

Appendix A

Healthier Eating and Nutrition in School Food Categories

The following table is meant to serve as a general guide and is not exhaustive in its categorization of foods. If a food is placed in a particular category, it is safe to assume that foods similar to that one would be placed in the same category.

Also, remember that food preparation plays a role in the categories found below. For example, lean or extra lean ground beef is placed in the maximum nutritional value category. However, if it is served as a hamburger with a processed cheese slice and mayonnaise, the nutritional value decreases.

When serving *combination foods or mixed dishes*, consider in which categories the main ingredients belong. Desirable combination foods contain at least 1 food from the maximum nutritional value category and at least 1 additional item from either the maximum or moderate nutritional value categories.

Here are a few tips to facilitate the use of these categories:

1. Try to opt for foods that are not pre-packaged
2. Meats should be broiled or baked instead of deep fried or battered.
3. Allergies should always be kept in mind when serving food in public schools.
4. Sauces/spreads used to complement foods should be low in fat and used moderation.
For example, ketchup, mayonnaise or sour cream.

Food Category	Maximum Nutritional Value	Moderate Nutritional Value	Minimum Nutritional Value
Grain Products	<ul style="list-style-type: none">• Whole grain products including: breads, rolls, bagels, pita, pancakes, English muffins, tortillas, crackers, pasta and rice• Whole grain, unsweetened cereals (hot or cold)• Homemade noodle and rice soups• Low fat, high fiber muffins	<ul style="list-style-type: none">• Low fat loaf breads (banana, zucchini, pumpkin, etc.)• Granola-type cereals• Whole grain waffles• Cereal bars• Canned noodle or rice soups• Whole grain, pre-sweetened cereals (hot or cold)• Popcorn – low fat• Low fat cookies• Homemade pizza• Crunchy granola bars• Fruit crisp (apple, rhubarb, etc.)	<ul style="list-style-type: none">• Pastries, pies, cakes• High fat muffins• Doughnuts• Pre-packaged cookies• Pre-sweetened cereals• High fat crackers• Chocolate/yogurt covered chewy granola bars• Commercial waffles, not whole grain

Adapted from New Brunswick Department of Education Policy 711
Healthier Eating and Nutrition in Public Schools: A Handbook for Policy 711, October 11, 2005
<http://www.gnb.ca/0000/pol/e/711AA.pdf>

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Food Category	Maximum Nutritional Value	Moderate Nutritional Value	Minimum Nutritional Value
Vegetables and Fruit	<ul style="list-style-type: none"> • Fresh fruit and vegetables, including potatoes • Frozen fruits and vegetables without added salt or sugar • Fruit canned in fruit juice • Homemade vegetable soups • Vegetable stir fries • 100% fruit juice or vegetable juice • Frozen fruit juice bars with 100% real juice • Salads made with fresh fruit or raw vegetables • Fruit compote, without sugar • Salsa 	<ul style="list-style-type: none"> • Fruit in light syrup • Canned vegetables • Canned vegetable soups • Oven baked French fries • Dried fruit • 100% fruit leathers or bars – no sugar added • Frozen fruit snacks • Fruit compote with sugar added 	<ul style="list-style-type: none"> • Fruit drinks and juice with less than 100% real fruit juice • Poutine • Deep fried French fries • Canned fruit in heavy syrup • Processed fruit snacks
Milk Products	<ul style="list-style-type: none"> • White milk (2% MF or less) • Flavored milk (2% MF or less) • Yogurt, 2% or less MF, fresh or frozen • Homemade milk based soups or chowders • Hard cheeses • Cottage cheese (2% MF or less) 	<ul style="list-style-type: none"> • Yogurt drinks • Homemade puddings • Processed cheese slices • Homemade yogurt dips for fruit and vegetables • Homemade milkshakes • Frozen yogurt • Ice cream – plain flavors such as vanilla, strawberry, chocolate, etc. 	<ul style="list-style-type: none"> • Commercial milkshakes • Packaged puddings
Meat and Alternatives	<ul style="list-style-type: none"> • Chicken, turkey (unbuttered) • Lean or extra lean beef or pork • Fish or seafood (unbuttered) • Canned fish in water • Legumes (beans, peas, lentils) • Eggs or egg substitute • Tofu and soy products • Peanut butter • Unsalted nuts and seeds (where allergies permit) 	<ul style="list-style-type: none"> • Commercially breaded baked meat, chicken, turkey or fish (not fried or previously fried) • Baked ham • Lean cold cuts (ham, chicken or turkey) • Salted nuts and seeds (where allergies permit) 	<ul style="list-style-type: none"> • Processed meats (pepperoni, salami, bologna, etc.) • Fried or previously fried, battered or breaded meat, fish, chicken or turkey • Hot dogs

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Other			<ul style="list-style-type: none">• Candy• Chips• Soft drinks (carbonated soda)• Sweetened beverages (commercially prepared iced teas, lemonades, sports drinks, etc.)• High sugar syrups and toppings• Deep fried products of any kind• Chocolate (bars or candy)• Commercially prepared cookies