



Freedom To Create. Spirit To Achieve.

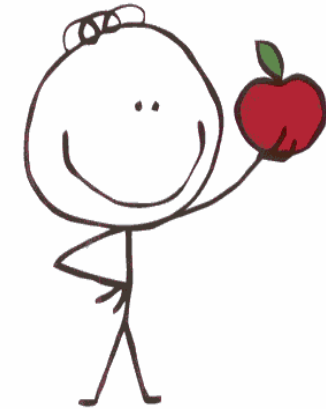
Alberta Nutrition Guidelines for Children and Youth

A Childcare, School and Recreation/Community Centre Resource Manual

**Alberta Health and Wellness
Public Health Strategic Policy and Planning Branch**

**Government
of Alberta** ■

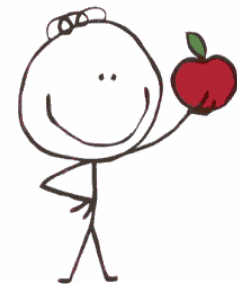
The Guidelines



- **Alberta is the first province to develop Nutrition Guidelines for facilities where children and youth are cared for, taught and gather for recreation.**
- **The Nutrition Guidelines help facilities make decisions about healthy food choices in childcare settings, schools and recreation/community centres.**
- **The guidelines support the work of regional health promotion coordinators, healthy school communities awards and the wellness fund.**

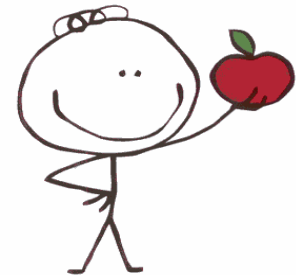
What key principles form the nutrition guidelines?

- Individuals, families, organizations and communities need to be working together to increase availability and appeal of healthy food choices and to teach and model healthy eating behaviour to children.
- The Guidelines assist facility operators in recognizing and applying concepts of healthy nutrition in a consistent way so children and youth have access to healthy foods wherever they go.
- The Guidelines support the province's Vision 2020 goal of promoting healthy lifestyles.



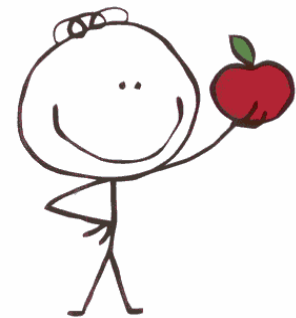
Who was involved in development?

- **Nutrition experts from the Alberta Institute of Human Nutrition at the University of Alberta.**
- **An advisory group comprised of the ministries of :**
 - Education
 - Children and Youth Services
 - Tourism, Parks and Recreation
 - Municipal Affairs
 - Agriculture and Rural Development
- **Public Health Agency of Canada**
- **First Nations Inuit Health branch and health regions**
- **A stakeholder consultation where results from that consultation formed the basis of the final guidelines.**



Why do we need nutrition guidelines?

- In Alberta, a significant number of children and youth (22%) are overweight or obese. (CCHS 2.2).
- Obesity and unhealthy eating are strongly linked to development of chronic diseases such as Type 2 diabetes and heart disease. Most incidences of chronic disease could be prevented by having a healthy diet.
- More children and youth are eating meals and snacks outside the home, so it's important to ensure children are able to access healthy food choices everywhere.





**Foods and drinks accounting for most calories from “other foods”.
Household population aged 4 or older.
Canada, excluding territories.**

Food/Drink	% of kcal
Soft drinks	11.3
Salad dressings	9.4
Sugars, syrups, preserves	8.7
Fruit drinks	6.1
Vegetable oil, animal fats, shortening	5.8
Margarine	5.3
Chocolate bars	4.8
Potato chips	4.7
Butter	3.9

