

Food and Beverage Suggestions

Healthy Choices for Canteens



Vegetables & Fruit

- Vegetable sticks or cubes served with lower fat dip
- Fresh fruit (apples, bananas, clementines) served with or without yogurt
- Fruit kabobs
- Fruit cups (canned in water or juice)
- 100% dried fruit leathers, raisins or other dried fruit mixes
- 100% fruit or vegetable juice (without added sugar)
- Berries (blueberries, raspberries, blackberries, strawberries)
- Frozen fruit or frozen fruit juice bars (made with 100% fruit juice)
- Salsa in portion cups served with baked tortilla chips
- Baked potato or lightly seasoned baked potato wedges (can be prepared ahead of time and reheated)

Grain Products

- Whole grain breads, English muffins or rolls
- Lower fat, fibre rich muffins
- Single serving boxes of cereal
- Flat breads (such as pitas or tortillas)
- Small bagels (served with a slice of cheddar, mozzarella or Swiss cheese)
- Pasta salad prepared with a lower fat dressing
- Fig bars, animal crackers or graham wafers
- Cereal bars or snack mixes (refer to the Brand Name Food List)
- Plain bags of popcorn lightly seasoned



Milk & Alternatives

- Yogurt tubes or cups
- Yogurt and fruit parfaits
- White or chocolate milk (skim, 1% or 2%)
- Milk-based puddings
- Cheese strings or individual cheese portions (21% milk fat or less)
- Fortified soy beverages
- Cottage cheese cups
- Plain frozen yogurt (vanilla, chocolate, strawberry) with cut-up fruit or berries (without add-ins such as chocolate candies or caramel syrups)

Meat & Alternatives

- Chili prepared with lean meat (served as a meal or as a baked potato topping) or vegetarian chili prepared with beans and corn
- Sandwiches filled with canned tuna, salmon, turkey, chicken or egg salad (made with light dressing) or roast beef, pork, chicken or turkey
- Hummus with flat bread or pita
- Grilled burgers made with skinless chicken breast, lean ground turkey, beef or pork
- Sandwich melts or English muffins topped with pizza sauce, salsa, vegetables, cheese and lean meats
- Seeds, nuts or nut butters (refer to the facility allergy policy)
- Cooked legumes such as baked beans, pea soup or lentil salad

For healthy food ideas, check out *Canada's Food Guide* at www.healthcanada.gc.ca/foodguide and the *Brand Name Food List* available at www.livinghealthyschools.com



**Healthy eating and physical activity help
our children be the best they can be.**

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