

# Healthy Children

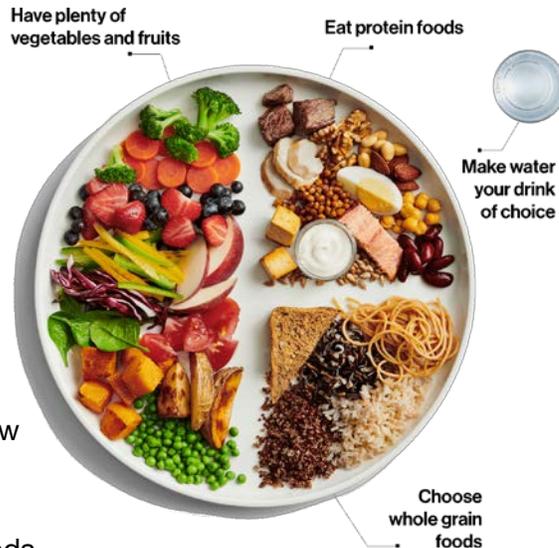
December 2019 Parent Newsletter

## Canada's Food Guide 2019

Canada's Food Guide was released in January of 2019. Instead of only focusing on food choices, the new food guide also talks about where, when, why and how to eat. The areas where you live, learn and play can affect the food choices you make.

The key messages of the new food guide:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits, including fresh, frozen and canned.
- Eat protein foods, and choose plant based proteins more often (e.g., beans, peas, lentils, nuts). Dairy and meat no longer have their own food groups, as they are both a source of protein. Choose lean meats and lower fat milk, yogurt, or cheese products.
- Choose whole grain foods such as oats, brown rice, whole grain bread, pasta and cereals.
- Include healthy fats in your diet daily.
- Make water the drink of choice. Low fat milk and unsweetened soy beverages are also healthy choices to meet calcium, vitamin D, protein and fluid needs.



- Read food labels, be mindful of eating habits, cook more often, enjoy your food and eat meals with others.

Visit [Healthy Eating for Parents and Children](#) to learn more about how to create a positive eating environment for your child. Parents play a role in shaping a child's eating habits and behaviors towards food. Kids are more likely to eat and choose healthy foods if the rest of the family is making healthy choices. Parents have the responsibility to decide when and what foods will be offered but it is up to the child to decide if and how much to eat.

➤ For more information on **Canada's Food Guide, food choices, eating habits, recipes and tips**, visit <https://food-guide.canada.ca>

## Articles

Canada's Food Guide 2019

Electronic Cigarettes

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit [www.optometrists.ab.ca](http://www.optometrists.ab.ca)



## Electronic Cigarettes

### What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. The e-liquid is heated by the device to turn it into a vapour which is then inhaled. This is called vaping.

### What do electronic cigarettes look like?

Many electronic cigarettes look like regular cigarettes, and come in reusable and disposable varieties. However, some of the newer generation devices look like USB sticks, sharpies, car fobs, remote controls, and smartphones, and have become popular with teens because they are easy to conceal.

### What is in e-liquid?

It is hard to know what is in e-liquid because currently there are no labelling requirements. Health Canada is working on this. Common contents can include glycerol, glycol, propylene, and flavour additives. You can also get e-liquids with or without nicotine. Unfortunately studies have shown that teens are often unaware that e-liquids may



contain nicotine. Many flavoured e-liquids are enticing to young people (e.g., chocolate or cotton candy) and may give the appearance that vaping is less risky or harmful.

### Are e-cigarettes safe?

E-cigarettes are not harmless. Vaping can increase your exposure to potential cancer-causing chemicals. Recent studies have shown links between the chemicals in electronic cigarettes and heart and respiratory disease. In addition, heating of the e-liquid can create new chemicals such as formaldehyde and extract metal contaminants from the device itself. Nicotine use can alter teen brain development, lead to nicotine addiction, and

increase the risk of smoking commercial tobacco cigarettes. It is also of note, that the flavour additives, while approved for consumption, have not been tested for safety of inhalation. The long-term consequences of using electronic cigarettes are unknown and continue to be studied.

Alberta Health Services recommends talking to your children about e-cigarettes and other tobacco-like products about the harm they can cause to their health and those around them.