



  

Child Care Healthy Eating and Active Living Guidelines



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In May 2012, the Ottawa Board of Health adopted a three-year Healthy Eating Active Living (HEAL) Strategy outlining Ottawa Public Health's (OPH) approach to eating habits, physical activity patterns and body image in our community. The HEAL Strategy focused on three primary objectives:

1. To decrease consumption of energy dense, nutrient poor foods and beverages
2. To increase physical activity through walking and active transportation
3. To engage the "whole-of-community" to change social and physical environments.

The HEAL Strategy identifies the important role child care plays in supporting parents and teaching children to make healthy choices for themselves so that they can: *Eat Well, Be Active and Feel Good.*

The development of Child Care Healthy Eating and Active Living Guidelines are an important component of the HEAL Strategy.

Rationale for the Guidelines

Child care is an important setting for promoting physical activity and healthy eating in young children.^{1,2} The first five years of a child's life are a critical time in their growth and development when many lifelong healthy eating and active living habits are being formed. With many children under five spending most of their day in care, child care providers have great influence on children's daily routines, eating behaviours and participation in physical activity. Currently in Ontario one in five (21%) children ages two to five years-old are considered overweight or obese.³ Promoting healthy eating and physical activity in child care environments is an important strategy in the prevention of these trends.

In 2012, Ottawa Public Health partnered with the City of Ottawa Municipal Child Care Services to develop Healthy Eating and Active Living Guidelines. These guidelines were created based on current evidence and best practices in the field of health and child care. They align with national recommendations outlined in the *Healthy Active Kids Canada Report Card*, *Canada's Food Guide*, and the *Canadian Physical Activity Guidelines*. These guidelines also complement the provincial *No Time to Wait: The Healthy Kids Strategy* which emphasizes changing food environments and creating healthy communities in order to curb childhood obesity.

The Healthy Eating and Active Living Guidelines help ensure consistent standards of practice in the child care setting and recommend:

- That all children are provided with healthy food and a positive eating environment while in care.
- That all children, while in care spend less time sitting and more time learning basic movement skills through play.
- That all children have a wide range of opportunities to be active while in care. This includes adult-led activities, and time for active free play indoors and out.
- That child care staff act as role models for healthy eating and physical activity.

These guidelines and their related resources are available for use in all child care centres. For more information or to access additional resources please contact the Ottawa Public Health Information Line at 613-580-6744 or send your request by e-mail to heal@ottawa.ca.

¹Tucker P, van Zandvoort MM, Burke SM, Irwin JD. Physical activity at daycare: Childcare providers' perspectives for improvements. *Journal of Early Childhood Research* 2011;9(3):207-219.

²Larson, N, Ward, D, Benjamin, S, Story, M. What role can child-care settings play in Obesity Prevention? A Review of the Evidence and Call for Research Efforts. *Journal of the American Dietetic Association* 2011;111:1343-1362.

³Statistics Canada. *Canadian Community Healthy Survey – Nutrition*. 2004.

2 HEALTHY EATING GUIDELINES

Overall Goal

Child care centres promote healthy eating by providing nutritious and safe foods in a supportive environment in accordance with the Day Nurseries Act and Canada's Food Guide.

Intent

The intent of these guidelines is to ensure that all children in child care centres receive nutritious meals and snacks and that these guidelines are consistently followed.

Objectives

Nutritious and safe meals/snacks are planned and prepared in accordance with the Day Nurseries Act R.R.O. 1990, Regulation 262 – Legislative References 39-43 and Canada's Food Guide, 2007.

Menus are planned using standardized menu planning principles and include:

- A variety of new and familiar healthy and appealing foods
- Limited amounts of processed, pre-packaged and pre-prepared foods.

Child care facilities limit the use of disposable dishes and cutlery.

Food allergies and restrictions are accommodated as much as possible and this information is posted in the cooking and serving areas.

Infants are fed according to the written feeding plan provided by parents. Infants are fed on demand following cues for hunger and fullness.

The environment in which the children are fed is both positive and healthy with respect to timing of meals and snacks, role modelling by staff and allowing the children to decide how much and which foods to eat. The children are also encouraged to sample all foods that are offered. Staff respect the children's appetites and enable them to eat the amount that's right for

them from the healthy choices offered.

Food or beverages for the children from outside the centre, including birthday cakes and holiday treats are not allowed, with the exception of the following:

1. Children whose dietary and medical needs require alternate types of milk that cannot be met by the centre. For example, lactose free milk or soy milk. Milk must be in original, unopened packaging.
2. Programs that require parents to bring food for their own children, or food is provided from outside the centre for instance, preschool field trips, infant program. The child care centre cannot ensure that food and beverages in these circumstances can be kept refrigerated.

