



# Eats and Treats – Healthy Eating in a Day Nursery

Family Health

# **Guidelines**

## **Eating Well with Canada's Food Guide**

## Guidelines Eating Well with Canada's Food Guide




### Key Nutrients in Eating Well With Canada's Food Guide

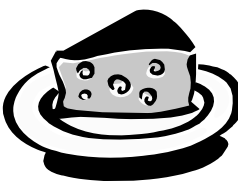
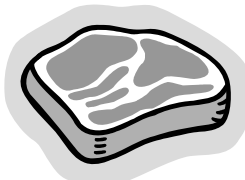
[Eating Well with Canada's Food Guide](#) is an excellent guide and a great place to start when planning a menu! All 4 food groups have their own specific vitamins, minerals and other nutrients. To ensure that children are getting the nutrients that they need, menus must include a variety of foods from all food groups.



Food Group	Key Nutrients	Functions
<b>Vegetables &amp; Fruit</b>	<ul style="list-style-type: none"><li>• vitamin A</li><li>• vitamin C</li><li>• folacin</li><li>• fibre</li></ul>	<ul style="list-style-type: none"><li>• maintains normal night vision, healthy gums, immunity and growth</li><li>• keeps bowels moving, and prevents cancer and heart disease</li></ul>
<b>Grain Products</b>	<ul style="list-style-type: none"><li>• carbohydrates</li><li>• iron</li><li>• B vitamins</li><li>• Fibre</li></ul>	<ul style="list-style-type: none"><li>• provides energy</li><li>• maintains health of red blood cells</li><li>• keeps bowels moving, and prevents cancer and heart disease</li></ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"><li>• calcium</li><li>• vitamin A</li><li>• vitamin D</li><li>• riboflavin</li><li>• protein</li></ul>	<ul style="list-style-type: none"><li>• builds and maintain healthy bones and teeth</li><li>• important for night vision</li><li>• builds and repairs body tissue</li></ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"><li>• protein</li><li>• iron</li><li>• B Vitamins</li><li>• Zinc</li></ul>	<ul style="list-style-type: none"><li>• builds and repairs body tissue</li><li>• maintains health of red blood cells</li><li>• supports immune system</li></ul>

Adapted from *Menu Evaluation for Childcare Providers as easy as 1-2-3*.

## Quick index of foods

Vegetables & Fruits	Grain products
<ul style="list-style-type: none"> <li>• fresh, frozen or canned vegetables</li> <li>• fresh, frozen or canned fruits</li> <li>• unsweetened fruit juice</li> <li>• vegetable juice</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<ul style="list-style-type: none"> <li>• bread</li> <li>• pasta</li> <li>• rice</li> <li>• crackers</li> <li>• cereal</li> <li>• pancakes/waffles</li> </ul> <div style="text-align: right;">  </div>

Milk & Alternatives	Meat & Alternatives
<ul style="list-style-type: none"> <li>• cheese</li> <li>• milk</li> <li>• chocolate milk (or any other flavoured milk)</li> <li>• smoothie/milkshake</li> <li>• processed cheese</li> <li>• cottage cheese</li> <li>• yogurt</li> </ul> <div style="text-align: right;">  </div>	<ul style="list-style-type: none"> <li>• peanut butter</li> <li>• beans</li> <li>• eggs</li> <li>• meat</li> <li>• fish</li> <li>• poultry</li> <li>• tofu</li> <li>• nuts and seeds</li> </ul> <div style="text-align: right;">  </div>

Extras	
<ul style="list-style-type: none"> <li>• cream cheese</li> <li>• jello made with water</li> <li>• fruit jams</li> <li>• nacho chips</li> <li>• sour cream</li> <li>• wieners/ sausages</li> <li>• processed luncheon meats and cold cuts</li> <li>• bacon</li> <li>• cake</li> </ul> <div style="text-align: right;">  </div>	<ul style="list-style-type: none"> <li>• sherbet</li> <li>• syrup, honey</li> <li>• cookies (some exceptions)</li> <li>• fruit drinks, cocktails, blends</li> <li>• all candy</li> <li>• popsicles</li> <li>• potato chips</li> <li>• french fries</li> </ul> <div style="text-align: right;">  </div>

## Detailed Index of Foods

The following is a small list of some foods, and the food group to which they belong. Some of the foods can be served everyday, some should be limited to once per week, and others should be served rarely, if ever. This list is a quick reference to help you identify where foods belong in Canada's Food Guide to Healthy Eating. Please use it only as a reference guide, and not as an inclusive list of foods to include in your menu. For a list of foods that can be served every day, please see "[Guidelines for Selecting Nutritious Foods for the Menu](#)"

Food	Vegetables and fruit	Grain products	Milk & Alternatives	Meat & Alternatives	Extras
<b>A</b>					
Apple butter or spread					✓
Avocado	✓				
<b>B</b>					
Bacon					✓
Bagel		✓			
Beef				✓	
Bread (whole wheat, rye, white, krisp, flat, pita, tortilla)		✓			
Biscuits		✓			
Brownies					✓
Brownies, bean					✓
Butter					✓
<b>C</b>					
Cake					✓
Candies					✓
Cereal, unsweetened		✓			
Cheese, cream					✓
Cheese, hard (such as cheddar or mozzarella)			✓		
Cheese, processed slices			✓		
Cheese, string			✓		

<b>Food</b>	<b>Vegetables and fruit</b>	<b>Grain products</b>	<b>Milk &amp; Alternatives</b>	<b>Meat &amp; Alternatives</b>	<b>Extras</b>
Cheese-flavoured puffs (cheezies)					✓
Chili, meat or tofu	✓			✓	
Chocolate bars					✓
Cookies, plain (such as digestive)		✓			
Corn chips					✓
Cottage cheese			✓		
Crackers (graham, soda, whole-wheat)		✓			
Cream, Ice			✓		
Cream of wheat		✓			
Cream soups (such as cream of broccoli, asparagus, vegetable)			✓		
Cream, sour					✓
Cupcakes					✓
<b>D</b>					
Doughnuts					✓
<b>E</b>					
<b>Egg</b>				✓	
Egg drop soup				✓	
Egg substitute				✓	
English muffin		✓			
<b>F</b>					
Feta cheese			✓		
Fig bars		✓			
Fish sticks, homemade				✓	
Fish sticks, packaged				Should not be served in Day Cares	
Fries, homemade (baked in oven)	✓				
Fries, fried (frozen)					✓

<b>Food</b>	<b>Vegetables and fruit</b>	<b>Grain products</b>	<b>Milk &amp; Alternatives</b>	<b>Meat &amp; Alternatives</b>	<b>Extras</b>
Frozen yogurt			✓		
Fruit, fresh	✓				
Fruit drinks (punches, cocktails, blends)					✓
Fruit crisp/ cobblers	✓	✓			
Fruit juice (100%)	✓				
Fruit leathers, sweetened					✓
Fruit leathers, unsweetened	✓ (do not serve for snack)				
Fruit loaves/ breads		✓			
Fruit muffins		✓			
Fruit salad	✓				
<b>G</b>					
Gelato					✓
Granola		✓			
Grilled cheese		✓	✓		
<b>H</b>					
Honey					✓
Hamburger, homemade		✓		✓	
Hot dog (beef, turkey, chicken, pork, etc.)				✓	
<b>I</b>					
Ice cream			✓		
<b>J</b>					
Jam					✓
Jelly					✓
Jello (made with fruit juice)	✓				
Jello (made with water)					✓

Food	Vegetables and fruit	Grain products	Milk & Alternatives	Meat & Alternatives	Extras
<b>K</b>					
Kool-Aid					✓
<b>L</b>					
Lasagna, meat (noodles, meat sauce, cheese)		✓		✓	
Lasagna, vegetarian (noodles, tofu or bean sauce, cheese)		✓		✓	
Lasagna, vegetarian (noodles, tomato sauce, vegetables, cheese)	✓	✓			
<b>M</b>					
Macaroni and cheese		✓	✓		
Margarine					✓
Marshmallows					✓
Mayonnaise					✓
Meatballs				✓	
Meatloaf				✓	
Melba toast		✓			
Milk, cow's			✓		
Milk, rice (fortified)			✓		
Milk, soy (fortified)			✓		
Muffin		✓			
Mustard					✓
<b>N</b>					
Nachos					✓
Noodles		✓			
Nutella					✓
Nuts and bolts, homemade		✓		✓	
Nut and bolts, packaged					✓

