

Are My Kids Eating Okay?

A guide for parents
of 1-5 year olds.

CK Public Health

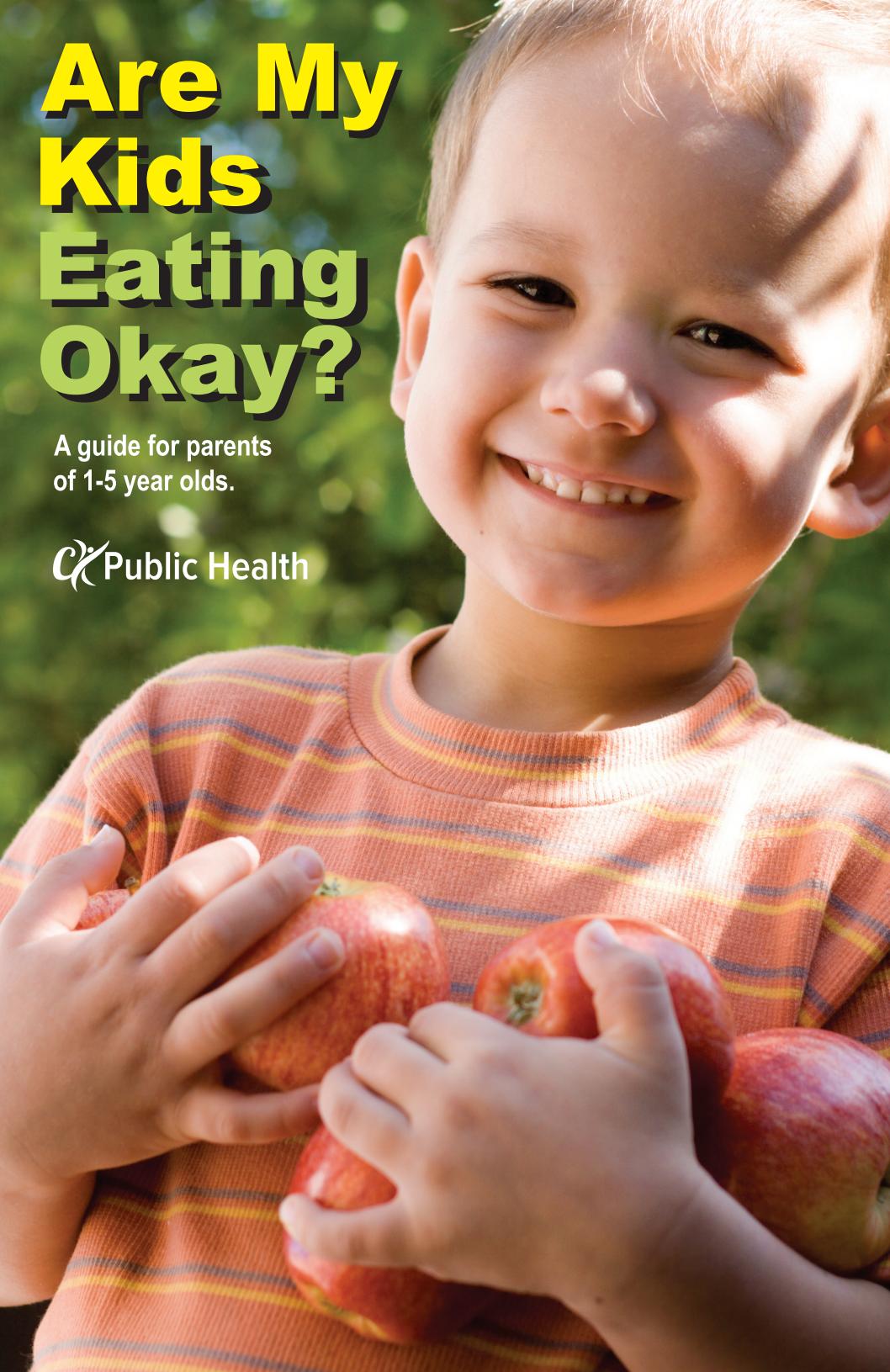


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Before you begin...

