



<b>Not To Be Sold</b>	
<b>Grain Products</b>	
~ Most loaves, muffins, cakes, cookies, squares, doughnuts, pastries, danishes and croissants	~ Most grain and corn snacks, baked or fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc.)
~ Most seasoned noodle or rice mixes, pasta salads	~ Some sugary cereals, seasoned breads, higher-fat crackers, commercial pancakes, biscuits, etc.
<b>Vegetables &amp; Fruit</b>	
~ Most fries, coated/breaded and deep fried vegetables	~ Most regular vegetable or tomato juices (sodium)
~ Juice with added caffeine, guarana, or yerba, multivitamins and minerals	~ Most candy and chocolate or 'yogurt' coated fruit, fruit gummies
~ Most 'drinks', 'blends', 'splashes', cocktails, and 'beverages' (if sweetened with added sugars)	~ Most potato/vegetables chips, especially saltier flavours and some fried fruit chips
~ Slushy drinks and frozen treats with added sugars or concentrated juice	~ Pickles, regular sauerkraut, some canned vegetables (sodium)
<b>Milk &amp; Alternatives</b>	
~ Regular tea/coffee lattes; some decaf-blended sweetened coffee drinks	~ Many milks containing coffee products or other caffeine ingredients, especially larger portions
~ Some ice milks, ice creams and frozen yogurt	~ Some higher fat cheeses, pudding/custards
~ Most cream cheese and light cream cheeses and spreads, processed cheese slices, regular-sized sundaes, frozen novelties, eggnogs, hot chocolate mixes made with water	
<b>Meat &amp; Alternatives</b>	
~ Many wieners, sausages, cold cuts, deli meats, seasoned chicken or tuna salads	~ Breaded and fried chicken/fish/meat
~ Most jerky or pepperoni, chocolate or 'yogurt' covered nuts; some salty or sugary nut/seed bars and mixes	
<b>Mixed Foods</b>	
~ Some meat pot pies, pasta with cream-based sauces	~ Most sandwiches made with deli or processed meats
~ Regular canned soups — broth or milk-based soups, instant soups	~ Most frozen entrées (unless low sodium)
~ Some pizzas e.g. with double cheese, sausage/vegetable rolls, pastry-based pizza pockets	
<b>"Other" Foods/Beverages</b>	
~ Candies, chocolate, energy bars with sugar as the 1 <sup>st</sup> ingredient, low protein energy bars and many 'low carb' bars	
~ Most drinks with sugars as the 1 <sup>st</sup> ingredient, e.g. iced teas, fruit 'ades', pops, unfortified flavoured rice, soy or potato drinks, caffeinated drinks, sport drinks, most hot chocolate mixes made with water	

# Energize Me!

## Summary of the Ministries of Education & Health Guidelines for Food & Beverage Sales in BC Schools 2007

To help support healthy eating and learning in schools



For more information on healthy eating at school:

[www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)

HealthLinkBC — Phone 811 and ask for dietitian

[www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)

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Picture source: Canada's Food Guide to Healthy Eating: Focus on Preschoolers, Health Canada, 1995, reproduced with permission of the Minister of Public Works and Government Services Canada, 2006.



