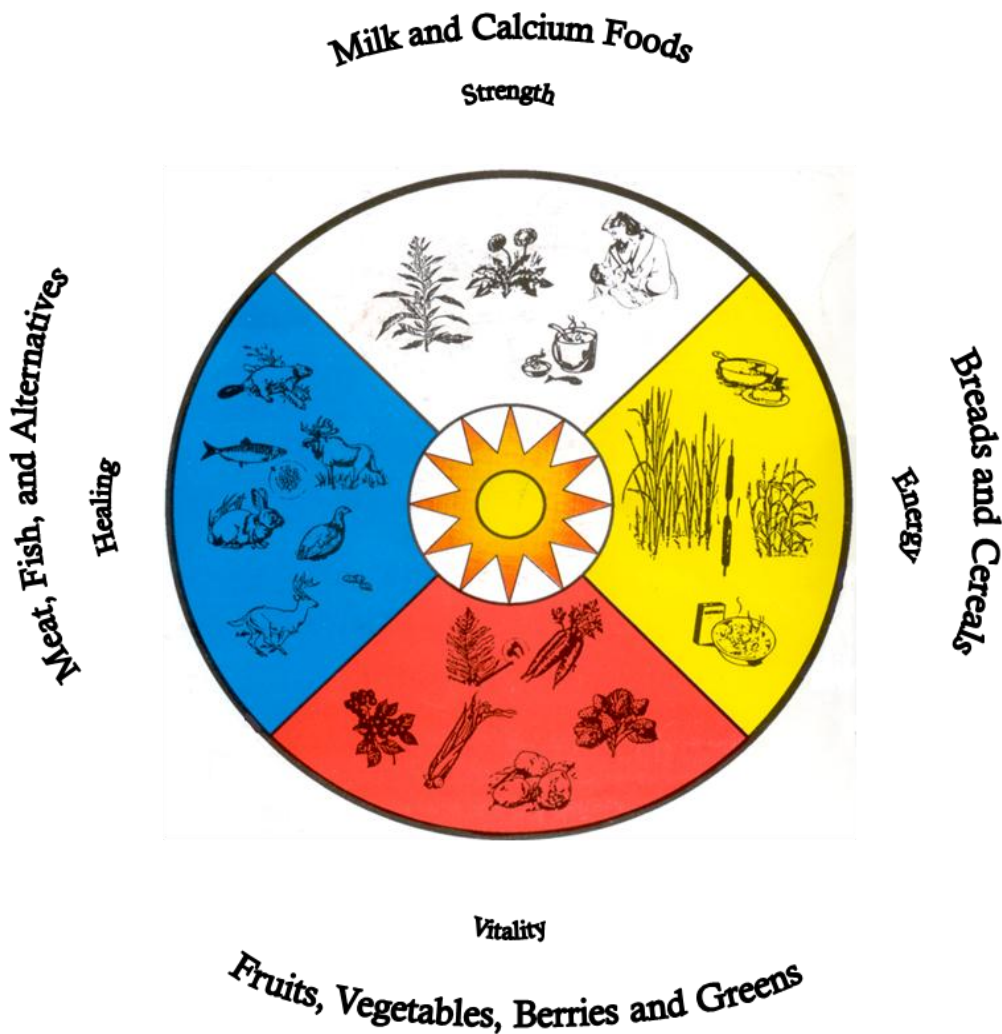


# Healthy Eating Guidelines for School Nutrition Programs

A Resource for First Nations Schools





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## Acknowledgements

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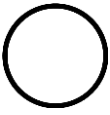
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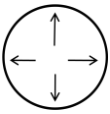


## Introduction

The Traditional Food Guide Medicine Wheel was created by *Rosella Kinoshameg*. It shows how we can achieve balance through food. This is its story:



The circle is a sacred symbol that symbolizes strength, wholeness, and completeness. It is used to teach concepts, to help understand ideas and to show how things are connected. Food can be described in terms of the “circle”, the Medicine Wheel. The foods of the earth are medicine to be used in a good way. They are not to be misused. We should use only what is needed and use food in moderation.



The circle is divided into the *Four Directions*. Each direction is part of the whole. It is dependent on the other directions to be complete. Each direction is denoted by a *colour*. Each colour symbolizes certain qualities or gifts that must be in balance for full potential to be achieved.



All four directions, together, form a food pattern. This pattern gives a balanced amount of nutrients which the body requires to be healthy. The foods of each direction have certain gifts: vitamins, minerals, carbohydrates, fats and protein that are needed for energy, vitality, strength, healing, growth and health.



Plants and animal life are given by the Creator. They must be respected for their goodness and the medicine they provide.

Although the guidelines are based on the “Eating Well with Canada’s Food Guide” and the School Food and Beverage Policy for Ontario Schools, they were created to incorporate the First Nations culture, beliefs, colour, and imagery. Secondly, the guidelines offer tips and ideas to promote healthy eating which are practical and, most importantly, possible to put into practice in First Nations communities across Ontario, including the isolated regions of the North.