Before you begin, please go through this quiz. It may help you find some areas that can be worked on.

1. My child drinks more than 3/4 - 1 cup (175 ml) of pure juice each day. Yes No
2. My child drinks less than 2 cups (500 ml) of milk each day. Yes No
3. My child eats less than 4 (125 ml) servings of vegetables or fruit daily. Yes No
4. My child needs to be promised dessert so he/she will eat their meal. Yes No
5. My child gets something else if they don't like what's for dinner. Yes No
6. My child snacks all the time. Yes No
7. My child eats the same foods everyday. Yes No

If you answered yes to any of the above, go to "Healthy Eating: A Discussion" on pages 6-12, for helpful tips for healthier, more balanced eating.

Areas to work on

Eating Well With Canada's Food Guide

		Recommended Number of Food Guide Servings per Day							
Age in Years Sex		Children Girls and Boys		Teens Females Males		Adults Females Males		51+ Males	
		2-3	4-8	9-13	14-18	19-50	51+		
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the principles of the Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?
Look at the examples below.

Fresh, frozen or canned vegetables
125 mL (½ cup)

Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)

Fresh, frozen or canned fruit
1 fruit or 125 mL (½ cup)

100% juice
125 mL (½ cup)

Bread
1 slice (35 g)

Bagel
¾ bagel (45 g)

Flat breads
½ pita or ½ tortilla (35 g)

Cooked rice, quinoa or quinoa
125 mL (½ cup)

Cereal
Cook: 80 g
Hot: 175 mL (¾ cup)

Cooked pasta or couscous
125 mL (½ cup)

Milk or powdered milk (reconstituted)
250 mL (1 cup)

Canned milk (evaporated)
125 mL (½ cup)

Fortified soy beverage
250 mL (1 cup)

Yogurt
175 g (¾ cup)

Kefir
175 g (¾ cup)

Cheese
50 g (1 ½ oz.)

Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz./125 mL (½ cup))

Cooked legumes
175 mL (½ cup)

Tofu
150 g or 2 eggs

Peanut or nut butters
50 mL (2 tbsp.)

Shelled nuts and seeds
60 mL (¼ cup)

Oils and Fats

Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and butter.

Use vegetable oils such as canola, olive and soybean.

Choose soft margarines that are low in saturated and trans fats.

Limit butter, hard margarine, lard and shortening.

Recommendations of the Food Guide are intended for children age two and older; however, one year olds require the same vitamins and minerals as two to three year olds. The sample meal pattern/plan can be used as a guide for one year olds too.

This is a guide only. Children may eat more or less than recommended in the Food Guide. Steady growth is the best way to know if your child is eating the right amount of food. If you still have questions, talk to your doctor or healthcare professional about your child's growth.

The Food Guide provides a pattern of eating that should provide a growing body with everything it needs. It is the child's job to decide what, whether, and how much to eat.

*See sample menu on page 23.

Healthy Eating

A Discussion

1. My child drinks more than 3/4 - 1 cup (175 ml) of 100% pure juice each day. YES or NO

Children should be offered no more than 1 cup (250 ml) of pure juice each day. Children who drink more than 1 cup (250 ml) have an increased risk for iron deficiency because they tend to eat less when they are drinking high amounts of juice. Children with an iron deficiency have more difficulty concentrating and have less energy.

If you answered yes:

Cut back slowly on the amount of juice each day. Offer watered down juice and move to offering water more frequently. The addition of ice cubes can sometimes get them more interested in drinking water. You could try freezing some juice into cubes and add those to water to add interest.

