



2019 Canada's Food Guide - A Public Health Dietitian's Perspective

Helen Yeung, MHS, RD
Public Health Dietitian

UBC Clinical Instructor, Faculty of Land and Food Systems

November 6, 2019

Outline

- Canada's Food Guide and food literacy
- How to promote healthy eating without promoting disordered eating (continuum)
- Opportunities and challenges
- Tools & resources for our toolkits

Healthy eating habits

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

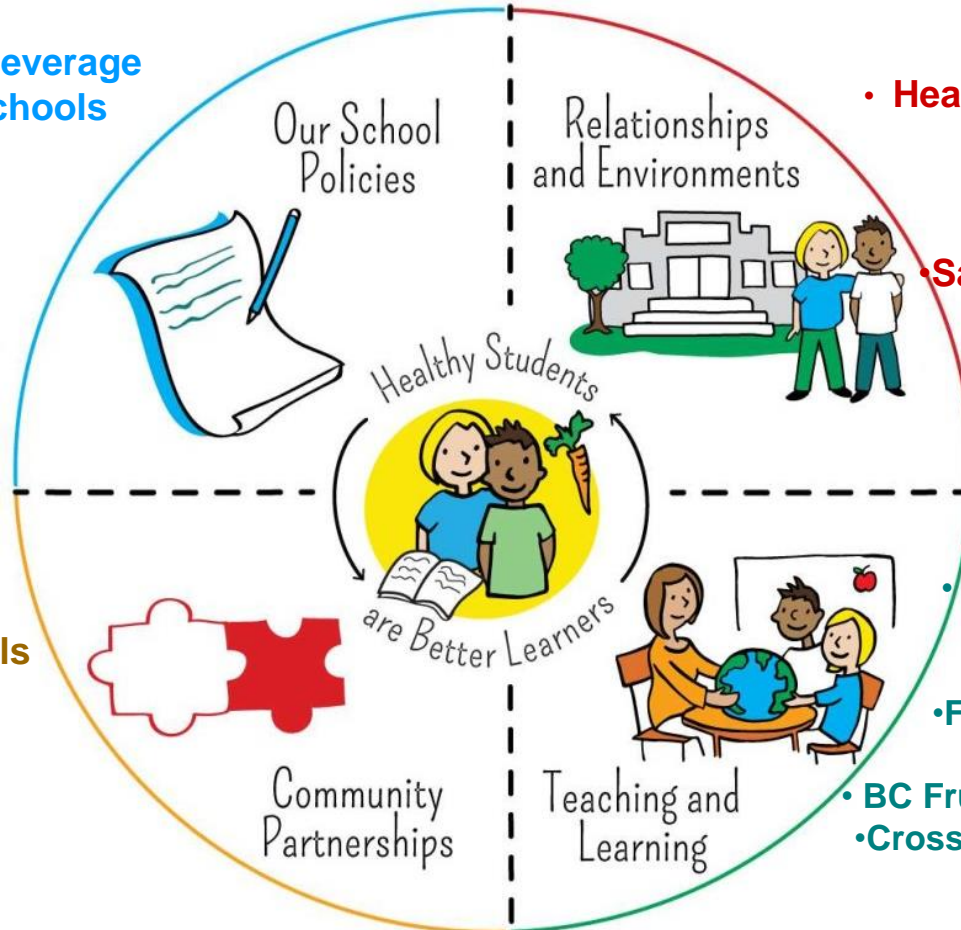
Eat meals with others

What does a healthy diet look like to you?



