

ALBERTA NUTRITION GUIDELINES FOR CHILDREN AND YOUTH

The Alberta Nutrition Guidelines for Children and Youth (ANGCY) from the Alberta Government is designed to help child care facilities make healthy food readily available and to promote healthy attitudes about food.

For more details and examples on the Green, Yellow, Red rating system below, see the ANGCY. This ratings system is based on Eating Well with Canada's Food Guide to classify foods based nutrition criteria into the categories of the Choose Most Often, Choose Sometimes and Choose Least Often:



Choose Most Often - High nutrient foods. Foods from this category are all healthy food choices from Canada's Food Guide. Offer these foods as often as possible. It is recommended that 100% of the foods available in child cares be from this category. Example: apple, carrots, non-sweet yogurt.



Choose Sometimes- Moderate nutrient foods. While these foods can still provide some nutrients, they tend to be higher in added sugar, unhealthy fats, and sodium (salt). Example: sweetened apple sauce, spinach dip, deli meats.



Choose Least Often- Low nutrient foods. Foods from this category are very low in nutrients and higher in calories, fat, sugar, and salt. It is not recommended that child cares offer these foods. Example: apple flavoured drink, processed cheese, pizza pops.

Check food labels to ensure that all products have no sugar substitutes (artificial sweeteners), hydrogenated oil or shortening.

For more information about the guidelines, visit:

<http://www.health.alberta.ca/documents/Nutrition-Guidelines-AB-Children-Youth.pdf>

For more information on reading food labels and interactive tools:

<http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php>

For a complete listing of food categories, check out:

www.healthyalberta.ca

Handout from Feeding Tiny Tummies developed by Registered Dietitians and Alberta Health Services