

Food and Beverage Nutrient Criteria for Regulated Child Care Settings: A Quick Reference for Shopping

Note: The serving sizes on these cards reflect those used in Canada's Food Guide. They may be different from the serving sizes used on food labels.

If there is a discrepancy between the information provided in this reference and the Food and Beverage Criteria in Regulated Child Care Settings, the latter will be considered the correct version.

Dark green vegetables:

Asparagus, green beans, bok choy/Chinese cabbage, broccoli, Brussels sprouts, edamame, fiddle heads, endive, kale/collards, leeks, lettuce (romaine), mesclun mix, mustard greens, okra, peas, green pepper, seaweed, snow peas, spinach, zucchini

Orange fruit and vegetables:

Carrots, pumpkin, squash, sweet potato, yam, apricot, cantaloupe, mango, nectarine, papaya, peach

Note: Serving additional fruit and vegetables, such as berries, are excellent menu items.

SHOPPING FOR FRUIT AND VEGETABLES

Canned vegetables: select items with no sodium added, low sodium or packed in water as often as possible

Canned fruit: select items without added sugar or sugar substitutes, packed in juice, light syrup or water as often as possible

Frozen fruit: 100% fruit, without added sugar and sugar substitutes

Apple sauce: 100% fruit, without added sugar and sugar substitutes

PREPARED VEGETABLES, FROZEN

Serving Size	Sodium	Fat	Sugar
½ cup 110 g or 125 mL	360 mg or less	3g or less, total fat 2g or less, combined saturated and	No added sugar

Examples: French fries, vegetables in sauces

100% FRUIT AND VEGETABLE JUICE/BLENDS

100% FROZEN, UNSWEETENED JUICE BARS

Serving Size	Sodium	Fat	Sugar
½ cup	240 mg or less	N/A	No added sugar No sugar substitutes

Examples: Vegetable juices, vegetable blends, fruit juices, frozen bars made with 100% real juice

BREAD PRODUCTS

Serving Size	Sodium	Fat	Sugar	Fibre
1 slice of bread (35g) ½ bagel (45 g) ½ pita or tortilla (45 g)	240 mg or less	2 g or less, saturated and trans fat combined	8 g or less	1.6 g or more

Examples: Buns, rolls, bagels, English muffins, pita bread, soft tortilla, bannocak, chapatti, roti, naan, pizza crust

PANCAKES AND WAFFLES

Serving Size	Sodium	Fat	Sugar	Fibre
35 g	115 mg or less	2 g or less, saturated and trans fat combined	5 g or less	1 g or more

Examples: Frozen or prepared pancakes or waffles

READY-TO-EAT COLD AND HOT CEREALS

Serving Size	Sodium	Fat	Sugar	Fibre
Cold Cereal: ¾ - 1 cup 175 - 250 mL or 30 g Prepared Hot Cereal: ¾ cup 175 mL	350 mg or less	2 g or less, saturated and trans fat combined	11 g or less	2 g or more

Examples: Wheat squares, oat O's, oatmeal

PASTA: FRESH OR DRIED (NO CONDIMENTS OR FILLING)

Serving Size	Sodium	Fat	Sugar	Fibre
85 g (Dry Serving)	140 mg or less	2 g or less, saturated and trans fat combined	N/A	3 g or more

Examples: Whole wheat pasta (macaroni, spaghetti, lasagna, penne, pasta side dish)

BAKED GOODS: FRESH OR FROZEN (NO SWEETENED FILLINGS)

Serving Size	Sodium	Fat	Sugar	Fibre
35 g	250 mg or less	2 g or less, saturated and trans fat combined	50% or less of carbohydrate from sugar No sugar substitutes	2 g or more

Examples: Muffins, fruit or vegetable based loaves and scones

CRACKERS & RICE CRACKERS

Serving Size	Sodium	Fat	Sugar	Fibre
Crackers: 30 g	360 mg or less	2 g or less, saturated and trans fat combined	2 g or less	1.6 g or more
Rice Crackers: 30 g	280 mg or less		N/A	N/A

Examples: Whole wheat, or whole grain crackers, plain rice cakes, plain rice crackers

YOGURT OR KEFIR AND YOGURT BEVERAGES

Serving Size	Sodium	Sugar
Yogurt or Kefir: ¾ cup 175 g	140 mg or less	30 g or less
Yogurt Beverage: 200 mL		No sugar substitutes

Examples: Plain or fruit flavored yogurt, flavored yogurt beverage

PUDDINGS AND CUSTARDS

Serving Size	Sodium	Sugar
½ cup	450 mg or less	30 g or less

Examples: Ready-to-eat or prepared from milk

POULTRY

FROZEN, PLAIN, SEASONED, COATED

Serving Size	Sodium	Fat
2 ½ ounce	216 mg or less	12.75 g or less, total fat

Examples: Fresh, frozen, plain, unseasoned, with or without skin

CHEESE

Serving Size	Sodium	Sugar
Cheese: 1 ½ ounce 50 g	480 mg or less	N/A
Ricotta Cheese: 55 g	240 mg or less	No added sugar

