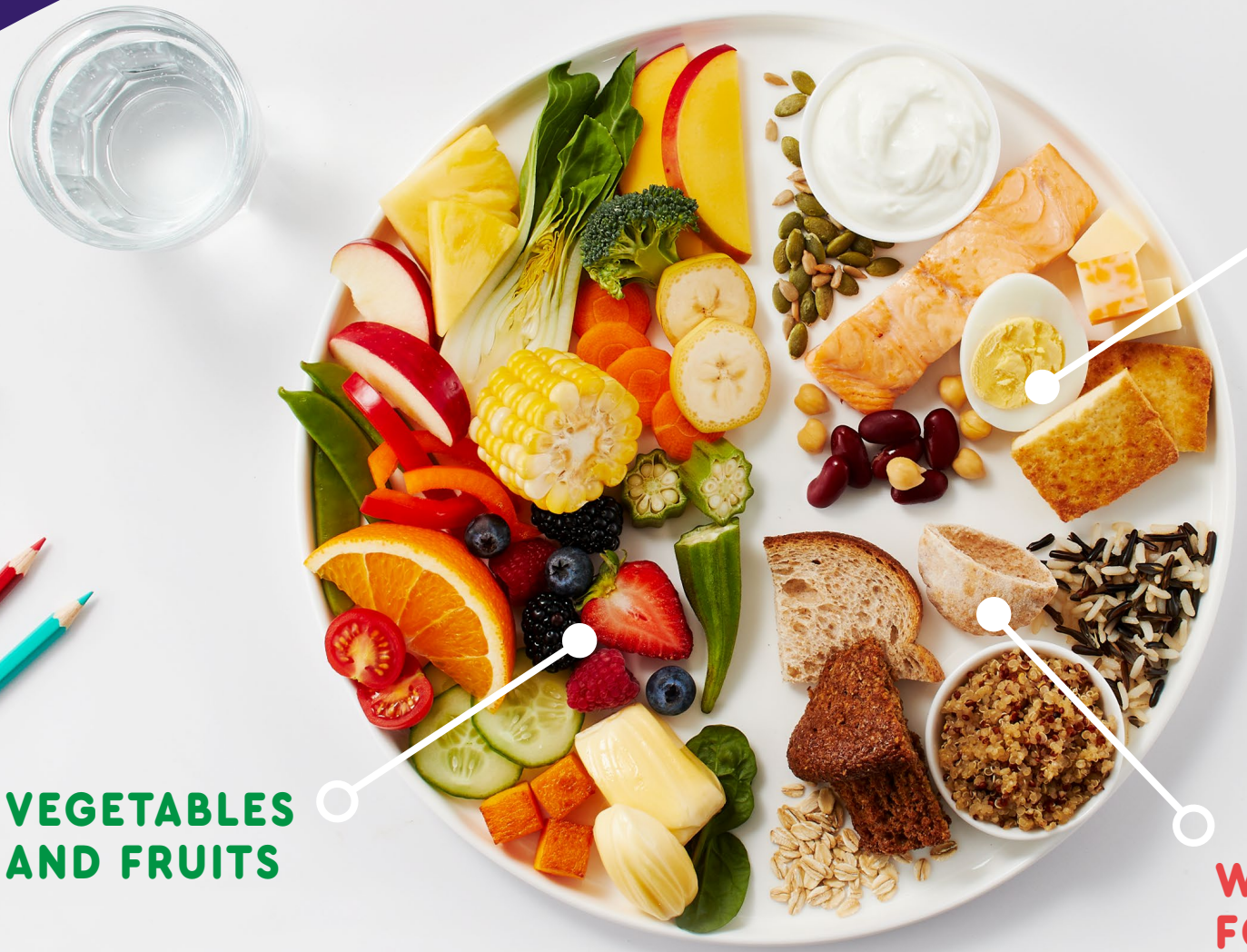
NUTRITION GUIDELINES

Breakfast CLUB of Canada

A better start for every child.



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ABOUT THE PLATE

The plate shows the ideal proportions of each of the three food categories from Canada's Food Guide to ensure a full intake of energy and nutrients.

The variety of foods represented on the plate shows that there is no single typical breakfast — all nutrient-rich foods are fair game! And you are not limited to the options shown. There are many nutritious breakfast foods not pictured that would make good additions to your menus. We encourage you to be creative and include a wide variety of both familiar and new foods prepared in different ways, and diverse and traditional foods.

The nutritional recommendations in this document are universal. For example, the closer the proportion of fruits and vegetables, whatever they may be, to approaching half of your breakfast, the more you fill up on vitamins, minerals, antioxidants, and fibre. Similarly, regardless of the grain you choose, if it is whole, it will be more nutritious.



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INTRODUCTION

We know that providing a complete, balanced, and nutritious breakfast is essential in schools to provide the necessary nutrients and energy that children need to start their day. **Breakfast Club of Canada's Nutrition Guidelines** have been developed to support school and community partners in creating healthy school food environments. The purpose of these guidelines is to help partners make informed decisions regarding food choices in their breakfast programs to promote healthy eating habits.

In developing these guidelines, we relied on evidence-based research from the World Health Organization (WHO), Dietitians of Canada and Health Canada. We also conducted a literature review on provincial and state school nutrition policies across North America. These guidelines therefore reflect best practices in school nutrition.

