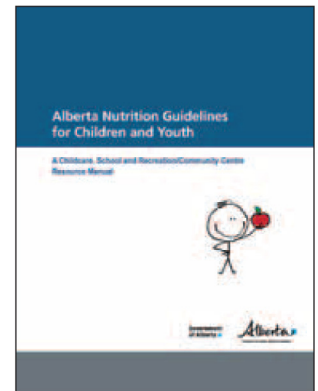


# Healthy Eating for Children in Recreation and Community Centres

A booklet to help you understand the Alberta Nutrition Guidelines for Children and Youth

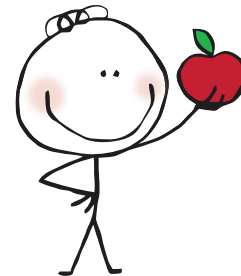


- ✓ Easy to read
- ✓ Simple steps
- ✓ Everyday ideas



**Online version**

You can view this booklet online.  
Go to: [www.healthyalberta.com](http://www.healthyalberta.com)



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## About this booklet

### Who is this booklet for?

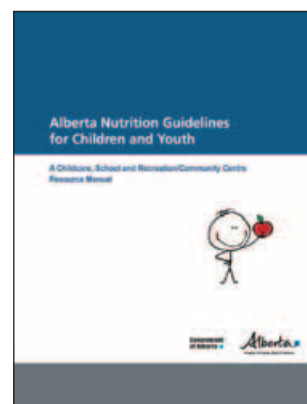
This easy to read booklet is for people who work or volunteer at Alberta recreation centres and community centres. This booklet is also for food service operators.



### Food guidelines

Healthy food is important for children and youth. How can recreation centres and community centres help children eat healthy food? Follow the *Alberta Nutrition Guidelines for Children and Youth*.

The guidelines are from the Alberta government. This booklet will help explain these guidelines.



You can view and print a PDF of the guidelines (online only). Go to: [www.healthyalberta.com](http://www.healthyalberta.com)

### Note:

Do you work at a boys or girls club, day camp or summer camp?

You may need to follow the guidelines that apply to **childcare centres** (ages 1 to 5) and **schools** (ages 6 to 18).

Look for these booklets online at: [www.healthyalberta.com](http://www.healthyalberta.com)

☞ *Healthy Eating for Children in Childcare Centres*

☞ *Healthy Eating for Children and Youth in Schools*

# Healthy food is important for children and youth

## Why is healthy food important for children and youth?

☞ It helps their bodies grow. It helps to form strong teeth, bones and muscles.



☞ It helps their brains develop.



☞ It helps protect them against diseases now and in the future.

☞ It helps them have energy all day.



☞ It helps them develop healthy eating habits for life.



**Healthy bodies come in different sizes and shapes!**

# How to help children and youth eat healthy food

Adults, children and youth use recreation and community centres. Food and drinks are often available. For example:

☞ in vending machines



☞ in snack bars and cafeterias



☞ at sports events, festivals and other special events



How can recreation and community centres help children and youth eat healthy food?

**1** First, the centres can learn how to identify healthy food and drinks. For example:

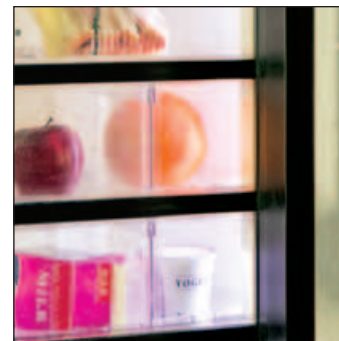
☞ In this booklet, you can practice reading food labels.

Nutrition Facts	
Per 1/2 cup (85 g)	
Amount	% Daily Value
Calories 60	
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	

INGREDIENTS: DURUM  
WHOLE WHEAT SEMOLINA.

**2** Next, the centres can make sure healthy food and drinks are available. For example:

☞ In this booklet, you can learn how to make nutrition policies for vending machines, snack bars and cafeterias.

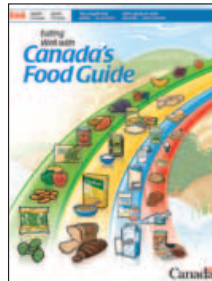


☞ Start with small changes.

# Identify healthy food

## ✓ Use Canada's Food Guide (CFG)

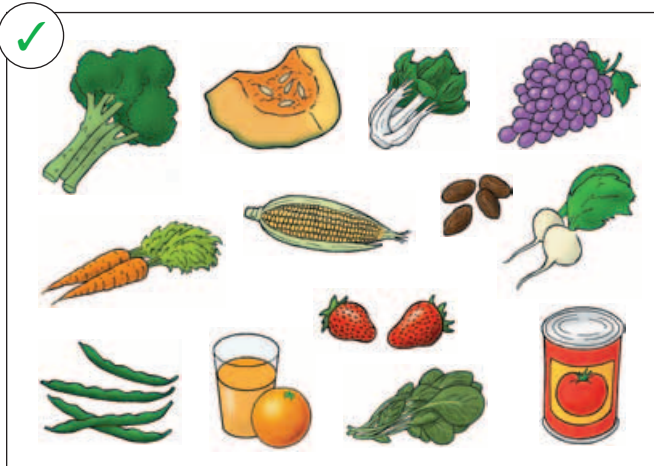
Canada's Food Guide has 4 food groups. Look at the boxes below.



☞ Canada's Food Guide uses a colour for each food group. For example: yellow for grain products. Look for these 4 colours in this booklet.

☞ Watch for coloured checkmarks (✓) and circles (●).

### Vegetables and fruit



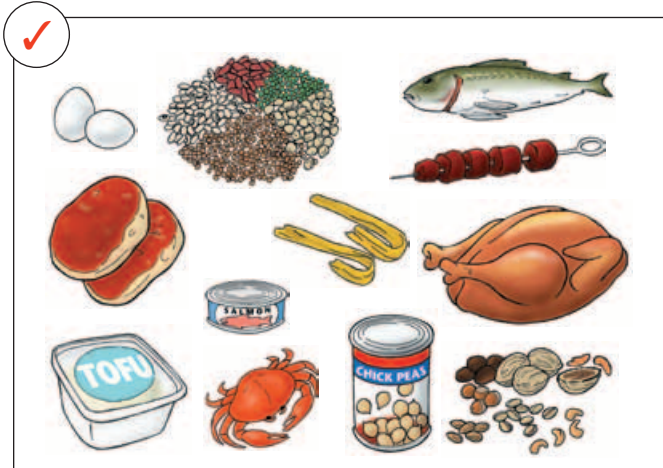
### Milk and alternatives



### Grain products



### Meat and alternatives






To order Canada's Food Guide, see page 33.

# ✓ Learn about serving sizes

## How big is one serving?



In *Canada's Food Guide (CFG)*, different types of food have different serving sizes. Here are some examples:

### One CFG serving of milk and alternatives

- 250 mL (1 cup) milk 
- 175 mL (¾ cup) yogurt 
- 50 g (1½ ounces) cheese 

☞ Each food is a different amount. But they are all **one serving** of milk and alternatives.

### One CFG serving of vegetables and fruit

- 1 small or medium fruit 
- 125 mL (½ cup) fruit sauce 
- 40 g (¼ cup) dried fruit 

☞ Each food is a different amount. But they are all **one serving** of vegetables and fruit.

### Use these icons

These icons will help you remember the serving sizes for different foods.

-  baseball = 250 mL (1 cup)
-  tennis ball = 175 mL (¾ cup)
-  hockey puck = 125 mL (½ cup)
-  2 golf balls = 60 mL (¼ cup)
-  2 erasers = 50 g (1½ ounces)

Examples:

- One serving of cheese (50 g) is about the size of 2 erasers.



- One serving of dried fruit (¼ cup) is about the size of 2 golf balls.





## ✓ Read labels on food

Many foods come in packages, bags and boxes. In Canada, these packaged foods must have labels.

The labels have important information. For example, you can find a **Nutrition Facts table** and a **list of ingredients**.

What should you look for on labels?



It takes time to learn how to read labels. You will practice reading labels throughout this booklet.

### Look at the Nutrition Facts table

The Nutrition Facts table shows important nutrients that are in the food. The table also shows how much of these nutrients are in the food.

For example:

- ☞ How much **fat** does this yogurt have?
- ☞ How much **sodium (salt)** does it have?
- ☞ How much **sugar** does it have?



#### What do the symbols mean?

- g = grams
- mg = milligrams
- mL = millilitres

Nutrition Facts	
Per 1/2 cup (175 mL)	
Amount	% Daily Value
<b>Calories 80</b>	
<b>Fat 0.1 g</b>	1 %
Saturated 0.2 g + Trans 0 g	1 %
<b>Cholesterol 5 mg</b>	
<b>Sodium 110 mg</b>	5 %
<b>Carbohydrate 12 g</b>	4 %
Fibre 0 g	0 %
<b>Sugars 12 g</b>	
<b>Protein 8 g</b>	
Vitamin A 0 %	Vitamin C 2 %
Calcium 30 %	Iron 0 %

## Look at the serving size

The serving size is at the top of the Nutrition Facts table.

Nutrition Facts	
Per 10 crackers (20 g)	
Amount	% Daily Value
Calories 90	
Fat 3 g	5 %

Nutrition Facts are for one serving size. What is the serving size on the Nutrition Facts table above?

Per 10 crackers (20 g)



☞ The serving size is 20 g.

### How big is one serving?

*Canada's Food Guide* recommends how big one serving should be. For example, one *CFG* serving of crackers is 20 to 25 g.

