



GUIDELINES

FOR FOOD & BEVERAGE SALES IN
BC SCHOOLS



BRITISH
COLUMBIA

HealthyFamiliesBC



2013

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OVERVIEW

The Government of British Columbia is committed to supporting healthy schools where students learn and play.



The Guidelines for Food and Beverage Sales in BC Schools (“the Guidelines”) define the minimum nutrition standard that schools are required to apply to all food and beverages sold to students. This document contains information, tools and fact sheets to support implementation of the Guidelines across the school setting.

The Guidelines are a mandated policy for all BC public schools.

The Guidelines for Food and Beverage Sales in BC Schools were first published by the BC Ministries of Education and Health in 2005 and mandated for all public schools in 2008. The Guidelines were developed using the best nutrition information available and the most current national and provincial healthy eating recommendations and regulations.

Parents, teachers, school administrators, students and food service staff all have a *role* in implementing the Guidelines in their school.

Why have Nutrition Guidelines in Schools?

The Guidelines were developed to support healthy eating at school by increasing access to healthy food while limiting access to unhealthy food. Through meal programs, cafeterias, vending machines, fundraisers and more, schools provide many of the meals, snacks and beverages students consume in a day. Healthy eating at school supports learning, physical and mental growth and development and the adoption of healthy skills and choices.

Research shows that eating healthy food and beverages:

- Provides students with fuel for optimal growth and nutrients for strong bones, teeth and muscles
- Helps students' brains develop
- Improves school performance, learning ability, attention span and behaviour
- Supplies energy for daily activity
- Reduces the risk of getting sick now and developing chronic diseases like diabetes, heart disease and cancer later in life
- Sets the foundation for healthy eating behaviours as adults

The Guidelines are one part of a broader healthy schools approach that promotes healthy choices both in and out of the classroom. Students learn best when the lessons they receive in the classroom are consistently reinforced outside of the classroom. Offering healthy food choices in the cafeteria, at school events, in vending machines and for fundraising contributes to a school environment that consistently supports students to develop the knowledge, skills and habits needed for lifelong well-being.



Healthy Schools BC, a key initiative of the BC government's Healthy Families BC strategy, brings health, education and community partners together to create healthy school environments that support optimal health and learning.

Comprehensive School Health (CSH) is a model for helping educators, health practitioners, school staff, students, parents and others work together to create an environment that makes their school the best place possible to learn, work and play. The Guidelines are an example of a healthy school policy that schools can use and expand upon within an overall healthy schools approach.

What Is Healthy Eating?

Whenever possible, schools should be offering whole and minimally processed food from *Eating Well with Canada's Food Guide* more often than prepackaged food, which can often be higher in sodium, sugar or fat. Offering a variety of food from all four food groups at breakfast and lunch and from at least two food groups at snacks is another way of supporting healthy eating while at school. See below for more details on choosing healthier food and beverages.



For Beverages:

- Offer water or unsweetened milk or fortified soy beverage most often.
- 100% fruit juice is nutritious, but high in natural sugar. It is recommended that children limit their intake to a half cup (125 ml) daily. It is recommended that teens and adults have no more than one cup (250 ml) daily.
- Sugary drinks include energy drinks, fruit drinks, pop, sports drinks, slushies, specialty coffee and tea drinks and vitamin-enhanced waters. Most sugary drinks provide little or no nutrition and take the place of healthier choices like water and milk.



For Vegetables and Fruit:

- Emphasise dark green and orange vegetables (like broccoli, romaine lettuce, kale, spinach, sweet potatoes, carrots and winter squash).
- Aim to offer a variety of colours; green, blue, purple, orange, red, yellow and white.
- Offer vegetables and fruit more often than juice.
- Offer seasonal fresh fruit and vegetables when they are available. Frozen vegetables and fruit are also a good choice.



For Grain Products:

- Offer whole grain choices for breads, pastas, rice, crackers and cereals.
- *Whole grain* products include: 100% whole grain bread, brown rice, oats, wild rice, quinoa, barley, buckwheat and millet.

For Milk and Alternatives:

- Offer plain milk and fortified plain soy beverage. Other fortified plant-based beverages such as oat, almond, rice, potato and hemp beverages are low in protein and for this reason are not good substitutes for milk.
- Use milk instead of cream for cream soups.
- Offer plain yogurt topped with fruit instead of fruit flavoured yogurts.



For Meat and Alternatives:

- Offer fish such as salmon, trout, char, sardines, mackerel or herring regularly. (Health Canada recommends children eat at least two Food Guide servings of fish per week).
- Offer meat alternatives such as beans, lentils and tofu often.
- Offer lean meat and alternatives prepared with little or no added fat or salt. Most deli meats such as bologna, salami, smoked meat, bacon and ham are too high in sodium to meet the Guidelines.



Additional healthy eating tips:

- Offer portion sizes that satisfy students' appetites and meet their nutrient needs for growth and development.
- Make soups with homemade stock or reduced-sodium stock. Most commercial soup bases and mixes are very high in sodium.
- Prepare food in ways that limit the amounts of added salt (sodium), sugar and fat. (See [Tips and Recipes for Quantity Cooking](#) and [Bake Better Bites](#) for more information.)
- Oral health is a part of overall health and well-being. Offer a variety of healthy food that does not stick to teeth and offer plain water for thirst.



ALLERGY AWARENESS

These Guidelines are not intended to address food allergy concerns in schools. For more information on allergy awareness please see the [BC Ministry of Education Core Anaphylaxis Resources](#) and [BC Anaphylactic and Child Safety Framework](#) and the [Anaphylaxis Protection Order](#).

What do the Guidelines Include?

The Guidelines contain tools and information to assist schools in selecting food and beverages for sale, including:



- Tools to determine whether **freshly made food** should be scored as “*Sell*” or “*Do Not Sell*” based on the nutrient content and ingredients.
 - Use the [Checklist](#) to score your recipe, or choose pre-scored recipes from [Bake Better Bites](#) and [Tips and Recipes for Quantity Cooking](#).



- Tools to determine whether **prepackaged food** should be scored as “*Sell Most*”, “*Sell Sometimes*” or “*Do Not Sell*” based on nutrient content and ingredients.
 - Use the [Nutrient Criteria](#) or the [Brand Name Food List](#)
- General **recommendations and suggestions** on how to choose healthy food and beverages to sell to students.
 - See tips on [What is Healthy Eating](#) and [fact sheets](#)



For links to resources that support implementation of the Guidelines, visit www.healthlinkbc.ca/foodguidelines.

What’s New in 2013?

Revisions to the Guidelines reflect new evidence in nutrition standards, product availability and consultations with people who use the Guidelines. The following summarizes the key changes in the 2013 edition.

- Revisions to the Nutrient Criteria and food categories based on the latest scientific evidence
- A Checklist that allows freshly made food to be assessed against the Nutrient Criteria
- New resources to help schools implement the Guidelines: fact sheets, an informational brochure and instructional videos
- Recommendations for how schools can build on the Guidelines to expand healthy eating choices for students and adults throughout the school community

For more details on what was changed in this edition, please see [Appendix A](#).

The Ministries of Health and Education reached out to users of the Guidelines to invite feedback for the 2013 edition including:

- School Administrators
- Teachers
- Food Service Managers
- Chef Instructors
- Community Nutritionists
- Parents
- Healthy Living Coordinators
- School Meal Coordinators
- Home Economics Teachers
- Food and Beverage Industry

Where do the Guidelines apply?

Schools must apply the Guidelines to all food or beverages sold to students in British Columbia public schools and at all school-sanctioned events. All public Elementary, Middle and Secondary schools in BC are required to ensure that the food and beverages sold to students meet the criteria set out in the Guidelines.

What about independent, First Nations and private schools?

Independent, First Nations and private schools are encouraged, but not required, to apply the Guidelines to the food and beverages sold to their students.



While the guidelines only apply to food sold to students, some schools may choose to support the intent of the Guidelines by encouraging healthy food throughout the school community. See [Building on the Guidelines](#) section for more ideas.

Guidelines apply to:	Guidelines do not apply to:
<ul style="list-style-type: none"> • School vending machines, stores and cafeterias • Parent organized lunch sales • School organized fun fairs and bake sales • Food and beverages sold to students during sporting events or on field trips (even when off-campus) • Food and beverages sold as a fundraiser to students • All school meal programs including those sold at a subsidized rate • Food prepared by students as part of class projects and sold to students 	<ul style="list-style-type: none"> • Bagged lunches from home • Food and beverages brought to school by parents, which are not being sold to students • Food prepared by students as part of class projects and consumed by students without being purchased • Food and beverages sold to adults (non-students) as fundraisers • Fundraising by adults to adults



WHAT CRITERIA SHOULD I USE FOR MIDDLE (JUNIOR HIGH) SCHOOLS?

As noted in the Nutrient Criteria, some criteria are different for Secondary (high) schools. If a Middle school has been merged with a Secondary school use the criteria designated for Secondary schools. Otherwise, use the more restrictive general criteria.

Who Uses the Guidelines?

Anyone selling food to students in schools must use the Guidelines to ensure food and beverages sold comply with the minimum nutrition standards. This includes not only administrators and teachers, but also parents and Parent Advisory Councils hosting fundraising events or hot lunch programs, food service staff serving snacks and meals and students organizing school-based activities that involve the sale of food or drinks. The food and beverage industry also uses the Guidelines so they can provide options to schools that meet the nutrition standards.

See the *Involving Everyone in Implementing the Guidelines Fact Sheet*.

Are the Guidelines enforced?

The Guidelines are a mandated policy that all school districts are required to implement as part of the Government's directive to remove the sale of unhealthy food and beverages from schools. As the Guidelines are not a legislated requirement, they are not supported with a compliance and enforcement program.

Questions about the implementation of the Guidelines within a particular school district should be directed to the district office.



HOW TO USE THE GUIDELINES



The Guidelines contain tools that enable schools to determine if food or beverages meet the minimum nutrition standard and can be sold to students in their schools. There are tools to assess both prepackaged and freshly made food and beverages.



DO I NEED TO HAVE A NUTRIENT ANALYSIS FOR MY RECIPES?

You **do not** need a nutrition analysis for your recipes in order to meet the criteria set out in the Guidelines. However, food service personnel, teachers, parents or students may wish to use nutrient analysis software, such as Recipe Analyzer from Dietitians of Canada, to develop a Nutrition Facts table for their recipes. This nutrient analysis data can then be used to score recipes based on the Nutrient Criteria instead of the Checklist. Please note that professional nutrition labels will be required for submissions to the Brand Name Food List.

Some cookbooks and recipes feature Nutrition Facts tables or nutrition information. You can use this information to help determine whether the recipe scores as **Sell Most**, **Sell Sometimes** or **Do Not Sell** when compared to the Nutrient Criteria.

Scoring freshly made food and beverages

Freshly made food and beverages are scored as **Sell** or **Do Not Sell**. You can either score your own recipe, or use a recipe that has been pre-scored.

- Use the Checklist for scoring freshly made food and beverages.
- Use resources that have pre-scored food including:
 - Bake Better Bites: Recipes and Tips for Healthier Baked Goods
 - Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies

What is the Checklist?

The Checklist is used to determine if freshly made food and beverages meet the criteria set out in the Guidelines. Use the Checklist to score food or beverages that are freshly made and do not have a Nutrition Facts table and an ingredient list for the final product. If food is prepared outside of the school, the Checklist can also be used by the food provider to ensure the food meets the Guidelines.

ALL **freshly made** food and beverages being sold to students must score as **Sell**.

Freshly made food and beverages Score using the Checklist	Sell (100% of choices)	Do Not Sell (Do not sell to students)
	These freshly made foods and beverages provide essential nutrients and are lower in sodium, sugar and fat than food in the <i>Do Not Sell</i> category.	Food and beverages in this category contain higher amounts of fat, sodium or sugar and may be less nutritious. These foods and beverages should not be sold to students..

Scoring prepackaged food and beverages

Prepackaged food and beverages are scored as **Sell Most**, **Sell Sometimes** or **Do Not Sell**. You can either score a product yourself using the Nutrient Criteria, or select a pre-scored product from the Brand Name Food List.

What is the Nutrient Criteria?

The Nutrient Criteria is used to determine if prepackaged food and beverages meet the Guidelines and therefore can be sold to students. It provides the nutrition standards for 14 different food categories (for example, grain products, milk and alternatives). Schools should score prepackaged food using the Nutrient Criteria if it comes with a Nutrition Facts table (or specifications sheet) and an ingredient list.

The Guidelines require that **at least 50%** of the **prepackaged** food and beverage items being sold to students must score as **Sell Most**. This applies to each food sales outlet (e.g. vending machines, school store, cafeteria, PAC lunches, sporting events etc).

Food and beverages that score as **Do Not Sell** should not be sold to students.



WHAT IS THE BRAND NAME FOOD LIST?

The Brand Name Food List is an online tool where prepackaged food and other food with a Nutrition Facts table and ingredient list are scored using the Nutrient Criteria in the Guidelines.



*At least 50% of items should score as **Sell Most**.*

Prepackaged food and beverages	Sell Most	Sell Sometimes	Do Not Sell
	(At least 50% of choices)	(Up to 50% of choices)	(Should not be sold to students)
Score with the Nutrient Criteria	Food and beverages in this category are healthier options. They tend to be higher in essential nutrients and lower in sodium, sugar and fat.	Food and beverages in this category provide essential nutrients but have higher amounts of sodium, sugar or fat than those in the <i>Sell Most</i> category.	Food and beverages in this category contain higher amounts of fat, sodium or sugar and may be less nutritious. These foods and beverages should not be sold to students.

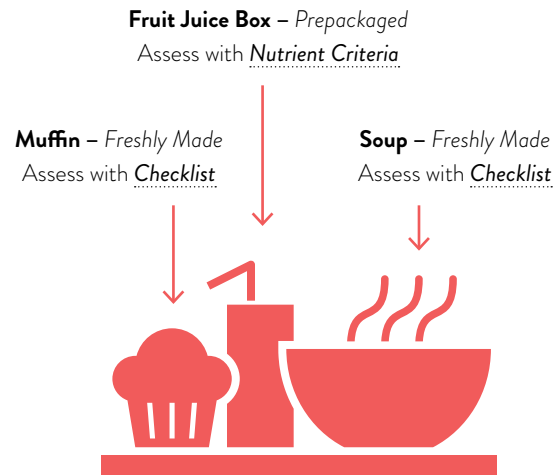
How do I assess a mixture of freshly made and prepackaged food?