The child care staff strive to increase awareness and reduce the risk of foodborne illness and the incidence of adverse reactions to food by following safe food handling practices, wearing appropriate clothing, adhering to special dietary requirements, and participating in required education and training. All food suppliers must be Hazard Analysis and Critical Control Point (HACCP) accredited.

Guidelines

The Supervisor is responsible for ensuring that the following guidelines are implemented. Supporting information for each of these procedures is in the Child Care Healthy Eating Background Manual developed by Ottawa Public Health (OPH).

A. Menu planning

NOTE: In these guidelines, menu planning is based on the assumption that $\frac{3}{4}$ of the child's daily nutrient and food group needs will be provided by the child care. In order to meet nutrient needs, menus are planned using the nutrition standard and Guidelines for age-appropriate serving sizes. (Appendix 1 and 2)

1. Meals consist of at least two servings of Vegetables and Fruit, one serving of Grain Products, one serving of Milk and Alternatives and one serving of Meat and Alternatives, as recommended by Canada's Food Guide (2007) and according to the guidelines in the Day Nurseries Act (1990).
2. Two or three snacks are served, at least one in the morning and one in the afternoon. Each snack contains servings from two food groups and should promote dental health. At least one snack contains a serving of vegetable and/or fruit. Snacks should not be so large that they interfere with a child's appetite for meal time.
3. Children are provided with regular meal and snack times every two to three hours.
4. Meals and snacks include foods that reflect cultural diversity.
5. Careful attention is given to foods that cause choking.
6. Menus and recipes are selected from an approved menu and recipe bank.
7. Planned menus for the current and the following week are posted in a visible place in the centre. Menus are planned on a 6 week cycle.
8. Any substitutions made to menu items are noted daily on the posted menus and in a written log.
9. Menus are designed so that children are always given a variety of foods on their plate from which to choose.
10. If alternatives are offered due to allergies or cultural reasons, they should resemble as much as possible the foods offered to the other children and be shown on the menu. These alternatives are offered when possible within budget and time constraints.
11. Menus and recipes are approved by the designated child care advisor. If a new recipe is used or developed, it is in accordance with guidelines provided and the child care centre is advised.

B. *Nutritious food and beverages*

1. Foods and beverages are selected from the "Preferred" or the "Sometimes" category of the Nutrition Standard. Foods listed in the "Not to be Served" category are not offered to children. (See Nutrition Standard For Healthy Eating Guidelines, Appendix 1).
2. Tap water is the beverage of choice and is available and accessible to the children at all times.
3. Milk is always served with lunch. Cow's milk is the milk of choice for all children unless otherwise specified by the parent.
4. Whole (3.25% MF) cow's milk is served to infants and toddlers, 2% cow's milk is served to preschool children and 1% cow's milk is served to school-aged children.
5. Rice, almond and other vegetarian milks other than fortified soy are not served.
6. Dark green, orange and red vegetables and fruit are served at least 3 days per week.
7. Juice, (including 100% fruit or vegetable juice), fruit flavoured drinks and other sweetened drinks are not served in the form of beverages, frozen juice, popsicles or "freezie-type" snacks.
8. Whole grains are the preferred choice for grain products.
9. Meat alternatives (including eggs, dried beans, lentils, tofu, legumes) are served at least once a week. All canned beans, legumes and lentils are drained and rinsed with cold water before use.
10. Fish that is low in mercury (for example light tuna, salmon, cod, haddock, halibut, pollock, tilapia) is served at least once a week.
11. Preference will be given to seasonal vegetables and fruit whenever possible.
12. Use of processed, pre-made and pre-cooked foods for meals and snacks is limited or avoided.
13. Limit the use of accompaniments and sauces such as margarine, butter, ketchup, mustard,

relish, mayonnaise, sauces, salad dressings, gravies, jams, jellies, cream cheese and pickles. If served, use a pre-portioned amount as referred to in the Nutrition Standard for Healthy Eating Guidelines (Appendix 1)*.

