

Student Nutrition Guidelines

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School Breakfast Program

Student Nutrition Guidelines 2020

Agenda

- Purpose
- The Guidelines
- Activity
- Discussion
- Wrap up & Questions
- Evaluation



Purpose of the Nutrition Guidelines

- Create an environment where all children and youth feel welcomed
- Encourage children and youth to pay attention to their hunger and fullness cues
- Offer foods with the most nutritional value
- Safely handle, store and prepare foods and beverages
- Create simple menus for nutritious breakfasts and snacks



The Importance of Breakfast

- Children and youth who eat breakfast generally have a higher intake of vitamins, minerals and other nutrients that can help fuel active learning and play.
- Research also shows that children who eat breakfast:
 - Are able to concentrate better in class
 - Have fewer behavioural issues at school
 - Tend to have more balanced diets overall
 - Are more likely to have positive eating behaviours



Vegetables and Fruits

→ Serve at every meal and snack

The importance of fruit and vegetables

- They are a source of fibre, vitamins and minerals
- Vegetables and fruit are part of Canada's Food Guide



	Serve	Do not serve
Vegetables	<ul style="list-style-type: none"> ✓ Fresh vegetables ✓ Frozen vegetables with no added salt or sauce ✓ Potatoes, boiled, baked or mashed with no added salt ✓ Canned vegetables with sodium less than or equal to 10% DV (daily value) per serving, drained and rinsed to lower the sodium content further ✓ Canned tomatoes and tomato-based pasta/pizza sauces with less than or equal to 10% DV (daily value) sodium per serving 	<ul style="list-style-type: none"> ✗ Vegetable juice, including 100% juice ✗ Packaged potato products (e.g. french fries, hash browns, instant potatoes) ✗ Battered or deep-fried vegetables ✗ Vegetable chips (e.g. potato, carrot) ✗ Canned vegetable soup, canned tomatoes and tomato-based pasta/pizza sauces with more than 10% DV (daily value) sodium per serving ✗ Cream-based vegetable soups ✗ Raw sprouts (e.g. alfalfa sprouts, bean sprouts, clover, radish and mung beans), due to food safety concerns



Vegetables and Fruits

→ Part of every meal and snack



	Serve	Do not serve
Fruits	<ul style="list-style-type: none"> ✓ Fresh fruits ✓ Frozen fruits with no added sugar ✓ Unsweetened applesauce or fruit purées ✓ Canned fruit in water or 100% juice, drained ✓ Dried fruit with no added sugar 	<ul style="list-style-type: none"> ✗ Fruit juice, including 100% juice ✗ Fruit flavoured drinks such as fruit beverages, punches, cocktails ✗ Unpasteurized juice or cider ✗ Fruit leathers ✗ Sweetened applesauce or fruit purées ✗ Canned fruit in syrup ✗ Dried fruit with sugar added ✗ Battered or deep-fried fruits ✗ Jellied desserts that contain fruit ✗ Fruit flavoured candies (e.g. gummies, fruit rolls) including those made with juice ✗ Fruit chips (e.g. banana, plantain)

💡 Good to Know!

Dried fruit (with no sugar added) can be part of healthy eating, but it can stick to teeth and cause cavities. If you choose to offer dried fruit, serve it as part of a meal together with water and crunchy fruits and vegetables or cheddar cheese .

