

# 2007 Guidelines for Food and Beverage Sales in BC Schools & Healthier Choices in Vending Machines in BC Public Buildings

## Complete Criteria Charts

September 2007

Choose Most=CM – *at least 50% of options*

Choose Sometimes=CS – *up to 50% of options*

Choose Least=CL & Not Recommended=NR – do not sell

Check out [www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca) to find out if the product has already been classified. You can also submit nutrition information online to have a product classified.

**Step A:** Determine Food Grouping by ingredients: Check the first two ingredients (excluding water) of a product to find the Food Grouping it fits into. *If an item could reasonably fit into more than 1 Food Grouping, assess the nutrient criteria for the item in all appropriate food groupings (Step B) and pick the best score. For example: an energy bar with dates and nuts as the first two ingredients could be assessed as either a Vegetable & Fruit, a Nuts & Seeds (Mixes or Bars), or as an Energy Bar. However, they generally score best in the Nuts & Seeds (Mixes or Bars) food grouping.*

**Step B.** Determine Choose Category by using the nutrient and ingredient criteria on the following pages. *Note that items that meet all of the Choose Sometimes criteria may qualify as Choose Most. eg. a Grain product with 10 grams of sugar and 15% of iron could be Choose Sometimes if it has only 1 gram of fibre (and meets all of the other criteria), or Choose Most if it has at least 2 grams of fibre.*

Please refer to original 2007 documents for any queries:

BC Schools: [www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

Other BC Public Buildings: [www.lcs.gov.bc.ca/healthierchoices/](http://www.lcs.gov.bc.ca/healthierchoices/)

# Grains

Grain must be the 1<sup>st</sup> or 2<sup>nd</sup> ingredient, not counting water. Grain ingredients may include: wheat, rice, pasta, corn, amaranth, quinoa, etc; OR flours made from wheat, rye corn, rice, potato, soy, millet, etc.

All amounts are per portion size sold, unless indicated	<b>NR</b> do not sell	<b>CL</b> do not sell	<b>CS</b> ✓ up to 50% of options	<b>CM</b> ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	<i>All of:</i>
Calories	> 400	300 - 400	< 300	
Fat	≥ 15 g	7 - 14.9 g	< 7 g	
Sat'd Fat	> 5 g	3 - 5 g	< 3 g	
Trans Fat	≥ 0.2 g	n/a	< 0.2 g	
Sodium	> 450 mg	n/a	≤ 450 mg	
Fibre	n/a	n/a	n/a	≥ 2 g
Sugars (ingred)	n/a	Sugars are 1 <sup>st</sup> ingred.	Sugar is not the 1 <sup>st</sup> ingred.	
Sugars (g)	> 28 g	16.1 - 28 g	≤ 16 g	< 12 g (may have up to 16 g IF fruit is 1 <sup>st</sup> or 2 <sup>nd</sup> ingred.)
Iron, % DV	n/a	≤ 5 %	> 5 %	≥ 10 %
Artificial Sweeteners	may have	may have	may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners
<i>Caffeine (limits apply to schools only)</i>	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Vegetables & Fruit

A vegetable or fruit or fruit puree must be the 1<sup>st</sup> or 2<sup>nd</sup> ingredient, not counting water. (Juice does not count as a fruit ingredient for this food grouping – “Vegetables & Fruit Juices”)

All amounts are per portion size sold, unless indicated	NR do not sell	CL do not sell	CS ✓ up to 50% of options	CM ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	<i>All of:</i>
Calories	n/a	> 250	≤ 250	
Fat	≥ 15 g	5 - 14.9 g	< 5 g	
Trans Fat	≥ 0.2 g	n/a	< 0.2 g	
Sodium	> 450 mg	300 - 450 mg	< 300 mg	< 150 mg
Sugars (ingredients)	1 <sup>st</sup> ingredient IS sugar	Both the 2 <sup>nd</sup> and 3 <sup>rd</sup> ingredients are sugar	Sugar MAY be the 2 <sup>nd</sup> OR the 3 <sup>rd</sup> ingredient, but not both	Sugar is NOT the 1 <sup>st</sup> OR 2 <sup>nd</sup> ingredient.
Artificial Sweeteners	may have	may have	may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners
<i>Caffeine (limits apply to schools only)</i>	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Vegetable & Fruit Juices

A vegetable or fruit juice or puree must be the 1<sup>st</sup> ingredient, not counting water. May be diluted with water or carbonated water; may be fortified with vitamins and minerals in BC Public Buildings, or with vitamin C and/or calcium in BC Schools; may have added food ingredients, eg. Fruit pulp, fruit puree. Some non-medicinal ingredients and herbs may not be acceptable -- check with Dial-A-Dietitian for safety in children. If a juice has <50% juice content, it may score better in the "Other Beverages" food grouping.

