



2016

## The New SNP Nutrition Guidelines

The Student Nutrition Program guidelines have been revised to model the most healthful breakfast, lunch and snack foods for children and youth. These new guidelines reflect the latest research and best practices for healthy eating and nutrition in children and youth.

The new guidelines have been updated in overall look and feel to make them easier to read. **Foods are now divided into two simple categories: Serve and Do Not Serve.** You'll also notice that some of the specific nutrition criteria (i.e. vitamin A %, vitamin C %) have been removed. Instead, the **focus is on whole foods**, providing more examples of foods and highlighting whole grains, low sugar and low sodium.

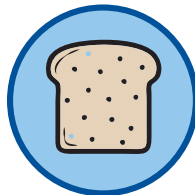
**To the right is a summary of the new 2016 nutrition guidelines.** Check out the full Student Nutrition Program Nutrition Guidelines book for more information. Look for the "Good to Know!" boxes throughout for extra tidbits of information to help you choose the best foods. **The new guidelines also contain many sample menus**, advice for selecting recipes, and links to helpful resources and recipes for your program.

Connect with your local community coordinator or Registered Dietitian if you have specific questions on how to choose foods and plan menus.



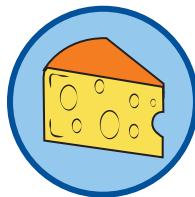
### Fruits & Vegetables

- Serve whole fruit and vegetables as much as possible. Fresh, frozen, canned (drained to reduce sugar) and dried vegetables and fruit can be served.
- Limit fruit juice as it's high in sugar and low in healthy fibre found in whole fruits and vegetables. If serving, limit to a ½ cup per child, per week.



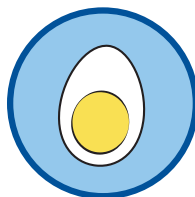
### Grain Products

- Criteria change: Serve if whole grain or whole wheat or bran is first on ingredient list.
- Limit of no more than 8 grams of sugar for 30 grams serving (i.e. granola bars, cereals, baked goods).



### Dairy Products

- Serve plain skim, 1%, 2% or 3.25% cows milk.
- Removal of milk fat criteria on cheese and yogurt.
- Choose yogurts with less sugar.
- Limit flavoured milk (i.e. chocolate milk) due to added sugar.



### Meat & Alternatives

- Do Not Serve: Deli meats\*
- Do Not Serve: Prepared/cured meats (i.e. wieners, hot dogs, pepperette meat sticks).\*

\*These changes have been made as these foods are generally prepared with nitrates and nitrites, which have been linked to increasing the risk of developing cancer.