

# The Student Nutrition Program **GROCERY LIST**



**Examples of foods that meet the MCYS  
Student Nutrition Program Nutrition Guidelines**

## Important Notice:

The products listed in this document are examples of foods that meet the Ministry of Children and Youth Services (MCYS) Student Nutrition Program Nutrition Guidelines. Please refer to the MCYS Student Nutrition Program Nutrition Guidelines 2008 for the selection criteria of various foods.

The included foods were identified through a supermarket scan done in September 2009. This is not an exhaustive list. If a product is not listed, it may not have met the selection criteria, or the product may not have been reviewed.

Food products are always changing. Over time, the listed products may or may not meet the criteria. Also, new food and beverage products are developed on an ongoing basis.

**Contact a Dietitian at your local health unit for more information.**



# VEGETABLES AND FRUIT

- ✓ All fresh vegetables and fruit
- ✓ PC Mini Chefs Gala Apple Wedges Snack Packs

## Canned/Jarred Fruit and Fruit Sauces

- ✓ PC Organics Appletreet (applesauce cups), unsweetened only
- ✓ PC Appletreet (Apple Mango), unsweetened
- ✓ Applesnax No Sugar Added (Apple-Peach, Apple-Tropical Fruit, Apple-Orange-Tangerine)
- ✓ Our Compliments Unsweetened Apple Snack, 113g x 6
- ✓ Our Compliments Unsweetened Apple Sauce, 796mL
- ✓ Dole Squish'ems
- ✓ PC Mini Chefs Smooshies
- ✓ Dole Fruit Bowls-Tropical Fruit in Fruit Juice, 107mL x 4 packs
- ✓ Dole Golden Pineapple Tidbits in Pineapple Juice, 107 mL x 4
- ✓ Dole Tropical Gold Pineapple in Juice, 540mL
- ✓ Delmonte Peach Halves in Fruit Juice, 398mL



**One food item from among the following category may be served one time per week or less**

## **Fruit Juice**

- ✓ Various brands are available in individual packages. Read the product label to ensure it is 100% fruit juice

## **Vegetable and Tomato Juices**

- ✓ PC Low Sodium Vegetable Cocktail
- ✓ Motts Garden Cocktail Low Sodium, 945mL
- ✓ Our Compliments Balance Garden Vegetable Cocktail
- ✓ V8 Low Sodium (156ml cans)

## **Dried Fruit**

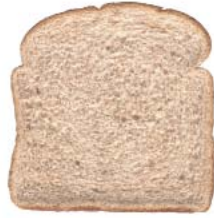
- ✓ Sun Rype Fruit Source Plus Veggie Bars (Tropical, Raspberry, Wildberry)



# GRAIN PRODUCTS

## Breads

- ☑ Stonemill Whole Grain Bread
- ☑ Country Harvest Multigrain
- ☑ Dempster's 100% Whole Wheat Bread
- ☑ Wonder 100% Whole Wheat Bread
- ☑ Stonemill Fibre English Muffin
- ☑ Oakrun 12 Grain English Muffin
- ☑ Oakrun Whole Grain Bagel
- ☑ Stonemill Whole Grain Bagel
- ☑ Stonemill Heart Health Bagel
- ☑ Country Harvest Pre-Sliced Flax Thin Bagel
- ☑ PC Blue Menu Bagels
- ☑ D'Italiano 100% Whole Wheat Thintini Bun
- ☑ PC Thin Multigrain Bun
- ☑ Pita Gourmet Pocket
- ☑ Haddad Pita
- ☑ Wonder 100% Whole Wheat Tortilla
- ☑ PC Blue Menu Tortilla
- ☑ Weight Watchers 100% Whole Wheat Tortilla
- ☑ Pita Break Morning Grain



