

# Provincial and Territorial Guidance Document for the development of Nutrient Criteria for Foods and Beverages in Schools 2013





This technical document was prepared by the Federal, Provincial, Territorial Group on Nutrition Working Group on Improving the Consistency of School Food and Beverage Criteria (Working Group). This technical document is intended to:

- guide and support provinces and territories as they develop and revise their guidelines over time\*; and
- facilitate the food industry to develop or reformulate food and beverage products that use this nutrient criteria for procurement by jurisdictions school nutrition guidelines and policies

The Working Group was in place from May 2011 to July 2013. Members of the Working Group contributing to the development of this document included:

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\*The Working Group acknowledges that final decisions related to nutrient criteria, nutrition guidelines and/or nutrition policy rest with the provinces and territories.

Although Québec contributed to this document by supplying information about its own initiatives, and shares the general goals of the report, Québec does not subscribe to a Canada wide strategy in this area and intends to remain solely responsible for developing and implementing healthy policies, programs, guidelines and initiatives within its territory. Québec will continue sharing information and best practice with other governments in Canada.



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# Introduction

School nutrition policy, as part of a comprehensive school health, offers a promising strategy for reducing the risk of chronic disease, contributing to healthy weights and supporting student learning.<sup>1</sup> At a minimum school food guidelines and policies can aim to achieve the following:

- improve the dietary quality of foods and beverages available to students;
- support students to make healthy food and beverage choices on a daily basis;
- provide the students with the skills to develop healthy food behaviours for life;
- help to reduce the risk of children and youth in developing nutrition-related chronic diseases and from becoming overweight and obese; and
- contribute to positive educational and social impacts that lead to productive learners.

In Canada, the responsibility for school health lies with the provincial and territorial governments and school boards and is often shared between the Ministries of Education and Ministries of Health. Each province and territory develops, implements and evaluates school food guidelines within their respective jurisdiction.

School food guidelines and policies have been important issues for provinces and territories since 2005. The development and implementation of school food guidelines and policies support the goals of the Integrated Pan-Canadian Healthy Living Strategy approved by F/P/T Health Ministers in 2005. All Canadian provinces first implemented school food guidelines and policies between 2005 and 2008. The territories plan to implement guidelines or policies in the next five years. Since March 2010, annual meetings of the Federal, Provincial and Territorial Group on Nutrition (FPTGN) have focused on exploring opportunities for improving the consistency of school food and beverage guidelines across jurisdictions, enhancing the usability and relevancy of nutrient criteria, and identifying common priorities. The FPTGN has a long-standing and integral partnership in Canada resulting in ongoing collaboration in promoting the nutritional health of Canadians at the federal, provincial and territorial level.<sup>2</sup>

This work helps support policy priorities identified in the Curbing Childhood Obesity: A Federal, Provincial, and Territorial Framework for Action to Promote Healthy Weights.<sup>3</sup>

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1 Veugelers, Paul & Schwarz, Margaret, “Comprehensive School Health in Canada.” *Canadian Journal of Public Health* 101, no. 2 (July/August 2010): S5-S8, accessed July 10, 2013, <http://journal.cpha.ca/index.php/cjph/issue/view/271>

2 Health Canada, “Federal/Provincial/Territorial Group on Nutrition.” Last modified October 10, 2004. Accessed July 10, 2013. <http://www.hc-sc.gc.ca/fn-an/nutrition/part/index-eng.php>

3 Public Health Agency of Canada, “Curbing Childhood Obesity: An Overview of the Federal, Provincial, and Territorial Framework for Action to Promote Healthy Weights.” Last modified March 7, 2011. Accessed July 10, 2013. <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/framework-cadre/intro-eng.php>

## Purpose

The technical document is intended to be a guide to support provinces and territories as they develop and revise their guidelines over time. Revising and developing guidelines is an evolving, long-term process that requires a flexible approach to adapt to the changing food supply, evolving evidence and the unique needs and circumstances of each jurisdiction. This document is intended to be used by those within jurisdictions who are involved in the development of nutrient criteria for school food guidelines or policies. It may also be used by other decision makers involved in food and nutrition processes at a school level.

Food and restaurant organizations that develop food and beverage products and/or provide access to foods and beverages served and sold in school are also encouraged to refer to this to increase the availability of food and beverage products for Canadian Schools that are in line with this guidance.

The nutrient criteria for food and beverages does not represent a pattern of eating for children and youth in schools; the criteria were developed to allow for a greater variety of food and beverages that represent the healthy food choices that can be made available in eating environments.

The nutrient criteria are intended to encourage the food industry to develop or reformulate food products to be the healthiest possible. Food and beverage products, based on the nutrient criteria, will enable schools in Canada to create healthy food environments where the foods that are served and sold will support what children and youth are learning as part of a comprehensive approach to health.

# The Process for Developing the Nutrient Criteria

In September 2010 the FPTGN agreed to collaborate on improving the consistency of nutrient criteria for foods and beverages served and sold in Canadian Schools. In May of 2011 a subcommittee of the FPTGN was formed to develop the nutrient criteria, with Alberta's FPTGN representative as Chair. The subcommittee consisted of representatives from eight Canadian jurisdictions as well as the Office of Nutrition Policy and Promotion. Final decisions related to the criteria rest with the provinces and territories.

This work was informed by:

## Review of Existing Policies and Guidelines

### a. Jurisdictional Scan

All jurisdictions' school food guideline or policy nutrient criteria (see Appendix B) were compared. Overall there were many similarities across jurisdictions with sodium being the most varied nutrient; due to when each jurisdiction developed their policies or guidelines and the available foods in the market.

### b. Canada's Food Guide

Health Canada develops and promotes guidelines for healthy eating including *Eating Well with Canada's Food Guide* (Canada's Food Guide), as well as a companion document *Eating Well with Canada's Food Guide - A Resource for Educators and Communicators*. These guidelines underpin nutrition and health policies, standards, education programs and meal planning initiatives across the country and serve as a basis for a wide variety of nutrition initiatives. Each of the four food groups in Canada's Food Guide contributes a certain combination of nutrients to the healthy eating pattern.<sup>4</sup> The healthy eating pattern in Canada's Food Guide reflects modelling to achieve nutrient adequacy, the review of associations between foods and risk of chronic disease and input received during consultation. Statements are also included to guide food choices consistent with an appropriate macronutrient profile, lower sodium

4 Health Canada, *Eating Well with Canada's Food Guide: A Resource for Educators and Communicators*. (Ottawa: Health Canada, 2007) 9. Accessed July 10, 2013. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/resource-ressource-eng.php>

intakes and conservative energy levels.<sup>5</sup> Choosing the amount and type of food recommended in the pattern (e.g. dark green and orange vegetables, fluid milk, whole grains, etc. ) will result in nutrient adequacy. The main focus of the criteria in this document is therefore related to the fat, sugar and salt(sodium) content of foods to assist in promoting an appropriate macronutrient profile, conservative energy levels, and lower fat, salt (sodium) and sugar containing food and beverage choices.

### c. Guidance for the Food Industry on Reducing Sodium in Processed Foods<sup>6</sup>

#### d. Institute of Medicine

- Dietary Reference Intakes for Calcium and Vitamin D
- Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth

5 Stefa W. Katamay et al., "*Eating Well with Canada's Food Guide (2007): Development of the Food Intake Pattern*," *Nutrition Reviews* 65, no. 4 (April 2007): 155-166.

6 Health Canada, *Guidance for the Food Industry on Reducing Sodium in Processed Foods* (June 2012), accessed July 10, 2013 <http://www.hc-sc.gc.ca/fn-an/legislation/guide-ld/2012-sodium-reduction-indust-fra.php>

7 Institute of Medicine, *Dietary Reference Intakes for Calcium and Vitamin D* (2011) Accessed July 10, 2013. <http://www.iom.edu/Reports/2010/Dietary-Reference-Intakes-for-calcium-and-vitamin-D.aspx>

8 Institute of Medicine, *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth* (2007) Accessed July 10, 2013. <http://www.iom.edu/Reports/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth.aspx>

### e. Transforming the Food Supply - Report of the Trans Fat Task Force submitted to the Minister of Health - June 2006<sup>9</sup>

## Feasibility


The working group considered the feasibility of providing the most nutritious foods and beverages possible, with the least amount of processing while still allowing for variety and availability in all jurisdictions. As each province and territory develops or revises their school and food guidelines or policies the feasibility within their jurisdiction will need to be assessed.

## Stakeholder Engagement

At a dialogue on school food guidelines held in the fall of 2010, stakeholders and partners expressed their support for improving consistency of school food guidelines and interest in being engaged in this work.

In Fall 2011, stakeholders were invited to provide feedback, in person on October 11, 2011 and during a 30 day on-line open period, on the draft, proposed set of nutrient criteria for Choose Most Often (CMO) foods and beverages. Stakeholders included companies developing food and beverage products, national associations, companies providing the foods and beverages offered in schools; organizations developing nutrient criteria for school food guidelines and researchers.

9 Transforming the Food Supply Report of the Trans Fat Task Force Submitted to the Minister of Health June 2006. Accessed July 16, 2013. [http://www.hc-sc.gc.ca/fn-an/alt\\_formats/hpfb-dgpsa/pdf/nutrition/tf-gt\\_rep-rap-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/tf-gt_rep-rap-eng.pdf)



Following the first round of stakeholder engagement the CMO were revised, and the Choose Sometimes (CS) food and beverages criteria were developed. In September and October 2012, nine (BC, AB, SK, MB, NS, NB, PEI, NL, and NWT) jurisdictional stakeholder engagement dialogues were hosted locally with

key stakeholders in their jurisdiction. These dialogues primarily engaged public health professionals who work with school food guidelines or policy, academia and education. In November 2012, a final Provincial/Territorial (P/T) led engagement dialogue was held with key stakeholders as well as stakeholder

input was received during a 30 day on-line submission.

The Working Group wishes to acknowledge all stakeholders who provided valuable feedback during the engagement period.

## Background to Nutrient Criteria

Nutrient criteria are provided in the following two categories:

**Choose Most Often:** Products in this category generally have lower amounts of total fat, sugars, and salt (sodium). They may have higher amounts of important nutrients such as naturally occurring fibre.

**Choose Sometimes:** Products in this category have slightly higher amounts of total fat, sugars, and/or salt (sodium) than food and beverages in the Choose Most Often category.

For the purpose of this work the Working Group used the following two categories to designate those foods and beverages considered a first choice food or beverage, referred to as a Choose Most Often, and a second choice food or beverage, as a Choose Sometimes choice. The decision as to the final nomenclature for these two categories is left with jurisdictions. To date there is no scientific evidence available to support a recommendation as to how often a Choose Most Often or Choose Sometimes food or beverage should be consumed.

### Nutrient Selection:

A jurisdictional review of school food guidelines and policies in Canada (Appendix B) was completed by the working group. The nutrient criterion that provinces created was the starting point for selecting nutrients. Sugar substitutes were also included as many provinces have recommendations around their use.

### Setting Criteria:

In general the following information was used to help set criteria:

### Nutrient Criteria Reference Quantity

Reference quantities are mostly based on Canada's Food Guide Serving sizes. Through a jurisdictional scan (See appendix B) it was identified that half of the provinces with existing nutrient based school food guidelines or policies used Food Guide Serving sizes as the reference quantity. With Canada's Food Guide being taught in schools the Food Guide Serving was used as the reference quantity to set criteria. In some instances the measures found in Nutrient Value of Some Common Foods<sup>10</sup> was used; both booklet and on-line nutrient data base. This was done when there were no identified Food Guide Serving sizes or when Food Guide Serving sizes were assessed to be larger than an average serving for many school aged children; specifically a measure for sandwich meat and hummus.

Where applicable, imperial and metric measurements are included for each reference quantity

The core nutrients listed on the Nutrition Facts table were determined to be the most practical way to look at which nutrients should be assessed to work towards improving consistency of nutrient criteria for foods and beverages served and sold in Canadian schools.

### A. Nutrient criteria was defined for:

The four food groups contained within Canada's Food Guide: Vegetables and Fruit; Grain Products; Milk and Alternatives; and Meat and Alternatives.

Combination Dishes- Combination Dishes are defined as foods representing two or more of the food groups found in Canada's Food Guide. A national and international search was completed to assess how other jurisdictions and countries define mixed/combination foods/dishes. A decision was made to use the term 'combination dishes' based on adaptation of the two terms 'mixed dishes'<sup>12</sup> and 'combination foods'.<sup>13</sup> For information on how the criterion for combination dishes were set see page 13 – 18.

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<sup>12</sup> Health Canada, *Nutrient Values of Some Common Foods - Booklet*, (Ottawa: Health Canada, 2008). Available at: [http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\\_value-valeurs\\_nutritives-tc-tm-fra.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-tc-tm-fra.php)

<sup>13</sup> Department of Agriculture, "USDA Nutrition Standards in the National School Lunch and School Breakfast Programs." Federal Register 77 no. 17 (January 26, 2012) accessed July 10, 2013. <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

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<sup>10</sup> Health Canada, *Nutrient Values of Some Common Foods - Booklet*, (Ottawa: Health Canada, 2008). Available at: [http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\\_value-valeurs\\_nutritives-tc-tm-fra.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-tc-tm-fra.php)

<sup>11</sup> Health Canada, *Canadian Nutrient File*. Available at: <http://webprod3.hc-sc.gc.ca/cnf-fce/index-fra.jsp>

**B. The nutrient criterion was selected with consideration to the following:**

i. Results from the jurisdictional scans as to which nutrient criteria jurisdictions were already using; refer to Appendix- B.

ii. **Total Fat, Saturated Fat and Trans Fat**- Canada's Food Guide encourages people to choose lower fat options to reduce the total amount of fat in their diet and reduce the amount of saturated and trans fats they consume. Higher fat foods are often higher in saturated and trans fats, in which the consumption of these types of fats are associated with a higher risk of cardiovascular disease.<sup>14</sup> By completing the jurisdictional review of fat criteria in provincial school food guidelines and considering the composition of food products the lowest possible fat criteria was set in the Choose Most Often category. The Choose Sometimes category allows for higher amounts fat for foods that fit within a food group.

Unique Circumstances: For total fat, saturated fat and trans fat the Vegetables and Fruit Choose Most Often category and the Combination Dishes category are treated differently than the other food groups in the following way:

- a. Vegetables and Fruit Choose Most Often category -specific fat criteria was not developed to promote choosing foods prepared with little or no added fat as per Canada's Food Guide. Fat cannot be added to a food to fit in the Choose Most Of ten category.

b. Combination Dishes -Trans fat criterion is set for this category based on the Health Canada's Trans Fat Task Group Recommendations. [[http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tf-ge/tf-gt\\_rep-rap-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tf-ge/tf-gt_rep-rap-eng.php)]. In other groups Og trans fat is encouraged.

iii. **Salt (Sodium)** - Canada's Food Guide encourages people to choose foods lower in salt (sodium). Additionally, the sales-weighted average levels of sodium benchmarks set for 2016 in Health Canada's Guidance for the Food Industry on Reducing Sodium in Processed Foods<sup>15</sup> were used in setting the sodium criteria. A lower salt (sodium) criterion was set when there were food products already available on the food market with salt (sodium) levels lower than the guidance document. The recommendations contained in *Reducing the Sodium Intake of Canadians: A Provincial and Territorial Report on the Progress and Recommendations for Future Action*<sup>16</sup> and *Sodium Reduction Strategy for Canada - Recommendations of the Sodium Working Group*<sup>17</sup> also guided decisions. Industry is therefore encouraged to strive for the lowest salt (sodium) content to assist children and youth to lower their salt (sodium) intake.

Unique Circumstances:

- a. In the Vegetables and Fruit Choose Most Often group, a specific salt (sodium) criterion was not developed to promote choosing foods prepared with little or no added salt (sodium) as per Canada's Food Guide recommendations. Salt (sodium) cannot be added to a food or beverage.
  - b. Milk and Alternatives: A higher sodium level is allowed for cheese to allow for the lower fat varieties.
- iv. **Sugars** - means all monosaccharides and disaccharides<sup>18</sup> Canada's Food Guide recommends eating foods lower in sugar to help limit extra calories in the diet. As a result the lowest possible sugar criterion was chosen based on availability in the market. In some instances no added sugar is a criterion. In Canada, for a food to carry the claim "no added sugars," the criteria include that it must contain no added sugars, no ingredients containing added sugars or ingredients that contain sugar that functionally substitutes for added sugars. In addition, the sugar content of the food cannot be increased through some other means except if the functional effect is not to increase the sugars content of the food. Ingredients such as sweetening agents, molasses, fruit juice, fruit juice concentrate, fruit puree, honey and maple syrup give a sweet taste to foods and can contribute significantly to the sugars content of the food. These would be considered ingredients that functionally substitute for added sugars, and therefore foods containing such ingredients will not meet the prescribed requirements for the "no sugar added" claim. For background

<sup>14</sup> Health Canada, *Eating Well with Canada's Food Guide: A Resource for Educators and Communicators*. (Ottawa: Health Canada, 2007), 6. Accessed July 10, 2013. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/resource-ressource-eng.php>

<sup>15</sup> Health Canada, *Guidance for the Food Industry on Reducing Sodium in Processed Foods* (June 2012), accessed July 10, 2013. <http://www.hc-sc.gc.ca/fn-an/legislation/guide-ld/2012-sodium-reduction-indust-eng.php>

<sup>16</sup> Conference of Provincial-Territorial Ministers of Health. *Reducing the Sodium Intake of Canadians: A Provincial and Territorial Report on the Progress and Recommendations for Future Action* (July 2012), <http://www.hc-sc.gc.ca/fn-an/nutrition/sodium/related-info-connex/strateg/reduct-strat-eng.php>

<sup>17</sup> Health Canada, *Sodium Reduction Strategy for Canada - Recommendations of the Sodium Working Group* (Ottawa: Health Canada, July 2010), Available at: <http://www.hc-sc.gc.ca/fn-an/nutrition/sodium/related-info-connex/strateg/reduct-strat-eng.php>

<sup>18</sup> Government of Canada, *Food and Drug Regulations*. B.01.001(I). Available at: [http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,\\_c.\\_870/FullText.html](http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,_c._870/FullText.html)

information related to the federal governments' implementation of no added sugar claims visit: [http:// www.inspection.gc.ca/english/fssa/ labeti/inform/sugsuce.shtml](http://www.inspection.gc.ca/english/fssa/labeti/inform/sugsuce.shtml). This approach is consistent with standards set at the international level by the Codex Alimentarius Commission.

