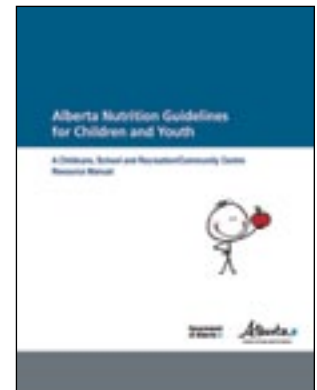
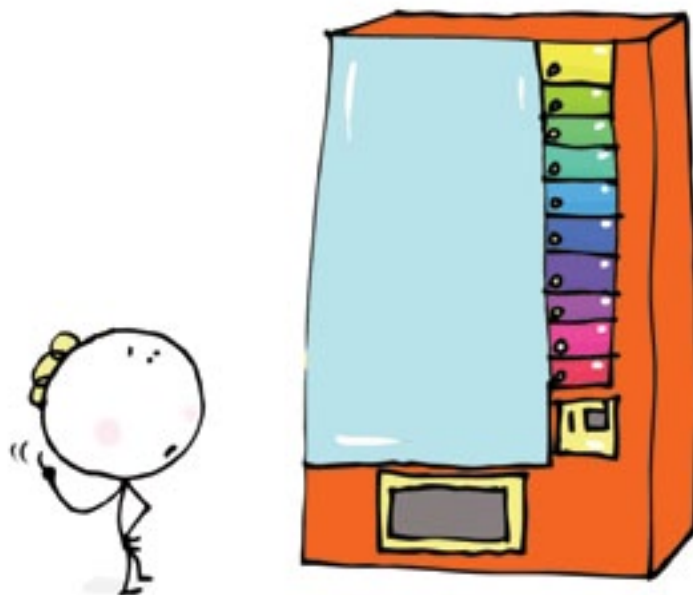


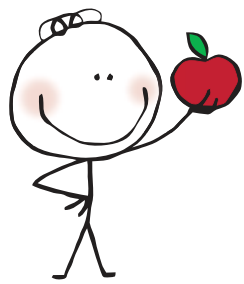
Healthy Eating for Children and Youth in Schools

A booklet to help you understand the Alberta Nutrition Guidelines for Children and Youth



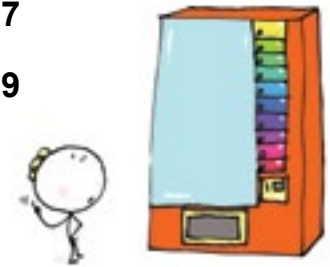
- ✓ **Easy to read**
- ✓ **Simple steps**
- ✓ **Everyday ideas**





What's inside this booklet?

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About this booklet

Who is this booklet for?

This easy to read booklet is for students, volunteers and others to support the use of the Alberta Nutrition Guidelines in schools.

- ☞ elementary schools
- ☞ junior high schools
- ☞ high schools
- ☞ multi-level schools



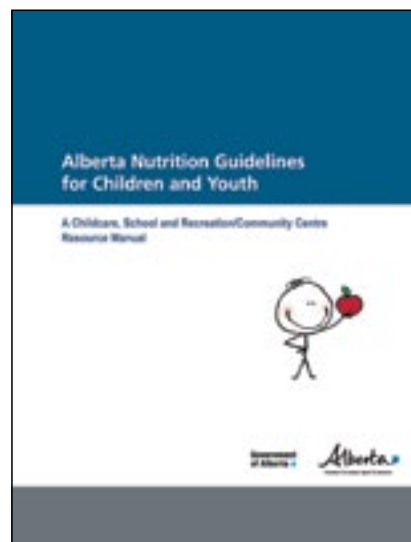
This booklet is also for parents and other people who are raising children.

Food guidelines for schools

Healthy food is important for children and youth. Schools can help children eat healthy food.

Schools can follow the *Alberta Nutrition Guidelines for Children and Youth*.

The guidelines are from the Alberta government. This booklet will help you understand these guidelines.



You can view and print a PDF of the guidelines (online only).
Go to: www.healthyalberta.com

Healthy food is important for children and youth

Why is healthy food important for children and youth?

☞ It helps their bodies grow. It helps to form strong teeth, bones and muscles.



☞ It helps their brains develop.



☞ It helps protect them against diseases now and in the future.

☞ It helps them have energy all day long.



☞ It helps them develop healthy eating habits for life.



Healthy bodies come in different sizes and shapes!

Schools can help children and youth eat healthy food

Many schools provide food for children and youth. For example:

☞ Some schools sell food and drinks in vending machines.



☞ Some schools have canteens, snack shacks or cafeterias.



☞ Some schools provide food and drinks at special events. For example: dances or sports events.

How can schools help children and youth eat healthy food?

① First, schools can learn how to identify healthy foods and drinks. For example:

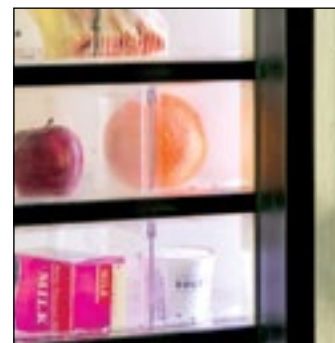
☞ In this booklet, you can practice reading food labels.

Nutrition Facts	
Per 1/2 cup (85 g)	
Amount	% Daily Value
Calories 60	
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	

INGREDIENTS: DURUM
WHOLE WHEAT SEMOLINA.

② Next, schools can make sure healthy foods and drinks are available. For example:

☞ In this booklet, you can learn how to make school nutrition policies for vending machines and snack shacks.

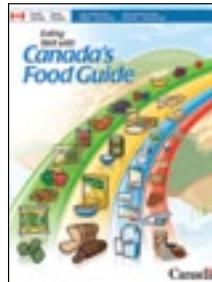


☞ Start with small changes.

Identify healthy food

✓ Use Canada's Food Guide (CFG)

Canada's Food Guide has 4 food groups. Look at the boxes below.



☞ Canada's Food Guide uses a colour for each food group. For example: yellow for grain products. Look for these 4 colours in this booklet.

☞ Watch for coloured checkmarks (✓) and circles (●).

Vegetables and fruit



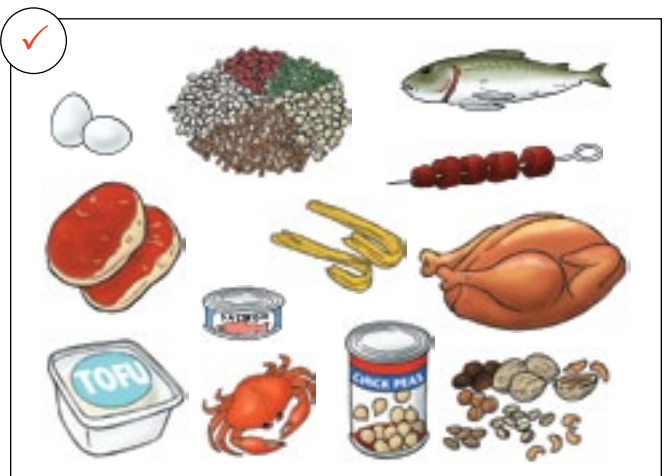
Milk and alternatives



Grain products



Meat and alternatives





Schools should help students follow Canada's Food Guide

At mealtime



☞ Encourage students to choose from all 4 food groups. For example:

Lunch

✓ cucumber		
✓ pita		
✓ milk		
✓ salmon		

At snacktime







☞ For snacks, encourage students to choose from 2 food groups. For example:

✓ berries		
✓ yogurt		

Every day

☞ Encourage students to choose a variety of food within each food group. For example:

Vegetables and fruit

✓ orange juice		
✓ leafy salad		
✓ raisins		
✓ carrots		
✓ apple		
✓ banana		



You can order copies of *Eating Well with Canada's Food Guide*. You can get the guide in English, French and other languages. There are also food guides for First Nations, Inuit and Métis. See page 47 of this booklet for more information.



✓ Learn about serving sizes

How many servings?

Canada's Food Guide (CFG) recommends the number of servings children and youth need to eat every day.

