



Not Recommended (can't be sold in schools)

Grain Products

- | | |
|--|---|
| <ul style="list-style-type: none"> Very high fat/sugary/salty baked goods e.g. some crackers, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, croissants | <ul style="list-style-type: none"> Most saltier grain and corn snacks, baked or fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc.) |
| <ul style="list-style-type: none"> Most seasoned noodle or rice mixes | <ul style="list-style-type: none"> Some sugary cereals, seasoned breads, commercial pancakes, biscuits, etc. |

Vegetables & Fruit

- | | |
|---|---|
| <ul style="list-style-type: none"> Most fries: if moderately salted, or if fried in fat containing trans fat | <ul style="list-style-type: none"> Most potato/vegetable chips especially saltier flavours and some fruit chips (baked or fired) |
| <ul style="list-style-type: none"> Juice drinks with added caffeine, guarana or yerba | <ul style="list-style-type: none"> Most candy and chocolate or 'yogurt' coated fruit, fruit gummies |
| <ul style="list-style-type: none"> Most 'drinks', 'blends', 'splashes', cocktails', and 'beverages' (if sweetened with added sugars) | <ul style="list-style-type: none"> Most fruit smoothies made with any 'Not Recommended' ingredients |
| <ul style="list-style-type: none"> Slushy drinks and frozen treats with added sugars | <ul style="list-style-type: none"> Pickles |

Milk & Alternatives

- | | |
|---|--|
| <ul style="list-style-type: none"> Frozen 'yogurt' not based on milk ingredients | <ul style="list-style-type: none"> Some candy flavoured ice creams and frozen yogurt |
| <ul style="list-style-type: none"> Most - cream cheese & light cream cheeses & spreads, regular sized sundaes, frozen novelties, egg-nogs, hot chocolate mixes made with water | <ul style="list-style-type: none"> Many milks containing coffee products or other caffeine ingredients, especially larger portions Regular tea/coffee lattes |
| <ul style="list-style-type: none"> Some blended sweetened coffee drinks | |

Meat & Alternatives

- | | |
|--|---|
| <ul style="list-style-type: none"> Some - wieners with more filler than meat, heavily seasoned chicken or tuna salads | <ul style="list-style-type: none"> Many products deep fried in hydrogenated or partially hydrogenated oils or shortening |
| <ul style="list-style-type: none"> Most - jerky, chocolate or 'yogurt' covered nuts | |

Mixed Foods

- | | |
|---|---|
| <ul style="list-style-type: none"> Some - meat pot pies, instant soups (plain or seasoned) | <ul style="list-style-type: none"> Some -, pizzas, e.g. with double cheese, pastry based pizza pockets |
| <ul style="list-style-type: none"> Regular canned soups, broth or milk based | |

"Other" Foods/Beverages

- Candies, chocolate, super-sized energy bars, low protein energy bars
- Most - drinks with sugars as the 1st ingredient, e.g. iced teas, fruit 'ades', pops; unfortified flavoured rice, soy or potato drinks; caffeinated drinks, sport drinks, most hot chocolate mixes made with water



Community Dietitian – Richmond

Kay Wong, RD 604-233-3150

September 2007

Adapted from "Guidelines for Food and Beverage Sales in BC Schools" developed by:

BC Ministry of Education and BC Ministry of Health

September 2007

www.bced.gov.bc.ca/health/health_publications.htm

For Additional Support with the Guidelines:

Dial-A-Dietitian 604-732-9191

www.brandnamefoodlist.ca

For more information on healthy eating:

www.knowledgenetwork.ca/makingithappen

Dietitians of Canada: www.dietitians.ca

Health Canada: www.healthcanada.ca

www.canadian-health-network.ca

www.healthyeatingisinstore.ca

Energize Me!



Source: Canada's Food Guide to Healthy Eating: Focus on Preschoolers, Health Canada, 1995, reproduced with permission of the Minister of Public Works and Government Services Canada, 2006.

Summary of the Ministries of Education & Health Guidelines for Food & Beverage Sales in BC Schools 2007

To help support healthy eating and learning in schools



Choose Most ✓✓

Grains Products

- Many - whole grain breads, buns, bagels, tortillas, English muffins, pancakes, etc.
- Most whole grain pastas
- Some - whole grain cereals, cereals with fibre, fruit or nuts
- Some small baked lower fat items with whole grains, fibre, fruit or nuts such as loaves, muffins, or crackers
- Brown/wild rice
- Very few whole grain & corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc.)

Vegetables & Fruits

- Most - fresh/frozen/dried vegetables & fruit, raw, cooked, very lightly seasoned/dressed
- Canned vegetables or fruit (in water or juice)
- Some frozen fruit bars made with pureed fruit
- Some baked fruit slices

Milk & Alternatives

- Plain, unflavoured milk and fortified soy drinks
- Many milks modified with fatty acids
- Most regular & light cheeses, cheese strings (unprocessed)
- Smoothies made with "Choose Most" ingredients
- Smoothies made with 'Choose Most' ingredients
- Smoothies made with 'Choose Most' ingredients
- Decaffeinated, unsweetened tea or coffee lattes
- Some - flavoured yogurts, puddings/custards, hot chocolates made with milk and very little sugar
- Plain yogurt

Meat & Alternatives

- Chicken, turkey, eggs
- Lean meat (beef, bison, pork, lamb, game meats & birds)
- Legumes (beans, lentils, peas) and most legume salads
- Some - chicken, egg, or legume salads (low sodium)
- Nut/seed bars & mixes with nuts/seeds or fruit as 1st ingredient & no candies or chocolate
- Tofu, Dal, Falafel, Jerky (plain)
- Fish, seafood, fresh or canned in water/broth
- Peanut butter, other nut/seed butters e.g. tahini
- Some lean wieners (low sodium) & refried beans