Unique Circumstances:

- a. In the Vegetables and Fruit Choose Most Often category - a sugar criterion was not developed to promote choosing foods prepared with little or no added sugar as per Canada's Food Guide. Sugar cannot be added to a food to fit in the Choose Most Often category
- b. Combination Dishes - For information on how the criteria for combination dishes were set see pages 13-18.

v. **Calcium and**

vi. **Vitamin D** - The strongest evidence for adequate calcium and vitamin D intake is related to bone health. Childhood and adolescents are an optimum time to increase peak bone mass, which is a significant predictor of fracture risk later in life<sup>19</sup>. Calcium levels were set for foods found in the Milk and Alternative group as the content of calcium can vary greatly and this food group is an important contributor to calcium intake. The major dietary sources of vitamin D are fortified foods such as milk and margarine<sup>20</sup> Because there are few naturally-occurring sources of dietary vitamin D, fortified foods are major sources of vitamin D. In Canada fortification of fluid milk and margarine with vitamin D is mandatory<sup>21</sup> In addition, fortified plant-based beverages must contain vitamin D in an amount equivalent to fluid milk<sup>21</sup>. Because fluid milk and fortified plant-based beverages must contain mandated amounts of vitamin D, there was no need to set a vitamin D criterion for these foods.

Fortified plant based beverages are generally considered nutritionally adequate alternatives for milk. However, to inform consumers that not all of these products contain the levels of protein found in milk, the statement "Not a source of protein" is required on the labels of products that do not have a minimum level of protein. The calcium criterion is expressed as a% DV based on the Recommended Daily Intakes used in setting the% DV for calcium as shown on a Nutrition Facts table ([http:// www.inspection.gc.ca/english/gssa/labeti/guide/ch6e.shtml#a6\\_3\\_5](http://www.inspection.gc.ca/english/gssa/labeti/guide/ch6e.shtml#a6_3_5)).

vii. **Sugar Substitutes:**

The nutrient criteria for foods and beverages do not allow for the use of sugar substitutes. This decision is based on the Institute of Medicine recommendations<sup>22</sup> and the varying practices by jurisdictions across the country Sugar substitutes, defined as those listed as food additives, include additives such as: acesulfame-potassium, aspartame, erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, maltitol syrup, mannitol, neotame, sorbitol, sorbitol syrup, sucralose, thaumatin, xylitol, and steviol glycosides.<sup>23</sup>

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19 Institute of Medicine, Dietary Reference Intakes for Calcium and Vitamin D (2011) Accessed July 10, 2013. [http:// www.iom.edu/ Reports/2010/Dietary-Reference-Intakes- for-calcium-and-vitamin-D.aspx](http://www.iom.edu/Reports/2010/Dietary-Reference-Intakes-for-calcium-and-vitamin-D.aspx)

20 Health Canada, *Eating Well with Canada's Food Guide: A Resource for Educators and Communicators*. (Ottawa: Health Canada, 2007), 43. Accessed July 10, 2013. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/resource-ressource-eng.php>


21 Health Canada, *Interim Marketing Authorization to permit the optional addition of vitamins and mineral nutrients to plant-based beverages*. Accessed June 19, 2013. [http://www.hc-sc.gc.ca/fn-an/legislation/ima-amp-plant\\_based\\_beverages-boissons\\_vegetales-eng.php](http://www.hc-sc.gc.ca/fn-an/legislation/ima-amp-plant_based_beverages-boissons_vegetales-eng.php)

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22 Institute of Medicine, *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth* (2007) Accessed July 10, 2013. <http://www.iom.edu/Reports/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth.aspx>

23 Marketing Authorization for Food Additives That May Be Used as Sweeteners. <http://laws-lois.justice.gc.ca/eng/regulations/SOR-2012-210/page-1.html>





**viii. Protein** - In addition to other important nutrients, the Milk and Alternatives food group and the Meat and Alternatives food group provide protein. A protein criterion was included for Milk and Alternatives as well as the category for sandwich meats, sausages and canned meats. In general, through a scan of the Nutrition Facts table of milk alternatives, including a protein requirement for these foods was found to result in a food product with better nutrition quality. For the category sandwich meats, sausages and canned meats including a protein criterion and a moderate fat content was found

to provide a product with less additives and fillers for meats such as deli-meats.

**Unique Circumstances:**

For information on how the criterion for combination dishes were set see pages 13 – 18.

**Nutrients for which no criteria were set**

**ix. Iron:** Feedback from jurisdiction stakeholders supported not including a criterion for iron in school food guidelines and policies as their jurisdictional assessments was that it limits other nutritious foods. Therefore no nutrient criterion was set for iron in any of the categories.

**x. Fibre:** Fibre is an important nutrient for health. To encourage schools to serve and sell food products with naturally occurring but varying amounts of fibre and to discourage the addition of added fibres to foods to meet the nutrient criterion, no nutrient criterion was set for fibre in any of the categories

**xi. Food Additives:** Food additives, with the exception of sugar substitutes, were not assessed by the Working Group since they were considered beyond the scope of setting criteria.

## Detailed Rationale for Nutrition Criteria Levels

The following tables with their supporting additional information provide the Choose Most Often and Choose Sometimes nutrient criteria for Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives, and Combination Dishes.

# Vegetables and Fruit

## Choose Most Often

Vegetables and Fruit	
Fresh, frozen and canned	
Nutrition Criteria	
Per	See examples on this page
Total Fat	No added B ii) page 4
Saturated Fat + Trans Fat	No added B ii) page 4
Sodium	No added B iii) page 4
Sugars	No added B iv) page 4
Sugar Substitutes	Not allowed B vii) page 5

## Reference Quantity Examples

- Fresh, frozen and canned:  
125 ml / 1/2 cup or one medium fruit
- Leafy vegetables:  
Cooked 125 ml / 1/2 cup;  
Raw 250 ml / 1 cup

## Additional Information:

- No added fat, sodium (salt) or sugar.
- Concentrated fruit puree and concentrated fruit juice are considered added sugars and should not be on the ingredient list. (See page 4; Section B; iv) Sugars)

# Vegetables and Fruit

## Choose Sometimes

Vegetables and Fruit	
Fresh, Frozen and Canned with fat, sodium and sugar	
Nutrition Criteria	
Per	See examples on this page
Total Fat	≤ 5 g
Saturated Fat + Trans Fat	≤ 2 g 0 g
Sodium	≤ 200 mg ≤ 100 mg*
Sucres	≤ 16 g
Sugar Substitutes	Not allowed B vii) page 5

## Reference Quantity Examples

- Fresh, frozen and canned with added fat, sodium or sugar: 125 ml / 1/2 cup
- Dried Fruit, unsweetened: 60 ml / 14 cup
- 100% Fruit juice: 125 ml / 1/2 cup
- \*Vegetable Juice: 125 ml / 1/2 cup
- Baked chips I crisps: 50 g

## Additional Information:

- 100% unsweetened vegetable or fruit juices are included in the Choose Sometimes category. This is based on Eating Well with Canada's Food Guide recommendation "have vegetables and fruit more often than juice."
- Dried fruits are included in the Choose Sometimes category because they contain concentrated amounts of sugar and can stick to teeth. The Canadian Paediatric Society recommends that in order for children of all ages to keep their teeth healthy, especially when they cannot brush after eating, to not be offered candy, dried fruit (including raisins) and sugared drinks or juices. [http://www.caringforkids.cps.ca/handouts/healthy\\_teeth\\_for\\_children](http://www.caringforkids.cps.ca/handouts/healthy_teeth_for_children)
- Fruit bars are not part of *Eating Well with Canada's Food Guide*, Vegetables and Fruit food group as they are composed mainly of sugar. Dried fruits are part of Eating Well with Canada's Food Guide Vegetables and Fruit food group with unsweetened being the better choice.
- The food industry is encouraged to strive for the lowest amount of added sodium to a food or beverage product in order to assist children and youth to lower their sodium intake.

# Grain Products

## Choose Most Often

Grain Products	
Whole grains and whole grain cereals	
Nutrition Criteria	
Per	See examples on this page
Total Fat	≤ 3 g
Saturated Fat + Trans Fat	≤ 1 g 0 g
Sodium	≤ 140 mg
Sugars	≤ 6 g
Sugar Substitutes	Not allowed B vii) page 5

Grain Products	
Whole grain baked goods with or without added vegetables and fruit, and whole grain cereals with added vegetables and fruits	
Nutrition Criteria	
Per	See examples on this page
Total Fat	≤ 5 g
Saturated Fat + Trans Fat	≤ 2 g 0 g
Sodium	≤ 200 mg
Sugars	≤ 14 g
Sugar Substitutes	Not allowed B vii) page 5

## Choose Sometimes

Grain Products	
May or may not have added vegetables and fruit	
Nutrition Criteria	
Per	See examples on this page
Total Fat	≤ 10 g
Saturated Fat + Trans Fat	≤ 4 g 0 g
Sodium	≤ 200 mg
Sugars	≤ 18 g
Sugar Substitutes	Non permis B vii) page 5

## Choose Most Often (CMO) & Choose Sometimes (CS):

- Cold Cereal: 30 g
- Hot Cereal: 175 g- 190 g; 34 cup I 175 ml prepared
- Pasta, cooked -1/2 cup I 125 mL
- Rice , cooked -1/2 cup I 125 mL
- Popcorn- 2 cups I 250 mL cooked, air popped
- Barley, wheat berries, kamut , quinoa , etc. cooked -1/2 cup I 125 ml
- Bun or Bread - 1 slice or 35 g slice
- Pizza Crust- 35 g
- Naan , roti , pita or wrap -1/2 a 17 em diameter or 35 g
- Bagel-1/2 bagel, not exceeding 45 g
- Muffin or quick bread- 35 g
- Cookie(s) - 30 g to 38 g
- Pancake or waffle- 35 g
- Crackers- 30g
- Rice Cakes - 2 medium
- Bannock- 35 g

## Additional Information Choose Most Often:

- Whole grain is the first ingredient on the ingredient list.
- Whole grains shall consist of the intact, ground , cracked or flaked caryopsis, whole principal anatomical components- the starchy endosperm, germ, and bran-are present in the same relative proportions as they exist in the intact caryopsis; American Association of Cereal Chemists International (AACCI). <http://www.aaccnet.org/initiatives/definitions/Pages/WholeGrain.aspx>
- Whole grains and whole grain cereals includes: whole grain whole wheat, whole grain white wheat , brown rice , wild rice, wheat berries, cracked wheat , rye, kamut, amaranth, job’s tears, teff, millet, salba, quinoa, sorghum, hominy, barley, bulgur, oats, corn and cornmeal and cereals and pasta made from these whole grains.
- The qualitative criterion of “whole grain” is to encourage fibre intake and the benefits of whole grains. Using fibre criteria can eliminate healthy choices and encourage the fortification of foods to meet the criteria.
- Nutrients provided by grain products include carbohydrate, B vitamins, iron, zinc, magnesium and other components such as fibre. The requirement for whole grain in the CMO is to help students achieve adequate amounts of magnesium.
- Bran, germ and white rice are not whole grains.
- Where the first ingredient is made of components (ingredients of ingredients) the first ingredient in the bracketed list must be a whole grain. For example, [Ingredients: Granola (Rolled Oats, Wheat Flakes, Sugar/Glucose-Fructose, etc.)]

# Milk and Alternatives

## Choose Most Often

Milk and Alternatives Unsweetened Fluid Milks	
Nutrition Criteria	
Per Reference Quantity – 250 mL / 1 cup	
1 Skim, 0.5%, 1% or 2% partly skimmed milk No added fat, sugar, sodium, or flavourings	
Sugar Substitutes	Not allowed B vii) page 5

Milk and Alternatives Fortified Soy Beverage	
Nutrition Criteria	
Per Reference Quantity – 250 mL / 1 cup	
Total Fat	≤ 5 g
Saturated Fat + Trans Fat	≤ 1 g 0 g
Sodium	≤ 120 mg
Sugars	≤ 9 g
Sugar Substitutes	Non permis B vii) page 5
Protein	≥ 6 g
Calcium	≥ 30 % DV

Milk and Alternatives Yogurt and non-Dairy Yogurt / Kefir / Drinkable Yogurts*	
Nutrition Criteria	
Per Reference Quantity - ¾ cup / 175 g *200 mL / 7/8 tasse	
Total Fat	≤ 3 g
Saturated Fat + Trans Fat	≤ 2 g ≤ 0.3 g
Sodium	≤ 120 mg
Sugars	≤ 13 g
Sugar Substitutes	Non permis B vii) page 5
Protein	≥ 6 g
Calcium	≥ 15 % DV

Milk and Alternatives Cheese	
Nutrition Criteria	
Per Reference Quantity - 50 g / 1.5 oz.	
Total Fat	≤ 10 g
Saturated Fat + Trans Fat	≤ 6 g ≤ 0.5 g
Sodium	≤ 350 mg
Sugars	Not allowed
Sugar Substitutes	Not allowed B vii) page 5
Protein	≥ 8 g
Calcium	≥ 25 % DV

Milk and Alternatives Cottage Cheese	
Nutrition Criteria	
Per Reference Quantity - 1 cup / 250 mL	
Total Fat	≤ 5 g
Saturated Fat + Trans Fat	≤ 2 g ≤ 0.5 g
Sodium	≤ 350 mg
Sugars	Not allowed
Sugar Substitutes	Not allowed B vii) page 5
Protein	≥ 6 g
Calcium	≥ 15 % DV

Milk and Alternatives Non-Dairy Loaf and Slices	
Nutrition Criteria	
Per Reference Quantity - 50 g / 1.5 oz	
Total Fat	≤ 5 g
Saturated Fat + Trans Fat	≤ 1 g 0 g
Sodium	≤ 350 mg
Sugars	Not allowed
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 6 g
Calcium	≥ 25 % DV

### Additional Information:

- Unsweetened fluid milk—includes reconstituted powdered milk and evaporated milks (for consumption in 1 cup / 250 ml serving size) and Ultra-High Temperature (UHT) milk.
- *Eating Well with Canada's Food Guide* recommends that people drink low-fat milk each day. Drinking low-fat milk is an effective way to consume protein, calcium, magnesium, riboflavin, vitamins A, B12, and D, and zinc while minimizing the amount of saturated fat and calories.
- Fortified soy beverages can be used an alternative to milk. They contain added vitamins and minerals to make them a nutritionally adequate alternative.
- Cheese—examples of cheese include Brie, Camembert, mild, medium and old Cheddar, Swiss, Monterey Jack, Brick, Colby, Gouda, Mozzarella, string Cheese and shredded mixed cheese, excludes fresh Mozzarella and cheese curds; as per Guidance for the Food Industry on Reducing Sodium in Processed Foods (2012).

# Milk and Alternatives

## Choose Sometimes

Milk and Alternatives	
Flavoured Milk Favoured fortified soy beverages	
Nutrition Criteria	
Per Reference Quantity – 1 cup / 250 mL	
Total Fat	≤ 6 g
Saturated Fat + Trans Fat	≤ 4 g ≤ 0.3 g
Sodium	≤ 200 mg
Sugars	≤ 20 g
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 6 g
Calcium	≥ 30 % DV

Milk and Alternatives	
Cheese	
Nutrition Criteria	
Per Reference Quantity - 50 g / 1.5 oz	
Total Fat	≤ 20 g
Saturated Fat + Trans Fat	≤ 10 g ≤ 0.5 g
Sodium	≤ 450 mg
Sucres	≤ 6 g*
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 6 g
Calcium	≥ 25 % DV

Milk and Alternatives	
Pudding from milk / Dessert Tofu	
Nutrition Criteria	
Per Reference Quantity - ½ cup / 250 mL	
Total Fat	≤ 3 g
Saturated Fat + Trans Fat	≤ 2 g ≤ 0.3 g
Sodium	≤ 200 mg
Sugars	≤ 20 g
Sugar Substitutes	Not allowed B vii) page 5
Protein	≥ 4 g

\* allows for added fruits in yogurt soft cheese (e.g. Minigo™).