Fat = 29.1%
Sugar = 30.9%

Data Source: 2004, CCHS 2.2 - Nutrition

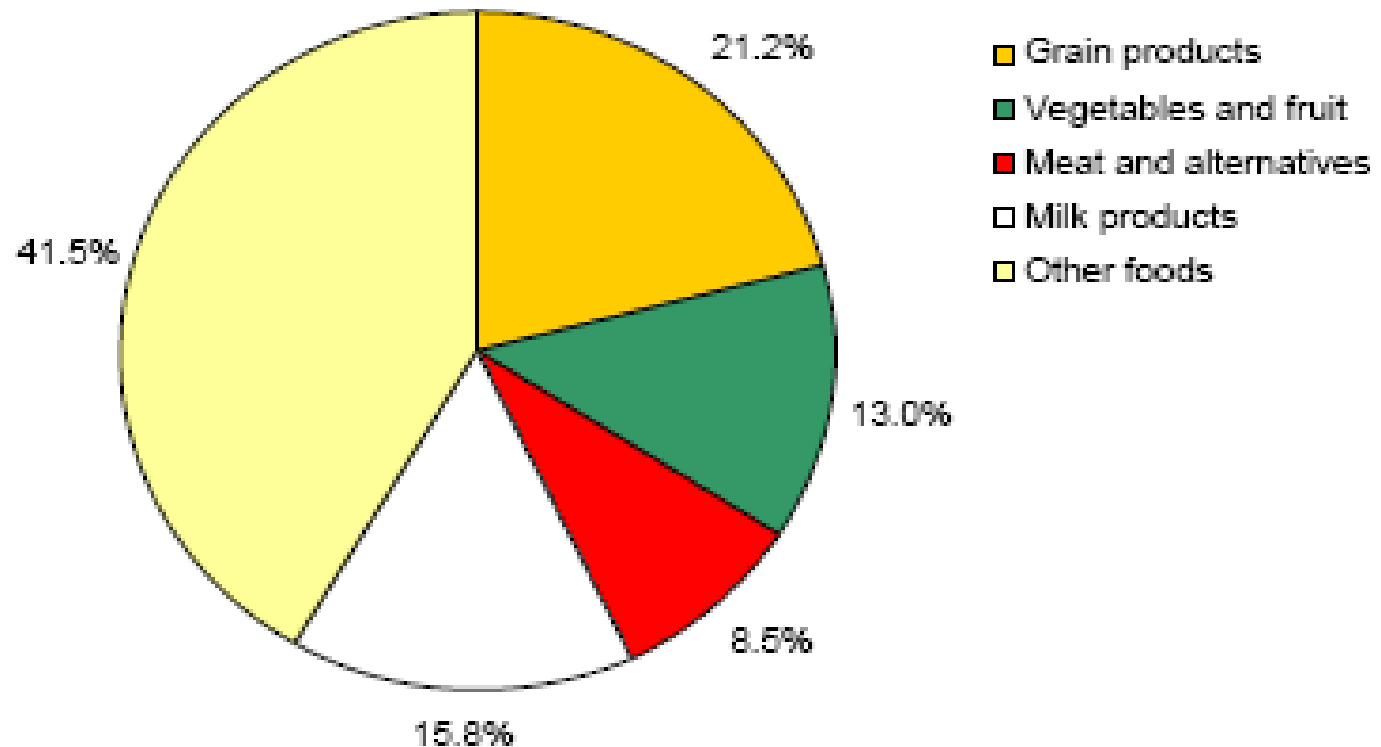
Food accounting for most fat consumed. Household population aged 4 or older. Canada, excluding territories.



Food/Drink	% of total fat
Pizza, sandwiches, submarines, hamburgers and hotdogs	15.9%
Sweet bakes goods (cakes, cookies, muffins, donuts, etc.)	8.5%
Chicken dishes	4.6%
Salads (includes salad dressing)	4.6%
Cheese	4.2%
Pasta dishes	3.7%
French Fries	3.7%
Egg dishes	3.0%
Margarine	2.3%

