

## NUTRITION LABELLING

- Nutrition labelling is information found on the labels of prepackaged foods. It includes the Nutrition Facts table and ingredient list. Use the information found there to choose foods to “Serve”.
- Read food labels to compare products and choose the healthier option. When looking at nutrients using the Percent Daily Value (%DV) on the Nutrition Facts table, 5% or less of a nutrient is a little and 15% or more is a lot.

Nutrition Facts Valeur nutritive	
Per 1 cup (55 g)/Par 1 tasse (55 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 220	
<b>Fat / Lipides</b> 9 g	<b>14 %</b>
Saturated / saturés 5 g + Trans / trans 0.4 g	<b>30 %</b>
<b>Cholesterol / Cholestérol</b> 35 mg	
<b>Sodium / Sodium</b> 140 mg	<b>6 %</b>
<b>Carbohydrate / Glucides</b> 34 g	<b>11 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 8 g	
<b>Protein / Protéines</b> 3 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Reference amount.

“Low in sodium” means **less than or equal to 140 mg** of sodium per reference amount.

Hot and cold cereals, baked goods and granola bars should have **less than or equal to 8 g** of sugar per 30 g serving.

## PLANNING AND SHOPPING TIPS

- Use Canada’s Food Guide food serving sizes and the food packaging to calculate the number of servings in a product, and what amount you will need to buy.
- Choose Ontario grown vegetables and fruits, and other Ontario-made products. Look for the Foodland Ontario symbol when shopping.
- Check online and store flyers for sales, coupons and specials that will help reduce food costs. Use price matching if allowed at your grocery store.



# STUDENT NUTRITION PROGRAM

Nutrition Guidelines

2016

Ministry of Children and Youth Services



## POCKET GUIDE



## INTRODUCTION

This Pocket Guide is the companion to **Ontario's Student Nutrition Program (SNP) Nutrition Guidelines, 2016**. This Pocket Guide will help you:

- Choose foods and beverages to buy that will meet the SNP Nutrition Guidelines program guiding principles (see below);
- Plan nutritious menus for your program using a meal planning checklist;
- Select foods and beverages with the most nutritional value; and
- Plan grocery shopping trips.

Please refer to **Ontario's SNP Nutrition Guidelines, 2016** booklet for more information.

## Program Principles



Offer vegetables and/or fruit with every meal and/or snack. Choose Ontario grown produce as much as possible.



Meals contain one serving from three out of the four food groups of Canada's Food Guide, and must include at least one serving from the Vegetables and Fruit food group **and** one serving from the Milk and Alternatives food group.



Snacks contain at least one serving from the Vegetables and Fruit food group and one serving from another food group from Canada's Food Guide.



Drinking water is always available and offered.



Be environmentally conscious. Use good food service practices by using reusable/recyclable dishes and utensils when possible. Minimize waste from food packaging and disposable items.



Practice safe food handling at all times.

## MEAT AND ALTERNATIVES

- Seasoned or flavoured liquid egg product
- Salted or coated nuts or seeds, and nut, legume or seed butters that have added flavours
- Store-bought breaded and fried meat alternatives
- Simulated meat strips, imitation bacon bits
- Meatless hot dogs, sausages, bacon
- Store-bought breaded and battered fried fish and fresh, frozen or canned fish high in mercury
- Store-bought breaded or battered fried chicken or other meat
- Wieners/hot dogs, sausages, pepperette meat sticks
- Prepared/cured meats with added sauces
- Deli meats

## OTHER LOW NUTRIENT FOODS AND BEVERAGES

- Caffeinated drinks
- Diet and regular pop, sweetened iced tea
- Energy drinks or sports drinks
- Flavoured or vitamin water
- 'Protein' or meal replacement drinks and bars
- Candy (including yogurt covered, gummy-type, licorice, fruit flavoured)
- Chocolate, chocolate bars (including energy and protein-type bars)
- Marshmallows
- Jellied type desserts
- Frozen treats (e.g., ice cream, freezie-type, popsicles, slushies, frozen juice snacks, frozen yogurt)
- Hard margarines
- Lard or shortening
- Palm oil
- Foods with artificial trans fat
- Tea and coffee

## VEGETABLES AND FRUITS

- Fresh, frozen, canned and dried vegetables and fruit with added sugar, salt or sauce
- Fruit flavoured drinks such as fruit punches, cocktails
- Fruit leathers and fruit snacks (e.g., gummies and rolls)
- Sweetened applesauce or fruit purées
- Packaged potato products (e.g., french fries, hash browns)
- Vegetable and fruit chips (e.g., potato, carrot, banana)
- Cream based vegetable soups

## GRAIN PRODUCTS

*Whole grain, whole wheat or bran is not first on ingredient list and sugar > 8 g per 30 g serving.*

- Enriched wheat flour or multigrain bread, bagel, buns, English muffins, pancakes, waffles and tortillas
- Flavoured or sugar coated breads and bagels
- Cereal with chocolate, candies, marshmallows or sugar-coated pieces
- Pre-packaged sweetened oatmeal
- Baked goods, including granola or cereal bars with chocolate, caramel, marshmallows, candy or chocolate pieces or dipped in yogurt
- Toaster pastries, pastries, croissants, cakes, cupcakes, donuts, pies and squares
- Microwaveable popcorn and/or popcorn with added flavours
- Pretzels, pita chips and other chip-like snack foods (including seasoned mini-rice cakes, nachos)
- White rice, rice noodles and enriched white pasta
- Instant or flavoured, pre-packaged grains, rice and pasta and instant noodle soup

