

NUTRITION GUIDELINE SUMMARY

for Student Nutrition Programs (SNP)

What is a healthy SNP meal?

- Breakfast, Morning meal (3-food group snack), Lunch

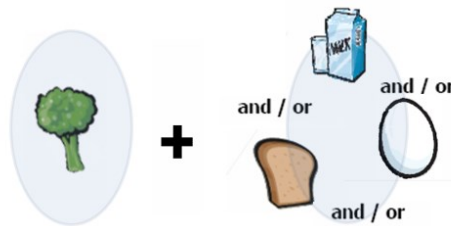


Includes:

- 1 serving of Vegetables and Fruit
- 1 serving of Milk and Alternatives
- 1 serving of Grain products *and/or* Meat and Alternatives

What is a healthy SNP snack?

- 2-food group snack



Includes:

- 1 serving of Vegetables and Fruit
- 1 serving of Milk and Alternatives *and/or* Grain Products *and/or* Meat and Alternatives

Menu Planning Checklist

	Requirements	Yes
1	Meal or Snack meets food group requirements (as indicated on this page)	
2	All foods offered meet SNP Nutrition Guidelines	
3	All main ingredients in mixed dishes meet SNP Nutrition Guidelines	
4	"Do not serve" items are not included	
5	Minor ingredients are used in small amounts	
6	Tap water is available	

Vegetables and Fruit

1. Serve a full serving of Vegetables and Fruit at every meal or snack.

Serve (examples)	Do Not Serve (examples)
<ul style="list-style-type: none"> • fresh, frozen vegetables and fruit with no added sugar, salt or sauce • unsweetened fruit sauce, blends • canned fruit in water or juice, drained • canned vegetables low sodium▲, no salt or drained • dried fruit with no added sugar • 100% juice, fruit or vegetable▲: maximum once a week 	<ul style="list-style-type: none"> • fruit-flavoured drink, cocktail, punch • fruit rolls, snacks, gummies • vegetable and fruit chips • French fries, hash browns, battered potato or vegetable • sweetened fruit sauce, fruit canned in heavy syrup • raw sprouts • creamy, canned and instant vegetable soups that are not low in sodium▲

Grain Products

Choose products with whole grain and/or whole wheat first on the ingredients list.

Examples: Whole grain whole wheat, Whole grain couscous, Whole grain rye, barley, Wild or whole grain brown rice, brown rice, whole oats, rolled oats, Corn and corn meal

Bread products, Grain-based snacks, Pasta, Rice and Grains

1. Choose products with whole grain and/or whole wheat first on ingredients list.

Serve (examples)	Do Not Serve (examples)
<p>Bread products:</p> <ul style="list-style-type: none"> • bread, English muffins, pita, buns, bagels, rolls, tortilla, roti, pizza crust • pancakes, waffles • flatbread, naan <p>Grain-based snacks, Pasta, Rice and Grains:</p> <ul style="list-style-type: none"> • crackers • brown rice cakes • rice, grains (quinoa, oats, couscous) • pasta, polenta • popcorn (plain, unsalted) 	<p>Bread-products:</p> <ul style="list-style-type: none"> • flavoured, sugar coated breads, bagels <p>Grain-based snacks, Pasta, Rice and Grains:</p> <ul style="list-style-type: none"> • instant ramen and soups • instant flavoured rice and noodle dishes • rice chips, potato chips, snack chips

Cereals and baked goods

1. Choose products with whole grain and/or whole wheat first on ingredients list.
2. Less than 8 g sugar **per 30 g serving**.