Examples: Cheddar, mozzarella, Swiss, brick, plain ricotta cheese

FLAVORED MILK OR SOY BEVERAGE

Serving Size	Sodium	Sugar
1 cup 250 mL	200 mg or less	28 g or less

Examples: Chocolate milk, vanilla or chocolate soy beverage

FISH, SEAFOOD AND SHELLFISH FROZEN, PLAIN, SEASONED, COATED

Serving Size	Sodium	Fat
2 ½ ounces 75 g or 125 mL	216 mg or less	3.5 g or less, saturated and trans fat combined

Examples: Fresh or frozen haddock

BEEF, PORK AND LAMB FROZEN, SEASONED

Serving Size	Sodium	Fat
2 ½ ounce 75 g or 125 mL	216 mg or less	12.75 g or less, total fat 4.5 g or less of saturated fat

Examples: Fresh or frozen meat

PROCESSED MEATS

Serving Size	Sodium	Fat
2 ½ ounces 75 g or 125 mL	490 mg or less	7.5 g or less, total fat 5% or less, total fat from saturated and trans fat combined

Examples: luncheon meats, sliced turkey, chicken, ham, roast beef, canned meat

EGG SUBSTITUTE

Serving Size	Sodium	Fat
¼ cup	115 mg or less	3.7 g or less

Examples: Liquid egg

DINNERS OR MIXED ENTRÉES

Serving Size	Sodium	Fat
1 cup 250 mL	720 mg or less	2 g or less, saturated fat Trans fat 5% or less of total fat

Examples: prepared stews, chili, dahls, casseroles, lasagna, Shepherd's pie

PIZZA

Serving Size	Sodium	Fat
1 slice 140 g	480 mg or less	10 g or less, trans fat 5% or less, total fat

Examples: Prepared pizza

LEGUMES (PREPARED)

Serving Size	Sodium	Fat
¾ cup	500 mg or less	N/A

Examples: Baked beans, bean salads

VEGETARIAN PRODUCTS SOY, TOFU, ETC

Serving Size	Sodium	Fat
2 ½ ounce 75 g or 125 mL	450 mg or less	7.5 g or less, total fat 2 g or less, saturated and trans fat

Examples: Veggie ground beef, veggie burgers, tofu

SOUPS AND CHOWDERS

Serving Size	Sodium	Fat
1 cup 250 mL	480 mg or less	2 g or less, saturated fat Trans fat 5% or less of total fat

Examples: Corn or seafood chowder, broth or cream based soups

SAUCES

Serving Size	Sodium	Fat
¾ cup 175 mL	750 mg or less	3 g or less, saturated fat Trans fat 5% or less of total fat

Examples: Meat, vegetarian, tomato or cream sauces

FOODS NOT TO SERVE

- x Fruit based drinks that do not contain 100% juice (e.g. fruit drinks, fruit punch, fruit beverages, fruit-flavored drinks, lemonade)
- x Battered vegetables (e.g. battered zucchini)
- x Sweetened gelatin (e.g. jellied deserts)
- x Pickles
- x Dried vegetables with added sugar, sugar substitutes, added fat
- x Hard taco shells
- x Ice cream and frozen desserts (e.g. freezies and popsicles)
- x Processed cheese spread and slices
- x Low fat or non fat milk to children under 24 months
- x Hot dogs, bologna, salami, pepperoni, bacon and sausages
- x Foods or beverages containing sugar substitutes
- x Candy and chocolate, including chocolate spreads

READ INGREDIENT LISTS FOR ALLERGENS

Search ingredient lists for priority allergy ingredients and avoid them if there is an allergy in your center.

- Tree nuts (almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts)
- Peanuts
- Soy
- Sesame seeds
- Wheat
- Eggs
- Milk
- Fish, shellfish, crustaceans
- Sulphites

FOODS NOT TO SERVE CONTINUED

- x Marshmallow
- x Snack foods (e.g. potato chips, tortilla chips, cheese puffs, pretzels)
- x Pop and diet pop
- x Sport and energy drinks
- x Water with added flavors, sweeteners, vitamins, minerals
- x Pastries and doughnuts
- x Grain products with sugar substitutes
- x Popcorn (under four years of age)
- x Honey and products containing honey (under one year of age)
- x Yogurt containing sugar substitutes
- x Nuts (under four years of age)
- x Fish with bones
- x Unpasteurized food and beverages
- x Homemade preserves

INGREDIENT STATEMENTS MAY BE HELPFUL

- "Lactose free" - does not contain the carbohydrate lactose.
- "Gluten free" - product does not contain wheat, including spelt and kamut, or oats, barley, rye or triticale.
- "Sweetened" - indicates additional sugar or other sweeteners may have been added.
- "Contains milk ingredients" - milk products were used in production of product.
- "May contain peanuts or tree nuts" - peanuts or tree nuts may be in the product or may have some into contact with the product.

