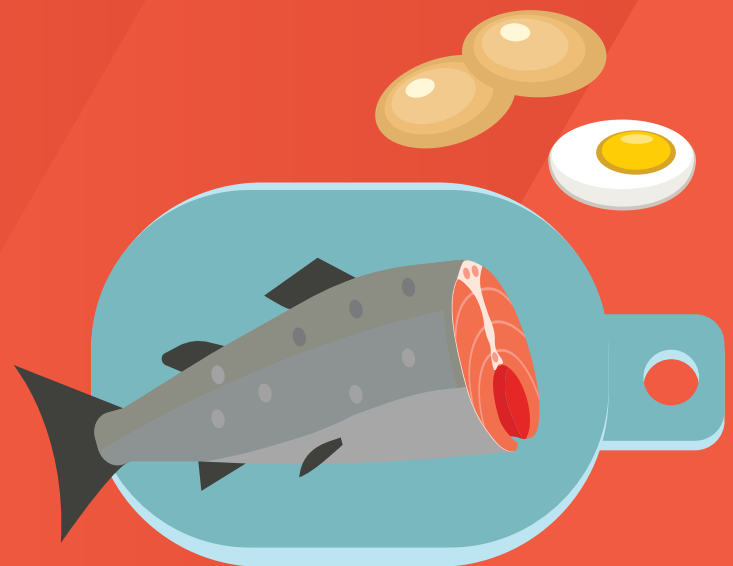
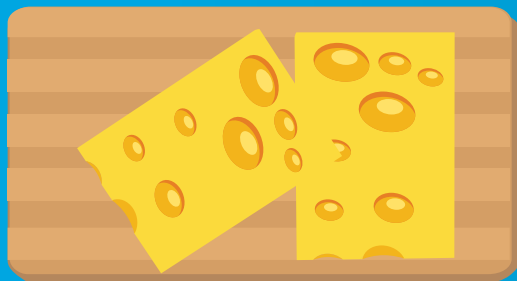
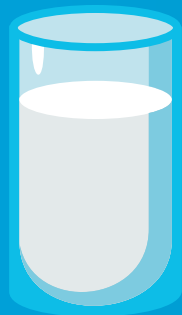


Nova Scotia Food and Beverage Nutrient Criteria





Contents

- Introduction 1
- Purpose 2
- Nutrients of Concern..... 3
- Quantities 5
- Nutrient Criteria 6

- Categories of Nutrient Criteria for the Major Food Groups
 -  Vegetables and Fruit 7
 -  Grain Products 8
 -  Milk and Alternatives..... 10
 -  Meat and Alternatives..... 12
 -  Beverages 14
 -  Condiments, Dressings, Sauces, Dips, and Spreads. . 15
 -  Mixed Foods 16

- Definitions 20

- Appendix 1:**
Foods and Beverages That Do Not Meet
Maximum or Moderate Nutrition Criteria 22





Introduction

When people have a supportive environment for eating well, healthy food and beverages become the easiest choice—the “default.” People spend less energy struggling to resist less-healthy foods and beverages. One way to create a supportive environment is to create food and nutrition policies, standards, and guidelines.

Since 2005, Nova Scotia has been a national leader with broad policies, standards, and guidelines that support healthy eating in public schools, regulated childcare, and sport and recreation settings. The province also continues to increase people’s access to healthy foods and beverages in other publicly funded institutions including health care and post-secondary education settings, and more.

The *Nova Scotia Food and Beverage Nutrient Criteria* sets limits on salt, sugar, and fat in foods and beverages, and promotes using whole foods such as whole grains, low-fat dairy, vegetables, and fruit as the main ingredients. The criteria were developed based on the latest evidence, existing criteria, input from stakeholders and experts, a technical document that was developed by registered dietitians from across the country, and availability of products.

Various settings will use the *Nova Scotia Food and Beverage Nutrient Criteria* differently, creating policies that work with percentages of Maximum and Moderate Nutrition based on the context of that setting. Policy documents for each setting will outline these specific requirements, show any limits on the Minimum Nutrition category for foods and beverages, and note any foods and beverages NOT to be served and sold.



Purpose

The Food and Beverage Nutrient Criteria is designed as a resource to support healthy eating policies and guidelines across sectors in Nova Scotia. The purpose of this resource is to make sure that the foods and beverages that are served and sold support an environment for good health.

The Food and Beverage Nutrient Criteria document has 5 main objectives:

- 1 support a cultural shift** towards whole, minimally processed foods and beverages
- 2 increase the healthy foods and beverages** we have access to, consume, and promote
- 3 decrease the unhealthy foods and beverages** we have access to, consume, and promote
- 4 create a food environment** that supports eating well
- 5 follow a consistent approach** across sectors for developing and carrying out a healthy eating policy



Nutrients of Concern

This table highlights why some nutrients are limited in the food and beverage criteria.