Milk and Alternatives	
Yogurt* and non-Dairy Yogurt/ Kefir/ Drinkable Yogurts*	
Nutrition Criteria	
Per Reference quantity - ¾ cup / 175 g*200 mL / 7/8 cup	
Total Fat	≤ 5 g
Saturated Fat + Trans Fat	≤ 3 g ≤ 0.3 g
Sodium	≤ 150 mg
Sugars	≤ 20 g
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 5 g
Calcium	≥ 15 % DV

Milk and Alternatives	
Non-dairy loaf and slices	
Nutrition Criteria	
Per Reference Quantity - 50 g / 1,5 oz	
Total Fat	≤ 8 g
Saturated Fat + Trans Fat	≤ 2 g 0 g
Sodium	≤ 400 mg
Sugars	No added
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 6 g

Milk and Alternatives	
Cottage Cheese	
Nutrition Criteria	
Per Reference Quantity - 1 cup / 250 mL	
Total Fat	≤ 5 g
Saturated Fat + Trans Fat	≤ 2 g
Sodium	≤ 450 mg
Sugars	≤ 20 g*
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 4 g
Calcium	≥ 15 % V.Q.

\* allows for added fruits

### Additional Information:

- Plant based beverages such as almond, rice, flax and potato may be a Choose Sometimes as long as all criteria are met as per flavoured fortified soy beverage.
- Cheese-examples of cheese include Brie, Camembert, mild, medium and old Cheddar, Swiss, Monterey Jack, Brick, Colby, Gouda, Mozzarella, string Cheese and shredded mixed cheese, excludes fresh Mozzarella and cheese curds; as per Guidance for the Food Industry on Reducing Sodium in Processed Foods (2012).

# Meat and Alternatives

## Choose Most Often

Meat and Alternatives	
Fresh and frozen meat/fish/shellfish/ poultry/nuts/ seeds/eggs (chicken)/pulses/ nut & seed butters/ tofu	
Nutrition Criteria	
Per	See examples on this page
Total Fat	≤ 10 g Note 1
Saturated Fat + Trans Fat	≤ 3.5 g * Note 2 ≤ 0.5 g
Sodium	≤ 200 mg Note 3
Sugars	≤ 4 g ** Note 4
Sugar Substitutes	Not allowed B vii) page 5

## Reference Quantity Examples

- Beef, venison, bison, pork, lamb, etc; poultry (includes chicken, turkey, duck, etc); and fish- includes shellfish.
- Baked, broiled, boiled, poached, roasted, grilled, canned or Bar-B-Queed, no coating. 2.5 oz / 75 g cooked weight or 125 mL / ½ cup cooked.
- Eggs - 2 medium
- Nuts and Seeds - plain and unsalted - 60 mL / ¼ cup
- Nut butters – 30 mL (2 Tbsp.)
- Cooked or Canned Legumes – 175 mL / ¾ cup
- Tofu – 175 mL / ¾ cup or 150 g
- Hummus – 60 mL / ¼ cup

Additional Criteria	
<b>Note 1</b>	
<ul style="list-style-type: none"> <li>• Fish and shellfish can have more fat but fat is limited to 14 g   75 g serving</li> <li>• Nuts and seeds and nut/seed butters can have more fat but fat is limited to 25 g   60 ml nuts and seeds and 30 ml   nut and seed butters</li> </ul>	
<b>Note 2</b>	
<ul style="list-style-type: none"> <li>• *Extra lean ground beef is allowed.</li> </ul>	
<b>Note 3</b>	
<ul style="list-style-type: none"> <li>• Fish and shellfish can have more sodium but sodium is limited to 250 mg   75 g serving.</li> </ul>	
<b>Note 4</b>	
<ul style="list-style-type: none"> <li>• **Allows for naturally occurring and small amounts added in pulses</li> </ul>	

## Additional Information:

- The criterion are for cooked meat/fish/poultry.
- Mercury in fish - as per Health Canada guidance on fish consumption [http://www.hc-sc.gc.ca/ewh-semt/alt\\_formats/hecs-sesc/pdf/pubs/contaminants/mercury-mercure-eng.pdf](http://www.hc-sc.gc.ca/ewh-semt/alt_formats/hecs-sesc/pdf/pubs/contaminants/mercury-mercure-eng.pdf).
- Reference Quantity for hummus is based on the reference amounts in the Nutrient Value of Some Common Foods [[http://hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\\_value\\_valeurs\\_nutritives-tc-tm-eng.php](http://hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value_valeurs_nutritives-tc-tm-eng.php) and <http://webprod3.hc-sc.gc.ca/cnf-fce/index-eng.jsp>]. Both booklet and on-line format were used as the Food Guide Serving used in Canada's Food Guide for this food item is larger than what was assessed to be eaten by a school aged child.
- Iron criteria is not included - Refer to Page 6; Section B; ix) Iron.

# Meat and Alternatives

## Choose Sometimes

Meat and Alternatives	
Fresh and frozen meat/fish/shellfish/ poultry/nuts/ seeds/eggs (chicken)/pulses/ nut & seed butters/ tofu	
Nutrition Criteria	
Per	See examples on this page
Total Fat	≤ 10 g Note 1
Saturated Fat + Trans Fat	≤ 6 ≤ 0.5 g
Sodium	≤ 400 mg
Sugars	≤ 8 g
Sugar Substitutes	Not allowed B vii) page 5

Meat and Alternatives	
Sandwich meats and sausages* Dried Meat**	
Nutrition Criteria	
Per	Reference Quantities – 56 g / 2.0 oz* 20 g / 0.5 oz**
Total Fat	≤ 7.5 g
Saturated Fat + Trans Fat	≤ 4.5 ≤ 0.5 g
Sodium	≤ 375 mg
Sugars	Not allowed B iv) page 4
Sugar Substitutes	Not allowed B vii) page 5
Proteins	≤ 5.0 g

Additional Criteria	
<b>Note 1</b>	
<ul style="list-style-type: none"> <li>Fish and shellfish can have more fat but fat is limited to 14 g   75 g serving</li> <li>Nuts and seeds and nut/seed butters can have more fat but fat is limited to 25 g   60 ml nuts and seeds and 30 ml   nut and seed butters.</li> </ul>	

## Reference Quantity Examples

- Beef, pork, lamb, etc; poultry (chicken or turkey) or fish: 2.5 oz / 75 g cooked weight or 125 mL / ½ cup ground cooked meat/fish/ poultry, or canned
- Eggs - 2 medium (i.e. pickled eggs)
- Nuts and Seeds - 40 g / 60 mL / ¼ cup
- Nut and Seed Butters - 30 mL / 2 Tbsp
- Cooked or canned legumes: 175 ml or ¾ cup
- Legume/Lentil Spreads - 30 ml / 2 Tbsp
  - Added Salt
  - Added fat must be monounsaturated or polyunsaturated
- Seasoned Tofu - 175 ml / ¾ cup or 150 g
- Hummus - ¼ cup / 60 ml
- Soy Analogues:
  - Pattie or strips format ≤ 2.5 oz / 75 g
  - Tube format (non-meat weiner like) ≤ 2.5 oz / 70 g
  - Sliced sandwich non-meat format ≤ 2.0 oz / 56 g
- Sandwich meats and sausages - 56 g / 2.0 g

For standards for meat products such as luncheon meats and sausages refer to the Meat Inspection Regulations, Schedule 1 at: <http://laws-lois.justice.gc.ca/eng/regulations/SOR-90-288/page-36.html#h-33>

## Additional Information:

- Canada's Food Guide recommends choosing meat and alternatives prepared with little or no added fat or salt. Sandwich meats, sausages and canned meats are in the Choose Sometimes category due to their high sodium and saturated fat content.
- Reference Quantities for hummus and deli meats are based on the reference amounts in the Nutrient Value of Some Common Foods [[http://hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\\_value-valeurs\\_nutritives-tc-tm-eng.php](http://hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-tc-tm-eng.php) and <http://webprod3.hc-sc.gc.ca/cnf-fce/index-eng.jsp>]. Both booklet and on-line format were used as the Food Guide Serving used in Canada's Food Guide for these two food items are larger than what was assessed to be eaten by a school aged child.

# Combination Dishes

## Choose Most Often - meat/fish/poultry based

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 100 – 199 calories	
Total Fat	≤ 4 g
Saturated Fat + Trans Fat	≤ 1.1 g ≤ 0.2 g
Sodium	≤ 350 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar substitutes	Non permis B vii) page 5
Protein	≥ 7 g
Iron	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 300 – 399 calories	
Total Fat	≤ 10 g
Saturated Fat + Trans Fat	≤ 2.7 g ≤ 0.5 g
Sodium	≤ 700 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 14 g
Iron	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 500 – 599 calories	
Total Fat	≤ 10 g
Saturated Fat + Trans Fat	≤ 2.7 g ≤ 0.5 g
Sodium	≤ 700 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 14 g
Iron	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 200 – 299 calories	
Total Fat	≤ 7 g
Saturated Fat + Trans Fat	≤ 1.9 g ≤ 0.35 g
Sodium	≤ 500 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 20 g
Iron	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 400 – 499 calories	
Total Fat	≤ 13 g
Saturated Fat + Trans Fat	≤ 3.5 g ≤ 0.6 g
Sodium	≤ 700 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 17 g
Iron	B ix) page 6

**Examples:** beef and vegetable stew, baked lasagna, pizza with whole grain crust, whole grain sandwiches, salads and casseroles.

### Additional Information:

- Combination Dishes are defined as foods representing two or more of the recommended food groups found in *Eating Well with Canada's Food Guide*.
- To be considered a CMO Combination Dish the individual food group component must meet the criteria and stipulations of that CMO food Group. Example: if the dish contains a grain product the grain product must be a whole grain and meet the CMO criteria of the Grain Products Food Group-see page 8; if the dish contains a vegetable and/or fruit the food must be as per the criteria of the CMO Vegetable and Fruit food group-See page 7; if the dish contains a milk and/or alternative the food must be as per the criteria of the CMO Milk and Alternatives food group-see page 9; and if the dish contains a meat and/or alternative the food must be as per the criteria of the CMO Meat and Alternatives food group-see page 11.
- The criteria for the Combination Dishes were adapted from Alberta. Alberta used experts from Alberta Agriculture and food scientists from the Leduc Food Processing Development Centre to develop criteria.
- Criteria for fat and protein is based on the total calories per serving. The remaining calorie source was classed as a carbohydrate component. Carbohydrate (includes sugars) averages are approximately 55% of calories per serving.
- **Recommended amounts of fat** (as a percentage of total daily calories). Children and teens (ages 4- 18 years)-25% to 35% [<http://www.hc-sc.gc.ca/hl-vs/lyh-vsv/med/fats-gras-eng.php>]. CMO = 25%.
- **Recommended amounts Saturated Fat** (as percentage of total calories and in consideration of Health Canada's modeling exercise for the development of the Food Guide which found saturated fat to be at 5.8%- 7.2% of total kcal (adults stated). [<http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/art-nutr-adult-eng.php#a7>]. CMO = 7%.



# Combination Dishes

## Choose Most Often - vegetarian based

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 100 – 199 calories	
Total Fat	≤ 4 g
Saturated Fat + Trans Fat	≤ 1.1 g ≤ 0.2 g
Sodium	≤ 350 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 5 g
Iron	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 300 – 399 calories	
Total Fat	≤ 10 g
Saturated Fat + Trans Fat	≤ 2.7 g ≤ 0.5 g
Sodium	≤ 700 mg
Fibre	B x) page 6
Sugar	B iv) page 4
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 10 g
Iron	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 500 – 599 calories	
Total Fat	≤ 15 g
Saturated Fat + Trans Fat	≤ 4.3 g ≤ 0.76 g
Sodium	≤ 700 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 15 g
Iron	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 200 – 299 calories	
Total Fat	≤ 7 g
Saturated Fat + Trans Fat	≤ 1.9 g ≤ 0.35 g
Sodium	≤ 500 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 7 g
Iron	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 400 – 499 calories	
Total Fat	≤ 13 g
Saturated Fat + Trans Fat	≤ 3.5 g ≤ 0.6 g
Sodium	≤ 700 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar substitutes	Not allowed B vii) page 5
Protein	≥ 12 g
Iron	B ix) page 6

**Examples:** Whole grain vegetarian sandwiches including bean burritos, bean tacos and burgers.

Casseroles including frittatas, quiches, pasta salads, lentil chili.

Dahl with a whole grain roti.

Smoothie made from yogurt and fruit/vegetables and/or grains.

Trail mix.

Protein bars, energy bars, mixed Nut and fruit bars, sports bars.

### Additional Information - continued:

- **Trans Fat-** As per Health Canada's Trans Fat Task Force Recommendations (as a percentage of total fat: 5% of total fat) [[http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans\\_fats/tf-geltf-gt\\_rep-rap-eng.php#ea](http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans_fats/tf-geltf-gt_rep-rap-eng.php#ea)].
- **Recommended amounts of Protein** (as a percentage of total daily calories). The AMDR<sup>2</sup> for protein is 10% to 30% of calories for children and adolescents - The average intake for children and adolescents aged 4 to 18 is 14.7% of total calories. CCHS 2.2 [<http://publications.gc.ca/collections/Collection/Statcan/82-620-M/82-620-MIE2006002.pdf>] CMO = 17%.<sup>2</sup> Acceptable Macronutrient Distribution Ranges
- **Recommended amounts of Carbohydrate** (as a percentage of total daily calories). 55% to 60% for all Canadians [The National Academy of Sciences. Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids (Macronutrients), 2002].
- If condiments, dressings, sauces, dips and spreads are served mixed in with a Combination Dish, the criteria for the Combination Dishes is considered as including these items.
- **Salt (sodium) Criteria-** The sales-weighted average levels of sodium benchmarks set for 2016 in *Health Canada's Guidance for the Food Industry on Reducing Sodium in Processed Foods* were used in setting the sodium criteria. A lower salt (sodium) criterion was set when there were food products already available on the food market with salt (sodium) levels lower than the guidance document.

# Combination Dishes

## Choose Sometimes — meat/fish/poultry based

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 100 – 199 calories	
<b>Fat</b>	≤ 5 g
Saturated Fat + Trans Fat	≤ 1.66 g ≤ 0.25 g
<b>Sodium</b>	≤ 500 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	≥ 6 g
<b>Iron</b>	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 300 – 399 calories	
<b>Total Fat</b>	≤ 12 g
Saturated Fat + Trans Fat	≤ 3.8 g ≤ 0.58 g
<b>Sodium</b>	≤ 900 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	≥ 10 g
<b>Iron</b>	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 500 – 599 calories	
<b>Total Fat</b>	≤ 18 g
Saturated Fat + Trans Fat	≤ 6.1 g ≤ 0.9 g
<b>Sodium</b>	≤ 900 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	≥ 17 g
<b>Iron</b>	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 200 – 299 calories	
<b>Total Fat</b>	≤ 8 g
Saturated Fat + Trans Fat	≤ 2.7 g ≤ 0.4 g
<b>Sodium</b>	≤ 750 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	≥ 9 g
<b>Iron</b>	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 400 – 499 calories	
<b>Total Fat</b>	≤ 15 g
Saturated Fat + Trans Fat	≤ 5 g ≤ 0.75 g
<b>Sodium</b>	≤ 900 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	≥ 14 g
<b>Iron</b>	B ix) page 6

**Examples:** beef and vegetable stew, baked lasagne, pizza, sandwiches, salads and casseroles.

## Additional Information:

- Combination Dishes are defined as foods representing two or more of the recommended food groups found in *Eating Well with Canada's Food Guide*.
- To be considered a CS Combination Dish the individual food group component must meet the criteria and stipulations of that CS food Group. Example: if the dish contains a grain product the grain product must meet the CS criteria of the Grain Products Food Group – see page 8; if the dish contains a vegetable and/or fruit the food must be as per the criteria of the CS Vegetable and Fruit food group – See page 7; if the dish contains a milk and/or alternative the food must be as per the criteria of the CS Milk and Alternatives food group – see page 10; and if the dish contains a meat and/or alternative the food must be as per the criteria of the CS Meat and Alternatives food group – see page 12.
- The criteria for the Combination Dishes were adapted from Alberta. Alberta used experts from Alberta Agriculture and food scientists from the Leduc Food Processing Development Centre.
- Criteria for fat and protein is based on the total calories per serving. The remaining calorie source was classed as a carbohydrate component. Carbohydrate (includes sugars) averages are approximately 55% of calories per serving.
- Recommended amounts of fat** (as a percentage of total daily calories). Children and teens (ages 4 – 18 years) – 25% to 35% [<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/fats-gras-eng.php>]. CS = 30%
- Recommended amounts Saturated Fat** (as percentage of total calories and in consideration of Health Canada's modeling exercise for the development of the food guide which found saturated fat to be at 5.8% – 7.2% of total kcal (adults stated). [<http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/art-nutr-adult-eng.php#a7>]. CS = 10%

# Combination Dishes

## Choose Sometimes — vegetarian based

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 100 – 199 calories	
<b>Total Fat</b>	≤ 5 g
Saturated Fat + Trans Fat	≤ 1.66 g ≤ 0.25 g
<b>Sodium</b>	≤ 500 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5)
<b>Protein</b>	≥ 4 g
<b>Iron</b>	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 300 – 399 calories	
<b>Total Fat</b>	≤ 12 g
Saturated Fat + Trans Fat	≤ 3.8 g ≤ 0.58 g
<b>Sodium</b>	≤ 900 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5)
<b>Protein</b>	≥ 7 g
<b>Iron</b>	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 500 – 599 calories	
<b>Total Fat</b>	≤ 18 g
Saturated Fat + Trans Fat	≤ 6.1 g ≤ 0.9 g
<b>Sodium</b>	≤ 900 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5)
<b>Protein</b>	≥ 11 g
<b>Iron</b>	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 200 – 299 calories	
<b>Total Fat</b>	≤ 8 g
Saturated Fat + Trans Fat	≤ 2.7 g ≤ 0.4 g
<b>Sodium</b>	≤ 750 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5)
<b>Protein</b>	≥ 6 g
<b>Iron</b>	B ix) page 6

Combination Dishes	
Premade, prepackaged and frozen entrée:	
Nutrition Criteria	
Per 400 – 499 calories	
<b>Total Fat</b>	≤ 15 g
Saturated Fat + Trans Fat	≤ 5.0 g ≤ 0.75 g
<b>Sodium</b>	≤ 900 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5)
<b>Protein</b>	≥ 9 g
<b>Iron</b>	B ix) page 6

**Examples:** vegetarian sandwiches including bean burritos, bean tacos and burgers.

Casseroles including frittatas, quiches, pasta salads, lentil chili.

