1.6: A Glimpse into the Critiques of Canada’s Food Guide 2019

As with every version of the food guide, there are common critiques, some of which are illustrated in Figure 1.8 and which require a critical and reflective discussion. Some of the critiques that have been common with Canada’s Food Guide 2019 are related to:

- Financial Accessibility
- Geographical Accessibility & Food Safety
- Cultural Relevance
- Developmental Considerations
- Time Constraints and Food Skills

Figure 1.8: Common critiques related to Canada’s Food Guide 2019

In chapter three, you will have the opportunity to critically reflect on how to collaborate with clients and their families to address some of these concerns.