The number of servings is different for different ages.

Children ages 5 to 8

- Vegetables and fruit → 5 servings
- Grain products → 4 servings
- Milk and alternatives → 2 servings
- Meat and alternatives → 1 serving

Children ages 9 to 13

- Vegetables and fruit → 6 servings
- Grain products → 6 servings
- Milk and alternatives → 3 to 4 servings
- Meat and alternatives → 1 to 2 servings

Females, ages 14 to 18

- Vegetables and fruit → 7 servings
- Grain products → 6 servings
- Milk and alternatives → 3 to 4 servings
- Meat and alternatives → 2 servings

Males, ages 14 to 18

- Vegetables and fruit → 8 servings
- Grain products → 7 servings
- Milk and alternatives → 3 to 4 servings
- Meat and alternatives → 3 servings

Here is an example:



This 8 year old boy needs 5 servings of vegetables and fruit per day.



This 14 year old youth needs 8 servings of vegetables and fruit per day.



Note: Some students are very active. They may need more servings from all food groups.



How big is one serving?

In *Canada's Food Guide (CFG)*, different types of food have different serving sizes. Here are some examples:

One CFG serving of milk and alternatives

- 250 mL (1 cup) milk



- 175 mL (¾ cup) yogurt



- 50 g (1½ ounces) cheese



☞ Each food is a different amount. But they are all **one serving** of milk and alternatives.

One CFG serving of vegetables and fruit

- 1 small or medium fruit



- 125 mL (½ cup) fruit sauce



- 40 g (¼ cup) dried fruit



☞ Each food is a different amount. But they are all **one serving** of vegetables and fruit.

Use these icons

These icons will help you remember the serving sizes for different foods.



baseball = 250 mL (1 cup)



tennis ball = 175 mL (¾ cup)



hockey puck = 125 mL (½ cup)



2 golf balls = 60 mL (¼ cup)



2 erasers = 50 g (1½ ounces)

You will see the icons in this booklet. For example:

- One serving of cheese (50 g) is about the size of 2 erasers.



- One serving of dried fruit (¼ cup) is about the size of 2 golf balls.



✓ Read labels on food

Many foods come in packages, bags and boxes. In Canada, these packaged foods must have labels.

The labels have important information. For example, you can find a **Nutrition Facts table** and a **list of ingredients**.

What should you look for on labels?



It takes time to learn how to read labels. You will practice reading labels throughout this booklet.

Look at the Nutrition Facts table

The Nutrition Facts table shows important nutrients that are in the food. The table also shows how much of these nutrients are in the food.

For example:

- ☞ How much **fat** does this yogurt have?
- ☞ How much **sodium (salt)** does it have?
- ☞ How much **sugar** does it have?



Nutrition Facts	
Per 1/2 cup (175 mL)	
Amount	% Daily Value
Calories 80	
Fat 0.1 g	1 %
Saturated 0.2 g + Trans 0 g	1 %
Cholesterol 5 mg	
Sodium 110 mg	5 %
Carbohydrate 12 g	4 %
Fibre 0 g	0 %
Sugars 12 g	
Protein 8 g	
Vitamin A 0 %	Vitamin C 2 %
Calcium 30 %	Iron 0 %

What do the symbols mean?

- g = grams
- mg = milligrams
- mL = millilitres

Look at the serving size

The serving size is at the top of the Nutrition Facts table.

Nutrition Facts	
Per 10 crackers (20 g)	
Amount	% Daily Value
Calories 90	
Fat 3 g	5 %



Nutrition Facts are for one serving size. What is the serving size on this Nutrition Facts table?

Per 10 crackers (20 g)

☞ The serving size is 20 g.

Number of servings

Remember that *Canada's Food Guide (CFG)* recommends the number of servings people need to eat every day.

For example:

☞ Children ages 5 to 8 need 4 servings of grain products.



☞ Children ages 9 to 12 need 6 servings of grain products.



How big is one serving?

Canada's Food Guide recommends how big one serving should be. For example, one *CFG* serving of crackers is 20 to 25 g.

☞ Look at the serving size on the Nutrition Facts table above. Is the serving size about the same as the *CFG* serving size? **Yes.**

Always remember

Nutrition Facts are for **one serving**. But the serving size on the Nutrition Facts table may be different from the *CFG* serving size.

You will practice comparing serving sizes on pages 17, 21, 27 and 32.

What are Daily Values?

Daily Values give you information about the nutrients in one serving. The Daily Values are for **adults**.

Health Canada has an easy way to understand Daily Values:

☞ 5% Daily Value or less means the food has a little of this nutrient. 15% Daily Value or more means the food has a lot.

Does one serving of this oatmeal have a little or a lot of calcium? **A little.**

Daily Values for children and youth

Except for calcium and vitamin D, Daily Values on Nutrition Facts tables do not apply to children and youth.



Nutrition Facts	
Per 1/3 cup (30 g) uncooked	
Amount	% Daily Value
Calories 120	
Fat 2 g	3 %
Saturated 0.4 g + Trans 0 g	2 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 20 g	7 %
Fibre 3 g	11 %
Sugars 0 g	
Protein 4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%

Look at the list of ingredients

The order is important

Packaged foods have a list of ingredients. The order is very important. The first ingredient is the largest by weight.

Here is a list of ingredients for an apple drink.



INGREDIENTS: WATER, SUGAR, CONCENTRATED APPLE JUICE, MALIC ACID, NATURAL FLAVOUR, ASCORBIC ACID, COLOUR.

What is the first ingredient? **Water**. It is the largest ingredient by weight. Sugar is the second ingredient.

The type of ingredients is important

It is important to look at the type of ingredients in foods.

Is this macaroni made from 100% whole grain? **Yes.**



INGREDIENTS: DURUM WHOLE WHEAT SEMOLINA.

Is this macaroni made from 100% whole grain? **No.**



INGREDIENTS: ENRICHED WHEAT FLOUR.

✓ Use the Alberta Food Rating System

What is the Food Rating System?

The Alberta Food Rating System is part of the *Alberta Nutrition Guidelines for Children and Youth*. The Food Rating System puts foods into 3 groups:

- ➊ Choose Most Often
- ➋ Choose Sometimes
- ➌ Choose Least Often

Use the Food Rating System to choose foods that have:

- ➔ less fat
- ➔ less sugar
- ➔ less salt

Look at the examples below.

Choose Most Often group

There are many **Choose Most Often** foods. Here are some examples:



Choose Sometimes group

Examples:



Choose Most Often and **Choose Sometimes** foods can look the same. But **Choose Sometimes** foods have more fat, sugar or salt. Use the Food Rating System to make healthy choices.

Choose Least Often group

Examples:



Recommendations for foods served and sold in schools

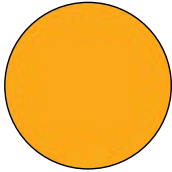
The Nutrition Guidelines have recommendations for foods and drinks that can be served and sold in schools. For example: in vending machines, snack shacks, canteens and cafeterias.

Note: Cafeterias should use **Choose Most Often** ingredients when they prepare food.

There are different recommendations for different types of schools. See below.

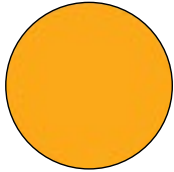
Elementary schools

100% of food should be from the **Choose Most Often** group.



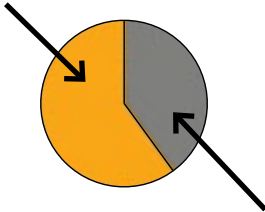
Multi-level schools

100% of food should be from the **Choose Most Often** group.



Junior high schools

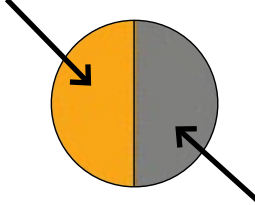
At least 60% of food should be from the **Choose Most Often** group.



Up to 40% of food can be from the **Choose Sometimes** group.

