

Guide to Food Choices

Revised November 2010

The Western School Board 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).

This *Guide to Food Choices* accompanies the Western School Board's Nutrition Policy. It consists of 3 food lists which have been developed based on *Eating Well with Canada's Food Guide*.

The three lists are: 1) *Foods to Serve Most Often*; 2) *Foods to Serve Sometimes*; and 3) *Foods to Serve Least Often*. A list of Healthier Vending Machine and Canteen Foods and Beverages is also included. These lists are meant to assist schools and food service providers in selecting healthy choices for when foods and beverages are available (e.g. cafeteria, canteen, breakfast program, emergency food cupboard, etc.). These food lists can also be used as a guide for students and 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 (ie 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.

Appendix B - Foods to Serve Most Often: Serve These Foods Daily

These foods should be the main focus in a healthy diet, with special emphasis on Vegetables and Fruit and Grain Products. 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*. Choose foods that are whole, minimally or un-processed, locally-sourced, seasonally available and prepared in a healthy way to serve/sell in schools most often.

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Combination Foods*
<ul style="list-style-type: none"> -Fresh vegetables and fruit -Frozen vegetables (no added fat) -Low sodium canned vegetables -Tomato sauce (low in sodium) -Vegetable soups (homemade, frozen or canned, low fat/low sodium) -Vegetable stir-fried -Baked, boiled or mashed potatoes (with little or no fat) -Green salads (without high fat dressing) -Canned fruit (packed in 100% juice or water) -100% dried fruit (e.g. raisins, cranberries) -100% fruit/veggie leathers or bars (no sugar added) -Applesauce or fruit blended applesauce 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) -100% fruit or vegetable juice or 100% juice blends 	<ul style="list-style-type: none"> -100% whole grain or whole wheat breads, buns, rolls, bagels, English muffins, pita bread, wraps, tortillas, bannock, naan, roti, waffles, pancakes or pizza dough -Whole grain, whole wheat crackers, breadsticks or flatbreads (low fat) -Whole grain, unsweetened or low-sugar, ready-to-eat cold cereals -Hot cereals (e.g. oatmeal) -Rice cakes, plain popcorn -Corn bread -Whole wheat noodles or pasta -Brown or wild rice -Barley, bulger, quinoa, or other whole grains -Low fat, high fibre muffins made with vegetables or fruit -Cookies (made with oatmeal or dried fruit and whole wheat flour) 	<ul style="list-style-type: none"> -White or chocolate milk, 2% milk fat (M.F.) or less -Flavoured milks (2% M.F. or less, 28 g sugar/ 250 mL) -Soya beverages (original and flavoured, 2% M.F. or less) -Fresh or frozen yogurt (2% M.F. or less) -Yogurt tubes (2% M.F. or less) -Cheese (21% M.F. or less; e.g. part skim mozzarella, cheddar) -Cheese strings (21% M.F. or less) -Cottage cheese (2% M.F. or less) -Milk-based soups and chowders (2% M.F. or less; homemade, or canned low fat/low in sodium) -Smoothies made with milk products (2% M.F. 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 -Low sodium lean deli meats (ham, chicken, turkey, roast beef) -Meatballs or meatloaf made with lean or extra lean meat -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) 	<ul style="list-style-type: none"> -Stir fries (chicken/beef/vegetable) -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, lower fat cheese) -Meatballs and brown rice/whole wheat noodles -Spaghetti or macaroni and cheese (made with whole wheat noodles) -Shepherds pie -Cabbage rolls -Salads (vegetable, pasta, etc.) -Soup, stew or chili -Noodle or rice soup (homemade or canned low fat/low sodium) -Cheese/veggie/chicken pizza made on whole wheat crust -Panzarotti with vegetables and lower fat cheese -Souvlaki -Falafel (not fried) -Yogurt (2% M.F. or less) and fruit parfaits -Trail mix <p style="text-align: right; margin-top: 10px;">*Foods in this category should be made with 'Serve Most Often' ingredients</p>

Use these Nutrient Criteria:

- Total Fat:** **Maximum 5 g per serving** – Vegetables and Fruit, Grain Products & Milk and Alternatives
Maximum 10 g per serving – Combination Foods & Meat and Alternatives, with the exception of the following:
 - If permitted, schools can serve peanut/nut butters, and unsalted/unsweetened nuts and seeds (not roasted in oil).

- Saturated Fat:** **Maximum 3 g per serving**

- Trans Fat Free:** **Maximum 0.5 g per serving**

- Fibre:** **Minimum 2 g per serving** - This applies only to grain products, and with exception of the following:
 -Brown or wild rice is exempt from fibre criteria. A minimum of 1.5 g fibre per serving is permitted for whole grain/whole wheat breads.

- Sugar:** **Maximum 10 g per serving** - with the exception of the following:
 -Fresh vegetables and fruit, canned vegetables and fruit (packed in water/100% juice), frozen vegetables and fruit, 100% dried fruit, 100% vegetable and fruit juices may contain natural sugar exceeding 10 g per serving.
 -Lower fat (2% M.F. or less) flavoured milks may contain a maximum of 28 g sugar per 250 ml serving.
 -Lower fat (2% M.F. or less) yogurts may contain a maximum of 15 g sugar per 100 g serving.