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*“Food becomes us, enables us to live, to grow, to keep healthy and to have energy. Eating must become a way of life, part of daily life, never having to make drastic changes when facing unhealthy situations. Food is medicine giving energy, vitality, strength, healing for well-being, harmony and health.”*

~ Rosella M. Kinoshameg ~





## Healthy Eating Guidelines



### Purpose

There are two purposes for the guidelines:

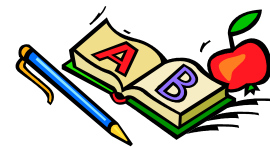
1. To provide the school nutrition program staff with information and resources about:
  - What makes up a healthy meal.
  - Proper portions of food.
  - Foods to offer as often as possible, and foods to offer less often.
  - How to plan a healthy meal.
  - How to read a nutrition label.

Healthy food choices will help children grow and do better at school. Healthy food choices improve their attention span, as well as their ability to think and perform in class. When children are hungry or eat unhealthy foods, they are less likely to do well at school. Food choices from foods which are not as healthy can lead to an increased risk of children becoming overweight or obese. Obesity can lead to an increased risk of other diseases such as diabetes, heart disease, and certain types of cancer.

2. To help the school community see how important school nutrition programs can be for children and to promote healthy eating.

Working together with everyone in the school community is the best way to create a healthier school nutrition program. This team includes: teachers, parents, children, principals, and the public health unit.

### Intended Audience:



This package has a variety resources for different audiences:

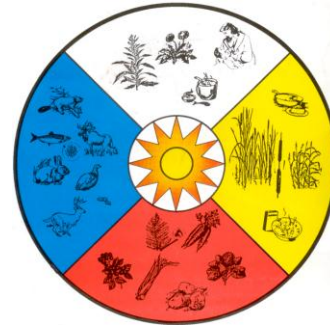
- The following resources are for the school nutrition program staff, food service providers, teachers and administrative staff:
  - ✓ Healthy Eating Guidelines Booklet
  - ✓ Brochure: Menu Planning Guide
  - ✓ Brochure: Ways to Make the Guidelines Successful
- The following resources are for the school nutrition program staff, food service providers, teachers and administrative staff, as well as parents.
  - ✓ Brochure: Healthy Lunches for Your Child
  - ✓ Brochure: How to Read Food Labels
  - ✓ Brochure: Healthy Fundraising Events and Ideas





## Foods Discussed in the Guidelines

- The *Traditional Food Guide Medicine Wheel* is broken down into 4 groups of foods:
  1. **Breads and Cereals**
  2. **Fruits, Vegetables, Berries and Greens**
  3. **Meat, Fish and Alternatives**
  4. **Milk and Calcium Foods**
- The guidelines will also discuss:
  - Water and Other Drinks
  - Junk Foods
  - Oils and Fats
  - Key Nutrients

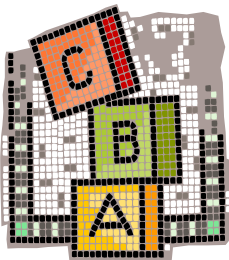


## Food Categories

Food and drink items in each section are broken down into 3 categories:

|  |
|--|
| <b>Most Often</b> Items – serve these foods and drinks<br><i>as often as possible</i>                |
| <b>Sometimes</b> Items – serve these foods and drinks when <b>most often</b> foods are not available |
| <b>Least Often</b> Items – serve these foods and drinks<br><i>as little as possible</i>              |

## Building a Meal or a Snack



*Meal:* Offer **3 of the 4** food groups on the medicine wheel.

*Snack:* Offer **2 of the 4** food groups on the medicine wheel, including 1 serving of *Fruits, Vegetables, Berries, and Greens*.





## Healthy Portions of Food on a Plate

Looking at food groups on a plate can help you see what a balanced meal looks like. For example:

### **Breads and Cereals:**

- E.g., Bannock, rice, pasta
- 25% (one quarter) of plate

### **Fruit, Vegetables, Berries and Greens:**

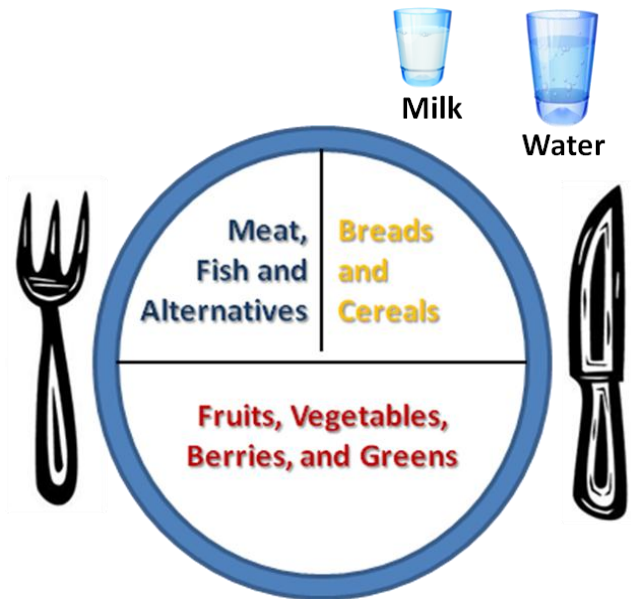
- E.g., Leafy greens, corn, squash
- 50% (one half) of plate (at least 2 varieties)

### **Meat, Fish and Alternatives:**

- E.g., Fish, beans, chicken, wild game
- 25% (one quarter) of plate

To complete the meal, add:

- 1 Glass of water
- 1 serving of *Milk and Calcium Foods*



## Meal and Snack Portion Sizes



### Breakfast:

- $\frac{3}{4}$  cup hot cereal (e.g., oatmeal)
- $\frac{3}{4}$  cup low fat cottage cheese
- $\frac{1}{2}$  cup berries



### Snack:

- $\frac{3}{4}$  cup low fat yogurt
- 1 banana



### Lunch:

- $\frac{1}{2}$  whole wheat pita
- 3 oz chicken/chicken salad
- $\frac{1}{2}$  cup carrot sticks
- $\frac{1}{2}$  cup greens/ tomatoes
- 1.5 oz low fat cheese

Note: These pictures may not represent actual serving sizes of food.







