

# smart eating GUIDE



Prince Edward Island



Healthy Eating Alliance

For more healthy food ideas and tips visit [www.healthyeatingpei.ca](http://www.healthyeatingpei.ca)

## Healthy Food Options For Children And Youth

\*Foods Must Meet Nutrition Criteria As Outlined In The School Nutrition Policy

### + most often

Serve these foods daily

#### Grain Products

- 100% Whole Grain/Whole Wheat Breads, Rolls, Bagels, Pitas, Wraps, Tortillas, Bannock, Pancakes or Pizza Dough • Whole Grain/Whole Wheat Crackers • 100% Whole Grain Unsweetened or Low Sugar Cereal • Whole Wheat Pasta • Rice Cakes • Low Fat Popcorn • Low Fat High Fibre Muffins or Cookies • Brown or Wild Rice • Barley, Bulger, Quinoa

\* Choose lower fat, sugar, and sodium options

#### Vegetables and Fruit

- Fresh Vegetables & Fruit • 100% Fruit or Vegetable Juice • Canned Fruit (in Juice or Water) • Dried Fruit • Unsweetened Apple Sauce • Frozen Fruit or Frozen 100% Fruit Juice Bars • Fruit Smoothies • Frozen Vegetables • Salsa • Tomato Sauce • Vegetable Soups (Low Fat / Low Sodium) • Vegetables Stir-Fried • Baked, Boiled or Mashed Potatoes (With Little or No Added Fat) • Green Salads (Low Fat Dressing)

\* Choose a variety for your diet

#### Milk and Alternatives

- White or Chocolate Milk • Soya Beverages • Fresh or Frozen Yogurt or Tubes • Smoothies • Cheese (20% Milk Fat or Less) • Cottage Cheese • Milk-Based Soups & Chowders (Homemade/Canned Low Fat/Low Salt)

\* Choose lower fat options

#### Meat and Alternatives

- Chicken or Turkey (Unbattered) • Fish or Seafood (Unbattered) • Lean/Extra Lean Beef or Pork • Lean Deli Meats • Meatballs or Meatloaf • Canned fish (Packed in Water) • Eggs or Egg Substitutes • Tofu • Legumes (Beans, Peas & Lentils) • Bean Based Dips • Peanut Butter • Soy Nut or Almond Butter • Nuts & Seeds (Unsalted)

\* Choose baked or broiled, not battered or fried

#### Combo Foods

- Stir Fry • Fajitas, Quesadillas, Soft Tacos (Whole Wheat) • Wraps or Pitas (Whole Wheat) • Sandwiches (Lean Meats & Whole Grain Breads) • Grilled Cheese (Whole Wheat & Lower Fat Cheese) • Meatballs & Brown Rice • Pasta & Cheese (Whole Wheat) • Shepherd's Pie • Salads • Soup, Stew or Chili • Cheese/Chicken/Vegetable Pizza (Whole Wheat Crust) • Noodle or Rice Soup

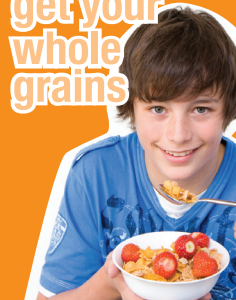
### + sometimes

Serve no more than 2 foods from each group per week

#### Grain Products

- 60% Whole Wheat/White/Enriched Breads, Rolls, Bagels, English Muffins, Pitas, Wraps, Tortillas, Waffles, or Pizza Dough • Bread Stuffing • Loaf Breads or Sweet Breads • Sweetened Cereal made with Oats or Whole Grains • Cereal or Granola Bars (Low Fat) • Cereal Snack Mix • Non Whole Grain Crackers • Low Fat Cookies • Graham Wafers or Digestive Cookies • Melba Toast or White Breadsticks • Biscuits, Scones, or Bannock • Pretzels • Fruit Bars • Date Squares • White or Flavoured Noodles or Pasta • White Rice or Rice Noodles • Couscous

get your whole grains



#### Vegetables and Fruit

- Canned Fruit (in Light Syrup) • 100% Fruit/Veggie Bars (No Sugar Added) • Sweetened Apple Sauce • Fruit Crisps • Canned Vegetables (drained) or Vegetables with Sauces • Vegetable Soup (Canned or Frozen) • Baked French Fries