Dahl with roti.

Smoothie made from yogurt and fruit/vegetables and/or grains.

Energy/protein/sports bars/fruit and nut bars.

Trail mixes

## Additional Information — continued:

- **Trans Fat** – As per Health Canada's Trans Fat Task Force Recommendations (as a percentage of total fat: 5% of total fat) [[http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tf-ge/tf-gt\\_rep-rap-eng.php#ea](http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tf-ge/tf-gt_rep-rap-eng.php#ea)].
- **Recommended amounts of Protein** (as a percentage of total daily calories). The AMDR<sup>a</sup> for protein is 10% to 30% of calories for children and adolescents – The average intake for children and adolescents aged 4 to 18 is 14.7% of total calories. CSH 2.2 [<http://publications.gc.ca/collections/Collection/Statcan/82-620-M/82-620-MIE2006002.pdf>] CS = 15% <sup>a</sup> Acceptable Macronutrient Distribution Ranges
- **Recommended amounts of Carbohydrate** (as a percentage of total daily calories). 55 % to 60% for all Canadians [The National Academy of Sciences. Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids (Macronutrients), 2002].
- If condiments, dressings, sauces, dips and spreads are served mixed in with a Combination Dish, the criteria for the Combination Dishes is considered as including these items.
- **Energy/protein/sports bars/fruit and nut bars.** These items are classified as Choose Sometimes foods. They include food items that are 'bar-shaped' or identified as a bar on the bar wrapper/package. First and second ingredients must be from one of the four food groups contained in *Eating Well with Canada's Food Guide*. These food products are assessed using Combination Dishes criteria.
- **Salt (sodium) Criteria** – The sales-weighted average levels of sodium benchmarks set for 2016 in Health Canada's *Guidance for the Food Industry on Reducing Sodium in Processed Foods* were used in setting the sodium criteria. A lower salt (sodium) criterion was set when there were food products already available on the food market with salt (sodium) levels lower than the guidance document.

# Combination Dishes

## Choose Most Often — soup

Combination Dishes	
Broth based	
Nutrition Criteria	
Per ≤ 200 calories	
<b>Fat</b>	≤ 4 g
Saturated Fat + Trans Fat	≤ 1 g ≤ 0.1 g
<b>Sodium</b>	≤ 250 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	not set
<b>Iron</b>	B ix) page 6

Combination Dishes	
Meal style	
Nutrition Criteria	
Per ≤ 200 calories	
<b>Total Fat</b>	≤ 4 g
Saturated Fat + Trans Fat	≤ 1 g ≤ 0.2 g
<b>Sodium</b>	≤ 250 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	≥ 7 g
<b>Iron</b>	B ix) page 6

### Examples:

Broth based Soup – Chicken noodle, tomato and soups that are not made with milk

Meal Style Soup – Chunky vegetable with barley and beef, chowders, gumbo, and soups made with milk

Combination Dishes	
Broth based	
Nutrition Criteria	
Per 201 – 300 calories	
<b>Total Fat</b>	≤ 7 g
Saturated Fat + Trans Fat	≤ 2 g ≤ 0.34 g
<b>Sodium</b>	≤ 400 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	not set
<b>Iron</b>	B ix) page 6

Combination Dishes	
Meal style	
Nutrition Criteria	
Per ≤ 201 – 300 calories	
<b>Total Fat</b>	≤ 7 g
Saturated Fat + Trans Fat	≤ 2 g ≤ 0.34 g
<b>Sodium</b>	≤ 400 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	≥ 10 g
<b>Iron</b>	B ix) page 6

### Additional Information:

- Soup – Broth based and meal style criteria are for meat/fish/poultry containing soups as well as vegetarian soups.
- To be considered a CMO Combination Dish – Soup, the individual food group component must meet the criteria and stipulations of that CMO food Group. Example: if the soup contains a grain product the grain product must be a whole grain and meet the CMO criteria of the Grain Products Food Group – see page 8; if the soup contains a vegetable and/or fruit the food must be as per the criteria of the CMO Vegetable and Fruit food group – See page 7; if the soup contains a milk and/or alternative the food must be as per the criteria of the CMO Milk and Alternatives food group – see page 9; and if the soup contains a meat and/or alternative the food must be as per the criteria of the CMO Meat and Alternatives food group – see page 11.

# Combination Dishes

## Choose Sometimes — soup

Combination Dishes	
Broth based	
Nutrition Criteria	
Per ≤ 200 – calories	
<b>Total Fat</b>	≤ 5 g
Saturated Fat + Trans Fat	≤ 1.6 g ≤ 0.25 g
<b>Sodium</b>	≤ 300 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	not set
<b>Iron</b>	B ix) page 6

Combination Dishes	
Meal style	
Nutrition Criteria	
Per ≤ 200 calories	
<b>Total Fat</b>	≤ 7 g
Saturated Fat + Trans Fat	≤ 2.2 g ≤ 0.33 g
<b>Sodium</b>	≤ 300 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	≥ 6 g
<b>Iron</b>	B ix) page 6

Combination Dishes	
Broth based	
Nutrition Criteria	
Per ≤ 201 – 300 calories	
<b>Total Fat</b>	≤ 8 g
Saturated Fat + Trans Fat	≤ 2.7 g ≤ 0.4 g
<b>Sodium</b>	≤ 450 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	not set
<b>Iron</b>	B ix) page 6

Combination Dishes	
Meal style	
Nutrition Criteria	
Per ≤ 201 – 300 calories	
<b>Total Fat</b>	≤ 10 g
Saturated Fat + Trans Fat	≤ 3.3 g ≤ 0.5 g
<b>Sodium</b>	≤ 450 mg
<b>Fibre</b>	B x) page 6
<b>Sugars</b>	B iv) page 4
<b>Sugar Substitutes</b>	Not allowed B vii) page 5
<b>Protein</b>	≥ 9 g
<b>Iron</b>	B ix) page 6

### Examples:

Broth based Soup – Chicken noodle, tomato and soups that are not made with milk

Meal Style Soup – Chunky vegetable with barley and beef, chowders, gumbo, and milk based

### Additional Information:

- Soup – Broth based and meal style criteria are for meat/fish/poultry containing soups as well as vegetarian soups.
- To be considered a CS Combination Dish – Soup, the individual food group component must meet the criteria and stipulations of that CS food Group. Example: if the soup contains a grain product the food must meet the CS criteria of the Grain Products Food Group – see page 8; if the soup contains a vegetable and/or fruit the food must be as per the criteria of the CS Vegetable and Fruit food group – See page 7; if the soup contains a milk and/or alternative the food must be as per the criteria of the CS Milk and Alternatives food group – see page 10; and if the soup contains a meat and/or alternative the food must be as per the criteria of the CS Meat and Alternatives food group – see page 12.

# APPENDIX A

## Glossary

### Acceptable Macronutrient Distribution Ranges (AMDR)

The AMDR is a range of intake for a particular energy source (protein, fat, or carbohydrate), expressed as a percentage of total energy (kcal), that is associated with reduced risk of chronic disease while providing adequate intakes of essential nutrients.

<http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/index-eng.php>

### Beverages

For the purposes of this technical document beverages are referred to as: 100% Juice; fluid milk, plain and flavoured; and fortified soy beverage, plain and flavoured.

### Choose Most Often

Products in this category are the healthiest options available and generally have lower amounts of total fat, no added sugar, and/or sodium. They may have higher amounts of important nutrients and naturally occurring fibre.

### Choose Sometimes

Products in this category may have slightly higher amounts of total fat, sugar, and/or sodium than food and beverages in the Choose Most Often category.

### Combination Dish

These foods are defined as foods representing two or more of the food groups found in Canada's Food Guide.

### Core Nutrients

Calories and 13 nutrients (fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, fibre, sugar, protein, vitamin A, vitamin C, calcium, iron) are required to be declared on the Nutrition Facts table. <http://www.inspection.gc.ca/english/fssa/labeti/nutrikit/sectce.shtml#c2>

### % DV

This is a tool to help identify if a specific amount of food has a little or a lot of a nutrient. In the Nutrition Facts table, there is a % DV for: Fat, saturated and trans fats (combined), sodium, carbohydrate, fibre, vitamin A, vitamin C, calcium and iron. Protein and sugars do not have a % DV. The Daily Values for vitamins and minerals are based on the highest recommended intakes for each age and sex group, so they apply to most people aged 2 and over.

### Daily Values used in nutrition labeling for each nutrient

Nutrient	Daily Values
Fat	65 g
The sum of saturated and trans fatty acids	20 g
Cholesterol	300 mg
Sodium	2400 mg – new DRI is 1500 mg *
Carbohydrate	300 g
Fibre	25 g
Sugars	no DV
Protein	no DV
Vitamin A	1000 RE
Vitamin C	60 mg
Calcium	1100 mg
Vitamin D	200 IU – new DRI is 600 IU **

**Where:** RE=retinol equivalents

**Note:** The Daily Values for vitamins and minerals are based on the 1983 Recommended Nutrient Intakes for Canadians and can be found in the Food and Drug regulations. [http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,\\_c.\\_870/page-1.html](http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,_c._870/page-1.html)

**Note:** The Daily Values for fat, saturated plus trans fatty acids, cholesterol, sodium, carbohydrate, and fibre were set to be consistent with the DVs that were used in the US at the time the regulations were developed.

**Note:** The Daily Values for Fat, Carbohydrate and Protein are based on a 2000 calorie reference diet.

**Note:** \*The DRIs for Sodium were revised in 2004. [[http://www.iom.edu/Activities/Nutrition/SummaryDRIs/~media/Files/Activity%20Files/Nutrition/DRIs/5\\_Summary%20Table%20Tables%201-4.pdf](http://www.iom.edu/Activities/Nutrition/SummaryDRIs/~media/Files/Activity%20Files/Nutrition/DRIs/5_Summary%20Table%20Tables%201-4.pdf)]

\*\*The DRIs for Vitamin D were revised in 2010. [<http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php#a10>]

**Note:** Health Canada is currently reviewing the DVs, with the objective of updating them in line with the new DRIs and to harmonize with the US where possible.

### Deli Meat

A ready to eat meat or poultry product that typically is sliced, either in an official establishment or after distribution from an official establishment, and typically is assembled in a sandwich for consumption. (U.S. Department of Agriculture 9 CFR 430.1)



## Dietary Reference Intake – DRI

Are a comprehensive set of nutrient reference values for healthy populations that can be used for assessing and planning diets. DRIs have been published since 1997 and replace previously published Recommended Nutrient Intakes (RNIs). They are established by Canadian and American scientists through a review process overseen by the U.S. National Academies, which is an independent, nongovernmental body. The DRIs reflect the current state of scientific knowledge with respect to nutrient requirements and are published as a series of reports by the U.S. National Academies.

## Food and Drug Regulations

These Regulations, where applicable, prescribe the standards of composition, strength, potency, purity, quality or other property of the article of food or drug to which they refer. [http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,\\_c.\\_870/page-1.html](http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,_c._870/page-1.html)

## Food Guide Serving

The reference amounts used in Canada's Food Guide helps to describe how much food is recommended every day from each of the four food groups. In some cases, a Food Guide Serving may be close to what a person eats in one sitting, such as an apple. In other cases, such as rice or pasta, a person may serve themselves more than one Food Guide Serving in one sitting. Adapted from <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php>

## Ingredient

This means an individual unit of food that is combined with one or more other individual units of food to form an integral unit of food that is sold as a prepackaged product.

## Luncheon Meat

Luncheon meat includes boneless meat, meat by-product or mechanically separated meat, or any combination thereof. It also includes partially defatted beef or pork fatty tissue or both. If boneless meat is chicken, chicken and skin are included. Other optional ingredients are preservatives, fillers and gelling agents. They must be comminuted and cooked, and one of the following: cured or frozen. They must have a minimum of 9.5% meat product protein and a minimum of 11% total protein in the case of chicken loaf, with a maximum of 15% chicken skin (Meat Inspection Regulations: <http://laws-lois.justice.gc.ca/eng/regulations/SOR-90-288/page-36.html#h-33>)

## Manufacturer

This is a person, including an association or partnership, who under their own name, or under a trade-, design or word mark, trade name or other name, word or mark controlled by them, sells a food or drug.

## Nutrition Facts Table

Means the Nutrition Facts table that is required by subsection B.01.401(1) of the Food and Drug Regulations to be carried on the label of a prepackaged product. [http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,\\_c.\\_870/page-1.html](http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,_c._870/page-1.html)

# APPENDIX B

Comparison Spreadsheet of all Provincial Nutrient Criteria and Recommendations that the Working Group Used to Begin the Work of Improving Consistency of the Nutrient Criteria as of June 2011.





## Choose Most Often

Vegetables and Fruit												
Nutrition Fact	BC	AB			SK	MB	ON	QC	NB	NS	PEI	NL
		Natural Vegetables & Fruit	100% dried Veg/Fruit Bars & Snacks	100% Veg/Fruit Prod								
<b>Serving Size</b>		1/2 cup / 125 ml / 50g / 1 med										
<b>Calories</b>												
<b>Fat (g)</b>	< 5	NAT	NAT	≤ 5		≤ 5	≤ 3		0 g — no added except a small amount of unsaturated for stir frying	< 3 (< 1tsp)	< 5	≤ 3
Sat Fat (g)		NAT	NAT	≤ 2			≤ 2		0	< 2	< 3	< 1
Trans Fat (g)	< 0.2	0	0	0			Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine Must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine			< 2	< 0.5	< 0.2
<b>Cholesterol (mg)</b>												
<b>Sodium (mg)</b>	< 150	≤ 100	≤ 100	≤ 100		≤ 480	≤ 360 mg fresh, frozen, canned and dried vegetables and fruit, ≤ 480 mg canned tomatoes and tomato-based products, ≤ 240 mg vegetable and fruit chips		Vegetables < 240	< 480	< 200	< 480
<b>Sodium (mg)</b>												
<b>Carbohydrate (g)</b>												
Fibre (g)		all naturally occurring	all naturally occurring	all naturally occurring					> 1 fruit	> 2	> 2	Not included in this category as vegetables and fruit are a natural source of fibre. Also, want to limit restrictions on this food group — to encourage increased consumption
Sugars* (g)	1st and 2nd ingredient may not be sugar	not added	≤ 20	not added					No added sugars	No added sugars	None Set	100% vegetables and/or fruit ("sugar" is not in the ingredient list)
<b>Juice and Added Sugars Content</b>	Not included in this category				Food-Based Guidelines: juice is not included in the "Choose Most Often" category		100% juice, pulp, or puree and unsweetened/no sugar added and container size: ≤ 250mL for elementary schools only		100% real juice, serving size < 250mL	Limit serving size of juice to 250 mL. Be sure juice does not replace more nutritious foods.		100% juice — no added sugar — Limit Juice to 1/2 cup day