C. *Healthy and Supportive Eating Environment*

1. Mealtime is regarded as a social and learning opportunity as well as being a time to eat. Child care staff use mealtime as an opportunity to teach nutrition and food concepts.
2. Staff provide mealtimes that are pleasant and positive social times, in which the children are encouraged to talk and have conversations.
3. There are no toys, books, watching a screen or other distractions while eating.
4. Children are encouraged to be involved in some aspects of mealtime (such as service and clean-up).
5. Children are given at least 20 minutes to eat a snack and at least 30 minutes to eat meals, after the children are sitting at the table. Younger children may need more time.
6. The child care centre follows a Division of Responsibility model where the childcare provider is responsible for **what** food is served, **when** it is served and **where** it is served. The child's responsibility is to decide **which** foods to eat and **how much** they want to eat.
7. At least one staff member sits with the children. Staff are encouraged to eat the same foods as the children at meal and snack times so that they can act as role models. Staff do not eat their own personal food brought from home until they are on a break in a designated area. Exceptions may be made for staff with specific medical conditions (For example, diabetes). Careful attention is paid to avoid bringing allergens into the childcare centre.
8. Staff members will offer children a variety of all foods available at meals and snacks. Children

are always encouraged to at least sample or try all foods offered. **Note:** In cases where more popular foods are served and some children might eat more than usual, staff will divide the food equally among the children. In these situations children will be encouraged to eat more of the other foods offered (for example, vegetables, fruit, and/or milk).

9. Birthdays and special celebrations do not need to be celebrated with food, but if they are, the food served should follow the guidelines.
10. Staff members do not use food or beverages as rewards nor withhold food or beverages as punishment.
11. Staff members support acceptance of all body shapes and sizes through their attitude, language and comments about their own or a child's body shape, size, height or weight.

D. *Healthy Cooking Techniques*

1. Only healthy food preparation techniques (for example, baking, broiling, steaming) are used. Deep frying is not an acceptable preparation method.
2. A small amount of unsaturated fat is provided daily. This includes oil (for example, canola, olive or soybean) used for cooking, salad dressings, soft margarines (that are low in saturated and trans fats), and mayonnaise. Use of butter and trans-fat free shortening is limited. Hard margarine and lard are not to be used.
3. All food is stored, prepared and served so as to retain maximum nutritive value and prevent contamination.

E. *Food Safety*

1. Food handlers are certified on safe food preparation at least every five years.
2. Child care staff, other than food handlers, receives regular updates on safe food handling practices.

3. Any individuals with vomiting and/or diarrhea must not handle food and must be excluded from work until they are at least 24 hours symptom free. These individuals should follow the outbreak guidelines set out by Ottawa Public Health.
4. A proper hand washing routine before meals and snacks is established for both staff and children.
5. All surfaces are kept clean as per the guidelines provided.
6. High risk foods including sprouts, raw fiddleheads, undercooked meat, poultry, eggs or fish, smoked fish and unpasteurized dairy products, eggs, juices, ciders and honey are not served.
7. No honey (pasteurized or not) is served (or used in cooking) to children under age one.

Available upon request:

1. Appendix 1: Nutrition Standard for Healthy Eating Guidelines*
2. Appendix 2: Guidelines for Preschool Servings Sizes*

*All referenced appendices and resource documents will be made available upon request.

F. Education and Support

1. The child care centre staff collaborate with and support Ottawa Public Health in providing consistent nutrition information, messages and resources.
2. Staff members are provided with appropriate educational and training opportunities. They are familiar with provincial guidelines and the healthy eating guidelines of the childcare centre.
3. Parents are provided with appropriate educational resources.

Credit:

With permission, these guidelines have been adapted from child care nutrition guidelines used by the following health units: Hamilton Public Health Services, Simcoe Muskoka District Health Unit and York Region Community and Health Services.

Overall Goal

Child Care centres promote physical activity and healthy childhood development by following best practices in childhood physical activity and by providing children with the appropriate time, instruction, equipment, and environment to support the development of physical literacy.

Educators at child care centres will be provided with the knowledge, training and tools to enable children in their care to reach their potential to develop physical literacy skills, school readiness and adopt healthy living behaviours.

Objectives

The intent of these guidelines is to ensure that child care educators are able to promote, role model, and engage children in daily physical activity and provide opportunities for children to develop physical literacy skills.

Guidelines

A. *Social Environment*

1. Take an active role in teaching and promoting age appropriate physical activity and physical literacy skills while considering children's abilities and temperaments
2. Provide parents with physical activity and physical literacy information, resources and access to community services
3. Stay current with the latest research around ways to promote physical activity, physical literacy and reducing sedentary behaviours in children
4. Have a positive attitude towards physical activity by encouraging all children to participate in physical activity and never withholding it as punishment

B. *Physical Environment*

1. Adapt indoor and outdoor space to create an environment to support active play and develop physical literacy skills
2. Provide age appropriate toys, portable play and sports equipment to promote physical literacy
3. Make the space safe for children to be physically active and learn physical literacy skills

C. *Sedentary Behaviours*

1. No screen time for children who are less than 4 years of age
2. Start moving, if infants and children have been sitting more than an hour when awake