2. My child drinks less than 2 cups (500 ml) of milk or milk alternative, like fortified soy beverage, each day. YES or NO

Children should drink 2 cups (500 ml) of milk or milk alternative, like soy, every day to make sure they get the calcium and vitamin D they need for strong bones and teeth. When children drink more than 3 cups of milk they usually don't eat very well and may have problems with getting enough iron and other nutrients that milk does not offer. Almond, cashew, rice and other beverages have very little protein and are not recommended for children under 2 year of age. These types of beverages may be offered in small amounts, but should not replace cow's milk and/or fortified soy beverage.

If you answered yes:

If your child doesn't drink enough milk or milk alternatives, make popsicles from milk and frozen fruit. Blend up and add skim milk powder if desired to help thicken and freeze for a treat. Make hot cereals and pancakes with milk. Add strawberry or chocolate syrup. Just remember that every teaspoon of syrup adds about one teaspoon of added sugar.

Healthy Eating

A Discussion

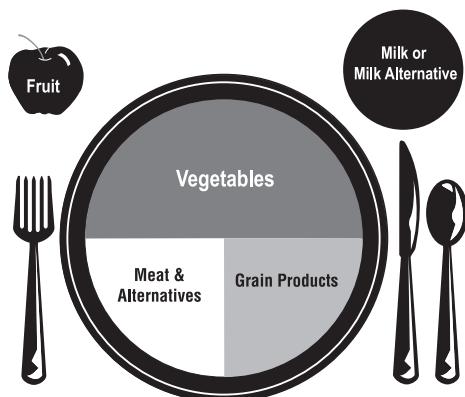
If your child drinks over 2-3 cups per day:

If your child drinks too much milk or milk alternative, start cutting back on the amount offered to 2-3 cups each day. Offer water in between meals and snacks for thirst. Children who drink more than 2-3 cups (500-750 ml) may be at risk for iron deficiency because they aren't hungry for other foods when filled up with milk or milk alternatives.

Health Canada recommends to continue breastfeeding for 2 or more years. Depending on how often you are feeding your child, they may be consuming enough breastmilk to meet the required amounts. Let your child lead in this area. One way to do this is to offer milk to your child at mealtimes and let them decide how much they want. You can also try offering foods that are milk based.

3. *My child eats only a small amount, less than four 125 ml servings of vegetables or fruit daily. YES or NO*

When we look at anyone's plate it should look a lot like the plate shown below. Vegetables and fruit should be offered at meals and snacks including at least one dark green and one orange vegetable each day.



Activity:

See if you can think of at least three dark green and two orange vegetables right now. See next page for answers.

Healthy Eating

A Discussion

Dark Green	Orange	
Asparagus	Carrots	
Arugula (also called Rocket)	Pumpkin	
Broccoli	Butternut & other orange colour squash	
Brussels sprouts	Sweet Potato	
Collards	Fruits that provide the same type of nutrition	
Fresh parsley	Apricots	
Green peas	Cantaloupe	
Mustard greens	Mango	
Romaine lettuce	Papaya	
Spinach		

Children's tummies are still small. Offering children foods with a lot of vitamins and minerals will help them to get the nutrition they need each day.

If you answered yes:

Expose your children to a wide variety of vegetables and fruits.

Try this: Coat vegetables like brussels sprouts, sweet potatoes, squash, asparagus or carrots in a small amount of oil and roast for a wonderful flavour that your kids will love.

Healthy Eating

A Discussion

Other ideas:

- Put pumpkin puree, pureed squash or cooked pureed sweet potato in pancakes or muffins.
- Add dried apricots in small pieces to cereal, trail mix, muffins or cookies.
- Broccoli cut up into very small pieces can be added to pizza or macaroni and cheese.
- Green peas can be added to soups or pot pies or eaten raw in salad.
- Put cantaloupe, mango or papaya into a salad for a bit of sweetness.
- Asparagus can be cut into bite size pieces and added to a stir fry.
- Arugula can be added to salads.
- Use dark, leafy greens such as romaine, spinach, or arugula instead of iceberg lettuce.
- Try kale chips. Wash and tear kale into bite size pieces. Toss with a small amount of oil and roast for 10 min. @ 350°C turning once during cooking. Kale is done when it has light brown edges and crispy.



