

NUTRITION STANDARDS FOR STUDENT NUTRITION PROGRAMS



BRANT COUNTY HEALTH UNIT

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NUTRITION STANDARDS FOR STUDENT NUTRITION PROGRAMS

The following examples of foods meet the Ministry of Children and Youth Services (MCYS) Nutrition Guidelines 2008, and the Ministry of Education School Food and Beverage Policy (PPM 150), 2010.

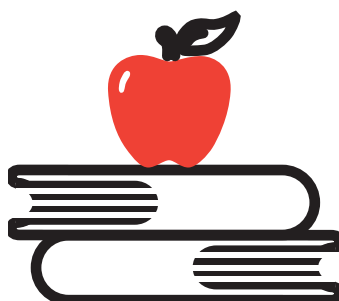
Please refer to the MCYS Student Nutrition Program Guidelines 2008 for the selection criteria of various foods. The products listed also meet the nutrition standards outlined in PPM 150, complying with the Brant Haldimand Norfolk Catholic District School Board policy on Nutrition - Creating a Healthy Environment (Interim) (200.01).

Brant Food For Thought in partnership with the Brant County Health Unit encourage Student Nutrition Program (SNP) providers to adhere to these nutrition standards when preparing snacks and meals for all SNPs in Brantford and the County of Brant.

*All products must be trans fat free. With the exception of meat and milk products (e.g. milk, yogurt, fresh or frozen meats) in which trans fat is naturally occurring and the ingredient list does not list hydrogenated fats/oils.

Disclaimer: *The food and beverage products are listed for the purpose of awareness of products available in the community. This is not intended to be an endorsement of specific brands, nor is it an exhaustive list. Food product compositions are always changing, and over time, the listed products may or may not meet the criteria. It is recommended to *always read food labels* and verify that these food products meet the nutrition standards.

The Nutrition Standards resource is adapted with permission of the Region of Waterloo Public Health, August, 2012



Fruit and Vegetables

Frequency: Serve one serving at every meal and snack

Food Category	Serving Size	Standard to be followed	Examples
Fresh/Frozen vegetables or fruit	1 medium size vegetable or fruit 125 ml (1/2 cup) raw or cooked 250 ml (1 cup) raw leafy green vegetables	Vegetable or fruit (or water) is the first item on the ingredient list and Fat: 3 g or less and Saturated fat: 2 g or less and Sodium: 360 mg or less and No added sugar	<ul style="list-style-type: none"> ✓ Fresh or frozen vegetables with little or no added salt ✓ Fresh or frozen fruit with no added sugar ✓ Canned fruit packed in water or in 100% juice ✓ Canned vegetables with no added sugar • Mott's Fruitsations Unsweetened Fruit Sauce • Del Monte – No Sugar Added Packed In Water – all sizes, varieties • PC – Appletreet fruit cups, unsweetened, all flavours • Compliments – Junior Go Go Tubes, Apple, Apple Strawberry
Canned/jarred vegetables and tomato sauce	125 ml (1/2 cup)		
Canned/jarred fruit and fruit sauces	125 ml (1/2 cup)		

Frequency: Only one food item among the following category may be served one time per week or less

Food Category	Serving Size	Standard to be followed	Examples
Fruit Juice	125 ml (½ cup)	100% juice, pulp, or purée and Unsweetened/No sugar added and No artificial flavours or colours added	
Vegetable and tomato juices	125 ml (½ cup)	100% juice, pulp, or purée and Unsweetened/No sugar added and Sodium: 480 mg or less and Vitamin C: 30% DV or more OR and Vitamin A: 15% DV or more and No artificial flavours or colours added	
Dried Fruit	60 ml (¼ cup)	Vegetable or fruit (or water) is the first item on the ingredient list and Fat: 3 g or less and Saturated fat: 2 g or less and Sodium: 360 mg or less and Fibre 2 g or more and Vitamin C: 30% DV or more OR and Vitamin A: 15% DV or more and No added sugar	<ul style="list-style-type: none"> ✓ Dried fruit (apricots, apples, raisins) ✓ 100% fruit leathers* with no added sugar • SunRype – Fruit To Go Crisps 100% Fruit • PC – Mini Chefs Raisins Rule <p>*If offered, dried fruit should be offered as part of a meal. Brushing teeth should be encouraged after eating dried fruit</p>