High schools

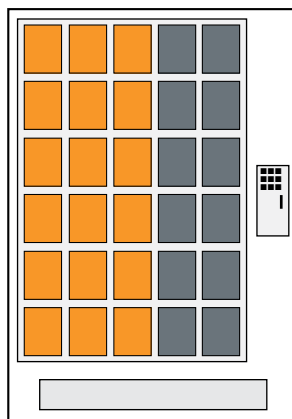
At least 50% of food should be from the **Choose Most Often** group.



Up to 50% of food can be from the **Choose Sometimes** group.

A sample vending machine for a junior high school

- ☞ 60% **Choose Most Often** foods
- ☞ 40% **Choose Sometimes** foods



On pages 14 to 39, you will learn how to use the Food Rating System. You will learn how to choose foods from the **Choose Most Often** group and the **Choose Sometimes** group.

Use the Food Rating System—choosing vegetables and fruit

- ☞ Pages 14 and 15 will help you choose vegetables and fruit from the **Choose Most Often** group.
- ☞ Page 16 will help you choose vegetables and fruit from the **Choose Sometimes** group.
- ☞ You will practice reading a label for vegetables and fruit on page 17.

The information on these pages is from the **Alberta Nutrition Guidelines for Children and Youth**.



Choose Most Often

100% fresh and dried

How big is one CFG serving?

- 1 small or medium vegetable or fruit



- 125 mL (½ cup) vegetables or fruit



- 40 g (¼ cup) dried fruit with no added sugar



- 250 mL (1 cup) leafy salad



Most fresh vegetables and fruit do not have labels. All fresh and dried vegetables and fruit are healthy!

Canned and frozen

How big is one CFG serving?

- 125 mL (½ cup) vegetables or fruit



- 125 mL (½ cup) fruit sauce



Read the label

The food should be 100% vegetables or fruit. One serving should have:

- ☞ no more than 100 mg of sodium
- ☞ no added sugar and no artificial sweeteners

Dried fruit or vegetable bars and snacks

How big is one CFG serving?

- 14 g dried fruit bar (or dried fruit and vegetable bar)



- 20 g dried fruit snacks



Read the label

The food should be 100% vegetables or fruit. One serving should have:

- ☞ no more than 100 mg of sodium
- ☞ no more than 20 g of sugars
- ☞ no added sugar and no artificial sweeteners

Juice

How big is one CFG serving?

- 125 mL (½ cup) juice



Read the label

The juice should be 100% juice. One serving should have:

- ☞ no more than 100 mg of sodium
- ☞ no added sugar and no artificial sweeteners

Tip: Check labels for artificial sweeteners. Some examples: aspartame, sorbitol, sucralose.

Baked with added fat

How big is one CFG serving?

- 50 g (½ cup) vegetables or fruit, baked from fresh or frozen



- 125 mL (½ cup) whole vegetable or fruit product



Read the label

One serving should have:

- ☞ no more than 5 g of fat
- ☞ no more than 2 g of saturated fat
- ☞ no trans fat
- ☞ no more than 100 mg of sodium
- ☞ no added sugar and no artificial sweeteners

Did you know? The Food Rating System uses the same serving sizes as *Canada's Food Guide*.

Choose Sometimes

Processed vegetables and fruit

How big is one CFG serving?

- 125 mL (½ cup) frozen or canned vegetables or fruit
- 125 mL (½ cup) juice
- 125 mL (½ cup) fruit sauce
- 40 g (60 mL or ¼ cup) dried fruit with added sugar
- 14 g fruit and vegetable bar
- 20 g dried fruit or vegetable snacks
- 125 mL (½ cup) vegetable or fruit product
- 250 mL (1 cup) salad
- 125 mL (½ cup or 50 g) baked vegetable or fruit product

Read the label

One serving should have:

- ☞ no more than 10 g of fat
- ☞ no more than 4 g of saturated fat
- ☞ no trans fat
- ☞ no more than 300 mg of sodium
- ☞ no more than 16 g of sugars* and no artificial sweeteners

Exception

* One serving of dried fruit or dried fruit/vegetable snacks must have less than 30 g of sugars.

Let's look at a label—vegetables and fruit



Apple sauce

Step 1: One *CFG* serving of fruit sauce is 125 mL (½ cup).

These Nutrition Facts are for 125 mL (½ cup).

Are the serving sizes the same? **Yes.**
This means it is easy to use the Food Rating System with this food.

Step 2: What does the Food Rating System recommend for fruit sauce? See page 14 for **Choose Most Often** and page 16 for **Choose Sometimes**.

Step 3: Now compare the Nutrition Facts for this apple sauce with the Food Rating System recommendations in Step 2. For example:

- ☞ Does this apple sauce have less than 100 mg of sodium (**Choose Most Often**)?
- ☞ Does it have less than 300 mg of sodium (**Choose Sometimes**)?

Finish comparing this apple sauce with the **Choose Most Often** and **Choose Sometimes** recommendations.

Nutrition Facts			
Per 1/2 cup (125 mL)			
Amount	% Daily Value		
Calories 50			
Fat 0.1 g	0 %		
Saturated 0 g	0 %		
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 2 mg	0 %		
Carbohydrate 14 g	5 %		
Fibre 2 g	8 %		
Sugars 13 g			
Protein 0.2 g			
Vitamin A	0 %	Vitamin C	35 %
Calcium	0 %	Iron	2 %

INGREDIENTS: APPLES, ASCORBIC ACID.

Is this fruit sauce 100% fruit? **Yes.**
There is no added sugar.

Step 4: This apple sauce is:

- a **Choose Most Often** food
- a **Choose Sometimes** food
- Neither

Use the Food Rating System—choosing grain products

- ☞ Pages 18 and 19 will help you choose grain products from the **Choose Most Often** group.
- ☞ Page 20 will help you choose grain products from the **Choose Sometimes** group.
- ☞ You will practice reading a label for grain products on page 21.

The information on these pages is from the **Alberta Nutrition Guidelines for Children and Youth**.



Choose Most Often

Whole grain cereal, breads and pasta

How big is one CFG serving?

- 35 g bread, bun, naan, roti, pita, wrap, pizza crust or baked bannock
- ½ bagel (45 g)
- 20 g to 25 g crackers
- 2 medium rice cakes
- 175 mL (¾ cup) or 175-190 g hot cereal
- 250 mL (1 cup) or 30 g cold cereal
- 125 mL (½ cup) cooked or 43 g uncooked grains or pasta



- 125 mL cooked (or 25 g uncooked) brown, wild or brown parboiled rice
- 125 mL (½ cup) cooked congee or polenta
- 500 mL (2 cups) air-popped popcorn



Read the label

One serving should have:

- ☞ no more than 3 g of fat
- ☞ no more than 1 g of saturated fat
- ☞ no trans fat
- ☞ no more than 140 mg of sodium
- ☞ 2 g of fiber or more
- ☞ no more than 8 g of sugars and no artificial sweeteners

Whole grain baked products

How big is one CFG serving?

- ½ muffin (35 g)
- 35 g quickbread
(For example: banana bread.)
- 30 to 38 g granola bar
or cookies
- 35 g pancake or waffle



Read the label

The baked food should be made with whole grains. One serving should have:

- ☞ no more than 5 g of fat
- ☞ no more than 2 g of saturated fat
- ☞ no trans fat
- ☞ no more than 200 mg of sodium
- ☞ 2 g of fiber or more
- ☞ no more than 10 g of sugars
and no artificial sweeteners

Baked whole grain products with vegetables and fruit

How big is one CFG serving?

- ½ muffin (35 g)
- 35 g quickbread
(For example: banana bread.)
- 30 to 38 g granola bar
or cookies
- 30 to 35 g (⅓ cup or 80 mL)
granola type cereal
- 35 g pancake
or waffle



Read the label

The baked food should be made with whole grains. One serving should have:

- ☞ no more than 5 g of fat
- ☞ no more than 2 g of saturated fat
- ☞ no trans fat
- ☞ no more than 200 mg of sodium
- ☞ 2 g of fiber or more
- ☞ no more than 12 g of sugars
and no artificial sweeteners

Choose Sometimes

Cereals and grain products and baked goods

How big is one CFG serving?

