

These foods and beverages are high in essential nutrients for growth, learning, and health, are low in saturated and trans fats, contain little or no added salt, sugar, or artificial sweeteners, and are minimally processed. They can be served and sold daily.

## grain products

- ✓ Whole grain (e.g., oats, corn, rye, rice) or whole wheat breads, buns, rolls, bagels, English muffins, pita bread, tortillas, pancakes, waffles, bannock, chapattis, rotis, naan, pizza dough
- ✓ Unsweetened whole grain, ready-to-eat cold cereals and hot cereals (e.g., shredded wheat squares, oat O's, cornflakes, crisped rice, oatmeal)
- ✓ Lower fat whole grain or whole wheat crackers, breadsticks, and flatbreads
- ✓ Whole wheat pasta, noodles, macaroni, spaghetti
- ✓ Brown or wild rice
- ✓ Barley, bulgur, or other whole grains
- ✓ Lower fat muffins and quick breads made with whole wheat flour, bran, and/or fruits and vegetables
- ✓ Trail mix (mix of whole grain cereals)

### NUTRIENT CRITERIA:

- No more than 3 g fat/serving
- No more than 2 g saturated and trans fat/serving
- 2 g or more fibre /serving
- Less than 480 mg sodium/serving

### FOOD FOR THOUGHT:

- Choose items with whole grains as the first or second ingredient.
- Choose items "low in fat," "low in saturated fat," "trans fat free," "lower in salt," or "a source of fibre."
- Choose items without artificial sweeteners.
- Check packages for serving size information. Refer to Canada's Food Guide to Healthy Eating for guidance regarding serving sizes.
- Ready-to-eat breakfast cereals can contain a lot of added sugar. In some cases the sugar listed in the ingredients may be present as part of dried fruits (e.g., raisins) while in others it is added for flavour.

- Choose cereals that list whole grains as the first ingredient. Aim for cereals that contain less than 10 g sugar per serving. If sugar appears as the first or second ingredient, this means that the food has a fairly large amount compared to other ingredients.
- Choose or prepare foods that contain "healthy fats." Check the ingredient list for unsaturated vegetable oils such as corn, canola, sunflower, safflower, soybean, peanut, and olive oils. Limit the use of saturated oils such as palm and coconut oils, and hydrogenated oils that contain trans fats.
- Trans fats appear on Nutrition Facts labels along with saturated fat. If there is no nutrition label, check the ingredient list for the words "shortening," "hydrogenated," and "partially hydrogenated oil." This indicates that trans fat is present in the food. If any of these appear as the first or second ingredient, this means that the food has a fairly large amount compared to other ingredients.

## vegetables + fruit

- ✓ Fresh, frozen, or canned fruit and vegetables (no sugar added); packed in water or juice
- ✓ 100% fruit and vegetable juices or 100% juice blends
- ✓ Applesauce, applesauce-fruit blends (no sugar added)
- ✓ Vegetable soups (e.g., squash, carrot)
- ✓ 100% frozen unsweetened juice bars
- ✓ Dried fruits (e.g., raisins, cranberries)
- ✓ 100% fruit or vegetable leathers (with no sugar added)
- ✓ Baked potato

### NUTRIENT CRITERIA:

- No more than 3 g fat/serving
- No more than 2 g saturated and trans fat/serving
- 2 g or more fibre /serving
- Less than 480 mg sodium/serving
- No added sugars

### FOOD FOR THOUGHT:

- Choose fresh local fruits and vegetables in season. Use frozen or canned items to increase variety when fresh choices are unavailable.

- Choose 100% juice.
- Choose items with a fruit or vegetable as a first or second ingredient, not including water.
- Choose items "low in fat," "low in saturated fat," "trans fat free," "lower in salt," or "a source of fibre."
- Choose items without artificial sweeteners.
- Dried fruits (e.g., raisins, 100% leathers) stick to teeth and are best eaten as part of meals.
- 100% juice or "100% juice from concentrate" is part of the vegetables and fruit group. (NOTE: This may include 100%

juice to which nutrients like calcium, vitamin D, and water have been added.)

- Many containers of juice contain more than 500 mL and are equivalent to 4 servings of fruit and vegetables. Consider limiting the serving size of juice to 250 mL (2 servings) to be sure it does not replace other nutritious foods and beverages. Be sure to include servings of fresh fruit and vegetables in season, which also contain a source of fibre.

