School Food Guidelines

The Departments of Health and Community Services and Education have been working closely with the school districts and regional health authorities to help create healthy school environments.

In 2006, School Food Guidelines for Caterers and Administrators was released as a document to help school food providers sell and/or serve healthy meals and snacks in schools. These guidelines were used as the basis for the development of School District Healthy Eating/Nutrition Policies. The Healthy Eating School Resource Manual was also developed to help schools administer School District Healthy Eating/Nutrition Policies.

In 2008, School Food Guidelines resources were updated to reflect new recommendations from the revised Canada’s Food Guide. In addition, nutrition criteria were developed for fat, sodium, sugar, fibre, calcium and iron.

For more information on the School Food Guidelines contact your District’s School Health Promotion Liaison Consultant or the Regional Nutritionist at your Regional Health Authority Office

The following publications and websites were used to prepare these guidelines:
- School Food Guidelines for Administrators and Caterers, NL 2006
- Eat Smart! School Program: www.eatsmart.web.net
- Feeding the Future: School Nutrition Manual
- www.calgaryhealthyregion.ca/schoolnutritionhandbook
- Call to Action: Creating a Healthy School Nutrition Environment: www.onph.on.ca
- Healthy Schools, Healthy Children Nutrition Guidelines: www.porcupinehun.ca/schools/school_health.html

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Healthy Eating in Schools

Healthy eating can result in:
- better overall health
- lower risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis
- a healthy body
- feeling and looking better
- more energy
- stronger muscles and bones

You already know the importance of eating healthy. You know good nutrition and daily physical activity help school-aged children stay healthy.

In 2006, school food guidelines were developed as a part of Healthy Students Healthy Schools to create a supportive environment for healthy eating. The School Food Guidelines have now been updated to provide additional guidance for making healthy food choices.

The School Food Guidelines include a detailed list of food and beverages in your school that can be sold and served in your school. These items have been grouped according to their nutritional value.

This information is found in a series of charts on page 12 to 19.

Use these guidelines everywhere, every day:
- for breakfast, lunch and snacks
- in the cafeteria, canteen and vending machines
- at staff and school council meetings
- at sporting events and school celebrations, (school tournaments, winter carnivals)
- in staffrooms and classrooms
- for fundraising activities
- for parent and community get-togethers

Food Allergies

Some schools may have food restrictions if there is a student with a life-threatening food allergy. Check with the school principal for policies regarding food allergies. The public health nurse can also provide advice on maintaining an “allergy aware” environment.

Canada’s Food Guide

Food A llergies

Focus on Four Food Groups

Vegetables and Fruit

Key nutrients found in this food group include fibre, vitamin A, vitamin C, folate, iron, B vitamins and magnesium. Fresh, frozen, canned, cupped or dried vegetables and fruit, and 100% fruit and vegetable juices are included in this food group.

Canada’s Food Guide recommends that we:
- 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
- choose vegetables and fruit more often than juice

Grain Products

Key nutrients found in this food group include iron, B vitamins, zinc and magnesium. Grain products, particularly whole grains, are a source of fibre and typically low in fat. Fibre rich foods can help people feel full and satisfied. A diet rich in whole grains may also help reduce the risk of heart disease.

Canada’s Food Guide recommends that we:
- make at least half of our grain products whole grain each day
- choose grain products that are lower in fat, sugar or salt

Milk and Alternatives

Key nutrients found in this group include vitamin A, D, protein, zinc, magnesium, riboflavin and vitamin B12. Milk products such as skim, 0.5%, 1% or 2% white or chocolate milk, fortified soy beverages, lower fat yogurts and lower fat cheeses are easy snack and meal choices to offer at school. Milk and yogurt with a fat content of 2% or less milk fat (M.F.) and cheeses with 21% or less M.F. are considered lower fat milk products.

Canada’s Food Guide recommends that we:
- drink skim, 0.5%, 1% or 2% milk each day
- select lower fat Milk and Alternatives

Basis of Canada’s Food Guide

Canada’s Food Guide encourages people to choose foods lower in fat, sugar and salt.

The School Food Guidelines have been updated to reflect Canada’s Food Guide. Using the guidelines you can create healthy menus for breakfast, lunch, dinner and snack times.

No one food provides all the nutrients needed for good health. Bananas, for example, contain potassium, but little iron. Cooked, dried beans contain iron but no vitamin C. So mix it up before you serve it up. Use Canada’s Food Guide to create nutritious combinations so your students and staff get excited about healthy eating today.

You’ll find a copy of Canada’s Food Guide in the back of this booklet.
### Serving Sizes

A Food Guide Serving is a reference amount of food. It helps you understand how much food is recommended every day from each of the four food groups.

The number of servings needed each day depends on:
- **age**
- **body size**
- **activity level**
- **gender**

In some cases, a Food Guide Serving may be close to what you eat, such as an apple. In other cases, such as rice or pasta, you may serve yourself more than one Food Guide Serving.

### Foods to Limit

Canada’s Food Guide recommends limiting foods and beverages that are high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, donuts and muffins, ice cream and frozen desserts, French fries, potato chips, nachos and other salty snacks, fruit-flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold beverages.

These foods provide fewer of the nutrients needed for growth and development and can fill a child’s stomach so they do not have room for the nutritious foods they need.

<table>
<thead>
<tr>
<th>Instead of ...</th>
<th>Try ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ice cream</td>
<td>Freezing yogurt or 100% fruit or vegetable juice in a popsicle tray</td>
</tr>
<tr>
<td>Potato chips</td>
<td>Choosing plain popcorn or homemade baked pita</td>
</tr>
<tr>
<td>Fruit flavoured drinks</td>
<td>Add lime or lemon to water or choose milk, fortified soy beverage or 100% vegetable or fruit juice</td>
</tr>
<tr>
<td>Donuts</td>
<td>Making your own low fat mini muffins with added fibre</td>
</tr>
<tr>
<td>Cakes and pastries</td>
<td>Try a baked apple with cinnamon, graham crackers or fruit and yogurt to satisfy your sweet tooth</td>
</tr>
<tr>
<td>French fries</td>
<td>Adding strips of potato or sweet potatoes in your oven with a small amount of oil, herbs and spices</td>
</tr>
<tr>
<td>Nachos</td>
<td>A small amount of cheese (1½ oz.) melted on whole grain baked pita</td>
</tr>
<tr>
<td>Candy</td>
<td>100% dried vegetable or fruit snacks</td>
</tr>
</tbody>
</table>

**Suitable anytime**
- plain water
- herbs & spices

**Suitable for use in small amounts**
- honey, jam, jelly – 1 tsp/15 mL
- syrups – 2 tsp/30 mL
- whipped cream – 1-2 tbsp/15-30 mL
- non-dairy whipped toppings – 1-2 tbsp/15-30 mL
- butter – 1 tsp/5 mL
- ketchup, mustard – 1 tsp/5 mL
- relish, pickles – 1 tsp/5 mL
- margarine (non-hydrogenated) – 1 tsp/5 mL
- sour cream (low fat or light) – 2 tsp/30 mL
- mayonnaise-type dressing (low fat) – 2 tsp/30 mL
- cream cheese (low fat or light) – 2 tsp/30 mL
- salad dressing (low fat or light) – 2 tsp/30 mL
- gravy, thickened, homemade, canned or powdered – 2 tsp/30 mL
- barbeque sauce – 1 tsp/15 mL
- soy sauce – 1 tsp/15 mL (look for reduced sodium)
- sweet and sour sauce – 1 tsp/15 mL
- cranberry sauce – 1 tsp/15 mL

