



HEALTHY FOOD LIST

FRUIT AND VEGETABLES

All Fresh Vegetable and Fruit

- Frozen fruits and vegetables

Dried Fruit

- Choose those without sugar in the ingredients list
- Sun Rype Fruit to go, 100% fruit snack
- Sun Rype Fruit Source Plus Veggie Bars
- PC Mini Chefs Zippy Fruit

Applesauces & Blends

- PC Organics Appletreet (cups) unsweetened only
- Motts Fruitsations (cups) unsweetened
- Applesnax No sugar added
- Our Compliments Unsweetened Apple Snack

Juice

- V8 Low Sodium
- Various brands are available in individual packages
- Read the product label to ensure it is 100% fruit juice

Canned Fruit

- Dole Fruit Bowls-tropical fruit in fruit juice
- Dole Golden Pineapple Tidbits in pineapple juice
- Del Monte Fruit Bowls in fruit juice

Canned Vegetables

- Most canned vegetables

FOOD FOR LEARNING FOOD LIST

GRAIN PRODUCTS

Crackers/Pretzels

- Christie Triscuit - original, 62% less salt & 50% less fat
- Gourmet Things - with Bran and Rye
- Grissol Canape Melba Rounds - 12 Grain
- PC Blue Menu Ancient Grain Snack Crackers
- PC Blue Menu Multigrain Low Fat Alphabet Pretzels
- PC Blue Menu Multigrain Low Fat Waffle Pretzels

Grain-based Bars

- Nature Valley Healthy Heart Chewy Granola Bars
- PC Blue Menu Cranberry Orange Soy Muffins
- PC Blue Menu Fat Free 60% WW Fig Fruit Bars
- PC Blue Menu Raisin Bran Flax Muffins
- Kashi All Natural Chewy Granola Bars
- Kellogg's All Bran Bars & Snack Bites
- Compliments Oats and Honey crunchy granola bars

Bread

- Country Harvest - Source One, Multigrain
- Country Harvest - whole grain bagels
- Dempster's 100% Whole Wheat Sliced Bagels
- Kellogg's All Bran & Raisin Bran Loaf
- Oakrun English Muffin - 100% Whole Wheat
- Pita Break - Breakfast Muesli (12 Breakfast Pitas)
- Wonder 100% Whole wheat bread
- Pita Gourmet Mini Whole Wheat Pitas
- PC Blue Menu whole wheat tortillas

Cereals

- General Mills Cheerios, Original & Multi-Grain
- General Mills Fibre One Honey Clusters

- General Mills Fibre One
- General Mills Wheaties, Original

- Kashi Go Lean
- Kashi Good Friends Cereal
- PC Blue Menu Fibre First Multi-Bran Cereal
- PC Blue Menu Bran Flakes Cereal
- PC Organic Wheat Squares
- PC Toasted Oats
- Post Shreddies
- Quaker Oats Large Flakes
- Quaker Oatmeal
- Quaker Oatmeal Squares Brown Sugar
- Kellogg's All Bran - Flakes & Bran Buds
- Kellogg's Multigrain Krispies
- Kellogg's Guardian (both original and cinnamon)
- Kellogg's Just Right
- Kellogg's Mini Wheats
- Kellogg's Special K - 5 Grains Cereal and Satisfaction only
- Kellogg's Raisin Bran
- Compliments Bite Sized Wheat
- Compliments Multigrain Squares
- Compliments Oatie-O's
- Compliments Flax and Fibre Crunch Granola
- Puffed Wheat

Pasta

- Look for products that are: A source of fibre (2 g or more)
- Whole Wheat
- PC Blue Menu 100% whole wheat pasta
- Catelli Healthy Harvest whole wheat, multigrain or flax omega-3 pastas

FOOD FOR LEARNING FOOD LIST

Rice and Other Grain

- Barley, Couscous, Oats, Quinoa, Bulgar or Wild Rice

MEAT, DAIRY PRODUCTS AND ALTERNATIVES

Canned Fish and Meat

- Equality Chunk or Flaked Light Tuna in Water
- Equality Pink Salmon
- Gold Seal Chunk or Flaked Light Tuna in Water
- Gold Seal Wild Flaked Pacific Pink Salmon

Canned Soup

- Habitant pea soup
- Campbell's Healthy Request varieties
- PC Blue Menu Barley Vegetable, Vegetarian Chili, Lentil

Legumes

- Dry Roasted Soy Beans (unsalted)
- Green Peas (roasted and salted)
- Honey Dry Roasted Soy Beans
- No Name Black Beans or Romano Beans
- No Name Chick Peas or Black Eyed Peas
- No Name Lentils
- No Name White or dark Red Kidney Beans
- Unico Bean Medley
- Unico Marinated Bean Salad Premium Collection
- Hummus

Milk

- Choose 2% M.F., 1% M.F. or skim milk

Yogurt

- Danone DanActive Probiotic Smoothies
- Danone Silhouette
- Astro BioBest Calcium Stirred
- Astro Jeunesse
- Danino Meg-3 Yogurt
- Yoplait Yop Yogurt-based Drinks
- Yoplait Yoptimal, Source and Creamy

Cheese

- No Name Cheese Strings (partly skimmed (18% M.F.))
- Various Block cheeses, (part skim mozzarella, light cheddar)
- Black Diamond stringables
- LiveActive cheese portions
- Nordica Cottage Cheese 1% or 2%

Soya/Rice based drinks

- PC Organics
- So Nice
- Vitasoy
- Natura
- Rice Dream
- Astro BioBest Fruit Bottom