D. *Physical Activity*

1. Play on the floor with infants several times a day to teach gross and fine motor skills
2. Provide regular periods of physical activity throughout childcare programming to support children reaching the recommended daily 180 minutes, including:
 - a. At least 60 minutes per day of unstructured active play inside and/or outdoors
 - b. At least 30 minutes per day of adult led physical literacy promoting activities

- c. At least 30 minutes per day of moderate to vigorous physical activity encouraged and guided by adults
3. Ensure children with disabilities and special needs receive the support or equipment needed to help them take part in physical activity

Credit

These guidelines were developed based on the recommendations of:

American Alliance for Health, Physical Education, Recreation and Dance. (2009). *Active start: A statement of physical activity guidelines for children from birth to age 5* (2nd edition). Reston, VA: Author.

Canadian Society for Exercise Physiology. (2012). *Canadian Physical Activity Guidelines for the Early Years – 0-4 years*. <http://www.csep.ca/english/view.asp?x=804>

Canadian Society for Exercise Physiology. (2012). *Canadian Sedentary Behaviour Guidelines for the Early Years – 0-4 years*. <http://www.csep.ca/english/view.asp?x=804>

Canadian Sports for Life. *Developing Physical Literacy: A Guide For Parents Of Children Ages 0 to 12*. <http://www.canadiansportforlife.ca/resources/developing-physical-literacy-guide-parents-children-ages-0-12>



Eat Well. Be Active. Feel Good.

Bien manger et bouger pour le plaisir de vivre!

1 tsp = 5 mL
3 tsp = 1 tbsp
1 tbsp = 15 mL
2 tbsp = 30 mL
¼ c = 60 mL
1/3 c = 80 mL
½ c = 125 mL

Appendix 1 Nutrition Standard for Child Care Healthy Eating Guidelines

	Serving Sizes Under Age 2	Serving Sizes Over Age 2	Preferred to Serve Daily (Per Serving)	Sometimes (Per Serving)	Not to be Served (Per Serving)
Vegetables and Fruit					
Food Category					
Fresh, frozen, canned and dried vegetables and fruit	<p>¼- ½ whole fresh vegetable or fruit (medium)</p> <p>¼ c (60 mL) or 2-3 tbsp or 1-2 pieces of fresh, frozen or canned vegetable or fruit (raw, cooked, chopped, grated)</p> <p>½ c (125 mL) leafy greens or green salad</p> <p>¼ c (60 mL) or 4 tbsp fruit sauce</p> <p>2 tbsp (30 mL) dried fruit</p> <p>½ vegetable or fruit bar (7 g)</p> <p>¼ c (60 mL or 30 g) vegetable or fruit baked product or crisp</p>	<p>½ - 1 whole fresh vegetable or fruit (medium)</p> <p>½ c (125 mL) or 4-6 tbsp or about 4 pieces of fresh, frozen or canned vegetable or fruit (raw, cooked, chopped, grated)</p> <p>1 c (250 mL) leafy greens or green salad</p> <p>½ c (125 mL) or 8 tbsp fruit sauce</p> <p>¼ c (60 mL) or 4 tbsp dried fruit</p> <p>1 vegetable or fruit bar (14 g) ½</p> <p>½ c (125 mL or 60 g) vegetable or fruit crisp/cobbler</p>	<p>100% Fresh, Frozen Vegetable or fruit is the first item on the ingredient list Vegetable or fruit is prepared and served with no added fat, sugar or salt</p> <p>Fat: ≤ 5 g Saturated fat: ≤ 2 g Sodium: ≤ 100 mg Sugars: no added sugar; no artificial sweeteners</p> <p>Examples :</p> <ul style="list-style-type: none"> • fresh or frozen vegetables or fruit • unsweetened fruit sauce or fruit blends • potatoes (baked, boiled, mashed) • salad • canned fruit in juice or water 	<p>Sometimes Foods = Only 3 sometimes foods from all food groups are allowed once per week. Ex. 1 canned vegetable + 1 white pasta + 1 frozen yogurt /week.</p> <p>100% Fresh, Frozen Vegetable or fruit is the first item on the ingredient list.</p> <p>Processed Vegetables/Fruit</p> <p>Fat: ≤ 10 g Saturated fat: ≤ 4 g Sodium: ≤ 300 mg Sugars: ≤ 16 g (≤ 30 g for fruit/vegetable bars), no artificial sweeteners</p> <p>Examples:</p> <ul style="list-style-type: none"> • canned vegetables with no added salt • dried fruits (as part of other foods or as snacks to be served with other foods) • 100% baked vegetable/fruit products (homemade) • Sorbet (homemade) 	<p>Not 100% Fruit or Vegetable. Sugar or salt is the first item on the ingredient list.</p> <p>Fat: > 10 g Saturated fat: > 4 g Sodium: > 300 mg Sugar: > 16 g (or > 30 g for fruit/vegetable bars) Contains artificial sweeteners</p> <p>Examples:</p> <ul style="list-style-type: none"> • canned fruit in syrup, fruit drink or with sugar added • canned vegetables with added salt • 100% fruit juice, vegetable juice • packaged vegetables and fruit in a sauce • deep fried vegetables and fruit (e.g. zucchini) • French fries (deep fried or baked) • fruit leathers or fruit snacks made with juice • potato chips • fruit flavored slushies, popsicles • dried fruit (on its own) • battered vegetables or fruit • jellied desserts that contain fruit • sweetened applesauce or fruit purées