## Choose Most Often

Vegetables and Fruit										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		Natural Vegetables & Fruit	100% dried Veg/Fruit Bars & Snacks	100% Veg/Fruit Prod						
<b>Protein (g)</b>										
<b>Calcium (%DV)</b>										
<b>Vitamin D (%DV)</b>										
<b>Iron (%DV)</b>										
<b>artificial sweetener</b>	Does not contain						None added	Does not contain		
<b>caffeine (mg)</b>	< 15							Not permitted		
<b>Notes:</b>	A vegetable or fruit or fruit puree must be the 1st or 2nd ingredient, not including water	Choose Most Often vegetables and fruits are: prepared with no added fat, sugar or salt; they are not deep-fried or par-boiled in oil. Limit Juice servings to one Canada Food Guide serving (CFGs) per day; 1/2 cup/125 ml = 1 CFGS. Drink water to quench thirst instead. Dried fruit and fruit/vegetable bars stick to your teeth when eating: Brush your teeth after eating dried fruits and vegetables.	Choose dark green and orange vegetables often; vegetables and fruit are listed as the 1st ingredient (or 2nd if water is first) No added sugar or salt in fresh/frozen/canned vegetables/fruit; Food-Based Guidelines: Fresh/frozen/canned vegetables and fruit prepared without added sugar or salt; vegetables prepared without added fat; fruit canned in juice; vegetable soups (from scratch); vegetable/fruit salads; unsweetened applesauce.	Choose dark green and orange vegetables a more often. Vegetables and fruit should be listed as the first ingredient on the ingredient list. Tips to make vegetable and fruit choices more nutritious.	Food should always be prepared in a healthy way - that is, using cooking methods that require little or no added fat or sodium, such as baking, barbecuing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming or stir-frying.	Offer at least one fruit-based dessert per meal (fruit salad in juice or light syrup, fresh fruit, unsweetened fruit puree). 5 day; potatoes are boiled, baked or mashed; no French fries	Fruit and vegetable juice serving size should be less than 250ml for all ages. May choose up to 340ml when 250ml is not available. Vegetable Preparation Methods: max. nutritional value; raw, steamed, baked, boiled, roasted or stir-fried	Choose fresh, local items when in season. Use frozen or canned items to increase variety when fresh items are unavailable. Choose "100%" juice. Choose products that list a vegetable or fruit as the 1st or 2nd ingredient not including water. Choose items "low in fat", "low in saturated fat", "trans-fat free", "lower in salt", or a source of fibre". Choose items that do not have added sugar or artificial sweetener. Consider limiting serving size of juice to 250 ml (2 servings) to be sure it does not replace other nutritious foods and beverages.	For Serve Most Often: These foods should be in the main focus in a healthy diet, with a special emphasis on Grain Products and Vegetables and Fruit. Foods in this list tend to be rich in essential nutrients (vitamins, minerals, protein, carbohydrates, etc.) and are generally low in fat, sugar and sodium (salt). These foods are primarily found in the four food groups of Eating well with Canada's Food Guide. For Serve Sometimes: The foods featured on this list are also healthy choices, but they may be higher in calories, fat, sugar, sodium (salt) or more processed than the foods found on the "Foods to serve Most Often" list. For Serve Least Often: The foods on this list tend to be quite high in fat, sugar, sodium (salt), calories or offer little nutritional value. The foods on this list should be avoided most of the time, but can fit once in a while in a healthy diet.	Choose local vegetables and fruit when in season. Vegetables and fruit contain naturally occurring sugars. Therefore, Choose Serve Most vegetables and fruit that contain no added sugar. Choose food with the following health claims: "100% vegetables and Fruit", "No added fat", and/or "no added salt". Homemade soups generally contain less sodium (salt) than canned soups or packaged mixes. Products in this category should be made with 100% vegetables and/or fruit. Vegetables and fruit contain naturally occurring sugars. Therefore, choose Serve Most vegetables and fruit that contain no added sugar. Choose food with the following health claims: "100% vegetables and fruit", "no added salt", and/or "no added fat".

## Choose Most Often

Grains												
Nutrition Fact	BC	AB			SK	MB	ON	QC	NB	NS	PEI	NL
		Cereals/Whole Grain Products	Baked Grain Products Granola Bars & Cookies	Baked Grain Product w/Fruit&/or Vegetable e.g. Muffins or Quick Breads								
<b>Serving Size</b>												
<b>Calories</b>	< 300											None set
<b>Fat (g)</b>	< 7	≤ 3	≤ 5	≤ 5		< 8	≤ 3 g pasta, rice and other grains, ≤ 5 g baked goods, ≤ 3 g grain-based snacks	< 7 cookies (30g) < 5 cereal bars (1) < 5 muffin (100g) < 4 breakfast cereal	< 3	< 3	< 5	≤ 3
Sat Fat (g)	< 3	≤ 1	≤ 2	≤ 2			≤ 2; Bkfst Cereal ≤ 2g		< 2	< 2	< 3	≤ 0.5
Trans Fat (g)	< 0.2	0	0	0			Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine Must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft spreadable margarine			< 2	< 0.5	< 0.2
<b>Cholesterol (mg)</b>												
<b>Sodium (mg)</b>	< 450	≤ 140	≤ 200	≤ 200		< 480	≤ 240 bread, pasta rice and other grains, grain-based snacks	< 250	< 240 brown rice, pasta and crackers, < 480 soups	< 480	< 200	< 240
<b>Sodium (mg)</b>												
<b>Carbohydrate (g)</b>												
Fibre (g)	> 2	≥ 2	≥ 2	≥ 2	≥ 2	> 2	≥ 2 bread, baked goods, cereals	> 2 overall > 2 cookies (30g), cereal bars, muffin > 3 breakfast cereal	> 3 for cereals; > 1 for bread, bagels, etc	> 2	> 2	> 2
Sugars* (g)	≤ 16 if fruit is the first or second ingredient	≤ 8	≤ 10	≤ 12		< 12		< 10 cookies (30g), cereal bars (1), muffin (100g) < 5 breakfast cereal w/ no fruit and < 10 w/fruit	< 6 for cereals	Aim for cereals that contain < 10g sugar/ serving	None Set	< 7 breads, bagels, pita, etc; <9 cereals hot/cold; < 17 w/ added fruit pieces; < 1 rice bulgur, quinoa, couscous, pasta; < 6 cereal bars or other snack type items
<b>Juice and Added Sugars Content</b>												
<b>Protein (g)</b>												

## Choose Most Often

Grains												
Nutrition Fact	BC	AB			SK	MB	ON	QC	NB	NS	PEI	NL
		Cereals/Whole Grain Products	Baked Grain Products Granola Bars & Cookies	Baked Grain Product w/Fruit&/or Vegetable e.g. Muffins or Quick Breads								
Calcium (%DV)												
Vitamin D (%DV)												
Iron (%DV)	> 10% DV					> 5% DV						> 8% DV breads; > 20% DV cereals; > 2% DV rice, pasta, bulgur, quinoa, couscous; > 3% DV cereal bars and other snack type items
artificial sweetener	May not contain artificial sweeteners	not allowed	not allowed	not allowed						May not contain artificial sweeteners		None set
caffeine (mg)	15 mg											
Notes:	Breakfast Cereal: ≤ 15 mg caffeine Grains must be 1st or 2nd ingredient, not counting water.	CMO grain products are: whole grains such as wheat, rye, oats, barley and brown and wild rice. Cereals and baked products should be made with whole grains. Read the ingredient list on packaged foods: The order of ingredients is the largest by weight. Grain products such as wheat, rye and oats should be listed first. Choose grain products that are lower in fat, sugar and salt. Compare the Nutrition Fact table on labels to the criteria listed below to make wise choices.	Breakfast Cereals: ≥ 2 g fibre; < 8g Sugar Food based Guidelines: whole grain bread, rolls, buns bagels, pita bread, tortillas, backed bannock, English Muffins, whole grain muffins, loaves, pancakes, waffles; whole grain unsweetened cereals or low sugar cereals with ≥ 2g fibre and < 8g sugar; cooked whole grain unsweetened cereals; corn bread; whole grain pasta, noodles; barley, whole wheat couscous; brown or converted (parboiled) rice.	Choose whole grain and enriched products 50% of the time. Whole grains, including whole wheat flour, oats, oatmeal, oat bran, barley, rye, pumpernickel are the best choices. Sugar, fat and salt should be closer to the end of the ingredient list. Choose grain products without trans fat.	Breakfast Cereals: whole grain is the first item on the ingredient list, ≥ 2g fibre, ≤ 2g saturated fat. For bread and cereals, whole grain is the first item on the ingredient list	Whole wheat 1st choice. Eliminate products with sugar as 1st ingredient. Avoid products with saturated or trans fat.	Breakfast Cereals: 3g fibre; < 6g cereals	Breakfast cereals: Choose cereals that list whole grains as the first ingredient. Aim for cereals that contain < 10g sugar/serving Whole grains are 1st and 2nd ingredient.				

## Choose Most Often

Milk-Based Foods														
Nutrition Fact	BC	AB					SK	MB	ON	QC	NB	NS	PEI	NL
		Soygrut (from Soy)	Yogurt/Kefir (from Milk)	Cheese, Hard/Soft (from Milk)	Soya Loaf and Slices (like Cheese)	Cottage Cheese								
<b>Serving Size</b>		175 ml	175 ml	50 g	50 g	125 ml/ 1/2cup/115g								
<b>Calories</b>	< 250													
<b>Fat (g)</b>	Total Fat: 15g	≤ 3	≤ 3	≤ 10	≤ 5	≤ 5		Milk Fat: ≤ 20% MF for cheese; < 5% MF for frozen desserts; < 2% MF for yogurt	Milk Fat: ≤ 3.25% MF for yogurt/kefir; ≤ 22% MF for cheese Total Fat: ≤ 3g for yogurt/kefir	Milk Fat: < 20% for cheese; < 2% MF for yogurt Total Fat: puddings < 3	< 5g; < 20% MF cheeses-includes tofu and soy-based product; < 2% MF yogurt	< 5		
Sat Fat (g)		≤ 1	≤ 3	≤ 6	≤ 1	≤ 3				Puddings < 1	< 4	< 3		
Trans Fat (g)	< 0.2g	0	0.3	0.5	0	0.5		Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine Must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine			< 4	< 0.5		
<b>Cholesterol (mg)</b>														
<b>Sodium (mg)</b>		≤ 50	≤ 120	≤ 350	≤ 350	≤ 120								
<b>Sodium (mg)</b>	< 300mg			≤ 200				< 480mg	≤ 360 mg cheese	< 480 mg	< 480 mg	< 200 mg		
<b>Carbohydrate (g)</b>														
Fibre (g)														
Sugars* (g)	< 20 g per 175 ml	≤ 9	≤ 12					< 20g		Yoghurt, pudding < 15		None set		
<b>Juice and Added Sugars Content</b>														
<b>Protein (g)</b>		≥ 6	≥ 6	≥ 8	≥ 6	≥ 8								
<b>Calcium (%DV)</b>	> 4	≥ 15	≥ 15	≥ 30				> 15-25	≥ 15 (Cheese)	Cheese and puddings: > 15				
<b>Vitamin D (%DV)</b>														
<b>Iron (%DV)</b>														
<b>artificial sweetener</b>	Does not contain	not allowed	not allowed	not allowed	not allowed	not allowed				Yoghurt may contain artificial sweetener	Does not contain			

## Choose Most Often

Milk-Based Foods														
Nutrition Fact	BC	AB					SK	MB	ON	QC	NB	NS	PEI	NL
		Soygrut (from Soy)	Yogurt/Kefir (from Milk)	Cheese, Hard/Soft (from Milk)	Soya Loaf and Slices (like Cheese)	Cottage Cheese								
<b>caffeine (mg)</b>	< 15mg										Not permitted			
<b>Notes:</b>	Milk is thirst ingredient	Select lower fat, sugar and salt Milk and Alternatives such as yogurt, kefir, cheeses, fortified soy loaf and soygurt: Compare the Nutrition Fact tables on labels to the criteria listed below to make wise choices.					Food based Guidelines: yoghurt (plain, unsweetened); cheese (lower fat); cottage cheese; milk-based soups; skim milk powder	Choose lower fat milk products more often. Milk, evaporated milk, skim milk powder, milk solids or modified milk solids should be listed as one of the first ingredients.			Items list a milk ingredient as the first ingredient (excluding cream)	Items list a milk ingredient as the 1st ingredient (excluding cream) or second ingredient. Choose cheeses (including tofu and soy based) that contain less than 20% MF or BF.		Choose Milk Products with milk as the first ingredient; puddings must be made with milk or fortified soy beverage as the main ingredient; choose cheeses made from skim milk or partly skim milk when making meals and snacks; processed cheese is generally high in sodium.

## Choose Most Often

Milk and Alternative Based Beverages											
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL	
		Fluid Milk	Fortified Soy Beverage								
<b>Serving Size</b>		250 ml/ 1 cup									
<b>Calories</b>	< 400										
<b>Fat (g)</b>	Total Fat < 10	≤ 5	≤ 5	≤ 2%, 1% or skim milk MF for white, fortified and low fat soy beverage	< 2% MF for white or flavored milk and soy beverage	Milk Fat: ≤ 2% MF or ≤ 5g for milk and milk-based beverages (plain or flavored), hot chocolate; ≤ 3.25% or ≤ 3g yoghurt drinks Total fat: ≤ 5g milk and milk-based beverages (plain or flavored), hot chocolate; ≤ 3 g yogurt drinks		< 2% MF or for white or flavored milk and soy beverage	Milk Fat: < 2% MF for white or flavored milk and soy beverage Total Fat: < 5g	Total Fat: < 5g	Milk Fat: choose skim, 0.5%, 1% or 2% milk Total Fat: ≤ 5g
Sat Fat (g)		≤ 3	≤ 1					< 4g	< 3g	< 4g	
Trans Fat (g)	< 0.2	0.3	0			Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine		< 4g	< 0.5g	< 4g	
<b>Cholesterol (mg)</b>	< 0.2g										
<b>Sodium (mg)</b>	< 200	≤ 120	≤ 120		< 480			< 480	< 200	< 300	
<b>Sodium (mg)</b>											
<b>Carbohydrate (g)</b>											
Fibre (g)											
Sugars* (g)	< 20g; if soy, < 8g	≤ 12	≤ 9		< 20g	≤ 28g milk and milk-based beverages (plain or flavoured), hot chocolate.	Flavored milks w/less than 30g/250ml serving	Lower-fat flavored milks should have < 28g total sugar	Lower fat flavored milks should have ≤ 28g total sugar/250 ml	None set	< 16
<b>Juice and Added Sugars Content</b>											
<b>Protein (g)</b>		≥ 8	≥ 6								
<b>Calcium (%DV)</b>		≥ 30	≥ 30		> 15-25% DV	≥ 25% DV milk and milk-based beverages (plain or flavored) hot chocolate, fortified with calcium, soy/milk alternative (plain or flavored)				> 30 milk, > 20 yoghurts, > 10 cheese	

## Choose Most Often

Milk and Alternative Based Beverages										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		Fluid Milk	Fortified Soy Beverage							
<b>Vitamin D (%DV)</b>		≥ 44	≥ 44			Fortified with Vit D soy milk, plain or flavoured alternative				
<b>Iron (%DV)</b>										
<b>artificial sweetener</b>	May not contain artificial sweeteners in elementary or middle schools. May contain artificial sweeteners in secondary schools.	not allowed	not allowed					May not be artificially sweetened		
<b>caffeine (mg)</b>	< 15							Not permitted		
<b>Notes:</b>	Size: < 250 ml Milk is first ingredient	CMO Milk and Alternatives milk and beverages are: Plain, no flavour added skim, 1%, 2% milk and fortified soy beverage. Drink milk or fortified soy beverages each day: Most people should have 500 ml (2 cups) each day. If you are 9 to 18 years, drink 750 - 1,000 ml (3-4 cups) each day. If you are 51 years of age or older, drink 750 ml (3 cups) each day.	Food based guidelines: 2%, 1% or skim milk; soy beverage - fortified and low fat Choose Milk often for Vit D	Choose lower fat milk products more often. Milk, evaporated milk, skim milk powder, milk solids, or modified milk solids should be the 1st ingredient. Tips to make Milk Product choices more nutritious.	250 ml Serving Size Elementary. Separate category for yoghurt drinks and soy/milk alternative beverages.	milk, flav. Milk; yoghurt drinks, individually wrapped cheeses; rice and soy beve w/calcium and vit D. Offer at least one milk dessert per meal (the idea is that at least one milk dessert is offered on the service line at the cafeteria).	It should be noted that the nutrient value (protein, calcium, vitamins A & D, etc.) is the same for both plain milk and most flavoured milks. However there is significantly more sugar and sodium in flavoured milks and therefore they contain more calories (sugar). The caffeine contained in chocolate milk (5 – 7 mg/250 ml) may be of concern and should be taken into account when serving chocolate milk.	Choose items where milk is the first or second ingredient (excluding cream); 250 ml for younger grades (P-6) and 500 ml for upper grades. Choose lower fat milk products: 2%, 1% or skim milk (white or flavoured), fluid milk, yogurt and soy beverages.		Fortified soy beverage Choose milk products with milk as the first ingredient. Puddings must be made with milk or fortified soy beverage as the main ingredient. Pudding mixes should be made by adding milk or fortified soy beverages but no additional sugar. Choose cheese made from skim or partially skim milk when making meals and snacks.