Step 1

Ensure that all *freshly made* food scores as **Sell**.

Step 2

Ensure that at least 50% of the *prepackaged* food and beverages available at any given time score as **Sell Most**. The remainder should score as **Sell Sometimes**.





BUILDING ON THE GUIDELINES – OPTIONAL POLICIES

In addition to implementing the nutrition standards in the Guidelines, schools may choose to take additional steps to promote healthy eating and food literacy throughout the school community.



Topics Covered in this Section

- *Restricting the Marketing of Unhealthy Food and Beverages*
- *Limiting the Sale of Sugar Substitutes*
- *Supporting Healthy Eating in the Classroom*
- *Bottled Water*

Restricting the Marketing of Unhealthy Food and Beverages

A healthy eating environment for students includes not only the sale of healthy food and beverages, but also an environment that is free from the marketing of unhealthy food and beverages. “Food marketing” is a broad term for food advertising, promotions and sponsorship. Examples of food marketing in schools include posters, coupon give-aways, sports and leisure equipment, notebooks and events that promote food and beverages.

Children and youth are particularly vulnerable to the influence of food marketing because they are unable to critically assess its persuasive and commercial intent. Studies have found that food marketing directly influences children and youths’ food preferences, consumption and purchase of products advertised – most of which are unhealthy food and beverage products, high in calories, sugar, sodium or trans fat and low in essential nutrients.

Implementing the Guidelines for Food and Beverage Sales in BC Schools is sending a positive message to students about healthy eating. Schools also have an opportunity to reduce or restrict unhealthy food marketing practices directed at students. Restricting marketing to prepackaged food and beverages that score as *Sell Most*, or freshly made food or beverages that score as *Sell* supports a broader healthy environment for all students to learn and thrive.

Limiting the Sale of Sugar Substitutes

The Guidelines for Food and Beverage Sales in BC Schools do not allow food or beverages that contain sugar substitutes (artificial and intense sweeteners) to be sold in Elementary or Middle schools. Food and beverages containing sugar substitutes are only allowed for sale in Secondary schools as *Sell Sometimes* items.

Some parents, teachers and health professionals have expressed concern about the sale of food and beverages containing sugar substitutes in Secondary schools. Current scientific literature suggests that it is safe for children and adolescents to consume sugar substitutes in small quantities. Even so, the appropriateness of sugar substitutes in food and beverages sold to school aged children continues to be explored. The research base and scientific consensus on this topic will be periodically reviewed and used to inform any potential future policy changes with regard to sugar substitutes.

Secondary schools or school districts may choose to prohibit the sale of food and beverages containing sugar substitutes.

Supporting Healthy Eating in the Classroom

Many BC schools have extended the application of the Guidelines to classroom activities that foster an environment of healthy eating.

Classroom celebrations and rewards can set positive examples for healthy eating. Often, food is shared in the classroom setting to celebrate special events such as birthdays and holidays. Food is also commonly used as a way to reward positive behaviour in the classroom. Many schools are finding alternatives to sugary treats in these situations. Birthdays can be celebrated with healthy food such as fruit kabobs or through an activity that honours the child (e.g. a book donated to the school library with the child's name inside). Positive classroom behaviour can be rewarded with special privileges such as being first in line, or with low cost items like stickers or pencils.

Some schools are extending the Guidelines to Home Economics or Culinary Arts programs to ensure students are learning to prepare and eat healthy food. Other supportive programs offered in BC schools provide hands-on opportunities for students to learn about healthy eating. Some examples include Farm to School programs, school food gardens and food skills training in the classroom such as Take a Bite of BC.



Bottled Water

Water is the best beverage choice for satisfying thirst. Due to concerns regarding the environmental impact of bottled water, many schools, universities and municipal governments across Canada have instituted bans on bottled water and instead encourage drinking water from fountains and taps.

Schools with adequate public water facilities for students may be interested in decreasing or eliminating bottled water through education campaigns or bans.

Schools considering a ban on bottled water should be aware that this would restrict the *Sell Most* beverage options available to students, especially in vending machines. According to the Guidelines any vending machine must include at least 50% *Sell Most* products and up to 50% *Sell Sometimes* products. As only water, plain milk and unsweetened fortified soy beverage qualify as *Sell Most* beverages, removing bottled water limits the beverages that can be sold in vending machines.

Schools may also be interested in enhancing their recycling programs or in implementing a student awareness campaign regarding recycling. Schools can celebrate that BC has one of the highest rates of beverage container recycling in North America. In 2012, 75.3% of all plastic beverage containers in BC, over 335 million containers, were returned for recycling.





THE CHECKLIST

SCORING FRESHLY MADE FOOD & BEVERAGES

The Checklist is used to ensure freshly made food and beverages sold to students meet the Nutrient Criteria.



The Checklist is recommended for cafeterias, restaurants or caterers that provide freshly made food for sale in BC schools and whose menu items do not come with nutrition information. If nutrition information is available for freshly made items, score them using the Nutrient Criteria.

How To: USE THE CHECKLIST

- 1 Choose the category where your food or beverage fits.
- 2 Read the description at the top of the category to see if your food fits. If it doesn't fit, the directions below the description will help you choose the appropriate category.
- 3 Score your recipe by answering each of the questions in that category. All answers must be 'Yes' for your recipe to be scored as *Sell*.
- 4 If your recipe scores as *Do Not Sell* (you have any checkmarks in the 'No' column), use the scoring tips or dial 8-1-1 to talk to a HealthLink BC Dietitian. They will help you revise your recipe to meet the Guidelines.



YOU WILL NEED:

- An understanding of how to read a Nutrition Facts table (see page 80)
- Basic mathematical skills
- A calculator and note pad
- Access to the prepackaged food in your recipes to read their nutrition labels



CONVERSION CHART

10 ml (2 tsp) of:

- table salt weighs 12 g
- granulated sugar weighs 8.5 g
- vegetable oil weighs 9 g
- tub margarine weighs 9.5 g

THE CHECKLIST

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The Checklist: Scoring Freshly Made Food and Beverages

Salads, Vegetables and Fruit Dishes



This category is for scoring recipes that have mostly vegetables or fruit for ingredients. It includes the dressing that is served on salads. If you are making a dressing that will be served on the side, assess the salad here and the dressing under Side Sauces and Dips. Score grain-based salads under Grain Dishes and Baked Goods.

Examples: caesar salad, tossed salad, spinach salad, steamed vegetables, mashed potatoes, roasted potatoes, vegetable only stir fry, fruit salad, baked apples, apple sauce, baked sweet potato wedges

If your recipe has core ingredients from 2 or more food groups from Canada's Food Guide:

- When served as a main, score it under the 'Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza' category
- When served as a side dish, score it either here or under the 'Side Dishes' category

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

- All **'Yes'** checkmarks = the recipe is scored as **Sell**
- Any **'No'** checkmarks = the recipe is scored as **Do Not Sell**

If your recipe is *Do Not Sell*, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Sodium

Reducing sodium

If your recipe includes any of the ingredients below, follow the numbered instructions. Otherwise, move on to 'Reducing sugar'.

Key Sources of Sodium

- Salt
- Prepackaged sauces, margarine, condiments or spice mixes (e.g. steak spice)
- Prepackaged stock, broth, soup or powdered soup mix
- Canned tomatoes, tomato paste or tomato sauce (don't count 'no added salt' tomatoes)
- Cheese
- Canned beans, lentils or vegetables
- Seasoned, cured, pickled or brined products (e.g. bacon, ham, sausage, olives, pickles)

Calculate sodium in your recipe

1. If you add salt to your recipe (any kind including seasoning salt):
 - Multiply the number of ml of salt in your recipe by 475 to get the amount of sodium (in mg) it contributes to your recipe (e.g. 1 tsp = 5 ml x 475 = 2375 mg)
2. For the remaining key sources of sodium:
 - Look at the Nutrition Facts table to see how much sodium (in mg) is in a serving
 - Compare the serving size at the top of the Nutrition Facts table to the amount in your recipe and use this to calculate how much sodium the ingredient contributes to your recipe
3. Add up the sodium that each product contributes to the recipe
4. Divide this result by the number of servings your recipe serves

Does your recipe have 300 mg or less of sodium per serving sold?



Yes



No



Scoring tip: To reduce the sodium in your recipe emphasize herbs, lemon juice, vinegars, spices, garlic, ginger and other flavourings rather than salty bottled sauces.

**For more information contact
HealthLink BC – Dial 8-1-1**

Salads, Vegetables and Fruit Dishes



Sugars

Reducing Sugar

Does your recipe have 15 ml or less of added sugars (includes all sugars, honey, molasses and syrup) per serving sold?

☐

Yes

☐

No

Fat

Using small amounts of fat

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

- Vegetable oil
- Butter
- Salad dressing
- Cream cheese
- Chips or prepackaged crispy noodles
- Margarine
- Mayonnaise
- Cream
- Cheese

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much fat is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves

Does your recipe have 5 g or less of fat per serving sold?

☐

Yes

☐

No

For more information contact
HealthLink BC – Dial 8-1-1

The Checklist: Scoring Freshly Made Food and Beverages

Grain Dishes and Baked Goods



This category is for scoring recipes that have mostly grains for ingredients.

Examples: rice, noodles, quinoa, couscous, pancakes, waffles, oatmeal, granola, bread, buns, muffins, cookies, granola bars, cakes, dessert squares

If your recipe has core ingredients from 2 or more food groups from Canada's Food Guide:

- When served as a main, score it under the 'Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza' category
- When served as a side dish, score it either here or under the 'Side Dishes' category

Note: If you are using a prepackaged product, preparing it as directed on the package and there is a Nutrition Facts Table for the product 'as prepared', then score the product using the Nutrient Criteria.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

- All **'Yes'** checkmarks = the recipe is scored as **Sell**
- Any **'No'** checkmarks = the recipe is scored as **Do Not Sell**

If your recipe is *Do Not Sell*, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Sodium

Reducing Sodium

When your recipe includes any of the ingredients below, follow the numbered instructions. Otherwise, move on to 'Reducing sugar'.

Key Sources of Sodium

- Salt
- Prepackaged sauces, margarine, condiments or spice mixes (e.g. steak spice)
- Prepackaged stock, broth, soup or powdered soup mix
- Canned tomatoes, tomato paste or tomato sauce (don't count 'no added salt' tomatoes)
- Cheese
- Canned beans, lentils or vegetables
- Seasoned, cured, pickled or brined products (e.g. bacon, ham, sausage, olives, pickles)
- Bread, buns, pitas, tortillas, roti or other bread products

Calculate sodium in your recipe

1. If you add salt to your recipe (any kind including seasoning salt):
 - Multiply the number of ml of salt in your recipe by 475 to get the amount of sodium (in mg) it contributes to your recipe (e.g. 1 tsp = 5 ml x 475 = 2375 mg)
2. For the remaining key sources of sodium:
 - Look at the Nutrition Facts table to see how much sodium (in mg) is in a serving



Scoring tips: To reduce the sodium in your recipe make grain products with water, milk or homemade stock. Use no added salt tomato sauce or use no added salt tomatoes to make lower sodium tomato sauce. Basil, oregano and garlic help to enhance flavour.



Lower sodium tip: Baking soda and baking powder are high in sodium. Choose recipes with lower amounts of these ingredients.

**For more information contact
HealthLink BC – Dial 8-1-1**

Sodium

☐ Yes ☐ No

☐ Yes ☐ No

☐ Yes ☐ No

For more information contact
HealthLink BC – Dial 8-1-1

Grain Dishes and Baked Goods



Fat

Using small amounts of fat (cont.)

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much fat is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves



Scoring tips: Reduce the fat in your recipe by making grain products with little or no added fat. Replace half of the mayonnaise with plain yogurt in pasta salad.

Does your recipe have 7g of fat or less per serving sold?



Yes



No

Trans Fat

Minimizing trans fat

1. If your recipe does not contain margarine, shortening or prepackaged pastry dough or shells, check 'Yes' and move on.
2. Check the ingredient lists of these products for the words 'hydrogenated' or 'partially hydrogenated'. If these words are not in the ingredient lists, check 'Yes' and move on.
3. If your product has these words in the ingredient list, use the Trans Fat Calculator to make sure it meets the trans fat restrictions.



Scoring tip: Refer to the low trans fat product list to find an alternative product or call 8-1-1 for help.

Do all of the products in your recipe meet the trans fat restrictions?



Yes



No

For more information contact
HealthLink BC – Dial 8-1-1

The Checklist: Scoring Freshly Made Food and Beverages

Meat and Alternative Dishes



This category is for scoring recipes that have mostly meat or alternative ingredients.

Examples: any meat or alternative including those marinated or served with a sauce such as souvlaki, meatloaf, steak, pork chops, teriyaki chicken, sweet and sour tofu, cod fillets, spiced chickpeas, eggs

If your recipe has core ingredients from 2 or more food groups from Canada's Food Guide:

- When served as a main, score it under the 'Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza' category
- When served as a side dish, score it either here or under the 'Side Dishes' category

Note: If you are heating a prepackaged product and not adding any other ingredients to it, score it using the Nutrient Criteria.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

- All **'Yes'** checkmarks = the recipe is scored as **Sell**
- Any **'No'** checkmarks = the recipe is scored as **Do Not Sell**

If your recipe is **Do Not Sell**, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Sodium

Reducing sodium

When your recipe includes any of the ingredients below, follow the numbered instructions. Otherwise, move on to 'Using small amounts of fat'.

Key Sources of Sodium

- Salt
- Prepackaged sauces, margarine, condiments or spice mixes (e.g. steak spice)
- Prepackaged stock, broth, soup or powdered soup mix
- Canned tomatoes, tomato paste or tomato sauce (don't count 'no added salt' tomatoes)
- Cheese
- Canned beans, lentils or vegetables
- Seasoned, cured, pickled or brined products (e.g. bacon, ham, sausage, olives, pickles)

Calculate sodium in your recipe

1. If you add salt to your recipe (any kind including seasoning salt):
 - Multiply the number of ml of salt in your recipe by 475 to get the amount of sodium (in mg) it contributes to your recipe (e.g. 1 tsp = 5 ml x 475 = 2375 mg)
2. For the remaining key sources of sodium:
 - Look at the Nutrition Facts table to see how much sodium (in mg) is in a serving
 - Compare the serving size at the top of the Nutrition Facts table to the amount in your recipe and use this to calculate how much sodium the ingredient contributes to your recipe



Scoring tips: To reduce the sodium in your recipe use unseasoned whole cuts of meat. Replace salty sauces such as soy, hoisin and fish sauce with lower sodium versions or use less sauce. Use fresh ginger, garlic, cilantro and parsley or dried curry or chili flakes to enhance the flavour of dishes.

