

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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Moderate Nutrition

These foods and beverages contain essential nutrients for growth, learning, and health but may be lower in fibre and high in fat, salt, sugar, or processing. These items may contain artificial sweeteners. They can be served and sold not more than 2 times per week or make up no more than 30% of choices at one location.



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).

Milk Products

- ✓ Whole milk and flavoured milks (no more than 3.25% MF)
- ✓ Cottage cheese preferably lower fat (i.e., 2% or less MF)
- ✓ Higher fat cheese (i.e., more than 20% MF but less than 32% MF)
- ✓ Yogurt and yogurt drinks containing more than 2% MF
- ✓ Milk-based pudding (lower fat)
- ✓ Processed cheese products (e.g., slices, spread)
- ✓ Hot chocolate made with milk (2% MF or less)
- ✓ Frozen yogurt (lower fat)
- ✓ Ice milk (i.e., single-portion cups)
- ✓ Custard

NUTRIENT CRITERIA:

- No more than 8 g total fat/serving
- No more than 5 g saturated and trans fat/serving
- May contain more than 480 mg but less than 960 mg sodium/serving
- Flavoured milk with no more than 28 g sugar/250 ml serving; artificial sweetener may be present

FOOD FOR THOUGHT:

- Choose these less often because they are higher in total fat or saturated fat: whole (3.25% MF) milk and yogurt, and cheese with more than 20% MF but less than 32% MF.
- When choosing, select items that list milk as the first or second ingredient, not including cream.
- Cottage cheese does not provide the calcium other cheeses do, but it does provide other important nutrients found in milk. It is also higher in salt. For this reason it appears on the Moderate Nutrition list.
- Choose items containing artificial sweetener less often.
- MF = milk fat

Mixed Foods

- ✓ Enriched white macaroni and cheese
- ✓ Fruit cups
- ✓ Sloppy Joes
- ✓ Frozen pasta and sauces (tomato-based)
- ✓ Hard tacos (meat or poultry)
- ✓ Pizza made with lean deli meats (ham, ground beef)
- ✓ Lasagne made with white, enriched noodles
- ✓ Bacon, lettuce, and tomato sandwich
- ✓ Pasta in cream-based sauces
- ✓ “Salad-type” sandwiches made with full-fat mayonnaise or dressing (e.g., egg, chicken, tuna)
- ✓ Canned soups
- ✓ Quiche
- ✓ Grilled cheese (more than 20% MF) sandwich on white bread
- ✓ Tuna/salmon and cracker snack packs
- ✓ Peanut butter and cracker snack packs (where allergies permit)

FOOD FOR THOUGHT:

- Choose these items less often because they use or contain ingredients from the four food groups of the moderate nutrition list. Foods can be made to fit the Maximum Nutrition list if healthier ingredients are used, as defined by the Maximum Nutrition list.
- When choosing, select items “lower in fat,” “low in saturated fat,” “trans fat free,” “lower in salt,” or “reduced in sugar.”
- **NOTE:** Some of these items may be higher in salt.

Grain Products

- ✓ White, 60% whole grain, or enriched bread, rolls, buns, bagels, bannock, chapattis, naan, English muffins, pan-cakes, waffles, pita bread, tortillas, pizza dough
- ✓ White or flavoured (e.g., spinach, tomato), enriched pasta
- ✓ White rice or rice noodles
- ✓ Cereal made with whole grains, but containing some added sugar (e.g., instant flavoured oatmeal, honey oat cereals, frosted mini wheat squares)
- ✓ Granola-type cereals
- ✓ Fruit or vegetable-based loaves or breads (e.g. banana, zucchini) made with white enriched flour
- ✓ Corn bread
- ✓ Bread stuffing
- ✓ Non-whole grain crackers
- ✓ Melba toast or white bread sticks
- ✓ Couscous
- ✓ Noodle or rice soups, preferably with vegetables
- ✓ Biscuits or scones
- ✓ Cereal bars
- ✓ Plain granola bars (not dipped in chocolate or yogurt, no added chocolate chips, marshmallows, candy, etc.)
- ✓ Fig-filled cookies
- ✓ Graham crackers or digestive cookies
- ✓ Goldfish-shaped crackers or animal-shaped crackers
- ✓ Cookies (made with oatmeal, dried fruit, and preferably whole wheat flour)
- ✓ Pretzels (soft or hard, preferably unsalted)
- ✓ Baked potato chips or tortilla chips
- ✓ Bagel or pita chips (lower fat, plain or seasoned)
- ✓ Crisp rice cereal squares
- ✓ Plain or flavoured air popped or low fat microwave popcorn
- ✓ Plain or flavoured rice cakes, corn cakes, or rice crackers