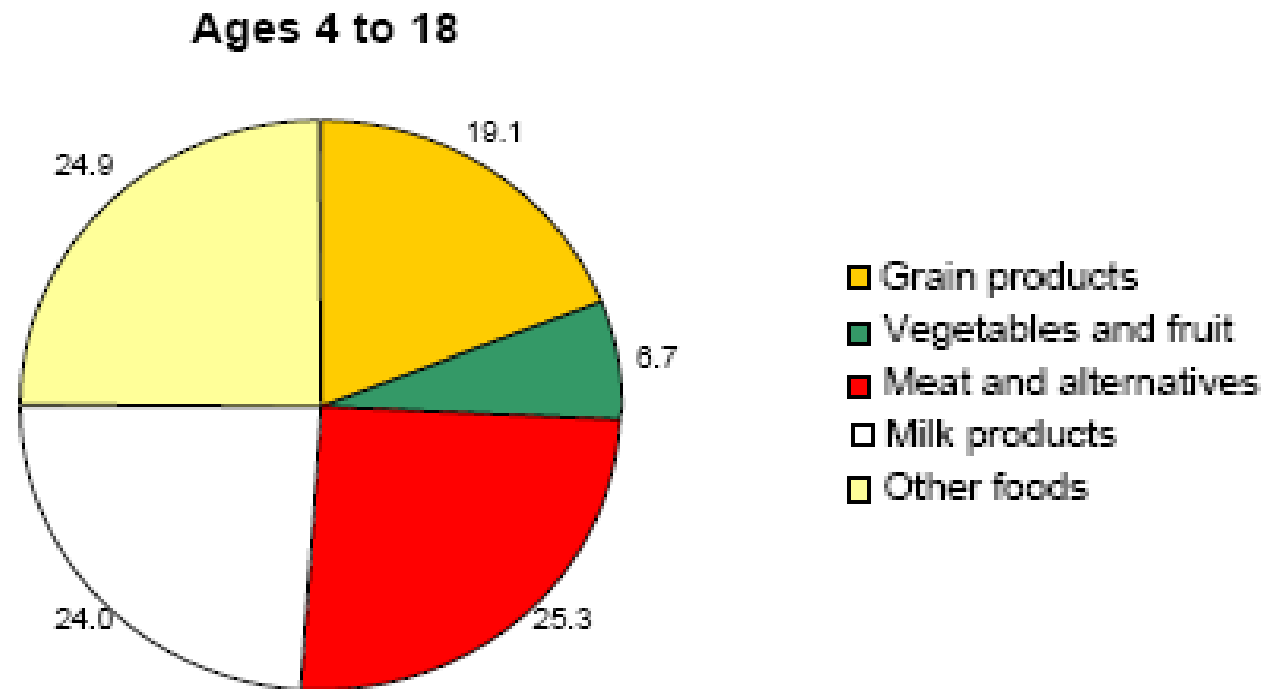
Data Source: 2004, CHS 2.2 - Nutrition

Percentage distribution of calories from “between meals” consumption by food group. Household population aged 4 or older. Canada, excluding territories.



Data Source: 2004, CCHS 2.2-Nutrition

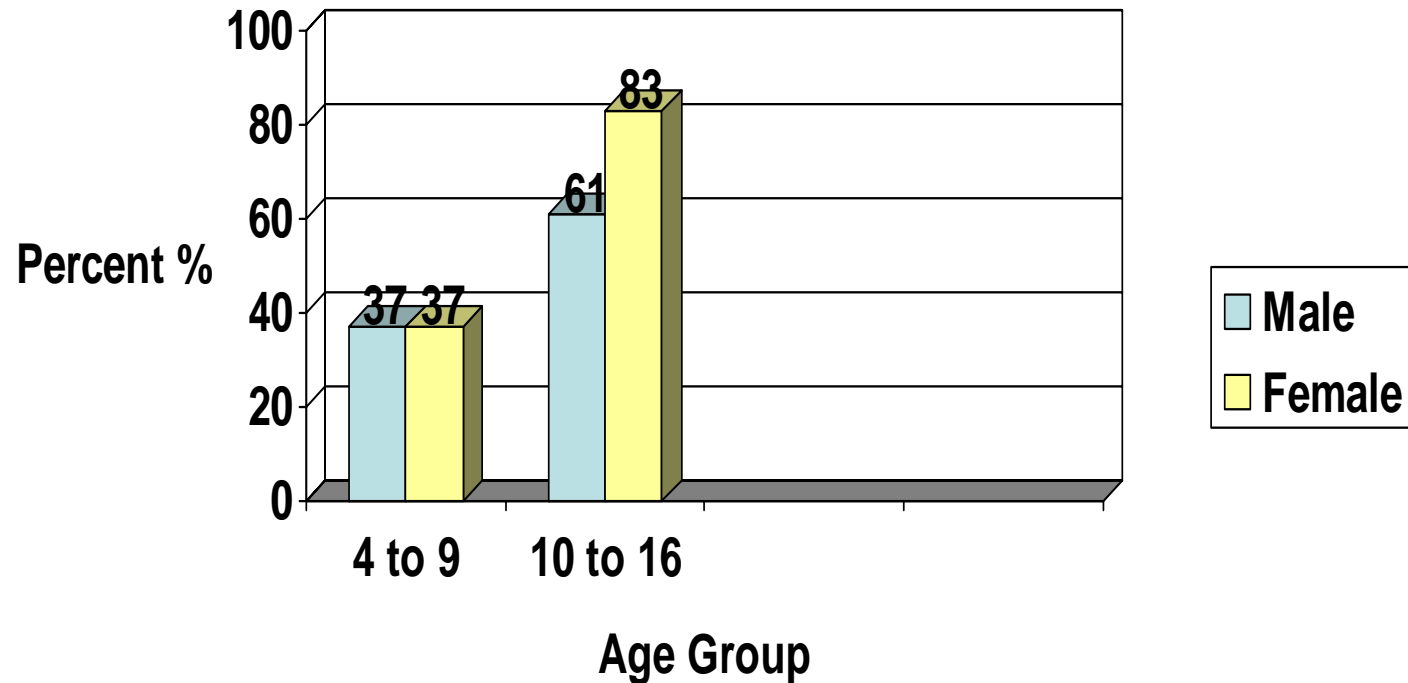
Percentage distribution of sources of fat by food group. Household population aged 4 to 18. Canada, excluding territories.



