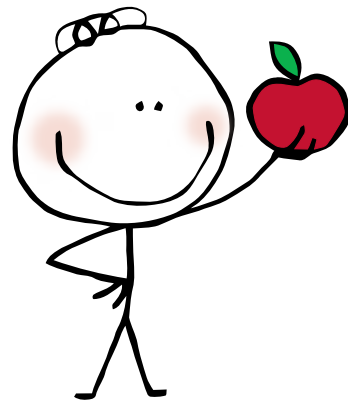


# Alberta Nutrition Guidelines for Children and Youth

**A Childcare, School and Recreation/Community Centre  
Resource Manual**



Alberta  Government

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## Introduction

The Government of Alberta is committed to promoting healthy eating and healthy weights for children and youth in Alberta. Because many meals and snacks are consumed outside the home, it is important to ensure that children and youth are able to access healthy food choices wherever they go. Many of these eating occasions will occur in childcare facilities, schools, recreational facilities and environments. These facilities and organizations therefore have a unique opportunity to have an effect on the eating practices and attitudes of Alberta's children and youth. The goal of the Alberta Nutrition Guidelines for Children and Youth is to equip facilities and organizations with the tools they need to provide healthy food choices in childcare settings, schools, in recreation centres, at special events, and in the community at large.

The Alberta Nutrition Guidelines for Children and Youth will help assist Albertans to create an environment which provides and promotes healthy food choices and healthy attitudes about food. As individuals, families, organizations and communities, we can work together to increase the

availability and appeal of healthier food choices, and to teach and model healthy eating behaviours. On a practical level, the guidelines will help Albertans to recognize and apply the concepts of healthy eating in a consistent way, so that children will have access to nutritious foods wherever they go.

As of October 2010, the Alberta Nutrition Guidelines for Children and Youth will only be available on-line. The on-line format of the guidelines will allow for revisions and additions as new information becomes available.



## Why Guidelines Are Important

### Facts and Stats — Healthy Eating and Children and Youth

#### *Healthy Eating and Children's Health*

- Food choices during childhood and adolescence help to fuel optimal growth and development and lay the foundation for lifelong eating habits.
- Poor eating habits and low nutrient intakes during the first two decades of life have been linked to an increased risk for heart disease, cancer, diabetes and other chronic diseases later in life (World Health Organization, 2002; Zemel et al., 2004; Zemel, 2005).
- Eating habits and nutritional status have also been linked to academic performance, behaviour, and self-esteem in children and youth (Walsh-Pierce and Wardle, 1997; Corbin et al., 1997; Whalley, 2004).

#### *Healthy Eating and Brain Development / Ability to Learn*

- Food choices and eating patterns influence brain development and the ability to learn in children and youth (McCain, 1999).
- Optimal brain development demands consistent intakes of several nutrients including iron, vitamin B12, zinc, and omega-3 fatty acids (Hughes, 2003; Bryan, 2004).
- Eating patterns that do not provide these essential nutrients have been linked to decreased cognitive function and academic performance (Louwan et al, 2000; Whalley, 2004).

#### *Diet Quality of Canadian Children and Youth*

- An online survey of Grade 6 to 9 students in Alberta found that girls did not meet the minimum number of servings for three of the four food groups (vegetables and fruit, meats and alternatives, and milk and milk products) in the Canada's Food Guide for Healthy Eating\* (Calengor, 2006).
- Seven to 16% of children consume more fat than the upper recommended level of 35% of calories, the threshold beyond which health risks are likely to increase (Garriguet, 2004; IOM, 2002).
- Research on Canadian children living in the prairies shows that their vegetable and fruit consumption is limited. They average only four servings a day, compared to the recommended minimum of five (Garriguet, 2004).
- Children who report consuming vegetables and fruit less than five times a day are more likely to be overweight or obese (Shields, 2004).
- In Canada, 61% of boys, and 83% of girls do not take in the recommended minimum of three servings per day of milk products. (Garriguet, 2004).
- Breakfast accounts for the fewest number of calories in the eating patterns of Canadian children and youth, which may translate into more snacking throughout the day (Garriguet, 2004).

\* Health Canada revised February 2007 – *Eating Well with Canada's Food Guide*.



*Excessive Intakes of Foods that are High in Fat, Sugar, Salt and Calories*

- Foods that are mostly sugar, or mostly fat, as well as higher fat and / or higher salt snack foods represent almost one-quarter of the energy (calorie) intake of Canadian children and youth aged 4 to 18 years (Garriguet, 2004).
- Almost half of Albertan children report consuming high-fat, high-calorie foods on a daily basis (Foundations for School Nutrition Initiatives in Alberta, 2006).
- One-quarter of Canadian children report eating fast foods — many of which are high in fat, salt, sugar and calories — every day (Foundations for Schools Nutrition Initiatives in Alberta, 2006).
- Seventy-six percent of children aged 1 to 3 and more than 90 percent of children aged 4 to 8 exceed the Upper Limit for sodium in their age group. Ninety-seven percent of adolescent boys and more than 80 percent of adolescent girls also exceed the Upper Limit for sodium for their age group. (Health Canada, Statistics Canada, 2004). Excess sodium intake is associated with an increased risk of high blood pressure. High blood pressure is a major risk factor for stroke, heart disease and kidney disease. <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/sodium-eng.php>
- More than 39% of junior high students, and more than 50% of high school students report purchasing foods from vending machines and convenience stores at least once per week (Calengor, 2006; Taft and McCargar, 2004).

- High calorie, less nutritious foods and beverages, such as soft drinks have been linked to the risk for overweight in children and youth (Malik, Schulze, and Hu, 2006).
- In Alberta, obese adolescents consume significantly more foods that are mostly sugar, or mostly fat, or higher fat and / or higher salt snack foods than their normal weight peers (Calengor, 2006).

*Body Weight and Health*

- In 2004, more than one in four Canadian children and youth aged 2 to 17 were either overweight or obese — more than double the rate since 1973 (Health Council of Canada, 2006).
- More than one in four Alberta children and youth are overweight, which in turn has led to increasing rates of Type 2 diabetes in young people (Southern Alberta Child and Youth Health Network, 2006).



## Guiding Principles

The Alberta Nutrition Guidelines for Children and Youth have been developed based on the following guiding principles:

1. Were developed in response to requests from individuals and organizations that work with children and youth for guidance to create supportive environments that enable healthy food choices.
2. Are based on current evidence of what constitutes a healthy dietary pattern for children and youth.
3. Translate nutritional science into practical food choice guidance.
4. Complement Health Canada's recommendations in *Eating Well with Canada's Food Guide*.
5. Are intended to promote and achieve optimal growth, development, and overall health for children and youth.
6. Are intended to promote and achieve healthy weights for children and youth.
7. Include practical implementation strategies.
8. Reflect the First Nations, Métis, Inuit, ethnic and cultural diversity of Alberta's population.
9. Consider the role of the family in guiding the food choices of children and youth.
10. Encourage and support the provision of healthy food choices at all facilities and events where children and youth visit.



# Summary Recommendations

The following pages will provide you with a summary of the recommendations for providing healthy food choices in Childcare, School and Recreation/Community Centres.

## Childcare facilities...

...can provide healthy food	...can enhance access to a safe eating environment	...can create environments that support healthy food choices	...can have a positive influence on the food provided by parents/guardians	Before and after school care
<i>Recommendations:</i>				
<ul style="list-style-type: none"> <li>• Provide regular meals or snack times every 2 – 3 hours.</li> </ul>	<ul style="list-style-type: none"> <li>• Should be nut-aware as per provincial guidelines.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide appropriate time and space to eat.</li> </ul>	<ul style="list-style-type: none"> <li>• Use Canada's Food Guide (meals = foods from 4 food groups, snacks = foods from 2 food groups).</li> </ul>	<ul style="list-style-type: none"> <li>• Provide snacks that include nutritious food choices from 2 food groups.</li> </ul>
<ul style="list-style-type: none"> <li>• Use Canada's Food Guide (meals = foods from 4 food groups, snacks = foods from 2 food groups).</li> </ul>	<ul style="list-style-type: none"> <li>• Do not serve high risk foods (undercooked meat, poultry, or fish; and non-pasteurized dairy products, juices and honey)</li> </ul>	<ul style="list-style-type: none"> <li>• Create a positive meal environment by making healthy foods appealing.</li> </ul>		<ul style="list-style-type: none"> <li>• 100% of the foods available for every day consumption should be foods from the Choose Most Often food category.</li> </ul>
<ul style="list-style-type: none"> <li>• 100% of the foods available are from the Choose Most Often category.</li> </ul>	<ul style="list-style-type: none"> <li>• Familiarize staff with guidelines for supporting children with allergies.</li> </ul>	<ul style="list-style-type: none"> <li>• Serve foods in age appropriate portion sizes.</li> </ul>		<ul style="list-style-type: none"> <li>• Have additional snacks available to meet nutritional needs.</li> </ul>
<ul style="list-style-type: none"> <li>• Individual portion sizes/ number of servings follow the recommendation in Canada's Food Guide.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to respond when a child has an adverse food reaction.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce new foods in small amounts, on multiple occasions.</li> </ul>		<ul style="list-style-type: none"> <li>• Individual portion sizes/ number of servings, follow the recommendations in Canada's Food Guide.</li> </ul>
	<ul style="list-style-type: none"> <li>• Cut food into appropriate sizes / avoid high risk choking foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid using food as a reward or punishment.</li> </ul>		
	<ul style="list-style-type: none"> <li>• Provide menu planning training for staff.</li> </ul>			

Remember to:

Read food labels and follow the criteria requirements for Choose Most Often food and beverage choices.

## School facilities...

...can provide healthy foods	... can enhance access to safe, nutritious foods	... can create environments that support healthy food choices	Grade level of school
<b>Recommendations:</b>			
<ul style="list-style-type: none"> <li>Use Canada's Food Guide (meals = foods from 4 food groups, snacks = foods from 2 food groups).</li> </ul>	<ul style="list-style-type: none"> <li>Healthier food choices are competitively priced relative to less nutritious foods.</li> </ul>	<ul style="list-style-type: none"> <li>Provide appropriate time and space to eat.</li> </ul>	<ul style="list-style-type: none"> <li>Elementary schools, 100% of the foods available are from the Choose Most Often category.</li> </ul>
<ul style="list-style-type: none"> <li>Individual portion sizes from Canada's Food Guide.</li> </ul>	<ul style="list-style-type: none"> <li>Affordable healthy meal choices should be a priority over affordable healthy snacks.</li> </ul>	<ul style="list-style-type: none"> <li>Healthy food choices are plentiful and visible.</li> </ul>	<ul style="list-style-type: none"> <li>Junior high schools, 60% of the foods available are from the Choose Most Often and 40% of the foods available are from the Choose Sometimes category.</li> </ul>
<ul style="list-style-type: none"> <li>Stock vending machines with appropriate-sized packages/containers.</li> </ul>	<ul style="list-style-type: none"> <li>All vending machines should contain healthy food options.</li> </ul>	<ul style="list-style-type: none"> <li>Place healthier food and beverage choices where they can be seen.</li> </ul>	<ul style="list-style-type: none"> <li>High schools, 50% of the foods available are from the Choose Most Often and 50% of the foods available are from the Choose Sometimes category.</li> </ul>
<ul style="list-style-type: none"> <li>Offer only small portion sizes of less healthy options (where these foods are permitted).</li> </ul>	<ul style="list-style-type: none"> <li>Healthy food choices should be available and clearly visible on special food days and at special functions.</li> </ul>	<ul style="list-style-type: none"> <li>Food choices should reinforce healthy eating concepts taught in school.</li> </ul>	<ul style="list-style-type: none"> <li>Multi-level schools, such as K – 12 schools, 100% of the foods from the Choose Most Often category.</li> </ul>
	<ul style="list-style-type: none"> <li>The frequency of special food days should be defined in school policies.</li> </ul>	<ul style="list-style-type: none"> <li>Fundraising activities are consistent with healthy eating concepts taught in school.</li> </ul>	<ul style="list-style-type: none"> <li>When permitted, offer only small portion sizes of Choose Least Often options.</li> </ul>
	<ul style="list-style-type: none"> <li>Monitor students who operate microwaves /other appliances</li> </ul>		
	<ul style="list-style-type: none"> <li>Meal-time supervisors are familiar with guidelines for supporting children with allergies.</li> </ul>		
	<ul style="list-style-type: none"> <li>Supervisors are aware of school policies of how to respond to an adverse food reaction or choking.</li> </ul>		

Remember to:

Read food labels and follow the criteria requirements for Choose Most Often and Choose Sometimes food and beverage choices.

## Recreational facilities and environments...

... can provide healthy foods	... can enhance access to safe, nutritious foods	... can create environments that support healthy food choices	Healthier food options for recreational facilities	In addition
<b>Recommendations</b>				
<ul style="list-style-type: none"> <li>• Vegetables and fruit (raw, little to no added fat, sugar or salt) always available.*</li> <li>• Whole grain foods should always be available.</li> <li>• Water should always be available. Milk (skim, 1%, 2%) and 100% fruit/vegetable juices are available.*</li> <li>• Lean meat and poultry products, beans and lentils, and plain nuts should always be available.*</li> <li>• Individual portion sizes = Canada's Food Guide recommendations.</li> <li>• Aim to provide snack items that provide no more than 100 kcal/individual serving:                         <ul style="list-style-type: none"> <li>– 30 g chips/crackers (1 cup)</li> <li>– 30 g high sugar cereal (1 cup)</li> <li>– 20 g beef jerky</li> <li>– 30 – 38 g cookies, cereal bars</li> <li>– 20 g chocolate bars/ candy (1 mini)</li> <li>– 55 g bakery items: pastries, muffins, doughnuts</li> <li>– 85 g (125 mL / ½ cup) frozen desserts — ice cream (in a dish or frozen on a stick)</li> <li>– 237 mL beverages (8 oz / 1 cup)</li> </ul> </li> </ul> <p>*Where appropriate food service equipment is available</p>	<ul style="list-style-type: none"> <li>• Ensure that healthier food choices are competitively priced relative to less nutritious foods.</li> <li>• All vending machines should contain healthy food options.</li> </ul>	<ul style="list-style-type: none"> <li>• Healthier food options should be convenient, attractively packaged, and prominently displayed.</li> </ul>	<p><b>Beverages:</b></p> <ul style="list-style-type: none"> <li>• Milk: skim, 1%, 2% and flavoured</li> <li>• Fortified soy beverages, plain or flavoured</li> <li>• Water: tap, bottled: plain, sparkling, flavoured</li> <li>• Juice: 100% real fruit/ vegetable juices</li> <li>• Soft drinks: diet (for adults only)</li> </ul> <p><b>Vegetables and Fruit:</b></p> <ul style="list-style-type: none"> <li>• Fresh fruit</li> <li>• Tomato salsa dip</li> <li>• Baked potato wedges</li> <li>• Vegetables with low-fat dips</li> <li>• Smoothies made from frozen fruit, milk and plain yogurt, with no added sugar</li> </ul> <p><b>Grain Products:</b></p> <ul style="list-style-type: none"> <li>• Whole grain, low fat crackers (with or without cheese)</li> <li>• Whole grain cereal bars</li> <li>• Whole grain and corn snacks</li> <li>• Puffed /baked snack chips</li> <li>• Whole grain bagels, muffins, breads, cereals</li> <li>• Baked whole grain pita bread 'chips'</li> <li>• Pretzels</li> <li>• Popcorn</li> </ul> <p><b>Milk and Alternatives:</b></p> <ul style="list-style-type: none"> <li>• Milk: skim, 1%, 2% and flavoured</li> <li>• Fresh and frozen low-fat yogurt</li> <li>• Cheese and cheese sticks</li> <li>• Fortified soy beverages</li> <li>• Yogurt drinks</li> </ul> <p><b>Meat and Alternatives:</b></p> <ul style="list-style-type: none"> <li>• Ready to eat canned, light tuna</li> <li>• Lean, low-salt meats and poultry</li> <li>• Nuts, soy nuts</li> <li>• Trail mix</li> </ul> <p><b>Mixed Meals:</b></p> <ul style="list-style-type: none"> <li>• Sushi</li> <li>• Dahl with whole wheat naan or roti</li> <li>• Whole wheat burritos, wraps with lean meat, vegetables</li> <li>• Rice bowls with lean meat, vegetables</li> <li>• Sandwiches on whole grain breads</li> </ul>	<ul style="list-style-type: none"> <li>• Coaches should have a practical, working knowledge of general and sports-specific nutrition.</li> <li>• Boys/girls clubs and day/ summer camps should follow the guidelines for childcare centres or schools, depending upon the ages of children.</li> <li>• Train caregivers to provide appropriate healthy food choices to model healthy eating behaviours.</li> </ul>

# Nutrition Guidelines for Children and Youth

## Healthy Eating for all Children and Youth

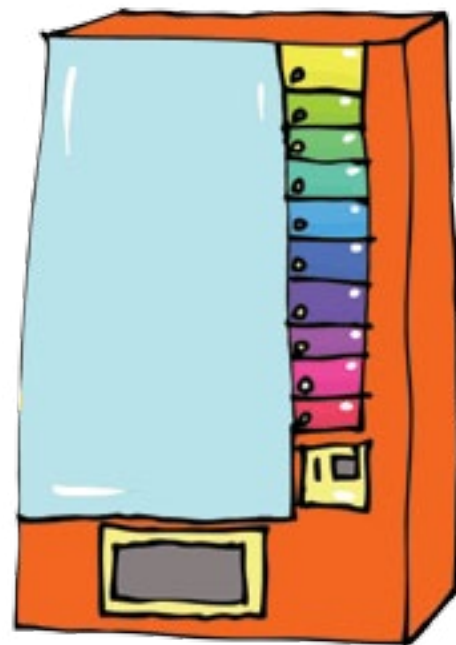
**Children and youth have different nutritional needs than adults, and should not be considered as little adults. Proper nutrition is especially important during childhood and adolescence to:**

- support optimal physical, cognitive, and social growth and development.
- develop healthy eating habits now and for the future.
- achieve and maintain healthy body weights.
- reduce the risk for chronic diseases such as heart disease, cancer, osteoporosis, and type 2 diabetes.

**Although the nutritional requirements of young people vary with age, sex, and level of activity, all children and youth benefit from a well-balanced approach to eating. A comprehensive approach to healthy eating must consider:**

- the components of a healthy diet,
- ways to enhance access to safe, nutritious foods,
- ways to create environments that support healthy food choices.

While parents play a significant role in healthy food choices, personnel at childcare facilities, schools, recreational facilities and community events can all make a unique and important contribution. The Alberta Nutrition Guidelines for Children and Youth adopt a positive approach, and describe general and specific ways in which Albertans can be involved in supporting the health and well being of Alberta's children and youth by creating healthy food environments.



The following general recommendations are relevant in all places where children and youth may be present.

*i) Healthy diets for children and youth include:*

- Nutrient-rich foods from all four food groups in *Eating Well with Canada's Food Guide*. For a copy see Appendix F.
- Choosing a variety of foods from each food group every day.
- Choosing different kinds of foods within the food groups helps to prevent nutrient deficiencies.
- Enjoying regular meals and snacks.
- Drinking water daily. Water should always be available.
- Choosing appropriate portion sizes of foods, consistent with hunger and fullness.
- Limiting foods that are high in sugar, salt, or unhealthy fat to no more than one choice, once a week.
- Serving sizes for foods and beverages that are high in unhealthy fat, sugar and salt are based on approximately 100 calories / serving.\*
  - 30 g for chips and crackers
  - 30 g for high sugar cereal (1 cup)
  - 20 g for beef jerky
  - 30 g for cookies (2) and cereal bars (1)
  - 20 g for chocolate bars and candy (1 mini)
  - 55 g for bakery items, including, but not limited to, pastries, muffins, and doughnuts
  - 85 g / ½ cup for frozen desserts, ice cream (in a dish or frozen on a stick)
  - 8 oz / 237 mL for pop or fruit flavoured drinks

- Making nutritious foods more accessible, and limiting the availability of foods that are less nutritious.
- Ensuring food purchasers know how to [read food labels](#) to select healthy foods.

*ii) Enhancing access to safe, nutritious foods involves:*

- Providing safe food handling instruction for all individuals who prepare or serve food.
- Adhering to provincial food safety standards. These optional nutrition guidelines are intended to supplement existing mandatory provincial standards for the provision of food in public facilities.
  - The *Public Health Act* contains food handling regulations (Alberta Government, 2006).
  - The Alberta Health and Wellness Food Retail and Foodservices Code provides supplemental food handling information (Alberta Health and Wellness, 2003).
- Addressing the potential for allergies by:
  - Having ingredient lists for all foods on hand.
  - Labelling foods that contain common allergens such as nuts and fish.
  - Contacting Alberta Health Services for information and assistance on maintaining an allergy aware environment.
  - Developing policies based on the latest allergy-related recommendations.

*\*Small portions of [energy-dense, nutrient-poor foods](#) should represent only a small portion of energy intake.*



Water is recommended as the first choice to quench thirst and satisfy hydration.



*iii) Creating environments that support healthy food choices involves:*

- Make the healthy choice the easy choice to make.
- Work together with staff, parents, children and caregivers to develop policies that support children and youth in making healthy food choices.
  - Adults must take the lead in defining the food choices that will be available to children at different life stages. Adults should decide what, when and where to offer food, and children should decide whether or not they will eat, and how much to eat.
  - Adults can help establish healthy eating practices by encouraging eating when hungry and stopping when full.
  - Make sure everyone is aware of food policies, including children, parents, and caregivers.
- Adults need to be a positive role model. Children adopt many of the eating habits and attitudes about food, health and body weight that they observe in the significant adults in their lives.
- Allowing children to have a positive association with food by providing an environment where they can enjoy being relaxed and comfortable.
- Talking and teaching
  - Eating well for a lifetime requires both knowledge and skills. Talking to children and youth about the benefits of healthy eating, and teaching basic shopping, cooking, and menu planning skills lays the foundation for good health.
  - Make sure healthy foods are available to allow children and youth to practise what they have learned.
  - Teach children and youth how to respond to their body's signs of hunger. Help them to learn the difference between eating to satisfy their hunger and eating because food is available.
- Recognizing and rewarding positive behaviours and role modelling healthy eating. Positive recognition reinforces the value of making healthy food choices.
- [Being creative with rewards](#). Rewards can be non-food items such as extra free time, stickers, games, craft or sports equipment.
- Using only healthy food items or non-food items for fundraising purposes.
- Creating calm, pleasant atmospheres that make eating enjoyable, and promote the social development of young people.
- Recognizing and celebrating that healthy bodies come in different sizes and shapes.

# The Food Rating System

A rating system was devised as a simple way to separate healthy foods from unhealthy foods. Separating foods into categories, and providing children and youth with the knowledge of why it is important to choose healthy foods, will help children and youth learn to make healthy food choices. Together with daily physical activity, healthy choices provide growing bodies with the nutrients they need to stay healthy. Unhealthy foods are categorized as such because they have no nutritional values, or are high in sugar, unhealthy fat or sodium (salt).

