

# maximum nutrition

## Food and Beverage Standards for Nova Scotia Public Schools



Education  
Health Promotion  
and Protection

### Food and Beverage Standards for Nova Scotia Public Schools

The Food and Beverage Standards for Nova Scotia Public Schools are based upon *Canada's Food Guide to Healthy Eating*. They provide nutrition criteria, suggestions, and detailed lists of healthy options that can help inform decisions about the food and beverages served and sold during the school day.

**"Maximum Nutrition" items can be served or sold daily in schools. These items should make up about 70% of the food and beverage choices served or sold in schools.**

- Food and beverages that are part of the four food groups of *Canada's Food Guide to Healthy Eating*
- High in essential nutrients for growth, learning, and health (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water)
- Low in saturated and trans fats
- Contain little or no added salt, sugars, or artificial sweeteners
- Minimally processed

### Grain Products

#### Food for Thought...

- Choose items that list whole grains as the first or second ingredient. E.g., breads, cereals, crackers, and pasta made from whole wheat, oats, rice, rye, corn, barley, etc.
- Choose items that say "low in fat", "low in saturated fat", "trans fat free", "lower in salt", or "source of fibre".
- Choose items that do not contain artificial sweeteners.

#### Nutrient Criteria...

Fat: No more than 3 grams (less than 1 teaspoon) of total fat per serving  
No more than 2 grams of saturated and trans fat combined per serving

Fibre: 2 g or more per serving

Sodium: Less than 480 mg per serving

### Mixed Foods

#### Food for Thought...

- Choose items that contain ingredients from the four food groups of the Maximum Nutrition list.

### Vegetables and Fruit

#### Food for Thought...

- Choose fresh, local fruit and vegetables that are in season. Use frozen or canned items to increase variety when fresh choices are unavailable.
- Choose beverages that say 100% juice.
- Choose products that list a vegetable or fruit as the first or second ingredient, not including water.

#### Nutrient Criteria...

Fat: No more than 3 grams of total fat (i.e. less than 1 tsp) per serving  
No more than 2 grams of saturated and trans fat combined per serving

Fibre: 2 g or more per serving

Sodium: Less than 480 mg per serving

Sugar: No added sugars or artificial sweeteners

### Milk Products

#### Food for Thought...

- Choose lower fat milk products: 2%, 1%, or skim (white or flavoured) fluid milk, yogurt, and soy beverages.
- Choose cheeses (including tofu and soy-based items) that contain less than 20% Milk Fat (MF) or Butter Fat (BF).
- Choose items that list milk as the first or second ingredient (this does not include cream).
- Choose items that do not contain artificial sweeteners.

#### Nutrient Criteria...

Fat: No more than 5 g total fat per serving  
No more than 4 g saturated and trans fat per serving

Sodium: Less than 480 mg per serving

Sugar: Lower fat (2% or less) flavoured milks should contain 28 g or less total sugar per 250 mL serving

### Meat and Alternatives

#### Food for Thought...

- Choose lean or extra lean meats (e.g., lean ground beef versus regular), poultry, and fish.
- Choose meat alternatives such as lentils, beans, and tofu.

#### Nutrient Criteria...

Fat: No more than 5 g total fat per serving  
No more than 3 g saturated and trans fat combined per serving

Sodium: Less than 480 mg per serving

# maximum nutrition, serve and sell daily

## grain products

- ✓ Whole grain (e.g. oats, corn, rye, rice) or whole wheat breads, buns, rolls, bagels, English muffins, pita bread, tortilla, pancakes, waffles, bannock, chapatti, roti, naan, pizza dough
- ✓ Unsweetened whole grain, ready-to-eat cold cereals and hot cereals (e.g. shredded wheat squares, oat O's, cornflakes, crisped rice, oatmeal)
- ✓ Lower fat whole grain or whole wheat, crackers, breadsticks, and flatbreads
- ✓ Whole wheat pasta, noodles, macaroni, spaghetti
- ✓ Brown or wild rice
- ✓ Barley, bulgur, or other whole grains
- ✓ Lower fat muffins and quick breads made with whole wheat flour, bran, and/or fruits and vegetables
- ✓ Trail mix (mix of whole grain cereals)

## vegetables + fruit

- ✓ Fresh, frozen or canned fruit and vegetables (no sugar added; packed in water or juice)
- ✓ 100% fruit and vegetable juices or 100% juice blends
- ✓ Applesauce, applesauce-fruit blends (no sugar added)
- ✓ Vegetable soups (e.g. squash, carrot) 
- ✓ 100% frozen unsweetened juice bars
- ✓ Dried fruits (e.g. raisins, cranberries) 
- ✓ 100% fruit or vegetable leathers (with no sugar added) 
- ✓ Baked potato

## milk products

- ✓ Lower fat milk (2% or less) including flavoured milks (e.g. chocolate, banana)
- ✓ Lower fat (2% or less) fortified soy beverages original or flavoured
- ✓ Lower fat (2% or less) yogurt, plain or fruit-based
- ✓ Yogurt tubes (2% or less)
- ✓ Cheese (20% MF or less; e.g. part skim mozzarella, cheddar)
- ✓ Cheese strings (20% MF or less)
- ✓ Milk-based soups (2% or less MF)
- ✓ Yogurt drinks
- ✓ Lower fat soy yogurts and cheese products
- ✓ Smoothies made with Maximum Nutrition ingredients