Healthy Eating

A Discussion

4. *My child needs to have the promise of dessert so he/she will eat their meal. YES or NO*

This teaches kids that they need to overeat in order to get to the “yummy stuff”. If you make the “dessert” choice something nutritious and delicious it can be served with meals so it doesn’t interfere with eating.

If you answered yes:

Use puddings you’ve made with milk (a lot of the commercially prepared puddings contain very little calcium and no vitamin D), fresh fruit salads, frozen fruit, or homemade popsicles made with unsweetened applesauce/fruit cups.



Healthy Eating

A Discussion

5. My child gets something else if they don't like what's for dinner.

YES or NO

As a parent we tend to worry when our kids don't eat and want to make sure they eat something. By preparing other foods, kids learn that they can be picky eaters because they get what they want. This also sends the message that the first food served wasn't actually worth eating. This tends to promote even more picky eating behaviour which becomes a source of frustration for parents and tends to make the feeding relationship more stressful.

If you answered yes:

Sometimes foods need to be introduced approximately 20 times before children will decide to taste it or accept it. Be patient. For example, although it may seem like they will never eat broccoli, if you are only offering it once a week starting in January it may take until the end of May before they are ready to eat it.

6. My child snacks all the time. YES or NO

Snacks are an important way for children to get all the food they need each day to grow well.

If you answered yes:

Set daily meal and snack times. They don't have to be so rigid that it becomes stressful to plan around, but use it as a guide and develop a routine that children can get used to. This way children know when food will be offered again. By offering foods at specific times instead of all day long it helps children to meet their nutrient needs for the day. Space snacks at least 1 1/2 hours before the next meal. Tummies that are full from snacking too close to meals tend not to eat well at meals.

Healthy Eating

A Discussion

7. ***My child eats the same foods everyday. YES or NO***

Being offered the same foods all the time may increase pickiness down the road. If there is no variety, children may not get what they need to grow and develop well.

If you answered yes:

Offer new foods with liked foods. If a child likes cheese and crackers for lunch offer other items with it to add variety. If you don't make a big deal about it they will likely decide to eat different things when they get tired of the same old thing.

Make sure your kids are hungry for dinner. Children tend to be less picky when they are hungry. If they have had snacks too close to meal time or fill up on juice or milk they are more likely to play with their food and not try new things.

Make sure snacks are offered between 1 1/2 - 2 hours before your next meal.



Responsible Feeding

Ellyn Satters' Division of Responsibility in Feeding

The Division of Responsibility For Toddlers through Adolescence.

- The parent is responsible for *what, when, and where* of feeding
- The child is responsible for *how much and whether they eat at all*

Parents' Feeding Jobs:

- Choose and prepare food (see page 23 for a sample menu)
- Provide regular meals and snacks
- Make eating times pleasant
- Show children what they have to learn about food and mealtime behavior
- Not let children graze for food or beverages (other than water) between meal and snack times
- Let children grow up to get bodies that are right for them

"Fundamental to parents' jobs is trusting children to decide how much and whether to eat. If parents do their jobs with feeding, children will do their jobs with eating." ~ Ellyn Satter

Take some time to plan out meals so they can include at least 3 out of the 4 food groups. Make eating times routine so children know when to expect their next meal or snack. As the parent you need to provide a place where children can eat meals and snacks.

Parents need to trust that their children will eat what they need to grow and develop. Pushing children to eat everything on their plate or to eat specific foods can lead to very stressful mealtimes for everyone. This does not usually encourage a positive eating environment and may make eating problems worse.

Responsible Feeding

Remember the importance of role modeling. Parents who eat well can provide a great example for their children. Don't be discouraged if your children don't follow in your foot steps right away.

If you are eating veggies, grabbing fruit as a snack, and trying new foods, or if you are skipping meals and eating chips and candy then your children will do the same, healthy or not.



Other things I can do:

Allergies & Intolerances

What's the difference?