### Keep Serving Sizes Handy!

#### Vegetables and Fruit
- 1 cupped hand is about 1/2 cup (125 mL), this is 1 Canada Food Guide serving of fresh, frozen or canned vegetables and fruit
- 2 cupped hands is about 1 cup (250 mL), this is 1 Canada Food Guide serving of leafy vegetables

#### Grain Products
- fist size is about 1 cup (250 mL), this is 2 Canada Food Guide servings of grain products

#### Meat and Alternatives
- palm size (small hand) is about 90 g (3 oz), this is slightly larger than 1 Canada Food Guide Meat and Alternative serving of 75 g (2.5 oz)

#### Milk and Alternatives
- 2 thumbs is about 50 g (1 1/2 oz), this is 1 Canada Food Guide serving of cheese
- 1 cup (250 mL) is 1 Canada Food Guide serving of milk

### Ideas for healthy alternatives to foods and beverages high in calories, fat, sugar or salt:

**Instead of ...**  
**Try ...**

**Ice cream**  
Freezing yogurt or 100% fruit or vegetable juice in a popsicle tray

**Potato chips**  
Choosing plain popcorn or homemade baked pita

**Fruit flavoured drinks**  
Add lime or lemon to water or choose milk, fortified soy beverage or 100% vegetable or fruit juice

**Donuts**  
Making your own low fat mini muffins with added fibre

**Cakes and pastries**  
Try a baked apple with cinnamon, graham crackers or fruit and yogurt to satisfy your sweet tooth

**French fries**  
Adding strips of potato or sweet potatoes in your oven with a small amount of oil, herbs and spices

**Nachos**  
A small amount of cheese (1½ oz.) melted on whole grain baked pita

**Candy**  
100% dried vegetable or fruit snacks

### CAUTION: SUPER SIZED PORTIONS

- **Vegetables and Fruit**
  - fist size is about 1 cup (250 mL), this is 2 Canada Food Guide servings of grain products

- **Meat and Alternatives**
  - palm size (small hand) is about 90 g (3 oz), this is slightly larger than 1 Canada Food Guide Meat and Alternative serving of 75 g (2.5 oz)

- **Milk and Alternatives**
  - 2 thumbs is about 50 g (1 1/2 oz), this is 1 Canada Food Guide serving of cheese
  - 1 cup (250 mL) is 1 Canada Food Guide serving of milk

**Suitable anytime**
- plain water
- herbs & spices

**Suitable for use in small amounts**
- honey, jam, jelly – 1 tsp/15 mL
- syrups – 2 tsp/30 mL
- whipped cream – 1-2 tbsp/15-30 mL
- non-dairy whipped toppings – 1-2 tbsp/15-30 mL
- butter – 1 tsp/5 mL
- ketchup, mustard – 1 tsp/5 mL
- relish, pickles – 1 tsp/5 mL
- margarine (non-hydrogenated) – 1 tsp/5 mL
- sour cream (low fat or light) – 2 tsp/30 mL
- mayonnaise-type dressing (low fat) – 2 tsp/30 mL
- cream cheese (low fat or light) – 2 tsp/30 mL
- salad dressing (low fat or light) – 2 tsp/30 mL
- gravy, thickened, homemade, canned or powdered – 2 tsp/30 mL
- barbeque sauce – 1 tsp/15 mL
- soy sauce – 1 tsp/15 mL (look for reduced sodium)
- sweet and sour sauce – 1 tsp/15 mL
- cranberry sauce – 1 tsp/15 mL
How to Prep areHealthier Meals

- cook with little or no added fat, where possible – use a non-stick fry pan or grill, or lightly spray with cooking oil
- prepare meat, fish and poultry by poaching, steaming, stewing, baking, roasting, broiling, barbecuing or grilling, without added fat
- keep meat, fish and poultry portions at 2.5 oz. (75 grams), which is equal to 1 serving of the Meat and Alternatives food group
- use leaner cuts of meat and drain additional fat
- trim all visible fat from meat
- remove the skin from poultry
- use low fat/low caloriesauces for flavouring
- prepare a low fat gravy
- use low fat salad dressings
- use smaller amounts of lower fat salad dressing when making sandwiches such as egg, tuna, and chicken salad
- serve Meat and Alternatives such as baked beans or homemade pea soup, bean burritos, vegetable/lentil/barley soup more often
- offer baked potatoes in place of french fries and include special toppings like salsa, lower fat sour cream or sprinkling of lower fat cheese and/or vegetarian “bacon” bits
- use “home prepared” oven baked, seasoned potato strips or wedges or low fat fries
- serve salad dressings on the side
- use smaller amounts of low fat dressing when mixing coleslaw
- replace shortening or lard in a recipe with non-hydrogenated margarine or oil

Tips for Healthy Eating

Using the School Food Guidelines is a great way to provide healthy choices in schools. Here are tips for selling and/or securing healthier food choices each day.

How to Promote Vegetables and Fruit

- include a vegetable and/or fruit as part of any daily special meal offer
- offer fruit cups in the school canteen, cafeteria and vending machines
- set up a salad bar or make pre-made salads, start with once per month or once per week
- try new vegetables like baked sweet potato, vegetable stir fry, spinach salad with low fat dressings and toppings
- offer homemade vegetable soups that provide 1-2 servings from the Vegetables and Fruit food group
- offer 100% dried fruit or vegetable snacks
- use berries and fruit in yoghurt parfaits for lunch or recess
- make vegetables appealing to students by cutting them up and offering low fat dressing for dipping
- offer daily vegetable and fruit specials with creative names that will be appealing to students
- offer 100% fruit juice or vegetable juice, for example – apple, orange, grapefruit, pineapple, tomato

Tasty Tip

Vegetables and fruits are easier for children to eat if they are cut into bite-sized portions. Try orange or melon wedges, a small bunch or container of grapes, 1/2 banana, carrot coins or sticks, turnip sticks, celery sticks, zucchini rings or sticks, broccoli or cauliflower pieces (with low fat dip, if desired).
How to Read Nutrition Labels

The nutrition facts table located on most food and beverage packaging can help you make healthier choices for your students.

Healthy foods have the calories and nutrients needed. Compare similar foods and make healthy food choices.

The nutrition facts are based on a specific amount of food – the serving or serving size. The serving size is shown by the word “per” followed by the amount in the serving. For example, “125 mL”, “1/2 cup”, or “90 grams”, or “3 crackers”, or “1 (single) package”.

Use the information on the nutrition facts table to determine if a food fits into the Serve Most or Serve Moderately category, as described in the next section.