#### Milk and Alternatives

- Whole Milk • Ice Milk • Hot Chocolate made with Milk • Milk-Based Puddings • Yogurt, Yogurt Drinks, Dips, or Frozen Yogurt (More Than 2% Milk Fat) • Cheese (32% Milk Fat or Less) • Processed Cheese Products • Custards

#### Meat and Alternatives

- Baked Chicken, Veggie Burgers or Nuggets (Battered but not Fried) • Baked Fish (Battered but not Fried) • Fish Canned in Oil • Baked Ham • Nuts & Seeds (Salted)

#### Combo Foods

- Lasagna • Macaroni and Cheese (Made with White Noodles) • Pastas made with Cream Sauces • Grilled Cheese (Made with White Bread) • Egg, Tuna or Chicken Salad Sandwiches with Mayonnaise • Low Fat Hot Dogs and Veggie Dogs with Bun • Soups (Canned or Regular) • Lean Meat Pizza made with White Crust • Hard Tacos • Sloppy Joes • Quiche • Garlic Bread or Garlic Fingers (Made with Lower Fat Cheese, Less Than 20% Milk Fat) • Noodle or Rice Soup (Canned or Instant)

### - least often

Serve no more than 2 food items in total per month

#### Grain Products

- High Fat Muffins (Cake-Like, Commercially Prepared) • Crackers (Not Low Fat) • Granola Bars (Dipped, Not Low Fat) • Cookies (Commercial or Higher Fat Recipe) • Sweetened Breakfast Cereals • Noodles (Canned or Instant "Fried Type") • Toaster Pastries, Pop Tarts

#### Vegetables and Fruit

- Fried Vegetables • Deep Fried French Fries • Fruit Drinks & Juices Made With Less Than 100% Real Fruit Juice • Canned Fruit in Heavy Syrup • Fruit Pies • Fruit Leather (Made With Less Than 100% Real Fruit)

#### Milk and Alternatives

- Cream Soups • Milkshakes • Ice Cream • Frozen Novelty Ice Cream • Cheese (More Than 32% Milk Fat)

#### Meat and Alternatives

- Processed Meats (Pepperoni, Salami, Bacon, Bologna) • Sausages • Battered/ Breaded & Fried Meat, Fish or Chicken (Chicken Nuggets/ Burgers) • Regular Ground Beef • Sesame Snaps

#### Combo Foods

- Pizza Made With Processed Meats (Pepperoni, Salami, Bacon) • BLT Sandwiches • Hot Dog with Bun • Donairs • Chicken Wings • Fried Egg Rolls • Poutine • Fries with the Works

#### Other

- Potato or Nacho Chips • Sun Chips • Chocolate Bars • Pastries, Pies & Cakes • Doughnuts • Squares • Candy • Soft Drinks • Iced Tea • Lemonade • Sweetened Fruit Drinks • Sports Drinks • Slushies • Popsicles & Freezies • Frozen Fruit Bars (Less Than 100% Real Fruit Juice) • Hot Chocolate made with Water • Meal Replacement, Protein or Energy Bars

consume condiments in small amounts

1 tsp 1 tbsp

healthier vending & canteen foods



drink lower fat milk

#### beverages

- Milk or Chocolate Milk (2% Milk Fat or less) • Soya Beverages (2% Milk Fat or less) • Water • 100% Fruit or Vegetable Juices

#### snacks

- Raw Veggies & Dip • Pudding • Yogurt- Fresh, Frozen or Tubes • Fresh Fruit & Dip or Fruit Salad • Fruit Cups • Tuna Snacks • Apple Sauce • Frozen 100% Fruit Juice Bars • Fruit & Veggie Bars • Fig Cookies • Breadsticks & Cheese • Whole Grain Breads • Muffins • Pretzels • Baked Chips • Salsa • Rice Cakes or Crisps • Pita Minis • Trail Mix/Cereal Snack Mix or Bars • Crackers (With Peanut Butter or Cheese) • Granola Bars (Low Fat) • Rice Crispy Squares • Nuts & Seeds

choose healthy snacks



CAUTION Food Allergies: Check with your school for guidelines and policies.