



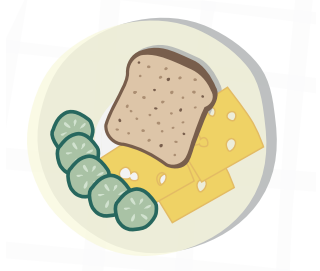
# Nutrition Guidelines Summary for Student Nutrition Programs

## A Meal at a Student Nutrition Program (Breakfast, Morning Meal, Lunch) Includes at Least:

- One vegetable or fruit, plus
- One protein food, plus
- One whole grain food

### Example of a Meal

- Cucumber slices (**Vegetables and Fruits**)
- Cheese slices (**Protein Foods**)
- Whole wheat bread (**Whole Grain Foods**)



## A Snack at a Student Nutrition Program Includes at Least:

- One vegetable or fruit, plus
- One protein food or one whole grain food

### Example of a Snack

- Banana (**Vegetables and Fruits**)
- Milk (**Protein Foods**)




## Important Principles

- Offer a variety of vegetables, fruits, protein foods and whole grain foods.
- Offer tap water at every meal or snack.
- Limit highly processed foods. This means offering fewer pre-packaged, ready-to-eat foods when possible.
- Practice safe food handling.
- Follow your school or centre's Allergy and Anaphylaxis Policy.
- At least one person is on-site when the program is running who has completed a Food Safety and Nutrition Training for Student Nutrition Programs within the last 2 years.
- Offer a pleasant eating environment, where children and youth are encouraged to listen to their hunger and fullness cues. Adjust the amount of food offered as needed. Where possible, offer larger portions of vegetables and fruit over other food categories.

# Vegetables and Fruit

Serve vegetables and/or fruits at every meal and snack.



Serve (examples)	Do Not Serve (examples)
<ul style="list-style-type: none"> <li>• Fresh vegetables and fruits</li> <li>• Frozen vegetables and fruit with no added sugar, salt or sauce</li> <li>• Unsweetened applesauce or fruit purées</li> <li>• Canned fruit in water or 100% juice, drained</li> <li>• Canned vegetables (drained, rinsed) and tomato sauce<sup>1</sup></li> <li>• Dried fruit with no added sugar<sup>2</sup></li> </ul> 	<ul style="list-style-type: none"> <li>• Vegetable and fruit juice, including 100% juice</li> <li>• Fruit flavoured drink, punches, cocktails</li> <li>• French fries, hash browns, instant potatoes, battered potato or vegetable</li> <li>• Vegetable and fruit chips</li> <li>• Dried fruit with sugar added</li> <li>• Canned fruit in syrup</li> <li>• Fruit flavoured candies (e.g. gummies, fruit rolls)</li> <li>• High fat cream-based vegetable soups</li> <li>• Raw sprouts, unpasteurized juice for food safety</li> </ul>

<sup>1</sup>Choose products with less than or equal to 10% DV (daily value) sodium per serving.

<sup>2</sup>To reduce the risk of cavities, if dried fruit is offered, it should be with a meal including water and crunchy vegetables and fruit or cheddar cheese.

# Whole Grains

- Choose products with whole grain, whole wheat, or bran listed first on the ingredient list.
- Products should have less than or equal to 8 grams of sugar per 30 g serving.
- Products should have less than or equal to 10% DV (daily value) of sodium per serving.



Serve (examples)	Do Not Serve (examples)
<p><b>Whole grain or whole wheat bread products:</b></p> <ul style="list-style-type: none"> <li>• Breads, English muffins, pitas, buns, rolls, tortilla, roti, pizza crust, flatbreads, bannock, and pancakes</li> </ul> <p><b>Whole grain grain-based snacks, baked goods, cereals, and other grains:</b></p> <ul style="list-style-type: none"> <li>• Whole grain cereals, oatmeal</li> <li>• Whole grain muffins, scones, granola bars</li> <li>• Whole grain crackers, brown rice cakes (unflavoured and unsweetened)</li> <li>• Popcorn (plain, unsalted, no butter)</li> <li>• Whole grains (quinoa, oats, couscous, brown rice)</li> </ul>	<p><b>Bread products:</b></p> <ul style="list-style-type: none"> <li>• Flavoured, sugar coated breads and bagels</li> </ul> <p><b>Grain-based snacks, baked goods, cereals, and other grains such as:</b></p> <ul style="list-style-type: none"> <li>• All types of cookies</li> <li>• Any item with chocolate, candy, marshmallow, or yogurt dip</li> <li>• Cakes, donuts, pies, squares</li> <li>• Instant noodle soup</li> <li>• Pretzels</li> <li>• Toaster pastries, pastries, croissants</li> <li>• Tortilla chips</li> </ul>

**TIP: All food items in the Do Not Serve category are always do not serve regardless of the ingredients. These foods have higher amounts of added salt, sugar, or unhealthy fats and/or are low in nutrients.**



## Protein Foods

Choose protein foods that come from plants more often.