## Choose Most Often

Meat and Alternatives												
Nutrition Fact	BC	AB			SK	MB	ON	QC	NB	NS	PEI	NL
		<b>Meat/ Fish / Poultry</b> cooked beef, pork, lamb, wild game, poultry (chicken/turkey) and fish	<b>Deli/Luncheon Meats</b> cooked beef, pork, lamb, wild meat, poultry (chicken/turkey) and fish	<b>Alternatives</b> Eggs, nuts/seeds, peanuts, nut/seed butters, legumes, lentils, tofu								
<b>Serving Size</b>		2.5 oz / 75 g cooked wt or 125 ml/ 1/2 cup ground cooked	75 g / 125 ml / 1/2 cup	CFG reference servings								
<b>Calories</b>	< 400											
<b>Fat (g)</b>	< 12g	≤ 10* nuts, seeds and nut/seed butters can have more fat. The fat must be natural, not added.	≤ 5	≤ 10		Lean or extra lean choices	≤ 10g fresh and frozen meat, ≤ 8g fish, meat and alternatives (tofu, beans and lentils), ≤ 7g eggs, ≤ 5 deli meats		Ground meat must contain 17% fat or less, processed meat < 2g	< 5g	< 10g	Lean or extra lean choices, < 10g meat, fish poultry, < 3g deli meats and beans, peas, lentils, excluding nuts and nut butters
Sat Fat (g)	< 5g	≤ 3	≤ 3	≤ 3						< 3g	< 3g	< 2g
Trans Fat (g)	< 0.2g	0.5	0.5	0.5			Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine			< 3g	< 0.5g	< 0.2g
<b>Cholesterol (mg)</b>												

## Choose Most Often

Meat and Alternatives												
Nutrition Fact	BC	AB			SK	MB	ON	QC	NB	NS	PEI	NL
		Meat/ Fish / Poultry cooked beef, pork, lamb, wild game, poultry (chicken/turkey) and fish	Deli/Luncheon Meats cooked beef, pork, lamb, wild meat, poultry (chicken/turkey) and fish	Alternatives Eggs, nuts/seeds, peanuts, nut/seed butters, legumes, lentils, tofu								
<b>Sodium (mg)</b>	< 375 mg	≤ 200	≤ 350	≤ 200** nuts, seeds and nut/seed butters should have no added sodium (salt)		< 480 mg	≤ 480		Unprocessed meat < 240 mg; processed meat < 320 mg	< 480 mg	< 200 mg	< 480 mg
<b>Sodium (mg)</b>												
<b>Carbohydrate (g)</b>												
Fibre (g)												
Sugars* (g)	< 1 g per gram of protein			naturally occurring							None set	
<b>Juice and Added Sugars Content</b>												
<b>Protein (g)</b>	> 5g	≥ 14	≥ 10	≥ 6			≥ 10g meat alternatives (tofu, beans and lentils)		> 10 g			
<b>Calcium (%DV)</b>				≥ 25 tofu								
<b>Vitamin D (%DV)</b>												
<b>Iron (%DV)</b>	> 3			≥ 4 tofu ≥ 2 nuts, nut butters and legumes								
<b>artificial sweetener</b>				not allowed								
<b>caffeine (mg)</b>	< 15 mg											

## Choose Most Often

Meat and Alternatives										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		<b>Meat/ Fish / Poultry</b> cooked beef, pork, lamb, wild game, poultry (chicken/turkey) and fish <b>Deli/Luncheon Meats</b> cooked beef, pork, lamb, wild meat, poultry (chicken/turkey) and fish <b>Alternatives</b> Eggs, nuts/seeds, peanuts, nut/seed butters, legumes, lentils, tofu								
<b>Notes:</b>	<p>Nuts and Seeds are in a separate category</p> <p>Meat or an alternate is first or second ingredient (excluding nuts and seeds)</p>	<p>Select lean meat and alternatives prepared with little or no added fat, sugar or salt: trim the visible fat from meats. Remove the skin on poultry. Use cooking methods such as roasting, baking or paching. Choose lean deli/luncheon meats, sausages and prepackaged meats, make sure they are also lower in salt (sodium) and fat. Compare the Nutrition Fact table on labels to the criteria listed below to make wise choices. Choose meat alternatives such as beans, lentils and tofu often: If using canned legumes, make sure to drain the liquid and rinse well to help remove some of the sodium used in packaging. Select tofu that has been fortified with calcium and iron.</p>	<p>Meat or meat alternate must be first ingredient.</p> <p>Food Based Guidelines: roasted/baked/grilled chicken, turkey, fish, seafood, beef, pork, lamb, ham; canned tuna, salmon, chicken, flaked ham, crab; lean ground meat; wild meat (if butchered in an approved facility); cooked dried peas, beans, lentils; canned beans, lentils (rinsed); tofu and soy based alternatives (e.g. veggie burger); peanut and nut butters where sugar is not the first ingredient; nuts and seeds without added sugar or salt; eggs prepared with little added fat.</p>	<p>Choose leaner meat, poultry and fish as well as dried beans, peas and lentils more often.</p> <p>Tips to make meat and alternate choices more nutritious.</p>	<p>Certain types of fish may contain levels of mercury that can be harmful to human health. Fish caught in lakes and streams may have different levels of mercury from those found in stores. Canned "light" tuna contains less mercury than "white" or "albacore" tuna and salmon generally has low levels of mercury. See Health Canada's website for continually updated information and a list of fish with low levels of mercury. Food should always be prepared in a healthy way-that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming or stir-frying.</p> <p>Nuts, Protein butters, and seeds not coated with candy, chocolate, sugar or yoghurt.</p>	<p>Lean meats; eliminate deli meats and replace with cold turkey, chicken, beef; use legumes, eggs, etc.</p>	<p>Meat and alternative prep methods max and mod nutritional value: baked, broiled, grilled, stir-fried, stewed, roasted</p> <p>Min nutritional value: deep fried.</p> <p>In addition to fat and sodium, nitrates and other additives are considered when determining the nutritional value of these foods.</p> <p>Items that list meat or an alternative as first ingredient (excluding nuts and seeds) preparation method - baked, broiled, grilled, stir-fried, stewed, roasted.</p>	<p>Choose lean meat, poultry and fish as well as dried beans, peas and lentils more often. Choose meat alternatives such as lentils, beans and tofu more often. Try broiling, baking, roasting, grilling, poaching and stir-frying to prepare foods with little or no added fat. Items that list meat or an alternative as the first or second ingredient.</p>	<p><b>For Serve Most Often:</b> These foods should be in the main focus in a healthy diet, with a special emphasis on Grain Products and Vegetables and Fruit. Foods in this list tend to be rich in essential nutrients (vitamins, minerals, protein, carbohydrates, etc.) and are generally low in fat, sugar and sodium (salt). These foods are primarily found in the four food groups of Eating well with Canada's Food Guide.</p>	<p>Choose lean or extra lean cuts of meat with visible fat removed; have meat alternatives such as bean, tofu, lentils often; salmon and other fish may contain high amounts of healthy fats; choose items that contain meat and alternatives as the first ingredient. Choose lean or extra lean cuts of meat with visible fat removed.</p>

## Choose Most Often

Mixed Entree Foods										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		See next table for Alberta								
<b>Serving Size</b>		See Page 40 for Alberta information.								
<b>Calories</b>	< 700									
<b>Fat (g)</b>	< 16				With an NFT: a) for pizza, sandwiches, pasta and hot dogs = ≤ 10g; b) for Soup = ≤ 3g; c) for side dishes (e.g. grain and/or vegetable salad) = ≤ 5g			"Low in fat" < 3g	< 10g	Less than 30% DV fat
Sat Fat (g)	< 8g				≤ 5g for a); ≤ 2g for b); ≤ 2g for c)			Low in saturated fat < 2 g	< 3g	Choose products that are lower in saturated fat
Trans Fat (g)	< 0.2g				Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine Must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine			No trans fat	< 0.5g	Choose products that are trans fat free
<b>Cholesterol (mg)</b>										
<b>Sodium (mg)</b>	< 750 mg				960mg for a); ≤ 750 mg for b); ≤ 360 mg for c)			"lower in salt"	< 480mg	< 720 mg
<b>Sodium (mg)</b>										
<b>Carbohydrate (g)</b>										
Fibre (g)	> 3g				≥ 2 g a), b) &, c)			"Source of fibre" > 2g	> 2g	> 4g
Sugars* (g)	< 24 g								None set	
<b>Juice and Added Sugars Content</b>										
<b>Protein (g)</b>					≥ 10 g for a)					
<b>Calcium (%DV)</b>										
<b>Vitamin D (%DV)</b>										
<b>Iron (%DV)</b>										
<b>artificial sweetener</b>										
<b>caffeine (mg)</b>										

Mixed Entree Foods										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		See next table for Alberta								
<b>Notes</b>	Contains at least 1/3rd of a Food Guide Serving from at least 3 food guide groups (must include the vegetables and fruit group)		A prepared (pre-packaged/convenience) mixed dish product must contain 2 food groups; preference should be give to foods with a vegetable listed in the first three ingredients. No specific nutrition criteria or food based guidelines for the Choose Most category. Note: Criteria under Choose Sometimes is for prepackaged/ convenience mixed dishes.		Food should always be prepared in a healthy way- that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwavging, poaching, roasting, steaming, or stirfrying. For Mixed Dishes without a NFT: Sell Most Often: All major ingredients are from the "Sell Most" category. A major ingredient is any product that is identified in one of the food groups set out in the nutrition standards - ie in the Eating well with Canada's Food Guide. All pizza toppings are considered major ingredients. Sell Less: One or more major ingredients are from the "Sell less" category. Not Permitted for Sale: Can not be sold if prepared with any ingredients from teh "Not Permitted for Sale " categoryr. For Mixed Dishes with an NFT: a - entree (frozen pizza, sandwiches, pasta, hotdog), b=soups, c=side dishes (eg grain and/or vegetable salad)		When serving combination foods or mixed dishes, consider in which categories the main ingredients belong. Desirable combination foods contain at least 1 food from the maximum nutritional value category and at least 1 additional item from either the maximum or moderate nutritional value categories.	Choose items that contain ingredients from the four food groups of the max nutrition lists		Preparing, selling, and/or serving mixed dishes; when food from 2 or more food groups are combined, a "mixed dish" is the result. Ingredients for making mixed dishes from scratch foods should come from the Serv Most category whenever possible. When making a dish from scratch (eg, sandwich, pizza) apply the Serve Most or Serve Moderately criteria to each ingredient. If a dish contains all Serv Most ingredients, it is considered a Serve Most mixed dish. If a dish contains all Serve Moderately ingredients, it is considered a Serve Moderately mixed dish. If a dish contains Serve most ingredients and one Serve Moderately ingredient, it is considered a Serve Moderately mixed dish. Serve lower salt or lower sodium sauces or soups; check the nutrition facts panel on packages of foods for sodium content. Choose pre-made mixed dishes that are lower in fat, low in saturated fat, trans fat free, lower in salt and a source of fibre.

## Choose Most Often

<b>Mixed Entree Foods</b>															
Nutrition Fact	<b>AB Mixed Dishes M/F/P Based</b>					<b>AB Mixed Dishes Vegetarian</b>					<b>AB Soup – Broth Base</b>		<b>AB Soup Meat Style</b>		
	100-199 kcal	200-299 kcal	300-399 kcal	400-499 kcal	500-599 kcal	100-199 kcal	200-299 kcal	300-399 kcal	400-499 kcal	500-599 kcal	≤ 200 kcal	201-300 kcal	≤ 200 kcal	201-300 kcal	
<b>Serving Size</b>															
<b>Calories</b>															
<b>Fat (g)</b>	≤ 4	≤ 7	≤ 10	≤ 14	≤ 17	≤ 4	≤ 7	≤ 10	≤ 13	≤ 17	≤ 2	≤ 4	≤ 4	≤ 7	
Sat Fat (g)	≤ 1	≤ 2	≤ 3	≤ 4	≤ 5	≤ 1	≤ 2	≤ 3	≤ 4	≤ 5	≤ 1	≤ 2	≤ 1	≤ 2	
Trans Fat (g)	0.2	0.3	0.5	0.7	0.8	0.2	0.3	0.5	0.7	0.8	0.1	0.2	0.2	0.3	
<b>Cholesterol (mg)</b>															
<b>Sodium (mg)</b>	≤ 350	≤ 500	≤ 700	≤ 700	≤ 700	≤ 350	≤ 500	≤ 700	≤ 700	≤ 700	≤ 250	≤ 400	≤ 250	≤ 400	
<b>Sodium (mg)</b>															
<b>Carbohydrate (g)</b>															
Fibre (g)	≥ 2	≥ 2	≥ 2	≥ 2	≥ 2	≥ 2	≥ 2	≥ 2	≥ 2	≥ 2			≥ 2	≥ 2	
Sugars* (g)															
<b>Juice and Added Sugars Content</b>															
<b>Protein (g)</b>	≥ 7	≥ 10	≥ 14	≥ 17	≥ 21	≥ 5	≥ 7	≥ 10	≥ 12	≥ 15			≥ 7	≥ 10	
<b>Calcium (%DV)</b>															
<b>Vitamin D (%DV)</b>															
<b>Iron (%DV)</b>															
<b>artificial sweetener</b>	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	
<b>caffeine (mg)</b>															
<b>Notes:</b>	Enjoy a mixed dish with foods from the other food groups. Choose Most Often Mixed Dishes are: Made with CMO ingredients from all or some of the four food groups in Eating Well with Canada's Food Guide. As an example, a mixed dish containing grain products must be made with whole grains. Always check the ingredient list to be sure. Compare the Nutrition Fact table on the labels to the criteria listed below to make wise choices. The Mixed dishes criteria are based on: Looking at the total calories for the serving size packaged and then calculating a percentage of the calories for total fat, saturated fat and trans fat, and protein. CMO mixed dishes require at least 2 grams of fibre per serving packaged. Requiring the lowest amount of sodium allowable to still have a food or beverage that is safe from spoilage. Not all foods in each calorie grouping will need to have as much sodium as is allowed.					Enjoy a glass of milk or fortified soy beverage and a fruit with your mixed dish choice. Note: In order to be considered in the CMO category, a mixed dish containing grain products, must be made with whole grains.					A serving of soup is part of a healthy meal. Make sure to have food from all four food groups at your meal. Note: In order to be considered in the CMO category, a mixed dish containing grain products, must be made with whole grains.				

## Choose Sometimes

Vegetables and Fruit										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		Vegetables and Fruit – Processed								
<b>Serving Size</b>		as per CFG ref amounts								
<b>Calories</b>										
	< 5	≤ 10	< 5				< 5	< 5	< 10	< 4
					≤ 5g fresh, frozen, canned or dried vegetables and fruit, vegetable and fruit chips					
Sat Fat (g)		≤ 4	< 2		≤ 2 saturated fresh, frozen, canned or dried vegetables and fruit, vegetable and fruit chips		< 2	< 2	< 6	< 1
Trans Fat (g)	< 0.2	0	0	TF not in guidelines but in separate legislation < 2% TF oil/marg < 0.2; < 5% other foods	Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine		< 2	< 2	< 0.5	< 0.2
<b>Cholesterol (mg)</b>										
<b>Sodium (mg)</b>	< 300	≤ 300	< 480	< 480	≤ 480 fresh, frozen, canned or dried vegetables and fruit, vegetable and fruit chips		Vegetables < 480	480-960	< 480	< 480 (with the exception of vegetable soups, these can be < 780)
<b>Sodium (mg)</b>										
<b>Carbohydrate (g)</b>										
Fibre (g)							Fruit > 1	may have < 2	< 2	Not included in this category, as per the above explanation
Sugars* (g)	2 <sup>nd</sup> or 3 <sup>rd</sup> ingredient may be a sugar	≤ 16 – 30*	sugar is not the first ingredient			Fruit in own juice	Fruits may have some sugar/sweetener added but not 1st ingredient; juices, no added sugar or sweetener	May contain added sugar		100% vegetable and/or fruit must be first ingredient, may be packed in juice or light syrup.
<b>Juice and Added Sugars Content</b>			100% fruit/vegetable juice			100% juice	98% or more real fruit juice, no sugar added, serving size 251-340 ml	100% juice, 250 ml serving size. Not to replace other food or other beverages. No fortification.		
<b>Protein (g)</b>										
<b>Calcium (%DV)</b>										

## Choose Sometimes

Vegetables and Fruit										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		Natural Vegetables & Fruit	100% dried Veg/Fruit Bars & Snacks	100% Veg/Fruit Prod						
Vitamin D (%DV)										
Iron (%DV)										
artificial sweetener	May not contain artificial sweeteners in elementary or middle schools. May contain artificial sweeteners in secondary schools.	not allowed						may be artificially sweetened		
caffeine (mg)	15 mg									
Notes:		CS V/F may be processed, have added fat, sugar and sodium (salt) Sugars *f/v bar or f/v snack or dried f/v or fruit with added sugar								



## Choose Sometimes

Grains										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		Cereals and Grain Products/Baked Goods								
<b>Serving Size</b>		as per CFG reference amounts								
<b>Calories</b>	< 300									
<b>Fat (g)</b>	< 7	≤ 10	≤ 10, 15% DV		≤ 5 pasta rice and other grains, grain-based snacks ≤ 10 baked goods	No category	≤ 5	< 5	< 10	≤ 5
Sat Fat (g)	< 3	≤ 4	≤ 2		≤ 2 bread, baked goods, grain-based snacks, pasta, rice and other grains.		< 2	< 2	< 6	< 1
Trans Fat (g)		0			Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine Must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine			< 2	< 0.5	< 0.2
<b>Cholesterol (mg)</b>										
<b>Sodium (mg)</b>	< 450	≤ 300	< 480, 20% DV		≤ 480 bread, pasta rice and other grains, grain-based snacks		< 480 pasta, rice and crackers; < 960 soups	480-960	< 480	< 480
<b>Sodium (mg)</b>										
<b>Carbohydrate (g)</b>										
Fibre (g)					≥ 2 baked goods		> 1 crackers; for cereal, the fibre recommendations are tied to sugar content; greater than 2 g for granola bars	< 2	< 2	> 0
Sugars* (g)	< 16	≤ 16	< 12 Breakfast Cereals: Hot/Cold ≤ 12 g sugar Granolat Bars ≤ 12 g sugar; can not be dipped				Granola bars must have < 10g sugar and it may not be the first ingredient and the bar must meet at least 2 of the 3 following criteria: fat ≤ 5, sat and trans fat ≤ 2 g, fibre ≥ 2 g	May contain added sugar		< 7g breads, bagels pita, etc; < 9 g cereals hot/cold; < 17g cereals w/ added fruit pieces; < 2g rice bulgur, quinoa, couscous, pasta, < 12 g cereal bars or other snack type items.

