

## 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>			
	Sell Most (≥ 80%)	Sell Less (≤ 20%)	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Fresh, Frozen, Canned, and Dried Vegetables and Fruit</b>	Vegetable or fruit is the first item on the ingredient list <b>and</b> Fat: ≤ 3g <b>and</b> Sodium: ≤ 360mg  <b>Examples:</b> <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>	Vegetable or fruit is the first item on the ingredient list <b>and</b> Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <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>	Sugar** is the first item on the ingredient list <b>or</b> Fat: > 5g <b>or</b> Saturated fat: > 2g <b>or</b> Sodium: > 480mg  <b>Examples:</b> <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>

	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Canned Tomatoes and Tomato-Based Products</b>	Fat: $\leq 3\text{g}$ and Sodium: $\leq 480\text{mg}$ <b>Examples:</b> <ul style="list-style-type: none"> <li>Some whole, crushed, or diced tomatoes</li> <li>Some pasta sauce</li> </ul>		Fat: $> 3\text{g}$ or Sodium: $> 480\text{mg}$ <b>Examples:</b> <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: $\leq 3\text{g}$ and Sodium: $\leq 240\text{mg}$ <b>Examples:</b> <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: $\leq 5\text{g}$ and Saturated fat: $\leq 2\text{g}$ and Sodium: $\leq 480\text{mg}$ <b>Examples:</b> <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: $> 5\text{g}$ or Saturated fat: $> 2\text{g}$ or Sodium: $> 480\text{mg}$ <b>Examples:</b> <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 teeth and put dental health at risk. Vegetables and fruit choices of particular concern include fruit leathers, 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

- Compare the nutrition criteria below with the Nutrition Facts table and the 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, barbecuing, 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>Bread</b>	Whole grain is the first item on the ingredient list and Saturated fat: $\leq 2g$ and Sodium: $\leq 240mg$ and Fibre: $\geq 2g$  <b>Examples:</b> <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>	Saturated fat: $\leq 2g$ and Sodium: $\leq 480mg$  <b>Examples:</b> <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>	Saturated fat: $> 2g$ or Sodium: $> 480mg$  <b>Examples:</b> <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>	Fat: $\leq 3g$ and Saturated fat: $\leq 2g$ and Sodium: $\leq 240mg$  <b>Examples:</b> <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>	Fat: $\leq 5g$ and Saturated fat: $\leq 2g$ and Sodium: $\leq 480mg$  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Some pasta, rice, and other grains</li> </ul>	Fat: $> 5g$ or Saturated fat: $> 2g$ or Sodium: $> 480mg$  <b>Examples:</b> <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>	Fat: $\leq 5g$ and Saturated fat: $\leq 2g$ and Fibre: $\geq 2g$  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Some muffins, cookies, grain based bars</li> <li>• Some whole grain waffles and pancakes</li> </ul>	Fat: $\leq 10g$ and Saturated fat: $\leq 2g$ and Fibre: $\geq 2g$  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Some muffins, cookies, grain based bars, snacks</li> <li>• Some waffles and pancakes</li> </ul>	Fat: $> 10g$ or Saturated fat: $> 2g$ or Fibre: $< 2g$  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries</li> <li>• Some cookies and squares</li> </ul>