## milk products

- ✓ Lower fat milk (2% or less MF) including flavoured milks (e.g., chocolate, banana)
- ✓ Lower fat (2% or less MF) fortified soy beverages, original or flavoured
- ✓ Lower fat (2% or less MF) yogurt, plain or fruit-based
- ✓ Yogurt tubes (2% or less MF)
- ✓ Cheese (20% MF or less; e.g., part skim mozzarella, cheddar)
- ✓ Cheese strings (20% MF or less)
- ✓ Milk-based soups (2% or less MF)

- ✓ Yogurt drinks (2% or less MF)
- ✓ Lower fat soy yogurts and cheese products
- ✓ Smoothies made with Maximum Nutrition ingredients

### NUTRIENT CRITERIA:

- No more than 5 g total fat/serving (e.g., 250 mL)
- No more than 4 g saturated and trans fat /serving
- Less than 480 mg sodium/serving
- Lower fat flavoured milks should contain less than 28 g sugar /250 mL serving

### FOOD FOR THOUGHT:

- Choose lower fat milk products with 2% or less MF.
- Choose cheeses with less than 20% MF.
- Choose items where milk is the first or second ingredient, not including cream.
- Choose items without artificial sweeteners.
- Flavoured milks contain some added sugar (usually a little over 2 teaspoons or 10 g). These beverages should contain no more than 28 g of sugar (this includes naturally occurring and added sugars combined).

- Large portions of milk can affect a student's appetite for other healthy foods. For this reason, consider serving 250 mL for younger grades (P-6) and 500 mL portions for upper grades (7-12).

MF = milk fat      BF = butter fat

## meat + alternatives

- ✓ Chicken, turkey
- ✓ Fish and seafood
- ✓ Lean meat: beef, pork, lamb
- ✓ Lean deli meats (e.g., ham, roast beef, turkey, chicken)
- ✓ Meatballs or meat loaf made with lean meat or poultry
- ✓ Canned fish packed in water
- ✓ Eggs (e.g., hard cooked) or egg substitute
- ✓ Legumes (dried peas, beans, lentils) cooked or canned
- ✓ Split pea or lentil soups
- ✓ Peanut butter or other nut butters (where allergies permit)

- ✓ Vegetarian or soy/tofu/lentil burgers
- ✓ Dry-roasted nuts and seeds (no added salt or oil)
- ✓ Soy nuts (no added salt or oil)
- ✓ Hummus
- ✓ Bean-based dips

### NUTRIENT CRITERIA:

- No more than 5 g total fat/serving (50-100 g cooked)
- No more than 3 g saturated and trans fat/serving
- Less than 480 mg/sodium serving

### FOOD FOR THOUGHT:

- Choose lean or extra lean meat, poultry, and fish.
- Choose meat alternatives like lentils, beans, and tofu.
- Choose nuts with no added fat, salt, or sugar (where allergies permit).
- Prepare items by broiling, baking, roasting, and stir-frying.
- Some children have life-threatening allergies to peanuts and other foods. Schools should refer to board policies that protect children with allergies.
- Lean refers to 10% or less fat (17% or less for ground meats

and poultry). Extra lean refers to 7.5% or less fat (10% or less for ground meats and poultry).

- Meat and alternatives in the Maximum Nutrition list are good sources of protein that are lower in fat. Foods like lentils and beans also provide a source of fibre.
- Nuts and seeds are higher in healthy, unsaturated fats but also provide nutrients. Consider limiting serving sizes to 50 mL (3 Tbsp).

## mixed foods

- ✓ Whole wheat pasta salad, preferably with vegetables
- ✓ Whole wheat macaroni and cheese
- ✓ Whole wheat pasta dishes or casseroles made with tomato sauce and/or vegetables (e.g., spaghetti)
- ✓ Pizza buns on whole wheat/grain English muffins, with lots of vegetables and part-skim mozzarella cheese
- ✓ Cheese pizza made with whole wheat crust
- ✓ Vegetarian pizza or panzarotti with vegetables and part-skim mozzarella cheese
- ✓ Vegetable sticks or fruit pieces served with lower fat dip (e.g., yogurt)
- ✓ Salad (e.g., any mix of greens and/or vegetables and fruit, preferably served with lower fat dressing)
- ✓ Fruit smoothies (made with fruit, 100% juice, and/or lower fat milk and yogurts)
- ✓ Frozen banana pops rolled in yogurt and granola