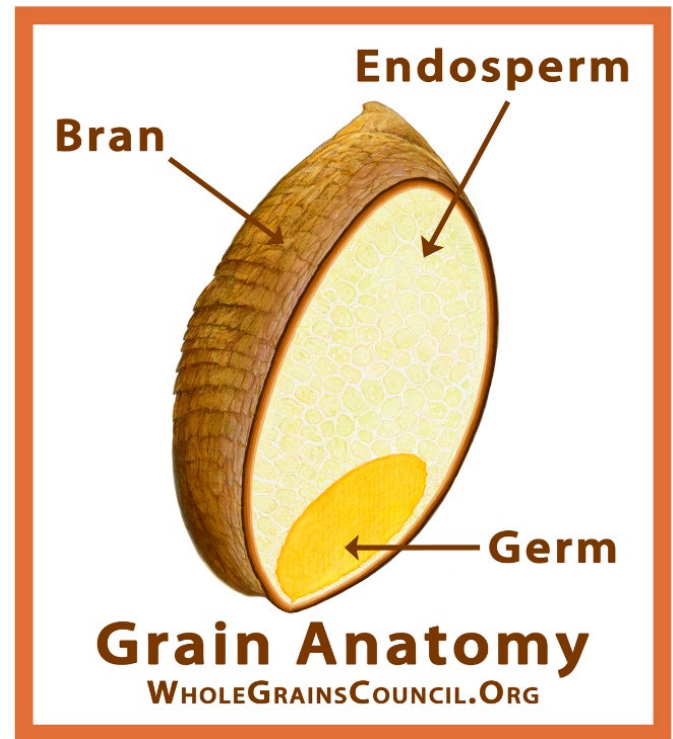
Whole Grain Foods



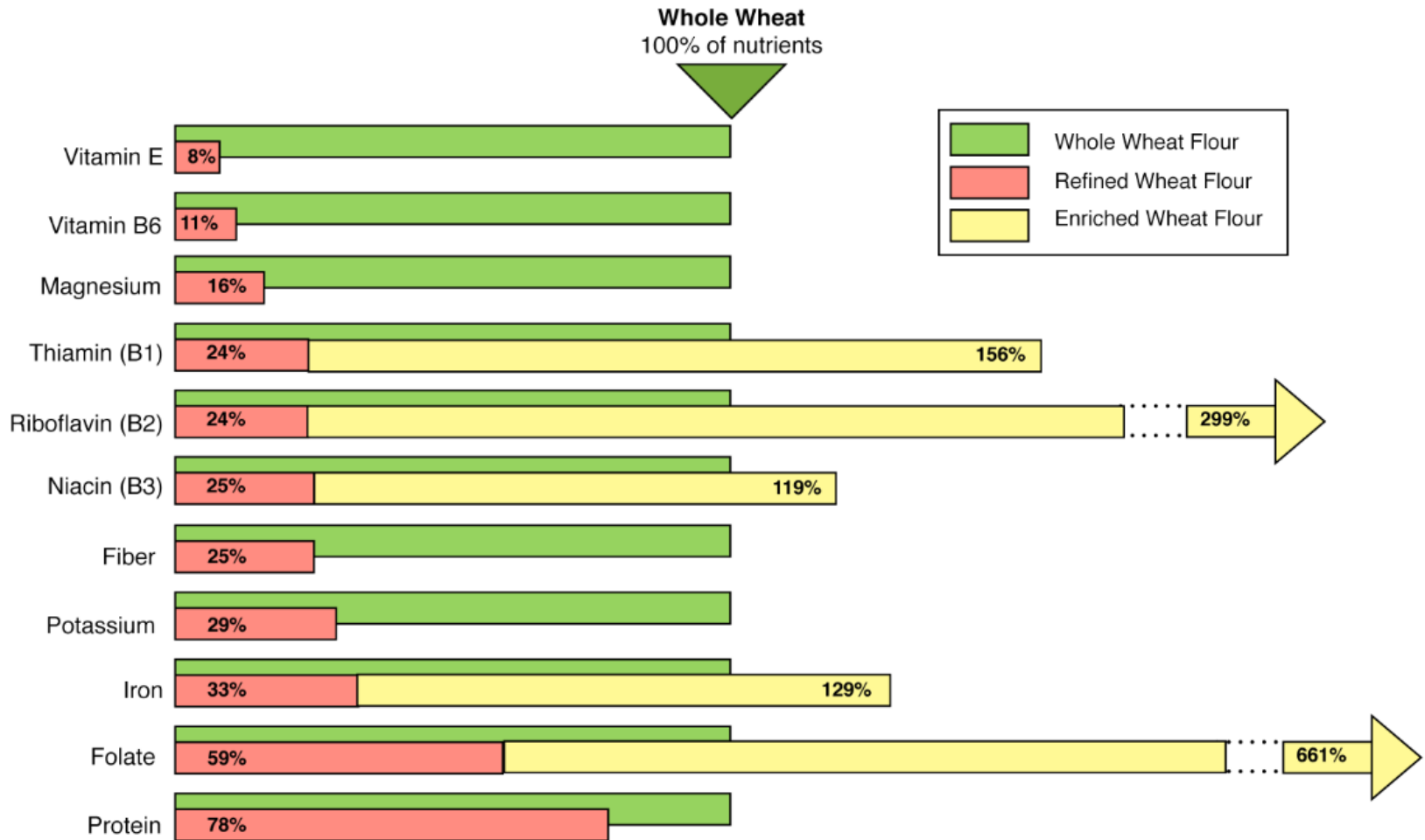
What's a whole grain?