ADDED SUGAR AND SUGAR SUBSTITUTES WILL BE LISTED IN THE INGREDIENT LIST

Artificial sweeteners:

Aspartame (Equal), Acesulfame-potassium, polydextrose, sucralose (Splenda), thaumatin

Sugar alcohols:

Sorbitol, isomalt, alctitol, malitol, mannitol and xylitol

Added sugar:

Cane juice, syrup, dextrose, fructose, sucrose, glucose, maltose, lactose, fruit juice concentrate

LOCATING SODIUM, FAT, SUGAR AND FIBRE ON FOOD LABELS

Nutrition Facts	
Per 3/4 cup (175g)	
Amount	% Daily Value
Calories 160	
Fat 2.5 g	4 %
Saturated 1.5 g	8 %
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 75 mg	3 %
Carbohydrate 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 17 %	Iron 0 %

This is the **servicing size**. All other values represent how much of the nutrient is in the serving size.

This is the amount of **total fat** including unsaturated, saturated and trans fats.

This is the amount of only **saturated fat**

This is the amount of only **trans fat**

This is the amount of **sodium**

This is the amount of **fiber**

This is the amount of **sugar**

Percentage values represent the **Daily Value**. These values are based on a 2000 calorie *adult* diet. The daily values may still be useful to tell if a product has "a lot" or "a little" of a nutrient. "A lot" is greater than 15% and "a little" is less than 5%.

CONVERTING SERVING SIZES

Nutrition Facts	
Serving Size 28g	
Servings per Container about 10	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 1g	5 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 180mg	8 %
Total Carbohydrate 19g	6 %
Dietary Fiber 3g	12 %
Sugars 0g	
Protein 3g	
Vitamin A 0 %	Calcium 0 %
Vitamin C 0 %	Iron 4 %

30 g (serving from criteria) ÷ 28 g (serving on container) = **1.07**

Saturated and trans fat:

1 g + 0 g x 1.07 = 1.07 g

Sodium:

180 mg (from label) x 1.07 (from above) = 192.6 mg

Fibre:

3 x 1.07 = 3.21 g

Sugar:

0 g x 1 = 0 g

Compare calculated values with the values provided in food and beverage nutrient criteria.

SODIUM CONTENT AND FOOD LABELS

These phrases may be useful when looking for items with no, low, or reduced sodium:

- "free of sodium"
- "sodium-free"
- "no sodium"
- "0 sodium"
- "zero sodium"
- "without sodium"
- "contains no sodium"
- "free of salt"
- "salt-free"
- "no salt"
- "0 salt"
- "without salt"
- "contains no salt"
- "low in sodium"
- "low sodium "
- "low source of sodium"
- "little sodium"
- "contains only (number) mg of sodium per serving"
- "contains less than (number) mg of sodium per serving"
- "low salt"
- "low in salt"
- "little salt"
- "reduced in sodium"
- "reduced sodium"
- "sodium-reduced"
- "less sodium"
- "lower in sodium"
- "reduced in salt"
- "reduced salt"
- "salt-reduced"
- "less salt"
- "lower salt"
- "lower in salt"

FIBRE CONTENT AND FOOD LABELS

These phrases may be useful when looking for items with higher fibre content:

Note: Fibre may be called "dietary fibre" on a label.

- "source of fibre"
- "contains fibre"
- "provides fibre"
- "made with fibre"
- "high source of fibre"
- "high fibre"
- "very high source of fibre"
- "very high fibre"
- "fibre rich"
- "rich in fibre"
- "high in fibre"

SUGAR CONTENT AND FOOD LABELS

These phrases may be useful when looking for items free of sugar and no added sugar:

- "free of sugar"
- "sugar-free"
- "no sugar"
- "0 sugar"
- "zero sugar"
- "without sugar"
- "contains no sugar"
- "sugarless"
- "no added sugar"
- "no sugar added"
- "without added sugar"

** it is important to note that items without sugar may contain sugar substitutes.

FAT CONTENT AND FOOD LABELS

These phrases may be useful when looking for items low in fat or reduced in fat:

- "low in fat"
- "low fat"
- "low source of fat"
- "little fat"
- "contains only (number) g of fat per serving"
- "contains less than (number) g of fat per serving"
- "reduced in fat"
- "reduced fat"
- "fat-reduced"
- "less fat"
- "lower fat"
- "lower in fat"

Note: Fat is important for the proper growth and development of children. These phrases are not intended to encourage the selection of low fat options, but rather to help identify items that may contain lower amounts of saturated and trans fats.