Healthy Eating Activities in Comprehensive School Health (CSH)

CSH is a whole-school approach that addresses school health. The four pillars are:



- Guidelines for Food & Beverage Sales in BC Schools
- Adequate time to eat
- Non-food rewards

- Healthy choices available to students and staff
- Healthy relationships
- Healthy fundraisers
- Safe, pleasant eating area

- Food vendors
- Parent Advisory Councils
- Food Committees
- School staff
- Students
- Public health
- NGOs

- Physical & Health Education
- Core competencies, (e.g., social and personal)
- Focus on health not weight
- Farm to School Program
- BC Fruit and Vegetable Program
- Cross-curricular, hands-on food exploration

Food Literacy Framework

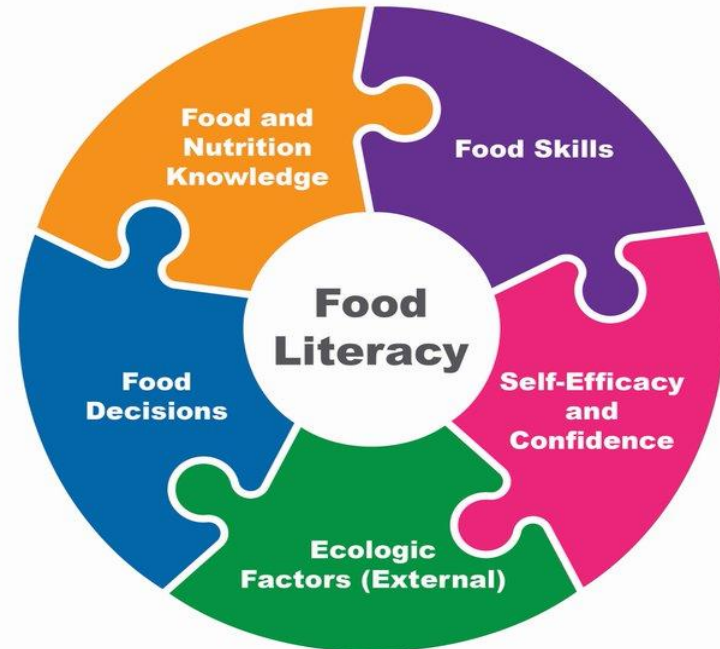
Food literacy is a set of interconnected attributes organized into the categories of food and nutrition knowledge, skills, self-efficacy/confidence, food decisions, and other ecologic factors (external) such as income security, and the food system.

Food Literacy: A Framework for Healthy Eating

Food literacy includes interconnected attributes organized into the categories of food and nutrition knowledge; food skills; self-efficacy and confidence; food decisions; and ecologic (external) factors.



The Locally Driven Collaborative Project (LDCP) Healthy Eating Team would like to thank Public Health Ontario (PHO) for its support of this project. The team gratefully acknowledges funding received from PHO through the LDCP program. The views expressed in this project include the views of the LDCP Healthy Eating Team and do not necessarily reflect those of PHO.

