

## Serve in small amounts with meals

- These items may be used to enhance the flavour of foods of Maximum and Moderate Nutrition. They should be used in teaspoon (5 ml) or tablespoon (15 ml) servings.

### HEALTHIER OPTIONS:

- ✓ Salsa
- ✓ Bean dip
- ✓ Tzatziki (yogurt, cucumber, and herb dip)
- ✓ Yogurt-based fruit dip
- ✓ Lower fat spreads, dips, dressings, or mayonnaise
- ✓ Tomato sauces
- ✓ Vegetable oils (e.g., olive, canola)

### REGULAR OPTIONS:

- ✓ Butter
- ✓ Margarine (non-hydrogenated)
- ✓ Regular salad dressing and dips
- ✓ Mayonnaise
- ✓ Ketchup
- ✓ Mustard
- ✓ Relish
- ✓ Pickles
- ✓ Soy sauce
- ✓ Hot sauce
- ✓ Sour cream
- ✓ Cream cheese (light, flavoured, regular)
- ✓ Gravies
- ✓ Jam, Jelly
- ✓ Honey
- ✓ Caramel sauce
- ✓ Whipped cream or non-dairy whipped topping (for those with allergies)

**NOTE:** Cream cheese is not a source of calcium like other types of cheese and is mostly fat. For this reason, it appears in this list.

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# Minimum Nutrition

These foods and beverages offer minimal nutritional value, are very high in sugar, fat, salt, caffeine, artificial sweeteners, or processing, and tend to replace nutritious foods when available as meals and snacks.

These foods and beverages can be served or sold only one or twice a month as part of Special Functions along with items of Maximum and Moderate



## Tri-County Health Promoting Schools

Information contained in this brochure has been taken from the Food & Nutrition Policy for Nova Scotia Public Schools (NS Dept of Education and NS Dept of Health Promotion and Protection, 2006).

## Mixed Foods

### MIXED FOODS:

- ✓ Hot dogs or corndogs
- ✓ Battered, fried, or previously deep fried items (e.g., French fries, fish burgers or sticks, onion rings, clams, chicken nuggets or burgers, chicken, zucchini, mushrooms, cheese, etc.)
- ✓ Potted meats (e.g., pot pies and canned meats/meat spreads)
- ✓ Pizza with processed high fat meat (e.g., pepperoni, salami, sausage) and a mix of cheeses
- ✓ Pastry-based pizza pockets
- ✓ Donairs
- ✓ Egg rolls, sausage rolls
- ✓ Poutine
- ✓ Chicken wings
- ✓ Dried instant noodles and single serve dried soup mixes

### BEVERAGES:

- ✓ All pop: regular and diet
- ✓ Flavoured waters containing artificial flavours, herbals, vitamins, minerals or sweeteners
- ✓ Sports drinks: all flavours
- ✓ Sweetened fruit beverages or drinks (e.g., punches, cocktails, “ades”)
- ✓ Slushes made with artificial fruit, sugar, and colouring
- ✓ Host chocolate made with water
- ✓ Coffee beverages (e.g., latte, milk-based)
- ✓ Meal replacement shakes or beverages
- ✓ Iced tea (all flavours)
- ✓ Energy drinks or herbal drinks
- ✓ Lemonades
- ✓ Coffee/tea

- *Fruit drinks and beverages often provide excess sugar, caffeine, artificial sweeteners, artificial colours, salt, and herbal ingredients and can replace healthier food and beverages in students' diets.*
- *Water and juices provide enough fluid to replace losses in sweat during hot weather or physical activities. For this reason, sport/electrolyte beverages are not served and sold in schools.*

## Mixed Foods cont'd

### SNACK OR PROCESSED FOOD:

- ✓ Granola bars dipped in chocolate or yogurt, or with chocolate chips, marshmallows
- ✓ Candy bars: hard, soft, chewy, including those fortified with nutrients
- ✓ Chocolate bars
- ✓ Chocolate-coated candy
- ✓ Licorice
- ✓ Artificial fruit snacks and roll-ups
- ✓ Gum
- ✓ Sesame snaps
- ✓ Banana chips
- ✓ Fruit gels or jellied desserts
- ✓ Meal replacement bars, protein bars, or energy bars
- ✓ Canned fruit in heavy syrup
- ✓ Popcorn popped in hydrogenated oil, sweetened, candied, or with excess butter
- ✓ Chips that do not meet the Nutrition Criteria (e.g., potato, corn, wheat, or multigrain)
- ✓ Cheesies and flavoured puffs
- ✓ Corn nuts
- ✓ Ready-to-eat cereals that are very high in sugar (e.g., fruit flavoured O's)