An *allergic reaction* is an abnormal response of the immune system to protein from foods, pollen, etc.

An *intolerance* is a negative reaction to something without the immune system getting involved. An example would be lactose intolerance.

Some signs of food allergy:

- Swelling of face, lips, or tongue
- Hives
- Nausea and/or vomiting
- Breathing problems
- Constipation or diarrhea
- Sneezing

The most common causes of food allergy are milk, eggs, peanuts, tree nuts (such as walnuts and cashews), fish, shellfish (such as shrimp), soy, and wheat. (Avoiding or waiting to introduce these foods is not a recommended way to prevent food allergies.)

Many children can outgrow food allergies by the time they are three years old. However, allergies to peanuts, nuts, or shellfish can last a lifetime and tend to be more serious.

Allergy/Intolerance concerns:

The Importance of Iron in the Diet

Growth slowdown

Children grow very quickly during the first year. Once they turn a year old growth slows down quite a bit.

Importance of iron in the diet:

Research shows that iron is one of the key nutrients that can help your children reach their full potential in learning. When children don't have enough iron they can't learn as well. Look for signs that your child may be low in iron like:

- Pale skin color (pallor)
- Irritability
- Shortness of breath
- Brittle nails
- Unusual food cravings (called pica)
- Decreased appetite (especially in children)
- Fatigue
- Weakness
- Sore tongue
- Headache

Ways to increase iron in the diet:

There are two types of iron you can get from food: heme iron and non-heme iron. Meat, fish, and poultry (chicken, turkey) sources of iron are called "heme" iron. Plant sources (whole grain breads, cereals, pastas, nuts and seeds and dark, leafy vegetables) are called "non-heme" iron. Your body can't use non-heme iron as easily.

Eat foods rich in Vitamin C (eg. strawberries) with non-heme iron sources (eg. cereal) to help absorb more iron into your body.

Vitamin C rich foods include:

Red, yellow, orange, or green peppers, broccoli, oranges, orange juice, brussels sprouts, kiwi, strawberries, cantaloupe, cauliflower, tomato or tomato sauce, cereals, breads, pastas, beans, lentils, dried fruit, and dark green leafy vegetables.

Obesity

There are many things parents can do to help decrease the risk of children becoming overweight:

- Role model healthy eating behaviours.
- Have family meals together, away from television and electronics.
- Have children help prepare foods.
- Make healthy foods available and easy to eat (eg. have cut up veggies or fruit).
- Play with your children without using the computer, game systems, or television.
- Set limits on television viewing to less than 2 hours per day.
- Offer water for thirst more often. Sugar sweetened drinks like pop, iced tea and fruit drinks/cocktails are not necessary.
- Don't use food as a reward.

Don't put children on a diet or try to limit the amount of food your child eats. Both of these behaviours have been shown to cause overeating which can make the problem worse. Remember it is your job to prepare and offer foods at regularly scheduled meals and snacks. It's your child's job to decide how much to eat.

Healthy bodies come in many different shapes and sizes. It is not healthy for your child to try to be a different size than they are meant to be. If you have concerns about your child's weight, always talk to a doctor or registered dietitian.



A Note on Choking

The best prevention for choking is staying with children when they are eating and knowing what to do if your child starts to choke. Look for community programs that offer CPR and the Heimlich maneuver classes, so you are prepared.

Foods to watch out for are usually round, hard, or sticky. Some examples are nuts and seeds, popcorn, raw carrots and celery, fruits like cherries or grapes, hard candies, and any large pieces of food.

Tips:

- Cut foods like grapes into halves or quarters, cut foods like sausages or hot dogs in half.
- Offer fruits that are ripe or softer in texture.
- Offer small pieces of fruit instead of large ones or offering them whole.
- Cook vegetables enough to make it easier to chew.
- Peanut butter should be spread thinly and on something hard like a cracker.

Remember that any food can be a choking hazard if children are walking around or running around when eating. It is important to have children sit for all meals and snacks.



