

## Section C: Food and Beverage Criteria in Regulated Child Care Settings





# Food and Beverage Criteria for Regulated Child Care Settings

In accordance with Section 1 of the Standards for Food and Nutrition, the Food and Beverage Criteria must be followed when creating a menu. The criteria will guide you in creating a menu that will meet requirements set out in both the Day Care Regulations and the Standards. One of these requirements is to ensure the foods served in regulated child care settings follow *Eating Well with Canada's Food Guide*. The pattern of healthy eating outlined in the Food Guide will contribute to the optimal growth and development of the children.

The Food and Beverage Criteria were developed based on international and national recommendations and guidelines from the Institute of Medicine (Dietary Reference Intakes), Health Canada, Canadian Paediatric Society, Heart and Stroke Foundation and Dietitians of Canada, in addition to similar policies and guidelines in other provinces, territories and jurisdictions.

Total fat, saturated and trans fat, sodium and sugar are the focus of these criteria as they influence health outcomes such as obesity, diet-related cancers, diabetes, high blood pressure and dental problems. Foods that are high in total fat, saturated and trans fat, sodium and sugar can take the place of healthier foods and as a result won't give toddlers and preschoolers the nourishment they need to grow and develop.

Research has shown that when children are exposed to and consume fatty, salty and sweet foods, they may prefer them over healthier foods. For these reasons, the Food and Beverage Criteria will guide the selection and preparation of foods that are low in total fat, saturated fat, sodium and sugar. A more thorough explanation regarding the specific nutrients of concern is provided in Appendix A.

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# How to use the Food and Beverage Criteria

These food and beverage criteria are based on *Eating Well with Canada's Food Guide*. The Food and Beverage Criteria include the **Foods to Serve**, **Nutrient Criteria** tables, **Food Preparation Tips** and **Foods Not to Serve**.

- Review the current menu to ensure that the foods served meet the **Food and Beverage Criteria**. Or, photocopy and use the **Menu Template** in the Resources and Tools section to create a new menu. A new menu can be created each week or a series of menus can be created and rotated. Offer a variety of foods from the four food groups on all days of the week. Once the menu is completed, sign and date it to confirm that it meets the **Food and Beverage Criteria**. **See example on page C5.**
- Use the **Foods to Serve** lists to help choose foods for the menu as well as for ideas on how to prepare these foods in a healthy way. If a food is on the **Foods to Serve** list, it can be included on the menu and it is not necessary to look at the **Nutrient Criteria** for these foods.
- Use the **Nutrient Criteria** to determine if foods that are not on the **Foods to Serve** list can be included on the menu.
- Use the **Nutrient Criteria** to identify which packaged foods can be included on the menu. While packaged foods are convenient, they are often high in fat, salt and/or sugar or contain sugar substitutes, and are low in nutritional value. If the packaged food does not fit the criteria, it should not be included on the menu.