- 35 g bread, bun, naan, roti, pita, wrap or pizza crust
- 35 g muffin, quickbread, pancake or waffle
- 20 to 25 g crackers
- 30 to 38 g granola bar or cookies
- 125 mL cooked ($\frac{1}{2}$ cup) or 43 g uncooked rice, grains or pasta
- 175 mL ($\frac{3}{4}$ cup) or 175-190 g hot cereal
- 250 mL (1 cup) or 30 g cold cereal
- 500 mL (2 cups) popcorn (includes microwave popcorn)
- $\frac{1}{2}$ bagel (45 g)
- 30 to 35 g (80mL or $\frac{1}{2}$ cup) granola type cereal
- 2 medium rice cakes
- 125 mL ($\frac{1}{2}$ cup) congee or polenta

Read the label

One serving should have:

- ☞ no more than 10 g of fat
- ☞ no more than 4 g of saturated fat
- ☞ no trans fat
- ☞ no more than 300 mg of sodium
- ☞ no more than 16 g of sugars and no artificial sweeteners



Remember! The Food Rating System uses the same serving sizes as *Canada's Food Guide*.

Let's look at a label—grain products



Crackers

Step 1: One *CFG* serving of crackers is **20 to 25 g**.

These Nutrition Facts are for **20 g**.

Are the serving sizes about the same?
Yes. This means it is easy to use the Food Rating System with this food.

Step 2: What does the Food Rating System recommend for crackers?
 See page 18 for **Choose Most Often** and page 20 for **Choose Sometimes**.

Step 3: Now compare the Nutrition Facts for these crackers with the Food Rating System recommendations in Step 2. For example:

- ☞ Do these crackers have 3 g of fat or less (**Choose Most Often**)?
- ☞ Do they have 10 g of fat or less (**Choose Sometimes**)?

Finish comparing these crackers with the **Choose Most Often** and **Choose Sometimes** recommendations.

Nutrition Facts			
Per 10 crackers (20 g)			
Amount	% Daily Value		
Calories 90			
Fat 3 g			5 %
Saturated 0.5 g + Trans 0 g			3 %
Cholesterol 0 mg			
Sodium 120 mg			5 %
Carbohydrate 14 g			5 %
Fibre 2 g			8 %
Sugars 0 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	8 %

INGREDIENTS: WHOLE GRAIN WHEAT, SOYABEAN OIL, SALT.

Whole grain wheat is the first ingredient in the list.

Step 4: These crackers are:

- a **Choose Most Often** food
- a **Choose Sometimes** food
- Neither



Use the Food Rating System—choosing milk and alternatives

- ☞ Pages 22 to 24 will help you choose milk and alternatives from the **Choose Most Often** group.
- ☞ Pages 24 to 26 will help you choose milk and alternatives from the **Choose Sometimes** group.
- ☞ You will practice reading a label for milk and alternatives on page 27.

The information on these pages is from the **Alberta Nutrition Guidelines for Children and Youth**.



Choose Most Often

Milk

How big is one CFG serving?

- 250 mL (1 cup) milk (skim, 1% or 2% milk)



Read the label

One serving should have:

- ☞ no more than 5 g of fat
- ☞ no more than 3 g of saturated fat
- ☞ no more than 0.3 g of trans fat
- ☞ no more than 120 mg of sodium
- ☞ no more than 12 g of sugars and no artificial sweeteners
- ☞ 8 g of protein or more
- ☞ at least 30% DV of calcium
- ☞ at least 44% DV of vitamin D

Fortified soy beverage

How big is one CFG serving?

- 250 mL (1 cup) soy beverage



Read the label

One serving should have:

- ☞ no more than 5 g of fat
- ☞ no more than 1 g of saturated fat
- ☞ no trans fat
- ☞ no more than 120 mg of sodium
- ☞ no more than 9 g of sugars and no artificial sweeteners
- ☞ 6 g of protein or more
- ☞ at least 30% DV of calcium
- ☞ at least 44% DV of vitamin D

Yogurt or kefir (from milk)

How big is one CFG serving?

- 175 mL
(¾ cup)



Read the label

One serving should have:

- ☞ no more than 3 g of fat
- ☞ no more than 2 g of saturated fat
- ☞ no more than 0.3 g of trans fat
- ☞ no more than 120 mg of sodium
- ☞ no more than 12 g of sugars and no artificial sweeteners
- ☞ 6 g of protein or more
- ☞ at least 15% DV of calcium

Soygurt (like yogurt but made from soy)

How big is one CFG serving?

- 175 mL
(¾ cup)



Read the label

One serving should have:

- ☞ no more than 3 g of fat
- ☞ no more than 1 g of saturated fat
- ☞ no trans fat
- ☞ no more than 50 mg of sodium
- ☞ no more than 9 g of sugars and no artificial sweeteners
- ☞ 6 g of protein or more
- ☞ at least 15% DV of calcium

Cottage cheese

How big is one CFG serving?

- 125 mL
(½ cup or 115 g)



Read the label

One serving should have:

- ☞ no more than 5 g of fat

- ☞ no more than 3 g of saturated fat
- ☞ no more than 0.5 g of trans fat
- ☞ no more than 120 mg of sodium
- ☞ 8 g of protein or more

Remember! The Food Rating System uses the same serving sizes as *Canada's Food Guide*.

Hard or soft cheese (from milk)

How big is one CFG serving?

● 50 g



Read the label

One serving should have:

- ☞ no more than 10 g of fat
- ☞ no more than 6 g of saturated fat
- ☞ no more than 0.5 g of trans fat
- ☞ no more than 350 mg of sodium for hard
- ☞ no more than 200 mg of sodium for soft
- ☞ 8 g of protein or more

Fortified soya loaf and slices (like cheese)

How big is one CFG serving?

● 50 g



Read the label

One serving should have:

- ☞ no more than 5 g of fat
- ☞ no more than 1 g of saturated fat
- ☞ no trans fat
- ☞ no more than 350 mg of sodium
- ☞ 6 g of protein or more

Choose Sometimes

Flavoured milk

How big is one CFG serving?

● 250 mL (1 cup)
skim, 1% or 2%



Read the label

One serving should have:

- ☞ no more than 6 g of fat
- ☞ no more than 4 g of saturated fat

- ☞ no more than 0.3 g of trans fat
- ☞ no more than 200 mg of sodium
- ☞ no more than 21 g of sugars and no artificial sweeteners
- ☞ 5 g of protein or more
- ☞ at least 30% DV of calcium
- ☞ at least 44% DV of vitamin D

Yogurt, yogurt drink, cottage cheese

How big is one CFG serving?

- 175 mL ($\frac{3}{4}$ cup) yogurt
- 200 mL (0.8 cup) yogurt drink
- 125 mL ($\frac{1}{2}$ cup) cottage cheese

Read the label

One serving should have:

- ☞ no more than 5 g of fat

- ☞ no more than 3 g of saturated fat
- ☞ no more than 0.3 g trans fat
(cottage cheese: up to 0.5 g)
- ☞ no more than 120 mg of sodium
(cottage cheese: up to 350 mg)
- ☞ no more than 20 g of sugars and
no artificial sweeteners
- ☞ 5 g of protein or more

Hard or soft cheese (from milk)

How big is one CFG serving?

- 50 g

Read the label

One serving should have:

- ☞ no more than 20 g of fat
- ☞ no more than 10 g of saturated fat
- ☞ no more than 0.5 g of trans fat
- ☞ no more than 450 mg of sodium
for hard cheese
- ☞ no more than 350 mg of sodium
for soft cheese
- ☞ 6 g of protein or more

Pudding (from milk)

How big is one CFG serving?

- 125 mL ($\frac{1}{2}$ cup)

Read the label

One serving should have:

- ☞ no more than 3 g of fat
- ☞ no more than 2 g of saturated fat
- ☞ no more than 0.3 g of trans fat
- ☞ no more than 200 mg of sodium
- ☞ no more than 20 g of sugars and
no artificial sweeteners
- ☞ 4 g of protein or more
- ☞ at least 10% DV of calcium

Flavoured soy beverage

How big is one CFG serving?

- 250 mL (1 cup)

Note: The soy beverage must be **fortified**.

