



## Nutrition Guidelines for Schools Food Lists

By following the recommendations in these food selection categories, schools can ensure that foods served follow the principles outlined in *Canada's Food Guide to Healthy Eating* and *Canada's Guidelines for Healthy Eating*.

- ✓ Enjoy a VARIETY of foods
- ✓ Emphasize cereals, breads, other grain products, vegetables and fruit.
- ✓ Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat.
- ✓ Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- ✓ Limit salt, alcohol and caffeine

While all foods can fit into a healthy diet, there are foods that are more nutritious than others. Use the following food selection categories when deciding meal, snack, canteen and vending machine options. These guidelines will help students meet their nutrition requirements while limiting the amount of salt, fat and/or sugar.



For a full copy of this report "*Nutrition Guidelines for Schools*" contact your Public Health Nutritionist or go to [www.saskschoolboards.ca](http://www.saskschoolboards.ca) (once at the home page, go to education services, then research and development, and then students-diverse needs).

Ask your Public Health Nutritionist for a copy of "*Nutrition and Food Safety Recommendations for Nutrition Programming in Saskatchewan Community Schools*".

For a free copy of "*Canada's Food Guide to Healthy Eating*" visit:  
[www.hc-sc.gc.ca/hppb/nutrition](http://www.hc-sc.gc.ca/hppb/nutrition) or contact your local Public Health Nutritionist

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For More Information Contact Your Local Public Health Nutritionist at 766-7777.

## “SERVE MOST OFTEN”

Most of these foods are good sources of one or more of the nutrients iron, calcium, vitamin A, C, or D, and/ or are high in fibre. They are generally low in fat, sugar and salt.



These foods may be served without restriction. *They should be served everyday or “most often”.*

### Grain Products

- *Whole grain* bread, rolls, buns, bagels, pita bread, tortillas, crackers, baked bannock
- *Whole grain* muffins, loaves, pancakes, waffles
- *Whole grain* unsweetened or low sugar breakfast cereals with:
  - $\geq 2$  g fibre/serving and
  - $< 8$  g sugar/serving
- Cooked *whole grain*, unsweetened cereals
- Corn bread
- *Whole grain* pasta, noodles
- Barley, couscous
- Brown or converted (parboiled) rice

***Whole grain products are preferred over Enriched grain products.***

### Milk Products

- 2%, 1% or skim milk
- Yogurt
- Cheese
- Cottage cheese
- Milk-based soups
- Skim milk powder
- Soy beverage – fortified and low fat
- Smoothies made with yogurt and milk

### Vegetables and Fruit

- Fresh/ frozen/canned vegetables and fruit prepared without added sugar or salt
- Vegetables prepared with little fat
- Fruit canned in juice
- 100% Fruit and/or vegetable juices
- Vegetable soups
- Vegetable/fruit salads
- Unsweetened applesauce
- Frozen 100% fruit juice bars

***Choose dark green and orange ones often.***

### Meat and Alternatives

- Roasted/ baked/grilled chicken, turkey, fish, seafood, beef, liver, pork, lamb
- Fish canned in water
- Lean ground meat
- Wild meat (if butchered in an approved facility)
- Cooked dried peas, beans, lentils
- Eggs prepared with little added fat
- Tofu and soy based alternatives (ie. veggie burgers)
- Peanut butter
- Nuts and seeds

***Offer water for thirst!***





## “SERVE SOMETIMES”

Most of these foods are sources of one or more of the nutrients iron, calcium, vitamin A, C, or D, but are also high in fat, sugar or salt or low in fibre. This makes them less healthy. If a food from this category is served it should be combined with a food from the “Serve Most Often” group rather than serving them alone or with another “Serve Sometimes” or “Serve Least Often” food.

Since foods in this group are not as rich in nutrients as foods in the “Serve Most Often” group, these foods should be limited. **Only 2 – 3 foods from the “Serve Sometimes” category may be served per week.**