NUTRIENT CRITERIA:

- No more than 5 g total fat/serving
- No more than 2 g saturated and trans fat/serving
- May contain more than 480 mg but less than 960 mg of sodium/serving
- May contain added sugar or artificial sweeteners

Grain Products cont'd

FOOD FOR THOUGHT:

- Choose these less often because they may be higher in sugar, fat, and salt, and lower in fibre.
- When choosing, select items that list grains as the first or second ingredient.
- When choosing, select items that contain enriched white flours or mixed flours (e.g., 60% whole wheat).
- When choosing, select items “lower in fat,” “lower in saturated fat,” “trans fat free,” “lower in salt,” or “reduced in sugar.”
- White or enriched grain products may contain less fibre per serving.
- Ready-to-eat breakfast cereals in this group may contain less than 2 g fibre or contain artificial sweeteners. Choose cereals that contain whole grains as the first ingredient. Limit those containing high amounts of sugar (e.g., greater than 10 g or 2 teaspoons per serving).

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.

Vegetables + Fruits

- ✓ Fruit in light syrup or with sugar added
- ✓ Applesauce or fruit blends with sugar added
- ✓ Vegetables with sauces or breadcrumbs
- ✓ Vegetable soup (tinned or commercially prepared)
- ✓ Oven-prepared French fries containing no trans fats and that fit with the nutrition criteria

NUTRIENT CRITERIA:

- Less than 5 g total fat/serving
- Less than 2 g saturated and trans fat/serving
- May contain less than 2 g fibre/serving
- May contain more than 480 mg but less than 960 mg sodium/serving
- May contain added sugar or artificial sweetener

FOOD FOR THOUGHT:

- Choose these less often because they may contain added sugar, salt, or sweeteners.
- Choose fresh local vegetables and fruit in season. Use frozen or canned items to increase variety when fresh choices are unavailable
- When choosing, select items that list a vegetable or fruit as the first or second ingredient, not including water.
- When choosing, select items “lower in fat,” “low in saturated fat,” “trans fat free,” “lower in salt,” or “reduced in sugar.”
- Artificial sweeteners may be present.
- Commercially prepared French fries and similar vegetable products can be high in salt and fat. When looking for items to serve and sell, choose those that have not been previously deep fried and meet the less than 5 g of total fat per serving, less than 2 g saturated and trans fat (i.e., do not contain hydrogenated fat), and less than 960 mg of sodium criteria. These items may need to be served as a side dish rather than as a main menu item.
- The following terms in ingredient lists show that there are added sugars in a food or beverage: sugar, any word ending in “ose,” sucrose, glucose, fructose, dextrose, maltose,; syrups such as cane syrup, rice syrup, corn syrup, maple syrup; honey, molasses.

Vegetables + Fruit cont'd

- Any of these names on a package or ingredient list indicate that a food or beverage is artificially sweetened: Splenda (Sucralose), Nutrasweet (Aspartame, Sweet'n Low, Sugar Twin), Acesulfame Potassium (Ace-K), Cyclamate (Sugar Twin, Sucaryl), sugar alcohols (maltitol, sorbitol, xylitol, polydextrose). Some foods are also sweetened with stevia. Stevia is a herb that is not approved by Health Canada.
- “Fruit” drinks, -ades, cocktails, punches, beverages, etc., contain added sugar, water, flavourings, artificial sweeteners, and sometimes colours and do not provide a serving of fruit. This also includes items labelled, “made with juice” or “contains juice.”

Meat + Alternative

- ✓ Meatballs/meatloaf made with regular ground beef
- ✓ Nuts and seeds (salted, seasoned, and or roasted in oil) (where allergies permit)
- ✓ Fish canned in oil
- ✓ Some marinated meats or poultry
- ✓ Some jerky style products (e.g., beef)

NUTRIENT CRITERIA:

- No more than 10 g total fat/serving (50-100 g cooked)
- No more than 4 g saturated and trans fat per serving
- May contain more than 480 mg but less than 960 mg sodium per serving

FOOD FOR THOUGHT:

- Choose these less often because they are higher in fat or saturated fat: meat, poultry, and fish that are outside of the Maximum Nutrition criteria.
- When choosing, select items that list a meat or an alternative as a first or second ingredient.