Let's do a Check up

Think about the meals and snacks you prepared today.

1. Did you include at least 3 out of 4 food groups for each meal? Yes No
2. Was there a whole grain choice? Yes No
3. Did you include 1 orange and 1 dark green vegetable at least once today? Yes No
4. If you are not breastfeeding, did you offer 2 cups of milk, or milk alternative, to drink today? Yes No
5. Did you limit 100% pure juice to one cup or less today? Yes No
6. Did you include 1 serving of meat or meat alternatives? Yes No
7. Did you offer water regularly throughout the day? Yes No
8. Did you offer 3 meals and 2 to 3 snack times today? Yes No
9. Did you let your child decide how much to eat today? Yes No
10. Did you get through the day without using food as a reward or bribe? Yes No

If you haven't answered "yes" to most of these questions, we may be able to help. Please contact Chatham-Kent Public Health Unit to speak to a Registered Dietitian at 519-352-7270 or Eatright Ontario at 1-877-510-5102.

Healthy Snack Ideas by Food Group

Vegetables and Fruits

- Fruit and vanilla yogurt
- Veggies and dip
- Unsweetened apple sauce with or without other fruit flavours (eaten as is or frozen for a nutritious popsicle)
- Pure fruit leathers or dried fruit like raisins, apricots, and prunes (remember to brush your teeth carefully after)

Healthy Snack Ideas by Food Group

Grain Products

- Mini muffins (eg. carrot or zucchini)
- Cereals (hot or cold) look for whole grain as a first ingredient with more than 2g of fibre and less than 8g of sugar per serving
- Fish type snack crackers (plain or regular cheddar)
- Mini pita bread
- Toast with cinnamon and applesauce or cottage cheese

Milk and Alternatives

- Breastmilk
- Smoothies, cottage cheese with fruit, cheese cubes, pudding from mix or pre-made with at least 10% DV for calcium. (DV stands for Daily Value. This tells you whether a product has a little or a lot of a particular item. If you are looking for something that is higher in calcium, then look for the product with the higher DV.)
- Yogurt (for children over 2 years of age, use less than 2% milk fat, for those under 2, use 3.25% milk fat)
- Cheese cubes or strings

Meat and Alternatives

- Bean spreads (eg. hummus)
- Peanut butter
- Edamame
(type of soy bean you find in the freezer section)
- Nuts for older children
(Canadian Pediatric Society suggests 4 years and older due to risk for choking)



Healthy Recipes

Salmon Burger

2 large potatoes
3 green onions, chopped
1/2 cup of fresh cilantro or parsley
1 tbsp Dijon mustard
1/2 tsp grated lemon rind, pepper
and hot pepper sauce
1 egg beaten
2 cans of salmon, drained and flaked

Peel and cut potatoes into 2 inch pieces and microwave with 1 cup of water on high for 8 minutes or until tender. Mash potatoes until smooth and stir in all other ingredients except salmon. Fold in salmon and let cool so you can handle it and shape into hamburger sized patties. In a large skillet heat 1 tbsp of oil over medium heat and cook 1/2 the salmon burgers for about 5 minutes per side or until golden brown.

Falafel

1 can chickpeas drained and rinsed
1 onion chopped very small
1 clove of garlic minced
1 tbsp cilantro or
parsley chopped small
1 slice stale bread
Juice of 1 lemon or
3 tbsp lemon concentrate
1/2 tsp ground cumin
pinch chili powder
pinch salt
8 tbsp flour
1 1/2 tsp baking powder

Grate or put bread in food processor until it turns into crumbs. Put aside. Mash the chickpeas in a bowl. Add onion, garlic, and coriander to chickpeas and mash or put in food processor to blend. Add bread and blend in with other ingredients. Add lemon juice and season with spices. Add flour and baking powder and knead into dough, add some water, if necessary. Heat oil in a frying pan on medium-high. Form little balls and squash slightly and fry until golden brown. Put into a pita and add tomatoes, cucumber, onion, and add a little low fat sour cream or tzatziki.