Food	Vegetables and fruit	Grain products	Milk & Alternatives	Meat & Alternatives	Extras
<b>O</b>					
Oatmeal		✓			
<b>P</b>					
Pancakes		✓			
Peanut butter				✓	
Pepper					✓
Pie					✓
Pitas		✓			
Pita puffs		✓			
Pizza	✓	✓			
Popcorn, air-popped, plain		✓			
Popcorn, with butter and salt					✓
Popsicles- Unsweetened (made with 100% fruit juice)	✓				
Popsicles- store bought					✓
Potato chips					✓
Potatoes, baked	✓				
Potatoes, fried					✓
Potatoes, scalloped	✓				
Potatoes, white	✓				
Pretzels		✓			
Pudding, instant					✓
Pudding, homemade			✓		
Pudding, rice		✓	✓		
<b>Q</b>					
Quiche, cheese				✓	
Quiche, cheese and vegetables	✓			✓	

Food	Vegetables and fruit	Grain products	Milk & Alternatives	Meat & Alternatives	Extras
<b>R</b>					
Relish					✓
Rice		✓			
Rice cakes		✓			
Rice Krispie square, homemade		✓			
<b>S</b>					
Salad	✓				
Salad dressing					✓
Salt					✓
Sandwich, meat and lettuce		✓		✓	
Sausages					✓
Scones		✓			
Shepherd's Pie	✓			✓	
Sherbet					✓
Sloppy Joes		✓		✓	
Soft drinks					✓
Soup, chicken noodle		✓			
Soup, cream			✓		
Soup, minestrone	✓	✓			
Soup, vegetable	✓				
Soya sauce					✓
Spaghetti and meat sauce		✓		✓	
Spaghetti and tomato sauce	✓	✓			
Stew (vegetables and beef)	✓			✓	
Stir fry with meat, poultry or tofu-served on rice	✓	✓		✓	
String cheese			✓		

<b>Food</b>	<b>Vegetables and fruit</b>	<b>Grain products</b>	<b>Milk &amp; Alternatives</b>	<b>Meat &amp; Alternatives</b>	<b>Extras</b>
Submarine sandwich (bread, cheese and meat)		✓	✓	✓	
Syrup (maple, chocolate, etc.)					✓
<b>T</b>					
Taco, homemade made with soft shell		✓		✓	
Tempeh				✓	
Tofu				✓	
Tortillas (not fried)		✓			
Tuna				✓	
Tuna casserole		✓		✓	
Tuna melt		✓		✓	
Turkey				✓	
<b>U</b>					
Unsweetened cereal		✓			
<b>V</b>					
Vegetables (fresh, frozen or canned)	✓				
<b>W</b>					
Water					✓
Waffle, Whole wheat		✓			
Wheat germ		✓			
<b>Y</b>					
Yogurt			✓		

# **Recommendations for Policy**

# **Planning Nutritious Menus**

# Recommendations for Policy

## PLANNING NUTRITIOUS MENUS

### The importance of healthy meals for children

Children grow and develop quickly. They need good nutrition to support healthy growth and development. In addition to providing nourishment, mealtimes provide a social time for children and caregivers to talk and learn from each other. When started early, healthy eating habits can last a lifetime!

### Day Nurseries Act Guidelines

#### Lunch requirements of the Day Nurseries Act

- Contain all 4 food groups in the following amounts:

Grain Products	1 serving*
Vegetables and Fruit	2 servings*
Milk Products**	1 serving*
Meat & Alternatives	1 serving*

\* for serving sizes, see Schedule 1

\*\*please note that cheese does not count as a Meat & Alternative.

NOTE: The above number of required servings for the stated food groups is based on the 1992 version of Canada's Food Guide to Healthy Eating. The Day Nurseries Act has not been updated to reflect the current 2007 Eating Well with Canada's Food Guide, which contains different food groups and recommendations based on age. From this point on, this manual will refer to the new Eating Well with Canada's Food Guide, but will not make recommendations for number of required servings for each food group until the Day Nurseries Act is revised.

#### Snack requirements of the Day Nurseries Act

- Contain at least 2 of the 4 food groups
- Complement the lunch meal to meet the food requirements of the Day Nurseries Act
- Snacks should be served at least 2 hours before the next meal
- Foods served should promote good dental

#### Schedule 1: Child Serving Sizes

Food Group	Children between 1 to 6 years old	Children older than 6 years old
Vegetables & Fruit	1/4 - 1 whole fruit OR 80 - 125 ml fruit or vegetable	1 whole fruit OR 125 ml fruit or vegetable
Grain Products	1/2 - 1 slice bread OR 50 - 125 ml hot cereal	1 slice bread OR 125 to 175 ml hot cereal
Milk & Alternatives	125 – 175 ml	175 to 250 ml
Meat & Alternatives	30 - 60 g	60 to 90 g

## 4 Steps to Planning a Healthy Menu

For a healthy menu that meets the Day Nurseries Act requirements, follow these four easy steps!

### Step 1: Gather menu planning tools

- [Guidelines for Selecting Nutritious Foods for the Menu](#)
- [Day Nurseries Act](#)
- [Menu planning template](#)
- Recipes
- Old menus with notes and suggestions
- A list of any allergies/intolerances/food avoidances of children in your day nursery.

### Step 2: Select the lunch meal

- a. Choose the [meat & alternative](#) (main dish) for each day of the week.
  - Choose a different meat or alternative for each day.
  - Serve beef, pork, poultry, fish and eggs.
  - To add variety, include at least one meat alternatives each week. Meat alternatives include: legumes (cooked beans, peas and lentils), tofu, soy products, peanut butter and other nut butters.
  - **Please note that hard cheese or cottage cheese are NOT meat alternatives.**
- b. Select the [grain product\(s\)](#).
  - Choose at least 1 serving at lunch.
  - Emphasize whole grains.
  - To add variety, serve pasta, rice, bagels, pitas, breads, and cereals.
- c. Select the [vegetables](#).
  - Choose at least 1 serving at lunch.
  - Include both cooked and raw vegetables.
  - Try vegetable juices for a change.
  - Choose dark green and orange vegetables more often.
- d. Add [milk & alternatives](#).
  - Choose at least 1 serving at lunch.
  - Serve milk as a beverage, added to soup, or in a dessert.
  - Serve fortified soy or rice beverages for those that cannot have cow's milk.
- e. Add fruit or fruit juice.
  - Choose at least 1 serving at lunch.
  - Emphasize fresh fruits for more fibre.

### Step 3: Plan the morning and afternoon snacks to complement lunch meal

- Snacks should provide enough food to complete the requirements of the [Day Nurseries Act](#).  
To figure out if you have met the requirements, use the [sample menu template](#) to add up your servings for the day.
- Each snack should contain at least 2 of the 4 food groups.
- Snacks should be high in nutrients, low in salt, sugar, and fat.
- Be sure to include a variety of foods from all 4 food groups throughout the snack schedule.
- Be aware of choking risks with certain foods (see [How to prevent choking in young children](#)).
- For more information on snacks, see [Healthy & Quick Snack Ideas](#).

### Step 4: Add up food groups and compare to [Day Nurseries Act Requirements \(Schedule 2\)](#)

- Complete the [Day Care Menu Checklist](#).
- Make sure you add a drink for every meal and snack. Water can be served when you have met the requirements.

### Helpful tips for menu planning

- Plan ahead! Use a 4-week menu cycle.
- Children prefer foods to be separate and easy to recognize.
- Serve foods attractively. Children eat with their eyes too!
- [Food safety](#) is important.
- Serve lots of finger foods, or foods that the children can handle easily.
- Avoid serving the same food on the same day of the week.
- Avoid serving the same foods more than two times per week. Add variety to your menu!
- To increase acceptance of new foods, serve them one at a time. Remember that it can take many exposures to a new food before a child will start to accept it.
- Use the [Day Care Menu Checklist](#) as a guide.