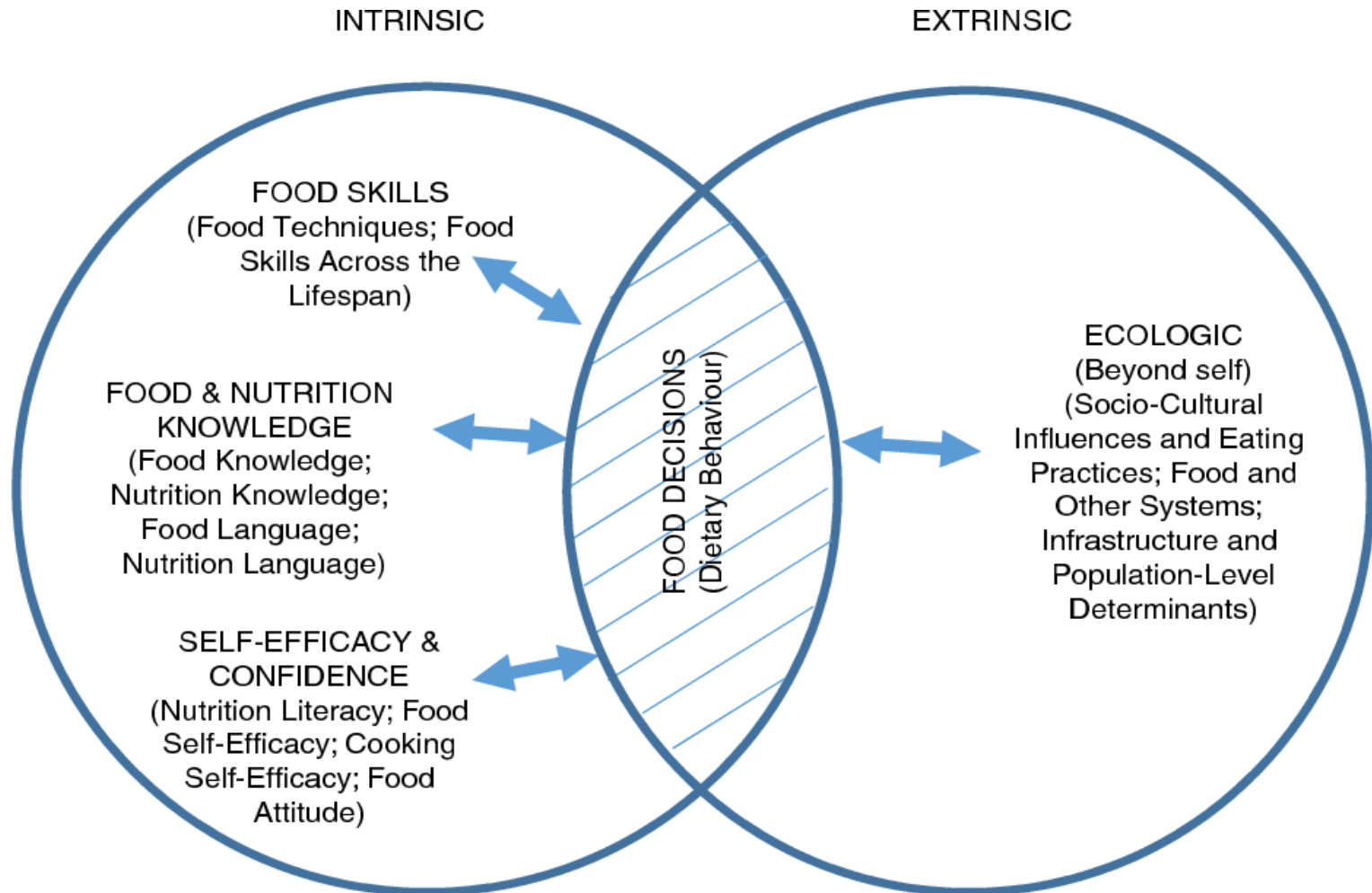


Source: Locally Driven Collaborative Project "Measuring Food Literacy in Public Health", 2016



The project team would like to thank Public Health Ontario (PHO) for its support of this project. The team gratefully acknowledges funding received from PHO through the Locally Driven Collaborative Projects program. The views expressed in this publication are the views of the Project Team, and do not necessarily reflect those of Public Health Ontario.

Attributes of food literacy



What factors determine your food choices?