1 tsp = 5 mL
 3 tsp = 1 tbsp
 1 tbsp = 15 mL
 2 tbsp = 30 mL
 ¼ c = 60 mL
 1/3 c = 80 mL
 ½ c = 125 mL

	Serving Sizes Under Age 2	Serving Sizes Over Age 2	Preferred to Serve Daily (Per Serving)	Sometimes (Per Serving)	Not to be Served (Per Serving)
Canned tomatoes and tomato-based products	¼-½ c (60-125 mL) or 4-8 tbsp tomato sauce	½ c (125 mL) or 8 tbsp tomato sauce	<p>Fat: ≤ 3 g Sodium: ≤ 480 mg</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> canned tomatoes with no sodium added homemade tomato sauce some canned tomato sauce sauces with no salt added 	Canned tomatoes/sauces with reduced sodium	<p>Fat: > 3 g Sodium: > 480 mg</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> Canned tomatoes or sauces with high sodium

Food Category

Grains

Bread	<p>¼- ½ (9-17 g) slice bread</p> <p>1/8-¼ (7-11 g) bagel, pita or tortilla</p> <p>½ pancake or ½ waffle (17 g)</p> <p>¼ (9 g) bun</p> <p>½ (32 g) English muffin</p>	<p>1 (35 g) slice bread</p> <p>½ (23 g) Bagel, pita or tortilla</p> <p>1 pancake or 1 waffle (35 g)</p> <p>½ (17 g) bun</p> <p>1 (65 g) English muffin</p>	<p><i>Whole grain is first on ingredient list **</i></p> <p>Fat: ≤ 3 g Saturated fat: ≤ 2 g Sodium: ≤ 240 mg Fibre: ≥ 2 g</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> whole grain whole wheat bread rye bread oatmeal bread whole grain bagels, muffins, pitas whole grain pancakes or waffles 	<p>Sometimes Foods = Only 3 sometimes foods from all food groups are allowed once per week. Ex. 1 canned vegetable + 1 white pasta + 1 frozen yogurt /week.</p> <p><i>Whole grain is not first on ingredient list** Lower in fiber.</i></p> <p>Fat: >3 and ≤ 5 g Saturated fat: ≤ 2 g Sodium: 241-480 mg Fibre: ≥ 1 g</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> whole wheat bread white (enriched) rice white (enriched) pizza dough white (enriched) bagels, wraps 	<p><i>Whole grain is not first on ingredient list.** Higher in fat, sodium or sugar. Lower in fiber.</i></p> <p>Fat > 5 g Saturated Fat: > 2 g Sodium: > 480 mg Fibre: <1 g</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> packaged waffles and pancakes iced or sugar coated breads
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** Whole Grains include: whole grain whole wheat, cracked wheat, wheat berries, rye, barley, wild or whole grain brown rice, bulgur, oats/oatmeal, corn, whole grain cornmeal, whole grain couscous, flaxseed, kamut, amaranth, millet, quinoa, sorghum, spelt, buckwheat, and whole triticale.

1 tsp = 5 mL
 3 tsp = 1 tbsp
 1 tbsp = 15 mL
 2 tbsp = 30 mL
 ¼ c = 60 mL
 1/3 c = 80 mL
 ½ c = 125 mL