(\*\*Adapted from: *Menu Evaluation for Childcare Providers as Easy as 1-2-3*)

## Guidelines for Selecting Nutritious Foods for the Menu

**Choose from the following foods everyday:**

Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
<ul style="list-style-type: none"> <li>• All fresh and frozen fruits</li> <li>• All fresh and frozen vegetables</li> <li>• Unsweetened fruit juices</li> <li>• Unsweetened fruit juice bars</li> <li>• Canned fruit in juice</li> <li>• Vegetable juices</li> <li>• Salads</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain breads</li> <li>• Rolls</li> <li>• Bagels</li> <li>• English Muffins</li> <li>• Whole grain muffins</li> <li>• Pita bread</li> <li>• Corn and flour tortillas</li> <li>• Breakfast cereals (unsweetened)</li> <li>• Pasta</li> <li>• Rice</li> <li>• Rice Cakes</li> <li>• Melba Toast</li> <li>• Soda Crackers</li> <li>• Rusks</li> </ul>	<ul style="list-style-type: none"> <li>• 2% milk (above 2 years of age)</li> <li>• Homo milk (under 2 years of age)</li> <li>• Plain yogurt</li> <li>• Cheese</li> <li>• Cottage cheese</li> <li>• Milk-based soups</li> </ul>	<ul style="list-style-type: none"> <li>• Lean beef, veal, pork, or lamb</li> <li>• Skinless boneless chicken and turkey</li> <li>• Lean ground beef</li> <li>• Fresh, frozen or canned fish</li> <li>• Legumes (beans, peas, lentils)</li> <li>• Eggs</li> <li>• Tofu</li> <li>• Peanut Butter</li> <li>• Other nut butters</li> </ul>

Limit the following foods to **no more than once per week** since they are high in sugar, fat, or salt:

Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
<ul style="list-style-type: none"> <li>• Vegetables with sauces (cheese or cream)</li> <li>• Canned fruit in light syrup</li> <li>• Dried fruit (do not serve as a snack)</li> <li>• Sweetened frozen fruit juice bars</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit loaves</li> <li>• Homemade cookies</li> <li>• Plain commercial cookies</li> <li>• Pancakes</li> <li>• Waffles</li> <li>• Enriched white bread, rolls</li> <li>• Fruit crisps/cobblers</li> <li>• Unsalted pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Milk Pudding</li> <li>• Canned pudding</li> <li>• Chocolate milk</li> <li>• Milk Shakes</li> <li>• Ice Cream (10% milk fat or less)</li> <li>• Processed cheese (slices and spreads)</li> <li>• Hot chocolate (made with milk)</li> <li>• Frozen yogurt (4% milk fat or less)</li> <li>• Fruit flavoured yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Regular ground beef</li> <li>• Cooked ham</li> </ul>

The following foods should be served **rarely** (once/month) as they are not part of the four food groups, and are high in fat, sugar, or salt, and have little nutritional value:

- |  |
|--|
| <ul style="list-style-type: none"> <li>• Sherbet</li> <li>• Ice cream novelties</li> <li>• Cream cheese</li> <li>• Jell-O</li> <li>• Syrup</li> <li>• Honey</li> <li>• Cakes</li> <li>• Processed luncheon meats and cold cuts</li> <li>• Wieners (cut lengthwise for younger children)</li> <li>• Sausages</li> <li>• Bacon</li> <li>• Commercial fish sticks/commercial chicken nuggets</li> <li>• Chips/Cheesies/Nacho Chips</li> </ul> |
|--|

## Day Care Menu Checklist

- A different meat and alternative is served each day of the week.
- Juice is served NO more than once each day.
- Each lunch includes:
  - 1 serving of grain products
  - 1 serving of vegetables
  - 1 serving of fruit
  - 1 serving of milk
  - 1 serving of meat and alternatives
- Each snack includes foods from at least 2 of the 4 food groups.
- Throughout the week snacks include foods from all 4 of the food groups.
- Menus include a variety of fresh vegetables and fruit.
- There is a drink (milk, juice or water) included in every meal and snack.
- At least 1 serving of fluid milk is offered each day.

# Sample Menu Template

Week of \_\_\_\_\_ to \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack*</b>					
Vegetables & Fruit					
Grain Products					
Milk & Alternatives					
Meat & Alternatives					
Other**					
<b>Lunch meal***</b>					
Vegetable					
Grain Products					
Fruit					
Milk & Alternatives					
Meat & Alternatives					
Other**					
<b>Afternoon snack</b>					
Vegetables & fruit					
Grain Products					
Milk & Alternatives					
Meat & Alternatives					
Other**					
	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Vegetables and Fruit					
Grain Products					
Milk & Alternatives					
Meat & Alternatives					

\* The morning and afternoon snack must include at least 2 food groups

\*\* This is NOT a food group

\*\*\* The lunch meal must contain all food groups

Planned by \_\_\_\_\_ Date \_\_\_\_\_

## Sample Menu – Nuts allowed

Week of \_\_\_\_\_ to \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack<sup>1</sup></b>					
Vegetables & Fruit	Pineapple juice		Blueberries	Grape juice	Apple slices
Grain Products	Triscuits	Carrot muffin	Melba toast	Whole wheat Bagel	
Milk & Alternatives		Milk	Yogurt	Milk	Milk
Meat & Alternatives					Peanut butter
Other <sup>2</sup>			Water		
<b>Lunch meal<sup>3</sup></b>					
	<b>Sandwiches</b>	<b>Spaghetti</b>	<b>Chicken</b>	<b>Chili</b>	<b>Turkey stir fry</b>
Vegetable	Tomato soup, pickles	Salad	Baked French fries, carrots	Green beans	Broccoli, pepper, carrots
Grain Products	Whole wheat bread	Noodles (x2) <sup>4</sup>	Rice	Whole wheat buns (x2) <sup>4</sup>	Brown rice (x2) <sup>4</sup>
Fruit	Orange slices	Pears	Apple crisp	Cantaloupe slices	Peaches
Milk & Alternatives	Milk	Cheese slices	Milk	Cottage cheese Milk	Milk
Meat & Alternatives	Tuna	Meat sauce	Baked chicken or bean salad	Kidney beans	Turkey Almonds
Other <sup>2</sup>		Water			
<b>Afternoon snack<sup>3</sup></b>					
Vegetables & fruit	Celery	Banana slices	Cucumbers , peppers, carrots	Peaches	Cranberry juice
Grain Products	Breton crackers		Whole wheat tortilla		Rice crackers
Milk & Alternatives		Milk/chocolate milk		Ice cream	
Meat & Alternatives	Peanut butter		Hummus		
Other <sup>2</sup>	Water		Water	Water	
	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Vegetables and Fruit	4	3	4	4	4
Grain Products	3	3	3	3	3
Milk & Alternatives	2	3	2	3	2
Meat & Alternatives	2	1	2	1	2

1 The morning and afternoon snack must include at least 2 food groups

2 This is NOT a food group

3 The lunch meal must contain all food groups

4 This indicates that 2 servings will be offered of this food

Planned by \_\_\_\_\_ Date \_\_\_\_\_

Adapted with the permission of KFL&A Public Health  
Leeds, Grenville, and Lanark District Health Unit 2007

## Sample Menu – Peanut free

Week of \_\_\_\_\_ to \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack<sup>1</sup></b>					
Vegetables & fruit	Pineapple juice		Blueberries		Apple slices
Grain Products	Triscuits	Carrot muffin	Melba toast	Whole wheat Bagel	
Milk & Alternatives		Milk	Yogurt	Milk	Milk
Meat & Alternatives					
Other <sup>2</sup>			Water		
<b>Lunch meal<sup>3</sup></b>					
	<b>Sandwiches</b>	<b>Spaghetti</b>	<b>Chicken</b>	<b>Chili</b>	<b>Turkey stir fry</b>
Vegetable	Tomato soup, pickles	Salad	Baked French fries, carrots	Green beans	Broccoli, pepper, carrots
Grain Products	Whole wheat bread	Noodles (x2) <sup>4</sup>	Rice	Whole wheat buns (x2) <sup>4</sup>	Brown rice (x2) <sup>4</sup>
Fruit	Orange slices	Pears	Apple crisp	Cantaloupe slices	Peaches
Milk & Alternatives	Milk	Cheese slices	Milk	Cottage cheese Milk	Milk
Meat & Alternatives	Tuna	Meat sauce	Baked chicken or bean salad	Kidney beans	Turkey Almonds
Other <sup>2</sup>		Water			
<b>Afternoon snack<sup>3</sup></b>					
Vegetables & fruit	Celery	Banana slices	Cucumbers , peppers, carrots	Peaches	Cranberry juice
Grain Products	Breton crackers		Whole wheat tortilla		Rice crackers
Milk & Alternatives		Milk/chocolate milk		Ice cream	
Meat & Alternatives	Hard boiled egg		Hummus		
Other <sup>2</sup>	Water		Water	Water	
	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Vegetables and Fruit	4	3	4	4	4
Grain Products	3	3	3	3	3
Milk & Alternatives	2	3	2	2	2
Meat & Alternatives	2	1	2	1	1