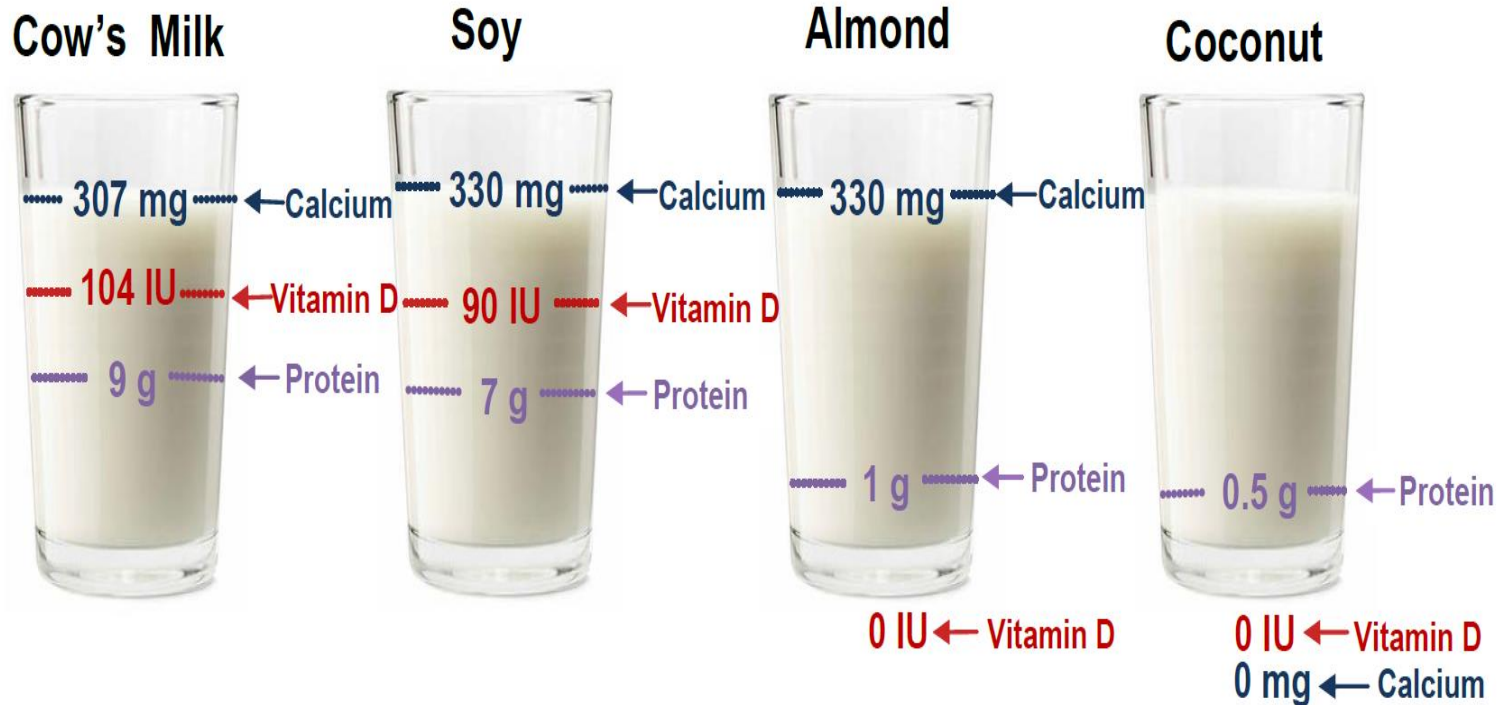
- Taste 😊
- Convenience
- Cost \$
- Social influences ♥
- Environment/access ☀
- Health
- Other.....



A few Protein Foods

Food	Portion	Amount of Protein
Meat, fish, or poultry	75 grams (3 oz)	21 grams
Cooked beans, peas, or lentils	175 mL (3/4 cup)	12 grams
Milk	250 mL (1 cup)	9 grams
Peanut butter or other nut spread	30 mL (2 Tbsp)	8 grams
Nuts or seeds (Almonds)	60 mL (1/4 cup)	7 grams

Compare the nutrients in 1 cup (250 mL):



Food Sources of Calcium and Vitamin D

<https://www.healthlinkbc.ca/healthlinkbc-files/sources-calcium-vitamin-d>

Mindful eating + self regulation

- Mindfulness
- Hunger/satiety cues
- Eating without distractions
- Noticing taste, texture, smell, etc.
- Taking steps to meet one's needs
- CFG includes “Enjoy”; “eat mindfully”

How do we respond to our bodies' messages?

