The Nutrition Standard
for Student Nutrition Programs in Toronto

What is the Nutrition Standard?
- Defines nutritious meals and snacks based on Canada's Food Guide
- For programs that receive grants from the City of Toronto and / or the Government of Ontario
- To be used when planning program meals and snacks
- Includes criteria for choosing healthy foods
- Provides examples of healthy foods and serving sizes

Nutrition Program Tips
- Always have tap water available
- Model healthy eating
- Allow 20 minutes or more for eating when possible
- Try new things with your menu

What is a healthy meal?
Breakfast, Morning Meal, Lunch or Dinner programs

A meal has at least 3 full servings:
- 1 serving from Vegetables and Fruit group
- 1 serving from Grain Products group
- 1 serving from Milk and Alternatives group

Meat and Alternatives are healthy additions but are not required in Student Nutrition Programs.

What is a healthy snack?
Morning or Afternoon Snack programs

A snack has at least 2 full servings:
- 1 serving from Vegetables and Fruit group
- 1 serving from Grain Products group
- and / or Milk and Alternatives group

Questions about the Nutrition Standard? Need help with your menu? E-mail snp@toronto.ca.
### Vegetables and Fruit

Serve vegetables and / or fruit at every meal and snack.

- Choose **dark green and orange** vegetables and fruit more often.
- Offer **100% juice no more than once a week**.

#### Every day choices

| Fresh or frozen | Contains no added sugar or salt  
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<thead>
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<th>Ontario grown and/or produced foods when in season</th>
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| Canned or jarred vegetables and tomato based sauce | Rinse canned vegetables before use  
|                 | **Sodium 480 mg or less** |
| Canned or jarred fruit and fruit sauces | Packed in 100% fruit juice or water  
|                 | Contains no added sugar or syrup |

**Limit these: maximum one item, once a week**

| Juice | Only 100% unsweetened juice  
|       | **Sodium 480 mg or less** |
| Dried fruit | Fruit is listed as the first ingredient  
|             | No added sugar or fat |

**Examples of one full serving**

| Carrots | 125 mL, ½ cup, 8-10 mini  
|         | 100% fruit, vegetable juice | 125 mL, ½ cup |
| Leafy greens: romaine lettuce, spinach | raw: 250 mL, 1 cup  
| cooked: 125 mL, ½ cup |
| Fresh vegetables, fruit | 125 mL, ½ cup  
| fruit: 1 medium |
| Dried fruit | 60 mL, ¼ cup, 40 g |
| Tomato sauce, canned tomato | 125 mL, ½ cup |

### Grain Products

Serve products with whole grain or whole wheat as the first ingredient.

- Choose foods with **2 g of fibre** or more per serving.
- Choose items that are **trans fat free**.

#### Every day choices

| Whole grain / whole wheat: Breads, cereal, pasta, rice, grains (such as barley, couscous etc) | Fibre 2 g or more  
|                                                                                           | (rice may not meet fibre criteria)  
|                                                                                           | Fat 3 g or less  
|                                                                                           | Saturated fat 2 g or less  
|                                                                                           | Sodium 240 mg or less |
| Whole grain / whole wheat: Crackers | **per 20 g** (package serving)  
|                                                                                           | Fibre 1 g or more  
|                                                                                           | Fat 3 g or less  
|                                                                                           | Saturated fat 2 g or less  
|                                                                                           | Sodium 240 mg or less |
|                                                                                           | **per 30 g** (actual serving)  
|                                                                                           | Fibre 1.5 – 2 g or more  
|                                                                                           | Fat 5 g or less  
|                                                                                           | Saturated fat 2 g or less  
|                                                                                           | Sodium 360 mg or less |

**Limit these: maximum one item, once a week**

| Baked goods: Grain-based bars, muffins, waffles, pancakes, cookies  
| Snacking foods: Popcorn, pretzels | Fat 5 g or less  
| Saturated fat 2 g or less  
| Sodium 480 mg or less |

**Examples of one full serving**

| Bread | 35 g, 1 slice |
|       | Crackers 30 g, eg 10 soda crackers |
| Bagel | 45 g, ½ bagel |
|       | Pita, tortilla, naan 35 g, ½ piece |
|       | English muffin 35 g, ½ English muffin |
|       | Melba toast 30 g, 4-6 toasts |
| Pasta, couscous, rice, grains | 125 mL, ½ cup cooked |
| Cereal | Cold: 30 g  
|       | Cooked: 175 mL, ¾ cup |
## Milk and Alternatives

Serve milk or fortified soy beverage more often.