### BAKED GOODS:

- ✓ Doughnuts
- ✓ Pastries, turnovers, danishes, croissants
- ✓ Cake or cupcakes
- ✓ Tarts
- ✓ Pie
- ✓ Novelty cakes
- ✓ Squares (e.g., brownies)
- ✓ Cookies with sweet filling, icing, and/or chocolate

### FROZEN NOVELTIES:

- ✓ Popsicles and freezies
- ✓ Ice cream and frozen novelties (e.g., drumstick, etc.)
- ✓ Milkshakes
- ✓ Eggnogs
- ✓ Sherbet

Hold student taste tests to increase exposure to and acceptability of new foods such as fruits and vegetables!

## Food for thought

- These items will not be served or sold as part of regular cafeteria, canteen, vending, breakfast, lunch, or snack menus. As well, they will not be served or sold as part of school fundraising campaigns.
- Special Functions will emphasize food and beverages of Maximum and Moderate Nutrition. However, because food is a significant part of many cultural or traditional celebratory events, some items listed may be served during Special Functions. Special Functions are events that may occur once or twice a month and include special occasions and in-school celebrations (e.g., parent-teacher night, Remembrance Day, school bazaar, Spring Fling, Halloween, Christmas bake sales).

### NUTRIENT CRITERIA:

- Food and beverages containing more than 960 mg of sodium.
- Grand products and vegetables and fruit contain more than 5 g total fat/serving and more than 2 g saturated and trans fat/serving.
- Vegetables and fruit juices that are less than 100% juice.
- Milk products (e.g., milk, yogurt) that contain more than 3.25% MF.
- Cheese products that contain more than 32% MF.
- Flavoured milks containing more than 28 g sugar/250 ml serving.
- Meat and alternatives containing more than 10 g total fat/serving (50-100 g) and more than 4 g saturated and trans fat/serving.
- Artificial sweetener in any item on this list.

For information on reading nutrition labels visit:  
[www.healthyeatingisinstore.ca/](http://www.healthyeatingisinstore.ca/)

**Water:** plain, unsweetened, unflavoured water with no additives (e.g., caffeine, herbals) or artificial sweeteners.

**Herbs & Spices:** a variety of herbs, spices, and seasonings can be used to enhance the flavour and enjoyment of foods and beverages.

**Salt should be used sparingly.**

## Background + Tips

### CANADA'S FOOD GUIDE TO HEALTHY EATING:

Together, the four food groups of Canada's Food Guide to Healthy Eating provide the necessary energy and nutrients for growth, development, health, learning, and physical activity. For this reason it is important to include choices from each of the four food groups, as well as choices from within each food group every day.

Refer to Canada's Food Guide to Healthy Eating or visit the Health Canada website ([www.hc-sc.gc.ca/](http://www.hc-sc.gc.ca/)) and click on Food & Nutrition and then on Canada's Food Guide to Healthy Eating for an online guide and resource. An updated version of the food guide is coming soon.

### SERVING SIZES:

Canada's Food Guide to Healthy Eating provides information on serving sizes that may or may not be the same as those listed on food packages. The portion or amount of food that should be eaten at meals depends on age, body size, activity level, and whether the person is male or female, among other factors. The portion sizes of food and beverages have increased over the years (e.g., super size). Research tells us that people tend to eat and drink more when good and beverages are served in bigger containers or portions. Canada's Food Guide to Healthy Eating provides some examples of portion sizes for each food group. A serving of each different food within one food group is approximately equal (in the nutrients that are key to that food group) to every other food in that group. This does not mean that a school meal has to provide the "exact" serving size, as described in Canada's Food Guide to Healthy Eating for each food group; rather it serves as a guideline.

### OTHER FOODS:

"Other Foods" are items that do not fit into any of the four food groups of Canada's Food Guide to Healthy Eating (e.g., butter, salad dressing, candy, soft drinks, chips, coffee, tea, ketchup). They can add taste and enjoyment to meals and snacks but tend to be high in fat, salt, sugar, and/or artificial sweeteners. Most have little nutritional value. These foods and beverages provide few nutrients needed for growth and development. As well, they can fill up the stomachs of children and youth, as well as adults, leaving little room for nutritious foods and beverages.

