



# Administrative Procedure 164-1 – Appendix A - Healthy Eating Food Guide

## Live Outside the French Fries Box: Guidelines to Help Your School Make Healthy Food Choices

### Serve Most Often

GRAIN PRODUCTS		MILK PRODUCTS	
Whole grain bread/ toast/bun	Homemade whole wheat banana bread	Low fat cheese (e.g. cheddar <20% MF)	Cottage cheese
Home made muffins	Roti	Milk based soups	Yogurt
Pasta/rice/whole wheat or rice noodles	Baked Bannock	Low fat milk (1% and skim)	Fortified soy beverage
Unsweetened/low sugar cereals	Whole-wheat bagels/ pita/bread		
English muffins	Whole grain crackers		
	Tortillas/rice cakes		
VEGETABLES & FRUIT		MEATS & ALTERNATIVES	
Fresh/unsweetened frozen fruit	Unsweetened juices	Cooked beans and lentils	Fish/sealood
Canned fruit in juice	Vegetable soups	Canned fish (packed in water)	Lean cuts of beef/pork
Raw/ cooked vegetables	*Dried fruit (no sugar added)	Eggs	**Peanut butter/nuts
	Baked potatoes	Ham	Tofu
			Lean cuts of chicken/turkey

  

### Serve Sometimes

GRAIN PRODUCTS		MILK PRODUCTS	
Granola/granola bars	Plain homemade cake	Eggnog	Frozen yogurt
Plain popcorn/pretzels	**Cookies (made with oatmeal, peanut butter or dried fruit)	Milk puddings	Regular cheese
Fruit crisps/cobbles	Crossants	Ice cream	Custards
White bread/crackers (e.g. soda)	Biscuits	***Flavoured milk	Processed cheese slices
		Low fat milk (1% and skim)	
VEGETABLES & FRUIT		MEATS & ALTERNATIVES	
Fruit in syrup		Wieners/sausages	Fish sticks
Vegetables with sauces or breading		Canned luncheon meats	Breaded meat strips
		Pepperoni sticks	Canned fish (in oil)
		Deli meats	

  

### Serve Least Often

These foods are high in sugar, fat or salt and should not be every day choices.

Pastry/danishes	Cookies (with icing)	Gravy
Syrup/honey	Frozen ice treats (popsicles)	*Fruit leather with sugar added
Pie	Cheese puffs	Milkshakes
Cream cheese	Presweetened cereals	Whipped cream
Cakes with icing	Soft drinks	French fries
Chocolate/candy	Sherbet	Sport drinks
Chilled coffee drinks	Cheese spreads	Flavored popcorn/chips
Sticky buns	Bacon	Jams/jellies
Sour cream	Fruit drinks (e.g. punch)	Instant packaged noodle soups
Chips	Flavored jelly powder	Poutine

Source: Good Nutrition at School, David Thompson Health Region

\* These foods are sticky and tend to stick to teeth, increasing the risk of tooth decay. When these foods are eaten with meals, the risk of tooth decay is lower. The risk is lower yet if these foods are eaten and followed by brushing, rinsing with water, eating a piece of cheese or chewing a piece of sugarless gum.

\*\* Check for students' food allergies before serving food at school. Resources for allergies: Calgary Allergy [www.calgaryallergy.ca](http://www.calgaryallergy.ca)

\*\*\* Although the nutrient content is similar, white milk is a better choice over flavoured milks because it has fewer calories and less sugar.

**TIPS:**  
**Milk Products:** aim for 2% MF (milk fat) or less, aim for 15% RDI of calcium and 25% RDI of Vitamin D per serving  
**Grain Products:** aim for 2g of Fibre or more per serving  
**Meats and Alternatives:** aim for 5% RDI or more of B vitamin and iron per serving  
**Vegetables and Fruit:** a good source of Vitamin C (aim for 30% RDI), Vitamin A and Folic acid (aim for 15% RDI)

**For all food groups:** Aim for less than 2 g saturated fat/serving and no hydrogenated vegetable oil/vegetable oil shortening or added "trans fats"  
 \* RDI=Recommended Dietary Intake  
 Adapted from: The Role of Schools in Promoting Healthy Eating as well as Dietitians of Canada – School Food and Nutrition Recommendations for Ontario Ministry of Education  
[www.dietitians.ca/news/media.asp](http://www.dietitians.ca/news/media.asp)