

## BRITISH COLUMBIA DENTAL HYGIENISTS' ASSOCIATION

### Position statement on "Nutrition Education and Healthy Food Choices in Schools"

The British Columbia Dental Hygienists' Association (BCDHA) recognizes the key role that schools play in the development and promotion of the healthy eating habits of students. This role is best met through a multifaceted approach that provides nutrition and health education, which is modeled by implementing sound nutrition principles within the school environment. Schools are encouraged to lead by example and offer healthy food and beverage choices compatible with the Canada Food Guide. Foods and beverages with little nutritional value, high sugar/acidic content or high fat content such as energy drinks, soft drinks, chocolate bars, chips and candy do not support the concept of healthy eating.

Schools can positively impact the health of their students by providing nutritious foods that are low in fat, sugar and acid. These healthy foods reduce the risk for tooth decay, diabetes, obesity and heart disease. BCDHA supports schools that encourage and enable students to choose foods that promote good oral and general health; help to maintain healthy weight, and foster the development of appropriate self and body images.

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