



Ontario

MINISTRY OF CHILDREN AND YOUTH SERVICES (MCYS)

# Nutrition Guidelines 2008

## Student Nutrition Program (SNP)



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# MCYS Nutritional Guidelines

- **SNP Providers (paid or volunteer) encouraged to:**
  - Adopt nutritional guidelines
  - Follow guiding principals
- **Snack**
  - 2 items from each of 2 Food groups
    - One from F&V
- **Meal (Breakfast; Morning meal; Lunch)**
  - 3 items from each of 3 Food groups
    - One from F&V, One from dairy



# Promote Healthy Eating

Fruits/Vegetable offered with every meal/snack

Consistent with Eating Well with CFG (2007)

Prepared with little or no added salt and/or fat

Avoid food high in fat, salt or added sugar

Vegetable and fruit more often than juice

Variety of nutritious food & beverages

Adjust portion size for age, etc.

Avoid food low in nutrients

Steam, bake, roast, poach

Provide tap water

No Trans Fat



# Safe and Secure

- Adhere to school anaphylaxis policy:  
copy on file and posted at each SNP site
- Use safe handling practices
- SNP providers wash hands before and after
- Hand sanitizers NOT recommended
- Sanitize surfaces or cover with clean table cloth
- Separate hand washing sink
- Cans free from rust & dents, leaking, swollen
- Properly stored, labeled & expiry date
- Unopened upon receipt
- Food should be dated and rotated
- Refrigerator 4°C (40°F) with thermometer, checked
- Cooked food maintained > 60°C (140°F) until use



# Respectful

Pleasant environment

Culturally relevant

Respect dietary restrictions

Adequate time to eat

No pressure to eat more

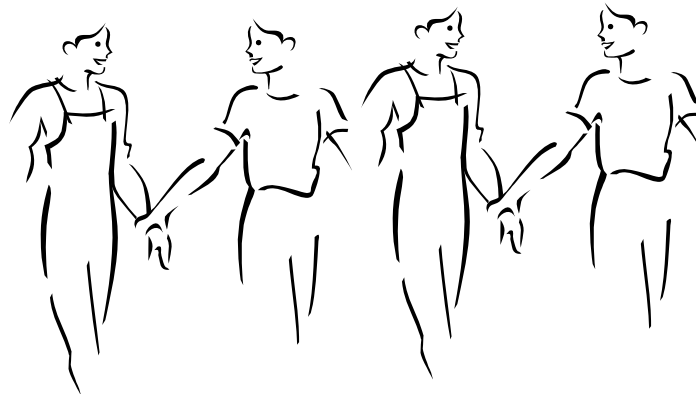
Food not withheld based on body size

Universal access at sites



# Ecological

- Offer Ontario grown/local when possible
- Use reusable dishes & utensils when possible
- Minimize waste & recycle





# Fruits and Vegetables

<b>Fresh/frozen vegetables &amp; fruit</b>	1 medium ½ cup	<ul style="list-style-type: none"><li>• Select variety; no added sugar or salt</li><li>• Ontario grown/local when possible</li></ul>
<b>Canned/jarred vegetables</b>	½ cup	<ul style="list-style-type: none"><li>• Less than 480mg of sodium.</li></ul>
<b>Canned/jarred fruit &amp; fruit sauces</b>	½ cup	<ul style="list-style-type: none"><li>• Packed in juice with no added sugar.</li><li>• Vitamin C (30% DV) OR</li><li>• Vitamin A (15% DV)</li></ul>



# Fruits and Vegetables

## Serve once per week or less

<b>Dried fruit</b>	¼ cup 60 ml	<ul style="list-style-type: none"><li>• No added sugar or fat.</li><li>• Vitamin C (30% DV) OR</li><li>• Vitamin A (15% DV)</li><li>• Fibre 2g</li></ul>
<b>Fruit juice</b>	½ cup	<ul style="list-style-type: none"><li>• 100% fruit juice unsweetened</li><li>• No artificial flavours or colours</li></ul>
<b>Vegetable &amp; tomato juices</b>	½ cup 125 ml	<ul style="list-style-type: none"><li>• Vitamin C (30% DV) OR</li><li>• Vitamin A (15% DV)</li><li>• 480 mg of sodium or less</li></ul>