Data Source: 2004, CCHS 2.2-Nutrition

Percentage distribution below recommended minimum number of servings of milk products.

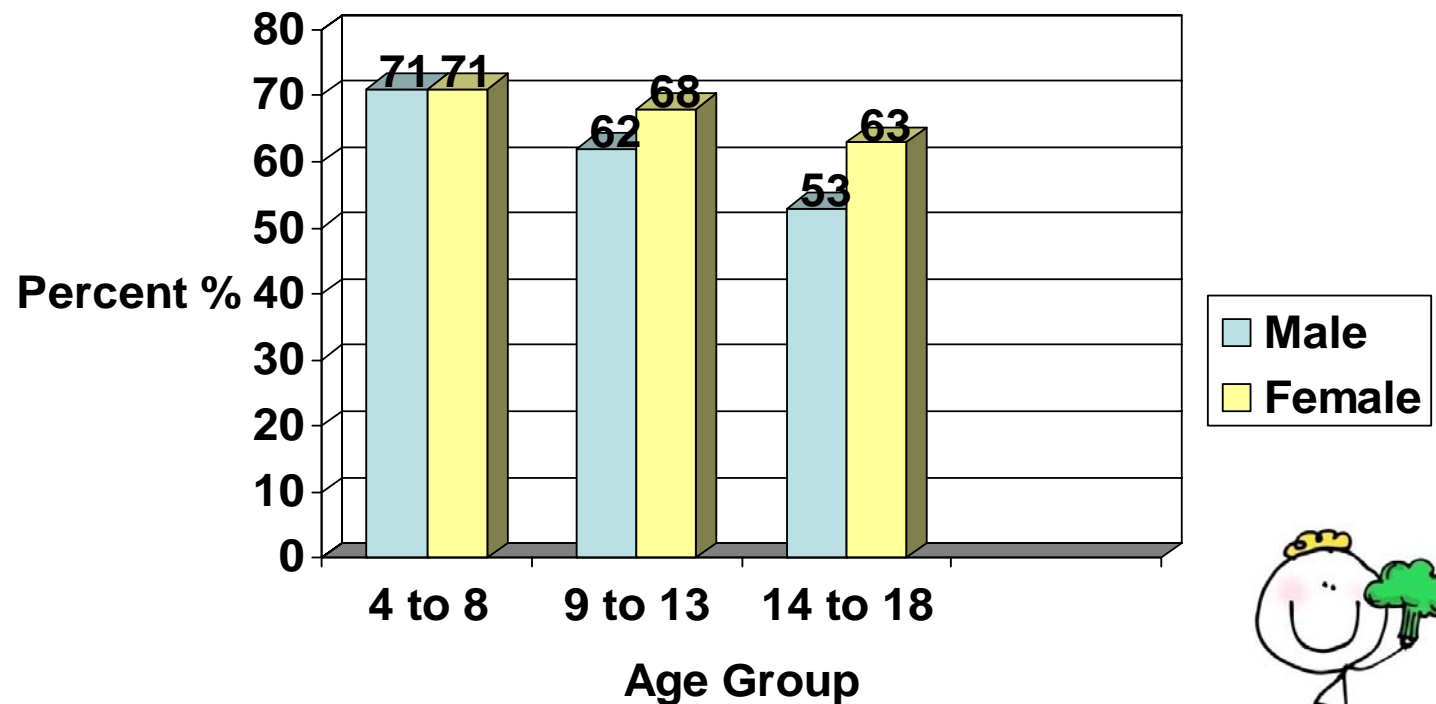
- by age group and sex
- household population aged 4 to 16
- Canada, excluding territories



Data Source: 2004, CCHS 2.2-Nutrition

Percentage distribution below recommended minimum number of servings of vegetables / fruits.

