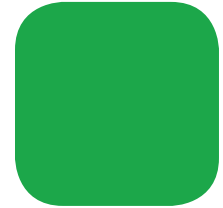
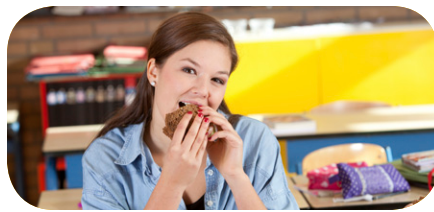


# NUTRITION STANDARDS

## Nutrition for Learning





## NUTRITION STANDARDS

# Nutrition for Learning

Adapted from: Ministry of Children and Youth Services (MCYS) Nutrition Guidelines, Nutrition Tools for School Nutrition Standards, 2010 v2.

These standards comply with the Ministry of Education's School Food and Beverage Policy (P/PM 150) Nutrition Standards, Waterloo Catholic District School Board Food and Nutrition Policies and the MCYS Nutrition Guidelines.

\*All products must be trans fat free. With the exception of meat and milk products (e.g. milk, yogurt, fresh or frozen meats) in which trans fat is naturally occurring and the ingredient list does not list hydrogenated fats/oils.

\*The food and beverage products are listed for the purpose of awareness of products available in the community. This is not intended to be an endorsement of specific brands, nor is it a comprehensive list. It is recommended to always read food labels as product compositions may change.



Region of Waterloo  
PUBLIC HEALTH

# Fruit and Vegetables

## Frequency: Serve one serving at every meal and snack

| Food Category                             | Serving Size   | Standard to be followed  | Examples   |
|---|--|--|--|
| Fresh/Frozen vegetables or fruit          | 1 medium size vegetable<br>125 ml (1/2 cup) raw or cooked<br>250 ml (1 cup) raw leafy green vegetables | Vegetable or fruit (or water) is the first item on the ingredient list<br><b>and</b> Fat: 3 g or less<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Sodium: 240 mg or less<br><b>and</b> No added sugar | <ul style="list-style-type: none"> <li>✓ Fresh or frozen vegetables with little or no added salt</li> <li>✓ Fresh or frozen fruit with no added sugar</li> <li>✓ Canned fruit packed in water or in 100% juice</li> <li>✓ Canned vegetables with no added sugar</li> <li>• Mott's Fruitsations Unsweetened Fruit Sauce</li> <li>• Del Monte – No Sugar Added Packed In Water – all sizes, varieties</li> <li>• PC – Appletreet fruit cups, unsweetened, all flavours</li> <li>• Compliments – Junior Go Go Tubes, Apple, Apple Strawberry</li> </ul> |
| Canned/jarred vegetables and tomato sauce | 125 ml (1/2 cup)   |  |  |
| Canned/jarred fruit and fruit sauces      | 125 ml (1/2 cup)   |  |  |

## Frequency: Only one food item among the following category may be served one time per week or less

| Food Category               | Serving Size   | Standard to be followed   | Examples   |
|-----------------------------|----------------|---|--|
| Fruit Juice                 | 125 ml (½ cup) | 100% juice, pulp, or purée<br><b>and</b> Unsweetened/No sugar added<br><b>and</b> No artificial flavours or colours added   |  |
| Vegetable and tomato juices | 125 ml (½ cup) | 100% juice, pulp, or purée<br><b>and</b> Unsweetened/No sugar added<br><b>and</b> Sodium: 480 mg or less<br><b>and</b> Vitamin C: 30% DV or more OR<br><b>and</b> Vitamin A: 15% DV or more<br><b>and</b> No artificial flavours or colours added   |  |
| Dried Fruit                 | 60 ml (¼ cup)  | Vegetable or fruit (or water) is the first item on the ingredient list<br><b>and</b> Fat: 3 g or less<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Sodium: 240 mg or less<br><b>and</b> Fibre 2 g or more<br><b>and</b> Vitamin C: 30% DV or more OR<br><b>and</b> Vitamin A: 15% DV or more<br><b>and</b> No added sugar<br><br>If offered, dried fruit should be consumed as part of a meal. Brushing teeth should be encouraged after eating dried fruit | <ul style="list-style-type: none"> <li>✓ Dried fruit (apricots, apples, raisins)</li> <li>✓ 100% fruit leathers* with no added sugar</li> <li>• SunRype – Fruit To Go Crisps 100% Fruit</li> <li>• PC – Mini Chefs Raisins Rule</li> </ul> |

