



## Choosing Healthy Food for Student Nutrition Programs (SNP)

Children need a balanced nutritious diet to be healthy and ready to learn. A healthy diet is a major contributor to physical and mental health and includes a balanced, variety of healthy food. Maximize fruits and vegetables; eat whole grains and select food lower in industrialized fat, (especially trans fat) and sugar & additives.

Be aware and sensitive to children that may have special dietary needs. This may be due to food allergies, food intolerance, or medical conditions such as diabetes. Religions / cultural dietary restrictions and vegetarian / vegan diet should be respected and accommodated; some vegetarians may eat eggs, dairy products and/or fish.

