

ALBERTA NUTRITION GUIDELINES

FOR CHILDREN AND YOUTH



HOW THE GUIDELINES WORK

Foods are divided into 3 categories:

CHOOSE MOST OFTEN

CHOOSE SOMETIMES

CHOOSE LEAST OFTEN



A rating system provides a way to separate healthy foods from less healthy foods.

CONTACT YOUR LOCAL COMMUNITY / PUBLIC HEALTH CENTRE FOR RESOURCES AND INFORMATION.



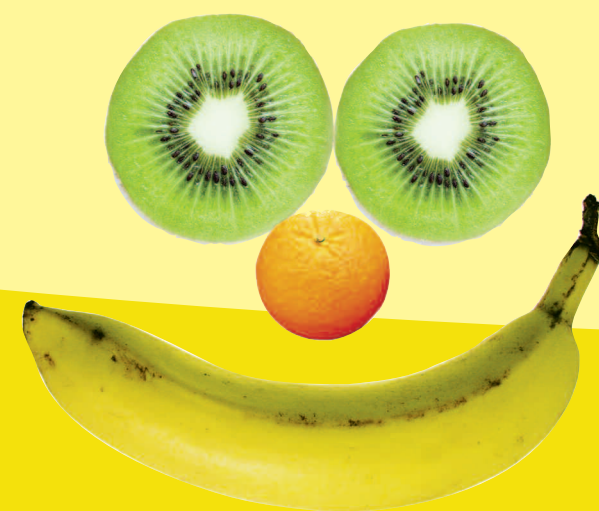
* INCREASE THE AVAILABILITY OF HEALTHY FOOD CHOICES

* TEACH AND MODEL HEALTHY EATING BEHAVIORS

* GIVE DECISION-MAKERS THE TOOLS THEY NEED

HELPING CHILDREN AND YOUTH ACCESS HEALTHY FOOD WHEREVER THEY GO:

- childcare facilities
- schools
- community and recreation centres



CHILDREN NEED PROPER FOOD TO GROW, LEARN AND STAY HEALTHY

For a complete listing of food categories visit healthyalberta.com

