

# BAKING GETS PEOPLE INVOLVED

in creating nutritious and affordable meals and snacks for kids!



## MAKE AND CHOOSE BAKED FOODS THAT FIT WITHIN THE MB SCHOOL NUTRITION GUIDELINES:

Tips	Examples
<b>Use whole grains as much as possible</b>	<ul style="list-style-type: none"><li>Whole wheat flour, whole oats, oat flour, brown rice and brown rice flour are whole grains.</li></ul>
<b>Reduce added sugars to between 1/2 and 1 cup of sugar per 12 serving recipe</b>	<ul style="list-style-type: none"><li>White or brown sugar, honey, syrups, molasses, chocolate chips and candy are added sugars.</li></ul>
<b>Avoid sugar substitutes</b>	<ul style="list-style-type: none"><li>Aspartame (NutraSweet, Sweet 'n Low, Sugar Twin), neotame, acesulfame potassium (Ace-K), sucralose (Splenda), cyclamate (Sugar Twin, Sucaryl) and thaumatin are sugar substitutes.</li></ul>
<b>Avoid artificial trans fats</b>	<ul style="list-style-type: none"><li>Hydrogenated margarine, shortening, pre-made pastry, pre-made icing or frosting and foods with hydrogenated or partially hydrogenated fat in the ingredient list contain artificial trans fats.</li></ul>

### Moving Forward with MB School Nutrition

Manitoba's School Nutrition guidelines will help you with menu planning and choosing baked foods. See pages 27 - 31 to learn what to look for on ingredient lists and nutrition labels.

#### Did you know?

Meats, milk and butter contain small amounts of naturally occurring trans fat. Natural trans fat is not considered to be harmful.

### Vegetables and fruit can be mashed, grated, chopped, sliced and puréed for use in baking.

For example: purée cooked apple, pumpkin, sweet potato and squash; grate carrots, beets and zucchini, mash or slice bananas and chop rhubarb. You can also toss in prepared produce like canned sliced peaches and whole frozen berries.