

Nutrition Standards



Nutrition Tools for Schools

MAX.	Sell/Offer Most	Sell/Offer Less	Not Permitted
✓	✓	✓	✗

Authors

The NTS Nutrition Standards were written by the following members (registered dietitians) of the Ontario Society of Nutrition Professionals in Public Health, School Nutrition Workgroup - Nutrition Tools for Schools[®] Practice Group:

Writers

Lesley Andrade

Sudbury & District Health Unit

Melanie Chenard

Sudbury & District Health Unit

Carolyn Doris

Peterborough County-City Health Unit

Carolyn Froats-Emond

Renfrew County and District Health Unit

Natalie Kwan

Niagara Region Public Health Department

Allison MacRury

York Region Community and Health Services

Sandy Maxwell

Niagara Region Public Health Department

Suzanne Neumann

Hamilton Public Health Services

Lucy Valleau

York Region Community and Health Services

Reviewers

Mary Ellen Deane

Simcoe Muskoka District Health Unit

Lindsay Fera

Algoma Public Health

Lynne Giroux

Eastern Ontario Health Unit

Maryann Moffitt

Timiskaming Health Unit

Lisa Munday

*Kingston, Frontenac and Lennox & Addington
Public Health*

Erin Reyce

North Bay Parry Sound District Health Unit

Sarah Tsang

*Haliburton, Kawartha, Pine Ridge District Health
Unit*

Nutrition Tools for Schools[®] Nutrition Standards

Nutrition Tools for Schools[®] (NTS) Nutrition Standards are adapted from the Ministry of Education's School Food and Beverage Policy (P/PM 150) Nutrition Standards. The P/PM 150 Nutrition Standards include nutrition criteria for three categories: Sell Most, Sell Less and Not Permitted for Sale. The NTS Nutrition Standards include an additional category to identify food and beverages that meet or exceed the P/PM 150 Nutrition Standards **and** provide Maximum Nutritional Value. The nutrition criteria for Maximum Nutritional Value food and beverages are highlighted in purple. In addition, the terminology of Sell Most, Sell Less and Not Permitted for Sale have been revised to the following: Sell/Offer Most, Sell/Offer Less and Not Permitted.

Food and beverages with Maximum Nutritional Value meet or exceed P/PM 150 because they are:

- Part of the four food groups in *Canada's Food Guide*
- Higher in nutrients needed for optimal growth and development (eg, iron, vitamin D, calcium, vitamin C, vitamin A, protein, fibre)
- Lower in unhealthy fats (ie, saturated fat and trans fat) and usually contain little or no added salt and sugars

By using the Maximum Nutritional Value category in the NTS Nutrition Standards, schools will be complying with P/PM 150.

NTS uses a comprehensive school health approach to create a healthy school nutrition environment in which nutrition standards apply wherever food and beverages are **offered or sold**. This approach engages the entire school community in healthy eating.

Applying Nutrition Standards

Read the Nutrition Facts table and the ingredient list on the food label and compare this information with the nutrition criteria in the NTS Nutrition Standards to determine whether a food or beverage may be **offered or sold** at school. **Choose food and beverages that meet the criteria for Maximum Nutritional Value (the purple column) most often.**

P/PM 150 and the 80/20 Rule

P/PM 150 classifies food and beverages into three categories: Sell Most, Sell Less and Not Permitted for Sale. Products in the Sell Most category must make up at least 80% of all food and beverages choices. Products in the Sell Less category must be limited to 20% or less of available choices. This is referred to as the 80/20 Rule. In addition, all food sold in schools must meet the standards set out in Ontario Regulation 200/08, "Trans Fat Standards", made under the Education Act.

NTS recommends... Keep it Simple!

Only provide food and beverages with Maximum Nutritional Value. In some cases this may be difficult due to limited product availability. In situations where providing only food and beverages with Maximum Nutritional Value is challenging, use the Sell/Offer Most criteria to select food and beverages to offer or sell.

