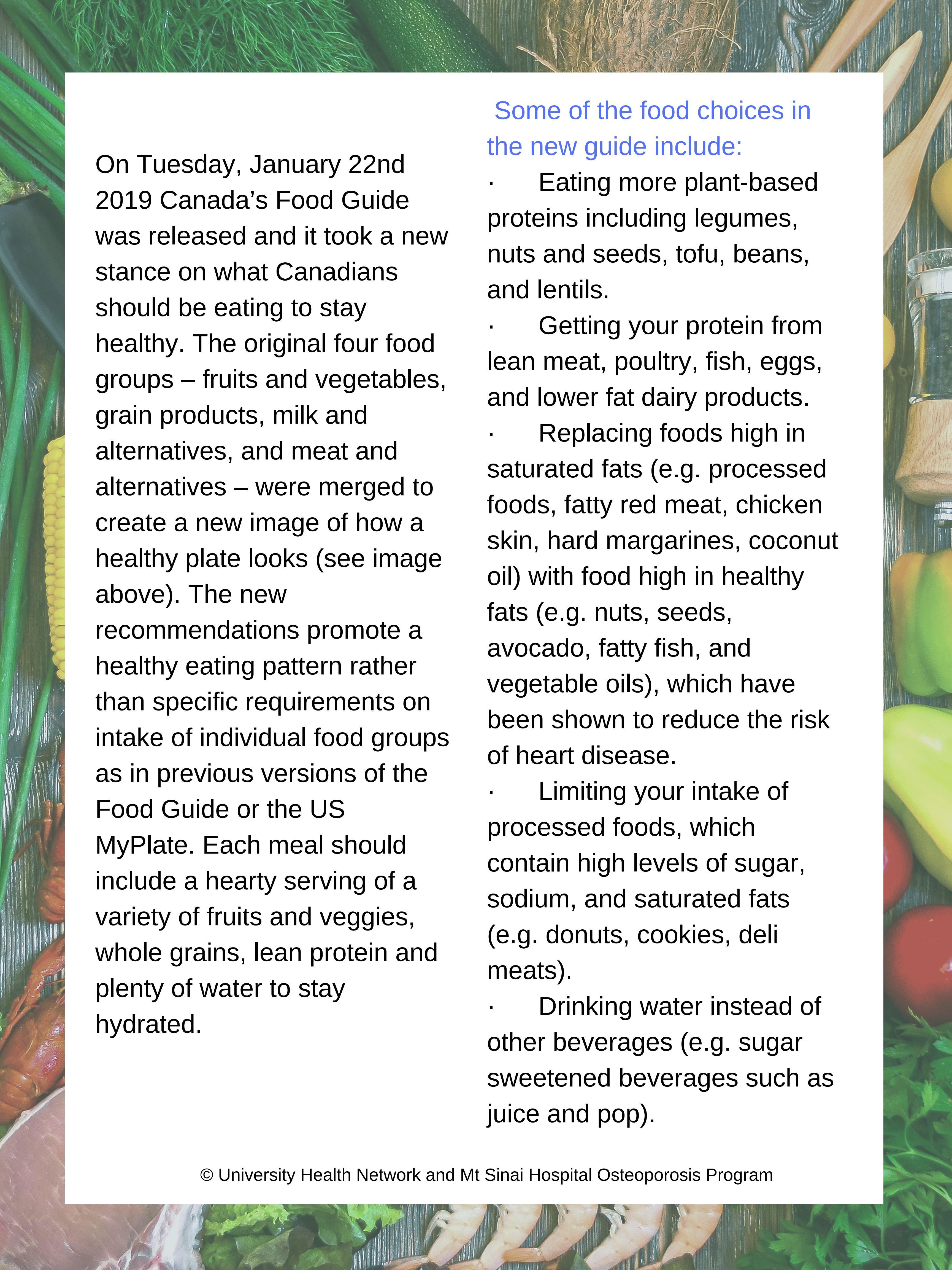
**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**