1 The morning and afternoon snack must include at least 2 food groups

2 This is NOT a food group

3 The lunch meal must contain all food groups

4 This indicates that 2 servings will be offered of this food

Planned by \_\_\_\_\_ Date \_\_\_\_\_

Adapted with the permission of KFL&A Public Health  
Leeds, Grenville, and Lanark District Health Unit 2007

## Sample Menu – Vegetarian

Week of \_\_\_\_\_ to \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack<sup>1</sup></b>					
Vegetables & fruit	Pineapple juice		Blueberries		Apple slices
Grain Products	Triscuits	Carrot muffin	Melba toast	Whole wheat Bagel	
Milk & Alternatives		Milk	Yogurt	Milk	Milk
Meat & Alternatives					Peanut butter
Other <sup>2</sup>			Water		
<b>Lunch meal<sup>3</sup></b>					
	<b>Sandwiches</b>	<b>Spaghetti</b>	<b>Navy bean salad</b>	<b>Chili</b>	<b>Stir fry</b>
Vegetable	Tomato soup, pickles	Salad	Baked French fries, carrots	Green beans	Broccoli, pepper, carrots
Grain Products	Whole wheat bread	Noodles (x2) <sup>4</sup>	Rice	Whole wheat buns (x2) <sup>4</sup>	Brown rice (x2) <sup>4</sup>
Fruit	Orange slices	Pears	Apple crisp	Cantaloupe slices	Peaches
Milk & Alternatives	Milk	Cheese slices	Milk	Cottage cheese Milk	Milk
Meat & Alternatives	Egg/hummus sandwiches	Lentil or TVP sauce	Navy bean salad	Kidney beans	Tofu
Other <sup>2</sup>		Water			
<b>Afternoon snack<sup>3</sup></b>					
Vegetables & fruit	Celery	Banana slices	Cucumbers , peppers, carrots	Peaches	Cranberry juice
Grain Products	Breton crackers		Whole wheat tortilla		Rice crackers
Milk & Alternatives		Milk/chocolate milk		Ice cream	
Meat & Alternatives	Peanut butter		Black bean dip		
Other <sup>2</sup>	Water		Water	Water	
	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Vegetables & Fruit	4	3	4	4	4
Grain Products	3	3	3	3	3
Milk & Alternatives	2	3	2	2	2
Meat & Alternatives	2	1	2	1	2

1 The morning and afternoon snack must include at least 2 food groups

2 This is NOT a food group

3 The lunch meal must contain all food groups

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Planned by \_\_\_\_\_ Date \_\_\_\_\_

Adapted with the permission of KFL&A Public Health  
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## Healthy Snacks

Most children do best when they have three meals a day and are served snacks in-between meals. According to the [Day Nurseries Act](#), day nurseries are responsible for providing children with a morning and afternoon snack. There are a couple of things to keep in mind for serving healthy snacks:

- Serve at least two of the four food groups at snack time.
- Healthy snacks come from the four food groups in [Eating Well with Canada's Food Guide](#). Think of snacks as mini meals. Foods that are high in calories and low in nutrients are treats to offer occasionally, and after children have eaten the recommended servings from the four food groups.
- Morning and afternoon snacks should be well-planned and complement the lunch meal.
- Offer snacks about 1 ½ to 2 hours before or after meals to ensure a good appetite at meal time. Keep a regular schedule as children do best with a routine.

Snacks should contain foods from at least 2 of the 4 food groups in [Eating Well with Canada's Food Guide](#).

- Don't let the children fill up on juice when they're thirsty. Water will quench their thirst and ensure that they are not full when meal or snack time rolls around.
- Smart snacking choices are low in sugar and not sticky. Since kids cannot always brush their teeth after snacking, sticky foods such as dried fruit or other sweet sticky foods should be limited.
- Be aware that while nuts, seeds, popcorn, some raw fruits (such as grapes) and some raw vegetables may be good snacks; they may cause choking in young children. Always supervise young children when they are eating (see [How to Prevent Choking in Young Children](#)).



Adapted from *Super Smart Snacking*.

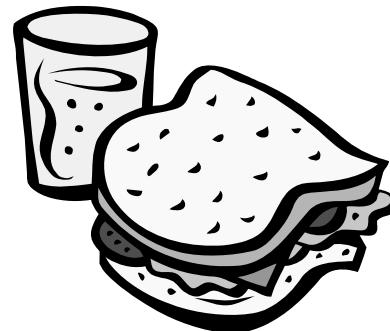
## Healthy & Quick Snack Ideas

Here are some quick snacking ideas. The appropriate food group is listed in brackets beside each snack to assist you when planning the menu.

**VF** = Vegetables and Fruit  
**G** = Grain Product

**Ma** = Milk & Alternatives  
**MA** = Meat & Alternatives

- Pineapple juice and ham (VF, MA)
- Baby carrots and yogurt dip (VF, Ma)
- Grapes and rice crackers (VF, G)
- Banana sandwich (VF, G)
- Yogurt and fruit (Ma, VF)
- Apples and cheese (VF, Ma)
- Cheese and crackers (Ma, G)
- Rice cakes and nut butter (G, MA)
- Unsweetened cereal and milk (G, Ma)
- Popcorn (air-popped) and juice (G, VF)
- Apple, cored, and filled with peanut butter (VF, MA)
- Vegetable sticks (try broccoli, carrots, cauliflower, peppers, mushrooms, cherry tomatoes, cucumber, celery) and yogurt dip (VF, Ma)
- Smoothie (yogurt + fruit + fruit juice or milk) (Ma, VF)
- Tofu smoothie (silken tofu + banana + juice) (MA, VF)
- Bread sticks and juice (G, VF)
- Muffin and vegetable juice (G, VF)
- Cheese cubes with apple slices and grapes (Ma, VF)
- Bagel with peanut butter (G, MA)
- Pineapple rings/ peach slices with cottage cheese (VF, Ma)
- Fruit juice Popsicle and yogurt (VF, Ma)
- Yogurt drink and muffin (try carrot, oatmeal, or bran) (Ma, G)
- Celery filled with peanut butter (VF, MA)
- Whole-wheat tortilla or pita triangles with hummus (G, MA)
- ½ sandwich (try cheese, peanut butter, lean meat, tuna, chicken) (G, Ma -if cheese, or otherwise MA)
- Hard boiled or Devilled egg and milk (MA, Ma)
- Pizza slice and juice (G, Ma, VF)
- Graham crackers and peanut butter (G, MA)
- Pancakes and fruit (G, VF)



## How to prevent choking in young children

Choking is a concern in feeding young children. This is because certain foods can block a child's respiratory passage and cause choking. These foods are usually round, hard, crunchy, or sticky. In addition, caregivers can help by avoiding serving the hazardous foods, and supervising the child while eating. The greatest risk is for children under three years old. Try the following tips to decrease the choking risk in young children.

- Avoid serving popcorn, nuts and seeds, peanut butter (if not on bread), marshmallows, raisins (unless soaked in water for at least 1 hour before serving), hard or round candies and chewing gum.
- Sausages, wieners, or large pieces of meat, vegetables or fruit are safer if cut in narrow lengthwise pieces.
- Grapes should be cut in half, and seeds removed.
- Bones and small fish bones should be removed.
- Children should be sitting upright at the table while eating.
- Serve vegetables and apples raw, cut into strips. Partially cook vegetables that tend to be hard (turnips, carrots, cauliflower, broccoli, celery). Cut fruits like oranges into small pieces. Remove pits from cherries and cut cherries into small pieces before serving.
- Use smooth peanut butter on toast (avoiding chunky peanut butter reduces the risk of choking).

Children should be supervised at all times while eating.

