

**Quick Reference For Items to Maximize
Guidelines for Food and Beverage Sales in BC
(2007, BC Ministry of Education and Ministry of Health)**

Food Group*	Criteria**	Examples of Choose Most and Choose Sometimes items***
Grain Products <i>Focus on whole grains</i>	Calories: less than 300 Fat: less than 7 g Saturated fat: 3 g or less Trans fat: less than 0.2 g Sodium: 450 mg or less Fibre: 2 g or more Sugars: less than 16 g if fruit is 1 st or 2 nd ingredient, and sugars are not the 1 st ingredient Artificial Sweeteners: allowed (see <i>Guidelines</i>) Iron: more than 5% DV	Bread, buns, bagels and tortillas Pancakes Crackers Pastas Cereals (if not too sweet) with fibre, fruit or nuts Rice, wild rice, unseasoned Small muffins, low-fat Small bags of <i>baked</i> grain-based chips (corn, wheat, rice, popcorn) if not too salty
Vegetables & Fruit <i>Focus on lower sodium choices</i>	Fat: 5 g or less Trans fat: less than 0.2 g Sodium: less than 300 mg Sugars: are not the 1 st or 2 nd ingredient in foods, no added sugars in juice Caffeine: less than 15 mg Artificial Sweeteners: allowed (see <i>Guidelines</i>)	Fresh/frozen/canned/dried vegetables and fruit 100% Juice (fruit or vegetable) Fresh or jarred salsa Frozen pureed fruit bars French “fries” baked from fresh or frozen potatoes (not battered or coated) Small bags of <i>baked</i> potato or apple chips if not too salty or sweet
Milk and Alternatives <i>Focus on lower sugar choices</i>	Milk is 1 st ingredient (fortified soy drinks exempt) Calories: less than 250 for milk foods, less than 400 for fluid milk Fat: 15 g or less for milk foods, less than 10 g/250 mL for fluid milk Trans fat: less than 0.4 g Sodium: less than 450 mg Sugar: less than 36 g in 175 mL portion or 20 g/250mL for fluid milk Calcium: more than 5% per 100 mg sodium Caffeine: less than 15 mg Artificial Sweeteners: allowed (see <i>Guidelines</i>)	Plain or lightly flavoured: Milk (skim, 1%, 2%, whole) Fortified soy drink Cheese (made from milk, not soy), unprocessed, 33% milk fat or less Yogurt, low fat or regular (watch sugar content) Pudding, low fat or regular (watch sugar content) Smoothies (milk, unsweetened frozen fruit) Decaffeinated lattes, optional 5-10 mL flavoured syrup
Meat and Alternatives <i>Focus on lower fat and lower sodium choices</i>	Calories: 400 or less (less than 300 for nuts and seeds) Fat: 16 g or less per 60 g portion (nuts and seeds exempt from the fat restriction) Saturated fat: less than 8 g Trans fat: less than 0.4 g Protein: more than 5 g Sodium: less than 450 mg (Nuts and seeds: less than 300 mg) Iron: more than 1%	Roasted, baked or stir fried: Lean meats, unprocessed (beef, bison, pork, lamb, venison, moose) Poultry, unprocessed (turkey, chicken, duck, goose) Fish, tuna, salmon (fresh or canned in water/broth) Eggs Poultry/fish/egg salads with low fat dressing Plain jerky (unflavoured) Legumes (beans, lentils, split peas) including dal, falafel, veggie dogs/burgers Peanut butter, other nut butters Nuts and seeds, with little added salt or sugar
Mixed Entrees <i>Focus on lower fat, lower sodium choices with vegetables</i>	Calories: less than 700 Fat: less than 16 g Saturated fat: less than 8 g Trans fat: less than 0.4 g Sugars: 24 g or less Sodium: less than 1000 mg (see “Healthier Foods Fact Sheet http://www.bced.gov.bc.ca/health/guidelines_sales07.pdf)	Sandwiches and short subs Spaghetti with meat sauce, Chili Hamburgers Pizza Stir fries Sushi Burritos, soft tacos, falafel in pita Homemade soup
Other***	Nutrition Criteria vary, but include: Trans fat: less than 0.2 g Sugars: are not the 1 st ingredient Caffeine: less than 15 mg Artificial sweeteners: allowed (see <i>Guidelines</i>)	Plain water Decaffeinated tea/coffee Small portions of condiments

*Food groupings in the *Guidelines* are more specific.

**This is a summary of the criteria for Choose Sometimes and Choose Most items. For exact criteria, please refer to the *Guidelines*.

***Specific products will vary. Check the Nutrition Facts table and ingredient list of specific products to ensure they meet the *Guidelines*.

Allergy awareness: these guidelines are not intended to address food allergy concerns in schools.