	Serving Sizes Under Age 2	Serving Sizes Over Age 2	Preferred to Serve Daily (Per Serving)	Sometimes (Per Serving)	Not to be Served (Per Serving)
Pasta, rice and other grains	¼ c (60 mL or 1-4 tbsp) cooked pasta, rice, bulgar, couscous, quinoa or barley	½ c (125 mL) cooked pasta, rice, bulgar, couscous, quinoa, or barley	<p><i>Whole grain is first on ingredient list **</i></p> <p>Fat: ≤ 3 g Saturated fat: ≤ 1 g Sodium: ≤ 240 mg Fibre: ≥ 2 g</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> • whole wheat pasta • whole grain couscous • whole grain brown or wild rice • rice and soba noodles • quinoa, bulgur, wheat berries, spelt • cornmeal, barley 	<p>Sometimes Foods = Only 3 sometimes foods from all food groups are allowed once per week. Ex. 1 canned vegetable + 1 white pasta + 1 frozen yogurt /week.</p> <p><i>Whole grain is not first on ingredient list**</i></p> <p>Fat: >3 and ≤ 5 g Saturated fat: >1 and ≤ 2 g Sodium: 241- 480 mg Fibre: ≥1 g</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> • enriched wheat pasta • white rice • converted (parboiled) rice • stuffed wheat pasta 	<p><i>Higher in fat, sodium or sugar. Lower in fiber.</i></p> <p>Fat: > 5 g Saturated fat: > 2 g Sodium: > 480 mg Fibre: <1 g</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> • packaged rice and pasta • instant rice

** Whole Grains include: whole grain whole wheat, cracked wheat, wheat berries, rye, barley, wild or whole grain brown rice, bulgur, oats/oatmeal, corn, whole grain cornmeal, whole grain couscous, flaxseed, kamut, amaranth, millet, quinoa, sorghum, spelt, buckwheat, and whole triticale.

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 3 tsp = 1 tbsp
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 2 tbsp = 30 mL
 ¼ c = 60 mL
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	Serving Sizes Under Age 2	Serving Sizes Over Age 2	Preferred to Serve Daily (Per Serving)	Sometimes (Per Serving)	Not to be Served (Per Serving)
Baked goods	<p>¼ regular muffin (¼ of 110 g; approx 28 g) or 1 mini muffin (23 g)</p> <p>½ (10-17 g) tea biscuit or scone</p> <p>½ slice (17-25 g) quick bread</p> <p>¼ (15 g) fruit square (e.g. date square)</p> <p>½ -1 (10-15 g) cookie (approved choice)</p> <p>¼ c (60 mL) fruit crisp/cobbler</p> <p>1 (4 g) breadstick</p>	<p>½ regular muffin (½ of 110 g; approx 55 g) or 2 mini muffins (23 g x 2)</p> <p>½-1 (20-35 g) tea biscuit or scone</p> <p>1 slice (35-50 g) quick bread</p> <p>½ (30 g) fruit square (e.g. date square)</p> <p>1 (20-30 g) cookie (approved choice)</p> <p>½ c (125 mL) fruit crisp/cobbler</p> <p>1-3 (4-12 g) breadsticks</p>	<p>Whole Grain is among the first 3 ingredients** No More than Once/Day</p> <p>Fat: ≤ 5 g Saturated fat: ≤ 2 g Sodium: ≤ 240 mg Fibre: ≥ 2 g Sugar: ≤ 12 g (no artificial sweeteners)</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> • whole grain muffins • whole grain scones/biscuits • quick breads (e.g. banana bread) 	<p>Sometimes Foods = Only 3 sometimes foods from all food groups are allowed once per week. Ex. 1 canned vegetable + 1 white pasta + 1 frozen yogurt /week.</p> <p>Whole Grain is not in the first 3 ingredients** Lower in fiber.</p> <p>Fat: ≤ 10 g Saturated fat: ≤ 2 g Sodium: ≤ 240 mg Fibre: ≥ 1 g Sugar: >12 and less than 16 g (no artificial sweeteners)</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> • homemade cookies (e.g. oatmeal) • homemade fruit squares • homemade fruit crisp or cobbler 	<p>Whole Grain is not in the first 3 ingredients**</p> <p>Fat: > 10 g Saturated fat: > 2 g Sodium: > 240 mg Fibre: < 1 g Sugar: > 16 g (no artificial sweeteners)</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> • toaster pastries • some cookies/squares • bakery items such as pies, pastries, croissants

** Whole Grains include: whole grain whole wheat, cracked wheat, wheat berries, rye, barley, wild or whole grain brown rice, bulgur, oats/oatmeal, corn, whole grain cornmeal, whole grain couscous, flaxseed, kamut, amaranth, millet, quinoa, sorghum, spelt, buckwheat, and whole triticale.

