

Healthy Foods for my Recreation Setting

Nutrition Standards for Saskatchewan

Recreation settings play an important role in helping communities be physically active and healthy.

Nutrition plays a role in optimal health for all people. The benefits of eating well and being active include:

- better overall health;
- lower disease risk;
- feeling better;
- stronger muscles and bones;
- more energy; and,
- improved athletic performance.

The goal is to have healthy choices anytime food and drinks are offered.

It is important that recreation settings support all aspects of health which includes providing and promoting nutritious food* choices in cafeterias, concessions, vending machines, programs, events and/or fundraisers.

Many factors influence our food choices such as what food is *available*, where it is *placed*, how much it *costs* and how it is *promoted*. These factors make up the food environment. They can be changed to support the sales of healthy foods and to make the healthy choice easier for customers.

*In this document, the term 'food' refers to both food and drinks.

This tool can be used:

- by people in recreation settings who serve, sell and/or promote food and have influence over these decisions.
- to determine foods of higher nutritional value to offer in your recreation setting.

Other helpful resources:

- [Canada's Food Guide](#);
- Healthy Foods for my Recreation Setting - Getting Started; and,
- [Eat Healthy, Play Healthy](#) on the Saskatchewan Parks and Recreation Association website.

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How to Use this Tool

Building on Canada's Food Guide, this tool divides foods into five categories. Each category has its own nutrition standards. Use the nutrition standards to determine if a food is considered an **Offer Most Often**, **Offer Sometimes** or **Offer Least Often** food.

The Five Categories:

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives
- Mixed Dishes

Offer Most Often foods:

- are fresh vegetables and fruit; whole grain products; pasteurized and unsweetened milk and alternatives; lean meats, fish, poultry, eggs and meat alternatives such as lentils, beans and tofu.
- contain a variety of nutrients for healthy growth and development.
- are generally lower in fat, sugar and salt and higher in fibre than Offer Sometimes foods.

Offer Sometimes foods:

- are often processed.
- provide some nutrients for healthy growth and development.
- are generally higher in fat, sugar and salt and lower in fibre than Offer Most Often foods.

Offer Least Often foods:

- have few nutrients.
- are often highly processed.
- are generally higher in fat, sugar, salt and lower in fibre than Offer Most Often and Offer Sometimes foods.

Many Offer Most Often foods like fresh vegetables and fruit won't have a food label.

Reading Food Labels

Look at the food label*, which includes the ingredient list and the nutrition facts table, to find out which food category a food belongs to and whether it is an **Offer Most Often**, **Offer Sometimes** or **Offer Least Often** food.

A Food Label - Yogurt Example

Nutrition Facts	
Per 175g (3/4 cup) serving	
Amount	% Daily Value
Calories 130	
Fat 3.5 g	5%
Saturated 2.0 g	
+ Trans 0.2 g	8%
Cholesterol 20 mg	
Sodium 60 mg	3%
Carbohydrate 8 g	3%
Fibre 0 g	
Sugar 4 g	
Protein 17 g	2%
Vitamin A	2%
Vitamin C	0%
Calcium	20%
Iron	0%
INGREDIENTS: SKIM MILK, CREAM, ACTIVE BACTERIAL CULTURES.	

Ingredient List

Ingredients are listed in order of weight, from most to least. The first few ingredients usually help to identify the food category that product belongs to.

In the **yogurt example**, skim milk is the first ingredient; therefore this product belongs in the Milk and Alternatives Category.

Nutrition Facts Table

A nutrition facts table can be used to:

- learn about a food's nutritional value.
- see if a food contains a little (5% DV or less) or a lot (15% DV or more) of a nutrient.
- compare two products to make informed choices.

When reading the nutrition facts table, it is important to consider both the serving size and the % Daily Value.