Grain Products

Frequency: Serve food with whole grain as the first ingredient

* Check labels for allergen information
Avoid products containing **nuts**

Food Category	Serving Size	Standard to be followed	Examples
Breads (eg. bread, bagels, rolls, pita, roti, chapatti, bannock, naan, tortilla)	1 slice bread, ½ bagel, pita, bun or English muffin ¼ naan, ½ or 35 g tortilla, chapatti	Whole grain is the first item on the ingredient list and Saturated fat: 2 g or less and Sodium: 240 mg or less and Fibre: 2 g or more and Iron: 5% DV or more	<ul style="list-style-type: none"> ✓ Whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock ✓ Whole grain pizza dough and flatbread • Dempsters – Whole Grains, all varieties • Country Harvest – all varieties • Stonemill Bakehouse – Sun Dried Raisin, Roasted Grains Bagel, Grains and Honey, Cranberry Pumpkin Seed, 12 Grain Rye Bread • PC Blue Menu Whole Wheat English Muffins • PC Blue Menu Thins Multigrain Bagels • PC Blue Menu Whole Grain Tortillas – all varieties • PC Blue Menu Whole Grain Bagels – Multi-Grain Flax, Cinnamon Raisin, Oatmeal
Cereals (cold and hot)	30 g (½ – 1 ¼ cups) cold cereal, 175 ml (¾ cup) hot cereal	Whole grain is the first item on the ingredient list and Saturated fat: 2 g or less and Fibre: 2 g or more and Sodium: 240 mg or less and Iron: 5% DV or more	<ul style="list-style-type: none"> ✓ Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre • Compliments – Multigrain Flakes with Triple Berry, Bran Flakes • Compliments – Balance Reg. Instant Oatmeal • General Mills – Cheerios, Multigrain Cheerios • GrainShop – High Fibre Crisp • Kelloggs – Bran Flakes, Just Right • PC – Blue Menu Bran Flakes, Fibre & Bran Whole Wheat Cereal • PC – Blue Menu Multigrains O's • PC – Organics, Ancient Grains, 7 reasons • PC – Blue Menu 100% Whole Grain Steel Cut Oats • PC – Blue Menu Omega-3 Cranberry & Apple Whole Grain Instant Oatmeal • PC – Blue Menu Omega-3 Regular Whole Grain Instant Oatmeal • PC – Blue Menu On Track Cereal Plus Protein • Post – Shreddies, Shredded Wheat • Post – Honey Bunches of Oats • Post – Grape Nuts • Quaker – Oatmeal Squares Original, Life Original • Quaker Muffets Shredded Wheat • Quaker – 100% Whole Grain Oats, packets
Rice and other grains	125 ml (½ cup) cooked rice or grain	Fat: 3 g or less and Saturated fat: 2 g or less and Sodium: 240 mg or less	
Pasta	125 ml (½ cup) cooked pasta	Whole grain is preferred and Fat: 3 g or less and Saturated fat: 2 g or less and Sodium: 240 mg or less	<ul style="list-style-type: none"> • Enriched • Fibre: 2 g or more
Crackers	30 g crackers	Whole grain is preferred and Fat: 3 g or less and Saturated fat: 2 g or less and Sodium: 240 mg or less and Fibre: 2 g or more and Iron: 5% DV or more	<ul style="list-style-type: none"> ✓ Whole grain crackers, pita chips and flatbreads • Kashi – TLC Original 7 Grain • Ryvita – all varieties • Christie – Triscuits, all varieties • PC – Ancient Grains • Grissol, Melba Toast – 60% Whole Wheat

Grain Products

Frequency: Only one food item from the following category may be served one time per week or less for a snack program (not to be served at breakfast or morning meal programs)

Food Category	Serving Size	Standard to be followed	Examples
Popcorn	50 g	Air popped preferred. If microwave popcorn, Fat: 3 g or less and Saturated fat: 2 g or less and Sodium: 240 mg or less and Fibre: 2 g or less and Iron or Calcium or Vitamin A or Vitamin C: 5% DV or more	<ul style="list-style-type: none"> ✓ Air popped popcorn • Orville Redenbacher Smart Pop! Mini Bag • Newman's Own — Pop's Corn (no butter, no salt)
Pretzels	50 g	Whole grain is preferred	<ul style="list-style-type: none"> • Tostitos Baked Tortilla Chips ✓ PC Blue Menu Multigrain Waffle Pretzels ✓ PC Blue Menu Multigrain Alphabet Pretzels
Baked Tortilla chips	50 g	and Fat: 3 g or less and Saturated fat: 2 g or less and Sodium: 240 mg or less and Fibre: 2 g or more and Iron or Calcium or Vitamin A or Vitamin C: 5% DV or more	

Frequency: Only one food item from among the following category may be served one time per week or less