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## Menu for Week 1 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
<b>Snack description</b> (At least 2 food groups, one of which is vegetable or fruit)	<i>Fruit smoothie</i>	<i>Hummus dip &amp; vegetables</i>	<i>Yogurt topped with bran cereal</i>	<i>Fruit salad &amp; crackers</i>	<i>Peaches &amp; toast</i>
	<i>Strawberry &amp; banana</i>  <i>Milk</i>	<i>Carrot sticks &amp; cucumber slices</i>  <i>Hummus</i>  <i>Water to drink</i>	<i>100% orange juice to drink</i>  <i>Bran flakes cereal</i>  <i>Yogurt</i>	<i>Apples, pears, plums (sliced)</i>  <i>Whole wheat crackers</i>  <i>Water to drink</i>	<i>Peaches</i>  <i>Whole wheat toast</i>  <i>Water to drink</i>
<b>Lunch</b>					
<b>Lunch description</b> (All 4 food groups are included)	<i>Vegetarian chili with whole grain rolls</i>	<i>Cauliflower 'n' cheddar soup &amp; tuna or egg sandwich</i>	<i>Chuckwagon taco pie with milk</i>	<i>Homemade fish cakes with rice &amp; vegetables</i>	<i>Deluxe pizza &amp; tossed salad</i>
<b>Vegetables &amp; fruit</b>	<i>Tomato sauce, tomatoes, corn, onion, green pepper, carrot, mushrooms</i>	<i>Soup: Cauliflower</i>  <i>Sandwich: Diced celery, green leaf lettuce</i>	<i>Tomato paste, red and green pepper, kernel corn, onion</i>  <i>Celery &amp; potato</i>	<i>Celery &amp; potato</i> <i>Carrots and peas</i>	<i>Pizza: tomato sauce, mushrooms, spinach, pineapple</i>  <i>Salad: lettuce, tomato, cucumber</i>
<b>Grain products</b>	<i>Whole grain rolls</i>	<i>Whole wheat bread</i>	<i>Whole-wheat tortillas</i>	<i>Brown rice</i> <i>Whole grain bread crumbs</i>	<i>Whole wheat pita bread</i>
<b>Milk &amp; alternatives</b>	<i>Milk to drink</i>	<i>Cheese</i> <i>Milk to drink</i>	<i>Cheese</i> <i>Milk to drink</i>	<i>Milk to drink</i>	<i>Cheese</i> <i>Milk to drink</i>
<b>Meat &amp; alternatives</b>	<i>Beans and lentils</i>	<i>Canned light tuna and egg</i>	<i>Ground beef, black beans</i>	<i>White fish (haddock/cod)</i>	<i>Diced chicken</i>
<b>Others*</b>		<i>Mayonnaise</i>			
<b>Afternoon Snack</b>					
<b>Snack Description</b>	<i>Spanakopita triangles &amp; milk</i>	<i>Hearty blueberry muffins, seasonal fruit and milk</i>	<i>Banana &amp; nut butter with milk</i>	<i>Pita &amp; blueberry salsa</i>	<i>Broccoli &amp; dip</i>
<i>(At least 2 food groups, one of which is vegetable or fruit)</i>	<i>Spinach</i> <i>Whole wheat tortillas</i> <i>Water to drink</i>	<i>Blueberries</i> <i>Hearty blueberry muffin</i> <i>Water to drink</i>	<i>Banana slices</i> <i>Nut butter</i> <i>Milk to drink</i>	<i>Blueberry salsa</i> <i>Baked whole wheat pita chips</i> <i>Water to drink</i>	<i>Broccoli</i> <i>Yogurt dip</i> <i>Milk to drink</i>

\*Others include condiments, sauces, spreads and toppings

**I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



# Menu Checklist

The **Menu Checklist** can be used as a starting point to create a menu, and as a final check once the menu is completed to ensure all the criteria have been met.

## Recipes

- Individual ingredients in the recipe fit within the **Foods to Serve** lists or the **Nutrient Criteria** tables.
- Items on the **Foods Not to Serve** lists are not included in recipes.
- Use the list of Healthy Substitutions (Appendix B) to reduce or eliminate fat, salt and sugar in recipes.

## Balance and Variety

- At least one serving\* from each of the four food groups is served at meal time.
- At least two of the four food groups are included at every snack.
- Meal and snack items within the same day and from day to day include variety in terms of:
  - colour** (e.g. neutrals, oranges, greens, reds)
  - flavour** (e.g. strong or mild; sweet or sour)
  - texture** (e.g. crisp or soft)
  - shape** (e.g. natural, round, cubes, sticks)
  - temperature** (e.g. cold or hot)

*\*Refer to Appendix A for more information on Food Guide Servings and portion sizes.*



### **Vegetables and Fruit**

- All snacks include at least one serving from the Vegetables and Fruit Food Group
- In full day child care settings, at least one dark green vegetable or one orange vegetable or fruit is served each day (see Foods to Serve lists for examples).
- 100% juice is served no more than two times a week ( $\frac{1}{2}$  cup per serving).
- A variety of vegetables and fruit are served each day.

