

GUIDE TO FOOD CHOICES

The Public Schools Branch encourages choosing the healthiest options from all four food groups from *Eating Well with Canada's Food Guide* for a balanced and healthy diet. Schools should strive to serve foods that are whole, minimally or un-processed, locally-sourced, seasonally available and prepared in a healthy way (e.g., baked, steamed).

The four lists are:

- 1) *Foods to Serve Most Often;*
- 2) *Foods to Serve Sometimes;*
- 3) *Foods to Serve Least Often; and*
- 4) *Healthier Vending Machine and Canteen Foods.*

These lists are meant to assist schools in selecting healthy choices for when food is available (e.g. canteen, lunch program, snack program, breakfast program, emergency food cupboard, etc.). These food lists can also be used as a guide for parents when selecting foods for lunches. Condiments are not included in the food lists; however, it is recommended when consuming condiments, to consume in small amounts (i.e., 1 tsp., 1 tbsp.).

Note: The food lists are not meant to be used by teachers and administrators as a tool to evaluate students' lunches from home. However, they can be used in the classroom to support learning and teach healthy eating.

Foods to Serve Most Often: Serve These Foods Daily

These foods should be the main focus in a healthy diet, with special emphasis on Grain Products and Vegetables and Fruit. Foods on this list tend to be rich in essential nutrients (vitamins, minerals, protein, carbohydrates, etc.), and **are generally low in fat, sugar and sodium (salt)**. These foods are primarily found in the four food groups of *Eating Well with Canada's Food Guide*.

Use These Nutrition Criteria:

Total Fat:	Maximum 5 g per serving of Grain Products, Vegetables & Fruit and Milk & Alternatives. Maximum 10 g per serving of Meat and Alternatives or Combination Foods
Saturated Fat:	Maximum 3 g per serving
Trans Fat Free:	Maximum 0.5 g per serving
Fibre:	Minimum 2 g per serving
Sugar:	Maximum 10 g per serving (excludes natural sugar from fresh fruit, 100% fruit juice and fluid milk)
Sodium:	Maximum 200 mg per serving; Maximum 480 mg per combination foods

Note: 100% fruit juices and lower fat (2% or less) flavoured milks may contain a maximum of 28g sugar per 250 mL serving.

Grain Product	Vegetables and Fruit	Milk and Alternatives	Meat and Alternatives	Combination Foods
<ul style="list-style-type: none"> • <i>Whole grain or whole wheat</i> breads, buns, rolls, bagels, English muffins, pita bread, wraps, tortillas, bannock, naan, roti, waffles pancakes or pizza dough • Low fat, high fibre muffins with vegetables or fruit • Cookies (made with oatmeal or dried fruit and whole wheat flour) • Whole grain, whole wheat crackers, breadsticks or flatbreads (low fat) • Whole grain, unsweetened or low-sugar ready-to-eat cold cereals (e.g. Corn Flakes®, Shreddies®, etc.) • Hot cereals (e.g. oatmeal) • Rice cakes, plain popcorn • Corn bread • Whole wheat noodles or pasta • Brown or wild rice • Barley, bulger or other whole grains • Noodle or rice soup (homemade or canned low fat/low salt) 	<ul style="list-style-type: none"> • Fresh vegetables and fruits • 100% fruit or vegetable juice or 100% juice blends • Canned fruit (packed in juice or water) • Dried Fruit (e.g. raisins, cranberries) • Applesauce or applesauce-fruit blend products (no sugar added) • Frozen fruit (no sugar added) • Frozen fruit bars (100% real fruit juice) • Fruit smoothies (made with real fruit or 100% fruit juice) • Frozen vegetables (no added fat) • Tomato sauce • Vegetable soups (homemade, frozen or canned low fat/low salt) • Vegetables stir-fried • Salsa • Baked, boiled or mashed potatoes with little or no fat) • Green salads (without high fat dressing) 	<ul style="list-style-type: none"> • White or chocolate milk (2% milk fat or less) • Flavoured milks (2% milk fat or less, ≤ 28g sugar/ 250mL) • Soya Beverages (original and flavoured, 2% milk fat or less) • Fresh or frozen yogurt (2% milk fat or less) • Yogurt Tubes (2% milk fat or less) • Cheese (20% milk fat or less; e.g. part skim mozzarella, cheddar) • Cheese strings (20% milk fat or less) • Milk-based soups and chowders (2% milk fat or less; homemade, or canned low fat/low salt) • Smoothies made with milk products 2% milk fat or less 	<ul style="list-style-type: none"> • ★Chicken or turkey (unbattered) • ★ Fish or seafood (fresh or frozen unbattered) • Lean or extra lean beef or pork • Lean deli meats (ham, chicken, turkey, roast beef) • Meatballs or Meatloaf • Canned fish (packed in water) • Eggs or egg substitutes • Tofu • Legumes (e.g. beans, peas and lentils) • Bean Based dips (e.g. Hummus) • Peanut butter • Soy nut or almond butter • Nuts and seeds (unsalted) • Cottage cheese (2% milk fat or less) ★Choose baked or broiled meat and fish; not battered or fried 	<ul style="list-style-type: none"> • Chicken/Beef/ Vegetable Stirfrys • Fajitas, Quesadillas, Soft Tacos (made with whole wheat wrap) • Wraps/Pitas (made with whole wheat shell) • Submarine/ sandwiches with lean deli meats made with whole grain breads • Grilled cheese sandwich (made with whole wheat bread, low fat cheese) • Meatballs and brown rice • Spaghetti or macaroni and cheese (made with whole wheat noodles) • Sheppards Pie • Cabbage Rolls • Salads (vegetable, pasta, etc.) • Soup, Stew or Chili • Cheese/Veggie/Chicken Pizza made on whole wheat crust • Panzarotti with vegetables and low fat cheese • Souvlaki, tzatziki • Falafel (not fried) • Yogurt and fruit parfaits • Trail mix