<table>
<thead>
<tr>
<th>Every day choices</th>
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| **White or chocolate milk** | • % M.F. (milk fat) skim, 1%, 2%  
• Calcium 25% Daily Value or more  
• Vitamin D 25% Daily Value or more |
| **Fortified soy beverage** | • Fat 5 g or less  
• Calcium 25% Daily Value or more  
• Vitamin D 25% Daily Value or more |
| **Cheese (block, string or fresh)** | • % M.F. 20% or less, preferred  
• Calcium 15% Daily Value or more |
| **Yogurt, kefir, Yogurt drink** | • % M.F. 2% or less  
• Calcium 15% Daily Value or more |

**Limit these: maximum one item, once a week**

| Processed cheese slices & spreads | • Light, fat free, made from skim milk  
(cream cheese is not a milk alternative; it is a fat, not a cheese) |
| Milk based desserts: Puddings, custards | • Saturated fat 2 g or less  
• Calcium 5% Daily Value or more |

### Examples of one full serving

| Milk, fortified soy beverage | 250 mL, 1 cup |
| Cheese, block or strings | 50 g, 1½ oz, 2 strings |
| Yogurt tubes | 3 tubes, 180 g |
| Processed cheese slices | 50 g, 2 slices |
| Fresh cheese | 60 g, 1 pot |
| Yogurt, kefir | 175 g, 175 mL, ¾ cup |

## Meat and Alternatives

Serve meat alternatives such as beans, lentils, and tofu more often.

- Meat and Alternatives are healthy additions but are not required in Student Nutrition Programs.

### Every day choices

| Meat alternatives:  
  o Legumes – beans, peas, lentils  
  o Soy products – Tofu  
  o Eggs | • Rinse canned legumes before use  
• Iron 5% Daily Value or more  
• Fat 3 g or less (tofu may not meet fat criteria)  
• Sodium 480 mg or less |
| **Meat**  
  o Chicken, beef, pork, fish  
  o Fresh, frozen, prepared, canned | • Lean or extra lean  
• Packed in water, not oil  
• Fat 5 g or less for fresh, frozen or prepared meats 3 g or less for canned meats  
• Sodium 480 mg or less |
| **Canned fish** | • Select light tuna, not albacore or white  
• Packed in water, not oil  
• Sodium 480 mg or less |

**Limit these: maximum one item, once a week**

| Deli meats (eg turkey, ham) | • lean or extra lean  
• Sodium 480 mg or less |

### Examples of one full serving

| Legumes | 175 mL, ¾ cup |
| Eggs | 2 whole, ¹⁄₂ cup scrambled |
| Meat, Canned fish | 75 g, 2½ oz, 125 mL, ½ cup |
| Tofu | 150 g, 175 mL, ¾ cup |
## Condiments

<table>
<thead>
<tr>
<th>Limit these items to only one per meal or snack</th>
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<tbody>
<tr>
<td>• Butter</td>
</tr>
<tr>
<td>• Margarine (non-hydrogenated)</td>
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<tr>
<td>• Salad dressing</td>
</tr>
<tr>
<td>• Mayonnaise</td>
</tr>
<tr>
<td>• Low-fat cream cheese</td>
</tr>
<tr>
<td>• Jam, jelly, marmalade</td>
</tr>
<tr>
<td>• Sweetened fruit butter</td>
</tr>
<tr>
<td>• Honey</td>
</tr>
<tr>
<td>• Syrup</td>
</tr>
<tr>
<td>• Hot sauce, soy sauce</td>
</tr>
<tr>
<td>• Ketchup, mustard, spreads</td>
</tr>
<tr>
<td>• Salt</td>
</tr>
<tr>
<td>• Dips</td>
</tr>
<tr>
<td>• Gravy</td>
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</tbody>
</table>

## Do NOT serve these items

### Allergens
- Peanuts, nuts, nut and seed butters

### Food Safety concerns
- Foods not in their original container
- Jars or packages with broken seals
- Home preserves: home canned foods (eg meat, fish, vegetables, combination foods, antipasto, etc)
- Unpasteurized ciders and juices
- Unpasteurized milk or milk alternatives

### Acceptability concerns
- Food from emergency food system (eg food bank)

### Fatty items
- Foods with artificial trans fat (eg shortening, partially hydrogenated & hydrogenated margarine)
- Deep-fried foods (eg chicken nuggets, French fries, fish sticks, samosas, spring rolls, etc)
- Full fat cream cheese, sour cream, cream, whipped cream and non-dairy creamers

### Salty items
- Instant noodle soups

### Fatty-salty items
- High fat, salty snacks (eg chips, cheese puffs, etc)
- Cured meats (eg salami, pepperoni, bologna)
- Hot dogs, sausages and bacon (regular side bacon, turkey bacon, chicken bacon)
- Flaky meat patties

### Sweets
- Candy, chocolate, marshmallows, fruit flavoured candies, gummies, rolls or chews
- Cookies, grain-based bars, etc, with chocolate chips or chocolate dipped
- Jelly desserts and other gelatine-based snacks
- Cakes, cupcakes, doughnuts, pastries and croissants
- Frozen ice treats (eg freezies, popsicles)

### Beverages
- Fruit-flavoured drinks that are not 100% fruit juice
- Soft drinks, sport drinks, energy drinks, coffee and caffeinated tea-based drinks
- Hot chocolate that is not made from milk

## Food Allergies

- Student Nutrition Programs must follow the allergy and anaphylaxis policies of their school or community centre. If your centre does not have one, contact us for support.

- Parents, students, administrators and Nutrition Program coordinators & volunteers must work together to protect the health of participants. Some programs may not be able to accommodate the needs of every child or youth.

If your program needs support relating to food allergies, contact snp@toronto.ca or Toronto Public Health at 416-338-7600.