Facilities and organizations are encouraged to create an identification system for the following three categories: *Choose Most Often*; *Choose Sometimes*; and *Choose Least Often*. The criteria for the classification of foods into these categories are listed on pages 14 to 30. Some organizations may want to take the food categories one step further and identify the foods in the three categories with symbols such as a [traffic light system](#).

*Eating Well with Canada's Food Guide* recommends appropriate amounts and portion sizes of healthy foods that need to be eaten daily, for specific age categories. The Government of Alberta has chosen to use the recommendations in *Eating Well with Canada's Food Guide* to help identify which foods should be placed into each of the three categories listed above. Wherever possible the portion sizes, as recommended in the food guide, have been used as the suggested portion size for the rating system. For those foods that have no food guide portion size listed, the suggested portion size was taken from the 2007 version of the online Canadian Nutrient

File (CNF) posted on the Health Canada website at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca).

To further assist with the classification of foods into the above noted three categories, total fibre, sugar, unhealthy fat, and sodium (salt) content per individual portion was taken into consideration. The criteria for these ingredients were obtained from the 2007 version of the online Canadian Nutrient File (CNF).

The Alberta Nutrition Guidelines for Children and Youth do not recommend artificial sweeteners as per the Institute of Medicine (IOM) recommendations for foods to serve children and youth. The rationale behind this is that the long term studies on the use of artificial sweeteners among this age group have not been done.

To be healthy, children and youth need to eat a variety of health promoting foods. For children in childcare and elementary school their food and beverage choices should come from foods in the Choose Most Often category. While foods in the Choose Sometimes category may still provide some beneficial nutrients, they tend to be higher in added sugar, fat and sodium (salt). For children and youth in junior and senior high school no more than three choices from the Choose Sometimes category are recommended per week. For all children and youth foods in the Choose Least Often category should not be offered in the childcare or school environment. These foods should be eaten less frequently, preferably in the home environment; one serving per week, and in small portion sizes.



Symbols:  $\geq$  greater than or equal to  $\leq$  less than or equal to  
 $<$  less than  $>$  greater than

CFGS = Canada Food Guide Serving



Offer milk with meals.  
To quench thirst offer water first.

**We need to respect and support parents in their role as providers for their children.** Removing foods from the Choose Least Often food category in childcare and school environments, and leaving the decision up to parents to decide when, where and how often they offer these food choices, will help children to receive these foods no more than what is recommended. By providing healthier food options from the Choose Most Often and Choose Sometimes category in recreation/community centres, and smaller portion sizes of Choose Least Often foods, parents will be supported in their desire to provide the healthiest choice possible for their children. Providing children and youth with the education that supports making healthier food choices is encouraged by food environments that make the healthy choices the easiest choice to make.

Parents, caregivers and organizations should be familiar with food labels. It is recommended that the Nutrition Facts tables and ingredients lists on food packages be used to help decide how to categorize foods. Health Canada has made it mandatory that all packaged foods for sale in Canada have a Nutrition Facts table and an ingredient list. [Appendix B](#) of the guidelines provides basic information on reading nutrition labels. For additional information on label reading visit the Health Canada website at [www.hc-sc.gc.ca/nutrition](http://www.hc-sc.gc.ca/nutrition) and Healthy Eating is In Store for You website at [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca).

Although the quantity of sugar, sodium (salt) and fat is a key consideration in assessing what is a healthy food choice, the source of the sugar, sodium (salt) and fat, as well as the type of fat, is also an important criterion in rating foods.

**A balanced approach to choosing foods involves:**

- Eating healthy food choices daily. Some of these foods will contain natural occurring sugar, sodium (salt) or fat, but when eaten in recommended portion sizes and amounts, will promote healthy bodies. A simple example is an unpeeled apple, which contains natural occurring sugar (14 g), sodium (1 mg) and fat (0.24 g). In addition an apple also contains protein, fibre, vitamins, minerals, antioxidants and phytochemicals, all of which provide many known, and yet to be discovered, nutritional benefits to the human body.
- Choosing to limit the number of times you eat foods that are high in added sugar, sodium (salt), unhealthy fat (saturated and processed trans fat), or of low or no nutritional value. When you choose these nutrient poor foods, choose to eat only a small portion size.

Please note that the following ranking system could contain many more foods that are not listed. Over time, and by the ongoing evaluation of the guidelines, the food rating system will evolve to identify additional foods in the three food categories. Feedback from the organizations that are using the guidelines in their facilities will assist in this process.

# Category #1 — Choose Most Often



## Vegetables and Fruit

**Choose Most Often Vegetables and Fruits are:**

- Prepared with no added fat, sugar or salt.
- Are not deep fried or par-boiled in oil.

**Choose to have vegetables and fruit more often than juice.**

- Limit juice servings to one Canada Food Guide serving per day;  
½ cup/125 ml = 1 [CFGS](#)
- Drink water to quench thirst instead.

**Dried fruit and fruit/vegetable bars stick to your teeth when eaten.**

- Brush your teeth after eating dried fruits and vegetables.

### 100% Fresh, Frozen, Canned or Dried Vegetables/Fruit

#### Nutrition Facts

**Per** Fresh, frozen, or canned vegetable/fruit = 1 small to medium size or 125 mL / ½ cup  
 Dried fruit = 60 mL / 40 g / ¼ cup  
 Leafy salad = 250 mL / 1 cup  
 100% pure juice = 125 mL / ½ cup  
 Fruit sauce (i.e. Unsweetened applesauce) = 125 mL / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> naturally occurring only	
<b>Sodium</b> ≤ 100 mg	
<b>Carbohydrate</b>	
Fibre all naturally occurring	
Sugars no added sugar; no artificial sweeteners	

### 100% Dried Vegetables/Fruit, Bars and Snacks

#### Nutrition Facts

**Per** Fruit/vegetable bar (made with 100% fruit/vegetable/puree/juice) = 14 g  
 Fruit/vegetable snacks (made with 100% fruit/vegetable/puree/juice) = 20 g

Amount	% Daily Value (DV)
<b>Fat</b> naturally occurring only	
<b>Sodium</b> ≤ 100 mg	
<b>Carbohydrate</b>	
Fibre all naturally occurring	
Sugars ≤ 20 g from 100% fruit; no added sugar; no artificial sweeteners	

### 100% Baked Vegetables/Fruit Products

#### Nutrition Facts

**Per** 125 mL / ½ cup = 50 g / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 2 g	
+Trans 0 g	
<b>Sodium</b> ≤ 100 mg	
<b>Carbohydrate</b>	
Fibre all naturally occurring	
Sugars no added sugar; no artificial sweeteners	



Symbols: ≥ greater than or equal to    ≤ less than or equal to  
 < less than    > greater than

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# Category #1 — Choose Most Often



## Grain Products

### Choose Most Often Grain Products are:

- Whole grains such as wheat, rye, oats, barley and brown and wild rice.
- Cereals and baked grain products should be made with whole grains.

### Read the Ingredient list on packaged foods:

- The order of ingredients is important. The first ingredient is the largest by weight.
- Grain products such as wheat, rye and oats should be listed first.

### Choose Grain Products that are lower in fat, sugar and salt:

- Compare the Nutrition Facts table on labels to the criteria listed below to make wise choices.

### Whole Grain Cereal, Breads and Pasta

#### Nutrition Facts

**Per** Bun or Bread = 1 slice or 35 g /slice  
 Pizza crust = 35 g  
 Naan, roti, pita or wrap = 1/2 of a 17 cm diameter piece 35 g  
 Crackers = 20 g to 25 g  
 Bagel = 1/2 or 45 g  
 Prepared grains and pasta = 125 mL cooked or 43 g uncooked  
 Cold cereal = 250 mL / 1 cup or 30 g  
 Hot cereal = 175 mL / 1/4 cup / 175 – 190 g  
 Rice cakes = 2 medium  
 Polenta = 125 mL / 1/2 cup  
 Congee = 125 mL / 1/2 cup  
 Parboiled brown, brown or wild rice = 125 ml / 1/2 cup cooked or 25 g uncooked  
 Popcorn = 500 mL / 2 cups cooked

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 3 g	
Saturated ≤ 1 g	
+Trans 0 g	
<b>Sodium</b> ≤ 140 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugars ≤ 8 g; no artificial sweeteners	

### Examples:

Whole grain cereals such as whole wheat berries, cracked wheat or rye, kamut, amaranth\*, job's tears, teff, millet, salba\*, quinoa\*, sorghum, hominy, barley, wild, brown or converted (parboiled) brown rice, bulgur, oats and cornmeal or products made from these whole grains.

\* Amaranth, quinoa and salba are seeds; however, they are referred to as pseudo-grains because of their flavours and cooking similarities to grains.

Symbols: ≥ greater than or equal to    ≤ less than or equal to  
 < less than                                    > greater than

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### Baked Whole Grain Products and Cereals with Fruit and/or Vegetables

#### Nutrition Facts

**Per** ½ muffin or quick breads = 35 g  
 Cold cereal = 250 mL / 1 cup or 30 g  
 Hot cereal = 175 mL / ¾ cup / 175 – 190 g  
 Granola bar and cookie(s) = 30 g to 38 g  
 Granola type cereal = 80 mL / ⅓ cup or 30 to 35 g  
 Pancake or waffle = 35 g  
 Bagel = ½ or 45 g

Amount	% Daily Value (DV)
Fat ≤ 5 g	
Saturated ≤ 2 g	
+Trans 0 g	
Sodium ≤ 200 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugars ≤ 12 g; no artificial sweeteners	

#### Examples:

Whole grain baked products with added fruits (berries, rhubarb, pineapple, dried fruit) and/or vegetables (carrots, pumpkin, zucchini etc).

#### Examples:

- blueberry muffin
- carrot and pineapple quick bread
- mango pancake

### Whole Grain Baked Products

#### Nutrition Facts

**Per** Muffin (½) or quick breads = 35 g  
 Granola bar and cookie(s) = 30 g to 38 g  
 Pancake or waffle = 35 g

Amount	% Daily Value (DV)
Fat ≤ 5 g	
Saturated ≤ 2 g	
+Trans 0 g	
Sodium ≤ 200 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugars ≤ 10 g; no artificial sweeteners	

#### Examples:

Baked products made from whole grains such as whole wheat berries, cracked wheat or rye, kamut, amaranth\*, job’s tears, teff, millet, salba\*, quinoa\*, sorghum, hominy, barley, oats, wild, brown or converted (parboiled) rice, bulgur and cornmeal.



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 < less than                                    > greater than

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# Category #1 — Choose Most Often



## Milk and Alternatives

**Choose Most Often Milk and Alternative milk and beverages are:**

- Plain, no flavour added, skim, 1% and 2% milk and fortified soy beverage.

**Drink milk or fortified soy beverages each day:**

- Most people should have 500 mL (2 cups) each day.
- If you are 9 to 18 years, drink 750 – 1,000 mL (3 – 4 cups) each day.
- If you are 51 years of age or older, drink 750 mL (3 cups) each day.

**Select lower fat, sugar and salt Milk and Alternatives such as yogurt, kefir, cheeses, fortified soya loaf and soygurt**

- Compare the Nutrition Facts table on labels to the criteria listed below to make wise choices.

### Fluid Milk

#### Nutrition Facts

**Per** Fluid milk 250 mL / 1 cup  
 Undiluted evaporated milk = 125 mL / ½ cup  
 Powdered dry milk = 75 mL / ½ cup or 25 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 120 mg	
<b>Carbohydrate</b>	
Sugars ≤ 12 g; no artificial sweeteners	
<b>Protein</b> ≥ 8 g	
<b>Calcium</b> ≥ 30 % DV	
<b>Vitamin D</b> ≥ 44 % DV	

### Fortified Soy Beverage

#### Nutrition Facts

**Per** 250 mL / 1 cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 120 mg	
<b>Carbohydrate</b>	
Sugars ≤ 9 g; no artificial sweeteners	
<b>Protein</b> ≥ 6 g	
<b>Calcium</b> ≥ 30 % DV	
<b>Vitamin D</b> ≥ 44 % DV	

**Examples:**

Skim, 1% and 2% fluid milk or evaporated milk.



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 < less than                                    > greater than

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# Category #1 — Choose Most Often



## Milk and Alternatives

### Soygurt (from Soy)

#### Nutrition Facts

Per 175 g / 3/4 cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 3 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 50 mg	
<b>Carbohydrate</b>	
Sugars ≤ 9 g; no artificial sweeteners	
<b>Protein</b> ≥ 6 g	
<b>Calcium</b> ≥ 15 % DV	

### Cheese, Hard/Soft from Milk

#### Nutrition Facts

Per 50 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 350 mg hard; ≤ 200 mg soft	
<b>Protein</b> ≥ 8 g	
<b>Calcium</b> ≥ 30 % DV	

### Fortified Soya Loaf and Slices (like Cheese)

#### Nutrition Facts

Per 50 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 350 mg	
<b>Protein</b> ≥ 6 g	

#### Examples:

Cheddar, Mozzarella, Paneer, Ricotta



### Yogurt/Kefir from Milk

#### Nutrition Facts

Per 175 g / 3/4 cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 3 g	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 120 mg	
<b>Carbohydrate</b>	
Sugars ≤ 12 g; no artificial sweeteners	
<b>Protein</b> ≥ 6 g	
<b>Calcium</b> ≥ 15 % DV	

### Cottage Cheese

#### Nutrition Facts

Per 125 mL / 1/2 cup or 115 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 120 mg	
<b>Protein</b> ≥ 8 g	

#### Examples:

Dry curd, no salt added cottage cheese.



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# Category #1 — Choose Most Often



## Meat and Alternatives

Select lean meat and alternatives prepared with little or not added fat, sugar or salt:

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching.
- Choose lean deli/luncheon meats, sausages and prepackaged meats, make sure they are also lower in salt (sodium) and fat.
- Compare the Nutrition Facts table on labels to the criteria listed below to make wise choices.

**Meat/Fish/Poultry**

**Nutrition Facts**  
**Per** Cooked beef, pork, lamb, wild game, poultry (chicken or turkey) and fish, etc. =  
 2.5 oz / 75 g cooked weight or  
 125 mL / ½ cup ground cooked

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 200 mg	
<b>Protein</b> ≥ 14 g	

**Examples:**

All lean meats (beef, venison, bison, pork, lamb, etc.), poultry (chicken, turkey, duck, etc.), and fish — baked, broiled, boiled, poached, roasted, grilled or Bar-B-Queed.

Choose meat alternatives such as beans, lentils and tofu often:

- Legumes — beans (kidney, black, navy, soy, etc) lentils (chickpeas, split peas, etc) are an excellent source of fibre and naturally low in fat.
- If using canned legumes, make sure to drain the liquid and rinse well to help remove some of the sodium used in packaging.
- Select tofu that is fortified with calcium and iron.

**Deli/Luncheon Meats**

**Nutrition Facts**  
**Per** Cooked beef, pork, lamb, wild meat, and poultry (chicken or turkey) or fish, etc = 75 g cooked weight or 125 mL

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 350 mg	
<b>Protein</b> ≥ 10 g	

**Examples:**

Sliced sandwich meat, sausage.



**Alternatives**

**Nutrition Facts**  
**Per** Eggs = 2  
 Nuts and seeds, plain and unsalted = 60 mL or 20 almonds (36 g), 10 walnuts (25 g), or 10 pecans (25 g)  
 Peanuts = 60 mL or 46 peanuts (37 g)  
 Nut butters (peanut, cashew, almond, etc.) = 2 Tbsp / 30 mL  
 Legumes — beans (kidney, black, navy, soy, etc.) and lentils (chickpeas, split peas, etc.) = 175 mL / ¾ cup cooked  
 Tofu = 175 mL / ¾ cup or 150 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g*	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 200 mg**	
<b>Carbohydrate</b>	
Sugar naturally occurring, no artificial sweeteners	
<b>Protein</b> ≥ 6 g	
<b>Calcium</b> ≥ 25 % DV (tofu)	
<b>Iron</b> ≥ 4 % DV (tofu) ≥ 2% DV (nuts, nut butters and legumes)	

**Examples:**

All legumes (beans, lentils and peanuts)

All nuts and seeds (walnuts, almonds, pecans, cashews, sesame seeds, flax seeds, etc.)

\* Nuts, seeds and nut/seed butters can have more fat. The fat must be natural (not added).

Nut butters (peanut, etc.) — with no hydrogenated oil.

\*\*Nuts, seeds and nut/seed butters should have no added sodium (salt).

**Note:** Wild meat must be prepared at a federally inspected plant.

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# Category #1 — Choose Most Often



## Mixed Dishes

Enjoy a mixed dish with foods from the other food groups.

### Choose Most Often Mixed Dishes are:

- Made with Choose Most Often ingredients from all or some of the four food groups in Eating Well with Canada's Food Guide. As an example, a mixed dish containing grain products, must be made with whole grains. Always check the ingredient list to be sure.
- Compare the Nutrition Facts table on the labels to the criteria listed below to make wise choices.

### The Mixed dishes criteria are based on:

- Looking at the total calories for the serving size packaged and then Calculating a percentage of the calories for total fat, saturated fat, naturally occurring trans fat, and protein.
- Requiring at least 2 grams of fibre per serving packaged
- Requiring the lowest amount of sodium allowable to still have a food or beverage that is safe from spoilage. Not all foods in each grouping will need to have as much sodium as is allowed.

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories</b> 100 – 199	
<b>Fat</b> ≤ 4 g	
Saturated ≤ 1 g	
+Trans ≤ 0.2 g	
<b>Sodium</b> ≤ 350 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 7 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories</b> 200 – 299	
<b>Fat</b> ≤ 7 g	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 500 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 10 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories</b> 300 – 399	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 14 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories</b> 400 – 499	
<b>Fat</b> ≤ 14 g	
Saturated ≤ 4 g	
+Trans ≤ 0.7 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 17 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories</b> 500 – 599	
<b>Fat</b> ≤ 17 g	
Saturated ≤ 5 g	
+Trans ≤ 0.8 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 21 g	

### Examples:

Sandwiches including burgers, donairs, tacos, wraps, sushi, spring rolls, salad rolls, pizza and samosas.

Casseroles including macaroni and cheese, pasta and sauce, shepherd's pie, Pad Thai, meal salads, chili con carne, pasta salads and any meat/fish/poultry based dishes.

Symbols: ≥ greater than or equal to ≤ less than or equal to  
 < less than > greater than

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# Category #1 — Choose Most Often



## Mixed Dishes

Enjoy a glass of milk or fortified soy beverage and a fruit with your mixed dish choice.

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 100 – 199</b>	
<b>Fat</b> ≤ 4 g	
Saturated ≤ 1 g	
+Trans ≤ 0.2 g	
<b>Sodium</b> ≤ 350 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 5 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 200 – 299</b>	
<b>Fat</b> ≤ 7 g	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 500 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 7 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 300 – 399</b>	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 10 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 400 – 499</b>	
<b>Fat</b> ≤ 13 g	
Saturated ≤ 4 g	
+Trans ≤ 0.7 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 12 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 500 – 599</b>	
<b>Fat</b> ≤ 17 g	
Saturated ≤ 5 g	
+Trans ≤ 0.8 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 15 g	

Trail Mix	
<b>Nutrition Facts</b>	
Per = 37 g / 60mL / ¼ cup	
Amount	% Daily Value (DV)
<b>Calories</b> ≤ 150	
<b>Fat</b> no added	
<b>Sodium</b> no added	

### Examples:

Vegetarian sandwiches including bean burritos, bean tacos and burgers.

Casseroles including frittatas, quiche, pasta salads, stir fry, chili con carne,

Pad Thai, fried rice, and soy/chickpea, black bean, lentils and tofu.

Any egg or bean-based vegetarian dish.

Smoothie.

### Examples:

Nut, seeds, dried fruits, whole grains.



**Note:** In order to be considered in the Choose Most Often category, a mixed dish containing grain products, must be made with whole grains.

Symbols: ≥ greater than or equal to ≤ less than or equal to  
 < less than > greater than

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# Category #1 — Choose Most Often



## Mixed Dishes

A serving of soup is part of a healthy meal. Make sure to have food from all four food groups at your meal.

Soup — Broth Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories ≤ 200</b>	
<b>Fat ≤ 2 g</b>	
Saturated ≤ 1 g	
+Trans ≤ 0.1 g	
<b>Sodium ≤ 250 mg</b>	

Soup — Broth Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 201 – 300</b>	
<b>Fat ≤ 4 g</b>	
Saturated ≤ 2 g	
+Trans ≤ 0.2 g	
<b>Sodium ≤ 400 mg</b>	

### Examples:

Chicken rice, beef noodle, vegetable gumbo and tomato or vegetable soups that are not made with cream or milk.

Soup — Meal Style	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories ≤ 200</b>	
<b>Fat ≤ 4 g</b>	
Saturated ≤ 1 g	
+Trans ≤ 0.2 g	
<b>Sodium ≤ 250 mg</b>	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein ≥ 7 g</b>	

Soup — Meal Style	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 201 – 300</b>	
<b>Fat ≤ 7 g</b>	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium ≤ 400 mg</b>	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein ≥ 10 g</b>	

### Examples:

Chowders, chunky soup, stews and cream based soups.



**Note:** In order to be considered in the Choose Most Often category, a mixed dish containing grain products, must be made with whole grains.

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## Category #2 — Choose Sometimes

### Vegetables and Fruit

**Choose Sometimes Vegetables and Fruit may:**

- Be processed or baked
- Have added fat, sugar and sodium (salt).

#### Processed Vegetables and Fruit

**Nutrition Facts**

**Per** 125 mL / ½ cup / 50 g  
 Juice = 125 mL / ½ cup  
 Fruit sauce = 125 mL / ½ cup  
 Dried fruit with added sugar = 60 mL / ¼ cup or 40 g\*  
 Fruit/vegetable bar = 14 g\*  
 Fruit snacks = 20 g\*  
 Vegetable/fruit product = 125 mL / ½ cup  
 Vegetables/fruit baked product = 125 mL / ½ cup / 50 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans 0 g	
<b>Sodium</b> ≤ 300 mg	
<b>Carbohydrate</b>	
Sugars ≤ 16 g; no artificial sweeteners	
* ≤ 30 g, fruit/vegetable bar or fruit/vegetable snack or dried fruit/vegetables or fruit with added sugar	

### Grain Products

**Choose Sometimes Grain Products may:**

- Contain a whole grain, but it is not necessary.
- Have added fat, sugar or sodium (sat).