	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Grain-Based Snacks	<p>Fat: <math>\leq 3\text{g}</math> and Saturated fat: <math>\leq 2\text{g}</math> and Sodium: <math>\leq 240\text{mg}</math></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some whole grain crackers, pita chips, and flatbreads</li> <li>Some packaged crackers and popcorn</li> </ul>	<p>Fat: <math>\leq 5\text{g}</math> and Saturated fat: <math>\leq 2\text{g}</math> and Sodium: <math>\leq 480\text{mg}</math></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some crackers, pretzels, and popcorn</li> </ul>	<p>Fat: <math>&gt; 5\text{g}</math> or Saturated fat: <math>&gt; 2\text{g}</math> or Sodium: <math>&gt; 480\text{mg}</math></p> <p><b>Examples:</b></p> <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>
Cereals	<p>Whole grain is the first item on the ingredient list and Saturated fat: <math>\leq 2\text{g}</math> and Fibre: <math>\geq 2\text{g}</math></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre</li> </ul>		<p>Whole grain is not the first item on the ingredient list or Saturated fat: <math>&gt; 2\text{g}</math> or Fibre: <math>&lt; 2\text{g}</math></p> <p><b>Examples:</b></p> <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 ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Yogurt/Kefir</b>	Fat: $\leq 3.25\%$ M.F.* or $\leq 3\text{g}$ <i>Examples:</i> • Plain and flavoured yogurt, yogurt tubes		Fat: $> 3.25\%$ M.F. or $> 3\text{g}$ <i>Examples:</i> • Yogurt higher in fat, such as Balkan-style
<b>Cheese**</b>	Fat: $\leq 20\%$ M.F. and Sodium: $\leq 360\text{mg}$ and Calcium: $\geq 15\%$ DV*** <i>Examples:</i> • Cheeses lower in fat and sodium, including part-skim mozzarella, light cheddar, some Swiss and ricotta	Sodium: $\leq 480\text{mg}$ and Calcium: $\geq 15\%$ DV <i>Examples:</i> • 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	Sodium: $> 480\text{mg}$ or Calcium: $< 15\%$ DV <i>Examples:</i> • Some processed cheese products • Most cream cheese
<b>Milk-Based Desserts</b>		Fat: $\leq 5\text{g}$ and Sodium: $\leq 360\text{mg}$ and Calcium: $\geq 5\%$ DV <i>Examples:</i> • Some frozen yogurt, puddings, custards, ice milk, gelato	Fat: $> 5\text{g}$ or Sodium: $> 360\text{mg}$ or Calcium: $< 5\%$ DV <i>Examples:</i> • Some puddings • Most frozen desserts high in fat and sugar, including ice cream, ice cream bars, ice cream cakes, and ice cream sandwiches

\*M.F.=Milk Fat. The amount can be found on 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: $\leq 10\text{g}$ and Sodium: $\leq 480\text{mg}$  <b>Examples:</b> <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: $\leq 14\text{g}$ and Sodium: $\leq 480\text{mg}$  <b>Examples:</b> <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: $> 14\text{g}$ or Sodium: $> 480\text{mg}$  <b>Examples:</b> <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: $\leq 5\text{g}$ and Sodium: $\leq 480\text{mg}$  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Some lean deli meat</li> </ul>	Fat: $\leq 5\text{g}$ and Sodium: $\leq 600\text{mg}$  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Some lean deli meat</li> </ul>	Fat: $> 5\text{g}$ or Sodium: $> 600\text{mg}$  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Deli meat higher in fat or sodium</li> </ul>
<b>Fish</b>	Fat: $\leq 8\text{g}$ and Sodium: $\leq 480\text{mg}$  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Fresh, frozen, or canned fish</li> </ul>	Fat: $\leq 12\text{g}$ and Sodium: $\leq 480\text{mg}$  <b>Examples:</b> <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: $> 12\text{g}$ or Sodium: $> 480\text{mg}$  <b>Examples:</b> <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: $\leq 7\text{g}$ and Sodium: $\leq 480\text{mg}$		Fat: $> 7\text{g}$ or Sodium: $> 480\text{mg}$

	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	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: <math>\leq 480\text{mg}</math></b>  <b>Examples:</b> <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: <math>&gt; 480\text{mg}</math></b>  <b>Examples:</b> <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>	<b>Fat: <math>\leq 8\text{g}</math></b> <b>and Sodium: <math>\leq 480\text{mg}</math></b> <b>and Protein: <math>\geq 10\text{g}</math></b>  <b>Examples:</b> <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>		<b>Fat: <math>&gt; 8\text{g}</math></b> <b>or Sodium: <math>&gt; 480\text{mg}</math></b> <b>or Protein: <math>&lt; 10\text{g}</math></b>  <b>Examples:</b> <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 web-site 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.

#### Mixed Dishes With a Nutrition Facts Table

- Compare the nutrition criteria below with the Nutrition Facts table and the ingredient list provided by the supplier.
- 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>Entrées</b> (e.g., frozen pizza, sandwiches, pasta, hot dogs)	Fat: $\leq 10g$ and Saturated fat: $\leq 5g$ and Sodium: $\leq 960mg$ and Fibre: $\geq 2g$ and Protein: $\geq 10g$	Fat: $\leq 15g$ and Saturated fat: $\leq 7g$ and Sodium: $\leq 960mg$ and Fibre: $\geq 2g$ and Protein: $\geq 7g$	Fat: $> 15g$ or Saturated fat: $> 7g$ or Sodium: $> 960mg$ or Fibre: $< 2g$ or Protein: $< 7g$
<b>Soups</b>	Fat: $\leq 3g$ and Sodium: $\leq 720mg$ and Fibre: $\geq 2g$	Fat: $\leq 5g$ and Saturated fat: $\leq 2g$ and Sodium: $\leq 720mg$	Fat: $> 5g$ or Saturated fat: $> 2g$ or Sodium: $> 720mg$
<b>Side Dishes</b> (e.g., grain and/or vegetable salads)	Fat: $\leq 5g$ and Saturated fat: $\leq 2g$ and Sodium: $\leq 360mg$ and Fibre: $\geq 2g$	Fat: $\leq 7g$ and Saturated fat: $\leq 2g$ and Sodium: $\leq 360mg$	Fat: $> 7g$ or Saturated fat: $> 2g$ or Sodium: $> 360mg$