Food Category	Serving Size	Standard to be followed	Examples
Muffins	1 small muffin or 2 mini's (35 g)	Whole grain is preferred and Fat: 5 g or less	<ul style="list-style-type: none"> ✓ Whole grain waffles and pancakes ✓ Whole grain muffins, cookies, grain-based bars ✓ Compliments – Balance, Eight Whole Grains, Flax and Fibre, Triple Berry, Banana Strawberry • Dare Bear Paw Minis – Oatmeal Mixed Berry • Lifestyles – Cranberry Citrus Oat Crunch, Lemon Crisp ✓ PC Blue Menu Whole Grain Cranberry Orange Biscuits, Whole Grain Banana Bran, Blueberry Lemon with Flaxseeds • PC Blue Menu Muffins, Cranberry & Orange Soy Raspberry & Pomegranate, Raisin Bran Flax, Wild Blueberry • Quaker Chewy Bars – Apple Fruit Crumble, Bumble Berry, Raspberry Crumble
Grain based bars	1 bar (30 g)	and Saturated fat: 2 g or less and Fibre: 2 g or more	
Cookies	2 oatmeal (30 g)	and Sodium: 480 mg or less and Iron: 5% DV or more No chocolate, candy or marshmallows or yogurt coated	
Pancakes/waffles	1 pancake/waffle (35 g prepared)		<ul style="list-style-type: none"> ✓ If possible make from scratch using whole wheat flour and 2%, 1% or skim milk ✓ If using a mix, select brands that require additional ingredients such as milk and eggs. ✓ Offer fresh fruit or canned unsweetened fruit as topping instead of syrup • PC Blue Menu Whole Grain Pancake and Waffle Mix

Milk and Alternatives

Frequency: Provide one serving with every breakfast and lunch meal

Food Category	Serving Size	Standard to be followed	Examples
Water	n/a	Plain	✓ Plain water
Milk (fresh, reconstituted, powdered, evaporated or UHT milk)	250 ml (1 cup) fresh, UHT or reconstituted milk, 125 ml (½ cup) evaporated milk	Fat: 2% M.F. or less and Sugar: 28 g or less and Calcium: 25% DV or more	✓ Plain milk, skim, 1% or 2% (white or chocolate)
Milk alternatives (e.g. Fortified soy or UHT soy)	250 ml (1 cup)	Fat: 5 g or less and Sugar: 28 g or less and Calcium: 25% DV or more and Vitamin D: 25% DV or more	✓ Fortified Soy Beverage (Plain or flavoured) Note: Canada's Food Guide states that rice, potato and almond beverages do not contain the level of protein found in milk or fortified soy beverage. Therefore, these are not included as Milk and Alternatives.
Yogurt	175 g, ¾ cup	Fat: 2.0 % M.F. or less and Calcium: 15% DV or more	✓ Lower fat plain or flavoured yogurt with Vitamin D ✓ Mix plain yogurt with fruit <ul style="list-style-type: none"> • Astro – Zer0%, all varieties • Danone – Crush, all flavours • Danone – Silhouette, all flavours • Liberte – Greek • Oikos – Fat free, Greek • PC – Blue Menu Finesse - all flavours • PC – Greek yogurt, fat free - all flavours • Yoplait Source, Yoplait Asana - all flavours • IOGO yogurt, 0%, 2%, plain, Greko all flavours
Cheese (including cottage cheese)	50 g (1 ½ oz)	Fat: 20% M.F. or less and Sodium: 360 mg or less and Calcium: 15% DV or more	✓ Cheeses lower in fat and sodium include part skim mozzarella, light cheddar, some swiss and ricotta, cottage cheese <ul style="list-style-type: none"> • Armstrong Cheese • Babybel Cheese – Mini, Original and Light • Black Diamond – Cheesestrings, Marbelicious, Mozzarella • IOGO, Nano, Fresh cheese all flavours • Compliments Balance – Light Cheese, all varieties • Compliments Balance – Stringable Cheese, all varieties • Kraft – Cracker Barrel Light Cheese • Nordica, 1%, 2% Cottage Cheese • PC – 1%, 2% Cottage Cheese • PC Blue Menu – Light Cheese, all varieties • Salerno – Cheese Wiggles • Selection, 1%, 2% Cottage Cheese

Frequency: Only one food item from among the following category may be served one time per week or less

Food Category	Serving Size	Standard to be followed	Examples
Processed cheese slices	42 g (2 thin slices)	Fat: 20% M.F. or less and Sodium: 360 mg or less and Calcium: 15% DV or more	• Black Diamond – Light Cheddar slices
Processed cheese spread	30 g (2 tbsp)	Fat: 20% M.F. or less and Sodium: 360 mg or less and Calcium: 15% DV or more	

*Custards, puddings and frozen desserts *Not permitted as they do not meet 'sell most' criteria*