Message

- Hunger
- Thirst
- Fatigue
- Emotional upset

How to satisfy need

Food

Water

Sleep

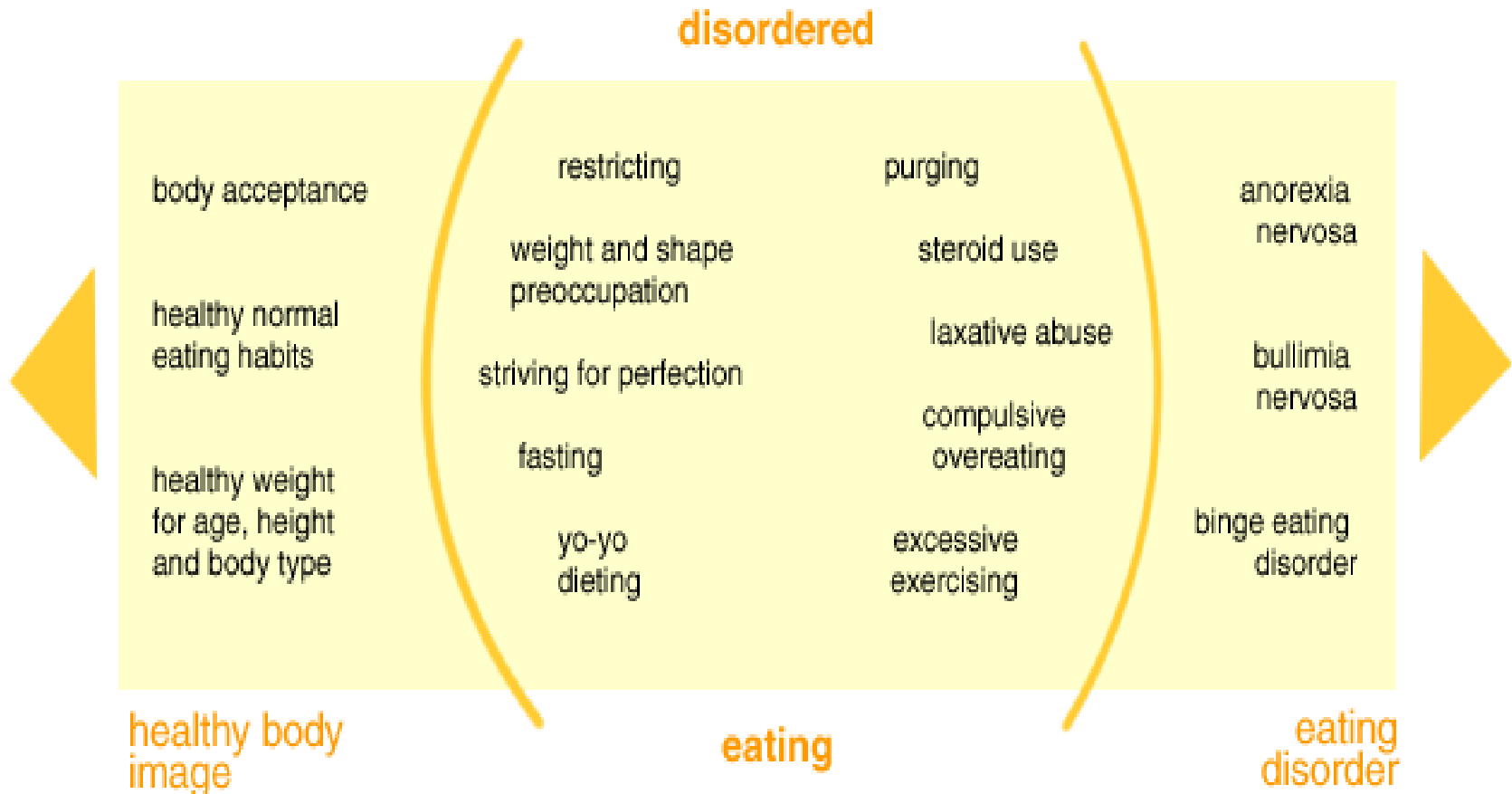
Talk, hug, coping skills

Need adequate sleep and physical activity, to be attuned to internal cues accurately.

Healthy Eating vs Disordered Eating

- Where does healthy eating end, and disordered eating begin?
- Do you define healthy eating as what you **INCLUDE** or **EXCLUDE**?