Food packages display ingredient lists. All ingredients found in the food item are listed from the largest to the smallest amount (by weight). This list is very important if you are interested in a specific ingredient.

Also, look for the following % Daily Value information to make a healthier choice.

<table>
<thead>
<tr>
<th>% Daily Value</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 % or less</td>
<td>LOW for fat, sodium (salt) or cholesterol</td>
</tr>
<tr>
<td>10 % or less</td>
<td>LOW for saturated and trans fat combined</td>
</tr>
<tr>
<td>15 % or more</td>
<td>HIGH source of calcium, vitamin A, iron or fibre</td>
</tr>
<tr>
<td>30 % or more</td>
<td>HIGH source of vitamin C</td>
</tr>
</tbody>
</table>

The Serving Size

The Nutrition Facts label lists Calories (energy) & 13 core nutrients. Some labels may list more.

The number after the nutrient is the actual amount of the nutrient in that serving size of the food. Even if the amount of nutrient is zero, it is listed.

Nutrition Facts

Per 125 mL (87 g)

<table>
<thead>
<tr>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td></td>
</tr>
<tr>
<td>Fat 0.5 g</td>
<td>1 %</td>
</tr>
<tr>
<td>Saturated</td>
<td>0 %</td>
</tr>
<tr>
<td>+ Trans 0 g</td>
<td>0 %</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium 0 mg</td>
<td>0 %</td>
</tr>
<tr>
<td>Carbohydrate 18 g</td>
<td>6 %</td>
</tr>
<tr>
<td>Fibre 2 g</td>
<td>8 %</td>
</tr>
<tr>
<td>Sugars 2 g</td>
<td></td>
</tr>
<tr>
<td>Protein 3 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2 %</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>10 %</td>
</tr>
<tr>
<td>Calcium 0 %</td>
<td>2 %</td>
</tr>
<tr>
<td>Iron</td>
<td>2 %</td>
</tr>
</tbody>
</table>

% Daily Value tells you at a glance if there is a lot or a little of a nutrient in that serving size of the food. You can quickly compare similar products by using the %DV.

The number after the nutrient is the actual amount of the nutrient in that serving size of the food. Even if the amount of nutrient is zero, it is listed.

The Serve Most and Serve Moderately System

How do you determine if a food or beverage is a healthy choice?

The Serve Most and Serve Moderately system can help you make the healthiest food choices for your students.

All foods served and/or sold in school must come from the Serve Most and Serve Moderately categories, with the majority of items (50% or greater) from the Serve Most category for each food group per day.

In the event where there are limited Serve Most items in a particular food group (e.g., Serve Most grain products for vending machines) Serve Moderate choices may be offered as long as each item is matched with a Serve Most choice from any of the other three Canada Food Guide food groups.

Serve Most foods are:
- generally lower in added fat and/or sugar and/or salt
- sources of nutrients (e.g., vitamins, minerals, protein and fibre)
- included in one of the four food groups of Canada’s Food Guide

Serve Moderately foods are:
- sometimes lower in fibre and/or higher in fat, sugar, salt and/or calories, generally as a result of processing
- sources of nutrients, (i.e., vitamins, minerals and protein but generally lower in fibre)
- included in one of the four food groups of Canada’s Food Guide

Specific nutrition criteria are provided for both the Serve Most and Serve Moderately categories. On the following pages you will find tables which identify food and beverage items for each of the four food groups and mixed dishes.

Water

Did you know?
Water itself is a nutrient, and is an important part of healthy eating. Canada’s Food Guide states: “Satisfy your thirst with water”. Water promotes hydration without adding calories to the diet. Students should drink more water in hot weather or when they are being active.

Tasty Tip: Provide lemon, lime or orange wedges and jugs of cold water for kids at school.

Use the information on the nutrition facts table to determine if a food fits into the Serve Most or Serve Moderately category, as described in the next section.

Food packages display ingredient lists. All ingredients found in the food item are listed from the largest to the smallest amount (by weight). This list is very important if you are interested in a specific ingredient.

Also, look for the following % Daily Value information to make a healthier choice.

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<th>% Daily Value</th>
<th>Description</th>
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<td>LOW for fat, sodium (salt) or cholesterol</td>
</tr>
<tr>
<td>10 % or less</td>
<td>LOW for saturated and trans fat combined</td>
</tr>
<tr>
<td>15 % or more</td>
<td>HIGH source of calcium, vitamin A, iron or fibre</td>
</tr>
<tr>
<td>30 % or more</td>
<td>HIGH source of vitamin C</td>
</tr>
</tbody>
</table>

The number after the nutrient is the actual amount of the nutrient in that serving size of the food. Even if the amount of nutrient is zero, it is listed.
**Guidelines for the Vegetable and Fruit Group - Serve Most**

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>REFERENCE AMOUNT</th>
<th>TOTAL FAT (g)</th>
<th>SATURATED FAT (g)</th>
<th>TRANS FAT (g)</th>
<th>SODIUM (mg)</th>
<th>SUGARS (g)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables &amp; fruit - frozen, canned, fresh, dried, bottled, bowls</td>
<td>1 medium or 125 mL (1/2 cup)</td>
<td>Less than or equal to 3 g</td>
<td>Less than or equal to 1 g</td>
<td>Less than 0.2 g</td>
<td>Less than or equal to 480 mg</td>
<td>100% vegetables and/or fruit (“sugar” is not on the ingredient list)</td>
<td>Canned vegetables may have a small amount of added sugar. Choose local vegetables and fruit when in season. Vegetables and fruit contain naturally occurring sugars. Therefore, choose Serve Most vegetables and fruit that contain no added sugar. Choose foods with the following health claims on the nutrition label: “100% vegetables and fruit,” “no added fat,” and/or “no added salt.”</td>
</tr>
<tr>
<td>Vegetable &amp; fruit juices - frozen, canned, fresh, bottled, tetra-pak</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables with sauce</td>
<td>250 mL (1 cup)</td>
<td>Less than or equal to 4 g</td>
<td>Less than or equal to 1 g</td>
<td>Less than 0.2 g</td>
<td>Less than or equal to 480 mg</td>
<td></td>
<td>Products in this category should be made with 100% vegetables and/or fruit. Homemade soups generally contain less sodium than canned soups or mixes.</td>
</tr>
<tr>
<td>Vegetable soups</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato/sweet potato - homemade or commercial</td>
<td>85 g (3 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit leathers/bars</td>
<td>30 g (1 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Guidelines for the Vegetable and Fruit Group - Serve Moderately**

