

## APPENDIX: NUTRITION STANDARDS FOR ONTARIO SCHOOLS

Read the information on the food label – particularly the Nutrition Facts table and the ingredient list – and compare this information with the nutrition criteria outlined below in order to determine whether a food or beverage may be sold at the school.

Products in the “Sell Most” category must make up *at least 80 per cent* of all food choices and *at least 80 per cent* of all beverage choices that are available for sale in all venues, through all programs, and at all events on school premises.

Products in the “Sell Less” category must make up *no more than 20 per cent* of all food choices and *no more than 20 per cent* of all beverage choices that are available for sale in all venues, through all programs, and at all events on school premises.

### Nutrition Standards for Food

All food sold in schools must meet the standards set out in Ontario Regulation 200/08, “Trans Fat Standards”, made under the Education Act.

#### Vegetables and Fruit

<ul style="list-style-type: none"> <li>• Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label.</li> <li>• See the section “Nutrition Standards for Beverages” for the nutrition criteria for vegetable and fruit juices and juice blends.</li> <li>• Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.</li> </ul>			
	<b>Sell Most (≥ 80%)</b>	<b>Sell Less (≤ 20%)</b>	<b>Not Permitted for Sale</b>
	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>
<b>Fresh, Frozen, Canned, and Dried Vegetables and Fruit</b>	<p>Vegetable or fruit is the first item on the ingredient list  <b>and Fat: ≤ 3g</b>  <b>and Sodium: ≤ 360mg</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Fresh or frozen vegetables with little or no added salt</li> <li>• Fresh or frozen fruit with no added sugar</li> <li>• Canned vegetables</li> <li>• Canned fruit packed in juice or light syrup</li> <li>• Unsweetened apple sauce</li> <li>• Some low-fat frozen potato products, including French fries</li> <li>• Some dried fruit and 100% fruit leathers*</li> </ul>	<p>Vegetable or fruit is the first item on the ingredient list  <b>and Fat: ≤ 5g</b>  <b>and Saturated fat: ≤ 2g</b>  <b>and Sodium: ≤ 480mg</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Some dried fruit and 100% fruit leathers</li> <li>• Lightly seasoned or sauced vegetables and fruit</li> <li>• Some prepared mixed vegetables</li> </ul>	<p>Sugar** is the first item on the ingredient list  <b>or Fat: &gt; 5g</b>  <b>or Saturated fat: &gt; 2g</b>  <b>or Sodium: &gt; 480mg</b></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Vegetable and fruit products prepared with higher amounts of fat, sugar, and/or salt, including deep-fried vegetables</li> <li>• Some packaged frozen and deep-fried potato products, including hash browns and French fries</li> <li>• Some fruit snacks made with juice (e.g., gummies, fruit rolls)</li> </ul>

### Vegetables and Fruit (cont.)

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Canned Tomatoes and Tomato-Based Products</b>	Fat: ≤ 3g <b>and</b> Sodium: ≤ 480mg  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some whole, crushed, or diced tomatoes</li> <li>• Some pasta sauce</li> </ul>		Fat: > 3g <b>or</b> Sodium: > 480mg  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Whole, crushed, or diced tomatoes that are higher in fat or sodium</li> <li>• Pasta sauce that is higher in fat or sodium</li> </ul>
<b>Vegetable and Fruit Chips</b>	Fat: ≤ 3g <b>and</b> Sodium: ≤ 240mg  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some lower-fat, lower-sodium vegetable chips (e.g., potato, carrot)</li> <li>• Some lower-fat, lower-sodium fruit chips (e.g., banana, apple, pear)</li> </ul>	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some vegetable chips (e.g., potato, carrot)</li> <li>• Some fruit chips (e.g., banana, apple, pear)</li> </ul>	Fat: > 5g <b>or</b> Saturated fat: > 2g <b>or</b> Sodium: > 480mg  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some vegetable chips that are higher in fat or sodium</li> <li>• Some fruit chips that are higher in fat or sodium</li> </ul>

\*Food high in sugars and starches (natural or added) can leave particles clinging to the teeth and put dental health at risk. Vegetable and fruit choices of particular concern include fruit leathers, dried fruit, and chips (potato or other). It is suggested that these foods be eaten only at meal times and that foods that clear quickly from the mouth be eaten at snack times, such as fresh (raw or cooked), canned, or frozen vegetables or fruit.

