



## Not Recommended

### Grain Products

- Very high fat/sugary/salty baked goods e.g. some crackers, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, croissants – especially if big
- Most seasoned noodle mixes
- Some sugary cereals
- Most saltier grain and corn snacks, baked or fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc)
- Most seasoned rice mixes
- Some seasoned breads, commercial pancakes, biscuits, etc.

### Vegetables & Fruit

- Fries: if moderately salted, or medium/large size, or if fried in fat containing trans fat
- Pickles
- Most 'drinks', 'blends', 'cocktails', and 'beverages'
- Slush drinks and frozen treats with added sugars
- Most potato/vegetable chips, some fruit chips (baked or fried) especially saltier flavours
- Most candy and chocolate coated fruit
- Most fruit smoothies made with any 'Not Recommended' ingredients

### Milk Products

- Frozen 'yogurt' not based on milk ingredients
- Most cream cheese & light cream cheeses & spreads, most regular sized sundaes
- Some regular egg nogs
- Some candy flavoured ice creams and frozen yogurt
- Many milks containing coffee products or other caffeine ingredients, especially larger portions

### Meat & Alternatives

- Some wieners with more filler than meat
- Most chocolate or 'yogurt' covered nuts
- Many products deep fried in hydrogenated or partially hydrogenated oils or shortening

### Mixed Foods

- Some pizzas, e.g. with double cheese
- Many canned soups, broth or milk based
- Some - pastry based pizza pockets, meat pot pies

### "Other" Foods/Beverages

- Candies, chocolate, super-sized energy bars, low protein energy bars
- Most - drinks with sugars as the 1<sup>st</sup> ingredient, e.g. iced teas, fruit 'ades', pops; unfortified rice, soy or potato drinks; caffeinated drinks, sport drinks, hot chocolate mixes made with water



## For Additional Support with the Guidelines:

**Dial-A-Dietitian** - a free nutrition information line:  
604-732-9191

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

## For More Information on Healthy Eating:

- **Community Nutritionist** for schools in Langley, Delta, and Surrey School Districts:  
(604) 587-7936 or [phnutrition@fraserhealth.ca](mailto:phnutrition@fraserhealth.ca)

**Food and Beverage Guidelines** located at:

[www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

- For plenty of **lesson plans, tools, resources, and supporting documents:** [www.fraserhealth.ca](http://www.fraserhealth.ca) then search 'school nutrition'

- For other tools to support healthy eating in schools:

[www.knowledgenetwork.ca/makingithappen](http://www.knowledgenetwork.ca/makingithappen)

# Energize Me!



## Summary of the BC Guidelines for Food & Beverage Sales in Schools \*

To help support healthy eating in schools

**Note: Some foods will be found in more than one category depending on size, cooking method, ingredients, etc. See the guidelines on-line for details. Contact your Community Nutritionist or Dial-A-Dietitian for help in classifying foods.**

Taken from Vancouver Coastal Health  
Adapted from B.C. Min of Ed and BC Min of Health (2007) "Guidelines for Food and Beverage Sales in BC Schools"  
October 2007

[www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

B.C. Min of Ed and BC Min of Health (2007)  
"Guidelines for Food and Beverage Sales in BC Schools"  
[www.bced.gov.bc.ca/health/guidelines\\_sales07.pdf](http://www.bced.gov.bc.ca/health/guidelines_sales07.pdf)



### Choose Most ✓✓

#### Grains Products

- Many - whole grain breads, buns, bagels, tortillas, English muffins, pancakes, etc.
- Some small baked items with whole grains, fibre, fruit or nuts such as sliced loaves, muffins, cookies, crackers
- Most whole grain pastas
- Brown/wild rice
- Some - whole grain cereals, cereals with fibre, fruit or nuts
- Some small bags of baked whole grain & corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc)

#### Vegetables & Fruits

- Most - fresh/frozen/dried vegetables & fruit, raw, cooked, lightly seasoned/dressed
- Fries: baked fresh potato wedges or slices, may be tossed in oil
- Fresh salsa, some jarred salsa
- Canned vegetables or fruit (in water or juice)
- Some frozen fruit bars made with pureed fruit
- Some - small bags of fruit chips, unsalted potato/vegetable chips (usually baked)

#### Milk Products

- Plain, unflavoured milk (skim, 1%, 2%) and fortified soy drinks
- Smoothies made with 'Choose Most' ingredients
- Many milks modified with fatty acids
- Decaffeinated tea or coffee lattes
- Small portions of some ice cream and frozen yogurts – simply flavoured (vanilla, chocolate, strawberry)
- Most - yogurt, plain or simply flavoured, most regular and light cheeses, cheese strings
- Some puddings/custards, etc.
- Some processed cheese slices
- Some - 'lite' eggnogs, hot chocolate made with milk

#### Meat & Alternatives

- Chicken, turkey, eggs
- Some - chicken or tuna or egg salads
- Lean meat (beef, bison, pork, lamb, venison, moose)
- Fish, seafood, fresh or canned in water/broth
- Legumes (beans, lentils, peas) and most legume salads
- Peanut butter, other nut/seed butter e.g. tahini
- Tofu, Dal, Falafel, Jerky (plain)
- Some lean wieners & refried beans

