

Healthy Food Choices Guide for Retail, Vending and Catering: “Best Choice” and “Foods to Avoid”

Best Choices: Retail, Vending and Catering Environments

Food Type	Examples
Breads	Multigrain, wholemeal, rye, hi-fibre, white breads, bannock, or rolls. (Examples: English muffins, plain focaccia, pita, raisin or fruit breads, and tortilla wraps)
Grains	Plain rice, pasta, plain unflavoured noodles, couscous and quinoa.
Breakfast Cereals	Wholegrain breakfast cereals that are high in fibre and lower in salt and added sugar. (Examples: Wheat biscuits, cereal flakes, bran, plain – no added sugar porridge, etc.)
Fruit	All fresh, frozen, dried fruits, and fruits canned in natural juice, water with no artificial sweetener or pure fruit puree with no added sugar.
Vegetables	All fresh, frozen, salt-reduced canned, dried plain vegetables and salads.
Legumes	All forms of dried and prepared beans and peas. (Examples: baked beans, red kidney beans, soy beans, lentils, chick-peas, split peas, or tofu).
Dairy Products	1% of Skim Milk, plain and flavoured yogurt, Cheese
Traditional and Lean Meat, Fish, Poultry, Eggs and Alternatives	All fresh or frozen moose, caribou, duck, goose, chicken, ptarmigan, char, white fish. Dried Meat (Beef jerky) or Dried Fish.
Nuts and Seeds	All plain, unsalted, dry or un-roasted nuts and seeds.
Drinks	Water (Example: provide a water jug or sell refillable water bottles) 1% or Skim Milk, Coffee, Tea and Decaffeinated coffee/teas, and Herbal Teas
Snack Foods	Oven baked snack biscuits, flavoured rice cakes, Smart Pop popcorn.
Cakes, Muffins, Pastries and Pies	Un-iced, un-filled cakes & muffins (try to include fibre). (Examples: Fruit cake, fruit or vegetable based muffins, plain wholemeal biscuits with dried nuts or fruit.

Sauces and Condiments	Use sparingly; Choose reduced salt varieties where available. (Example: tomato sauce, soy sauce, sweet chilli sauce, mayonnaise, vegetable or yogurt based dips, mustard and gravy.
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Foods to Avoid: Retail, Vending and Catering Environments

Food Type	Examples
Sugar Sweetened Drinks	Soft drinks, fruit drinks, energy drinks, sports drinks, and flavoured mineral waters.
Candy	Lollipops, chocolates, gummies, etc.
Cakes, muffins & pastries	Cream – or chocolate-filled and/or coated buns, donuts, sweet pastries, muffins, and cakes.
Ice Creams; milk based ice confection and dairy desserts	Chocolate coated and premium, ice creams and dairy desserts.
Deep Fried Foods	All types including french fries, deep fried spring rolls and pizza fingers, chicken fingers, etc.
Savoury Snacks	Potato chips and other similar products.
Alcohol	Excessive supply of alcohol is not recommended; if provided limit to no more than two standard drinks per person.