\*\*Look for other words for sugar, such as *glucose, fructose, sucrose, dextrose, dextrin, corn syrup, maple syrup, cane sugar, honey, and concentrated fruit juice*.

## Grain Products

<ul style="list-style-type: none"> <li>• Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label.</li> <li>• Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.</li> </ul>			
	<b>Sell Most (≥ 80%)</b>	<b>Sell Less (≤ 20%)</b>	<b>Not Permitted for Sale</b>
	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>
<b>Bread</b>	<p>Whole grain is the first item on the ingredient list  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg  <b>and</b> Fibre: ≥ 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• Whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock</li> <li>• Whole grain pizza dough and flatbread</li> </ul>	<p>Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• White (enriched) breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock</li> <li>• White (enriched) pizza dough</li> </ul>	<p>Saturated fat: &gt; 2g  <b>or</b> Sodium: &gt; 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• White breads that are higher in fat or sodium</li> <li>• Some cheese breads, scones, and biscuits</li> </ul>
<b>Pasta, Rice, and Other Grains</b>	<p>Fat: ≤ 3g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• Whole wheat or white (enriched) pasta, including couscous</li> <li>• White, brown, and wild rice, rice noodles, and soba noodles</li> <li>• Quinoa, bulgur, wheat berries, spelt, and other whole grains</li> </ul>	<p>Fat: ≤ 5g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• Some pasta, rice, and other grains</li> </ul>	<p>Fat: &gt; 5g  <b>or</b> Saturated fat: &gt; 2g  <b>or</b> Sodium: &gt; 480mg</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• Some pasta, rice, and other grains that are higher in fat, saturated fat, or sodium</li> </ul>
<b>Baked Goods</b>	<p>Fat: ≤ 5g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Fibre: ≥ 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• Some muffins, cookies, grain-based bars</li> <li>• Some whole grain waffles and pancakes</li> </ul>	<p>Fat: ≤ 10g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Fibre: ≥ 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• Some muffins, cookies, grain-based bars, snacks</li> <li>• Some waffles and pancakes</li> </ul>	<p>Fat: &gt; 10g  <b>or</b> Saturated fat: &gt; 2g  <b>or</b> Fibre: &lt; 2g</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• Most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries</li> <li>• Some cookies and squares</li> </ul>

### Grain Products (cont.)

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Grain-Based Snacks</b>	Fat: ≤ 3g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 240mg  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some whole grain crackers, pita chips, and flatbreads</li> <li>• Some packaged crackers and popcorn</li> </ul>	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some crackers, pretzels, and popcorn</li> </ul>	Fat: > 5g <b>or</b> Saturated fat: > 2g <b>or</b> Sodium: > 480mg  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Crackers, pretzels, and popcorn higher in fat and sodium</li> <li>• Most corn chips and other snack mixes</li> </ul>
<b>Cereals</b>	Whole grain is the first item on the ingredient list <b>and</b> Saturated fat: ≤ 2g <b>and</b> Fibre: ≥ 2g  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre</li> </ul>		Whole grain is <i>not</i> the first item on the ingredient list <b>or</b> Saturated fat: > 2g <b>or</b> Fibre: < 2g  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some breakfast cereals</li> </ul>

## Milk and Alternatives

- Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list on the food label.
- See the section “Nutrition Standards for Beverages” for the nutrition criteria for fluid milk and fluid milk alternatives.