#### Cereals and Grain Products/baked goods

**Nutrition Facts**

**Per** Bread or bun = 1 slice or 35 g/slice  
 Naan, roti, pita or wrap = ½ of a 17 cm diameter piece or 35 g  
 Crackers = 20 g to 25 g  
 Granola bar and cookie(s) = 30 g to 38 g  
 Rice, grains and pasta = 125 mL cooked or 43 g  
 Breakfast cereal = 175 mL / ¾ cup to 250 mL / 1 cup or 30 g  
 Muffin (½) or quick breads = 35 g  
 Pancake or waffle = 35 g  
 Pizza crust = 35 g  
 Popcorn = 500 mL / 2 cups  
 Bagel = ½ or 45 g  
 Granola type cereal = 80 mL / ⅓ cup or 30 to 35 g  
 Rice cake = 2 medium  
 Congee = 125 mL / ½ cup  
 Polenta = 125 mL / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans 0 g	
<b>Sodium</b> ≤ 300 mg	
<b>Carbohydrate</b>	
Sugars ≤ 16 g; no artificial sweeteners	



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## Category #2 — Choose Sometimes

### Milk and Alternatives

**Choose Sometimes Milk and Alternatives:**

- Have more fat
- Can have added flavours, sugar or sodium (salt).

Fluid Milk	
<b>Nutrition Facts</b>	
Per 250 mL / 1 cup	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 6 g	
Saturated ≤ 4 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 200 mg	
<b>Carbohydrate</b>	
Sugars ≤ 21 g; no artificial sweeteners	
<b>Protein</b> ≥ 5 g	
<b>Calcium</b> ≥ 30 % DV	
<b>Vitamin D</b> ≥ 44 % DV	

**Examples:**

Flavoured skim, 1% and 2% milk.

Fortified Soy Beverage	
<b>Nutrition Facts</b>	
Per 250 mL / 1 cup	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 6 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 150 mg	
<b>Carbohydrate</b>	
Sugars ≤ 20 g; no artificial sweeteners	
<b>Protein</b> ≥ 5 g	
<b>Calcium</b> ≥ 30 % DV	
<b>Vitamin D</b> ≥ 44 % DV	

**Examples:**

Flavoured fortified soy beverage.

Milk Alternatives	
<b>Nutrition Facts</b>	
Per Yogurt = 175 g / ¾ cup	
Yogurt drink = 200 mL / 0.8 cup	
Cottage cheese = 125 mL / ½ cup	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g; cottage cheese ≤ 0.5 g	
<b>Sodium</b> ≤ 120 mg; cottage cheese ≤ 350 mg	
<b>Carbohydrate</b>	
Sugars ≤ 20 g; no artificial sweeteners	
<b>Protein</b> ≥ 5 g	
<b>Calcium</b> ≥ 15 % DV	

Soygurt	
<b>Nutrition Facts</b>	
Per 175 g / ¾ cup	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 120 mg	
<b>Carbohydrate</b>	
Sugars ≤ 20 g; no artificial sweeteners	
<b>Protein</b> ≥ 5 g	
<b>Calcium</b> ≥ 15 % DV	

Cheese, Hard/Soft Type from Milk	
<b>Nutrition Facts</b>	
Per 50 g	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 20 g	
Saturated ≤ 10 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 450 mg hard; ≤ 350 mg soft	
<b>Protein</b> ≥ 6 g	

Fortified Soya Loaf and Slices (Like Cheese)	
<b>Nutrition Facts</b>	
Per 50 g	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 8 g	
Saturated ≤ 2 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 400 mg	
<b>Protein</b> ≥ 6 g	

Pudding from Milk	
<b>Nutrition Facts</b>	
Per 125 mL / ½ cup	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 3 g	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 200 mg	
<b>Carbohydrate</b>	
Sugars ≤ 20 g; no artificial sweeteners	
<b>Protein</b> ≥ 4 g	
<b>Calcium</b> ≥ 10 % DV	

Symbols: ≥ greater than or equal to ≤ less than or equal to  
 < less than > greater than

CFGS = Canada Food Guide Serving

## Category #2 — Choose Sometimes

### Meat and Alternatives

Choose Sometimes Meat and Alternatives may:

- Have added fat, sugar and/or sodium (salt)

Meat/Fish/Poultry	
<b>Nutrition Facts</b>	
<b>Per</b> Cooked beef, pork, lamb etc., poultry (chicken or turkey) or fish = 2.5 oz / 75 g cooked weight or 125 mL / ½ cup ground cooked	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 400 mg	
<b>Protein</b> ≥ 7 g	

**Examples:**

All meats (beef, venison, bison, pork, lamb, etc.), poultry (chicken, turkey, duck, etc) or fish.

Deli/Luncheon Meats	
<b>Nutrition Facts</b>	
<b>Per</b> Cooked beef, pork, lamb etc., poultry (chicken or turkey) or fish = 75 g cooked weight or 125 mL	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 500 mg	
<b>Protein</b> ≥ 7 g	

**Examples:**

Sandwich meats, sausages or dried meat.

Alternatives	
<b>Nutrition Facts</b>	
<b>Per</b> Eggs = 2	
Nuts and seeds, plain and unsalted = 60 mL or 20 almonds (36 g), 10 walnuts (25 g), or 10 pecans (25 g)	
Peanuts = 60 mL or 46 peanuts (37 g)	
Nut butters (peanut, cashew, almond, etc.) = 2 Tbsp / 30 mL	
Legumes — beans (kidney, black, navy, soy, etc.) and lentils (chick peas, split peas, etc.) = 175 mL cooked	
Tofu = 175 mL or 150 g	
Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g*	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 400 mg	
<b>Carbohydrate</b>	
Sugars ≤ 3 g; no artificial sweeteners	
<b>Protein</b> ≥ 3 g	

**Examples:**

All legumes (beans, lentils and peanuts, etc.) that may or may not have sodium (salt) added.

All nuts and seeds (walnuts, almonds, pecans, cashews, sesame seeds, flax seeds, etc.) that may or may not have sodium (salt) added.

\* Nuts, seeds, nut and seed butters can have more fat. The fat must be all natural (not added).



Symbols: ≥ greater than or equal to ≤ less than or equal to  
 < less than > greater than

CFGS = Canada Food Guide Serving



## Category #2 — Choose Sometimes

### Mixed Dishes

Add foods from all four food groups to your mixed dish choice for a healthy meal.

**Choose Sometimes Mixed Dishes can contain:**

- Foods from the four food groups that are not Choose Most Often
- Added fat, sugar and sodium
- No fibre at all

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 100 – 199</b>	
<b>Fat</b> ≤ 6 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 500 mg	
<b>Protein</b> ≥ 5 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 200 – 299</b>	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 750 mg	
<b>Protein</b> ≥ 8 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 300 – 399</b>	
<b>Fat</b> ≤ 15 g	
Saturated ≤ 6 g	
+Trans ≤ 0.7 g	
<b>Sodium</b> ≤ 900 mg	
<b>Protein</b> ≥ 10 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 400 – 499</b>	
<b>Fat</b> ≤ 19 g	
Saturated ≤ 8 g	
+Trans ≤ 0.9 g	
<b>Sodium</b> ≤ 900 mg	
<b>Protein</b> ≥ 13 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 500 – 599</b>	
<b>Fat</b> ≤ 23 g	
Saturated ≤ 10 g	
+Trans ≤ 1 g	
<b>Sodium</b> ≤ 900 mg	
<b>Protein</b> ≥ 15 g	

#### Examples:

Sandwiches including burgers, donairs, tacos, wraps, sushi, spring rolls, salad rolls, pizza, samosas and egg rolls.

Casseroles including macaroni and cheese, pasta and sauce, shepherd's pie, Pad Thai, meal salads, chili con carne, pasta salads and any meat/fish/poultry based dishes.

Symbols: ≥ greater than or equal to ≤ less than or equal to  
 < less than > greater than

CFGS = Canada Food Guide Serving



## Category #2 — Choose Sometimes

### Mixed Dishes

Add foods from all four food groups to your mixed dish choice for a healthy meal.

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 100 – 199</b>	
<b>Fat</b> ≤ 6 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 500 mg	
<b>Protein</b> ≥ 4 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 200 – 299</b>	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 750 mg	
<b>Protein</b> ≥ 6 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 300 – 399</b>	
<b>Fat</b> ≤ 15 g	
Saturated ≤ 6 g	
+Trans ≤ 0.7 g	
<b>Sodium</b> ≤ 900 mg	
<b>Protein</b> ≥ 7 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 400 – 499</b>	
<b>Fat</b> ≤ 19 g	
Saturated ≤ 8 g	
+Trans ≤ 0.9 g	
<b>Sodium</b> ≤ 900 mg	
<b>Protein</b> ≥ 9 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 500 – 599</b>	
<b>Fat</b> ≤ 23 g	
Saturated ≤ 10 g	
+Trans ≤ 1 g	
<b>Sodium</b> ≤ 900 mg	
<b>Protein</b> ≥ 11 g	

Trail Mix	
<b>Nutrition Facts</b>	
Per = 37 g / 60mL / ¼ cup	
Amount	% Daily Value (DV)
<b>Calories</b> ≤ 200	
<b>Fat</b> ≤ 15 g	
<b>Sodium</b> ≤ 200 mg	

#### Examples:

Vegetarian sandwiches including bean burritos, bean tacos or burgers.

Casseroles including frittatas, quiche, pasta salads, stir fry, chili con carne, Pad Thai, fried rice, and soy/chickpea, black bean, lentils or tofu.

Any egg or bean-based vegetarian dish.

Smoothie, soy protein bar, nut/seed and fruit bar.

#### Examples:

Nuts, seeds, dried vegetable and fruit and grain product mixes that may have added sugar and sodium (salt).

Symbols: ≥ greater than or equal to ≤ less than or equal to  
 < less than > greater than

CFGS = Canada Food Guide Serving

## Category #2 — Choose Sometimes

### Mixed Dishes

Soups are part of a healthy meal. Remember to have food choices from all four food groups.

Soup – Broth Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories ≤ 200</b>	
Fat ≤ 4 g	
Saturated ≤ 2 g	
+Trans ≤ 0.2 g	
Sodium ≤ 300 mg	

Soup – Broth Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 201 – 300</b>	
Fat ≤ 7 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
Sodium ≤ 450 mg	



**Examples:**

Chicken rice, beef noodle, vegetable gumbo and tomato or vegetable soups that are not made with cream or milk.

Healthy eating + regular exercise = healthy children and youth

Soup — Meal Style	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories ≤ 200</b>	
Fat ≤ 6 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
Sodium ≤ 300 mg	
Protein ≥ 5 g	

Soup — Meal Style	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 201 – 300</b>	
Fat ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
Sodium ≤ 450 mg	
Protein ≥ 8 g	

**Examples:**

Chowders, chunky soup, stews and cream based soups.

Symbols: ≥ greater than or equal to ≤ less than or equal to  
 < less than > greater than

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## Category #3 — Choose Least Often



Choose Least Often —  
Eating these foods is not recommended.

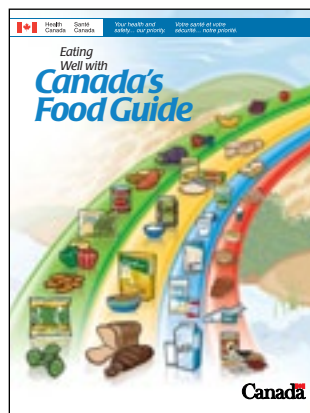
### Choose Least Often

#### Nutrition Facts

Serving Size:

Serving sizes for foods that are high in unhealthy fat, sugar and salt are based on approximately 100 kcal per serving.

Example	Serving Size
French fries	≤ 50 grams (g), or 10 strips
Chips and crackers	≤ 30 grams (g), 250 mL / 1 cup
Sugary cereal, ≥ 16 grams (g)	≤ 30 grams (g), 250 mL / 1 cup
Cookies and granola bars ≥ 16 grams (g) sugar, ≥ 10 grams (g) fat	30 grams (g) or greater Cookies (2), Granola bar (1)
Chocolate bars and candy	20 grams (g) (1 mini)
Bakery items including, but not limited to pastries, muffins and doughnuts	≤ 55+ grams (g) total weight ≤ 10 grams (g) fat
Frozen desserts, including, but not limited to ice cream, in a dish or frozen on a stick	85 grams (g) or 1/2 cup serving
Fruit flavoured drinks	237 mL/8 oz



1. *Eating Well with Canada's Food Guide* recommends limiting foods and beverages high in calories, fat, sugar or sodium (salt) such as:
  - cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, deep fried french fries, potato chips, nachos and other salty snacks, fruit-flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

**Note:** These foods are not recommended as they may also contain hydrogenated vegetable oils and/or vegetable oil shortenings and/or artificial sweeteners.
2. When choosing foods that have high amounts of fat, sugar, sodium (salt) and are low in fibre, choose a small portion size.

Symbols: ≥ greater than or equal to    ≤ less than or equal to  
< less than                                    > greater than

CFGS = Canada Food Guide Serving



## Beverages

The guidelines encourage facilities and organizations to consider the following when choosing beverages:

1. Promote the consumption of water to quench thirst and provide adequate hydration. Provide water fountains that are clean, accessible and in good working condition.
2. Provide access to refrigerated milk, fortified soy beverages and 100% vegetable and fruit juices.
3. Avoid beverages such as pop, iced tea, sports drinks,<sup>a</sup> diet beverages, fruit punches, fruit drinks, fruit 'ades' (lemonade), and flavoured and vitamin/mineral enhanced waters. These beverages have low or no nutritional value. Provision of caffeinated and artificially sweetened beverages (such as tea, coffee, juice, pop and energy drinks) to children and youth should be avoided.<sup>b</sup>

<sup>a</sup> Eliminate the sale of all sports drinks in school settings except when provided by the school's coach to student athletes participating in sports programs involving vigorous activity of more than one hour in duration.<sup>2</sup>

<sup>b</sup> Caffeine can cause children to become excited, restless, irritable and unable to sleep. Caffeine can also make it difficult for children to concentrate. The longterm use of artificial sweeteners in foods and beverages consumed by children and youth has not been assessed.



Beverages		
Nutrition Facts		
Drink	Sugar in teaspoons	source of ...
1% milk (250 mL or 1 cup)	3 tsp	Calcium, vitamins A, D, riboflavin and B12, protein
Chocolate milk (250 mL or 1 cup)	5 tsp	Calcium, vitamins A, D, riboflavin and B12, protein
Flavoured soy beverage fortified with Calcium and Vitamin D (250 mL or 1 cup)	6 tsp	Calcium, vitamins A, D, riboflavin and B12, protein
100% orange juice, unsweetened (250 mL or 1 cup)	7 tsp	Vitamin C, folic acid and potassium
Regular pop, 1 can (355 mL or 1.5 cups)	10 tsp	High in sugar only
Ice slush* (500 mL or 2 cups)	12 tsp	High in sugar only
Sport drinks* (591 mL or 2 1/8 cups)	13 tsp	High in sugar only
Large fountain pop (1.9 L or 7 1/2 cups)	52 tsp	High in sugar only

\*The amount of sugar in slushes, beverages and sport drinks vary depending on retailer.



Symbols:  $\geq$  greater than or equal to  $\leq$  less than or equal to  
 $<$  less than  $>$  greater than

CFGs = Canada Food Guide Serving

## Healthy Eating for Children and Youth: Special Considerations

Children and youth spend significant amounts of time in childcare facilities, schools and in recreational facilities and environments. This section of the guidelines is intended to supplement information on pages 12 to 30 with specific and simple recommendations that organizations and facilities can implement to ensure children and youth have access to healthy food options throughout the province. These specific recommendations are supported by evidence and examples of implementation strategies. Additional resources to assist facilities and organizations in implementing the guidelines can be found in the appendices.

Change is often better accepted, and more effective when implemented in a gradual manner. Starting with small, simple changes\* will help your organization to provide healthful food options that will evolve with the changing food environment.

*\*Such as replacing sugary beverages with water.*

## A. Childcare Facilities

**These optional guidelines are intended to supplement existing mandatory provincial standards for the provision of food within childcare facilities.**

You can download a copy of the Alberta Regulation 143/2008, *Child Care Licensing Act*, Child Care Licensing Regulation at [www.qp.gov.ab.ca](http://www.qp.gov.ab.ca) or ask a licensing officer for a copy.

In Alberta, childcare centres include daycare centres, nurseries, preschools, family day homes, out-of-school care, and drop-in centres. Some facilities provide all of the meals and snacks for the children under their care, while others require parents to provide all, or a portion of the food required. Regardless of whether or not food is provided, all childcare facilities play an important role in shaping the eating behaviours of children through the food environment they create. By ensuring access to healthy meals and snacks, and allowing children the flexibility to regulate their intake according to their own feelings of hunger and fullness, caregivers can help to foster healthy eating behaviours in the children under their care.

The following guidelines are relevant in all childcare facilities, although they may have to be modified in certain circumstances to fit the size, population, and mandate of particular facilities, such as for before and after school care.

### i) Childcare facilities can provide healthy food

#### What we know:

- Consumption of regular meals and snacks is essential for the proper growth and development of children.
- Children who consume regular meals and snacks, and especially breakfast, show significant improvements in academic and social development.
- Drinking sweetened beverages replaces healthier choices such as milk, vegetables and fruit which contain nutrients that build healthy bones and teeth.
- Portion sizes should be appropriate for the age of the child based on their hunger and fullness cues.
- An evaluation of Nova Scotia daycare facilities demonstrated that menu planning training is associated with higher menu quality. The majority of respondents expressed a desire for more resources and training in this area (Romaine et.al., 2007).

### Recommendations:

- Children should be provided with regular meal or snack times every two to three hours.
- Use *Eating Well with Canada's Food Guide* to ensure meals contain foods from at least four food groups, and snacks contain foods from two food groups.
- 100% of the foods available for regular consumption should be foods from the Choose Most Often food category.
- Individual portion sizes and the number of servings provided should be consistent with *Eating Well with Canada's Food Guide*.

### Taking action:

- **Provide menu planning training for staff.**
- **Use a planner to plan meals and snacks.**
  - Develop re-usable daily/weekly/monthly menus.
  - When planning menus, consider the facilities (space), staff (time, skill level), and equipment (ovens, stoves) required to prepare each item.
- Develop a file of healthy recipes.
- Evaluate how many servings from *Eating Well with Canada's Food Guide* each recipe provides. This will simplify and speed up the process of developing menus that meet the food guide recommendations.
- Reference the portion sizes on the Nutrition Facts table for food items not found in *Eating well with Canada's Food Guide*.
- Offer only small portion sizes of less healthy foods that are served during special events food days. Examples include Halloween-sized treats or small portion sizes of sugary beverages, no more than ½ cup or 125 mL.



- Calculate the cost to prepare each recipe. This will help to minimize and predict meal costs.
- To minimize costs, purchase produce in season or use canned or frozen items with no added sugar or fat.
- Include recipes that consistently produce a good product.
- Serve cut-up vegetables and fruit for meals and snacks instead of fruit juices.
- Offer healthy beverages:
  - Serve milk (skim, 1%, 2%)\* or fortified soy beverages with meals, and serve water between meals.
  - When juice is served, offer only ½ to 1 cup of 100% unsweetened fruit juice per day. Juice should: never be served in a bottle; only from a cup.
  - Do not serve soft drinks, iced tea, sports drinks, fruit flavoured beverages, punches, or drinks.
- Caregivers are encouraged to be role models, by choosing to eat and drink healthy food choices.

*\*Children under two years of age should be provided with breastmilk (sourced from their parent or caregiver) or whole/homogenized milk (3.25% MF) if they are one year of age.*



## ii) Childcare facilities can enhance access to a safe eating environment

### What we know:

- The incidence of food allergies is rising. Food allergies are associated with adverse complications. No facility can guarantee to be allergen-free.
- Children can easily choke on food.

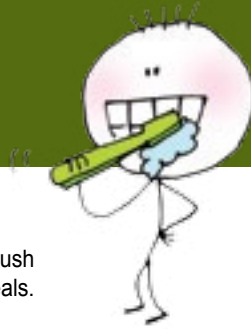
### Recommendations:

- Childcare facilities should be **nut-aware**.
- Do not serve high risk foods such as: undercooked meat, poultry, or fish; dairy products and juices that have not been pasteurized; or honey to children under one year of age. [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Ensure caregivers are familiar with guidelines for supporting children with **allergies**.
- Ensure caregivers know how to respond when a child has an adverse food reaction.
- Ensure foods are cut into appropriately sized pieces and avoid serving foods that pose a high risk of choking.
- Ensure caregivers are trained to assist a child if they are choking.

### Taking action:

- Train caregivers to ensure that food served is safe.
- Post a list of the children with food allergies and intolerances. Update the list regularly and ensure caregivers consult the list frequently.





Encourage children to brush their teeth after meals.

### iii) Childcare facilities can create environments that support healthy food choices

#### What we know:

- Parents and caregivers are the most important influence on preschooler food and beverage intake, and therefore play a large role in establishing a healthy feeding relationship with children.
- Parents and caregivers decide when, where, and what foods are offered. Children should choose whether they will eat a particular food, and the quantity they will eat.
- Children may need to be exposed to unfamiliar foods several times before they will accept them.
- Children may accept new foods more readily in a group than individually.

#### Recommendations:

- Provide appropriate time and space to eat.
- Create a positive meal environment by making healthy foods appealing.
- Serve foods in age appropriate portion sizes.
- Introduce new foods in small amounts, and provide multiple occasions for children to try them.
- Avoid using food as a reward or punishment.

#### Taking action:

- Allow 10 to 15 minutes for snacks and 20 to 30 minutes for meals. Children younger than three years of age may require additional time.
- Make food appealing. Develop menus with a variety of food colours, shapes, flavours, textures and temperatures.
- Where possible, involve children in meal preparation.
- Post weekly menus for parents.
- Use child-sized utensils, plates and cups.
- Introduce new foods along with more familiar foods.
- Introduce new foods with enthusiasm.
- Allow children to choose between several healthy food items, but do not cater to unreasonable or unhealthy demands.
- Allow children the freedom to refuse to eat certain foods.
- Serve foods that reflect the cultural and religious diversity of the children in childcare.
- Ensure appropriate substitutions are available to children with cultural or religious food restrictions.
- Caregivers eating with children helps to establish a positive meal environment and to model healthy eating behaviours.

Children need to wash their hands before and after eating.





#### iv) Childcare facilities can have a positive influence on the food provided by parents/guardians

##### What we know:

- Parents and caregivers are the most important influence on preschooler food choices.

##### Recommendations:

- Use *Eating Well with Canada's Food Guide* to ensure meals contain foods from at least four food groups, and snacks contain foods from two food groups.
- 100% of the foods available for regular consumption should be foods from the Choose Most Often food category.

##### Taking action:

- Post weekly menus when parents are responsible for providing a portion of the food. This information will help parents to know what types of additional foods to send with their children.
- Provide guidelines to parents so they have suggestions for what foods to send with their children.
- Childcare facilities should have a variety of healthy food options on hand in the case of unforeseen events or emergencies.

#### v) Before and after school care

##### What we know:

- Consumption of regular meals and snacks is essential for the proper growth and development of children.
- Children who consume regular meals and snacks, and especially breakfast, show significant improvements in academic and social development.
- Drinking sweetened beverages replaces healthier choices such as milk, vegetables and fruit which contain nutrients that build strong bones and teeth.
- Serving sizes of food and drink should be based on age and hunger. Many ready-to-eat foods are too large for small appetites and may be overconsumed if offered to children and youth.



