

Ontario Student Nutrition Program – Nutrition Guidelines

Fruits & Vegetables

SERVE

- Fresh, frozen, canned and dried fruit or vegetable with no added sugar, salt, or sauce
- Canned fruit in juice or light syrup, drained
- Unsweetened fruit sauce or fruit blends
- 100% vegetable juice, low in sodium
- Salsa

DO NOT SERVE

- Fresh, frozen, canned and dried vegetable with added sugar, salt, or sauce
- Fruit flavoured drinks such as fruit punches, cocktails
- Fruit leathers and fruit snacks
- Sweetened apple sauce
- Packaged potato products
- Vegetable and fruit chips
- Cream based vegetable soups



Offer a fruit and/or vegetable every meal and/or snack. Choose Ontario grown produce as much as possible.

Grain products

SERVE

- Whole grain or whole wheat breads, buns, bagels, rolls, English muffins, pitas, tortilla, flatbreads, roti, naan, and bannock
- Oatmeal
- Baked goods without chocolate, candy, or marshmallows and not dipped in chocolate or yogurt
- Whole grain crackers, breadsticks, and brown rice cakes
- Popcorn (air popped, unsalted, no butter)
- Whole grain pasta or polenta
- Whole grain such as brown rice, quinoa, oats, bulgur, and buckwheat

DO NOT SERVE

- Enriched wheat flour or multigrain bread, bagel, buns, English muffins, pancakes, waffles and tortillas
- Flavoured or sugar coated breads and bagels
- Cereal with chocolate, candies, marshmallows, or sugar coated pieces.
- Baked goods with chocolate, caramel, marshmallows, candy or chocolate pieces or dipped in yogurt
- Pastries, croissants, cakes, cupcakes, donuts, pies, and squares.
- Microwaveable popcorn and/or popcorns with added flavours.
- Pretzels, pita chips, and other chip-like snack foods.
- White rice, rice noodles, and enriched wheat pasta
- Instant or flavoured rice and pasta and instant noodles



Whole grain, whole wheat or bran is first on the ingredient list. Sugar less or equal to 8g per 30g serving. Sodium should be less than 140mg from the reference amount.

Milk & Alternatives

SERVE

- Plain skim, 1% - 3.25% cow's milk or skim or partly skimmed milk powder
- Unsweetened, fortified soy beverage
- Plain or flavoured yogurt tubes and drinkable yogurt
- Hard and soft, non-processed cheese
- Cheese strings and cheese curds

DO NOT SERVE

- Hot chocolate
- Milkshakes
- Unfortified plant-based beverages
- Table cream, coffee cream, whipping cream, non-dairy whipped cream toppings
- Yogurts with candy/chocolate toppings
- Processed cheese slices



Meat & Alternatives

SERVE

- Whole eggs or plain liquid egg product
- Whole nuts and seeds, legume, and seed butters
- Hummus or other bean dips
- Dried or canned beans, lentils, and peas with not added salt or sauce
- Tofu, tempeh, textured vegetable protein
- Fresh, frozen, or canned fish low in mercury with no breading, sauces, salt or seasonings unless added on site.
- Plain, fresh, frozen, precooked or rotisserie style chicken, turkey, lamb, lean beef or pork

DO NOT SERVE

- Seasoned or flavoured liquid egg product
- Salted or coated nuts or seeds, and nut, legume or seed butters that have added flavours
- Store-bought breaded and fried meat alternatives
- Meatless hot dogs, sausages or bacon
- Store bought breaded or battered fried fish chicken or other meat, and fresh, frozen or canned fish high in mercury
- Hot dog, sausages or pepperette meat sticks
- Deli meat and cured meats with added sauces