Rationale for Artificial Sweeteners and Sodium Criteria

Artificial Sweeteners

Health Canada has approved the use of artificial sweeteners in small amounts for school-age children. To help prevent students from getting used to sweet-tasting, non-nutritious items, the NTS Nutrition Standards do not allow artificial sweeteners in food and beverages that provide minimum nutritional value (eg, soft drinks). However, the NTS Nutrition Standards do allow artificial sweeteners in food and beverages that provide Maximum Nutritional Value (eg, yogurt).

Sodium

The National Sodium Reduction Strategy for Canada released by the Sodium Working Group advocates for lower sodium levels in the Canadian food supply, due to the serious health effects attributed to high sodium intakes in the population. On average, Canadians consume approximately 3500 mg (roughly 1 ½ tsp) of sodium per day. This is well above the recommended adequate intake range of 1200 – 1500 mg (about ½ tsp) of sodium per day. As such, NTS uses the 2010 Heart and Stroke Foundation of Canada sodium targets for determining Maximum Nutritional Value.

For a detailed rationale on all criteria in the NTS Nutrition Standards, contact your Public Health department.

Vegetables and Fruit

- 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 vegetable and fruit juices and juice blends.
- 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.

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Fresh, Frozen, Canned, and Dried Vegetables and Fruit	Vegetable or fruit (or water) is the first item on the ingredient list and Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240 mg plus No added sugar** Examples: <ul style="list-style-type: none"> • Canned fruit packed in water or in 100% juice • Dried fruit, 100% fruit leathers* with no added sugar • Canned vegetables with no added sugar 	Vegetable or fruit (or water) is the first item on the ingredient list and Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 360 mg Examples: <ul style="list-style-type: none"> • Fresh or frozen vegetables with little or no added salt • Fresh or frozen fruit with no added sugar • Canned vegetables • Canned fruit packed in juice or light syrup • Unsweetened apple sauce • Some low-fat frozen potato products, including French fries • Some dried fruit and 100% fruit leathers* 	Vegetable or fruit (or water) is the first item on the ingredient list and Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg Examples: <ul style="list-style-type: none"> • Some dried fruit and 100% fruit leathers • Lightly seasoned or sauced vegetables and fruit • Some prepared mixed vegetables 	Sugar** is the first item on the ingredient list or Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg Examples: <ul style="list-style-type: none"> • Vegetable and fruit products prepared with higher amounts of fat, sugar, and/or salt, including deep-fried vegetables • Some packaged frozen and deep-fried potato products, including hash browns and French fries • Some fruit snacks made with juice (e.g., gummies, fruit rolls)

*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*.

Vegetables and Fruit (cont.)

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Canned Tomatoes and Tomato-Based Products	Fat: ≤ 3g and Sodium: ≤ 360mg <i>Examples:</i> <ul style="list-style-type: none"> • No salt added whole, crushed, or diced tomatoes 	Fat: ≤ 3g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some whole, crushed, or diced tomatoes • Some pasta sauce 		Fat: > 3g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Whole, crushed, or diced tomatoes that are higher in fat or sodium • Pasta sauce that is higher in fat or sodium
Vegetable and Fruit Chips	<i>Note:</i> Canada's Food Guide states that vegetable and fruit chips do not belong in the Vegetables and Fruit food group. Therefore, NTS does not provide Maximum Nutritional Value nutrition criteria for vegetable and fruit chips.	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg <i>Examples:</i> <ul style="list-style-type: none"> • Some lower-fat, lower-sodium vegetable chips (e.g., potato, carrot) • Some lower-fat, lower-sodium fruit chips (e.g., banana, apple, pear) 	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some vegetable chips (e.g., potato, carrot) • Some fruit chips (e.g., banana, apple, pear) 	Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some vegetable chips that are higher in fat or sodium • Some fruit chips that are higher in fat or sodium

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, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying.