## Background + Tips

### GRAIN PRODUCTS:

Whole grains (e.g., whole wheat bread, oatmeal, brown rice, etc.) are an important source of fibre, which is necessary for a healthy digestive system. Whole grain and enriched products provide a source of energy, iron, magnesium, and B vitamins.

### TIPS FOR INCLUDING MORE WHOLE GRAIN PRODUCTS:

- ✓ Serve bags of trail mix or ready-to-eat whole grain cereals (e.g., toasted oat O's, shredded wheat, oatmeal squares, etc.) and dried fruit and nuts\*.
- ✓ Use whole wheat pasta in macaroni and cheese and other pasta dishes. Start by using whole wheat and white noodles together.
- ✓ Use whole wheat pizza crusts and tortilla wraps.
- ✓ Introduce whole grain breads by making sandwiches with both white and whole grain breads.
- ✓ Serve muffins made with bran and fruit.
- ✓ Serve whole grain crackers with cheese and soups.

\* Refer to allergy policies in your school board

### MILK PRODUCTS:

Lower fat milk products such as white and flavoured milks (e.g., chocolate, banana, strawberry, etc.), yogurts and cheeses provide high-quality protein, vitamins such as B12, and the minerals calcium, zinc, and magnesium. In addition, all fluid milks have vitamins A and D added, which, in combination with the other nutrients, are essential for the growth and development of bones and teeth. Milk and yogurt with a fat content of 2% milk fat (MF) or less and cheese with 20% or less MF are considered lower fat choices.

### TIPS FOR INCLUDING MORE MILK PRODUCTS:

- ✓ Serve smoothies made with lower fat milk, yogurt, and fruit.
- ✓ Serve milk-based soups and chowders.
- ✓ Include lower fat yogurt as a dip for fruit.
- ✓ Shred lower fat cheese such as mozzarella and include in sandwiches, salads, wraps, and on baked potato.
- ✓ Try a yogurt parfait bar with healthy toppings such as fresh or dried fruit and granola-type cereal.

## Background + Tips

### VEGETABLES AND FRUIT:

Vegetables and fruit contain a variety of important nutrients like vitamins A, C, and folate and the minerals iron and magnesium. A number of these nutrients are found in dark green, red, and orange vegetables and in orange fruits. For this reason, Canada's Food Guide to Healthy Eating recommends they be chosen more often. This food group also contributes energy, fibre, and plant compounds (phytochemicals), which are thought to contribute to health and reduce cancer risk.

### TIPS FOR INCLUDING MORE VEGETABLES AND FRUIT:

- ✓ Include a vegetable or fruit as part of daily meals or specials.
- ✓ Offer a fresh fruit or raw vegetable snack or canned fruit cup in the canteen. Try wedges of orange, melon, small bunches of grapes, banana, carrot coins, turnip and celery sticks, broccoli flowerets, etc.
- ✓ Set up a salad bar or fruit parfait bar - start with once per month or once per week.
- ✓ Serve a hearty vegetable soup, stir fry, or baked potato stuffed with healthy toppings such as salsa.
- ✓ Add vegetables like tomato, cucumber, peppers, mushrooms, and celery to sandwich fillings.
- ✓ Serve a hearty vegetarian pizza.

### MEAT AND ALTERNATIVES:

Meat, poultry, and fish, in addition to alternatives such as dried peas, beans, lentils, eggs, and nuts, provide protein for the growth and maintenance of body tissues. This good group also provides a source of B vitamins such as B12 (in animal-based foods only) and folate, and the minerals iron, zinc, and magnesium. The fat content of meats varies widely, with highly marbled cuts containing the most fat. Canada's Food Guide to Healthy Eating recommends choosing leaner meats, poultry, and fish and meat alternatives more often.

### TIPS FOR INCLUDING MORE MEAT ALTERNATIVES:

- ✓ Serve hummus and pita wedges as a snack.
- ✓ Offer hard boiled eggs or egg salad.
- ✓ Include tofu in stir fries.
- ✓ Serve lentil or split pea soups.
- ✓ Add dried beans and peas to soups and chili.