## Choose Sometimes

Grains										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		Cereals and Grain Products/Baked Goods								
Juice and Added Sugars Content										
Protein (g)										
Calcium (%DV)										
Vitamin D (%DV)										
Iron (%DV)	> 5									> 6% DV breads; > 6% DV cereals; > 2% DV rice, pasta, bulgur, quinoa, couscous; > 2% DV cereal bars and other snack type items
artificial sweetener	May not contain artificial sweeteners in elementary or middle schools. May contain artificial sweeteners in secondary schools.	not allowed								
caffeine (mg)	< 15mg							Not permitted		
Notes:		Choose Sometimes Grain Products may: contain a whole grain, but it is not necessary, have added fat, sugar or sodium (salt).	Breakfast Cereal: < 12g sugar Grain must be the first ingredient; food based guidelines: breads with ≤ 2g sat fat and 0 g trans fat such as enriched (white) bread, pita, bagels, rolls, tortillas, croissants, biscuits, scones, breadsticks; enriched (white) pancakes, waffles, loaves, cookies and other baked goods with ≤ 2g sat fat and 0 g trans fat; most pancakes, waffles, loaves cookies, muffins etc made from scratch with enriched flour and non-hydrogenated margarine or oil; hot/cold cereals with ≤ 12g sugar, white or instant rice; white or enriched pasta, noodles; crackers (whole grain or enriched flour); granola bars/cereal bars (not dipped, ≤ 12g sugar); plain popcorn, rice cakes, baked chips; taco shells.				Breakfast Cereal: if > 3g fibre may contain up to 15 g sugar or if < 3 fiber may contain max 6g sugar	Breakfast Cereal: < 2 g of fibre is permitted; sugar < 10g per serving Grains as a first or second ingredient and containing enriched white or mixed flour		Breakfast Cereal: > 6% DV breads; > 6% DV cereals; > 2% DV rice, pasta, bulgur, quinoa, couscous; > 2% DV cereal bars and other snack type items

## Choose Sometimes

Milk-Based Foods														
Nutrition Fact	BC	AB					SK	MB	ON	QC	NB	NS	PEI	NL
		Milk Products – yogurt/ yogurt drinks/cottage cheese	Soygurt	Cheese, hard/soft type from milk	Fortified Soya Loaf and slices	Pudding from Milk								
<b>Serving Size</b>		175 mL		50 g	50 g	125ml								
<b>Calories</b>	< 250													
<b>Fat (g)</b>	< 15	≤ 5	≤ 5	≤ 20	≤ 8	≤ 3	Total Fat: < 10g		Total Fat: ≤ 5g (milk-based desserts)	Milk Fat: Cheese 21-32% MF; yoghurt > 2% Total Fat: frozen milk desserts < 3g; puddings ≤ 3g	Milk Fat: May include higher fat items (yoghurt, soy); 20-32% MF Total Fat: < 8g	Total Fat: < 10g		
Sat Fat (g)		≤ 3	≤ 1	≤ 10	≤ 2	≤ 2				≤ 1g pudding	< 5g	< 6g		
Trans Fat (g)	< 0.2	0.3 Yogurt/ Yogurt Drink 0.5* Cottage Cheese	0	0.5	0	0.3	< 0.5g		Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine Must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine		< 5g	< 0.5		
<b>Cholesterol (mg)</b>														
<b>Sodium (mg)</b>	< 450	≤ 120	≤ 120	≤ 450 hard	≤ 400	≤ 200			≤ 480 mg (cheese) ≤ 360 mg milk-based dessert	< 960 mg cheese	480-960 mg	< 480 mg		
<b>Sodium (mg)</b>		≤ 350 cottage cheese		≤ 350 soft										
<b>Carbohydrate (g)</b>														
Fibre (g)														
Sugars* (g)	< 36g per 175 ml	≤ 20	≤ 20			≤ 20	< 25			15-35g				
<b>Juice and Added Sugars Content</b>														
<b>Protein (g)</b>		≥ 5	≥ 5	≥ 6	≥ 6	≥ 4								
<b>Calcium (%DV)</b>	> 4% DV	≥ 15	≥ 15			≥ 10	> 10% DV		≥ 15% DV for cheese, ≥ 5% DV (milk-based dessert)	Cheese and puddings ≥ 10% DV; frozen milk desserts > 5% DV				
<b>Vitamin D (%DV)</b>														

## Choose Sometimes

Milk-Based Foods														
Nutrition Fact	BC	AB					SK	MB	ON	QC	NB	NS	PEI	NL
		Milk Products – yogurt/ yogurt drinks/cottage cheese	Soygurt	Cheese, hard/soft type from milk	Fortified Soya Loaf and slices	Pudding from Milk								
<b>Iron (%DV)</b>														
<b>artificial sweetener</b>	May not contain artificial sweeteners in elementary or middle schools. May contain artificial sweeteners in secondary schools.	not allowed	not allowed	not allowed	not allowed	not allowed				Artificial sweeteners allowed	May be artificially sweetened.			
<b>caffeine (mg)</b>	< 15mg										Not permitted			
<b>Notes:</b>	Milk is first ingredient.	Choose Sometimes Milk and Alternatives can have more fat. Can have added flavours, sugar or sodium (salt).					In milk alternatives, water may be the first ingredient, followed by a milk alternative such as soy; food based guidelines: flavored yoghurt; milk-based puddings and custards; frozen yoghurt, ice milk; processed cheese slices, cheese spreads.				For frozen milk desserts, milk (or soy if applicable) is first ingredient.	Items list a milk ingredient as the first ingredient (excluding cream) or second ingredient.		Processed cheese is generally high in sodium.

## Choose Sometimes

Milk and Alternative Based Beverages										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		Fluid Milk	Fortified Soy Beverage							
<b>Serving Size</b>		250 mL/1 cup								
<b>Calories</b>	< 400									
<b>Fat (g)</b>	Total Fat: < 10g	≤ 6	≤ 6	Milk Fat: whole milk Total Fat: < 10g			More than 2% 28-35g	May include higher fat items (3.25% MF) < 8g	< 10g	Choose skim, 0.5%, 1% or 2% milk (may include chocolate milk) < 6g
Sat Fat (g)		≤ 4	≤ 1					< 5g	< 6g	< 5g
Trans Fat (g)	< 0.4g	0.3	0	< 0.5	Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine Must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine.			< 5	< 0.5	< 5
<b>Cholesterol (mg)</b>	< 0.2 g									
<b>Sodium (mg)</b>	< 450	≤ 200	≤ 150					480-960 mg	< 480 mg	< 500 mg
<b>Sodium (mg)</b>										
<b>Carbohydrate (g)</b>										
Fibre (g)										
Sugars* (g)	< 36g	≤ 21	≤ 20				28 - 35 g	Flavored milks should have ≤ 28g total sugar/250 ml		< 28g
<b>Juice and Added Sugars Content</b>										
<b>Protein (g)</b>	< 36g	≥ 5	≥ 5							
<b>Calcium (%DV)</b>		≥ 30	≥ 30	> 10% DV						> 30% DV milk, UHT and fortified beverage (may include plain chocolate milk); > 20% DV hot/cold beverages, milkshakes, flavored or yoghurt types; > 8% DV puddings, yogurts, cheese and may include frozen milk products e.g. ice milk, frozen yoghurt.

## Choose Sometimes

Milk and Alternative Based Beverages										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		Fluid Milk	Fortified Soy Beverage							
<b>Vitamin D (%DV)</b>		≥ 44	≥ 44							
<b>Iron (%DV)</b>										
<b>artificial sweetener</b>	May not contain artificial sweeteners in elementary or middle schools. May contain artificial sweeteners in secondary schools.	not allowed	not allowed					May be artificially sweetened		Serve moderate milk products may contain small amounts of artificial sweetener
<b>caffeine (mg)</b>	< 15 mg							Not permitted		
<b>Notes:</b>	Size: < 250ml elementary school Milk is first ingredient	CS Fluid Milk and Fortified Soy Beverage can have more fat. Can have added flavours, sugar or sodium (salt).		Milk must be the first ingredient in milk; for alternatives, water may be the first ingredient followed by a milk alternative such a soy. Food Based Guidelines: whole milk; milkshakes; flavored milks (e.g. chocolate); yoghurt drinks; hot chocolate made with milk.				Item where milk is the first or second ingredient (excluding cream).		

## Choose Sometimes

Meat and Alternatives												
Nutrition Fact	BC	AB			SK	MB	ON	QC	NB	NS	PEI	NL
		Meat/ Fish / Poultry	Deli/Luncheon Meats	Alternatives*								
<b>Serving Size</b>		75g	75g									
<b>Calories</b>	< 400											
<b>Fat (g)</b>	< 16g	≤ 10	≤ 10	≤ 10	< 15g		≤ 14g frozen and fresh meat, ≤ 12g fish, ≤ 5g deli meat	< 10g; ground meat 18-23%	< 10g	< 10g	< 10g	< 12g meat, fish, poultry; < 4g meat, fish, poultry canned, deli meats, peas, pea soup, beans, legumes
Sat Fat (g)	< 8g	≤ 6	≤ 6	≤ 6					< 4g	< 6g	< 3g	
Trans Fat (g)	< 0.2g	0.5	0.5	0.5	< 0.5		Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine Must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine		< 4g	< 0.5g	< 0.2g	
<b>Cholesterol (mg)</b>												
<b>Sodium (mg)</b>	< 450				< 480		≤ 480 mg fresh and frozen meat, fish ≤ 600 mg deli meat	< 960 mg	480-960 mg	< 480 mg	< 720 mg	
<b>Sodium (mg)</b>		≤ 400	≤ 500	≤ 400								
<b>Carbohydrate (g)</b>												
Fibre (g)												
Sugars* (g)				≤ 3								
<b>Juice and Added Sugars Content</b>												
<b>Protein (g)</b>	> 5	≥ 7	≥ 7	≥ 3	> 5			> 8g				
<b>Calcium (%DV)</b>												
<b>Vitamin D (%DV)</b>												

## Choose Sometimes

Meat and Alternatives												
Nutrition Fact	BC	AB			SK	MB	ON	QC	NB	NS	PEI	NL
		Meat/ Fish / Poultry	Deli/Luncheon Meats	Alternatives*								
Iron (%DV)	> 1% DV											
artificial sweetener		not allowed	not allowed	not allowed								
caffeine (mg)	< 15											
Notes:	Meat or an alternate is first or second ingredient (excluding nuts and seeds).	Choose Sometimes Meat and Alternatives may have added fat, sugar and / or sodium (salt). *Nuts, seeds, nut/seed butters can have more fat. The fat must be all natural (not added).			Food based guidelines: choose lean deli meats (ham, corned beef, turkey roll, pastrami, etc); canned fish (packed in oil); preformed meatballs or hamburger patties; breaded fish or meats with ≤ 15g fat; canned beans, lentils (not rinsed); canned beans in sauce with ≤ 480 mg sodium; nuts and seeds that are salted or sweetened.					Items that list meat or an alternative as the first or second ingredient.		



## Choose Sometimes

Mixed Entree Foods										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		See next table for Alberta								
<b>Serving Size</b>		See page 53 for Alberta information.			(a) Pizza, Pasta, Sandwiches, hotdogs; (b) soups; (c) Side dishes					
<b>Calories</b>	< 700									
<b>Fat (g)</b>	< 16g		< 3g, 5% DV		≤ 15 g (a); ≤ 5g (b); ≤ 7g (c)			"low in fat"	< 10g	Less than 30% DV fat
Sat Fat (g)	< 8g		"low in saturated fat" (i.e., ≤ 2 g or 10% DV) and ≤ 0.5g trans (see notes in "other")		≤ 7g (a); ≤ 2 g (b) & (c)			"low in saturated fat" < 2g	< 6 g	Choose products that are lower in saturated fat
Trans Fat (g)	< 0.2 g		0.5 g trans fat (see note in "other"); mixed dishes must meet the Trans Fat criteria plus 4 out of 6 of the other criteria		Must not exceed 2% of total fat for vegetable oils or soft, spreadable margarine Must not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine			No trans fat	< 0.5 g	Choose products that are trans fat free
<b>Cholesterol (mg)</b>										
<b>Sodium (mg)</b>										
<b>Sodium (mg)</b>	< 1000 mg		< 960 mg (40% mg)		≤ 960 mg (a); ≤ 720 mg (b); ≤ 360 mg (c)				< 1000 mg	< 960 mg
<b>Carbohydrate (g)</b>										
Fibre (g)			Source of fibre ≥ 2 g (see note in "other")		≥ 2g (a)				< 2 g	
Sugars* (g)	< 24 g		Not the first or second ingredient					"reduced in sugar"		
<b>Juice and Added Sugars Content</b>										
<b>Protein (g)</b>					≥ 7g (a)					
<b>Calcium (%DV)</b>										
<b>Vitamin D (%DV)</b>										
<b>Iron (%DV)</b>	> 5%									

## Choose Sometimes

Mixed Entree Foods										
Nutrition Fact	BC	AB	SK	MB	ON	QC	NB	NS	PEI	NL
		See next table for Alberta								
<b>artificial sweetener</b>	May not contain artificial sweeteners in elementary or middle schools. May contain artificial sweeteners in secondary schools									
<b>caffeine (mg)</b>	< 15 mg									
<b>Notes:</b>			At least one of Vit A, vit C, calcium or iron at > 5% DV (Note: mixed dishes (i.e. pre-packaged/convenience mixed dishes) must meet trans fat criteria plus 4 other of the above criteria for Fat, Saturated Fat, Sodium, Fibre, Sugar, and 1 of Vit A, Vit C, Calcium or Iron)							

## Choose Sometimes

<b>Mixed Entree Foods</b>														
Nutrition Fact	AB Mixed Dishes M/F/P Based					AB Mixed Dishes Vegetarian					AB Soup – Broth Base		AB Soup Meat Style	
	100-199 kcal	200-299 kcal	300-399 kcal	400-499 kcal	500-599 kcal	100-199 kcal	200-299 kcal	300-399 kcal	400-499 kcal	500-599 kcal	≤ 200 kcal	201-300 kcal	≤ 200 kcal	201-300 kcal
<b>Calories</b>														
<b>Fat (g)</b>	≤ 6	≤ 10	≤ 15	≤ 19	≤ 23	≤ 6	≤ 10	≤ 15	≤ 19	≤ 23	≤ 4	≤ 7	≤ 6	≤ 10
Sat Fat (g)	≤ 3	≤ 4	≤ 6	≤ 8	≤ 10	≤ 3	≤ 4	≤ 6	≤ 8	≤ 10	≤ 2	≤ 3	≤ 3	≤ 4
Trans Fat (g)	0.3	0.5	0.7	0.9	1.0	0.3	0.5	0.7	0.9	1.0	0.2	0.3	0.3	0.5
<b>Cholesterol (mg)</b>														
<b>Sodium (mg)</b>	≤ 500	≤ 750	≤ 900	≤ 900	≤ 900	≤ 500	≤ 750	≤ 900	≤ 900	≤ 900	≤ 300	≤ 450	≤ 300	≤ 450
<b>Sodium (mg)</b>														
<b>Carbohydrate (g)</b>														
Fibre (g)														
Sugars* (g)														
<b>Juice and Added Sugars Content</b>														
<b>Protein (g)</b>	≥ 5	≥ 8	≥ 10	≥ 13	≥ 15	≥ 4	≥ 6	≥ 7	≥ 9	≥ 11			≥ 5	≥ 8
<b>Calcium (%DV)</b>														
<b>Vitamin D (%DV)</b>														
<b>Iron (%DV)</b>														
<b>artificial sweetener</b>														
<b>caffeine (mg)</b>														
<b>Notes:</b>														

# APPENDIX C

## Examples of How Provinces Have Used this Guidance Document

### Use of the P/T Guidance Document in the Revision of Nova Scotia’s School Food & Nutrition Policy

Nova Scotia’s first policy governing food and beverages served and sold in public schools was introduced in 2006. The policy was jointly approved and endorsed by the Nova Scotia Department of Education and the Department of Health and Wellness. It has been implemented with varying degrees of success, but overall it has been largely responsible for the beginnings of a cultural shift in the way in which food is perceived and served in Nova Scotia schools. However, since 2006, further evidence has emerged regarding the links between some foods and a variety of chronic disease conditions, and as a result, work began in 2012 on a revision of the *Food and Nutrition Policy for Nova Scotia Public Schools*.

