

Foods to Serve Sometimes and Limit

FOODS TO SERVE SOMETIMES

VEGETABLES AND FRUIT

- Vegetables with sauces or breading
- Dried fruit: raisins, cranberries, apricots
- Fruit leather, dried fruit bars
- Fruit crisps, cobblers

GRAIN PRODUCTS

- Granola bars (plain)
- Pretzels (unsalted)
- Cookies: oatmeal, peanut butter, dried-fruit-filled (such as fig), gingersnaps, graham wafers
- Biscuits, scones, small store-bought muffins

MILK AND ALTERNATIVES

- Pudding made with milk
- Milkshakes
- Frozen yogurt
- Custards
- Processed cheese slices
- Cheese spreads

MEAT AND ALTERNATIVES

- Low-fat fish sticks*
- Low-fat chicken strips or nuggets
- Canned fish (in oil)*

FOODS TO LIMIT

- Pastries, Danishes
- Fried bread
- Cakes, pies, sticky buns, donuts, tarts
- Pre-sweetened cereals
- Granola bars with chocolate
- Cookies with icing
- Instant noodle soups
- Soft drinks, pop, diet pop
- Fruit drinks (punches, cocktails)

- Sweetened fruit juices
- Sports drinks
- Coffee beverages (such as icy cappuccinos)
- Syrups, jams
- Frozen ice treats (Popsicles)
- Sherbet, ice cream
- Marshmallows
- Whipped cream, whipped topping

- Candy, chocolate
- Flavoured gelatin
- Potato chips, nacho chips
- Cheesies
- French fries, onion rings
- Wieners, hot dogs, sausages
- All deli meats
- Canned meats (such as corned beef)
- Bacon and back bacon

- Dried meat dipped in lard or shortening
- Dried processed meat strips, such as pepperoni sticks
- Gravy
- Ketchup, mustard, relish
- Butter, hard margarine, lard, shortening
- Cream cheese
- Sour cream

*Call EatRight Ontario at 1-877-510-510-2 to learn about choosing low-mercury fish.

Adapted from *Eat Right Be Active – A guide for parents and caregivers of children ages 6-8*, Nutrition Resource Centre, Toronto, Ontario, 2007

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