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Bread	Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Sodium: ≤ 240mg and Fibre: ≥ 2g	Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Sodium: ≤ 240mg and Fibre: ≥ 2g <i>Examples:</i> <ul style="list-style-type: none"> • Whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock • Whole grain pizza dough and flatbread 	Saturated fat: ≤ 2g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • White (enriched) breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock • White (enriched) pizza dough 	Saturated fat: > 2g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> • White breads that are higher in fat or sodium • Some cheese breads, scones, and biscuits
Pasta, Rice, and Other Grains	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg plus Whole grain is the first item on the ingredient list <i>Examples:</i> <ul style="list-style-type: none"> • Whole grain, whole wheat pasta • Whole grain brown rice • Quinoa, bulgur, wheat berries, spelt, and other whole grains 	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg <i>Examples:</i> <ul style="list-style-type: none"> • Whole wheat or white (enriched) pasta, including couscous • White, brown, and wild rice, rice noodles, and soba noodles • Quinoa, bulgur, wheat berries, spelt, and other whole grains 	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some pasta, rice, and other grains 	Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> • Some pasta, rice, and other grains that are higher in fat, saturated fat, or sodium

Grain Products (cont.)

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	NTS Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Baked Goods	Fat: ≤ 5g and Saturated fat: ≤ 2g and Fibre: ≥ 2g plus Whole grain is the first item on the ingredient list and Sodium ≤ 240mg <i>Examples:</i> <ul style="list-style-type: none"> Some whole grain muffins, grain-based bars <i>Note:</i> Assess sweet grain-based products in this category.	Fat: ≤ 5g and Saturated fat: ≤ 2g and Fibre: ≥ 2g <i>Examples:</i> <ul style="list-style-type: none"> Some muffins, cookies, grain-based bars Some whole grain waffles and pancakes 	Fat: ≤ 10g and Saturated fat: ≤ 2g and Fibre: ≥ 2g <i>Examples:</i> <ul style="list-style-type: none"> Some muffins, cookies, grain-based bars, snacks Some waffles and pancakes 	Fat: > 10g or Saturated fat: > 2g or Fibre: < 2g <i>Examples:</i> <ul style="list-style-type: none"> Most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries Some cookies and squares
Grain-Based Snacks	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg plus Whole grain is the first item on the ingredient list and Fibre: ≥ 2g <i>Examples:</i> <ul style="list-style-type: none"> Some whole grain crackers, pita chips and flatbreads <i>Note:</i> Assess savoury grain-based products in this category.	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg <i>Examples:</i> <ul style="list-style-type: none"> Some whole grain crackers, pita chips, and flatbreads Some packaged crackers and popcorn 	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg <i>Examples:</i> <ul style="list-style-type: none"> Some crackers, pretzels, and popcorn 	Fat: > 5g or Saturated fat: > 2g or Sodium: > 480mg <i>Examples:</i> <ul style="list-style-type: none"> Crackers, pretzels, and popcorn higher in fat and sodium Most corn chips and other snack mixes
Cereals	Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Fibre: ≥ 4g and Sodium: ≤ 240mg <i>Examples:</i> <ul style="list-style-type: none"> Some whole grain breakfast cereals 	Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Fibre: ≥ 2g <i>Examples:</i> <ul style="list-style-type: none"> Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre 		Whole grain is <i>not</i> the first item on the ingredient list or Saturated fat: > 2g or Fibre: < 2g <i>Examples:</i> <ul style="list-style-type: none"> Some breakfast cereals

Milk and Alternatives

<ul style="list-style-type: none"> • 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. 				
	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Yogurt/ Kefir	Fat: ≤ 2% M.F.* and ≤ 3g plus Calcium: ≥ 15% DV and Vitamin D: ≥ 15% DV Examples: <ul style="list-style-type: none"> • Some lower fat plain or flavoured yogurt with vitamin D 	Fat: ≤ 3.25% M.F.* or ≤ 3g Examples: <ul style="list-style-type: none"> • Plain and flavoured yogurt, yogurt tubes 		Fat: > 3.25% M.F. or > 3g Examples: <ul style="list-style-type: none"> • Yogurt higher in fat, such as Balkan-style
Cheese**	Fat: ≤ 20% M.F. and Sodium: ≤ 360mg and Calcium: ≥ 15% DV***	Fat: ≤ 20% M.F. and Sodium: ≤ 360mg and Calcium: ≥ 15% DV*** Examples: <ul style="list-style-type: none"> • Cheeses lower in fat and sodium, including part-skim mozzarella, light cheddar, some Swiss and ricotta 	Sodium: ≤ 480mg and Calcium: ≥ 15% DV Examples: <ul style="list-style-type: none"> • 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: > 480mg or Calcium: < 15% DV Examples: <ul style="list-style-type: none"> • Some processed cheese products • Most cream cheese
Milk- Based Desserts			Fat: ≤ 5g and Sodium: ≤ 360mg and Calcium: ≥ 5% DV Examples: <ul style="list-style-type: none"> • Some frozen yogurt, puddings, custards, ice milk, gelato 	Fat: > 5g or Sodium: > 360mg or Calcium: < 5% DV Examples: <ul style="list-style-type: none"> • 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 front of the food label.

