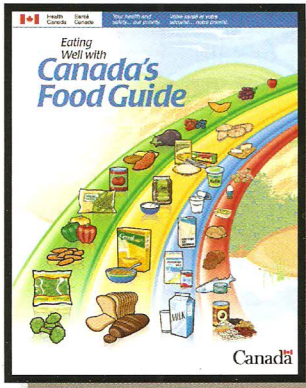


The Nutrition Standard

for Student Nutrition Programs in Toronto



What is the Nutrition Standard?

- Defines nutritious meals and snacks based on Canada's Food Guide
- For programs that receive grants from the City of Toronto and / or the Government of Ontario
- To be used when planning program meals and snacks
- Includes criteria for choosing healthy foods
- Provides examples of healthy foods and serving sizes

Nutrition Program Tips

- Always have tap water available
- Allow 20 minutes or more for eating when possible
- Model healthy eating
- Try new things with your menu

What is a healthy meal?

Breakfast, Morning Meal, Lunch or Dinner programs

A meal has at least 3 full servings:

- ✓ 1 serving from **Vegetables and Fruit** group
- ✓ 1 serving from **Grain Products** group
- ✓ 1 serving from **Milk and Alternatives** group



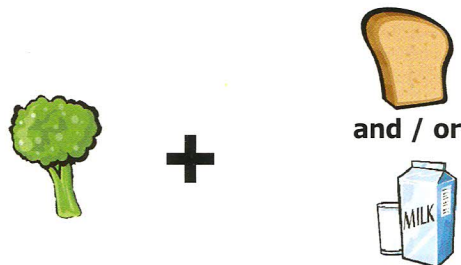
Meat and Alternatives are healthy additions but are not required in Student Nutrition Programs.

What is a healthy snack?

Morning or Afternoon Snack programs

A snack has at least 2 full servings:

- ✓ 1 serving from **Vegetables and Fruit** group
- ✓ 1 serving from **Grain Products** group
and / or **Milk and Alternatives** group



Questions about the Nutrition Standard? Need help with your menu? E-mail snp@toronto.ca.

Vegetables and Fruit

Serve vegetables and / or fruit at every meal and snack.

- Choose **dark green and orange** vegetables and fruit more often.
- Offer **100% juice** no more than once a week.

Every day choices



Fresh or frozen

- Contains no added sugar or salt
- Ontario grown and/or produced foods when in season

Canned or jarred vegetables and tomato based sauce

- Rinse canned vegetables before use
- **Sodium** 480 mg or less

Canned or jarred fruit and fruit sauces

- Packed in 100% fruit juice or water
- Contains no added sugar or syrup

Limit these: maximum one item, once a week



Juice

- Only 100% unsweetened juice
- **Sodium** 480 mg or less

Dried fruit

- Fruit is listed as the first ingredient
- No added sugar or fat

Examples of one full serving



Carrots

125 mL, ½ cup, 8-10 mini



Leafy greens: romaine lettuce, spinach

raw: 250 mL, 1 cup
cooked: 125 mL, ½ cup



Fresh vegetables, fruit

125 mL, ½ cup
fruit: 1 medium



100% fruit, vegetable juice

125 mL, ½ cup



Dried fruit

60 mL, ¼ cup, 40 g



Tomato sauce, canned tomato

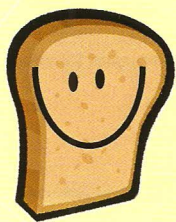
125 mL, ½ cup

Grain Products

Serve products with whole grain or whole wheat as the first ingredient.

- Choose foods with **2 g of fibre** or more per serving.
- Choose items that are **trans fat free**.

Every day choices



Whole grain / whole wheat:
Breads, cereal, pasta, rice, grains (such as barley, couscous etc)

- **Fibre** 2 g or more (*rice may not meet fibre criteria*)
- **Fat** 3 g or less
- **Saturated fat** 2 g or less
- **Sodium** 240 mg or less

Whole grain / whole wheat:
Crackers

- | <u>per 20 g</u> (package serving) | <u>per 30 g</u> (actual serving) |
|------------------------------------|------------------------------------|
| • Fibre 1 g or more | • Fibre 1.5 – 2 g or more |
| • Fat 3 g or less | • Fat 5 g or less |
| • Saturated fat 2 g or less | • Saturated fat 2 g or less |
| • Sodium 240 mg or less | • Sodium 360 mg or less |

Limit these: maximum one item, once a week



Baked goods :
Grain-based bars, muffins, waffles, pancakes, cookies
Snacking foods:
Popcorn, pretzels

- **Fat** 5 g or less
- **Saturated fat** 2 g or less
- **Sodium** 480 mg or less

Examples of one full serving



Bread

35 g, 1 slice



Crackers

30 g,
eg 10 soda crackers



English muffin

35 g,
½ English muffin



Pasta, couscous, rice, grains

125 mL,
½ cup cooked



Bagel

45 g,
½ bagel



Pita, tortilla, naan

35 g, ½ piece



Melba toast

30 g, 4-6 toasts



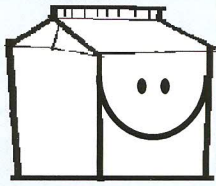
Cereal

Cold: 30 g
Cooked: 175 mL, ¾ cup

Milk and Alternatives

Serve milk or fortified soy beverage more often.