- ✓ Yogurt and fruit or yogurt parfaits with lower fat granola
- ✓ Grilled cheese sandwich made with lower fat cheese and served on whole wheat bread
- ✓ Vegetable pita or tortilla wrap (whole wheat)
- ✓ Vegetable stir fries
- ✓ Cabbage rolls
- ✓ Vegetable-based chowders made with milk (e.g., corn)
- ✓ Meat, poultry, or fish stew, preferably with lots of vegetables
- ✓ Fish chowder (milk-based) served with a whole grain roll
- ✓ Egg salad sandwich made with lower fat mayonnaise and served on whole grain bread
- ✓ Hummus and whole wheat pita bread
- ✓ Chili with lean ground beef and lots of beans and vegetables
- ✓ Falafel (chickpea patties)

- ✓ Nut bars with dried fruit (where allergies permit)
- ✓ Souvlaki, tzatziki (yogurt, cucumber, and herb dip), and whole wheat pita
- ✓ Shepherd's pie
- ✓ Submarine/sandwiches with lean deli meats (turkey, ham, roast beef) and fillings (egg, tuna salad, vegetable) on whole wheat/grain buns or breads
- ✓ Stir fries with meat, poultry, seafood, and vegetables
- ✓ Hamburgers made with lean or extra lean beef
- ✓ Baked burritos or soft tacos (bean or meat) made with whole wheat flour tortillas, served with vegetable sticks/ salad
- ✓ Fajitas served on whole wheat flour tortillas
- ✓ Sweet and sour meatballs served on brown rice

### FOOD FOR THOUGHT:

- Choose items that contain ingredients from the four food groups of the Maximum Nutrition list.
  - Choose items that are "low or lower in fat," "low in saturated fat," "trans fat free," "lower in salt," or are a "source of fibre."
- NOTE:** Some of these meals may be higher in salt.

**water:** plain, unsweetened, unflavoured water with no additives (e.g., caffeine, herbals) or artificial sweeteners

**herbs and spices:** A variety of herbs, spices, and seasonings can be used to enhance the flavour and enjoyment of foods and beverages.

**salt should be used sparingly.**

## serve in small amounts with meals

These items may be used to enhance the flavour of foods of Maximum and Moderate Nutrition. They should be used in teaspoon (5 mL) or tablespoon (15 mL) servings.

### HEALTHIER OPTIONS:

- ✓ Salsa
- ✓ Bean dip
- ✓ Tzatziki (yogurt, cucumber, and herb dip)
- ✓ Yogurt-based fruit dip
- ✓ Lower fat spreads, dips, dressings, or mayonnaise
- ✓ Tomato sauces
- ✓ Vegetable oils (e.g., olive, canola)

### REGULAR OPTIONS:

- ✓ Butter
- ✓ Margarine (non-hydrogenated)
- ✓ Regular salad dressings and dips
- ✓ Mayonnaise
- ✓ Ketchup
- ✓ Mustard
- ✓ Relish
- ✓ Pickles
- ✓ Soy sauce
- ✓ Hot sauce

- ✓ Sour cream
- ✓ Cream cheese (light, flavoured, regular)
- ✓ Gravies
- ✓ Jam, jelly
- ✓ Honey
- ✓ Caramel sauce
- ✓ Whipped cream or non-dairy whipped topping (for those with allergies)

**NOTE:** Cream cheese is not a source of calcium like other types of cheese and is mostly fat. For this reason, it appears in this list.



Denotes salty foods



Denotes sticky foods





These foods and beverages contain essential nutrients for growth, learning, and health but may be lower in fibre and higher in fat, salt, sugar, or processing. These items may contain artificial sweeteners.

They can be served and sold no more than 2 times per week or make up no more than 30% of choices at one location.

## grain products

- ✓ White, 60% whole grain, or enriched bread, rolls, buns, bagels, bannock, chapattis, naan, English muffins, pancakes, waffles, pita bread, tortillas, pizza dough
- ✓ White or flavoured (e.g., spinach, tomato), enriched pasta
- ✓ White rice or rice noodles
- ✓ Cereal made with whole grains, but containing some added sugar (e.g., instant flavoured oatmeal, honey oat cereals, frosted mini wheat squares)
- ✓ Granola-type cereals
- ✓ Fruit or vegetable-based loaves or breads (e.g., banana, zucchini) made with white enriched flour
- ✓ Corn bread
- ✓ Bread stuffing
- ✓ Non-whole grain crackers