# Grain Products

## Frequency: Serve food with whole grain as the first ingredient

| Food Category  | Serving Size  | Standard to be followed  | Examples   |
|--|---|--|--|
| Breads (eg. Bread, bagels, rolls, pita, roti, chapatti, bannock, naan, tortilla) | 1 slice bread, ½ bagel, pita, bun or English muffin<br>¼ naan, ½ or 35 g tortilla, chapatti | Whole grain is the first item on the ingredient list<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Sodium: 240 mg or less<br><b>and</b> Fibre: 2 g or more<br><b>and</b> Iron: 5% DV or more                                  | <ul style="list-style-type: none"> <li>✓ Whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock</li> <li>✓ Whole grain pizza dough and flatbread</li> <li>• Dempsters – Whole Grains, all varieties</li> <li>• Country Harvest – all varieties</li> <li>• Stonemill Bakehouse – Sun Dried Raisin, Roasted Grains Bagel, Grains and Honey, Cranberry Pumpkin Seed, 12 Grain Rye Bread</li> <li>• PC Blue Menu Whole Wheat English Muffins</li> <li>• PC Blue Menu Thins Multigrain Bagels</li> <li>• PC Blue Menu Whole Grain Tortillas – all varieties</li> <li>• PC Blue Menu Whole Grain Bagels – Multi-Grain Flax, Cinnamon Raisin, Oatmeal</li> </ul>   |
| Cereals (cold and hot)   | 30 g (½ – 1 ¼ cups) cold cereal, 175 ml (¾ cup) hot cereal                                  | Whole grain is the first item on the ingredient list<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Fibre: 4 g or more<br><b>and</b> Sodium: 240 mg or less<br><b>and</b> Sugar: 8 g or less<br><b>and</b> Iron: 5% DV or more | <ul style="list-style-type: none"> <li>✓ Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre</li> <li>• Compliments – Multigrain Flakes with Triple Berry</li> <li>• General Mills – Cheerios, Multigrain Cheerios</li> <li>• GrainShop – High Fibre Crisp</li> <li>• Kelloggs – Bran Flakes</li> <li>• Kelloggs – Just Right</li> <li>• PC – Blue Menu Bran Flakes</li> <li>• PC – Blue Menu Multigrains O's</li> <li>• PC – Organics, Ancient Grains, 7 reasons</li> <li>• PC – Blue Menu 100% Whole Grain Steel Cut Oats</li> <li>• PC – Blue Menu Omega-3 Cranberry &amp; Apple Whole Grain Instant Oatmeal</li> <li>• PC – Blue Menu Omega-3 Regular Whole Grain Instant Oatmeal</li> <li>• PC – Blue Menu On Track Cereal Plus Protein</li> <li>• Post – Shreddies</li> <li>• Post – Shredded Wheat</li> <li>• Post – Grape Nuts</li> <li>• Quaker – Oatmeal Squares Original</li> <li>• Quaker Muffets Shredded Wheat</li> <li>• Quaker – 100% Whole Grain Oats</li> </ul> |
| Rice and other grains  | 125 ml (½ cup) cooked rice or grain   | Whole grain is the first item on the ingredient list<br><b>and</b> Fat: 3 g or less<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Sodium: 240 mg or less  |  |
| Pasta  | 125 ml (½ cup) cooked pasta   | Whole grain is the first item on the ingredient list<br><b>and</b> Fat: 3 g or less<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Sodium: 240 mg or less  |  |
| Crackers   | 30 g crackers   | Whole grain is the first item on the ingredient list<br><b>and</b> Fat: 3 g or less<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Sodium: 240 mg or less<br><b>and</b> Fibre: 2 g or more                                     | <ul style="list-style-type: none"> <li>✓ Whole grain crackers, pita chips and flatbreads</li> <li>• Kashi – TLC Original 7 Grain</li> <li>• Ryvita – all varieties</li> <li>• Christie – Triscuits, all varieties</li> <li>• PC – Ancient Grains</li> <li>• Grissol, Melba Toast – 60% Whole Wheat</li> </ul>  |