Serving Size

The information on the nutrition facts table is based on an amount of food called the serving size. Many food products will only list a portion of the package as the serving size. "Serving size is not necessarily the suggested quantity of food you should eat. The serving size tells you the quantity of food used to calculate the numbers in the nutrition facts table." (Health Canada)

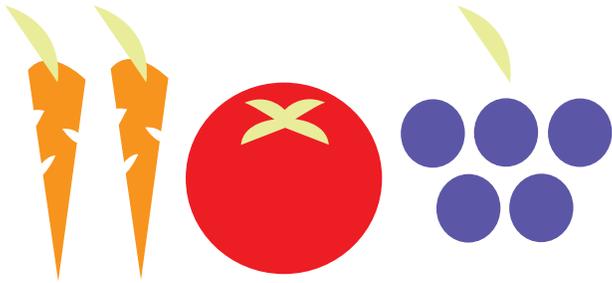
% Daily Value (%DV)

The %DV is a quick overview of the nutrient profile of a food. It can be used to determine if the food has a little or a lot of a nutrient. It can also be used to compare two different food products to make a healthier choice.

General rule for all nutrients:

- 5% DV or less is a **LITTLE**
- 15% or more is a **LOT**

*For more information on reading labels and changes to food labeling go to the [Health Canada website](http://www.healthcanada.gc.ca).



Vegetables and Fruit

The food belongs in the **Vegetables and Fruit Category** if:

- the first ingredient is a vegetable or fruit; and,
- sugar is not the first ingredient (sugar comes in many forms such as honey, molasses, fruit juice, fruit juice concentrate or fruit puree concentrate).

Offer vegetables and fruit prepared with little or no added fat, sugar or salt.

Vegetable and fruit juices must be 100% unsweetened. If these juices are made from concentrate, water may be the first ingredient. This still qualifies as a vegetable or fruit. Be cautious when product labels say “beverage, punch, cocktail or drink” as these are often sweetened.



Offer Most Often

To meet the Offer Most Often standard, the food needs to have:

- no added sugar, salt or fat.

Possible examples of **Offer Most Often** foods:

- fresh vegetables and fruit such as carrot sticks, red pepper slices, cherry tomatoes, snap peas, apples, oranges, or bananas
- frozen vegetables without added sugar, salt, fat or sauces
- frozen fruit without added sugar, salt, fat or sauces
- unsweetened applesauce

Offer Sometimes

Use the food label on the package to see if the food meets the **Offer Sometimes** standard.

Vegetables and Fruit	
<i>Per specific amount listed on label</i>	
Fat	5 g or less
Saturated	2g or less
+ Trans	0g
Sodium	300 mg or less
Sugars not the first ingredient	

Possible examples of **Offer Sometimes** foods:

- fresh, frozen or canned vegetables with added sugar, salt, fat or sauces
- fruit canned in water, juice and light syrup
- low sodium canned vegetable-based soups
- dried fruit
- 100% unsweetened vegetable and/or fruit juice

Offer Least Often

If a food does not fit into the standards above, it is considered an **Offer Least Often** food.



Grain Products

The food belongs in the **Grain Products Category** if:

- the first ingredient is a whole grain, enriched wheat flour or rice.

When comparing grain products, offer the one with more fibre.



Offer Most Often

To meet the **Offer Most Often** standard:

- a whole grain must be the first ingredient.
- sugar cannot be the first or second ingredient (sugar comes in many forms such as honey, molasses, fruit juice, fruit juice concentrate and fruit puree concentrate).

Possible examples of **Offer Most Often** foods:

- whole grain bread, buns, tortillas, pita bread, baked bannock
- whole grain pasta
- brown or wild rice
- barley or quinoa
- unsweetened or low sugar whole grain cereals
- plain air popped popcorn

Offer Sometimes

Use the food label on the package to see if the food meets the **Offer Sometimes** standard.

Grain Products	
<i>Per specific amount listed on label</i>	
Fat 7 g or less	
Saturated 2 g or less + Trans 0 g	
Sodium 400 mg or less	
Sugars 12 g or less not the first or second ingredient	

Possible examples of **Offer Sometimes** foods:

- enriched white bread, buns, tortillas, pita bread, bannock
- enriched pasta and white rice
- pancakes and waffles
- muffins and loaves
- granola bars (not coated)
- lightly buttered popcorn
- rice cakes
- crackers

Offer Least Often

If a food does not fit into the standards above, it is considered an **Offer Least Often** food.



