



## What's New with the New Canada's Food Guide?



**PRESENTED BY**

**Heather Mathur, Registered Dietitian**



**SERIES SESSIONS**

Date	Time
March 20, 2019	9:30 AM - 11:30 AM



**LOCATION**

**Lethbridge - TBD - -**

**FEE**

**\$10.00**

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### Program

The NEW! Canada Food Guide was recently released and includes an online suite of resources that better meets the needs of different users including the general public, policy makers, health professionals and schools. The Canada Food Guide has a long history of being used and taught in schools and is promoted by health professionals when supporting students to eat well. The Food Guide can help influence the foods served and sold in Canada's public institutions like schools.

The learning objectives from this session will include and provide guidance on:

- Nutritious foods and beverages that are the foundation for healthy eating
- Foods and beverages that can have a negative impact on health when consumed on a regular basis
- Food skills as a practical way to support healthy eating
- Current evidence on topics such as sodium, saturated fat and sugars.
- Supportive environments for healthy eating. Creating supportive environments across settings, such as schools and workplaces can help increase the influence of the Guidelines.
- To build understanding about the key features and content of the Food Guide consumer print resource, the Resource for Educators and Communicators, and the Food Guide website.

Come and learn about the new guide and how schools can incorporate the principles into school and student learning.

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## Presenters

### **Heather Mathur, Registered Dietitian**

Heather is a Registered Dietitian with AB Health Services and has spent the last 21 years working as a Population and Public Health Dietitian. Previous to this position, Heather has worked in Edmonton, Stettler, Coronation and Thousand Oaks, California. Heather graduated from the University of Alberta and completed her two-year dietetic internship at the Medicine Hat Regional Hospital. Heather's current position concentrates on the social determinants of health with a focus on nutrition throughout the life cycle. Heather's position involves community development and nutrition education. Heather sits on various committees including Healthy Communities Association of Lethbridge and Area and the Better Beginnings Steering Committee. Heather is registered with the College of Dietitians of Alberta and the American Dietetic Association.

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