What's a refined grain?

What's an enriched grain?



Whole vs Refined vs Enriched



Whole Grain Foods

The importance of whole grain foods

- Good source of dietary fibre & nutrients, and provide fuel for the brain.
- Whole grains are part of Canada's Food Guide
- Choose foods with whole grain / whole wheat listed as the first ingredient



	Serve	Do not serve
Whole Grain Foods	<ul style="list-style-type: none"> ✓ Whole grain, whole wheat or bran is first on the ingredient list AND ✓ Sodium is less than or equal to 10% DV (daily value) per serving AND ✓ Sugar is less than or equal to 8 grams per 30 gram serving 	<ul style="list-style-type: none"> ✗ Whole grain, whole wheat or bran is not first on the ingredient list OR ✗ Sodium is more than 10% DV (daily value) per serving OR ✗ Sugar is more than 8 grams per 30 gram serving
Bread Products	<ul style="list-style-type: none"> ✓ Whole grain or whole wheat breads, buns, bagels, rolls, English muffins, pitas, tortilla, flatbreads, roti, naan, bannock, chapatti, lavash, challah ✓ Whole grain or whole wheat pancakes or waffles ✓ Whole grain or whole wheat pizza crust or dough 	<ul style="list-style-type: none"> ✗ Enriched wheat flour or multigrain bread, bagel, buns, English muffins, pancakes, waffles and tortillas ✗ Flavoured or sugar-coated breads, naan and bagels (e.g. cinnamon, raisin, blueberry) ✗ White pizza crust or dough including frozen/purchased pizza
Cereals	<ul style="list-style-type: none"> ✓ Oatmeal (e.g. quick cooking or large flake) ✓ Oatmeal, instant (lightly sweetened) ✓ Whole grain cereals 	<ul style="list-style-type: none"> ✗ Cereal with chocolate, candies, marshmallows or sugar-coated pieces ✗ Oatmeal, instant (regularly sweetened)

Whole Grain Foods

	Serve	Do not serve
Baked goods	<ul style="list-style-type: none"> ✓ Whole grain muffins and scones 	<ul style="list-style-type: none"> ✗ Toaster pastries, pastries, croissants ✗ Muffins and scones with chocolate, caramel or candy ✗ Cakes, cupcakes, donuts, pies, cookies and squares
Grain-based snacks	<ul style="list-style-type: none"> ✓ Whole grain granola or cereal-type bars without chocolate, candy or marshmallows and not dipped in chocolate or yogurt ✓ Whole grain crackers, breadsticks ✓ Popcorn (air popped, unsalted, no butter) ✓ Brown rice cakes, unflavoured and unsweetened 	<ul style="list-style-type: none"> ✗ Chocolate or yogurt dipped granola or cereal-type bars or those containing marshmallows, candy or chocolate pieces ✗ Non-air popped popcorn (e.g. microwaveable popcorn) and/or popcorn with added flavours ✗ Pretzels ✗ Tortilla chips ✗ Pita chips ✗ Chip-like snack foods (including seasoned mini-rice cakes, nachos) ✗ Brown rice cakes, flavoured/sweetened
Noodles, rice and other grains	<ul style="list-style-type: none"> ✓ Whole grains (e.g. quinoa, oats, bulgur, buckwheat, barley, farro, whole wheat couscous) ✓ Brown rice, wild rice ✓ Whole wheat or whole grain noodles, soba, udon, vermicelli ✓ Polenta 	<ul style="list-style-type: none"> ✗ White rice (converted, parboiled), rice noodles and enriched white pasta ✗ Flavoured, pre-packaged grains, rice and pasta (e.g. garlic, herb, chicken, vegetable, macaroni and cheese) ✗ Instant noodle soup