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>REFERENCE AMOUNT</th>
<th>TOTAL FAT (g)</th>
<th>SATURATED FAT (g)</th>
<th>TRANS FAT (g)</th>
<th>SODIUM (mg)</th>
<th>SUGARS (g)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables &amp; fruit - frozen, canned, fresh, dried, bottled, bowls</td>
<td>1 medium or 125 mL (1/2 cup)</td>
<td>Less than or equal to 3 g</td>
<td>Less than or equal to 1 g</td>
<td>Less than 0.2 g</td>
<td>Less than or equal to 480 mg</td>
<td></td>
<td>Products in this category should be made with 100% vegetables and/or fruit. Homemade soups generally contain less sodium than canned soups or mixes.</td>
</tr>
<tr>
<td>Vegetable &amp; fruit juices - frozen, canned, fresh, bottled, tetra-pak</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables with sauce</td>
<td>250 mL (1 cup)</td>
<td>Less than or equal to 4 g</td>
<td>Less than or equal to 1 g</td>
<td>Less than 0.2 g</td>
<td>Less than or equal to 720 mg</td>
<td>100% Vegetables and/or fruit (“sugar” is not on the ingredient list)</td>
<td>Canned vegetables may have a small amount of added sugar.</td>
</tr>
<tr>
<td>Vegetable soups</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato/sweet potato - homemade or commercial</td>
<td>85 g (3 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit leathers/bars</td>
<td>30 g (1 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Reference Amounts do not always refer to the serving size of the container/package or the amount of a food/beverage a child can eat/drink. Also, Reference Amounts are used to indicate the nutrient content within a measured amount of food/beverage and the nutritional quality of the item (i.e., Serve Most/Serve Moderately). These foods are sweet and tend to stick to teeth, increasing the risk of tooth decay unless teeth are brushed soon after the food is eaten. When these foods are eaten with meals, rather than snacks, the risk of tooth decay is lower.
### Guidelines for the Grain Products Group - Serve Most

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>REFERENCE AMOUNT</th>
<th>TOTAL FAT (g)</th>
<th>SATURATED FAT (g)</th>
<th>TRANS FAT (g)</th>
<th>SODIUM (mg)</th>
<th>FIBRE (g)</th>
<th>SUGARS (g)</th>
<th>IRON (% DAILY VALUE)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grain breads - slice, roll, bagel, pita, etc.</td>
<td>30 g of dry product or 125 mL cooked</td>
<td>Less than or equal to 3 g</td>
<td>Less than or equal to 0.5 g</td>
<td>Less than or equal to 0.2 g</td>
<td>Greater than or equal to 2 g</td>
<td>Greater than 1 g</td>
<td>Less than or equal to 7 g</td>
<td>Greater than or equal to 8 %</td>
<td>Health Canada recommends making at least half of your grain products whole grain each day</td>
</tr>
<tr>
<td>Cereals - cold or hot</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cereals containing fruit pieces may be high in naturally occurring sugars (raisins). Choose cereals with fruit pieces made from 100% real fruit</td>
</tr>
<tr>
<td>Cereals with added 100% dried fruit pieces - cold or hot</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Try serving a variety of grains such as whole grain spaghetti, couscous salad, wild rice, etc.</td>
</tr>
<tr>
<td>Cooked whole grain rice, bulgur or quinoa</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked whole grain pasta or couscous</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereal bars or granola bars, cookies, biscuits, snack bags and packages, chips, crackers, muffins, pretzels and popcorn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

### Guidelines for the Grain Products Group - Serve Moderately

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>REFERENCE AMOUNT</th>
<th>TOTAL FAT (g)</th>
<th>SATURATED FAT (g)</th>
<th>TRANS FAT (g)</th>
<th>SODIUM (mg)</th>
<th>FIBRE (g)</th>
<th>SUGARS (g)</th>
<th>IRON (% DAILY VALUE)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads - slice, roll, bagel, pita, etc.</td>
<td>30 g of dry product or 125 mL cooked</td>
<td>Less than or equal to 5 g</td>
<td>Less than or equal to 1 g</td>
<td>Less than or equal to 0.2 g</td>
<td>Greater than or equal to 2 g</td>
<td>Greater than 6 g</td>
<td>Less than or equal to 7 g</td>
<td>Greater than or equal to 6 %</td>
<td>Choose grain products that say &quot;low in fat&quot;, &quot;low in salt&quot;, &quot;source of fibre&quot; or &quot;trans fat free&quot;</td>
</tr>
<tr>
<td>Cereals - cold or hot</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cereals containing added nuts or seeds may have additional total fat</td>
</tr>
<tr>
<td>Cereals with added 100% dried fruit pieces - cold or hot</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked whole grain rice, bulgur or quinoa</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooked whole grain pasta or couscous</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereal bars or granola bars, cookies, biscuits, snack bags and packages, chips, crackers, muffins, pretzels and popcorn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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### Guidelines for the Milk and Alternatives Group - Serve Most

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>REFERENCE AMOUNT</th>
<th>TOTAL FAT (g)</th>
<th>SATURATED &amp; TRANS FAT COMBINED (g)</th>
<th>SODIUM (mg)</th>
<th>SUGARS (g)</th>
<th>CALCIUM (% DAILY VALUE)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Milk - Skim, 0.5%, 1%, 2%, UHT or fortified soy beverage</td>
<td>250mL (1 cup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot or cold beverages, milkshakes, flavoured or yogurt types</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minigo and yogurts</td>
<td>100g (3.5 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Puddings - cups or instant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese and cheese strings e.g., hard cheese</td>
<td>30g (1 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Less than or equal to 5 g Saturated Fat plus Trans Fat
Less than or equal to 4 g Saturated Fat plus Trans Fat
Less than or equal to 300 mg
Less than or equal to 16 mg
Greater than or equal to 500 mg
Greater than or equal to 16 mg
Greater than or equal to 30 %
Greater than or equal to 20 %
Greater than or equal to 10 %

Puddings must be made with milk or fortified soy beverages as the main ingredient
Pudding mixes should be made by adding milk or fortified soy beverages, but no additional sugar
Choose cheese made from skim or partially skim milk when making meals and snacks

### Guidelines for the Milk and Alternatives Group - Serve Moderately

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>REFERENCE AMOUNT</th>
<th>TOTAL FAT (g)</th>
<th>SATURATED &amp; TRANS FAT COMBINED (g)</th>
<th>SODIUM (mg)</th>
<th>SUGARS (g)</th>
<th>CALCIUM (% DAILY VALUE)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate milk - Skim, 0.5%, 1%, 2%, UHT or fortified soy beverage</td>
<td>250 mL (1 cup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot or cold beverages, milkshakes, flavoured or yogurt types</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minigo and yogurts e.g., containers or tubes</td>
<td>100g (3.5 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Puddings - cups or instant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese and cheese strings e.g., hard cheese</td>
<td>30g (1 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese, processed e.g., slices and spreads</td>
<td>30g (1 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen milk products e.g., ice milk, frozen yogurt</td>
<td>125 mL (1/2 cup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Less than or equal to 5 g Saturated Fat plus Trans Fat
Less than or equal to 4 g Saturated Fat plus Trans Fat
Less than or equal to 300 mg
Less than or equal to 28 mg
Greater than or equal to 30 %
Greater than or equal to 20 %
Greater than or equal to 10 %
Greater than or equal to 8 %

Choose milk products with milk as first ingredient
Serve Moderately milk products may contain small amounts of artificial sweeteners
Processed cheese is generally high in sodium