Choose Most ✓✓	
<b>Grains Products</b>	
~ Many - whole grain breads, buns, bagels, tortillas, English muffins, pancakes, etc.	~ Some small baked lower fat items with whole grains fibre, fruit or nuts such as loaves, muffins or crackers
~ Most whole grain pastas	~ Brown/wild rice
~ Some whole grain cereals, cereals with fibre, fruit or nuts	~ Very few whole grain & corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc.)
<b>Vegetables &amp; Fruits</b>	
~ Most fresh/frozen/dried vegetables and fruit, raw, cooked, very lightly seasoned/dressed	~ Some frozen fruit bars made with pureed fruit
~ Canned vegetables or fruit (in water or juice)	~ Some baked fruit slices
<b>Milk &amp; Alternatives</b>	
~ Plain, unflavoured milk and fortified soy drinks	~ Plain yogurt
~ Many milks modified with fatty acids	~ Decaffeinated, unsweetened tea or coffee lattes
~ Most regular and light cheeses, cheese strings (unprocessed)	~ Some flavoured yogurts, puddings/custards, hot chocolates made with milk and very little sugar
~ Smoothies made with 'Choose Most' ingredients	
<b>Meat &amp; Alternatives</b>	
~ Chicken, turkey, eggs	~ Tofu, Dal, Falafel, Jerky (plain)
~ Lean meat (beef, bison, pork, lamb, game meats & birds)	~ Legumes (beans, lentils, peas) and most legume salads
~ Fish, seafood, fresh or canned in water/broth	~ Peanut butter, other nut/seed butters e.g. tahini
~ Some chicken, egg or legume salads (low sodium)	~ Some lean wieners (low sodium) and refried beans
~ Nut/seed bars and mixes with nut/seeds or fruit as 1 <sup>st</sup> ingredient and no candies or chocolate	
<b>Mixed Foods</b>	
~ Burritos (bean or meat), falafel in pita with tomatoes and tzatziki, pilaf (with vegetables)	~ Some meat/tofu and vegetable stir fries served on rice if sauce is lower in sodium
~ Some low sodium stews, chillies, curries if served with a grain food	~ Soft tacos filled with 'Choose Most' ingredients
~ Some pizzas with vegetables or low sodium frozen entrees or curries	~ Some low sodium soups made with meat or beans/lentils
~ Most sandwiches, short subs and burgers made with lean meats and lots of vegetables and whole grain bread/buns, most pasta with vegetable-based sauce	



## Choose Sometimes ✓

<b>Grains Products</b>	
~ Many enriched breads, buns, bagels, tortillas, English muffins, pancakes, etc.	~ Some small baked lower fat items e.g. loaves, muffins or crackers
~ Some pasta salads with very little dressing	~ Very few lower fat grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc.)
~ Most cereals, pastas	~ Most plain rice or rice noodles
<b>Vegetables &amp; Fruit</b>	
~ Most canned vegetables in broth	~ Most fresh/frozen/dried vegetables and fruit, raw or cooked, moderately seasoned/dressed
~ Fries: some baked, frozen fries (without trans fats), may be very lightly salted	~ Some sweetened baked fruit slices and fruit gummies with pureed fruit as 1 <sup>st</sup> ingredient
~ Some lower sodium tomato and vegetable juices, jarred salsa	~ Some potato/vegetable chips, very lightly salted, baked
~ Fruit canned in light syrup	~ Vegetables, breaded and baked
~ Slushy drinks and frozen treats made with 'Choose Sometimes' items	~ Diluted or sparkly juice drinks, no added sugars (only secondary may have artificial sweeteners)
~ Most fruit smoothies made with any 'Choose Sometimes' items	~ 100% juice (fruit, low sodium vegetable or combination)
<b>Milk &amp; Alternatives</b>	
~ Some processed cheese slices	~ Most flavoured yogurts
~ Many puddings/custards	~ Small portions of some ice milks and frozen yogurt, simply flavoured
~ Some decaf-flavoured tea/coffee lattes, egg-nogs if lower in sugar	~ Most basic-flavoured milks and fortified soy drinks, hot chocolate made with milk
~ Smoothies made with 'Choose Sometimes' ingredients	~ Yogurt with artificial sweeteners (secondary only), some yogurt drinks
<b>Meat &amp; Alternatives</b>	
~ Nut/seed bars and mixes with nuts/seeds or fruit as 1 <sup>st</sup> ingredient; may contain candy or chocolate if sugars are not 2 <sup>nd</sup> or 3 <sup>rd</sup> ingredient	~ Some marinated poultry, fish, canned in oil, refried beans, dessert tofus, breaded and baked chicken/fish/meat, lean wieners, sausages, deli meats
~ Lean pepperoni/chicken sticks	~ Some jerky, lightly seasoned
~ Marbled or fatty meats	~ Some chicken, tuna, egg or legume salads, lightly seasoned
<b>Mixed Foods</b>	
~ Hard tacos with meat or bean filling, pilaf (rice & meat)	~ Baked pizza pockets, pizza pretzels, pizza bagels
~ Most sandwiches, short subs and burgers made with lean roasted meats but few vegetables; sushi	~ Some soups without meat or beans/lentils, low sodium canned or instant soups, pasta with a milk-based sauce
~ Some cheese or meat pizzas, meat pot pies, stir fries, curries (moderate salt)	~ Most stews served without a grain food