### **Grain Products**

- In full day child care settings, a minimum of half the grain products served each day are whole grain.

### **Milk and Alternatives**

- Children under two years of age are served whole/homogenized (3.25%) milk.
- In full day child care settings, one cup of fluid milk should be offered to each child every day. This could be divided into two  $\frac{1}{2}$  cup (125 mL or 4 oz) servings a day for children to ensure they will eat the foods at the meals and snacks as well.

### **Meat and Alternatives**

In full day child care settings:

- Meat alternatives are served at least once a week (e.g. dried beans, lentils, tofu).
- Fish is served at least once a week.
- A variety of meats and alternatives are served throughout the week (e.g. poultry, eggs, beef, pork, fish, beans, peas, lentils, tofu).

### **Other**

- Plain water is available throughout the day as well as during snacks and lunch.
- Condiments (e.g. salsa, cream cheese, parmesan cheese, sour cream, jam, ketchup, chutney, croutons, unsweetened cocoa powder, feta, brie, and blue cheese) are used sparingly as minor ingredients (e.g. 1 teaspoon (5 mL) to 1 tablespoon (15 mL) per serving).
- Packaged foods on your menu fit within the **Foods to Serve** lists or **Nutrient Criteria**.
- Foods from the **Foods Not to Serve** lists are not included on the menu.
- The quantity of foods from each food group included in a mixed dish is sufficient to count as a serving\* for every child. (If you serve chicken noodle casserole for lunch, there needs to be enough chicken to count as a serving from the Meat and Alternatives food group for each child).

*\*Refer to Appendix A for more information on Food Guide Servings and portion sizes*



# Vegetables and Fruit

- All snacks include at least one serving from the Vegetables and Fruit Food Group.
- In full day child care settings, at least one dark green vegetable or one orange vegetable or fruit is served each day (see Foods to Serve lists for examples).
- 100% juice is served no more than two times a week (½ cup per serving).
- A variety of vegetables and fruit are served each day.

If a product is packaged, it must fit within the **Foods to Serve** list or the **Nutrient Criteria**.

## Foods to Serve

- Fresh vegetables
- Frozen vegetables (no added sodium or fat)
- Canned tomatoes, whole, diced or crushed (look for no added sodium or low sodium)
- Canned vegetables (rinsed and drained)
- Fresh fruit
- Frozen fruit (100% fruit, no added sugar)
- Canned fruit (packed in juice or light syrup)
- Dark green vegetables include:

asparagus, green beans, bok choy/Chinese cabbage, broccoli, Brussels sprouts, edamame, fiddle heads, endive, kale/collards, leeks, lettuce (romaine), mesclun mix, mustard greens, okra, peas, green pepper, seaweed, snow peas, spinach, zucchini

- Orange vegetables and fruit include:

carrots, pumpkin, squash, sweet potato, yam, apricot, cantaloupe, mango, nectarine, papaya, peach

- Apple sauce and other fruit sauces (100% fruit, no added sugar or sugar substitutes)
- Dried fruit and vegetables without added sugars, sugar substitutes or fat

Packaged foods can be high in sodium, fat and/or sugar. Some packaged foods can be served if they fit within the criteria below.

<b>Nutrient Criteria: Vegetables and Fruit</b> (per Food Guide Serving)					
Food	Serving size	Sodium	Fat	Sugar	Examples
<b>Prepared vegetables, frozen</b>	½ cup 110 g or 125 mL	≤ 360 mg	≤ 3 g total fat  2 g or less of saturated and trans fat combined	no added sugar	Frozen vegetables such as french fries, vegetables with sauce
<b>100% vegetable and fruit juices/blends</b>  <b>100% frozen unsweetened juice bars</b>	½ cup	≤ 240 mg	N/A	no added sugar	Vegetable juices such as carrot, tomato, vegetable blends  Fruit juices such as orange, pineapple, apple, etc  Frozen bars made with 100% real juice

Note: ≤ this symbol means less than or equal to.

