

Healthy Alternatives for Canteens



Food Group

Food Suggestions

Vegetables & Fruit

- Baked potato (can be prepared ahead of time and reheated)
- Raw vegetable sticks served with a low-fat dip
- Frozen Fruit Juice Bars (made with 100% Fruit Juice)
- Fresh Fruit
- Fruit salad (canned in juice)
- 100% dried fruit leather
- 100% Fruit Juice (unsweetened)
- Vegetable Juice
- Raisins
- Salsa portion cups served with baked tortilla chips

Grain Products

- Low-fat, high fiber muffins
- Single servings of low sugar cereals
- Pasta salad (prepared with a low-fat dressing)
- Pita pockets
- Small bagels (can be served with light cheese spread, or low-fat cream cheese).
- Baked chips (tortilla, plain)
- Fig bars
- Rice cakes
- Individual packets of low-fat cookies
- Individual packets of low-fat crackers
- Cereal snack mixes
- Cereal bars

Milk & Alternatives

- Yogurt tubes (cold or frozen)
- Individual yogurt cups (2% milk fat or less)
- Yogurt and fruit parfait (frozen fruit can be thawed ahead of time and used as needed, reducing preparation and food waste)
- Milk (2% milk fat or less) white or flavoured
- Plain ice cream flavors (vanilla, chocolate, strawberry) with no add-ins such as chocolate candies or caramel syrups
- Homemade milk-based puddings
- String cheese and individual cheese portions
- Fortified soy beverages
- Cottage cheese (2% milk fat or less)

Meat & Alternatives

- Chili prepared with lean meat (served as a meal or as a baked potato topping)
- Sandwiches prepared with lean sliced meats, egg or tuna salad with light mayonnaise
- Hummus with flat bread or pita
- Grilled chicken burger
- Sandwich melts – use a pizza oven to create a melt using ingredients such as pizza sauce, salsa, cheese and lean meats
- Nuts and seeds