Nutrient	Key message and background
Total Fat	Use, but use less We DO need to eat some fat to help our brain and nerve cells grow, and to absorb vitamins like A and D that need fat to absorb into the body.
Saturated Fat	Limit Many foods contain saturated fat, including <ul style="list-style-type: none">• animal foods like beef, chicken, lamb, pork, and veal• dairy products like butter, cheese, and whole milk• lard and shortening• processed foods
Trans Fat	Limit artificial trans fat Animal products—meat and dairy—naturally contain small amounts of trans fat. However, most of the trans fats that we eat in Canada are artificial and come from <ul style="list-style-type: none">• margarines (particularly hard margarines)• commercially fried foods• bakery goods made with shortening, margarines, and oils that contain some hydrogenated oils and fat. These include cakes, cookies, crackers, croissants, doughnuts, pastries, and other snack foods.
Sodium	Limit While some foods and beverages naturally contain sodium, approximately 75–80% of the sodium we eat comes from processed foods. This includes packaged and ready-to-eat foods, and salty snacks.
Sugar	Reduce intake A healthy, well-balanced diet naturally contains some sugars. Fruit, vegetables, dairy products, and many grains contain monosaccharides such as fructose, and disaccharides such as sucrose and lactose. The North American diet has included more sugar in recent years. This is because of the added sugars and syrups in many processed foods and beverages including fruit juice, fruit juice concentrates, and concentrated fruit purees. Sugars and syrups are often added at the table as well.


Fibre	Use plenty Foods that contain fibre include vegetables, fruit, and legumes such as peas, beans, lentils, and whole grains and cereals.
Protein	Use enough Foods and beverages that contain high-quality protein include foods that contain meat and meat alternatives (choose lean meats more often) such as poultry, fish, beans and peas, eggs, soy products, nuts, and seeds.
Calcium	Use enough Foods and beverages that contain calcium include milk, some milk alternatives, yogurt, cheese, almonds, and some leafy greens. Many foods and beverages are now fortified with calcium and Vitamin D.
Sugar Substitutes	Limit intake Sugar substitutes include: aspartame, saccharine, sucralose, stevia, acesulfame-potassium, polydextrose, isomalt, lactitol, maltitol, mannitol, sorbitol, xylitol, and thaumatin.
Caffeine	Limit intake Caffeine is a stimulant and is addictive. Foods and beverages that contain caffeine include cola drinks, coffee, tea, "energy drinks," and chocolate. Follow these recommendations with caffeine <ul style="list-style-type: none">• use with caution for children and youth• limit intake to 400 mg/day for adults



Quantities

Serving sizes

In determining the nutrient criteria for various types of foods, we based serving sizes on Eating Well with Canada’s Food Guide. Foods from the same food group contain similar levels of key nutrients. When Canada’s Food Guide did not identify a specific serving size, we used serving sizes in *Nutrient Value of Some Common Foods*. Where applicable, imperial and metric measurements are included.



Nutrient Value of Some Common Foods

hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-eng.php

Lists 19 nutrients for 1000 of the foods Canadians eat most often. It includes nutrients for mixed dishes and single ingredients.

Percentage of total daily calories

Health Canada recommends:

Fat = 25–35%

Saturated fat = 5.8–7.2%

Trans fat = 5% of total fat as Health Canada recommends

The Acceptable Macronutrient Distribution range for protein is:

Protein = 10–30%

For children, 10–30% of calories should come from protein. The average for children and youth is 14.7%.

Carbohydrates = 55–60%

The remainder of your daily calories from carbohydrate sources and averages about 55-60% of calories per serving.

Nutrient Criteria

The healthiest foods and beverages to plan your menus

There are three categories to show how rich in nutrients many foods and beverages are:

Maximum, Moderate, and Minimum.

Maximum Nutrition

These are the healthiest foods and beverages. They contain

- the most nutrients
- little or no saturated fats or trans fats
- little or no added fat, sugar, or sodium (salt)
- higher amounts of naturally occurring fibre
- no sugar substitutes

They have had little or no processing.

Moderate Nutrition

Foods and beverages in this category contain some essential nutrients, and they contain no sugar substitutes. However, they do contain

- added fat, sugar, or sodium
- lower levels of naturally occurring fibre

They have had some processing.

Minimum Nutrition

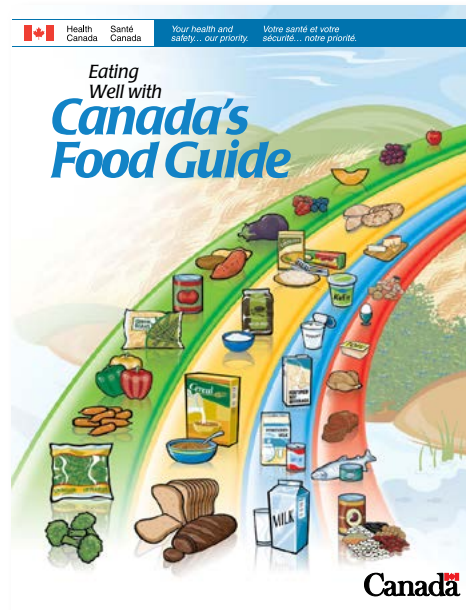
Limit the amount of these foods.

They contain

- few or no nutrients
- a lot of added fat, sugar, or sodium
- sugar substitutes and caffeine

They have had some or a lot of processing.

There is a list of some common Minimum Nutrition foods in Appendix 1.



Eating Well with Canada's Food Guide recommends limiting certain foods and beverages in our diet. Please follow this link to find out more.

hc-sc.gc.ca/fn-an/food-guide-aliment/maintain-adopt/limit-eng.php

Vegetables and Fruit

Maximum Nutrition

Maximum Nutrition vegetables and fruit have had little or no processing. Being prepared for canning, freezing, or packaging is NOT the same as processing. Maximum nutrition vegetables and fruit have NO added sodium, sugar, sugar substitutes, or fat.