For more information contact
HealthLink BC – Dial 8-1-1

Meat and Alternative Dishes



Sodium

Reducing sodium (cont.)

3. Add up the sodium that each product contributes to the recipe
4. Divide this result by the number of servings your recipe serves

Does your recipe have 450 mg or less of sodium per serving sold?

☐ Yes ☐ No

Fat

Using small amounts of fat



Scoring tip: To reduce the fat in your recipe roast, bake, broil, braise, grill, steam or poach meats and meat alternatives.

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

- Vegetable oil
- Butter
- Salad dressing
- Cream cheese
- Cheese
- Margarine
- Mayonnaise
- Cream
- Sour cream
- Chips or prepackaged crispy noodles

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much fat is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves



Scoring tip: To reduce the fat in your recipe serve fresh salsas on fish and chicken dishes. Make a balsamic vinegar reduction for a flavourful sauce to garnish meat, chicken or bean dishes. Bake, boil, poach or steam eggs instead of frying them.

Is your recipe is cooked in a method other than deep fat frying?

☐ Yes ☐ No

Is the fat drained off ground meat after cooking? (If you are not using ground meat, check 'Yes')

☐ Yes ☐ No

Does your recipe have 16 g or less of fat per serving sold?

☐ Yes ☐ No

For more information contact
HealthLink BC – Dial 8-1-1

The Checklist: Scoring Freshly Made Food and Beverages

Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza

This category is for scoring recipes for dishes that are served as the main part of the meal and have core ingredients from 2 or more food groups from Canada's Food Guide.

Examples: stir-fry, shepherd's pie, curry, paella, macaroni and cheese, spaghetti, lasagna, soup or stew served as an entrée, sandwiches, burgers, wraps, quesadillas, tacos, pizza

Note: If you are heating a prepackaged product and not adding any other ingredients to it, score it using the Nutrient Criteria.

If your recipe contains other recipes (e.g. freshly made tomato sauce used in a chili recipe), include all the ingredients from the other recipes (e.g. freshly made tomato sauce) that are found in the 'Key Sources of Sodium' and 'Key Sources of Fat' sections in your calculations.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

- All **'Yes'** checkmarks = the recipe is scored as **Sell**
- Any **'No'** checkmarks = the recipe is scored as **Do Not Sell**

If your recipe is *Do Not Sell*, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Sodium

Reducing Sodium

When your recipe includes any of the ingredients below, follow the numbered instructions. Otherwise, move on to 'Providing protein'.

Key Sources of Sodium

- Salt
- Prepackaged sauces, margarine, condiments or spice mixes (e.g. steak spice)
- Prepackaged stock, broth, soup or powdered soup mix
- Canned tomatoes, tomato paste or tomato sauce (don't count 'no added salt' tomatoes)
- Cheese
- Seasoned, cured, pickled or brined products (e.g. bacon, ham, sausage, olives, pickles)
- Canned beans, lentils or vegetables
- Prepackaged breaded, battered or sauced meat, poultry or fish
- Bread, buns, pitas, tortillas, roti or other bread products
- Pizza crust or dough

Calculate sodium in your recipe

1. If you add salt to your recipe (any kind including seasoning salt):
 - Multiply the number of ml of salt in your recipe by 475 to get the amount of sodium (in mg) it contributes to your recipe (e.g. 1 tsp = 5 ml x 475 = 2375 mg)
2. For the remaining key sources of sodium:
 - Look at the Nutrition Facts table to see how much sodium (in mg) is in a serving
 - Compare the serving size at the top of the Nutrition Facts table to the amount in your recipe and use this to calculate how much sodium the ingredient contributes to your recipe



Scoring tip: To reduce the sodium in your recipe use unseasoned whole cuts of meat. If using cheese, use small amounts. Load pizza with vegetables and skip the processed meats. Try cooked whole meats such as chicken breast, lean ground meat (drained) or shrimp on pizza or in sandwiches. Canned tuna or salmon, egg, chickpea curry or house made bean spreads are other lower sodium options for sandwiches.

For more information contact
HealthLink BC – Dial 8-1-1

Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza



Sodium

Reducing sodium (cont.)

3. Add up the sodium that each product contributes to the recipe
4. If salt is added to pasta water include an extra 200 mg of sodium for every 100 g of raw pasta that is cooked
5. Divide this result by the number of servings your recipe serves

Does your recipe have 900 mg or less of sodium per serving sold?

☐ Yes ☐ No

Protein

Providing protein



Scoring tips: Add plant-based protein to your recipe with beans, lentils and tofu. Replace some or all of the meat with legumes or tofu in recipes such as shepherd's pie, curry, stirfry and casseroles.

Does your recipe have at least one protein-rich ingredient such as meat, fish, poultry, beans, lentils, chickpeas, eggs, tofu, nuts, seeds or cheese?

☐ Yes ☐ No

Fat

Using small amounts of fat

Is your recipe cooked in a method other than deep fat frying?

☐ Yes ☐ No

Is the fat drained off ground meat after cooking? (If you are not using ground meat, check 'yes')

☐ Yes ☐ No

For more information contact [HealthLink BC](#) – Dial 8-1-1



Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza

Fat

Using small amounts of fat (cont.)

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

- Vegetable oil
- Salad dressing
- Cheese
- Cream
- Pesto
- Butter or margarine
- Mayonnaise
- Sour Cream
- Cream Cheese
- Chips or prepackaged crispy noodles

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much fat is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves



Scoring tips: Reduce the fat in your recipe by only using small amounts of oil when stir-frying. Add buttermilk instead of cream, sour cream or butter to mashed potatoes. Serve fresh salsas instead of creamy sauces. This works well with fish and chicken dishes. Add puréed squash to macaroni and cheese for added flavour, creaminess and nutrition.

Does your recipe have 17 g of fat or less per serving sold?



Yes



No

For more information contact [HealthLink BC](#) – Dial 8-1-1

The Checklist: Scoring Freshly Made Food and Beverages

Side Dishes



This category is for scoring non-dessert dishes that have core ingredients from 2 or more food groups from Canada's Food Guide, are NOT served as the main part of a meal and don't fit in the single food categories.

Examples: broccoli and cauliflower gratin, greek salad, pasta salad

Note: If you are heating a prepackaged product and not adding any other ingredients to it, score it using the Nutrient Criteria.

If your recipe contains other recipes (e.g. freshly made tomato sauce used in a pasta recipe), include all the ingredients from the other recipes (e.g. freshly made tomato sauce) that are found in the 'Key Sources of Sodium' and 'Key Sources of Fat' sections in your calculations.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

• All **'Yes'** checkmarks = the recipe is scored as **Sell**

• Any **'No'** checkmarks = the recipe is scored as **Do Not Sell**

If your recipe is **Do Not Sell**, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Sodium

Reducing sodium

When your recipe includes any of the ingredients below, follow the numbered instructions. Otherwise, move on to 'Using small amounts of fat'.

Key Sources of Sodium

- Salt
- Prepackaged sauces, margarine, condiments or spice mixes (e.g. steak spice)
- Prepackaged stock, broth, soup or powdered soup mix
- Canned tomatoes, tomato paste or tomato sauce (don't count 'no added salt' tomatoes)
- Cheese
- Seasoned, cured, pickled or brined products (e.g. bacon, ham, sausage, olives, pickles)
- Bread and bread products
- Canned beans, lentils or vegetables
- Prepackaged breaded, battered or sauced meat, poultry or fish

Calculate sodium in your recipe

1. If you add salt to your recipe (any kind including seasoning salt):
 - Multiply the number of ml of salt in your recipe by 475 to get the amount of sodium (in mg) it contributes to your recipe (e.g. 1 tsp = 5 ml x 475 = 2375 mg)
2. For the remaining key sources of sodium:
 - Look at the Nutrition Facts table to see how much sodium (in mg) is in a serving
 - Compare the serving size at the top of the Nutrition Facts table to the amount in your recipe and use this to calculate how much sodium the ingredient contributes to your recipe



Scoring tips: Reduce the sodium in your recipe by using fresh herbs and dried spices to add flavour to dishes. Replace salty sauces such as soy, hoisin and fish sauce with lower sodium versions or use less of them.

For more information contact
HealthLink BC – Dial 8-1-1



Side Dishes

Sodium

Reducing sodium (cont.)

3. Add up the sodium that each product contributes to the recipe
4. If salt is added to pasta water include an extra 200 mg of sodium for every 100 g of raw pasta that is cooked
5. Divide this result by the number of servings your recipe serves

Does your recipe have 450 mg or less of sodium per serving sold?

☐ Yes ☐ No

Fat

Using small amounts of fat

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

- Vegetable oil
- Salad dressing
- Cheese
- Cream
- Pesto
- Butter or margarine
- Mayonnaise
- Sour Cream
- Cream Cheese
- Chips or prepackaged crispy noodles

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much sodium is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves



Scoring tip: Reduce the fat in your recipe by using only small amounts of oil when stir-frying. If using cheese, use small amounts.

Is your recipe cooked in a method other than deep fat frying?

☐ Yes ☐ No

Is the fat drained off ground meat after cooking? (If you are not using ground meat, check "Yes")

☐ Yes ☐ No

Does your recipe have 8 g of fat or less per serving sold?

☐ Yes ☐ No

For more information contact
HealthLink BC – Dial 8-1-1

The Checklist: Scoring Freshly Made Food and Beverages

Soup



This category is for scoring recipes for soup that is served as a side dish or snack.

Examples: tomato soup, vegetable soup, noodle soup, squash soup

If your recipe is served as the main part of a meal, score it under 'Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza'.

Note: If you are only adding water to reconstitute a powdered soup mix and are not adding other ingredients to the product, use the Nutrient Criteria to score the product.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

- All **'Yes'** checkmarks = the recipe is scored as **Sell**
- Any **'No'** checkmarks = the recipe is scored as **Do Not Sell**

If your recipe is **Do Not Sell**, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Sodium

Reducing sodium

When your recipe includes any of the ingredients below, follow the numbered instructions. Otherwise, move on to 'Using small amounts of fat'.

Key Sources of Sodium

- Salt
- Prepackaged sauces, margarine, condiments or spice mixes (e.g. steak spice)
- Prepackaged stock, broth, soup or powdered soup mix
- Canned tomatoes, tomato paste or tomato sauce (don't count 'no added salt' tomatoes)
- Cheese
- Canned beans, lentils or vegetables
- Seasoned, cured, pickled or brined products (e.g. bacon, ham, sausage, olives, pickles)

Calculate sodium in your recipe

1. If you add salt to your recipe (any kind including seasoning salt):
 - Multiply the number of ml of salt in your recipe by 475 to get the amount of sodium (in mg) it contributes to your recipe (e.g. 1 tsp = 5 ml x 475 = 2375 mg)
2. For the remaining key sources of sodium:
 - Look at the Nutrition Facts table to see how much sodium (in mg) is in a serving
 - Compare the serving size at the top of the Nutrition Facts table to the amount in your recipe and use this to calculate how much sodium the ingredient contributes to your recipe
3. Add up the sodium that each product contributes to the recipe
4. Divide this result by the number of servings your recipe serves

Does your recipe have 500 mg of sodium or less per serving sold?

☐ Yes ☐ No



Scoring tips: Reduce the sodium in your recipe by using low sodium stock bases. Try using ½ the amount of stock base the recipe calls for. Try adding canned pumpkin to soup for added flavour and nutrients. Use no added salt tomato sauce or use no added salt tomatoes for lower sodium options. Add fresh herbs to soup just before serving to enhance flavour.

**For more information contact
HealthLink BC – Dial 8-1-1**

Soup

Fat



Using small amounts of fat

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

- Vegetable oil
- Butter
- Sour cream
- Cheese
- Margarine
- Cream
- Cream cheese

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much sodium is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves



Scoring tips: Reduce the fat in your recipe by using milk, fortified milk (4 parts skim milk to 1 part skim milk powder), or equal parts of low fat milk and evaporated milk instead of cream in your soups. Add potato and lots of vegetables to thicken broth-based soups. Blend them with a bit of milk once cooked to make them smooth.

Does your recipe have 7 g of fat or less per serving sold?



Yes



No

For more information contact
HealthLink BC – Dial 8-1-1

The Checklist: Scoring Freshly Made Food and Beverages

Side Sauces and Dips



This category is for scoring recipes for freshly made sauces or dips that are served on the side.

Examples: peanut satay dip, hummus, spinach dip, house made salad dressing served on the side

If a sauce is served on top of food or is mixed into a dish, score the sauce together with the food it will accompany, in the category that the food it will accompany falls into.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

- All **'Yes'** checkmarks = the recipe is scored as **Sell**
- Any **'No'** checkmarks = the recipe is scored as **Do Not Sell**

If your recipe is **Do Not Sell**, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Sodium

Reducing sodium

If your recipe includes any of the ingredients below, follow the numbered instructions. Otherwise, move on to 'Reducing sugar'.

Key Sources of Sodium

- Salt
- Prepackaged sauces, margarine, condiments or spice mixes (e.g. steak spice)
- Prepackaged stock, broth, soup or powdered soup mix
- Canned tomatoes, tomato paste or tomato sauce (don't count 'no added salt' tomatoes)
- Cheese
- Canned beans, lentils or vegetables
- Seasoned, cured, pickled or brined products (e.g. bacon, ham, sausage, olives, pickles)

Calculate sodium in your recipe

1. If you add salt to your recipe (any kind including seasoning salt):
 - Multiply the number of ml of salt in your recipe by 475 to get the amount of sodium (in mg) it contributes to your recipe (e.g. 1 tsp = 5 ml x 475 = 2375 mg)
2. For the remaining key sources of sodium:
 - Look at the Nutrition Facts table to see how much sodium (in mg) is in a serving
 - Compare the serving size at the top of the Nutrition Facts table to the amount in your recipe and use this to calculate how much sodium the ingredient contributes to your recipe
3. Add up the sodium that each product contributes to the recipe
4. Divide this result by the number of servings your recipe serves

Does your recipe have 200 mg or less of sodium per serving sold?



Yes



No



Scoring tip: Reduce the sodium in your recipe by emphasizing herbs, lemon juice, vinegars, spices, garlic, ginger and other flavourings rather than salty bottled sauces.