Foods to Serve Sometimes:

Serve These Foods No More Than 2 Times Per Week

The foods featured on this list are also healthy choices, but they may be higher in calories, fat, sugar, sodium (salt) or more processed than the foods found on the “Foods to Serve Most Often” list.

Use These Nutrition Criteria:

Total Fat:	Maximum 10 g per serving
Saturated Fat:	Maximum 6 g per serving
Trans Fat Free:	Maximum 0.5 g per serving
Fibre:	Less than 2g per serving
Sugar:	Maximum 20 g per serving (excludes natural sugar from fruit and dairy)
Sodium:	Maximum 480 mg per serving; Maximum 1000mg per combination food.

Grain Products	Vegetables and Fruit	Milk and Alternatives	Meat and Alternatives	Combination Foods
<ul style="list-style-type: none"> • White, 60% whole wheat, enriched breads, buns rolls, bagels, English muffins, pita bread, wraps, tortillas, bannock, naan, waffles, pancakes or pizza dough • Bread stuffing • Loaf breads or sweet breads (banana, zucchini, pumpkin) • Sweetened cereal made with oats or whole grains (e.g. Instant Oatmeal, Honey Nut Cheerios®, etc) • Cereal bars and granola bars (low fat) • Cereal snack mix • Non whole grain crackers • Low fat cookies • Graham wafers or digestive cookies • Melba toast or white bread sticks • Biscuits, Scones, or bannock • Pretzels • Fruit bars (e.g. fig newtons) • Date squares • White or flavoured Noodles or pasta • White rice or rice noodles • Couscous • Noodle or rice soup (canned or instant “baked type”) 	<ul style="list-style-type: none"> • Canned fruit (in light syrup) <ul style="list-style-type: none"> ▶ 100% fruit/veggie leathers or bars (no sugar added) ▶ Applesauce or fruit blends with sugar added ▶ Fruit crisps (e.g. apple, strawberry-rhubarb) ▶ Canned vegetables, drained ▶ Vegetables with sauces (e.g. cheese sauce) ▶ Vegetable soup (canned, frozen, regular) ▶ Oven baked french fries 	<ul style="list-style-type: none"> ▶ Whole milk ▶ Ice milk ▶ Hot chocolate made with milk (2% milk fat or less) ▶ Milk based puddings ▶ Yogurt and yogurt drinks (more than 2% milk fat) ▶ Frozen yogurt (more than 2% milk fat) ▶ Yogurt dips ▶ Cheese (>20% milk fat and <32% milk fat) ▶ Processed cheese products (e.g. slices, spreads) ▶ Custards 	<ul style="list-style-type: none"> ▶ Lower fat hotdogs or veggie dogs ▶ Baked chicken or veggie burgers or nuggets; battered and not fried ▶ Baked fish; battered and not fried ▶ Fish canned in oil ▶ Baked ham ▶ Nuts and seeds (salted) 	<ul style="list-style-type: none"> ▶ Lasagna ▶ Macaroni and Cheese (made with white noodles) ▶ Pastas made with cream sauces ▶ Bacon, Lettuce and Tomato (BLT) sandwiches ▶ Grilled Cheese (made with white bread) ▶ “Salad-type” sandwiches made with full fat mayonnaise (e.g. egg, tuna, chicken) ▶ Soups, canned; regular ▶ Pizza with lean meats (ham or ground beef) made on white crust ▶ Hard tacos ▶ Sloppy Joes ▶ Garlic bread, garlic slice, garlic fingers ▶ Quiche <p style="text-align: right;"><i>* Choose <u>no more than 2 combination foods</u> from this list per week</i></p>

**Foods to Serve Least Often:
Serve These Foods Infrequently**

(No more than 2 Times Per Month) *Choose no more than 1 item up to 2 times per month*

The foods on this list tend to be quite high in fat, sugar, sodium (salt), calories or offer little nutritional value. The foods on this list should be avoided most of the time, but can fit once in a while in a healthy diet.

Use These Nutrition Criteria:

Total Fat:	Maximum 10 g per serving
Saturated Fat:	Maximum 6 g per serving
Trans Fat Free:	Maximum 0.5 g per serving
Fibre:	Less than 2g per serving
Sugar:	Maximum 20 g per serving (excludes natural sugar from fruit and dairy)
Sodium:	Maximum 480 mg per serving; Maximum 1000mg per combination food.

