



GOING THE HEALTHY ROUTE AT SCHOOL

Framework Policy on Healthy Eating and Active Living

Information Sheet

POTATOES

Following the implementation of the Framework Policy *Going the Healthy Route at School*, can schools offer potatoes as the vegetable serving accompanying the main course?

The Framework Policy has two orientations that aim to provide students with a variety of foods of good nutritional value and to eliminate foods of low nutritional value from all school food supplies.

Orientation 1: Provide a variety of foods and give priority to foods of good nutritional value

- Four priority elements of this orientation are:
 - Prepare a main course accompanied by a least one vegetable
 - Provide a variety of fruits and vegetables
 - Favour low-fat or nonfat cooking methods, such as steaming, baking, braising, poaching, grilling or roasting
 - Avoid products containing saturated or hydrogenated fats (trans fats)

Orientation 2: Eliminate foods of low nutritional value from all school food supplies

- One element of this orientation is:
 - Eliminate French fries

Pamphlet 1, *Healthy School Menus*, which complements the Framework Policy, recommends the following:

- Choose dark-coloured vegetables (green, orange, or red), as these are rich in vitamins, minerals and antioxidants
- Cut down the amount of sugar and fat in prepared foods as much as possible
- When served as a side dish, potatoes should be boiled, baked, mashed, etc.

According to these guidelines, potatoes can be used as the vegetable serving accompanying the main dish; however, dark-coloured vegetables should be included as often as possible, as these types of vegetables are richer in vitamins, minerals and antioxidants. Moreover, potatoes are rich in starch, making them similar to foods such as grain products in terms of nutritional value. Potatoes should be prepared using low-fat or nonfat cooking methods.