

Student Nutrition Program Nutrition Guidelines Quick Reference Guide

- ✓ **Vegetables and/or fruit will be offered with every meal and/or snack.**
Choose Ontario grown and/or produced foods. Celebrate cultural diversity by serving a variety of healthy foods from different cultures.
- ✓ A **snack** contains at least one serving from a minimum of two food groups of Canada's Food Guide **with at least one serving from the Vegetables and Fruit food group**. Nutritional value of a snack is improved by offering choices from three of the four food groups.
- ✓ A **meal** (i.e. breakfast and lunch) contains at least one serving from a minimum of three out of the four food groups of Canada's Food Guide **with at least one serving from the Vegetables and Fruit food group and at least one serving from the Milk and Alternatives food group**. Nutritional value of a meal is improved by offering choices from each of the four food groups.
- ✓ **Tap water** is always available.

MISCELLANEOUS

Program providers may use only one of the following food items per snack/meal:

(e.g. when serving toast, jam or butter should be offered, not both)

The following items should only be used in small quantities.

- Jams, jellies, marmalades, syrup, fruit butters, light cream cheese;
- Sauces, salsas, dips, gravy and condiments e.g. pickles, relish, mustard; and
- Soft margarine (0g trans fat), vegetable oils (e.g. olive, canola, soybean), butter, salad dressings, mayonnaise.

Fats and oils are part of a healthy diet in small quantities. Choose healthy fats (e.g. soft margarine (0g trans fat), vegetable oil, fat found in nuts, seeds, and fatty fish, etc.) as part of healthy eating patterns.

VEGETABLES AND FRUIT

Serve one serving at every meal and snack

Canada's Food Guide 2007 recommends the following tips:

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.

Food Category	Selection Criteria Per Serving
Fresh/ frozen vegetables or fruit	<ul style="list-style-type: none"> • Select a variety of fresh and frozen vegetables and fruit that contain no added sugar or salt • Choose Ontario grown and/or produced foods when available • Select fresh local foods when in season
Canned/jarred vegetables and tomato sauce	<ul style="list-style-type: none"> • Sodium: 480mg or less
Canned/jarred fruit and fruit sauces	<ul style="list-style-type: none"> • Preferably packed in juice and contains no added sugar • Vitamin C: 30% Daily Value (DV) or more OR • Vitamin A: 15% DV or more

Only one food item from among the following category may be served one time per week or less

Food Category	Selection Criteria Per Serving
Fruit juice	<ul style="list-style-type: none"> • Choose only 100% unsweetened juice • Choose juice with no artificial flavours or colours added
Vegetable and tomato juices	<ul style="list-style-type: none"> • Vitamin C: 30% DV or more OR • Vitamin A: 15% DV or more • Sodium: 480mg or less
Dried fruit e.g. apricots, apples, raisins, 100% fruit leather and fruit bars	<ul style="list-style-type: none"> • Fruit is listed as the first ingredient • No added sugar or fat • Vitamin C: 30% DV or more OR • Vitamin A: 15% DV or more • Fibre: 2g or more • If offered, dried fruit should be consumed as part of a meal.

GRAIN PRODUCTS

Serve food with whole grain as the first ingredient

Canada's Food Guide 2007 recommends the following tips:

- Make at least half of your grain products whole grain each day.
- Choose grain products that are low in fat, sugar or salt.

Food Category	Selection Criteria Per Serving
Breads (e.g. bread, bagels, rolls, pita, roti, chapatti, bannock, naan, tortilla)	<ul style="list-style-type: none"> • Preferably select 100% whole grain breads e.g. whole wheat, whole oats, rye • Fibre: 2g or more • Iron: 5% DV or more • Saturated fat: 2g or less • Trans fat free
Cereals (cold and hot)	<ul style="list-style-type: none"> • Fibre: 2g or more • Iron: 5% DV or more • Saturated fat: 2g or less • Trans fat free
Rice and other grains (e.g. brown, wild, parboiled or converted rice, couscous, barley, bulgur, millet, buckwheat, cornmeal)	<ul style="list-style-type: none"> • Select whole grains • Sodium: 480mg or less, (if using packaged mix)
Pasta	<ul style="list-style-type: none"> • Fibre: 2g or more • Enriched
Crackers (e.g. crackers, hard bread sticks)	<ul style="list-style-type: none"> • Fibre: 2g or more • Iron: 5% DV or more • Sodium: 480mg or less • Saturated fat: 2g or less • Trans fat free

Only one food item from among the following category may be served one time per week or less

Food Category	Selection Criteria Per Serving
Muffins	<ul style="list-style-type: none"> • Fibre: 2g or more • Iron: 5% DV or more • Sodium: 480mg or less • Fat: 5g or less • Saturated fat: 2g or less • Trans fat free
Grain-based bars	
Cookies	
Snack only Programs: Popcorn, Pretzels, Baked tortilla chips	<ul style="list-style-type: none"> • Air popped popcorn, preferred • Fibre: 2g or more • Iron OR Calcium OR Vitamin A OR Vitamin C: 5 % DV or more • Fat: 3g or less • Saturated fat: 2g or less • Trans fat free

MILK AND ALTERNATIVES

Provide one serving with every breakfast and lunch meal

Canada's Food Guide 2007 recommends the following tips:

- Drink skim, 1% or 2% milk each day.
- Select lower fat milk alternatives.