**For more information contact
HealthLink BC – Dial 8-1-1**

Side Sauces and Dips



Sugars

Reducing sugar

Does your recipe have 10 ml or less of added sugars per serving sold (includes all sugars, honey, molasses and syrup)?



Yes



No

Fat

Using small amounts of fat

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

- Vegetable oil
- Butter
- Salad dressing
- Sour cream
- Cheese
- Margarine
- Mayonnaise
- Cream
- Cream cheese

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much sodium is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves



Scoring tips: Reduce the fat in your recipe by using plain yogurt as a base for salad dressings and spreads. Use greek yogurt or make yogurt cheese and use it instead of cream cheese or sour cream. (To make yogurt cheese: drain plain yogurt through cheesecloth or a coffee filter, overnight in the refrigerator).

Does your recipe have 10 g of fat or less per serving sold?



Yes



No

For more information contact
HealthLink BC – Dial 8-1-1

The Checklist: Scoring Freshly Made Food and Beverages

Beverages



This category is for scoring freshly made beverages.

Examples: smoothies, freshly squeezed juices, decaffeinated coffee and tea-based beverages

Note: If you are using a prepackaged product and not adding any other ingredients to it, score it using the Nutrient Criteria.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

- All **'Yes'** checkmarks = the recipe is scored as **Sell**
- Any **'No'** checkmarks = the recipe is scored as **Do Not Sell**

If your recipe is **Do Not Sell**, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Portion Sizes

Serving healthy portion sizes

1. For beverages with milk, soy beverage or yogurt as the main ingredient:

Is the serving size 250 ml or less for Elementary schools or 500 ml or less for Middle/Secondary schools?

☐ Yes ☐ No

2. For all beverages with juice as the main ingredient:

Is the serving size 250 ml or less for Elementary schools or 360 ml or less for Middle/Secondary schools?

☐ Yes ☐ No

3. For all other beverages:

Is the serving size 600 ml or less?

☐ Yes ☐ No

For more information contact [HealthLink BC](#) – Dial 8-1-1

Beverages



Products

Using healthier prepackaged products

Fruit (fresh or frozen), 100% juice, plain milk, plain soy beverages, skim milk powder and plain yogurt are all Sell Most ingredients and do not need to be scored.

Do all remaining ingredients in your recipe (excluding spices and sugar) meet the Nutrient Criteria for Sell Sometimes or Sell Most?

☐ Yes ☐ No

Sugars

Reducing sugar

1. If your recipe is made with only unsweetened ingredients and contains no juice:

Does your recipe have 10 ml or less of added sugar (includes honey, syrups and fruit juice concentrate) per 250 ml serving (1 cup)?

☐ Yes ☐ No

OR

2. If your recipe is made with sweetened ingredients or is made with juice:



Scoring tips: Many flavoured yogurts are high in sugar and score as Do Not Sell. Use plain yogurt and add fruit to your recipe instead.

Does your recipe have no added sugar (includes honey, syrups and fruit juice concentrate)?

☐ Yes ☐ No

Sugar Subs.

Sugar substitutes

Is your recipe free of sugar substitutes? (In secondary schools sugar substitutes use is permitted so check 'Yes').

☐ Yes ☐ No

Caffeine

Caffeine

Is your recipe free of black tea, green tea and caffeinated coffee?

☐ Yes ☐ No

For more information contact [HealthLink BC](#) – Dial 8-1-1



NUTRIENT CRITERIA

The Nutrient Criteria are the minimum nutrition standards defined in the Guidelines. Prepackaged food and beverages with an ingredient list and Nutrition Facts table can be scored with the Nutrient Criteria.

SCORING PREPACKAGED FOOD & BEVERAGES

For more information contact
HealthLink BC – Dial 8-1-1

How to Use the Nutrient Criteria

1. Use the A-Z Food and Beverage List to determine which category to score your product in. Skip to the category, read the description and look at the example food and beverages in that group. If it doesn't fit, try another category or call 8-1-1 to get free help from a Registered Dietitian at HealthLink BC. Some food may fit into more than one category. Choose the category where your food scores the best.
2. Once you have selected the appropriate category, compare the information in the Nutrition Facts table and ingredient list on the package with the Nutrient Criteria. The standards are per portion size sold, unless otherwise indicated. Your food or beverage will score as *Sell Most*, *Sell Sometimes*, or *Do Not Sell*. For help with using the Nutrition Facts table and ingredient list on prepackaged food go to [Appendix B](#).

A-Z Food and Beverage List

Food or Beverage	Food Category	Page
Almond beverage, fortified	<i>Milk and Alternative-Based Beverages</i>	52
Almonds, roasted, seasoned	<i>Meat and Alternatives</i>	50
Applesauce	<i>Vegetables and Fruit</i>	46
Bagels	<i>Grain Products</i>	47
Banana bread	<i>Grain Products</i>	47
Bannock	<i>Grain Products</i>	47
Beans, any variety	<i>Meat and Alternatives</i>	50
Beans & rice, as a side	<i>Side Dishes</i>	55
Bean salad, as a side	<i>Side Dishes</i>	55
Beef (fresh, frozen, seasoned)	<i>Meat and Alternatives</i>	50
Beef jerky	<i>Meat and Alternatives</i>	50
Biscuits	<i>Grain Products</i>	47
Bread	<i>Grain Products</i>	47
Breaded chicken	<i>Meat and Alternatives</i>	50
Breaded fish	<i>Meat and Alternatives</i>	50
Breakfast bagels	<i>Mixed Entrees</i>	54
Breakfast links or sausage	<i>Meat and Alternatives</i>	50
Broccoli with cheese sauce	<i>Side Dishes</i>	55
Brownies	<i>Grain Products</i>	47
Bulgur	<i>Grain Products</i>	47
Buns	<i>Grain Products</i>	47
Burger patties	<i>Meat and Alternatives</i>	50
Burrito	<i>Mixed Entrees</i>	54
Butter	<i>Condiments, Dressings, Dips and Spreads</i>	58
Cakes	<i>Grain Products</i>	47
Candy	<i>Confectionery</i>	59
Casseroles	<i>Mixed Entrees</i>	54
Cauliflower with cheese sauce	<i>Side Dishes</i>	55



Scoring tip: Your prepackaged food or beverage may have already been scored on the **Brand Name Food List**. If it is not already on the Brand Name Food List you can have a Registered Dietitian score your food and add it to the list by using the online 'submit an item' feature. Call 8-1-1 to get free help from a Registered Dietitian at HealthLink BC.



Food or Beverage	Food Category	Page
Cereal bars (e.g. rice krispie squares)	<i>Snack Bars and Trail Mixes</i>	57
Cereal, cold, prepackaged	<i>Prepackaged Hot and Cold Breakfast Cereals</i>	48
Cereal, hot, instant, prepackaged	<i>Prepackaged Hot and Cold Breakfast Cereals</i>	48
Chapatti	<i>Grain Products</i>	47
Cheese	<i>Milk and Alternative-Based Food</i>	49
Chicken (breaded, fresh, frozen, seasoned)	<i>Meat and Alternatives</i>	50
Chicken noodle soup	<i>Soups</i>	56
Chili	<i>Mixed Entrees</i>	54
Chocolate bars	<i>Confectionery</i>	59
Chocolate milk	<i>Milk and Alternative-Based Beverages</i>	52
Cinnamon buns	<i>Grain Products</i>	47
Coconut water or juice	<i>Vegetable and Fruit Juices</i>	51
Coffee	<i>Other Beverages</i>	53
Cookies	<i>Grain Products</i>	47
Corn chips	<i>Grain Products</i>	47
Couscous	<i>Grain Products</i>	47
Crackers	<i>Grain Products</i>	47
Cream cheese	<i>Condiments, Dressings, Dips and Spreads</i>	58
Cream of vegetable soup	<i>Soups</i>	56
Croissants	<i>Grain Products</i>	47
Curry	<i>Mixed Entrees</i>	54
Custard	<i>Milk and Alternative-Based Food</i>	49
Danishes	<i>Grain Products</i>	47
Deli meats	<i>Meat and Alternatives</i>	50
Doughnuts	<i>Grain Products</i>	47
Dried fruit	<i>Vegetables and Fruit</i>	46
Edamame (soybeans), seasoned	<i>Meat and Alternatives</i>	50
Electrolyte replacement drinks	<i>Other Beverages</i>	53
Energy bars	<i>Snack Bars and Trail Mixes</i>	57

Food or Beverage	Food Category	Page
Energy drinks	<i>Other Beverages</i>	53
English muffins	<i>Grain Products</i>	47
Falafel (i.e. balls made with chick peas and fava beans)	<i>Meat and Alternatives</i>	50
Fish (breaded, canned, fresh, frozen, seasoned)	<i>Meat and Alternatives</i>	50
Freezies, non-fruit juice based	<i>Confectionery</i>	59
Freezies, fruit juice based	<i>Vegetable and Fruit Juices</i>	51
French fries	<i>Vegetables and Fruit</i>	46
Frozen fruit bars	<i>Vegetables and Fruit</i>	46
Frozen soy-based desserts	<i>Milk and Alternative-Based Food</i>	49
Frozen yogurt	<i>Milk and Alternative-Based Food</i>	49
Fruit (canned, dried, fresh, frozen)	<i>Vegetables and Fruit</i>	46
Fruit bars	<i>Snack Bars and Trail Mixes</i>	57
Fruit & nut bars	<i>Snack Bars and Trail Mixes</i>	57
Fruit chips	<i>Vegetables and Fruit</i>	46
Fruit cups	<i>Vegetables and Fruit</i>	46
Fruit flavoured beverages	<i>Other Beverages</i>	53
Fruit gummies	<i>Vegetables and Fruit</i>	46
Fruit juice (100% fruit)	<i>Vegetable and Fruit Juices</i>	51
Fruit smoothies with milk or yogurt	<i>Milk and Alternative-Based Beverages</i>	52
Granola	<i>Prepackaged Hot and Cold Breakfast Cereals</i>	48
Granola bars	<i>Snack Bars and Trail Mixes</i>	57
Gravy	<i>Condiments, Dressings, Dips and Spreads</i>	58
Greek salad, as a side	<i>Side Dishes</i>	55
Gum	<i>Confectionery</i>	59
Hamburgers	<i>Meat and Alternatives</i>	50
Hash browns (i.e. fried potato)	<i>Vegetables and Fruit</i>	46
Hot chocolate made with milk, milk ingredients or plant-based beverages.	<i>Milk and Alternative-Based Beverages</i>	52
Hot dog wiener	<i>Meat and Alternatives</i>	50



Food or Beverage	Food Category	Page
Hummus	<i>Condiments, Dressings, Dips and Spreads</i>	58
Ice cream	<i>Milk and Alternative-Based Food</i>	49
Iced tea	<i>Other Beverages</i>	53
Instant cream of rice	<i>Prepackaged Hot and Cold Breakfast Cereals</i>	48
Instant cream of wheat	<i>Prepackaged Hot and Cold Breakfast Cereals</i>	48
Instant oatmeal	<i>Prepackaged Hot and Cold Breakfast Cereals</i>	48
Jams & jellies, served on the side	<i>Condiments, Dressings, Dips and Spreads</i>	58
Jamaican patties	<i>Mixed Entrees</i>	54
Jello	<i>Confectionery</i>	59
Juice, 100% fruit, vegetable or blend	<i>Vegetable and Fruit Juices</i>	51
Juice, fruit-flavoured, punch, drink	<i>Other Beverages</i>	53
Ketchup, served on the side	<i>Condiments, Dressings, Dips and Spreads</i>	58
Lasagna	<i>Mixed Entrees</i>	54
Legumes (peas, beans, lentils, soybeans)	<i>Meat and Alternatives</i>	50
Lemonade	<i>Other Beverages</i>	53
Luncheon meat	<i>Meat and Alternatives</i>	50
Macaroni & cheese	<i>Mixed Entrees</i>	54
Margarine, served on the side	<i>Condiments, Dressings, Dips and Spreads</i>	58
Mashed potato	<i>Vegetables and Fruit</i>	46
Mayonnaise, served on the side	<i>Condiments, Dressings, Dips and Spreads</i>	58
Meal replacement bars	<i>Snack Bars and Trail Mixes</i>	57
Meatballs	<i>Meat and Alternatives</i>	50
Meatloaf	<i>Meat and Alternatives</i>	50
Milk, plain & flavoured	<i>Milk and Alternative-Based Beverages</i>	52
Milkshakes	<i>Milk and Alternative-Based Beverages</i>	52
Muffins	<i>Grain Products</i>	47
Naan bread	<i>Grain Products</i>	47
Noodles, in a cup with broth	<i>Soups</i>	56
Noodles, seasoned	<i>Grain Products</i>	47
Noodle soup	<i>Soups</i>	56

Food or Beverage	Food Category	Page
Nuts (plain, seasoned, sugared)	<i>Meat and Alternatives</i>	50
Oatmeal, prepackaged, ready-to-eat	<i>Prepackaged Hot and Cold Breakfast Cereals</i>	48
Pancakes	<i>Grain Products</i>	47
Pasta with tomato, cream or cheese sauce	<i>Mixed Entrees</i>	54
Pasta salad, side	<i>Side Dishes</i>	55
Pasta sauce, cream or milk-based	<i>Condiments, Dressings, Dips and Spreads</i>	58
Pasta sauce, tomato-based	<i>Vegetables and Fruit</i>	46
Pastries	<i>Grain Products</i>	47
Peanuts (plain, roasted, seasoned)	<i>Meat and Alternatives</i>	50
Pepperoni stick	<i>Meat and Alternatives</i>	50
Pickles	<i>Condiments, Dressings, Dips and Spreads</i>	58
Pies & tarts	<i>Grain Products</i>	47
Pita bread	<i>Grain Products</i>	47
Pita chips	<i>Grain Products</i>	47
Pizza	<i>Mixed Entrees</i>	54
Pizza dough or crust	<i>Grain Products</i>	47
Pizza sauce, tomato-based	<i>Vegetables and Fruit</i>	46
Pop	<i>Other Beverages</i>	53
Popcorn (plain, flavoured or seasoned)	<i>Grain Products</i>	47
Popsicle, fruit based	<i>Vegetables and Fruit</i>	46
Popsicles, fruit juice based	<i>Vegetable and Fruit Juices</i>	51
Popsicle, non-fruit based	<i>Confectionery</i>	59
Pot pie	<i>Mixed Entrees</i>	54
Potato chips	<i>Vegetables and Fruit</i>	46
Potatoes (fresh, frozen, fried, roasted, seasoned)	<i>Vegetables and Fruit</i>	46
Pretzels	<i>Grain Products</i>	47
Pudding	<i>Milk and Alternative-Based Food</i>	49
Quiche	<i>Mixed Entrees</i>	54