Healthy eating + regular exercise = healthy children and youth

### Recommendations:

- Caregivers should provide snacks for children that include nutritious food choices from two food groups.
- 100% of the foods available for regular consumption should be foods from the Choose Most Often food category.
- Caregivers should have additional snacks available to ensure the nutritional needs of children are met.
- Individual portion sizes should be consistent with *Eating Well with Canada's Food Guide*.

### Taking action:

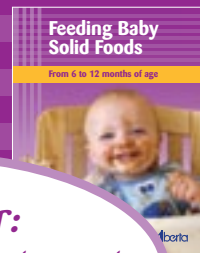
- Provide or ask parents to provide healthy simple snacks such as: fresh vegetables and fruit, low-fat yogurt, cheeses, whole grain bagels, breads or crackers, and lean meats, humus and nuts.\*

[\\*nut-aware facilities](#)







Healthy children are our number one priority!

# A Guide for Food Serving Sizes for Babies 6 to 12 months of age



Exclusive breastfeeding is the best way to support baby's healthy development in the first six months of life. Health Canada and Alberta Health and Wellness encourage continued breastfeeding for up to two years and beyond. If baby is not taking breastmilk, then iron-fortified formula should be used. Solid foods are introduced at 6 months of age.

**Remember:**  
Every baby will eat different amounts of food from day to day. This is only a **guide**.

Time of day	Getting started at 6 months	Between 6 to 8 months
<b>Morning meal</b>  <i>runny cereal</i>	For the first few days: <ul style="list-style-type: none"> <li>• Breastmilk/formula first</li> <li>• 1 tsp (5ml) dry, iron-fortified infant cereal* Or</li> <li>• 1 tsp (5ml) Meat and Alternatives:                             <ul style="list-style-type: none"> <li>• Meat, poultry, fish, tofu, egg yolk, lentils, kidney beans, etc.</li> </ul> </li> </ul>	Offer 1-3 meals per day. Start with offering baby 1 meal a day and progress to 3 meals a day. Continue to breast/formula feed on cue <ul style="list-style-type: none"> <li>• Breastmilk/formula first</li> <li>• 3-4 Tbsp (45-60ml) dry, iron-fortified infant cereal* and/or Meat and Alternatives</li> <li>• 1-2 Tbsp (15-30ml) vegetables/fruit:                             <ul style="list-style-type: none"> <li>• Beans, carrots, peas, beets, sweet potato, broccoli, etc.</li> <li>• Bananas, pears, peaches, cantaloupe, etc.</li> </ul> </li> </ul>  <i>mango</i>
<b>Midday meal</b>		<ul style="list-style-type: none"> <li>• 3-4 Tbsp (45-60ml) dry, iron-fortified infant cereal* and/or Meat and Alternatives</li> <li>• 1-2 Tbsp (15-30ml) vegetables/fruit</li> </ul>
<b>Evening meal</b>		<ul style="list-style-type: none"> <li>• 3-4 Tbsp (45-60ml) dry, iron-fortified infant cereal*</li> <li>• 1 Tbsp (15ml) Meat and Alternatives</li> <li>• 1-4 Tbsp (15-60ml) vegetables/fruit</li> </ul>
<b>Appropriate food texture</b>	<ul style="list-style-type: none"> <li>• Age 6-7 months Strained, pureed, smooth or mashed</li> </ul>  <i>smooth green beans</i>	<ul style="list-style-type: none"> <li>• Age 8-9 months Grated, minced, lumpy, diced or cut up</li> </ul>  <i>minced chicken</i>

\* Mix dry cereal as directed on cereal box before feeding to baby.

## Keep this in mind when feeding baby

- Parents are responsible for what, when and where foods are offered. Baby is responsible for how much baby eats.
- Baby may eat more or less than the amount listed on this guide. Baby is the best judge. Consider what baby eats over a time period of a few days rather than what baby eats in just one day.
- Children between 6 and 24 months of age are at greatest risk for low iron. Iron keeps baby's blood healthy. Not getting enough iron may cause delays in growth and development. Choose iron-fortified cereals and Meat and Alternatives to meet baby's needs.



If baby was born early or is small for age then speak to a health professional about baby's special nutritional needs.

Refer to the *Feeding Baby Solid Foods From 6 to 12 months of age* booklet for further feeding tips or contact Health Link Alberta: [www.healthlinkalberta.ca](http://www.healthlinkalberta.ca)

For additional copies contact your local Community Health Centre.

# A Guide for Food Serving Sizes for Babies 6 to 12 months of age

**Remember:**  
Baby may eat more or less than what is suggested in this guide. Watch for baby's hunger and fullness cues.

Time of day	9-11 Months	At 12 months
	Offer 2-3 meals and 1-2 snacks per day Continue to breast/formula feed on cue	Offer 3 meals and 2-3 snacks per day Continue to breast/formula feed on cue
<b>Morning meal</b>	<ul style="list-style-type: none"> <li>• 4-6 Tbsp (60-90ml) dry, iron-fortified infant cereal* and/or Meat and Alternatives</li> <li>• 2-3 Tbsp (30-45ml) vegetables/fruit</li> <li>• 2-3 Tbsp (30-45ml) cheese or plain yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup (125ml) dry, iron-fortified infant cereal* and/or Meat and Alternatives</li> <li>• 2-3 Tbsp (30-45ml) vegetables/fruit</li> <li>• 2-3 Tbsp (30-45ml) cheese or plain yogurt</li> </ul>
<b>Mid-morning snack</b>		<ul style="list-style-type: none"> <li>• Foods such as: cut up cheese, fruit, dry cereal and a small glass of water</li> </ul>
<b>Midday meal</b>	<ul style="list-style-type: none"> <li>• 2-3 Tbsp (30-45ml) dry, iron-fortified infant cereal*</li> <li>• 2-3 Tbsp (30-45ml) Meat and Alternatives</li> <li>• 1/4 cup (60ml) vegetables/fruit</li> </ul>  <p><i>chicken pieces</i></p>	<ul style="list-style-type: none"> <li>• 2-3 Tbsp (30-45ml) dry, iron-fortified infant cereal* or 4-6 Tbsp (60-90 ml) rice or pasta or 1/2 slice of bread</li> <li>• 2-4 Tbsp (30-60ml) Meat and Alternatives</li> <li>• 3-5 Tbsp (45-75ml) vegetables</li> <li>• 2-3 Tbsp (30-45ml) fruit</li> </ul>
<b>Afternoon snack</b>	<ul style="list-style-type: none"> <li>• Foods such as: cut up cheese, fruit, dry cereal and a small glass of water</li> </ul>  <p><i>small glass of water (1/2 cup)</i></p>	<ul style="list-style-type: none"> <li>• Foods such as: cut up cheese, fruit, dry cereal and a small glass of water</li> </ul>  <p><i>cut up grapes</i></p>
<b>Evening meal</b>	<ul style="list-style-type: none"> <li>• 2-4 Tbsp (30-60ml) Meat and Alternatives</li> <li>• 1/2 cup (125ml) vegetables/fruit</li> <li>• 2-4 Tbsp (30-60ml) dry, iron-fortified infant cereal* or 4-6 Tbsp (60-90 ml) rice or pasta or 1/2 slice of toast</li> </ul>  <p><i>toast strips</i></p>	<ul style="list-style-type: none"> <li>• 2-4 Tbsp (30-60ml) Meat and Alternatives</li> <li>• 1/2 cup (125ml) vegetables/fruit</li> <li>• 4-6 Tbsp (60-90 ml) rice or pasta or 1/2 slice of bread</li> </ul>  <p><i>whole-wheat pasta</i></p>
<b>Night time snack</b>	<ul style="list-style-type: none"> <li>• 2-4 Tbsp (30-60ml) dry, iron-fortified infant cereal*</li> </ul>	<ul style="list-style-type: none"> <li>• 2-4 Tbsp (30-60ml) dry, iron-fortified infant cereal*</li> <li>• 2-3 Tbsp (30-45ml) vegetables/fruit</li> </ul>
<b>Appropriate food texture</b>	<ul style="list-style-type: none"> <li>• Age 8-9 months Grated, minced, lumpy, diced or cut up</li> </ul>	<ul style="list-style-type: none"> <li>• Age 10-12 months Soft, finely chopped foods that soften or dissolve in the mouth</li> </ul>

\* Mix dry cereal as directed on cereal box before feeding to baby.

### Keep this in mind when feeding baby

- Change variety, texture and quantity as baby grows and develops better eating skills.
- At 9-12 months babies can be offered pasteurized, whole fat (homogenized) milk at meals if they are eating a variety of iron-rich foods, vegetables and fruit.
- Babies need foods that are a good source of vitamin C. Vitamin C helps the body use iron from foods.





Alberta Health and Wellness — Healthy Eating and Active Living For Your 1 to 4 Year Old  
**Food Guide Serving Sizes for 1 to 4 Years**

Young children can decide how much to eat. Parents and caregivers should plan what foods are offered and be role models of healthy eating.







Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like	
Girls & Boys 1 – 2 years* 2 – 3 years* 4 – 5 years	Girls & Boys 2 – 3 years* 4 – 5 years			
up to 4 servings	4 servings	<b>Vegetables and Fruit</b> <ul style="list-style-type: none"> <li>• Eat at least one dark green &amp; one orange vegetable per day.</li> <li>• Fresh, frozen or canned are all good choices.</li> <li>• Choose vegetables &amp; fruit prepared with little or no added fat, sugar or salt.</li> <li>• Serve no more than 125 ml (½ cup) of full strength juice a day.</li> </ul>	Cooked vegetables 125 mL (½ cup) = 1 hockey puck 	Leafy salad vegetables 250 mL (1 cup) = 1 baseball 
	5 servings		1 medium fresh fruit = 1 tennis ball 	Fresh or soft cooked vegetable slices 125 mL (½ cup) = 1 hockey puck 
up to 3 servings	3 servings	<b>Grain Products</b> <ul style="list-style-type: none"> <li>• choose whole grains at least half of the time.</li> <li>• choose grains that are lower in fat, sugar or salt.</li> </ul>	Roll, dinner, whole wheat (28 g) = 1 tennis ball 	Bannock (2.5" x 2.5" x 0.75") (6 cm x 6 cm x 2 cm) = 1 hockey puck 
	4 servings		Roll, hamburger, mixed grain = 1 puck 	Hot cereal 175 mL (¾ cup) = 1 tennis ball 
2 servings	2 servings	<b>Milk and Alternatives</b> <ul style="list-style-type: none"> <li>• Provide 2 servings of skim, 1% or 2% milk (or fortified soy beverage) every day to help meet vitamin D needs.</li> <li>• Children under 2 years of age should be served whole/homogenized (3.25% MF) milk</li> </ul>	Milk or fortified soy beverage 250 mL (1 cup) = 1 baseball 	Yogurt 175 g (¾ cup) = 1 tennis ball 
2 servings	2 servings		Cheese 50 g (1 ½ oz) = 2 erasers 	

\* Eating Well with Canada's Food Guide recommends serving sizes and amounts for ages 2 to 51+. For ages 1 to 3, servings can be divided into smaller amounts and served throughout the day. For example, one half of a vegetable or fruit serving may be served at two different snacks to add up to one full vegetable or fruit serving.

For additional copies contact your local Community Health Centre.



Alberta Health and Wellness — Healthy Eating and Active Living For Your 1 to 4 Year Old

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each	
Girls & Boys 1 – 2 years	Girls & Boys 4 – 5 years			
1 serving	1 serving	<p><b>Meats and Alternatives</b></p> <ul style="list-style-type: none"> <li>Have meat alternatives such as beans, lentils and tofu more often.</li> <li>Eat at least 2 servings of fish per week.</li> <li>Choose lean meat and alternatives prepared with little or no added fat or salt.</li> </ul>	<p>Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) = 1 hockey puck</p> 	<p>2 eggs</p> 
1 serving	1 serving		<p>Tofu 175 mL (¾ cup) = 1 tennis ball</p> 	<p>Cooked legumes such as beans or lentils 175 mL (¾ cup) = 1 tennis ball</p> 
			<p>Peanut butter 30 mL (2 Tbsp) = 1 golf ball</p> 	<p>Nuts and seeds 60 mL (¼ cup) = 2 golf balls</p> 

**What About Oils & Fats?**


Offer 30 – 45 mL (2 to 3 Tbsp) unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine & mayonnaise.

**Oils and Fats**

- Limit butter, hard margarine, lard and shortening.


**1 serving is:**

Oil (such as canola, olive & soybean) 5 mL (1 tsp) = ½ eraser




**1 serving is:**

Non-hydrogenated margarine/oil 5 mL (1 tsp) = ½ eraser



**1 serving is:**

Salad dressing 15 mL (1 Tbsp) = 1 eraser



**Nutrition Facts:**  
4 g fat = 1 tsp fat = ½ eraser



Drink water regularly. Drink more water when you are more active or in hot weather.

**Quench Thirst with Water!**

**What about other foods & beverages high in calories, fat, sugar or salt (sodium)?**

Limit foods and beverages such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, fruit flavoured drinks, soft drinks, and sweetened hot or cold drinks. Caffeinated beverages and sport or energy drinks should not be given to children.

**How often should I provide food for my child?**

Offer small nutritious meals and snacks throughout the day since children have small stomachs and need to eat often. Plan to serve 3 meals and 2 – 3 snacks throughout the day.

**Should I restrict how much fat I give my child?**

No. Offer a variety of nutritious foods which are naturally high in healthy fat such as nuts, avocados and fatty fish.

**What do I do if my child refuses to eat a new food offered?**

Children's likes and dislikes change regularly. If a food is refused once, don't give up; offer it again at another time. It may take as many as 10 to 15 times, at different meals and snacks, before a child accepts a new food.



This chart is also available as a separate resource – NT0051; Web: 978-0-7785-8316-5; Print: 978-0-7785-8315-8 © 2008–2012 Government of Alberta



Alberta Health and Wellness — Healthy Eating and Active Living For Your 5 to 11 Year Old

**Food Guide Serving Sizes for 5 to 11 Years**

As children grow and become more active, the quantity of food they eat will increase. Offer a variety of nutritious foods from all food groups and encourage your child to eat until comfortably full. Parents and caregivers should be role models of healthy eating. *Eating Well with Canada's Food Guide* recommends serving sizes and amounts for ages 2 to 51+.

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each		
Girls & Boys 5 – 8 years	Girls & Boys 9 – 11 years				
5 servings	6 servings	<b>Vegetables and Fruit</b> <ul style="list-style-type: none"> <li>Eat at least one dark green &amp; one orange vegetable per day.</li> <li>Fresh, frozen or canned are all good choices.</li> <li>Choose vegetables &amp; fruit prepared with little or no added fat, sugar or salt.</li> <li>Choose vegetables &amp; fruit more often than juice.</li> <li>Limit juice to one food guide serving a day 125 mL / ½ cup.</li> </ul>	Cooked vegetables 125 mL (½ cup) = 1 hockey puck 	Fresh or soft cooked vegetable slices 125 mL (½ cup) = 1 hockey puck 	Leafy salad vegetables 250 mL (1 cup) = 1 baseball 
			1 medium fresh fruit = 1 tennis ball 	Diced fresh, frozen or canned fruit 125 mL (½ cup) = 1 hockey puck 	100% unsweetened juice 125 mL (½ cup) = 1 hockey puck 
4 servings	6 servings	<b>Grain Products</b> <ul style="list-style-type: none"> <li>Choose whole grains at least half of the time.</li> <li>Choose grains that are lower in fat, sugar or salt.</li> </ul>	Roll, dinner, whole wheat (28 g) = 1 tennis ball 	Rice or pasta 125 mL (½ cup) = 1 hockey puck 	Bannock (2.5" x 2.5" x 0.75") (6 cm x 6 cm x 2 cm) = 1 hockey puck 
			Roll, hamburger, mixed grain = 1 puck 	Hot cereal 175 mL (¾ cup) = 1 tennis ball 	Cereal (corn bran) 250 mL (1 cup) = 1 baseball 
2 servings	3 to 4 servings	<b>Milk and Alternatives</b> <ul style="list-style-type: none"> <li>Depending on age, 2 to 4 servings of milk or fortified soy beverage help meet vitamin D requirements.</li> <li>Select lower-fat milk alternatives.</li> </ul>	Milk or fortified soy beverage 250 mL (1 cup) = 1 baseball 	Cheese 50 g (1 ½ oz) = 2 erasers 	Yogurt 175 g (¾ cup) = 1 tennis ball 

For additional copies contact your local Community Health Centre



Alberta Health and Wellness — Healthy Eating and Active Living For Your 5 to 11 Year Old

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each		
Girls & Boys 5 – 8 years	Girls & Boys 9 – 11 years				
1 serving	1 to 2 servings	<p><b>Meats and Alternatives</b></p> <ul style="list-style-type: none"> <li>Have meat alternatives such as beans, lentils and tofu more often.</li> <li>Eat at least 2 servings of fish per week.</li> <li>Choose lean meat and alternatives prepared with little or no added fat or salt.</li> </ul>	<p>Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) = 1 hockey puck</p> 	<p>2 eggs</p> 	<p>Cooked legumes such as beans or lentils 175 mL (¾ cup) = 1 tennis ball</p> 
			<p>Tofu 175 mL (¾ cup) = 1 tennis ball</p> 	<p>Peanut butter 30 mL (2 Tbsp) = 1 golf ball</p> 	<p>Nuts and seeds 60 mL (¼ cup) = 2 golf balls</p> 

**What About Oils & Fats?**


Offer 30 – 45 mL (2 to 3 Tbsp) unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine & mayonnaise.

**Oils and Fats**

- Limit butter, hard margarine, lard and shortening.


**1 serving is:**

Oil (such as canola, olive & soybean) 5 mL (1 tsp) = ⅓ eraser




**1 serving is:**

Non-hydrogenated margarine/oil 5 mL (1 tsp) = ⅓ eraser



**1 serving is:**

Salad dressing 15 mL (1 Tbsp) = 1 eraser



**Nutrition Facts:**  
4 g fat = 1 tsp fat = ⅓ eraser



**Quench Thirst with Water!**

Drink water regularly. Drink more water when you are more active or in hot weather.

**What about other foods & beverages high in calories, fat, sugar or salt (sodium)?**

Limit foods and beverages such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, fruit flavoured drinks, soft drinks, and sweetened hot or cold drinks. Caffeinated beverages and sport or energy drinks should not be given to young children.

**How often should I provide food for my child?**

Offer small nutritious meals and snacks throughout the day since children have small stomachs and need to eat often. Serve 3 meals and 2 – 3 snacks throughout the day. Active children need to refuel often.

**Should I restrict how much fat I give my child?**

No. Offer a variety of nutritious foods which are naturally high in fat such as nuts, avocados and fatty fish.

**Why are family meals so important?**

Eating together as a family has been shown to improve healthy food choices, lifestyle habits and overall health in young children and preteens.



This chart is also available as a separate resource – NT0052. Web: 978-0-7785-8318-9; Print: 978-0-7785-8317-2 © 2008–2012 Government of Alberta

# Canada's Food Guide Servings

Sample day for a 2 – 3 year old

## Recommended Daily Food Guide Servings – Girls and Boys

Food Groups	2 – 3 years	4 – 8 years
Vegetables and Fruit	4	5
Grain Products	3	4
Milk and Alternatives	2	2
Meat and Alternatives	1	1



### Breakfast

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
1/2	1/2	1/2	1/4

1/2 cup / 125 mL dry cereal

1/2 cup / 125 mL milk or fortified soy beverage

1/2 egg, hard boiled

1/4 cup / 60 mL strawberries

### Snack

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
	1/2	1/2	

1/2 cup / 125 mL milk or fortified soy beverage

2 whole wheat crackers

### Snack

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
1			

1 cup / 250 mL water

1/2 cup / 125 mL blueberries

### Lunch

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
1	1	1/2	1/2

1 slice whole wheat bread

1/4 cup / 38 g tuna

1/2 cup / 125 mL milk or fortified soy beverage

1/4 cup / 60 mL mango

1/4 cup / 60 mL cucumber

### Supper

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
1.5	1	1/2	1/2

1/2 cup / 125 mL milk or fortified soy beverage

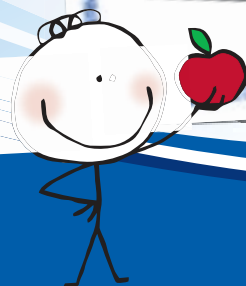
1/2 cup / 125 mL fruit salad

3/8 cup / 90 mL pasta sauce with vegetables and meat

1/2 cup / 125 mL spaghetti

### Total Food Guide Servings for a 2 – 3 year old Girl or Boy

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
4	3	2	1 1/2



## MEALS as Easy as 1-2-3

### Goals for Meals:

Plan meals with choices from 4 of the food groups.

- Start with Vegetable and/or Fruit
- Add a Grain Product
- Add a Meat and Alternative
- Complete the meal with a Milk and Alternative

### Goals for Snacks:

Plan two snacks per day with choices from two of the food groups.

## Meal Planning Basics

- Young children have small stomachs and therefore need to eat small servings throughout the day.
- Serve a variety of foods from each food group including their favourites as well as other healthy foods the rest of the family eats.
- Allow two to three hours between the end of one meal or snack and the start of the next one.
- One food guide serving from a food group can be divided up into smaller amounts and served throughout the day. For example a half slice of bread may be served at two different snacks to add up to one full grain products serving.
- Snacks should include foods that might be missed at meals such as vegetables and fruit.

## Create an Ideal Meal

The possibilities are endless! You can create breakfast, lunch, and supper ideas for your facility by choosing a food from each of the 4 of the food groups.

Here are some ideas to get you started:

<i>Vegetables &amp; Fruit</i>	<i>Grain Products</i>	<i>Milk &amp; Alternatives</i>	<i>Meat &amp; Alternatives</i>
Fresh fruit such as apple, banana, orange, kiwi, grapefruit, watermelon, cantaloupe, melon	Whole grain bread	Milk	Fresh, frozen, or canned fish
Frozen fruit such as berries	Whole grain buns	Fortified soy beverage	Fresh or frozen lean beef
Canned fruit, in fruit juice	Whole wheat pita	Fortified rice beverage	Fresh or frozen skinless chicken
Applesauce, unsweetened	Whole wheat English muffin	Hard cheese	Fresh or frozen skinless turkey
Unsweetened fruit juice	Whole wheat or multigrain bagel	Fortified soya loaf and slices (like cheese)	Fresh or frozen seafood
Vegetable juice, low sodium	Whole wheat or multigrain wrap	Yogurt	Fresh or frozen pork
Dried fruit such as raisins, cranberries, figs, dates, apricots, prunes, no added sugar	Whole wheat pasta	Soygurt (from soy)	Fresh or frozen lamb
100% Dried fruit bar and snacks	Brown or wild rice		Fresh or frozen game
Frozen veggies such as corn, peas, carrots, mixed raw veggies such as carrots, snow peas, cherry tomatoes, broccoli, cauliflower, no added sodium	Oatmeal or oatbran hot cereal		Eggs
Cooked fresh veggies such as squash, asparagus, peas, green beans	High fibre, whole grain, low sugar breakfast cereal		Tofu
Salad with lettuce, cabbage or spinach	Pancakes, whole grain		Soy product such as a veggie burger
Vegetable soup, homemade no added sodium	Waffles, whole grain		Peanut butter or other nut/seed butter*
	Crepes, whole grain		Beans/legumes such as kidney beans, chick peas, baked beans, lentils
	Whole grain crackers		Hummus
	Whole wheat or bran muffins		
	Couscous, whole wheat		
	Barley		
	Millet		
	Quinoa		
	Buckwheat		

Note: When planning meals and snacks make sure to read food labels and follow the criteria requirements.