- by age group and sex
- household population aged 4 to 16
- Canada, excluding territories



Sodium (mg/d): Usual intake from food by DRI age-sex group, household population, Alberta.

Sex	Age	Average Intake (mg/d)	Adequate Intake (AI)	Upper Limit (UL)	% > UL
Both	1 to 3	1728	1000	1500	62.3
	4 to 8	2560	1200	1900	94.3
Male	9 to 13	3578	1500	2200	*
	14 to 18	4124	1500	2300	*
Female	9 to 13	2918	1500	2200	93.3
	14 to 18	2843	1500	2300	71.0

*Suppressed due to extreme sampling variability

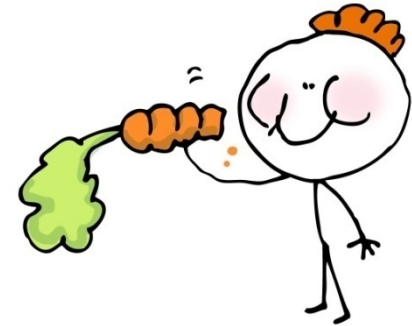
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10 Main sources of sodium

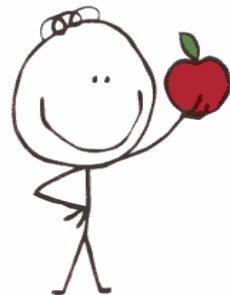
Pizza, sandwiches, submarines, hamburgers and hotdogs	19.1%
Soups	7.4%
Pasta	5.7%
Liquid milk and milk-based beverages	4.0%
Poultry and poultry dishes	3.8%
Potatoes	3.4%
Cheese	3.2%
Cereals	3.0%
Beef	3.0%
Sauces	2.9%



What can we do?



- **Facilities have a unique opportunity to affect practices and attitudes. These Guidelines can help prevent rates of child obesity and chronic disease and can promote mental well-being.**
- **We can be role models.**
 - “Eat better, move more – our children are watching us.”



Recreation and Community Centres



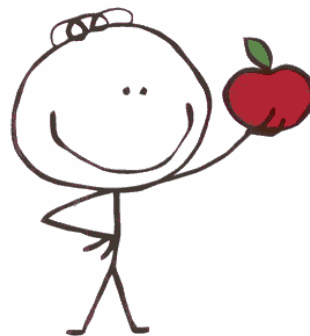
- Providing healthy food environments within facilities that encourage active living teaches children and youth that it requires both healthy eating and activity to create a healthy body and mind.
- Healthy food choices within these facilities encourages adults to be positive role models by setting the example. Wherever children go, healthy eating is reinforced.



Recreation/Community Centres

Recreational facilities and environments...

... can provide healthy foods	... can enhance access to safe, nutritious foods	... can create environments that support healthy food choices	Healthier food options for recreational facilities	In addition
Recommendations				
<ul style="list-style-type: none"> • Vegetables and fruit (raw, little to no added fat, sugar or salt) always available.* • Whole grain foods should always be available. • Water should always be available. Milk (skim, 1%, 2%) and 100% fruit/vegetable juices are available.* • Lean meat and poultry products, beans and lentils, and plain nuts should always be available.* • Individual portion sizes = Canada's Food Guide recommendations. • Aim to provide snack items that provide no more than 100 kcal/individual serving: <ul style="list-style-type: none"> – 30 g chips/crackers (1 cup) – 30 g high sugar cereal (1 cup) – 20 g beef jerky – 30 g cookies (2), cereal bars (1) – 20 g chocolate bars/ candy (1 mini) – 55 g bakery items-pastries, muffins, doughnuts – 85 g (1/2 cup) frozen desserts — ice cream (in a dish or frozen on a stick) – 237 mL beverages (8 oz) <p>*Where appropriate food service equipment is available</p>	<ul style="list-style-type: none"> • Ensure that healthier food choices are competitively priced relative to less nutritious foods. • All vending machines should contain healthy food options. 	<ul style="list-style-type: none"> • Healthier food options should be fresh, convenient, attractively packaged, and prominently displayed. 	<p>Beverages:</p> <ul style="list-style-type: none"> • Milk: skim, 1%, 2% and flavoured • Fortified soy beverages • Water: tap, bottled: plain, sparkling, flavoured • Juice: 100% real fruit/ vegetable juices • Soft drinks: diet <p>Vegetables & Fruit:</p> <ul style="list-style-type: none"> • Fresh fruit • Baked potato wedges • Smoothies made from frozen fruit, milk and plain yogurt • Tomato salsa dip • Vegetables/low-fat dips <p>Grain Products:</p> <ul style="list-style-type: none"> • Whole grain, low fat crackers (with or without cheese) • Whole grain & corn snacks • Puffed /baked snack chips • Whole grain bagels, muffins, breads, cereals • Baked whole grain pita bread 'chips' • Whole grain cereal bars • Pretzels • popcorn <p>Milk & Alternatives:</p> <ul style="list-style-type: none"> • Milk: skim, 1%, 2% and flavoured • Fresh and frozen low-fat yogurt • Cheese and cheese sticks • Fortified soy beverages • Yogurt drinks <p>Meat & Alternatives:</p> <ul style="list-style-type: none"> • Ready to eat canned, light tuna • Lean, low-salt meats and poultry • Nuts, soy nuts • Beef jerky • Trail mix <p>Mixed Meals:</p> <ul style="list-style-type: none"> • Sushi • Dahl with whole wheat naan or roti • Whole wheat burritos, wraps with lean meat, vegetables • Rice bowls with lean meat, vegetables • Sandwiches on whole grain breads 	<ul style="list-style-type: none"> • Coaches should have a practical, working knowledge of general and sports-specific nutrition. • Boys/girls clubs and day/summer camps should follow the guidelines for childcare centres or schools, depending upon the ages of children. Train caregivers to provide appropriate healthy food choices to model healthy eating behaviours.