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## Food Preparation Tips

- ✓ Prepare vegetables and fruit with little or no added fat, sugar or salt.
- ✓ Enjoy vegetables steamed, roasted or stir-fried.
- ✓ Leave the skin on new carrots and potatoes as a way to keep the fibre.
- ✓ Add vegetables like cucumber, peppers, mushrooms, and celery to sandwich fillings.
- ✓ Use orange vegetables such as carrots, squash or yams to make soup.
- ✓ Add vegetables to your pizza, like peppers, mushrooms, pineapple, onions, broccoli and tomatoes.
- ✓ Drain and rinse canned vegetables in cold water for 30 seconds to reduce the sodium content.
- ✓ Choose spices, herbs and reduced sodium broth, instead of regular broth and salt when making soups.
- ✓ Choose reduced sodium sauces (e.g. soy sauce, hoisin sauce).
- ✓ Use spices and herbs to season vegetables instead of fat or salt.
- ✓ Rinse and drain fruit canned in syrup to reduce sugar content.
- ✓ Chop or dice dried fruits into small pieces to reduce choking risk.

## Foods Not to Serve

### These foods should not be included on the menu:

- ✗ Fruit-based drinks that contain less than 100% fruit juice. (e.g. fruit drinks, fruit punch, fruit beverages, fruit-flavoured drinks, lemonade)
- ✗ Battered vegetables (e.g. battered zucchini)
- ✗ Sweetened gelatin/jellied desserts
- ✗ Pickles
- ✗ Dried vegetables or fruit with added sugar and/or sugar substitutes

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## Grain Products

- In full day child care settings, a minimum of half the grain products served each day are whole grain. Grain products are considered whole grain if:
  - the ingredient list of prepackaged grains includes whole grains as the first ingredients listed OR
  - your recipe includes whole grains (e.g. whole grain flour, oats, cornmeal, cracked wheat, quinoa)

If a product is packaged, it must fit within the **Foods to Serve** list or **Nutrient Criteria**.

## Foods to Serve

- Whole grains

oats, corn, rice, wheat berries, flax seeds, wheat germ, rye, light rye, stone ground whole wheat, kamut, amaranth, quinoa, pumpnickel, barley, cracked wheat, bulgur, sprouted grain, flax, wheat germ

- Rice (no added salt)
- Couscous

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**Packaged foods can be high in sodium, fat and/or sugar. Some packaged foods can be served if they fit within the criteria below.**

<b>Nutrient Criteria: Grain Products</b> (per Food Guide Serving)						
Food	Serving size	Sodium	Fat	Sugar	Fibre	Examples
<b>Bread products</b>	1 slice bread (35 g)  ½ bagel (45 g)  ½ pita or tortilla (45 g)	≤ 240 mg	≤ 2 g saturated & trans fats combined	≤ 8 g	≥ 1.6 g	Breads, buns, rolls, bagels, tortillas, chapatti, roti, naan, bannock, pita, buns, english muffins, tortillas
<b>Ready-to-eat cold and hot cereals</b>	cold cereal ¾ cup – 1 cup (175-250 mL) (30g)  prepared hot cereal ¾ cup (175 mL)	≤ 350 mg	≤ 2 g saturated & trans fats combined	≤ 11 g	≥ 2 g	Wheat squares, oat O's, oatmeal
<b>Crackers</b>	30 g	≤ 360 mg	≤ 2 g saturated & trans fats combined	≤ 2 g	≥ 1.6 g	Whole wheat or whole grain crackers
<b>Rice crackers, rice cakes</b>	30 g	≤ 280 mg	≤ 2 g saturated & trans fats combined	N/A	N/A	Plain rice cakes, plain rice crackers
<b>Pasta (fresh or dried) (no condiments or filling)</b>	85 g dry serving*	≤ 140 mg	≤ 2 g saturated & trans fats combined	N/A	≥ 3 g	Whole wheat pasta including macaroni, spaghetti, lasagna, penne, pasta side dish
<b>Baked goods (fresh or frozen, no sweetened fillings)</b>	35 g	≤ 250 mg	≤ 2 g saturated & trans fats combined	≤ 50% carbohydrate from sugar	≥ 2 g	Fruit or vegetable based muffins, scones or loaves, granola bars
<b>Pancakes and Waffles</b>	35 g	≤ 115 mg	≤ 2 g saturated & trans fats combined	≤ 5 g	≥ 1 g	Frozen pancakes or waffles

