

Chignecto-Central Regional School Board Health Promoting Schools
Quick Reference Guide - Food & Nutrition Policy for Nova Scotia Public Schools

	Grain Products	Vegetables & Fruit	Milk Products	Meat & Alternatives
Maximum Nutrition Serve Daily	<p>≤ 3 g total fat ≤ 2 g saturated & trans fat combined < 480 mg sodium > 2 g fibre ≤ 10 g sugar in cereals No artificial sweeteners</p> <p><i>Whole grain (oats, corn, rye, rice) or whole wheat bread & pasta, crackers, cereal (shredded wheat, corn bran, oatmeal), brown or wild rice</i></p>	<p>≤ 3 g total fat ≤ 2 g saturated & trans fat combined < 480 mg sodium > 2 g fibre ≤ 10 g sugar in cereals No added sugar or artificial sweeteners</p> <p><i>All fresh vegetables and fruit (choose locally grown and in season if possible); canned fruit packed in 100% juice or water; apple sauces or blends with no added sugar; 100% juice, dried fruit and leathers or frozen fruit bars</i></p>	<p>≤ 5 g total fat ≤ 4 g saturated & trans fat combined < 480 mg sodium ≤ 28 g sugar per 250ml flavored milk < 2% MF milk including flavored and soy < 2% MF yogurt & yogurt drinks < 20% MF cheese including cheese strings No artificial sweeteners</p> <p><i>Unprocessed cheese slices</i></p>	<p>≤ 5 g total fat ≤ 3 g saturated & trans fat combined < 480 mg sodium</p> <p><i>Lean or extra lean meat, poultry & fish; lean deli meats (ham, roast beef, turkey, chicken); canned fish packed in water; eggs; beans and legumes; hummus</i></p>
Moderate Nutrition No more than 2 times/week or 30% of menu choices	<p>≤ 5 g total fat ≤ 2 g saturated & trans fat combined May contain < 480 mg but < 960 mg sodium May contain > 2 g fibre May contain added sugar or artificial sweeteners</p> <p><i>White, 60% whole grain or enriched breads & pastas; non whole grain crackers; cereal made with whole grains but containing some added sugar (instant flavoured oatmeal, honey oat cereals, frosted mini wheat squares; baked chips; rice cakes</i></p>	<p>≤ 5 g total fat ≤ 2 g saturated & trans fat combined May contain > 480 mg but < 960 mg sodium May contain > 2 g fibre May contain added sugar or artificial sweeteners</p> <p><i>Fruit in light syrup or with added sugar; vegetables with sauces and breadcrumbs; commercial vegetable soup; oven prepared French Fries and perogies</i></p>	<p>≤ 8 g total fat ≤ 5 g saturated & trans fat combined ≤ 28 g sugar per 250ml flavored milk ≤3.52% MF milk including flavored and soy May contain 20-30% MF cheese May contain > 480 mg but < 960 mg sodium May contain artificial sweeteners</p> <p><i>Cottage cheese; processed cheese slices and spreads; milk based puddings; frozen yogurt</i></p>	<p>≤ 10 g total fat ≤ 4 g saturated & trans fat combined May contain > 480 mg but < 960 mg sodium</p> <p><i>Regular ground beef; canned fish packed in oil; some marinated meats and jerky style products; breaded meat and poultry products;</i></p>
<p>Herbs and spices can be used to enhance the flavor of foods and beverages.</p> <p>Salt should be used sparingly.</p> <p>Condiments may be used to enhance the flavor of foods of both Maximum and Moderate Nutrition in small amounts i.e. teaspoon (5 mL) and tablespoon (15 mL) servings. Examples: salsa, tomato sauces, butter, low fat salad dressings, ketchup, relish, sour cream, syrups, jam or jelly, margarine, mayonnaise, mustard, pickles, light cream cheese.</p> <p>Water: Choose plain, unsweetened, unflavoured water with no additives (i.e. caffeine, herbals or artificial sweeteners)</p>				<p>Symbols: < = less than > = more than ≤ = less than or equal to ≥ = more than or equal to mL = milliliters mg = milligrams g = grams MF = milk fat</p>

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Please note: Always check the nutrient criteria of a new food to see where it fits within the Policy.
 This is not a complete list of eligible food items. This list is only a reference. Please feel free to explore other products that fit within the Food Policy.
 Adopted from Halifax Regional School Board Health Promoting Schools