**Choose
whole grain
foods**





On Tuesday, January 22nd 2019 Canada's Food Guide was released and it took a new stance on what Canadians should be eating to stay healthy. The original four food groups – fruits and vegetables, grain products, milk and alternatives, and meat and alternatives – were merged to create a new image of how a healthy plate looks (see image above). The new recommendations promote a healthy eating pattern rather than specific requirements on intake of individual food groups as in previous versions of the Food Guide or the US MyPlate. Each meal should include a hearty serving of a variety of fruits and veggies, whole grains, lean protein and plenty of water to stay hydrated.

Some of the food choices in the new guide include:

- Eating more plant-based proteins including legumes, nuts and seeds, tofu, beans, and lentils.
- Getting your protein from lean meat, poultry, fish, eggs, and lower fat dairy products.
- Replacing foods high in saturated fats (e.g. processed foods, fatty red meat, chicken skin, hard margarines, coconut oil) with food high in healthy fats (e.g. nuts, seeds, avocado, fatty fish, and vegetable oils), which have been shown to reduce the risk of heart disease.
- Limiting your intake of processed foods, which contain high levels of sugar, sodium, and saturated fats (e.g. donuts, cookies, deli meats).
- Drinking water instead of other beverages (e.g. sugar sweetened beverages such as juice and pop).



Along with specific suggestions on **what to eat, the food guide also highlights **how** to eat.**

The new Canada Food Guide also provides tips on how to change the food culture in Canada to promote healthier and sustainable food consumption.

Unlike previous versions, there are recommendations on food habits, including:

- Being more mindful of eating habits; being aware of what you eat, why you eat, how you eat, when you eat, and where you eat is important.
- Cooking at home, which allows you to be aware and in control of everything you eat.

- Eating meals with others as it adds enjoyment and socialization to the eating experience.
- Understanding how to make use of food labels and being aware of food marketing which can influence your choices.
- Eating according to your enjoyable cultural traditions and beliefs.

Keep in mind that the new Canada Food Guide is a framework for healthy diets. We always recommend that you consult with a Registered Dietitian for individual advice to meet your specific health and personal needs.

See more information on the Canada's 2019 Food Guide here:

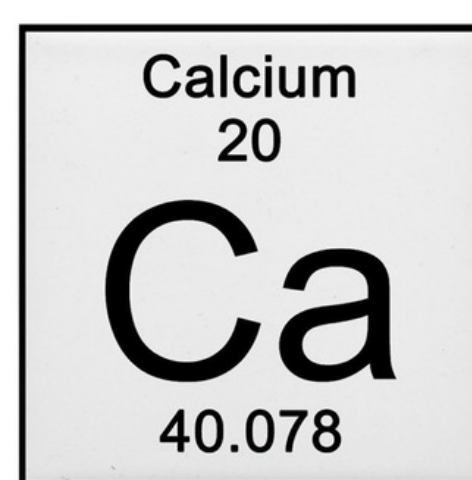
<https://food-guide.canada.ca>

Given that the new Food Guide does not provide specific recommendations regarding intake of food groups, it becomes important to ask- *how will I know how to get my essential nutrients to stay healthy?* Below we provide some broad and general recommendations for bone health.

Our bones need adequate amounts of minerals (calcium, magnesium), protein and vitamins (vitamin D) to stay strong.