☞ Look at the serving size on the Nutrition Facts table above. Is the serving size about the same as the *CFG* serving size? **Yes.**

### Always remember

Nutrition Facts are for **one serving**. But the serving size on the Nutrition Facts table may be different from the *CFG* serving size.

You will practice comparing serving sizes on pages 14 to 19.

## Look at the list of ingredients

### The order is important

Packaged foods have a list of ingredients. The order is very important. The first ingredient is the largest by weight.

Here are 2 examples:

- 1** Here is a list of ingredients for an apple beverage (drink).



INGREDIENTS: WATER, SUGAR, CONCENTRATED APPLE JUICE, MALIC ACID, NATURAL FLAVOUR, ASCORBIC ACID, COLOUR.

- ☞ What is the first ingredient? **Water**. It is the largest ingredient by weight. Sugar is the second ingredient.

- 2** Here is a list of ingredients for apple juice.



INGREDIENTS: APPLE JUICE, ASCORBIC ACID.

- ☞ What is the first ingredient? **Apple juice**. It is the largest ingredient by weight.

### The type of ingredients is important

It is important to look at the type of ingredients in food. For example:

#### Look at the type of grains

- 1** This macaroni is made from 100% whole grains.



INGREDIENTS: DURUM WHOLE WHEAT SEMOLINA.

- 2** This macaroni is not made from whole grains.



INGREDIENTS: ENRICHED WHEAT FLOUR.

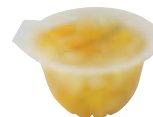
#### Look at the type of sugars

- 1** This diced fruit in a cup has natural sugar from the fruit. There is no added sugar.



INGREDIENTS: PINEAPPLE, PINEAPPLE JUICE, ASCORBIC ACID, CITRIC ACID.

- 2** This diced fruit in a cup has natural sugar from the fruit **and** added sugar.



INGREDIENTS: WATER, PEACHES, PINEAPPLE, APPLES, PEARS, SUGAR, NATURAL FLAVOURS, ASCORBIC ACID.

# ✓ Use the Alberta Food Rating System

## What is the Food Rating System?

The Alberta Food Rating System is part of the *Alberta Nutrition Guidelines for Children and Youth*. The Food Rating System puts food into 3 groups:

- 1** Choose Most Often
- 2** Choose Sometimes
- 3** Choose Least Often

Look at the examples below.

Use the Food Rating System to choose food that has:

- ✎ **less fat**
- ✎ **less sugar**
- ✎ **less salt**

You will practice reading labels and practice using the Food Rating System on pages 12 to 25.

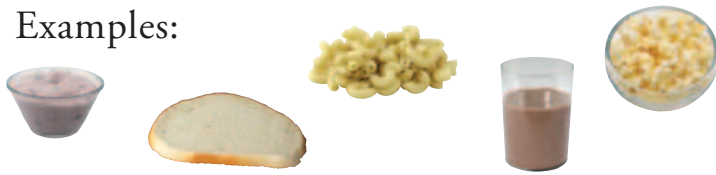
### Choose Most Often group

There are many **Choose Most Often** foods. Here are some examples:



### Choose Sometimes group

Examples:



**Choose Most Often** and **Choose Sometimes** foods can look the same. But **Choose Sometimes** foods have more fat, sugar or salt. Use the Food Rating System to make healthy choices.

### Choose Least Often group

Examples:



## Schools, recreation and community centres can work together

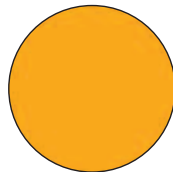
The Nutrition Guidelines have recommendations for foods and drinks that can be served and sold in schools. For example: in vending machines, snack shacks, canteens and cafeterias.

At many schools, students can now choose healthy foods. It is important for students to also see healthy foods at recreation and community centres. Communities can work together to help children eat healthy food.

Here are the recommendations for different types of schools.

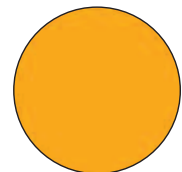
### Elementary schools

100% of food should be from the **Choose Most Often** group.



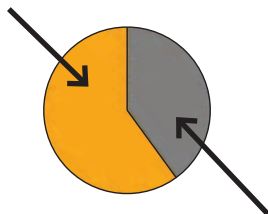
### Multi-level schools

100% of food should be from the **Choose Most Often** group.



### Junior high schools

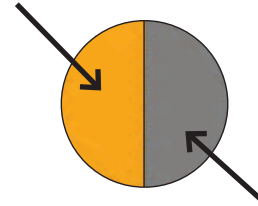
At least 60% of food should be from the **Choose Most Often** group.



Up to 40% of food can be from the **Choose Sometimes** group.

### High schools

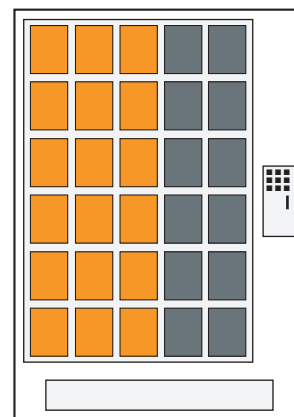
At least 50% of food should be from the **Choose Most Often** group.



Up to 50% of food can be from the **Choose Sometimes** group.

### A sample vending machine for a junior high school

- ☞ 60% **Choose Most Often** foods
- ☞ 40% **Choose Sometimes** foods



## Using the Food Rating System

### Recommendations for foods in the 4 food groups

The Alberta Food Rating System has recommendations for foods in all 4 food groups:

- ✓ vegetables and fruit
- ✓ grain products
- ✓ milk and alternatives
- ✓ meat and alternatives

The recommendations **look like** Nutrition Facts tables. The tables are at the back of this booklet. Here is an example.

#### Choose Most Often

##### Deli/Luncheon meats

###### Nutrition Facts

Per Cooked beef, pork, lamb, wild meat, and poultry (chicken or turkey) or fish, etc = 75 g cooked weight or 125 mL

Amount	% Daily Value (DV)
Fat ≤ 5 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
Sodium ≤ 350 mg	
Protein ≥ 10 g	

The tables use these symbols:

- ≥ greater than or equal to
- ≤ less than or equal to

#### How to find the right table

First, answer these questions:

- ☞ What food group is the food in?
- ☞ What type of food is it?

#### You try it!

Find the **Choose Most Often** table for this cheese.



**1** Find the **Choose Most Often** category. It starts on page 34.

**2** Find **Milk and Alternatives** on pages 36 and 37.

**3** Which table is for hard cheese? The table says **Cheese, Hard/Soft from Milk**.

##### Cheese, Hard/Soft from Milk

###### Nutrition Facts

Per 50 g

Amount	% Daily Value (DV)
Fat ≤ 10 g	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
Sodium ≤ 350 mg hard; ≤ 200 mg soft	
Protein ≥ 8 g	

On pages 14 to 19, you will practice using the Food Rating System tables for foods in the 4 food groups.

## Recommendations for packaged mixed dishes

The Alberta Food Rating System also has recommendations for packaged mixed dishes. These dishes have ingredients from more than one food group.

Here are some examples:

☞ burritos



☞ casseroles



☞ frozen dinners

☞ pizzas

☞ sandwiches



☞ smoothies

☞ soups

The recommendations **look like** Nutrition Facts tables. The tables are at the back of this booklet. Here is an example.

### Choose Most Often

Vegetarian Based	
Nutrition Facts	
Per	See examples on this page
Amount	% Daily Value (DV)
<b>Calories</b> 400 – 499	
<b>Fat</b> ≤ 13 g	
Saturated ≤ 4 g	
+Trans ≤ 0.7 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 12 g	

### You try it!

Find the **Choose Sometimes** table for this mixed dish with chicken.



### Nutrition Facts

Per 1 tray (265 g)

Amount

**Calories 270**

**1** Find the **Choose Sometimes** category. It starts on page 42.

**2** Find **Mixed Dishes** on pages 45 to 47.

**3** Which tables are for mixed dishes with chicken (poultry)? The 5 tables say **Meat/Fish/Poultry Based**.

**4** This mixed dish has 270 calories. Which table does it fit under? It fits under dishes with **200 to 299 calories**.

### Choose Sometimes

Meat/Fish/Poultry Based	
Nutrition Facts	
Per	See examples on this page
Amount	% Daily Value (DV)
<b>Calories</b> 200 – 299	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 750 mg	
<b>Protein</b> ≥ 8 g	

On pages 20 to 25, you will practice using the Food Rating System tables for mixed dishes.

## Let's look at a label—apple sauce

### Step 1

First, ask yourself these questions.

- ☞ What food group is this food in? **Vegetables and fruit.**
- ☞ What type of food is it? **Fruit sauce.**



Then find the Food Rating System tables for this food.

Here are the tables for fruit sauce from pages 34 and 42.

#### Choose Most Often

### 100% Fresh, Frozen, Canned or Dried Vegetables/Fruit

#### Nutrition Facts

**Per** Fresh, frozen, dried or canned vegetable/fruit = 1 small to medium size or 125 mL / ½ cup  
 Dried fruit = 60 mL / ¼ cup or 40 g  
 Leafy salad = 250 mL / 1 cup  
 100% pure juice = 125 mL / ½ cup  
**Fruit sauce**  
 (i.e. Unsweetened applesauce) = 125 mL / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> naturally occurring only	
<b>Sodium</b> ≤ 100 mg	
<b>Carbohydrate</b>	
Fibre all naturally occurring	
Sugars no added sugar; no artificial sweeteners	

#### Choose Sometimes

### Processed Vegetables and Fruit

#### Nutrition Facts

**Per** Frozen or canned vegetable/fruit = 125 mL / ½ cup  
 100% pure juice = 125 mL / ½ cup  
**Fruit sauce = 125 mL / ½ cup**  
 Dried fruit = 60 mL / ¼ cup or 40 g  
 Fruit/vegetable bar = 14 g  
 Fruit snacks = 20 g  
 Vegetable/fruit product = 125 mL / ½ cup  
 Side salad = 250 mL / 1 cup  
 Vegetables/fruit baked from fresh/frozen product = 125 mL / ½ cup / 50 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans 0 g	
<b>Sodium</b> ≤ 300 mg	
<b>Carbohydrate</b>	
Sugars ≤ 16 g; no artificial sweeteners	
* ≤ 30 g; fruit/vegetable bar or fruit/vegetable and dried fruit/vegetable with added sugar	

\*Exception

Continued ☞



**Step 2**

Compare serving sizes. One *CFG* serving of fruit sauce is **125 mL (1/2 cup)**.