## Breads and Cereals

### ~ ENERGY ~

**The more fibre\* and whole grains, the better!**

Choose Breads and Cereals that are:

- Whole grain, whole wheat or enriched.
- Lower in fat, sugar, and salt.
- Trans fat\* free.





When baking or making bread/bannock/scone,

- Try using all whole wheat flour. Make the switch by starting with ½ white flour and ½ whole wheat flour.
- Use liquid fat. Cut down sugar and salt in the recipe.

### Portion Sizes:



1 serving of Breads and Cereals looks like the *size of your fist*. (e.g. Cereals, rice, pasta)

|                             |   |   |
|-----------------------------|---|---|
| Bagel, bun, tortilla, pita: | Half of bagel/ bun/tortilla/pita.<br>Size of a hockey puck. |  |
| Bannock/ Scone:             | 35g, the size of 4 dice.                                    |  |
| Bread:                      | 1 thin slice.   |  |
| Cooked pasta, rice:         | 125 mL, ½ cup, ¼ of your plate.                             |  |

### ~ EAST ~

Yellow is the colour of the sun, giving light, giving *energy*. The gifts are the “go foods”: bannock/scone baked or cooked over an open fire “not fried”, wild rice, cattails, breads and cereals.

\* See page 20 for information on fibre and trans fats.







### Most Often

- ◆ Baked bannock/scone
- ◆ Whole grain/whole wheat bread
- ◆ Roll, bun, English muffin
- ◆ Bagel, pita bread
- ◆ Wholegrain crackers, rice cakes
- ◆ Red River cereal
- ◆ Oatmeal, oat bran
- ◆ High fibre\* breakfast cereals (e.g., shredded wheat, bran flakes)
- ◆ Pasta and noodles
- ◆ Rice: wild, brown, parboiled, converted
- ◆ Plain popcorn

### Sometimes

- ◆ Low sugar breakfast cereals (e.g., puffed rice, corn flakes, oat or bran O's)
- ◆ Small biscuit, small muffin
- ◆ Small pancake
- ◆ Unsalted pretzel
- ◆ Whole grain waffle
- ◆ Cream of wheat
- ◆ Granola; granola bar
- ◆ Graham crackers
- ◆ Banana/zucchini/pumpkin bread
- ◆ Cookies made with oatmeal or fruit

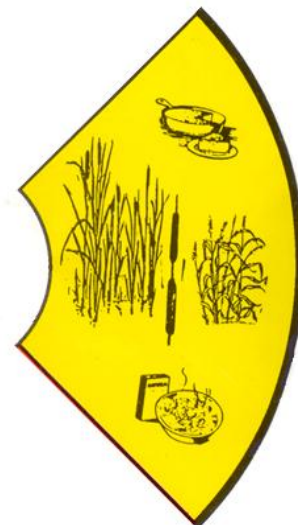
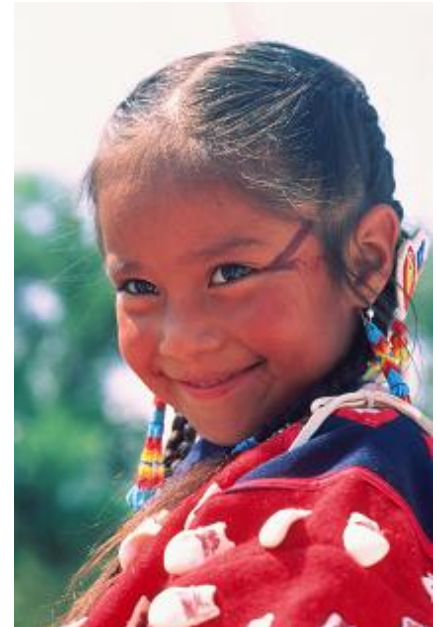
### Least Often

- ◆ Sweet desserts (e.g., pastry, cake, cupcakes, sticky buns)
- ◆ Flavored popcorn (e.g., cheese, butter)
- ◆ Sugary cereals (e.g., fruit O's, sugar coated, cereal with marshmallows)
- ◆ Frozen waffles
- ◆ All other cookies
- ◆ Crackers and baked products containing trans fat\*
- ◆ Fried bread (e.g., Indian taco)
- ◆ Fried rice
- ◆ Packaged or instant noodles
- ◆ Chocolate- or sugar- covered granola bars
- ◆ Granola bars with marshmallows

Note: Choose whole grain or whole wheat breads and cereals at least 50% of the time.

### How many servings per day of Breads and Cereals?

- Kids 2-3 years = 3
- Kids 4-13 years = 4-6
- Teen girls = 6-7
- Teen boys = 7-8



\* See Page 20 for information on fibre, trans fats, and sodium.  
Healthy Eating Guidelines



## Fruits, Vegetables, Berries and Greens

### ~ VITALITY ~

**Canned, frozen and fresh fruit and vegetables all count!**

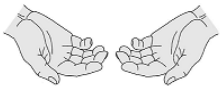


Choose most often:

- Fruits and vegetables prepared with little or no added fat, sugar, and salt.
- Plain frozen fruits and vegetables.
- Fruit canned in water or juice. If canned in syrup, rinse fruits with water to remove syrup.
- Vegetables canned in water. Rinse vegetables with water to remove salt. Look for canned vegetables with low sodium\*.
- Fruits and vegetables more often than juice.
  - When having juice, choose 100% pure juice. You can also find juice with added calcium.