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 ½ c = 125 mL

	Serving Sizes Under Age 2	Serving Sizes Over Age 2	Preferred to Serve Daily (Per Serving)	Sometimes (Per Serving)	Not to be Served (Per Serving)
Grain-based snacks	<p>½ bar (10-20 g) granola, grain bar</p> <p>3-6 crackers (e.g. Soda crackers- 3 g each soda cracker)</p>	<p>²/₃- 1 bar (30-35 g) granola, grain bar</p> <p>6-8 crackers (20-25 g)</p> <p>(Over age 4 only) 2 cups (500 mL) popcorn (air popped)</p>	<p>Whole Grain is among the first 3 ingredients**</p> <p>Fat: ≤ 3 g Saturated fat: ≤ 2 g Sodium: ≤ 300 mg Fibre: ≥ 2 g Sugar: ≤ 12 g (no artificial sweeteners)</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> granola or cereal-type bars (homemade) whole grain crackers (homemade) 	<p>Sometimes Foods = Only 3 sometimes foods from all food groups are allowed once per week. Ex. 1 canned vegetable + 1 white pasta + 1 frozen yogurt /week.</p> <p>Whole Grain is not in the first 3 ingredients**</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> corn tortilla chips pretzels (lightly salted or unsalted) popcorn (air popped) (only children over 4) rice-type cakes some crackers 	<p>Whole Grain is not in the first 3 ingredients**</p> <p>Fat: > 5 g Saturated fat: > 2 g Sodium: >300 mg Fibre: < 1 g Sugar: > 16 g (no artificial sweeteners)</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> potato chips fish-type crackers some crackers some granola bars popcorn for children under 4
Cereals	<p>¼-½ c (5-10 g) or 2-4 tbsp cold /dry cereal</p> <p>¼- ½ c (50-125 mL) or 2-4 tbsp cooked cereal</p>	<p>½ - 1 c (30 g) cold/dry cereal</p> <p>½ -¾ c (125-175 mL) cooked cereal</p>	<p>Whole grain is first on ingredient list**</p> <p>Fat: ≤ 3 g Sodium: ≤ 240 mg Fibre: ≥ 2 g Sugar: ≤ 8 g (no artificial sweeteners)</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> oatmeal Red River cereal cream of wheat Shredded Wheat some cold/dry cereals 	<p>Sometimes Foods = Only 3 sometimes foods from all food groups are allowed once per week. Ex. 1 canned vegetable + 1 white pasta + 1 frozen yogurt /week.</p> <p>Whole grain is not first on ingredient list**</p> <p>Fat: ≤ 3 g Sodium: > 241 mg Fibre: ≥ 1g Sugar: 8-12 g (no artificial sweeteners)</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> some cold cereals unsweetened pre-packaged oatmeal 	<p>Whole grain is not first on ingredient list** Higher in sugar, salt, fat</p> <p>Fat: >3 g Sodium: > 241 mg Fibre: < 1 g Sugar: > 12 g (no artificial sweeteners)</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> several cold cereals- see list pre-packaged sweetened oatmeal

** Whole Grains include: whole grain whole wheat, cracked wheat, wheat berries, rye, barley, wild or whole grain brown rice, bulgur, oats/oatmeal, corn, whole grain cornmeal, whole grain couscous, flaxseed, kamut, amaranth, millet, quinoa, sorghum, spelt, buckwheat, and whole triticale.

Milk and Milk Based Products					
Food Category					
Milk and milk-based beverages	<p>¼-½ c (60-125 mL) whole milk</p> <p>¼ - ½ c (60-125 mL) smoothie made with milk or yogurt</p>	<p>1 c (250 mL) milk or soy beverage</p> <p>1 c (250 mL) smoothie made with milk or yogurt</p>	<p>Sugar: ≤ 12 g Calcium: ≥ 25% DV Fat: ≥ 1% M.F.</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> 1%,2%, 3.25% cow's milk Fortified Soy beverage Smoothies made with yogurt and fresh or frozen fruit 		<p>Sugar: > 12 g Calcium: < 25% DV Fat: < 1% M.F.</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> Flavored milk (e.g. chocolate) Rice milk*, almond milk*, potato milk* <p>* In some cases these milks can be served (e.g. a milk/soy allergy, as an ingredient)</p>
	Yogurt/milk-based desserts	<p>½ c (125 mL or 100 g) yogurt</p> <p>½ c (125 mL or 100 g) milk based pudding</p>	<p>¾ c (175 mL or 175 g) yogurt</p> <p>¾ c (175 mL or 175 g) milk based pudding</p>	<p>2% MF or greater Fat: ≤ 5 g Sodium: ≤ 140 mg Calcium: ≥ 15% DV Sugar: ≤ 30 g</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> several brands yogurt homemade pudding Greek yogurt 	<p>Sometimes Foods = Only 3 sometimes foods from all food groups are allowed once per week. Ex. 1 canned vegetable + 1 white pasta + 1 frozen yogurt /week.</p> <p>Fat: ≤ 5 g Sodium: ≤ 360 mg Calcium: 5-15% DV Sugar ≥ 31 g</p> <p><u>Examples:</u></p> <ul style="list-style-type: none"> frozen yogurt
Cheese	<p>25 g (1 oz) cheese</p> <p>1-2 tbsp grated cheese</p> <p>¼ c (60 mL) cottage or ricotta cheese</p>	<p>25- 50 g (1-2 oz) cheese</p> <p>2-4 tbsp grated cheese</p> <p>½ c (125 mL) cottage or ricotta cheese</p>	<p>Sodium: ≤ 480 mg Calcium: ≥ 15% DV ½</p> <p>Non-processed like:</p> <ul style="list-style-type: none"> real hard or soft cheese feta cheese some cottage cheese (½ cup) 	<p>Sometimes Foods = Only 3 sometimes foods from all food groups are allowed once per week. Ex. 1 canned vegetable + 1 white pasta + 1 frozen yogurt /week.</p> <p>Sodium: >481mg Calcium: ≥ 15% DV</p>	<p>Sodium: > 481 mg Calcium: < 15%</p> <p>Processed cheese products like:</p> <ul style="list-style-type: none"> cheese slices cheese spread cream cheese