The Nutrition Facts on the apple sauce jar are for **125 mL (1/2 cup)**.

<b>Nutrition Facts</b>	
Per <b>1/2 cup (125 mL)</b>	
Amount	% Daily Value
<b>Calories 50</b>	
Fat 0.1 g	0 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
<b>Sodium 2 mg</b>	0 %
Carbohydrate 14 g	5 %
Fibre 2 g	8 %
Sugars 13 g	
Protein 0.2 g	
Vitamin A 0 %	Vitamin C 35 %
Calcium 0 %	Iron 2 %

Are the serving sizes the same? **Yes**. This means it is easy to use the Food Rating System with this food.

**Step 3**

Compare the Nutrition Facts for this apple sauce with the **Choose Most Often** and **Choose Sometimes** recommendations in Step 1. For example:


- ☞ Does this apple sauce have 100 mg or less of sodium (**Choose Most Often**)?
- ☞ Does it have 300 mg or less of sodium (**Choose Sometimes**)?

INGREDIENTS: APPLES, ASCORBIC ACID.

Is this fruit sauce 100% fruit? **Yes**. There is no added sugar.

Finish comparing this apple sauce with the recommendations.

**Step 4**

- This apple sauce is: 
- a **Choose Most Often** food
  - a **Choose Sometimes** food
  - Neither

## Let's look at a label—crackers

### Step 1

First, ask yourself these questions.

- ☞ What food group is this food in? **Grain products.**
- ☞ What type of food is it? **Crackers.**



Then find the Food Rating System tables for this food.

Here are the tables for crackers from pages 35 and 42.

#### Choose Most Often

### Whole Grain Cereal, Breads and Pasta

#### Nutrition Facts

- Per** Bun or Bread = 1 slice or 35 g /slice  
 Pizza crust = 35 g  
 Bagel = ½ or 45 g  
 Naan, roti, pita or wrap = 1/2 of a 17 cm diameter piece 35 g  
**Crackers = 20 g to 25 g**  
 Prepared grains and pasta = 125 mL cooked or 43 g uncooked  
 Cold cereal = 250 mL / 1 cup or 30 g  
 Hot cereal = 175 mL / ¾ cup  
 Rice cakes = 2 medium  
 Polenta = 125 mL / ½ cup  
 Congee = 125 mL / ½ cup  
 Parboiled (brown), brown or wild rice = 125 ml / ½ cup cooked or 25 g uncooked  
 Popcorn = 500 mL / 2 cups cooked

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 3 g	
Saturated ≤ 1 g	
+Trans 0 g	
<b>Sodium</b> ≤ 140 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugars ≤ 8 g; no artificial sweeteners	

#### Choose Sometimes

### Cereals and Grain Products/ Baked Goods

#### Nutrition Facts

- Per** Bread or bun = 1 slice or 35 g /slice  
 Naan, roti, pita or wrap = ½ of a 17 cm diameter piece or 35 g  
**Crackers = 20 g to 25 g**  
 Granola bar and cookie(s) = 30 g to 38 g  
 Rice, grains and pasta = 125 mL cooked or 43 g  
 Cold cereal = 250 mL / 1 cup or 30 g  
 Hot cereal = 175 mL / ¾ cup  
 Muffin (½) or quickbreads = 35 g  
 Pancake or waffle = 35 g  
 Pizza crust = 35 g  
 Popcorn = 500 mL / 2 cups  
 Granola type cereal = 80 mL / ⅓ cup or 30 to 35 g  
 Rice cake = 2 medium  
 Congee = 125 mL / ½ cup  
 Polenta = 125 mL / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans 0 g	
<b>Sodium</b> ≤ 300 mg	
<b>Carbohydrate</b>	
Sugars ≤ 16 g; no artificial sweeteners	

## Step 2

Compare serving sizes. One *CFG* serving of crackers is **20 to 25 g**.

The Nutrition Facts on this package of crackers are for **22 g**.

Nutrition Facts	
Per 5 crackers (22 g)	
Amount	% Daily Value
<b>Calories 110</b>	
<b>Fat 5 g</b>	<b>8 %</b>
Saturated 2.5 g + Trans 0 g	<b>13 %</b>
<b>Cholesterol 0 mg</b>	
<b>Sodium 115 mg</b>	<b>5 %</b>
<b>Carbohydrate 14 g</b>	<b>5 %</b>
Fibre 1 g	<b>4 %</b>
Sugars 1 g	
<b>Protein 2 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 4 %

Are the serving sizes about the same?  
**Yes.** This means it is easy to use the Food Rating System with this food.

## Step 3

Compare the Nutrition Facts for these crackers with the Food Rating System recommendations in Step 1.

For example:

- ☞ Do these crackers have 3 g or less of fat (**Choose Most Often**)?
- ☞ Do they have 10 g or less of fat (**Choose Sometimes**)?

Finish comparing these crackers with the **Choose Most Often** and **Choose Sometimes** recommendations.

INGREDIENTS: WHOLE GRAINS (WHOLE WHEAT FLOUR, WHEAT MEAL, CRACKED BARLEY, MILLET, QUINOA, WILD RICE FLOUR), WHEAT FLOUR, COCONUT OIL, CANOLA OIL,

The first ingredient in the list is whole grains.

## Step 4

These crackers are:



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

## Let's look at a label—almonds

### Step 1

First, ask yourself these questions.

- ☞ What food group is this food in? **Meat and alternatives.**
- ☞ What type of food is it? **Nuts.**



Then find the Food Rating System tables for this food.

Here are the tables for nuts from pages 38 and 44.

#### Choose Most Often

##### Alternatives

##### Nutrition Facts

Per Eggs = 2

Nuts and seeds, plain and unsalted =  
60 mL or 20 almonds (36 g), 10 walnuts (25 g), or  
10 pecans (25 g)

Peanuts = 60 mL or 46 peanuts (37 g)

Nut/seed butters (peanut, cashew,  
almond, etc.) = 2 Tbsp / 30 mL

Legumes — beans (kidney, black, navy,  
soy, etc.) and lentils (chick peas,  
split peas, etc.) = 175 mL / ¼ cup cooked

Tofu = 175 mL / ¼ cup or 150 g

Amount	% Daily Value (DV)
Fat ≤ 10 g *	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
Sodium ≤ 200 mg **	
Carbohydrate	
Sugar naturally occurring, no artificial sweeteners	
Protein ≥ 6 g	
Calcium ≥ 25 % DV (tofu)	
Iron ≥ 4 % DV (tofu) ≥ 2% DV (nuts, nut butters and legumes)	

#### Exceptions:

- \* Nuts, seeds and nut/seed butters can have more fat. But the fat must be natural (not added).
- \*\* Nuts, seeds and nut/seed butters should have no added sodium (salt).

#### Choose Sometimes

##### Alternatives

##### Nutrition Facts

Per Eggs = 2

Nuts and seeds =  
60 mL or 20 almonds (36 g), 10 walnuts (25 g),  
or 10 pecans (25 g)

Peanuts = 60 mL or 46 peanuts (37 g)

Nut/seed butters  
(peanut, cashew, almond, etc.) = 2 Tbsp / 30 mL

Legumes — beans (kidney, black, navy, soy, etc.)  
and lentils (chick peas, split peas, etc.) =  
175 mL cooked

Tofu = 175 mL or 150 g

Amount	% Daily Value (DV)
Fat ≤ 10 g *	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
Sodium ≤ 400 mg	
Carbohydrate	
Sugars ≤ 3 g; no artificial sweeteners	
Protein ≥ 3 g	

#### Exception:

- \* Nuts, seeds and nut/seed butters can have more fat. But the fat must be natural (not added).

Continued ☞

## Step 2

Compare serving sizes. One *CFG* serving of almonds is **36 g** (about 20 almonds).

The Nutrition Facts on this package of almonds is for **60 g**.

Are the serving sizes the same? **No**. This means you have to do some math.

$$36 \div 60 = .6$$



One *CFG* serving of almonds is **0.6** times the serving size for these Nutrition Facts.

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

INGREDIENTS: ALMONDS.

## Step 3

Compare the Nutrition Facts for these almonds with the Food Rating System recommendations in Step 1.

Remember, the serving size on this package of almonds is more than the *CFG* serving size. You must multiply the numbers on the Nutrition Facts table by **0.6**.)

One *CFG* serving of these almonds has:

- ☞ no added fats
- ☞ no trans fat, no sodium, no added sugars and no artificial sweeteners
- ☞ 7.8 g of protein (**13 g x 0.6 = 7.8 g**)

## Step 4

These almonds are:



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

## Let's look at a label—packaged mixed dishes



### Pasta and vegetable dinner

**Step 1:** The Food Rating System uses 3 groups of mixed dishes:

- 1** meat, fish or poultry based
- 2** vegetarian based
- 3** soups

☞ Which group is this frozen dinner in?

vegetarian based group



**Step 2:** Read the Nutrition Facts for this pasta and vegetable dinner.

☞ How many calories does this mixed dish have?