Adapted from: *Canada's Food Guide to Healthy Eating Focus on Preschoolers: Background for Educators and Communicators; Manual of Clinical Dietetics and Feeding Your Child Ages 2 to 5.*

## Tips for selecting healthy cereals

Cereal and milk is a healthy balanced snack. It contains a variety of vitamins and minerals and can be a good source of fibre.

### When choosing a cereal look for one that is:

- ✓ High in fibre (4 grams or more) and
- ✓ Low in sugar (less than 5 grams).

### Cereals to try:

- ✓ Corn Bran
- ✓ Bran Flakes (add your own fruit)
- ✓ Shreddies
- ✓ Fibre 1
- ✓ Fruit and Fibre
- ✓ Mini Wheats
- ✓ Shredded Wheat
- ✓ Oat Squares
- ✓ Weetabix

Read the [Nutrition Facts Table](#) on product packages to find amounts of sugar and fibre in a food product.

## Tips for selecting healthy crackers

Crackers add variety to snacks and can be a healthy grain choice. Many crackers are made with saturated fats, refined flour and are high in sodium. There are many crackers to choose from in the grocery store and choosing a healthy one can be a challenge,

### When choosing crackers look for those with:

- ✓ 3 grams of fat or less \*
- ✓ whole grains
- ✓ reduced sodium

\*Children don't need to be concerned about eating a low fat diet, **BUT** the saturated and trans fats found in most crackers are not a healthy type of fat.

### Try some of these crackers:

- ✓ Flatbread
- ✓ Melba toast
- ✓ Rice crackers
- ✓ Rice cakes
- ✓ Bread sticks
- ✓ Rusks
- ✓ Soda crackers
- ✓ Crispbread

\*Crackers meeting the above criteria are commonly found with the bread products in the grocery store, not in the cracker aisle.

Read the [Nutrition Facts Table](#) on product packages to find amounts of fibre, fat, and sodium in a food product.

## Juice

Small amounts of 100% fruit juice can be part of a healthy well balanced diet. Fruit beverages are **NOT** nutritionally equivalent to fruit juice.

Too much fruit juice can interfere with good nutrition. It can replace milk or formula and dampen a child's appetite for meals and snacks. When consumed in excessive amounts the sugars in juice can be malabsorbed leading to chronic diarrhea, flatulence, bloating and abdominal pain.

### Choosing a healthy juice

Look for 100% pure fruit juice. Juice from concentrate is okay as long as it is 100% fruit juice and does not contain added sugars. Juices that state "made with real fruit juice" can contain added sugars and may contain as little as 10% fruit juice.

### Avoid beverages labelled:

- x drink
- x blend
- x cocktail
- x punch
- x beverage

If you are unsure if a beverage is appropriate check the ingredient list for added sugar. Glucose, fructose, sucrose, honey and syrup all mean sugar.

Read the [Nutrition Facts Table](#) on product packages to find the amount of sugar in a beverage.

# **Supportive Social Environments**

## **Picky Eaters**

# Supportive Social Environments

## PICKY EATERS

### The Picky Eater

**Caregivers:** are responsible for **what** is presented to eat and the **manner** which it is presented.

**Children:** are responsible for **how much** and even **whether** they eat.

From: *How to Get Your Kid to Eat... But Not Too Much.*

#### Tips for dealing with the [picky eater](#)

- Keep it simple and serve child-size portions.
- Serve foods separately and attractively.
- Include finger foods.
- Include a variety of foods.
- Avoid day/ food association.
- Do not use sweets or desserts as a reward for finishing a meal. This will teach children that dessert is the most desirable part of the meal, increases their preference for sweet foods, and may reduce acceptance of non-sweet foods.
- Introduce new foods often and serve them with a food they already like.
- Offer healthier versions of favourite foods – hummus (dips), pita chips (tortilla chips), and homemade oatmeal cookies (store bought chocolate chip cookies).
- Never assume what a child will or will not like. Offer it to them and let them decide!
- Never force a child to eat a food! Simply offer new foods often. Remember that it may take up to 20 exposures to a new food before a child will eat it.
- Be a good role model! If you eat a variety of foods, children will likely want to try them too!

#### **Eight ways to incorporate healthier foods into a child's diet**

1. Add nutritious foods into old favourites. For example, try adding pureed beans into spaghetti sauce or cookies.
2. Let kids help with preparing and serving the food.
3. Educate the children about the food guide.
4. Grow a garden and let the children help. Children may be more likely to eat a food if they have helped grow it.
5. Go easy on sugar and salt.
6. Let props help sell what you're serving. Serving foods in a fun way may interest the children into trying the food.
7. Make mealtime and snack time a pleasant social event.

Adapted from *Healthy Snacks for Kids* and *Manual of Clinical Dietetics*.

## How to increase the intake of certain food groups

### Vegetables & Fruits

- Serve frozen- corn, carrots, peas, grapes (cut-in half), etc.
- Serve with dips.
- Serve with cheese.
- Use them in baked products. Try adding carrots, zucchini, pineapple, bananas, or raisins to muffins, cakes, or breads.
- Grow vegetables.
- Try serving vegetable juices or soups.
- Add pureed or grated vegetables to soups, sauces and casseroles.
- Make fruit shakes, or add fresh fruit to yogurt.
- Cut in fun shapes For example:
  - Cantaloupe- cut in half and give little spoons for them to scoop with
  - Kiwi- cut in slices, or cut in half and let them scoop it out!

### Milk & Alternatives

- Offer smaller portions.
- Top fruit with yogurt.
- Make fruit smoothies.
- Try baked custards or milk puddings.
- Make yogurt-based Popsicles.
- Serve milk-based soups.
- Add flavours to milk as a treat.
- Serve yogurt as a dip or try tzakiki with vegetable or fruit pieces.

### Meat & Alternatives

- Offer smaller portions.
- Serve tender, juicy meats.
- Serve poultry and fish more often.
- Puree legumes into sauces, chili, and soups.
- Use legumes in desserts, such as brownies
- To add variety, use Textured Vegetable Protein (TVP)
- Use tofu to add variety.
- Serve meat in sauce with pasta, or as a loaf.
- Use soups such as lentil, pea, or chili.
- Try serving hummus with vegetables or pita bread.
- Serve egg based dishes more often.

Typically, children get plenty of servings from the Grain Products group, and there is often no need to increase the intake of this group.

## Creating a healthy eating environment

1. Make sure children are comfortable by:
  - having comfortable chairs that allow the child to reach the table
  - using cups that are easy to hold and
  - using the proper utensil size.
2. Create a special place at the table by:
  - having them design their own place mat or centerpieces and/or
  - using special cups or dishes or straws.
3. Practice proper hygiene by:
  - washing hands before eating and
  - brushing teeth after meals.
4. Eating with the children will:
  - give them a role model to teach them healthy eating habits,
  - help them develop social skills and
  - set a good example.
5. Consider the child's development by:
  - offering age appropriate foods,
  - setting appropriate limits and expectations
6. Offer child-size servings.
  - offer small amounts of food, too much food can be overwhelming
  - smaller servings of individual foods will allow you to offer them a greater variety of foods overall
7. Be consistent with expectations:
  - Decide upon table manners and stick to them. Can they eat with their mouth full? Is it okay to make bubbles in their milk? Once children know what is expected of them, they are more likely to cooperate.
  - Have a list of table expectations and make sure the children know what they are.
8. Do not use bribes
  - Children who are bribed or coaxed to try a new food are less likely to go back to that food than those allowed to accept or reject it on their own.

Adapted from: *Good Start, Eat Smart*.

# **Supportive Social Environments**

## **Food Allergies**

# Supportive Social Environments

## FOOD ALLERGIES

**How does a food allergy affect the day nursery?  
Day Nurseries Act guidelines for children's food allergies**

**The day nursery must post a list of every child that has a food allergy and their respective allergy in each cooking and serving area of the day nursery.**

### What is a [food allergy](#)?

In a true food allergy, the body's immune system reacts to contact with the offending substance (allergen) by making antibodies. Reactions can range from mild to severe. In some cases, food allergies are only a mild inconvenience. However, for others they can produce major health problems and may even be life threatening. It is estimated that around 6% to 8% of all children have allergies. If it is suspected that a child has an allergy to food, the child should see a physician for a diagnosis.