Food or Beverage	Food Category	Page
Quinoa salad, as a side	<u>Side Dishes</u>	55
Rice (plain, seasoned)	<u>Grain Products</u>	47
Rice beverage, fortified	<u>Milk and Alternative-Based Beverages</u>	52
Rice cakes	<u>Grain Products</u>	47
Roti	<u>Grain Products</u>	47
Salad dressing, served on the side	<u>Condiments, Dressings, Dips and Spreads</u>	58
Salad, vegetables and dressing only	<u>Vegetables and Fruit</u>	46
Salad, vegetables with grains, side	<u>Side Dishes</u>	55
Salad, vegetables with grains and meat or alternative, meal-size	<u>Mixed Entrees</u>	54
Salsa, served on the side	<u>Condiments, Dressings, Dips and Spreads</u>	58
Sandwiches	<u>Mixed Entrees</u>	54
Sausages	<u>Meat and Alternatives</u>	50
Scalloped potatoes	<u>Side Dishes</u>	55
Scones	<u>Grain Products</u>	47
Seeds (plain, seasoned, sugared)	<u>Meat and Alternatives</u>	50
Smoothies (with milk ingredients)	<u>Milk and Alternative-Based Beverages</u>	52
Smoothies (with fruit & vegetable ingredients)	<u>Vegetable and Fruit Juices</u>	51
Soft drinks	<u>Other Beverages</u>	53
Soup, hearty, meal-sized	<u>Mixed Entrees</u>	54
Soup, vegetable-based soups served as a side dish (e.g. cream of asparagus, cream of carrot, lentil, etc)	<u>Soups</u>	56
Soy beverage, fortified	<u>Milk and Alternative-Based Beverages</u>	52
Soy sauce, served on the side	<u>Condiments, Dressings, Dips and Spreads</u>	58
Spaghetti with meatballs	<u>Mixed Entrees</u>	54
Sports bars	<u>Snack Bars and Trail Mixes</u>	57
Sports drinks	<u>Other Beverages</u>	53
Stew	<u>Mixed Entrees</u>	54
Stir fry, vegetable only	<u>Vegetables and Fruit</u>	46

Food or Beverage	Food Category	Page
Stir fry, vegetables with meat or alternative	<i>Mixed Entrees</i>	54
Sushi	<i>Mixed Entrees</i>	54
Taco shell	<i>Grain Products</i>	47
Tea	<i>Other Beverages</i>	53
Tempeh	<i>Meat and Alternatives</i>	50
Toaster pastries	<i>Grain Products</i>	47
Tofu (plain, seasoned, dessert-style)	<i>Meat and Alternatives</i>	50
Tomatoes, canned	<i>Vegetables and Fruit</i>	46
Tomato juice	<i>Vegetable and Fruit Juices</i>	51
Tomato sauce, canned or jarred	<i>Vegetables and Fruit</i>	46
Tomato soup	<i>Soups</i>	56
Tortilla chips	<i>Grain Products</i>	47
Tortilla wrap	<i>Grain Products</i>	47
Trail mix	<i>Snack Bars and Trail Mixes</i>	57
Turkey (fresh, frozen, breaded, seasoned)	<i>Meat and Alternatives</i>	50
Vegetable chips	<i>Vegetables and Fruit</i>	46
Vegetable juice cocktail	<i>Vegetable and Fruit Juices</i>	51
Vegetable salads	<i>Vegetables and Fruit</i>	46
Vegetable soup	<i>Soups</i>	56
Vegetarian burger patties, ground round, meatballs	<i>Meat and Alternatives</i>	50
Vitamin enhanced water	<i>Other Beverages</i>	53
Waffles	<i>Grain Products</i>	47
Water (plain, flavoured, still, sparkling)	<i>Other Beverages</i>	53
Wieners (beef, pork, chicken or turkey)	<i>Other Beverages</i>	53
Wraps (sandwich-style)	<i>Mixed Entrees</i>	54
Yogurt (plain, flavoured, frozen)	<i>Milk and Alternative-Based Food</i>	49
Yogurt drinks	<i>Milk and Alternative-Based Beverages</i>	52

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Vegetables and Fruit



Food in this category has a fruit or vegetable as the first ingredient (not including water).

- Juice and concentrated fruit juice are scored in the 'Vegetable and Fruit Juice' beverage category.

Examples of Food Scored in this Category:

Applesauce, dried seaweed, dried fruit, french fries, frozen fruit bars, fruit cups, fruit gummies, fruit or vegetable chips, hash browns, mashed potatoes, roasted potatoes, vegetable-only salad with dressing, vegetable-only stir fry.

All fresh and unprocessed vegetables and fruit score as Sell Most.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Fat	5 g or less		More than 5 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	140 mg or less	300 mg or less	More than 300 mg
Sugars	20 g or less	30 g or less	More than 30 g
Sugar Ingredients	First ingredient may not be a sugar	First ingredient may not be a sugar	First ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Grain Products



Food in this category has a grain listed as the first or second ingredient (not including water). Some examples of grain ingredients include flour, oats, barley, rice and bran.

- Granola bars and cereal bars are scored in the 'Snack Bars and Trail Mixes' category.
- Cereals are scored in the 'Prepackaged Hot and Cold Breakfast Cereals' category.

Examples of Food Scored in this Category:

Bagels, bread, buns, cakes, chapatti, cookies, crackers, doughnuts, english muffins, loaves, muffins, naan, pancakes, pita bread, pizza crust, pretzels, rice cakes, seasoned or sauced noodles, pasta or rice, toaster pastries, tortilla chips, tortilla wraps, waffles.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Whole Grain	First ingredient must be a whole grain (not including water, fruit or vegetable)	No whole grain criteria	No whole grain criteria
Fat	5 g or less	7 g or less	More than 7 g
Saturated Fat	3 g or less		More than 3 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	350 mg or less	450 mg or less	More than 450 mg
Sugars	6 g or less <i>*If fruit is the first or second ingredient may have up to 14 g sugar</i>	16 g or less <i>*If fruit is the first or second ingredient may have up to 20 g sugar</i>	More than 16 g <i>*If fruit is the first or second ingredient product has more than 20 g of sugar.</i>
Sugar Ingredients	First ingredient may not be a sugar	First ingredient may not be a sugar	First ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Prepackaged Hot and Cold Breakfast Cereals



Food in this category includes prepackaged cold breakfast cereals or prepackaged hot cereal mixes.

Examples of Food Scored in this Category:

Ready-to-eat cold cereals, instant cream of rice, instant cream of wheat, instant oatmeal.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Whole Grain	First ingredient must be a <u>whole grain</u> (not including water or fruit)	No <u>whole grain</u> criteria	No <u>whole grain</u> criteria
Fat	5 g or less	7 g or less	More than 7 g
Saturated Fat	3 g or less		More than 3 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	200 mg or less	300 mg or less	More than 300 mg
Sugars	6 g or less <i>*If fruit is the first or second ingredient may have up to 14 g sugar</i>	16 g or less <i>*If fruit is the first or second ingredient may have up to 20 g sugar</i>	More than 16 g <i>*If fruit is the first or second ingredient product has more than 20 g of sugar.</i>
Sugar Ingredients	First ingredient may not be a sugar	First ingredient may not be a sugar	First ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Milk and Alternative-Based Food



Food in this category has milk or milk ingredients as the first ingredient. Some examples of milk ingredients include cream, evaporated milk, milk, modified milk ingredients, milk solids, skim milk powder, whey. Fortified plant based yogurts and cheeses are also scored in this group.

Examples of Food Scored in this Category:

Cheese, custard, frozen soy-based desserts, frozen yogurt, gelato, ice cream, pudding, yogurt.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Fat	15 g or less		More than 15 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	350 mg or less	450 mg or less	More than 450 mg
Sugars	13 g or less	20 g or less	More than 20 g
Calcium	10% DV or more	5% DV or more	Less than 5% DV
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Meat and Alternatives



Food in this group has a meat or alternative as the first or second ingredient.

- All protein bars and trail mixes (i.e. mixes of two or more of: fruit, nut/seed, or grains) are scored in the 'Snack Bars and Trail Mixes' category.

Examples of Food Scored in this Category:

Breaded fish, burger patties, chicken fingers, hot dogs, luncheon meats, meatloaf, plain or seasoned nuts, plain or seasoned seeds, sausages, seasoned chicken, seasoned tofu, Swedish meatballs, tuna salad, veggie breakfast links, veggie burger patties.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Calories	250 calories or less	350 calories or less	More than 350 calories
Fat	12 g or less (Peanut, nut and seed products are exempt from fat criteria)	16 g or less (Peanut, nut and seed products are exempt from fat criteria)	More than 16 g
Saturated Fat	5 g or less	7 g or less	More than 7 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	250 mg or less (Peanut, nut and seed products must have 200 mg or less)	450 mg or less (Peanut, nut and seed products must have 300 mg or less)	More than 450 mg (Peanut, nut and seed products with more than 300 mg)
Sugars	4 g or less	8 g or less	More than 8 g
Protein	7 g or more (Peanut, nut and seed products are exempt from protein criteria)	5g or more (Peanut, nut and seed products are exempt from protein criteria)	Less than 5 g (Peanut, nut and seed products are exempt from protein criteria)
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Vegetable and Fruit Juices



Beverages in this category have a vegetable or fruit juice, or a vegetable or fruit puree as the first ingredient (not including water).

Examples of Food Scored in this Category:

Frozen fruit juice/puree bars, fruit cocktails, fruit juice, fruit juice smoothies, fruit & vegetable juice blends, tomato juice, vegetable juice.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Serving Size	No juices fit in this category	Elementary 250 ml or less	Elementary More than 250 ml
		Secondary/Middle Schools 360 ml or less	Secondary/Middle Schools More than 360 ml
Fat		5 g or less	More than 5 g
Trans Fat		5% or less of total fat	More than 5% of total fat
Added Sugars		No Added Sugars (“concentrated fruit juice” is considered an added sugar if it is not preceded by water in the ingredient list)	Added Sugars (“concentrated fruit juice” is considered an added sugar if it is not preceded by water in the ingredient list)
Sodium		200 mg or less per 250ml	More than 200 mg per 250ml
Sugar Substitutes		NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine		15 mg or less	More than 15 mg or ‘caffeine’ listed in ingredient list and amount not indicated on label
Additional Ingredients		NO cautionary statements and NO specific quantity of botanical ingredients listed on the label	Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Milk and Alternative Beverages



Beverages in this category have milk or milk ingredients listed as the first ingredient. Fortified plant-based beverages are also scored in this group.

Examples of Food Scored in this Category:

Almond beverage, plain and flavoured milk, rice beverage, soy beverage, yogurt drinks.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Serving Size	Elementary Schools 250 ml or less Middle/Secondary Schools 500 ml or less		Elementary Schools More than 250 ml Middle/Secondary Schools More than 500 ml
Fat	5 g or less per 250 ml	10 g or less per 250 ml	More than 10 g per 250 ml
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	150 mg or less per 250 ml	250 mg or less per 250 ml	More than 250 mg per 250 ml
Sugars	13 g or less per 250 ml	20 g or less per 250 ml	More than 20 g per 250 ml
Protein	6 g or more per 250 ml	Less than 6 g per 250 ml	No criteria
Calcium	30% DV or more per 250 ml	20% DV or more per 250 ml	Less than 20% DV per 250 ml
Vitamin D	44% DV or more per 250 ml	Less than 44% DV per 250 ml	No criteria
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Other Beverages



Beverages in this category are non-juice, non-milk based drinks.

- Fortified plant-based beverages are scored in the 'Milk and Alternative Beverages' category.

Examples of Food Scored in this Category:

Bottled water, flavoured water, fruit-flavoured drinks, iced tea, soft drinks, sparkling water, sport/electrolyte drinks, vitamin-enhanced water.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Serving Size	No beverage other than plain water (still or carbonated) fits in this category.	600 ml or less	More than 600 ml
Fat		3 g or less	More than 3 g
Trans Fat		5% or less of total fat	More than 5% of total fat
Sodium		200 mg or less per 250ml	More than 200 mg per 250ml
Sugars		8 g or less	More than 8 g
Sugar Substitutes		NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine		15 mg or less	More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients		NO cautionary statements and NO specific quantity of botanical ingredients listed on the label	Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Mixed Entrees



Food in this category contains core ingredients from two or more food groups and do not fit into the single food categories. These foods are served as the main part of a meal. Hearty soups such as minestrone and fish chowders served as the main part of a meal are scored in this category. Smaller portions of these foods that are not served as the main part of a meal should be scored in the 'Side Dishes' category.

Examples of Food Scored in this Category:

Breakfast bagels, burritos, chili, curries, lasagna, macaroni & cheese, meal-style salads, pizza, samosas, sandwiches, spaghetti with meatballs, stews, stir fries, sushi, tofu with noodles, tofu with noodles, wraps, chicken enchiladas, paella, shepherd's pie, seafood casserole, taco salad.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Whole Grain	If first ingredient is a grain, the grain must be a whole grain	No whole grain criteria	No whole grain criteria
Fat	17 g or less		More than 17 g
Saturated Fat	5 g or less	8 g or less	More than 8 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	700 mg or less	900 mg or less	More than 900 mg
Sugars	24 g or less		More than 24 g
Protein	10 g or more		Less than 10 g
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Side Dishes



Food in this category contains ingredients from more than one food group. These foods are sold in smaller portions and are not served as the main part of a meal.

Examples of Food Scored in this Category:

Beans and rice, bean salad, broccoli or cauliflower with cheese, Greek salad, green salad with seeds or cheese, half-portion of a sandwich or wrap, noodle sides, quinoa salad, rice pilaf, scalloped potatoes, vegetable casserole.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Whole Grain	If first ingredient is a grain, the grain must be a whole grain	No whole grain criteria	No whole grain criteria
Calories	300 calories or less		More than 300 calories
Fat	8 g or less		More than 8 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	350 mg or less	450 mg or less	More than 450 mg
Sugars	12 g or less		More than 12 g
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Soups



Food in this category includes dry, canned and fresh soups.

