



STUDENT NUTRITION PROGRAM ~ NUTRITION GUIDELINES

Quick Reference Guide



A **snack** should contain at least one serving from a minimum of two food groups of *Canada's Food Guide to Healthy Eating* with at least one serving from the Vegetables and Fruit food group.

A **meal** should contain at least one serving from a minimum of three out of the four food groups of *Canada's Food Guide to Healthy Eating* with at least one serving from the Vegetables and Fruit food group and at least one serving from the Milk Products food group.

DV = daily value (which means the same as "recommended daily intake" [RDI].)

VEGETABLES AND FRUIT	
Fresh/frozen vegetables & fruit	<ul style="list-style-type: none"> Select a variety of fresh and frozen vegetables and fruit that are not in a sauce.
Canned/jarred vegetables & tomato sauce	<ul style="list-style-type: none"> Less than 480mg of sodium.
Canned/jarred fruit & fruit sauces	<ul style="list-style-type: none"> Packed in juice with no added sugar. Good source of vitamin C (30% DV) and/or vitamin A (15% DV).
Dried fruit	<ul style="list-style-type: none"> Contains no added sugar or fat and fruit is listed as the first ingredient Good source of vitamin C (30% DV) and/or vitamin A (15% DV).
Fruit juice	<ul style="list-style-type: none"> Select 100% fruit juice.
Vegetable & tomato juices	<ul style="list-style-type: none"> Good source of vitamin C (30% DV) and/or vitamin A (15% DV). Less than 480mg of sodium.

MILK PRODUCTS	
Milk	<ul style="list-style-type: none"> Select 2% M.F., 1% M.F. or skim milk (white or flavoured).
Cheese	<ul style="list-style-type: none"> Good source of calcium (15% DV) and preferably 20% M.F. or less.
Yogurt & yogurt-based drinks	<ul style="list-style-type: none"> Good source of calcium (15% DV) and 2% M.F. or less.
Milk alternative beverages (e.g. soy/rice beverages) & shakes	<ul style="list-style-type: none"> Excellent source of calcium (25% DV) and vitamin D (25% DV). Fat limit of 5g.
Custards, puddings & frozen desserts (e.g. frozen yogurt)	<ul style="list-style-type: none"> Source of calcium (5% DV). Fat limit of 3g.

GRAIN PRODUCTS	
Breads (e.g. bread, bagels, rolls, pita, roti, chapatti, bannock)	<ul style="list-style-type: none"> Select 100% whole wheat or other whole grain products. Source of fibre (2g) and iron (5% DV) and low in saturated fat (2g or less of saturated fatty acids and trans fatty acids combined).
Cereals (ready-to-eat and hot)	<ul style="list-style-type: none"> Source of fibre (2g) and/or low in sugar. Source of iron (5% DV).
Rice & other grains	<ul style="list-style-type: none"> Select whole grains and brown, parboiled or converted rice that is enriched.
Pasta	<ul style="list-style-type: none"> Source of fibre (2g) and enriched.
Crackers	<ul style="list-style-type: none"> Source of fibre (2g) and iron (5% DV), fat limit of 3g and less than 480mg of sodium.
Pancakes/waffles	<ul style="list-style-type: none"> If possible, make from scratch using whole wheat flour and lower fat or non-fat milk. If using a mix, select brands that require additional ingredients (e.g. milk and eggs). Offer fresh fruit or canned unsweetened fruit as topping instead of syrup.
Baked goods (e.g. muffins, snack breads) & grain-based bars	<ul style="list-style-type: none"> Source of fibre (2g) and iron (5% DV), fat limit of 5g and low in saturated fat (2g or less of saturated fatty acids and trans fatty acids combined).

MEAT AND ALTERNATIVES	
Fresh or frozen meats (poultry, fish, pork, beef)	<ul style="list-style-type: none"> Lean or extra lean and reduced in sodium. Food items should be cooked by a lower fat method (e.g. baking).
Deli meats/cured meats/canned meat (poultry, fish, pork, beef)	<ul style="list-style-type: none"> Lean or extra lean and reduced in sodium. Canned meats and fish should be packed in water, not oil. Food items should be cooked by a lower fat method (e.g. baking).
Eggs	<ul style="list-style-type: none"> All eggs are nutritious and should be cooked by a method other than frying.
Dried & frozen legumes	<ul style="list-style-type: none"> All plain dried and frozen legumes are nutritious.
Canned legumes	<ul style="list-style-type: none"> Fat limit of 3g and less than 480mg of sodium.
Roasted legumes	<ul style="list-style-type: none"> Source of iron (5% DV) and less than 480mg of sodium.
Other meat substitutes for vegetarians (e.g. tofu)	<ul style="list-style-type: none"> Source of iron (5% DV), fat limit of 3g and less than 480mg of sodium. Food items should be cooked by a lower fat method other than frying.

OTHER FOODS	
<p>If other foods are being offered, program providers should only use one of the following food items per snack or meal: (e.g. when serving toast, jam or butter should be offered, not both.)</p> <ul style="list-style-type: none"> Jams, jellies, marmalades, syrup, fruit butters, light cream cheese and light cheese spread Sauces, dips, gravy and condiments Fats and oils (e.g. butter, margarine, vegetable oil, salad dressing, etc.) Snack foods (e.g. baked chips, plain popcorn, pretzels, etc.) 	
<p>The following foods are not recommended for student nutrition programs:</p> <ul style="list-style-type: none"> Soft drinks, sports drinks, coffee and tea Fruit-flavoured beverages that are not 100% fruit juice Ice cream treats Cookies, cakes, cupcakes and doughnuts Toaster pastries and frozen waffles Dipped granola bars Candy, chocolate and marshmallows Peanuts, nuts, seeds and nut and seed butters* High fat, salty snacks (e.g. potato chips, nacho chips) Deep-fried foods (e.g. chicken nuggets, French fries) Hot dogs, sausages and bacon (regular side bacon, turkey bacon, chicken bacon) 	

*It is strongly recommended that foods containing peanuts or other nuts not be made available by program providers since some children and youth may have life-threatening allergies to nuts.

