

# Alberta Nutrition Guidelines for Children and Youth

## Presentation for Childcare Facilities



Developed by Registered Dietitians  
Nutrition Services  
Alberta Health Services

# Outline

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- Childcare licensing standards
- Alberta Nutrition Guidelines for Children and Youth
- Benefits of healthy food choices
- Providing healthy food choices
- Menu planning



# Licensing Standards

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- Mandated by Alberta Children and Youth Services
- Outlines requirements for licensed daycare centres, group family childcare and pre-school programs
- Includes sections about:
  - Nutrition
  - Menus
  - Manner of Feeding
- See licensing regulations and The Family Day Home Standards Manual online at: <http://www.child.alberta.ca/home>

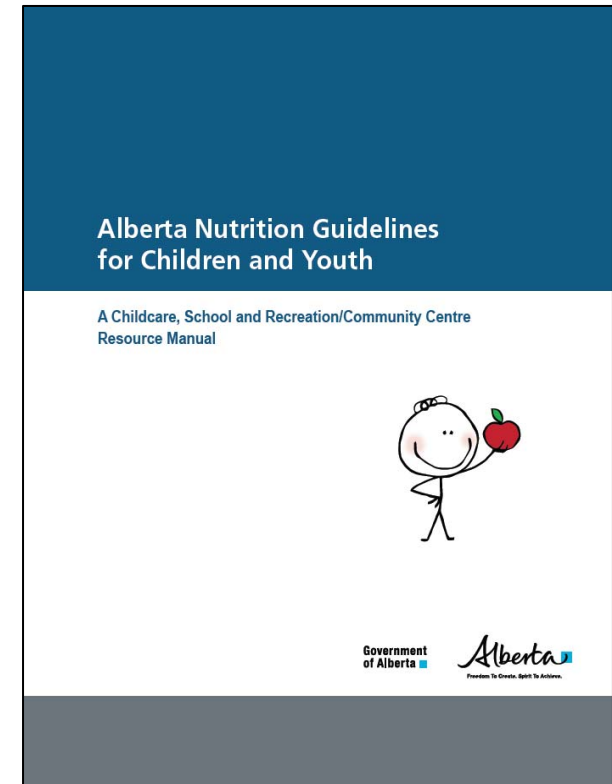
# Alberta Nutrition Guidelines for Children & Youth

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- Optional guidelines released by the Alberta Government in 2008
  - updated version released in 2010
- Supplement existing provincial licensing standards
- **Purpose:** Ensure access to healthy food choices for children and youth wherever they go
- **Goal:** Equip facilities and organizations with the tools they need to provide children and youth with healthy choices

# Alberta Nutrition Guidelines for Children & Youth

- Based on Canada's Food Guide
- Uses a food rating system:
  - Choose Most Often
  - Choose Sometimes
  - Choose Least Often
- Contains menu planning guidelines and tips
- Access the guidelines at:



[http://www.healthyalberta.com/Documents/21500\\_Nutri\\_Guidelines-Fall2010.pdf](http://www.healthyalberta.com/Documents/21500_Nutri_Guidelines-Fall2010.pdf)

# Benefits of Nutrition Guidelines

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- Good nutrition has been linked to better behaviour in children
- Support healthy growth and development
- Supports compliance with provincial child care regulations
- Assists with menu planning:
  - Saves time, energy and money
  - Reduces waste



# Food Rating System

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- 3 Categories:
  - Choose Most Often
  - Choose Sometimes
  - Choose Least Often
- Foods rated based on total fibre, sugar, salt, protein, cholesterol unhealthy fat content, and nutritional value
- 100% of foods available in childcare facilities should be Choose Most Often foods

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

# Choose Most Often Foods

- Foods to be consumed daily in appropriate amounts and portion sizes
- All healthy choices in Canada's Food Guide
- Examples: carrot sticks, canned peaches
- See criteria in ANGCY (pages 14-21) to identify Choose Most Often foods



Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

# Choose Sometimes Foods

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- May provide beneficial nutrients
- Often higher in added sugars, unhealthy fats and sodium
- Examples: Chocolate milk, deli/luncheon meats



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# Choose Least Often Foods

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- These foods are not recommended
- Generally high in unhealthy fat, sugar and salt, low nutrient value
- Examples: Chips, Cookies