Continuum from Healthy to Unhealthy



Patterns of weight control behavior persisting beyond young adulthood: Results from a 15-year longitudinal study

[Ann F. Haynos](#), PhD,¹ [Melanie M. Wall](#), PhD,² [Chen Chen](#), MPH,² [Shirley B. Wang](#), BA,³ [Katie Loth](#), PhD, MPH, RD,⁴ and [Dianne Neumark-Sztainer](#), PhD, MPH, RD⁵

[Int J Eat Disord. 2018 Sep; 51\(9\): 1090–1097.](#)

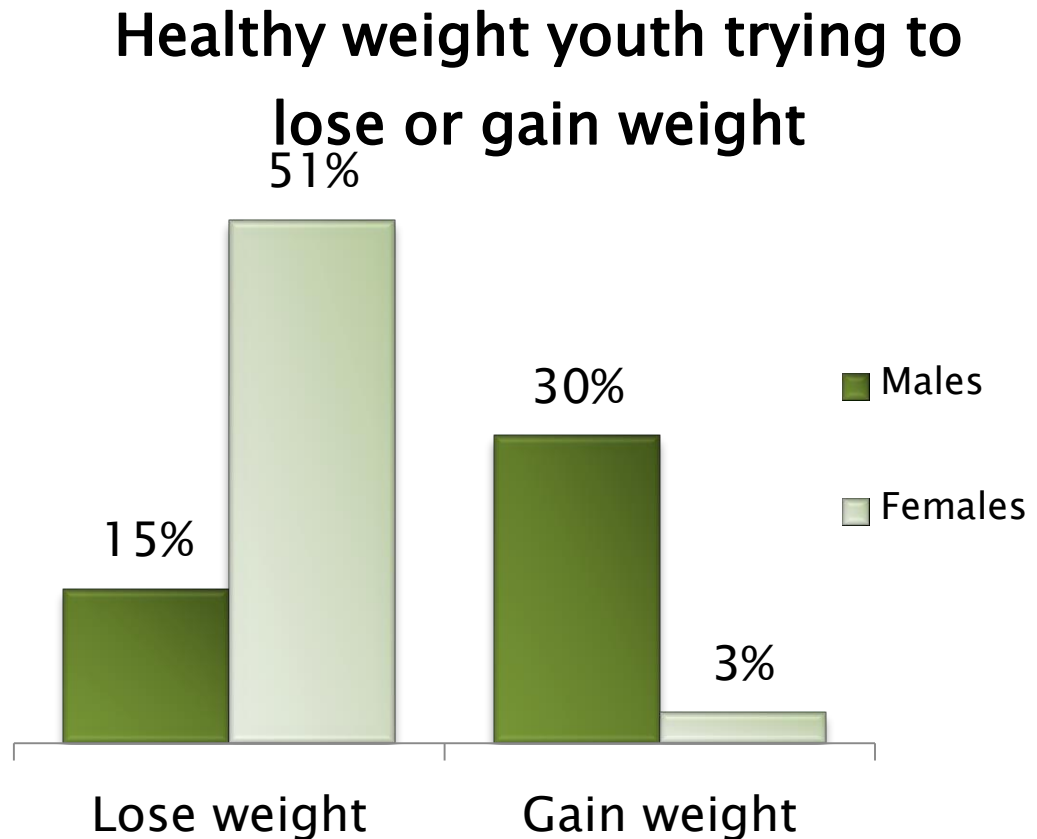
DIETING INCREASED FOR BOTH GENDERS. DIETING AND UNHEALTHY WEIGHT CONTROL PATTERNS INITIATED BEFORE YOUNG ADULTHOOD WERE MORE LIKELY TO PERSIST IN ADULTHOOD.

WEIGHT CONTROL BEHAVIORS CONTINUE TO BE PREVALENT IN ADULTHOOD. THE RESULTS SUGGEST THAT INTERVENTIONS TO DECREASE UNHEALTHY WEIGHT MANAGEMENT PRACTICES MAY BE NEEDED WELL INTO ADULTHOOD.