**Encourage selection of lower-fat cheese options.

***DV = Daily Value.

Meat and Alternatives

<ul style="list-style-type: none"> • 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. 				
	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Fresh and Frozen Meat	Fat: ≤ 10g and Sodium: ≤ 360mg Note: The Canadian Food Inspection Agency classifies bacon, wieners, pepperoni, and beef/turkey jerk products as being 'processed' rather than fresh. NTS recommends using the Nutrition Criteria for Deli (Sandwich) Meat to assess these products.	Fat: ≤ 10g and Sodium: ≤ 480mg Examples: <ul style="list-style-type: none"> • Extra-lean ground meat • Lean beef, goat, lamb, pork, or poultry • Some breaded chicken strips and nuggets • Some lean meatballs • Some lean hamburger patties 	Fat: ≤ 14g and Sodium: ≤ 480mg Examples: <ul style="list-style-type: none"> • Lean ground meat • Beef, goat, lamb, pork, or poultry • Some breaded chicken strips and nuggets • Some meatballs • Some hamburger patties 	Fat: > 14g or Sodium: > 480mg Examples: <ul style="list-style-type: none"> • Meat that contains higher amounts of fat or sodium, including chicken wings, bacon, pork and beef ribs • Some wieners • Most pepperoni sticks • Most beef/turkey jerk products
Deli – Sandwich Meat	Note: The World Cancer Research Fund Report - <i>Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective</i> , states to avoid processed meats. 'Processed meat' refers to meat preserved by smoking, curing or salting, or addition of chemical preservatives, including that contained in processed foods. Therefore, NTS does not provide Maximum Nutritional Value nutrition criteria for deli meat.	Fat: ≤ 5g and Sodium: ≤ 480mg Examples: <ul style="list-style-type: none"> • Some lean deli meat 	Fat: ≤ 5g and Sodium: ≤ 600mg Examples: <ul style="list-style-type: none"> • Some lean deli meat 	Fat: > 5g or Sodium: > 600mg Examples: <ul style="list-style-type: none"> • Deli meat higher in fat or sodium

Meat and Alternatives (cont.)

- 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.

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Fish*	Fat: ≤ 8g and Sodium: ≤ 360mg	Fat: ≤ 8g and Sodium: ≤ 480mg <i>Examples:</i> • Fresh, frozen, or canned fish	Fat: ≤ 12g and Sodium: ≤ 480mg <i>Examples:</i> • Some frozen, breaded fish (e.g., fish sticks) • Fresh, frozen, or canned fish	Fat: > 12g or Sodium: > 480mg <i>Examples:</i> • Some breaded or battered fish higher in added fat or sodium • Fresh or frozen fish with a higher mercury content*
Eggs	Fat: ≤ 7g and Sodium: ≤ 360mg <i>Note:</i> All fresh eggs offer Maximum Nutritional Value if cooked using a low-fat method with no added salt (sodium).	Fat: ≤ 7g and Sodium: ≤ 480mg		Fat: > 7g or Sodium: > 480mg
Nuts, Protein Butters, and Seeds	Not coated with candy, chocolate, sugar, or yogurt and Sodium: ≤ 140mg <i>Examples:</i> • Unsalted nuts and seeds	Not coated with candy, chocolate, sugar, or yogurt and Sodium: ≤ 480mg <i>Examples:</i> • Nut, legume, and seed butters, including peanut, almond, walnut, soy, sesame, and sunflower • Nuts and seeds, including almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds (papas)		Coated with candy, chocolate, sugar, and/or yogurt or Sodium: > 480mg <i>Examples:</i> • Coated nuts • Some roasted and salted nuts

*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>.