#### Mixed Foods

- Chili, burritos (bean or meat), falafel in pita with tomatoes & tzatziki, pilaf (with vegetables)
- Most sandwiches, short subs and burgers made with lean meats and lots of vegetables – whole grain breads/buns are preferred
- Nut/seed bars & mixes with nuts/seeds as 1<sup>st</sup> ingredient & no candies or chocolate
- Most stir fries, stews, sushi, pasta with veg-based sauce
- Some pizza with vegetables or frozen entrees or curries
- Soft tacos filled with 'Choose Most' ingredients
- Some milk-based soup
- Some soups made with meat or beans/lentils
- Some borscht if it includes meat, beans or lentils
- Some low-sodium canned soup made with meat, beans or lentils



### Choose Sometimes ✓

#### Grains Products

- Many - enriched breads, buns, bagels, tortillas, English muffins, pancakes, etc
- Some small baked items e.g. sliced loaves or muffins, cookies, crackers
- Most pastas (including those with added egg, spinach or tomato)
- Some small bags of fried grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc.)
- Most - pasta salads, cereals
- Rice, rice noodles and wraps

#### Vegetables & Fruit

- Most canned vegetables in broth, including low sodium sauerkraut
- Most fresh/frozen/dried vegetables & fruit, raw, cooked, moderately seasoned/dressed
- Fries: baked frozen fries (without trans fats) may be lightly salted
- Some very small bags of potato/vegetable chips, very lightly salted (baked or fried)
- Avocado – ¼ to 1/3
- Some - jarred salsa, small bags fruit chips
- Fruit canned in light syrup
- Vegetables, breaded and baked
- 100% juice (fruit, low sodium vegetable or combination)
- 100% juice fortified with only calcium AND/OR vitamin C
- Most fruit smoothies made with any 'Choose Sometimes' items
- Slush drinks and frozen treats made with "Choose Sometimes" items

#### Milk Products

- Some sweet yogurts
- Yogurt with artificial sweeteners
- Many puddings/custards, etc. including those with artificial sweeteners
- Small portions of some ice creams & frozen yogurt – simply flavoured (vanilla, chocolate, strawberry)
- Some flavoured fortified soy drinks
- Most basic flavoured milks
- Many small milkshakes made with milk & ice cream
- Smoothies made with 'Choose Sometimes' ingredients
- Many regular egg nogs
- Most hot chocolates made with milk

#### Meat & Alternatives

- Some - marinated poultry, fish canned in oil, refried beans
- Marbled or fatty meats, cold cuts (lean), ham
- Some - chicken or tuna or egg salads
- Some - breaded & baked chicken/fish/meat, dessert tofu
- Some - lean wieners, sausages
- Marbled or fatty game meats
- Lean pepperoni/chicken sticks
- Jerky (lean, seasoned)

#### Mixed Foods

- Nut/seed bars & mixes with nuts/seeds as the 1<sup>st</sup> ingredient, may contain candy, 'yogurt' or chocolate if sugar is not the 2<sup>nd</sup> and 3<sup>rd</sup> ingredient
- Most sandwiches, short subs & burgers with lean roasted meats but few vegetables
- Some - soups without meat, or beans/lentils; borscht if low in salt, low-sodium soups
- Some - cheese or meat pizzas, or pizzas with ½ the amount of cheese
- Some – sushi, meat pot pies, frozen entrees, curries with few vegetables, pasta with a milk based sauce
- Pilaf (rice and meat)
- Hard tacos with meat or bean filling
- Baked - pizza pockets, pizza pretzels, pizza bagels



### Choose Least

#### Grains Products

- Medium sized baked items, e.g. some crackers, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, croissants
- Some fried grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc.)
- Some instant noodles (not enriched or containing fats)
- Some seasoned rice mixes
- Some sugary cereals

#### Vegetables & Fruit

- Some canned vegetables, including regular sauerkraut
- Fries: small portions of deep fried potatoes, may be slightly salted
- Some bags of fruit chips
- Some jarred salsa
- Some fruit gummies with pureed fruit as 1<sup>st</sup> ingredient
- Coated/breaded & deep fried vegetables
- Many small bags of potato/vegetable chips, salted (baked or fried)
- Seasoned vegetable juice
- 100% juice fortified with multivitamin/minerals
- Most fruit smoothies made with any 'Choose Least' ingredients
- Slush drinks & frozen treats with concentrated juice

#### Milk Products

- Some higher fat cheeses
- Some puddings/custards, etc.
- Some processed cheese slices & spreads
- Most candy flavoured or rich ice cream & frozen yogurts
- Most candy flavoured milks
- Some milks containing tea products, (e.g. Chai)
- Smoothies made with 'Choose Least' ingredients

#### Meat & Alternatives

- Some - breaded & fried chicken/fish/meat
- Most - cold cuts, deli meats, regular wieners/sausages, smokies/bratwurst
- Fattier pepperoni/chicken sticks
- Some - seasoned chicken, tuna salad

#### Mixed Foods

- Most sandwiches or short subs made with deli or processed meats
- Some - pizza (e.g. meat lovers), personal size pan pizzas, pastry based pizza pockets, meat pot pies, sausage/vegetable rolls, pasta with a cream based sauce
- Some nut/seed bars and mixes (e.g. sesame snaps)
- Many frozen entrees

#### "Other" Foods/Beverages

- Water (flavoured or not) with artificial sweeteners, diet soft drinks & non-carbonated drinks (decaf), most unfortified plain soy or potato drinks
- Most very small packages of candies/chocolates
- Energy bars with sugars as 1<sup>st</sup> ingredient, artificially sweetened bars, many "low-carb" bars
- Very small portions of - frozen novelties not based on milk or fruit ingredients; dessert gelatins

**Allergy awareness: these guidelines are NOT intended to address food allergy concerns in schools.**