340 calories



### Nutrition Facts

Per 1 tray (300 g)

Amount	% Daily Value
<b>Calories 340</b>	
<b>Fat 8 g</b>	<b>8 %</b>
Saturated 3 g + Trans 0.2 g	<b>19 %</b>
<b>Cholesterol 10 mg</b>	
<b>Sodium 420 mg</b>	<b>18 %</b>
<b>Carbohydrate 52 g</b>	<b>8 %</b>
Fibre 9 g	<b>4 %</b>
Sugars 6 g	
<b>Protein 15 g</b>	
Vitamin A 15%	Vitamin C 45%
Calcium 20%	Iron 35%

**Note:** This mixed dish has grains. It must have a **whole grain** for the food to be **Choose Most Often**.

INGREDIENTS: COOKED WHOLE WHEAT PENNE PASTA (WATER, WHOLE DURUM WHEAT SEMOLINA), TOMATOES (CONTAIN TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), ROASTED VEGETABLES (RED AND YELLOW BELL PEPPERS, ZUCCHINI, RED ONIONS, YELLOW SQUASH), WATER,

Continued ☞

**Step 3:** Now find the 2 tables for a vegetarian based mixed dish with 300 to 399 calories. You can find them on pages 40 and 46.

Here are the 2 tables.

**Choose Most Often**

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories</b> 300 – 399	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 700 mg	
Carbohydrate	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 10 g	

A mixed dish must have a **whole grain** to be a **Choose Most Often** food.

**Choose Sometimes**

Vegetarian Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories</b> 300 – 399	
<b>Fat</b> ≤ 15 g	
Saturated ≤ 6 g	
+Trans ≤ 0.7 g	
<b>Sodium</b> ≤ 900 mg	
<b>Protein</b> ≥ 7 g	

**Step 4:** Compare the Nutrition Facts for the pasta dinner with the recommendations in the 2 tables above. For example:

☞ Is the amount of fat in the pasta dinner **less than or equal to** 10 g?  
**Yes.**

**Step 5:** This pasta dinner is:

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



## Let's look at a label—packaged mixed dishes



### Chicken, rice and vegetable dinner

**Step 1:** The Food Rating System uses 3 groups of mixed dishes:

- 1** meat, fish and poultry based
- 2** vegetarian based
- 3** soups

☞ Which group is this frozen dinner in?



\_\_\_\_\_

**Step 2:** Read the Nutrition Facts for this chicken, rice and vegetable dinner.

☞ How many calories does this mixed dish have?



\_\_\_\_\_

Nutrition Facts	
Per 1 tray (265 g)	
Amount	% Daily Value
<b>Calories 270</b>	
<b>Fat 7 g</b>	<b>11 %</b>
Saturated 1.5 g + Trans 0 g	
<b>Cholesterol 25 mg</b>	
<b>Sodium 580 mg</b>	<b>24 %</b>
<b>Carbohydrate 34 g</b>	<b>11 %</b>
Fibre 4 g	16 %
Sugars 4 g	
<b>Protein 19 g</b>	
Vitamin A 10%	Vitamin C 20%
Calcium 6%	Iron 6%

**Note:** This mixed dish has grains. It must have a **whole grain** for the food to be **Choose Most Often**.

INGREDIENTS: COOKED BROWN RICE, COOKED SEASONED CHICKEN (CHICKEN, WATER, SEASONING, SOY PROTEIN ISOLATE, SALT, SODIUM PHOSPHATES), BROCCOLI, WATER, BABY CORN, CARROTS, SPINACH, SOY OIL, RED PEPPERS, SOY SAUCE, MILK INGREDIENTS, MODIFIED CORN STARCH, SALT, GARLIC, SUGAR, CIDER VINEGAR, SESAME OIL, LIME JUICE CONCENTRATE, XANTHAN GUM, SPICES, FLAVOUR.

*Continued* ☞



**Step 3:** Now find the 2 tables for a poultry based mixed dish with 200 to 299 calories. You can find them on pages 39 and 45.

Here are the 2 tables.

**Choose Most Often**

Meat/Fish/Poultry Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories</b> 200 – 299	
<b>Fat</b> ≤ 7 g	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 500 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 10 g	

A mixed dish must have a **whole grain** to be a **Choose Most Often** food.

**Choose Sometimes**

Meat/Fish/Poultry Based	
Nutrition Facts	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories</b> 200 – 299	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 750 mg	
<b>Protein</b> ≥ 8 g	

**Step 4:** Compare the Nutrition Facts for the chicken dinner with the recommendations in the 2 tables above. For example:

- ☞ Is the amount of sodium in the chicken dinner **less than or equal to** 500 mg? **No.**
- ☞ Is it **less than or equal to** 750 mg? **Yes.**

**Step 5:** This chicken dinner is:



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

## Let's look at a label—packaged mixed dishes



### Bean and rice burrito

**Step 1:** The Food Rating System uses 3 groups of mixed dishes:

- 1** meat, fish or poultry based
- 2** vegetarian based
- 3** soups

☞ Which group is this burrito in?

\_\_\_\_\_



**Step 2:** Read the Nutrition Facts for this burrito.

☞ How many calories does this mixed dish have?

\_\_\_\_\_



### Nutrition Facts

Per 1 burrito (170 g)

Amount	% Daily Value
<b>Calories 300</b>	
<b>Fat 7 g</b>	<b>11 %</b>
Saturated 0.5 g + Trans 0 g	4 %
<b>Cholesterol 0 mg</b>	
<b>Sodium 580 mg</b>	<b>24 %</b>
<b>Carbohydrate 48 g</b>	<b>16 %</b>
Fibre 6 g	24 %
Sugars 2 g	
<b>Protein 10 g</b>	
Vitamin A 2%	Vitamin C 6%
Calcium 4%	Iron 20%

**Note:** This mixed dish has grains. It must have a **whole grain** for the food to be **Choose Most Often**.

INGREDIENTS: PINTO BEANS, WHOLE WHEAT AND WHEAT FLOUR, FILTERED WATER, BROWN RICE, TOMATOES, SAFFLOWER OIL, ONIONS, BELL PEPPERS, RICE FLOUR, SALT, SPICES, GARLIC.

Continued ☞

**Step 3:** Now find the 2 tables for a vegetarian based mixed dish with 300 to 399 calories. You can find them on pages 40 and 46.

Here are the 2 tables.

**Choose Most Often**

**Vegetarian Based**

**Nutrition Facts**  
Per Mixed dish

Amount	% Daily Value (DV)
<b>Calories</b> 300 – 399	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 3.3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 10 g	

A mixed dish must have a **whole grain** to be a **Choose Most Often** food.

**Choose Sometimes**

**Vegetarian Based**

**Nutrition Facts**  
Per Mixed dish

Amount	% Daily Value (DV)
<b>Calories</b> 300 – 399	
<b>Fat</b> ≤ 15 g	
Saturated ≤ 6 g	
+Trans ≤ 0.75 g	
<b>Sodium</b> ≤ 900 mg	
<b>Protein</b> ≥ 7 g	

**Step 4:** Compare the Nutrition Facts for the burrito with the recommendations in the 2 tables above. For example:

☞ Is the amount of protein in the burrito **greater than or equal to** 10 g? **Yes.**

**Step 5:** This burrito is:

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



# Make sure healthy choices are available

## ✓ Healthy drinks

### Healthy drinks

Healthy drinks should always be available at recreation centres, community centres and at special events.



Examples of healthy drinks:

- ☞ water
- ☞ milk (skim, 1%, 2%)
- ☞ fortified soy beverages
- ☞ 100% fruit juices
- ☞ 100% vegetable juices (low salt)

### Posters and signs

Posters and signs should show healthy drinks.



### Sugary drinks

Many drinks have lots of sugar and few nutrients. For example:

- ☞ fruit drinks and punches
- ☞ sports drinks
- ☞ ice slushes



These drinks are **not Choose Most Often** foods.



4 grams of sugar = 1 sugar cube (1 teaspoon)

### Drinks with caffeine

Caffeine can make children excited, restless and irritable. It can affect their sleep. Drinks with caffeine are not healthy for children.

For example:

- ☞ black tea
- ☞ coffee
- ☞ pop with caffeine
- ☞ energy drinks



## Vending machines: drinks

It is important for recreation and community centres to provide healthy beverages in vending machines.

### What drinks can be in vending machines?

#### Choose Most Often group

- ✓ water
- ✓ milk (skim, 1% or 2%)
- ✓ fortified soy beverages
- ✓ 100% fruit juice

#### Choose Sometimes group

- ✓ chocolate milk or other flavoured milk
- ✓ flavoured fortified soy beverages
- ✓ vegetable juice

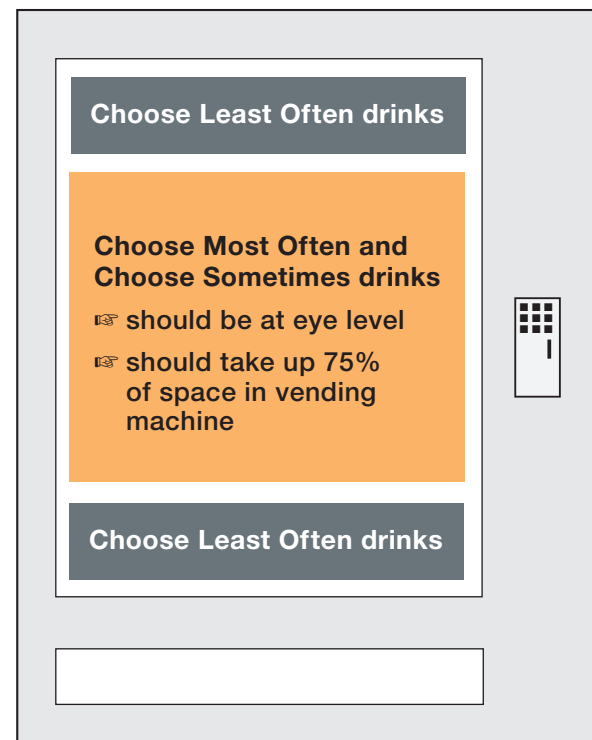
#### Other drinks

- ✓ fruit drinks that have 50% juice or more
- ✓ sports drinks with no more than 100 calories
- ✓ other drinks with no calories (For example: diet sodas.)