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Yogurt/Kefir</b>	Fat: ≤ 3.25% M.F.* or ≤ 3g  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Plain and flavoured yogurt, yogurt tubes</li> </ul>		Fat: > 3.25% M.F. or > 3g  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Yogurt higher in fat, such as Balkan-style</li> </ul>
<b>Cheese**</b>	Fat: ≤ 20% M.F. <b>and</b> Sodium: ≤ 360mg <b>and</b> Calcium: ≥ 15% DV***  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Cheeses lower in fat and sodium, including part-skim mozzarella, light cheddar, some Swiss and ricotta</li> </ul>	Sodium: ≤ 480mg <b>and</b> Calcium: ≥ 15% DV  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Most hard and soft, non-processed cheese, including cheddar, mozzarella, brick, parmesan, some feta, Monterey jack, havarti, and gouda; cottage cheese, cheese curds, and cheese strings</li> </ul>	Sodium: > 480mg <b>or</b> Calcium: < 15% DV  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some processed cheese products</li> <li>• Most cream cheese</li> </ul>
<b>Milk-Based Desserts</b>		Fat: ≤ 5g <b>and</b> Sodium: ≤ 360mg <b>and</b> Calcium: ≥ 5% DV  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some frozen yogurt, puddings, custards, ice milk, gelato</li> </ul>	Fat: > 5g <b>or</b> Sodium: > 360mg <b>or</b> Calcium: < 5% DV  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some puddings</li> <li>• Most frozen desserts high in fat and sugar, including ice cream, ice cream bars, ice cream cakes, and ice cream sandwiches</li> </ul>

\*M.F. = Milk Fat. The amount can be found on the front of the food label.

\*\*Encourage selection of lower-fat cheese options.

\*\*\*DV = Daily Value.

## Meat and Alternatives

- Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.
- Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Fresh and Frozen Meat</b>	Fat: $\leq 10\text{g}$ <b>and</b> Sodium: $\leq 480\text{mg}$  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Extra-lean ground meat</li> <li>• Lean beef, goat, lamb, pork, or poultry</li> <li>• Some breaded chicken strips and nuggets</li> <li>• Some lean meatballs</li> <li>• Some lean hamburger patties</li> </ul>	Fat: $\leq 14\text{g}$ <b>and</b> Sodium: $\leq 480\text{mg}$  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Lean ground meat</li> <li>• Beef, goat, lamb, pork, or poultry</li> <li>• Some breaded chicken strips and nuggets</li> <li>• Some meatballs</li> <li>• Some hamburger patties</li> </ul>	Fat: $> 14\text{g}$ <b>or</b> Sodium: $> 480\text{mg}$  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Meat that contains higher amounts of fat or sodium, including chicken wings, bacon, pork and beef ribs</li> <li>• Some wieners</li> <li>• Most pepperoni sticks</li> <li>• Most beef/turkey jerk products</li> </ul>
<b>Deli (Sandwich) Meat</b>	Fat: $\leq 5\text{g}$ <b>and</b> Sodium: $\leq 480\text{mg}$  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some lean deli meat</li> </ul>	Fat: $\leq 5\text{g}$ <b>and</b> Sodium: $\leq 600\text{mg}$  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some lean deli meat</li> </ul>	Fat: $> 5\text{g}$ <b>or</b> Sodium: $> 600\text{mg}$  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Deli meat higher in fat or sodium</li> </ul>
<b>Fish</b>	Fat: $\leq 8\text{g}$ <b>and</b> Sodium: $\leq 480\text{mg}$  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Fresh, frozen, or canned fish</li> </ul>	Fat: $\leq 12\text{g}$ <b>and</b> Sodium: $\leq 480\text{mg}$  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some frozen, breaded fish (e.g., fish sticks)</li> <li>• Fresh, frozen, or canned fish</li> </ul>	Fat: $> 12\text{g}$ <b>or</b> Sodium: $> 480\text{mg}$  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some breaded or battered fish higher in added fat or sodium</li> <li>• Fresh or frozen fish with a higher mercury content*</li> </ul>
<b>Eggs</b>	Fat: $\leq 7\text{g}$ <b>and</b> Sodium: $\leq 480\text{mg}$		Fat: $> 7\text{g}$ <b>or</b> Sodium: $> 480\text{mg}$