- ✓ Melba toast or white bread sticks
- ✓ Couscous
- ✓ Noodle or rice soups, preferably with vegetables
- ✓ Biscuits or scones
- ✓ Cereal bars
- ✓ Plain granola bars (not dipped in chocolate or yogurt, no added chocolate chips, marshmallows, candy, etc.)
- ✓ Fig-filled cookies
- ✓ Graham crackers or digestive cookies
- ✓ Goldfish-shaped crackers or animal-shaped crackers
- ✓ Cookies (made with oatmeal, dried fruit, and preferably whole wheat flour)
- ✓ Pretzels (soft or hard, preferably unsalted)
- ✓ Baked potato chips or tortilla chips
- ✓ Bagel or pita chips (lower fat, plain or seasoned)

- ✓ Crisp rice cereal squares
- ✓ Plain or flavoured air popped or low fat microwave popcorn
- ✓ Plain or flavoured rice cakes, corn cakes, or rice crackers

### NUTRIENT CRITERIA:

- No more than 5 g total fat/serving
- No more than 2 g saturated and trans fat/serving
- May contain more than 480 mg but less than 960 mg of sodium/serving
- May contain added sugar or artificial sweeteners

### FOOD FOR THOUGHT:

- Choose these less often because they may be higher in sugar, fat, and salt, and lower in fibre.
- When choosing, select items that list grains as the first or second ingredient.
- When choosing, select items that contain enriched white flours or mixed flours (e.g., 60% whole wheat).
- When choosing, select items "lower in fat," "low in saturated fat," "trans fat free," "lower in salt," or "reduced in sugar."
- White or enriched grain products may contain less fibre per serving.
- Ready-to-eat breakfast cereals in this group may contain less than 2 g fibre or contain artificial sweeteners. Choose cereals that contain whole grains as the first ingredient. Limit those containing high amounts of sugar (e.g., greater than 10 g or 2 teaspoons per serving).

## vegetables + fruit

- ✓ Fruit in light syrup or with sugar added
- ✓ Applesauce or fruit blends with sugar added
- ✓ Vegetables with sauces or breadcrumbs
- ✓ Vegetable soup (tinned or commercially prepared)
- ✓ Oven-prepared French fries containing no trans fats and that fit with the Nutrition Criteria

### NUTRIENT CRITERIA:

- Less than 5 g total fat/serving
- Less than 2 g saturated and trans fat/serving
- May contain less than 2 g fibre/serving
- May contain more than 480 mg but less than 960 mg sodium/serving
- May contain added sugar or artificial sweetener

### FOOD FOR THOUGHT:

- Choose these less often because they may contain added sugar, salt, or sweeteners.
- Choose fresh local vegetables and fruit in season. Use frozen or canned items to increase variety when fresh choices are unavailable.
- When choosing, select items that list a vegetable or fruit as the first or second ingredient, not including water.
- When choosing, select items "lower in fat," "low in saturated fat," "trans fat free," "lower in salt," or "reduced in sugar."
- Artificial sweeteners may be present.
- Commercially prepared French fries and similar vegetable products can be high in salt and fat. When looking for items to serve and sell, choose those that have not been previously deep fried and

meet the less than 5 g of total fat per serving, less than 2 g saturated and trans fat (i.e., do not contain hydrogenated fat), and less than 960 mg of sodium criteria. These items may need to be served as a side dish rather than as a main menu item.

The following terms in ingredient lists show that there are added sugars in a food or beverage: sugar, any word ending in "ose," sucrose, glucose, fructose, dextrose, maltose; syrups such as cane syrup, rice syrup, corn syrup, maple syrup; honey, molasses.

Any of these names on a package or ingredient list indicate that a food or beverage is artificially sweetened: Splenda (Sucralose), Nutrasweet (Aspartame, Sweet 'n Low, Sugar Twin), Acesulfame Potassium (Ace-K), Cyclamate (Sugar Twin, Sucaryl), sugar alcohols (maltitol, sorbitol, xylitol, polydextrose). Some foods

are also sweetened with stevia. Stevia is a herb that is not approved by Health Canada.

"Fruit" drinks, -ades, cocktails, punches, beverages, etc., contain added sugar, water, flavourings, artificial sweeteners, and sometimes colours and do not provide a serving of fruit. This also includes items labelled, "made with juice" or "contains juice."