Read the label

One serving should have:

- ☞ no more than 6 g of fat
- ☞ no more than 1 g of saturated fat

- ☞ no trans fat
- ☞ no more than 150 mg of sodium
- ☞ no more than 20 g of sugars and no artificial sweeteners
- ☞ 5 g of protein or more
- ☞ at least 30% DV of calcium
- ☞ at least 44% DV of vitamin D

Soygurt (like yogurt but made from soy)

How big is one CFG serving?

- 175 mL (¾ cup)

Read the label

One serving should have:

- ☞ no more than 5 g of fat
- ☞ no more than 1 g of saturated fat
- ☞ no trans fat
- ☞ no more than 120 mg of sodium
- ☞ no more than 20 g of sugars and no artificial sweeteners
- ☞ 5 g of protein or more
- ☞ at least 15% DV of calcium

Fortified soya loaf and slices (like cheese)

How big is one CFG serving?

- 50 g

Read the label

One serving should have:

- ☞ no more than 8 g of fat
- ☞ no more than 2 g of saturated fat
- ☞ no trans fat
- ☞ no more than 400 mg of sodium
- ☞ 6 g of protein or more

Let's look at a label—milk and alternatives



Chocolate milk

Step 1: One *CFG* serving of milk is **1 cup (250 mL)**.

These Nutrition Facts are for **1 cup (250 mL)**.

Are the serving sizes the same? **Yes.**

Step 2: What does the Food Rating System recommend for flavoured milk? See page 24 for **Choose Sometimes**. Flavoured milk is not a **Choose Most Often** food.

Step 3: Now compare the Nutrition Facts for this chocolate milk with the Food Rating System recommendations in Step 2. For example:

☞ Does this milk have 21 g of sugars or less?

Finish comparing this milk with the **Choose Sometimes** recommendations.

Nutrition Facts			
Per 1 cup (250 mL)			
Amount	% Daily Value		
Calories 170			
Fat 5 g	8 %		
Saturated 3 g	19 %		
+ Trans 0.2 g			
Cholesterol 25 mg			
Sodium 200 mg	8 %		
Carbohydrate 23 g	8 %		
Fibre 1 g	4 %		
Sugars 21 g			
Protein 9 g			
Vitamin A 10%	Vitamin D 45%		
Calcium 30%	Iron 4%		

INGREDIENTS: PARTLY SKIMMED MILK, SUGAR, COCOA POWDER, SALT, CARRAGEENAN, COLOUR, ARTIFICIAL FLAVOUR, VITAMIN A PALMITATE, VITAMIN D3.

This chocolate milk has added sugar and salt.

Step 4: This chocolate milk is:

- a **Choose Most Often** food
- a **Choose Sometimes** food
- Neither

Use the Food Rating System—choosing meat and alternatives

- ☞ Pages 28 to 30 will help you choose meat and alternatives from the **Choose Most Often** group.
- ☞ Page 31 will help you choose meat and alternatives from the **Choose Sometimes** group.
- ☞ You will practice reading a label for meat and alternatives on page 32.

The information on these pages is from the **Alberta Nutrition Guidelines for Children and Youth**.



Examples of meats

- ✓ beef
- ✓ pork and ham
- ✓ lamb
- ✓ bison
- ✓ wild game (wild meat)*
For example: deer, elk, rabbit.



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

Examples of fish

- ✓ tuna
- ✓ salmon
- ✓ cod
- ✓ mackrel
- ✓ herring
- ✓ sardines
- ✓ shrimp
- ✓ crab
- ✓ squid



Examples of poultry

- ✓ chicken
- ✓ turkey
- ✓ duck
- ✓ goose



Examples of alternatives

- ✓ eggs
- ✓ legumes
- ✓ tofu
- ✓ nuts



Remember! The Food Rating System uses the same serving sizes as *Canada's Food Guide*.

Choose Most Often

Meat, fish and poultry

How big is one CFG serving?

- 75 g (2.5 ounces) cooked or canned meat, fish or poultry



- 125 mL (½ cup) ground cooked meat or poultry



Read the label

One serving should have:

- ☞ no more than 10 g of fat
- ☞ no more than 3 g of saturated fat
- ☞ no more than 0.5 g trans fat
- ☞ no more than 200 mg of sodium
- ☞ 14 g of protein or more

Tip: Choose **lean** meats. Cut off extra fat before you cook the meat. Drain off fat after you cook the meat.

Deli meats (luncheon meats)

Here are some examples of deli meats:

- ☞ sliced sandwich meat
- ☞ sausage

How big is one CFG serving?

- 75 g (2.5 ounces) or 125 mL (½ cup) cooked



Read the label

One serving should have:

- ☞ no more than 5 g of fat
- ☞ no more than 3 g of saturated fat
- ☞ no more than 0.5 g trans fat
- ☞ no more than 350 mg of sodium
- ☞ 10 g of protein or more

Tip: Watch out for salt and fat in deli meats. Too much salt and fat are not healthy.

Alternatives

How big is one CFG serving?

- 2 eggs



- 175 mL (¾ cup) legumes (soaked, cooked or canned)



- 175 mL (¾ cup or 150 g) tofu



- Nuts and seeds, plain and unsalted
For example:

- about 20 almonds (60 mL or 36 g)



- about 10 walnuts or pecans (25 g)



- About 46 peanuts (60 mL or 37 g)



- 30 mL (2 tbsp.) nut butter (For example: peanut, cashew, or almond butter.)



Read the label

One serving should have:

- ☞ no more than 10 g of fat*
- ☞ no more than 3 g of saturated fat
- ☞ no more than 0.5 g of trans fat
- ☞ no more than 200 mg of sodium**
- ☞ no added sugar and no artificial sweeteners
- ☞ 6 g of protein or more

Exceptions

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

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

Note: Some students may be allergic to peanuts or nuts. Does your school have a food allergy policy?

Choose Sometimes

Meat, fish and poultry

How big is one serving?

- 75 g (2.5 oz.) cooked or canned
- 125 mL (½ cup) ground cooked

Read the label

One serving should have:

- ☞ no more than 10 g of fat
- ☞ no more than 6 g of saturated fat
- ☞ no more than 0.5 g of trans fat
- ☞ no more than 400 mg of sodium
- ☞ 7 g of protein or more

Deli meats

How big is one serving?

- 75 g (2.5 ounces)
or 125 mL (½ cup) cooked

Read the label

One serving should have:

- ☞ no more than 10 g of fat
- ☞ no more than 6 g of saturated fat
- ☞ no more than 0.5 g of trans fat
- ☞ no more than 500 mg of sodium
- ☞ 7 g of protein or more

Alternatives

How big is one serving?

- 2 eggs
- 175 mL (¾ cup) legumes (soaked, cooked or canned)
- 175 mL (¾ cup or 150 g) tofu
- Nuts and seeds
For example:
 - about 20 almonds (36 g)
 - about 10 walnuts or pecans (25 g)
- About 46 peanuts (60 g or 37 g)
- 30 mL (2 tbsp.) nut butter (For example: peanut, cashew, or almond butter.)

Read the label

One serving should have:

- ☞ no more than 10 g of fat*
- ☞ no more than 6 g of saturated fat
- ☞ no more than 0.5 g of trans fat
- ☞ no more than 400 mg of sodium
- ☞ no more than 3 g of sugars and no artificial sweeteners
- ☞ 3 g of protein or more

Exception

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

Let's look at a label—meat and alternatives

Almonds



Step 1: One *CFG* serving of almonds is **36 g** (about 20 almonds).

These Nutrition Facts are for **60 g**.

Are the serving sizes the same? **No**.
This means you have to do some math.

$$36 \div 60 = .6$$



One *CFG* serving of almonds is **0.6** times the serving size for these Nutrition Facts.

Step 2: What does the Food Rating System recommend for almonds?
See page 30 for **Choose Most Often** and page 31 for **Choose Sometimes**.

Nutrition Facts	
Per 1 package (60 g)	
Amount	% Daily Value
Calories 320	
Fat 19 g	29 %
Saturated 2 g	10 %
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 23 g	8 %
Fibre 5 g	24 %
Sugars 3 g	
Protein 13 g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 15%

INGREDIENTS: ALMONDS.

