



RUBY SAHOTA

Member of Parliament – Brampton North

Députée - Brampton Nord

News Release

For Immediate Release

MP Sahota applauds new approach for Canada's Food Guide

28/01/19 – Ms. Ruby Sahota, Member of Parliament for Brampton North recognizes that the Food Guide that many of us grew up with focused on food choices. But we now know that our eating habits are just as important to our health as the foods we choose. Busy Canadians want simple guidance that they can trust to help them make healthy food choices for themselves and their families.

In launching the new Canada's Food Guide, the Honourable Ginette Petitpas Taylor, Minister of Health, emphasized that healthy eating is about more than the foods Canadians eat. The new Food Guide is an online suite of resources that better meets the needs of different users, including the general public, policy makers and health professionals. This includes mobile-friendly web content to encourage Canadians to eat healthy whenever and wherever they go.

Canada's new dietary guidance includes concrete advice for Canadians on healthy food choices and healthy eating habits. This advice includes:

- eating plenty of vegetables and fruits,
- eating protein foods,
- choosing whole grain foods, and
- making water your drink of choice.

Healthy eating is more than the foods you eat. The Food Guide encourages Canadians to:

- cook more often,
- enjoy food,
- be mindful of eating habits, and
- eat meals with others.

Canada's Food Guide is intended for all Canadians. Health Canada is working to ensure that the revised Food Guide is inclusive of Indigenous Peoples, reflecting social, cultural and historical context. Additionally, Health Canada and Indigenous Services Canada are committed to working

with First Nations, Inuit and Métis to support the development of distinctions-based healthy eating tools, as part of the revision process.

The new Food Guide is an integral part of Canada's Healthy Eating Strategy, which aims to make the healthier choice the easier choice for all Canadians.

“Healthy eating is more than the foods you eat. It's about your whole relationship with food. The new Food Guide gets to the heart of this relationship and gives Canadians concrete advice that they can follow to make healthy eating part of their day,” said MP Sahota.

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For media inquiries, please contact:

Karen Gill

613-995-4843

Email: Ruby.Sahota@parl.gc.ca