*Note: ≤ this symbol means less than or equal to; ≥ this symbol means greater than or equal to.*

*\*This is a packaged serving size, not a Food Guide serving*

## Food Preparation Tips

- ✓ Add brown or wild rice to soups, salads and casseroles.
- ✓ Prepare baked goods with whole grains (e.g. whole wheat flour, rolled oats).
- ✓ When baking, use vegetable oils such as canola, olive and soybean.
- ✓ Choose soft margarines that are low in saturated and trans fats (e.g. non-hydrogenated margarine).
- ✓ Prepare muffins with bran and fruits.
- ✓ Use whole wheat pasta in macaroni and cheese and other casseroles.
- ✓ Use whole wheat pizza crusts and tortilla wraps.
- ✓ Prepare grain products with little or no added fat, sugar and salt (See Healthy Substitutions, Appendix B).

## Foods Not to Serve

**These foods should not be included on the menu:**

- ✗ Baked goods and other grain products with sugar substitutes
- ✗ Foods containing honey to those 12 months and younger
- ✗ Hard taco shells
- ✗ Pastries and doughnuts

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## Milk and Alternatives

- Children under 2 years of age are served whole/homogenized (3.25%) milk.
- In full day child care settings, one cup of fluid milk should be offered to each child every day. This could be divided into two 1/2 cup (125 mL or 4 oz) servings a day for children to ensure they will eat the foods at the meals and snacks as well.

## Foods to Serve

- Milk (including fluid, powdered and canned evaporated milk)
- Plain fortified soy beverage (children 2 years of age and older)
- Ricotta cheese (plain)
- Cottage cheese (plain)

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**Packaged foods can be high in sodium, fat and/or sugar. Some packaged foods can be served if they fit within the criteria below.**

<b>Nutrient Criteria: Milk and Alternatives</b> (per Food Guide Serving)				
Food	Serving Size	Sodium	Sugar	Examples
<b>Yogurt or kefir</b>	¾ cup / 175 g	≤ 140 mg	≤ 30 g	Plain or fruit flavored yogurt
<b>Yogurt beverage</b>	200 mL	≤ 140 mg	≤ 30 g	Flavored yogurt beverage
<b>Cheese*</b>	1 ½ oz (50 g)	≤ 480 mg	N/A	Cheddar, mozzarella, Swiss, brick
<b>Ricotta cheese</b>	55 g*	≤ 240 mg	No added sugar	Plain ricotta cheese
<b>Puddings and custards</b>	½ cup (125 mL)	≤ 450 mg	≤ 30 g	Ready-to-eat or prepared from mix
<b>Flavoured milk or soy beverage</b>	1 cup/250 mL	≤ 200 mg	≤ 28 g	Chocolate milk, vanilla or chocolate soy beverage

*Note: ≤ this symbol means less than or equal to.*

*\*This is a package serving size and not a Food Guide Serving.*

## **Food Preparation Tips**

- ✓ Add milk and/or yogurt to smoothies.
- ✓ Use yogurt as a base when making dips.
- ✓ Use milk or yogurt in baked goods.
- ✓ Serve milk-based soups and chowders.
- ✓ Use yogurt as a dip for fruit.
- ✓ Shred cheese such as mozzarella and include in sandwiches, salads and wraps, and on baked potatoes.
- ✓ Choose reduced sodium cottage cheese and ricotta.
- ✓ Freeze yogurt smoothies for a cool snack.