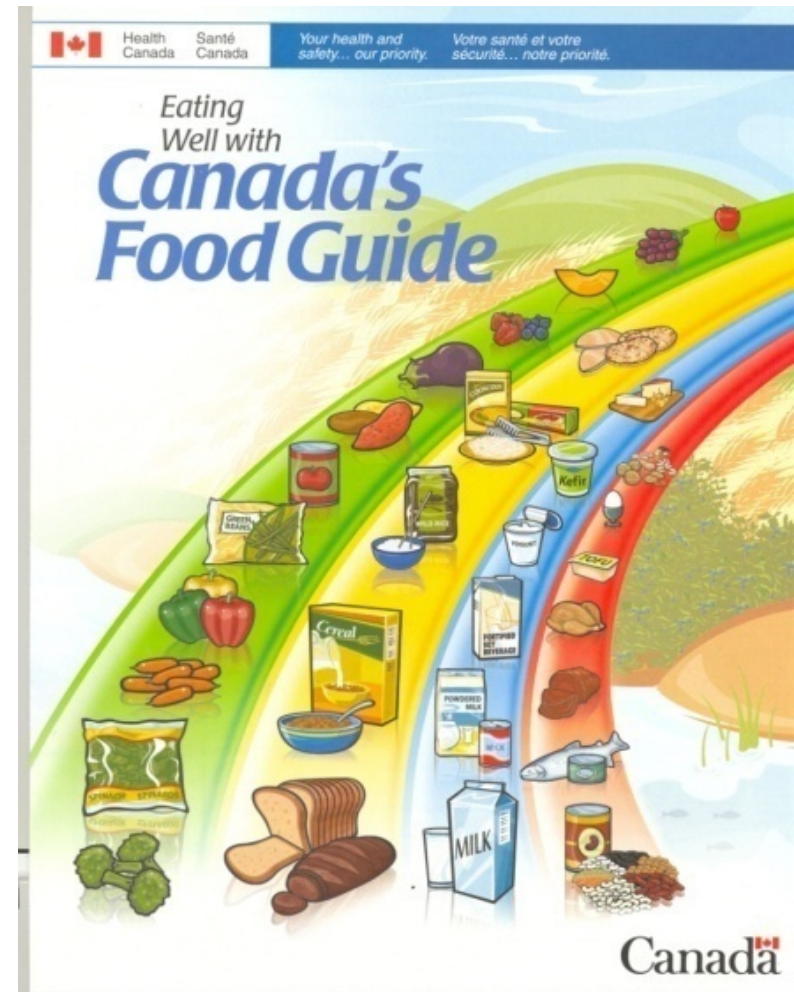


The Food Rating System

- **Choose Most Often**
- **Choose Sometimes**
- **Choose Least Often**

Categories

- Within each category - divided into the four food groups found in Eating Well with Canada's Food Guide
- Added Mixed Dishes



Food Criteria and Portion Sizes

- The 2007 version of the on-line Canadian Nutrient File (CNF) www.hc-sc.gc.ca
- www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php

