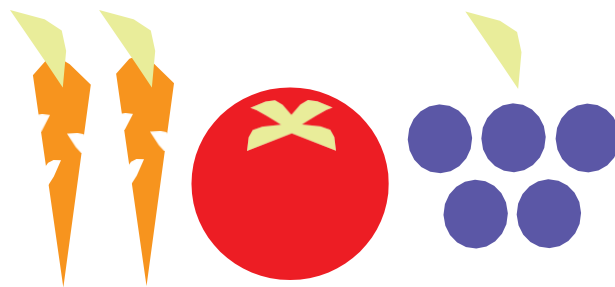


Choosing Foods used with permission from the Nutrition Standards for Saskatchewan Schools. More information may be found at: <https://tinyurl.com/3xdxw9vc>



Vegetables & Fruit

The food belongs in the Vegetables and Fruit group if:

- The first ingredient is a vegetable or fruit.
- Sugar is not the first ingredient (sugar comes in many forms such as honey, molasses, fruit juice and fruit juice concentrate).

Choose dark green and orange vegetables often.

Vegetable and fruit juice must be 100% unsweetened. With these juices, water may be the first ingredient. Make sure the juice does not have the words “made with real fruit juice” or “100% fruit juice” on the label.



Choose Most Often

To meet the **Choose Most Often** standard, the food needs to have:

- no sugar, salt, or fat added

Possible examples of **Choose Most Often** foods:

- fresh vegetables and fruit
- frozen vegetables or fruit without added sugar, salt, fat or sauces
- unsweetened applesauce

Choose Sometimes

Use the Nutrition Facts table on the food package to see if the food meets the **Choose Sometimes** standard:

Vegetables and Fruit

Per specific amount listed on label

Fat 5 g or less

Saturated 2 g or less
+ Trans 0 g

Sodium 300 mg or less

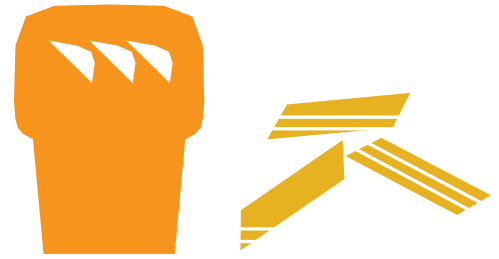
Sugars

- Not the first ingredient

Possible examples of **Choose Sometimes** foods:

- fresh, frozen or canned vegetables with added sugar, salt, fat or sauces
- fruit canned in water, juice and light syrup
- low sodium canned vegetable soup
- 100% unsweetened juice
- dried fruit, 100% fruit leathers, 100% fruit or vegetables bars

Grain Products



The food belongs in the Grain Products group if:

- The first ingredient is a whole grain, enriched wheat flour or rice.

When comparing grain products, choose the ones with more fibre .

Choose Most Often

To meet the **Choose Most Often** standard:

- a whole grain must be the first ingredient
- sugar cannot be the first or second ingredient (sugar comes in many forms such as honey, molasses, fruit juice, fruit juice concentrate)

Possible examples of **Choose Most Often** foods:

- whole grain bread, buns, tortillas, pita bread, baked bannock
- whole grain pasta
- brown or wild rice
- barley or quinoa
- whole grain unsweetened or low sugar cereal
- unsweetened oatmeal

Choose Sometimes

Use the Nutrition Facts table on the food package to see if the food meets the **Choose Sometimes** standard:

Grain Products

Per specific amount listed on label

Fat 7 g or less

Saturated 2 g or less
+ Trans 0 g

Sodium 400 mg or less

Sugars

- 12 g or less
- Not the first ingredient

Possible examples of **Choose Sometimes** foods:

- enriched white bread, buns, tortillas, pita bread, bannock
- enriched pasta
- white rice
- pancakes and waffles
- muffins and loaves
- granola bars (not coated)
- plain popcorn
- rice cakes
- crackers



Milk and Alternatives



The food belongs in the Milk and Alternatives group if:

- The first ingredient is milk or a milk product, not including cream; or
- water is the first ingredient and the second ingredient is soy.

Choose milk daily
for vitamin D.

Almond, rice and other similar beverages are not appropriate milk alternatives because they do not contain the level of protein found in milk or fortified soy beverage.