## **Foods not to Serve**

**These foods should not be included on the menu:**

- × Low fat or non-fat milk to children younger than 2 years of age.
- × Yogurt containing sugar substitutes.
- × Ice cream and frozen desserts.
- × Processed cheese spreads and slices.

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## Meats and Alternatives

In full day child care settings:

- Meat alternatives are served at least once a week (e.g. beans, lentils, tofu).
- Fish is served at least once a week.
- A variety of meats and alternatives are served throughout the week (e.g. poultry, eggs, beef, pork, fish, beans, peas, lentils, tofu).

## Foods to Serve

- All dried, frozen and canned (rinsed and drained) legumes (e.g. beans, peas, lentils, chickpeas)
- Fresh fish

(e.g. capelin, char, haddock, hake, herring, Atlantic mackerel, mullet, salmon, smelt, rainbow trout, lake whitefish, blue crab, shrimp, clam, mussels, tongol)

- Canned fish (e.g. canned light tuna made from skipjack or yellowfin)
- Nut and seed butters (e.g. peanut butter, almond butter)
- Nuts and seeds (not served to children under 4 years old)
- Eggs
- Fresh lean meats (e.g. beef, venison, bison, pork, lamb)
- Fresh poultry (e.g. chicken, turkey, duck) (skin removed)
- Hummus and bean dips

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**Packaged foods can be high in sodium, fat and/or sugar. Some packaged foods can be served if they fit within the criteria below.**

<b>Nutrient Criteria: Meats and Alternatives</b> (per Food Guide Serving)				
<b>Food</b>	<b>Serving Size</b>	<b>Sodium</b>	<b>Fat</b>	<b>Examples</b>
<b>Poultry (frozen, plain, seasoned, coated)</b>	2 ½ oz (75 g or 125 mL)	≤ 216 mg	≤ 12.75 g total fat	Fresh, frozen, plain, unseasoned poultry, with or without skin
<b>Fish, seafood or shellfish (frozen, plain, seasoned, coated)</b>	2 ½ oz (75 g or 125 mL)	≤ 216 mg	≤ 3.5 g saturated and trans fat combined	Fresh or frozen haddock, salmon, herring, halibut, trout, shrimp, mackerel, canned light tuna
<b>Beef, pork, lamb (frozen, seasoned, etc)</b>	2 ½ oz (75 g or 125 mL)	≤ 216 mg	≤ 12.75 g total fat ≤ 4.5 g saturated fat	Fresh or frozen meat
<b>Processed meats</b>	2 ½ oz (75 g or 125 mL)	≤ 490 mg	≤ 7.5 g total fat saturated and trans fat 5% or less of total fat	Luncheon meats, sliced turkey, chicken, ham, roast beef, canned meat
<b>Liquid eggs</b>	¼ cup (61 g)	≤ 115 mg	≤ 3.7 g	Liquid egg
<b>Legumes (prepared)</b>	¾ cup (175 mL)	≤ 500 mg	N/A	Baked beans, bean salads
<b>Vegetarian, products (soy, tofu, etc)</b>	2 ½ oz (75 g or 125 mL)	≤ 450 mg	≤ 7.5 g total fat ≤ 2 g saturated and trans fat combined	Veggie ground beef, veggie burgers, tofu

*Note: ≤ this symbol means less than or equal to.*

## Food Preparation Tips

- ✓ Bake, broil, boil, poach or roast meat, poultry, and fish.
- ✓ Drain excess fat from cooked meat or poultry.
- ✓ Drain and rinse canned legumes in cold water for 30 seconds to reduce the sodium content.
- ✓ Prepare lean meat and alternatives with little or no added fat or salt.
- ✓ When buying whole chicken or chicken pieces, remove the skin before cooking.
- ✓ Use whole wheat bread crumbs or crushed whole grain cereal when making bread coatings.
- ✓ Serve hummus and pita wedges as a snack.
- ✓ Offer hard-boiled eggs or egg salad as a snack.
- ✓ Include tofu and/or legumes (e.g. chick peas) in stir fries.
- ✓ Serve lentil or split pea soups.
- ✓ Add dried beans and peas to soups, stews, and salads and chili.