Meat and Alternatives (cont.)

- 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.

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most ($\geq 80\%$)	Sell/Offer Less ($\leq 20\%$)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Meat Alternatives, such as Tofu, Beans, and Lentils	Fat: $\leq 8g$ and Sodium: $\leq 360mg$ and Protein: $\geq 10g$ Note: All plain, dried, canned and frozen legumes and plain tofu offer Maximum Nutritional Value; canned legumes should be rinsed to reduce salt (sodium).	Fat: $\leq 8g$ and Sodium: $\leq 480mg$ and Protein: $\geq 10g$ Examples: <ul style="list-style-type: none"> • Some vegetarian burgers, simulated meat strips, veggie meatballs, veggie ground round, veggie wieners and sausages, tofu and tempeh • Beans and lentils 		Fat: $> 8g$ or Sodium: $> 480mg$ or Protein: $< 10g$ Examples: <ul style="list-style-type: none"> • Some vegetarian products high in sodium • Some meat alternatives that are higher in fat or sodium or lower in protein

Mixed Dishes

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

Mixed Dishes With a Nutrition Facts Table				
<ul style="list-style-type: none"> • 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. 				
	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Entrées (e.g., frozen pizza, sandwiches, pasta, hot dogs)	Fat: ≤ 10g and Saturated fat: ≤ 5g and Sodium: ≤ 720mg and Fibre: ≥ 2g and Protein: ≥ 10g	Fat: ≤ 10g and Saturated fat: ≤ 5g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 10g	Fat: ≤ 15g and Saturated fat: ≤ 7g and Sodium: ≤ 960mg and Fibre: ≥ 2g and Protein: ≥ 7g	Fat: > 15g or Saturated fat: > 7g or Sodium: > 960mg or Fibre: < 2g or Protein: < 7g
Soups	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 480mg and Fibre: ≥ 2g	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 720mg and Fibre: ≥ 2g	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 720mg	Fat: > 5g or Saturated fat: > 2g or Sodium: > 720mg
Side Dishes (e.g., grain and/or vegetable salads)	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 240mg and Fibre: ≥ 2g	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg and Fibre: ≥ 2g	Fat: ≤ 7g and Saturated fat: ≤ 2g and Sodium: ≤ 360mg	Fat: > 7g or Saturated fat: > 2g or Sodium: > 360mg

Mixed Dishes (cont.)

Mixed Dishes Without a Nutrition Facts Table				
<ul style="list-style-type: none"> • For every ingredient used, refer to the nutrition criteria in this appendix for the appropriate food groups. • 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. 				
	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Entrées (e.g., pizza, sandwiches, pasta, hot dogs)	All major ingredients* are from the “Maximum Nutritional Value” category.	All major ingredients* are from the “Sell/Offer Most” category.	One or more major ingredients are from the “Sell/Offer Less” category.	Cannot be sold/offered if prepared with any ingredients from the “Not Permitted” category.
Soups	All major ingredients are from the “Maximum Nutritional Value” category.	All major ingredients are from the “Sell/Offer Most” category.	One or more major ingredients are from the “Sell/Offer Less” category.	Cannot be sold/offered if prepared with any ingredients from the “Not Permitted” category.
Side Dishes (e.g., grain and/or vegetable salads)	All major ingredients are from the “Maximum Nutritional Value” category.	All major ingredients are from the “Sell/Offer Most” category.	One or more major ingredients are from the “Sell/Offer Less” category.	Cannot be sold/offered if prepared with any ingredients from the “Not Permitted” 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

