



Examples of Common Foods in the Four Food Group Categories

Choose Most	Choose Sometimes	Choose Least	Not Recommended
Small, baked whole grain muffin	Pizza Pretzel	Pepperoni sticks	Cheesies
Hot Chocolate made with milk	Lean pepperoni stick	Small portion of French fries	Orange Beverage
Frozen bars made with pureed fruit	Nut bar where nut or fruit is the 1 st ingredient	Canned soup	Frozen yogurt not based on milk ingredients
Burritos	Fruit, canned in light syrup	Energy bars with sugars as 1 st ingredient	Pastry based pizza pockets

For a Full List of Foods: www.brandnamefoodlist.ca

Additional Examples of “Choose Most” and “Choose Sometimes” Foods

GRAINS

Kashi – Granola bars – all flavours
 Nature Valley – Crunchy Granola Bars – all flavours
 Kellogg’s – All-Bran Bars – all flavours
 Kellogg’s – Nutrigrain Munch’ems – Honey Oat, Brown Sugar Cinnamon
 Kellogg’s – Rice Krispies Squares – Original
 Quaker – Oatmeal to Go Bars – Cinnamon, Apple, Honey & Oats
 Western Classics – Cereal Bars – all flavours

VEGETABLES AND FRUITS

Any fruit bowls that are packed in either fruit juice or light syrup
 Motts – Fruitsations – all flavours
 Ocean Spray – Craisins
 Sun-Rype – Fruit Source Bars – all flavours
 Sun-Rype – Fruit to Go – all flavours
 Sun-Rype – Fruit to Go Fun Bites – all flavours

JUICE

Any juice that is 100% juice with no sugar added

MILK BEVERAGE

Dairyland – Milk to Go – 2% Plain, Chillin’ Chocolate, Strawberry Splash

MILK FOOD

Yogurt – any brand that is fat free to 2% and is 175 grams or lower

Black Diamond – Cheese Strings

Babybel – Mini Cheese

NUT/SEED

Kellogg’s – Nutri-Grain Sweet & Salty Nut Bars – all flavours