## milk products

- ✓ Whole milk and flavoured milks (no more than 3.25% MF)
- ✓ Cottage cheese preferably lower fat (i.e., 2% or less milk fat)
- ✓ Higher fat cheese (i.e., more than 20% MF but less than 32% MF)
- ✓ Yogurt and yogurt drinks containing more than 2% MF
- ✓ Milk-based pudding (lower fat)
- ✓ Processed cheese products (e.g., slices, spread)
- ✓ Hot chocolate made with milk (2% MF or less)
- ✓ Frozen yogurt (lower fat)
- ✓ Ice milk (i.e., single-portion cups)
- ✓ Custard

### NUTRIENT CRITERIA:

- No more than 8 g total fat/serving
- No more than 5 g saturated and trans fat/serving
- May contain more than 480 mg but less than 960 mg sodium/serving
- Flavoured milk with no more than 28 g sugar/250 mL serving; artificial sweetener may be present

### FOOD FOR THOUGHT:

- Choose these less often because they are higher in total fat or saturated fat: whole (3.25% MF) milk and yogurt, and cheese with more than 20% MF but less than 32% MF.
- When choosing, select items that list milk as the first or second ingredient, not including cream.
- Cottage cheese does not provide the calcium other cheeses do, but it does provide other important nutrients found in milk. It is also higher in salt. For this reason it appears on the Moderate Nutrition list.
- Choose items containing artificial sweetener less often.
- MF = milk fat

## meat + alternatives

- ✓ Meatballs/meatloaf made with regular ground beef
- ✓ Nuts and seeds (salted, seasoned, and or roasted in oil) (where allergies permit)
- ✓ Fish canned in oil
- ✓ Some marinated meats or poultry
- ✓ Some jerky style products (e.g., beef)

### NUTRIENT CRITERIA:

- No more than 10 g total fat /serving (50–100 g cooked)
- No more than 4 g saturated and trans fat per serving
- May contain more than 480 mg but less than 960 mg sodium per serving

### FOOD FOR THOUGHT:

- Choose these less often because they are higher in fat or saturated fat: meat, poultry, and fish that are outside of the Maximum Nutrition criteria.
- When choosing, select items that list a meat or an alternative as a first or second ingredient.

## mixed foods

- ✓ Enriched white macaroni and cheese
- ✓ Fruit crisps
- ✓ Sloppy Joes
- ✓ Frozen pasta and sauces (tomato-based)
- ✓ Hard tacos (meat or poultry)
- ✓ Pizza made with lean deli meats (ham, ground beef)
- ✓ Lasagna made with white, enriched noodles
- ✓ Bacon, lettuce, and tomato sandwich
- ✓ Pasta in cream-based sauces

- ✓ "Salad-type" sandwiches made with full-fat mayonnaise or dressing (e.g., egg, chicken, tuna)
- ✓ Canned soups
- ✓ Quiche
- ✓ Grilled cheese (more than 20% MF) sandwich on white bread
- ✓ Tuna/salmon and cracker snack packs
- ✓ Peanut butter and cracker snack packs (where allergies permit)

### FOOD FOR THOUGHT:

- Choose these items less often because they use or contain ingredients from the four food groups of the Moderate Nutrition list. Foods can be made to fit the Maximum Nutrition list if healthier ingredients are used, as defined by the Maximum Nutrition list.
- When choosing, select items "lower in fat," "low in saturated fat," "trans fat free," "lower in salt," or "reduced in sugar."
- NOTE: Some of these items may be higher in salt.

water: plain, unsweetened, unflavoured water with no additives (e.g., caffeine, herbals) or artificial sweeteners

herbs and spices: A variety of herbs, spices, and seasonings can be used to enhance the flavour and enjoyment of foods and beverages.

salt should be used sparingly

## serve in small amounts with meals

These items may be used to enhance the flavour of foods of Maximum and Moderate Nutrition. They should be used in teaspoon (5 mL) or tablespoon (15 mL) servings.

### HEALTHIER OPTIONS:

- ✓ Salsa
- ✓ Bean dip
- ✓ Tzatziki (yogurt, cucumber, and herb dip)
- ✓ Yogurt-based fruit dip
- ✓ Lower fat spreads, dips, dressings, or mayonnaise
- ✓ Tomato sauces
- ✓ Vegetable oils (e.g., olive, canola)

### REGULAR OPTIONS:

- ✓ Butter
- ✓ Margarine (non-hydrogenated)
- ✓ Regular salad dressings and dips
- ✓ Mayonnaise
- ✓ Ketchup
- ✓ Mustard
- ✓ Relish
- ✓ Pickles
- ✓ Soy sauce
- ✓ Hot sauce

- ✓ Sour cream
- ✓ Cream cheese (light, flavoured, regular)
- ✓ Gravies
- ✓ Jam, jelly
- ✓ Honey
- ✓ Caramel sauce
- ✓ Whipped cream or non-dairy whipped topping (for those with allergies)

NOTE: Cream cheese is not a source of calcium like other types of cheese and is mostly fat. For this reason, it appears in this list.

