



INFINITY
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NUTRITION TIPS

In 2019, Canada's Food Guide changed! Some of the big changes were:

1. Moved away from portions to dividing the plate into sections
2. Dairy milk food group was moved into protein food group
3. Protein group encouraged addition of non-meat proteins such as legumes & nuts
4. Grains changed to be focused on whole grains, rather than refined & processed grains

More information on how to use Canada's Food Guide and why these changes occurred can be found on their website:

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

A balanced diet requires food from all 3 food groups. The goal for healthy eating includes including these portions in as many meals and snacks as possible.

Vegetables and Fruit (1/2 of plate)

Whole Grains (1/4 of plate)

Proteins (1/4 of plate)

Nutrition Resources

Infinity Pediatrics Website www.infinitypediatrics.ca

- Our Nutrition Handouts section also contains:
 - 2 page summary of Canada's Food Guide
 - Mealtime Struggles, which is a picky eating handout made by dietitians, and includes link to free dietitian support at the bottom

Canada's Food Guide <https://food-guide.canada.ca/en/>

- We have the 2 page summary document with our Nutrition Handouts

Caring for Kids www.caringforkids.cps.ca

- Visit the Healthy Living page and scroll down to "Healthy Eating for Children" and "Health Snack for Children"

Healthy Children www.healthychildren.org

- Visit the Healthy Living page and select the "Nutrition" section

Fill Half Your Plate with Fruits & Veggies www.halfyourplate.ca