#### Prices

Healthy drinks should not cost more than less healthy drinks.

### Sample vending machine



#### Sizes

Water can be any size. Juice and other drinks should be no more than 1 to 2 CFG servings. For example:

- ½ cup (125 mL) apple juice
- 1 cup (250 mL) orange juice
- 1 cup (250 mL) milk

diet pop (250 mL).  
(No CFG serving)

# ✓ Healthy snacks and meals



Many recreation and community centres sell snacks. Some centres sell meals. How can you make sure healthy snacks and meals are available at your centre? Here are some tips.

## Use the Food Rating System

Use the Food Rating System to choose food that has:

- ☞ less fat
- ☞ less sugar
- ☞ less salt



Check the Nutrition Facts for foods in your centre. Are there healthier choices? Fifty percent of foods should be healthy choices.

## Make healthy food visible

Put the healthiest snacks at eye level in vending machines. In snack bars and cafeterias, make healthy snacks visible.

## Watch the size

Make sure that individual snacks are around 100 calories or less.

## Special events

Recreation and community centres often provide snacks at special events. For example: at sports events and festivals.



Make healthy snacks clearly visible at special events. Provide only small portion sizes of less healthy snacks.

## Small steps

Start with small, simple changes. It will take time for people to learn about the Nutrition Guidelines.

It might take time to find food service operators who can supply healthier food.

### Many snacks have too much fat, sugar or salt. For example:

#### potato chips 43 g bag (small)

- ☞ 230 calories
- ☞ 15 g fat
- ☞ 21 g sugars
- ☞ 229 mg sodium



#### doughnut 57 g

- ☞ 270 calories
- ☞ 18 g fat
- ☞ 27 g sugars
- ☞ 245 mg sodium



## Vending machines: healthy snacks

It is important for recreation and community centres to provide healthy snacks in vending machines.

### What snacks can be in vending machines?

50% of individual snack food packages should have:

- ☞ around 100 calories or less
- ☞ no more than 5 grams of total fat
- ☞ no more than 2 grams of saturated fat
- ☞ 0 grams of trans fat
- ☞ no more than 200 milligrams of sodium
- ☞ no more than 10 grams of sugars

### Prices

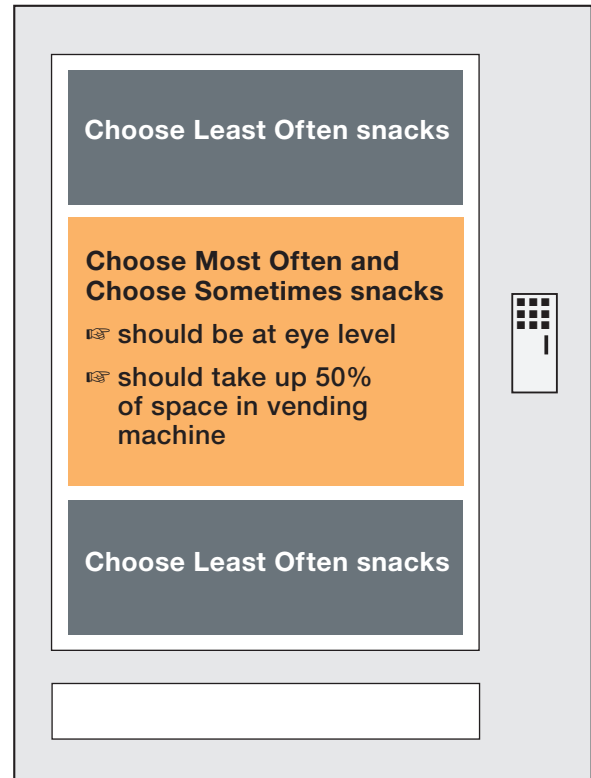
Healthy foods should not cost more than less healthy foods.

### Advertising

Posters and signs should show only **Choose Most Often** foods.



### Sample vending machine



### Sizes

Foods with high fat, sugar or sodium should be no more than 100 calories per serving. For example:

- ☞ chocolate bar 20 g (mini-bar)
- ☞ potato chips 30 g (1 cup/250 mL)
- ☞ cookies 30 to 38 grams

## Some healthy snacks for vending machines

### Using a non-refrigerated vending machine

Here are some good choices for a non-refrigerated vending machine.

#### Choose Most Often examples:

- ✓ almonds, plain and unsalted
- ✓ apple chips (100% fruit)
- ✓ diced fruit in 100% fruit juice
- ✓ dried fruit/vegetable bar (100%)
- ✓ fruit sauce (unsweetened)
- ✓ raisins



#### Choose Sometimes examples:

- ✓ diced fruit with added sugar
- ✓ granola bar with chocolate chips
- ✓ nuts with added salt
- ✓ tuna salad kit

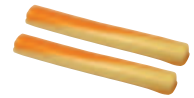


### Using a refrigerated vending machine

Here are some good choices for a refrigerated vending machine.

#### Choose Most Often examples:

- ✓ fresh fruit
- ✓ raw vegetables
- ✓ whole wheat crackers and hard cheese
- ✓ yogurt from milk or soygurt



#### Choose Sometimes examples:

- ✓ flavoured yogurt from milk or soygurt



## Some healthy snacks for snack bars and cafeterias

Always check the food labels.  
Use the Nutrition Guidelines to help you choose healthy snacks.

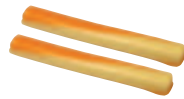


### Refrigerated foods



#### Choose Most Often examples:

- ✓ boiled eggs
- ✓ fresh fruit
- ✓ homemade smoothie
- ✓ hummus and whole wheat crackers
- ✓ raw vegetables
- ✓ whole wheat crackers and hard cheese
- ✓ yogurt from milk or soygurt



#### Choose Sometimes examples:

- ✓ flavoured yogurt from milk or soygurt
- ✓ yogurt drink
- ✓ yogurt and granola



### Non-refrigerated foods



#### Choose Most Often examples:

- ✓ almonds, plain and unsalted
- ✓ apple chips (100% fruit)
- ✓ whole wheat bagel, small
- ✓ dried fruit/vegetable bar (100%)
- ✓ fresh fruit
- ✓ fruit sauce (unsweetened)
- ✓ instant oatmeal (no sugar added)
- ✓ popcorn (plain, air-popped)
- ✓ raisins



#### Choose Sometimes examples:

- ✓ diced fruit with added sugar
- ✓ granola bar
- ✓ oatmeal cookie
- ✓ low fat microwave popcorn
- ✓ tuna salad kit



# ✓ Make a food policy

How can recreation and community centres serve and sell healthy food? Start by making a food policy. Here are 5 steps you can follow.

## Step 1 — Form a committee

Ask people from different groups to be part of a food policy committee. For example, you can ask:

- ☞ staff from the centre
- ☞ food service operators
- ☞ adults who use the centre
- ☞ youth who use the centre
- ☞ representatives from local schools

## Step 2 — Talk about goals

Talk about what you want to do. For example:

- ☞ Why do we need a food policy?
- ☞ What changes do we want to make?
- ☞ What are the steps we need to take?
- ☞ How long will it take to make the changes?

## Step 3 — Write your policy

Decide on the most important issues. For example:

- ☞ vending machines, snack bars, cafeterias
- ☞ portion sizes
- ☞ food prices
- ☞ staff modelling healthy eating



## Step 4 — Decide on a plan

Give people time to change the way they choose food. Start with small, simple changes.

S	M	T	W	T	F	S
1	2	3	4 Check food labels	5	6	7
8	9	10	11	12	13	14
15	16 Add healthy drinks	17	18	19	20	21
22	23	24	25	26	27 Meeting	28
29	30	31				

### To do in January

January 3: Check food labels. Use Food Rating System.

January 16: Add more healthy drinks to vending machine.

January 27: Food Policy Committee meeting

## Step 5 — Evaluate the changes

Check on how the food policy is working. Talk to people at the centre. Ask them about the changes.

For example:

- ☞ Have you changed the way you choose foods?
- ☞ Are there enough healthy choices in the vending machines?
- ☞ What other changes would be good?

## Resources

### Eating Well with Canada's Food Guide

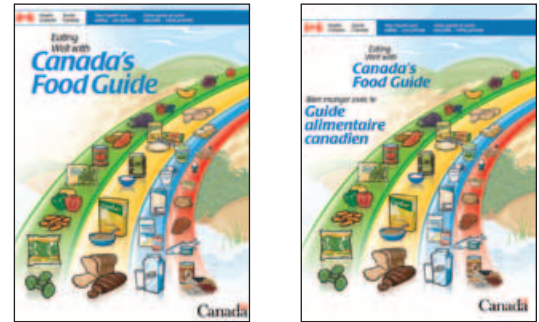
You can get *Eating Well with Canada's Food Guide* in English or French. You can also get the guide in 10 different languages. There are also food guides for First Nations, Inuit and Métis.

