

Menu Planning with Alberta Nutrition Guidelines

Menu Checklist

Use this checklist to help you review your menu. You may wish to make changes to your menu in the areas you marked as 'sometimes' or 'never'. Use the 'Comments' box to write down ideas for change or to add other notes. This checklist was created for child care but can also be used for schools or community centres.

Overall Recommendations	Always	Sometimes	Never	Comments
A variety of foods from each of the four food groups listed in ANGCY are offered				
Options for religious or dietary restrictions, like vegetarian choices, are offered.				
Multicultural foods are included in the menu.				
Meals include foods from each of the four food groups in ANGCY.				
Snacks include foods from two or more food groups in ANGCY				
Each food at a meal or snack equals ½ to 1 serving listed in ANGCY. Extra servings are provided as needed. <ul style="list-style-type: none"> In a mixed dish, the amount of food included from each food group is enough to equal ½ to 1 serving for each child. Example: tuna noodle casserole - tuna provides ½ to 1 serving of Meat & Alternatives food group for each child. 				
Food offered is free from food safety issues.				
Food choking risks and any allergens are avoided.				
Food offered includes a variety of textures, flavours, colours, shapes.				
Cooking and baking methods use little or no added fat, sugar or salt.				
Meals and snacks are prepared with fresh, frozen, or canned foods that have little or no added fat, sugar, or salt.				
Plain water is available throughout the day, and at meals and snacks.				

Food Group Recommendations	Always	Sometimes	Never	Comments
Vegetables & Fruit: A variety of fresh, frozen, and canned vegetables and fruit are offered.				
Vegetables or fruit are offered instead of juice.				
Seasonal fruits and vegetables are offered when possible.				
A vegetable or fruit is included at most snacks.				
Grain Products: At least half of the grain products are whole grain, like whole wheat bread, buns, bagels, tortillas, pita bread, noodles and brown or wild rice.				
Milk & Alternatives: Unflavored milk and unsweetened or plain fortified soy beverage are offered to children 2 years and older.				
Children 9-12 months old and up to 2 years old are offered 3.25% (homogenized) milk.				
Milk or fortified soy beverage is offered at meals.				
Meat & Alternatives: A variety of lean meats, poultry, fish and meat alternatives like eggs, beans, lentils, or tofu are offered.				
Processed meats like sausages and hot dogs are avoided.				

Food Not Recommended	Always	Sometimes	Never	Comments
Foods high in saturated fats, sugar, and salt are not offered. Example: cookies, chips, ice cream.				
Deep-fried foods are not served. Example: chicken nuggets and burgers, fish sticks, French fries, onion rings.				
Sugar sweetened beverages and sugar substitutes (artificial sweeteners) in beverages are avoided. Example: pop, iced tea, fruit punch.				
Sticky, sweet food, which can stick to the teeth and cause cavities, is avoided. Example: dried fruit, candy.				