Concentrated fruit puree and concentrated fruit juice are NOT in this category. They contain added sugars.

Natural vegetables and fruit

100% fresh, frozen, or canned



Nutrition Facts	
Serving Size	
most fruit and vegetables	1 small to medium or 125 ml • 1/2 cup
leafy salad	250 ml • 1 cup
cooked leafy vegetables	125 ml • 1/2 cup
unsweetened fruit sauce such as applesauce, made with NO sugar	125 ml • 1/2 cup
Fat	None added, naturally occurring only
Trans Fat	0 g
Sodium	none added, naturally occurring only
Sugar	none added, naturally occurring only and NO sugar substitutes
Fibre	none added, naturally occurring only

Moderate Nutrition

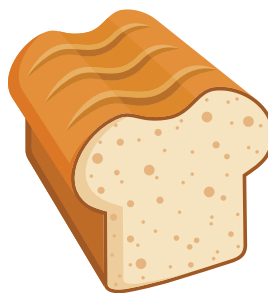
Moderate Nutrition vegetables and fruit contain some added sugar, salt, or fat and have had some processing. They contain NO sugar substitutes.

Processed vegetables and fruit that are cooked, baked, dried, canned, or processed with some added sugar, sodium, or fat



Nutrition Facts	
Serving Size	
dried fruit	30 ml • 1/8 cup
100% juice	125 ml • 1/2 cup
fruit sauce	125 ml • 1/2 cup
vegetable, fruit, baked crisps, or chips	50 g
100% fruit leather	14 g
Fat	≤ 5 g
Saturated Fat	≤ 2 g
Trans Fat	0 g
Sodium	≤ 200 mg
Sugar	≤ 16 g sugar and NO sugar substitutes
Fibre	none added, naturally occurring only

Grain Products



Maximum Nutrition

Maximum Nutrition grain products are those that are considered to be whole grain. Grain products are considered whole grain if the first grain listed on the ingredient list of prepackaged foods is a whole grain OR if your recipe includes whole-grain flour, or 100% whole wheat including the germ. Whole grains include whole wheat flour, cracked wheat, whole oats, whole rye, whole-grain corn, brown rice, wild rice, oat bran, barley, bulgur, and quinoa.

Whole grains, whole-grain cereals, and whole-grain pastas

Nutrition Facts	
Serving Size	
cold cereal	30 g
cooked hot cereal	175 ml • 3/4 cup
cooked brown or wild rice	125 ml • 1/2 cup
cooked pasta	125 ml • 1/2 cup
plain popped corn	2 cups
Fat	≤ 3 g
Saturated Fat	≤ 1 g
Trans Fat	0 g
Sodium	≤ 140 mg
Sugar	≤ 6 g and NO sugar substitutes
Fibre	naturally occurring only

Whole-grain bread and baked foods

Nutrition Facts	
Serving Size	
bread	1 slice • 35 g
bagel	1/2 or 45 g
muffin or quick bread such as banana bread	35 g
granola-type cereal, granola bar, or cookie	30–38 g
baked goods	30–38 g
pancake or waffle	35 g
Naan, roti, pita, or wrap	35 g
pizza crust	35 g
rice cakes	2 medium
crackers	20–25 g
Fat	≤ 5 g (≤ 7 g if nuts or seeds are added)
Saturated Fat	≤ 2 g
Trans Fat	0 g
Sodium	≤ 200 mg
Sugar	≤ 10 g and NO sugar substitutes
Fibre	naturally occurring only

Moderate Nutrition

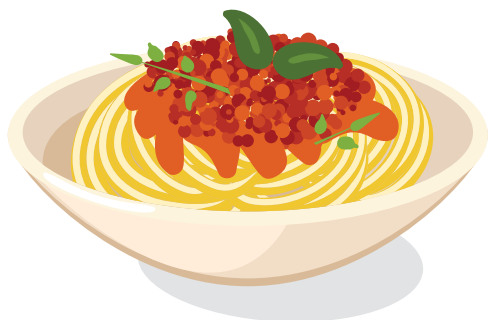
The first ingredient of a Moderate Nutrition grain food must be a grain product: grain, grain flour, or bran.

Grains, cereals, and pastas

Nutrition Facts	
Serving Size	
cold cereal	30 g
cooked hot cereal	175 ml • 3/4 cup
cooked rice	125 ml • 1/2 cup
cooked pasta	125 ml • 1/2 cup
plain popped corn	2 cups
Fat	≤ 5 g
Saturated Fat	≤ 2 g
Trans Fat	0 g
Sodium	≤ 180 mg
Sugar	≤ 10 g and NO sugar substitutes
Fibre	naturally occurring only

Bread and baked grain foods

Nutrition Facts	
Serving Size	
bread	1 slice • 35 g
bagel	1/2 bagel • 45 g
muffin or quick bread (e.g., banana bread)	35 g
Naan, roti, pita, or wrap	35 g
granola-type cereal, granola bar, or cookie	30–38 g
pizza crust	35 g
pancake or waffle	35 g
rice cakes	2 medium
crackers	20–25 g
Fat	≤ 7 g (≤ 9 g if nuts or seeds are added)
Saturated Fat	≤ 3 g
Trans Fat	0 g
Sodium	≤ 200 mg
Sugar	≤ 16 g and NO sugar substitutes
Fibre	naturally occurring only



Milk and Alternatives

Maximum Nutrition

Maximum Nutrition milk, and alternatives like yogurt, soy products, and cheese, are lower in fat, have little or no added sodium or sugar, and do NOT contain sugar substitutes.