UHT - Ultra High Temperature
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Guidelines for the Meat and Alternatives Group - Serve Most

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>REFERENCE AMOUNT</th>
<th>TOTAL FAT (g)</th>
<th>SATURATED FAT (g)</th>
<th>TRANS FAT (g)</th>
<th>SODIUM (mg)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, fish, poultry** (or alternative) fresh or frozen</td>
<td>75 g (2.5 oz)</td>
<td>Less than or equal to 10 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breaded chicken, fish**</td>
<td>100 g (3.5 oz)</td>
<td>Less than or equal to 12 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat, fish, poultry, canned**</td>
<td>75 g (2.5 oz)</td>
<td>Less than or equal to 3 g</td>
<td>Less than or equal to 2 g</td>
<td>Less than 0.2 g</td>
<td>Less than or equal to 480 mg</td>
<td>Choose lean or extra lean cuts of meat with visible fat removed. Salmon contains very high amounts of the good kind of fats, omega-3 fatty acids.</td>
</tr>
<tr>
<td>Deli meats (or alternative) (e.g., ham/poultry/beef/veggie turkey/pepperoni/salami)</td>
<td>75 g (2.5 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pea soup, beans or legumes</td>
<td>175 mL (3/4 cup)</td>
<td></td>
<td>No added fat (i.e., only naturally occurring)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuts, peanut or nut butters and seeds (if school policy permits)</td>
<td>50 mL (1/5 cup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Guidelines for the Meat and Alternatives Group - Serve Moderately

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>REFERENCE AMOUNT</th>
<th>TOTAL FAT (g)</th>
<th>SATURATED FAT (g)</th>
<th>TRANS FAT (g)</th>
<th>SODIUM (mg)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, fish, poultry** (or alternative) fresh or frozen</td>
<td>75 g (2.5 oz)</td>
<td>Less than or equal to 10 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breaded chicken, fish**</td>
<td>100 g (3.5 oz)</td>
<td>Less than or equal to 12 g</td>
<td></td>
<td>Less than 0.2 g</td>
<td>Less than or equal to 720 mg</td>
<td>Choose items that list Meat and Alternatives as the first ingredient.</td>
</tr>
<tr>
<td>Meat, fish, poultry, canned**</td>
<td>75 g (2.5 oz)</td>
<td>Less than or equal to 4 g</td>
<td>Less than or equal to 3 g</td>
<td>Less than or equal to 720 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deli meats (or alternative) (e.g., ham/poultry/beef/veggie turkey/pepperoni/salami)</td>
<td>75 g (2.5 oz)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pea soup, beans or legumes</td>
<td>175 mL (3/4 cup)</td>
<td>Less than or equal to 4 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Guidelines for the Meat and Alternatives Group - May serve or sell 1 item from this list per week

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>REFERENCE AMOUNT</th>
<th>TOTAL FAT (g)</th>
<th>SATURATED FAT (g)</th>
<th>TRANS FAT (g)</th>
<th>SODIUM (mg)</th>
<th>IRON (% DAILY VALUE)</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wieners, sausages, and bologna</td>
<td>50 g (1.75 oz)</td>
<td>Less than or equal to 10 g</td>
<td>Less than or equal to 2 g</td>
<td>Less than 0.2 g</td>
<td>Less than or equal to 720 mg</td>
<td>Greater than or equal to 4 %</td>
<td>Per serving, these items are higher fat choices and generally offer lower protein.</td>
</tr>
</tbody>
</table>

* Reference Amounts do not always refer to the serving size of the container/package or the amount of a food/beverage a child can eat/drink. Also, Reference Amounts are used to indicate the nutrient content within a measured amount of food/beverage and the nutritional quality of the item (i.e., Serve Most/Serve Moderately).

** If meat, fish or poultry item has greater than 20 g of carbohydrate then this item is considered a mixed dish, and must be evaluated based on the ‘Mixed Dish Criteria’

** CAUTION FOOD ALLERGIES** Check with your school for guidelines and policies.
Preparing, Selling and/or Serving Mixed Dishes

What is a mixed dish?
When foods from two or more food groups are combined, a “mixed dish” is the result.

Making mixed dishes from scratch
• Foods should come from the Serve Most category whenever possible.
• When making a dish from scratch (e.g., sandwich, pizza) apply the Serve Most or Serve Moderately criteria to each ingredient.
• If a dish contains all Serve Most ingredients, it is considered a Serve Most mixed dish.
• If a dish contains all Serve Moderately ingredients, it is considered a Serve Moderately mixed dish.
• If a dish contains Serve Most ingredients and one Serve Moderately ingredient, it is considered a Serve Moderately mixed dish.
• Use lower salt or lower sodium sauces or soups; check the nutrition facts panel on packages of foods for sodium content.

Examples of mixed dishes include:
• casseroles – chili, spaghetti & meat sauce, beef stew, goulash, stir fry with rice
• soups – vegetable beef or chicken, chicken and rice, chicken noodle
• dishes containing cheese – lasagna, meat pizza, cheese pizza, macaroni & cheese
• sandwich type dishes – wraps, pitas, subs, quesadilla, taquitos, tacos, burritos, bread & filling
• breaded chicken and fish products – chicken or fish, nuggets, fingers, burgers
• salads – chef, taco, chicken strips, bean, other salads containing a serving of Meat or Alternatives

Serving and/or selling pre-made dishes using the School Food Guidelines
• Pre-made mixed dishes are convenience foods that may require heating before serving.
• There is often no control over the ingredients in pre-made mixed dishes.
• Choose pre-made mixed dishes that are lower in fat, low in saturated fat, trans fat free, lower in salt and a source of fibre.

Guidelines for the Mixed Dishes - SERVE MOST

<table>
<thead>
<tr>
<th>Reference Amount</th>
<th>Total Fat (mg)</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Iron (% Daily Value)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per single serving as indicated on the nutrition label</td>
<td>Less than 30% of Daily Value (DV)*</td>
<td>Less than or equal to 720 mg</td>
<td>Greater than or equal to 2 g</td>
<td>Greater than 10%</td>
</tr>
</tbody>
</table>

Guidelines for the Mixed Dishes - SERVE MODERATE

<table>
<thead>
<tr>
<th>Reference Amount</th>
<th>Total Fat (mg)</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
<th>Iron (% Daily Value)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per single serving as indicated on the nutrition label</td>
<td>Less than 30% of Daily Value (DV)*</td>
<td>Less than or equal to 960 mg</td>
<td>Greater than or equal to 2 g</td>
<td>Greater than 2%</td>
</tr>
</tbody>
</table>

* % Daily Value (DV) is located on Right Hand Side of the Nutrition Facts Panel.

School Food Guideline Food Groups

Here is more general information on why foods have been put in the different categories of Serve Most and Serve Moderately.

Vegetables and Fruit
• Canned vegetables may have added salt and a small amount of added sugar (i.e., less than or equal to 4 g).
• “Fruit” drinks, ades, cocktails, beverages and punches are not included because they contain additional sugars, water and flavourings which are not present in 100% fruit juice.

