

# PRE-PACKAGED MEAL & SNACK ITEMS

## THAT MEET THE MANITOBA SCHOOL NUTRITION GUIDELINES

- When choosing packaged products use the Moving Forward with School Nutrition Guidelines Nutrition Criteria (page 27), to learn what to look for on ingredient lists and nutrition labels.
- Listed below are a few examples of products which meet the Manitoba School Nutrition Guidelines. There are more items that also may meet criteria.
- Foods listed in this resource do not address or exclude potential food allergens.

### VEGETABLES AND FRUITS

#### WHAT TO LOOK FOR

- Sugar is not the first ingredient listed when choosing fruit cups, sauces, and frozen fruit ("sugars" include fruit puree and fruit juice).
- Contains no sugar substitutes.
- Sodium is 200 mg or less for vegetable products (ex. frozen or canned vegetables and salsa).

#### IDEAS

#### EXAMPLES & SELECTION TIPS

##### READY TO SERVE ITEMS

- Apple and fruit sauces
- Canned fruit & fruit cups
- Dried fruit
- Fresh fruit and vegetables
- Most unsweetened products. i.e. Mott's Fruitsations Unsweetened
- Most products packed in juice (not water or syrup). i.e. Dole mixed fruit in 100% juice
- Most products without added sugar or "coating". i.e. Sunmaid raisin mini-packs
- Mandarin oranges, bananas, pre-cut apple packets, mini carrot packets, snap pea packets, celery packets

##### LIMITED PREPARATION ITEMS

- Frozen fruit and vegetables
  - i.e. berries and edamame
- Canned vegetables
- Salsa
- Most frozen fruit and vegetables will meet the guidelines
- Rinse canned vegetables to reduce sodium content
- Presidents Choice Salsa

#### Examples of Sugar Substitutes

##### Artificial sweeteners and intense sweeteners:

- aspartame (NutraSweet, Sweet'nLow, Sugar Twin)
- neotame, acesulfame potassium (Ace-K)
- sucralose (Splenda), cyclamate (Sugar Twin, Sucaryl), thaumatin

##### Intense sweeteners from natural sources:

- hydrogenated starch hydrolysates
- isomalt, lactitol, maltitol, maltitol syrup, mannitol
- sorbitol, sorbitol syrup, xylitol, erythritol, polydextrose
- steviol glycosides (stevia)



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Adapted from the Manitoba Food in Schools A Guide to Choosing Snacks for Your Canteen & Sporting Events Resource

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## WHOLE GRAINS

### WHAT TO LOOK FOR

- The first ingredient should be a whole grain; for bars, the first ingredient may be a whole grain, fruit, soy or nuts.
- To choose whole grains look for these words in the ingredient list: whole [name of grain], stone ground whole [name of grain], brown rice, oats, oatmeal and wheat berries.

### IDEAS

### EXAMPLES & SELECTION TIPS

#### READY TO SERVE ITEMS

- Granola bars
  - Nature Valley Lunch Box: Very Berry, Banana Chocolate Chip, Chocolate Chip
  - PC Blue Menu: Berry Blend, Chocolate Chip, Fruit & Nut Mixed Berry
  - Kashi Chia Granola Dark Mocha Almond Bars
  - Kirkland Soft & Chewy Chocolate Chip
  - PC Organics Fruit, Veggie, & Oat Bars
  - Made Good: Apple Cinnamon Nut Free, Chocolate Chip, Mixed Berry
  - Dare Bear Paws Soft Granola Chocolate Chip
  - Nature Valley: Peanut Butter Biscuit, Peanut Butter Chocolate Wafer Bar, Almond Butter Granola Cup
- Crackers
  - Breton Bites on the Go Packs (Veggie, Original) - Dare