Denotes salty foods

Denotes sticky foods





These foods and beverages offer minimal nutritional value, are very high in sugar, fat, salt, caffeine, artificial sweeteners, or processing, and tend to replace nutritious foods when available as meals and snacks.

These foods and beverages can be served or sold only once or twice a month as part of Special Functions along with items of Maximum and Moderate Nutrition.

## food for thought

- These items will not be served or sold as part of regular cafeteria, canteen, vending, breakfast, lunch, or snack menus. As well, they will not be served or sold as part of school fundraising campaigns.
  - Special Functions will emphasize food and beverages of Maximum and Moderate Nutrition. However, because food is a significant part of many cultural or traditional celebratory events, some items listed may be served during Special Functions. Special Functions are events that may occur once or twice a month and include special occasions and in-school celebrations (e.g., parent-teacher night, Remembrance Day, school bazaar, Spring Fling, Halloween, Christmas bake sales).
- NUTRIENT CRITERIA:**
- Food and beverages containing more than 960 mg of sodium.
  - Grain products and vegetables and fruit containing more than 5 g total fat/serving and more than 2 g saturated and trans fat/serving.
  - Vegetables and fruit juices that are less than 100% juice.
  - Milk products (e.g., milk, yogurt) that contain more than 3.25% MF.
  - Cheese products that contain more than 32% MF.
  - Flavoured milks containing more than 28 g sugar/250 mL serving.
  - Meat and alternatives containing more than 10 g total fat/serving (50–100 g) and more than 4 g saturated and trans fat/serving.
  - Artificial sweetener in any item on this list.

## mixed foods

### MIXED FOODS

- ✓ Hot dogs or corndogs
- ✓ Battered, fried, or previously deep fried items (e.g., French fries, fish burgers or sticks, onion rings, clams, chicken nuggets or burgers, chicken, zucchini, mushrooms, cheese, etc.)
- ✓ Potted meats (e.g., pot pies and canned meats/meat spreads)
- ✓ Pizza with processed high fat meat (e.g., pepperoni, salami, sausage) and a mix of cheeses
- ✓ Pastry-based pizza pockets
- ✓ Donairs
- ✓ Egg rolls
- ✓ Poutine
- ✓ Sausage rolls
- ✓ Chicken wings
- ✓ Dried instant noodles and single serve dried soup mixes

### SNACK OR PROCESSED FOODS:

- ✓ Granola bars dipped in chocolate or yogurt, or with chocolate chips, marshmallows
- ✓ Candy bars: hard, soft, chewy, including those fortified with nutrients
- ✓ Chocolate bars
- ✓ Chocolate-coated candy
- ✓ Licorice
- ✓ Artificial fruit snacks and roll-ups
- ✓ Gum
- ✓ Sesame snaps
- ✓ Banana chips
- ✓ Fruit gels or jellied desserts
- ✓ Meal replacement bars, protein bars, or energy bars
- ✓ Canned fruit in heavy syrup
- ✓ Popcorn popped in hydrogenated oil, sweetened, candied, or with excess butter
- ✓ Chips that do not meet the Nutrition Criteria (e.g., potato, corn, wheat, or multigrain)
- ✓ Cheesies and flavoured puffs
- ✓ Corn nuts
- ✓ Ready-to-eat cereals that are very high in sugar (e.g., fruit flavoured O's)

### BEVERAGES:

- ✓ All pop: regular and diet
  - ✓ Flavoured waters containing artificial flavours, herbals vitamins, minerals or sweeteners
  - ✓ Sports drinks: all flavours
  - ✓ Sweetened fruit beverages or drinks (e.g., punches, cocktails, "ades")
  - ✓ Slushes made with artificial fruit, sugar, and colouring
  - ✓ Hot chocolate made with water
  - ✓ Coffee beverages (e.g., latte, milk-based)
  - ✓ Meal replacement shakes or beverages
  - ✓ Iced tea (all flavours)
  - ✓ Energy drinks or herbal drinks
  - ✓ Lemonades
  - ✓ Coffee
  - ✓ Tea
- Fruit drinks and beverages often provide excess sugar, caffeine, artificial sweeteners, artificial colours, salt, and herbal ingredients and can replace healthier food and beverages in students' diets.
  - Water and juices provide enough fluid to replace losses in sweat during hot weather or physical activities. For this reason, sport/ electrolyte beverages are not served and sold in schools.

