



Quick Reference Guide

Categories	Grain Products / Serving	Vegetables & Fruit / Serving	Milk Products / Serving	Meat & Alternatives / Serving
MAXIMUM: Daily	≤ 3 g total fat ≤ 2 g sat and trans fat combined < 480 mg sodium > 2 g fibre ≤ 10 g sugar in cereals No artificial sweeteners <i>Whole grain (oats, corn, rye, rice) or whole wheat breads & pasta, crackers, cereal (shredded wheat, corn bran, oatmeal), brown or wild rice.</i>	≤ 3 g total fat ≤ 2 g sat and trans fat combined < 480 mg sodium > 2 g fibre No added sugar or artificial sweeteners <i>All fresh vegetables and fruit (choose locally grown and in season if possible); canned fruit packed in 100% juice or water; apple sauces or blends with no added sugar; 100% juice, dried fruit and leathers or frozen fruit bars.</i>	≤ 5 g total fat ≤ 4 g sat and trans fat combined < 480 mg sodium ≤ 28 g sugar per 250ml flavoured milk < 2% MF milk including flavoured and soy < 2% MF yogurt and yogurt drinks < 20% MF cheese including cheese strings No artificial sweeteners <i>Unprocessed cheese slices.</i>	≤ 5 g total fat ≤ 3 g sat and trans fat combined < 480 mg sodium <i>Lean or extra lean meat, poultry & fish; lean deli meats (ham, roast beef, turkey, chicken); canned fish packed in water; eggs; beans and legumes; hummus.</i>
MODERATE: No more than 2 times/week or 30% of menu choices	≤ 5 g total fat ≤ 2 g sat and trans fat combined May contain > 2 g fibre May contain > 480 mg but < 960 mg sodium May contain added sugar or artificial sweetener <i>White, 60% whole grain or enriched breads & pastas; non whole grain crackers; cereal made with whole grains but containing some added sugar (instant flavoured oatmeal, honey oat cereals, frosted mini wheat squares); white rice, biscuits or scones; granola bars; cookies with oatmeal or dried fruit; pretzels; air popped popcorn; baked chips; rice cakes.</i>	≤ 5 g total fat ≤ 2 g sat and trans fat combined May contain > 2 g fibre May contain > 480 mg but < 960 mg sodium May contain added sugar or artificial sweetener <i>Fruit in light syrup or with sugar added; vegetables with sauces or breadcrumbs; commercial vegetable soup; oven prepared French fries and perogies.</i>	≤ 8 g total fat ≤ 5 g sat and trans fat combined ≤ 28 g of sugar per 250 ml in milk drinks ≤ 3.25% MF milk including flavoured and soy May contain 20-32% MF cheese May contain > 480 mg but < 960 mg sodium May contain artificial sweetener <i>Cottage cheese; processed cheese slices and spreads; milk based pudding; frozen yogurt.</i>	≤ 10 g total fat ≤ 4 g sat and trans fat combined May contain > 480 mg but < 960 mg sodium <i>Regular ground beef; canned fish packed in oil; some marinated meats and jerky style products; breaded meat and poultry products; tuna/salmon or soy butter and cracker snack packs.</i>
<i>Herbs and spices can be used to enhance the flavour of foods and beverages. Other flavour enhancers may be used in small amounts to enhance the flavour of food Maximum (15ml) Moderate (5ml): salsa, tzatziki, low fat dressings and mayonnaise, butter, non hydrogenated margarine, ketchup, mustard, relish, honey, jam or jelly, syrups, gravies, soy sauce, hot sauce, light cream cheese and pickles.</i>				
MINIMUM: No longer allowed in school food programs. Served or sold rarely at a school wide special event approved by principal only!	≥ 5 g total fat > 2 g sat and trans fat combined Minimum mixed food examples: hot dogs, battered or fried items, pizza with processed meats and higher fat cheese, egg rolls, poutine; Minimum snack or processed food examples: candy, chocolate or energy bars, liquorice, artificial fruit snacks and roll ups, fruit gels or jellied desserts, chips and cheesies; Minimum baked goods examples: doughnuts, croissants, cake or cupcakes, pie, squares, muffins with chocolate, cookies made with sweet filling, icing or chocolate; Minimum frozen novelties: popsicles, ice cream, sherbet, milkshakes; Minimum beverage examples: pop, sports drinks, sweetened fruit beverages, coffee, iced tea, energy drinks. If principal approves any minimum food to be served at a school wide event, they MUST be served with maximum food choices.	≥ 5 g total fat > 2 g sat and trans fat combined Added sugar to vegetable and fruit juice	> 3.25% MF milk including flavoured and soy > 32% MF cheese products > 28g sugar per 250ml serving in milk drinks > 8g total fat per 250ml serving	> 10 g total fat > 4 g sat and trans fat combined <i>Highly processed deli meats (salami, pepperoni)</i>
Water: Choose plain, unsweetened, unflavoured water with no additives (such as: caffeine, herbals or artificial sweeteners). Salt: should be used sparingly.				

Symbols: ≤ = less than or equal to ml = millilitres sat = saturated
 < = less than mg = milligram MF = milk fat
 > = greater than g = gram