

Nutrition Guidelines for Healthy Menus Kainai Board of Education



- Each lunch meal offers **at least 1 food from each of the 4 food groups** of Canada's Food Guide¹ (vegetables & fruit, grain products, meat & alternatives, milk & alternatives)
 - At least 1 serving of vegetables is available at lunch. *Note: As our community is high risk for diabetes, corn and potatoes are considered starches/grains rather than vegetables.*
- As freshly prepared foods are a priority of the KBE nutrition policy, **processed meats are limited to once a week or less.**
 - "Processed meats" are meats preserved by curing, salting or by adding preservatives. Examples: bologna, ham, bacon, hot dogs, packaged chicken nuggets, pepperoni.
- Cooking methods that require little or no added fat are used. **Deep-fried foods are limited to once a month or less.**
- For grain products (examples: bread, buns, rice, cereal, bannock, barley):
 - **At least 50% of the grain products served each week are whole grains.**
 - **All sandwich bread and buns ordered are 100% whole grain.**
- **Water or milk are appropriate beverages to serve with lunch.**
 - A small portion (1/2 cup) of 100% fruit juice or chocolate milk may be served as a "choose sometimes" drink once a week or less.
 - **No high sugar drinks** will be served (examples: pop, fruit punch, iced tea, slushies).
- **Portions offered will be appropriate for different ages** (see next page). A variety of foods will be offered and **students have the choice to eat more if they are still hungry.**
- If serving dessert, fruit and yogurts are appropriate options that provide valuable nutrients students might not be getting outside of school.
 - **Sweeter desserts can be offered as an occasional treat and when portion size is considered. On our regular menu, sweeter desserts will only be served once a week or less.**
 - Sweeter desserts can be made a healthier option by choosing packaged foods that fit the "Choose Sometimes" criteria of Alberta Nutrition Guidelines for Children and Youth.^{3,5}
 - When offering foods that are high in unhealthy fat, sugar or salt ("Choose Least Often") portion size should be small. See next page for more information.

References for More Information:

¹ Canada's Food Guide <http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

² Food Portion Sizes www.ahs.ca/assets/info/nutrition/if-nfs-what-is-a-healthy-portion-size.pdf

³ Alberta Nutrition Guidelines for Children and Youth: Healthy Eating for Children and Youth in School www.health.alberta.ca/documents/Nutrition-Healthy-Eating-AB-Schools.pdf

⁴ Alberta Nutrition Guidelines for Children and Youth www.health.alberta.ca/documents/Nutrition-Guidelines-AB-Children-Youth.pdf







⁵ The Healthy Food Checker to compare nutrition labels to the ANGCY guidelines www.ahs.ca/nutrition/Page13977.aspx

Recommended Number of Canada's Food Guide Servings Per Day: ¹

	2-3 years	4-13 years	14 years & up, Females	14 years & up, Males
Vegetables & Fruit	4	5-6	7-8	7-10
Grain Products	3	4-6	6-7	7-8
Milk and Alternatives	2	2-4	teens 3-4, adults 2-3	teens 3-4, adults 2-3
Meat and Alternatives	1	1-2	2	3

As a rough guideline, a meal would provide one third of a day's total required food guide servings. However students' needs will vary and they should have the option to choose to eat more if still hungry.

What does a serving from Canada's Food Guide look like? ²

Item	Amount	Food	Number of servings from Canada's Food Guide
Baseball 	1 cup (250 mL)	Salad	1 serving of Vegetables and Fruit
		Fresh, frozen, or canned vegetables or fruit	2 servings of Vegetables and Fruit
		Cold cereal	1 serving of Grain Products
		Rice, pasta, bulgur or quinoa	2 servings of Grain Products
		Milk	1 serving of Milk and Alternatives
Tennis ball 	¾ cup (175 mL)	Whole vegetable or fruit, medium size	1 serving of Vegetables and Fruit
		Hot cereal	1 serving of Grain Products
		Yogurt	1 serving of Milk and Alternatives
		Beans, lentils, or tofu	1 serving of Meat and Alternatives
Hockey puck 	½ cup (125 mL)	Fresh, frozen, or canned vegetables and fruit	1 serving of Vegetables and Fruit
		Rice, pasta, bulgur, quinoa, couscous, ½ small bagel	1 serving of Grain Products
	2½ oz (75 g)	Fish, shellfish, poultry, or lean meat	1 serving of Meat and Alternatives
2 white erasers 	1½ oz (50 g)	Cheese	1 serving of Milk and Alternatives
Golf ball 	2 Tbsp (30 mL)	Peanut or nut butter	1 serving of Meat and Alternatives
2 golf balls 	¼ cup (60 mL)	Dried fruit	1 serving of Vegetables and Fruit
		Nuts and seeds	1 serving of Meat and Alternatives

Portion sizes for "Choose Least Often" treats: ^{3,4} The Alberta Nutrition Guidelines for Children and Youth advise that energy-dense, nutrient-poor foods should provide only a small amount of overall energy intake so it is important that serving sizes be small when serving foods high in fat, sugar and salt. Suggested serving sizes (based on approximately 100 calories / serving):

- 30 g for chips and crackers, high sugar cereal (1 cup), cookies (2) and cereal bars (1)
- 20 g for beef jerky, chocolate bars/candy (1 mini)
- 55 g for bakery items, including, but not limited to, pastries, muffins, and doughnuts
- 85 g / ½ cup for frozen desserts, ice cream

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