

## AP 560 Appendix – FOOD AND NUTRITION GUIDELINES

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### “Choose Most Often”

#### **Grain Products**

- ◆ Whole grain, whole wheat or multi-grain buns, bread, bagels, pitas, English muffins, tortillas
- ◆ Baked whole wheat bannock
- ◆ Cold/ hot cereal with greater than 2 g fibre, sugar is not first ingredient
- ◆ Granola/cereal bars, not dipped and less than 12 g sugar
- ◆ Baked goods with less than 10 g fat and less than 12 g sugar
- ◆ Whole grain, bran muffins, pancakes, loaves, waffles
- ◆ Wild rice, brown rice
- ◆ Whole wheat pasta, noodles
- ◆ Barley
- ◆ Whole wheat couscous

*Whole grain products are preferred over enriched grain products.*

#### **Vegetable and Fruit**

- ◆ Fresh vegetables and fruit
- ◆ Frozen/canned vegetables and fruit without sugar added or salt
- ◆ Unsweetened applesauce
- ◆ Frozen 100% fruit juice bars
- ◆ Baked, boiled or mashed potatoes
- ◆ Vegetable soups
- ◆ Salad: tossed, coleslaw, fruit or vegetable (low fat dressing)

*Choose dark green and orange ones first!*

#### **Milk and Alternatives**

- ◆ Skim, 1%, 2% milk
- ◆ Milk based soups
- ◆ Cottage cheese
- ◆ Smoothies made with yogurt and milk
- ◆ Cheese, cheese strings with less than 20% M.F.
- ◆ Yogurt (plain, unsweetened, or low fat)
- ◆ Fortified Soy beverages

#### **Meat and Alternatives**

- ◆ Fresh or frozen, lean chicken, turkey, beef, pork
- ◆ Fish and seafood fresh or frozen, not battered or fried
- ◆ Lean or extra lean ground meat
- ◆ Wild meat
- ◆ Canned tuna, salmon, chicken, ham, crab
- ◆ Dried peas, beans and lentils

**OFFER WATER FOR THIRST!**

## **“Choose Sometimes”**

### **Grain Products**

- ◆ Enriched (white) bread, pita, bagels, tortillas, English muffins, or bannock
- ◆ Biscuits, scones, breadsticks
- ◆ Cold/hot cereal made with whole grain or enriched flour or rice and 12 g or less sugar
- ◆ Long grain rice, rice cakes
- ◆ Enriched (white) pasta
- ◆ Crackers made with whole grain/enriched white flour or rice with less than 480mg sodium
- ◆ Granola/cereal bars, not dipped with less than 12 g sugar
- ◆ Baked goods with less than 10g fat and less than 12 g sugar
- ◆ Muffins
- ◆ Pancakes/ waffles
- ◆ Plain popcorn, sesame bars, rice cakes
- ◆ Pretzels, baked chips

### **Vegetable and Fruit**

- ◆ Canned vegetables and fruits
- ◆ 100% vegetable and fruit juices
- ◆ Canned vegetable soups with less than 480 mg sodium
- ◆ Dried fruits
- ◆ Salsa
- ◆ Fruit and vegetable bars and leathers – check label for vegetable and fruit as the first ingredient
- ◆ Fruit crisps, cobblers

### **Milk and Alternatives**

- ◆ Whole milk flavored milks, smoothies
- ◆ Milkshakes, fruit shakes
- ◆ Hot chocolate made with milk
- ◆ Cheese
- ◆ Cheese slices
- ◆ Processed cheese slices
- ◆ Flavored yogurt
- ◆ Yogurt drinks
- ◆ Milk puddings, custards
- ◆ Frozen yogurt
- ◆ Ice milk

### **Meat and Alternatives**

- ◆ Lean deli meat (turkey, chicken, ham, corned beef, pastrami)
- ◆ Lean preformed hamburger patties
- ◆ Breaded fish or fillets with less than 15 g fat
- ◆ Nuts and seeds-salted, sweetened
- ◆ Processed meats
- ◆ Canned beans with less than 480g

### **“Choose Sometimes”**

**Combination Foods:** Pizza, pasta salad, taco salad, submarine sandwiches.

*To serve these foods more often use ingredients from the “Choose Most Often” category*

**Prepared Mixed Dishes:** Product must contain at least **two food groups**. Preference should be given to food items with **a vegetable listed in the first three ingredients**. Most recommended products should have a meat, milk or alternative to provide protein.

