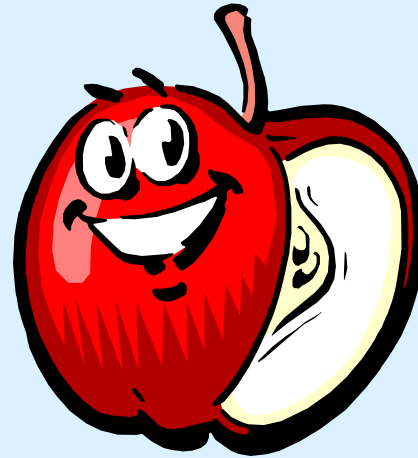


Student Nutrition Programs: Nutrition Guidelines



Learning Objectives



- This workshop will help you:
 - Increase your knowledge about why it is important to serve children healthy foods
 - Understand the reasoning behind the SNP nutrition guidelines
 - Improve your label reading skills



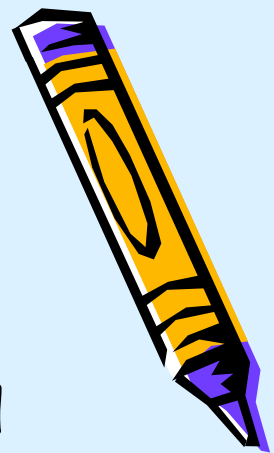
Why is Nutrition Important for Kids?



"Serving nutritious foods and beverages promotes good health and healthy eating habits in children and youth, and helps them to be ready to learn" -Ministry of Children and Youth, 2008



Why is Nutrition Important for Kids?



- Kids need nutrients for their body to grow and develop
 - **Calcium and Vitamin D** build kids' bones - 95% of bone mass is built before age 20
 - **Iron** is needed for cognitive and motor development - low iron can lead to poor school achievement
- Kids need to eat a healthy diet to prevent diseases
 - A lack of bone building nutrients in childhood leads to osteoporosis in adults
 - Poor nutrition is causing Type 2 diabetes, high blood pressure & high cholesterol in children



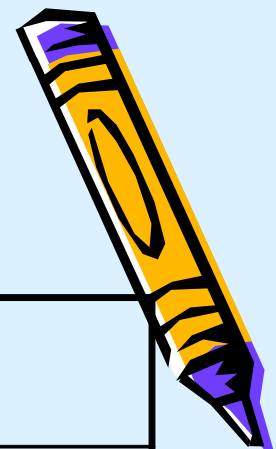
Understanding Vegetables & Fruit:



- Important source of many nutrients
 - Vitamins (e.g. vit A, vit C, folate)
 - Minerals (e.g. potassium)
 - Fibre
- Many health benefits
 - ↓ risk of cancer
 - ↓ risk of heart disease and stroke
- Many children (and adults) are not eating enough
 - Should be eaten at every meal and snack



Vegetables & Fruit in the SNP Nutrition Guidelines:



Guideline	Reason
Provide one serving at every meal and snack	To help kids eat enough veg & fruit to meet their requirements
Low in sugar and sodium (salt)	Kids tend to eat too much sugar and sodium which has bad health effects (dental cavities, high blood pressure)
At least 30% DV for vitamin C or At least 15% DV for vitamin A (for juice, canned and dried fruit)	To count as a veg & fruit serving, a product needs to be a source of vitamins. If a 'fruit snack' doesn't provide a source of vitamins, it is <i>candy</i> not fruit.



Vegetables & Fruit in the SNP Nutrition Guidelines:



Guideline	Reason
Serve juice once per week or less	When vegetables & fruit are turned into juice, the fibre is lost. To promote adequate fibre intakes, juice should be limited.
Serve dried fruit (including 100% fruit leather and bars) once per week or less	When fruit is dried, the natural sugars become concentrated, so a small amount of dried fruit has a high amount of sugar. Dried fruit sticks to teeth and the high sugar content contributes to dental cavities.