Nutrition Facts table

- Food criteria is listed as though you were reading a nutrition facts table on a packaged product:
 - Serving Size
 - Fat
 - Cholesterol
 - Sodium
 - Fiber
 - Sugar*
 - Protein
 - Vitamins
 - Artificial sweeteners

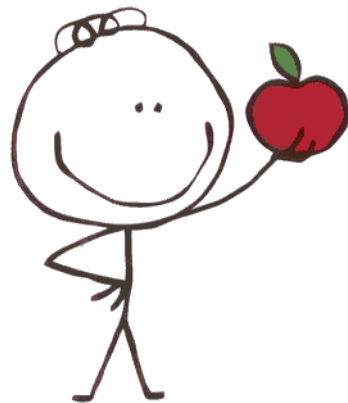


Percentage Daily Value (%DV)

- Puts nutrients on a scale of 0% to 100%.
- A food with a % DV of 5% or less for fat, sodium or cholesterol is low in these nutrients and a healthier choice. However, food with 5% or less fiber is not a healthy choice.
- A food with a %DV of 20% or more for fat, sodium or cholesterol is high in these nutrients and not a healthy choice. However, food with 20% or more fiber is a good choice.

Choose Most Often category

- These foods should be consumed daily and in appropriate portion sizes based on age category.
- These foods are recommended as healthy choices in Eating Well with Canada's Food Guide.



Food Criteria ... an example

Grain Products: *Choose Most Often*

Serving Size: One serving equals

Bread = 1 slice - about the size of a CD case, or 35 g/ slice

Grains and pasta = ½ cup/125 ml - about the size of a computer mouse

Granola bar = 30 g to 38 g

Fat: 5 grams (g) or less unless it occurs naturally from the grain.

Saturated fat: 3 grams (g) or less

Processed trans fat: 0 grams (g)

Cholesterol: 0 milligrams (mg)

Sodium: 200 milligrams (mg) or less

Fiber: at least 2 grams (g)

Sugar: 12 grams (g) or less

Protein: 1 gram (g) or more

Vitamins and minerals: all amounts acceptable, the exception is sodium

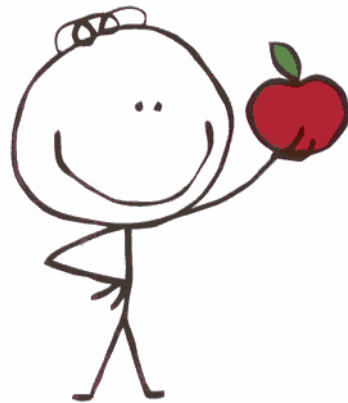
Artificial sweeteners: not present

Example: Granola bar that fits Choose Most Often category of Grain Products

	Nutrition Guideline Criteria for Choose Most Often	Nutrition Facts for Granola Bar Example	Meets the Criteria?
Serving size	30 – 38 g	35 g	✓
Fat	5 g or less	5 g	✓
Saturated Fat	3 g or less	1 g	✓
Trans Fat	0 g	0 g	✓
Cholesterol	0 mg	0 mg	✓
Sodium	200 mg or less	90 mg	✓
Fiber	at least 2 g	4 g	✓
Sugar	12 g or less	5 g	✓
Protein	1 gram or more	7 g	✓

Choose Sometimes category

- While foods in the Choose Sometimes category may provide beneficial nutrients, they tend to be higher in added sugar, unhealthy fat and sodium (salt).
- No more than three servings from the Choose Sometimes category are recommended per week.



Choose Least Often category

- Eating these foods is not recommended.
- One serving could be eaten once a week.
- Small portions of energy-dense, nutrient-poor foods should represent only a small portion of energy intake.
- Serving sizes for foods high in unhealthy fat, sugar and salt are based on approximately 100 calories per serving.



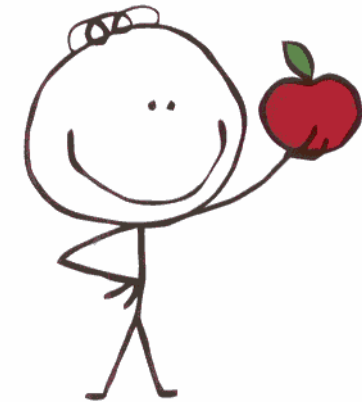
Beverages

- **Promote consumption of water to quench thirst and provide adequate hydration.**
- **Provide water fountains that are clean, accessible and in good working condition.**
- **Provide access to refrigerated milk, fortified soy beverages, and 100% vegetable and fruit juices.**
- **Avoid beverages such as pop, iced tea, sports drinks, diet beverages, fruit punches, fruit drinks and fruit 'ades'.**
- **Provision of caffeinated beverages to children and youth should be avoided.**