### BAKED GOODS:

- ✓ Doughnuts
- ✓ Pastries, turnovers, danishes, croissants
- ✓ Cake or cupcakes
- ✓ Tarts
- ✓ Pie
- ✓ Novelty cakes
- ✓ Squares (e.g., brownies)
- ✓ Cookies with sweet filling, icing, and/or chocolate

### FROZEN NOVELTIES:

- ✓ Popsicles and freezies
- ✓ Ice cream and frozen novelties (e.g., drumsticks, etc.)
- ✓ Milkshakes
- ✓ Egg-nogs
- ✓ Sherbet

## background + tips

### CANADA'S FOOD GUIDE TO HEALTHY EATING:

Together, the four food groups of *Canada's Food Guide to Healthy Eating* provide the necessary energy and nutrients for growth, development, health, learning, and physical activity. For this reason it is important to include choices from each of the four food groups, as well as choices from within each food group every day.

Refer to *Canada's Food Guide to Healthy Eating* or visit the Health Canada website ([www.hc-sc.gc.ca/](http://www.hc-sc.gc.ca/)) and click on Food & Nutrition and then on Canada's Food Guide to Healthy Eating for an online guide and resources. An updated version of the food guide is coming soon.

### SERVING SIZES:

*Canada's Food Guide to Healthy Eating* provides information on serving sizes that may or may not be the same as those listed on food packages. The portion or amount of food that should be eaten at meals depends on age, body size, activity level, and whether the person is male or female, among other factors. The portion sizes of food and beverages have increased over the years (e.g., super size). Research tells us that people tend to eat and drink more when food and beverages are served in bigger containers or portions. *Canada's Food Guide to Healthy Eating* provides some examples of portion sizes for each food group. A serving of each different food within one food group is approximately equal (in the nutrients that are key to that food group) to every other food in that group. This does not mean that a school meal has to provide the "exact" serving size, as described in *Canada's Food Guide to Healthy Eating* for each food group; rather it serves as a guideline.

For information on reading nutrition labels visit: [www.healthyeatinginstore.ca/](http://www.healthyeatinginstore.ca/)

### GRAIN PRODUCTS:

Whole grains (e.g., whole wheat bread, oatmeal, brown rice, etc.) are an important source of fibre, which is necessary for a healthy digestive system. Whole grain and enriched products provide a source of energy, iron, magnesium, and B vitamins.

### TIPS FOR INCLUDING MORE WHOLE GRAIN PRODUCTS:

- ✓ Serve bags of trail mix or ready-to-eat whole grain cereals (e.g., toasted oat O's, shredded wheat, oatmeal squares, etc.) and dried fruit and nuts\*.
- ✓ Use whole wheat pasta in macaroni and cheese and other pasta dishes. Start by using whole wheat and white noodles together.
- ✓ Use whole wheat pizza crusts and tortilla wraps.
- ✓ Introduce whole grain breads by making sandwiches with both white and whole grain breads.
- ✓ Serve muffins made with bran and fruit.
- ✓ Serve whole grain crackers with cheese and soups.

\*Refer to allergy policies in your school board

### VEGETABLES AND FRUIT:

Vegetables and fruit contain a variety of important nutrients like vitamins A, C, and folate and the minerals iron and magnesium. A number of these nutrients are found in dark green, red, and orange vegetables and in orange fruits. For this reason, *Canada's Food Guide to Healthy Eating* recommends they be chosen more often. This food group also contributes energy, fibre, and plant compounds (phytochemicals), which are thought to contribute to health and reduce cancer risk.

### TIPS FOR INCLUDING MORE VEGETABLES AND FRUIT:

- ✓ Include a vegetable or fruit as part of daily meals or specials.
- ✓ Offer a fresh fruit or raw vegetable snack or canned fruit cup in the canteen. Try wedges of orange, melon, small bunches of grapes, banana, carrot coins, turnip and celery sticks, broccoli flowerets, etc.
- ✓ Set up a salad bar or fruit parfait bar – start with once per month or once per week.
- ✓ Serve a hearty vegetable soup, stir fry, or baked potato stuffed with healthy toppings such as salsa.
- ✓ Add vegetables like tomato, cucumber, peppers, mushrooms, and celery to sandwich fillings.
- ✓ Serve a hearty vegetarian pizza.

