

# VISUAL SHOPPING GUIDE

These products are a sample of items commonly available in retail stores, which currently meet MCYS Student Nutrition Guidelines and the Ottawa Nutrition Guidelines Enhancements (ONGE).

This is not intended to be an endorsement of specific brands, nor is it an exhaustive list.

Food product compositions are always changing, and over time, the listed products may or may not meet the criteria. It is recommended to *always read food labels* and verify.

## Fruits and Vegetables

Serve a full serving of fruit or vegetables at every snack/meal.

Fresh fruit and vegetables should be served raw or cooked without added fat or sugar.

Choose unsweetened frozen fruit or fruit packed in its own juice or water, and fruit sauces without added sugar.



## Dairy

Dairy is a great source of protein, and must be served with every breakfast or snack.

Block cheese can be cut up in to cubes/slices, but if you are looking for quick and easy alternatives cheese strings and sticks are perfect.

Yogurt is also a great nutritious choice. Some schools will serve “Gelatin Free” yogurt in order to respect faith based diets.



### How to Read Nutrition Labelling

Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
Calories 220	
Fat 9 g	14 %
Saturates 0 g	0 %
+ Trans 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 110 mg	13 %
Carbohydrate 38 g	13 %
Fibre 12 g	48 %
Sugars 8 g	
Protein 9 g	
Vitamin A 25 %	Vitamin C 45 %
Calcium 15 %	Iron 25 %

Nutrition labelling is information found on the labels of packaged foods. It includes the Nutrition Facts table and ingredients list. Use the information found there to choose the right foods to serve.

#### Reference Amount

**Sodium**  
“Low in sodium” means less than or equal to 140 mg of sodium per reference amount.

**Sugar**  
Hot and cold cereals, baked goods, and granola bars should have less than or equal to 8 g of sugar per 30 g serving.

#### Ingredients List

The first ingredient on grain products must be whole grain or whole wheat.

Ingredients: Whole Wheat Flour, Water, Vegetable Oil, Yeast, Salt, Sugar, Peanuts

The ingredients list is where you will find allergen information.

# VISUAL SHOPPING GUIDE

These products are a sample of items commonly available in retail stores, which currently meet MCYS Student Nutrition Guidelines and the Ottawa Nutrition Guidelines Enhancements (ONGE).

This is not intended to be an endorsement of specific brands, nor is it an exhaustive list.

Food product compositions are always changing, and over time, the listed products may or may not meet the criteria. It is recommended to *always read food labels* and verify.

## Cereal

Hot and cold cereals must have whole grain, whole wheat or bran listed as the first ingredient, and have 8 grams of sugar or less per 30 g serving. Cereals must also contain at least 2 g of fiber or more per 30 g serving.

\*\* Some programs will prepare “cereal bags” to hand out with fruit. Mixing 2-3 different cereals in zip lock bags as a “trail mix”.



## Bread Products

Choose products with whole grain and/or whole wheat listed first on the ingredient list.

## Granola Bars

All granola bars must have 8 grams of sugar or less per 30 gram serving, and have whole grains listed as the first ingredient. Granola bars cannot contain chocolate, chocolate chips, candy, marshmallows etc.

Granola bars, muffins, biscuits and cookies should be offered only once per week

## Crackers & Grain-Based Snacks

Crackers must have whole grain or whole wheat listed as the first ingredient, and contain at least 2 g of fiber or more per serving.