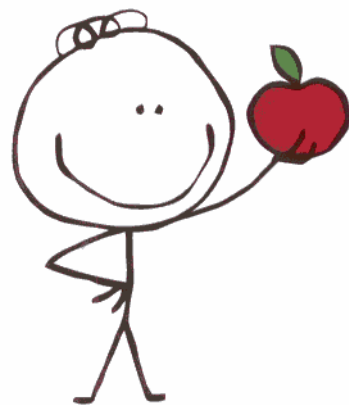
The Guidelines encourage

- **Healthy food choices**
- **Healthy portion sizes**
- **Label reading**
- **Menu planning**
- **Policy development**



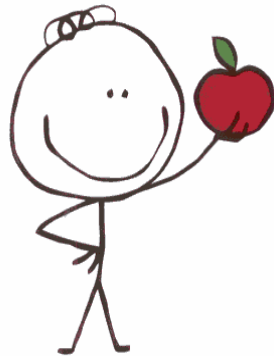
All or none?

- A facility is not going to become a ‘junk-free’ environment overnight.
- Every facility will decide how best to initiate change.
- Small changes over time add up to **SUCCESS!**
- The goal is healthy children and youth.



Portion Sizes

- **Key component to success.**
- **Excess weight gain comes from eating large portion sizes.**
- **Most packaged goods suggest a large portion size; most are not a Canada Food Guide serving size.**
- **Portion size kit to assist with portion sizing.**

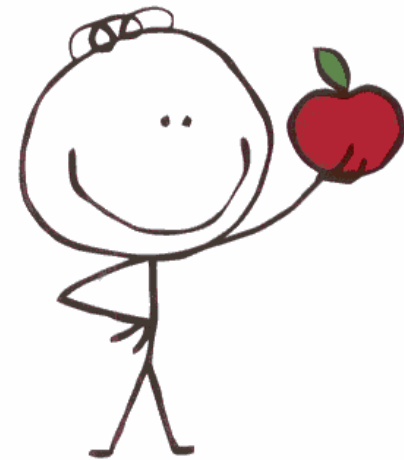


Food Portion Kit



Label reading

- Very important to the success of using these guidelines.
- Healthy Eating is in Store for You
www.healthyeatingisinstore.com
- Health Canada
www.hc-sc.gc.ca



Policy development

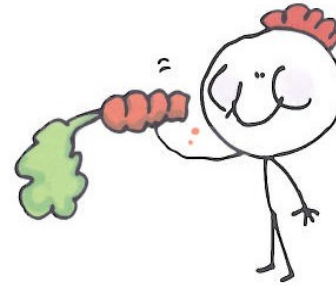
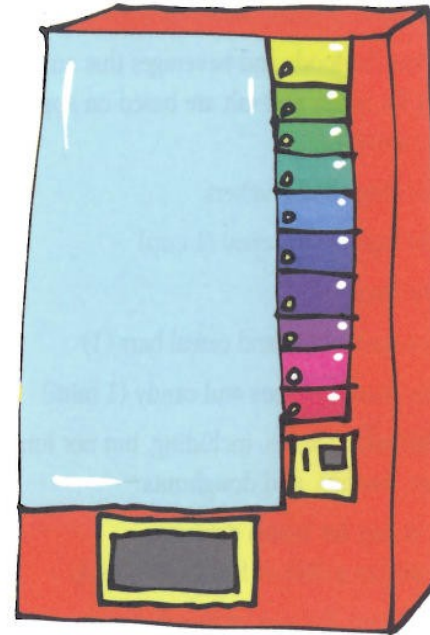
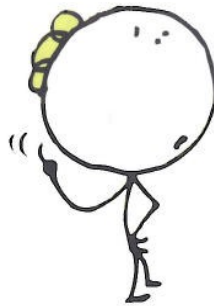
- **Policy does not need to be major.**
- **Encourages facilities to get students, parents and operators involved.**
- **We will begin to collect examples of policies in Alberta for others to view.**

Questions?

- You are encouraged to forward comments to health.u@gov.ab.ca



Are You Ready For Change?





This document is complimentary and is provided from the National Recreation Database by the [Lifestyle Information Network \(LIN\) www.lin.ca](http://www.lin.ca)

