



Healthy Eating Guidelines



Use the “**food selection categories**” to make high quality nutritious food and beverage choices for school lunch, breakfast and snack programs, vending machines, canteens, school & classroom celebrations, fundraising, sporting events, and other special school community events. Foods and beverages that do not meet the nutrition standard for at least a Choose Sometimes food or beverage should not be offered in schools.

| “Choose Most Often” Choose these foods everyday or “most often” | Vegetables & Fruit | Grain Products | Milk & Alternatives | Meat & Alternatives |
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| | <ul style="list-style-type: none"> Fresh vegetables & fruit Frozen vegetables or fruit prepared without added sugar, salt, fat or sauces Unsweetened applesauce <p>Choose dark green and orange vegetables and fruits often</p> <p>Vegetables or fruit must be listed as the first ingredient (or second, if water is first)</p> | <ul style="list-style-type: none"> Whole grain bread, buns, tortillas, pita bread, baked bannock Whole grain pasta, noodles Brown or wild rice Barley or quinoa Whole grain unsweetened or low sugar cereal Unsweetened oatmeal <p>A whole grain must be listed as the first ingredient. When comparing grain products, choose the ones with more fibre.</p> | <ul style="list-style-type: none"> 2%, 1% or skim milk Fortified, unflavoured soy beverages Low fat evaporated milk Plain and unsweetened yogurt <p>Choose milk often for vitamin D</p> | <ul style="list-style-type: none"> 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 Peanut & nut butters where sugar is not the 1st ingredient Unsweetened and unsalted seeds, nuts, nut butters <p>Include a variety of fish and meat alternatives, such as beans and lentils</p> |
| <p>These foods are good sources of one or more of the nutrients iron, calcium, vitamin A, C, or D, are high in fibre and are generally low in fat, sugar and salt</p> | | | | |

| “Choose Sometimes” If a food from this category is served, balance it with a food from “Choose Most Often” category | Vegetables & Fruit | Grain Products | Milk & Alternatives | Meat & Alternatives |
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| | <ul style="list-style-type: none"> Fresh, frozen or canned vegetables with added sugar, salt, fat, or sauce Fruit canned in water, juice and light syrup. Low sodium canned vegetable soup 100% unsweetened juice Dried fruit, 100% fruit leathers, 100% fruit or vegetable bars | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> Fish canned in oil Breaded fish, meat, and chicken Canned beans and beans with sauce Lean deli meats such as ham and turkey Salted and sweetened seeds, nuts, and nut butters |
| <p>Vegetable or fruit must be 1st ingredient</p> <p>Select foods that have: Fat: ≤5 g Saturated fat: ≤2 g Trans fat: 0 g Sodium: ≤300mg Sugar is not the first ingredient*</p> | <p>Grain must be 1st ingredient</p> <p>Select foods that have: Fat: ≤7g Saturated fat: ≤2 g Trans fat: ≤0 g Sodium: ≤400 mg Sugars: ≤12 g Sugar is not the first ingredient*</p> | <p>Milk or a milk product (not cream) is the 1st ingredient or water is the 1st ingredient and soy is the 2nd.</p> <p>Select foods that have: Fat: ≤10 g Trans fat: ≤ 0.5g Sodium: ≤ 350mg Sugar: ≤25 g Calcium: ≥10% DV</p> | <p>Meat or meat alternative must be 1st ingredient</p> <p>Select foods that have: Fat: ≤15 g Saturated fat: ≤5 g Trans fat: ≤0.5 g Sodium: ≤450 mg Sugar is not the first ingredient* Protein: ≥5g</p> | |

| Prepared Mixed Dishes | | | |
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| <p>A prepared mixed dish product must contain at least two food groups from Canada’s Food Guide.</p> <p>Preference should be given to food items with a vegetable listed in the first three ingredients.</p> | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Choose Most Often</u></p> <p>Fat: ≤ 10g Saturated fat: ≤2g Trans fat: ≤0.5g Sodium: ≤ 700mg Sugar is not the first or second ingredient* Fibre: ≥ 2g AND Vitamin A, C, Calcium or Iron: At least 1 nutrient is 10% DV or more</p> <ul style="list-style-type: none"> Sub or pita sandwiches Wraps Tuna and cracker snack kits Fruit and yogurt smoothies Frozen entrees that meet the standard </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><u>Choose Sometimes</u></p> <p>Fat: ≤15g Saturated fat: ≤ 6g Trans fat: ≤ 0.5g Sodium: ≤ 700mg Sugar is not the first or second ingredient* Fibre: ≥ 2g OR Vitamin A, C, Calcium or Iron: At least 1 nutrient is 10% DV or more</p> <ul style="list-style-type: none"> Canned soup or stew Pizza, soft tacos, quesadillas, or fajitas Stir fry meat and vegetables Frozen entrees that meet the standard <p style="text-align: center;"><i>Check out the food labels for other great foods.</i></p> </td> </tr> </table> | <p style="text-align: center;"><u>Choose Most Often</u></p> <p>Fat: ≤ 10g Saturated fat: ≤2g Trans fat: ≤0.5g Sodium: ≤ 700mg Sugar is not the first or second ingredient* Fibre: ≥ 2g AND Vitamin A, C, Calcium or Iron: At least 1 nutrient is 10% DV or more</p> <ul style="list-style-type: none"> Sub or pita sandwiches Wraps Tuna and cracker snack kits Fruit and yogurt smoothies Frozen entrees that meet the standard | <p style="text-align: center;"><u>Choose Sometimes</u></p> <p>Fat: ≤15g Saturated fat: ≤ 6g Trans fat: ≤ 0.5g Sodium: ≤ 700mg Sugar is not the first or second ingredient* Fibre: ≥ 2g OR Vitamin A, C, Calcium or Iron: At least 1 nutrient is 10% DV or more</p> <ul style="list-style-type: none"> Canned soup or stew Pizza, soft tacos, quesadillas, or fajitas Stir fry meat and vegetables Frozen entrees that meet the standard <p style="text-align: center;"><i>Check out the food labels for other great foods.</i></p> |
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*Sugar comes in many forms such as honey, molasses, corn syrup, fruit juice and fruit juice concentrate or words ending in “ose”.

Satisfy your thirst with water!

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| <p>Breakfast: 1 serving from each of at least 3 food groups in <i>Canada’s Food Guide</i></p> | <p>Lunch & Supper: 1 serving from each of the 4 food groups in <i>Canada’s Food Guide</i></p> | <p>Snack: 1 serving from each of 2 or more food groups in <i>Canada’s Food Guide</i></p> |
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