Hold student taste tests to increase exposure to and acceptability of new foods such as fruits and vegetables!

### MILK PRODUCTS:

Lower fat milk products such as white and flavoured milks (e.g., chocolate, banana, strawberry, etc.), yogurts and cheeses provide high-quality protein, vitamins such as B12, and the minerals calcium, zinc, and magnesium. In addition, all fluid milks have vitamins A and D added, which, in combination with the other nutrients, are essential for the growth and development of bones and teeth. Milk and yogurt with a fat content of 2% milk fat (MF) or less and cheese with 20% or less MF are considered lower fat choices.

### TIPS FOR INCLUDING MORE MILK PRODUCTS:

- ✓ Serve smoothies made with lower fat milk, yogurt, and fruit.
- ✓ Serve milk-based soups and chowders.
- ✓ Include lower fat yogurt as a dip for fruit.
- ✓ Shred lower fat cheese such as mozzarella and include in sandwiches, salads, wraps, and on baked potato.
- ✓ Try a yogurt parfait bar with healthy toppings such as fresh or dried fruit and granola-type cereal.

### MEAT AND ALTERNATIVES:

Meat, poultry, and fish, in addition to alternatives such as dried peas, beans, lentils, eggs, and nuts, provide protein for the growth and maintenance of body tissues. This food group also provides a source of B vitamins such as B12 (in animal-based foods only) and folate, and the minerals iron, zinc, and magnesium. The fat content of meats varies widely, with highly processed meats (e.g., salami, bologna, wieners, etc.) and highly marbled cuts containing the most fat. *Canada's Food Guide to Healthy Eating* recommends choosing leaner meats, poultry, and fish and meat alternatives more often.

### TIPS FOR INCLUDING MORE MEAT ALTERNATIVES:

- ✓ Serve hummus and pita wedges as a snack.
- ✓ Offer hard boiled eggs or egg salad.
- ✓ Include tofu in stir fries.
- ✓ Serve lentil or split pea soups.
- ✓ Add dried beans and peas to soups and chili.
- ✓ Offer soy nut or almond butter as an alternative to peanut butter\*.

\*Refer to allergy policies in your school board

### OTHER FOODS:

"Other Foods" are items that do not fit into any of the four food groups of *Canada's Food Guide to Healthy Eating* (e.g., butter, salad dressing, candy, soft drinks, chips, coffee, tea, ketchup). They can add taste and enjoyment to meals and snacks but tend to be high in fat, salt, sugar, and/or artificial sweeteners. Most have little nutritional value. These foods and beverages provide few nutrients needed for growth and development. As well, they can fill up the stomachs of children and youth, as well as adults, leaving little room for nutritious foods and beverages.

water: plain, unsweetened, unflavoured water with no additives (e.g. caffeine, herbals) or artificial sweeteners

herbs and spices: A variety of herbs, spices, and seasonings can be used to enhance the flavour and enjoyment of foods and beverages.

salt should be used sparingly

## serve in small amounts with meals

These items may be used to enhance the flavour of foods of Maximum and Moderate Nutrition. They should be used in teaspoon (5 mL) or tablespoon (15 mL) servings.

### HEALTHIER OPTIONS:

- ✓ Salsa
- ✓ Bean dip
- ✓ Tzatziki (yogurt, cucumber, and herb dip)
- ✓ Yogurt-based fruit dip
- ✓ Lower fat spreads, dips, dressings, or mayonnaise
- ✓ Tomato sauces
- ✓ Vegetable oils (e.g., olive, canola)

### REGULAR OPTIONS:

- ✓ Butter
- ✓ Margarine (non-hydrogenated)
- ✓ Regular salad dressings and dips
- ✓ Mayonnaise
- ✓ Ketchup
- ✓ Mustard
- ✓ Relish
- ✓ Pickles
- ✓ Soy sauce
- ✓ Hot sauce

- ✓ Sour cream
- ✓ Cream cheese (light, flavoured, regular)
- ✓ Gravies
- ✓ Jam, jelly
- ✓ Honey
- ✓ Caramel sauce
- ✓ Whipped cream or non-dairy whipped topping (for those with allergies)

**NOTE:** Cream cheese is not a source of calcium like other types of cheese and is mostly fat. For this reason, it appears in this list.

 Denotes salty foods

 Denotes sticky foods