Tuna Melt

1 can (198 ml) of tuna drained
1 cup grated cheese
1/2 cup finely chopped celery
1/4 cup finely chopped onion
ground pepper
6 slices of bread
or 3 English muffins (cut in half)

Turn on oven to 375°F (190°C). Mix tuna, cheese, celery, and onion in a medium bowl. Add pepper to taste. Put bread/English muffin slices on a baking sheet. Put equal amounts of tuna mixture on each bread slice and spread out evenly. Bake in oven until cheese is melted, about 10 minutes. Cut each slice of bread in four pieces. Serve right away.

Healthy Recipes

Lentil Burgers

1 can (19 oz/540 ml) lentils, drained
2/3 cup rolled oats
1/4 cup chopped onion
1/4 cup chopped celery
1/3 cup water
1 tsp Worcestershire sauce
1 tsp garlic powder
1/4 tsp salt
1/4 tsp pepper
vegetable oil
4 cheese slices
Hamburger buns or pita pockets

Mash lentils in a large bowl, using a fork or masher. Stir in oats, onion, celery, water, Worcestershire sauce, garlic powder, salt, and pepper. Mix well. Shape lentil mixture into 4 patties. Chill in the refrigerator for 20 to 30 minutes. Turn on stove to medium-high heat. Put a little oil in a large fry pan. Fry patties until golden brown on both sides. Just before the second side is done, put a cheese slice on top. Serve the lentil burgers on hamburger buns or in pita pockets. Dress them with your favourite fixings (eg. Lettuce, tomato, mustard).

Easy Black Bean Dip

15 oz can black beans, rinsed
1/2 cup of mild salsa
2 tablespoons fresh lime juice
2-3 tablespoons of chopped fresh cilantro
1/4 teaspoon ground cumin
Salt to taste

Use a potato masher or food processor to blend all ingredients until smooth. Use as a dip for vegetables, crackers or pita bread.

Jiggle Jelly

1/2 cup diced mango
1/2 cup fresh or frozen blueberries
2 cups mango juice
1 1/2 tbsp gelatin*

Arrange diced mango and blueberries in an even layer along the bottom of an 8x8" square pan or in a 9" diameter pie plate. In a small, heatproof bowl, combine 1/4 cup mango juice with gelatin. Place the bowl in a saucepan of simmering water and stir until the mixture is clear and dissolved, about 1 minute. In a 2 cup measure, whisk together gelatin mixture with remaining juice, then pour into pan or pie plate. Refrigerate for 3-4 hours. Cut into cubes and serve.

*Gelatin can be purchased at your local bulk food store.

Sample Menu Following the Food Guide For 2-3 Year Olds

	Vegetables & Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Breakfast	1/2 cup juice	15 grams cereal	Breastfeed or 1/2 cup milk	
Snack	1/2 orange	3 crackers		
Lunch	1/2 cup strawberries	1 slice whole wheat bread	Breastfeed or 1/2 cup milk	Egg salad with mayonnaise (1 egg)
Snack	1/8 cup raisins (caution with younger children and choking)	15 grams of wheat squares cereal		
Dinner	1/4 cup broccoli florets 1/4 cup sliced tomatoes	1/4 cup whole grain noodles with 1/2 tsp margarine	Breastfeed or 1/2 cup milk	1/2 of a 75 g pork chop
Snack		1/4 of a blueberry bagel	Breastfeed or 1/2 cup milk	

Your child may eat more or less depending on appetite, growth spurts, illness, and other factors. Remember to trust your child to eat the right amount for him or her.

For 4-5 year olds:

Add one more serving of Vegetables and Fruits and one more serving of Grain Products.

Example: add 1/2 of a banana at breakfast or 1/2 cup of cucumber slices at lunch and add another 1/2 cup of pasta to dinner.

Water should be offered when children are thirsty between meals and at snack times.