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# Special Events

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- Choose Least Often or less healthy foods should be offered in only small portions
- Serving sizes based on 100 calorie portions
- Halloween-sized treats
- No more than ½ cup servings of sugary drinks
- See recipe books for fun and nutritious food ideas



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# Beverages

- Serve milk or fortified soy beverages with meals
- Water should be encouraged for quenching thirst and promoting hydration between meals
- Unsweetened 100% fruit/vegetable juice should be limited to ½ cup per day
- Avoid caffeine containing beverages, sports drinks, iced tea and fruit flavoured drinks



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# Eating Well with Canada's Food Guide

## Recommended Number of Food Guide Servings per day

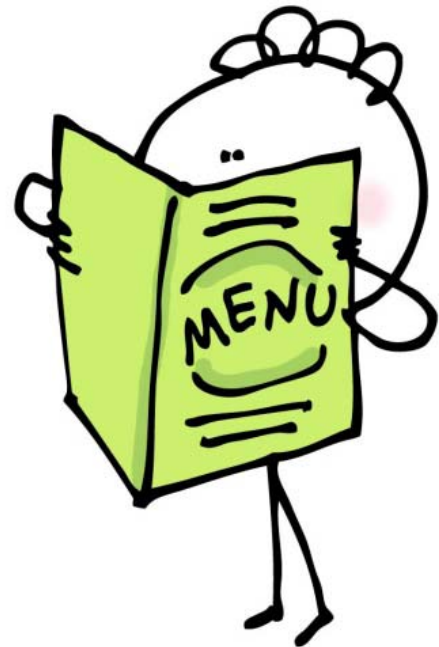
Food Group	Children 2-3 years old	Children 4-8 years old	Children 9-13 years old
Vegetables and Fruit	4	5	6
Grain Products	3	4	6
Milk and Alternatives	2	2	3-4
Meat and Alternatives	1	1	1-2

For information on serving sizes for children see  
Alberta Nutrition Guidelines for Children and Youth pages 37-42

# Menu Planning Basics

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- Provide regular meals and snacks (every 2-3 hours)
- Meals: Include all 4 food groups
- Snacks: Include at least 2 food groups
- Appropriate portion sizes
- Variety in foods, colours and textures



# Safe Eating Environments

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- Be nut aware
- Know the guidelines for supporting children with allergies
- Know how to respond to adverse food reactions
- Avoid foods that have a high choking risk
- Avoid high risk foods
- Use safe food handling skills

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# Support Healthy Food Choices

- Appropriate time and space to eat
- Make healthy foods appealing
- Serve age appropriate portion sizes
- Introduce new foods in small amounts on a regular basis
- Do not use food as reward or punishment



Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

# Be a Positive Influence

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- Follow Canada's Food Guide
- Provide foods from each of the 4 food groups at meals
- Provide foods from at least 2 food groups at snacks
- Make 100% of the foods available Choose Most Often foods

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

# Menu Planning Activity

# Budgeting and Grocery Shopping

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- Buy fruits and vegetables in season
- Consider the cost of convenience
- Use flyers to plan around sales
- Serve plant proteins
- Buy and cook in bulk
- Purchase no name products equal in quality

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

## Additional Resources & Websites

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- Feeding Tiny Tummys
- Healthy Preschoolers: A Guide to Writing Nutrition and Physical Activity Policies and Procedures  
[www.achsc.org](http://www.achsc.org)
- Alberta Nutrition Guidelines for Children and Youth
- Healthy Eating and Active Living For Your 1 to 5 Year Old
- Food Guide Serving Sizes For 1-5 Years  
[www.healthyalberta.ca](http://www.healthyalberta.ca)
- Alberta Nutrition Guidelines for Children and Youth: An Overview  
[www.albertahealthservices.ca/2925.asp](http://www.albertahealthservices.ca/2925.asp)

# Additional Resources & Websites

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- Eating Well with Canada's Food Guide  
[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- Nutrition information, recipe ideas and recipe analyzer  
[www.dietitians.ca](http://www.dietitians.ca)
- Sizing Up Food Guide Servings poster  
[www.moreaboutmilk.com](http://www.moreaboutmilk.com)
- Let's Make a Healthy Meal - First Nations and Inuit Health Branch  
Alberta

# Questions?

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