All amounts are per portion size sold, unless indicated	NR do not sell	CL do not sell	CS ✓ up to 50% of options	CM ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	
Size	> 600 mL	361 - 600 mL (251-600 mL in elementary schools)	≤ 360 mL (≤ 250 mL in elementary schools)	NO vegetable & fruit juices fit into Choose Most
Juice & added sugars content	< 50% juice AND has added sugars	≥ 50% juice AND has added sugars (concentrated fruit juice is 1 <sup>st</sup> ingredient for slushies)	<i>no</i> added sugars (concentrated fruit juice = added sugar if it is not preceded by water in the ingredient list)	
Fat	n/a	> 5 g	≤ 5 g	
Trans Fat	≥ 0.2 g	n/a	< 0.2 g	
Sodium	> 450 mg	200-450 mg	< 200 mg	
Artificial Sweeteners	may have		may have (except NOT allowed in elem/middle schools)	
<i>Caffeine (limits apply to schools only)</i>	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Milk-based Foods

Milk must be the 1<sup>st</sup> ingredient. Cream is NOT considered a milk ingredient.

All amounts are per portion size sold, unless indicated	NR do not sell	CL do not sell	CS ✓ up to 50% of options	CM ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	<i>All of:</i>
Calories	> 400	250 - 400	< 250	
Fat	> 20 g	15 - 20 g	< 15 g	
Trans Fat	≥ 0.4 g per 8 g of protein	n/a	< 0.4 g per 8 g of protein	
Sodium	> 450 mg	300 - 450 mg	< 450 mg	< 300 mg
Sugars	are 1 <sup>st</sup> ingredient	≥ 36 g per 175 mL portion	< 36 g per 175 mL portion	≤ 20 g per 175 mL portion
Calcium	< 4 %	n/a	≥ 4%	
Calcium compared to sodium	n/a	for every 100 mg sodium, there is ≤ 5% calcium	for every 100 mg sodium, there is > 5% calcium	
Artificial Sweeteners	may have	may have	may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners
<i>Caffeine (limits apply to schools only)</i>	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Milk- & Alternatives-based Beverages

Milk must be the first ingredient: cream is NOT considered a milk ingredient. *Fortified Soy Drinks* contain protein and calcium and may be assessed in this food grouping. See "Other Beverages" for other fortified drinks (eg. Rice, potato) and non-fortified soy drinks.

All amounts are per portion size sold, unless indicated	<b>NR</b> do not sell	<b>CL</b> do not sell	<b>CS</b> ✓ up to 50% of options	<b>CM</b> ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	<i>All of:</i>
Size	> 600 mL	361- 600 mL	≤ 360 mL	≤ 360 mL (except ≤ 250mL for elementary)
Calories	> 600	400 - 600	< 400	
Fat	>15 g per 250 mL	10-15 g per 250 mL	< 10 g per 250 mL	
Trans Fat	> 0.4 g / 250 mL	n/a	≤ 0.4 g per 250 mL	
Sodium	> 450 mg	n/a	≤ 450 mg	< 200 mg
Sugars, g	n/a	> 36 g per 250 mL	20.1 - 35.9 g/250 mL (if fortified soy, 8.1-35.9 g/250 mL)	≤ 20 g per 250 mL (if fortified soy, ≤ 8 g/250 mL)
Sugars, ingredients	Sugars are the 1 <sup>st</sup> ingredient	n/a	Sugars are not the 1 <sup>st</sup> ingredient	
Milk ingredients	n/a	n/a	1 <sup>st</sup> ingredient is a milk ingredient (fortified soy drinks: soy must be 1 <sup>st</sup> ingredient, not counting water).	
Artificial Sweeteners	may have		may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners
<i>Caffeine (limits apply to schools only)</i>	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Meat & Alternatives

A meat or meat alternative must be the 1<sup>st</sup> or 2<sup>nd</sup> ingredient (excluding nuts and seeds\*). Meat & meat alternatives include: beef, pork poultry, fish, game meats, eggs, soybeans, legumes, tofu. (\*See "Nuts & Seed Mixes or Bars" food grouping for guidelines on these items.)

All amounts are per portion size sold, unless indicated	<b>NR</b> do not sell	<b>CL</b> do not sell	<b>CS</b> ✓ up to 50% of options	<b>CM</b> ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	<i>All of:</i>
Calories	> 400	≤ 400	≤ 400	
Fat	> 20 g	> 16 g per 60 g portion	≤ 16 g per 60 g portion	< 12 g per 60 g portion
Saturated Fat	> 10 g	8 -10 g	< 8 g	< 5 g
Trans Fat	≥ 0.4 g per 8 g of protein	n/a	< 0.4 g per 8 g of protein	
Sodium	> 600 mg	451 - 600 mg	≤ 450 mg	< 375 mg
Sugars	n/a	n/a	n/a	≤ 1 g per gram of protein
Protein	n/a	≤ 5 g	> 5 g	
Iron, % DV	< 1%	n/a	≥ 1%	≥ 3 %
Artificial Sweeteners	may have	may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners	
<i>Caffeine (limits apply to schools only)</i>	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Nuts & Seed (Mixes or Bars)

Peanuts, nuts or seeds must be the 1<sup>st</sup> or 2<sup>nd</sup> ingredient. (Tip: count all nut/seed ingredients listed consecutively as a single ingredient, and do the same for fruit ingredients listed consecutively.)

All amounts are per portion size sold, unless indicated	NR do not sell	CL do not sell	CS ✓ up to 50% of options	CM ✓ ✓ at least 50% of options
	Any of:	Any of:	All of:	All of:
Calories	> 400	300 - 400	< 300	
Trans Fat	≥ 0.2 g	n/a	< 0.2 g	
Sodium	> 450 mg	300 - 450 mg	< 300 mg	< 200 mg
Sugars, as ingredient	Sugars are the 1 <sup>st</sup> ingredient <b>AND</b> item has > 250 calories	Sugars are the 1 <sup>st</sup> ingredient <b>AND</b> item has ≤ 250 calories	Sugars are NOT the 1 <sup>st</sup> ingredient	Sugars are NOT 1 <sup>st</sup> or 2 <sup>nd</sup> ingredient Also, sugars are not both the 2 <sup>nd</sup> & 3 <sup>rd</sup> ingredient
Sugars/fruit ingredient	n/a	> 10 g IF fruit is not the 1 <sup>st</sup> or 2 <sup>nd</sup> ingredient	≤ 10 g IF fruit is not the 1 <sup>st</sup> or 2 <sup>nd</sup> ingredient	
Artificial Sweeteners	may have	may have	may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners
Caffeine (limits apply to schools only)	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Mixed Entrée Foods

Most franchised restaurant products & all packaged mixed entrées have nutrition facts and should be assessed using these criteria. For items without nutrition facts, please use the "Healthier Foods Fact Sheet" on the bced website as a guide (you may need nutrition facts for some ingredients, eg. cheese slices, meat portion). Dial-A-Dietitian can also help you assess these items 1-800-667-3438.

All amounts are per portion size sold, unless indicated	<b>NR</b> do not sell	<b>CL</b> do not sell	<b>CS</b> ✓ up to 50% of options	<b>CM</b> ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	<i>All of:</i>
Calories	> 1000	700 - 1000	< 700	
Fat	> 25 g	16.1 - 25 g	≤ 16 g	
Sat'd Fat	≥ 12 g	8 - 11.9 g	< 8 g	
Trans Fat	≥ 0.4 g per 8 g of protein	n/a	< 0.4 g per 8 g of protein	
Sodium	> 1200 mg	1000 – 1200 mg	< 1000 mg	< 750 mg
Fibre	n/a	n/a	n/a	≥ 3 g
Sugars	n/a	> 24 g	≤ 24 g	
Iron, % DV	< 5%	n/a	≥ 5%	≥ 10 %
Ingredients				Contains at least 1/3 of a food guide serving from at least 3 food guide food groups (a veg/fruit must be 1 of these groups)
Artificial Sweeteners	may have	may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners	
<i>Caffeine (limits apply to schools only)</i>	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Soups

Includes dry, canned and fresh soups.

All amounts are per portion size sold, unless indicated	<b>NR</b> do not sell	<b>CL</b> do not sell	<b>CS</b> ✓ up to 50% of options	<b>CM</b> ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	<i>All of:</i>
Fat	≥ 15 g	10 -14.9 g	< 10 g	
Trans Fat	≥ 0.4 g per 8 g of protein	n/a	< 0.4 g per 8 g of protein	
Sodium	> 750 mg	600 - 750 mg	< 600 mg	< 450 mg
Iron, % DV	< 2 %	n/a	≥ 2 %	≥ 5 %
Ingredients	n/a	n/a	n/a	1 <sup>st</sup> ingredient must be a food group food (not counting water)
Artificial Sweeteners	May have	may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners	

# Candies, chocolates, etc

Includes gum, mints, candies, chocolate, etc.