Grain Products
• Grain products in the Serve Most list are whole grain, provide a source of fibre and are naturally lower in fat.

Milk and Alternatives
• Milk and Alternatives on the Serve Most list are the best sources of calcium and are lower in fat per serving.
• A Canada Food Guide Serving of milk is 1 cup (250 mL).
• Milk products in the Serve Moderately list are higher in fat and/or sugar but are still sources of calcium (e.g., chocolate milk, has the same nutrients as white milk, but contains added sugar and flavouring, and thus is in the Serve Moderately list).
• Processed cheese is generally higher in sodium. Choose cheese products with less than 300 mg of sodium most often.
• Cream cheese and sour cream do not provide as much calcium as milk.

Meat and Alternatives
• Meat and Alternatives in the Serve Most list are good sources of protein and other nutrients and are lower in fat and sodium.
• Meat and Alternatives in the Serve Moderately list are foods that are generally higher in fat and/or salt, but do provide some of the nutrients found in the Meat and Alternatives food group.
• Nuts and seeds are high in fat, but also provide important nutrients; limit serving size to 1/4 cup (60mL). Check your school district healthy eating/nutrition policy for regulations on serving and/or selling nuts and seeds in schools.
Foods Not Included Under Serve Most and Serve Moderately

These foods are not found in Canada’s Food Guide and are generally low in nutrients and may be high in fat, sugar, salt, caffeine and/or calories. They tend to be highly processed foods that often are deep fat fried, or are high in hydrogenated/trans fats or sodium. These foods do not contribute to a healthy school nutrition environment.

- banana chips (dried)
- cakes/cupcakes
- candy
- chocolate (including dark and light variations)
- croissants
- egg nog
- egg rolls
- energy bars or meal replacement bars
- energy drinks
- flavored water (that contains artificial sweeteners and/or sugar)
- "fatt" drinks, sodas, cocktails, beverages and punches
- fruit gels/jelly dessert
- ice cream treats, with added candy, cookie pieces, etc.
- instant dry soup mixes and single serve soup mixes
- instant noodles
- marshmallows
- pastries, donuts, pies
- popcorn
- potato chips/corn chips/wheat chips, more than 5g fat per 30g serving
- scrunchions
- sherbet
- soft drinks/diet soft drinks (pop)
- sports drinks
- tea, coffee, iced tea

What are energy drinks?

Energy drinks are beverages that claim to stimulate and energize the user. They contain high amounts of caffeine. It may be listed as caffeine, guarana, or yerba mate on the label. Examples of energy drinks include:

- Monster®
- Red Bull® Energy Drink®
- Full Throttle®
- Hyper®
- Jolt®
- Rockstar®
- SoBe Adrenaline Rush®

Why should energy drinks not be sold and/or served in schools?

Energy drinks should not be sold and/or served at school. Most energy drink labels caution that children should not consume these beverages. These drinks are not good choices at any time, especially during or after athletic events. Rather than rehydrating the body, they can actually lead to dehydration. Health Canada recommends drinking plain water to re-hydrate your body after physical activity, especially in the heat.

There are concerns about the consumption of energy drinks because students who drink them may have trouble concentrating in class. The effects on children of the large amount of caffeine and other ingredients that may be added to energy drinks are unknown.

What are the health risks of too much caffeine?

Over consumption of caffeine through beverages such as energy drinks can cause the following negative symptoms:

- dehydration
- increased urination
- headaches
- rapid heartbeat
- irritability and nervousness
- trouble sleeping

Healthy Choices for All Occasions

Healthy snacks and beverages listed below are choices to consider for school events (sports event, parent-teacher meeting, student or school council meeting, concerts, special lunch days and special snack days):

- vegetable trays with low fat dip
- fruit trays, with or without low fat dip
- low fat regular or mini muffins
- pretzels with less than 480 mg sodium per serving
- popcorn, light or plain
- bread sticks
- whole grain bagels, plain or toasted
- whole grain breads, plain or toasted – try new types like rye, pumpernickel
- sandwiches made with different whole grain breads
- pizza wedges or mini pizzas: try vegetable or Hawaiian (rather than salami/pepperoni), and use lower fat cheese
- seeds – sunflower or pumpkin
- nuts
- cheese cubes or strings
- yoghurt
- yoghurt tubes
- 100% fruit or vegetable juices
- fruit leather or vegetable bars, 100% dried fruit and/or vegetable, no sugar added
- plain water
- milk, white or flavoured, skim, 0.5%, 1% or 2% milk, pinch of ground cinnamon. Place all ingredients in a blender. Pulse until berries are cut up and then blend on medium/high until smooth. Serve immediately.
- pumpkin faces: English muffins, melted cheddar cheese and raisins. Melt grated cheese on English muffins and arrange raisins to make the eyes, nose and mouth.

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- nuts
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- yoghurt
- yoghurt tubes
- 100% fruit or vegetable juices
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- plain water
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- pumpkin faces: English muffins, melted cheddar cheese and raisins. Melt grated cheese on English muffins and arrange raisins to make the eyes, nose and mouth.
Christmas

Holiday Pita Chips with Salsa: Whole grain pita bread cut into wedges and baked in the oven until lightly browned and crispy. Serve with low fat dips such as herbed hummus, yogurt, guacamole, fat-free sour cream or salsa.

Holiday Fruit Wreath: green fruit (sliced kiwi, green grapes, honey dew melon) and red fruit (strawberries, red grapes, pomegranate). Arrange green fruit in the shape of a wreath and then decorate with red fruit. Place a container of yogurt for dipping in the center.

Fruit and Veggie Skewers: red apples, green grapes, red and green pepper pieces, strawberries, fresh cherries, honey dew cubes, kiwi slices, sliced radishes, broccoli flowerets, mozzarella cheese cubes. Make skewers using various red and green fruits, veggies and a few small cheese cubes.

Santa Smoothies: blend a banana, fruit cup, yogurt, strawberries or 100% fruit, unsweetened.

Healthy Vending Machines

Nutritious choices for vending machines are available.

Non-refrigerated vending machine options:
- Individual fruit cups or tins (unsweetened)
- Whole grain crackers
- Arrowroot chips
- Individual packages of melba toast, low fat crackers and bread sticks
- Cereal bars
- Granola bars
- Fig bars
- Nuts and/or seeds (if school permits)
- Fruit leather or dried fruit/vegetable products, 100% fruit and/or vegetable, no sugar added
- Lower fat, fibre rich muffins
- Whole grain bagels or buns

Snacks

Use the Serve Most/Serve Moderately system for healthy snack choices.

Serve Most
These foods have nutritional value and can be served as snacks anytime.

Grain Products
- cold ready-to-eat cereal
- hot cooked cereal
- crackers, whole grain, low fat
- popcorn
- english muffin or 1/2 bagel whole grain, plain or toasted

Vegetables and Fruit
- 100% fruit or vegetable juices, unsweetened
- frozen 100% juice bars, unsweetened
- fruit, fresh – whole or cut in cubes/slices, with or without low fat dip
- fruit, canned in juice
- apple sauce fruit blends, unsweetened
- vegetables cut in circles, strips, florettes, etc.

