

Healthy Choices for Canteens



Vegetables & Fruit

- Fresh vegetable sticks served with small amount of dip on the side
- Fresh fruit (e.g. apples, bananas, oranges)
- Fruit kabobs served with or without yogurt on the side
- Fruit cups (packed in water or in its own juice)
- 100% dried fruit leathers, raisins or other dried fruit mixes
- 100% fruit or vegetable juice (unsweetened or no added sugar)
- Berries (e.g. blueberries, raspberries, blackberries, partridgeberries)
- Frozen fruit or frozen fruit juice bars (made with 100% fruit juice)
- Lower sodium tortilla chips served with salsa on the side
- 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 whole grain cereal
- Flat breads (such as pitas or tortillas)
- Small whole grain bagels
- Pasta salad prepared with a lower fat dressing
- Fig bars, animal crackers or graham wafers
- High fiber cereal bars
- Plain or light varieties of popcorn



Milk & Alternatives

- White or chocolate milk (skim, 1% or 2%)
- Yogurt tubes or cups
- Yogurt parfaits (with fruit and/or granola)
- Cheese strings or individual cheese portions
- Fortified soy beverages
- Cottage cheese cups
- Plain frozen yogurt (vanilla, chocolate, strawberry) with cut-up fruit or berries

Meat & Alternatives

- Chili prepared with lean ground beef, chicken or turkey. Add a variety of beans and lots of vegetables
- Sandwiches made with lean meat, poultry or fish such as chicken, turkey, roast beef, egg or tuna. Add a variety of vegetables and lower fat cheese (optional)
- 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, lean meat, salsa, vegetables, and lower fat cheese
- Cooked legumes such as baked beans, pea soup or lentil salad
- Seeds, nuts or nut butters (refer to your facility allergy policy)



For more healthy food and beverage ideas, check out Canada's Food Guide at www.healthcanada.gc.ca/foodguide and Dietitians of Canada at www.dietitians.ca

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