Milk and Alternatives

The food belongs in the **Milk and Alternatives Category** if:

- the first ingredient is milk or a milk product, not including cream; or,
- water is the first ingredient and the second ingredient is soy.

Offer unsweetened skim,
1% or 2% white milk.

Often almond, coconut, rice and other similar drinks are marketed as milk alternatives. These are not appropriate milk alternatives because they do not contain the level of protein found in milk or fortified soy beverage.



Offer Most Often

To meet the **Offer Most Often** standard, the food needs to:

- have no sugar added (sugar comes in many forms such as honey, molasses, fruit juice, fruit juice concentrate or fruit puree concentrate).
- be low in fat.

Possible examples of **Offer Most Often** foods:

- unsweetened skim, 1% or 2% white milk
- fortified, unsweetened soy beverages
- low fat evaporated milk
- plain and unsweetened yogurt

Offer Sometimes

Use the food label on the package to see if the food meets the **Offer Sometimes** standard.

Milk and Alternatives

Per specific amount listed on label

Fat 10 g or less

+ Trans 0.5 g or less

Sodium 350 mg or less

Sugars 25 g or less

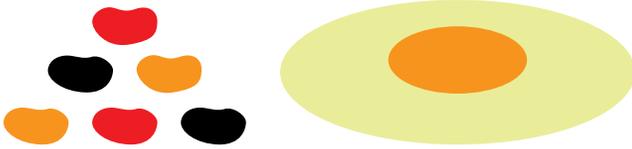
Calcium 10% DV or more

Possible examples of **Offer Sometimes** foods:

- whole milk
- flavoured and chocolate milk
- fortified, flavoured soy beverages
- flavoured yogurt and yogurt tubes
- pudding made with milk
- hot chocolate made with milk
- cheese and string cheese

Offer Least Often

If a food does not fit into the standards above, it is considered an **Offer Least Often** food.



Meat and Alternatives

The food belongs in the **Meat and Alternatives** Category if:

- the first ingredient listed is a meat (beef, pork, lamb, wild meat, etc.), fish, shellfish, poultry, egg, legume (lentils, chickpeas kidney beans, etc.), nut, seed, tofu or soy.

Include a variety of beans, lentils, fish, eggs, nuts and lean meats prepared with little or no added fat or salt.



Offer Most Often

To meet the **Offer Most Often** standard, the food needs to be:

- lean, with no breading.
- prepared with little or no added fat, salt or sugar.

Possible examples of **Offer Most Often** foods:

- roasted, baked or grilled meat, chicken or fish
- wild meat if butchered in an approved facility
- lean ground meat
- hard boiled egg
- canned tuna, salmon and chicken with no salt or oil added
- cooked dried beans, peas and lentils or canned with no salt
- tofu and soy burgers
- unsweetened and unsalted seeds, nuts and nut butters

Offer Sometimes

Use the food label on the package to see if the food meets the **Offer Sometimes** standard.

Meat and Alternatives	
<i>Per specific amount listed on label</i>	
Fat	15 g or less
	Saturated 5 g or less + Trans 0.5 g or less
Sodium	450 mg or less
Sugars	not the first ingredient
Protein	5 g or more

Possible examples of **Offer Sometimes** foods:

- fish canned in oil
- breaded or seasoned fish, meat and chicken
- regular canned beans and beans with sauce
- lean deli meat such as ham and turkey
- salted and/or sweetened seeds, nuts and nut butters
- lower sodium beef jerky

Offer Least Often

If a food does not fit into the standards above, it is considered an **Offer Least Often** food.

Mixed Dishes



If a mixed dish is being prepared using individual ingredients, use the nutrition standards in the previous four categories to evaluate each ingredient.

The food belongs in the **Mixed Dishes Category** if:

- it is pre-prepared and packaged with a food label; and,
- it contains a significant amount of food from at least two of the four food groups in *Canada's Food Guides*.

Use the food label on the mixed dish package to see if it meets the criteria below for **Offer Most Often**, **Offer Sometimes** or **Offer Least Often**.