Weight and Body Image

- 48% (51% in 2008) of healthy weight females were trying to lose weight
- 30% of healthy weight males were trying to gain weight

(McCreary AHS, 2013)



What's the difference between healthy eating and dieting?

Healthy Eating	Dieting
Adequate, meets nutritional needs	Restrictive, restrained eating
Balanced, inclusive	Omits certain foods or food groups
Improved quality	Limited quantity
Freedom and flexibility	Rigid rules
All foods can fit into a healthy pattern	"Good food, bad food"
Enjoyable; positive mood	Unsatisfying; negative mood
Based on internal cues of hunger and satiety	Based on external controls (e.g. calorie counting)
Long term	Short term

Socio-Ecological Model



Tools and Resources

- MI, Trans-theoretical, Change models
- <https://www.ellynsatterinstitute.org/>
- Food literacy
- Behavioural economics, other fields
- Relationships, Champions
- HLBC, CFG, VCH resources
- Jessie's Legacy <http://jessieslegacy.com/>

Take home messages

- Healthy bodies come in different sizes and shapes.
- Avoid “fat talk”. Look beyond “looks”.
- Surround yourself with supportive friends and family.
- Focus on health, not weight.
- EveryBODY benefits from eating well and being active.
- Healthy living is about self-care, not achieving a certain body weight/shape.



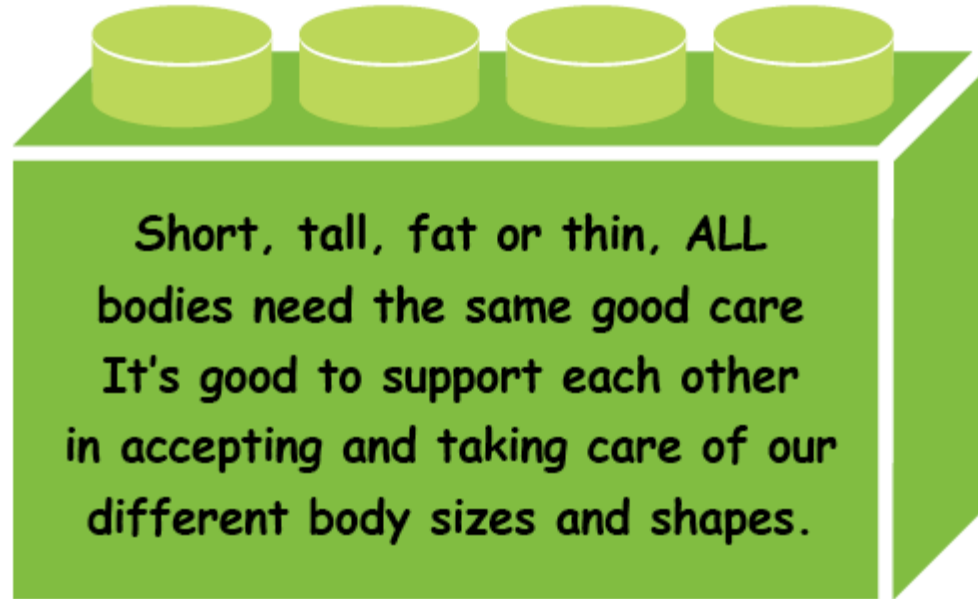
Questions?