# Grain Products

**Frequency: Only one food item from among the following category may be served one time per week or less for a snack program (not to be served at breakfast or morning meal programs)**

| Food Category           | Serving Size | Standard to be followed   | Examples  |
|-------------------------|--------------|---|---|
| Popcorn                 | 50 g         | Air popped preferred.<br>If microwave popcorn,<br>Fat: 3 g or less<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Sodium: 240 mg or less<br><b>and</b> Fibre: 2 g or less<br><b>and</b> Iron or Calcium or Vitamin A or<br>Vitamin C: 5% DV or more                     | <ul style="list-style-type: none"> <li>✓ Air popped popcorn</li> <li>• Orville Redenbacher Smart Pop! Mini Bag</li> <li>• Newman's Own — Pop's Corn (no butter, no salt)</li> </ul> |
| Pretzels                | 50 g         | Whole grain is the first item on<br>the ingredient list<br><b>and</b> Fat: 3 g or less<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Sodium: 240 mg or less<br><b>and</b> Fibre: 2 g or more<br><b>and</b> Iron or Calcium or Vitamin A or<br>Vitamin C: 5% DV or more | <ul style="list-style-type: none"> <li>• Tostitos Baked Tortilla Chips</li> </ul>   |
| Baked Tortilla<br>chips | 50 g         |   |   |

**Frequency: Only one food item from among the following category may be served one time per week or less**

| Food Category        | Serving Size                         | Standard to be followed   | Examples  |
|----------------------|--------------------------------------|---|---|
| Muffins              | 1 small muffin or 2<br>mini's (35 g) | Whole grain is the first item on<br>the ingredient list<br><b>and</b> Fat: 5 g or less<br><b>and</b> Saturated fat: 2 g or less<br><b>and</b> Fibre: 2 g or more<br><b>and</b> Sodium: 240 mg or less<br><b>and</b> Iron: 5% DV or more<br><br>No chocolate, candy or marshmal-<br>lows or yogurt coated<br><br>Muffins<br>Sugar: 20 g or less<br><br>Grain Based Bars<br>Sugar: 8 g or less<br><br>Cookies<br>Sugar: 8 g or less | <ul style="list-style-type: none"> <li>✓ Whole grain waffles and pancakes</li> <li>✓ Whole grain muffins, cookies, grain-based bars</li> <li>• Compliments – Balance, Eight Whole Grains, Flax and Fibre, Triple Berry, Banana Strawberry</li> <li>• Dare Bear Paw Minis – Oatmeal Mixed Berry</li> <li>• Lifestyles – Cranberry Citrus Oat Crunch</li> <li>• PC Blue Menu Whole Grain Cranberry Orange Biscuits, Whole Grain Banana Bran, Blueberry Lemon with Flaxseeds</li> <li>• PC – Blue Menu Muffins, Cranberry &amp; Orange Soy, Raspberry &amp; Pomegranate, Raisin Bran Flax, Wild Blueberry</li> <li>• Quaker Chewy Bars – Apple Fruit Crumble, Bumble Berry, Raspberry Crumble</li> </ul> |
| Grain based bars     | 1 bar (30 g)                         |   |   |
| Cookies              | 2 oatmeal (30 g)                     |   |   |
| Pancakes/<br>waffles | 1 pancake/waffle<br>(35 g prepared)  |   | <ul style="list-style-type: none"> <li>✓ If possible make from scratch using whole wheat flour and 2%, 1% or skim milk</li> <li>✓ If using a mix, select brands that require additional ingredients such as milk and eggs.</li> <li>✓ Offer fresh fruit or canned unsweetened fruit as topping instead of syrup</li> <li>• PC – Blue Menu Whole Grain Pancake and Waffle Mix</li> </ul>   |