Offer Most Often

The food has to meet the standard for fat, sodium, sugar, fibre AND at least one of the following: calcium, iron or potassium.

Mixed Dishes	
<i>Per specific amount listed on label</i>	
Fat	10 g or less
Saturated	2 g or less
+ Trans	0.5 g or less
Sodium	700 mg or less
Sugars	not the first or second ingredient
Fibre	2 g or more AND
Calcium, iron or potassium	<u>At least</u> one nutrient is 10% DV or more

Possible examples of **Offer Most Often** foods, depending on how it is prepared:

- healthy sandwiches and wraps
- unsweetened yogurt and fruit smoothies
- frozen entrees that meet the standard
- canned or frozen soups, stews or chilli that meet the standard

Offer Sometimes

The food has to meet the standard for fat, sodium, sugar and either fibre OR one of the following: calcium, iron or potassium.

Mixed Dishes	
<i>Per specific amount listed on label</i>	
Fat	15 g or less
Saturated	6 g or less
+ Trans	0.5 g or less
Sodium	700 mg or less
Sugars	not the first or second ingredient
Fibre	2 g or more OR
Calcium, iron or potassium	<u>At least</u> one nutrient is 10% DV or more

Possible examples of **Offer Sometimes** foods, depending on how it is prepared:

- canned soup or stew
- pizza, soft tacos, quesadillas or fajitas
- stir fry meat and vegetables
- frozen entrees that meet the standard
- snack pack of hummus with baked pita chips or vegetables
- tuna and cracker snack packets

Offer Least Often

If a mixed dish does not fit into the Offer Most Often or Offer Sometimes standards, it is considered an **Offer Least Often** food.



Other Things to Consider

Vending Machines

Vending machines can be part of a healthy food environment. They provide food and drink choices when other outlets are closed or not available. Healthier choices to include are food and drinks from the **Offer Most Often** or **Offer Sometimes** categories.

Healthier options to offer in a non-refrigerated vending machine can include canned fruit, trail mix, rice cakes, crackers, uncoated granola bars, popcorn, lower sodium beef jerky, nuts or canned tuna and cracker kits.

Healthier options for a refrigerated vending machine include fresh vegetables, fruit, sandwiches, cheese and yogurt.

Beverages

Water

Water is the healthiest way to quench thirst as a participant, an athlete or a sports fan. To make it the most prominent drink choice in your facility:

- Have water filling stations available.
- Include signage at your concession or vending machines to tell customers where they can fill their water bottles for free.
- Let customers know if the water in your building is safe to drink.
- Place bottled water at eye level to encourage sales.

Sports Drinks

Sports drinks contain many ingredients including added sugar and sodium. They are not recommended for most physical activities. If you offer sports drinks, it is recommended that they not be placed front and centre in your vending machine or wherever it is sold. Limit the selection available.

Energy Drinks

Energy drinks are never safe for children and are not recommended for use during physical activity at any age. Some facilities have banned energy drinks from being sold in their facility.

For more information on the safety of energy drinks visit [Health Canada's Website](#).

Vitamin Waters

Vitamin waters are flavoured waters with many ingredients. They have added vitamins and minerals and may also contain caffeine, herbal ingredients, sugars or sugar substitutes. If you offer these drinks in your facility, limit the selection. They are not needed for good health.

Sugar Substitutes

Sugar substitutes are commonly found in sugar free drinks, vitamin waters and foods such as yogurt and canned fruit. Some examples of sugar substitutes are aspartame, stevia, and acesulfame-potassium.

For more information on sugar substitutes and their safety, visit [Health Canada's website](#).

Baby Friendly Environments

To be considered Baby Friendly, a business or facility will support women to breastfeed their babies anytime and anywhere. By learning about this, educating staff and displaying this symbol, it tells families that their choice to feed their baby is respected and honoured.



The Canadian Charter of Rights and Freedoms states that a breastfeeding woman cannot be asked to move or cover-up while feeding her child.

To learn more about being Baby Friendly, contact your [local public health office](#).

For additional copies and other related resources visit [Eat Healthy, Play Healthy on the Saskatchewan Parks and Recreation Association website](#).