1 serving of Fruits or Vegetables (fresh, frozen or canned) looks like the *size of your fist*.

### Portion Sizes:

|                                     |                                   |   |
|-------------------------------------|-----------------------------------|---|
| Leafy greens:                       | 1 cup,<br>2 hand fulls            |  |
| 100% pure vegetable or fruit juice: | 125ml, ½ cup                      |  |
| Dried fruit:                        | 60ml, size of small box of raisin |  |

### ~ SOUTH ~

Red is the colour of power and *vitality*. Foods that give the “glow”: berries, greens, fruits and vegetables.

\* See page 20 for information on sodium.





### Most Often

- ◆ Vegetables: fresh, frozen, and canned (e.g., rhubarb, mushrooms, squashes, sweet potato, pumpkin)
- ◆ Vegetables sticks (e.g., carrots, celery)
- ◆ Vegetable soup (tomato, carrot, squash)
- ◆ Leafy vegetables and wild plants
- ◆ Fruits: fresh and frozen
- ◆ Canned fruits, fruit cup (in water or juice)
- ◆ 100% unsweetened vegetable and fruit juices
- ◆ Berries (e.g., cranberries, strawberries, chokecherries)
- ◆ Unsweetened applesauce, unsweetened applesauce with added calcium

### Sometimes

- ◆ Vegetables with sauce (e.g., cheese, gravy)
- ◆ Sweetened fruit juice
- ◆ Canned fruit
- ◆ Fruit cups in syrup
- ◆ Fruit crisp
- ◆ Fruit shake (frozen fruit with juice)
- ◆ Baked potato wedges tossed in oil
- ◆ Breaded and baked vegetables
- ◆ Sweetened baked fruit slices
- ◆ Tomato salsa
- ◆ Dried fruits
- ◆ Sweetened applesauce

### Least Often

- ◆ Deep fried vegetables
- ◆ Hash brown potato
- ◆ Fruit leather made with 100% fruit

### How many servings per day of Fruits, Vegetables, Berries and Greens?

- Kids 2-3 years = 4
- Kids 4-13 years = 5-6
- Teen girls = 7-8
- Teen boys = 7-10



Note: Dried fruit such as apricots and currants are high in iron\*, but also high in sugar. They should be eaten in small amounts.



\* See page 20 for information on iron.





## Meat, Fish and Alternatives

### ~ HEALING ~

#### Trim the fat!





Choose more often:

- Traditional game (e.g., venison, duck, goose, moose, bear, rabbit, beaver, muskrat, caribou).
- Meat alternatives (e.g., beans, chickpeas, split peas, lentils).
- Local fish like trout or pickerel.
- Canned fish packed in water; the best options are salmon and sardines.
- Meat that is lower in fat (or trim the visible fat).

Preparation Methods:

- Boiling, baking, roasting, grilling, stir-frying methods are lower-fat methods.
- Prepare foods with little or no added fat and salt.
- Avoid broiling or barbequing because this method can produce harmful substances on the food.

#### Portion Sizes:

|                            |  |  |
|----------------------------|--|--|
| Cooked beans and lentils:  | 175 mL, $\frac{3}{4}$ cup, size of tennis ball |  |
| Eggs:                      | 2 eggs   |  |
| Peanut butter, nut butter: | 30 mL, 2 tablespoons                           |  |
| Nuts and seeds:            | 60 mL, $\frac{1}{4}$ cup                       |  |



1 serving of meat or fish looks like the size of your palm of your hand, and the thickness of your pinky finger.

### ~ WEST ~

Blue is the colour for *healing*. Foods that help build body tissue and fight infection by building up antibodies and your immune system are: meat from wild game, fish and eggs.





**How many servings per day of Meat, Fish, and Alternatives?**

- Kids 2-3 years = 1
- Kids 4-13 years = 1-2
- Teen girls = 2
- Teen boys = 3

**Most Often**

- ♦ Baked, grilled, roasted, stir fried:
  - Traditional meat and wild game (e.g., venison, duck, rabbit, moose, goose)
  - Fish and shellfish
  - Lean meat and poultry
- ♦ Low fat meats (e.g., skinless turkey and chicken)
- ♦ Beans (e.g., chickpeas, beans, lentils)
- ♦ Hummus
- ♦ Eggs –scrambled or fried (cooked with oil), boiled, poached
- ♦ Canned fish in water (light tuna, salmon)
- ♦ Ground turkey or chicken
- ♦ Nuts/ seeds, unsalted/ unsweetened (if no allergies in school)
- ♦ Peanut butter (if no allergies in school)

**Sometimes**

- ♦ Deli meat (e.g., lean turkey, chicken, roast beef, pork, ham)
- ♦ Lean burgers (home-made), grilled; lean or drained ground beef
- ♦ Eggs –scrambled or fried (cooked with butter or lard)
- ♦ Fish canned in oil
- ♦ Lightly seasoned chicken/ tuna/ egg salad
- ♦ Fish or chicken which are breaded and baked
- ♦ Canned turkey, ham, chicken