# Milk and Alternatives

**Frequency: Provide one serving with every breakfast and lunch meal**

| Food Category   | Serving Size  | Standard to be followed   | Examples   |
|---|---|---|--|
| Water   | n/a   | Plain   | ✓ Plain water  |
| Milk (fresh, reconstituted, powdered, evaporated or UHT milk) | 250 ml (1 cup) fresh, UHT or reconstituted milk, 125 ml (½ cup) evaporated milk | Fat: 2% M.F. or less<br><b>and</b> Sugar: 28 g or less<br><b>and</b> Calcium: 25% DV or more  | ✓ Plain milk, skim, 1% or 2%   |
| Milk alternatives (e.g. Fortified soy or UHT soy)             | 250 ml (1 cup)  | Sugar: 28 g or less<br><b>and</b> Calcium: 25% DV or more<br><b>and</b> Vitamin D: 25% DV or more                                       | ✓ Fortified Soy Beverage (Plain or flavoured)<br><b>Note:</b> Canada's Food Guide states that rice, potato and almond beverages do not contain the level of protein found in milk or fortified soy beverage. Therefore, these are not included as Milk and Alternatives.   |
| Yogurt  | 175 g, ¾ cup  | Fat: 2.0 % M.F. or less<br><b>and</b> Calcium: 15% DV or more<br><b>and</b> Vitamin D: 15% DV or more<br><b>and</b> Sugar: 20 g or less | ✓ Lower fat plain or flavoured yogurt with Vitamin D<br>✓ Mix plain yogurt with fruit <ul style="list-style-type: none"> <li>• Astro – Zer0%, all varieties</li> <li>• Danone – Crush, all flavours</li> <li>• Danone – Silhouette, all flavours</li> <li>• PC – Blue Menu Finesse 0%, all flavours</li> <li>• Yoplait Source – all flavours</li> <li>• Yoplait Asana – all flavours</li> </ul>  |
| Cheese (including cottage cheese)                             | 50 g (1 ½ oz)   | Fat: 20% M.F. or less<br><b>and</b> Sodium: 360 mg or less<br><b>and</b> Calcium: 15% DV or more  | ✓ Cheeses lower in fat and sodium include part skim mozzarella, light cheddar, some swiss and ricotta, cottage cheese <ul style="list-style-type: none"> <li>• Babybel Cheese – Mini</li> <li>• Babybel – Original and Light</li> <li>• Black Diamond – Cheesestrings, Marbelicious, Mozzarella</li> <li>• Compliments Balance – Light Cheese, all varieties</li> <li>• Compliments Balance – Stringable Cheese, all varieties</li> <li>• Kraft – Cracker Barrel Light Cheese</li> <li>• Nordica, 1%, 2% Cottage Cheese</li> <li>• PC – 1%, 2% Cottage Cheese</li> <li>• PC Blue Menu – Light Cheese, all varieties</li> <li>• Selection, 1%, 2% Cottage Cheese</li> </ul> |

**Frequency: Only one food item from among the following category may be served one time per week or less**

| Food Category                          | Serving Size  | Standard to be followed  | Examples |
|--|---|--|----------|
| Processed cheese slices                | 42 g (2 thin slices)  | Fat: 20% M.F. or less<br><b>and</b> Sodium: 360 mg or less<br><b>and</b> Calcium: 15% DV or more |          |
| Processed cheese spread                | 30 g (2 tbsp)   | Fat: 20% M.F. or less<br><b>and</b> Sodium: 360 mg or less<br><b>and</b> Calcium: 15% DV or more |          |
| Custards, puddings and frozen desserts | <i>Not permitted as they do not meet Maximum Nutritional Value Criteria</i> |  |          |