## Cereals

- ✓ General Mills Cheerios, Original
- ✓ General Mills Fibre One
- ✓ General Mills Wheaties, Original
- ✓ Kashi Original Bite Size Whole Wheat Cereal
- ✓ Kellogg's All Bran - Flakes
- ✓ Kellogg's All Bran - Honey Nut
- ✓ Kellogg's All Bran - Strawberry Bites
- ✓ PC Blue Menu Fibre First Multi-Bran Cereal
- ✓ PC Blue Menu Bran Flakes Cereal
- ✓ PC Organic Wheat Squares
- ✓ PC Toasted Oats
- ✓ Post Shreddies
- ✓ Quaker Oats, Large Flake
- ✓ Robin Hood Oatmeal



## Rice & Pasta

- ✓ Dainty Whole Grain Long Grain Rice, 900g
- ✓ Uncle Ben's Whole Grain Brown Rice, 1.6kg
- ✓ Selection Brown Rice, 900g
- ✓ Riz Par-Boiled Brown Rice, 2kg
- ✓ Catelli Healthy Harvest Whole Wheat Pasta (bows, rotini, penne, linguine, macaroni, spaghetti, lasagna)
- ✓ Italpasta Whole Wheat Pasta (broad noodles, fusilli)
- ✓ Irresistable Life Smart 100% Whole Grain Enriched Macaroni



## Other Grains

- Amaranth
- Barley
- Brown couscous
- Oats - steel cut, large flake
- Bulgur
- Couscous
- Kamut
- Kasha
- Millet
- Quinoa
- Spelt



For more information, visit [www.wholegrainsbureau.ca](http://www.wholegrainsbureau.ca)

## Crackers

- PC Blue Menu Ancient Grain Snack Crackers
- Grissol Canape Melba Rounds - 12 Grain
- Grissol Rustic Flatbread
- Gourmet Thins - with Bran and Rye
- Christie Triscuit - original, 62% less salt, 50% less fat



**One food item from among the following category may be served one time per week or less**

### **Grain-Based Bars**

- Kashi Soft-Baked Cereal Bars
- Kellogg's All-Bran Oatmeal Cinnamon
- Kellogg's Raisin Bran Cereal Bar
- PC Blue Menu Fat Free 60% Whole Wheat Fig Fruit Bars



### **Cookies**

- Lifestyle Lemon Crisp
- Lifestyle Cranberry Citrus Oat Crunch
- Dare Simple Pleasures Cinnamon Snaps



### **Muffins**

- PC Blue Menu Raisin Bran Flax Muffin
- PC Blue Menu Wild Blueberry 10-Grain Muffin
- PC Blue Menu Cranberry Orange Soy Muffin

**One food item from among the following category may be served one time per week or less (for Snack Programs only)**

### **Popcorn, Pretzels, Baked Tortilla Chips**

- PC Blue Menu Multigrain Low Fat Alphabet Pretzels
- PC Blue Menu Multigrain Low Fat Waffle Pretzels

# MILK AND ALTERNATIVES

## Milk

- ☑ Choose 2% M.F., 1% M.F. or skim milk (white, chocolate or flavoured)

## Cheese

- ☑ No Name Cheese Strings, partly skimmed (18% M.F.); marble and mozzarella, 42g each
- ☑ Various block cheeses, partly skimmed, mozzarella, light cheddar
- ☑ Black Diamond Cheese Strings Ficello (18% M.F.)
- ☑ Black Diamond Partly Skimmed Mozzarella
- ☑ Salerno Cheese Wiggles, 3-5 pieces

## Yogurt

- ☑ Astro Zero % Fat Yogurt, 100g
- ☑ Danone Activia Fat Free Fibre, 100g
- ☑ Dannon Silhouette, 100g
- ☑ Neilson Fresh Flavors, 175g
- ☑ PC Blue Menu Fitness, 100g
- ☑ Yoplait Fat Free Yogurt, 100g
- ☑ No Name Fat Free Stirred Yogurt, 100g
- ☑ Danino Meg-3 Yogurt
- ☑ Yoplait Yop Yogurt-Based Drinks - 200mL
- ☑ Bio Best Smoothie - 200mL