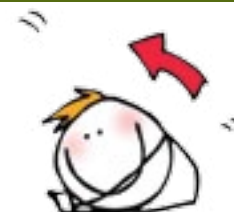
[\\*nut-aware facilities](#)

## Sample Menu Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	<ul style="list-style-type: none"> <li>Oatmeal or oatbran hot cereal with a spoonful of pureed soft tofu on top</li> <li>Fruit</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain toast cut into strips</li> <li>Scrambled eggs</li> <li>Shredded cheese</li> <li>Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>Cubes of cheese</li> <li>Whole grain crackers</li> <li>Apple juice</li> <li>Hummus</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt parfait:</li> <li>Yogurt</li> <li>Fresh or frozen berries</li> <li>Granola</li> <li>Roasted, cooked lentils sprinkled on top</li> </ul>	<ul style="list-style-type: none"> <li>High fibre waffle(s) or whole wheat wrap</li> <li>Peanut butter (or other nut butter)</li> <li>Banana</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Whole wheat English muffin</li> <li>Cottage cheese or yogurt</li> <li>Cantaloupe or honeydew melon</li> <li>Tempeh slice</li> </ul>	<ul style="list-style-type: none"> <li>Bran based cereal</li> <li>Milk</li> <li>Sliced pear or apple</li> <li>Hard boiled egg section</li> </ul>
Snack	<ul style="list-style-type: none"> <li>Flax Banana Blueberry Loaf</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Raw carrots &amp; sugar snap or snow peas</li> <li>Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt &amp; dry cereal</li> </ul>	<ul style="list-style-type: none"> <li>Celery sticks</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fresh or canned pineapple</li> <li>Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Snack mix with dried cereal and dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>Whole wheat pita bread &amp; hummus</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>Pizza Bagel:</li> <li>Bagel</li> <li>Tomato sauce</li> <li>Mozzarella cheese</li> <li>Chicken slice</li> <li>Green pepper</li> <li>100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable soup</li> <li>Tuna melt: toasted tuna and cheese sandwich</li> <li>Fresh or dried apricots</li> </ul>	<ul style="list-style-type: none"> <li>Wrap with sliced roast beef, cheddar cheese, lettuce and red pepper</li> <li>Grapes</li> </ul>	<ul style="list-style-type: none"> <li>Cold or hot French Toast wedges with jam</li> <li>Sliced fresh or frozen strawberries</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Grilled turkey and cheese sandwich</li> <li>Cherry tomatoes</li> <li>Watermelon</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Leftover pasta and meat sauce from supper</li> <li>Raw carrots</li> <li>Grapefruit slices</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Quesadilla:</li> <li>Grated cheddar cheese, diced cooked chicken, red/green pepper</li> <li>Top with salsa</li> <li>Orange slices</li> </ul>
Snack	<ul style="list-style-type: none"> <li>Hard cooked eggs</li> <li>Whole grain crackers</li> </ul>	<ul style="list-style-type: none"> <li>Celery and peanut butter</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>"Smoothie" with yogurt, frozen berries and milk</li> </ul>	<ul style="list-style-type: none"> <li>Applesauce</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Banana and strawberries with fruit yogurt dip</li> </ul>	<ul style="list-style-type: none"> <li>Bran muffin</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt tube (frozen)</li> <li>Oatmeal cookies</li> </ul>
Supper	<ul style="list-style-type: none"> <li>Baked fish such as sole or salmon</li> <li>Brown and wild rice</li> <li>Steamed green beans or asparagus</li> </ul>	<ul style="list-style-type: none"> <li>Burritos:</li> <li>Whole wheat wraps with seasoned ground beef/chicken, shredded lettuce, diced tomatoes</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Pork chops</li> <li>Whole wheat couscous or brown rice</li> <li>Steamed peas</li> </ul>	<ul style="list-style-type: none"> <li>Baked homemade chicken fingers (roll in breadcrumbs)</li> <li>Homemade healthy fries (toss sliced potatoes in olive oil and bake)</li> <li>Salad</li> </ul>	<ul style="list-style-type: none"> <li>Pasta</li> <li>Tomato meat sauce</li> <li>Raw veggies and dip</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Hamburger patty</li> <li>Whole wheat bun</li> <li>Tossed green salad</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chili with baked potato and grated cheddar cheese</li> <li>Cucumber and raw zucchini sticks and dip</li> <li>Milk</li> </ul>
Snack	<ul style="list-style-type: none"> <li>Kiwi fruit</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Apple slices</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Pumpkin or other fruit muffin</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Diced mango or canned/fresh peaches</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt and fresh/frozen berries</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; crackers</li> </ul>	<ul style="list-style-type: none"> <li>Apple crisp</li> <li>Milk</li> </ul>

Remember a child will decide HOW MUCH to eat; all you need to do is provide healthy food choices!

## Menu Planning from the four food groups for Childcare Facilities



### Sample Distribution of Servings in a Day for Children Ages 2 – 3

<i>Meal/Snack</i>	<i>Food Items</i>	<i>Grain Products</i>	<i>Vegetables &amp; Fruit</i>	<i>Milk &amp; Alternatives</i>	<i>Meat &amp; Alternatives</i>
Breakfast		0.5	0.5	0.5	0.25
Morning Snack		0.5	0.5		
Lunch		0.5	0.5 – 1	0.5	0.5
Snack		0.5	0.5 – 1		
Dinner		1	1	0.5 – 1	0.5
Snack			0.5	0.5 – 1	
Total number of servings		3	4	2	1.25
Recommended number of servings		3	4	2	1

Adapted from Capital Health/Caritas Group, Regional Nutrition and Food Service. Education Kit for Tots-Toddlers and Preschool.



### Sample Distribution of Meals in a Day for Children Ages 4 – 5

<i>Meal</i>	<i>Food Item</i>	<i>Grain Products</i>	<i>Vegetables &amp; Fruit</i>	<i>Milk &amp; Alternatives</i>	<i>Meat &amp; Alternatives</i>
Breakfast		0.5	1	0.5	0.25
Morning snack		0.5	1		
Lunch		1	1	0.5	0.5
Snack		0.5	1	0.5	
Dinner		1	1	0.5	0.5
Snack		0.5			
Total number of servings		4	5	2	1.25
Recommended Number of servings		4	5	2	1



## Calculating Canada's Food Guide Servings From a Recipe

### Shepherd's Pie

Makes 10 –  $\frac{3}{4}$  cup servings

2 cups	mashed potatoes
1	onion, chopped
$\frac{1}{2}$ cup	broccoli, cut into flowerets
$\frac{1}{2}$ cup	green pepper, chopped
2 cups	carrots, chopped
$\frac{1}{4}$ cups	tomato paste
<b><math>2\frac{1}{2}</math> cups</b>	<b>lean ground beef</b>
2 tbsp.	oil
$\frac{1}{2}$ cup	water
$\frac{1}{2}$ tsp.	basil
1 cup	shredded cheese
1	bay leaf
	Paprika, sprinkle

#### Total Vegetables: 5 cups

Recipe yield: 10 individual servings  
 = 0.5 cups/serving  
 = 1 serving Vegetables & Fruit

#### Total Meat & Alternatives: 2.5 cups

Recipe yield: 10 individual servings  
 = 0.25 cups/serving  
 =  $\frac{1}{2}$  serving Meat & Alternatives

#### Total Milk & Alternatives: 1 cup

Recipe yield: 10 individual servings  
 = 0.1 cups/serving  
 = 0 serving Milk & Alternatives

#### Instructions:

- 1) Preheat oven to 350 degrees.
- 2) Brown the ground beef in a pan until no pink colour remains. Remove meat from pan.
- 3) Saute onion in oil; add broccoli, pepper, carrots, basil and bay leaf. Stir well and add tomato paste, water and the cooked ground beef; bring to boil.
- 4) Cover and simmer on low 15 minutes or until vegetables are tender.
- 5) Put vegetable/meat mixture and cooking liquid in 9 x 13 inch baking dish. Top with mashed potatoes, then cheese. Sprinkle with paprika for colour.
- 6) Bake 10 to 15 minutes or until potatoes are heated through.

#### For one individual:

Per  $\frac{3}{4}$  cup serving of Shepherd's Pie:

- 1 serving Vegetables & Fruit
- 0 servings Grain Products
- $\frac{1}{2}$  serving Meat & Alternatives
- 0 servings Milk & Alternatives

Serve with a whole wheat bun and glass of milk.



## Vegetable Noodle Soup

Makes 9 – ½ cup servings

- 4 cups chicken, beef or vegetable (reduced sodium/salt) broth
- ½ cup frozen broccoli
- ½ cup sweet peas
- ¼ cup niblet corn
- ½ cup sliced carrots
- ½ cup thin sliced celery
- ½ cup whole wheat noodles

**Total Vegetables: 2.25 cups**  
Recipe yield: 9 individual servings  
= 0.25 cups/serving  
= ½ serving Vegetables & Fruit

**Total Grain Products: 0.5 cups**  
Recipe yield: 9 individual servings  
= 0.05 cups per serving  
= 0 serving Grain Products

### Instructions:

- 1) In a large pan bring broth and water to a boil. Add frozen vegetables, carrots, and celery; cook one minute.
- 2) Add noodles; stir in boiling broth.
- 3) Reduce heat to low; simmer five minutes or until vegetables are tender-crisp. Serve.

Per ½ cup serving of Vegetable Noodle Soup:

- ½ serving Vegetables & Fruit
- 0 servings Grain Products
- 0 servings Meat & Alternatives
- 0 servings Milk & Alternatives





## Examples of Healthy Snacks

Use the serving sizes specified in *Eating Well with Canada's Food Guide*

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Whole grain pita wedges with hummus</li> <li>• Zucchini strips sprinkled with parmesan cheese</li> <li>• Tuna with 1 tbsp mayonnaise on ½ whole wheat bagel</li> <li>• Yogurt with fresh fruit slices</li> <li>• Whole grain toast with melted cheese</li> <li>• Rolled oats with cinnamon and raisins*</li> <li>• Whole wheat tortilla with beans and salsa</li> <li>• Raw vegetables (carrots, broccoli, cauliflower, peppers, mushrooms, turnips, cucumbers) with yogurt dip</li> <li>• Cottage cheese with fresh pear</li> <li>• Fruit chunks (banana, mango, pineapple) with yogurt dip</li> <li>• Apple slices sprinkled with cinnamon, whole wheat crackers</li> <li>• Canned fruit in fruit juice, yogurt topping</li> <li>• Grated carrots with raisins* and glass of milk</li> <li>• Toasted whole wheat bagel with peanut butter and banana slices</li> <li>• Black beans/lentils served with brown rice and seasoned with 1 tbsp chutney</li> <li>• Cheese and whole grain crackers</li> <li>• Cantaloupe and ½ raisin* bran muffin</li> <li>• Small baked potato with grated cheese</li> <li>• Cooked green beans with sesame seeds* and glass of milk</li> <li>• Hard boiled egg on ½ whole wheat English muffin</li> <li>• Whole grain cereal with milk and banana slices</li> <li>• Fruit smoothie (frozen berries blended with 1 cup of milk)</li> </ul> | <ul style="list-style-type: none"> <li>• Whole grain pancake topped with applesauce</li> <li>• Homemade pizza bun (whole grain, topped with ham, cheese, tomato, mushroom, pineapple)</li> <li>• Whole grain crackers with marble cheese</li> <li>• Homemade banana bread** with glass of milk</li> <li>• Frozen yogurt with sliced fruit</li> <li>• Apple and cabbage coleslaw and glass of milk</li> <li>• Whole grain oatmeal cookie with glass of milk</li> <li>• Plain granola bar with glass of 100% orange juice</li> <li>• 100% fruit leather (dental health issues, choking hazard), glass of milk</li> </ul> |
|--|--|



\* Caution: These foods can cause choking in children under 4 years of age (Healthy U Alberta. *Healthy Eating and Active Living For your 1 to 5 year old, 2006*):

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Popcorn, nuts, seeds, raisins</li> <li>• Fish with bones</li> <li>• Grapes (cut in half or quarters)</li> </ul> | <ul style="list-style-type: none"> <li>• Hot dogs (do not recommend using)</li> <li>• Snacks using skewers or toothpicks</li> <li>• Solid foods that are hard, small, and round, and smooth or sticky such as candies and cough drops</li> </ul> |
|--|--|

\*\* Make homemade breads and buns with whole grain flour

## B. Schools

Schools can provide a consistent healthy eating message for students by ensuring access to nutritious foods, and by teaching and modeling healthy eating behaviours. Classroom nutrition education should be reinforced by making healthy food options available in school cafeterias, vending machines, stores or canteens, and at special events. Other food-related issues that arise in schools include fundraising with food, food safety, allergies, pricing, role modeling, and the meal-time environment. The following suggestions may be helpful to school administrators, teachers, and other school staff. Parents, other caregivers and/or community groups may also find some of these suggestions useful.

### i) Schools can provide healthy foods

#### What we know:

- Healthy eating supports optimal child health, growth, and intellectual development.
- Portion sizes for many foods are unreasonably large and exceed requirements. Children and youth eat more when they are served larger portion sizes.
- Drinking sweetened beverages replaces healthier choices such as milk, vegetables and fruit which contain nutrients that build healthy bones and teeth.

#### Recommendations:

- Use *Eating Well with Canada's Food Guide* to ensure meals contain foods from at least four food groups, and snacks contain foods from two food groups.
- Individual portion sizes should be consistent with *Eating Well with Canada's Food Guide*.
- Stock vending machines with appropriate portion sized packages/containers.
- Offer only small portion sizes of Choose Least Often options (when these foods are permitted).

#### Taking action:

- School food policies can be established to determine the types and amounts of foods that can be served or sold in the school, based on available food services.
- Ensure contract(s) with food and beverage suppliers specify the types and quantities of foods that can be offered in the school.
- Offer healthy food options in meal combinations such as baked potato wedges instead of deep fried french fries.
- Healthy beverage choices include water, milk (skim, 1%, 2%), fortified soy beverages, and 100% fruit/vegetable juices.



- Develop standard serving sizes that match the portion sizes in *Eating Well with Canada's Food Guide*. Ensure serving utensils match the serving sizes.
- Offer only small portion sizes of less healthy options if served during special events or food days. Examples include Halloween-sized treats, or small portion sizes of sugary beverages (less than or equal to 200 mL).
- Develop re-usable daily/weekly/monthly menus.
- When planning menus, consider the facilities (space), staff (time, skill level), and equipment (ovens, stoves) required to prepare each item.
- Develop a file of healthy recipes.
- Evaluate how many servings from *Eating Well with Canada's Food Guide* each recipe provides. This will greatly simplify and speed up the process of developing menus that meet Canada's Food Guide recommendations. Calculate the cost to prepare each recipe. This will help to manage and predict meal costs.
- [See menu planning](#) pages 63 and 64.



Water is recommended as the first option to quench thirst and satisfy hydration.

## ii) Schools can enhance access to safe, nutritious foods

### What we know:

- Taste and price influences student food purchases.
- The Rocky View Schools found creative ways to effectively and proactively negotiate with vendors in order to comply with established nutrition standards for competitive foods sold in their schools.  
[www.rockyview.ab.ca](http://www.rockyview.ab.ca)
- Ottawa Public Health and Ventrex Vending Services demonstrated that selling healthier snacks can be profitable, [www.opha.on.ca](http://www.opha.on.ca).
- Food availability and accessibility are important predictors of food intake in children and youth.
- Children reduce their consumption of fruit, some vegetables, and milk, and consume more sweetened beverages and high fat vegetables when they enter middle school and gain access to student snack bars.
- Moving healthy foods, such as vegetables and fruit to the start of the cafeteria line makes them more visible and more likely to be chosen.
- The incidence of severe food allergies is increasing. Examples are nut and fish allergies.

### Recommendations:

- Ensure that healthier food choices are competitively priced relative to less nutritious foods.
- If pricing and affordability are a challenge, affordable healthy meal choices should be a priority over affordable healthy snacks.
- All vending machines should contain healthy food options.
- Healthy food choices should be available and clearly visible on special food days and at special functions.
- The frequency of special food days should be defined in school policies.
- Students who operate microwaves or other appliances in schools should be monitored appropriately.
- Ensure meal-time supervisors are familiar with guidelines for supporting children with allergies.
- Ensure meal-time supervisors are aware of school policies of how to respond when a child has an adverse food reaction.

### Taking action:

- Identify vendors, farmers and businesses that can provide Alberta-grown produce or other healthful products at affordable prices. Check out Alberta Agriculture and Rural Development at [www.agric.gov.ab.ca](http://www.agric.gov.ab.ca).
- Schools can combine their resources and purchase healthy foods in bulk quantities.
- Promote sales of only healthy food items.
- Charge less for healthy foods and more for non-healthy foods.
- Develop school policies to guide the types of food offered on special food days, on fieldtrips, and during class parties. Ensure healthy food options are available.
- Invite parents to share healthy food ideas.
- Emphasize and promote cleanliness at meal times.
- Ensure school policies address food allergies and special dietary concerns. The goal of these policies should be to ensure a healthy environment for all children, and to protect children with food allergies from exposure to potential allergens.
- Provide education to ensure students understand the dangers some foods may pose to the health of their classmates.



### iii) Schools can create environments that support healthy food choices

#### What we know:

- Schools offer an ideal setting to promote healthy eating behaviours in children and adolescents.
- Knowledge of healthy eating does not necessarily translate to better food choices unless the environment supports it too.
- The nutrition education students receive in the classroom may not match the messages conveyed in other school settings.
- The food-related behaviours of students change in response to changes in the school food environment.
- School nutrition policies are associated with changes in students' nutritional knowledge and behaviours.
- Children eat less if they are eager to go out and play.
- Students should be given a minimum of 20 minutes to eat.
- If students feel they need to eat quickly, they often choose to skip lunch or purchase foods from vending machines/snack bars.
- Increasing the variety and appeal of healthy options may encourage students to purchase them more often.
- Children who purchase lunch at school have a 39% increased risk of being overweight (Veugelers and Fitzgerald, 2005)



#### Recommendations:

- Provide appropriate time and space to eat.
- Healthy food choices should be plentiful and visible.
- Place healthier food and beverage choices where they can be seen.
- Ensure that food choices reinforce healthy eating concepts taught in the classroom.
- Fundraising activities should be consistent with healthy eating concepts taught in the classroom.
- Include staff, parents and students in the decision making.

#### Taking action:

- Develop school policies to address food choices, time for eating, seating availability, socializing opportunities, and additional time for play (either before or after the meal).
- Schedule lunches so that recreation time does not compete with mealtimes.
- Allow students to have water bottles at their desks to encourage them to drink more water throughout the day.
- Market healthier food choices with positive sign associations such as a message displayed where milk is sold, "milk builds strong bones and teeth!"
- Display posters and sample plates depicting healthy meals that include foods from four different food groups.

- Suggestions for fundraising:
  - Use non-food items (cookbooks, day timers, raffle tickets for theme baskets, first aid kits, coupon books) or activities (walk-a-thons and talent shows).
  - Use nutritious food items, in appropriate portion sizes (plain popcorn, 100% juices, vegetables and fruit).
- Use non-food items for rewards such as extra gym or recess, free time at the end of class, stickers and school supplies.
- Staff, teachers, volunteers, visitors and parents can be healthy eating role models by packing healthy lunches and snacks.
- Serve healthy foods at staff social activities.



## iv) Grade level of school

### What we know:

- Children require different levels of support for decision making at different ages.
  - In the youngest children, good decision making is encouraged by ensuring that all available choices would be good choices.
  - As children mature, it is important that they learn how to identify and make good choices on their own. Schools should offer a balance between recognizing the need for young people to learn and practise good decision making, and modeling good lifestyle choices.
  - Note that the majority of foods available to students at all levels should be healthy, however older students can be given the opportunity for greater independence in decision making.





### Recommendations:

- In elementary schools, 100% of the foods available for regular consumption should be foods from the Choose Most Often food category.
- In junior high schools, 100% of the foods available to choose from for regular consumption, should be foods from the Choose Most Often (60% of the food options) and Choose Sometimes (40% of the food options) food categories.
- In high schools, 100% of the foods available to choose from for regular consumption, should be foods from the Choose Most Often (50% of the food options) and Choose Sometimes (50% of the food options) food categories.
- Where permitted offer only small portion sizes of Choose Least Often options.
- Multi-level schools should adhere to the most conservative recommendation.

## v) Additional Implementation Strategies

### Who to Involve:

- Schools can create their own food and nutrition policy teams that include staff, parents and students.
- Allowing students to have input into food and beverage choices may encourage greater acceptance of, and adherence to healthy food policies in schools.
- Make sure food services or stores around the school are aware that school food policies exist. Encourage nearby food establishments to support these policies by offering healthier food items.

### Promotion:

- Teachers and student councils can work together on marketing campaigns that promote healthy food choices.
- Newsletters can be an effective way to communicate healthy eating campaigns.

### Making Changes:

- Do not try to make too many changes at once, instead, focus on one or two changes at a time.
- Develop a transition plan to allow time for students, parents and other key stakeholders to learn about, and adapt to changes.

Water is recommended as the first option to quench thirst and satisfy hydration







Alberta Health and Wellness — Healthy Eating and Active Living For Your 5 to 11 Year Old

**Food Guide Serving Sizes for 5 to 11 Years**

As children grow and become more active, the quantity of food they eat will increase. Offer a variety of nutritious foods from all food groups and encourage your child to eat until comfortably full. Parents and caregivers should be role models of healthy eating. *Eating Well with Canada's Food Guide* recommends serving sizes and amounts for ages 2 to 51+.