- Hearty meal-style soups sold as the main part of a meal are scored in the 'Mixed Entrees' category.

Examples of Food Scored in this Category:

Chicken noodle soup, cream of vegetable soup, tomato soup, vegetable soup, wonton soup.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Fat	4 g or less	7 g or less	More than 7 g
Saturated Fat	2 g or less	3 g or less	More than 3 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	400 mg or less	500 mg or less	More than 500 mg
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Snack Bars and Trail Mixes



Food in this category includes bar-type snacks and trail mixes.

- Trail mixes scored here include mixes of more than one of: fruit, nut/seed or grains.
- Nut and/or seed-only mixes (plain, sugared or seasoned) are scored in the 'Meat and Alternatives' category.

Examples of Food Scored in this Category:

Cereal bars, fruit bars & leathers, fruit & nut bars, granola bars, meal replacement bars, protein bars, sports bars.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Whole Grain	If first ingredient is a grain, the grain must be a whole grain	No whole grain criteria	No whole grain criteria
Calories	300 calories or less		More than 300 calories
Fat	5 g or less (If peanuts, nuts or seeds are the first or second ingredient, it is exempt from the fat criteria)	7 g or less (If peanuts, nuts or seeds are the first or second ingredient, it is exempt from the fat criteria)	More than 7 g
Saturated Fat	3 g or less		More than 3 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	200 mg or less	300 mg or less	More than 300 mg
Sugars	6 g or less *If fruit is the first or second ingredient may have up to 20 g sugar.	16 g or less *If fruit is the first or second ingredient may have up to 30 g sugar.	More than 16 g *If fruit is the first or second ingredient product has more than 30 g of sugar.
Sugar Ingredients	First ingredient may not be a sugar	First ingredient may not be a sugar	First ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Condiments, Dressings, Dips and Spreads



Food in this category includes condiments, dressings, dips and spreads that are served **on the side** with meals.

- When used as an ingredient in a food or beverage, score as a whole dish in the appropriate food or beverage category.

Examples of Food Scored in this Category:

Barbeque sauce, butter, cream cheese, honey, ketchup, margarine, mayonnaise, salad dressings, salsa, sour cream, soy sauce.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	Sell Most	Sell Sometimes	Do Not Sell
Fat	10 g or less		More than 10 g
Trans Fat	5% or less of total fat (soft spreadable margarine and oil must have 2% or less of total fat)		More than 5% of total fat (soft spreadable margarine and oil must have 2% or less of total fat)
Sodium	200 mg or less		More than 200 mg
Sugars	8 g or less		More than 8 mg
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes except in Secondary Schools	Contains Sugar Substitutes except in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Confectionery (e.g. candies, chocolates, gum)



Food in this category does not contain a major ingredient from any of the four food groups in Canada's Food Guide.

- No candies, chocolates or sugar containing gum products are permitted for sale in BC schools as they are high in sugar and/or fat and low in nutritional value.
- Only sugar-free gum can be sold in Secondary Schools if permitted by the school administration.

Examples of Food Scored in this Category:

Candies, chewing gum, chocolate bars, gummies, gelatin desserts (e.g. jello), licorice, popsicles and freezies if not prepared with fruit or fruit juice.

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Natural Health Products (e.g. vitamin and mineral-enhanced beverages)



Natural health products (NHPs) are not permitted for sale in BC schools. NHPs are not regulated as food under Canada's Food and Drug Regulations. They are similar to medications in that they are intended to be consumed for specific conditions and in limited doses.

Examples of NHPs:

- Some vitamin and mineral enhanced beverages
- Some protein powders

Currently many of the food and beverage products previously regulated as Natural Health Products (e.g. caffeinated energy drinks, vitamin and mineral waters) are being transitioned into the *Food and Drug Regulations*. As part of this transition, Health Canada is collecting market and consumer use data on these products, which will inform future amendments to the *Food and Drug Regulations*. These amendments will set minimum and maximum amounts for added vitamins, minerals and other active ingredients and establish labelling requirements for these types of products. As a precautionary step, **products that include any of the following pieces of information on the label are not permitted for sale in BC schools:**

1. Cautionary or warning statements (e.g. "Do not consume more than 'X' servings daily", "Use 'X' servings maximum daily", "Not recommended for children").
2. A declared amount of a botanical or herbal ingredient (e.g. 'X' mg Energy Blend, ginseng, ginkgo biloba, milk thistle, guarana seed extract, grape skin extract, or Coenzyme Q10).



Three ways to identify a Natural Health Product:

1. Look for a NPN/DIN-HM or EN number on the package
2. Look for the words *Recommended Dose*, *Medicinal Ingredients* and *Non-medicinal Ingredients* on the package.
3. Search for the product in the [Licensed Natural Health Products Database](#).



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Guidelines for Food & Beverage Sales

Involving Everyone in Implementing the Guidelines



Introduction

All members of the school community need to work together to build a healthy school that supports healthy eating. A healthy school environment includes healthy eating. Students can provide great ideas that can be included in the planning process. Involve students in helping to decide which policies, actions and food and beverage options are best for their school. Students, teachers, parents, administrators and food service providers can promote and model healthy eating behaviours at school, during after school activities and at home. Everyone can take action to promote healthy eating and implement the Guidelines for Food and Beverage Sales in BC Schools.

Here are some examples of what these groups can do:

Students

- ✓ Start a student advisory group. Advocate for healthy food and beverage choices in the cafeteria, vending machines, school stores and at school events.
- ✓ Voice your opinion. Participate in events such as taste testing of potential cafeteria recipes for menu planning and filling out surveys about what healthy food should be available in the schools and at events.
- ✓ Raise awareness in your school about the impacts of marketing unhealthy food and beverages to students.
- ✓ For more information about how to take action and apply the Guidelines, check out these resources:

- [*Boosting the Sales of Nutritious Food in Schools*](#)

- [*Planning Healthy Cafeteria Menus*](#)



Parents

- ✓ Get involved. Join a committee to support a healthy school nutrition policy and the implementation of the Guidelines in all school food venues.
- ✓ Assess your school. See where students may be exposed to marketing of unhealthy food or beverages. Consider ways your school may restrict the influences of marketing.



- ✓ Use the Checklist when preparing freshly made food to be sold at school events such as bake sales. You can also use pre-scored recipes from Bake Better Bites and Tips and Recipes for Quantity Cooking.
- ✓ Involve students in food preparation for school events and talk to them about the four food groups from Eating Well with Canada's Food Guide.
- ✓ For information on how to take action in implementing the Guidelines, see:
 - Selling Food and Beverages at School Sporting Events
 - Making Bake Sales Delicious and Nutritious

Teachers

- ✓ Choose nutrition education strategies that are hands-on. Encourage students to work with food service staff and food and beverage vendors on marketing healthier food as part of school projects.
- ✓ Use the Guidelines in class projects. For example, students can apply their math, writing and business skills by evaluating and reporting on food and beverage items' taste, price, appeal and compliance with the Nutrient Criteria and Checklist.
- ✓ Use a Comprehensive School Health approach to find opportunities for healthy eating across the whole school
- ✓ Teach students about healthy eating principles and growing, preparing and composting food.
- ✓ Teach students about local food systems through Farm to School programs. Many resources are already available to guide program start-up.
- ✓ Encourage parents to refer to the Guidelines to support healthier choices when they are participating in school events where food and beverages are sold such as sporting events, bake sales and other school fundraising events.
- ✓ Arrange for a nutrition workshop that incorporates the Guidelines as part of professional development activities, such as the one offered through Action Schools! BC.
- ✓ Engage a group of students to start a committee for healthy eating action in the school.
- ✓ Advocate for the inclusion of healthy eating in school goals and policies.
- ✓ Launch or participate in a Healthy Schools Network inquiry process.
- ✓ For more information on how to take action in implementing the Guidelines, visit www.healthlinkbc.ca/foodguidelines





School Administrators

- ✓ Form a committee to develop and monitor healthy school policies. Include at least one representative from each of the following groups: school administration, parents, students, teachers, food service staff and school support staff.
- ✓ Partner with the school board and district to promote the implementation of the Guidelines by working with food and beverage vendors in your district.
- ✓ Support school-wide nutrition education.
- ✓ Consider *building on the Guidelines* to include other policies such as restricting the marketing of unhealthy food and beverages in your school.
- ✓ Encourage and work with teachers to integrate nutrition education materials and the Guidelines throughout the curriculum and in student school projects and presentations. Promote and support the use of available teaching tools. Provide teachers with the time and resources to learn and apply these tools in the classroom.
- ✓ Integrate healthy eating into school goals or policies.
- ✓ Participate in the *BC School Fruit and Vegetable Nutritional Program*, begin a *Farm to School* program and register with *Action Schools! BC*.
- ✓ Promote the *Healthy Schools Network* inquiry process to school staff.
- ✓ Designate half of a Pro-D day to school-wide planning and discussion about supporting healthy eating.

Food Service Providers:

- ✓ Provide a variety of healthy food that incorporates the four food groups from *Eating Well with Canada's Food Guide*. Make sure to reflect student preferences and cultural backgrounds.
- ✓ Score food and beverages using the Guidelines. For freshly made food, use the *Checklist* to score recipes and use the *Nutrient Criteria* to score prepackaged food.
- ✓ Use recipes from *Bake Better Bites* and *Tips and Recipes for Quantity Cooking* to provide healthy menu options.
- ✓ Provide appropriate serving sizes and avoid “super sizing.”
- ✓ Involve students and teachers in developing marketing techniques for new menu items.
- ✓ Work with students and parents to select and evaluate menus. Use strategies such as taste testing and client satisfaction surveys.
- ✓ For more information on how to take action in implementing the Guidelines check out these resources:

- *Boosting the Sales of Nutritious Food in Schools*
- *Planning Healthy Cafeteria Menus*



Stock Vending Machines and Stores with Healthy Food and Beverages



To help stock your vending machine or store with healthy food and beverage options, follow the three S's:

- ✓ **Stock:** Take stock and make a list of the products currently found in each of your vending machines and school stores. Use the Scorecard feature of the *Brand Name Food List* or an audit form such as the *Food and Beverage Stock List*.
- ✓ **Score:** To score the food and beverage products as *Sell Most*, *Sell Sometimes* and *Do Not Sell*, use the Nutrient Criteria in the Guidelines or the *Brand Name Food List*. Score vending machine and school store products for each machine and each school store. Separate food scoring from beverage scoring.
- ✓ **Strategize:** At least 50% of food and beverages sold should come from the *Sell Most* and up to 50% from the *Sell Sometimes* categories. Develop an implementation plan to apply the Guidelines to your vending machine and school store sales.

Your actions can support healthy eating:

- ✓ Consult with students to select vending machine and school store food and beverages. Choose items that they enjoy and that meet the nutrition standards in the Guidelines.
- ✓ Ask for samples from vendors and hold a tasting event for students, parents and teachers.
- ✓ Offer *Sell Most* food and beverage items at a lower price than the *Sell Sometimes* items.
- ✓ Promote *Sell Most* items by placing them at eye-level in vending machines or at the cashier in school stores.
- ✓ Promote *Sell Most* items by including them in school promotional materials such as posters or pamphlets.
- ✓ Negotiate with vendors so that they also promote healthier options with their advertisements. For example on their vending machines, uniforms, delivery trucks, etc.



FOOD FOR THOUGHT

There is power in numbers. School districts or large schools have more influence with food and beverage vendors. Districts can centralize vending services through a Request for Proposals (RFPs) that attracts vendors ready to meet the Guidelines.

Promote the Guidelines through engagement with the school community:

- ✓ Establish a school vending committee. Include at least one representative from each of the following groups: administrators, teachers, parents, support staff and students.
- ✓ Engage other parents and teachers in discussions about food and beverages stocked in school vending machines and stores. Provide regular updates (e.g. using notices or newsletters).

Work with vendors to meet the Guidelines:

- ✓ Use the contract process to select vendors who are proactive about identifying *Sell Most* or *Sell Sometimes* items and to adapt current vendor contracts to meet the Guidelines.
- ✓ Before signing an agreement with a vendor, ask:
 - For a list of items that will be stocked in each school vending machine and/or store, how they score according to the Checklist and Nutrient Criteria of the Guidelines and the total percentages of *Sell Most* and *Sell Sometimes*.
 - How stocking of vending machines and stores will be monitored and maintained (including how often they will be restocked, and how they will track “best before dates”)
 - How the vendor will report on sales (e.g. monthly, quarterly)
 - How the vendor will maintain and report on compliance with the Guidelines
- ✓ If vendors are not prepared to meet the Guidelines, contact School District Treasury staff to find out about the options for further action.

Draft an implementation plan:

A plan can help your Committee get organized by including information about your goals, strategies, timelines, persons responsible, etc.

Sample Implementation Plan			
Goal	Strategy	Timeline	Person
Ensure that at least 50% of items stocked in school vending machines are <i>Sell Most</i> and that less than 50% are <i>Sell Sometimes</i>	Perform an audit of school food and beverage vending machines	Quarterly	Parent Rep
Ensure that at least 50% of food and beverages stocked in school stores are <i>Sell Most</i> and that less than 50% are <i>Sell Sometimes</i>	Perform an audit of school stores	Monthly	Teacher Rep
Monitor sales from vending machines in order to refine pricing strategies	Produce reports of sales to refine pricing strategy	Quarterly	Vendor
Ensure that the vendor complies with the Guidelines	Create or modify contract with vendor to include use of Guidelines	March 2014	School Administrator

Where Can We Find Out More?

- ✓ HealthLink BC:
 - *Speak to a Dietitian by dialing 8-1-1 or [Email a HealthLinkBC Dietitian](mailto:HealthLinkBC@healthlinkbc.ca)*
 - www.HealthLinkBC.ca
- ✓ Brand Name Food List www.brandnamefoodlist.ca
- ✓ Food and Beverage Stock List, Ministry of Education www.bced.gov.bc.ca/health/stocklist_tool.pdf
- ✓ Generic template, Ministry RFP vending services, Ministry of Education
http://www.bced.gov.bc.ca/health/ministry_rfp_vending_services_2013.doc

Selling Food and Beverages at School Sporting Events



Provide healthy hydration:

- ✓ Suggest that students bring refillable water bottles to drink fluids before, during and after activity and play.
- ✓ Make water accessible to students at all times.
- ✓ Offer **at least 50%** of fluids from the *Sell Most* beverage category such as water, carbonated water, plain milk and unflavoured fortified soy beverage.
- ✓ Offer **up to 50%** of fluids as *Sell Sometimes* beverage category options such as 100% fruit and vegetable juices and reduced sugar chocolate milk.
- ✓ Before offering beverages such as sports drinks, consult the Nutrient Criteria for “Other Beverages”.