There are three ways to get the guide.

1. You can view it on your computer screen.
2. You can print a PDF copy of the guide.
3. You can order a copy of the guide.

Go to:

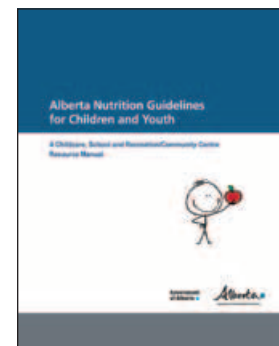
[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)



### Alberta Nutrition Guidelines for Children and Youth

The *Alberta Nutrition Guidelines for Children and Youth* has information to help childcare centres serve healthy food. You can only get a copy of the guidelines online. You can read it on your computer screen or print a PDF.

Go to: [www.healthyalberta.com](http://www.healthyalberta.com)



### Recipes

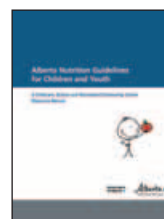
Alberta's Healthy U program has a collection of healthy recipes. Watch for new recipes each month. Try the baked sweet potato sticks.

Go to: [www.healthyalberta.com](http://www.healthyalberta.com)



# The Food Rating System

Here are the Food Rating System tables from the *Alberta Nutrition Guidelines for Children and Youth*.



## Choose Most Often — Vegetables and Fruit

### 100% Fresh, Frozen, Canned or Dried Vegetables/Fruit

#### Nutrition Facts

**Per** Fresh, frozen, or canned vegetable/fruit = 1 small to medium size or 125 mL / ½ cup  
 Dried fruit = 60 mL / 40 g / ¼ cup  
 Leafy salad = 250 mL / 1 cup  
 100% pure juice = 125 mL / ½ cup  
 Fruit sauce (i.e. Unsweetened applesauce) = 125 mL / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> naturally occurring only	
<b>Sodium</b> ≤ 100 mg	
<b>Carbohydrate</b>	
Fibre all naturally occurring	
Sugars no added sugar; no artificial sweeteners	

### 100% Dried Vegetables/Fruit, Bars and Snacks

#### Nutrition Facts

**Per** Fruit/vegetable bar (made with 100% fruit/vegetable/puree/juice) = 14 g  
 Fruit/vegetable snacks (made with 100% fruit/vegetable/puree/juice) = 20 g

Amount	% Daily Value (DV)
<b>Fat</b> naturally occurring only	
<b>Sodium</b> ≤ 100 mg	
<b>Carbohydrate</b>	
Fibre all naturally occurring	
Sugars ≤ 20 g from 100% fruit; no added sugar; no artificial sweeteners	

### 100% Baked Vegetables/Fruit

#### Nutrition Facts

**Per** 125 mL / ½ cup = 50 g / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 2 g	
+Trans 0 g	
<b>Sodium</b> ≤ 100 mg	
<b>Carbohydrate</b>	
Fibre all naturally occurring	
Sugars no added sugar; no artificial sweeteners	

## Choose Most Often — Grain Products

### Whole Grain Cereal, Breads and Pasta

#### Nutrition Facts

**Per** Bun or Bread = 1 slice or 35 g / slice  
 Pizza crust = 35 g  
 Naan, roti, pita or wrap = 1/2 of a 17 cm diameter piece 35 g  
 Crackers = 20 g to 25 g  
 Bagel = 1/2 or 45 g  
 Prepared grains and pasta = 125 mL cooked or 43 g uncooked  
 Cold cereal = 250 mL / 1 cup or 30 g  
 Hot cereal = 175 mL / 3/4 cup  
 Rice cakes = 2 medium  
 Polenta = 125 mL / 1/2 cup  
 Congee = 125 mL / 1/2 cup  
 Parboiled (brown), brown or wild rice = 125 mL / 1/2 cup cooked or 25 g uncooked  
 Popcorn = 500 mL / 2 cups cooked

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 3 g	
Saturated ≤ 1 g	
+Trans 0 g	
<b>Sodium</b> ≤ 140 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugars ≤ 8 g; no artificial sweeteners	

#### Examples:

Whole grain cereals such as whole wheat berries, cracked wheat or rye, kamut, amaranth, job's tears, teff, millet, salba, quinoa, sorghum, hominy, barley, wild, brown or converted (parboiled) brown rice, bulgur oats and cornmeal or products made from these whole grains. Whole grains should be listed first on the ingredient list.

### Whole Grain Baked Products

#### Nutrition Facts

**Per** Muffin (1/2) or quick breads = 35 g  
 Granola bar and cookie(s) = 30 g to 38 g  
 Pancake or waffle = 35 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 2 g	
+Trans 0 g	
<b>Sodium</b> ≤ 200 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugars ≤ 10 g; no artificial sweeteners	

#### Examples:

Baked products made from whole grains such as whole wheat berries, cracked wheat or rye, kamut, amaranth, job's tears, teff, millet, salba, quinoa, sorghum, hominy, barley, wild, brown or converted (parboiled) rice, bulgur and cornmeal.

### Baked Whole Grain Products with Fruit and/or Vegetables

#### Nutrition Facts

**Per** 1/2 muffin or quick breads = 35 g  
 Granola bar and cookie(s) = 30 g to 38 g  
 Granola type cereal = 80 mL / 1/3 cup or 30 to 35 g  
 Pancake or waffle = 35 g  
 Bagel = 1/2 or 45 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 2 g	
+Trans 0 g	
<b>Sodium</b> ≤ 200 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugars ≤ 12 g; no artificial sweeteners	

#### Examples:

Whole grain baked products with added fruits (berries, rhubarb, pineapple, dried fruit) and/or vegetables (carrots, pumpkin, zucchini etc).

#### Examples:

- blueberry muffin
- carrot and pineapple quick bread
- mango pancake

**Note:** Products within the Choose Most Often category must be made with whole grains.

## Choose Most Often — Milk and Alternatives

### Fluid Milk

#### Nutrition Facts

**Per** Fluid milk 250 mL / 1 cup  
 Undiluted evaporated milk = 125 mL / ½ cup  
 Powdered dry milk = 75 mL / ⅓ cup or 25 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 120 mg	
<b>Carbohydrate</b>	
Sugars ≤ 12 g; no artificial sweeteners	
<b>Protein</b> ≥ 8 g	
<b>Calcium</b> ≥ 30 % DV	
<b>Vitamin D</b> ≥ 44 % DV	

#### Examples:

Skim, 1% and 2% fluid milk or evaporated milk.

### Fortified Soy Beverage

#### Nutrition Facts

**Per** 250 mL / 1 cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 120 mg	
<b>Carbohydrate</b>	
Sugars ≤ 9 g; no artificial sweeteners	
<b>Protein</b> ≥ 6 g	
<b>Calcium</b> ≥ 30 % DV	
<b>Vitamin D</b> ≥ 44 % DV	

### Soygurt (like yogurt but made with soy)

#### Nutrition Facts

**Per** 175 mL / ¾ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 3 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 50 mg	
<b>Carbohydrate</b>	
Sugars ≤ 9 g; no artificial sweeteners	
<b>Protein</b> ≥ 6 g	
<b>Calcium</b> ≥ 15 % DV	

### Yogurt/Kefir from Milk

#### Nutrition Facts

**Per** 175 mL / ¾ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 3 g	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 120 mg	
<b>Carbohydrate</b>	
Sugars ≤ 12 g; no artificial sweeteners	
<b>Protein</b> ≥ 6 g	
<b>Calcium</b> ≥ 15 % DV	

## Choose Most Often — Milk and Alternatives

### Cheese, Hard/Soft from Milk

#### Nutrition Facts

Per 50 g

Amount	% Daily Value (DV)
Fat ≤ 10 g	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
Sodium ≤ 350 mg hard; ≤ 200 mg soft	
Protein ≥ 8 g	

### Fortified soya loaf and slices (like cheese)

#### Nutrition Facts

Per 50 g

Amount	% Daily Value (DV)
Fat ≤ 5 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
Sodium ≤ 350 mg	
Protein ≥ 6 g	

### Cottage Cheese

#### Nutrition Facts

Per 125 mL / ½ cup or 115 g

Amount	% Daily Value (DV)
Fat ≤ 5 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
Sodium ≤ 120 mg	
Protein ≥ 8 g	
Calcium ≥ 15 % DV	

#### Examples:

Dry curd, no salt added cottage cheese.

## Choose Most Often — Meat and Alternatives

### Meat/Fish/Poultry

#### Nutrition Facts

**Per** Cooked beef, pork, lamb, wild game, poultry (chicken or turkey) and fish, etc. =  
2.5 oz / 75 g cooked weight or  
125 mL / ½ cup ground cooked

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 200 mg	
<b>Protein</b> ≥ 14 g	

#### Examples:

All lean meats (beef, venison, bison, pork, lamb, etc.), poultry (chicken, turkey, duck, etc.), and fish — baked, broiled, boiled, poached, roasted, grilled or Bar-B-Queed.

### Deli/Luncheon meats

#### Nutrition Facts

**Per** Cooked beef, pork, lamb, wild meat, and poultry (chicken or turkey) or fish, etc = 75 g cooked weight or 125 mL

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 350 mg	
<b>Protein</b> ≥ 10 g	

#### Examples:

Sliced sandwich meat, sausage.