Protein Foods

The importance of protein foods

- Good sources of protein, vitamin D and Calcium
- Help to build and maintain strong bones and teeth
- Includes milk, milk alternatives, yogurt, cheese, eggs, nuts and legume butters, tofu, beans, lentils, meat and fish.



	Serve	Do not serve
Milk	<ul style="list-style-type: none"> ✓ Plain skim, 1%, or 2% cow's milk ✓ Skim milk or partly skimmed milk powder ✓ Canned, evaporated milk, used in cooking and baking ✓ Buttermilk, used in cooking and baking 	<ul style="list-style-type: none"> ✗ Flavoured milk (e.g. chocolate milk, strawberry milk) ✗ Hot chocolate ✗ Milkshakes ✗ 3.25% cow's milk (homogenized milk), table cream, coffee cream, whipping cream, non-dairy whipped cream toppings ✗ Unpasteurized milk (e.g. raw milk)
Milk Alternatives	<ul style="list-style-type: none"> ✓ Unsweetened/unflavoured, fortified soy beverage ✓ Unsweetened/unflavoured plant-based beverages with at least 6 grams protein per 250 ml and at least 30%DV for calcium and 30%DV for vitamin D per 250 ml <p>Note: Unsweetened plant-based beverages that do not meet the criteria for protein, calcium and vitamin D (e.g. coconut, rice, almond, potato, oat) may be served to accommodate children with allergies ONLY if unsweetened soy beverage (or equivalent) is not an option.</p>	<ul style="list-style-type: none"> ✗ Unfortified plant-based beverages ✗ Flavoured/sweetened plant-based beverages

Protein Foods



	Serve	Do not serve
Yogurt	<ul style="list-style-type: none"> ✓ Plain yogurt, soy yogurt and kefir with less than or equal to 2% milk fat ✓ Flavoured/sweetened yogurt, soy yogurt and kefir with less than or equal to 11 grams of sugar per 100 gram serving and less than or equal to 2% milk fat 	<ul style="list-style-type: none"> ✗ Yogurts with added sugar/candy/chocolate ✗ Frozen yogurt ✗ Drinkable yogurt ✗ Yogurts made from unpasteurized milk
Cheese	<ul style="list-style-type: none"> ✓ Hard and soft, non-processed cheese made from pasteurized milk (e.g. cheddar, mozzarella, parmesan, monterey jack, havarti, gouda, swiss, paneer, feta, ricotta, cottage cheese) with less than or equal to 20% milk fat (when possible) ✓ Cheese strings, cheese curds with less than or equal to 20% milk fat (when possible) and less than or equal to 10%DV sodium per serving 	<ul style="list-style-type: none"> ✗ Processed cheese slices ✗ Cheese made from unpasteurized milk ✗ Soft cheeses made from unpasteurized milk (e.g. brie, camembert, and blue-veined cheese like roquefort and gorgonzola) ✗ Breaded or fried cheese (sticks), cheese curds with more than 10%DV sodium per serving
Eggs	<ul style="list-style-type: none"> ✓ Eggs purchased from an approved source (or 'graded' eggs) ✓ Plain pasteurized liquid whole egg ✓ Pre-boiled hard cooked eggs 	<ul style="list-style-type: none"> ✗ Eggs purchased from an unapproved source (or ungraded eggs) ✗ Unpasteurized eggs ✗ Seasoned or flavoured liquid egg product ✗ Raw or lightly cooked eggs and egg dishes that contain undercooked eggs such as mousse, dressings, and sauces made on-site

