





3.2 Permitted Beverages

- a) 100% fruit juice/blend (< or = 250ml)
- b) 100% vegetable juice/blend (< or = 250ml)
- c) 2%, 1% or skim white milk
- d) Soy milk
- e) Yogurt drinks (< or = 250ml)
- f) Low fat hot chocolate
- g) Chocolate milk (< or = 250ml)

3.3 Foods that are Not Permitted

As a general statement, the least desirable food choices are those that are found in the Ministry guidelines in the “Not Permitted” category. Foods in this category are generally high in fat and sodium, low in fiber and calcium and are not fortified.

3.4 Beverages that are Not Permitted

- a) Coffee
- b) Tea
- c) Energy drinks
- d) Sports drinks
- e) “Fruit flavoured” drinks
- f) Soft drinks