Step 3: Compare the Nutrition Facts for these almonds with the Food Rating System recommendations in Step 2.

Remember, the serving size on this package of almonds is more than the *CFG* serving size. You must multiply the numbers on the Nutrition Facts table by **0.6**.

One *CFG* serving of these almonds has:

- ☞ no added fats
- ☞ no trans fat, no sodium, no added sugar and no artificial sweeteners
- ☞ 7.8 g of protein (13 g x 0.6 = 7.8 g)

Step 4: These almonds are:

- a **Choose Most Often** food
- a **Choose Sometimes** food
- Neither

Use the Food Rating System —choosing packaged mixed dishes

Some packaged foods have ingredients from more than one food group. These foods are called mixed dishes.

For example:

- ☞ burritos
- ☞ casseroles
- ☞ frozen dinners
- ☞ pizzas
- ☞ sandwiches
- ☞ smoothies
- ☞ soups



The Food Rating System has recommendations for packaged mixed dishes. The Food Rating System uses 3 groups of mixed dishes:

- ❶ meat, fish or poultry based
- ❷ vegetarian based
- ❸ soups

The recommendations look like Nutrition Facts tables.

Look at the example on the right.



On pages 34 to 39, you will practice using the Food Rating System for mixed dishes.

Note: The tables for mixed dishes are at the back of this booklet.

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

Here is a table from the Food Rating System in the *Alberta Nutrition Guidelines for Children and Youth*.

The table is for Choose Most Often mixed dishes with 200 to 299 calories.

The table uses these symbols:

- ≥ greater than or equal to
- ≤ less than or equal to

Let's look at a label—packaged mixed dishes



Pasta and vegetable dinner

Step 1: The Food Rating System uses 3 groups of mixed dishes:

- ❶ meat, fish or poultry based
- ❷ vegetarian based
- ❸ soups

☞ Which group is this frozen dinner in?

vegetarian based group



Step 2: Read the Nutrition Facts for this pasta and vegetable dinner.

☞ How many calories does this mixed dish have?

340 calories



Nutrition Facts

Per 1 tray (300 g)

Amount	% Daily Value
--------	---------------

Calories 340

Fat 8 g	8 %
---------	-----

Saturated 3 g + Trans 0.2 g	19 %
--------------------------------	------

Cholesterol 10 mg	
-------------------	--

Sodium 420 mg	8 %
---------------	-----

Carbohydrate 52 g	8 %
-------------------	-----

Fibre 9 g	4 %
-----------	-----

Sugars 6 g	
------------	--

Protein 15 g	
--------------	--

Vitamin A 15%	Vitamin C 45%
---------------	---------------

Calcium 20%	Iron 35%
-------------	----------

Note: This mixed dish has grains. It must have a **whole grain** for the food to be **Choose Most Often**.

INGREDIENTS: COOKED WHOLE WHEAT PENNE PASTA (WATER, WHOLE DURUM WHEAT SEMOLINA), TOMATOES (CONTAIN TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), ROASTED VEGETABLES (RED AND YELLOW BELL PEPPERS, ZUCCHINI, RED ONIONS, YELLOW SQUASH), WATER, CONCENTRATED TOMATO PASTE, PARMESAN CHEESE (PARTLY SKIMMED MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES, CELLULOSE), CARROTS, MUSHROOMS, EXTRA VIRGIN OLIVE OIL, MODIFIED CORN STARCH, GARLIC, WHITE VINEGAR, HERBS AND SPICES, SALT.

Continued ☞

Step 3: Now you must use the tables for mixed dishes. You can find them in the Nutrition Guidelines or at the back of this booklet.

☞ You need the 2 tables for a vegetarian based mixed dish with 300 to 399 calories.

Here are the 2 tables.

Choose Most Often

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 300 – 399	
Fat ≤ 10 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
Sodium ≤ 700 mg	
Carbohydrate	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
Protein ≥ 10 g	

Choose Sometimes

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 300 – 399	
Fat ≤ 15 g	
Saturated ≤ 6 g	
+Trans ≤ 0.75 g	
Sodium ≤ 900 mg	
Protein ≥ 7 g	

Step 4: Compare the Nutrition Facts for the pasta dinner with the recommendations in the 2 tables above. For example:

☞ Is the amount of fat in the pasta dinner **less than or equal to 10 g**?
Yes.

Step 5: This pasta dinner is:

- a **Choose Most Often** dish
- a **Choose Sometimes** dish
- Neither



Let's look at a label—packaged mixed dishes



Chicken, rice and vegetable dinner

Step 1: The Food Rating System uses 3 groups of mixed dishes:

- ❶ meat, fish and poultry based
- ❷ vegetarian based
- ❸ soups

☞ Which group is this frozen dinner in?



Step 2: Read the Nutrition Facts for this chicken, rice and vegetable dinner.

☞ How many calories does this mixed dish have?



Nutrition Facts	
Per 1 tray (265 g)	
Amount	% Daily Value
Calories 270	
Fat 7 g	11 %
Saturated 1 g + Trans 0 g	8 %
Cholesterol 25 mg	
Sodium 580 mg	24 %
Carbohydrate 34 g	11 %
Fibre 4 g	16 %
Sugars 4 g	
Protein 19 g	
Vitamin A 10%	Vitamin C 20%
Calcium 6%	Iron 6%

Note: This mixed dish has grains. It must have a **whole grain** for the food to be **Choose Most Often**.

INGREDIENTS: COOKED BROWN RICE, COOKED SEASONED CHICKEN (CHICKEN, WATER, SEASONING, SOY PROTEIN ISOLATE, SALT, SODIUM PHOSPHATES), BROCCOLI, WATER, BABY CORN, CARROTS, SPINACH, SOY OIL, RED PEPPERS, SOY SAUCE, MILK INGREDIENTS, MODIFIED CORN STARCH, SALT, GARLIC, SUGAR, CIDER VINEGAR, SESAME OIL, LIME JUICE CONCENTRATE, XANTHAN GUM, SPICES, FLAVOUR.

Continued ☞

Step 3: Now you must use the tables for mixed dishes. You can find them in the Nutrition Guidelines or at the back of this booklet.

☞ You need the 2 tables for a poultry based mixed dish with 200 to 299 calories.

Here are the 2 tables.

Choose Most Often

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

Choose Sometimes

Meat/Fish/Poultry Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 200 – 299	
Fat ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
Sodium ≤ 750 mg	
Protein ≥ 8 g	

Step 4: Compare the Nutrition Facts for the chicken dinner with the recommendations in the 2 tables above. For example:

- ☞ Is the amount of sodium in the chicken dinner **less than or equal to** 500 mg? **No.**
- ☞ Is it **less than or equal to** 750 mg? **Yes.**

Step 5: This chicken dinner is:

- a **Choose Most Often** dish
- a **Choose Sometimes** dish
- Neither



Let's look at a label—packaged mixed dishes



Bean and rice burrito

Step 1: The Food Rating System uses 3 groups of mixed dishes:

- ❶ meat, fish or poultry based
- ❷ vegetarian based
- ❸ soups

☞ Which group is this burrito in?



Step 2: Read the Nutrition Facts for this burrito.

☞ How many calories does this mixed dish have?



Nutrition Facts

Per 1 burrito (170 g)

Amount	% Daily Value
Calories 300	
Fat 7 g	11 %
Saturated 0.5 g + Trans 0 g	4 %
Cholesterol 0 mg	
Sodium 580 mg	24 %
Carbohydrate 48 g	16 %
Fibre 6 g	24 %
Sugars 2 g	
Protein 10 g	
Vitamin A 2%	Vitamin C 6%
Calcium 4%	Iron 20%

Note: This mixed dish has grains. It must have a **whole grain** for the food to be **Choose Most Often**.

INGREDIENTS: PINTO BEANS, WHOLE WHEAT AND WHEAT FLOUR, FILTERED WATER, BROWN RICE, TOMATOES, SAFFLOWER OIL, ONIONS, BELL PEPPERS, RICE FLOUR, SALT, SPICES, GARLIC.