Reading Vegetables & Fruit Labels:

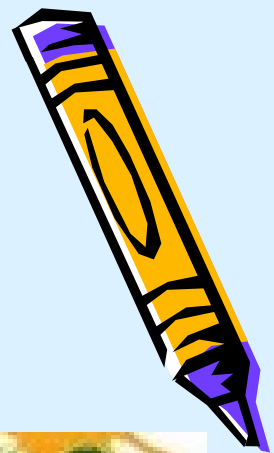


- **Nutrition Facts Table:**
 - **Sodium:** tomato sauce and vegetable juice must have 480mg or less
 - **Fibre:** dried fruit must have 2 g or more
 - **Vitamins:** vegetable juice and canned or dried fruit must have 15% DV for vitamin A or 30% DV for vitamin C

Nutrition Facts	
Per 250 mL (1 cup)	
Amount	% Daily Value
Calories 150	
Fat 2.5 g	4%
Saturated 1.5 g + Trans 0 g	7%
Cholesterol 15 mg	
Sodium 210 mg	9%
Carbohydrate 27 g	9%
Fibre 2 g	8%
Sugar 2 g	
Protein 7 g	
Vitamin A	15%
Vitamin C	30%
Calcium	25%
Iron	10%



Reading Vegetables & Fruit Labels:



- **Ingredient List:**

No added sugar

(watch for the words: syrup, corn syrup solids, and any word that ends in *ose* like fructose, or sucrose)

- **No added fat**

(watch for the words: glycerides, shortening, oil, partially hydrogenated oil)

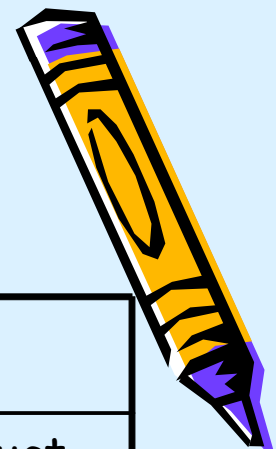


Understanding Grain Products:

- Whole grains are source of
 - Fibre
 - Vitamins (e.g. vit B, vit E)
 - Minerals (e.g. iron, zinc)
- Whole grain vs. White
 - When whole grains are processed into white products, they lose fibre, vitamins and other important nutrients
- Whole grain fibre benefits:
 - Helps lower cholesterol
 - Maintains a healthy digestive system
 - Plays a role in diabetes prevention
 - risk of heart disease



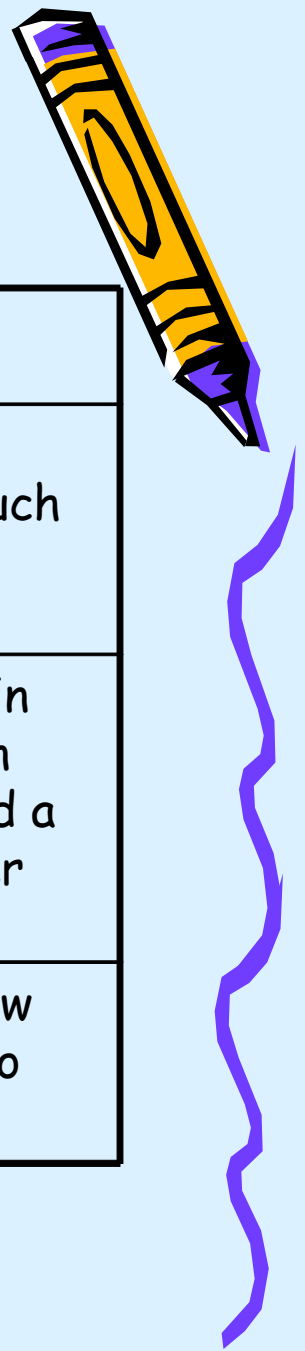
Grain Products in the SNP Nutrition Guidelines:



Guideline	Reason
At least 5% DV for Iron and At least 2g of Fibre (for breads, cereals, crackers, muffins, grain-based bars, cookies)	To be a healthy grain choice, a product must be a source of iron and fibre. If a muffin is not a source of these nutrients, think of it as a cupcake, not grain product.
Trans fat free and Saturated fat 2g or less	These are unhealthy types of fat that negatively impact health. Kids and adults should eat as little of these fats as possible.
Fat: 5 g or less (for muffins, grain-based bars, cookies, pancakes and waffles)	Some grain products are high in fat. For good health, it is important to select low fat versions of these products.



Grain Products in the SNP Nutrition Guidelines:



Guideline	Reason
Sodium: 480mg or less	Grain products can sometimes be hidden sources of sodium. Too much sodium can lead to high blood pressure.
Serve once per week or less: muffins, grain-based bars, cookies, pancakes/waffles	These products are often higher in sugar and have less nutrients than other grains. They are considered a treat or a 'sometimes' food, rather than an 'everyday' food.
Make pancake/waffle batter from scratch or use a mix that requires milk and eggs	A 'just add water' mix has very few nutrients. Adding milk and eggs to the mix provides more nutrition.