Unsweetened 2%, 1%, and skim fluid milks and evaporated fluid milk, powdered dry milk

Nutrition Facts	
Serving Size	
2%, 1%, or skim	250 ml • 1 cup
undiluted evaporated	125 ml • 1/2 cup
powdered	75 ml • 25 g
Sugar	≤ 13 g and NO sugar substitutes

Fortified (added calcium and Vitamin D) beverages, yogurt, kefir, and soygurt

Nutrition Facts	
Serving Size	
2%, 1%, or skim fluid fortified milk alternative	250 ml • 1 cup
yogurt, soygurt and kefir	175 ml • 3/4 cup
drinkable yogurt	200 ml
Fat	≤ 5 g
Saturated Fat	≤ 3 g
Trans Fat	≤ 0.3 g
Sodium	≤ 120 mg
Sugar	≤ 13 g and NO sugar substitutes

Cheese

Hard cheese such as cheddar and mozzarella, and soft cheese such as ricotta and cottage cheese

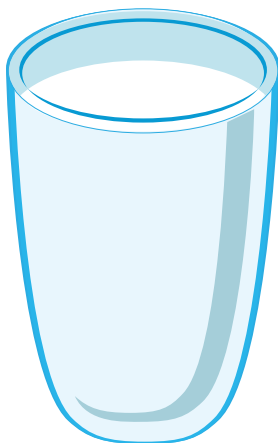
Nutrition Facts	
Serving Size	
hard or soft cheeses	50 g
cottage cheese	125 ml • 115 g
Fat	≤ 10 g (≤ 5 g for cottage cheese)
Saturated Fat	≤ 6 g (≤ 3 g for cottage cheese)
Trans Fat	≤ 0.5 g
Sodium	≤ 350 mg
Sugar	0 g (≤ 6 g for cottage cheese)

Moderate Nutrition

Moderate Nutrition milk, and alternatives such as flavoured milk, yogurt, soy products, cheese, frozen yogurt, and milk puddings, are higher in fat, contain some added sugar and salt, but do NOT contain sugar substitutes.

Flavoured 2%, 1% and skim fluid milk, flavoured fortified (added calcium and Vitamin D) beverages, yogurt, kefir, and soygurt

Nutrition Facts	
Serving Size	
flavoured milk	250 ml • 1 cup
yogurt, kefir, and soygurt	175 ml • 3/4 cup
drinkable yogurt	200 ml
Fat	≤ 6 g
Saturated Fat	≤ 4 g
Trans Fat	≤ 0.3 g
Sodium	≤ 180 mg
Sugar	≤ 21 g and NO sugar substitutes



Cheese

Hard cheese such as cheddar and gouda, soft cheese such as ricotta, goat, and cottage cheese

Nutrition Facts	
Serving Size	
hard or soft cheeses	50 g
cottage cheese	125 ml • 115 g
Fat	≤ 20 g (≤ 5 g for cottage cheese)
Saturated Fat	≤ 10 g (≤ 3 g for cottage cheese)
Trans Fat	≤ 0.5 g
Sodium	≤ 450 mg
Sugar	0 g (≤ 6 g for cottage cheese, ≤ 20 g when fruit added)

Puddings and custards

Nutrition Facts	
Serving Size	
First ingredient must be milk or alternative milk products such as soy, coconut, almond, rice, flax, or potato	125 ml
Fat	≤ 3 g
Saturated Fat	≤ 2 g
Trans Fat	≤ 0.3 g
Sodium	≤ 200 mg
Sugar	≤ 20 g and NO sugar substitutes
Calcium	≥ 10% DV

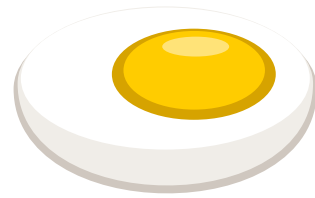
Meat and Alternatives

Maximum Nutrition

Maximum Nutrition meat and alternatives, including fish, poultry, meat, eggs, legumes, nuts, and tofu, are lower in fat, have little or no added sodium, and do NOT contain sugar substitutes or added sugar.

Fresh or frozen fish, lean meat and poultry that is baked, broiled, boiled, poached, roasted, or grilled.

(It must NOT be altered or seasoned before you buy it, and must contain NO added salt, fat, sugar, or preservatives or nitrates.)

