

12 Recommended Single-Serve Food Items



All items should follow Canada's Food Guide and Breakfast Club of Canada's Nutrition Standards

Tip: Using bowls, cups, bags or other individual containers are good alternatives to individually packaged items.

Fruits & Vegetables

1. Fruits : apples, oranges, clementines, bananas
2. Vegetables : baby carrots, celery, cucumber, cherry tomatoes
3. Applesauce or other fruit sauce (unsweetened)
4. Fruit cups (not in syrup)

Protein



5. Yogurt
6. Cheese and cheese-string
7. Hard-boiled eggs
8. Milk
9. Hummus

Whole Grains



10. Cereals

Serve low sugar cereals like:

- Cheerios
- Special K Original
- Life
- Shredded Wheat Original
- Rice Krispies

11. Crackers

Serve whole grain choices like:

- Triscuit
- Breton Multigrain
- President's Choice Wheat Square Cracker
- Melba Toast 100% Whole Wheat

12. Granola Bars

Serve low sugar, without chocolate choices like:

- Nature's Path Envirokidz-Crispy Blast Rice Bars
- Quaker Bars- Apple Fruit Crumble
- Quaker Bars- Peach Fruit Crumble
- Kashi 7 Grain with Quinoa Honey Flax
- Nature Valley Crunch Oats N Honey

Water



Make **water** your breakfast program's drink of choice. Drinking water is important for your health, a great way to quench your thirst and a way to stay hydrated without added calories or sugar.