## MILK AND ALTERNATIVES

- Hot chocolate
- Milkshakes
- Unfortified soy beverage and other plant-based beverages (e.g., coconut, rice, almond, potato milk/beverages)<sup>A</sup>
- Table cream, coffee cream, whipping cream, non-dairy whipped cream toppings
- Yogurts with candy/chocolate toppings
- Processed cheese slices

## MENU PLANNING CHECKLIST

After you have completed your menu, be sure that it meets each of the following requirements:

	REQUIREMENTS	YES
1	All meals contain 1 serving from three out of the four food groups of Canada's Food Guide. Meals must contain: <ul style="list-style-type: none"> <li>• 1 serving from the Vegetables and Fruit food group; <b>and</b></li> <li>• 1 serving from the Milk and Alternatives food group.</li> </ul>	
2	Snacks contain: <ul style="list-style-type: none"> <li>• 1 serving from the Vegetables and Fruit food group; <b>and</b></li> <li>• 1 serving from another food group from Canada's Food Guide.</li> </ul>	
3	All foods that are offered meet the SNP Nutrition Guidelines for all food groups, specifically: <ul style="list-style-type: none"> <li>• Whole grain, whole wheat or bran is first on ingredient list for grain products.</li> <li>• Sugar ≤ 8 g per 30 g serving for baked goods, cereal or granola bars, and hot/cold cereals.</li> </ul>	
4	All main ingredients in mixed dishes meet the SNP Nutrition Guidelines for all food groups.	
5	Food items identified as "Do Not Serve" in the SNP Nutrition Guidelines are not included in the menu.	
6	Foods listed as minor ingredients in the SNP Nutrition Guidelines are used in small amounts.	
7	Drinking water is always available and offered to children and youth.	

The Food and Beverage Choice Tables are not complete lists. If you have a question about a food item not on the list, contact your SNP Lead Agency or local public health unit.

### VEGETABLES AND FRUITS

- Fresh, frozen, canned and dried vegetables and fruit with no added sugar, salt or sauce
- Canned fruit in juice or light syrup, drained
- Unsweetened fruit sauce or fruit blends
- Potatoes, boiled, baked or mashed
- 100% vegetable juice, low in sodium
- Salsa

### GRAIN PRODUCTS

***Whole grain , whole wheat or bran is first on ingredient list and sugar ≤ 8 g per 30 g serving.***

- Whole grain or whole wheat breads, buns, bagels, rolls, English muffins, pitas, tortilla, flatbreads, roti, naan, bannock
- Oatmeal (e.g., quick cooking , large flake, instant)
- Some cold/dry cereals
- Baked goods, including granola or cereal bars **without** chocolate, candy or marshmallows and not dipped in chocolate or yogurt
- Whole grain crackers, breadsticks, and brown rice cakes
- Whole grain pasta or polenta
- Whole grains such as brown rice, quinoa, oats, bulgur and buckwheat



## GOOD TO KNOW!

On an ingredient list, whole grains could be written as: whole grain whole wheat, cracked wheat, wheat berries, whole grain rye, barley, wild or whole grain brown rice, bulgur, whole oats, rolled oats, whole grain couscous, flaxseed, kamut, amaranth, millet, quinoa, sorghum, spelt, buckwheat, corn, corn meal and whole triticale.

### MILK AND ALTERNATIVES

- Plain skim, 1%, 2%, 3.25% cow's milk or, skim or partly skimmed milk powder
- Unsweetened, fortified soy beverage
- Plain or flavoured yogurt, soy yogurt and kefir
- Flavoured yogurt tubes and drinkable yogurt
- Hard and soft, non-processed cheese
- Cheese strings, cheese curds

### MEAT AND ALTERNATIVES

- Whole eggs or plain liquid egg product
- Whole nuts<sup>A</sup> and seeds (plain, unsalted), and nut,<sup>A</sup> legume, and seed butters
- Hummus or other bean dips
- Dried or canned beans, lentils, peas with no added salt or sauce
- Tofu, tempeh, textured vegetable protein<sup>A</sup>
- Fresh, frozen, or canned fish low in mercury<sup>B</sup> with no breading, sauces, salt or seasonings unless added on-site
- Plain, fresh, frozen or pre-cooked chicken, turkey, lamb, lean beef, pork
- Rotisserie-style chicken
- Traditional meats and wild game

### FOOD GUIDE SERVINGS

Use the Canada Food Guide serving sizes below when planning your menus.

**Vegetables and Fruit:** 125 mL (½ cup) fresh, frozen or canned vegetable/fruit or 250 mL (1 cup) leafy raw vegetables or salad or 1 piece of fruit.

**Grain Products:** 1 slice (35 g) bread, ½ bagel (45 g), ½ pita (35 g), ½ tortilla (35 g), 125 mL (½ cup) cooked rice, pasta, or couscous, 30 g cold cereal or 175 mL hot cereal.

**Milk and Alternatives:** 250 mL (1 cup) milk or fortified soy beverage, 175 g (¾ cup) yogurt, 50 g (1½ oz.) cheese.

**Meat and Alternatives:** 75 g (2 ½ oz./125 mL (½ cup) cooked fish, shellfish, poultry or lean meat, 175 mL (¾ cup) beans, 2 eggs, 30 ml (2 Tbsp) nut<sup>A</sup> butter.

<sup>A</sup>Follow your school's anaphylaxis policy.

<sup>B</sup>Canned albacore (white) tuna is high in mercury and canned light tuna is low in mercury. For full details, refer to Ontario's SNP Nutrition Guidelines, 2016.