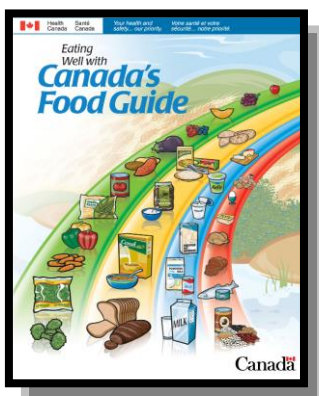




## DURHAM'S CHILD NUTRITION PROJECT

### The Nutrition Standard for Student Nutrition Programs in Durham Region



#### What is the Nutrition Standard?

- Defines nutritious meals and snacks based on Canada's Food Guide
- For programs that receive grants from the Ministry of Children and Youth Services, Region of Durham and Durham's Child Nutrition Project
- 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



# 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

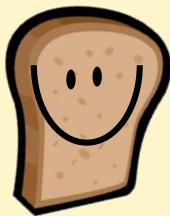
125 mL, ½ cup

# 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)

- **Fiber** 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**

### per 20 g (package serving)

- **Fiber** 1 g or more
- **Fat** 3 g or less
- **Saturated fat** 2 g or less
- **Sodium** 240 mg or less

### per 30 g (actual serving)

- **Fiber** 1.5 – 2 g or more
- **Fat** 5 g or less
- **Saturated fat** 2 g 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



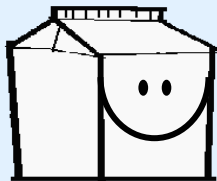
### Cereal

Cold: 30 g  
Cooked: 175 mL, ¾ cup

# Milk and Alternatives

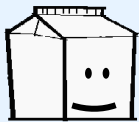
Serve milk or fortified soy beverage more often.

## Every day choices



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

## Limit these: maximum one item, once a week



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

## 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



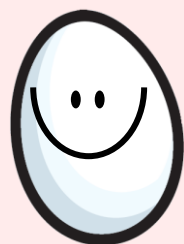
**Processed cheese slices**  
50 g, 2 slices

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

## Limit these: maximum one item, once a week



|                                    |  |
|------------------------------------|--|
| <b>Deli meats</b> (eg turkey, ham) | <ul style="list-style-type: none"> <li>• lean or extra lean</li> <li>• <b>Sodium</b> 480 mg or less</li> </ul> |
|------------------------------------|--|

## 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)
- \* Flaky meat 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 District School Board.
- 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.

For additional information or questions:

Visit [www.dcnp.ca](http://www.dcnp.ca), call 905-999-7612/ 289-675-5296

Email: [anamazhar@gmail.com](mailto:anamazhar@gmail.com)/ [melissamcknight5@gmail.com](mailto:melissamcknight5@gmail.com)

