



How Will The Guidelines Look In Action?

Here are a few examples:

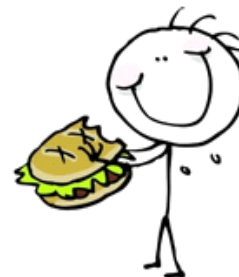
A school might stock vending machines with less pop and more milk, water and 100% juice.



A childcare facility might include at least 2 food groups in every snack.



A recreation centre might offer a variety of snacks including fresh fruit and healthy sandwiches in addition to the "old favourites".





Why Are The Guidelines Important?

- More than **1 in 4** Alberta children and youth are **overweight**. Being overweight increases risk of chronic disease.
- More and more kids are **eating outside the home** so it is important to offer healthy food everywhere.
- The Guidelines give decision-makers the **tools** they need to provide healthy food choices everywhere kids learn, play and are cared for.

The goal of the Alberta Nutrition Guidelines for Children and Youth is to help organizations **provide healthy food choices** to young people wherever they go.



The Guidelines aim to:

- Increase the availability of healthy food choices
- Teach and model healthy eating behaviours
- Promote overall health for our kids

**Good nutrition helps kids grow,
learn, stay healthy and be active.**



Making The Healthy Choice The Easy Choice

What Will I Find In The Guidelines?

Foods are divided into three categories

- Choose Most Often
- Choose Sometimes
- Choose Least Often

Categorizing foods will help any facility provide healthy choices.

Choose Most Often:

Food closer to its "natural state", low fat, some fibre, low salt

- Fresh fruits and vegetables
- 100% juice
- Whole grain products
- Low fat dairy products
- Lean meats, eggs, nut butters, tofu, legumes



Choose Sometimes:

Food with some nutrition, added salt, fat and/or sugar

- Refined grain products
- Higher fat and/or higher sugar dairy products
- Processed meats
- Salted nuts



Choose Least Often:

High calorie, low nutrient food

- High fat crackers
- Candy, ice cream
- Pastries, muffins, doughnuts
- Pop, energy drinks, fruit flavoured drinks
- Chips, sugary cereals, cookies, chocolate bars



For a complete listing of food categories, check out www.healthyalberta.ca