These foods and beverages are high in essential nutrients for growth, learning, and health, are low in saturated and trans fats, and are minimally processed. They can be served and sold daily.

### grain products

- Brown rice, whole-wheat bread and rolls (or other whole-grain products), pasta, and macaroni
- Whole-grain breakfast cereals
- Rice, bulgur, couscous, bulgur, kasha
- Breakfast cereals (with no sugar added)
- Cereals that contain 5% or more fibre
- Whole-grain oatmeal
- Oatmeal
- Granola
- Muesli
- Soap powder

### vegetables + fruit

- Frozen banana pops rolled in yogurt and granola
- Fruit smoothies (made with fruit, 100% juice, and/or water)
- Salad (e.g., any mix of greens and/or vegetables and lots of vegetables and part-skim mozzarella cheese)
- Cheese pizza made with whole wheat crust
- Trail mix (mix of whole grain cereals)
- Yogurt and fruit or yogurt parfaits with lower fat granola
- Cabbage rolls
- Vegetable-based chowders made with milk (e.g., corn)
- Fish chowder (milk-based) served with a whole grain roll
- Small portion of fish served with salad
- Vegetable-based soups (e.g., split pea or lentil soups)

### milk products

- 1% or 2% reduced-fat milk
- 1% or 2% reduced-fat cheese products
- 1% or 2% reduced-fat milk-based breakfast cereals
- Vegetable smoothies made with whole grain rolls
- Milk-based soups (2% or less MF)
- Cheese strings (20% MF or less)
- Yogurt tubes (2% or less MF)
- Lower fat (2% or less MF) fortified soy beverages, original or flavoured

### meat + alternatives

- Lean refers to 10% or less fat (17% or less for ground meats and poultry)
- Choose items where meat is the first or second ingredient, not including water.
- Choose meat alternatives like beans, lentils, and tofu.
- Choose lean or extra lean meat, poultry, and fish.
- Choose lower fat milk products with 2% or less MF.
- Choose cheeses with less than 20% MF.
- Choose items that contain ingredients from the four food groups (e.g., bread, milk, vegetables, and fruits).
- Choose items that are “low or lower in fat,” “low in saturated fat,” “trans fat free,” “lower in sodium,” “a source of fibre,” or “fat free.”
- Choose whole grain bread, pasta, and rice.

### mixed foods

- Choose fruits as snacks, not just for dessert
- Choose whole grain bread, pasta, and rice
- Choose vegetable dips (e.g., hummus, guacamole)
- Choose whole milk (2% in the MF) fortified milk beverages
- Choose lower fat spreads, dips, dressings, or mayonnaise
- Choose margarine (non-hydrogenated)
- Choose vegetable oils (e.g., olive, canola)

### serve in small amounts with meals

- Choose foods that contain ingredients from the four food groups (e.g., bread, milk, vegetables, and fruits).
- Choose items that are “low or lower in fat,” “low in saturated fat,” “trans fat free,” “lower in sodium,” “a source of fibre,” or “fat free.”
- Choose whole grain bread, pasta, and rice.
- Choose vegetable dips (e.g., hummus, guacamole)
- Choose whole milk (2% in the MF) fortified milk beverages
- Choose lower fat spreads, dips, dressings, or mayonnaise
- Choose margarine (non-hydrogenated)
- Choose vegetable oils (e.g., olive, canola)
These foods and beverages contain essential nutrients for growth, learning, and health but may be lower in fibre and higher in fat, salt, sugar, or processing. These items may contain artificial sweeteners. They can be served and sold no more than 2 times per week or make up no more than 30% of choices at one location.

**FOOD FOR THOUGHT:**
Choose three free items because they are lower in total fat or saturated fat, less than 12% MF or less sugar, and less than 360 mg of sodium per serving. When choosing, choose three items that list a meat or an alternative as the first or second ingredient, not including water. These items may contain added sugar or artificial sweeteners.

**NOTE:** Some of these items may be higher in salt.
These foods and beverages offer minimal nutritional value, are very high in sugar, fat, salt, caffeine, artificial sweeteners, or processing, and tend to replace nutritious foods when available as meals and snacks.

These foods and beverages can be served or sold only once or twice a month as part of Special Functions along with items of Maximum and Moderate Nutrition.

### food for thought

**MIXED FOODS**

- Sandwiches (e.g., peanut butter and jelly, ham and cheese)
- Spaghetti and meat sauce
- Macaroni and cheese
- Apple pies
- Pies
- Cookies
- Candy bars
- Cheese balls
- Sweet chocolate
- Frozen yogurts
- Ice cream
- Jellies
- Popsicles
- Snack bars
- Artificial fruit snacks
- Puffs
- Juice drinks
- Coffee and tea beverages
- Slushes made with artificial fruit, sugar, and colouring
- Energy drinks or herbal drinks
- Pints of ice cream
- Sodas
- Fresh fruit juice
- Preserves

**OTHER FOODS**

- Refined flour
- White rice
- White potatoes
- White pasta
- Dehydrated soups
- Salted and smoked meats
- Processed seafood
- Processed meats (e.g., hot dogs, bacon, ham, lunch meat)
- Salted and smoked fish
- Salted and smoked chicken
- Salted and smoked pork
- Salted and smoked turkey
- Salted and smoked seafood

**MIXED MILK PRODUCTS**

- Milk: whole cow’s milk is not nutritious
- Fresh milk
- Milk with added sugar
- Flavoured milks containing more than 28 g sugar/250 mL
- Milks with added chocolate, fruit, or vanilla

**MINIMUM NUTRITION PER PERSON**

- A 400 g serving of fruits and vegetables should contain at least 50% of the RDI for vitamin C, 40% for vitamin A, 20% for folate, and 15% for potassium.
- A 400 g serving of grains should contain at least 50% of the RDI for iron and magnesium and 15% for zinc.
- A 400 g serving of meats should contain at least 50% of the RDI for protein and 20% for vitamin B12.
- A 400 g serving of dairy products should contain at least 50% of the RDI for calcium and 15% for vitamin D.
- A 400 g serving of nuts should contain at least 50% of the RDI for protein and 20% for iron.
- A 400 g serving of vegetables should contain at least 50% of the RDI for vitamin A and 20% for folate.

### mixed foods

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**MAXIMUM NUTRITION**

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