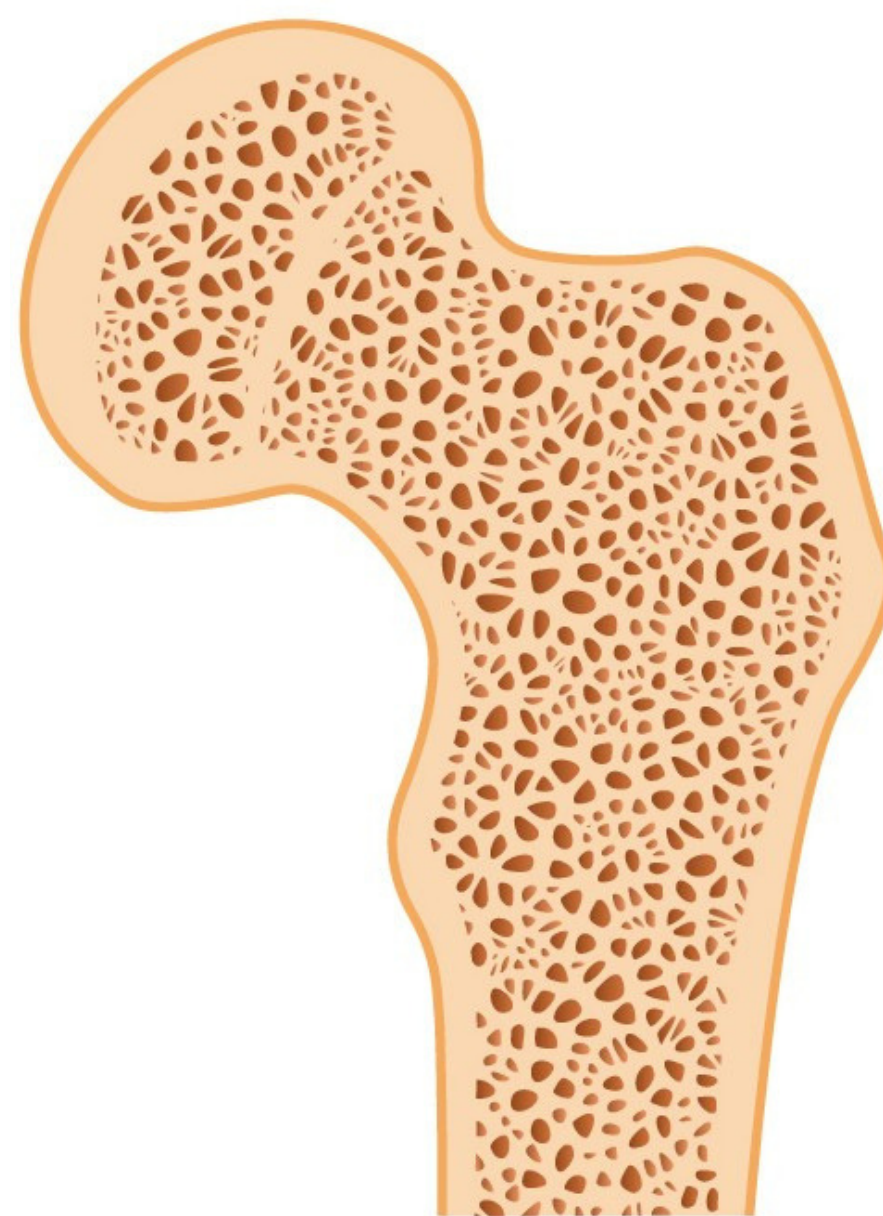
Dairy products, as described in previous versions of the Food Guide, contain a large amount of calcium per serving and are a great source of protein. If you choose to swap out protein from animal sources (e.g. meats, eggs, chicken, dairy) for more plant-based proteins, make sure you get about 1 g of protein per kilogram of your body weight per day from the plant-based proteins.

Please use our Calcium Assessment Tool (CAT) - <https://osteoporosis.ca/bone-health-osteoporosis/calcium-calculator/#page-1> -to get a rough estimate of your daily calcium intake. To maintain bone health, we recommend consuming 2 servings of low fat and unsweetened milk, yogurt, or cheese, or their alternatives (e.g. fortified soy milk, almond milk, soy cheese), and at least one serving of dark green vegetables (e.g. broccoli, bok choy, kale). Consuming at least 5 servings of vegetables and fruits, and one serving of nuts, seeds, or legumes per day will also help you to maintain your bone health.