Protein Foods



	Serve	Do not serve
<p>Nut, seed, and legume butters</p> <p>Follow your school's anaphylaxis policy.</p>	<ul style="list-style-type: none"> ✓ Nut, seed and legume butters (including peanut, almond, walnut, sesame, sunflower, pea and soy butters) ✓ Whole nuts and seeds (dry roasted or unroasted, with no added salt, sugar, oil) 	<ul style="list-style-type: none"> ✗ Nut, legume or seed butters that have added sugar (e.g. chocolate, chocolate hazelnut, honey, berry) ✗ Salted or coated nuts or seeds
<p>Tofu, beans and lentils</p>	<ul style="list-style-type: none"> ✓ Dried beans, lentils, peas ✓ Hummus or other bean dips with sodium less than or equal to 10% DV per servings ✓ Baked chickpeas with sodium less than or equal to 10% DV per servings ✓ Lentil, chickpea and other plant-based pastas with less than or equal to 10% DV sodium per servings ✓ Canned beans, lentils, chickpeas with less than or equal to 10% DV sodium per servings, drained and rinsed to lower sodium content further ✓ Tofu, tempeh, textured vegetable protein with less than or equal to 10% DV sodium per servings ✓ Plant-based burgers and meatballs with less than or equal to 10% DV sodium per servings 	<ul style="list-style-type: none"> ✗ Canned baked beans, in tomato sauce, with pork, molasses or maple syrup ✗ Store-bought breaded and fried meat alternatives ✗ Simulated meat strips ✗ Plant-based hotdogs, sausages, bacon ✗ Frozen and prepared tacos/burritos ✗ Tofu dessert

Protein Foods

	Serve	Do not serve
Fish	<ul style="list-style-type: none"> ✓ Fresh, frozen, or canned fish with less than or equal to 10% DV sodium per serving, drained and rinsed to lower sodium content further, and low in mercury (e.g. cod, sole, haddock, salmon, tilapia, trout, canned light tuna, whitefish) 	<ul style="list-style-type: none"> ✗ Store-bought breaded or battered fried fish ✗ Fresh, frozen or canned fish high in mercury (e.g. canned albacore tuna) ✗ Cold smoked fish
Meat	<ul style="list-style-type: none"> ✓ Fresh, frozen, ground or pre-cooked with less than or equal to 10% DV sodium per serving: <ul style="list-style-type: none"> • Lean cuts of beef, pork loin, traditional meats and wild game • Patties or meatballs • Skinless chicken and turkey ✓ Canned chicken/turkey, drained and rinsed to lower sodium content ✓ Pre-cooked chicken/turkey 	<ul style="list-style-type: none"> ✗ Prepared/cured meats (for example, wieners/hotdogs, sausages, pepperoni sticks) ✗ Deli meats (for example, bologna, salami, summer sausage, deli roast beef/turkey/chicken) ✗ Store-bought breaded and fried meats ✗ Ham ✗ Ribs ✗ Side bacon, back bacon, turkey/chicken bacon, imitation bacon bits ✗ Meat pies

Minor Ingredients

The following can be used in small amounts

Food item	Serving size
Condiments (ketchup, relish, mustard)	1-2 tsp per student
Gravies, sauces	1-2 Tbsp per student
Dips (salad dressings, sour cream)	1-2 Tbsp per student
Oils, non-hydrogenated margarines, dressings, mayonnaise	1-2 tsp per student
Toppings and extras (coconut, parmesan cheese)	2-3 tsp per student
Honey, jam, jelly, marmalade, fruit butter, or syrup	1-2 tsp per student

💡 Good to Know!

Cream cheese is not a good source of protein and does not count as a protein food in CFG.

Do not serve!

The following are not be served in your programs:

- ✗ Caffeine
- ✗ Diet and regular pop
- ✗ Energy drinks or sports drinks
- ✗ Flavoured vitamin water
- ✗ Protein or meal replacement drinks and bars **
- ✗ Candy, chocolate, chocolate bars, marshmallows
- ✗ Jellied type desserts
- ✗ Frozen treats like ice cream, freezie-type, popsicles, frozen juice snacks
- ✗ Hard margarines, lard or shortening, palm oil
- ✗ Foods with artificial trans fat
- ✗ Food with sugar substitutes or sweeteners
- ✗ Pudding

Questions?