Signs of Dehydration

• Cramping	• Headache
• Hard to concentrate	• Dizziness
• Dry Mouth	• Goosebumps
• Looking flushed	• Nausea
• Weakness, Fatigue	• Feeling hot



FOOD FOR THOUGHT

Water is the best choice to satisfy thirst.
Good hydration helps students feel energetic and alert.

Provide healthy meals and snacks:

- ✓ Choose whole and fresh food such as fresh fruit, whole grain bagels and nuts/seeds, to fuel and refuel instead of “sports food” such as protein/sports bars, sports drinks, gels and meal replacements.
- ✓ Only offer food and beverage items at sporting events with real food ingredients like oats, brown rice, dried fruit, nuts and seeds.
- ✓ Offer carbohydrate-rich meals and snacks made with whole grains, fresh fruit and vegetables and low-fat milk products. Carbohydrates are the main source of energy for all sports.
- ✓ Follow the Guidelines by offering at least 50% of prepackaged meal and snack options from the *Sell Most* and the rest from the *Sell Sometimes* categories.

- ✓ Make food labels available and visible so that students and parents can easily see if there are potential allergies/intolerances or conflicts with religious or food preferences.
- ✓ Consult with someone who is Food Safe certified to make sure the proper precautions are taken.
- ✓ Choose to sell food that is lower in sugar, sodium and fat from each of the four food groups.
- ✓ Offer meals 2 to 4 hours before activity and snacks 1 to 2 hours before sporting events for optimal health and performance.

Examples of Healthy Snacks for School Sporting Events

- Trail mix made with nuts, seeds and dried fruit
- Mixed bean salad
- Whole grain toast with peanut/almond butter
- Whole grain crackers with cheese
- Whole grain cereal bar with milk or plain yogurt

- Fresh green salad with grilled chicken
- Fruit salad cup with water or 100% fruit juice
- Lean meat on ½ a whole grain bun
- Homemade smoothie made with plain yogurt, milk and fresh fruit
- ½ bagel with cheese

Act to support healthy eating:

- ✓ Involve students in choosing which food and drinks should be sold at sporting events from the *Sell Most* and *Sell Sometimes* categories.
- ✓ Offer *Sell Most* food and beverage items at a lower price than the *Sell Sometimes* items.

Where Can We Find Out More?

- ✓ HealthLink BC:
 - *Speak to a Dietitian by dialing 8-1-1 or Email a HealthLinkBC Dietitian*
 - www.HealthLinkBC.ca
- ✓ *HealthLinkBC File #109Energy Drinks*
- ✓ Food Safe Program: www.foodsafe.ca
- ✓ Food Safe Certification (online food safety course): www.health.gov.bc.ca/protect/food-safetymodule/files/home.htm
- ✓ Eating Well with Canada's Food Guide www.hc-sc.gc.ca/fn-an/food-guide-aliment/indexeng.php

Boosting the Sales of Nutritious Food in Schools



Place *Sell Most* or *Sell* items in the spotlight:

- ✓ Score your food and beverages using the Checklist for freshly made food or the Nutrient Criteria for prepackaged food.
- ✓ Stock a lot of water, plain milk and fortified unsweetened soy beverage and place them at the front of the beverage coolers and/or at eye-level.
- ✓ Put the healthiest options at the front of the food tray line or a food section (e.g. as the first hot entrées or the first dessert the student sees).
- ✓ Keep convenience and processed items like chips and cookies further out of students' reach or available by request from a food service worker.
- ✓ Place fruit near cashier and in full view.

Promote *Sell Most* and *Sell* items through signage and verbal cues:

- ✓ Have food service workers ask students which vegetable option they would like after they have been served an entrée.
- ✓ Have cashiers up-sell healthier items, for example, by asking students if they would like to buy some fruit as they go to pay for their meals.
- ✓ Create signs at the entrance of the cafeteria promoting a featured entrée that has been scored as a healthier option.
- ✓ Place healthiest meals and snacks at the top of the menu.



FOOD FOR THOUGHT

Make the healthiest choices attractive and convenient through placement and promotion in the school cafeteria. This will promote good nutrition with little to no effort or cost.

Make *Sell Most* and *Sell* items more appealing:

- ✓ Place fruit and vegetables in attractive containers and bowls.
- ✓ Package fruit and vegetable slices so they can be taken “on-the-go.”
- ✓ Give the healthiest options more exciting names to increase visibility.
- ✓ Price healthiest food and beverage items lower than other options.
- ✓ Create combo deals, combining *Sell Most* items with popular *Sell Sometimes* items.

Act to support healthy eating:

- ✓ Partner with students to choose and promote healthy and tasty choices. Student involvement in menu planning is successful in increasing sales of healthier items.
 - ✓ Engage students through activities such as creating the names for healthier menu items (e.g. “Crunchy Carrot Bites”).
 - ✓ Ensure that all prepackaged food items sold score as *Sell Most* (at least 50%) or *Sell Sometimes* (less than 50%) and no items from the *Do Not Sell* category are sold.
 - ✓ All freshly made food and beverages being sold to students should score as *Sell*.
 - ✓ Turn popular choices such as pizza and burgers into *Sell Most*, *Sell Sometimes* or *Sell* items by using whole grain buns and crusts and other healthy ingredients.
 - ✓ Refer to the Nutrient Criteria and Checklist for more tips on how to create healthier options.
-

Where Can We Find Out More?

- ✓ HealthLink BC:
 - *Speak to a Dietitian by dialing 8-1-1 or Email a [HealthLinkBC Dietitian](mailto:HealthLinkBC.Dietitian@healthlinkbc.ca)*
 - www.HealthLinkBC.ca
- ✓ Smarter lunchroom movement: <http://smarterlunchrooms.org/homepage>



Offer healthier food at competitive prices:

- ✓ Let people know that your school supports healthy eating.
- ✓ Consider doing a survey to see what parents, students and community members would buy in the *Sell Most*, *Sell Sometimes* or *Sell* categories of food and beverages.
- ✓ List and score potential fundraising food and beverage menu options according to the nutrition standards in the Guidelines. Select items categorized as *Sell Most* or *Sell Sometimes* using the Nutrient Criteria for prepackaged food or as *Sell* using the Checklist for freshly made food.
- ✓ For prepackaged food, aim for at least 50% of food and beverages on the menu to meet the *Sell Most* criteria and for up to 50% to meet the *Sell Sometimes* criteria.
- ✓ All freshly made food and beverages being sold to students should score as *Sell*.
- ✓ Price healthiest food and beverage items lower than other options.
- ✓ Consider offering non-food items for sale and as prizes at events.

Act to support healthy eating:

- ✓ Form a fundraising team with at least one representative from each of the following groups: administrators, teachers, parents, support staff and students to share the workload for planning for events.
- ✓ Adapt favorite recipes to make food more nutritious by using resources such as *Bake Better Bites* and *Tips and Recipes for Quantity Cooking*.
- ✓ Display healthier food and beverage choices more prominently and at student eye-level.
- ✓ Communicate your school's commitment to healthy eating through promotional materials such as lunch bags and logos.
- ✓ Offer sample products of healthy items to view and taste.
- ✓ For catered events, work with caterers to ensure that healthy options are included on the menu with 100% of all food and beverages for sale meeting the Nutrient Criteria or Checklist.



FOOD FOR THOUGHT

Fundraising events can include non-food items for sale and/or as prizes. Some examples are:

- Cookbooks made from recipes submitted by students and parents
- School spirit apparel such as scarves and t-shirts
- Flowers or hanging baskets
- School supplies like pens or glue sticks
- Seasonally themed items such as Christmas Tree decorations
- Water bottles with school logo
- Student artwork
- VIP parking spaces
- Stickers
- Puzzles
- Cards
- Ribbons and certificates
- Temporary tattoos
- Key chains
- Travel mugs
- School-made calendars

Provide healthier versions of favorite food:

A few examples of healthier food and beverages to serve and sell at school fundraising events include:

- ✓ Water, plain milk, fortified unsweetened soy beverage, reduced sugar chocolate milk, 100% fruit juices

- ✓ Fruit – whole, dried, or canned in 100% fruit juice
- ✓ 100% real juice popsicles
- ✓ Fresh vegetable sticks (e.g. served with one tablespoon of Italian or ranch dressing)
- ✓ Vegetarian pizza with whole wheat crust
- ✓ Baked potatoes with low-fat sour cream, cheese and chives
- ✓ Plain yogurt with fruit (no added sugar or sweeteners)
- ✓ Low-sodium 100% beef, turkey, or chicken dogs on whole wheat buns
- ✓ Low-sodium vegetarian or non-breaded fish burgers on whole wheat buns
- ✓ Chicken, black beans, corn and brown rice in whole wheat tortillas
- ✓ Wholegrain crackers and cheese or tuna snack packs

Keep food safe:

- ✓ Consult with someone who has Food Safe certification about how you plan to keep the food safe.
- ✓ Store cool perishable food at a temperature of 4°C or cooler.
- ✓ Store warm perishable food at a temperature of 60°C or warmer. Make sure that anyone preparing or serving food is handling the food properly (e.g. servers have hand-washing stations).
- ✓ Use single use plastic dishes and cutlery, or make sure that dishes and cutlery are washed and sanitized to Food Safe standards.

Where can we find out more?

- ✓ HealthLink BC:
 - *Speak to a Dietitian by dialing 8-1-1 or Email a HealthLinkBC Dietitian*
 - www.HealthLinkBC.ca
- ✓ Bake Better Bites: Recipes and Tips for Healthier Baked Goods, <http://www.healthyschoolsbc.ca/program/resources/56/19290/Bake-Better-Bites.pdf>
- ✓ Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies, <http://www.healthyschoolsbc.ca/program/resources/59/40617/Tips-and-Recipes.pdf>
- ✓ Brand Name Food List, www.brandnamefoodlist.ca
- ✓ Healthy Fundraising for Schools – A guide filled with fundraising ideas. (DASH BC), <http://www.healthyschoolsbc.ca/program/resources/47/45633/Healthy-Fundraising-For-Schools.pdf>
- ✓ Food Safe certification (online food safety course) www.health.gov.bc.ca/protect/food-safety-module/files/home.htm
- ✓ Food Safe Program, www.foodsafe.ca

Guidelines for Food & Beverage Sales

Planning Healthy Cafeteria Menus



Include food choices from each of the four food groups from Eating Well with Canada's Food Guide at every meal:

- ✓ Vegetables and Fruit: Prepare meals with vegetables and/or fruit covering half of the plate or dish.
- ✓ Grain Products: Offer prepackaged products that score as *Sell Most* at lower prices than those that score as *Sell Sometimes*. Replace white flour with whole grain flour in recipes and look for prepackaged food listing 'whole grain' with the first ingredient on a label.
- ✓ Milk and Alternatives: Have milk and milk alternatives readily available for sale to students. Offer lower or non-fat milk (skim, 1% or 2%) as beverages and use lower-fat milk products as ingredients when preparing food.
- ✓ Meat and Alternatives: Use lean whole cuts of meat more often than processed meats. Try meat alternatives such as beans, lentils and tofu in various types of food such as salads and burgers.

Plan healthy menus:

- ✓ Include food from all four food groups in every meal and two food groups at each snack.
- ✓ Include vegetables in the main entrée and as a side dish at every meal.
- ✓ Include pre-cut fruit in every daily dessert menu.
- ✓ Use dark green and orange or yellow vegetables often.
- ✓ Use preparation techniques that do not require added fat such as grilling, barbecuing, boiling, baking, poaching or steaming.
- ✓ Make water and low-fat milk options available at every meal.
- ✓ Offer lentils, beans and tofu often.
- ✓ Offer fish (non-battered or non-fried) at least once a week.

Act to support healthy eating:

- ✓ Score freshly made food using the Checklist.
- ✓ Adapt favorite recipes to make food more nutritious by using resources such as Bake Better Bites and Tips and Recipes for Quantity Cooking.
- ✓ Score prepackaged food using the Nutrient Criteria or check the Brand Name Food List for products that have already been scored.
- ✓ Consult with students to do taste testing and help select food they enjoy.
- ✓ Offer *Sell Most* items at lower prices than *Sell Sometimes* for prepackaged items.



FOOD FOR THOUGHT

Fill menus with healthy food scored as *Sell Most* (prepackaged food) or *Sell* (freshly made) that include ingredients like:

- Whole grains
- Vegetables and fruits
- Legumes
- Fish
- Calcium-rich food such as milk and milk-based products
- Unsaturated fats
- Lean meats and poultry
- Water to quench thirst

- ✓ Use resources such as BC's *School Meal and School Nutrition Program Handbook* for tips and menu ideas.

Showcase the great taste of healthier food while reducing sugar, sodium and fat:

- ✓ Retain fiber by washing but not peeling thin-skinned fruits and vegetables.
- ✓ Use reduced sodium options when choosing products such as canned vegetables, pasta sauces and soups or stocks.
- ✓ Choose no sugar added products for jams/jellies and fruits canned in their own juice or water.
- ✓ Add milk, buttermilk or yogurt instead of cream, sour cream or butter.
- ✓ Use sauces such as soy sauce, fish sauce and hoisin sauce that are labeled as reduced or low in sodium.
- ✓ Sweeten smoothies with fresh, canned, or frozen fruit instead of honey or sugar.
- ✓ Choose unprocessed meats.
- ✓ Offer lower-cost meat alternatives more often such as lentils and beans.
- ✓ Plan seasonal menus and serve BC products as often as possible.

Add little or no salt 'A little' added salt is:	
1 serving	10 servings
1/16 tsp 0.25 ml 0.3 g	½ tsp 2.5 ml 3 g
25 servings	50 servings
1 tsp 6 ml 7.5 g	2 tsp 12 ml 15 g

Instead of salt try:

- Being bold with flavourful vegetables like garlic, onions, shallots, ginger and leeks.
- Roasting veggies and meats. Browning adds a pleasant savoury taste to food.
- Adding fresh herbs just before serving (herbs lose flavour when cooked).
- Spicing it up. Experiment with spices like cinnamon, nutmeg, turmeric, cardamom, cumin, paprika and more.
- Being a hot shot. Give your dish some heat with crushed chili pepper.
- Adding tang with flavoured vinegars, orange, lemon or lime juice.
- Concentrating flavours by adding the minimum amount of water required for soups and sauces.
- Using milk, fruit juice, salt-free homemade stocks, low-sodium stocks or low-sodium vegetable juices instead of water.