Food Category	Selection Criteria Per Serving
Milk (fresh, reconstituted, powdered, evaporated or UHT milk)	<ul style="list-style-type: none"> • Milk fat (M.F.): 2%, 1%, or skim milk (white or chocolate)
Milk alternative beverages (e.g. fortified soy or UHT soy)	<ul style="list-style-type: none"> • Calcium: 25% DV or more • Vitamin D: 25% DV or more • Fat: 5g or less
Cheese	<ul style="list-style-type: none"> • Calcium: 15% DV or more • M.F.: 20% or less, preferred
Yogurt, Kefir	<ul style="list-style-type: none"> • Calcium: 15% DV or more • M.F.: 2% or less

Only one food item from among the following category may be served one time per week or less

Food Category	Selection Criteria Per Serving
Processed cheese slices	<ul style="list-style-type: none"> • Reduced fat or fat free, made from skim milk • Calcium: 5% DV or more • Sodium: 480mg or less
Processed cheese spread	<ul style="list-style-type: none"> • Fat: 6g or less (equivalent to 20% MF) • Calcium: 5% DV or more • Sodium: 480mg or less
Custards, puddings and frozen desserts (e.g. frozen yogurt)	<ul style="list-style-type: none"> • Calcium: 5% DV or more • Saturated fat: 2g or less

MEAT AND ALTERNATIVES

Provide one serving with every breakfast and lunch meal

Canada's Food Guide 2007 recommends the following tips:

- Have meat alternatives such as beans, lentils, and tofu more often.
- Eat at least two servings of fish each week. Choose fish such as salmon, mackerel, herring, sardines, trout, char which are a healthy source of omega 3 fatty acids.
- Select lean meat alternatives prepared with little or no added fat or salt.

Food Category	Selection Criteria Per Serving
Fresh or frozen meats (poultry, fish, pork, beef, lean back bacon)	<ul style="list-style-type: none"> • Lean or extra lean meats • Sodium: 480mg or less
Frozen prepared meats (e.g. baked chicken or fish strips and pieces, hamburger patty)	<ul style="list-style-type: none"> • Lean or extra lean beef products OR • Fat: 5g or less for chicken, pork or fish • Sodium: 480mg or less
Canned meat or fish (chicken, fish, ham, beef)	<ul style="list-style-type: none"> • Select light tuna, not albacore or white • Packed in water, not oil • Sodium: 480mg or less • Fat: 3g or less for meats (Note: fish, such as salmon is naturally high in fat, and is considered a healthy choice if sodium requirement is met)
Eggs (whole or liquid)	<ul style="list-style-type: none"> • Sodium: 480mg or less
Legumes (e.g. lentils, chickpeas, black beans) Roasted legumes	<p><i>If in a sauce or dressing:</i></p> <ul style="list-style-type: none"> • Iron: 5% DV or more • Sodium: 480mg or less • Fat: 3g or less • Trans fat free
Seeds shelled (e.g. sunflower)	<ul style="list-style-type: none"> • Sodium: 480mg or less • Trans fat free
Tofu	<ul style="list-style-type: none"> • Iron: 5% DV or more • Sodium: 480mg or less • Saturated fat: 2g or less • Trans fat free or less
Other meat alternatives (e.g. veggie dogs, soy burgers, soy ground round)	<ul style="list-style-type: none"> • Iron: 5% DV • Sodium: 480mg or less • Fat: 3g or less • Trans fat free

Only one food item from among the following category may be served one time per week or less

Food Category	Selection Criteria Per Serving
Deli meats (e.g. turkey, chicken, ham, roast beef)	<ul style="list-style-type: none"> • Lean or extra lean • Sodium: 480mg or less

Do Not Serve in Student Nutrition Programs

The following foods and beverages are not recommended for Student Nutrition Programs:

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| <ul style="list-style-type: none">• Foods containing artificial trans fat e.g. hydrogenated oils, partially hydrogenated oils, shortenings, hydrogenated (hard) margarines ¹• Soft drinks, sports drinks, energy drinks, coffee and caffeinated tea based drinks• Fruit-flavoured beverages that are not 100% fruit juice• Ice cream treats and popsicles• Flavoured jellos• Cakes, cupcakes and doughnuts• Toaster pastries• Chocolate or yogurt covered granola bars or granola bars with candy, chocolate or marshmallows in them• Candy, chocolate and marshmallows• Full fat sour cream and cream cheese, table cream and coffee cream• Unpasteurized milk or milk alternatives• Unpasteurized apple ciders and juices | <ul style="list-style-type: none">• Home preserves: home canned foods, particularly meat, fish, vegetables and combination foods (e.g. antipasto)• Peanuts, nuts, nut and seed butters^{**} chips, nacho chips, cheese puffs, etc.)• Deep-fried foods (e.g. chicken nuggets, French fries, fish sticks, samosas, spring rolls, etc.)• Hot dogs, sausages and bacon (regular side bacon, turkey bacon, chicken bacon)• Cured meats (e.g. salami, pepperoni, bologna)• Cream, whipped cream, non-dairy whipped cream toppings and creamers• Foods which are not in their original container• Jars or packages which have seals broken (the top has popped)• Expired food or food after the best before date |
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¹ Trans fats (processed) have been identified as a health concern and efforts are underway to reduce or eliminate trans fat, in the food supply.

^{**} It is strongly recommended that foods containing peanuts and other nuts not be made available by SNP providers since some children and youth may have life-threatening allergies to nuts. A copy of the school board or SNP anaphylaxis policy is to be on file and posted at each SNP site for program providers.