Continued ☞

Step 3: Now you must use the tables for mixed dishes. You can find them in the Nutrition Guidelines or at the back of this booklet.

☞ You need the 2 tables for a vegetarian based mixed dish with 300 to 399 calories.

Here are the 2 tables.

Choose Most Often


Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 300 – 399	
Fat ≤ 10 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
Sodium ≤ 700 mg	
Carbohydrate	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
Protein ≥ 10 g	

Choose Sometimes

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 300 – 399	
Fat ≤ 15 g	
Saturated ≤ 6 g	
+Trans ≤ 0.7 g	
Sodium ≤ 900 mg	
Protein ≥ 7 g	

Step 4: Compare the Nutrition Facts for the burrito with the recommendations in the 2 tables above. For example:

☞ Is the amount of protein in the burrito **greater than or equal to** 10 g? **Yes.**

Step 5: This burrito is: 

- a **Choose Most Often** dish
- a **Choose Sometimes** dish
- Neither

Make sure healthy choices are available

✓ Healthy drinks

Water first

Children and youth need to drink water every day. Water should always be available.



Does your school let students have water bottles at their desks?

Healthy drinks

Healthy drinks should be available at school. For example:

- ☞ water
- ☞ milk (skim, 1%, 2%)
- ☞ fortified soy beverages
- ☞ 100% fruit juices
- ☞ 100% vegetable juices (low salt)

Milk with meals

Encourage students to drink milk or a fortified soy beverage with meals.



Not too much juice

Remember that one *CFG* serving of juice is only 125 mL (½ cup).



Encourage students to eat vegetables and fruit more often than juice.



Avoid sugary drinks

Many drinks have lots of sugar and few nutrients. For example:

- ☞ fruit drinks
- ☞ fruit punches
- ☞ sports drinks
- ☞ ice slushes



These drinks are not healthy for children and youth. They are **not Choose Most Often** foods.

Avoid caffeine

Encourage students to avoid drinks with caffeine. For example:

- ☞ black tea
- ☞ coffee
- ☞ pop with caffeine
- ☞ energy drinks

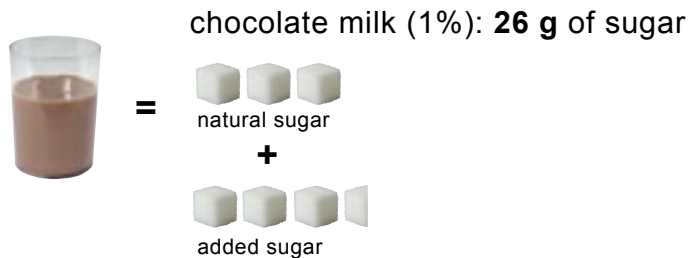
How much sugar?

How much sugar is in 1 cup (250 mL) of these drinks?

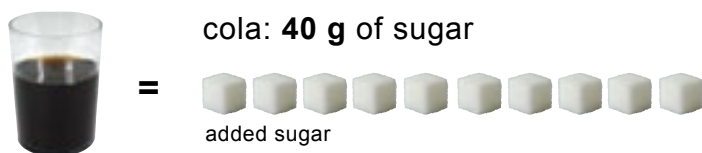
Choose Most Often



Choose Sometimes



Choose Least Often



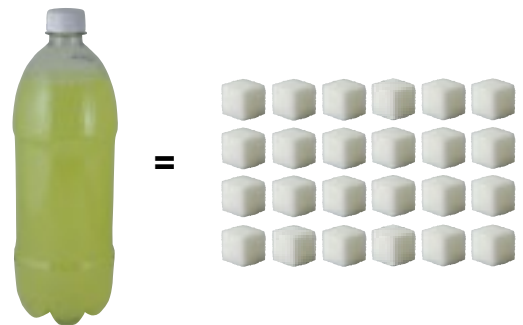
4 g of sugar = 1 sugar cube (1 teaspoon)

Note: Numbers are examples. Amount of sugar in different products will vary.

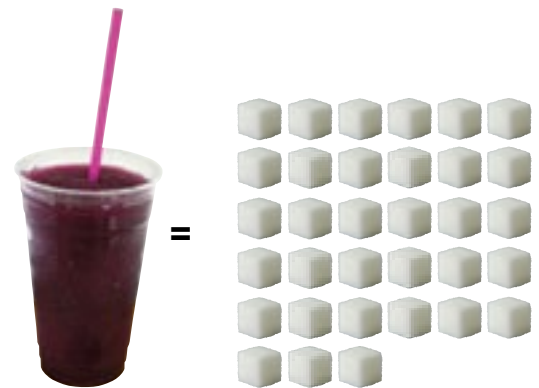
Serving sizes

Many sugary drinks come in large bottles and cups. These drinks have a lot of sugar. For example:

☞ One litre of pop might have 96 grams of sugar!



☞ One litre of ice slush might have 133 grams of sugar!



Healthy drinks

Make sure healthy drinks are available at your school.

Vending machines: drinks

Does your school have a policy about healthy drinks in vending machines? Here are some things to think about.

Possible drinks for school vending machines

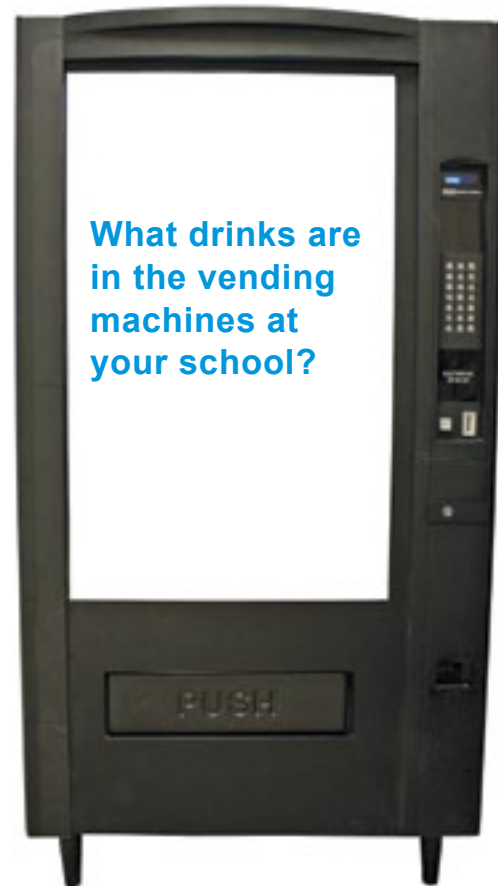
Choose Most Often group

- ✓ water
- ✓ milk (skim, 1% or 2%)
- ✓ fortified soy beverages
- ✓ 100% fruit juice

Choose Sometimes group

- ✓ chocolate milk or other flavoured milk
- ✓ flavoured fortified soy beverages
- ✓ 100% vegetable juice (low salt)

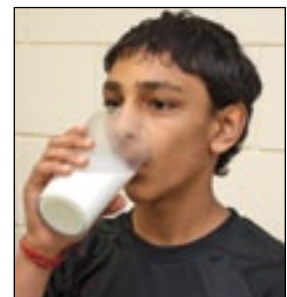
**Remember to read the labels.
Look for added sugar and salt.**



What size should drinks be?

Water can be any size. Juice and other drinks should be no more than 1 to 2 *CFG* servings. For example:

- ½ cup (125 mL) apple juice
- 1 cup (250 mL) orange juice
- 1 cup (250 mL) milk



Encourage students to drink water throughout the day.

Encourage students to choose healthy drinks.

✓ Healthy snacks

Many schools sell snacks in vending machines, canteens and snack shacks. How can you make sure healthy snacks are available in your school? Here are some tips.

Placement

☞ Put the healthiest snacks at eye level in vending machines. In the canteen or snack shack, make healthy snacks visible.

Size

☞ Make sure that individual snacks are not too big. Check *Canada's Food Guide* for recommended serving sizes.



Price

☞ Healthy snacks should not cost more than less healthy snacks.



Advertising

☞ Make sure that posters and flyers in your school show only healthy snacks.