### Alternatives

#### Nutrition Facts

**Per** Eggs = 2  
Nuts and seeds, plain and unsalted = 60 mL or 20 almonds (36 g), 10 walnuts (25 g), or 10 pecans (25 g)  
Peanuts = 60 mL or 46 peanuts (37 g)  
Nut/seed butters (peanut, cashew, almond, etc.) = 2 Tbsp / 30 mL  
Legumes — beans (kidney, black, navy, soy, etc.) and lentils (chick peas, split peas, etc.) = 175 mL / ¾ cup cooked  
Tofu = 175 mL / ¾ cup or 150 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g*	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 200 mg**	
<b>Carbohydrate</b>	
Sugar naturally occurring, no artificial sweeteners	
<b>Protein</b> ≥ 6 g	
<b>Calcium</b> ≥ 25 % DV (tofu)	
<b>Iron</b> ≥ 4 % DV (tofu) ≥ 2 % DV (nuts, nut butters and legumes)	

#### Examples:

All legumes (beans, lentils and peanuts)

All nuts and seeds (walnuts, almonds, pecans, cashews, sesame seeds, flax seeds, etc.)

Nut butters (peanut, etc.) — with no hydrogenated oil.

#### Exceptions:

\*Nuts, seeds and nut/seed butters can have more fat. But the fat must be natural (not added).

\*\*Nuts, seeds and nut/seed butters should have no added sodium (salt).

Note: Wild meat must be prepared at a federally inspected plant.



## Choose Most Often Mixed Dishes — Meat/Fish/Poultry Based

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 100 – 199</b>	
Fat ≤ 4 g	
Saturated ≤ 1 g	
+Trans ≤ 0.2 g	
Sodium ≤ 350 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
Protein ≥ 7 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 200 – 299</b>	
Fat ≤ 7 g	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
Sodium ≤ 500 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
Protein ≥ 10 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 300 – 399</b>	
Fat ≤ 10 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
Sodium ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
Protein ≥ 14 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 400 – 499</b>	
Fat ≤ 14 g	
Saturated ≤ 4 g	
+Trans ≤ 0.7 g	
Sodium ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
Protein ≥ 17 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 500 – 599</b>	
Fat ≤ 17 g	
Saturated ≤ 5 g	
+Trans ≤ 0.8 g	
Sodium ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
Protein ≥ 21 g	

### Examples:

Sandwiches including burgers, donairs, tacos, wraps, sushi, spring rolls, salad rolls, pizza and samosas.

Casseroles including macaroni and cheese, pasta and sauce, shepherd's pie, Pad Thai, meal salads, chili con carne, pasta salads and any meat/fish/poultry based dishes.

**Note:** In order to be considered in the Choose Most Often category, a mixed dish containing grain products must be made with whole grains.

## Choose Most Often Mixed Dishes — Vegetarian Based

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 100 – 199</b>	
<b>Fat</b> ≤ 4 g	
Saturated ≤ 1 g	
+Trans ≤ 0.2 g	
<b>Sodium</b> ≤ 350 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 5 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 200 – 299</b>	
<b>Fat</b> ≤ 7 g	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 500 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 7 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 300 – 399</b>	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 3 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 10 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 400 – 499</b>	
<b>Fat</b> ≤ 13 g	
Saturated ≤ 4 g	
+Trans ≤ 0.7 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 12 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 500 – 599</b>	
<b>Fat</b> ≤ 17 g	
Saturated ≤ 5 g	
+Trans ≤ 0.8 g	
<b>Sodium</b> ≤ 700 mg	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein</b> ≥ 15 g	

**Examples:**

Vegetarian sandwiches including bean burritos, bean tacos and burgers.

Casseroles including frittatas, quiche, pasta salads, stir fry, chili con carne, Pad Thai, fried rice, and soy/chickpea, black bean, lentils and tofu.

Any egg or bean-based vegetarian dish.

Smoothie.

Trail Mix	
<b>Nutrition Facts</b>	
Per 37 g / 60mL / ¼ cup	
Amount	% Daily Value (DV)
<b>Calories</b> ≤ 150	
<b>Fat</b> no added	
<b>Sodium</b> no added	
<b>Sugar</b> no added	

**Examples:**

Nuts, seeds, dried vegetable and fruit and whole grain mixes.

## Choose Most Often Mixed Dishes — Soup

### Soup — Broth Based

#### Nutrition Facts

Per See examples on this page

Amount	% Daily Value (DV)
<b>Calories ≤ 200</b>	
<b>Fat ≤ 2 g</b>	
Saturated ≤ 1 g	
+Trans ≤ 0.1 g	
<b>Sodium ≤ 250 mg</b>	

### Soup — Broth Based

#### Nutrition Facts

Per See examples on this page

Amount	% Daily Value (DV)
<b>Calories 201 – 300</b>	
<b>Fat ≤ 4 g</b>	
Saturated ≤ 2 g	
+Trans ≤ 0.2 g	
<b>Sodium ≤ 400 mg</b>	

#### Examples:

Chicken rice, beef noodle, vegetable gumbo and tomato or vegetable soups that are not made with cream or milk.

### Soup — Meal Style

#### Nutrition Facts

Per See examples on this page

Amount	% Daily Value (DV)
<b>Calories ≤ 200</b>	
<b>Fat ≤ 4 g</b>	
Saturated ≤ 1 g	
+Trans ≤ 0.2 g	
<b>Sodium ≤ 250 mg</b>	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein ≥ 7 g</b>	

### Soup — Meal Style

#### Nutrition Facts

Per See examples on this page

Amount	% Daily Value (DV)
<b>Calories 201 – 300</b>	
<b>Fat ≤ 7 g</b>	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium ≤ 400 mg</b>	
<b>Carbohydrate</b>	
Fibre ≥ 2 g	
Sugar no artificial sweeteners	
<b>Protein ≥ 10 g</b>	

#### Examples:

Chowders, chunky soup, stews and cream based soups.

## Choose Sometimes — Vegetables and Fruit

**Processed Vegetables and Fruit**

**Nutrition Facts**

**Per** Frozen or canned vegetable/fruit = 125 mL / ½ cup  
 100% pure juice = 125 mL / ½ cup  
 Fruit sauce = 125 mL / ½ cup  
 Dried fruit = 60 mL / ¼ cup or 40 g  
 Fruit/vegetable bar = 14 g  
 Fruit snacks = 20 g  
 Vegetable/fruit product = 125 mL / ½ cup  
 Side salad = 250 mL / 1 cup  
 Vegetables/fruit baked from fresh/frozen product = 125 mL / ½ cup / 50 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans 0 g	
<b>Sodium</b> ≤ 300 mg	
<b>Carbohydrate</b>	
Sugars ≤ 16 g; no artificial sweeteners	
* ≤ 30 g; fruit/vegetable bar or fruit/vegetable and dried fruit/vegetable with added sugar	

\*Exception

## Choose Sometimes — Grain Products

**Cereals and Grain Products/ Baked Goods**

**Nutrition Facts**

**Per** Bread or bun = 1 slice or 35 g /slice  
 Naan, roti, pita or wrap = ½ of a 17 cm diameter piece or 35 g  
 Crackers = 20 g to 25 g  
 Granola bar and cookie(s) = 30 g to 38 g  
 Rice, grains and pasta = 125 mL cooked or 43 g  
 Cold cereal = 250 mL / 1 cup or 30 g  
 Hot cereal = 175 mL / ¾ cup  
 Muffin (½) or quickbreads = 35 g  
 Pancake or waffle = 35 g  
 Pizza crust = 35 g  
 Popcorn = 500 mL / 2 cups  
 Bagel = ½ or 45 g  
 Granola type cereal = 80 mL / ⅓ cup or 30 to 35 g  
 Rice cake = 2 medium  
 Congee = 125 mL / ½ cup  
 Polenta = 125 mL / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans 0 g	
<b>Sodium</b> ≤ 300 mg	
<b>Carbohydrate</b>	
Sugars ≤ 16 g; no artificial sweeteners	

## Choose Sometimes — Milk and Alternatives

### Fluid Milk

#### Nutrition Facts

Per 250 mL / 1 cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 6 g	
Saturated ≤ 4 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 200 mg	
<b>Carbohydrate</b>	
Sugars ≤ 21 g; no artificial sweeteners	
<b>Protein</b> ≥ 5 g	
<b>Calcium</b> ≥ 30 % DV	
<b>Vitamin D</b> ≥ 44 % DV	

#### Examples:

Flavoured skim, 1% and 2% milk.

### Milk Alternatives

#### Nutrition Facts

Per Yogurt = 175 mL / ¾ cup

Yogurt drink = 200 mL / 0.8 cup

Cottage cheese = 125 mL / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 0.3 g	
+Trans ≤ 0.3 g; cottage cheese ≤ 0.5 g	
<b>Sodium</b> ≤ 120 mg; cottage cheese ≤ 350 mg	
<b>Carbohydrate</b>	
Sugars ≤ 20 g; no artificial sweeteners	
<b>Protein</b> ≥ 5 g	
<b>Calcium</b> ≥ 15 % DV	

### Cheese, Hard/Soft Type from Milk

#### Nutrition Facts

Per 50 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 20 g	
Saturated ≤ 10 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 450 mg hard; ≤ 350 mg soft	
<b>Protein</b> ≥ 6 g	

### Fortified Soya Loaf and Slices (like cheese)

#### Nutrition Facts

Per 50 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 8 g	
Saturated ≤ 2 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 400 mg	
<b>Protein</b> ≥ 6 g	

### Fortified Soy Beverage

#### Nutrition Facts

Per 250 mL / 1 cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 6 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 150 mg	
<b>Carbohydrate</b>	
Sugars ≤ 20 g; no artificial sweeteners	
<b>Protein</b> ≥ 5 g	
<b>Calcium</b> ≥ 30 % DV	
<b>Vitamin D</b> ≥ 44 % DV	

#### Examples:

Flavoured fortified soy beverage.