Note: 100% fruit juices and lower fat (2% or less) flavoured milks may contain a maximum of 28g sugar per 250 mL serving.

Grain Products	Vegetables and Fruit	Milk and Alternatives	Meat and Alternatives	Combination Foods	Other
<ul style="list-style-type: none"> ▶ High fat muffins (cake-like, commercially prepared) ▶ Sweetened breakfast cereals ▶ Crackers (not low fat) ▶ Granola bars (dipped, not low fat) ▶ Cookies (commercial or higher fat regular recipe) ▶ Noodles or noodle soup (canned or instant "fried type") ▶ Toaster Pastries, pop tarts 	<ul style="list-style-type: none"> ▶ Fried vegetables ▶ Deep fried French fries ▶ Fruit drinks and juices with less than 100% real fruit juice ▶ Canned fruit in heavy syrup ▶ Fruit pies ▶ Fruit leather (made with less than 100% real fruit) 	<ul style="list-style-type: none"> ▶ Cream soups, regular ▶ Milkshakes ▶ Ice cream, regular ▶ Frozen novelty ice cream (i.e. drum sticks) ▶ Cheese (>32% milk fat) 	<ul style="list-style-type: none"> ▶ Regular fat processed meats (e.g. Pepperoni, salami, bacon, bologna, etc) ▶ Hot dogs, regular ▶ Sausages, regular ▶ Battered/ Breaded, and fried meat, fish or chicken (e.g. deep fried chicken nuggets/ burgers) ▶ Regular ground beef ▶ Sesame snaps 	<ul style="list-style-type: none"> ▶ Pizza with processed meats (e.g. pepperoni, salami, bacon) ▶ Donairs ▶ chicken wings ▶ Egg rolls, fried ▶ Poutine ▶ Fries with the works <p style="text-align: center;"><i>* Choose no more than 2 combination foods from this list per month</i></p>	<ul style="list-style-type: none"> ▶ Potato or nacho chips ▶ Sun Chips ▶ Chocolate bars ▶ Pastries, pies and cakes ▶ Doughnuts ▶ Squares (eg.brownies) ▶ Candy ▶ Gum ▶ Soft drinks (carbonated soda) ▶ Iced tea ▶ Lemonade ▶ Sweetened fruit drinks ▶ Sports drinks ▶ Slushies, regular ▶ Popsicles and freezies ▶ Frozen fruit bars (less than 100% real fruit juice) ▶ Hot chocolate made with water ▶ Meal replacement bars, protein/energy bars

Healthier Vending Machine and Canteen Foods

The foods on this list tend to be quite high in fat, sugar, sodium (salt), calories or offer little nutritional value. The foods on this list should be avoided most of the time, but can fit once in a while in a healthy diet.

Use These Nutrition Criteria:

Total Fat:	Maximum 5 g per serving
Saturated Fat:	Maximum 3 g per serving
Trans Fat:	Maximum 0.5 g per serving
Fibre:	Less than 2g per serving
Sugar:	Maximum 20 g per serving (excludes natural sugar from fruit and dairy)
Sodium:	Maximum 480 mg per serving; Maximum 1000mg per combination food.

Note: 100% fruit juices and lower fat (2% or less) flavoured milks may contain 28g or less total sugar per 250 mL serving.

Beverages	Snacks
<ul style="list-style-type: none"> ▶ Milk (2% milk fat or less) ▶ Chocolate or Flavoured Milk (2% milk fat or less; ≤ 28 g sugar/250mL) ▶ Soya beverages (original and flavoured, 2% milk fat or less) ▶ 100%fruit or vegetable juices (≤ 28g sugar/250mL) ▶ Water (plain or flavoured) 	<ul style="list-style-type: none"> ▶ Raw vegetables and dip ▶ Fresh fruit - whole, pre-cut with dip, or fruit salad ▶ Fruit cups (packed in juice or water) ▶ Applesauce or applesauce blend cups ▶ Pudding ▶ Fresh or frozen yogurt; yogurt tubes ▶ Frozen fruit juice bars with 100% real fruit juice ▶ Raisins and other dried fruit (e.g. apricots, apple slices, cranberries, pineapple, etc.) ▶ Fruit and veggie bars ▶ Date, raspberry or fig cookies (e.g. fig newtons) ▶ Breadsticks and cheese ▶ Whole grain bread, bagels, rolls and muffins ▶ Pretzels ▶ Baked Chips (eg. Lays, Tortilla) ▶ Salsa portion cups ▶ Rice cakes or rice crisps ▶ Pita puffs/pita minis ▶ Cereal snack mix ▶ Cereal bars ▶ Crackers & Topping (e.g. cheese, peanut butter, jam, etc.) ▶ Cheese strings/portions ▶ Granola bars (low fat, not dipped) ▶ Rice Crispy Squares ▶ Nuts & seeds (peanuts, sunflowers, pumpkin seeds, almonds, soy nuts, etc.) ▶ Tuna snacks ▶ Soup @ Hand ▶ Trail mix (combination of dried cereal, dried fruit, nuts and seeds)