#### **When choosing Prepared Mixed Dishes**

- ◆ Subs, wraps pitas
- ◆ Sloppy Joes
- ◆ Soft tacos
- ◆ Baked potatoes with low fat topping
- ◆ Smoothies made with milk and fruit
- ◆ Quesadillas with less than 3 g fat
- ◆ Pasta dishes with less than 3 g fat
- ◆ Pizza, calzones, fajitas with less than 3 g fat
- ◆ Casseroles containing vegetables
- ◆ Stir-fry
- ◆ Pasta and pasta salad with vegetables
- ◆ Snack kits (tuna/crackers, pizza)
- ◆ Trail mix with nuts and fruit
- ◆ Canned soups/stews with less than 960 mg of sodium
- ◆ Chunky soups/bean soups with less than 3 g fat and 960 mg sodium

*To serve these foods more often use ingredients from the “Choose Most Often” category*

**“Choose Least Often”**

These foods are not appropriate for school nutrition meal/ snack programs. They are high in fat, sugar and/or salt. These foods are not recommended.

- ◆ Rice krispie cake/puffed wheat cake
- ◆ Cakes, sticky buns
- ◆ Cake muffins, muffins and fruit loaves from mixes
- ◆ Cookies (with sweet icing or filling)
- ◆ Dipped granola bars
- ◆ Flavored popcorn
- ◆ Instant Noodles
- ◆ Packaged Noodle soup
- ◆ Pastry, Danishes doughnuts
- ◆ Pre-Sweetened breakfast cereal with 8 g sugar or more
- ◆ Fruit flavored crystals drinks, fruit beverages, cocktail nectars, punches, blends, etc.
- ◆ Sports drinks
- ◆ Coffee, tea, iced tea
- ◆ Hot Chocolate made with water/milk
- ◆ Marshmallows
- ◆ Frozen ice treats (e.g. Popsicles)
- ◆ Flavored gelatin

**“Not to be Served or Sold at Elementary Schools”**

These foods are not to be sold or served to students at any time.

- ◆ Potato chips
- ◆ Cheezies
- ◆ Chocolate bars
- ◆ Candy
- ◆ Pop
- ◆ Slushies
- ◆ Fruit flavored snacks

**Condiments – These foods should be used in small amounts (e.g. 1-2 teaspoons).**

- ◆ Syrups, honey
- ◆ Jams, jellies
- ◆ Cream, whipping cream
- ◆ White and brown sugar
- ◆ Salad dressing, vegetable dips
- ◆ Gravy
- ◆ Sour cream
- ◆ Non-dairy creamers and whipping topping
- ◆ Ketchup, mustard, relish
- ◆ Pickles
- ◆ Soya sauce
- ◆ Bacon Bits

**There are many resources that offer information in making better food choices for school fundraising, canteens, vending machines, classroom parties, or special events.**

Government of Manitoba, Healthy Child Manitoba; Manitoba School Nutrition Handbook: Getting Started with Guidelines and Policies  
[www.gov.mb.ca/healthyschools/foodsinschools](http://www.gov.mb.ca/healthyschools/foodsinschools)

Government of Ontario, Ministry of Education; Legislation 2008 Healthy Foods for Healthy Schools; Foundations for a Healthy School

Saskatchewan School Boards Association; research Report #07-08; Food for Thought School Nutrition Policy [www.saskschoolboards.ca](http://www.saskschoolboards.ca)

Saskatchewan School Boards Association, Research Report #04-01 (August 2004) Nutrition guidelines for Schools.

Government of Canada, Health Canada (2007) Eating well with *Canada's Food Guide* and *Canada's Food Guide, First Nations, Inuit and Métis*;  
[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

September 2008; Dieticians of Canada; The Inside Story: An overview of School Nutrition Policies in Canada

Dieticians of Canada, Practice-based Evidence in Nutrition (PEN). School Health; 2007 (retrieved January 6, 2009) [www.dieteticsatwork.com/pen](http://www.dieteticsatwork.com/pen)

[www.dietitians.ca/public/content/eat\\_well\\_live\\_well/english/index.asp](http://www.dietitians.ca/public/content/eat_well_live_well/english/index.asp)  
[www.calgaryhealthregion.ca/programs/nutrition/docs/food\\_guide\\_intro.ppt](http://www.calgaryhealthregion.ca/programs/nutrition/docs/food_guide_intro.ppt)  
[www.calgaryhealthregion.ca/programs/nutrition/services/schoolnutrition.htm](http://www.calgaryhealthregion.ca/programs/nutrition/services/schoolnutrition.htm)

Reference: Sections 85, 87, 108, 109, 175 Education Act