Serve (examples)	Do Not Serve (examples)
<b>Milk, milk alternatives, and dairy:</b> <ul style="list-style-type: none"> <li>• Plain milk and yogurt less than or equal to 2% milk fat</li> <li>• Unsweetened/unflavoured, fortified soy beverage</li> <li>• Flavoured/sweetened yogurt with less than or equal to 11g of sugar per 100g serving and less than or equal to 2% milk fat</li> <li>• Hard cheese, cheese strings with less than or equal to 20% milk fat (when possible)<sup>1</sup></li> </ul>	<b>Milk, milk alternatives, and dairy:</b> <ul style="list-style-type: none"> <li>• 3.25% cow's milk, unpasteurized milk and milk products</li> <li>• Flavoured milk (e.g. chocolate, strawberry)</li> <li>• Hot chocolate, milkshakes, cream</li> <li>• Flavoured/sweetened plant-based drinks</li> <li>• Cheese with more than 10% DV sodium per serving</li> <li>• Processed cheese slices</li> </ul>
<b>Plant-based protein foods:</b> <ul style="list-style-type: none"> <li>• Dried or canned beans, lentils (drained, rinsed)<sup>1</sup></li> <li>• Nuts<sup>2</sup>, seeds<sup>2</sup>, and nut butters<sup>2</sup></li> <li>• Hummus<sup>1</sup>, baked chickpeas<sup>1</sup>, and plant-based burgers<sup>1</sup></li> <li>• Lentil or chickpea pasta<sup>1</sup></li> </ul>	<b>Plant-based protein foods:</b> <ul style="list-style-type: none"> <li>• Salted, candied or coated nuts<sup>2</sup> or seeds<sup>2</sup></li> <li>• Tofu dessert</li> </ul>
Serve (examples)	Do Not Serve (examples)
<b>Fish, eggs and meat:</b> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Fresh or frozen fish, meat</li> <li>• Canned light tuna (drained, rinsed)<sup>1</sup></li> <li>• Canned chicken/turkey (drained, rinsed)</li> </ul>	<b>Fish, eggs and meat:</b> <ul style="list-style-type: none"> <li>• Canned albacore tuna</li> <li>• Meat pies</li> <li>• Bacon, hot dogs, deli meats</li> <li>• Pre-frozen breaded products</li> </ul>

<sup>1</sup>Choose products with less than or equal to 10% DV (daily value) sodium per serving.

<sup>2</sup>For nut and seed foods: always follow your school or centre's Allergy and Anaphylaxis Policy.

## Minor Ingredients

May be served in small amounts (approximately 1–2 tbsp./student unless otherwise noted)

- Condiments e.g. ketchup, cream cheese, mustard, 3 tbsp. salsa
- Gravies and sauces
- Dips e.g. salad dressings, sour cream, baba ganoush, and 3 tbsp. spinach dip
- Oils, mayonnaise e.g. butter, non-hydrogenated margarine
- Toppings and extras e.g. 4–5 olives, 2–3 tbsp. parmesan cheese, and one pickle
- Sweets and spreads e.g. honey, jam, jelly, fruit butter, syrup





## Do Not Serve – Miscellaneous

*These products contain few or no essential nutrients, and/or contain high amounts of salt, sugar, or unhealthy fats.*

- Caffeinated food and beverages such as coffee, tea, and iced tea
- Diet pop, regular pop, energy drinks, sports drinks, flavoured or vitamin water
- Protein or meal replacement drinks and bars
- Candy, chocolate, marshmallows, jelly desserts, pudding, frozen treats (e.g. ice cream, frozen yogurt, slushies, frozen juice snacks)
- Hard margarine, lard or shortening, palm oil, foods with artificial trans fat
- Foods with sugar substitutes or sweeteners

## Use the Nutrition Labels to Choose Products

Most packaged foods and beverages have a food label. This information is needed to determine if a food or beverage can be served in your Student Nutrition Program (SNP). Some things you need to know:

Nutrition Facts Valeur nutritive		
Per ¼ cup (100 g) pour ¼ tasse (100 g)		
<b>Calories</b>	<b>90</b>	<b>% Daily Value*</b>
		<b>% valeur quotidienne*</b>
<b>Fat / Lipides</b>	1.5 g	2 %
Saturated / saturés	1 g	4 %
+ Trans / trans	0 g	
<b>Carbohydrate / Glucides</b>	15 g	5 %
Fibre / Fibres	0 g	
Sugars / Sucres	13 g	13 %
<b>Protein / Protéines</b>	3 g	
<b>Cholesterol / Cholestérol</b>	5 mg	
<b>Sodium</b>	45 mg	2 %
Potassium	140 mg	4 %
Calcium	100 mg	10 %
Iron / Fer	0 mg	0 %
Vitamin A		2 %
Vitamin C		2 %
Vitamin D		15 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

- Information in the **nutrition facts table** is based on a quantity called **serving size**. It may or may not be the amount of food that you choose to serve in your SNP.
- The **% DV (daily value)** shows how much (or how little) of a nutrient is in a food or beverage. 5% DV or less means there is a little of a nutrient and 15% DV or more means there is a lot.
- Look for foods and beverages with **less than or equal to 10% DV (daily value) of sodium to serve in your SNP**.
- Look for whole grain products with **less than or equal to 8 grams of sugar per 30 gram serving**.
- Look for flavoured yogurts with **less than or equal to 11 grams of sugar per 100 gram serving**.
- The **ingredient list** shows all the ingredients in a packaged food in order of weight, starting with the ingredient that weighs the most.

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## References and Additional Resources

Adapted with permission from Ministry of Children, Community and Social Services. (2020). Student Nutrition Program Nutrition Guidelines, 2020. Queens Printer for Ontario.

Health Canada. (2020). *Canada's Food Guide*. Government of Canada. <https://food-guide.canada.ca/en/>

Toronto Public Health [www.toronto.ca/health/student\\_nutrition\\_program](http://www.toronto.ca/health/student_nutrition_program)

Please email your questions to [snp@toronto.ca](mailto:snp@toronto.ca).