<p style="text-align: center;"><b><u>Grain Products</u></b></p> <ul style="list-style-type: none"> <li>• Enriched (white) bread, pita, bagels, rolls, Tortillas</li> <li>• Biscuits, scones</li> <li>• Breadsticks</li> <li>• Breakfast cereals:               <ul style="list-style-type: none"> <li>• ≥8 g sugar/serving</li> <li>• &lt;2 g fibre/serving</li> </ul> </li> <li>• Sweetened instant oatmeal, cream of wheat</li> <li>• Granola</li> <li>• Granola bars/cereal bars (not dipped)</li> <li>• Pancakes, waffles (made with enriched flour)</li> <li>• Fruit loaves, muffins made with enriched flour</li> <li>• Whole grain cookies made with oatmeal, peanut butter, or dried fruit</li> <li>• Croissants</li> <li>• White or instant rice</li> <li>• White or enriched pasta, noodles</li> <li>• Sesame bars</li> <li>• Rice cakes</li> <li>• Plain popcorn</li> <li>• Pretzels, baked chips</li> <li>• Taco shells</li> </ul>	<p style="text-align: center;"><b><u>Vegetables and Fruit</u></b></p> <ul style="list-style-type: none"> <li>• Canned vegetables with added salt</li> <li>• Fruit in syrup</li> <li>• Dried fruit</li> <li>• 100% Fruit leather or 100 % fruit and vegetable bars</li> <li>• Vegetables with sauces</li> <li>• Sweetened fruit juice</li> <li>• Fruit crisps, cobblers</li> <li>• Salsa</li> </ul> <p style="text-align: center;"><b><u>Meat and Alternatives</u></b></p> <ul style="list-style-type: none"> <li>• Lean deli meats (ham, corned beef, turkey roll, pastrami, etc)</li> <li>• Canned fish (packed in oil)</li> <li>• Preformed hamburger patties</li> </ul> <p style="text-align: center;"><b><u>Combination Foods</u></b></p> <ul style="list-style-type: none"> <li>• Pizza</li> <li>• Pasta salad, taco salad</li> <li>• Submarine sandwiches</li> </ul> <p style="text-align: center;"><b><i>To serve these foods more often use ingredients from the “Serve Most Often” category.</i></b></p>
<p style="text-align: center;"><b><u>Milk Products</u></b></p> <ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Fruit Shakes/milkshakes</li> <li>• Flavoured milks eg. Chocolate</li> <li>• Yogurt drinks</li> <li>• Milk-based puddings and custards</li> <li>• Frozen yogurt, ice milk</li> <li>• Hot chocolate milk made with milk</li> <li>• Processed cheese slices, cheese spread</li> </ul>	



## "SERVE LEAST OFTEN"

These foods are low in nutrients and fibre and also high in fat, sugar and/or salt. **These foods are not appropriate for school nutrition meal/snack programs.**

**If you choose to use them, limit these to one food from this list no more than twice in a four week period.**

<ul style="list-style-type: none"> <li>• Pastry, danishes, doughnuts</li> <li>• Cakes, sticky buns</li> <li>• Cake muffins, muffins and fruit loaves from mixes</li> <li>• Cookies (with sweet filling or icing)</li> <li>• Dipped granola bars</li> <li>• Flavoured popcorn</li> <li>• Rice Krispie™ Cake/ puffed wheat cake</li> <li>• Instant Noodles</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-sweetened breakfast cereal with &gt; 8 grams sugar/serving</li> <li>• Packaged noodle soup</li> <li>• Cream cheese</li> <li>• Wieners/sausages/bologna/salami/pepperoni, beef jerky, kielbasa etc.</li> <li>• French fries/onion rings</li> <li>• Deep fried vegetables</li> <li>• Breaded or battered chicken or fish</li> <li>• Ice cream and sherbet</li> </ul>
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### Beverages/snack-type foods

<ul style="list-style-type: none"> <li>• Soft drinks (regular and diet)</li> <li>• Slushes</li> <li>• Fruit flavoured crystal drinks, fruit beverages, cocktails nectars, drinks, punches, blends, "ades"</li> <li>• Sports drinks</li> <li>• Coffee, tea, iced tea</li> <li>• Hot chocolate made with water</li> </ul>	<ul style="list-style-type: none"> <li>• Marshmallows</li> <li>• Cheezies™</li> <li>• Chips, taco chips</li> <li>• Chip dip</li> <li>• Candy, chocolate, gum</li> <li>• Fruit flavoured snacks</li> <li>• Frozen ice treats eg. Popsicles™</li> <li>• Flavoured gelatin eg. Jello™</li> </ul>
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**Condiments:** These foods should be used in small amounts (e.g. 1-2 teaspoons). When used in small amounts, they may be served more often.

<ul style="list-style-type: none"> <li>• Syrup, honey</li> <li>• Jams, jellies</li> <li>• Cream, whipping cream</li> <li>• White and brown sugar</li> <li>• Salad Dressing, vegetable dips</li> <li>• Gravy</li> </ul>	<ul style="list-style-type: none"> <li>• Sour cream</li> <li>• Non-dairy creamers and whipped topping</li> <li>• Ketchup, mustard, relish</li> <li>• Pickles</li> <li>• Soya sauce</li> <li>• Bacon bits</li> </ul>
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