### Meat and Alternatives (cont.)

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Nuts, Protein Butters, and Seeds</b>	Not coated with candy, chocolate, sugar, or yogurt <b>and Sodium: ≤ 480mg</b>  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Nut, legume, and seed butters, including peanut, almond, walnut, soy, sesame, and sunflower</li> <li>• Nuts and seeds, including almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds (papas)</li> </ul>		Coated with candy, chocolate, sugar, and/or yogurt <b>or Sodium: &gt; 480mg</b>  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Coated nuts</li> <li>• Some roasted and salted nuts</li> </ul>
<b>Meat Alternatives, such as Tofu, Beans, and Lentils</b>	Fat: ≤ 8g <b>and Sodium: ≤ 480mg</b> <b>and Protein: ≥ 10g</b>  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some vegetarian burgers, simulated meat strips, veggie meatballs, veggie ground round, veggie wieners and sausages, tofu and tempeh</li> <li>• Beans and lentils</li> </ul>		Fat: > 8g <b>or Sodium: &gt; 480mg</b> <b>or Protein: &lt; 10g</b>  <i>Examples:</i> <ul style="list-style-type: none"> <li>• Some vegetarian products high in sodium</li> <li>• Some meat alternatives that are higher in fat or sodium or lower in protein</li> </ul>

\*Certain types of fish may contain levels of mercury that can be harmful to human health. Fish caught in local lakes and streams may have different levels of mercury from those found in stores. Canned “light” tuna contains less mercury than “white” or “albacore” tuna, and salmon generally has low levels of mercury. See Health Canada’s website for continually updated information and a list of fish with low levels of mercury, at <http://www.hc-sc.gc.ca/fn-an/securit/chem-chim/environ/mercur/cons-adv-etud-eng.php>.

## Mixed Dishes

*Note:* Mixed dishes are products that contain more than one major ingredient.

<b>Mixed Dishes With a Nutrition Facts Table</b>			
<ul style="list-style-type: none"> <li>• Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list provided by the supplier.</li> <li>• Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.</li> </ul>			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Entrées</b> (e.g., frozen pizza, sandwiches, pasta, hot dogs)	Fat: ≤ 10g <b>and</b> Saturated fat: ≤ 5g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 10g	Fat: ≤ 15g <b>and</b> Saturated fat: ≤ 7g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 7g	Fat: > 15g <b>or</b> Saturated fat: > 7g <b>or</b> Sodium: > 960mg <b>or</b> Fibre: < 2g <b>or</b> Protein: < 7g
<b>Soups</b>	Fat: ≤ 3g <b>and</b> Sodium: ≤ 720mg <b>and</b> Fibre: ≥ 2g	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 720mg	Fat: > 5g <b>or</b> Saturated fat: > 2g <b>or</b> Sodium: > 720mg
<b>Side Dishes</b> (e.g., grain and/or vegetable salads)	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 360mg <b>and</b> Fibre: ≥ 2g	Fat: ≤ 7g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 360mg	Fat: > 7g <b>or</b> Saturated fat: > 2g <b>or</b> Sodium: > 360mg

## Mixed Dishes (cont.)

<b>Mixed Dishes Without a Nutrition Facts Table</b>			
<ul style="list-style-type: none"> <li>• For every ingredient used, refer to the nutrition criteria in this appendix for the appropriate food groups.</li> <li>• Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.</li> </ul>			
	<b>Sell Most (≥ 80%)</b>	<b>Sell Less (≤ 20%)</b>	<b>Not Permitted for Sale</b>
	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>	<b>Nutrition Criteria</b>
<b>Entrées</b> (e.g., pizza, sandwiches, pasta, hot dogs)	All major ingredients* are from the “Sell Most” category.	One or more major ingredients are from the “Sell Less” category.	Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category.
<b>Soups</b>	All major ingredients are from the “Sell Most” category.	One or more major ingredients are from the “Sell Less” category.	Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category.
<b>Side Dishes</b> (e.g., grain and/or vegetable salads)	All major ingredients are from the “Sell Most” category.	One or more major ingredients are from the “Sell Less” category.	Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category.

\*A major ingredient is any product that is identified in one of the food groups set out in the nutrition standards – that is, Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. *All* pizza toppings are considered major ingredients.

## Miscellaneous Items

<b>Minor Ingredients</b>	
<ul style="list-style-type: none"> <li>• The following are considered minor ingredients and are to be used in limited amounts, as defined under “Serving Size”.</li> <li>• Choose products that are lower in fat and/or sodium.</li> </ul>	
Ingredients	Serving Size
Condiments and Spreads	≤ 15ml (1 tbsp)
Gravies and Sauces	≤ 60ml (4 tbsp)
Dips	≤ 30ml (2 tbsp)
Fats	≤ 5ml (1 tsp)
Oils and Dressings	≤ 15ml (1 tbsp)
Other (e.g., chocolate chips, coconut, olives, parmesan cheese)	≤ 15ml (1 tbsp)

<b>Not Permitted for Sale: Confectionery (Examples)</b>
Candy Chocolate Energy bars Licorice Gum Gummies Popsicles and freezies, if not prepared with 100% juice

## Nutrition Standards for Beverages

Separate beverage standards are provided for elementary and secondary schools.