## Foods not to Serve

### These foods should not be included on the menu:

- ✗ Hot dogs, bologna, salami, pepperoni, bacon and sausages
- ✗ Nuts and seeds to children under the age of four years\*.
- ✗ Fish with bones\*
- ✗ High mercury fish:
  - Limit fresh/frozen tuna, shark, swordfish, marlin, orange roughy and escolar to 75 g or one Food Guide serving a month.
  - Limit canned albacore (white) tuna\*\* to 75 grams or one Food Guide serving a week.

\* Choking hazard

\*\*Does not apply to canned light tuna.

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## Mixed Dishes and Other Foods

Mixed dishes (e.g. casseroles, stews, lasagna) have ingredients from at least two of the four food groups. When a mixed dish is packaged, it must fit within the **Foods to Serve** list or **Nutrient Criteria**.

If lasagna is served, it needs to fit within the **Nutrient Criteria** and also include enough vegetable and/or meat to count as a serving for each child. It may also be used as a serving of grain if there is a sufficient quantity of pasta for each child.

If chicken noodle casserole is served for lunch, there needs to be enough chicken to count as a serving from the Meat and Alternatives food group for each child. A vegetarian pizza would have to have enough vegetables to count as at least one vegetable serving.

### Foods to Serve

Homemade pizza, casseroles, lasagna, chowders and soups, etc.

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**Packaged foods can be high in sodium, fat and/or sugar. Some packaged foods can be served if they fit within the criteria below.**

<b>Nutrient Criteria: Pre-packaged Mixed Dishes</b> (per Food Guide Serving)				
Food	Serving Size	Sodium	Fat	Examples
Dinners / mixed entrées	1 cup (250 mL)	≤ 720 mg	≤ 2 g saturated fat trans fat  ≤ 5% of total fat	Prepared stews, chili, dahls, casseroles, lasagna, Shepherd's pie, etc
Pizza	1 slice (140 g)	≤ 480 mg	≤ 10 g trans fat ≤ 5% of total fat	Prepared pizza (frozen or fresh)
Soups and chowders	1 cup (250 mL)	≤ 480 mg	≤ 2 g saturated fat Trans fat ≤ 5% of total fat	Corn or seafood chowder, broth or cream based soups
Sauces	¾ cup (175 mL)	≤ 750 mg	≤ 3 g saturated fat trans fat ≤ 5% of total fat	Meat, vegetarian, tomato or cream sauces

*Note: ≤ this symbol means less than or equal to.*

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## Other

### Oils and fats

- ✓ Use vegetable oils such as canola, olive and soybean. This includes oils and fats used for cooking, salad dressings, and for spreads.
- ✓ Choose soft margarines that are low in saturated fat and trans fat. Avoid butter, hard margarine, lard, shortening and gravy.

### Condiments

- ✓ Condiments (e.g. salsa, cream cheese, parmesan cheese, bread crumbs, sour cream, jam, ketchup, chutney, croutons, unsweetened cocoa powder, feta, brie, and blue cheese) are used in small amounts to enhance flavours and do not fit within the *Food Guide* as a *Food Guide Serving*. As such, small amounts are defined as 1 tsp (5 mL) to 1 tbsp (15 mL).