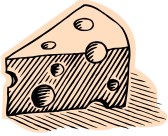
**Least Often**

- ♦ Hot dogs, sausages, wieners, smokies
- ♦ Bacon, bacon bits
- ♦ Pepperoni sticks, jerky
- ♦ Chicken wings
- ♦ Regular burgers, fried / deep fried
- ♦ Canned meat: corned beef, pork & beans
- ♦ Processed meat (e.g., bologna, Klik, spam, luncheon meat, salami, pepperoni, corned beef. Choose lite options if possible)
- ♦ Meats which are breaded and fried (e.g., fried bologna, fish, chicken)





## Milk and Calcium Foods



### ~ STRENGTH ~

**Items with milk fat (M.F.) of 2% or less are the best choices!**

Choose most often:




- Lower fat milk and yogurt: 2% or less of milk fat (%MF).
- Lower fat cheese: 20% or less of milk fat (%MF).
- Hard block cheese because it is lower in sodium\*.
- Skim milk powder instead of coffee whitener.
- Add skim milk powder in cooking. For example, add it to mash potato.

Lactose Intolerant or Don't Drink Milk?

- Try soy drinks with added Calcium\*.
- Try other foods high in Calcium\*:
  - Fish head soup, fish with bones (e.g., canned sardines, salmon), unsweetened applesauce with added calcium, 100% fruit juice with added calcium and vitamin D, leafy greens (e.g., broccoli, spinach, dandelion greens) and nuts (e.g., almonds).



### Portion Sizes:

|  |   |   |
|--|---|---|
| Milk, soy or rice drinks, yogurt drinks: | 250 mL, 1 cup                                 |  |
| Yogurt:                                  | ¾ cup, 175g<br>(yogurt cups are usually 100g) |  |
| Hard cheese:                             | 50g, size of 2 thumbs                         |  |

### ~ NORTH ~

White is the colour that reflects and highlights the other colours. It makes the circle complete. Foods that provide *strength* of structure for strong bones and teeth, blood clotting and muscle action are: foods with calcium, and breast milk for infants.

\* See page 20 for information on sodium and calcium.







## Most Often

### Most Often DAIRY:

- ◆ Chilled, white (fresh) milk with 2% milk fat (M.F.) or less
- ◆ Chilled, flavoured (fresh) milk with 2% M.F. or less
- ◆ Canned milk with 2% M.F. or less
- ◆ Skim milk powder
- ◆ Tetra shelf-stable (UHT) milk
- ◆ Yogurt, yogurt tubes, yogurt drinks
- ◆ Smoothies made with real milk/yogurt (and real fruit)
- ◆ Cottage cheese
- ◆ Cheese with 20% or less M.F.

### Most Often NON-DAIRY:

- ◆ Leafy greens: e.g., broccoli, spinach, dandelion leaves
- ◆ Nuts (if no allergies in school)
- ◆ Canned sardines and canned salmon
- ◆ 100% fruit juice with added calcium and vitamin D
- ◆ Soy drinks
- ◆ Unsweetened applesauce with calcium



## Sometimes

- ◆ Whole milk (homogenized, 3.5% M.F.)
- ◆ Reduced-fat eggnog
- ◆ Milk pudding with 2% M.F. or less
- ◆ Hot chocolate made with milk
- ◆ Cheese strings
- ◆ Reduced-fat hard cheese (e.g., cheddar, marble)
- ◆ Cheese slices (e.g., processed cheese slices)
- ◆ Reduced-fat processed cheese spreads

## Least Often

- ◆ Cream cheese spread
- ◆ Whipping cream
- ◆ Cream, sour cream
- ◆ Condensed milk
- ◆ Ice cream, milkshakes, frozen yogurt
- ◆ Cheese and cracker packages
- ◆ Milk pudding with more than 2% M.F.
- ◆ Candy flavoured dairy drinks

### **How many servings per day of Milk and Calcium Foods?**

- Kids 2-3 years = 2
- Kids 4-13 years = 2-4
- Teen girls = 3-4
- Teen boys = 3-4







## Water and Other Drinks

~ **LIFEBLOOD OF MOTHER EARTH** ~

The best choices are water or milk!



### Choose Most Often:



#### Water:

- Drink as often as possible because:
  - It has no calories. It quenches thirst.
  - The body needs it to work properly.
- Drink more water in hot weather or during physical activity.



#### Milk:

- It is full of important nutrients like calcium\* to help children grow.
- If you are lactose intolerant, try soy and rice drinks or foods high in calcium\*. See page 14 for a list of these foods.



#### 100% Pure Fruit or Vegetable Juice:

- Juices contain nutrients and sugar from fruits and vegetables they are made from; they are a *good choice in small amounts*.
- Choose 100% pure vegetable and fruit juices with added calcium\*, especially if you do not drink milk.

### Choose Least Often:



#### Pop, Soda and Caffeinated Drinks:

- Should be offered as little as possible because they:
  - Replace healthier options like milk and water
  - Can contain a lot of sugar and very few healthy nutrients.
  - Can contribute to extra calories, which raise your chances of becoming overweight and/or obese.
  - Can lead to tooth decay.

### Portion Sizes:

|                                |               |  |
|--------------------------------|---------------|--|
| Water and Milk:                | 250 mL, 1 cup |  |
| 100% fruit or vegetable juice: | 125 mL, ½ cup |  |

\* See page 20 for information on calcium.