Milk and Alternatives
- milk, skim, 0.5%, 1%, 2% white or chocolate milk
- yogurt, unsweetened, 2% or less M.F.
- cheese, hard, 21% or less M.F., packages or cubes
- cheese strings, 21% or less M.F.
- smoothies, commercial or homemade (2% or less M.F. white milk or unsweetened yogurt blended with unsweetened fruit)

Served Moderately
These foods have nutritional value but are higher in fat and/or sugar and/or salt.

Grain Products
- cereal, cold ready-to-eat
- cereal, hot cooked
- cereal bar/granola bar
- tea biscuits or scone, small
- toast
- muffin
- pancakes
- bread sticks
- cereal/pretzel mix
- cheese snack packs with pretzels or bread sticks
- english muffin or 1/2 bagel enriched white, plain or toasted

Vegetables and Fruit
- juice, 100% fruit or vegetable, sweetened
- fruit, canned in light syrup

Milk and Alternatives
- milk, white, M.F.
- milk, flavoured, 2% or less M.F.
- yogurt, more than 2% M.F.
- yogurt and yogurt drinks, sweetened, 2% or less M.F.
- yogurt tubs
- cheese, regular
- cheese slices, processed
- cheese spread
- ice milk or soft serve
- frozen yogurt
- milk puddings, ready-to-serve, low fat

Meat and Alternatives
- nuts, plain, spiced or salted
- seeds like sunflower or pumpkin
- soy nuts
- peanut butter
- tuna/salmon snack kits
- slices of cold meat

Serve Most
These foods have nutritional value and can be served as snacks anytime.

Grain Products
- cold ready-to-eat cereal
- hot cooked cereal
- crackers, whole grain, low fat
- popcorn
- english muffin or 1/2 bagel whole grain, plain or toasted

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- 100% fruit or vegetable juices, unsweetened
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- fruit, fresh – whole or cut in cubes/slices, with or without low fat dip
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Meat and Alternatives
- nuts, plain, spiced or salted
- seeds like sunflower or pumpkin
- peanut butter
- tuna/salmon snack kits
- slices of cold meat
Suggestions for healthy lunches

- salads (mandarin orange chicken, chef, spinach, taco)
- burritos (bean, meat)
- cabbage rolls
- sandwich bar (a variety of breads, wraps, bagels, and fillings such as vegetables, lean meats, and salad fillings made with low-fat salad dressing)
- macaroni and cheese
- quessadillas
- salad bar (variety of lettuce, vegetables, other toppings and low-fat salad dressings)
- submarine sandwiches (low fat meat and cheese with vegetables)
- chili and bun
- casseroles (chicken rice, made with broth or lower fat cream sauce)
- curried meat/chicken/tahini and rice
- falafel
- grilled cheese sandwich
- hamburgers/grilled chicken breast burgers
- kebab skewers/pork souvlaki
- pasta with meat sauce

How Sweet it is

Choose desserts that provide nutritional value. Desserts can include a variety of choices such as the following tasty treats:
- fresh fruit
- fresh fruit salad
- fresh fruit chunks with yogurt dip
- fruit cups
- applesauce or fruit blends
- flavored yogurt
- milk pudding
- baked custard
- parfait of yogurt and fruit (with granola topping)
- rice/tapioca pudding (made with lower fat milk)
- frozen yogurt or ice milk

Setting up a Canteen Service Using the School Food Guidelines

All schools may not have a cafeteria. The School Food Guidelines can also be used when setting up a canteen. Here is a canteen menu centered around combination items that can also be sold separately. It is based only on the Serve Most foods.

Week 1

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas and Yogurt</td>
<td>Mini Muffins and Milk</td>
<td>Apples and Cheese</td>
<td>Canned Fruit in Fruit Juice</td>
<td>Whole Grain/Whole Wheat Toast</td>
</tr>
<tr>
<td>Milk</td>
<td>100% Juice</td>
<td>Plain Water</td>
<td>Milk</td>
<td>100% Juice</td>
</tr>
<tr>
<td>Plain Water</td>
<td></td>
<td></td>
<td>Milk</td>
<td>Plain Water</td>
</tr>
</tbody>
</table>

*When serving toast, bagels etc., offer one to two spreads with it, for example, non-hydrogenated margarine and jam, etc.

Week 2

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Apple Sauce Muffins</td>
<td>Orange Wedges and Yogurt</td>
<td>Yogurt or Low Fat Salad Dressing (for dips)</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>100% Juice</td>
<td>100% Juice</td>
</tr>
<tr>
<td>100% Juice</td>
<td>Plain Water</td>
<td>Plain Water</td>
<td>Plain Water</td>
<td>Plain Water</td>
</tr>
</tbody>
</table>

Week 3

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal Mix</td>
<td>Fruit Cocktail and Yogurt</td>
<td>Yogurt (containers or tubs) from Serve Most Category</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>100% Juice</td>
<td>100% Juice</td>
</tr>
<tr>
<td>100% Juice</td>
<td>Plain Water</td>
<td>Plain Water</td>
<td>Plain Water</td>
<td>Plain Water</td>
</tr>
</tbody>
</table>
Brand Name Food List

The Brand Name Food List was developed to help school food providers, school administrators, fundraisers, and parents/caregivers choose healthy foods to sell and serve in schools and at school events. This list places common brand names of foods and beverages that you find in your local grocery store, supermarket or wholesaler into the Serve Most, Serve Moderately and Not Included categories based on the criteria in the School Food Guidelines and the Nutrition Facts table located on the side of the food item.

There are, however, many foods such as local vegetables and wholesome homemade meals that do not have a Nutrition Facts table. These items can be very healthy choices. Therefore, the Brand Name Food List is not inclusive and should be used along with healthy choices from Canada’s Food Guide.

This list will be updated on a quarterly basis and can be found at the following web address: www.livinghealthyschools.com

Preparing Food Safely

It is important to practice safe food handling when preparing and serving foods. Properly preparing, storing or serving foods can prevent illnesses from ingesting disease-causing bacteria like Salmonella, Campylobacter, or E.coli. Cafeterias and canteens must be licensed and compliant with the Food Premises Regulations.

The following should be considered when offering meals and snacks at school:

- Kitchen facilities must be used for food preparation only.
- It is recommended that at least one employee and/or volunteer, who has taken a food safety course, be on site when meals are prepared and served.
- Keep food handlers and servers at the lowest manageable number, and prohibit unauthorized people from entering the kitchen area.
- Sufficient refrigeration space must be available to keep perishable foods (e.g., milk, eggs, meats, fish, poultry) at 4°C (40°F) or lower.
- Sufficient equipment must be available to keep hot foods at 60°C (140°F) or higher.
- Thermometers must be available to check cooling and cooking temperatures.
- A separate sink with supplies (liquid soap and paper towels) must be on-site for hand washing only. Hands should be washed frequently.
- At a minimum, the kitchen will need a double-compartment sink for washing and disinfecting (typically with a dilute bleach solution) utensils and dishes.