Helen Yeung, MHSc, RD

Public Health Dietitian

Helen.Yeung@vch.ca

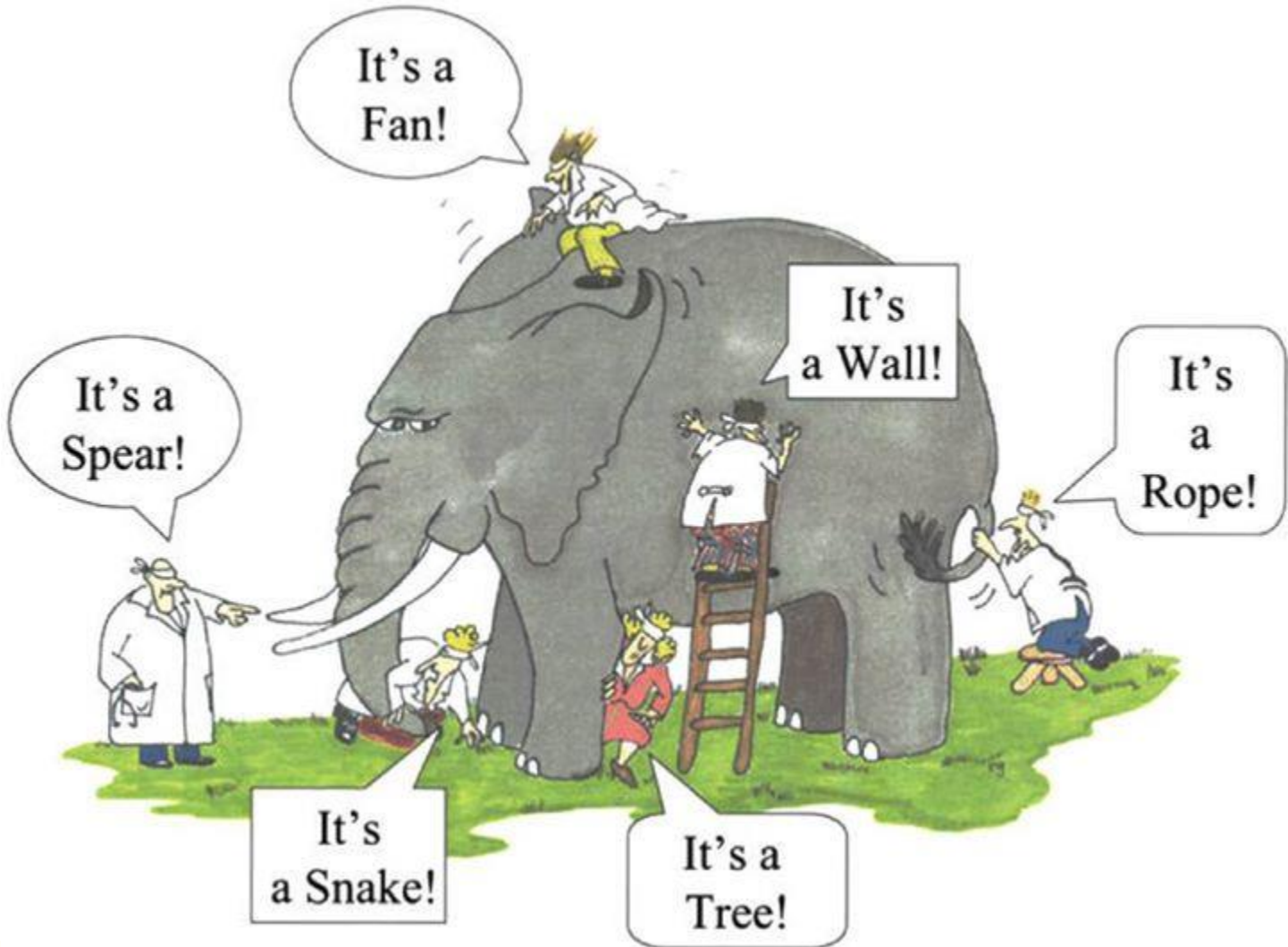
Building Block #12



Finding and eating enough nutritious food and getting enough physical activity every day may be hard to do. Look for others who will support you in this, and try to be a **self-caring role model** yourself!

Always **CARE FOR** and **TAKE GOOD CARE OF** your body

6 blind men and the elephant



Criteria for Prioritizing Health Issues

- Importance (size, seriousness, incidence)
- Populations affected, health equity
- Urgency, health risks
- Modifiability (effective, evidence-based)
- Return on investment, cost-effectiveness
- Acceptance; impact
- Feasibility (resources, sustainability)
- Evaluability

The Diet Trap Cycle