Making Food & Beverage Choices

It is important to understand how to use the nutrition facts table and the ingredient list on foods and beverages

- Information is based on serving size
- %DV (daily value) shows how much of a nutrient is in a food or beverage. Less than 5% is a little, 15% and more is a lot
- The ingredient list shows all the ingredients in a packaged food in order of weight.
- Allergens in bold



Making Food & Beverage Choices



Sodium

- less than or equal to 10% DV (230mg)



Sugar

- Whole grain products with less than or equal to 8g of sugar per 30g serving
- Flavoured yogurts with less than or equal to 11g of sugar per 100g serving



Whole grains

- Whole grain must be the first ingredient

Examples include whole wheat flour, buckwheat, barley, corn, oats, quinoa, spelt, bulgur, farro, whole wheat couscous, brown rice, bran...

Making Food & Beverage Choices

Let's Review... what to look for on a label?

1. What is the first ingredient?
2. Any other ingredients of interest?
3. How much %DV of sodium?
4. Convert the serving size to 30g for a whole grain product, or 100g for a yogurt product.
5. Calculate amount of sugar per serving size

Making Food & Beverage Choices

Example

$$\frac{\text{Grams of sugar}}{\text{Grams of serving size}} \times \text{Grams of desired serving size}$$

$$\frac{13\text{g}}{110\text{g}} \times 100\text{g} = 11.8\text{g}$$



Per 1 pot (110g)

% Daily Value*		% Daily Value*	
Calories 90 cal		Calcium	10 %
Fat 1.5 g	2 %	Iron	0 %
Saturates 1.0 g	2 %	Vitamin A	2 %
+ Trans 0.0 g		Vitamin C	2 %
Carbohydrate 15 g	5 %	Vitamin D	15 %
Sugars 13 g			
Fiber 0 g	0 %		
Protein 3 g			
Cholesterol 5 mg			
Sodium 45 mg	2 %		
Potassium 0 mg	0 %		

*5% or less is **a little**, 15% or more is **a lot**

The values stated are approximate and may not be fully representational of this products vitamins, nutrients and ingredients.

Ingredients: Skim milk, cane sugar, strawberry, cream, milk and whey proteins, modified corn starch, active bacterial culture, pectin, natural colours and flavours, vitamin D3.

Discussion Questions

How can we reduce the amount of sugar served in your breakfast programs?

1. Follow the sugar limits for whole grain foods and for yogurt.
2. Top whole grain waffles or pancakes with unsweetened pureed fruit instead of syrup.
3. Serve unsweetened pureed, whole or frozen fruit as a cereal topper
4. Add spices like cinnamon to oatmeal or batters.
5. Make homemade smoothies with milk, yogurt and fruit rather than juice.

These tips will also save you \$\$

How can you reduce the cost of meals?

- Buy in bulk, store brand tends to be cheaper
- Avoid buying single serve items (yogurt, granola bars, cheese strings)
- Check grocery store flyers and apps for sales
- Plan your menus
- Prepare meals when you can
- Reduce food waste
- Bring your own reusable bags

What are some easy / fast meal & snack ideas?

- Whole grain english muffin / bagel / toast with slice of cheese and a fruit **\$1.05**
- Plain yogurt or milk with whole grain cereal and fruit **\$1.17**
- Whole wheat pita bread with veggie sticks and hummus **\$0.88**
- French toast with banana slices **\$0.65**

**What are three things you
will take away from today's
training?**

Resources

- Student Nutrition Program – [Nutrition Guidelines 2020](#)
- [Canada's Food Guide](#)
- Recipes for Student Nutrition Programs https://brightbites.ca/wp-content/uploads/Recipes-for-SNP_Revised-May-2017.pdf
- [Ottawa Public Health](#) – Credible Healthy Eating Online Resources
- [Cookspiration](#)