**Note: Cream cheese is categorized under 'Miscellaneous'

Meat and Alternatives

Frequency: Provide one serving with every breakfast and lunch meal

Food Category	Serving Size	Standard to be followed	Examples
Fresh or frozen meats (e.g. poultry, fish, pork, beef, lean back bacon, sausage)	75 g (2 ½ oz) 125 ml (½ cup) fresh or frozen meats, cooked	Fat: 10 g or less and Sodium: 480 mg or less Note: The Canadian Food Inspection Agency classifies bacon, wieners, pepperoni, and beef/turkey jerk products as being 'processed' rather than fresh. Recommends using the Nutrition Standards for Deli (Sandwich) Meat to assess these products.	<ul style="list-style-type: none"> ✓ Look for lean or extra lean meats ✓ Extra-lean ground meat ✓ Lean beef, goat, lamb, pork, or poultry
Frozen prepared meats (e.g. baked chicken or fish strips and pieces, hamburger patty)		Lean or extra lean beef products; Fat ≤ 10 g Fat: 5 g or less for lean chicken, pork or fish and Sodium: 480 mg or less	<ul style="list-style-type: none"> ✓ Some breaded chicken strips and nuggets ✓ Some lean meatballs ✓ Some lean hamburger patties
Canned Meat or Fish		Select tuna, not albacore or white Packed in water, not oil Fat: 8 g or less and Sodium: 480 mg or less	<ul style="list-style-type: none"> ✓ Canned, lower sodium meat or fish, packed in water
Eggs (whole or liquid)		Fat: 7 g or less and Sodium: 480 mg or less Note: all fresh eggs, if cooked using a lower fat method with no added salt	
Legumes (e.g. lentils, chickpea, black beans)		All plain, dried, canned and frozen legumes will meet criteria; canned legumes should be rinsed to reduce salt (sodium).	<ul style="list-style-type: none"> • Summer Fresh, Chickpea Spread, Light Hummus, Light Spicy Hummus (2 tbsp serving)
Roasted Legumes (soy, chickpeas, etc)		If in a sauce or dressing: Iron: 5% DV or more and Sodium: 480 mg or less and Fat: 3 g or less	
Seeds Shelled (e.g. sunflower)		Not coated with candy, chocolate, sugar or yogurt and Sodium: 480 mg or less	<ul style="list-style-type: none"> ✓ Unsalted sunflower seeds ✓ Unsalted pumpkin seeds or pepitas
Tofu	150 g 175 ml (¾ cup)	Iron: 5% DV or more and Sodium: 480 mg or less and Protein: 10 g or more and Fat: 8 g or less	<ul style="list-style-type: none"> ✓ Plain tofu
Other meat alternatives (e.g. veggie dogs, soy burgers, soy ground round)	75 g (2 ½ oz) 125 ml (½ cup)	Fat: 8 g or less and Sodium: 480 mg or less and Protein: 10 g or more and Iron: 5% DV or more	

Frequency: Only one food item from among the following category may be served one time per week or less

Food Category	Serving Size	Standard to be followed	Examples
Deli meats (e.g. turkey, chicken)	75 g (2 ½ oz) 125 ml (½ cup)	Lean or extra lean (Fat: 5 g or less) Sodium: 480 g or less * Sodium Nitrate/Nitrate Free preferred	<ul style="list-style-type: none"> • PC Blue Menu Oven Roasted Chicken Breast • PC Blue Menu Tomato Basil Oven Roasted Turkey Breast • Nitrate Free Cooked Turkey or Chicken Breast

Miscellaneous

- Program providers may use only one of the following food items per snack/meal: (e.g. when serving toast, jam or butter should be offered, not both)
- The following items should be used in small quantities, as defined under “Serving Size”
- Choose products that are lower in fat and sodium

Ingredients	Serving Size
Condiments and spreads (e.g. pickles, relish, mustard, ketchup, cream cheese), jams and jellies, fruit butters, syrup	15 ml (1 tbsp) or less
Gravies and sauces	60 ml (4 tbsp) or less
Dips	30 ml (2 tbsp) or less
Fats (trans fat free margarine, butter)	5 ml (1 tsp) or less
Oils and dressings (e.g. vegetable oils, mayonnaise)	15 ml (1 tbsp) or less
Other (e.g. olives, parmesan cheese)	15 ml (1 tbsp) or less

Not Permitted	
Candy, chocolate, marshmallows, gummies	High fat, salty snacks (e.g. potato chips, nacho chips), cheese puffs
Soft drinks, sports drinks, energy drinks	Deep fried foods
Fruit flavoured beverages that are not 100% juice	Foods containing artificial trans fats
Jello	Cured meats (e.g. salami, pepperoni, bologna)
Gum	Hot dogs, bacon (including chicken/turkey bacon)
Cake, cupcakes, doughnuts, pastries	Peanuts, nuts, nut butters
Popsicles and freezies, if not prepared with 100% juice	Broken packaged food
Cream, whip cream or whipped topping	Expired food
Unpasteurized milk, ciders or juices	Open bulk foods or preserves
***All donated foods should meet SNP guidelines	

