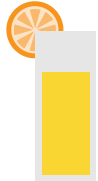







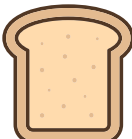
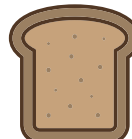


5 HEALTHIER ALTERNATIVES

FOR LESS NUTRITIOUS FOODS

Breakfast Club of Canada's mission is to ensure that students have access to a healthy, nutritious breakfast each school day. The food items on the left are common breakfast items that are not recommended in Breakfast Club of Canada's Nutrition Standards. This document provides the rationale behind our guidelines and some healthy alternatives to those foods.

SWAP OUT...	AND SERVE...	WHY IT MATTERS!
<p>Juice</p> 	<p>Serve whole fruits and vegetables, and make water and milk (or milk alternatives) the drink of choice!</p> 	<p>Juice contains nearly the same amount of sugar as pop. Juice also lacks the dietary fibre that is present in whole fruits.</p>
<p>Processed Cheese</p> 	<p>Purchase blocks of real cheese in bulk or when on sale. This can be shredded or sliced for serving or storing to be more cost effective.</p> 	<p>Processed cheese contains extra salt, sugar, and vegetable oil.</p>
<p>Sugary Cereal</p> 	<p>Serve low sugar cereal or make granola from a mixture of oats and honey.</p> 	<p>Store bought cereal can often contain lots of added sugar. One bowl of sugary cereal can easily exceed the World Health Organization suggested daily sugar limit for children.</p>
<p>Pancake Syrup</p> 	<p>Use natural sweeteners sparingly. Good options are honey, fruit compote, or maple syrup.</p> 	<p>Pancake syrup is essentially bottled sugar. Consuming high amounts of sugar can lead to many health complications.</p>
<p>White Bread</p> 	<p>Serve products containing 100% whole grains, try whole grain bread, tortillas, bagels, and English muffins.</p> 	<p>White bread is made from refined grain flour (aka white flour) which is missing the fibre and minerals that whole grain flour contains.</p>