

CANADA'S FOOD GUIDE THROUGH THE YEARS

CANADA'S OFFICIAL FOOD RULES

These are the Health-Protective Foods

Be sure you eat them every day in at least these amounts.

(Use more if you can)

MILK—Adults— $\frac{1}{2}$ pint. Children—more than 1 pint. And some **CHEESE**, as available.

FRUITS—One serving of tomatoes daily, or of a citrus fruit, or of tomato or citrus fruit juices, and one serving of other fruits, fresh, canned or dried.

VEGETABLES (In addition to potatoes of which you need one serving daily)—Two servings daily of vegetables, preferably leafy green, or yellow, and frequently raw.

CEREALS AND BREAD—One serving of a whole-grain cereal and 4 to 6 slices of Canada Approved Bread, brown or white.

MEAT, FISH, etc.—One serving a day of meat, fish, or meat substitutes. Liver, heart or kidney once a week.

EGGS—At least 3 or 4 eggs weekly.

Eat these foods first, then add these and other foods you wish.

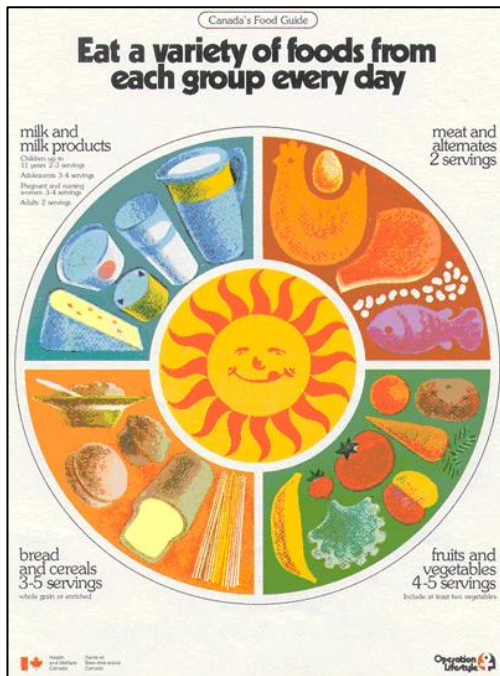
Some source of Vitamin D such as fish liver oils, is essential for children, and may be advisable for adults.

1942 food guide

READ THE FOOD RULES CAREFULLY. WHAT DO YOU NOTICE ABOUT HOW THE FOODS ARE DIVIDED AND WHAT SHOULD BE INCLUDED IN THE PORTIONS?



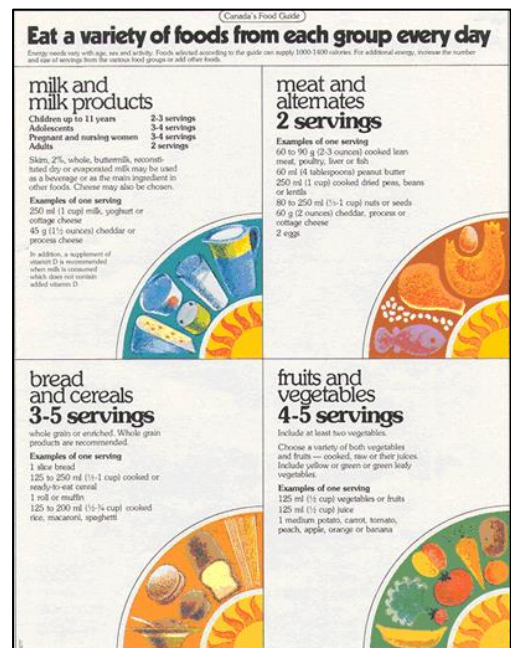
Canada's first food guide, referred to as Canada's Official Food Rules, was developed in 1942. It was established to maximize the nutrition of all Canadians under the stress of food rations and poverty. These conditions were the result of WWII. There were ten leaflets circulated by the Canadian Government that covered different topics, such as breakfast, lunch, and the benefits of milk.

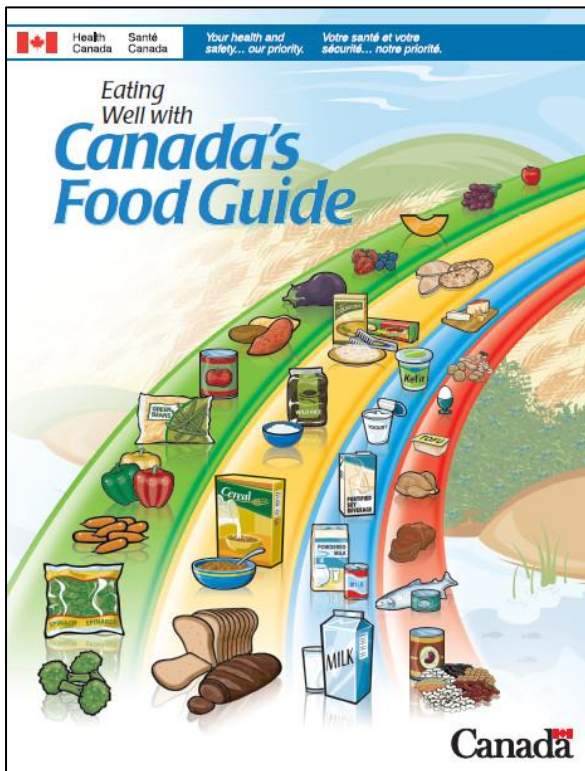


1977 food guide

The second page of the food guide featured vibrant pictures along with specific amounts of recommended servings. A variety of foods in each group were listed with many examples of one serving size. Specific recommendations were made according to age group for the consumption of milk. This guide was influenced by a wide range of health professionals and organizations within Canada. This food guide also accompanied the first educational handbook.

1977 brought many changes to the look of the food guide. It was the first time the food guide featured colourful pictures in a wheel format. There were thirty revisions made to the actual information. The government simplified the food groups by combining the category of fruits and vegetables.





2007 food guide

By 2007, many updates had been made to the food guide. It was provided in ten different languages, including First Nations languages. The rainbow format, first seen in 1992, was featured in a six page fold out booklet. There were many features added to the food guide through the use of technology. There was a Mobile App and My Food Guide Servings Tracker Canadians could use to track their nutrition. This guide offered specific recommendations for age, gender, and activity level.

CANADA'S FOOD GUIDE TODAY

The 2019 Food Guide saw many changes compared to other food guides Canadians have known throughout the years. Although it may look much different, the intent is the same; ensuring Canadian's understand the nutrition foods provide so they can make the healthiest choices for themselves and their families.

Let's explore the changes together!

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

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