

# Administrative Procedure 203 – Appendix


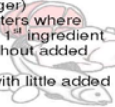
## AP 203 Appendix: Healthy Eating Guidelines


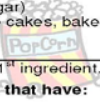
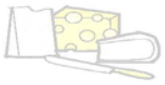






### Healthy Eating Guidelines



Use the "food selection categories" to make better food choices for meals & snacks, school & classroom celebrations, special food days, fundraisers, cafeterias, vending machines, meetings, or staff rooms.

<p><b>"Choose Most Often"</b></p> <ul style="list-style-type: none"> <li>Choose these foods <b>everyday</b> or "most often"</li> </ul>	<p><b>Vegetables &amp; Fruit</b></p> <ul style="list-style-type: none"> <li>Fresh/frozen/canned vegetables &amp; fruit prepared without added sugar or salt</li> <li>Vegetables prepared without added fat</li> <li>Fruit canned in juice</li> <li>Vegetable soups (from scratch)</li> <li>Vegetable/fruit salads</li> <li>Unsweetened applesauce</li> </ul> <p><i>Choose dark green and orange vegetables often</i></p> <p><i>Vegetables or fruit should be listed as the first ingredient (or second, if water is first)</i></p>	<p><b>Grain Products</b></p> <ul style="list-style-type: none"> <li>Whole grain bread, rolls, buns, bagels, pita bread, tortillas, baked bannock, English muffins</li> <li>Whole grain muffins, loaves, pancakes, waffles</li> <li>Whole grain unsweetened cereals or low sugar cereals with:                             <ul style="list-style-type: none"> <li>≥ 2 g fibre and</li> <li>&lt; 8 g sugar</li> </ul> </li> <li>Cooked whole grain unsweetened cereals</li> <li>Corn bread</li> <li>Whole grain pasta, noodles</li> <li>Barley, whole wheat couscous</li> <li>Brown or converted (parboiled) rice</li> </ul> <p><i>Choose a variety of whole grains</i></p> <p><i>Look for foods with at least 2 grams of fibre.</i></p>	<p><b>Milk &amp; Alternatives</b></p> <ul style="list-style-type: none"> <li>2%, 1% or skim milk</li> <li>Yogurt (plain, unsweetened)</li> <li>Cheese (lower fat)</li> <li>Cottage cheese</li> <li>Milk-based soups</li> <li>Skim milk powder</li> <li>Soy beverage – fortified &amp; low fat</li> </ul>  <p><i>Choose milk often for vitamin D</i></p>	<p><b>Meat &amp; Alternatives</b></p> <ul style="list-style-type: none"> <li>Roasted/baked/grilled chicken, turkey, fish, seafood, beef, pork, lamb, ham</li> <li>Canned tuna, salmon, chicken, flaked ham, crab</li> <li>Lean ground meat</li> <li>Wild meat (if butchered in an approved facility)</li> <li>Cooked dried peas, beans, lentils</li> <li>Canned beans, lentils (rinsed)</li> <li>Tofu &amp; soy based alternatives (eg. veggie burger)</li> <li>Peanut &amp; nut butters where sugar is not the 1<sup>st</sup> ingredient</li> <li>Nuts &amp; seeds without added sugar or salt</li> <li>Eggs prepared with little added fat</li> </ul> 
<p><b>These foods are:</b> sources of one or more of the following: vitamins, minerals, protein, carbohydrate and fibre</p> <ul style="list-style-type: none"> <li>generally <b>lower in</b> added fat, sugar and salt</li> </ul>				