Minor Ingredients	
<ul style="list-style-type: none"> • 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: 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 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.				
	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Water	Plain	Plain		
Milk and Milk-Based Beverages (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 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
Yogurt Drinks	Fat: ≤ 2.0 % M.F. and ≤ 3g and Container size: ≤ 250ml plus Calcium: ≥ 15% DV and Vitamin D: ≥ 15% DV	Fat: ≤ 3.25% M.F. or ≤ 3g and Container size: ≤ 250ml		Fat: > 3.25% M.F. or > 3g or Container size: > 250ml
Soy/Milk Alternative Beverages (Plain or Flavoured)	Calcium: ≥ 25% DV and Vitamin D: ≥ 25% DV and Container size: ≤ 250ml <i>Note:</i> Canada’s Food Guide states that rice, potato and almond beverages do not contain the level of protein found in milk or fortified soy beverage. Therefore, NTS does not include these as Milk Alternatives.	Fortified with calcium and vitamin D and Container size: ≤ 250ml		Unfortified or Container size: > 250ml

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

**DV = Daily Value.

Beverages – Elementary Schools (cont.)

• Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.				
	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Juices or Blends: Vegetable or Fruit	100% juice, pulp, or purée and Unsweetened/No sugar added and Container size: ≤ 250ml plus Sodium: ≤ 480mg	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
Hot Chocolate	Fat: ≤ 2% M.F. or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV and Container size: ≤ 250ml	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
Coffee and Tea				All Coffee and Tea
Iced Tea				All Iced Tea
Energy Drinks				All Energy Drinks
Sports Drinks				All Sports Drinks
Other Beverages (e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limeade)				All Other Beverages

Beverages – Secondary Schools

• Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.				
	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Water	Plain	Plain		
Milk* and Milk-Based Beverages (Plain or Flavoured)	Fat: ≤ 2% M.F.** or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV***	Fat: ≤ 2% M.F.** or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV***		Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV
Yogurt Drinks	Fat: ≤ 2.0 % M.F. and ≤ 3g plus Calcium: ≥ 15% DV** and Vitamin D: ≥ 15% DV	Fat: ≤ 3.25% M.F. or ≤ 3g		Fat: > 3.25% M.F. or > 3g
Soy/Milk Alternative Beverages (Plain or Flavoured)	Calcium: ≥ 25% DV** and Vitamin D: ≥ 25% DV <i>Note:</i> <i>Canada's Food Guide</i> states that rice, potato and almond beverages do not contain the level of protein found in milk or fortified soy beverage. Therefore, NTS does not include these as Milk Alternatives.	Fortified with calcium and vitamin D		Unfortified
Juices or Blends: Vegetable or Fruit	100% juice, pulp, or purée and Unsweetened/No sugar added plus Sodium: ≤ 480mg	100% juice, pulp, or purée and Unsweetened/No sugar added		< 100% juice, pulp, or purée or Sugar in the ingredient list
Hot Chocolate	Fat: ≤ 2% M.F. or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV	Fat: ≤ 2% M.F. or ≤ 5g and Sugar: ≤ 28g and Calcium: ≥ 25% DV		Fat: > 2% M.F. or > 5g or Sugar: > 28g or Calcium: < 25% DV

*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.

Beverages – Secondary Schools (cont.)

• Compare the nutrition criteria below with the Nutrition Facts table and ingredient list on the food label.				
	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most (≥ 80%)	Sell/Offer Less (≤ 20%)	Not Permitted
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Coffee and Tea			Decaffeinated	Caffeinated
Iced Tea	<i>Note:</i> NTS does not allow artificial sweeteners in food and beverages that provide minimum nutritional value (eg, iced tea).		Calories: ≤ 40 and Decaffeinated	Calories: > 40 or Caffeinated
Energy Drinks				All Energy Drinks
Sports Drinks				All Sports Drinks
Other Beverages (e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limeade)	<i>Note:</i> <i>Canada’s Food Guide</i> states that fruit flavoured drinks are not nutritionally equivalent to 100% juices. In addition, NTS does not allow artificial sweeteners in food and beverages that provide minimum nutritional value (eg, soft drinks).		Calories: ≤ 40 and Caffeine-free	Calories: > 40 or with caffeine

Together we can make the healthy choice the easy choice!

For more information about Nutrition Tools for Schools[®], P/PM 150, or healthy eating, please contact your local public health unit:

For information on healthy schools, go to the Ministry of Education Healthy Schools website www.ontario.ca/healthyschools