It is important to note that there is much variability when it comes to nutrition recommendations for different age groups and genders. For simplicity, these guidelines reflect basic recommendations for primary school-aged children and can be adapted to suit the nutritional needs of older age groups as needed.These guidelines are also aimed at supporting each school's unique needs and circumstances while working toward promoting a healthy school food environment.

BEYOND NUTRIENTS

Food is about more than sustenance. It is a bridge to our past and our heritage. It is also central to our friendships, family lives and relationships with people from other cultures. Furthermore, our eating habits evolve throughout our lives. That's why breakfast preferences can vary so greatly from person to person. Showing interest in others' breakfasts is a wonderful way to build connections. During meals, we create positive moments and memories that positively influence our dietary habits. For more recommendations related to nutrition, please visit the School's Corner on our website.



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GENERAL RECOMMENDATIONS

Breakfast programs should attempt to serve a variety of options from all three food categories on a daily basis and promote water as the drink of choice.

SUSTAINABLE EATING

Eating sustainably means making food choices that promote healthy eating habits while also respecting the environment.

WE WANT TO ENCOURAGE PRODUCTS THAT ARE:

- Minimally or not processed
- Local
- From the circular economy
- Unpackaged or minimally packaged
- Organic
- In season

NUTRITION FACTS

Balance is key for a nutritious breakfast. Consider these target amounts when planning which foods to serve together for breakfast:

- **Sodium:** Aim for 240 mg to 300 mg for a whole breakfast, while making sure not to exceed 440 mg.
- **Protein:** Aim for a minimum of 4 g to 7 g for the whole breakfast. Note that, while protein mainly comes from protein-rich foods, small amounts are also found in vegetables and fruits and in whole grain foods.
- **Sugar:** Choose products with little or no added sugar.

Opt more often for products lower in saturated fat, sugar and sodium. Refer to the Nutrition Facts table on the product to help you make this decision. Based on an adult diet, 5% or less of the daily value (DV) indicated in the table is considered "a little" and 15% or more is considered "a lot." For school-aged children, try to aim for closer to 5%, and always take the serving size into consideration.

INGREDIENTS

Ideally, look for products with a short list of simple ingredients, no sweeteners and few artificial colours, flavours and other additives. Note that ingredients are always listed in descending order by weight.

Chocolate and chocolate-containing foods should be reserved for special occasions. Opt for recipes with cocoa powder if a chocolate taste is desired.

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.

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DISCOVER THE THREE FOOD CATEGORIES

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, bagel, or English muffin.
- Whole-wheat flatbreads (tortilla, pita, roti, naan, etc.)
- Bannock
- Kasha (roasted buckwheat)

PROTEIN FOODS



Foods high in protein, including plantbased 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
- Yogurt and cheese
- Milk and fortified soy beverages
- Nuts
- Seeds (chia, sunflower, pumpkin, etc)
- Tofu
- Lentils

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
- Avocado
- Bananas
- Berries (strawberry, raspberry, blueberry, saskatoonberry, mulberry, etc)
- Broccoli
- Cauliflower
- Carrots
- Cherries
- Ground cherries
- Fiddlehead
- Leafy greens
- Oranges
- clementines
- Peaches
- Nectarine
- Pears
- Peppers
- Plums
- Potatoes
- Snap peas
- Tomatoes
- Zucchini

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RECOMMENDATIONS ON CHOOSING PRODUCTS AND RECIPES

WHOLE GRAIN FOODS



INGREDIENTS:

- Opt for whole-wheat flour or whole grains.
- If the use of all-purpose flour is essential, the overall fibre content should be at least 2g per serving.

SODIUM:

- In recipes, the sodium content is generally reasonable. Pay special attention to commercially baked goods, such as bread, which can contain high levels of sodium. Aim for a maximum of 10% of the daily value.

SUGAR:

- Choose options that contain little or no added sugar.
- Try to stay under 8g of sugar per serving. Prepared products containing fruits or vegetables can contain up to 10g of sugar.

SATURATED FAT:

- Choose options that contain little or no saturated fat. Some storebought items contain saturated fat, especially muffins and cookies. ry to stay under 2g per serving.

ADDED VALUE:

- Higher fibre content
- Protein

PROTEIN FOODS



PROTEIN:

- Ideally, aim for a minimum of 3 g to 5 g per serving.

SODIUM:

- Choose options that contain less than 10% DV sodium.
- Note that cheese is often higher in sodium.

SUGAR:

- Opt for foods that contain little or no added sugar. Note that dairy items like yogurt and milk contain naturally occurring sugars. Ideally, choose plain versions of these foods.

SATURATED FAT:

- Choose lower-fat milk and yogurt (2%).
- Select cheeses with less than 6 g of saturated fat per serving.

ADDED VALUE:

- Plant-based proteins
- Fibre
- Calcium

BEST TO AVOID:

- Processed meat (bacon, sausage, ham, etc.)

VEGETABLES AND FRUITS



SODIUM:

- Prepared with little or no salt.

SUGAR:

- No added sugar.

BEST TO AVOID:

- Frying
- Juice

CONDIMENTS

Condiments, spreads and jams may be served in small quantities as a breakfast accompaniment. Select items that are lower in sugar, sodium and saturated fat.

Note that cream cheese and cheese spreads are not high enough in protein to be considered a protein food. Serve occasionally.