Some symptoms that may be produced from the allergy include:

- ▶ hives
- ▶ nausea
- ▶ eczema
- ▶ diarrhea
- ▶ anaphylactic shock
- ▶ sleep disturbances
- ▶ coughing
- ▶ swelling of the throat
- ▶ nasal congestion
- ▶ sneezing
- ▶ inflammation of the eye
- ▶ asthma

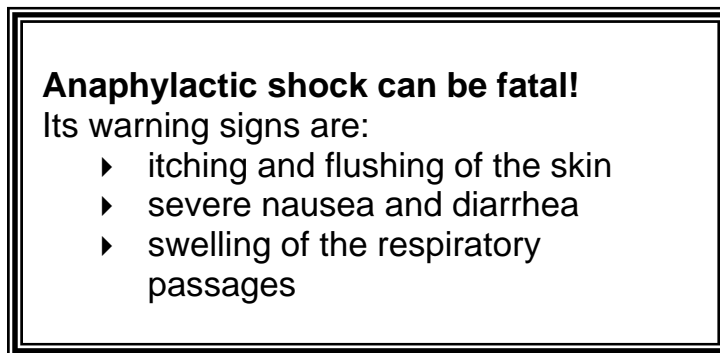
A confirmed food allergy is treated by strict dietary avoidance. Do not serve food, or recipes containing a food, to which a child has an allergy. Caregivers should obtain a detailed list of all ingredients that the child should avoid eating. Some terms can be easily identified, whereas others are not so obvious. For example, if a child has an egg allergy, it is obvious that they should avoid egg white, but not as obvious to avoid ovomucoid or lecithin. It is important to find out from the parent or doctor what the consequences will be if the child consumes an allergenic food.

Nutrients that are deficient due to excluding one food or food group need to be identified and supplied by other foods or supplements. Caregivers should be instructed on how to replace the food, or food group, with safe, alternative choices. The most common food allergies are: cow's milk, eggs, soy, peanuts, fish, shellfish, and wheat. Gluten and corn allergies will also be discussed.

Adapted from: *Manual of Clinical Dietetics, Feeding Infants and Children: Instructor's Guide*; and *Meals Without Squeals*.

## Some tips for managing food allergies in day nurseries

- Establish a written policy on parent/caregiver responsibilities.
- Have a physician's statement on file that describes the allergy and recommended substitutions.
- Make sure a list of children's names and their allergies is posted (see Day Nurseries Act) in all cooking and serving areas.
- If a child is subject to life-threatening reactions (anaphylactic shock) from foods, obtain authorization to administer the appropriate medications and the necessary training to do so safely.



- Remember that children generally do not like being singled out. Try to plan menus that everyone can eat. When you find that you must make substitutions for a child, be sure that what she gets is as nice as what everyone else is getting. Don't make it too spectacular though, or you'll have everyone else wanting special treatment.
- Become thoroughly familiar with foods that potentially contain the allergens you're avoiding. Read labels carefully. Beware of "hidden" allergens in foods.
- Make every effort to replace the nutrients that will be missing when a child must avoid major foods and food groups. For example, apple juice is not a substitute for milk. They may both be beverages, but apple juice has virtually none of milk's protein, calcium, riboflavin, vitamin A, or vitamin D.

Adapted from: *Meals Without Squeals*.

# Cow's Milk Intolerance

Intolerance to milk (or lactose intolerance) and milk allergy are completely different. Only a doctor can diagnose either one.

## Milk (or Lactose) Intolerance

**Milk intolerance is the inability to digest lactose. Lactose is the naturally occurring sugar in milk. Lactose intolerance occurs when the body does not produce adequate amounts of the enzyme lactase. Lactase is the enzyme that breaks down lactose.**

- A person with lactose intolerance may get gas, stomach aches, or diarrhea when they drink milk or consume some milk products.
- Milk products don't necessarily need to be avoided. Some people can tolerate small amounts of milk and milk products spread throughout the day without having any symptoms. Check with parents to see what amount of milk, yogurt, cheese or ice cream is tolerated.
- Lactose-reduced milk products can be purchased at most grocery stores. Lactase enzyme pills should only be given if supplied by parents. Make sure a doctor diagnoses the lactose intolerance before taking lactase pills.
- If Milk & Alternatives are limited, intake of calcium, phosphorus, vitamins A and D, and riboflavin may be inadequate. Use of lactose-reduced milk products, or small amounts of regular milk products or fortified plant-based beverages (such as fortified rice or soy milk) could satisfy these nutrient needs.

### Tips:

- Offer milk products in small amounts, if tolerated.
- Provide lactose-reduced milk, if necessary.
- Offer low-lactose milk products, such as hard cheeses and yogurt.
- Sometimes high-fat milks are better tolerated than lower-fat milks.

### Sources of lactose include:

- |                       |                   |
|-----------------------|-------------------|
| ▶ milk                | ▶ lactose         |
| ▶ non-fat milk powder | ▶ buttermilk      |
| ▶ milk solids         | ▶ curds           |
| ▶ non-fat milk solids | ▶ malted milk     |
| ▶ whey                | ▶ cheese flavours |
| ▶ sweet or sour cream |                   |

Adapted from: *Manual of Clinical Dietetics; Good Start, Eat Smart; Feeding Infants and Children: Instructor's Guide; and Meals Without Squeals.*

# Milk allergy

**Milk allergy is an allergic reaction to the protein found in milk.**

- A person with this condition cannot have milk, cheese, yogurt, ice cream, or any food made with milk products (see list below). Any product containing milk ingredients will **not** be tolerated.
- Goat's milk and cheese made from goat's milk **may** be acceptable, but it is best to check with the child's parents and/or their doctor.

## **Some food or ingredients to avoid:**

- x artificial butter flavour
- x butter
- x butter fat
- x butter flavoured oil
- x buttermilk
- x casein
- x caseinates
- x cheese
- x cottage cheese
- x cream
- x creamed foods
- x curds
- x custard
- x ghee
- x half and half
- x hydrolysates (casein, milk protein, protein, whey, whey protein)
- x ice cream
- x ice milk
- x lactalbumin
- x yogurt
- x lactoglobulin
- x lactose
- x lactulose
- x margarine with milk solids
- x milk (derivative, powder, protein, solids, malted, condensed, fat, evaporated, dry, whole, low-fat, milk non-fat, skimmed, and milk from all other animals)
- x milk chocolate
- x nougat
- x pudding
- x quark (European cheese)
- x rennin casein
- x sour cream
- x sour cream solids
- x sour milk solids
- x sherbert
- x whey
- x whipping cream

## **The following may also contain milk protein:**

- x flavourings (including natural and artificial)
- x deli meat, luncheon meat, hotdogs, sausages
- x high-protein flour
- x margarine
- x simplesse

**Vitamins and minerals that may be lacking in a milk-free diet:**

- ▶ Calcium, vitamin D and vitamin B<sub>12</sub>

**To replace these vitamins and minerals, offer a variety of these foods in place of milk:**

- ✓ fortified rice, soy, and oat beverages, they can be a good source of calcium and vitamin D
- ✓ calcium-fortified orange juice.

**Helpful tips for added calcium**

- ✓ toss nuts or seeds on salads or in casseroles
- ✓ add beans to soups, stews and casseroles
- ✓ stock up on canned salmon for use in sandwiches, salads and casseroles
- ✓ try tofu lasagna or burgers



**Substitutes for dairy foods in recipes\*:**

- |                       |                             |
|-----------------------|-----------------------------|
| ✓ fortified soy milk  | ✓ nut milks                 |
| ✓ soy formulas        | ✓ juices, in baked goods    |
| ✓ tofu                | ✓ broth, in sauces or soups |
| ✓ fortified rice milk | ✓ fortified oat milk        |

**\*Note these are not meant to replace a milk serving, rather give ideas of how to bake without milk products.**

Adapted from: *Manual of Clinical Dietetics; Good Start, Eat Smart, Feeding Infants and Children: Instructor's Guide; and Meals Without Squeals.*

# Egg Allergy

**Egg allergy is an allergic reaction to the protein found in eggs.**

- All eggs and products containing eggs (see list below) must be avoided.
- Generally eggs from all varieties of birds should be avoided

## **Some foods or ingredients to avoid:**

- |   |               |                   |
|---|---------------|-------------------|
| x albumin   | x egg noodles | x ovoglobulin     |
| x custards  | x globulin    | x ovomucin        |
| x egg (white, yolk, dried, powdered, solids, eggs or all species) | x livetin     | x ovomucoid       |
| x egg substitutes   | x lysoszyme   | x ovovitelin      |
| x eggnog  | x macaroni    | x simplese        |
|   | x mayonnaise  | x surimi          |
|   | x meringues   | x tapioca pudding |
|   | x ovalbumin   | x vitellin        |

## **Vitamins and minerals found in eggs:**

- ▶ Vitamin B<sub>12</sub>, riboflavin, pantothenic acid, biotin, and selenium

Eggs do not make a major contribution to the diet, so it is unnecessary to provide a detailed list of food substitutions. Eating a variety of meat, fish, poultry, nuts, seeds and legumes will provide the essential nutrients.