Green, Yellow, Red

Healthy Meal/Snack Food Choices

Food Group	Green "Go for it"	Yellow "Slow Down"	Red "Stop & Think"
Vegetables & Fruit	All Fresh Fruits and Vegetables <ul style="list-style-type: none"> • Bananas, apples, oranges, melons, peaches, pears, strawberries, etc. • Carrots, celery, broccoli, cauliflower, peppers, lettuce, cucumber, tomatoes, beets, sweet potato, zucchini, potatoes • Unsweetened apple sauce • 100% pure fruit juice • Canned fruit (in juice) 	Yellow "Slow Down" <p>Yellow foods are healthy choices but they may have more fat & sugar & have fewer nutrients than green foods. Eat them less often.</p> <ul style="list-style-type: none"> • Sweetened apple sauce • Fruit punch/beverage/drink/cocktail • Dried fruit leather (should be only fruit and no added sugars) • Canned fruit (in syrup) 	Red "Stop & Think" <p>Red foods are high calorie foods that may be high in sugar & fat & low in important nutrients. You should eat these only once in a while since they offer nothing healthy for your body.</p> <ul style="list-style-type: none"> • French Fries • Kool-Aid, sports drinks, and flavoured drinks
Grain Products	Whole Wheat Products <ul style="list-style-type: none"> • Bread, pitas, pasta, pancakes, bagels, buns, etc. • Fibre cereals (at least 2 grams of fibre and less than 8 grams of sugar/serving) • Brown rice • Crackers (at least 2 grams of fibre and no trans fats) • Granola Bars (2 grams of fibre and no trans fats) 	<ul style="list-style-type: none"> • White or enriched breads, pasta, bagels, pitas, pancakes • Cereals (sweet varieties with less than 2 grams of fibre) • Crackers (no trans fats) • Cookies (a source of fibre and no trans fats - i.e. oatmeal) • Granola bars (less than 2 grams of fibre and no trans fat) 	<ul style="list-style-type: none"> • Dried noodle soups • Cookies (cream filled, chocolate chip cookies with flavoured icing for dipping) • Cake type snacks, with filling or that are chocolate covered • Granola bars (with chocolate chips, sprinkles, candy pieces, marshmallows, dipped in chocolate, caramel) • Cheese and cracker kits
Milk & Milk Products	<ul style="list-style-type: none"> • Skim or 1% milk (white or chocolate) • Yogurt (drinkable yogurts included) with 2% M.F. (Milk Fat) or less • Skim milk pudding (any flavour) • Cottage cheese (less than 2% M.F.) • Hard Cheese (eg. low-fat cheddar) (less than 20% M.F.) 	<ul style="list-style-type: none"> • Ice cream • Hard cheese (eg. regular cheddar) (more than 20% M.F.) 	<ul style="list-style-type: none"> • Flavoured milk drinks (i.e. chocolate bar flavours) • Milkshake drinks
Meat & Alternatives	<ul style="list-style-type: none"> • Chicken, turkey, pork, beef, fish (no skin) • Beans and lentils 	<ul style="list-style-type: none"> • Low fat cold cuts – roast beef, ham, turkey, chicken • Chicken/meats with skin 	<ul style="list-style-type: none"> • Hotdogs (all types) • Cold cuts (salami, pepperoni, mock chicken, bologna, summer sausage) • Pepperoni sticks • Battered fish/chicken (i.e. chicken nuggets, fish sticks)
Mixed Groups	<ul style="list-style-type: none"> • Homemade soups • Spaghetti with meat sauce 	<ul style="list-style-type: none"> • Macaroni and cheese, pizza, canned soups, hamburgers, ravioli 	<ul style="list-style-type: none"> • Make your Own Lunch Kits • Hotdog with bun
Other Foods			<ul style="list-style-type: none"> • Pop, potato chips, chocolate, candy, fruit funs/snacks, fruit roll-up (not real fruit), jello, gummie bears, licorice

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