Special events

Schools often provide snacks at special events. For example:

- ☞ at dances
- ☞ on sports days



Make healthy snacks clearly visible at special events. Provide only small portions of less healthy snacks.

Small steps

☞ Start with small, simple changes. It will take time for students and staff to learn about the Nutrition Guidelines.

☞ It might take time to find vendors who can supply healthier snacks.

Vending machines: healthy snacks

Does your school have a policy about healthy snacks in vending machines? Does the policy follow the Nutrition Guidelines for your type of school? See page 13.

Have you checked the Nutrition Facts for each food in your school's vending machines? Are they **Choose Most Often** or **Choose Sometimes** foods?

Using a non-refrigerated vending machine

Here are some good choices for a non-refrigerated vending machine.

Choose Most Often examples:

- ✓ almonds, plain and unsalted
- ✓ apple chips (100% fruit)
- ✓ diced fruit in 100% fruit juice
- ✓ dried fruit/vegetable bar (100% fruit)
- ✓ fruit sauce (unsweetened)
- ✓ raisins



Choose Sometimes examples:

- ✓ diced fruit with added sugar
- ✓ granola bar with chocolate chips
- ✓ nuts with added salt
- ✓ tuna salad kit

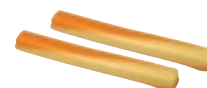


Using a refrigerated vending machine

Here are some good choices for a refrigerated vending machine.

Choose Most Often examples:

- ✓ fresh fruit
- ✓ raw vegetables
- ✓ whole wheat crackers and hard cheese
- ✓ yogurt from milk or soygurt



Choose Sometimes examples:

- ✓ flavoured yogurt from milk or soygurt

Snack shacks and canteens: healthy snacks

Does your school have a policy about healthy snacks for snack shacks and canteens? Here are some good food choices.

**Always check the food labels.
Use the Nutrition Guidelines to
help you choose healthy snacks.**



Refrigerated foods

Choose Most Often examples:

- ✓ boiled eggs
- ✓ celery with peanut butter topped with raisins
- ✓ fresh fruit
- ✓ homemade smoothie
- ✓ raw vegetables
- ✓ whole wheat crackers and hard cheese
- ✓ yogurt from milk or soygurt



Choose Sometimes examples:

- ✓ flavoured yogurt from milk or soygurt
- ✓ yogurt drink
- ✓ yogurt and granola



Non-refrigerated foods

Choose Most Often examples:

- ✓ almonds, plain and unsalted
- ✓ apple chips (100% fruit)
- ✓ whole wheat bagel, small
- ✓ dried fruit/vegetable bar (100% fruit)
- ✓ fresh fruit
- ✓ fruit sauce (unsweetened)
- ✓ instant oatmeal (no sugar added)
- ✓ popcorn (plain, air-popped)
- ✓ raisins



Choose Sometimes examples:

- ✓ diced fruit/vegetables with added sugar
- ✓ graham crackers (reduced fat)
- ✓ granola bar
- ✓ oatmeal cookie
- ✓ low fat microwave popcorn
- ✓ tuna salad kit



✓ Make a school food policy

How can you serve and sell healthy food at your school? Start by making a food policy. Here are 5 steps you can follow.

Step 1 — Form a committee

Ask people from different groups to be part of a food policy committee. For example, you can ask:

- ☞ students
- ☞ parents
- ☞ teachers
- ☞ vendors

Step 2 — Talk about goals

Talk about what you want to do. For example:

- ☞ Why do we need a food policy?
- ☞ What changes do we want to make?
- ☞ What are the steps we need to take?
- ☞ How long will it take to make the changes?

Step 3 — Write your policy

Decide on the most important issues. For example:

- ☞ vending machines, snack shacks and canteens
- ☞ portion sizes
- ☞ food prices
- ☞ adults modelling healthy eating



Step 4 — Decide on a plan

Give students, teachers and staff time to change the way they choose foods. Start with small, simple changes.

S	M	T	W	T	F	S
1	2	3 Remove pop	4	5	6	7
8	9	10	11	12	13	14
15	16 Add fresh fruit	17	18	19	20	21
22	23	24	25	26	27 Meeting	28
29	30	31				

To do in January

January 3: Remove pop from vending machines.

January 16: Start selling fresh fruit at the canteen.

January 27: Food Policy Committee meeting

Step 5 — Evaluate the changes

Check on how the food policy is working. Use a questionnaire to ask students, teachers and parents about the changes. For example:

- ☞ Have you changed the way you choose foods?
- ☞ Are there enough healthy choices in the vending machines?
- ☞ What other changes would be good?

Resources

Eating Well with Canada's Food Guide

You can get *Eating Well with Canada's Food Guide* in English or French. You can also get the guide in 10 different languages. There are also food guides for First Nations, Inuit and Métis.

There are 3 ways to get the guide.

1. You can view it on your computer screen.
2. You can print a PDF copy of the guide.
3. You can order a copy of the guide.

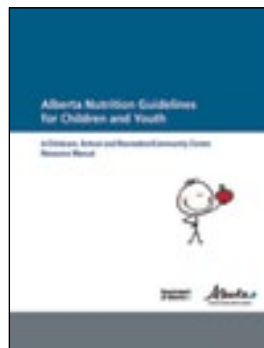
Go to:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php



Alberta Nutrition Guidelines for Children and Youth

The *Alberta Nutrition Guidelines for Children and Youth* has information to help schools serve healthy food.



Food safety

The Canadian Partnership for Consumer Food Safety Education has a website with food safety tips. You can view and print a PDF of the tips.

Go to: www.canfightbac.org/en



Nutrition Guidelines for mixed dishes

Here are the tables for mixed dishes from the *Alberta Nutrition Guidelines for Children and Youth*.



Choose Most Often Mixed Dishes — Meat/Fish/Poultry Based

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

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

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

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

Meat/Fish/Poultry Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 500 – 599	
Fat ≤ 17 g	
Saturated ≤ 5 g	
+Trans ≤ 0.8 g	
Sodium ≤ 700 mg	
Carbohydrate	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
Protein ≥ 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.

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

Choose Most Often Mixed Dishes — Vegetarian Based

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

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

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

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

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

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

Nuts, seeds, dried vegetable and fruit and whole grain mixes.

Choose Most Often Mixed Dishes — Soup

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

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

Examples:

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

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

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

Examples:

Chowders, chunky soup, stews and cream based soups.

Choose Sometimes Mixed Dishes — Meat/Fish/Poultry Based

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

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

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

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

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

Choose Sometimes Mixed Dishes — Vegetarian Based

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 100 – 199	
Fat ≤ 6 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
Sodium ≤ 500 mg	
Protein ≥ 4 g	

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 200 – 299	
Fat ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
Sodium ≤ 750 mg	
Protein ≥ 6 g	

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 300 – 399	
Fat ≤ 15 g	
Saturated ≤ 6 g	
+Trans ≤ 0.75 g	
Sodium ≤ 900 mg	
Protein ≥ 7 g	

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 400 – 499	
Fat ≤ 19 g	
Saturated ≤ 8 g	
+Trans ≤ 0.95 g	
Sodium ≤ 900 mg	
Protein ≥ 9 g	

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
Calories 500 – 599	
Fat ≤ 23 g	
Saturated ≤ 10.5 g	
+Trans ≤ 1.15 g	
Sodium ≤ 900 mg	
Protein ≥ 11 g	

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

Examples:

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

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

Choose Sometimes Mixed Dishes — Soup

Soup – Broth Based

Nutrition Facts	
Per See examples on this page	
Amount	% Daily Value (DV)
Calories ≤ 200	
Fat ≤ 4 g	
Saturated ≤ 2 g	
+Trans ≤ 0.2 g	
Sodium ≤ 300 mg	

Soup – Broth Based

Nutrition Facts	
Per See examples on this page	
Amount	% Daily Value (DV)
Calories 201 – 300	
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.

Soup — Meal Style

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

Soup — Meal Style

Nutrition Facts	
Per See examples on this page	
Amount	% Daily Value (DV)
Calories 201 – 300	
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.