MF = milk fat

BF = butter fat

## meat + alternatives

- ✓ Chicken, turkey
- ✓ Fish and seafood
- ✓ Lean meat: beef, pork, lamb
- ✓ Lean deli meats (e.g. ham, roast beef, turkey, chicken) 
- ✓ Meatballs or meat loaf made with lean meat or poultry
- ✓ Canned fish packed in water
- ✓ Eggs (e.g. hard cooked) or egg substitute
- ✓ Legumes (dried peas, beans, lentils) cooked or canned
- ✓ Split pea or lentil soups 
- ✓ Peanut butter or other nut butters (where allergies permit)
- ✓ Vegetarian or soy/tofu/lentil burgers
- ✓ Dry-roasted nuts and seeds (no added salt or oil)
- ✓ Soy nuts (no added salt or oil)
- ✓ Hummus
- ✓ Bean-based dips

## mixed foods

- ✓ Whole wheat pasta salad, preferably with vegetables
- ✓ Whole wheat macaroni and cheese
- ✓ Whole wheat pasta dishes or casseroles made with tomato sauce and/or vegetables (e.g. spaghetti)
- ✓ Pizza buns on whole wheat/grain English muffins, with lots of vegetables and part-skim mozzarella cheese
- ✓ Cheese pizza made with whole wheat crust
- ✓ Vegetarian pizza or panzaroti with vegetables and part-skim mozzarella cheese
- ✓ Vegetable sticks or fruit pieces served with lower fat dip (e.g. yogurt)
- ✓ Salad (e.g. any mix of greens and/or vegetables and fruit, preferably served with lower fat dressing)
- ✓ Fruit smoothies (made with fruit, 100% juice, and/or lower fat milk and yogurts)
- ✓ Frozen banana pops rolled in yogurt and granola
- ✓ Yogurt and fruit or yogurt parfaits with lower fat granola
- ✓ Grilled cheese sandwich made with lower fat cheese and served on whole wheat bread
- ✓ Vegetable pita or tortilla wrap (whole wheat)
- ✓ Vegetable stir fries
- ✓ Cabbage rolls
- ✓ Vegetable-based chowders made with milk (e.g. corn)
- ✓ Meat, poultry or fish stew, preferably with lots of vegetables
- ✓ Fish chowder (milk-based) served with a whole grain roll
- ✓ Egg salad sandwich made with lower fat mayonnaise and served on whole grain bread
- ✓ Hummus and whole wheat pita bread
- ✓ Chili with lean ground beef and lots of beans and vegetables
- ✓ Falafel (chickpea patties)
- ✓ Nut bars with dried fruit
- ✓ Souvlaki, tzatziki (yogurt, cucumber, and herb dip) and whole wheat pita
- ✓ Shepherd's pie
- ✓ Submarine/sandwiches with lean deli meats (turkey, ham, roast beef) and fillings (egg, tuna salad, vegetable) on whole wheat/grain buns or breads
- ✓ Stir fries with meat, poultry, seafood, and vegetables
- ✓ Hamburgers made with lean or extra lean beef
- ✓ Baked burritos or soft tacos (bean or meat) made with whole wheat flour tortillas, served with vegetable sticks/salad
- ✓ Fajitas served on whole wheat flour tortillas
- ✓ Sweet and sour meatballs served on brown rice

The following items may be used to enhance the flavour of foods of both Maximum and Moderate Nutrition in small amounts, i.e. teaspoon (5 mL) and tablespoon (15 mL) servings.

### HEALTHIER OPTIONS:

- ✓ Salsa
- ✓ Yogurt-based fruit dip
- ✓ Tzatziki (yogurt, cucumber, and herb dip)
- ✓ Lower fat spreads, dips, dressings, or mayonnaise
- ✓ Vegetable oils (e.g. olive, canola)
- ✓ Bean dip
- ✓ Tomato sauces

### REGULAR OPTIONS:

- ✓ Butter
- ✓ Regular salad dressings and dips
- ✓ Ketchup and Relish
- ✓ Caramel sauce
- ✓ Soy sauce
- ✓ Sour cream
- ✓ Jam, jelly
- ✓ Cream cheese (light, flavoured, regular)
- ✓ Whipped cream or non-dairy whipped topping (for those with allergies e.g. cool whip)
- ✓ Margarine (non-hydrogenated)
- ✓ Mayonnaise
- ✓ Mustard
- ✓ Pickles
- ✓ Hot sauce
- ✓ Gravies
- ✓ Honey

**NOTE:** Cream cheese is not a source of calcium like other types of cheese and is mostly fat. For this reason, it appears in this list.

**water:** plain, unsweetened, unflavoured water with no additives (e.g. caffeine, herbals) or artificial sweeteners.

**herbs and spices:** herbs, spices and seasonings can enhance the flavour and enjoyment of foods and beverages.

**salt should be used sparingly.**  Denotes salty foods  Denotes sticky foods