When food is consumed or prepared outside of the school cafeteria:

- In the classroom; desks and counters should be cleaned before serving food. Students should wash their hands with soap and water before preparing and eating food.
- Foods from outside suppliers should arrive at the appropriate temperature (e.g., hot if they are served hot and cold if they are served cold). Foods should be served within 1/2 hour after arriving at the school.
- Outdoor events: If food is prepared at BBQ’s or picnics, use coolers containing ice or ice packs to keep cold foods cold. Serve hot foods promptly. Food must also be protected from insects and dirt.
- Lunches brought from home should be kept chilled in a refrigerator, with an ice pack, or a frozen juice box.

Food Safety

Safe food is food that is served clean, hot or cold. The following food safety tips will help to avoid causing food-borne illness:

Clean
- Hands, surfaces and utensils frequently.

Cook
- All meats, poultry, fish and eggs to the proper internal temperature. Use a thermometer to check the temperature.

Chill
- All perishables and leftovers promptly to reduce the growth of bacteria. Thaw frozen foods in a refrigerator, cold water, or a microwave oven, not at room temperature.

Separate
- Different cutting boards should be used to separate: raw meats from raw fruits and vegetables; raw food from prepared foods.
- Store raw meats on lower refrigerator shelves, below ready-to-eat foods, to prevent dripping.
## Food Temperature Guide
(Taken from the Food Retail and Food Services Code, 2001)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Temperature Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refrigeration</td>
<td>4°C (40°F) or less</td>
</tr>
<tr>
<td>Freezing</td>
<td>Minus 18°C (0°F) or less</td>
</tr>
</tbody>
</table>

### Cooking:
Food mixtures containing poultry, eggs, meat, fish, or other potentially hazardous foods:
- Internal temperature of 74°C (165°F) for 10 minutes

- Pork, Lamb, Vei, Beef (whole cuts): Internal temperature of 70°C (158°F)

- Poultry: Internal temperature of 85°C (185°F) for 15 seconds

- Stuffing in Poultry: 74°C (165°F)

- Ground Meat: 70°C (158°F)

- Eggs: 63°C (145°F) for 15 seconds

- Fish: 70°C (158°F)

- Reheating: 74°C (165°F)

- Hot Holding: 60°C (140°F)

### Cooling:
- 60°C-20°C (140°F-68°F) within 2 hours.
- 20°C-4°C (68°F-40°F) within 4 hours

To learn more about food safety, contact an environmental health officer at the nearest Government Services Centre or visit www.befoodsafe.ca
Advice for different ages and stages...

**Children**
- Eat meals and snacks with your children.
- Involve children in planning meals and making grocery lists.
- Make sure children have fun in the kitchen.

**Women of childbearing age**
- Women need iron for pregnancy.
- Women need calcium for bone health.
- Women need fiber to maintain digestive health.

**Men and women over 50**
- Women need calcium for bone health.
- Men need iron for red blood cell health.
- Adults need fiber to maintain digestive health.

Nutritional needs change over time.

Eat well and be active today and every day!

The benefits of eating well and being active include:
- Better overall health.
- Lower risk of disease.
- Better body weight.
- Feeling and looking better.
- Fewer sick days.
- Improved concentration.

Be active:
- To be active every day is just as important as eating a nutritious meal.
- Canada’s Physical Activity Guidelines recommend at least 150 minutes of moderate physical activity in total on most days of the week for adults.

Eat well:
- More fruit and vegetables; fewer sweets and oils; less salt.
- Dried fruit, nuts, and seeds; lean meats; whole grains; low-fat dairy products.

For more information, visit Canada’s Food Guide at: www.canada.ca/glc/foodguide/index-eng.php
### Recommended Number of Food Guide Servings per Day

<table>
<thead>
<tr>
<th>Group</th>
<th>Toddlers</th>
<th>Years 1-3</th>
<th>Years 4-8</th>
<th>Years 9-12</th>
<th>Teen Girls</th>
<th>Teen Boys</th>
<th>Adults Female</th>
<th>Adults Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables and Fruit</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>7</td>
<td>8</td>
<td>7-8, 8-10</td>
<td>7</td>
</tr>
<tr>
<td>Grain Products</td>
<td>3</td>
<td>4</td>
<td>6</td>
<td>7</td>
<td>7</td>
<td>8</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Milk and Alternatives</td>
<td>2</td>
<td>2</td>
<td>3-4</td>
<td>3-4</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Meat and Alternatives</td>
<td>1</td>
<td>1</td>
<td>1-2</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

The chart above shows how many Food Guide Servings you need based on the size of your food group in a meal.

Having the correct amount and type of food recommended following the tips in Canada's Food Guide will help:

- Meet your needs for vitamins, minerals, and other nutrients
- Reduce your risk of chronic disease from obesity, heart disease, and osteoporosis
- Contribute to your overall health and vitality.

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### What is One Food Guide Serving?

<table>
<thead>
<tr>
<th>Serving Type</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh, frozen, or canned vegetables</td>
<td>1 servings</td>
</tr>
<tr>
<td>Leafy vegetables</td>
<td>1 servings</td>
</tr>
<tr>
<td>Fruits, frozen, or canned fruits</td>
<td>1 servings</td>
</tr>
<tr>
<td>100% Juice</td>
<td>1 servings</td>
</tr>
</tbody>
</table>

### Make each Food Guide Serving count...

- Eat at least one dark green and one orange vegetable each day.
- Include a variety of whole grains (at least one-half of all grains eaten should be whole), high-fiber, and high-sodium foods, such as brown rice and whole-grain breads.
- Choose vegetables and fruits prepared with little or no added fat, sugar, or salt.
- Use natural, unrefined, or whole-grain bread instead of white bread.
- Include two or more fruits and vegetables daily.

### Make at least half of your grain products whole grain each day.

- Choose whole-grain breads, pastas, cereals, and tortillas.
- Include a variety of whole grain products in your meal.

### Drink at least 10% or 2.5% milk each day.

- Use a 100% low-fat milk, 1 1/2% milk, or 2% milk for children and adults.
- Choose a low-fat milk alternative.
- Select a low-fat milk alternative.
- Select beverages that are low in fat, sugar, sodium, and caffeine.

### Enjoy a variety of foods from the four food groups.

- Include a variety of fruits and vegetables in your meals.
- Choose a variety of whole grains at each meal.
- Select a variety of milk alternatives.
- Select a variety of meats and meat alternatives.

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### Oils and Fats
- Include oil amount - 30 to 55 mL (2 to 3 Tbsp) - of unsaturated fat and oil daily. This includes oil used for cooking, salad dressings, margarine, and mayonnaise.
- Use vegetable oil with canola, olive, and soybean.
- Choose oil that is lower in saturated and trans fats.
- Limit solid fats, margarine, butter, and shortening.

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### Satisfy your thirst with water!

- Drink plenty of water. It is a simple way to stay healthy. Drink more water in hot weather or when you are very active.