- Sodium:** **Maximum 200 mg per serving** - Vegetables and Fruit, Grain Products, Milk and Alternatives & Meat and Alternatives
Maximum 480 mg per serving - Combination Foods

**Appendix C - Foods to Serve Sometimes:
Serve No More Than 2 Food Items From Each Column 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.

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Combination Foods
-Regular canned vegetables, drained -Vegetables with sauces (e.g. cheese sauce) -Vegetable soup (canned, frozen, regular) -Canned fruit (in light syrup) -Applesauce or fruit blends with sugar added -Fruit crisps (e.g. apple, strawberry- rhubarb) -Oven baked french fries <p align="center"><i>* Choose no more than 2 food items from this list per week</i></p>	-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 (e.g. banana, zucchini, pumpkin) -Sweetened cereal made with oats or whole grains -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 <p align="center"><i>* Choose no more than 2 food items from this list per week</i></p>	-Whole milk -Ice milk -Hot chocolate made with milk (2% M.F. or less) -Milk based puddings -Yogurt and yogurt drinks (more than 2% M.F.) -Frozen yogurt (more than 2% M.F.) -Yogurt dips -Cheese (>21% M.F. and <32% M.F.) -Processed cheese products (e.g. slices, spreads) -Custards <p align="center"><i>* Choose no more than 2 food items from this list per week</i></p>	-Baked chicken/veggie burgers or nuggets; battered and not fried -Baked fish; battered and not fried -Fish canned in oil -Baked ham -Nuts and seeds (salted) <p align="center"><i>* Choose no more than 2 food items from this list per week</i></p>	-Lasagna -Macaroni and cheese (made with white noodles) -Pastas made with cream sauces -Grilled cheese (made with white bread) -"Salad-type" sandwiches made with full fat mayonnaise (e.g. egg, tuna, chicken) -Soups, (canned, regular) -Lower fat hot dogs or veggie dogs with bun - Noodle or rice soup (canned or instant) -Pizza with lean meats (ham or ground beef) made on white crust -Hard tacos -Sloppy Joes -Garlic bread, garlic slice, garlic fingers (made with lower fat cheese, <21% M.F.) -Quiche <p align="center"><i>* Choose no more than 2 food items from this list per week</i></p>

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 2 g per serving for grain products. This criteria applies to only grain products, with the exception of less than 1.5 g for bread products.
- Sugar:** Maximum 20 g per serving
- Sodium:** Maximum 480 mg per serving - Vegetables and Fruit, Grain Products, Milk and Alternatives & Meat and Alternatives
Maximum 1000 mg per serving - Combination Foods

**Appendix D - Foods to Serve Least Often:
Serve These Foods Infrequently**

(Serve No More Than 2 Food Items from This Entire List 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.

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Combination Foods	Other
-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)	-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 (canned or instant "fried type") -Toaster pastries, pop tarts	-Cream soups, regular -Milkshakes -Ice cream, regular -Frozen novelty ice cream (e.g. Drumsticks) -Cheese (>32% M.F.)	-Regular fat processed meats (e.g. pepperoni, salami, bacon, bologna, etc) -Sausages, regular -Battered/ breaded, and fried meat, fish or chicken (e.g. deep fried chicken nuggets/ burgers) -Regular ground beef -Sesame snaps	-Pizza with processed meats (e.g. pepperoni, salami, bacon) -Hot dogs, regular with bun -Bacon, Lettuce and Tomato (BLT) sandwiches -Noodle soup (canned or instant "fried type") -Donairs -Chicken wings -Egg rolls, fried -Poutine -Fries with the works	-Potato or nacho chips -Sun Chips -Chocolate bars -Pastries, pies and cakes -Doughnuts -Squares (e.g. brownies) -Candy -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

Use These Nutrition Criteria:

- Total Fat:** More than 10 g per serving
- Saturated Fat:** More than 6 g per serving
- Trans Fat:** More than 0.5 g per serving
- Fibre:** Less than 2 g per serving - Criteria applies to only grain products
- Sugar:** More than 20 g per serving
- Sodium:** More than 480 mg per serving - Vegetables and Fruit, Grain Products, Milk and Alternatives & Meat and Alternatives
More than 1000 mg per serving - Combination Foods

Appendix E - Healthier Vending Machine and Canteen Foods

The foods included on this list are healthy choices that can be included in vending machines or school canteens.

Beverages	Snacks
<ul style="list-style-type: none"> -Milk (2% M.F. or less) -Chocolate or flavoured milk (2% M.F. or less; ≤ 28 g sugar/250ml) -Soya beverages (original and flavoured, 2% M.F. or less, ≤ 28 g sugar/250mL) -100% fruit or vegetable juices (≤ 28g sugar/250mL) -Water (plain or flavoured) 	<ul style="list-style-type: none"> -Raw vegetables and low fat dip -Fresh fruit - whole, pre-cut with dip, or fruit salad -Fruit cups (packed in 100% juice or water) -Applesauce or applesauce blend cups (no sugar added) -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 -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* (exception 6 g fat/serving) -Soup @ Hand -Trail mix (combination of dried cereal, dried fruit, nuts and seeds)

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
Sugar:	Maximum 15 g per serving , with the <u>exception</u> of: - Fresh vegetables and fruit, canned vegetables and fruit (packed in water/100% juice), frozen vegetables and fruit, 100% dried fruit, 100% vegetable and fruit juices - Lower fat (2% M.F. or less) flavoured milks may contain a maximum of 28 g sugar per 250 ml serving
Sodium:	Maximum 480 mg per serving