## Recipes

- ✓ When cooking or baking, there are a few things to look for in order to decide if a recipe fits the criteria. If the following are met, then your recipe fits and can be included on the menu:
  - Individual ingredients\* in the recipe fit within the **Foods to Serve** lists or the **Nutrient Criteria**.
  - Items on the **Foods Not to Serve** lists are not included in recipes.
  - Use the list of Healthy Substitutions (Appendix B) to reduce or eliminate fat, salt and sugar in recipes.

*\*Flours, sugar, buttermilk, spices, leavening agents (baking soda and baking powder), etc are not listed on the Foods to Serve lists as they are not typically consumed on their own, but are allowed in recipes as ingredients.*

## **Foods Not to Serve**

**The following foods will not be included on the regular daily menu as ingredients or as foods served.** These foods are typically high in fat, sodium and/or sugar, may contain sugar substitutes and are low in nutritional value.

- × Fruit-based drinks that contain less than 100% fruit juice. (e.g. fruit drinks, fruit punch, fruit beverages, fruit-flavoured drinks, lemonade)
- × Battered and fried vegetables (e.g. battered zucchini)
- × Sweetened gelatin (jellied desserts)
- × Pickles
- × Dried vegetables or fruit with added sugar and/or sugar substitutes
- × Hard taco shells
- × Pastries and doughnuts
- × Ice cream and frozen desserts (e.g. freezies and popsicles)
- × Processed cheese spreads and slices
- × Low fat or nonfat milk to children younger than 2 years of age
- × Hot dogs, bologna, salami, pepperoni, bacon and sausages
- × Foods or beverages containing sugar substitutes (e.g. yogurt, baked goods)
- × Candy and chocolate, including chocolate spreads
- × Marshmallows
- × Snack foods (e.g. potato chips, tortilla chips, cheese puffs, pretzels)
- × Pop, diet pop
- × Sport and energy drinks
- × Water with added flavourings, sweeteners, vitamins, minerals, etc.
- × Beverages with caffeine or alcohol should never be served to children

## **Food Safety**

**The following foods pose a risk and will not be included on the menu:**

- × Honey is not safe for infants under 12 months, due to the risk of infant botulism.  
Do not give infants honey, or any kind of food made with honey, for the first year.  
This includes baked and cooked items that contain honey.
- × Unpasteurized food and beverages
- × Homemade canned goods
- × High mercury fish:
  - Limit fresh/frozen tuna, shark, swordfish, marlin, orange roughy and escolar to 75 g or one Food Guide serving a month.
  - Limit canned albacore (white) tuna\* to 75 grams or one Food Guide serving a week.

*\*Does not apply to canned light tuna.*



## Choking Hazards

The following foods are potential choking hazards for children younger than 4 years of age:

- × Nuts, popcorn
- × Hard candy, cough drops, gum
- × Whole grapes, raisins
- × Carrots cut into rounds
- × Hot dog
- × Fish with bones
- × Snacks with toothpicks or skewers
- × Marshmallows

Some of these foods can be served in a way that makes them safer for young children to eat, for example:

Foods that can cause choking	Suggestions to make these foods safer
Sticky spreads like peanut butter, tahini and almond butter	<ul style="list-style-type: none"> <li>- Spread them thinly on bread or crackers</li> <li>- Do not give spoonfuls of these foods</li> </ul>
Hard foods like some raw vegetables and fruit	<ul style="list-style-type: none"> <li>- Cook hard foods to soften them</li> <li>- Grate them into small pieces</li> </ul>
Round, smooth foods like grapes and cherries	<ul style="list-style-type: none"> <li>- Cut each one into four small sections</li> <li>- Remove seeds or pits</li> </ul>
Tube-shaped foods like cooked baby carrots	<ul style="list-style-type: none"> <li>- Cut them lengthwise into strips</li> <li>- Cut the strips into small pieces</li> </ul>
Stringy or chewy foods like meat, long thin pasta and melted cheese	<ul style="list-style-type: none"> <li>- Cut these foods into small pieces</li> </ul>
Dried fruit	<ul style="list-style-type: none"> <li>- Chop or dice into small pieces</li> </ul>