## Water and Other Drinks:



### Most Often

- ◆ Water\*
- ◆ Chilled white or flavoured (fresh) milk (2% milk fat or less)
- ◆ Tetra shelf-stable (UHT) milk
- ◆ Canned milk (2% milk fat or less)
- ◆ Milk/yogurt smoothies (made with real milk/yogurt and real fruit)
- ◆ 100% vegetable or fruit juice (see note below)
- ◆ Soy drinks

### Sometimes

- ◆ Milkshakes made with real milk
- ◆ Hot chocolate made with milk

### Least Often

- ◆ Carbonated soft drinks (gingerale, lemon flavoured soda)
- ◆ Sports drinks
- ◆ Ice tea
- ◆ Fruit-flavored drinks and crystals
- ◆ Fruit drinks with little or no juice (e.g., “drinks” or “cocktails”)
- ◆ Blended sweetened coffee drinks (e.g., latte, cappuccino, flavored cappuccino)
- ◆ Slushy type drinks
- ◆ Caffeinated drinks (e.g., cola, black tea and coffee)
- ◆ Sweet drinks (e.g., lemonade)
- ◆ Diet drinks (e.g., diet cola)
- ◆ Flavoured water with added sugar
- ◆ Hot chocolate made with water
- ◆ Energy drinks
- ◆ Flavoured dairy drink
- ◆ Milkshakes high in sugar
- ◆ Vitamin water

Note: Water and milk are the best choices.  
Vegetable and fruit juices should be offered in small amounts.

### ~ WATER ~

Fire, Earth, Water and Air are the four sacred elements. Water is the lifeblood of Mother Earth. Water was all around us when our mother carried us inside her womb. The water guarded us and fed us by bringing to us the gift of health and strength. Water helps clean, feed and restore us. Water brings health, strength and healing for our life.

\*If you are unsure about safe drinking water in your community, check with your local public health staff or Band Office.





## Oils and Fats



Oils and fats are *often used in cooking* or added to foods. These foods add:

- Taste to foods, but
- Add a *high amount of calories*. These foods can eventually cause weight gain.
- Avoid deep-frying. Instead, use healthier methods of cooking: broiling, boiling, baking, stir-frying.

### Choose Most Often:

- Oils made from vegetables. These are healthier for the body.
- Fats (including traditional fats) which are *liquid* at room temperature.
- Soft, non-hydrogenated margarine with little or no trans fat\*.

### Choose Least Often:

- Animal sources of fats such as butter, lard and bacon fat.
- Large amounts of mayonnaise and salad dressing.

| <b>Most Often</b>  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Canola oil</li> <li>• Olive oil</li> <li>• Sunflower oil</li> </ul>       | <ul style="list-style-type: none"> <li>• Soybean oil</li> <li>• Fish oils</li> <li>• Non-hydrogenated margarine (soft)</li> </ul> |
| <b>Sometimes</b>   |   |
| <ul style="list-style-type: none"> <li>• Mayonnaise type dressing</li> <li>• Goose Grease</li> </ul>               | <ul style="list-style-type: none"> <li>• Salad dressing (vinaigrette type)</li> </ul>   |
| <b>Least Often</b>   |   |
| <ul style="list-style-type: none"> <li>• Butter, shortening</li> <li>• Bacon fat, lard</li> <li>• Gravy</li> </ul> | <ul style="list-style-type: none"> <li>• Salad dressing (creamy type)</li> </ul>  |

Portion Sizes:



Limit Oils and Fats to what looks like the size of the *tip of your thumb* (1 teaspoon) and Salad Dressing to *3 tips of your thumb* (1 tablespoon).

### ~ Fats and Oils ~

Fats and oils are represented by the colour *gray*. These foods carry caution in use. Portion sizes should be measured carefully. These foods may lead to health risks if one is not cautious. Choices need to be in balance with other food items.

\* See page 20 for information on trans fats.





## Junk Foods



~ Not part of the Traditional Food Guide ~



Junk foods are not part of the Traditional Food Guide Medicine Wheel because they are high in:

- Fat and trans fat
- Salt
- Sugar
- Calories



They usually have very few nutrients to help children grow.

| <b>Least Often</b>  |   |
|---|---|
| <ul style="list-style-type: none"> <li>◆ Deep fried potatoes / fries</li> <li>◆ Poutine</li> <li>◆ High fat and salty snacks (e.g., potato chips, nacho chips, cheese puffs)</li> <li>◆ Instant soup</li> <li>◆ Instant noodles</li> <li>◆ Pickles</li> </ul> | <ul style="list-style-type: none"> <li>◆ “Heat and eat” prepackaged lunches</li> <li>◆ “Ready to eat” prepackaged lunches</li> <li>◆ Pizza with extra cheese and/or extra processed meat toppings</li> <li>◆ Meat pot pies with trans fat*</li> </ul> |
| <b>Least Often</b>  |   |
| <ul style="list-style-type: none"> <li>◆ Fruit pies</li> <li>◆ Fruit gummies</li> <li>◆ Candy or chocolate coated fruit</li> <li>◆ Frozen ice cream treats (e.g., ice cream sandwich, ice cream bars)</li> <li>◆ Sweet cookies</li> <li>◆ Donuts</li> </ul>   | <ul style="list-style-type: none"> <li>◆ Chocolate and candies</li> <li>◆ Chocolate/sugar coated granola bars, granola bars with marshmallows</li> <li>◆ Chocolate - or yogurt-covered nuts</li> </ul>  |
| <b>Condiments – use only a small amount</b>   |   |
| <ul style="list-style-type: none"> <li>◆ Ketchup, mayonnaise type dressing, BBQ sauce, Soya Sauce</li> <li>◆ Gravy</li> </ul>   | <ul style="list-style-type: none"> <li>◆ Jam, jellies, marmalade, or maple syrup</li> <li>◆ Creamy salad dressing</li> </ul>  |



\* See page 20 for information on sodium and trans fats.





