

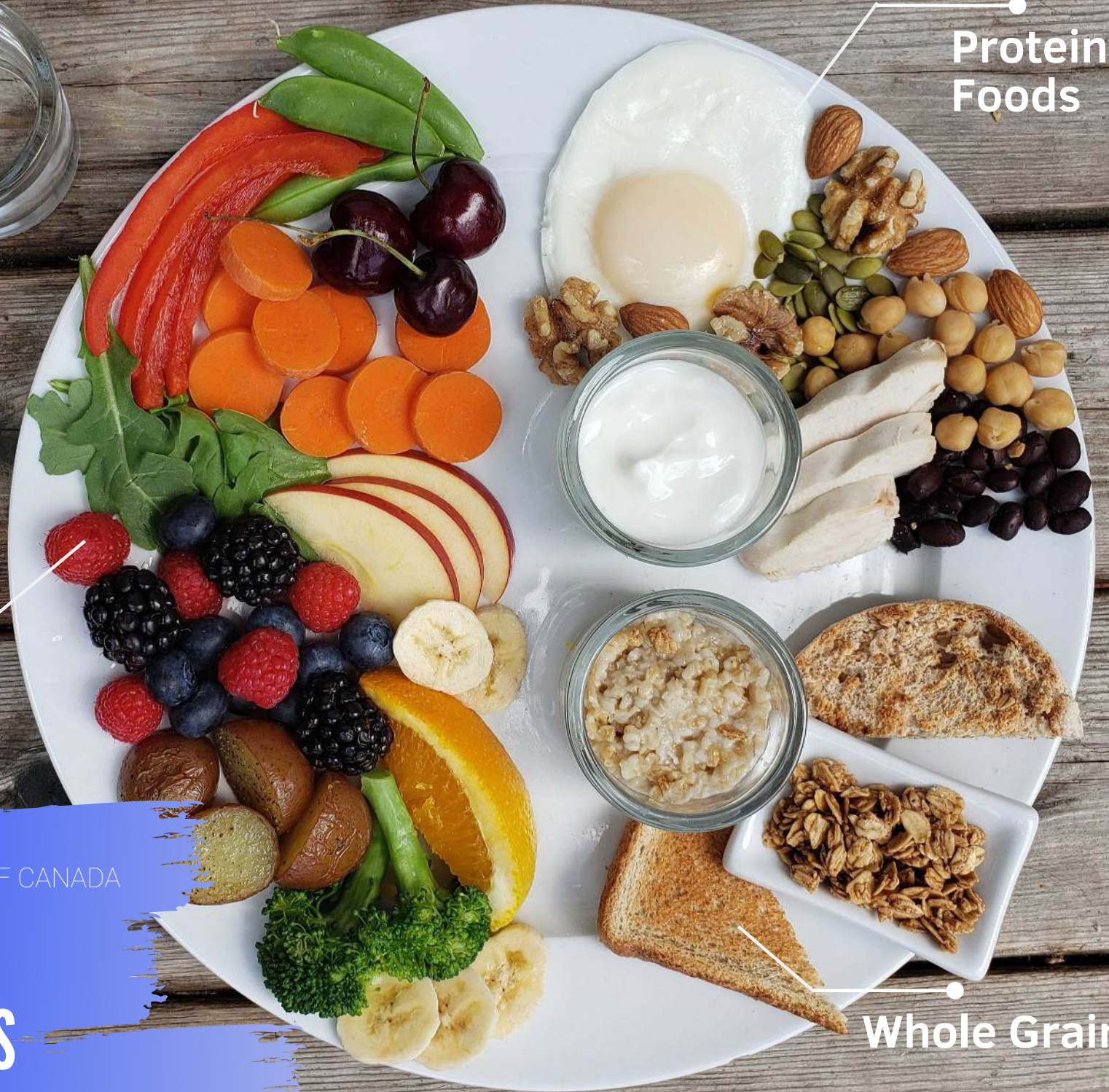
Protein
Foods

Fruits and
Vegetables

Whole Grains

BREAKFAST CLUB OF CANADA

NUTRITION STANDARDS



Breakfast Club of Canada's Nutrition Standards

As always, our main goal is to help you provide the most nutritious breakfast for your programs and these standards are a valuable tool to help you do so. These Nutrition Standards emphasize breakfast choices that include a balance of nutrient-dense foods such as fruit and vegetables, whole grains, protein (including milk/milk alternatives) and water as a beverage of choice. Breakfast programs should aim to serve a variety of options from the three Canada's Food Guide categories and enjoy water as a beverage of choice on a daily basis.

Fruits & Vegetables



Fruits and vegetables are an important part of a healthy diet. They offer essential vitamins and minerals such as fibre, potassium and folate that contribute to overall health. Schools are encouraged to offer both fruits and vegetables in their breakfast programs.

Consider healthy options such as:

- Apples
- Oranges
- Bananas
- Berries
- Cherries
- Peppers
- Broccoli
- Carrots
- Snap peas
- Potato
- Leafy greens

Whole Grains



Whole grains are important sources of many nutrients, including fiber, B vitamins and minerals which help kids to feel fuller longer. Whole grain foods are a healthier choice than refined grains because whole grain foods include all parts of the grain.

Consider healthy options such as:

- Whole grain toast or English muffins
- Whole wheat cereal
- Oatmeal/oats

Protein



Foods high in **protein**, including plant-based protein foods, are an important part of a balanced diet. Protein is essential for building, maintaining and repairing tissues in our body.

Consider healthy options such as:

- Eggs
- Beans
- Lentils
- Nuts
- Seeds
- Lean meats
- Lower fat milk and alternatives
- Lower fat dairy products

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.