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each			
Girls & Boys 5 – 8 years	Girls & Boys 9 – 11 years		Cooked vegetables 125 mL (½ cup) = 1 hockey puck	Fresh or soft cooked vegetable slices 125 mL (½ cup) = 1 hockey puck	Leafy salad vegetables 250 mL (1 cup) = 1 baseball	
5 servings	6 servings	<b>Vegetables and Fruit</b> <ul style="list-style-type: none"> <li>Eat at least one dark green &amp; one orange vegetable per day.</li> <li>Fresh, frozen or canned are all good choices.</li> <li>Choose vegetables &amp; fruit prepared with little or no added fat, sugar or salt.</li> <li>Choose vegetables &amp; fruit more often than juice.</li> <li>Limit juice to one food guide serving a day 125 mL / ½ cup.</li> </ul>	1 medium fresh fruit = 1 tennis ball 	Diced fresh, frozen or canned fruit 125 mL (½ cup) = 1 hockey puck 	100% unsweetened juice 125 mL (½ cup) = 1 hockey puck 	
			Roll, dinner, whole wheat (28 g) = 1 tennis ball 	Rice or pasta 125 mL (½ cup) = 1 hockey puck 	Bannock (2.5" x 2.5" x 0.75") (6 cm x 6 cm x 2 cm) = 1 hockey puck 	
4 servings	6 servings	<b>Grain Products</b> <ul style="list-style-type: none"> <li>Choose whole grains at least half of the time.</li> <li>Choose grains that are lower in fat, sugar or salt.</li> </ul>	Roll, hamburger, mixed grain = 1 puck 	Hot cereal 175 mL (¾ cup) = 1 tennis ball 	Cereal (corn bran) 250 mL (1 cup) = 1 baseball 	
			Milk or fortified soy beverage 250 mL (1 cup) = 1 baseball 	Cheese 50 g (1 ½ oz) = 2 erasers 	Yogurt 175 g (¾ cup) = 1 tennis ball 	
2 servings	3 to 4 servings	<b>Milk and Alternatives</b> <ul style="list-style-type: none"> <li>Depending on age, 2 to 4 servings of milk or fortified soy beverage help meet vitamin D requirements.</li> <li>Select lower-fat milk alternatives.</li> </ul>				

For additional copies contact your local Community Health Centre



Alberta Health and Wellness — Healthy Eating and Active Living For Your 5 to 11 Year Old

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each		
Girls & Boys 5 – 8 years	Girls & Boys 9 – 11 years				
1 serving	1 to 2 servings	<p><b>Meats and Alternatives</b></p> <ul style="list-style-type: none"> <li>Have meat alternatives such as beans, lentils and tofu more often.</li> <li>Eat at least 2 servings of fish per week.</li> <li>Choose lean meat and alternatives prepared with little or no added fat or salt.</li> </ul>	<p>Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) = 1 hockey puck</p> 	<p>2 eggs</p> 	<p>Cooked legumes such as beans or lentils 175 mL (¾ cup) = 1 tennis ball</p> 
			<p>Tofu 175 mL (¾ cup) = 1 tennis ball</p> 	<p>Peanut butter 30 mL (2 Tbsp) = 1 golf ball</p> 	<p>Nuts and seeds 60 mL (¼ cup) = 2 golf balls</p> 

**What About Oils & Fats?**


Offer 30 – 45 mL (2 to 3 Tbsp) unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine & mayonnaise.

**Oils and Fats**

- Limit butter, hard margarine, lard and shortening.


**1 serving is:**

Oil (such as canola, olive & soybean) 5 mL (1 tsp) = ⅓ eraser




**1 serving is:**

Non-hydrogenated margarine/oil 5 mL (1 tsp) = ⅓ eraser



**1 serving is:**

Salad dressing 15 mL (1 Tbsp) = 1 eraser



**Nutrition Facts:**  
4 g fat = 1 tsp fat = ⅓ eraser

**Quench Thirst with Water!**

**What about other foods & beverages high in calories, fat, sugar or salt (sodium)?**

Limit foods and beverages such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, fruit flavoured drinks, soft drinks, and sweetened hot or cold drinks. Caffeinated beverages and sport or energy drinks should not be given to young children.

**How often should I provide food for my child?**

Offer small nutritious meals and snacks throughout the day since children have small stomachs and need to eat often. Serve 3 meals and 2 – 3 snacks throughout the day. Active children need to refuel often.

**Should I restrict how much fat I give my child?**

No. Offer a variety of nutritious foods which are naturally high in fat such as nuts, avocados and fatty fish.

**Why are family meals so important?**
















Eating together as a family has been shown to improve healthy food choices, lifestyle habits and overall health in young children and preteens.

Drink water regularly. Drink more water when you are more active or in hot weather.



This chart is also available as a separate resource – NT0052. Web: 978-0-7785-8318-9; Print: 978-0-7785-8317-2 © 2008–2012 Government of Alberta

## Food Guide Serving Sizes for 12 to 17 Years

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each		
Female 12 – 17 years	Male 12 – 17 years		Cooked vegetables 125 mL (½ cup) = 1 hockey puck	Fresh vegetable slices 125 mL (½ cup) = 1 hockey puck	Leafy salad vegetables 250 mL (1 cup) = 1 baseball
6 to 7 servings	6 to 8 servings	<b>Vegetables and Fruit</b> <ul style="list-style-type: none"> <li>• Eat at least one dark green &amp; one orange vegetable per day.</li> <li>• Fresh, frozen or canned are all good choices.</li> <li>• Choose vegetables &amp; fruit prepared with little or no added fat, sugar or salt.</li> <li>• Choose vegetables &amp; fruit more often than juice.</li> <li>• Limit juice to one food guide serving a day 125 mL / ½ cup.</li> </ul>	 1 medium fresh fruit = 1 tennis ball 	 Diced fresh, frozen or canned fruit 125 mL (½ cup) = 1 hockey puck 	 Juice 125 mL (½ cup) = 1 hockey puck 
6 servings	6 to 7 servings	<b>Grain Products</b> <ul style="list-style-type: none"> <li>• Choose whole grains at least half of the time.</li> <li>• Choose grains that are lower in fat, sugar or salt.</li> </ul>	Roll, dinner, whole wheat (28 g) = 1 tennis ball 	Rice or pasta 125 mL (½ cup) = 1 hockey puck 	Bannock (2.5" x 2.5" x 2.5") = 1 hockey puck 
3 to 4 servings	3 to 4 servings	<b>Milk and Alternatives</b> <ul style="list-style-type: none"> <li>• Milk or fortified soy beverage help meet vitamin D requirements.</li> <li>• Select lower-fat milk alternatives.</li> </ul>	Roll, hamburger, mixed grain = 1 puck 	Bagel 1/2 (45g) large = 1 hockey puck 	Cereal (corn bran) 250 mL (1 cup) = 1 baseball 
			Milk 250 mL (1 cup) = 1 baseball 	Cheese 50 g (1 ½oz) = 2 erasers 	Yogurt 175 g (¾ cup) = 1 tennis ball 



**Are you active?** If so, then you may need more servings from all food groups.

For additional copies contact your local Community Health Centre

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each			
Female 12 – 17 years	Male 12 – 17 years					
2 servings	2 to 3 servings	<p><b>Meats and Alternatives</b></p> <ul style="list-style-type: none"> <li>Have meat alternatives such as beans, lentils and tofu more often.</li> <li>Eat at least 2 servings of fish per week.</li> <li>Choose lean meat and alternatives prepared with little or no added fat or salt.</li> </ul>	<p>Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) = 1 hockey puck</p> 	<p>2 eggs</p> 	<p>Cooked legumes such as beans or lentils 175 mL (¼ cup) = 1 tennis ball</p> 	
			<p>Tofu 175 mL (¾ cup) = 1 tennis ball</p> 	<p>Peanut butter 30 mL (2 Tbsp) = 1 golf ball</p> 	<p>Nuts and seeds 60 mL (¼ cup) = 2 golf balls</p> 	
<p><b>What About Oils &amp; Fats?</b> 30 – 45 mL (2 to 3 Tbsp) unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine &amp; mayonnaise.</p>		<p><b>Oils and Fats</b></p> <ul style="list-style-type: none"> <li>Limit butter, hard margarine, lard and shortening.</li> </ul>	<p><b>1 serving is:</b> Oil (such as canola, olive &amp; soybean) 5 mL (1 tsp) = ⅓ eraser</p> 	<p><b>1 serving is:</b> Non-hydrogenated margarine/oil 5 mL (1 tsp) = ⅓ eraser</p> 	<p><b>1 serving is:</b> Salad dressing 15 mL (1 Tbsp) = 1 eraser</p> 	<p><b>Nutrition Facts:</b> 4 g fat = 1 tsp fat = ⅓ eraser</p>
<p><b>Quench Thirst with Water!</b></p> <p>Remember to limit other foods &amp; beverages high in calories, fat, sugar or salt (sodium).</p> <p><b>How do I count Food Guide serving sizes in a meal?</b></p> <p><i>Food Guide Servings in a 12-inch Sandwich</i></p> <p>2 servings of Vegetables and Fruit 5 servings of Grain Products 0.5 servings of Milk and Alternatives 2 servings of Meat and Alternatives 30 mL (2 Tbsp) mayonnaise (a fat)</p>						



**Check it out**  
Restaurant and Take-Out Food serving sizes usually contain more food than we need at one meal. Learning to eat appropriate portion sizes and getting in touch with your body's signals for "on empty" and "I'm full" are key to healthy eating.



12 inch sub-type sandwich

# Canada's Food Guide Servings

Sample day for a 14 to 18 year old female



## Recommended Daily Food Guide Servings – Girls and Boys 9 – 18 years

Food Groups	Girl and Boys 9 – 13 years	Females 14 – 18 years	Males 14 – 18 years
Vegetables and Fruit	6	7	8
Grain Products	6	6	7
Milk and Alternatives	3 – 4	3 – 4	3 – 4
Meat and Alternatives	1 – 2	2	3

### Breakfast

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
1	2	1	1/2



1 cup / 250 mL milk or fortified soy beverage

1 banana  
1 tbsp. peanut butter

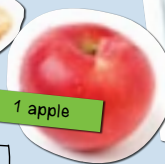


1 whole wheat tortilla

4 whole wheat crackers



1 apple



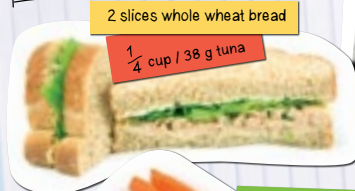
water

### Snack

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
1	1		

### Lunch

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
1	2	1	1/2



2 slices whole wheat bread

1/4 cup / 38 g tuna

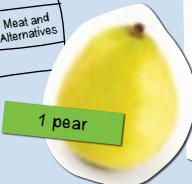
1 cup / 250 mL milk or fortified soy beverage



1/2 cup / 125 mL baby carrots

### Snack

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
1			



1 pear



water

### Supper

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
2	1	1	1



1 cup / 250 mL milk or fortified soy beverage



1/2 cup / 175 g chicken



1 slice of bannock



1/2 cup / 125 mL peas



1 cup / 250 mL salad

### Snack

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
1			1

1/2 cup / 125 mL blueberries

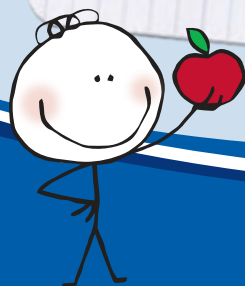


1 cup / 250 mL milk or fortified soy beverage



### Total Food Guide Servings for a 14 to 18 year old Female

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
7	6	4	2





## Sample Menu Plan

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<b>Theme/ Recipe</b>	Pizza	Turkey Chili	Stir Fry	Pasta theme	Wraps
<b>Ingredients</b>	<ul style="list-style-type: none"> <li>Whole wheat pizza crust; tomato sauce; ham or shrimp; green/red peppers; mushrooms; pineapple; mozzarella cheese</li> <li>Raw carrots and snow/snap peas</li> </ul>	<ul style="list-style-type: none"> <li>Chili: lean ground turkey, onions, baked beans, kidney beans, stewed tomatoes, frozen corn</li> <li>Bun</li> <li>Grated cheddar cheese</li> <li>Tossed green salad and vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>Sliced pork loin</li> <li>Frozen mixed Asian vegetables</li> <li>Teriyaki sauce</li> <li>Egg noodles</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Whole wheat pasta</li> <li>Tomato meat sauce (ground beef, tomato sauce, chopped or pureed onions, mushrooms, grated carrots)</li> <li>Cesar salad</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Egg or tuna salad</li> <li>Whole wheat wrap</li> <li>Raw broccoli, carrots, and celery and dip</li> <li>Milk</li> </ul>
<b>Does This Meal Include Food From 3 – 4 Food Groups?</b>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>

Note: when planning meals make sure to read food labels and follow the criteria recommendations for selecting healthy foods.

## Meal Planner

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<i>Theme/ Recipe</i>					
<i>Ingredients</i>					
<i>Does This Meal Include Food From 3 – 4 Food Groups?</i>	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives

## Top-notch Snacks

- Fresh fruit
- Chewy snack mix: dried apricots/raisins with nuts/seeds (if school permits)
- Yogurt tube or container of yogurt
- Canned fruit cup, no added sugar
- Crunchy snack mix: dried cereal, popcorn, crackers, pretzels
- Whole wheat crackers and cheese
- Raw veggies and dip
- Applesauce unsweetened
- 100% Dried fruit bar
- Homemade muffin\*
- Smoothie with milk, yogurt and frozen berries
- Smoothie with milk, ice and banana
- Raw veggies and dip/hummus
- Celery with peanut butter or almond butter topped with raisins
- Try frozen grapes
- Glass of milk and oatmeal\* cookies
- Strawberries, apple slices, or banana chunks with yogurt as dip
- Yogurt and granola

\* Baked goods should contain whole grains.

## C. Recreation and Community Facilities

Recreation and community facilities and environments are highly diverse. Recreational facilities range from small community-based recreational centres to larger venues that attract thousands of spectators and participants. They may be operated on a for-profit or a not-for-profit basis. In many instances, the food services within recreational centres are subcontracted to for-profit food service operators. Most facilities serve a diverse customer base of both adults and children. **Adult food choices should model healthy eating for children.** Food service operators can ensure that their menus contain a balance of food items, including healthier food options at competitive prices.

Recreational environments can include, but are not limited to events taking place in the community such as festivals, team sports, day camps, or summer camps.

### i) Recreational facilities and environments can provide healthy foods

#### What we know:

- Portion sizes for many foods exceed the serving sizes found in *Eating Well with Canada's Food Guide*.
- Foods that are not part of Canada's Food Guide are often high in sugar, unhealthy fat, and/or salt, and low in fibre and other important nutrients. These foods are commonly served in very large portion sizes.
- Children eat more food when they are served larger portion sizes.
- Drinking sweetened beverages replaces healthier choices such as milk, vegetables and fruit, which contain nutrients that build healthy bones and teeth.
- Small portions of energy-dense, nutrient poor foods should represent only a small portion of energy intake.

#### Recommendations:

- **Vegetables and fruit (raw, or prepared with little to no added fat, sugar or salt) should always be available.\***
- **Whole grain foods should always be available.**
- **Water should always be available. Milk (skim, 1%, 2%) and 100% fruit/vegetable juices should also be available.\***
- **Lean meat and poultry products, beans and lentils, and plain nuts should always be available.\***
- **Individual portion sizes should be consistent with *Eating Well with Canada's Food Guide*.**
- **Provide high fat, sugar and/or sodium (salt) snack items that provide on average no more than 100 kcal/individual serving**
  - 30 g for chips and crackers (1 cup/250 mL)
  - 30 g for high sugar cereal (1 cup/250 mL)
  - 20 g for beef jerky
  - 30 – 38 g for cookies and cereal bars
  - 20 g for chocolate bars and candy (1 mini)
  - 55 g for bakery items, including, but not limited to, pastries, muffins, and doughnuts
  - 85 g for frozen desserts, including, but not limited to, ice cream (frozen on a stick)
  - 237 mL for beverages (8 oz)
- **Adults should model healthy eating by choosing small portions of these snack items.**

*\*Where appropriate food service equipment is available.*



**Taking action:**

- Ensure the following beverages are always available:
  - water on tap or bottled, (plain, sparkling or flavoured (without sugar))
  - milk: skim, 1% or 2%, and
  - 100% fruit/vegetables juices
- Offer only small portion sizes of less healthy choices from the Choose Least Often category, small cans of soft drinks (237 mL/8 oz) or sport drinks (237 mL/8 oz).
- As new food service contracts are signed, ensure food service operators will include healthy food items on their menus.

**ii) Recreational facilities and environments can enhance access to safe, nutritious foods**

**What we know:**

- Food availability and accessibility are important predictors of food intake in children and youth.

- Ottawa Public Health and Ventrex Vending Services demonstrated that selling healthier snacks can be profitable, [www.opha.on.ca](http://www.opha.on.ca).

**Taking action:**

- Include healthy options from the Choose Most Often category in all vending machines.
- Place healthy food options where they can be seen.
- Display healthier foods alongside foods of similar types. For example, whole grain cereal bars next to chocolate bars and milk next to soft drinks.
- Display healthier food choices more prominently than less healthy food choices. For example, milk should be displayed at eye level with soft drinks positioned adjacent but just below.
- Do not charge a premium for healthier food options. A lower profit margin on healthier foods can be compensated for by an increased profit margin on less healthy foods.

**Recommendations:**

- Ensure that healthier food choices are competitively priced relative to less nutritious foods.
- All vending machines should contain healthy food options from the Choose Most Often category.

### iii) Recreational facilities and environments can create environments that support healthy food choices

#### What we know:

- A survey of arena patrons conducted in Ontario\* revealed that:
  - More than 90% of participants would like to have healthier options available for purchase in the arenas.
  - Convenience, cost and freshness were the three most important determinants of food purchases.

#### Recommendations:

- Healthier food options should be fresh, convenient, attractively packaged and prominently displayed.

#### Taking action:

- Package healthy foods attractively.
- Advertise the nutritional value of healthier food items.
- Establish an identifiable rating system to showcase nutrient-rich foods.
- As perishable items will require frequent monitoring to ensure freshness and safety, set up a tracking system for these foods.

\*[www.durhamlives.org](http://www.durhamlives.org)

### iv) Healthier food options for recreational facilities

#### 1. Beverages:

- Milk: skim, 1%, 2% and flavoured calcium and vitamin D fortified soy beverages
- Water: plain, sparkling, flavoured
- Juice: 100% real fruit/vegetable juices
- Soft drinks: diet

#### 2. Vegetables & Fruit:

- Fresh fruit
- Smoothies made from frozen fruit, milk and plain yogurt
- Vegetables with or without low-fat dips
- Baked potato wedges
- Tomato salsa as a dip

#### 3. Grain Products:

- Whole grain, low fat crackers (with or without cheese)
- Pretzels
- Whole grain cereal bars
- Puffed or baked snack chips
- Whole grain and corn snacks
- Whole grain bagels, muffins, breads, cereals
- Baked whole grain pita bread chips
- Popcorn

#### 4. Milk & Alternatives

- Milk: skim, 1% and 2%, calcium and vitamin D fortified soy beverages
- Fresh and frozen low-fat yogurt and cheese sticks
- Yogurt drinks

#### 5. Meat & Alternatives

- Trail mix (nuts, dried fruit and whole grain cereal)
- Plain unsalted nuts
- Beans, lentils and tofu products
- Nuts, soy nuts
- Ready-to-eat canned light tuna, packed in water
- Lean, low-salt, meats and poultry

#### 6. Mixed Meals

- Sushi
- Dahl with whole wheat naan or roti
- Whole wheat burritos and wraps with lean meats and vegetables
- Rice bowls with lean meats and vegetables
- Sandwiches on whole grain breads
- Chili, “Sloppy Joes” or hamburger soup served with a whole grain bun
- Pizza made with a whole grain crust, lean deli meats, vegetables and low-fat cheese

#### v) Recreational environments

- Coaches play a key role in influencing the food choices and eating habits of children and youth. Coaches should therefore have a practical, working knowledge of general and sports-specific nutrition.
  - Coaches are encouraged to take advantage of existing programs that provide nutrition instruction, such as those offered by the Sport Medicine Council of Alberta and/or the National Coaching Certification Program (NCCP).
  - The general and school nutrition guidelines contained in this document are very relevant for coaches.
- Boys or girls clubs, day camps and summer camps should follow the guidelines provided for childcare centres and schools, depending upon the age of the participants. Caregivers should be trained to ensure they are able to provide appropriate healthy food choices for children and youth and to model healthy eating behaviours themselves.

## Meal Plan — Features Daily Specials

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
<b>Theme/ Recipe</b>	Oriental Special	Rapp'n Wraps	Pizza Wheels	Hot Turkey and Monterey Jack Subs	Chili on a Spud	Hearty Soup and Bannock Biscuits	Burger and Wedgies
<b>Ingredients</b>	<p>Rice Bowls with:</p> <ul style="list-style-type: none"> <li>• Stir fried lean meat, poultry or fish</li> <li>• vegetables</li> </ul> <p>Served with a beverage of choice</p> <p>Provide a variety of fresh fruit options</p>	<p>Whole grain tortilla wrap with:</p> <ul style="list-style-type: none"> <li>• lean deli meats</li> <li>• shredded lettuce and carrots</li> <li>• sliced tomatoes and peppers</li> <li>• shredded cheese</li> </ul> <p>Served with a beverage of choice</p> <p>Provide a variety of fresh fruit options</p>	<p>Individual whole grain pizza flats (17 cm/7" dia.)</p> <ul style="list-style-type: none"> <li>• tomato sauce</li> <li>• shredded cheese</li> <li>• various chopped vegetables</li> <li>• lean deli meats (optional)</li> </ul> <p>Served with a beverage of choice</p> <p>Provide a variety of fresh fruit options</p>	<p>Whole grain sub bun (15 cm/ 6")</p> <ul style="list-style-type: none"> <li>• cooked turkey</li> <li>• Monterey Jack cheese, sliced</li> <li>• shredded lettuce</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• cranberry sauce or</li> <li>• salsa</li> </ul> <p>Served with a beverage of choice</p> <p>Provide a variety of fresh fruit options</p>	<p>Baked potato a medium size, split open</p> <ul style="list-style-type: none"> <li>• Chili*</li> <li>• shredded cheese</li> <li>• diced green onions (optional)</li> </ul> <p>Served with a beverage of choice</p> <p>Provide a variety of fresh fruit options</p>	<p>Hamburger Soup* Served with a Bannock Biscuit*</p> <p>Served with a beverage of choice</p> <p>Provide a variety of fresh fruit options</p>	<p>Whole grain bun Burger (beef, chicken, turkey, lamb or bison)</p> <ul style="list-style-type: none"> <li>• various toppings</li> </ul> <p>Baked Sweet Potato Wedges*</p> <p>Served with a beverage of choice</p> <p>Provide a variety of fresh fruit options</p>
<b>Does This Meal Include Food From 3 – 4 Food Groups?</b>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>✓ Vegetables &amp; Fruit</li> <li>✓ Grain products</li> <li>✓ Milk &amp; Alternatives</li> <li>✓ Meat &amp; Alternatives</li> </ul>

# Meal Planner

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Theme/ Recipe</b>							
<b>Ingredients</b>							
<b>Does This Meal Include Food From 3 – 4 Food Groups?</b>	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives	<input type="checkbox"/> Vegetables & Fruit <input type="checkbox"/> Grain products <input type="checkbox"/> Milk & Alternatives <input type="checkbox"/> Meat & Alternatives

# Glossary

## Nutrition Terms

### Energy dense foods

Energy density is the amount of energy (in kilocalories) per a given weight of food (in grams). Energy dense foods are often high in refined grains, added sugars, and added fats. Foods that are energy dense have been associated with increased energy intakes that can lead to weight gain.