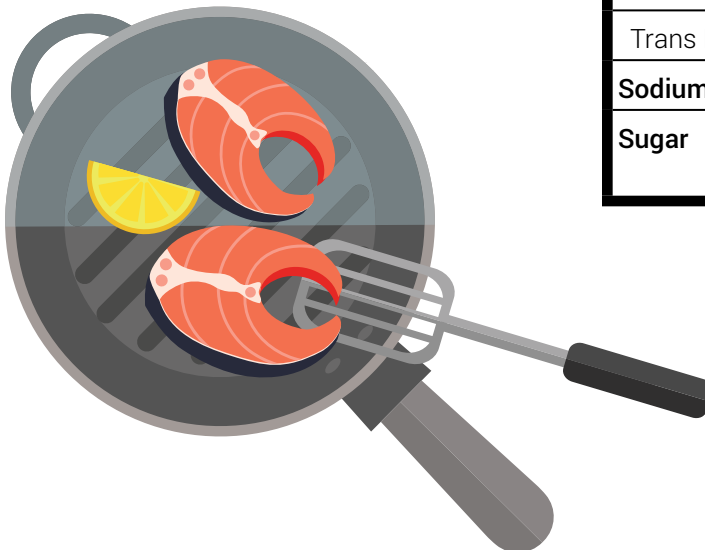


Alternatives: Eggs, legumes, nuts, seeds, nut butters and tofu. Nuts, seeds, and nut butters must contain NO added sodium or sugar.

(Nuts, seeds and nut butters contain more fat, but it must be naturally occurring and not added.)

Nutrition Facts	
Serving Size	
ground, cooked	2.5 oz • 75 g
	125 ml
Fat	≤ 8 g
Saturated Fat	≤ 3 g
Trans Fat	≤ 0.5 g
Sodium	none added, naturally occurring only

Nutrition Facts	
Serving Size	
eggs	2
nut butters	30 ml • 2 tbsp
tofu	175 ml • 3/4 cup • 150 g
cooked legumes	175 ml • 3/4 cup
nuts and seeds	60 ml • 1/4 cup
hummus	60 ml • 1/4 cup
Fat	≤ 10 g
Saturated Fat	≤ 3 g
Trans Fat	≤ 0.5 g
Sodium	≤ 200 mg
Sugar	naturally occurring and NO sugar substitutes



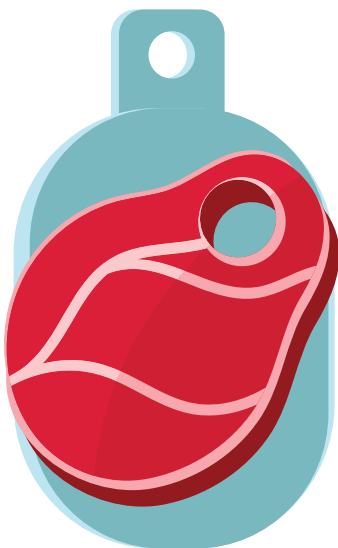


Moderate Nutrition

Moderate Nutrition meat and alternatives are higher in fat, contain some added sugar and salt, but do NOT contain sugar substitutes.

Fish, lean meat and poultry that has been processed, with added salt, fat, or breading. (Includes pre-made hamburger patties and meatballs.)

Nutrition Facts	
Serving Size	
ground, cooked	2.5 oz • 75 g
	125 ml
Fat	≤ 10 g
Saturated Fat	≤ 5 g
Trans Fat	≤ 0.5 g
Sodium	≤ 400 mg



Alternatives: Eggs, legumes, nuts, seeds, nut butters, and tofu.

(Nuts, seeds, and nut butters may contain more naturally occurring fat, but added fat must be monounsaturated or polyunsaturated.)

Nutrition Facts	
Serving Size	
eggs	2
nut butters	30 ml
tofu	175 ml • 3/4 cup • 150 g
cooked legumes	175 ml • 3/4 cup
nuts and seeds	60 ml • 1/4 cup
hummus	60 ml • 1/4 cup
Fat	≤ 10 g
Saturated Fat	≤ 6 g
Trans Fat	≤ 0.5 g
Sodium	≤ 400 mg
Sugar	≤ 4 g (8 g for baked beans) and NO sugar substitutes

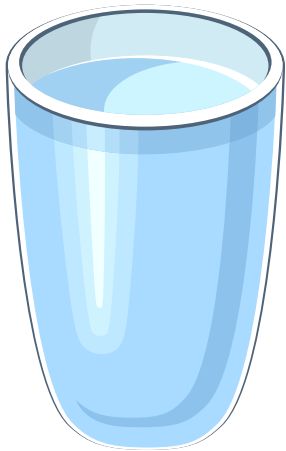
Luncheon or deli meats

To be served no more than once per week.

Nutrition Facts	
Serving size	
Luncheon or deli meats	2 oz • 56 g
Fat	≤ 7.5 g
Saturated Fat	≤ 4.5 g
Trans Fat	≤ 0.5 g
Sodium	≤ 375 mg
Protein	≥ 7 g

Beverages

Maximum Nutrition



Water

Plain, unsweetened, unflavoured, with NO additives such as caffeine, herbals, sodium, vitamins, minerals, or sugar substitutes

Plain carbonated or sparkling water

with no added sugar, sodium, or sugar substitutes

Milk 250 ml serving size

Milk alternatives such as non-dairy beverages that are fortified with calcium and Vitamin D 250 ml serving size

Smoothies made with all Maximum Nutrition ingredients such as milk and fruit, with NO added sugar or sugar substitutes 250 ml serving size

Moderate Nutrition

Canada's Food Guide focuses on whole fruit and vegetables, not juice. However, if serving and selling juice, limit to one 125 ml serving per day, from the following products made with 100% juice and NO added sugar.