Where Can We Find Out More?

- ✓ HealthLink BC:
 - *Speak to a Dietitian by dialing 8-1-1 or Email a HealthLinkBC Dietitian*
 - www.HealthLinkBC.ca
- ✓ Bake Better Bites: Recipes and Tips for Healthier Baked Goods, <http://www.healthyschoolsbc.ca/program/resources/56/19290/Bake-Better-Bites.pdf>
- ✓ Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies, <http://www.healthyschoolsbc.ca/program/resources/59/40617/Tips-and-Recipes.pdf>
- ✓ Brand Name Food List, www.brandnamefoodlist.ca
- ✓ Eating Well with Canada's Food Guide, www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
- ✓ School Meal and School Nutrition Program Handbook, www.bced.gov.bc.ca/communitylink/pdf/smph.pdf

Making Bake Sales Delicious and Nutritious



Use healthier recipes

- ✓ Score homemade recipes using the Checklist.
- ✓ Sell **freshly made** food and beverages to students that meet the Guidelines (score as *Sell* based on the Checklist).
- ✓ Look for recipes that can include fruits and vegetables when they are in season (such as apples, berries, rhubarb and zucchini) for freshness and to support local BC food producers.
- ✓ Keep portion sizes moderate. Cookies that are 6 cm in diameter or less, slices of loaves that are 2 cm thick or less and muffins that are the size of a tennis ball or smaller are more likely to meet the Guidelines.
- ✓ Work with administrators, parents, teachers and students to promote healthier recipes using resources such as Bake Better Bites and Tips and Recipes for Quantity Cooking.

Use sensational substitutes*:

To	Instead Of	Try
Boost Fibre	1 cup white flour	½ cup whole wheat flour plus ½ cup white flour
		¼ cup ground flaxseed plus ¾ cup white flour
		Adding wheat bran or oatmeal to homemade bread
Use Less Fat	½ cup of fat (oil, margarine, or butter)	¼ cup mashed fruit plus ¼ cup of fat
	1 cup of solid fat	¾ cup ricotta cheese plus ¼ cup solid fat
	Whole milk	Skim, 1% or evaporated skim milk, fortified unsweetened soy beverage
	Cream	Milk, low-fat evaporated milk or low fat sour cream
Use Less Sugar	1 cup sugar	⅔ to ¾ cup sugar plus cinnamon, vanilla or almond extract to boost flavour
	1 cup chocolate chips	½ cup mini chocolate chips plus ½ cup to 1 cup chopped nuts or chopped dried fruit
	Icing or frosting	Fresh chopped or pureed fruit and/or a dusting with powdered or icing sugar

*Based on "Sensational Substitutes" from Bake Better Bites: Recipes and Tips for Healthier Baked Goods, pg 5.

Act to support healthy eating:

- ✓ Ensure that everyone bringing food uses the Checklist so they meet the nutrition standards in the Guidelines.
- ✓ Ensure that everyone bringing food understands how to be food safe and allergy aware at home.
- ✓ Label all food sold with ingredient lists and nutrition information from recipes (when available).
- ✓ Keep it simple and do not sell products at bake sales that require refrigeration, such as food with dairy or egg products in liquid form and meats.
- ✓ Consider selling bottled water, fresh fruits & vegetables and other healthy snack options alongside baked goods at school events.
- ✓ Include non-food items and prizes at events and physical activities/games that promote a healthy lifestyle.



FOOD FOR THOUGHT

Meet the Guidelines with healthier recipe ingredients such as:

- Dried fruit, fruit sauce with no added sugar or sweetener, grated vegetables or bran
- Nuts and seeds (where there is no allergy limitation)
- Oil or non-hydrogenated margarine as the fat source

Where Can We Find Out More?

- ✓ HealthLink BC:
 - *Speak to a Dietitian by dialing 8-1-1 or [Email a HealthLinkBC Dietitian](mailto:HealthLinkBC@healthlinkbc.ca)*
 - www.HealthLinkBC.ca
- ✓ Bake Better Bites: Recipes and Tips for Healthier Baked Goods, <http://www.healthyschoolsbc.ca/program/resources/56/19290/Bake-Better-Bites.pdf>
- ✓ Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies, <http://www.healthyschoolsbc.ca/program/resources/59/40617/Tips-and-Recipes.pdf>
- ✓ Foodsafe Program: www.foodsafe.ca

Aa

APPENDIX A

Highlights of Nutrient Criteria Changes in 2013

The 2010 Guidelines was used as a foundation to develop the Nutrient Criteria for the 2013 edition. Here is an at-a-glance summary of the key changes in the 2013 Nutrient Criteria from the 2010 Guidelines:



- Scoring categories were changed from Choose Most, Choose Sometimes and Not Recommended to *Sell Most*, *Sell Sometimes* and *Do Not Sell*
- Nutrient Criteria charts were simplified by deleting the Choose Least category
- ‘Artificial sweeteners’ was changed to ‘sugar substitutes’ to be inclusive of sugar alcohols and intense sweeteners from natural sources
- Vitamin and mineral fortification criteria was removed for all food categories to allow additional ingredients as permitted by Health Canada
- Additional ingredients criteria was added to each food category to prohibit the sale of products that include cautionary statements or a declared amount of a botanical or herbal ingredient
- Calculation of trans fat was changed

Food Category	Key Changes to Nutrient Criteria
Vegetables and Fruit	<ul style="list-style-type: none"> • Removed calorie criteria • Decreased sodium • Added sugar criteria
Grain Products	<ul style="list-style-type: none"> • Added whole grain criteria • Removed calorie, fibre and iron criteria • Decreased fat, sodium and sugar
Prepackaged Hot and Cold Breakfast Cereals	<ul style="list-style-type: none"> • New category • Decreased sodium from Grain Products category
Milk and Alternative-Based Food	<ul style="list-style-type: none"> • Removed calorie criteria • Decreased sugar • Increased calcium
Meat and Alternatives	<ul style="list-style-type: none"> • Decreased calories, saturated fat and sodium • Increased sugar and protein • Removed iron criteria
Vegetable and Fruit Juices	<ul style="list-style-type: none"> • Removed fortification criteria
Milk and Alternative Beverages	<ul style="list-style-type: none"> • Increased serving size • Decreased fat, sodium and sugar • Added protein, calcium and Vitamin D criteria • Fortified plant-based beverages are now scored in this category
Other Beverages	<ul style="list-style-type: none"> • Removed calorie criteria • Added fat criteria • Only plain water permitted as <i>Sell Most</i> • Removed fortification criteria
Mixed Entrees	<ul style="list-style-type: none"> • Added whole grain and protein criteria • Removed calorie criteria • Decreased saturated fat and sodium • Removed fibre, iron and ingredients (food guide serving) criteria
Side Dishes	<ul style="list-style-type: none"> • New category
Soups	<ul style="list-style-type: none"> • Decreased fat and sodium • Added saturated fat criteria • Removed iron and 1st ingredient criteria
Snack Bars and Trail Mixes	<ul style="list-style-type: none"> • New category to replace 'Nuts & Seeds' and 'Energy Bars' • Added fat and saturated fat criteria • Changed sugar and sugar ingredient criteria
Condiments, Dressings, Dips and Spreads	<ul style="list-style-type: none"> • New name to replace 'Condiments & Add Ins'
Confectionery	<ul style="list-style-type: none"> • New name to replace 'Candies, Chocolates etc' • Only sugar-free gum is allowed for sale

Bb

APPENDIX B

Understanding the Nutrition Information on the Food Label



The label on most prepackaged food contains important information in the ingredient list and Nutrition Facts table that will help you score your food against the Nutrient Criteria and the Checklist in the Guidelines.

The Nutrition Facts Table

The Nutrition Facts table contains nutrient information needed to score a food or beverage using the Nutrient Criteria and the Checklist. The Nutrition Facts table graphic below shows you where to find the information you need to score prepackaged food.



Tip: For more help interpreting the Nutrition Facts table dial 8-1-1 to speak with a Registered Dietitian from HealthLink BC.

Sodium

Sodium is found in salt. Eating too much sodium can be harmful to our health. The Nutrition Facts table on prepackaged food and beverages lists the amount of sodium contained in one serving. Look for products with less than 15% Daily Value (360 mg) of sodium per serving.

Compare this amount to the size of the package being sold. Is it the same or is it smaller, bigger?

This is where you can find the amount of trans fat in a product. Some meats and milk products have low amounts of naturally occurring trans fats.

In the Guidelines, the amount of nutrient allowed is always based on the total package size you are selling (unless otherwise specified). In this example, if the package was 10 oz., it would contain twice what the Nutrition Facts label shows, e.g. 24g of carbohydrate.

Naturally occurring sugars (like those from fruit or milk) are shown together with added sugars

This is the **TOTAL** amount of fat.

Sodium mg/portion sold is restricted for many of the food groupings

The % refers to the proportion of the total recommended daily amount for someone with the highest needs.

Nutrition Facts	
Serving Size 5 oz. (144g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Total Fat 15g	21%
Saturated Fat 2.6g	17%
Trans Fat 1g	
Cholesterol 118mg	39%
Sodium 560mg	28%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 24g	
Vitamin A 1%	Vitamin C 2%
Calcium 2%	Iron 5%

For more information on reading food labels:

www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/index-eng.php

Health Canada's recommended sodium intake for children and adults:

Healthy...	Aim for	No more than
Children 1-3 years	1000 mg/day	1500 mg/day
Children 4-8 years	1200 mg/day	1900 mg/day
Teens 9-13 years	1500 mg/day	2200 mg/day
Adults 14-50 years	1500 mg/day	2300 mg/day

The Ingredient List

Most prepackaged food and beverages have an ingredient list. Ingredients are listed in descending order by weight. Ingredients such as sugar substitutes, vitamins and minerals, food colours and flavours usually weigh very little and are found near the end of the ingredient list.

Trans Fat

The Guidelines aim to restrict the amount of industrially produced trans fats in food and beverages sold to students. This type of fat, which is harmful to our heart health, is created when oils are hydrogenated. This process turns the oil into a solid like shortening, or semi-solid like margarine. All school food services must abide by the BC Trans Fat Regulation.

To identify industrially produced trans fat:

1. Look for these words in the ingredient list: *hydrogenated, partially hydrogenated, margarine, or shortening*.
 - a. *If these words are not found in the ingredient list, the product meets the Guidelines.*
 - b. *If one of the above words is found in the ingredient list, the product may contain industrially produced trans fat. Go to step 2 below.*
2. Check the Nutrition Facts table to ensure that the amount of trans fat is no higher than 5 % of total fat. Oils and soft spreadable margarines should contain less than 2 % of the total fat content as trans fat.



Tip: The online trans fat calculator will do this calculation for you.

$$\begin{array}{c} \% \\ \text{Trans fat} \end{array} = \frac{\begin{array}{c} \text{grams of} \\ \text{trans fat} \end{array}}{\begin{array}{c} \text{grams of} \\ \text{total fat} \end{array}} \times 100$$

Sugars

There are a lot of different kinds of sugar. Sugars labelled as organic or natural may taste a little different than refined sugar, but they are still sugars. Concentrated fruit juices and fruit purees are often used as sweetening ingredients and are treated as sugars in the Guidelines. To identify sugars look for the following ingredients:

- glucose-fructose, glucose, galactose, dextrose, fructose, lactose, maltose, sucrose, trehalose, maltodextrin
- sugar, brown sugar, cane sugar, beet sugar, honey, molasses, evaporated cane juice, agave syrup, malt syrup, maple syrup, rice syrup or any other type of syrup, concentrates of fruit puree or fruit juice

Sugar Substitutes

Sugar substitutes include artificial sweeteners and intense sweeteners, including those from natural sources. Sugar substitutes are allowed in Secondary schools as *Sell Sometimes* items, but are not allowed in Elementary and Middle schools. To identify sugar substitutes, look for the following **ingredients**:

Artificial Sweeteners & Intense Sweeteners: Aspartame (NutraSweet, Sweet'N Low, Sugar Twin), Neotame, Acesulfame Potassium (Ace-K), Sucralose (Splenda), Cyclamate (Sugar Twin, Sucaryl), Thaumatin

Intense Sweeteners from Natural Sources: Hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, maltitol syrup, mannitol, sorbitol, sorbitol syrup, xylitol, erythritol, polydextrose, steviol glycosides (stevia)



Whole Grains

All grains have three main components; the bran, endosperm and germ. Whole grains contain all three components, whereas refined grains like (white flour or rice) have most of the bran and germ removed.

The Guidelines use the following definition of whole grains to assess products against the whole grain Nutrient Criteria:

Whole grains shall consist of the intact, ground, cracked or flaked caryopsis [grain], whose principal anatomical components - the starchy endosperm, germ and bran - are present in the same relative proportions as they exist in the intact caryopsis. (The American Association of Cereal Chemists (AACC), 1999)

In addition to fibre, whole grains also provide essential micronutrients such as iron, magnesium, phosphorus, manganese and selenium and B vitamins. Refined grains are less nutritious than whole grains.

How do I identify products with whole grains?

- Look for these words in the ingredient list: whole (name of grain), stone ground whole (name of grain), brown rice, oats, oatmeal and wheat berries.

Is whole wheat the same as whole grain?

- No. In Canada whole wheat flour can have up to 5% of the grain removed in order to reduce rancidity and prolong shelf life. Most of the germ and some of the bran are removed in this process, so whole wheat is not the same as whole grain.

Caffeine

Health Canada currently requires that added caffeine be included in the ingredient list on prepackaged food, but does not require that manufacturers disclose the amount of caffeine in products (whether from natural sources or as added caffeine). Voluntary caffeine labelling guidelines have been established for industry and these guidelines include disclosing the amount of caffeine from all sources in products.

Look for caffeine on the label:

1. In the ingredient list as “caffeine”
2. Beneath the Nutrition Facts table as “Caffeine Content: __mg per ‘stated serving size’”

Health Canada recommends a maximum daily intake of 62.5 mg for children aged 7-9 and 85 mg for children aged 10-12. Adolescents over 13 years of age are recommended to consume no more than 2.5 mg of caffeine per kg of body weight.

The Guidelines limit the amount of caffeine that can be added to products sold to students in order to protect them from excess caffeine consumption and risk of adverse health effects.





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