Table of Contents

- **1: Preface**
  - 1.1: Learning Outcomes and Legend
  - 1.2: About eCampusOntario and Authors
  - 1.3: Acknowledgments
  - 1.4: License

- **2: 1: An Introduction to Canada’s Food Guide**
  - 2.1: Learning Outcomes
  - 2.2: Self Assessment
  - 2.3: Why Should You Care About the Food Guide?
  - 2.4: Emergence of Canada's New Food Guide
  - 2.5: Canada's Food Guidelines
  - 2.6: A Glimpse into the Critiques of Canada’s Food Guide 2019
  - 2.7: Reflective Questions
  - 2.8: Evaluate Your Learning
  - 2.9: Key Takeaways
3: 2: Nutrition Labelling

- 3.10: Evaluate Your Learning
- 3.11: Key Takeaways
- 3.12: References
- 3.1: Learning Outcomes
- 3.2: Self Assessment
- 3.3: What is Nutrition Labelling?
- 3.4: The Nutrition Facts Table and Ingredient List
- 3.5: Allergens
- 3.6: Best Before and Expiry Dates
- 3.7: Country of Origin
- 3.8: Critical Considerations
- 3.9: Reflective Questions

4: 3: Integrating the Food Guide into the Nursing Process

- 4.10: Reflective Questions
- 4.11: Evaluate Your Learning
- 4.12: Key Takeaways
- 4.13: References
- 4.1: Learning Outcomes
- 4.2: Self Assessment
- 4.3: The Nursing Process
- 4.4: Reflecting on Healthy Eating Along a Continuum
- 4.5: Food Safety and Accessibility
- 4.6: Cultural Relevance
- 4.7: Time Constraints and Food Skills
- 4.8: Developmental Considerations
- 4.9: Relational Inquiry Approach to the Food Guide