## Key Nutrients\*

| <b>Nutrient's Name:</b> | <b>What the Nutrient Does:</b>   | <b>Foods where the Nutrient is Found:</b>  | <b>How Nutrients Affect the Body:</b>  |
|-------------------------|--|--|--|
| Calcium                 | Calcium helps to build strong bones and teeth, helps muscles and nerves work. It works closely with Vitamin D.   | Milk, rice or soy milk, yogurt, cheese, fish bones, skim milk powder, seaweed (kelp), broccoli, spinach, dandelion leaves.                                   | A diet low in calcium can lead to <i>osteoporosis</i> (weak bones which break easily)  |
| Fibre                   | Fibre helps the digestive tract (gut) and aids in regular bowel movements.   | Found in plant sources. E.g., fruits, vegetables, beans, lentils, oatmeal, and wholegrain breads, pastas and cereals.  | A diet high in fibre can lower <i>cholesterol</i> , may lower the risk of some cancers, and help control blood sugar and diabetes.                 |
| Saturated Fat           | Saturated fats are a type of fat found mostly in foods from animals. Limit foods with this fat because too much of it can be bad for the body.   | Found mostly in foods from animals. E.g., fat from meat, chicken skin, bacon fat, cheese and high fat milk.  | A diet high in saturated fat may lead to a higher risk of developing <i>heart disease</i> .  |
| Sodium                  | Sodium helps balance the amount of fluid in the body, and helps muscles work. Unfortunately, most people eat too much sodium.  | Found in salt. Most of the sodium in our diet comes from processed and prepared foods. Some sodium is added to foods during cooking or while eating.         | A diet high in sodium can cause <i>high blood pressure</i> , which can then lead to other diseases like heart and kidney disease.                  |
| Trans Fat               | Trans fat is a type of fat made by adding hydrogen to change liquid oil to solid fats (also known as " <i>hydrogenation</i> "). Avoid foods with this fat as much as possible as it is bad for the body. | Found in fried food, processed food, and hard margarine. Look for the word "hydrogenated" in the ingredient list and avoid these foods.                      | Eating foods which have trans fats may lead to a higher risk of developing <i>heart disease</i> .  |
| Vitamin D               | Vitamin D helps the body absorb and use calcium. It also keeps your bones and immune system strong.  | Fish, liver, egg yolks are the only foods which naturally have Vitamin D. There are foods and drinks which have added Vitamin D (milk, soy milk, margarine). | A diet low in Vitamin D can lead to <i>rickets</i> (weak bones) in children and <i>osteoporosis</i> (weak bones which can break easily) in adults. |
| Iron                    | Iron helps deliver oxygen throughout the body.   | Best absorbed from meats, poultry, and fish. Also found in beans, lentils, oatmeal, and cereals.   | A diet low in Iron can lead to <i>iron-deficiency anemia</i> (when oxygen in the blood is low).  |

\* Note: This table does not cover all the key nutrients, only the ones discussed in this booklet.





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## Tips for Healthy Meals and Snacks



### Breakfast Tips:

- Have high fibre cereals to mix with low sugar breakfast cereals.
- Try putting fruit on top of breakfast cereals instead of sugar.

### Sandwich/Salad Tips:

- Choose whole grain or whole wheat bread, lean meats and include lots of vegetables when making sandwiches, pitas or wraps.
- Spread a thin layer of soft (non-hydrogenated) margarine or low fat mayonnaise on only one side of the bread.
- Use canned light tuna fish in water as sandwich filling. Use it in a salad.
- Make salads with different types of vegetables (fresh, canned or frozen). Top them off with lean meats or mixed beans.



### Hot Food Tips:

- Serve cooked vegetables as a side dish. Use them in soups, stews, casseroles.
- Add canned beans, lentils, and/or peas to soups, stews, casseroles.
- Make milk-based items with skim milk or skim milk powder. For example, soup, macaroni and cheese, or mash potatoes.
- Bake, grill or roast lean meats in a small amount of oil instead of deep-frying them.

### Snack Tips:

- Offer whole or sliced fresh fruit with skin on whenever possible.
- Provide fresh-cut vegetables or fruit in paper cups or single bags. Add hummus to the bottom of the cups or in a small side container for veggies. Add low fat yogurt for fruit, and keep chilled)
- Mix flavoured milk with white milk to lower the sugar content.
- Make smoothies with real milk or yogurt and real fruit.





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## Successful School Nutrition Programs – The Tips

### **Nutrition Education**

Teaching children about healthy eating and nutrition will help them understand the importance of the guidelines.