<p><b>"Choose Sometimes"</b></p> <ul style="list-style-type: none"> <li>If a food from this category is served, <b>balance</b> it with a food from "Choose Most Often" category</li> </ul>	<ul style="list-style-type: none"> <li>Canned/frozen vegetables and fruit with added salt, sugar, fat or sauces</li> <li>Canned vegetable soups with ≤ 480 mg of sodium</li> <li>Fruit in syrup</li> <li>100% fruit/vegetable juices</li> <li>Dried fruit</li> <li>100% fruit leather</li> <li>100% fruit &amp; vegetable bars</li> <li>Fruit crisps, cobbler</li> <li>Frozen 100% fruit juice bars</li> <li>Salsa</li> </ul>  <p>Vegetable or fruit must be 1<sup>st</sup> ingredient (or 2<sup>nd</sup>, if water is first).</p> <p><b>Select foods that have:</b></p> <ul style="list-style-type: none"> <li>Fat: ≤ 5 g</li> <li>Saturated fat: ≤ 2 g</li> <li>Trans fat: 0 g</li> <li>Sodium: ≤ 480 mg</li> <li>Sugar is not the first ingredient.*</li> </ul>	<ul style="list-style-type: none"> <li>Breads with ≤ 2 g saturated fat and 0 g trans fat such as enriched (white) bread, pita, bagels, rolls, tortillas, croissants, biscuits, scones, breadsticks</li> <li>Enriched (white) pancakes, waffles, loaves, cookies and other baked goods with ≤ 2 g saturated fat and 0 g trans fat</li> <li>Most pancakes, waffles, loaves, cookies, muffins etc made from scratch with enriched flour and non-hydrogenated margarine or oil</li> <li>Hot/cold cereals with:                             <ul style="list-style-type: none"> <li>≤ 12 g sugar</li> </ul> </li> <li>White or instant rice</li> <li>White or enriched pasta, noodles</li> <li>Crackers (whole grain or enriched flour)</li> <li>Granola bars/cereal bars (not dipped, ≤ 12 g sugar)</li> <li>Plain popcorn, rice cakes, baked chips</li> <li>Taco shells</li> </ul> <p>Grain must be 1<sup>st</sup> ingredient.</p> <p><b>Select foods that have:</b></p> <ul style="list-style-type: none"> <li>Fat: ≤ 10 g</li> <li>Saturated fat: ≤ 2 g</li> <li>Trans fat: 0 g</li> <li>Sodium: ≤ 480 mg</li> <li>Sugars: ≤ 12 g</li> </ul> 	<ul style="list-style-type: none"> <li>Whole milk</li> <li>Flavoured yogurt</li> <li>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 made with milk</li> <li>Processed cheese slices, cheese spread</li> </ul>  <p>Milk must be 1<sup>st</sup> ingredient. In milk alternatives, water may be the 1<sup>st</sup> ingredient followed by a milk alternative such as soy.</p> <p><b>Select foods that have:</b></p> <ul style="list-style-type: none"> <li>Fat: ≤ 10 g</li> <li>Trans fat: ≤ 0.5 g</li> <li>Sugar: ≤ 25 g</li> <li>Calcium: ≥ 10%</li> </ul>	<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 meatballs or hamburger patties</li> <li>Breaded fish or meats with ≤ 15 g fat</li> <li>Canned beans, lentils (not rinsed)</li> <li>Canned beans in sauce with ≤ 480 mg sodium</li> <li>Nuts and seeds that are salted or sweetened</li> </ul> <p>Meat or meat alternative must be 1<sup>st</sup> ingredient.</p> <p><b>Select foods that have:</b></p> <ul style="list-style-type: none"> <li>Fat: ≤ 15 g</li> <li>Saturated fat: ≤ 5 g</li> <li>Trans fat: ≤ 0.5 g</li> <li>Sodium: ≤ 480 mg</li> <li>Protein: ≥ 5g</li> </ul>
<p>*Sugars can be from many forms: corn syrup, dextrin, honey, maltodextrin, molasses, sugar, syrup and ingredients with words ending in "ose".</p>				


<p><b>Prepared Mixed Dishes</b></p>		
<p>A prepared mixed dish product must contain at least <b>two food groups</b>.</p> <p>Preference should be given to food items with a <b>vegetable listed in the first three ingredients</b>.</p> 	<p><b>Select foods that have:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> <b>Trans fat:</b> 0.5 g or less</li> </ul> <p><b>AND</b></p> <p><b>Four of the following six</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Fat:</b> ≤ 3 g (5% Daily Value)</li> <li><input type="checkbox"/> <b>Saturated fat:</b> ≤ 2 g (10% Daily Value)</li> <li><input type="checkbox"/> <b>Sodium:</b> ≤ 960 mg (40% Daily Value)</li> <li><input type="checkbox"/> <b>Fibre:</b> ≥ 2 g (8% Daily Value)</li> <li><input type="checkbox"/> At least one of <b>Vitamin A, Vitamin C, Calcium OR Iron:</b> ≥ 5%</li> <li><input type="checkbox"/> <b>Sugar should not be the 1<sup>st</sup> or 2<sup>nd</sup> ingredient*</b></li> </ul>	<ul style="list-style-type: none"> <li>Canned soups/stews/chili with ≤ 960 mg sodium</li> <li>Chunky soups/bean soups with ≤ 3 g fat and ≤ 960 mg sodium</li> <li>Pasta and pasta salad with veggies and ≤ 3g fat</li> <li>Pizza, calzones, soft tacos, quesadillas, fajitas with ≤ 3 g fat</li> <li>Sloppy Joes</li> <li>Smoothies</li> <li>Snacks kits (eg. tuna/crackers)</li> <li>Stir-fry</li> <li>Subs, wraps, pitas</li> <li>Trail mix with nuts and fruit</li> </ul>    <p><i>Read food labels to find other healthy food choices</i></p>

\*Sugars can be from many forms: corn syrup, dextrin, honey, maltodextrin, molasses, sugar, syrup and ingredients with words ending in "ose".

#### Satisfy your thirst with water!


**Breakfast:**

- 1 serving from each of 3 or more food groups in *Canada's Food Guide*



**Lunch & Supper:**

- 1 serving from each of the 4 food groups in *Canada's Food Guide*



**Snack:**

- 1 serving from each of 2 or more food groups in *Canada's Food Guide*