## **The following may also contain egg:**

- x many baked goods (especially those that are yellow or with a shiny glaze)
- x many pastas
- x natural and artificial flavourings
- x lecithin
- x marzipan
- x marshmallows



### **Substituting one egg in recipes:**

- 1 tsp baking powder + 1 tbsp liquid + 1 tbsp vinegar
- 2 tbsp flour + ½ tsp shortening + ½ tsp baking powder + 2 tbsp liquid
- (appropriate for recipe: water, vinegar, juice, broth)
- 1 tsp yeast dissolved in ¼ cup warm water
- 1 ½ tbsp water + 1 ½ tbsp oil + 1 tsp baking powder
- 1 packet plain gelatin + 1 tbsp warm water (do not mix until ready to use)
- Flax egg replacer for one egg: in a small bowl mix together 1 tbsp ground flax seed + 3 tbsp water. Let sit 2-3 minutes. Egg replacer is ready when thick.

*Adapted from: Manual of Clinical Dietetics; Meals Without Squeals, and Becoming Vegetarian.*

## Soy Allergy

- Soy is widely used in commercial food preparation. Labels should be examined carefully as only certain brands of foods may be soy-free.
- The soy-free diet omits soybeans and all soy products (see list below)
- Soy oil and soy lecithin contain trace amounts of soy protein, therefore do not generally need to be avoided. However, a person highly sensitive to soy is advised to avoid these.
- There is no evidence that a soy allergy requires avoidance of all other legumes. Foods such as peanuts, lentils, peas and other beans should only be avoided if an allergy to that specific food has been identified.

### Some foods or ingredients to avoid:

- x cold-pressed oils (or pure-pressed, expeller-pressed, or unrefined) usually contain soy proteins, so must be avoided.
- x hydrolyzed vegetable protein
- x miso
- x some margarines
- x soybeans
- x soybean oil
- x soy protein isolate
- x soy flour
- x soy infant formula soy milk
- x soy nuts
- x soy sauce
- x tempeh
- x teriyaki sauce
- x texturized vegetable protein (TVP)
- x tofu
- x vegetable gum
- x vegetable starch
- x vegetable protein concentrate
- x Worcestershire sauce

### Vitamins and minerals in soy based foods:

► Thiamin, riboflavin, pyridoxine, folacin, calcium, phosphorus, magnesium, iron, and zinc.

Soy products do not make a major contribution to the diet, so it is unnecessary to provide a detailed list of substitute foods. Eating a variety of meat, fish, poultry, nuts, seeds and legumes will provide the essential nutrients.

Adapted from: *Manual of Clinical Dietetics and Meals Without Squeals*.

# Peanut Allergy

- Peanut allergy is one of the most commonly identified causes of anaphylactic reactions in both children and adults.
- The peanut-free diet omits peanuts and foods containing peanuts (see list below).
- There is no evidence that a peanut allergy requires avoidance of all other legumes. Foods such as soy, lentils, peas and beans, should only be avoided if an allergy to the specific food has been identified.
- A person with a severe allergy to peanuts should avoid nuts of all types

## Some foods or ingredients to avoid:

- |  |                  |
|--|------------------|
| x artificial nuts                                | x mandalona nuts |
| x beer nuts                                      | x monkey nuts    |
| x cold, pressed, expelled or extruded peanut oil | x mixed nuts     |
| x goober nuts                                    | x nut pieces     |
| x goober peas                                    | x peanut         |
| x ground nuts                                    | x peanut butter  |
|  | x peanut flour   |

## Foods that may indicate the presence of peanut protein:

- |  |                                |
|--|--------------------------------|
| x African, Chinese, Indonesian, Thai and Vietnamese dishes | x egg rolls                    |
| x baked goods (pastries, cookies, etc.)                    | x hydrolyzed plant protein     |
| x candy  | x hydrolyzed vegetable protein |
| x chili  | x ice cream                    |
| x natural flavourings                                      | x marzipan                     |
| x chocolate (candies, candy bars)                          | x nougat                       |
| x seeds  | x sunflower                    |

## Vitamins and minerals found in peanuts:

- ▶ Vitamin E, niacin, magnesium, manganese, and chromium

Peanuts do not make a major contribution to the diet, so it is unnecessary to provide a detailed list of substitute foods. Eating a variety of meat, fish, poultry, and legumes will provide the essential nutrients.

Adapted from: *Manual of Clinical Dietetics*.

## Shellfish Allergy

- The shellfish-free diet omits shellfish and foods containing shellfish (see list below).
- A person that is allergic to shellfish is not necessarily allergic to fish, so they should be tested.
- Kosher food products do not contain pork or shellfish and should be safe for persons with shellfish allergies.
- A person who is allergic to one type of shellfish is at risk of being allergic to all types of shellfish. Therefore avoidance of all crustaceans and mollusks is advised.

### Some foods or ingredients to avoid:

- |  |                     |
|--|---------------------|
| x abalone  | x octopus           |
| x clams (cherrystone, littleneck, pismo, Quahog)           | x oysters           |
| x cockle (periwinkle, sea urchin)                          | x prawns            |
| x crab   | x scallops          |
| x crawfish (crayfish, ecrevisse)                           | x shrimp (cervette) |
| x lobster (langouste, langousine, scampo, coral, tomalley) | x snails (escargot) |
| x mollusks   | x squid (calamari)  |
| x mussels  |                     |

Shellfish generally do not make a major contribution to the typical Western diet, so it is unnecessary to provide a detailed list of substitute foods. Eating a variety of meat, fish, poultry, nuts, seeds and legumes will provide the essential nutrients.

Adapted from: *Manual of Clinical Dietetics*

## Corn Allergy

### Some foods or ingredients to avoid:

- × cornmeal
- × cornstarch
- × corn chips
- × corn tortillas
- × corn oil
- × corn solids
- × corn syrup
- × corn sweetener
- × many candies
- × masa harina
- × modified food starch
- × pancake syrups
- × some baked goods
- × some baking powders
- × some cold cereals
- × vegetable starch
- × vegetable gum

### Substitutes for corn in recipes\*:

- ✓ other flours
- ✓ pure maple syrup
- ✓ potato starch or rice flour
- ✓ arrowroot, tapioca as thickeners
- ✓ honey
- ✓ beet or cane sugar
- ✓ baking soda and cream of tartar for leavening

Corn generally does not make a major contribution to the typical diet, so it is unnecessary to provide a detailed list of substitute foods. Eating a variety of vegetables and fruit and grain products will provide the essential nutrients.

Adapted from: *Meals Without Squeals*.

## Wheat Allergy

- A wheat allergy and Celiac Disease (gluten allergy) are not the same. A person with a wheat allergy is allergic to the protein in wheat, whereas a person with Celiac Disease is allergic to the gluten, or storage proteins, in wheat, rye, barley, and oats. If a child has Celiac Disease, ask the parents for detailed lists of foods that the child can eat.
- The wheat-free diet omits wheat and foods containing wheat products (see list below).