Serve (examples)	Do Not Serve (examples)
<ul style="list-style-type: none"> • cold/dry cereals • oatmeal, instant oatmeal, porridge • muffins, scones, biscuits 	<ul style="list-style-type: none"> • any item with chocolate, candy, marshmallow or yogurt dip or pieces • croissants, pastries, toaster pastries • cakes, donuts, pies, squares

▲ low sodium = 140 mg Sodium on the Nutrition Facts label

Milk and Alternatives

1. Serve at every meal.

Serve (examples)	Do Not Serve (examples)
<ul style="list-style-type: none"> • milk and fortified soy beverage • yogurt • hard cheese, cheese strings • chocolate/flavoured milk: maximum once a week 	<ul style="list-style-type: none"> • unfortified soy beverage • hot chocolate, milkshake, cream • processed cheese slices and spreads • frozen yogurt, yogurt with candy/toppings • unpasteurized/raw milk and milk products

Meat and Alternatives

1. Serve meat alternatives such as eggs, beans, lentils more often.

Serve (examples)	Do Not Serve (examples)
<ul style="list-style-type: none"> • eggs • hummus • dried or canned beans, lentils (drained, rinsed) • veggie burgers • canned light tuna • fresh or frozen fish, meat • nuts*, seeds*, nutbutter* 	<ul style="list-style-type: none"> • salted, candied or coated nuts* or seeds* • bacon, hotdogs (meat/poultry or soy) • pre-frozen breaded products (fish, meat or soy) • frozen or prepared meat pies, flaky meat patties • deli meats • canned white, albacore tuna

* **nut and seed foods:** always follow your school or centre's Allergy and Anaphylaxis policy

Minor Ingredients

May be served in small amounts

<ul style="list-style-type: none"> • condiments (e.g. cream cheese, ketchup, mustard) • dips (e.g. salad dressing, sour cream, baba ganoush, spinach dip) • sweets and spreads (e.g. honey, jam, jelly, fruit butter, syrup) • oils, dressings, spreads (e.g. butter, non-hydrogenated margarine, mayonnaise, salad dressing) • toppings and extras (e.g. peppers, olives, pickles, parmesan) • gravies, sauces

Do Not Serve

Beverages <ul style="list-style-type: none"> • caffeinated beverages including coffee, tea • energy drinks, sports drinks • pop (diet or regular), iced tea • protein or meal replacement drinks • vitamin and flavoured waters 	Snack foods <ul style="list-style-type: none"> • energy or meal replacement bars • candy, chocolate, marshmallows, gummies, jelly desserts • frozen treats (e.g. popsicles, frozen yogurt, ice cream, slushies, frozen juice snacks)
Ingredients: <ul style="list-style-type: none"> • hard margarine • lard or shortening 	<ul style="list-style-type: none"> • foods with artificial trans fats (e.g. hydrogenated oil) • palm oil

How to Read 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".

Nutrition Facts		Valeur nutritive	
Per 1 cup (55 g)/Par 1 tasse (55 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 220			
Fat / Lipides 9 g		14 %	
Saturated / saturés 5 g		30 %	
+ Trans / trans 0.4 g			
Cholesterol / Cholestérol 35 mg			
Sodium / Sodium 140 mg		6 %	
Carbohydrate / Glucides 34 g		11 %	
Fibre / Fibres 2 g		8 %	
Sugars / Sucres 8 g			
Protein / Protéines 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.

INGREDIENTS: WHOLE WHEAT FLOUR, VEGETABLE OIL, SUGAR, SALT, BAKING SODA, PEANUTS

The first ingredient on grain products must be whole grain or whole wheat.

The ingredients list is where you will find allergen information.



Important Principles:

- Always have one person who has attended the Food Safety and Nutrition Workshop within the last 2 years, when the program is running.
 - Practice safe food handling.
- Always offer tap water.
- Serving sizes should be appropriate to the appetites of the participants. Serve extras when possible.
- Minimize food and packaging waste as much as possible.
- Always follow your school or centre's Allergy and Anaphylaxis Policy.

If you have questions about nutrition or food safety, call your Registered Dietitian, your Public Health Inspector, or reach them through Toronto Public Health at 416-338-7600.

Your program's Registered Dietitian: _____

Your program's Health Inspector: _____

Your program's Animator: _____

Your program's School Board Representative: _____

Your program's Foundation Representative: _____