Eat Well. Be Active. Feel Good.

Bien manger et bouger pour le plaisir de vivre!



Appendix 2 Guidelines for Preschool Serving Sizes (Age 2-4 yrs.)* and Recommended # of Daily Food Group Servings

* Under Age 2 yrs. – Approx. ½ of these serving sizes

Food Group	One Serving	Recommended # of Daily Servings Provided by Child Care**
Vegetables and Fruit	<p>½-1 whole fresh vegetable or fruit (medium size) 125mL or 4-6 tbsp (½ cup) or 4 pieces of fresh, frozen or canned vegetables or fruit (raw, cooked, chopped, grated) 250mL (1 cup) leafy greens or green salad 125mL or 8 tbsp (½ cup) fruit sauce (e.g. applesauce) 60mL or 4 tbsp (¼ cup) dried fruit 125mL or 60 g (½ cup) vegetable or fruit crisp/cobbler 125mL or 8 tbsp (½ cup) tomato sauce</p>	3-4
Grain Products	<p>1 (35g) slice bread ½ (23 g) bagel, small pita, or tortilla 1 (35g) pancake or waffle ½ (17g) bun 1/2 (35g) English muffin 125mL (½ cup) cooked pasta, rice, bulgar, couscous, quinoa, barley or other grain ½ regular muffin (½ of 110 g; approx. 55g) or 2 mini muffins (23g x 2)</p>	2-3

	<p>½ -1 (20-35g) scone or tea biscuit 1 (35-50g) slice quick bread (e.g. banana bread) ½ (30g) fruit square or bar (e.g. date square) 1 (20-30g) small cookie (approved choice) 125mL (½ cup) fruit crisp/cobbler 1-3 (4-12g) breadsticks ²/₃ - 1 bar (30-35g) granola or grain bar 6-8 (25-30g) small crackers or 10-15 (15-25g) mini crackers 500mL (2 cups) popcorn (air popped) (Over age 4 only) 30g (approx.) (½ - 1 cup) cold cereal 125-175mL (½ -¾ cup) cooked cereal</p>	
Milk and Alternatives	<p>250mL (1 cup) milk or fortified soy beverage 250mL (1 cup) smoothie made with milk or yogurt 175 mL or 175 g (¾ cup) yogurt 175 mL or 175 g (¾ cup) milk based pudding 25-50g (1 -2 oz) cheese 14-28 g (2-4 tbsp) grated cheese 125-250 mL (½-1 cup) cottage or ricotta cheese</p>	1-2
Meat and Alternatives	<p>50-75g (2 -2.5oz) or ½ cup meat 125 mL (1/2 c) ground meat, cooked 50-75g (2-2.5 oz) fish 1 -2 eggs or 125mL (½ cup) scrambled eggs 61 g (1/4 c) liquid egg 30 mL (2 Tbsp) spread 60 mL or 4 tbsp (¼ c) seeds 125-175mL (½ - ¾ cup) cooked legumes, beans, lentils, hummus, tofu</p>	1
Mixed Foods	<p>175mL (¾ cup) entree such as casserole 1 slice (200g) pizza 175mL (¾ cup) soup 125 mL (1/2 cup) side dish</p>	No recommendations

**As per the guidelines, it is assumed that ¾ of each child's daily nutrient and food group needs will be provided by the child care centre.

February, 2014