### Soygurt (like yogurt but made with soy)

#### Nutrition Facts

Per 175 mL / ¾ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 5 g	
Saturated ≤ 1 g	
+Trans ≤ 0 g	
<b>Sodium</b> ≤ 120 mg	
<b>Carbohydrate</b>	
Sugars ≤ 20 g; no artificial sweeteners	
<b>Protein</b> ≥ 5 g	
<b>Calcium</b> ≥ 15 % DV	

### Pudding from Milk

#### Nutrition Facts

Per 125 mL / ½ cup

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 3 g	
Saturated ≤ 2 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 200 mg]	
<b>Carbohydrate</b>	
Sugars ≤ 20 g; no artificial sweeteners	
<b>Protein</b> ≥ 4 g	
<b>Calcium</b> ≥ 10 % DV	

## Choose Sometimes — Meat and Alternatives

### Meat/Fish/Poultry

#### Nutrition Facts

Per Cooked beef, pork, lamb etc., poultry (chicken or turkey) or fish = 2.5 oz / 75 g cooked weight or 125 mL / ½ cup ground cooked

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 400 mg	
<b>Protein</b> ≥ 7 g	

#### Examples:

All meats (beef, venison, bison, port, lamb, etc.), poultry (chicken, turkey, duck, etc) and fish.

### Deli/Luncheon Meats

#### Nutrition Facts

Per Cooked beef, pork, lamb etc., poultry (chicken or turkey) or fish = 75 g cooked weight or 125 mL

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 500 mg	
<b>Protein</b> ≥ 7 g	

#### Examples:

Sandwich meats, sausages and dried meat.

### Alternatives

#### Nutrition Facts

Per Eggs = 2  
 Nuts and seeds = 60 mL or 20 almonds (36 g), 10 walnuts (25 g), or 10 pecans (25 g)  
 Peanuts = 60 mL or 46 peanuts (37 g)  
 Nut/seed butters (peanut, cashew, almond, etc.) = 2 Tbsp / 30 mL  
 Legumes — beans (kidney, black, navy, soy, etc.) and lentils (chick peas, split peas, etc.) = 175 mL cooked  
 Tofu = 175 mL or 150 g

Amount	% Daily Value (DV)
<b>Fat</b> ≤ 10 g*	
Saturated ≤ 6 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 400 mg	
<b>Carbohydrate</b>	
Sugars ≤ 3 g; no artificial sweeteners	
<b>Protein</b> ≥ 3 g	

#### Examples:

All legumes (beans, lentils and peanuts, etc.) that may or may not have sodium (salt) added.

All nuts and seeds (walnuts, almonds, pecans, cashews, sesame seeds, flax seeds, etc.) that may or may not have sodium (salt) added.

#### \*Exception:

Nuts, seeds and nut/seed butters can have more fat. But the fat must be natural (not added).

## Choose Sometimes Mixed Dishes — Meat/Fish/Poultry Based

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 100 – 199</b>	
Fat ≤ 6 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
Sodium ≤ 500 mg	
Protein ≥ 5 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 200 – 299</b>	
Fat ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
Sodium ≤ 750 mg	
Protein ≥ 8 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 300 – 399</b>	
Fat ≤ 15 g	
Saturated ≤ 6 g	
+Trans ≤ 0.7 g	
Sodium ≤ 900 mg	
Protein ≥ 10 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 400 – 499</b>	
Fat ≤ 19 g	
Saturated ≤ 8 g	
+Trans ≤ 0.9 g	
Sodium ≤ 900 mg	
Protein ≥ 13 g	

Meat/Fish/Poultry Based	
<b>Nutrition Facts</b>	
Per See examples on this page	
Amount	% Daily Value (DV)
<b>Calories 500 – 599</b>	
Fat ≤ 23 g	
Saturated ≤ 10 g	
+Trans ≤ 1 g	
Sodium ≤ 900 mg	
Protein ≥ 15 g	

**Examples:**

Sandwiches including burgers, donairs, tacos, wraps, sushi, spring rolls, salad rolls, pizza, samosas and egg rolls.

Casseroles including macaroni and cheese, pasta and sauce, shepherd’s pie, Pad Thai, meal salads, chili con carne, pasta salads and any meat/fish/poultry based dishes.

## Choose Sometimes Mixed Dishes — Vegetarian Based

Vegetarian Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 100 – 199</b>	
Fat ≤ 6 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
Sodium ≤ 500 mg	
Protein ≥ 4 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 200 – 299</b>	
Fat ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
Sodium ≤ 750 mg	
Protein ≥ 6 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 300 – 399</b>	
Fat ≤ 15 g	
Saturated ≤ 6 g	
+Trans ≤ 0.7 g	
Sodium ≤ 900 mg	
Protein ≥ 7 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 400 – 499</b>	
Fat ≤ 19 g	
Saturated ≤ 8 g	
+Trans ≤ 0.9 g	
Sodium ≤ 900 mg	
Protein ≥ 9 g	

Vegetarian Based	
<b>Nutrition Facts</b>	
Per Mixed dish	
Amount	% Daily Value (DV)
<b>Calories 500 – 599</b>	
Fat ≤ 23 g	
Saturated ≤ 10 g	
+Trans ≤ 1 g	
Sodium ≤ 900 mg	
Protein ≥ 11 g	

Trail Mix	
<b>Nutrition Facts</b>	
Per 37 g / 60mL / ¼ cup	
Amount	% Daily Value (DV)
<b>Calories ≤ 200</b>	
Fat ≤ 15 g	
Sodium ≤ 200 mg	

**Examples:**

Vegetarian sandwiches including bean burritos, bean tacos and burgers.

Casseroles including frittatas, quiche, pasta salads, stir fry, chili con carne, Pad Thai, fried rice, and soy/chickpea, black bean, lentils and tofu.

Any egg or bean-based vegetarian dish.

Smoothie, soy protein bar, nut/seed and fruit bar.

**Examples:**

Nuts, seeds, dried vegetable and fruit and grain product mixes that may have added sugar and sodium (salt).



## Choose Sometimes Mixed Dishes — Soup

### Soup – Broth Based

#### Nutrition Facts

Per See examples on this page

Amount	% Daily Value (DV)
<b>Calories</b> ≤ 200	
<b>Fat</b> ≤ 4 g	
Saturated ≤ 2 g	
+Trans ≤ 0.2 g	
<b>Sodium</b> ≤ 300 mg	

### Soup – Broth Based

#### Nutrition Facts

Per See examples on this page

Amount	% Daily Value (DV)
<b>Calories</b> 201 – 300	
<b>Fat</b> ≤ 7 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 450 mg	

#### Examples:

Chicken rice, beef noodle, vegetable gumbo and tomato or vegetable soups that are not made with cream or milk.

### Soup — Meal Style

#### Nutrition Facts

Per See examples on this page

Amount	% Daily Value (DV)
<b>Calories</b> ≤ 200	
<b>Fat</b> ≤ 6 g	
Saturated ≤ 3 g	
+Trans ≤ 0.3 g	
<b>Sodium</b> ≤ 300 mg	
<b>Protein</b> ≥ 5 g	

### Soup — Meal Style

#### Nutrition Facts

Per See examples on this page

Amount	% Daily Value (DV)
<b>Calories</b> 201 – 300	
<b>Fat</b> ≤ 10 g	
Saturated ≤ 4 g	
+Trans ≤ 0.5 g	
<b>Sodium</b> ≤ 450 mg	
<b>Protein</b> ≥ 8 g	

#### Examples:

Chowders, chunky soup, stews and cream based soups.

## Choose Least Often — Eating these foods is not recommended.

### Choose Least Often

#### Nutrition Facts

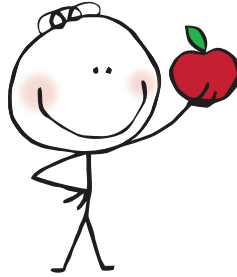
Serving Size:

Serving sizes for foods that are high in unhealthy fat, sugar and salt are based on approximately 100 kcal per serving.

Example	Serving Size
French fries	≤ 50 grams (g), or 10 strips
Chips and crackers	≤ 30 grams (g), 250 mL / 1 cup
Sugary cereal, ≥ 16 grams (g)	≤ 30 grams (g), 250 mL / 1 cup
Cookies and granola bars ≥ 16 grams (g) sugar, ≥ 10 grams (g) fat	30 grams (g) or greater Cookies (2), Granola bar (1)
Chocolate bars and candy	20 grams (g) (1 mini)
Bakery items including, but not limited to pastries, muffins and doughnuts	≤ 55+ grams (g) total weight ≤ 10 grams (g) fat
Frozen desserts, including, but not limited to ice cream, in a dish or frozen on a stick	85 grams (g) or 1/2 cup serving
Fruit flavoured drinks	237 mL/8 oz

1. *Eating Well with Canada's Food Guide* recommends limiting foods and beverages high in calories, fat, sugar or sodium (salt) such as:
  - cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, deep fried french fries, potato chips, nachos and other salty snacks, fruit-flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

**Note:** These foods are not recommended as they may also contain hydrogenated vegetable oils and/or vegetable oil shortenings and/or artificial sweeteners.
2. When choosing foods that have high amounts of fat, sugar, sodium (salt) and are low in fibre, choose a small portion size.



Do you have any comments  
about this booklet?

E-mail: [health.u@gov.ab.ca](mailto:health.u@gov.ab.ca)