Carbonated water with natural flavour, with NO added sodium, sugar, or additives such as caffeine, herbals, vitamins, minerals, or sugar substitutes

Flavoured milk

as long as it fits the Moderate Nutrition criteria 250 ml

100% fruit and vegetable juice .. 125 ml

Slushies made with real juice 125 ml

Sparkling 100% fruit juice beverages 125 ml

Condiments, Dressings, Sauces, Dips, and Spreads

These are used to enhance the flavour of foods in the categories of Maximum and Moderate Nutrition. They can also be high in salt, sugar, or fat, and are NOT classified within the four food groups of Canada's Food Guide. **Serve them in small quantities: 1 teaspoon (tsp) • 5 ml or 1 tablespoon (Tbsp) • 15 ml servings.**

Use products that contain less than or equal to 8 grams of sugar, where the % Daily Value (% DV) for total fat and for sodium is less than or equal to 5% per tablespoon serving. (Use the % DV in the Nutrition Facts Table on the product package to make healthier choices.) Use the % DV to choose products that are lower in nutrients such as fat and sodium (5% DV is considered a little and 15% DV is considered a lot).

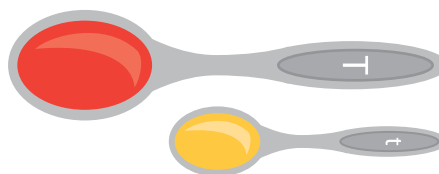
Choose more often:

Product	Serving size
cocoa	1 Tbsp
dried fruit such as raisins and apples	1 Tbsp
fat-free or low-fat sour cream	1 Tbsp
lemon juice	1 tsp
lime juice	1 tsp
low-sodium ketchup	1 Tbsp
low-sodium soy sauce	1 tsp
mustard	1 tsp
reduced-fat cream cheese*	1 Tbsp
reduced-fat spreads, dips, dressings, or mayonnaise	1 Tbsp
reduced-sugar jam and jelly (no sugar substitute)	1 Tbsp
salsa	1 Tbsp
tomato-based sauces	1 Tbsp
vegetable oils such as olive and canola	1 tsp

Choose less often:

Product	Serving size
butter	1 tsp
honey	1 tsp
hot sauces	1 tsp
jam and jelly	1 tsp
maple syrup	1 Tbsp
margarine (non-hydrogenated)	1 tsp
mayonnaise	1 Tbsp
pickles	1 Tbsp
regular and flavoured cream cheese*	1 Tbsp
regular ketchup	1 Tbsp
regular salad dressings and dips	1 Tbsp
regular sour cream	1 Tbsp
regular soy sauce	1 tsp
relish	1 Tbsp
tartar sauce	1 Tbsp

* NOTE: Cream cheese is not a source of calcium like other types of cheese and is mostly fat. For this reason it is considered to be a condiment.



Mixed Foods

These combine two or more of the four food groups—vegetables and fruit, grain products, milk and alternatives, and meat and alternatives. These are examples of mixed foods that can fit Maximum or Moderate Nutrition categories, depending on the ingredients: soups, sandwiches, casseroles, pizza, tacos, sushi, wraps, pasta dishes, chili, pad Thai, shepherd's pie, macaroni and cheese, burgers, smoothies made with milk and fruit, and apple crisp.

To fit the **Maximum Nutrition** category, each ingredient in a mixed food that fits into one of the four food groups must meet the Maximum Nutrition Criteria for its food group. For example, for a mixed food with a grain product in it, the grain product must be considered to be whole grain.

Moderate Nutrition mixed foods contain a mix of Maximum and Moderate Nutrition ingredients or all Moderate Nutrition ingredients. They are higher in fat, sugar, and salt, but do NOT contain sugar substitutes.

Maximum Nutrition

How to decide whether a mixed dish fits the MAXIMUM NUTRITION category when a recipe does NOT give a nutrition analysis

(Scratch cooking)

Assess the major ingredients:

Make sure all the major ingredients fit the Maximum Nutrition Criteria. All major ingredients are those that fit into one of the four food groups, whether you use a small or a large amount of the ingredient.

Assess the additional ingredients:

Choose ingredients that are “low or lower in fat,” “low in saturated fat,” “trans fat free,” “lower in salt,” “lower in sugar,” or “a source of fibre.” Do NOT use any additional items from the Minimum Nutrition Criteria.

Follow these methods to prepare the foods:

Use methods that add little or no added fat, sugar, or sodium such as baking, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.



These mixed dishes fit the MAXIMUM NUTRITION category as long as each major ingredient meets that category within its food group.

Pasta

- whole-grain pasta salad with vegetables
- whole-grain macaroni and cheese
- whole-grain pasta dishes and casseroles made with tomato sauce or vegetables, such as spaghetti

Pizza

- cheese pizza with whole-grain crust and low-fat cheese
- vegetarian pizza or panzerotti with whole-grain crust and part skim mozzarella cheese

Salads and dips

- vegetable sticks or fruit pieces served with a lower-fat dip such as plain yogurt
- salad that includes any mix of greens, vegetables, and fruit; low-fat cheese; lean meat, fish, or poultry; nuts or seeds; and served with a lower-fat dressing

Fruit and yogurt

- fruit smoothies made with fruit and lower-fat, unsweetened milk or yogurt
- frozen banana pops rolled in lower-fat, unsweetened yogurt and lower-fat granola
- lower-fat, unsweetened yogurt and fruit
- yogurt parfaits with lower-fat, unsweetened yogurt, fruit, and lower-fat granola