**One food item from the following category may be served one time per week or less**

### **Processed Cheese Slices**

- None can be found that meet the sodium criteria

### **Processed Cheese Spread**

- Kraft Cheese Whiz, light

### **Pudding**

- Healthy Choice Pudding Cups, 99g x 4 (French Cream Tapioca, Double Chocolate Fudge, French Vanilla)
- Hunts Squeeze n' Go Pudding Tubes - Chocolate and Cookies n Cream



# MEAT AND ALTERNATIVES



## Fresh or Frozen Meats

- ✓ All that are lean and less than 480mg sodium

## Canned Meat or Fish

- ✓ Gold Seal Wild Flaked Pacific Pink Salmon
- ✓ Gold Seal Wild Pacific Red Sockeye Salmon No Salt Added
- ✓ Gold Seal Flaked Light Wild Pacific Pink Salmon Skinless Boneless
- ✓ Gold Seal Flaked Light Tuna in Water
- ✓ Gold Seal Chunk Light Tuna in Water
- ✓ Clover Leaf Wild Pacific Low Sodium Pink Salmon
- ✓ Clover Leaf Wild Red Pacific Skinless Boneless Sockeye Salmon
- ✓ Equality Pink Salmon
- ✓ Equality Flaked Light Tuna in Water
- ✓ Equality Chunk Light Tuna in Water
- ✓ Equality Sockeye Salmon



## Legumes

- ✓ No Name Romano/Black Eyed Peas/Chick Peas/Lentils/Black Beans/Dark Red Kidney Beans
- ✓ Equality Black Beans/Lentils/White Kidney Beans/Red Kidney Beans
- ✓ Primo Mixed Beans
- ✓ Unico Bean Medley
- ✓ Unico Marinated Bean Salad Premium Collection

## Soy Products

- ☑ Yves Family Pack Veggie Dogs (38g)
- ☑ Yves Original: Veggie Ground Round
- ☑ Yves Veggie Burgers
- ☑ Sunrise Extra Firm Tofu
- ☑ Sunrise Medium Firm Tofu



# USING THE NUTRITION FACTS TABLE ON FOOD PRODUCTS

The Nutrition Facts table provides you with all the information you need to choose products as suggested

## Nutrition Facts

Per 1 cup (55 g)

Amount	% Daily Value (DV)
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<b>Calories</b> 220	
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<b>Fat</b> 2 g	3%
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Saturated 0 g	0%
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+ Trans 0 g	
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<b>Cholesterol</b> 0 mg	
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<b>Sodium</b> 270 mg	11%
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<b>Carbohydrate</b> 44 mg	15%
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Fibre* 8 g	32%
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Sugars 16 g	
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<b>Protein</b> 6 g	
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Vitamin A	0%	Vitamin C	0%
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Calcium*	4%	Iron	40%
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Vitamin D	25%		
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The nutrition information in the table is based on this amount of food (serving).

Look at the **Fat** for breads, cereals, crackers, baked goods, puddings, Milk & Alternatives and Meat & Alternatives.

Look at the **Saturated** and **Trans Fat** for breads, cereals, crackers, and baked goods.

Look at the **Sodium** for breads, crackers, rice, Meat & Alternatives, vegetable/ tomato juice.

Look at the **Fibre** for cereals, crackers, baked goods and dried fruit.

Look at the **Calcium** for Milk and Alternatives.

Look at the **Vitamin A & C** for canned fruit/sauces, dried fruit, vegetable/tomato juice.

Look at the **Iron** for breads, cereals, crackers, baked goods, and Meat & Alternatives.

### Ingredients:

Look at the **ingredient list** for information about common allergens, such as peanuts, tree nuts, milk, eggs, fish, etc.





## Hamilton

Public Health Services  
Healthy Living Division

Content provided by the Hamilton-Niagara Student Nutrition Program Dietitians. Created and distributed by the City of Hamilton Public Health Services. For more information please call the Nutrition and Physical Activity Advice Line at 905-546-3630 or visit [www.hamilton.ca/nutrition](http://www.hamilton.ca/nutrition).

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