Choose Most Often

To meet the **Choose Most Often** standard, the food needs to:

- have no sugar added (sugar comes in many forms such as honey, molasses, fruit juice and fruit juice concentrate)
- be low in fat

Possible examples of **Choose Most Often** foods:

- skim, 1% or 2% milk
- fortified, unflavoured soy beverages
- low fat evaporated milk
- plain and unsweetened yogurt

Choose Sometimes

Use the Nutrition Facts table on the food package to see if the food meets the **Choose Sometimes** standard.

Milk and Alternatives

Per specific amount listed on label

Fat 10 g or less

+ Trans 0.5 g or less

Sodium 350 mg or less

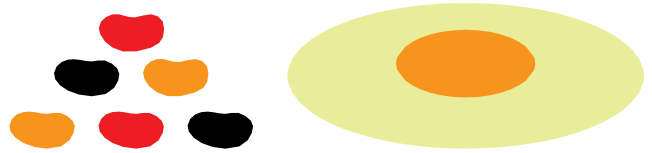
Sugars 25 g or less

Calcium 10% DV or more

Possible examples of **Choose Sometimes** foods:

- whole milk
- flavoured and chocolate milk
- fortified, flavoured soy beverages
- flavoured yogurt
- pudding made with milk
- hot chocolate made with milk
- cheese and string cheese

Meat and Alternatives



The food belongs in the Meat and Alternatives group if:

- The first ingredient listed is a meat (beef, pork, lamb, wild meat, etc), fish, shellfish, poultry, egg, a legume (lentils, chickpeas, kidney beans, etc), nut, seed, tofu or soy.

Include a variety of fish and meat alternatives, such as beans and lentils .



Choose Most Often

To meet the **Choose Most Often** standard, the food needs to be:

- lean, with no breading
- prepared with little or no added fat, salt, or sugar

Possible examples of **Choose Most Often** foods:

- roasted, baked or grilled meat, chicken or fish
- wild meat if butchered in an approved facility
- lean ground meat
- cooked eggs
- canned tuna, salmon and chicken with no salt or oil added
- cooked dried beans, peas and lentils
- tofu and soy burgers
- unsweetened and unsalted seeds, nuts and nut butters

Choose Sometimes

Use the Nutrition Facts table on the food package to see if the food meets the **Choose Sometimes** standard:

Meat and Alternatives

Per specific amount listed on label

Fat 15 g or less

Saturated 5 g or less
+ Trans 0.5 g or less

Sodium 450 mg or less

Sugars

- Not the first ingredient

Protein 5 g or more

Possible examples of **Choose Sometimes** foods:

- fish canned in oil
- breaded fish, meat and chicken
- canned beans and beans with sauce
- lean deli meat such as ham and turkey
- salted and sweetened seeds, nuts and nut butters

Mixed Dishes



The food belongs in the Mixed Dishes group if:

- It contains foods from at least two of the four food groups according to *Canada's Food Guide*.

Choose Most Often

Use the Nutrition Facts table on the food package to see if the food meets the **Choose Most Often** standard.

- the food has to meet the criteria for fat, sodium, sugar, fibre **AND** at least one of the following: Vitamin A, C, calcium or iron.

Mixed Dishes

Per specific amount listed on label

Fat 10 g or less

Saturated 2 g or less
+ Trans 0.5 g or less

Sodium 700 mg or less

Sugars

- Not the first or second ingredient

Fibre 2 g or more

AND

Vitamin A, C, Calcium or Iron

- At least one nutrient is 10% DV or more

Choose Sometimes

Use the Nutrition Facts table on the food package to see if the food meets the **Choose Sometimes** standard.

- the food has to meet the criteria for fat, sodium, sugar and either fibre **OR** one of the following: Vitamin A, C, calcium or iron.

Mixed Dishes

Per specific amount listed on label

Fat 15 g or less

Saturated 6 g or less
+ Trans 0.5 g or less

Sodium 700 mg or less

Sugars

- Not the first or second ingredient

Fibre 2 g or more

OR

Vitamin A, C, Calcium or Iron

- At least one nutrient is 10% DV or more

Possible examples of **Choose Most Often** foods:

- sub or pita sandwiches
- wraps
- tuna and cracker snack kits
- fruit and yogurt smoothies
- frozen entrees that meet the standard



Possible examples of **Choose Sometimes** foods:

- canned soup or stew
- pizza, soft tacos, quesadillas, or fajitas
- stir fry meat and vegetables
- frozen entrees that meet the standard