Sandwiches and wraps

- grilled cheese sandwich made with lower-fat cheese and whole-grain bread
- vegetable tortilla or wrap on whole grain
- egg salad sandwich made with lower-fat mayonnaise, and served on whole-grain bread
- subs or sandwiches made with lean meats such as turkey or roast beef, and fillings such as egg, tuna salad, or vegetables, made with lower-fat cheese on whole-grain buns or bread
- fajitas served on whole wheat or whole-grain tortillas

Soups and chowders

- vegetable-based chowders made with milk, such as corn chowder
- fish-based chowder made with milk

Entrees

- stir-fries with vegetables and lean poultry, fish, or meat
- cabbage rolls
- chili with extra-lean ground beef and lots of beans and vegetables
- falafel (chickpea patties)
- shepherd's pie made with extra-lean ground beef
- souvlaki, tzatziki (a yogurt, cucumber, and herb dip), and whole wheat pita
- hamburgers made with extra-lean ground beef on whole-grain buns
- baked burritos or soft tacos with extra-lean meat or poultry, or beans on whole-grain flour tortillas served with vegetable sticks or salad
- sweet and sour meatballs using extra-lean ground beef and served on brown rice

Moderate Nutrition

How to decide whether a mixed dish fits the MODERATE NUTRITION category when a recipe does NOT include a nutrition analysis

(Scratch cooking)

Assess the major ingredients: Make sure one or more of the major ingredients fits the Maximum Nutrition Criteria. Major ingredients are those that fit into one of the four food groups.

Assess the additional ingredients: Choose ingredients that are “low or lower in fat,” “low in saturated fat,” “trans fat free,” “lower in salt,” “lower in sugar,” or “a source of fibre.” Do NOT use any additional items from the Minimum Nutrition Criteria.

Follow these methods to prepare the foods: Use methods that add little or no added fat, sugar or sodium, such as baking, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

These mixed dishes fit the MODERATE NUTRITION category as long as each major ingredient meets that category within its food group

- enriched white macaroni and cheese
- fruit crisps
- Sloppy Joes
- frozen pasta and sauces
- lasagna made with enriched white noodles
- canned soups
- quiche
- tuna or salmon and cracker snack packs
- peanut butter and cracker snack packs (where no one has a peanut allergy)
- grilled cheese sandwich on white bread
- sandwiches made with full-fat mayonnaise on white bread

How to decide whether a mixed dish fits the MAXIMUM or MODERATE NUTRITION category when a recipe includes a nutrition analysis

Use these tables to decide whether a mixed dish fits into the **Maximum** or **Moderate Nutrition** category when you are using a recipe that comes with a nutrient analysis, or when you are using a pre-made, packaged, or frozen entree, broth soup, or meal-style soup that includes the nutrition and ingredient information. To be considered a MAXIMUM or MODERATE NUTRITION Mixed dish, each major ingredient must meet the criteria and stipulations within its food group.

This table provides the breakdown of nutrients based on the number of calories in a serving size.

Criteria for Mixed Entrees

Calories		Fat grams	Sat. Fat grams	Trans Fat grams	Sodium mg	Sugar grams	Protein grams	
							Meat	Vegetarian
100–199 cal	Maximum	≤ 4 g	≤ 1 g	≤ 0.2 g	≤ 350 mg	No sugar substitutes	≥ 7 g	≥ 5 g
	Moderate	≤ 6 g	≤ 2 g	≤ 0.3 g	≤ 500 mg		≥ 5 g	≥ 4 g
200–299 cal	Maximum	≤ 7 g	≤ 2 g	≤ 0.3 g	≤ 500 mg	No sugar substitutes	≥ 10 g	≥ 7 g
	Moderate	≤ 9 g	≤ 3 g	≤ 0.4 g	≤ 750 mg		≥ 8 g	≥ 6 g
300–399 cal	Maximum	≤ 10 g	≤ 3 g	≤ 0.5 g	≤ 700 mg	No sugar substitutes	≥ 14 g	≥ 10 g
	Moderate	≤ 12 g	≤ 4 g	≤ 0.6 g	≤ 900 mg		≥ 11 g	≥ 7 g
400–499 cal	Maximum	≤ 13 g	≤ 4 g	≤ 0.6 g	≤ 700 mg	No sugar substitutes	≥ 17 g	≥ 12 g
	Moderate	≤ 15 g	≤ 5 g	≤ 0.8 g	≤ 900 mg		≥ 14 g	≥ 9 g
500–599 cal	Maximum	≤ 16 g	≤ 5 g	≤ 0.8 g	≤ 700 mg	No sugar substitutes	≥ 21 g	≥ 15 g
	Moderate	≤ 18 g	≤ 6 g	≤ 0.9 g	≤ 900 mg		≥ 17 g	≥ 11 g

Criteria for Broth Soups

Calories		Fat grams	Sat. Fat grams	Trans Fat grams	Sodium mg
≤ 200 cal	Maximum	≤ 4 g	≤ 1 g	≤ 0.1 g	≤ 250 mg
	Moderate	≤ 5 g	≤ 2 g	≤ 0.2 g	≤ 300 mg
≤ 201–300 cal	Maximum	≤ 7 g	≤ 2 g	≤ 0.3 g	≤ 400 mg
	Moderate	≤ 8 g	≤ 3 g	≤ 0.4 g	≤ 450 mg

