

GENERAL NUTRITION GUIDELINES

**VEGETABLES
AND FRUITS**

PROTEINS

**WHOLE
GRAINS**



GENERAL NUTRITION GUIDELINES

VEGETABLES AND FRUITS



Vegetables and fruits are a vital part of a balanced diet. They offer essential nutrients such as vitamins, minerals and fibre that contribute to overall health. Schools are encouraged to source locally, when possible, while paying special attention to what is in season. Frozen vegetables and fruits are also great choices and can be used in many ways (e.g., smoothies, yogurt parfaits, compotes and baking/cooking).

CONSIDER OPTIONS SUCH AS:

- Apples
- Bananas
- Berries
- Broccoli
- Carrots
- Cherries
- Leafy greens
- Oranges
- Peaches
- Pears
- Peppers
- Plums
- Potatoes
- Snap peas
- Tomatoes
- Zucchini

WHOLE-GRAIN FOODS



Whole grains are important sources of many nutrients, including carbohydrates, which give children the energy they need to learn. Whole-grain foods include all parts of the grain, which offer more fibre and are more filling.

CONSIDER OPTIONS SUCH AS:

- Brown or wild rice
- Oatmeal/oats
- Quinoa
- Whole-grain cereal
- Whole-grain toast and English muffins
- Whole-wheat flatbreads (tortilla, pita, roti, naan, etc.)

PROTEIN FOODS



Foods high in protein, including plant-based protein, are essential for building, maintaining and repairing tissues in the body. Schools are encouraged to include plant-based protein foods more often to promote sustainability and offer more variety in their breakfast programs.

CONSIDER OPTIONS SUCH AS:

- Beans
- Eggs
- Fish (salmon, trout, halibut, etc.)
- Lean meats
- Lentils
- Lower-fat yogurt and cheese
- Milk and fortified soy beverages
- Nuts
- Seeds
- Tofu

ADDITIONAL RECOMMENDATIONS

Food is more than nutrients. It represents our heritage and ancestry. It connects us with friends and family, and our cultures. It allows us to create positive eating environments and memories that influence our dietary habits in a healthy way. For additional nutrition recommendations, do not hesitate to consult our School's Corner.

WE WANT TO ENCOURAGE PRODUCTS THAT CONTRIBUTE TO A SUSTAINABLE FOOD SYSTEM:

- Minimally or not processed
- Unpackaged or minimally packaged
- Organic and local when possible



WATER

Make water your breakfast program's drink of choice. Water is important for children's overall health and a great way to quench their thirst and help them stay hydrated.