# Meat and Alternatives

## Frequency: Provide one serving with every breakfast and lunch meal

| Food Category  | Serving Size   | Standard to be followed  | Examples   |
|--|--|--|--|
| Fresh or frozen meats (e.g. poultry, fish, pork, beef, lean back bacon)                    | 75 g (2 ½ oz)<br>125 ml (½ cup)<br>fresh or frozen meats, cooked | Fat: 10 g or less<br><b>and</b> Sodium: 360 mg or less<br>Note: The Canadian Food Inspection Agency classifies bacon, wieners, pepperoni, and beef/turkey jerk products as being 'processed' rather than fresh. NTS recommends using the Nutrition Criteria for Deli (Sandwich) Meat to assess these products. | <ul style="list-style-type: none"> <li>✓ Look for lean or extra lean meats</li> <li>✓ Extra-lean ground meat</li> <li>✓ Lean beef, goat, lamb, pork, or poultry</li> </ul>                                 |
| Frozen prepared meats (e.g. baked chicken or fish strips and pieces, hamburger patty)      |  | Lean or extra lean beef products<br>Fat: 5 g or less for chicken, pork or fish<br><b>and</b> Sodium: 360 mg or less  | <ul style="list-style-type: none"> <li>✓ Some breaded chicken strips and nuggets</li> <li>✓ Some lean meatballs</li> <li>✓ Some lean hamburger patties</li> </ul>  |
| Canned Meat or Fish  |  | Select tuna, not albacore or white<br>Packed in water, not oil<br>Fat: 8 g or less<br><b>and</b> Sodium: 360 mg or less  | <ul style="list-style-type: none"> <li>✓ Canned, lower sodium meat or fish, packed in water</li> </ul>   |
| Eggs (whole or liquid)   |  | Fat: 7 g or less<br><b>and</b> Sodium: 360 mg or less<br><b>Note:</b> all fresh eggs, if cooked using a lower fat method with no added salt  |  |
| Legumes (e.g. lentils, chickpea, black beans)<br><br>Roasted Legumes (soy, chickpeas, etc) |  | All plain, dried, canned and frozen legumes will meet criteria; canned legumes should be rinsed to reduce salt (sodium).<br><br>If in a sauce or dressing: Iron: 5% DV or more<br><b>and</b> Sodium: 360 mg or less<br><b>and</b> Fat: 3 g or less   | <ul style="list-style-type: none"> <li>• Summer Fresh, Chickpea Spread, Light Hummus, Light Spicy Hummus (2 tbsp serving)</li> </ul>   |
| Seeds Shelled (e.g. sunflower)   |  | Not coated with candy, chocolate, sugar or yogurt<br><b>and</b> Sodium: 140 mg or less   | <ul style="list-style-type: none"> <li>✓ Unsalted sunflower seeds</li> <li>✓ Unsalted pumpkin seeds or pepitas</li> <li>• Horse and Buggy Brands Inc – Portioned packs – hulled sunflower seeds</li> </ul> |
| Tofu   | 150 g<br>175 ml (¾ cup)  | Iron: 5% DV or more<br><b>and</b> Sodium: 360 mg or less<br><b>and</b> Protein: 10 g or more   | <ul style="list-style-type: none"> <li>✓ Plain tofu</li> </ul>   |
| Other meat alternatives (e.g. veggie dogs, soy burgers, soy ground round)                  | 75 g (2 ½ oz)<br>125 ml (½ cup)                                  | Fat: 3 g or less<br><b>and</b> Sodium: 360 mg or less<br><b>and</b> Protein: 10 g or more<br><b>and</b> Iron: 5% DV or more  |  |

## Frequency: Only one food item from among the following category may be served one time per week or less

| Food Category                     | Serving Size                      | Standard to be followed  | Examples   |
|-----------------------------------|-----------------------------------|--|--|
| Deli meats (e.g. turkey, chicken) | 75 g (2 ½ oz)<br>125 ml (1/2 cup) | Sodium Nitrite/Nitrate Free<br><b>and</b> Lean or extra lean (Fat: 5 g or less)<br><b>and</b> Sodium: 480 mg or less | <ul style="list-style-type: none"> <li>✓ Nitrate Free cooked turkey or chicken breast</li> <li>• PC Blue Menu Oven Roasted Chicken Breast</li> <li>• PC Blue Menu Tomato Basil Oven Roasted Turkey Breast</li> </ul> |

# Miscellaneous

- Program providers may use only one of the following food items per snack/meal: (e.g. when serving toast, jam or butter should be offered, not both).
- The following items should be used in small quantities, as defined under “Serving Size”
- Choose products that are lower in fat and sodium.

| Ingredients   | Serving Size           |
|---|------------------------|
| Condiments and spreads (e.g. pickles, relish, mustard, ketchup, cream cheese) | 15 ml (1 tbsp) or less |
| Gravies and sauces  | 60 ml (4 tbsp) or less |
| Dips  | 30 ml (2 tbsp) or less |
| Fats (trans fat free margarine, butter)                                       | 5 ml (1 tsp) or less   |
| Oils and dressings (e.g. vegetable oils, mayonnaise)                          | 15 ml (1 tbsp) or less |
| Other (e.g olives, parmesan cheese)   | 15 ml (1 tbsp) or less |

| Not Permitted   |   |
|---|---|
| Candy, chocolate, marshmallows, gummies                 | High fat, salty snacks (e.g. potato chips, nacho chips) |
| Soft drinks, sports drinks, energy drinks               | Deep fried foods  |
| Fruit flavoured beverages that are not 100% juice       | Foods containing artificial trans fats                  |
| Jello   | Cured meats (e.g. salami, pepperoni, bologna)           |
| Gum   |   |
| Cake, cupcakes, donuts, pastries                        |   |
| Popsicles and freezies, if not prepared with 100% juice |   |