Criteria for Meal-Style Soups

Calories		Fat grams	Sat. Fat grams	Trans Fat grams	Sodium mg	Protein grams
≤ 200 cal	Maximum	≤ 4 g	≤ 1 g	≤ 0.2 g	≤ 250 mg	≥ 7 g
	Moderate	≤ 6 g	≤ 2 g	≤ 0.3 g	≤ 300 mg	≥ 6 g
≤ 201–300 cal	Maximum	≤ 7 g	≤ 2 g	≤ 0.3 g	≤ 400 mg	≥ 10 g
	Moderate	≤ 10 g	≤ 3 g	≤ 0.5 g	≤ 450 mg	≥ 9 g



Definitions

Additional ingredients – These include anything that is added to a recipe or food product in small amounts, usually for flavouring.

Concentrated fruit juice – This is fruit juice that has had most of its water removed.

Concentrated fruit puree – This is fruit puree with most of the water removed. Purees are created through a process of sieving, grinding, and milling the edible part of the whole or peeled fruit without removing the juice.

Ingredient list – This is a list of all the ingredients in a packaged food. Ingredients are listed in order of weight, beginning with the ingredient that weighs the most and ending with the ingredient that weighs the least. This means that the packaged food contains more of the ingredients at the beginning of the list, and less of the ingredients at the end. (Adapted from: healthykanadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/list-ingredient-liste-eng.php).

Major ingredients – These belong to one of the four food groups set out in the nutrition standards, whether you use a small or a large amount of the ingredient: vegetables and fruit, grain products, milk and alternatives, and meat and alternatives. All pizza toppings are major ingredients.

Maximum Nutrition – These foods and beverages generally have lower amounts of total fat, sugars, and sodium. They often have higher amounts of important nutrients such as naturally occurring fibre. They are usually in their whole state.

Moderate Nutrition – These foods and beverages have slightly higher amounts of total fat, sugars, and sodium than foods

and beverages in the Maximum Nutrition category.

Minimum Nutrition – These foods and beverages contain a lot of added fat, sugar or sodium, sugar substitutes, and caffeine. They probably have had some or a lot of processing. They tend to replace nutritious foods when available as meals or snacks.

Mixed foods – These foods contain two or more of the four food groups found in Canada's Food Guide.

Naturally occurring – These are substances that are NOT added through processing. For example, fruit and milk have naturally occurring sugar.

Nitrates – These are chemical compounds made up of nitrogen and oxygen. These compounds combine with other elements like sodium and potassium to make sodium nitrate or potassium nitrate. They are used as preservatives and to fix the colour in cured meats (i.e., luncheon and deli meats).

Preservatives – These are used to stop or slow down the spoiling in food that is caused by microbes, or by enzymes and chemicals.

Scratch cooking – This is a process of cooking that combines basic, whole foods that have had little or no modification or processing.

Serving sizes – These are amounts used as a reference that come from Canada’s Food Guide. They help us understand how much food is recommended every day from each of the four food groups. A serving size may be an individual item, like an apple, that you usually eat only one of at a time. A serving size may also be a portion you measure out from a larger quantity, such as 1/2 cup of cooked rice or pasta, and that you may eat more than one serving of in a sitting. (Adapted from: hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php)

Sugar substitutes – These are food additives that taste like sugar but usually have less food energy. They can be artificial sweeteners or intense sweeteners that come from natural sources. Examples include acesulfame-potassium, aspartame, erythritol, neotame, sucralose; sugar alcohols (polyols) such as sorbitol, isomalt, lactitol, maltitol, mannitol, xylitol, and thaumatin.

Whole grains – These grains contain all three parts of the kernel: the bran, the endosperm, and the germ. Examples include wheat, rice, oats, barley, corn, wild rice, rye, and pseudocereals such as quinoa and buckwheat.



Appendix 1: Foods and Beverages That Do Not Meet Maximum or Moderate Nutrition Criteria

Minimum Nutrition Foods

Foods that do not meet the Maximum or Moderate Nutrition Criteria of any of the four food groups will generally fall into the Minimum category.

These foods and beverages have low nutritional value. They are high in one or more of fat, sugar, sodium, sugar substitutes, and caffeine, and may be processed. When available, foods like those listed below tend to replace nutritious foods as meals or snacks.

Here are some examples of foods that fall in the MINIMUM NUTRITION category:

Baked Goods

- cakes or cupcakes
- pastries, turnovers, danishes, or croissants
- cookies with sweet fillings, icing, or chocolate
- pies or tarts
- squares such as brownies
- doughnuts
- cinnamon buns with icing

Frozen Novelties

- ice cream
- novelty cakes such as ice cream cakes
- frozen novelties
- sherbet

Snack or Processed Foods

- foods made with chocolate
- candy
- granola bars dipped in yogurt or with chocolate chips or marshmallow
- popcorn popped in hydrogenated oil, sweetened, or candied
- chocolate and other candy bars
- ready-to-eat cereals that are high in sugar such as fruit-flavoured o's
- fruit and vegetable leathers
- fruit and vegetable bars
- processed cheese spread
- processed cheese slices
- caramel and butterscotch sauce

Other

- fruit gels or jellied desserts
- gravies
- whipped cream
- pizza with processed meats and cheeses that contain high fat and sodium