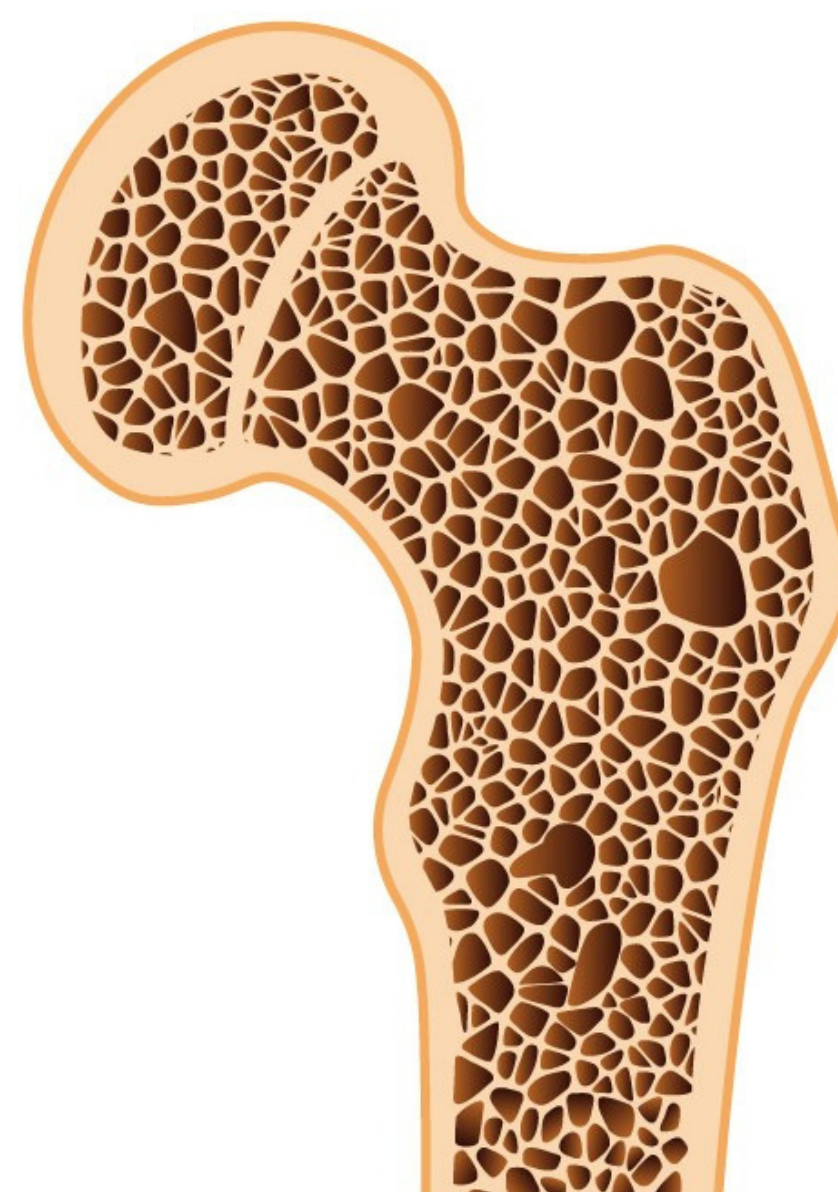


We get vitamin D from sunlight, but living in Canada means that for much of the year we are not getting high enough levels. Dietary sources of Vitamin D include fortified dairy products, soy milk, and some cereals. Vitamin D is found naturally in fatty fish, egg yolks, and mushrooms.

Osteoporosis Canada recommends for adults who have osteoporosis or are at risk of having osteoporotic fractures that a vitamin D supplement is necessary in order to get the recommended levels. Check out Osteoporosis Canada's website for more details: <https://osteoporosis.ca/bone-health-osteoporosis/calcium-and-vitamin-d/>



Healthy bone



Osteoporosis



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