

# moderate nutrition

## Food and Beverage Standards for Nova Scotia Public Schools



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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.

**"Moderate Nutrition" items can be served or sold no more than 2 times per week or make up no more than 30% of choices at one location.**

- Food and beverages that are part of the four food groups of *Canada's Food Guide to Healthy Eating*
- Contain essential nutrients for growth, learning, and health (e.g., vitamins, minerals, protein, carbohydrate, essential fatty acids, fibre, and water)
- **Choose these items less often, as they may be lower in fibre and higher in fat, salt, sugar, artificial sweeteners and/or processing compared with items of Maximum Nutrition.**

### Milk Products

#### Food for Thought...

- Select items that list milk as the first or second ingredient (this does not include cream).
- Choose these items less often because they are higher in fat compared to items in the Maximum Nutrition list: whole (3.25% MF) fluid milk, yogurt, and soy products.
- Choose these cheeses less often because they have more fat (i.e., more than 20% MF but less than 32% MF).

#### Nutrient Criteria...

**Fat:** May contain no more than 8 g total fat per serving  
May contain no more than 5 g saturated and trans fat combined per serving

**Sodium:** May contain more than 480 mg but less than 960 mg per serving

**Sugar:** Flavoured milk with no more than 28 g sugar per 250 mL  
artificial sweetener: may be present.

### Mixed Foods

#### Food for Thought...

- Select, items that say 'lower in fat', 'low in saturated fat', 'trans fat free', 'lower in salt', and 'reduced in sugar'.

### Vegetables and Fruit

#### Food for Thought...

- Try local fresh fruit and vegetables in season.
- Use frozen or canned items to increase variety when fresh choices are unavailable.
- Select items that list a vegetable or fruit as the first or second ingredient, not including water.
- Select items that say 'lower in fat', 'low in saturated fat', 'trans fat free', 'lower in salt', or 'reduced in sugar'.

#### Nutrient Criteria...

**Fat:** Less than 5 g total fat per serving  
Less than 2 g saturated and trans fat combined per serving

**Fibre:** May contain less than 2 g per serving

**Sodium:** May contain more than 480 mg but less than 960 mg per serving

**Sugar:** May contain added sugar or artificial sweetener

### Grain Products

#### Food for Thought...

- Select items that list grains as the first or second ingredient and contain enriched white flours or mixed flours made from wheat, rice, oats, corn, barley, etc.
- Select items that say 'lower in fat', 'low in saturated fat', 'trans fat free', 'lower in salt', or 'reduced in sugar'.

#### Nutrient Criteria...

**Fat:** No more than 5 g of total fat per serving  
No more than 2 g saturated and trans combined

**Fibre:** May contain less than 2 grams per serving

**Sodium:** May contain more than 480 mg but less than 960 mg per serving

**Sugar:** May contain added sugar or artificial sweeteners

### Meat and Alternatives

#### Food for Thought...

- Select items that list a meat or alternative as the first or second ingredient.
- Choose these cuts of meat, poultry, and fish less often because they have more fat or saturated fat.












#### Nutrient Criteria...

**Fat:** No more than 10 g total fat per serving  
No more than 4 g saturated and trans fat combined per serving


**Sodium:** May contain more than 480 mg but less than 960 mg per serving

# moderate nutrition, serve and sell no more than 2 times per week (30% of choices)


## grain products

- ✓ White, 60% whole grain, or enriched bread, rolls, buns, bagels, bannock, chapatti, naan, English muffins, pancakes, waffles, pita bread, tortillas, pizza dough
- ✓ White or flavoured (e.g. spinach, tomato), enriched pasta
- ✓ White rice or rice noodles
- ✓ Vegetables with sauces or bread crumbs
- ✓ Cereal made with whole grains, but containing some added sugar (e.g. instant flavoured oatmeal, honey oat cereals)
- ✓ Granola-type cereals
- ✓ Fruit or vegetable-based loaves or breads (e.g. banana, zucchini) made with white enriched flour
- ✓ Corn bread
- ✓ Bread stuffing
- ✓ Non-whole grain crackers
- ✓ Melba toast or white bread sticks
- ✓ Couscous
- ✓ Noodle or rice soups, preferably with vegetables 
- ✓ Biscuits or scones
- ✓ Cereal bars 
- ✓ Plain granola bars (not dipped in chocolate or yogurt, no added chocolate chips, marshmallows, candy, etc.) 
- ✓ Fig-filled cookies 
- ✓ Graham crackers or digestive cookies
- ✓ Goldfish shaped crackers or animal-shaped crackers
- ✓ Cookies (made with oatmeal, dried fruit, and preferably whole wheat flour) 
- ✓ Pretzels (soft or hard, preferably unsalted) 
- ✓ Baked potato chips or tortilla chips 
- ✓ Bagel or pita chips (lower fat, plain or seasoned) 
- ✓ Crisp rice cereal squares 
- ✓ Plain or flavoured air popped or low fat microwave popcorn 
- ✓ Plain or flavoured rice cakes, corn cakes or rice crackers 

## vegetables + fruit

- ✓ Fruit in light syrup or with sugar added
- ✓ Applesauce or fruit blends with sugar added
- ✓ Vegetables with sauces or breadcrumbs
- ✓ Vegetable soup (tinned or commercially prepared) 
- ✓ Oven prepared French fries containing no trans fats and that fit with the Nutrition Criteria.


## milk products

- ✓ Whole milk and flavoured milks (no more than 3.25% MF)
- ✓ Cottage cheese preferably lower fat, i.e. 2% or less milk fat 
- ✓ Higher fat cheese (i.e. more than 20% MF but less than 32% MF)
- ✓ Yogurt and yogurt drinks containing more than 2% MF but less than 3.25% MF
- ✓ Milk based pudding (lower fat)
- ✓ Processed cheese products (e.g. slices, spread)
- ✓ Hot chocolate made with 2% MF or less
- ✓ Frozen yogurt (lower fat)
- ✓ Ice milk (i.e. single portion Dixie cups)
- ✓ Custard

MF = milk fat

BF = butter fat

## meat + alternatives

- ✓ Meatballs/ meatloaf made with regular ground beef
- ✓ Nuts and seeds (salted, seasoned and or roasted in oil) 
- (Where allergies permit)
- ✓ Fish canned in oil
- ✓ Some marinated meats or poultry 
- ✓ Some Jerky style products (e.g. beef) 

## mixed foods

- ✓ Enriched white macaroni and cheese
- ✓ Fruit crisps
- ✓ Sloppy Joes
- ✓ Frozen pasta and sauces (tomato-based)
- ✓ Hard tacos (meat or poultry)
- ✓ Pizza made with lean deli meats (ham, ground beef)
- ✓ Lasagna made with white, enriched noodles
- ✓ Pasta in cream-based sauces
- ✓ "Salad-type" sandwiches made with full fat mayonnaise or dressing (e.g. egg, chicken, tuna)
- ✓ Canned soups
- ✓ Quiche
- ✓ Grilled cheese (more than 20% MF) sandwich on white bread
- ✓ Tuna/salmon and cracker snack packs
- ✓ Peanut butter and cracker snack packs

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

### REGULAR OPTIONS:

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

**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