# Grain Products

## TRANS FAT FREE

<b>Breads</b> (e.g. bread, bagels, rolls, pita, roti, chapatti, bannock)	1 slice ½ bagel, pita, bun	<ul style="list-style-type: none"><li>• 100% whole grain</li><li>• Fibre (2g) and Iron (5% DV).</li><li>• Saturated fat (2g or less of sfa &amp; tfa).</li></ul>
<b>Cereals</b>	½ -1 ¼ cup ¾ cup hot	<ul style="list-style-type: none"><li>• Fibre (2g), SFA 2g, Iron (5% DV).</li></ul>
<b>Rice &amp; other grains</b>	½ cup	<ul style="list-style-type: none"><li>• Select whole grains; 480 mg Sodium</li></ul>
<b>Pasta</b>	½ cup	<ul style="list-style-type: none"><li>• Fibre (2g) and enriched</li></ul>
<b>Crackers</b>	30g	<ul style="list-style-type: none"><li>• Fibre (2g); Iron (5% DV)</li><li>• Sat fat 2g; 480mg of sodium.</li></ul>

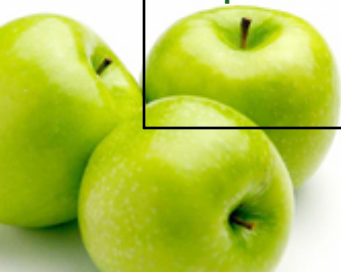


# Grain Products

Serve once per week or less  
TRANS FAT FREE

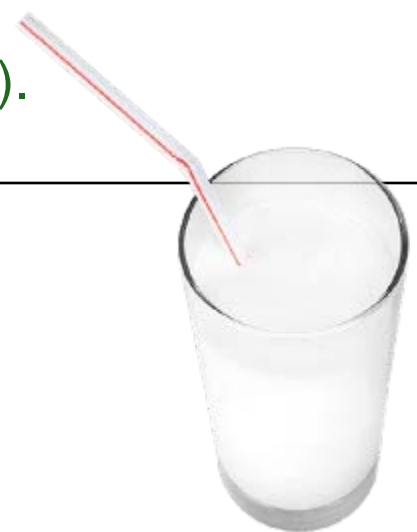
Pancakes/waffles	1	<ul style="list-style-type: none"> <li>• If possible, make using whole wheat flour.</li> <li>• Use mixes that require adding milk &amp; eggs.</li> <li>• Offer fresh or canned fruit instead of syrup</li> <li>• Fibre 2g; Fat 5g; SFA 2g</li> </ul>
Cookies	2-4	<ul style="list-style-type: none"> <li>• Fibre (2g), Fe (5% DV),</li> <li>• Fat 5g, Sat fat 2g; Sodium 480 mg</li> </ul>
Muffins Grain-based bars	1	<ul style="list-style-type: none"> <li>• Fibre (2g), Fe (5% DV),</li> <li>• Fat 5g, Sat fat 2g; Sodium 480 mg</li> </ul>
Pretzels* Baked tortilla chips*	50g	<ul style="list-style-type: none"> <li>• Fibre 2g; Sodium 480 mg; Fat 3g; SFA 2g</li> <li>• 5% DV Iron or Calcium or Vitamin C</li> </ul>
Popcorn*	50g	<ul style="list-style-type: none"> <li>• Air popped preferred</li> <li>• <u>Microwave</u>: Fibre 2g; Fat 3g; SFA 2g; 5% Iron or Calcium or Vitamin C</li> </ul>

\* Not to be served at breakfast/morning meals



# Milk and Alternatives

<b>Milk</b>	1 cup	<ul style="list-style-type: none"><li>• 2% M.F., 1% M.F. or skim milk</li><li>• White or chocolate</li></ul>
<b>Cheese</b>	50g (1 ½ oz)	<ul style="list-style-type: none"><li>• Calcium (15% DV)</li><li>• 20% M.F. or less, preferred</li></ul>
<b>Yogurt, Kefir</b>	¾ cup 175 g	<ul style="list-style-type: none"><li>• Calcium (15% DV).</li><li>• 2% M.F. or less</li></ul>
<b>Milk alternative beverages</b>		<ul style="list-style-type: none"><li>• Calcium (25% DV).</li><li>• Vitamin D (25% DV).</li><li>• Fat limit 5g.</li></ul>