#### LIMITED PREPARATION ITEMS

- Dry cereal
  - Cheerios (Original, Multigrain) - General Mills
  - Chex (Regular, Chocolate, Cinnamon, Blueberry)- General Mills
  - Just Right (Original) - Kellogg's
  - Life (Original) - Quaker
  - Oatmeal Squares (Original) - Quaker
  - Puffed Wheat (Original)
  - All-Bran (Flakes, Multi-Grain Crunch) -Kellogg's
  - Special K (Vanilla Almond) - Kellogg's
  - Oatmeal packets (Original, Lightly Sweetened Apple and Cinnamon)- Quaker
- Crackers
  - Triscuits (All flavours) - Christie
  - Premium Plus (Whole Wheat) - Christie
  - Breton Bites (Original, Super Grain, Veggie) - Christie
  - Goldfish (Whole Grain) - Pepperidge Farm
  - Rustic Flatbreads (Multiseed) - Grissol
  - Wheat Squares- President's Choice
  - Crispbreads (All flavours)- Ryvita
- Rice Cakes
  - Unsalted, White Cheddar- No Name
  - Original, Multigrain, Cheddar Cheese - Compliments (Sobeys)
  - Original, Tomato & Basil, White Cheddar, Butter Popcorn- Quaker
- Popcorn
  - Blue Menu Microwave Popping Corn, Compliments Balance Natural Popping Corn

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## PROTEIN OPTIONS

### WHAT TO LOOK FOR \*

- Contains no sugar substitutes.
- For dairy products:
  - Each serving size contains no more than 10 grams of fat, 250 mg of sodium, and 21 grams of sugar (better choices will have 12 grams or less).
  - Look for choices with a calcium content of 10% DV or more

\*additional guidelines for certain products can be found in the Moving Forward with School Nutrition Guidelines Nutrition Criteria (page 27)

### IDEAS

### EXAMPLES & SELECTION TIPS

#### READY TO SERVE ITEMS

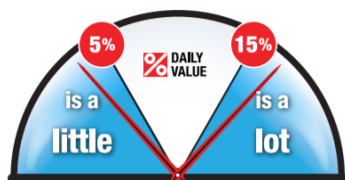
- Yogurt cups/tubes
  - Individual cheeses
  - Individual milk cartons
  - Hard boiled eggs
  - Hummus
  - Nut free spread
- Regular Activia plain & flavoured, Astro Original plain & flavoured
  - Black Diamond & No name cheese strings, Babybel original
  - Look for 1-2% options
  - PC Blue Menu, Brunbrae Farms
  - Fontaine Santé mini hummus, President's Choice mini hummus
  - Wowbutter Soy Spread Toasted To-Go Cups

#### LIMITED PREPARATION ITEMS

- Hummus
  - Roasted chickpeas (lightly salted)
  - Sliced cheese (100% real cheese)
  - Cottage cheese (dry, no salt added)
  - Nut free spread
  - Milk (1-2%) or plain fortified soy beverage (as indicated)
- President's Choice hummus, Summer Fresh hummus
  - The Good Bean, Three Farmers
  - Cracker Barrel, No Name
  - Foremost, Compliments
  - Wowbutter, SunButter (No Sugar Added)
  - Soy products: Silk Soy beverage Unflavoured, NaturaOrganic Soy Beverage Original

### What is % Daily Value?

The % DV is a guide to help you choose healthier foods. The % DV shows you if a specific amount of food has a little or a lot of a nutrient



Cracker A

Nutrition Facts	
Per 9 crackers (23 g)	
Amount	% Daily Value
<b>Calories</b> 90	
<b>Fat</b> 4.5 g	7 %
Saturated 2.5 g	13 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 280 mg	12 %
<b>Carbohydrate</b> 12 g	4 %
Fibre 1 g	4 %
Sugars 0 g	
<b>Protein</b> 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

Cracker B

Nutrition Facts	
Per 4 crackers (20 g)	
Amount	% Daily Value
<b>Calories</b> 90	
<b>Fat</b> 2 g	3 %
Saturated 0.3 g	2 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 90 mg	4 %
<b>Carbohydrate</b> 15 g	5 %
Fibre 3 g	12 %
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %