

**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**

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

	<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>
Fresh, Frozen, Canned, and Dried Vegetables and Fruit	Vegetable or fruit is the first item on the ingredient list and Fat: ≤ 3g and Sodium: ≤ 360 mg  Examples: <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; and</li> <li>• some dried fruit and 100% fruit leathers.*</li> </ul>	Vegetable or fruit is the first item on the ingredient list and Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480 mg  Examples: <ul style="list-style-type: none"> <li>• some dried fruit and 100% fruit leathers;</li> <li>• lightly seasoned or sauced vegetables and fruit; and</li> <li>• some prepared mixed vegetables.</li> </ul>	Sugar** is the first item on the ingredient list or Fat: > 5g or Saturated Fat: > 2g or Sodium: > 480 mg  Examples: <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; and</li> <li>• some fruit snacks made with juice (e.g., gummies, fruit rolls).</li> </ul>

## Vegetables and Fruit Cont'd

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

\* Food high in sugars and starches (natural or added) can leave particles clinging to the teeth and put dental health at risk. Vegetable and fruit choices of particular concern include fruit leathers, dried fruit and chips (potato or other). It is suggested that these foods be eaten only at mealtimes 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, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming or stir-frying.			
	<b>Sell Most (≥ 80%) Nutrition Criteria</b>	<b>Sell Less (≤ 20%) Nutrition Criteria</b>	<b>Not Permitted for Sale Nutrition Criteria</b>
Bread	Whole grain is the first item on the ingredient list and Saturated fat: ≤ 2g and Sodium: ≤ 240 mg and Fibre: ≥ 2g  Examples: <ul style="list-style-type: none"> <li>• whole grain breads, including buns, bagels, english muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock; and</li> <li>• whole grain pizza dough and flatbread.</li> </ul>	Saturated fat: ≤ 2g and Sodium: ≤ 480 mg  Examples: <ul style="list-style-type: none"> <li>• white (enriched) breads, including buns, bagels, english muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock; and</li> <li>• white (enriched) pizza dough.</li> </ul>	Saturated fat: > 2g or Sodium: > 480 mg  Examples: <ul style="list-style-type: none"> <li>• white breads that are higher in fat or sodium; and</li> <li>• some cheese breads, scones and biscuits.</li> </ul>
Pasta, Rice, and Other Grains	Fat: ≤ 3g and Saturated fat: ≤ 2g and Sodium: ≤ 240 mg  Examples: <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; and</li> <li>• quinoa, bulgur, wheat berries, spelt and other whole grains.</li> </ul>	Fat: ≤ 5g and Saturated fat: ≤ 2g and Sodium: ≤ 480 mg  Examples: <ul style="list-style-type: none"> <li>• some pasta, rice and other grains.</li> </ul>	Fat: > 5g and Saturated fat: > 2g and Sodium: > 480 mg  Examples: <ul style="list-style-type: none"> <li>• some pasta, rice, and other grains that are higher in fat, saturated fat or sodium.</li> </ul>
Baked Goods	Fat: ≤ 5g and Saturated fat: ≤ 2g and Fibre: ≥ 2g  Examples: <ul style="list-style-type: none"> <li>• some muffins, cookies, grain-based bars; and</li> <li>• some whole grain waffles and pancakes.</li> </ul>	Fat: ≤ 10g and Saturated fat: ≤ 2g and Fibre: ≥ 2g  Examples: <ul style="list-style-type: none"> <li>• some muffins, cookies, grain-based bars, snacks; and</li> <li>• some waffles and pancakes.</li> </ul>	Fat: > 10g and Saturated fat: > 2g and Fibre: < 2g  Examples: <ul style="list-style-type: none"> <li>• most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries; and</li> <li>• some cookies and squares.</li> </ul>

## Grain Products Cont'd

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

**Milk and Alternatives**

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

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

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

\*\*\*DV = Daily Value

**Meat and Alternatives**

- ✓ Compare the nutrition criteria below with the Nutrition Facts table and 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.

	<b>Sell Most (≥ 80%) Nutrition Criteria</b>	<b>Sell Less (≤ 20%) Nutrition Criteria</b>	<b>Not Permitted for Sale Nutrition Criteria</b>
Fresh and Frozen Meat	<p>Fat: ≤ 10 g and Sodium: ≤ 480 mg</p> <p>Examples:</p> <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; and</li> <li>• some lean hamburger patties.</li> </ul>	<p>Fat: ≤ 14 g and Sodium: ≤ 480 mg</p> <p>Examples:</p> <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; and</li> <li>• some hamburger patties.</li> </ul>	<p>Fat: &gt;14 g and Sodium: &gt; 480 mg</p> <p>Examples:</p> <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; and</li> <li>• most beef/turkey jerk products.</li> </ul>
Deli (Sandwich) Meat	<p>Fat: ≤ 5 g and Sodium: ≤ 480 mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• some lean deli meat.</li> </ul>	<p>Fat: ≤ 5 g and Sodium: ≤ 600 mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• some lean deli meat.</li> </ul>	<p>Fat: &gt; 5 g and Sodium: &gt; 480 mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• some breaded or battered fish higher in added fat or sodium; and</li> <li>• fresh or frozen fish with higher mercury content*.</li> </ul>
Fish	<p>Fat: ≤ 8 g and Sodium: ≤ 480 mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• fresh, frozen or canned fish.</li> </ul>	<p>Fat: ≤ 12 g and Sodium: ≤ 480 mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• some frozen, breaded fish (e.g. fish sticks); and</li> <li>• fresh, frozen or canned fish.</li> </ul>	<p>Fat: &gt; 12 g and Sodium: &gt; 480 mg</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• some breaded or battered fish higher in added fat or sodium; and</li> <li>• fresh or frozen fish with a higher mercury content*.</li> </ul>
Eggs	<p>Fat: ≤ 7 g and Sodium: ≤ 480 mg</p>		<p>Fat: ≤ 7 g and Sodium: ≤ 480 mg</p>

**Meat and Alternatives Cont'd**

	<b>Sell Most (≥ 80%) Nutrition Criteria</b>	<b>Sell Less (≤ 20%) Nutrition Criteria</b>	<b>Not Permitted for Sale Nutrition Criteria</b>
Nuts, Protein Butters, and Seeds	Not coated with candy, chocolate, sugar or yogurt and Sodium: ≤ 480 mg  Examples: <ul style="list-style-type: none"> <li>• nut, legume, and seed butters, including peanut, almond, walnut, soy, sesame and sunflower; and</li> <li>• nuts and seeds, including almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds (pepitas).</li> </ul>		Not coated with candy, chocolate, sugar or yogurt and Sodium: > 480 mg  Examples: <ul style="list-style-type: none"> <li>• coated nuts; and</li> <li>• some roasted and salted nuts.</li> </ul>
Meat Alternatives, such as Tofu, Beans, and Lentils	Fat: ≤ 8 g and Sodium: ≤ 480 mg and Protein: ≥ 10g  Examples: <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; and</li> <li>• beans and lentils.</li> </ul>		Fat: > 8 g and Sodium: > 480 mg and Protein: < 10g  Examples: <ul style="list-style-type: none"> <li>• some vegetarian products high in sodium; and</li> <li>• some meat alternatives that are higher in fat or sodium or lower in protein.</li> </ul>

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

### Mixed Dishes

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

#### Mixed Dishes With a Nutrition Facts Table

- ✓ 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.

	<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>
Entrées (e.g., frozen pizza, sandwiches, pasta, hot dogs)	Fat: ≤ 10 g and Saturated Fat ≤ 5 g and Sodium: ≤ 960 mg and Fibre: ≥ 2g and Protein ≥ 10g	Fat: ≤ 15 g and Saturated Fat ≤ 7 g and Sodium: ≤ 960 mg and Fibre: ≥ 2g and Protein ≥ 7g	Fat: >15 g or Saturated Fat > 7g or Sodium: > 960 mg or Fibre: < 2g or Protein < 7g
Soups	Fat: ≤ 3g and Sodium: ≤ 720 mg and Protein: ≥ 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: ≤ 360mg and Fibre: ≥ 2g	Fat: ≤ 7g and Saturated Fat ≤ 2g and Sodium: ≤ 360mg	Fat: > 7g and Saturated Fat > 2g and Sodium: > 360mg

**Mixed Dishes (Cont'd)****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>			
	<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>
Entrées (e.g., pizza, sandwiches, pasta, hot dogs)	All major ingredients* are from the “Sell Most” category.	One or more major ingredients are from the “Sell Less” category.	Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category.
Soups	All major ingredients are from the “Sell Most” category.	One or more major ingredients are from the “Sell Less” category.	Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category.
Side Dishes (e.g., grain and/or vegetable salads)	All major ingredients are from the “Sell Most” category.	One or more major ingredients are from the “Sell Less” category.	Cannot be sold if prepared with any ingredients from the “Not Permitted for Sale” category.

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

**Miscellaneous Items**

<b>Minor Ingredients</b>	
✓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	≤ 15 ml (1 tbsp)
Gravies and Sauces	≤ 60 ml (4 tbsp)
Dips	≤30 ml (2 tbsp)
Fats	≤ 5 ml (1 tsp)
Oils and Dressings	≤15 ml (1 Tbsp)
Other (e.g. chocolate chips, coconut, olives, parmesan cheese)	≤15 ml (1Tbsp)

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

**Nutrition Standards for Beverages**

Separate beverage standards are provided for elementary and secondary schools.

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

**Beverages – Elementary Schools**

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

\*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.

	<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>
Water	Plain		
Milk and Milk-Based Beverages (Plain or Flavoured)	Fat: ≤ 2% M.F.* or ≤ 5 g and Sugar ≤ 28 g and Calcium: ≥ 25% DV**		Fat: > 2% M.F. or > 5 g or Sugar > 28 g or Calcium: < 25% DV
Yogurt Drinks	Fat: ≤ 3.25% M.F. or ≤ 3 g		Fat: > 3.25% M.F. or > 3 g
Soy/Milk Alternative Beverages (Plain or Flavoured)	Fortified with calcium and vitamin D		Unfortified
Juices or Blends: Vegetable or Fruit	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 ≤ 5 g and Sugar ≤ 28 g and Calcium: ≥ 25% DV		Fat: > 2% M.F. or > 5 g or Sugar > 28 g or Calcium: < 25% DV
Coffee and Tea		Decaffeinated	Caffeinated
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 aides”, such as lemonade, limeade)		Calories ≤ 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.