Reading Grain Product Labels:



- **Nutrition Facts Table:**
 - **Fat:** 5g or less for muffins, cookies, and grain bars
 - **Saturated and Trans Fat:** 2g or less of saturated and 0g trans fat
 - **Sodium:** 480mg or less
 - **Fibre:** 2 g or more
 - **Iron:** 5% DV for or more

Nutrition Facts	
Per 250 mL (1 cup)	
Amount	% Daily Value
Calories 150	
Fat 2.5 g	4%
Saturated 1.5 g + Trans 0 g	7%
Cholesterol 15 mg	
Sodium 210 mg	9%
Carbohydrate 27 g	9%
Fibre 2 g	8%
Sugar 2 g	
Protein 7 g	
Vitamin A	15%
Vitamin C	30%
Calcium	25%
Iron	10%



Reading Grain Product Labels:



- **Ingredient List:**

- Choose whole grain products

(the first word should be whole grain wheat, whole oats, whole rye, etc.)

- Watch for added fat and sugar

(remember the fat and sugar words to watch for)

- Allergy ingredients

(know what allergies are in your school)

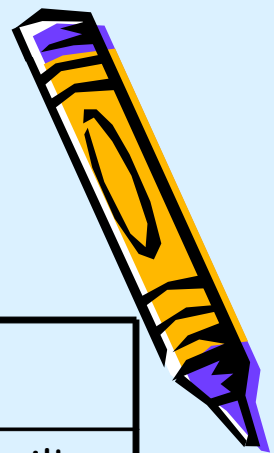


Understanding Milk and Alternatives:

- An important source of:
 - Minerals (calcium, phosphorus)
 - Vitamins (vit D, vit A)
 - Protein
- A natural source of saturated fat
 - Avoid saturated fat by choosing fat free or low fat milk products
- A natural source of sugar (lactose)
 - Although chocolate milk also has added sugar, the total amount of sugar in chocolate milk is equal to that of 100% juice
 - The benefits of the important nutrients in milk outweigh the negative effect of the sugar



Milk & Alternatives in the SNP Nutrition Guidelines:



Guideline	Reason
Provide one serving at every meal	Because the bone building nutrients in milk are so important for children, and many kids aren't getting enough of this food group, it is important to serve it as often as possible.
2% or less M.F. for milk and yogurt 20% or less M.F. for cheese	The downside of milk products is the amount of saturated fat they contain. Limit this unhealthy fat by choosing fat free or low fat versions.
Serve once per week or less: Processed cheese and milk based desserts	These products are much lower in calcium than other milk products (5% vs. 15-30%). They are often much higher in fat, sodium and sugar as well.



Reading Milk & Alternative Labels:



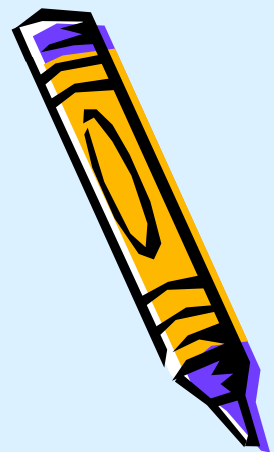
- **Nutrition Facts Table:**
 - **Sodium:** 480mg or less for processed chesses
 - **Calcium:** at least 15% for cheese and yogurt, at least 5% for processed cheese and milk based desserts (note: all milk has approx. 30%, so don't worry about checking the label for it)

Nutrition Facts	
Per 250 mL (1 cup)	
Amount	% Daily Value
Calories 150	
Fat 2.5 g	4%
Saturated 1.5 g + Trans 0 g	7%
Cholesterol 15 mg	
Sodium 210 mg	9%
Carbohydrate 27 g	9%
Fibre 2 g Sugar 2 g	8%
Protein 7 g	
Vitamin A	15%
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Calcium	25%
Iron	10%



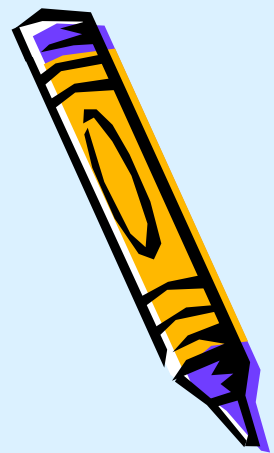
Reading Milk & Alternative Labels:

- Front of Package:
 - Check the % M.F. (milk fat)
 - A low fat cheese has 20% M.F. or less
 - Look for milk and yogurt that is 2% or less