### The total diet approach

Is the overall pattern of food that you eat on a regular basis. It is not about one food or one meal. It is about choosing to eat whole grains, vegetables and fruit, low fat milk and meat products most of the time and occasionally eating foods high in sugar, fat and sodium (salt), such as one choice, once a week.

### Nutrients

Are substances found in food, such as protein, fat, carbohydrate, vitamins and minerals, used by the body to function and promote growth.

### Nutrient poor foods

Can be defined as foods that have little or no beneficial nutrients such as fibre, vitamins and minerals and usually contain high amounts of sugar, fat and sodium (salt).

### 13 core nutrients

According to Health Canada's food regulations, manufacturers are required to provide Nutrition Facts information on all pre-packaged foods. The Nutrition Facts table is a standardized format that must list, per serving of the food, the amount of calories, and the 13 core nutrients: fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, protein, fibre, sugars, vitamin A, vitamin C, calcium and iron.

### % Daily Value

You will find the % Daily Value listed on the Nutrition Facts table. The % Daily Value is the amount of a nutrient, like calcium, that the food will provide your body with, compared to how much of that nutrient an average person eating 2000 calories a day needs each day. For example, if an average person needs 1,000 milligrams (mg) of calcium a day, and the food provides 33% Daily Value of calcium, then the food contains 300 mg of calcium.

### Trans fats

Processed trans fat is a specific type of fat formed when liquid fat, such as oils, are made into solid fats by the addition of hydrogen atoms, a process called hydrogenation. Small amounts of trans fats are found naturally in certain animal based foods such as milk and meat. Processed trans fat was originally added to foods to increase the shelf life of the food. Processed trans fat has been found to raise bad cholesterol levels and lower good cholesterol levels in your blood. This is not healthy for your heart.

### Saturated fats

A fat, most often of animal origin, that is solid at room temperature. Saturated fat has been found to raise bad cholesterol levels in your blood. This is not healthy for your heart.

### Unsaturated fats

A fat derived from plant and some animal sources, especially fish, that is liquid at room temperature. Unsaturated fat is found in olive and canola oil, flax seeds, peanuts, avocados, fish, seafood, nuts and sunflower seeds. Unsaturated fats have been found to lower bad cholesterol levels in your blood which is healthy for your heart.

### Antioxidants

An enzyme or other organic molecule, such as vitamins C and E, beta carotene and selenium, that reacts with oxygen to repair the damaging effects of unhealthy oxygen molecules, known as free radicals, in your body tissues. Antioxidants are commonly added to food products like vegetable oils and prepared foods to prevent or delay their deterioration from the action of oxygen in the air.

### Phytochemicals

These are chemicals found in plants, such as flavonoids or carotenoids. Phytochemicals are considered to have a beneficial effect on your health by reducing the build up of fatty deposits in your arteries. Research on phytochemicals continues to identify more and more components of plants that may help to reduce the risk of heart disease.

### Nut-aware Facility

Because nuts can cause severe life-threatening reactions your facility can become nut-aware by deciding to adopt guidelines to help ensure the safety of all children (and youth) in your care. The following are examples of statements that can be used to create a nut-aware facility:

- When packaging your child's lunch and snacks, please do not send foods that contain nuts or foods that were prepared in peanut oil.
- Before leaving home wash hands and face if nuts or nut products were eaten.
- Home baked goods should not contain nuts and should not be prepared where nuts are chopped or stored.
- Be especially careful if bringing food as a treat to share. Please enquire before sending/bringing food to share with everyone.



### Measurements

- tsp = teaspoon (1 tsp equals 5 mL)
- tbsp = tablespoon (1 tbsp equals 15 mL)
- L = litre
- mL = millilitre (1,000 millilitres equals 1 litre or approximately 4 cups)
- 1 cup = 8 fluid ounces or 250 mL

### Weights

- lb = pound
- oz = ounce (16 ounces equals 1 pound)
- kg = kilogram
- g = gram (1,000 grams equals 1 kilogram)
- mg = milligram (1,000 milligrams equals 1 gram)

### Symbols

- $\geq$  = greater than or equal to
- $\leq$  = less than or equal to
- $>$  = greater than
- $<$  = less than

### Abbreviations

- MF = Milk fat, the amount of fat in dairy products expressed as a percentage based on the total weight of the food.
- BF = Butter fat, or milkfat is the fat amount in milk. Milk and cream are often sold according to the amount of butterfat they contain.
- Kcal = Kilocalorie, a measure of the energy value in food and physical activity.

Kilocalorie is the accurate term for the commonly used abbreviation calorie.

If the calorie (Kcal) amount on the Nutrition Facts table is 100, then eating the food will provide your body with 100 Kcal of energy. Your body uses energy from the food you eat for healthy growth, to think, and move. When your body is provided with more energy than it needs it will store this excess energy as fat. Excess body fat is not healthy.

# Appendices



## Appendix A: Guidelines for Policy Development

The Alberta Nutrition Guidelines for Children and Youth contain best practices which may not all be achievable at once. It is recommended that groups use these guidelines to develop their own nutrition policies that integrate healthy eating into the framework of their organization. To develop a nutrition policy, follow these five steps:

### Step 1 — Form a Nutrition Action Committee

**Include representatives from all groups who will be affected by proposed changes. Look for champions — people who will be interested and excited about creating a healthier environment. Consider including the following individuals on your committee:**

- Parents
- Children and youth
- School/daycare/recreation centre administrators
- Teachers
- Daycare providers
- Food service providers and vendors
- Community dietitians
- School health nurse or community healthy nurse
- Health promotion/wellness co-ordinators
- Dental health staff

### Step 2 — Discuss the purpose and goals of your policy

Reflect on your priorities and capacity for change. Create your own vision statement. Consider the following questions:

- Why are nutrition policies important to our group?
- How will nutrition policies impact our environment?
- What are our goals?
- Where are we now? Where do we want to be?
- How much time, money, people and material will the change require?
- Will the change fit with our values and culture?
- How easy will the change be?
- How much risk does the change involve?
- Can the change be broken down to easy, manageable steps?
- What will determine our success?

### Step 3 — Write your nutrition policy

**The nutrition policies that you formulate should reflect the most important concerns of your group. Some of the issues you might want to address include:**

- Definition of a healthy food
- Variety
- Portion sizes
- Availability of, and access to safe, nutritious foods
- Supportive environments
- Adult modeling of healthy eating
- Vending machines
- Pricing
- Visibility and attractiveness of healthy foods
- Food safety
- Fundraising

## Step 4 — Develop a transition plan

It is important to allow enough time for children, youth, parents, and other stakeholders to adapt to changes. Stakeholders also need time to work with vendors on product changes, or to honour existing contracts. It is usually easiest to begin with small, simple initiatives and gradually introduce larger changes.

## Step 5 — Monitor and evaluate the change.

It is important to see if your efforts are making a difference. Monitoring what works and what does not, will help you to improve your policies over time. Always make sure that someone is responsible for monitoring policy.

### Questions for Children and Youth

- Are you aware of the nutrition policies?
- If you could change one thing about the food, what would it be?
- When you eat here, how do you feel about the choices you have made?
- If you could make one change to the nutrition policies, what would it be?

### Questions for Staff

- Are you aware of the nutrition policies?
- Have you noticed any changes in the behaviours of the children and youth since the policies were implemented?
- When you eat here, how do you feel about the choices you have made?
- If you could make one change to the nutrition policies, what would it be?

### Questions for Parents

- Are you aware of the nutrition policies?
- Do you allow your child to buy more food here because the choices are nutritious?
- Have you noticed any changes in your child's food habits since the nutrition policies were implemented?
- Would you like any parts of the nutrition policies changed?
- Do you feel more improvements could be made to the food sold or provided?

*Note: Groups may also want to follow this process to develop policies on other food-related issues such as managing allergies, chronic disease and food safety, etc.*

## Childcare Policy Example

The following is outlined in the **Licensing Standards and Best Practices in Child Care, April 2007, Alberta Children's Services, page 73:**

- Children receive meals and snacks at appropriate times. Morning and afternoon snacks each provide one serving from two or more of the basic food groups. Lunch includes one serving from each of the four food groups and children receive two servings of milk products daily.
- There is a defined method of informing parents of their responsibility (if required) to provide meals and snacks.
- The facility provides additional food and drinks to meet the requirements of Canada's Food Guide or a similar guideline if the meals and/or snacks provided by parents are not adequate.

The following was provided as an example of how one childcare facility provides information to the parents/caregivers of the children in their centre.

### Snacks and Lunches

**We believe that children need proper nutrition to be fully effective in their learning behaviour. Therefore we ask parents to send lunches according to Canada's Food Guide. If you do not include the four main food groups in your child's lunch the daycare is responsible to supplement the lunch and there will be additional costs.**

Morning and afternoon snack is provided by the daycare and follows Canada's Food Guide. Each week a snack menu is posted for parents on the bulletin board. Children may have breakfast at the daycare provided by the parent before 8 a.m. Children arriving after 8 a.m. will be encouraged to wait for snack.

A healthy diet provides the energy and essential nutrients that children need to grow. Our centre promotes healthy nutrition. For this reason we ask parents not to send fast food or junk foods.

## Example — School Food Policy

The following pages contain an example of a school food policy that was developed in 2009 and implemented by Lethbridge School District No. 51 and adopted February 23, 2010. It is important for all facilities and organizations to recognize that the policies that you may develop will be unique to your situations.

School

## LETHBRIDGE SCHOOL DISTRICT NO. 51

504.11 Healthy Nutritional Choices

Accepted: February 23, 2010

In order to enhance student learning in our schools, the Board authorizes the implementation of procedures that:

- a. ensure the provision of comprehensive nutritional health instruction,
- b. promote healthy eating habits among all students and staff, and
- c. mandate the sale and distribution of nutritious foods in schools.

### REGULATIONS

1. The primary reference for the provision, promotion, sale and distribution of food in schools shall be the Alberta Nutrition Guidelines for Children and Youth from which schools shall include foods from the choose most often and choose sometimes categories, and avoid foods from the choose least often category.
2. Schools must ensure that strategies are in place to foster the knowledge, skills and attitudes that promote healthy eating. In fulfilling this expectation, schools shall:
  - a. promote nutrition education and create an environment of positive food messages,
  - b. establish strong connections between nutrition education and foods available at the school,
  - c. schedule lunch that provides time for eating and recreation,
  - d. avoid the use of food items as rewards.
3. All school communities will examine their nutrition practices and provide opportunities, support and encouragement for staff and students to eat healthy foods. In fulfilling this expectation, schools shall:
  - a. choose healthy fundraising options,
  - b. create an environment where healthy foods are available, affordable and promoted as the best choice,
  - c. review options with food suppliers to maximize the nutritional value of the items,
  - d. limit the frequency of special days when food is offered,
  - e. be encouraged to model healthy nutritional practices.

As well, schools are encouraged to create their own health and wellness team that includes staff, parents, public health nurses and students with possible involvement from other health-related organizations.

4. Schools will promote healthy, reasonably priced food choices when food is sold or otherwise offered. In fulfilling this expectation, principals, in consultation with the school community, shall:
  - a. access expertise in the community through partnerships, programs, referrals etc.,
  - b. offer healthy foods in meal combinations in all places.

The Board delegates to the Superintendent the authority to develop the procedures necessary to implement this policy.



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## PROCEDURES

1. The provision, distribution and sale of foods include items offered for sale in vending machines, school stores and cafeterias, or in conjunction with fundraising activities and sporting events. It also includes items distributed through school snack programs, breakfast programs, hot lunch programs, food rewards, school-sponsored special events, celebrations, and ceremonies such as class parties, meet-the-teacher events, graduation banquets, staff luncheons and other similar events.
  2. It is not the intention to regulate snacks and lunches brought to school for personal consumption but staff and students are encouraged to make healthy food choices.
  3. Staff are strongly encouraged to promote healthy food choices during off-campus activities such as field trips and community activities.
  4. Principals are responsible to ensure that the policy is implemented according to the following schedule:
    - a. Elementary schools – September 2010
    - b. Middle schools – September 2010\*
    - c. High schools – September 2010\*
- \*Subject to current contract obligations that may require extensions on a case by case basis.
5. The Education Centre Leadership Team will support nutrition education and healthy eating by any or all of the following:
    - a. linking with Alberta Health Services, South Zone, on initiatives, updates, and resources regarding nutrition and healthy living,
    - b. coordinating information and in-services for District staff on food use in schools relating to cafeterias, stores and vending machines,
    - c. coordinating information and in-services for District staff on cross-curricular connections with health outcomes,
    - d. providing and modelling positive food messages,
    - e. disseminating research on nutrition education, and other information related to healthy eating,
    - f. participating in research projects and disseminating findings, such as promoting the best practices in healthy eating,
    - g. seeking and maintaining partnerships that reduce hunger across the District by increasing access to food programs to be provided in a non-stigmatizing manner.

## REFERENCES

- Alberta Nutrition Guidelines for Children and Youth
- Single Serving Packaged Food List: Supporting Nutrition Initiatives in Schools
- Health (K- 12) and CALM Programs of Study

## Recreation/Community Centre Policy

### Example

The following is provided as an example of a vending machine policy that could be used in a recreation/community centre.

#### Healthy Vending Machine Policy

This policy specifies that 100% of the food and beverage sold in vending machines in recreation centres and community centres meet the following nutrition standards based on the Alberta Nutrition Guidelines for Children and Youth. The policy also addresses advertising.

#### Beverages in each vending machine should be:

- Water
- Skim, 1% or 2% milk and fortified soy beverage
- Chocolate or other flavoured milk and fortified soy beverages, not containing more than 8 grams of added sugar per 250 mL serving
- 100% vegetable and fruit juice
- Fruit-based drinks containing at least 50% juice
- All other non-caloric beverages, including diet sodas
- Sports drinks less than or equal to 100 calories
- No greater than 12 ounces except for water, with a preference for juices and pop in small size portions (237 mL/8 ounces)

#### Fifty per cent of the snack foods in vending machines should meet all the following criteria per individual package:

- Total fat – 5 grams (g) or less
- Total saturated fat – 2 grams (g) or less
- Processed trans fat – 0 grams (g)
- Sodium – 200 milligrams (mg) or less
- Sugar – 10 grams (g) or less

The policy recommends that vending machine options contain items that include at least 2 grams of dietary fibre.

The policy recommends that items that meet nutrition criteria should not be priced higher than the items that do not meet the criteria outlined in the guidelines.

The policy stipulates that advertising on vending machines should include advertising only of beverages and foods that meet the criteria of the Choose Most Often food category from the Alberta Nutrition Guidelines for Children and Youth.

## Appendix B: Implementation Tools

### Understanding Food Labels<sup>1</sup>

**How can you use nutrition information on labels to make healthy choices for children and youth?**

**Reading nutrition information can help identify foods that contain:**

- healthy fats
- small amounts of sodium (salt) and sugar
- at least 2 grams of fibre.

**Nutrition information can be found in three places:**

- Nutrition Facts table
- ingredient list
- nutrition claims.

Nutrition Facts table is found on packaged foods. It provides nutrition information on total calories and 13 core nutrients based on the serving size.

**1** Serving Size is the amount of food that the nutrition information is based on. In this example, one serving of this food is 1 cup (55 g). Eating this amount will provide the amount of nutrients listed in the table.

**2** Fat tells how much total fat, saturated and trans fat is in one serving. Cholesterol tells how much cholesterol is in one serving. One serving of this food provides 2 grams of total fat and no saturated, trans fat or cholesterol.

**3** % Daily Value (%DV) puts nutrients on a scale from 0% to 100%. This tells if one serving is high or low in a nutrient.

- A food that has a % DV of 5% or less for fat, sodium or cholesterol would be low in these nutrients.
- A food that has a % DV of 20% or more for fat, sodium or cholesterol would be high in these nutrients.
- A food that has a % DV of 10% or less for saturated and trans fat would be low in these nutrients.

In this Nutrition Facts table shown below, one serving provides a small amount of fat — only three percent and no (0%) saturated or trans fat. This is a good example of a food with low fat content.

Ingredient lists tells you what ingredients are in a packaged food, listed from most to least. To choose foods low in fat look for foods that list the fat near the end of the ingredient list. To choose foods that have no processed trans fats, avoid foods that list “hydrogenated,” “partially hydrogenated,” or “shortening” in the ingredients list.

**For more information on label reading, refer to:**

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) or [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)

Nutrition Facts			
Per 1 cup (55 g)			
Amount	% Daily Value		
<b>Calories 218</b>			
<b>Fat 2 g</b>	<b>3 %</b>		
Saturated 0 g	0 %		
+ Trans 0 g			
<b>Cholesterol 0 mg</b>			
<b>Sodium 200 mg</b>	<b>8 %</b>		
<b>Carbohydrate 44 g</b>	<b>15 %</b>		
Fibre 8 g	32 %		
Sugars 12 g			
<b>Protein 6 g</b>			
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>		
<b>Calcium 4 %</b>	<b>Iron 40 %</b>		

## What's in the food you're serving? Tips for Making Sense of Food Labels<sup>2</sup>

Which pudding is a healthier choice?

### Product A

Nutrition Facts — Pudding cup	
Per 1 cup (99 g)	
Amount	% Daily Value
<b>Calories 100</b>	
<b>Fat 1 g</b>	<b>2 %</b>
Saturated 1 g + Trans 0 g	<b>5 %</b>
<b>Cholesterol 0 mg</b>	<b>0 %</b>
<b>Sodium 95 mg</b>	<b>4 %</b>
<b>Carbohydrate 23 g</b>	<b>8 %</b>
Fibre 1 g	<b>4 %</b>
Sugars 18 g	
<b>Protein 1 g</b>	
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>
<b>Calcium 2 %</b>	

or

### Product B

Nutrition Facts — Pudding cup	
Per 1 cup (99 g)	
Amount	% Daily Value
<b>Calories 110</b>	
<b>Fat 2 g</b>	<b>3 %</b>
Saturated 1 g + Trans 0.5 g	<b>8 %</b>
<b>Cholesterol 0 mg</b>	<b>0 %</b>
<b>Sodium 115 mg</b>	<b>5 %</b>
<b>Carbohydrate 22 g</b>	<b>7 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 16 g	
<b>Protein 2 g</b>	
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>
<b>Calcium 10 %</b>	

### Product C

Nutrition Facts — Yogurt	
Per 1 cup (100 g)	
Amount	% Daily Value
<b>Calories 100</b>	
<b>Fat 2 g</b>	<b>3 %</b>
Saturated 1 g + Trans 0 g	<b>7 %</b>
<b>Cholesterol 10 mg</b>	<b>3 %</b>
<b>Sodium 65 mg</b>	<b>3 %</b>
<b>Carbohydrate 15 g</b>	<b>5 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 14 g	
<b>Protein 5 g</b>	
<b>Vitamin A 2 %</b>	<b>Vitamin C 0 %</b>
<b>Calcium 15 %</b>	<b>Iron 2 %</b>
<b>Vitamin D 0 %</b>	<b>Vitamin B2 10 %</b>
<b>Vitamin B12 15 %</b>	<b>Phosphorus 10 %</b>
<b>Magnesium 6 %</b>	

### Answer

**Product B** would be a better pick than **Product A**. **Pudding B** offers **10% of your Daily Value for Calcium**. Use the **% Daily Value** to see if a food has a little or lot of a nutrient. **15% Daily Value** or more for calcium is a high source. Then compare the pudding cup to a yogurt cup. Yogurt offers **15% Daily Value for Calcium** in addition to B vitamins, phosphorus and magnesium.

## What's in the food you're serving? Tips for Making Sense of Food Labels<sup>2</sup>

Which one is a candy bar and which one is a granola bar?

### Product A

or

### Product B

Nutrition Facts			
Per 1 bar (23 g)			
Amount	% Daily Value		
<b>Calories 90</b>			
<b>Fat 1 g</b>	<b>2 %</b>		
Saturated 1 g	5 %		
+ Trans 0 g			
<b>Cholesterol 0 mg</b>	<b>0 %</b>		
<b>Sodium 95 mg</b>	<b>4 %</b>		
<b>Carbohydrate 18 g</b>	<b>6 %</b>		
Fibre 0 g	0 %		
Sugars 9 g			
Sorbitol 0 g			
Starch 9 g			
<b>Protein 1 g</b>			
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>		
<b>Calcium 2 %</b>	<b>Iron 2 %</b>		
<b>Thiamin 10 %</b>	<b>Riboflavin 10 %</b>		

Nutrition Facts			
Per 1 bar (34 g)			
Amount	% Daily Value		
<b>Calories 160</b>			
<b>Fat 6 g</b>	<b>10 %</b>		
Saturated 3 g	17 %		
+ Trans 0.1 g			
<b>Cholesterol 0 mg</b>	<b>0 %</b>		
<b>Sodium 85 mg</b>	<b>8 %</b>		
<b>Carbohydrate 24 g</b>	<b>3 %</b>		
Fibre 1 g			
Sugars 16 g			
Sugar Alcohol 0 g			
<b>Protein 2 g</b>			
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>		
<b>Calcium 2 %</b>	<b>Iron 2 %</b>		

### Product C

Nutrition Facts			
Per 1 bar (30 g)			
Amount	% Daily Value		
<b>Calories 140</b>			
<b>Fat 4 g</b>	<b>6 %</b>		
Saturated 2 g	13 %		
+ Trans 0 g			
<b>Cholesterol 5 mg</b>	<b>1 %</b>		
<b>Sodium 15 mg</b>	<b>1 %</b>		
<b>Carbohydrate 24 g</b>	<b>8 %</b>		
Fibre 1 g			
Sugars 22 g			
<b>Protein 1 g</b>			
<b>Vitamin A 2 %</b>	<b>Vitamin C 0 %</b>		
<b>Calcium 4 %</b>	<b>Iron 4 %</b>		

### Answer

**Product C** is the candy bar and **Products A and B** are both granola bars. **Product B** however has more calories and fat than the actual candy bar.

**Product A** would be a better choice as it has about 40% less calories, almost half of the sugar of **Product B**, more B vitamins and 4.5 grams less fat than **Product B**.

**For a better granola bar choice:** Choose a granola bar made with whole grains, with less than 3 grams of fat or less and at least 2 grams or more of fibre.

## Additional Resources

The lists below are intended to provide examples of organizations that provide supplemental information in specific areas. These lists are not exhaustive. It is imperative that childcare providers base their practice on the most up to date and reliable information available.