Grounded in the belief that whole, minimally processed foods are best, a dedicated group of educators and health professionals from across the province came together at regular intervals during the research and writing process to discuss, debate and ultimately make the policy revision decisions. Coincidentally, at the same time, the Federal/Provincial/Territorial Group for Nutrition (FPTGN) Working Group’s *P/T Guidance Document for the development of Nutrient Criteria for Food and Beverages in Schools 2013* was being developed. The criteria in the P/T Guidance Document and accompanying rationale provided benchmarks that were very helpful to our work in Nova Scotia. Independently, coming to very similar conclusions and policy criteria decisions

helped confirm the validity of the Nova Scotia revision process. While not all of our nutrient criteria are identical to those contained in the P/T Guidance Document, the majority are the same or very similar. This similarity ultimately lends credibility to our policy, and to our goal of providing generally accepted, evidence-based rationale and criteria that will guide schools in creating healthier school food environments for the children and youth of Nova Scotia.

### How British Columbia is referencing the P/T nutrient criteria in the Guidelines for Food and Beverages Sales in BC Schools

The nutrient criteria established by the FPT Group on Nutrition Working Group served as an important reference point in revising Guidelines for Food and Beverages Sales in BC Schools (the Guidelines). As with the P/T

Guidance Document’s nutrient criteria, the Sell Most nutrient criteria used in the Guidelines have lower amounts of fat, sugar and sodium and include whole grain criteria where relevant. Similarly, the Sell Sometimes criteria

in the Guidelines allow for slightly higher amounts of fat, sugar and sodium while encouraging the availability of a broad selection of healthier foods in school settings.

Key Areas of Convergence	The BC Guidelines — Proposed Revisions
<b>Sodium</b>	The sodium targets set by Health Canada were used as the target criteria. In cases where market surveys revealed that these criteria would severely reduce product availability, the Guidelines used a gradual reduction approach. (Direct comparison with the FPT nutrient criteria for sodium is somewhat difficult because different serving sizes are used in and the Guidelines).
<b>Iron</b>	Iron criteria were removed from the Guidelines.
<b>Sweeteners</b>	Name changed from ‘artificial sweeteners’ to ‘sugar substitutes’ to align with language used by Health Canada and encompass intense sweeteners from natural sources.
<b>Whole Grains</b>	Fibre criteria were removed from the Guidelines in favour of whole grains criteria.
<b>Fat and Sugar</b>	Movement towards the same or similar criteria. The Guidelines allow small amounts of each in the Sell Most category.
<b>Fortification</b>	Vitamin and mineral fortification caps were removed, acknowledging Health Canada’s role in setting appropriate fortification limits for beverages.

The 2013 round of revisions to the Guidelines was framed as an ‘update’ as opposed to ‘an overhaul’, maintaining much of the same approach as to what had been used in previous versions. When direct comparisons could be made

between the PT nutrient criteria and those in the Guidelines, the PT criteria were either adopted or nutrient caps were set to approach them. A balance was struck between adopting the PT criteria and responding to feedback from

our stakeholders, which accounts for some differences.

There are some structural differences between the Guidelines and PT nutrient criteria that prevented closer alignment. Areas of structural differences include:

Key Areas of Divergence	P/T Guidance Document Criteria	The BC Guidelines – Proposed Revisions
<b>Portion Size</b>	Canada’s Food Guide or Nutrient Values in Common Foods	As sold size, or the NFT serving size for bulk foods that are purchased (i.e. large tubs of yogurt)
<b>Food Groups</b>	<ul style="list-style-type: none"> <li>— Numerous subgroups based on food type and calorie level</li> <li>— No groups for “other foods” such as “other beverages” or “snack bars”</li> </ul>	- Food groups kept to a minimum, including groups for ‘other foods’. - Used the “all foods must have a scoring home” approach.
<b>Prepackaged vs. Freshly Made</b>	No distinct criteria for freshly made foods	A new tool (The Checklist) was developed that applied nutrient criteria to recipe ingredients to enable assessment of freshly made foods (see details below).
<b>Food Additives</b>	No criteria set	Criteria set for caffeine and ‘additional ingredients’ that may require cautionary statements or disclosure of specific quantities. Fortification allowed if permitted by Food and Drug Regulations.
<b>Sugar Substitutes</b>	Not allowed	Allowed only in secondary schools
<b>Trans Fat</b>	Combined criteria for saturated and trans fat	Replaced gram criteria with 5% of total fat criteria
<b>Scoring terms</b>	Choose Most, Choose Sometimes	Sell Most, Sell Sometimes (for prepackaged foods) and Approved for Sale (for freshly made foods). Terms were changed to provide more clarity for the target audience.

### The BC Checklist

A unique addition to the 2013 Guidelines is a checklist tool for assessing freshly made foods and beverages. Previously, freshly made foods could not be adequately assessed using nutrient criteria in the Guidelines because they lacked accompanying nutrient data. This unsatisfactory situation left many users with the impression that the Guidelines favoured prepackaged foods. The messaging in the Guidelines promoted whole and minimally processed foods (as per Canada’s Food Guide), but the Guidelines were missing a mechanism for assessing foods that did not come to students in a prepackaged form.

The Checklist tool is a new approach (in both B.C. and Canada) for assessing freshly made foods in a more concrete way than could be done in previous versions of the Guidelines. The Checklist uses Sell Sometimes nutrient and ingredient criteria to assess the ingredients that go into recipes. Food service providers will now be able to assess their recipes and clearly determine whether or not they are ‘Approved for Sale’. The Checklist will help to ensure that the Guidelines do in fact promote whole and minimally processed foods in school settings.

# APPENDIX D

## How to Assess a Food or Beverage Using the Criteria

### Let's look at a label — Meat and Alternatives

#### Almonds



##### Step 1

One reference quantity of almonds is **40 g** / 60 mL / ¼ cup (about 20 almonds).

These Nutrition Facts are for **60 g**.

Are the reference quantities the same? **No**.

This means you have to do some math.

$$40 \div 60 = .6$$

One reference quantity of almonds is **0.6** times the reference quantity for these Nutrition Facts.

##### Step 2

What nutrient criteria is recommend for almonds?

See page 11 for **Choose Most Often** and page 12 for **Choose Sometimes**.

##### Step 3

Compare the Nutrition Facts table for these almonds with the appropriate nutrient criteria.

Remember, the reference quantity on this package of almonds is more than the reference quantity in the nutrient criteria. You must multiply the numbers on the Nutrition Facts table by **0.6**.

##### Step 4

These almonds are:

- a **Choose Most Often** food
- a **Choose Sometimes** food
- Neither

#### Using the nutrient criteria to assess packaged Combination Dishes

Some packaged foods have ingredients from more than one food group. These foods are called Combination Dishes.

For example:

- burritos
- casseroles
- frozen dinners
- pizzas
- sandwiches
- smoothies
- soups

Nutrition Facts	
Per 1 package (60 g)	
Amount	% Daily Value
<b>Calories 320</b>	
<b>Fat 19 g</b>	<b>29 %</b>
Saturated 2 g	10 %
+ Trans 0 g	0 %
<b>Cholesterol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0 %</b>
<b>Carbohydrate 23 g</b>	<b>8 %</b>
Fibre 5 g	24 %
Sugars 3 g	
<b>Protein 13 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 20 %	Iron 15 %

INGREDIENTS: ALMONDS.

# Let's look at a label — packaged Combination Dishes

## Pasta and vegetable Combination Dish



### Step 1

The nutrient criteria uses 3 groups of Combination Dishes:

- 1 meat, fish or poultry based
- 2 vegetarian based
- 3 soups
  - Which group is this frozen dinner in?  
**vegetarian based group**

### Step 2

Read the Nutrition Facts for this pasta and vegetable dinner.

- How many calories does this combination dish have?  
**340 calories**

### Step 3

This combination dish has grains. It must have a **whole grain** for the food to be **Choose Most Often**. For ingredients in Combination Dishes, that are part of a food group, check that the food group criteria and additional information for those ingredients are met.

### Step 4

Now you must use the tables for combination dishes, vegetarian based. You can find them on pages 14 and 16.

- You need the 2 tables for a vegetarian based Combination Dishes with 300 to 399 calories.

Here are the 2 tables

Combination Dishes — CMO	
Premade, prepackaged and frozen entrée: vegetarian based	
Nutrition Criteria	
Per 300 – 399 calories	
Total Fat	≤ 10 g
Saturated Fat + Trans Fat	≤ 2.7 g ≤ 0.5 g
Sodium	≤ 700 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar Substitutes	Not allowed B vii) page 5
Protein	≥ 10 g
Iron	B ix) page 6

Combination Dishes — CS	
Premade, prepackaged and frozen entrée: vegetarian based	
Nutrition Criteria	
Per 300 – 399 calories	
Total Fat	≤ 12 g
Saturated Fat + Trans Fat	≤ 3.8 g ≤ 0.58 g
Sodium	≤ 900 mg
Fibre	B x) page 6
Sugars	B iv) page 4
Sugar Substitutes	Not allowed B vii) page 5
Protein	≥ 10 g
Iron	B ix) page 6

Nutrition Facts	
Per 1 tray (300 g)	
Amount	% Daily Value
<b>Calories 340</b>	
<b>Fat 8 g</b>	<b>8 %</b>
Saturated 3 g + Trans 0.2 g	<b>19 %</b>
<b>Cholesterol 10 mg</b>	
<b>Sodium 420 mg</b>	<b>8 %</b>
<b>Carbohydrate 52 g</b>	<b>8 %</b>
Fibre 9 g	<b>24 %</b>
Sugars 6 g	
<b>Protein 15 g</b>	
Vitamin A 15 %	Vitamin C 45 %
Calcium 20 %	Iron 35 %

INGREDIENTS: COOKED WHOLE WHEAT PENNE PASTA (WATER, WHOLE GRAIN DURUM WHEAT SEMOLINA), TOMATOES (CONTAIN TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), ROASTED VEGETABLES (RED AND YELLOW BELL PEPPERS, ZUCCHINI, RED ONIONS, YELLOW SQUASH), WATER, CONCENTRATED TOMATO PASTE, PARMESAN CHEESE (PARTLY SKIMMED MILK, BACTERIAL CULTURES, SALT, MICROBIAL ENZYMES, CELLULOSE), CARROTS, MUSHROOMS, EXTRA VIRGIN OLIVE OIL, MODIFIED CORN STARCH, GARLIC, WHITE VINEGAR, HERBS AND SPICES, SALT.

### Step 5

Compare the Nutrition Facts for the pasta Combination Dish with the recommendations in the 2 tables above.



## Let's look at a label

### Granola/Cereal Based Bar

1. Look at the ingredient list. Is the first ingredient a whole grain? If it is a whole grain then refer to page 8. under **Choose Most Often**.
2. Refer to the Nutrition Facts table on the packaged bar and compare it to the nutrient criteria for **Choose Most Often** Grain Products – Whole Grain baked goods and whole grain cereals, with or without added vegetables and fruit:
  - a. Look at the total fat amount. Is it less than or equal to 5 g?
  - b. Look at the Saturated Fat and Trans Fat amount. Is it less than or equal to 2 g?
  - c. Look at the sodium. Is it less than or equal to 200 mg?
  - d. Look at the Sugars. Are they less than or equal to 14 g?
  - e. Look at the ingredient list; is this product sugar substitute free?
3. If all of the responses to the above questions are yes then this product is a **Choose Most Often** Granola/Cereal Based Bar.
4. If only some of the responses to above are yes, then you will need to check this product in the **Choose Sometimes** category; see page 8.

### Fruit and/or Vegetable Bar

1. Fruit and Vegetable bars made from dried fruits and/or vegetables are classified in the **Choose Sometimes** category due to risk of dental caries.
2. Look at the ingredient list. Is this product made from dried fruit and/or vegetables? If yes this product is assessed with the **Choose Sometimes** Vegetable and Fruit criteria on page 7:
  - a. Look at the total fat amount. Is it less than or equal to 5 g?
  - b. Look at the Saturated Fat and Trans Fat amount. Is it less than or equal to 2 g?
  - c. Look at the sodium. Is it less than or equal to 200 mg?
  - d. Look at the Sugars. Are they less than or equal to 16 g?
  - e. Look at the ingredient list; is this product sugar substitute free?
3. If all of the responses to the above questions are yes then this product is a **Choose Sometimes** Fruit and/or Vegetable bar.

### Protein/Energy/Mixed Nut and Fruit Bars

1. Bars that are made from a combination of ingredients such as dried fruits and nuts, or named on the package as a protein or energy bar, with added ingredients are assessed using the Combination Dishes, vegetarian based **Choose Most Often** or **Choose Sometimes** criteria; pages 14 and 16.
2. Refer to the total calories on the package product. Next look at the calorie range criteria boxes.
3. Assess the bar by referring first to the **Choose Most Often** total fat, saturated and trans fat, sodium and protein criteria. Check to see that all criteria are met, next check the ingredient list. Look to see that there are no sugar substitutes. If criteria are not met, refer to the **Choose Sometimes** category and compare the total fat, saturated and trans fat, sodium and protein. Next check the ingredient list. Look to see that there are no sugar substitutes. All criteria must be met to meet the **Choose Sometimes** category.



# APPENDIX E

## Proposed Guidance Criteria for Condiments, Dressings, Sauces, Dips and Spreads

Sauces/Dips	
Per ¼ cup/60 ml	
Nutrition Criteria	
Fat	≤ 5% DV
Sodium	≤ 5% DV
Fibre	B x) page 6
Sugars	≤ 8 g
No sugar substitute	Not allowed B vii) page 5
Protein	B viii) page 6

Condiments/Dressings/Spreads	
Per 15 ml / 1 Tbsp	
Nutrition Criteria	
Fat	≤ 5% DV
Sodium	≤ 5% DV
Fibre	B x) page 6
Sugars	≤ 8 g
No sugar substitute	Not allowed B vii) page 5
Protein	B viii) page 6

### Additional Information:

- The guidance criteria are for condiments, dressings, sauces, dip and spreads as per reference quantity, served separately from a food group, combination dish or snack bar.
- If condiments, dressings, sauces, dips and spreads are served mixed in with food or a beverage, then assess the food or beverage in combination dishes. Examples are spaghetti sauce and cheese sauce.
- Condiments, dressings, sauces, dips and spreads add flavour to foods and beverages however they are simply added calories, fat, sodium and sugar.
- Condiments, dressings, sauces, dips and spreads vary in their ingredients however by weight they consist mostly of water, fat, sodium and sugar. They are also not classified within the four food groups of *Eating Well With Canada's Food Guide*.
- For the purposes of assisting those who serve or sell these products it is recommended that you refer to the % Daily Value (% DV) for total fat and sodium. The % Daily Value (% DV) can be used to make healthier choices. Use the % DV to choose products that are lower in nutrients such as fat and sodium; 5% DV is considered a little and 15% DV is considered a lot.
- Health Canada recommends “When adding sauces or spreads, use small amounts.” [<http://www.hc-sc.gc.ca/fn-an/nutrition/part/tb-bo/educators-prof/sodium-reduction-presentation-eng.php>]

### Definitions:

- Condiment:** a substance such as salt, mustard, or pickle that is used to add flavour to food. [<http://oxforddictionaries.com/definition/english/condiment>]
- Dressing:** (also salad dressing) — a sauce for salads, typically one consisting of oil and vinegar with herbs or other flavourings. [<http://oxforddictionaries.com/definition/english/dressing>]
- Sauce:** a liquid or semi-liquid substance served with food to add moistness and flavour, and example is tomato sauce or cheese sauce. [<http://oxforddictionaries.com/definition/english/sauce>]
- Dip:** a sauce in which pieces of food are dipped before eating [<http://oxforddictionaries.com/definition/english/dip>]. An example is a beef dip or a nacho dip.
- Spread\*:** soft food that you put on bread and similar foods, [[http://www.macmillandictionary.com/dictionary/british/spread\\_48#spread\\_60](http://www.macmillandictionary.com/dictionary/british/spread_48#spread_60)] and example is an apple butter or jam.

**\*Note:** the criteria does not refer to peanut, nut and seed butters. Peanut, nut and seed butters are assessed in the Meat and Alternative food group.