Every day choices



White or chocolate milk	<ul style="list-style-type: none"> • % M.F. (milk fat) skim, 1%, 2% • Calcium 25% Daily Value or more • Vitamin D 25% Daily Value or more
Fortified soy beverage	<ul style="list-style-type: none"> • Fat 5 g or less • Calcium 25% Daily Value or more • Vitamin D 25% Daily Value or more
Cheese (block, string or fresh)	<ul style="list-style-type: none"> • % M.F. 20% or less, preferred • Calcium 15% Daily Value or more
Yogurt, kefir, Yogurt drink	<ul style="list-style-type: none"> • % M.F. 2% or less • Calcium 15% Daily Value or more

Limit these: maximum one item, once a week



Processed cheese slices & spreads	<ul style="list-style-type: none"> • Light, fat free, made from skim milk <i>(cream cheese is not a milk alternative; it is a fat, not a cheese)</i>
Milk based desserts: Puddings, custards	<ul style="list-style-type: none"> • Saturated fat 2 g or less • Calcium 5% Daily Value or more

Examples of one full serving



Milk, fortified soy beverage
250 mL, 1 cup



Cheese, block or strings
50 g, 1½ oz, 2 strings



Yogurt, kefir
175 g, 175 mL, ¾ cup



Fresh cheese
60 g, 1 pot



Yogurt tubes
3 tubes, 180 g



Processed cheese slices
50 g, 2 slices

Meat and Alternatives

Serve meat alternatives such as beans, lentils, and tofu more often.

- Meat and Alternatives are healthy additions but are not required in Student Nutrition Programs.

Every day choices



Meat alternatives: <ul style="list-style-type: none"> ○ Legumes – beans, peas, lentils ○ Soy products – Tofu ○ Eggs 	<ul style="list-style-type: none"> • Rinse canned legumes before use • Iron 5% Daily Value or more • Fat 3 g or less <i>(tofu may not meet fat criteria)</i> • Sodium 480 mg or less
Meat <ul style="list-style-type: none"> ○ Chicken, beef, pork, fish ○ Fresh, frozen, prepared, canned 	<ul style="list-style-type: none"> • Lean or extra lean • Packed in water, not oil • Fat 5 g or less for fresh, frozen or prepared meats 3 g or less for canned meats • Sodium 480 mg or less
Canned fish	<ul style="list-style-type: none"> • Select light tuna, not albacore or white • Packed in water, not oil • Sodium 480 mg or less

Limit these: maximum one item, once a week



Deli meats (eg turkey, ham)	<ul style="list-style-type: none"> • lean or extra lean • Sodium 480 mg or less
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Examples of one full serving



Legumes
175 mL, ¾ cup



Eggs
2 whole,
½ cup scrambled



Meat, Canned fish
75 g, 2½ oz,
125 mL, ½ cup



Tofu
150 g, 175 mL,
¾ cup

Condiments

Limit these items to only one per meal or snack

- | | | |
|--------------------------------|--------------------------|-----------------------------|
| • Butter | • Jam, jelly, marmalade | • Hot sauce, soy sauce |
| • Margarine (non-hydrogenated) | • Sweetened fruit butter | • Ketchup, mustard, spreads |
| • Salad dressing | • Honey | • Salt |
| • Mayonnaise | • Syrup | • Dips |
| • Low-fat cream cheese | | • Gravy |

Do NOT serve these items

Allergens

- ✗ Peanuts, nuts, nut and seed butters

Food Safety concerns

- ✗ Foods not in their original container
- ✗ Jars or packages with broken seals
- ✗ Home preserves: home canned foods (eg meat, fish, vegetables, combination foods, antipasto, etc)
- ✗ Unpasteurized ciders and juices
- ✗ Unpasteurized milk or milk alternatives

Acceptability concerns

- ✗ Food from emergency food system (eg food bank)

Fatty items

- ✗ Foods with artificial trans fat (eg shortening, partially hydrogenated & hydrogenated margarine)
- ✗ Deep-fried foods (eg chicken nuggets, French fries, fish sticks, samosas, spring rolls, etc)
- ✗ Full fat cream cheese, sour cream, cream, whipped cream and non-dairy creamers

Salty items

- ✗ Instant noodle soups

Fatty-salty items

- ✗ High fat, salty snacks (eg chips, cheese puffs, etc)
- ✗ Cured meats (eg salami, pepperoni, bologna)
- ✗ Hot dogs, sausages and bacon (regular side bacon, turkey bacon, chicken bacon)
- ✗ Jamaican-style patties

Sweets

- ✗ Candy, chocolate, marshmallows, fruit flavoured candies, gummies, rolls or chews
- ✗ Cookies, grain-based bars, etc, with chocolate chips or chocolate dipped
- ✗ Jelly desserts and other gelatine-based snacks
- ✗ Cakes, cupcakes, doughnuts, pastries and croissants
- ✗ Frozen ice treats (eg freezies, popsicles)

Beverages

- ✗ Fruit-flavoured drinks that are not 100% fruit juice
- ✗ Soft drinks, sport drinks, energy drinks, coffee and caffeinated tea-based drinks
- ✗ Hot chocolate that is not made from milk

Food Allergies

- Student Nutrition Programs must follow the allergy and anaphylaxis policies of their school or community centre. If your centre does not have one, contact us for support.
- Parents, students, administrators and Nutrition Program coordinators & volunteers must work together to protect the health of participants. Some programs may not be able to accommodate the needs of every child or youth.

If your program needs support relating to food allergies, contact snp@toronto.ca or Toronto Public Health at 416-338-7600.