### Allergies

- Allergy Asthma Information Association, [www.aaia.ca](http://www.aaia.ca).
- Allergy Safe Communities, [www.allergysafecommunities.ca](http://www.allergysafecommunities.ca)
- Canadian School Boards Association, [www.cdnsba.org](http://www.cdnsba.org).  
Anaphylaxis: A Handbook for School Boards, 2001.
- Anaphylaxis Canada, [www.Safe4Kids.ca](http://www.Safe4Kids.ca) and [www.anaphylaxis.org](http://www.anaphylaxis.org)
- Calgary Allergy Network, [www.cadvision.com/allergy](http://www.cadvision.com/allergy)
- Canadian Food Inspection Agency, [www.inspection-gc.ca](http://www.inspection-gc.ca)
- Canadian Society of Allergy and Immunology, [csaci.medical.org](http://csaci.medical.org)
- Food Allergy and Anaphylaxis Network, [www.foodallergy.org](http://www.foodallergy.org)



## Healthy Recipes

- *my amazing little cook book*

Alberta Health

[www.healthyalberta.com](http://www.healthyalberta.com)

- *Better Food for Kids*

Author: Joanne Saab, RD and  
Daina Kalnins, RD

Publisher: Robert Rose Inc.

- *The Everything Kids Cookbook*

Author: Sandra K. Nissenberg, MS, RD

Publisher: Adams Media Corporation

- *The Healthy Start Kids Cookbook*

Author: Sandra K. Nissenberg, MS, RD

Publisher: John Wiley and Sons, Inc.

- *Canada's Best Cookbook for Kids with Diabetes*

Authors: Colleen Bartley and Doreen Yasui,  
RD, CDE published in cooperation with the  
Canadian Diabetes Association

Publisher: Robert Rose Inc.

- *First Nations Healthy Choice Recipes*

Publisher: Chinook Health Region and The Southern  
Alberta Aboriginal Diabetes Coalition

[www.communitykitchens.ca](http://www.communitykitchens.ca)

- *Kids Health – Recipes for Kids*

Includes vegetarian options, and recipes for kids  
with cystic fibrosis, diabetes, lactose intolerance,  
celiac disease.

Recipes reviewed by: Allison Brinkley, RD, LD/N,  
CNSD [www.kidshealth.org](http://www.kidshealth.org)

- *Dietitians of Canada – Simply Great Food : 250 quick, easy and delicious recipes*

Authors: Patricia Cheuy, MSc, RD, Eileen Campbell and Mary Sue Waisman, MSc, RD

Publisher: Robert Rose Inc.

Selected recipes available at:  
[www.dietitians.ca](http://www.dietitians.ca)

- *Dietitians of Canada – Cook Great Food*

Author: Dietitians of Canada

Selected recipes available at:  
[www.dietitians.ca](http://www.dietitians.ca)

- *Dietitians of Canada – Great Food Fast:*

Authors: Bev Callaghan, RD and Lynn Roblin, RD

Publisher: Robert Rose Inc.

Selected recipes available at:  
[www.dietitians.ca](http://www.dietitians.ca)

## Label Reading

- Health Canada: Nutrition Labelling  
[www.healthcanada.ca/nutrition](http://www.healthcanada.ca/nutrition)
- Health Canada: Nutrition Labelling...Get the Facts!  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Health Canada: Nutrition Labelling... Get the Facts! (First Nations and Inuit Focus) [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Health Canada: Nutrition Labelling Toolkit for Educators (Ready to go presentation):  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Health Canada: It's Your Health-Nutrition Labelling  
[www.hc-sc.gc](http://www.hc-sc.gc)
- Health Canada: Food and Nutrition – Consumer Resources: [www.hc-sc.gc](http://www.hc-sc.gc)
- Health Canada: Food and Nutrition- Ready-to-use-articles: sharing the nutrition facts: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Canadian Health Network: Does it belong in your grocery cart? The new food labels can help:  
[www.canadian-health-network.ca](http://www.canadian-health-network.ca)
- Canadian Diabetes Association and Dietitians of Canada: Healthy eating is in store for you  
[www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)

## Non-Food Rewards and Fundraising Ideas

<http://ucce.ucdavis.edu/files/filelibrary/284/28142.pdf>

<http://www.dpi.state.nd.us/child/rep/rewards.pdf>

[www.cnp.sde.state.ok.us/documents/FundraisingIdeas.pdf](http://www.cnp.sde.state.ok.us/documents/FundraisingIdeas.pdf)

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## Dental Health

[www.bced.gov.bc.ca/health/dental\\_health.pdf](http://www.bced.gov.bc.ca/health/dental_health.pdf)

[www.healthyteeth.org/](http://www.healthyteeth.org/)

[http://www.wrha.mb.healthinfo/preventill/oral\\_child.php](http://www.wrha.mb.healthinfo/preventill/oral_child.php)

[www.calgaryhealthregion.ca/programs/dental/rtyd.html](http://www.calgaryhealthregion.ca/programs/dental/rtyd.html)





## Appendix C: Frequently Asked Questions

### *Should I serve fresh, frozen, or canned vegetables and fruit?*

- Frozen and canned vegetables and fruit are healthy and convenient options.
- Frozen:
  - Some frozen vegetables have added spices and sauces. These may be higher in salt and fat. Check and compare the Nutrition Facts table on the package.
  - Choose frozen fruit that is unsweetened.
- Canned:
  - Canned vegetables usually contain added salt. To lower the salt content, these items can be rinsed and drained.
  - Canned fruit packed in fruit juice contains less added sugar than fruit packed in syrup.
- Purchasing local produce and fresh produce in-season can reduce costs of serving vegetables and fruit.

### *Is bottled water better than tap water?*

- Water is one of the best fluids to consume (and one of the cheapest).
- Some of the bottled water that is sold on the market may actually be tap water. Read the label. Through the distillation process for bottled water however, some nutrients may have been removed.
- Bottled water and tap water are both safe to drink if they meet the standards set for them. There is no assurance that water from the bottle is any safer than water from the tap.
- Children and youth should not have to pay for water.
- Portable water bottles need to be cleaned daily.

### *Should I serve butter or margarine?*

- Butter and margarine contain the same amount of calories and fat.
- If you choose to serve margarine, use only non-hydrogenated margarine.
- Both butter and margarine should be used sparingly.

### *What are healthy fat choices?*

- Calorie wise all fats are equal. One teaspoon of fat equals 4 grams and each gram is worth 9 calories. Trans fats (manufactured fats /hydrogenated vegetable oils) cause bad cholesterol to increase in your blood and healthy cholesterol to decrease. Saturated fats (mostly from animal sources) also increase bad cholesterol in your blood. “Mono” and “poly” unsaturated fats are healthy fats. These fats do not increase bad fat in your blood. Good examples of these fats are oils from plants, nuts and seeds.

### *Is chocolate milk a healthy choice?*

- Chocolate milk and white milk contain the same nutrients. The only difference is that chocolate milk is higher in sugar and salt.
- Low-fat milk should be served regularly.
- Children under two years of age should have whole/homogenized (3.25% MF) milk.

### *Are sports and energy drinks a good option?*

- Sports drinks, like fruit drinks and regular pop, are high in sugar and offer little or no nutrients.
- Sports drinks are specifically designed for glucose, fluid, and electrolyte replacement for endurance sports activities where excessive sweat loss occurs.
- Energy drinks are not recommended for children and youth. Refer to [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) to read Health Canada’s complete article *Safe Use of Energy Drinks*.

*Are healthy meals more expensive?*

- You can eat healthy food and save money. The following tips will help you save money **and** enjoy all the benefits that healthy foods offer.

**1.** Plan your organization's food needs

Write out a grocery list for the coming days or weeks. If you have all the items you need on hand, there will be no last minute menu changes, or extra shopping trips (which can cost time and money).

**2.** Use *Eating Well with Canada's Food Guide*

Your menu plan should be based on *Eating Well with Canada's Food Guide* to ensure well-balanced eating patterns.

**3.** Convenience costs

It always costs you money to have someone else do the extra steps. For example:

- Chicken pieces compared to whole chicken: Compare the price per kg for a whole chicken with the price per kg of pre-cut chicken pieces.
- Shredded cheese compared to a block of cheese: Do a price comparison per 100 g (some stores do this for you). Buying shredded cheese means you are paying someone else to do the shredding for you.
- Ready-to-drink orange juice compared to frozen orange juice concentrate: Again, you are paying someone else to add the water for you.

**4.** Buy in bulk

Warehouse packs and larger packages or containers are often cheaper on a per kilogram (kg) or per gram (g) basis.

**5.** Compare

Compare the price of different brands. Compare the ingredient lists. Often, the only difference is price.

**6.** Look for specials or sales on food items.

*Grocery cart price-comparison*

Grocery cart #1 has more food than grocery cart #2. A few careful choices can easily allow for healthier food selection and save money.

Nutritious Grocery Cart		Less Nutritious Grocery Cart	
Grocery Cart #1	Cost	Grocery Cart #2	Cost
Frozen orange juice – 355 mL	\$1.39	Orange crystals – 425 g	\$1.89
Banana – 1	\$0.30	Fruit roll-up – 130 grams	\$3.69
Apple – 1	\$0.69		
<i>Ingredients for home-made chicken pie</i>			
Chicken – 454 g	\$1.99	Frozen chicken pies	
Potatoes – 1 kg	\$1.05	(4 x 200 grams)	\$4.59
Carrots – 1 kg	\$1.15		
Onions – 250 g	\$0.51		
Frozen peas – 500 g	\$1.99		
Deli sliced ham – 200 g	\$1.94	Pre-packaged sliced ham – 200 g	\$2.60
<b>Total cost</b>	<b>\$11.01</b>	<b>Total cost</b>	<b>\$12.77</b>

*Meals and snack price-comparison*

Breakfast #1 contains more food choices from Canada's Food Guide than breakfast #2.

Nutritious Meal Plan		Less Nutritious Meal Plan	
Breakfast #1	Cost	Breakfast #2	Cost
½ cup milk	\$0.10	½ cup sweetened beverage	\$0.12
½ cup unsweetened whole grain cereal	\$0.14	1 piece white toast with jam	\$0.10
½ banana	\$0.15	½ apple	\$0.25

Snack #1	Cost	Snack #2	Cost
½ orange	\$0.22	Fruit snack	\$0.27

Lunch #1		Lunch #2	
½ cup milk	\$0.10	½ cup sweetened beverage	\$0.12
½ cup chicken vegetable soup	\$0.10	¼ cup macaroni dinner	\$0.07
½ whole wheat bannock bread	\$0.06	½ weiner	\$0.09
¼ cup unsweetened applesauce	\$0.16	¼ cup instant pudding	\$0.14
<b>Total cost</b>	<b>\$1.03</b>	<b>Total cost</b>	<b>\$1.16</b>

## A good lunch is not expensive

Lunch #1		Lunch #2	
Homemade lunch of meat and cheese		Small pre-packaged lunch meat and cheese	\$4.29*
– 22 g whole grain crackers	\$0.39		
– 38 g slice of low-fat deli turkey	\$0.81		
– 25 g slice of reduced-fat cheese	\$0.36		
Water, 1 bottle	\$0.00	1 can pop (8 oz/237 mL)	\$0.48*
113 g/½ cup unsweetened applesauce	\$0.41	1 package fruit-based candy	\$0.40*
125 g/½ cup small container of yogurt	\$0.64	Potato chips, 28 g – 30 g	\$0.50*
<b>Total cost</b>	<b>\$2.61</b>	<b>GST</b>	<b>\$0.28</b>
<b>Savings per meal (5.95 – 2.61)</b>	<b>\$3.34</b>	<b>Total cost</b>	<b>\$5.95</b>
<b>Savings per school year (200 days a year)</b>	<b>668.00</b>	*GST is charged on these items.	

Nutrients	
Lunch #1	Lunch #2
Higher in:	Higher in:
• Vitamin C	• Fat
• Protein	• Sugar
• Calcium	• Salt
• Vitamin A	
• Vitamin D	

Eating healthy doesn't have to always cost more. The two lunches compared show healthy eating can cost less. Prices are September 2011, Edmonton, Alberta.

**Costing:**

<b>Lunch #1</b>		
<i>Crackers</i>	<i>Deli turkey</i>	<i>Reduced-fat cheese, hard</i>
\$3.99/box; 225 g box 22 g crackers = \$0.39	\$2.14/100 g; one Canada Food Guide Serving = 75 g ÷ 2 = 38 g; $\frac{\$2.14}{100 \text{ g}} = \frac{\$ X}{38 \text{ g}}$ ; X = \$0.81	\$9.99/700 g; one Canada Food Guide Serving = 50 g ÷ 2 = 25 g; $\frac{\$9.99}{700 \text{ g}} = \frac{\$ X}{25 \text{ g}}$ ; X = \$0.36
<i>Apple Sauce</i>	<i>Yogurt</i>	
\$2.64/796 mL ; $\frac{\$2.64}{796 \text{ mL}} = \frac{\$ X}{125 \text{ mL}}$ ; X = \$0.41	\$3.86/750 mL; 125 g/½ cup for small serving; $\frac{\$3.86}{750 \text{ mL}} = \frac{\$ X}{125 \text{ mL}}$ ; X = \$0.64	

<b>Lunch #2</b>		
<i>Packed lunch meat, cheese and cracker meal</i>	<i>Pop</i>	<i>Packaged candy (fruit flavoured)</i>
\$4.29	\$5.79/12 = \$0.48 each; (also charges recycle of \$0.05/can not included in prices.)	\$3.99/10 = \$0.40 each
<i>Potato chips</i>		
\$8.99/18; \$0.50/each		

## Appendix D: References

### The Food Rating System

1. *Eating Well With Canada's Food Guide* © Her Majesty the Queen in Right of Canada, represented by the Minister of Healthy Canada, 2007.
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## Appendix B

1. Adapted with permission from *Fats and Your Health* — Calgary Health Region.
2. Adapted with permission from *What's in the Food You're Serving?* — Chinook Health Region.

## Appendix E: Eating Well With Canada's Food Guide

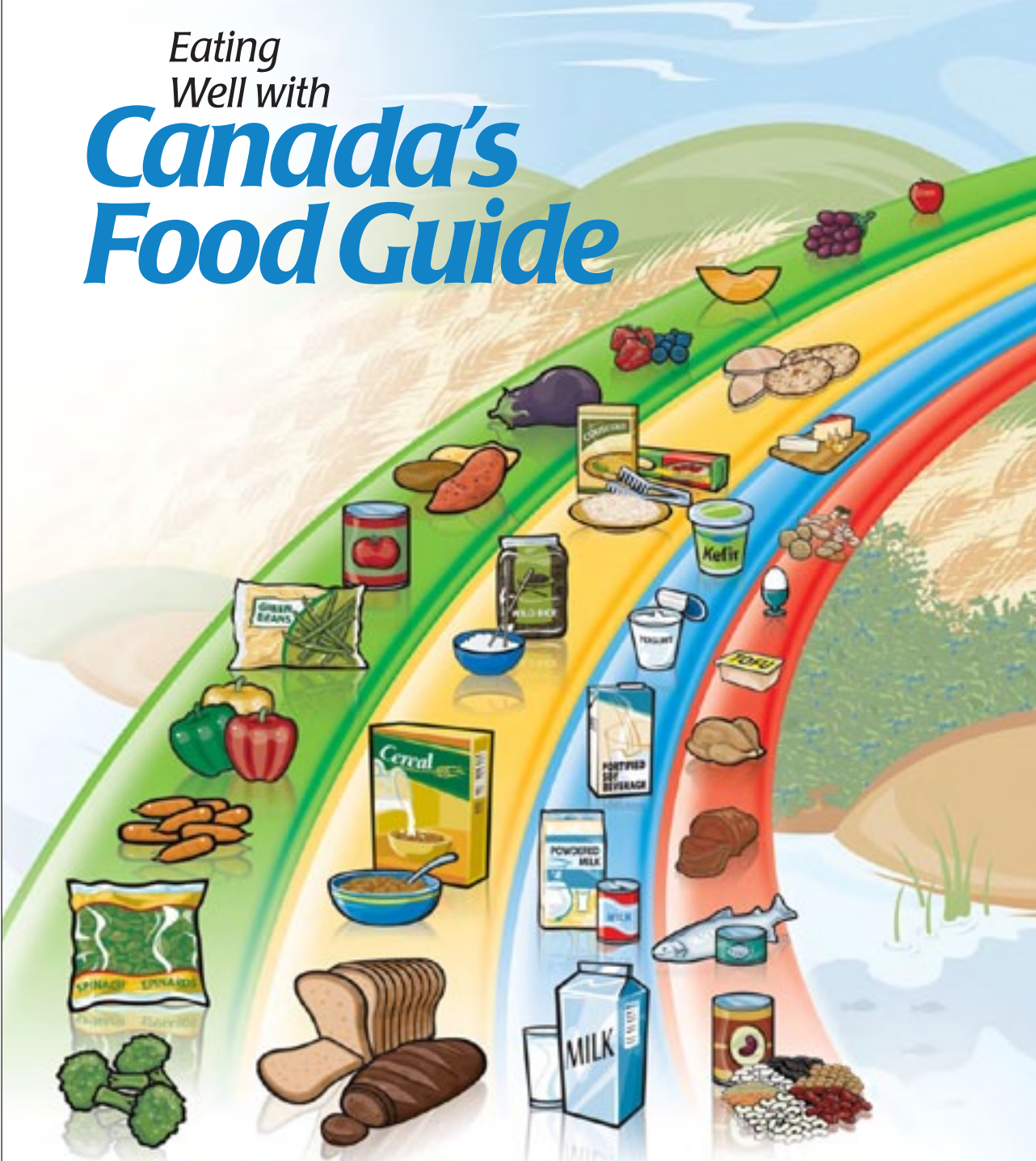



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# Eating Well with Canada's Food Guide



**Canada** 

### Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Sex			Females	Males	Females	Males	Females	Males
<b>Vegetables and Fruit</b>	4	5	6	7	8	7-8	8-10	7	7
<b>Grain Products</b>	3	4	6	6	7	6-7	8	6	7
<b>Milk and Alternatives</b>	2	2	3-4	3-4	3-4	2	2	3	3
<b>Meat and Alternatives</b>	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.





















Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.



## What is One Food Guide Serving?

Look at the examples below.

			
<b>Fresh, frozen or canned vegetables</b> 125 mL (½ cup)	<b>Leafy vegetables</b> Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)	<b>Fresh, frozen or canned fruits</b> 1 fruit or 125 mL (½ cup)	<b>100% Juice</b> 125 mL (½ cup)
			
<b>Bread</b> 1 slice (35 g)	<b>Bagel</b> ½ bagel (45 g)	<b>Flat breads</b> ½ pita or ⅓ tortilla (35 g)	<b>Cooked rice, bulgur or quinoa</b> 125 mL (½ cup)
			
<b>Milk or powdered milk (reconstituted)</b> 250 mL (1 cup)	<b>Canned milk (evaporated)</b> 125 mL (½ cup)	<b>Fortified soy beverage</b> 250 mL (1 cup)	<b>Yogurt</b> 175 g (¾ cup)
			
<b>Cooked fish, shellfish, poultry, lean meat</b> 75 g (2 ½ oz.)/125 mL (½ cup)	<b>Cooked legumes</b> 175 mL (¾ cup)	<b>Tofu</b> 150 g or 175 mL (¾ cup)	<b>Eggs</b> 2 eggs
			
<b>Peanut or nut butters</b> 30 mL (2 Tbsp)	<b>Shelled nuts and seeds</b> 60 mL (¼ cup)	<b>Cheese</b> 50 g (1 ½ oz.)	<b>Kefir</b> 175 g (¾ cup)

## Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarine that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

## ***Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!***

### ▶ **Eat at least one dark green and one orange vegetable each day.**

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

### ▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

### ▶ **Have vegetables and fruit more often than juice.**

### ▶ **Make at least half of your grain products whole grain each day.**

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

### ▶ **Choose grain products that are lower in fat, sugar or salt.**

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

### ▶ **Drink skim, 1% or 2% milk each day.**

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

### ▶ **Select lower fat milk alternatives.**

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

### ▶ **Have meat alternatives such as beans, lentils and tofu often.**

### ▶ **Eat at least two Food Guide Servings of fish each week.\***

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

### ▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**


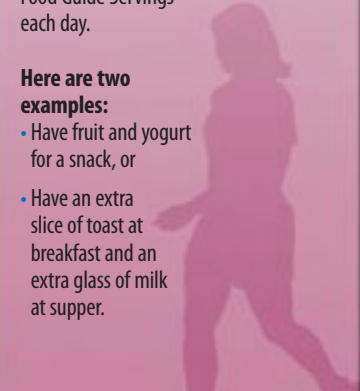

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



\* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to [www.healthcanada.gc.ca](http://www.healthcanada.gc.ca) for the latest information.



## Advice for different ages and stages...

Children	Women of childbearing age	Men and women over 50
<p>Following <i>Canada's Food Guide</i> helps children grow and thrive.</p> <p>Young children have small appetites and need calories for growth and development.</p> <ul style="list-style-type: none"> <li>• Serve small nutritious meals and snacks each day.</li> <li>• Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.</li> <li>• Most of all... be a good role model.</li> </ul> 	<p>All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing <b>folic acid</b> every day. Pregnant women need to ensure that their multivitamin also contains <b>iron</b>. A health care professional can help you find the multivitamin that's right for you.</p> <p>Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.</p> <p><b>Here are two examples:</b></p> <ul style="list-style-type: none"> <li>• Have fruit and yogurt for a snack, or</li> <li>• Have an extra slice of toast at breakfast and an extra glass of milk at supper.</li> </ul> 	<p>The need for <b>vitamin D</b> increases after the age of 50.</p> <p>In addition to following <i>Canada's Food Guide</i>, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).</p> 

## How do I count Food Guide Servings in a meal?



Here is an example:

### Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	=	2 <b>Vegetables and Fruit</b> Food Guide Servings
75 g (2 ½ oz.) lean beef	=	1 <b>Meat and Alternatives</b> Food Guide Serving
250 mL (1 cup) brown rice	=	2 <b>Grain Products</b> Food Guide Servings
5 mL (1 tsp) canola oil	=	part of your <b>Oils and Fats</b> intake for the day
250 mL (1 cup) 1% milk	=	1 <b>Milk and Alternatives</b> Food Guide Serving
1 apple	=	1 <b>Vegetables and Fruit</b> Food Guide Serving

## Eat well and be active today and every day!

### The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

### Be active

To be active every day is a step towards better health and a healthy body weight.

*Canada's Physical Activity Guide* recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

*Start slowly and build up.*

### Eat well

Another important step towards better health and a healthy body weight is to follow *Canada's Food Guide* by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

### Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

### Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Nutrition Facts	
Amount	% Daily Value
Per 0 mL (0 g)	
<b>Calories</b> 0	
<b>Fat</b> 0 g	0 %
Saturates 0 g	0 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
<b>Carbohydrate</b> 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
<b>Protein</b> 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

### Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!

For more information, interactive tools, or additional copies visit *Canada's Food Guide on-line at:*  
[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

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Également disponible en français sous le titre :  
 Bien manger avec le Guide alimentaire canadien

This publication can be made available on request on diskette, large print, audio-cassette and braille.

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- Alberta Health Services
- Public Health Agency of Canada, Health Canada
- First Nations Inuit Health Branch, Health Canada

This is a working document. Updates, new references and revisions will be made when necessary.