# Milk and Alternatives

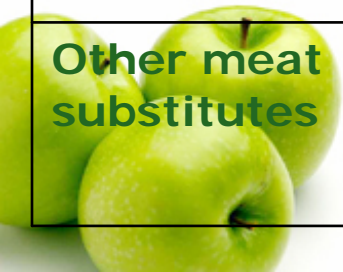
## Serve only once per week or less

Processed Cheese slices	2 slices 42 g	<ul style="list-style-type: none"><li>• Reduced fat or fat free</li><li>• Calcium 5% DV; Sodium 480 mg</li></ul>
Processed Cheese spread	2 Tbsp 30 g	<ul style="list-style-type: none"><li>• Fat 6g (20 MF)</li><li>• Calcium (5% DV); Sodium 480 mg</li></ul>
Custards, puddings & frozen desserts	½ cup 125 ml	<ul style="list-style-type: none"><li>• Source of calcium (5% DV).</li><li>• Fat limit of 3g.</li></ul>



# Meats and Alternatives

<b>Fresh or frozen meat (poultry, fish, pork, beef)</b>	½ cup, 125 ml, 75 g, 2 ½ oz	<ul style="list-style-type: none"> <li>• Lean or extra lean; Sodium 480 mg</li> <li>• Fat 5g</li> </ul>
<b>Eggs</b>	2	<ul style="list-style-type: none"> <li>•Cooked by a method other than frying.</li> </ul>
<b>Canned Meat or Fish</b>	½ cup; 125 ml 2 ½ oz; 75 g	<ul style="list-style-type: none"> <li>• Light tuna, not albacore or white</li> <li>• In water, not oil; Sodium 480 mg</li> <li>• Fat 3g (except salmon)</li> </ul>
<b>Legumes Roasted legumes</b>	¾ cup; 175 ml 30 g	<ul style="list-style-type: none"> <li>• If sauce: Iron 5% DV ; Sodium 480mg</li> <li>• Fat limit 3g; Trans Fat Free</li> </ul>
<b>Tofu</b>	¾ cup; 175 ml	<ul style="list-style-type: none"> <li>• Iron 5% DV; Sodium 480 mg</li> <li>•Sat Fat 2g; Trans Fat Free</li> </ul>
<b>Shelled seeds</b>	¼ cup; 60 ml	<ul style="list-style-type: none"> <li>• Sodium 480 mg; Trans Fat Free</li> </ul>
<b>Other meat substitutes</b>	½ cup; 125 ml 2 ½ oz; 75 g	<ul style="list-style-type: none"> <li>• Iron (5% DV), Sodium 480mg</li> <li>• Fat limit 3g; Trans Fat Free</li> </ul>



# Meats and Alternatives

Serve only once per week or less

Deli meats	½ cup 125 ml 2 ½ oz 75 g	<ul style="list-style-type: none"><li>• Lean or extra lean</li><li>• Sodium 480 mg</li></ul>
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# Miscellaneous

## Serve only one per snack/meal

### Following items should only be used in small quantities

Jams, jellies, marmalades, syrup, fruit butters, light cream cheese

Sauces, salsas, dips, gravy and condiments

Soft margarine (0g TF), vegetable oil, butter, salad dressing, mayonnaise

### Choose Healthy Fats as part of healthy eating patterns

- Soft margarine (0 g Trans Fat)
- Vegetable Oil
- Nuts, Seeds, Fish

### Donated Food

Meets nutritional guidelines, Safe, Not from  
Food Banks, No marketing deals



# Not Recommended

- TRANS FAT: hydrogenated/partially hydrogenated oil/margarine, shortening
- Soft drinks, sports & energy drinks, fruit flavoured beverages, coffee, tea
- Ice cream treats & popsicles
- Jello, cakes, cupcakes, doughnuts; toaster pastries
- Chocolate, yogurt covered or marshmallow granola bars
- Candy, chocolate, gummies, rolls, chews and marshmallows
- Full fat sour cream and cream cheese, table cream and coffee cream
- Instant noodle soup; High fat, salty snacks
- Deep fried; Hot dogs, sausages, bacon; Cured meat
- Cream, whipped cream, non-dairy toppings & creamers
- Peanuts, nuts, nut and seed butters; Home preserves
- Food not in original container; Jars/packages with broken seals
- Expired food or food after best before date
- Unpasteurized milk, milk alternatives, apple ciders and juices





Nourishing Ontario's  
children and youth