

APPENDIX 1

Recommendation: to replace Appendix with food list from AHW Nutrition Guidelines when they are complete in spring of 2008.

“SERVE MOST OFTEN” LIST

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D and are generally low in fat, sugar and salt.

Grain Products	Bread, rolls, buns, bagels, pita bread, English muffins, waffles, pancakes, muffins, rice cakes, graham crackers, pasta, unsweetened or low sugar breakfast cereals, pretzels, popcorn (light), bannock, crackers, tortillas, taco shells, rice.
Fruits and Vegetables	Fresh fruit, fresh vegetables, canned fruits prepared in own juice, 100% fruit juice and nectars, vegetable juices, dried fruit, fruit leather, raisin boxes, frozen fruit juice bars (100% real fruit juice), fruit or vegetable salads, vegetable soup.
Milk Products	2% and 1% white or chocolate milk, yogurt, cheese slices, cheese sticks, milk-based puddings, individual cheese portions, milk-based soups.
Meat and Alternatives	Canned fish, lean meat, fish, poultry, cheese and cracker packages, peanut butter and cracker packages, cheese and cracker/breadsticks packages, wild meat (moose, deer, etc.), beef jerky, peanut butter, eggs, legumes, nuts, seeds.
Sauces, Toppings, Garnishes and Dips	Syrup, honey, jam, salsa, tomato sauce, low or non-fat dressings, spreads, mayonnaise, dips.
Sweets	Fruit bars (apple, raspberry, fig), graham crackers, cereal bars (multi-grain, low fat).

APPENDIX 2

“SERVE SOMETIMES”

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D but are also high in fat, sugar or salt. If serving these foods combine with foods from “Choose and Serve Most Often” list.

Grain Products	Cookies (made with oatmeal, peanut butter, or dried fruit), granola bars.
Fruits and Vegetables	French fries, fruit in light syrup.
Milk Products	Yogurt drinks, ice cream, frozen ice cream treats, eggnog, milkshakes.
Meat Alternatives	Wieners, sausages, cold cuts, luncheon meats, pepperoni sticks, pizza pops, pizza, sesame bars, processed cheese spread.

“SERVE LEAST OFTEN

(Maximum of one item per week.)

Most of these foods are considered poor sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D and are also high in fat, sugar or salt.

Pastry danishes, doughnuts, cake, sticky buns, chips, cheese puffs (cheezies), candy, chocolate, flavored gelatin (jell-o), flavored fruit drinks/slushies, hot chocolate, froze ice pops, frozen ice cream treats, packaged instant soups, noodle soup, chocolate-covered granola bars, crispy rice squares, pre-sweetened breakfast cereals, pop, sport drinks, coffee/tea.

* Implementation Guide will include Eating Well With Canada’s Food Guide 2006 as well as fundraising ideas and contacts.