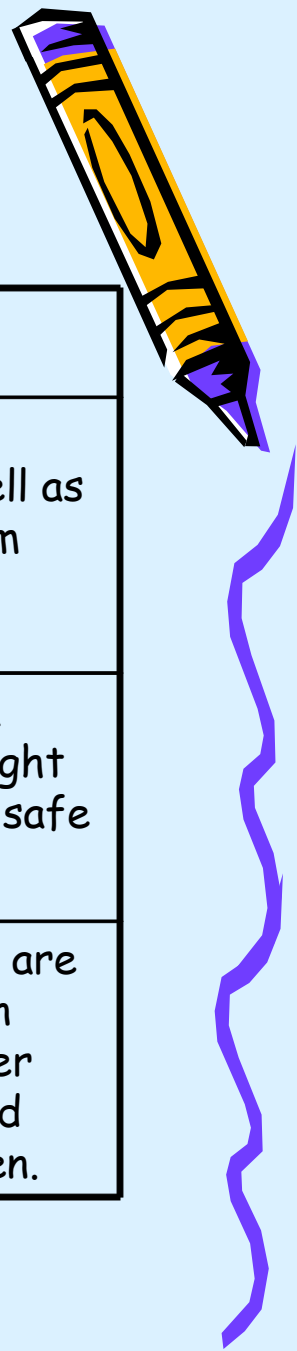


Understanding Meat and Alternatives:

- An important source of:
 - Iron
 - Protein
- A source of fat
 - Red meat (beef, pork), and the skin of poultry contains unhealthy saturated fat. Choosing lean meats and removing the skin from chicken reduces this fat content.
 - Nuts, seeds, and some fish (e.g. salmon) are sources of healthy fats. If you read the label of canned salmon, don't be shocked at the total fat content...it is low in saturated fat and high in healthy omega-3 oils.



Meat & Alternatives in the SNP Nutrition Guidelines:



Guideline	Reason
480mg sodium or less	Many meat & alternatives are hidden sources of sodium. Frozen meats, as well as canned and deli meats often have sodium added to preserve them. High sodium intakes can lead to high blood pressure.
When serving canned tuna, select light tuna, not albacore or white	Some types of tuna are known to have a higher mercury content than others. Light tuna is lower in mercury which makes it safe to consume.
Once per week or less: deli meats	Processed meats (bacon and deli meats) are often high in fat and usually very high in sodium. They are not as healthy as other products in the meat & alternatives food group, so they should be eaten less often.



Reading Meat & Alternative Labels:



- **Nutrition Facts Table:**
 - **Sodium:** 480mg or less
 - **Iron:** 5% or more for legumes, tofu and other meat *alternatives* (note: it is assumed that all meats have at least this much iron, so you don't need to check the label for it)

Nutrition Facts	
Per 250 mL (1 cup)	
Amount	% Daily Value
Calories 150	
Fat 2.5 g	4%
Saturated 1.5 g + Trans 0 g	7%
Cholesterol 15 mg	
Sodium 210 mg	9%
Carbohydrate 27 g	9%
Fibre 2 g Sugar 2 g	8%
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Calcium	25%
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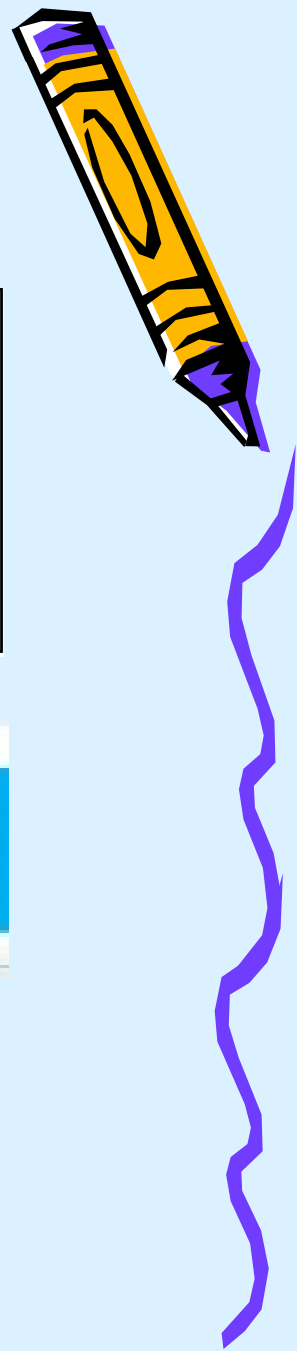


Reading Meat & Alternative Labels:

- Front of Package:
 - Check for 'lean' or 'extra lean'
 - Some products may say 'low fat' or 'fat free' instead of lean



Reading Food Labels



- Products with these symbols may or may not be healthy choices - you still need to read the nutrition facts panel and ingredient list
- Inexpensive brands without these symbols may be just as healthy - but could not pay to have a special symbol put on their packaging



Have more questions about nutrition?

Send your questions to:

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