

Swap This... for That!



How to improve the nutritional quality of your breakfasts?

Small and simple adjustments in recipes or food choices can significantly improve the nutritional quality of the breakfast served. Here are some practical tips to help you when cooking or choosing food items to purchase.

PROTEIN FOODS



When making purchases



Store-bought flavored yogurt

Plain yogurt with toppings

Choose plain yogurt with personalized toppings instead of flavoured yogurts.

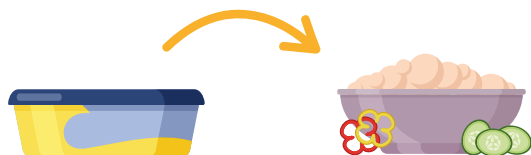
For a more filling breakfast, opt for Greek yogurt or Skyr, which provides more protein.



Spreadable cheese

Block cheese

Swap cream cheese or processed cheese products (like Singles slices) **for block cheese** that you can **slice or grate** as needed. Processed cheeses usually contain more salt and less protein and calcium.



Store-bought dips

Homemade dips and hummus

Get creative by making your own homemade dips with yogurt, tofu, or hummus.

Store-bought dips tend to be higher in saturated fat, sodium, and additives.



Processed meats such as deli meat, sausages, and bacon are **choices to avoid for school breakfasts**. They are generally high in saturated fat and salt and don't provide enough protein for a filling breakfast.

WHOLE GRAINS FOODS



When cooking



All-purpose flour



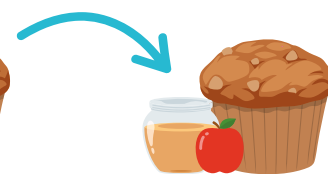
Whole wheat flour

Substitute all-purpose flour with whole wheat flour. That way, your baked goods will provide more fibre and help keep kids fuller for longer.

- **Tip:** When it's not possible to replace all-purpose flour with whole wheat flour, **consider enriching the recipe to ensure a good fibre intake.** For example, replace $\frac{1}{4}$ cup of all-purpose flour with $\frac{1}{4}$ cup of a fibre source, such as ground flaxseed, ground chia seeds, or wheat bran.



Store-bought muffins



Homemade muffins

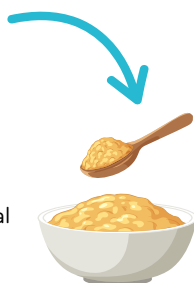
Reduce the amount of sugar. The sugar content in baking recipes tends to be high for breakfast programs. You can reduce the amount of sugar in recipes by replacing it with homemade fruit purée or store-bought applesauce. The goal is to develop students' taste buds by getting them used to less sweet foods!



When making purchases



Store-bought flavored oatmeal



Plain oatmeal

Substitute flavoured instant oatmeal with plain oatmeal, ideally cooked with milk or a soy beverage for a protein boost. You can also use powdered milk. Plain oatmeal is generally more affordable and can be flavoured in many ways. Here are some ideas to inspire you:

- Cocoa powder or soynut butter with mashed bananas
- Applesauce with cinnamon
- Frozen berries with honey
- Canned peaches (drained) with unsweetened shredded coconut



Look for the word "whole" following the type of grain or flour in the ingredient list (e.g. whole wheat flour, whole oats). When a label simply says "wheat flour," it means white flour, which is why it's important to look for the word "whole."

VEGETABLES AND FRUITS



When making purchases



Store-bought Applesauce
(with added sugar)



Store-bought or homemade
applesauce (no added sugar)

Make sure applesauce or dried fruits have no added sugar, sweeteners, or coloring.



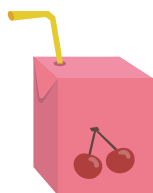
Canned fruit (drained)

Canned fruits should not contain sweeteners or added sugar. If you choose fruit packed in juice, be sure to drain it before serving.



Don't hesitate to use frozen fruits and vegetables in smoothies, muffins, or omelettes!

OTHER



Juice



Water

Water is the beverage of choice. Avoid juices or flavored waters, which are usually high in sugar and sometimes additives. For additional information, check out our tool on Making the best beverage choices for your breakfast program.



Chocolate



Cocoa powder

Chocolate is a food for special occasions that should not be included in school breakfasts, as it's often very high in sugar and saturated fat. Want to add a chocolatey touch to a recipe? **Use cocoa powder instead!**

LOOKING FOR WAYS TO VARY YOUR MENU?

Be sure to have a closer look at the [NUTRITION SECTION OF OUR SCHOOL'S CORNER](#), where you'll find:

→ Simple menus

→ Our recipe book

→ Creative ideas cards

→ Lots of great recipes!