- ✓ Make learning about healthy eating fun and interactive! Include nutrition related activities, games, and puzzles.
- ✓ Have a weekly nutrition message. Talk about its meaning at a school assembly and incorporate themed class activities.
- ✓ Use healthy eating/nutrition as the topic for a science or health project.
- ✓ Get the students to share what they have learned with their peers.
- ✓ Invite a dietitian or school nurse to talk about healthy eating at a breakfast or after school club.
- ✓ Encourage parents, teachers and other school educators to be role models. Set a healthy example.



### **Student and Parent/Guardian Involvement**

Get students and parents/guardians involved in putting the guidelines into action.

- ✓ Run information sessions to share the Healthy Eating Guidelines and goals of the program with parents.
- ✓ Invite parents to participate. Have them brainstorm ways in which they can help promote healthy eating.
- ✓ Develop a nutrition committee involving parents, students and teachers to address issues around the guidelines (such as menu planning or creating a healthy eating policy) and how to make the school a healthier place.
- ✓ Ask children and parents for healthy recipes to use at fundraising events.
- ✓ Plan a healthy recipe contest or healthy eating poster contest to generate excitement in the school.
- ✓ Include a healthy feast on Special Food Days.
- ✓ Student involvement helps build self esteem and increase skill sets.







## Cafeteria

School cafeterias can be used to make the healthy food choice the easy food choice:

- ✓ Display healthy foods at eye level. This makes them easy for students to see.
- ✓ Offer discounts on healthy food.
- ✓ Introduce a labeling system to assist students in choosing healthy foods; for example:



Food items that are recommended to choose:

- “most often”: mark **green**
- “sometimes”: mark **orange**
- “least often”: mark **red**.



## Encouragement

Reward children who choose healthy foods so they will want to eat healthy more often:

- ✓ Offer praise when children have either tried or chosen healthier food options.
- ✓ Recognize positive changes. For example, comment on healthier foods being packed and eaten during lunch.
- ✓ Set up a reward system; for example:
  - Offer a sticker or stamp for each time a student has a healthy snack. When they have collected a certain number of stickers, award the student with a healthy eating certificate.

## Food Safety and Refrigeration Tips

Food safety and food handling tips to ensure foods do not get contaminated:

- ✓ Keep hot foods above 60°C (140°F) and cold foods below 4° C (40°F).  
Temperatures between 4° C (40°F) and 60°C (140°F) are ideal for bacterial growth.
- ✓ Check to see if your refrigerator is at 4° C (40°F) or lower and if your freezer is at -18°C (0° F) or lower.
- ✓ Use separate knives, cutting boards and plates for raw meat and fish than for other foods like fruits and vegetables.
- ✓ Store raw meats and fish on the bottom shelf of the refrigerator so that if they drip juice, they will not contaminate other foods.





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## Additional Nutrition Resources

### ***The North West Company***

-Healthy Eating Program and/or Bulk Ordering

Telephone: 1-800-782-0391

-Northern Health Education Materials

<http://www.Northernstores.ca/recipes.asp>

<http://www.Northmart.ca/recipes.asp>

### ***Eating Well with Canada's Food Guide - First Nations, Inuit, and Métis***

<http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php>

### ***Eat Right Ontario***

Hotline: 1-877-510-510-2 (free of charge for residents of Ontario)

<http://www.eatrightontario.ca/en>

Nutrition Labeling Videos

<http://www.eatrightontario.ca/en/NutritionLabelling.aspx>

### ***Dietitians of Canada***

<http://www.dietitians.ca>

-Brown bag lunches

[http://www.dietitians.ca/Nutrition-Resources-A-Z/Fact-Sheet-Pages\(HTML\)/Lunches/Brown-Bag-Lunches.aspx](http://www.dietitians.ca/Nutrition-Resources-A-Z/Fact-Sheet-Pages(HTML)/Lunches/Brown-Bag-Lunches.aspx)

### ***Breakfast Clubs of Canada***

<http://www.breakfastclubscanada.org/>

### ***Breakfast for Learning***

<http://www.breakfastforlearning.ca/>

### ***Fish Consumption Guidelines***

Government of Canada

<http://www.ec.gc.ca/mercure-mercury/default.asp?lang=En&n=DCBE5083-1>

Eat Right Ontario

<http://www.eatrightontario.ca/en/ViewDocument.aspx?id=76>

### ***Foodland Ontario***

<http://www.foodland.gov.on.ca/english/index.html>

### ***Healthy Eating is in Store for You – Nutrition Labeling Education Centre***

<http://www.healthyeatingisinstore.ca/>





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## Additional Nutrition Resources - continued

### ***Nutrition Labeling for First Nations, Inuit, and Métis, Health Canada***

<http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/fni-pni/nutri-kit-trousse/index-eng.php>

### ***Ontario Federation of Indian Friendship Centres***

-Aboriginal Health and Wellness Strategy: School Nutrition Programs

[http://www.ofifc.org/programmes/Student\\_Nutrition\\_Programme.php](http://www.ofifc.org/programmes/Student_Nutrition_Programme.php)

### ***5 to 10 A Day for Better Health***

<http://www.5to10aday.com/>

### ***Canadian Partnership for Consumer Food Safety Education***

<http://www.canfightbac.org/en>

### ***Colour It Up***

<http://www.colouritup.ca/>

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5. Thompson, J., Moore, M., and Sheeshka, J. (2007). *Nutrition : A functional approach*. Pearson Canada: Toronto, Ontario.
6. Health Canada. (2010). *Food safety handling in the home*. Retrieved from <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/interact/home-maison-eng.php>.



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