## Mixed Dishes (continued)

Mixed Dishes Without a Nutrition Facts Table	
<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>	

	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Entrées</b> (e.g., pizza, sandwiches, pasta, hot dogs)	All major ingredients* are from the “ <i>Sell Most</i> ” category.	One or more major ingredients are from the “ <i>Sell Less</i> ” category.	Cannot be sold if prepared with any ingredients from the “ <i>Not Permitted for Sale</i> ” category.
<b>Soups</b>	All major ingredients* are from the “ <i>Sell Most</i> ” category.	One or more major ingredients are from the “ <i>Sell Less</i> ” category.	Cannot be sold if prepared with any ingredients from the “ <i>Not Permitted for Sale</i> ” category.
<b>Side Dishes</b> (e.g., grain and/or vegetable salads)	All major ingredients* are from the “ <i>Sell Most</i> ” category.	One or more major ingredients are from the “ <i>Sell Less</i> ” category.	Cannot be sold if prepared with any ingredients from the “ <i>Not Permitted for Sale</i> ” category.

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

**Minor Ingredients**

- The following are considered minor ingredients and are to be used in limited amounts, as defined under “Serving Size”.
- Choose products that are lower in fat and/or sodium.

**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)

**Not Permitted for Sale: Confectionery (Examples)**

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 Regulations 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.

	<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>Water</b>	Plain		
<b>Milk and Milk-Based Beverages</b> (Plain or Flavoured)	Fat: ≤ 2% M.F.* or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV** and Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV or Container size: > 250ml
<b>Yogurt Drinks</b>	Fat: ≤ 3.25% M.F. or ≤ 3g and Container size: ≤ 250ml		Fat: > 3.25% M.F. or > 3g or Container size: > 250ml
<b>Soy/Milk Alternative Beverages</b> (Plain or Flavoured)	Fortified with calcium and vitamin D and Container size: ≤ 250ml		Unfortified or Container size: > 250ml
<b>Juices or Blends: Vegetable or Fruit</b>	100% juice, pulp, or purée and Unsweetened/No sugar added and Container size: ≤ 250ml		< 100% juice, pulp, or purée or Sugar in the ingredient list or Container size: > 250ml
<b>Hot Chocolate</b>	Fat: ≤ 2% M.F. or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV and Container size: ≤ 250ml		Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV or 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 the ingredient list on the food label.

	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Water</b>	Plain		
<b>Milk and Milk-Based Beverages</b> (Plain or Flavoured)	Fat: $\leq 2\%$ M.F.* or $\leq 5\text{g}$ and Sugar: $\leq 28\text{g}$ and Calcium: $\geq 25\%$ DV**		Fat: $> 2\%$ M.F. or $> 5\text{g}$ or Sugar: $> 28\text{g}$ or Calcium: $< 25\%$ DV
<b>Yogurt Drinks</b>	Fat: $\leq 3.25\%$ M.F. or $\leq 3\text{g}$		Fat: $> 3.25\%$ M.F. or $> 3\text{g}$
<b>Soy/Milk Alternative Beverages</b> (Plain or Flavoured)	Fortified with calcium and vitamin D		Unfortified
<b>Juices or Blends: Vegetable or Fruit</b>	100% juice, pulp, or purée and Unsweetened/No sugar added		$< 100\%$ juice, pulp, or purée or Sugar in the ingredient list
<b>Hot Chocolate</b>	Fat: $\leq 2\%$ M.F. or $\leq 5\text{g}$ and Sugar: $\leq 28\text{g}$ and Calcium: $\geq 25\%$ DV		Fat: $> 2\%$ M.F. or $> 5\text{g}$ or Sugar: $> 28\text{g}$ or Calcium: $< 25\%$ DV
<b>Coffee and Tea</b>		Decaffeinated	Caffeinated
<b>Iced Tea</b>		Calories: $\leq 40$ and Decaffeinated	Calories: $> 40$ or 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: $\leq 40$ and Caffeine-free	Calories: $> 40$ or with caffeine

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

\*\*DV = Daily Value.