Mixed Foods

- Burritos (bean or meat), falafel in pita with tomatoes & tzatziki, pilaf (with vegetables)
- Some - stews, chillies, curries (low sodium) if served with a grain food
- Some pizzas with vegetables or frozen entrees or curries
- Some - soups made with meat or beans/lentils, low-sodium canned or instant soups made with meat or beans/lentils
- Most sandwiches, short subs and burgers made with lean meats and lots of vegetables & whole grain breads/buns, most pasta with vegetable based sauce
- Some meat/tofu & vegetable stir fries served on rice if sauce is lower in sodium
- Soft tacos filled with 'Choose Most' ingredients



Choose Sometimes ✓

Grains Products

- Many enriched breads, buns, bagels, tortillas, English muffins, pancakes, etc.
- Some pasta salads with very little dressing
- Most cereals, pastas
- Some small baked lower fat items e.g. loaves, muffins, or crackers
- Very few lower fat grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc.)
- Other rice, rice noodles and wraps

Vegetables & Fruit

- Most canned vegetables in broth
- Fries: some baked frozen fries (without trans fats) may be very lightly salted
- Some lower sodium - tomato & vegetable juices, jarred salsa
- Fruit canned in light syrup
- Slushy drinks and frozen treats made with "Choose Sometimes" items
- Most fruit smoothies made with any 'Choose Sometimes' items
- Most fresh/frozen/dried vegetables & fruit, raw, cooked, moderately seasoned/dressed
- Some - sweetened baked fruit slices & fruit gummies with pureed fruit as 1st ingredient
- Some potato/vegetable chips, very lightly salted, baked
- Vegetables, breaded and baked
- Diluted or sparkly juice drinks, no added sugars (only secondary may have artificial sweeteners)
- 100% juice (fruit, low sodium vegetable or combination)

Milk & Alternatives

- Some processed cheese slices
- Many puddings/custards
- Some - decaf flavoured tea/coffee lattes, egg-nogs if lower in sugar
- Smoothies made with 'Choose Sometimes' ingredients
- Most flavoured yogurts
- Small portions of some ice milks & frozen yogurt - simply flavoured
- Most - basic flavoured milks & fortified soy drinks, hot chocolates made with milk
- Yogurt with artificial sweeteners (secondary only), yogurt drinks

Meat & Alternatives

- Nut/seed bars & mixes with nuts/seeds or fruit as 1st ingredient; may contain candy or chocolate if sugars are not 2nd & 3rd ingredient
- Lean pepperoni/chicken sticks
- Marbled or fatty meats
- Some - marinated poultry, fish canned in oil, refried beans, dessert tofus, breaded & baked chicken/fish/ meat, lean wieners, sausages, deli meats
- Some - jerky, lightly seasoned
- Some - chicken, tuna, egg or legume salads, lightly seasoned

Mixed Foods

- Hard tacos with meat or bean filling, pilaf (rice & meat), pizza bagels
- Most sandwiches, short subs & burgers made with lean roasted meats but few vegetables, sushi
- Some - cheese or meat pizzas, or pizzas, meat pot pies, stir fries, curries (moderate salt)
- Baked - pizza pockets, pizza pretzels, pizza bagels
- Some - soups without meat, or beans/lentils, low-sodium canned or instant soups, pasta with a milk based sauce
- Most stews served without a grain food



Choose Least (can't be sold in schools)

Grains Products

- Most loaves, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, and croissants
- Some instant noodles (not enriched or containing fats)
- Some sugary cereals
- Most bags of grain and corn snacks, especially if deep-fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc.)
- Some higher fat crackers
- Most pasta salads

Vegetables & Fruit

- Some canned vegetables, including regular sauerkraut
- Most fried fruit chips
- Some fruit gummies with pureed fruit as 1st ingredient
- Artificially sweetened juice drinks (elementary & middle schools)
- Some nectars or juice blends
- 100% juice fortified with multivitamins/minerals
- Slushy drinks & frozen treats made with concentrated juice
- Some fries: some small portions of deep fried potatoes, may be lightly salted
- Most jarred salsa (sodium)
- Coated/breaded & deep fried vegetables
- Most regular vegetable or tomato juice (sodium)
- Most fruit smoothies made with any 'Choose Least' ingredients

Milk & Alternatives

- Some - higher fat cheeses, ice milks, ice creams & frozen novelties
- Most - processed cheese slices & spreads, cottage cheese
- Most candy flavoured milks
- Smoothies made with 'Choose Least' ingredients
- Some decaf blended sweetened coffee drinks.
- Some ice milks, ice creams & frozen novelties
- Some puddings/custards, etc

Meat & Alternatives

- Some - breaded & fried chicken/fish/meat, seasoned chicken, tuna salad
- Fattier pepperoni/chicken sticks
- Many - cold cuts, deli meats, regular wieners/sausages, smokies, bratwurst
- Some salty or sugary nut/seed bars & mixes, e.g. sesame snap bars

Mixed Foods

- Most - sandwiches made with deli or processed meats, meat pot pies, stir fries if made with salty sauces, frozen entrees (unless low sodium)
- Some instant soups, plain or seasoned
- Some - pizza (e.g. meat lovers), pastry based pizza pockets, sausage/vegetable rolls, pasta with a cream based sauce
- Many canned soups, broth or milk based

"Other" Foods/Beverages

- Most very small packages of candies/chocolates
- Very small portions of dessert gelatins
- Some fortified, flavoured (& most unfortified plain) rice drinks
- Energy bars with sugars as 1st ingredient, many "low-carb" bars