### Some foods or ingredients to avoid:

- |  |   |
|--|---|
| x bran   | x gluten  |
| x bread crumbs   | x kamut   |
| x bulgur   | x macaroni  |
| x cereal extract   | x seitan  |
| x couscous   | x semolina  |
| x cracker meal   | x spelt   |
| x durum, durum flour   | x triticale   |
| x enriched flour   | x vital gluten                                      |
| x farina   | x wheat (bran, cracked, germ, gluten, malt, starch) |
| x flour (all-purpose, enriched, graham, high-gluten, high-protein, pastry, soft wheat) | x whole-wheat berries                               |
|  | x whole-wheat flour                                 |

### The following may contain wheat protein:

- x flavouring (natural and artificial)
- x hydrolyzed protein
- x malt
- x soy sauce
- x starch (gelatinized, modified, modified food starch, vegetable)
- x surimi
- x vegetable gum

### Substitutes for wheat in recipes:

- ✓ cornstarch, tapioca, rice flours as thickeners
  - ✓ wheat-free breads, crackers
  - ✓ rice cakes
  - ✓ corn tortillas
  - ✓ oatmeal
  - ✓ polenta
  - ✓ cream of rice
  - ✓ wheat-free pasta
  - ✓ popcorn
  - ✓ rice flour
  - ✓ barley flour
  - ✓ potato flour
  - ✓ oat bran
  - ✓ rice bran
  - ✓ wheat-free cereal crumbs
- ✓ Baking mix: 1 cup cornstarch, 2 cups rice flour, 2 cups soy flour, 3 cups potato flour (bake at lower temperature for a longer time, and you may want to cut down on the added fat in the recipe)

#### **Vitamins and minerals in wheat based foods**

- ▶ Thiamin, riboflavin, niacin, chromium, and iron (from enrichment)

#### **A variety of the following grains will provide all the nutrients required:**

- ✓ rice
- ✓ potato
- ✓ rye
- ✓ millet
- ✓ corn
- ✓ quinoa

Adapted from: *Manual of Clinical Dietetics and Meals Without Squeals*.

# **Skill Development**

## **Health Unit Nutrition Services for Day Cares**

# Skill Development

## HEALTH UNIT NUTRITION SERVICES FOR DAY CARES

### Role of the Registered Dietitian

The Registered Dietitians at the Health Unit can provide credible nutrition information and resources to help establish healthy eating at your childcare facility. As a childcare provider, you play a big role in establishing a healthy eating environment for the children in your care. One of the goals is to provide accurate and consistent messaging about nutrition during childhood and support childcare providers in their work.

A Registered Dietitian at the Health Unit can provide the following services for childcare providers and their staff when requested:

- Resources for parents and care providers on children's nutrition
- Menu review for fit with Eating Well with Canada's Food Guide
- In-service for childcare providers in your own community on:
  - Menu planning
  - Picky eaters
  - Nutrition recommendations
  - Food allergies
  - Meal and snack ideas
  - Feeding skills of children
  - Roles of caregiver and child in feeding

### Health Unit Resources

The Health Unit has a number of **fact sheets and resources** on a variety of topics including:

- Eating Well with Canada's Food Guide [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)
- Feeding Your Baby <http://www.healthunit.org/children/feeding/feedingyourbaby.htm>
- Making Your Own Baby Food <http://www.healthunit.org/children/feeding/makeownbabyfood1.htm>
- Eat Those Veggies! [http://www.healthunit.org/nutrition/lifecycle/child/eat\\_those\\_veggies.pdf](http://www.healthunit.org/nutrition/lifecycle/child/eat_those_veggies.pdf)
- The Fibre Boost <http://www.healthunit.org/nutrition/hottopics/fibre.pdf>
- Salt Shakers <http://www.healthunit.org/nutrition/hottopics/lowsalt.pdf>
- Trimming the Fat <http://www.healthunit.org/nutrition/hottopics/trim%20the%20fat.pdf>
- Cutting the Cost of Cooking <http://www.healthunit.org/nutrition/foodsecurity/cutcostcook.htm>
- Stretch Your Food Dollar <http://www.healthunit.org/nutrition/foodsecurity/fooddollarfact.htm>

There are also a number of topics on our **Health Unit Nutrition website** <http://www.healthunit.org/nutrition/default.htm> that will provide useful information for childcare providers:

- Food Allergies <http://www.healthunit.org/nutrition/healthyeating/foodallergies.htm>
- Vegetarianism <http://www.healthunit.org/nutrition/hottopics/vegetarianism.htm>
- Reading Food Labels  
<http://www.healthunit.org/nutrition/healthyeating/labelling.htm>
- Food Security <http://www.healthunit.org/nutrition/foodsecurity/consumer.htm>
- Fish Consumption Guidelines Related to Mercury Exposure  
[http://www.healthunit.org/nutrition/hottopics/fish\\_consumption-oct-2007.pdf](http://www.healthunit.org/nutrition/hottopics/fish_consumption-oct-2007.pdf)
- Healthy Childhood Weights  
<http://www.healthunit.org/nutrition/hottopics/healthyweights/childweight.htm>
- Helping Children Grow into a Healthy Weight  
[http://www.healthunit.org/nutrition/hottopics/healthyweights/children\\_grow.htm](http://www.healthunit.org/nutrition/hottopics/healthyweights/children_grow.htm)
- Resource Links <http://www.healthunit.org/nutrition/links.htm>

## **Special Considerations for Home Based Daycares**

If you run a home day care, menus must still be planned in consultation with the child's parents and adhere to the standards as outlined in the Day Nurseries Act. Regular meals and snacks, depending on the length of time the child is in the daycare setting, must be offered.

A home based day care may not have the budget to plan long term menus or purchase large quantities of food. In a home day care setting, especially when there is a small number of children present (regulations state 5 children or less per caregiver in addition to their own biological children), it can be difficult to plan a menu at all.

Make the children part of the family meal routine. Whatever the family is having for lunch or snacks can also be offered to the children in a home day care setting, as long as the standards of the Day Nurseries Act are met. So, for example, as long as the family's lunch contains nutritious foods from each food group, then it can be served to the children in care as well.

Apply the same principles of meal time structure, table manners, and how to handle a picky eater. Whether in small or large groups, children will need to be taught these things.

The more detail you can document and retain for records regarding the individual children's dietary needs, likes, and dislikes, the easier it will be to keep it clear what each child needs.

# **Education**

# **Resources**

# Education

## Resources and Cookbooks:

Callaghan, B. and Roblin, L. *Dietitians of Canada: Great Food Fast*. Toronto: Robert Rose, 2000.

Cestnik, J and L. *The Caboodle Cookbook*. Toronto: Caboodle and Company, 1990.

Magee, E. *Someone's in the Kitchen with Mommy*. Chicago: Contemporary Books, 1998.

Pare, J. *Company's Coming Kids Cooking*. Edmonton: Company's Coming Publishing Ltd., 1995.

Passmore, J. *Feeding Babies & Toddlers*. London: Letts & Co. Limited, 1991.

Rose, R. *Robert Rose's Favorite: Cooking for Kids*. Toronto: Robert Rose, 1999.

Winston, M. *American Heart Association Kids' Cookbook*. New York: Random House, Inc., 1993.

## Vegetarian Resources and Cookbooks:

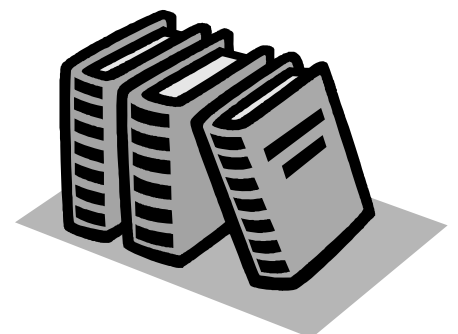
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The Moosewood Collective. *Moosewood Restaurant Low-fat Favorites*. New York: Clarkson N. Potter Inc., 1996.



## **Stories and activities that teach nutrition to young children:**

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Bourgeois, P. *The Amazing Potato Book*. Toronto: Kids Can Press Ltd. 1991.

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Maestro, B. *How do apples grow?* New York: Scholastic, 1992.

Numeroff, L. *If you give a mouse a cookie*. New York: Scholastic, 1985.

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- Flax Council of Canada. *Flavourful Flax*.
- Grozdea, S. *Healthy Snacks from A to Z*. Parent's Magazine, January 2000.
- Hamilton- Wentworth Regional Public Health Department. *Feeding Infants and Children: Instructor's Guide*. December 1992.
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- Menu Evaluation for Childcare Providers as easy as 1-2-3*.
- Ontario Soybean Growers' Marketing Board. *Tofu: Simply Delicious*.
- Ontario White Bean Producers. *The Supreme Bean: Delicious and nutritious recipes made with Ontario White Pea Beans*.
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