All amounts are per portion size sold, unless indicated	NR do not sell	CL do not sell	CS ✓ up to 50% of options	CM ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	NO Choose Most criteria
Calories	$\geq 100$	50 - 99	$< 50$	
Sugars	$> 12$ g	5 - 12 g	$< 5$ g	
Sodium	$> 175$ mg	50 - 175 mg	$< 50$ mg	
Artificial Sweeteners	may have		may have (except NOT allowed in elem/middle schools)	
<i>Caffeine (limits apply to schools only)</i>	$> 25$ mg	15.1 - 25 mg	$\leq 15$ mg	

# Energy Bars

Includes meal replacement bars, sports bars, and snack bars. If a bar has fruit or vegetables as the 1<sup>st</sup> or 2<sup>nd</sup> ingredient, it may score better in the Vegetable & Fruits food grouping. If a bar has nuts, nut butter, or seeds as the 1<sup>st</sup> or 2<sup>nd</sup> ingredient, it may score better in the Nuts & Seeds Mixes or Bars food grouping.

All amounts are per portion size sold, unless indicated	NR do not sell	CL do not sell	CS ✓ up to 50% of options	CM ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	<i>All of:</i>
Calories	> 300	250 - 300	< 250	
Fat	n/a	> 5 g	≤ 5 g	
Trans Fat	≥ 0.2 g	n/a	< 0.2 g	
Sodium	> 450 mg	300 - 450 mg	< 300 mg	< 200 mg
Fibre	n/a	n/a	n/a	≥ 2 g
Sugars	n/a	are 1 <sup>st</sup> ingredient	are not 1 <sup>st</sup> ingredient	
Sugars, relative to ingredients	n/a	≥ 16 g IF fruit is <i>not</i> the 1 <sup>st</sup> ingredient	(If fruit is the 1 <sup>st</sup> ingredient, there is no limit on grams of total sugars)	
Protein	< 4 g	4 – 5.9 g	≥ 6 g	
Artificial Sweeteners	may have	may have	may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners
<i>Caffeine (limits apply to schools only)</i>	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Other Beverages (Non-Juice/Non-Milk based)

Non-juice, non-milk based beverages, including milk substitutes (except fortified soy beverages – assess these in the Milk-based beverages food grouping).

All amounts are per portion size sold, unless indicated	<b>NR</b> do not sell	<b>CL</b> do not sell	<b>CS</b> ✓ up to 50% of options	<b>CM</b> ✓ ✓ at least 50% of options
	<i>Any of:</i>	<i>Any of:</i>	<i>All of:</i>	<i>All of:</i>
<b>Size</b>	> 600 mL	n/a	≤ 600 mL	
<b>Calories</b>	> 300	n/a	≤ 300	
<b>Fat</b>	>15 g/250 mL	10-15 g/250 mL	< 10 g/250 mL	
<b>Trans Fat</b>	≥ 0.2 g	n/a	< 0.2 g	
<b>Sodium</b>	> 450 mg	200-450 mg	< 200 mg	≤ 50 mg
<b>Sugars</b> , if calcium < 5% DV per 250 mL	> 8 g /250 mL	2 - 8 g /250 mL	< 2 g/250 mL	< 2 g/250 mL AND no added sugars
<b>Sugars</b> , if calcium 5-19% DV per 250 mL	> 16 g/250 mL	8 - 16 g/250 mL	< 8 g/250 mL	< 8 g/250 mL AND no added sugars
<b>Sugars</b> , if calcium ≥ 20% DV per 250 mL	> 16 g/250 mL	n/a	≤ 16 g/250 mL	< 8 g/250 mL
<b>Artificial Sweeteners</b>	may have	may have	may have (except NOT allowed in elem/middle schools)	NO artificial sweeteners
<i>Caffeine (limits apply to schools only)</i>	> 25 mg	15.1 - 25 mg	≤ 15 mg	

# Condiments & Add Ins

Condiments and add-ins can be used to enhance the flavour of Choose Most and Choose Sometimes items. Condiments & Add Ins must be served on the side. If they are already on/in the item they are no longer an optional part of that item and so their nutrient contribution has to be included when assessing the item – for example, a sandwich with mustard on it must be assessed as a complete Mixed Entrée, whereas a sandwich without mustard is assessed on its own and can be served with an optional packet of mustard. Limit condiment choices to 1-2 portions.

	NR and CL	CS and CM
	Cannot be served	Can be served as an optional item on the side, up to 2 portions
Total fat	> 10 g	≤ 10 g
Trans fat	> 0.2 g	≤ 0.2 g
Sodium	> 200 mg	≤ 200 mg
Sugars	> 8 g	≤ 8 g