

Eating Well with CANADA'S FOOD GUIDE WORD LIST



WORD	MEANING
Eating Well with CANADA'S FOOD GUIDE (CFG)	A guide from the Government of Canada which helps us to make healthy food choices. Foods are grouped into four food groups: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.
VARIETY	Many different kinds. It is recommended to choose many different kinds of food from each food group.
CALORIE	The measure of energy supplied by the foods we eat.
NUTRIENTS	Parts of food that our bodies need to live and grow. The six types of nutrients are carbohydrates, proteins, fats, vitamins, minerals and water.
FATS	White or yellow oily substances found in animals and plants. Fats found in food can be in a solid or liquid (oil) form.
CARBOHYDRATES	The sugars and starches in food. Sugars are simple carbohydrates (example, fruit and table sugar). Starches are complex carbohydrates (example, grains, legumes, potatoes, squash and corn).
PROTEINS	Nutrients found in foods that help with body growth (example: hair, nails, muscles). Foods such as meat, milk, cheese, eggs and beans contain proteins.
VITAMINS AND MINERALS	Nutrients needed by the body in very small amounts (example: vitamin C, iron).
INGREDIENTS	Parts in a mixture or recipe (example: meat, onions, vegetables and spices are ingredients in a recipe).

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FOOD LABEL	Found on food packages. Gives information about the ingredients and nutrients that are in the food. Also gives the manufacturer's address.
WHOLE GRAIN	Grains (example: wheat, rye, oats) Foods with grain which undergo very little processing.
CHOLESTEROL	A kind of fat which is necessary in small amounts for the body's health. There are two types of cholesterol: dietary and blood. Foods from animal sources contain dietary cholesterol.
LEGUMES	Peas, beans and lentils such as split peas, chick peas, kidney beans, red lentils
FIBRE	The part of plants which our body cannot digest. It is needed to help prevent constipation, some types of cancer and heart disease (example: whole grain breads and cereals, dried beans, peas and lentils and fruits and vegetables).
POULTRY	Birds such as chickens, turkeys, geese and ducks that are raised for their meat or eggs.
LEANER MEAT	Meat that has less fat (example: round roast of beef compared to rib roast).
COMBINATION FOOD	A food which has more than one kind of food in it (example: chili, pizza, soup, stew).
ENRICHED	The addition of some vitamins and minerals that may have been lost when a food is processed.
ALTERNATIVE	Used in place of something else. Some meat alternatives are eggs, tofu, dried beans, peas and lentils.
GRAM	A metric unit of weight. A paper clip weighs about 1 gram.
MILLIGRAM	A unit of weight equal to 1/1000 of a gram.
REGISTERED DIETITIAN	A professional trained to advise on diet, food and nutrition. She or he has completed a minimum of four years of education and training in dietetics. She is has a license from the Provincial College of Dietitians which offers protection to the public.