All beverages sold in schools must meet the standards set out in Ontario Regulation 200/08, “Trans Fat Standards”, made under the Education Act.

### Beverages – Elementary Schools

Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Water</b>	Plain		
<b>Milk and Milk-Based Beverages (Plain or Flavoured)</b>	Fat: ≤ 2% M.F.* or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium: ≥ 25% DV** <b>and</b> Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g <b>or</b> Sugar: > 28g <b>or</b> Calcium: < 25% DV <b>or</b> Container size: > 250ml
<b>Yogurt Drinks</b>	Fat: ≤ 3.25% M.F. or ≤ 3g <b>and</b> Container size: ≤ 250ml		Fat: > 3.25% M.F. or > 3g <b>or</b> Container size: > 250ml
<b>Soy/Milk Alternative Beverages (Plain or Flavoured)</b>	Fortified with calcium and vitamin D <b>and</b> Container size: ≤ 250ml		Unfortified <b>or</b> Container size: > 250ml
<b>Juices or Blends: Vegetable or Fruit</b>	100% juice, pulp, or purée <b>and</b> Unsweetened/No sugar added <b>and</b> Container size: ≤ 250ml		< 100% juice, pulp, or purée <b>or</b> Sugar in the ingredient list <b>or</b> Container size: > 250ml
<b>Hot Chocolate</b>	Fat: ≤ 2% M.F. or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium: ≥ 25% DV <b>and</b> Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g <b>or</b> Sugar: > 28g <b>or</b> Calcium: < 25% DV <b>or</b> Container size: > 250ml
<b>Coffee and Tea</b>			All Coffee and Tea
<b>Iced Tea</b>			All Iced Tea
<b>Energy Drinks</b>			All Energy Drinks
<b>Sports Drinks</b>			All Sports Drinks
<b>Other Beverages</b> (e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limeade)			All Other Beverages

\*M.F. = Milk Fat. The amount can be found on the front of the food label.

\*\*DV = Daily Value.

## Beverages – Secondary Schools

Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.

	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Water</b>	Plain		
<b>Milk* and Milk-Based Beverages (Plain or Flavoured)</b>	Fat: ≤ 2% M.F.** or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium: ≥ 25% DV***		Fat: > 2% M.F. or > 5g <b>or</b> Sugar: > 28g <b>or</b> Calcium: < 25% DV
<b>Yogurt Drinks</b>	Fat: ≤ 3.25% M.F. or ≤ 3g		Fat: > 3.25% M.F. or > 3g
<b>Soy/Milk Alternative Beverages (Plain or Flavoured)</b>	Fortified with calcium and vitamin D		Unfortified
<b>Juices or Blends: Vegetable or Fruit</b>	100% juice, pulp, or purée <b>and</b> Unsweetened/No sugar added		< 100% juice, pulp, or purée <b>or</b> Sugar in the ingredient list
<b>Hot Chocolate</b>	Fat: ≤ 2% M.F. or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium: ≥ 25% DV		Fat: > 2% M.F. or > 5g <b>or</b> Sugar: > 28g <b>or</b> Calcium: < 25% DV
<b>Coffee and Tea</b>		Decaffeinated	Caffeinated
<b>Iced Tea</b>		Calories: ≤ 40 <b>and</b> Decaffeinated	Calories: > 40 <b>or</b> Caffeinated
<b>Energy Drinks</b>			All Energy Drinks
<b>Sports Drinks</b>			All Sports Drinks
<b>Other Beverages</b> (e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limeade)		Calories: ≤ 40 <b>and</b> Caffeine-free	Calories: > 40 <b>or</b> with caffeine

\*Milk can be sold in containers that hold multiple servings.

\*\*M.F. = Milk Fat. The amount can be found on the front of the food label.

\*\*\*DV = Daily Value.