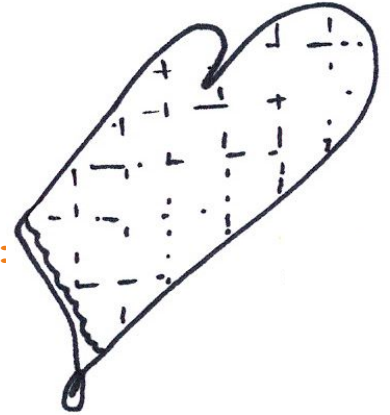


# Baking gets people involved

in creating healthy and affordable snacks, breakfasts and lunches for kids.

**Make and choose baked foods that fit within the MB School Nutrition Guidelines:**



Tips	Examples
<b>Use whole grains</b> as much as possible	Whole wheat flour, whole oats, oat flour, brown rice and brown rice flour are whole grains.
<b>Reduce added sugars</b> to between 1/2 and 1 cup of sugar per 12 serving recipe	White or brown sugar, honey, syrups, molasses, chocolate chips and candy are added sugars.
<b>Avoid sugar substitutes</b>	Aspartame (NutraSweet, Sweet 'n Low, Sugar Twin), neotame, acesulfame potassium (Ace-K), sucralose (Splenda), cyclamate (Sugar Twin, Sucaryl) and thaumatin are sugar substitutes.
<b>Avoid artificial trans fats</b>	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.

## 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.