

# Guidelines for Food and Beverage Sales in BC Schools - Revised August 2010

## Nutrient and Ingredient Criteria

**Food Categories:** **CM**=Choose Most, **CS**=Choose Sometimes, **CL**=Choose Least, **NR**=Not Recommended

BC Schools may only sell Choose Most and Choose Sometimes foods to students. At least 50% of the students' choices must be Choose Most foods and beverages. NR and CL foods should not be sold to students.

### Step 1) Determine the Food Grouping by assessing the ingredients:

**Check the first two ingredients (excluding water) of a product to find the Food Grouping it best fits into.**

If an item could reasonably fit into more than one Food Grouping, assess the nutrient criteria for the item in all appropriate food groupings (Step 2) and pick the best score.

#### Food Grouping Criteria:

**Grains:** Grain must be the 1st or 2nd 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..

**Vegetables & Fruit:** A vegetable or fruit or fruit puree must be the first or second ingredient, not counting water. (Juice and concentrated fruit juice does not count as a fruit ingredient for this food grouping - see "Vegetables & Fruit Juices")

**Vegetable & Fruit Juices:** A vegetable or fruit juice or puree must be the 1st ingredient, not counting water. May be diluted with water or carbonated water; and have added food ingredients, e.g.. fruit pulp or fruit puree. Cannot list a combination of medicinal and non-medicinal ingredients.

**Milk-based Foods:** Milk must be the first ingredient: cream is NOT considered a milk ingredient.

**Milk & Alternative-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 (e.g. rice, potato) and non-fortified soy drinks.

**Meat & Alternates:** A meat or meat alternative must be the 1st or 2nd ingredient. Meat and meat alternatives include: beef, pork, poultry, fish, game meats, eggs, soybeans, legumes, tofu. (If nuts and seeds are the 1st or 2nd ingredient, see "Nuts & Seeds (Mixes or Bars)" food grouping for criteria.)

**Nuts & Seeds (Mixes or Bars):** Peanuts, nuts or seeds must be the 1st or 2nd ingredient.

**Mixed Entrée Foods:** Includes sandwiches, pizzas, stews, curries, pastas, pilaffs, burritos, tacos, frozen entrées etc.

**Soups:** Includes dry mixes, canned and fresh soups.

**Candies, Chocolates, etc:** includes gum, mints, candies, chocolate, etc.

**Energy Bars:** Includes meal replacement bars, sports bars, and snack bars. If a bar has fruit or vegetables as the 1st or 2nd ingredient, it may score better in the Vegetables & Fruits food grouping. If a bar has nuts, nut butter, or seeds as the 1st or 2nd ingredient, it may score better in the Nuts & Seeds (Mixes or Bars) food grouping.

**Other Beverages:** Non-Juice, Non-Milk based drinks. May NOT be fortified with vitamins other than vitamin C, with minerals other than calcium, or with ingredients such as creatine, taurine etc. Cannot list a combination of medicinal and non-medicinal ingredients (NHP), botanical extracts or herbs.

**Condiments & Add Ins (Schools Only):** Used to enhance the flavour of CM and CS foods. Should be served on the side and limited to 1-2 portions.

### Step 2) Determine which category the food fits into by using the nutrient and ingredient criteria on the following pages.

Choose Most and Choose Sometimes foods must meet ALL the criteria listed in the column. Working from right to left compare the food to the nutrient criteria listed in the CM column, if some criteria are not met then move left and compare to the CS column.

If the food meets ANY single criteria listed in the NR or CL columns then the food is not allowed for sale in BC schools. For foods that are high in sodium, fat, sugars, or contain caffeine or artificial sweeteners it is sometimes more efficient to check the NR and CL criteria first.

<b>Grains - Elementary &amp; Middle Schools</b>				<b>Secondary Schools</b>	
Grain must be the 1st or 2nd 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. May contain >0.2 g of trans fat if there are no sources of industrially-produced trans fat in the ingredient list.				The same as listed for elementary and middle schools unless otherwise noted	
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Calories</b>	>400	300-400	<300		
<b>Fat</b>	≥15 g	7-14.9 g	<7 g		
<b>Saturated Fat</b>	>5 g	3-5 g	<3 g		
<b>Trans Fat</b>	≥0.2 g	≥0.2 g	<0.2 g (≤0.1g if fat is <4 g)		
<b>Sodium</b>	>450 mg	≤450 mg	≤450 mg		
<b>Fibre</b>	n/a	n/a	n/a	≥2 g	
<b>Sugars</b>	>28 g	16.1-28 g	≤16 g	≤12 g (may have up to 16 g IF fruit is 1st or 2nd ingredient)	
<b>Sugar ingredients</b>	n/a	Sugar is 1st ingredient	Sugar is NOT 1st ingredient		
<b>Iron, % DV</b>	n/a	≤5%	>5%	≥10%	
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		May contain artificial sweeteners in CS, but not the CM category
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		

<b>Vegetables &amp; Fruits - Elementary &amp; Middle Schools</b>					<b>Secondary Schools</b>
A vegetable or fruit or fruit puree must be the first or second ingredient, not counting water. (Juice and concentrated fruit juice does not count as a fruit ingredient for this food grouping - see "Vegetables & Fruit Juices")					The same as listed for elementary and middle schools unless otherwise noted
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Calories</b>	n/a	>250	≤250		
<b>Fat</b>	≥15 g	5-14.9 g	<5 g		
<b>Trans Fat</b>	≥0.2 g	n/a	<0.2 g		
<b>Sodium</b>	>450 mg	300 to 450 mg	<300 mg	<150 mg	
<b>Sugar Ingredients</b>	1st ingredient is a sugar	2nd AND 3rd ingredients are sugars	2nd OR 3rd ingredient may be a sugar	1st AND 2nd ingredients may NOT be a sugar	
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		May contain artificial sweeteners in CS, but not the CM category
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		

Vegetable & Fruit Juices - Elementary & Middle Schools				Secondary Schools			
A vegetable or fruit juice or puree must be the 1st ingredient, not counting water. May be diluted with water or carbonated water, may have added food ingredients such as fruit pulp or fruit puree. Cannot list a combination of medicinal and non-medicinal ingredients, botanical extracts or herbs.				The same as listed for elementary and middle schools unless otherwise noted			
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	No juices fit in this category			
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>				
<b>Size</b>	>600 mL	251 mL-600 mL; 361-600 mL (middle)	≤250 mL; ≤360 mL (middle)			≤360 mL	
<b>Juice &amp; Added Sugars Content</b>	<50% juice AND has added sugars	≥50% juice AND has added sugars	<b>No Added Sugars</b> <i>(NB: concentrated fruit juice is considered an added sugar if it is not preceded by water in the ingredient list)</i>				
<b>Trans Fat</b>	≥0.2 g	n/a	<0.2 g				
<b>Sodium</b>	>450 mg	200 to 450 mg	<200 mg				
<b>Fat</b>	n/a	>5 g	≤5 g				
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners			May contain artificial sweeteners in CS category	
<b>Fortification (%DV)</b>	n/a	May be fortified with Vitamin C (≤110%), Iron (≤10%), Calcium (≤30%), Potassium (≤15%), Vitamin D (≤50%), Folate (≤45%), Thiamin (≤15%), and/or Magnesium (≤10%)				May be fortified with Vitamin C (≤160%), Iron (≤15%), Calcium (≤45%), Potassium (≤20%), Vitamin D (≤70%), Folate (≤60%), Thiamin (≤20%), and/or Magnesium (≤15%)	
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg				

<b>Milk-based Foods - Elementary &amp; Middle Schools</b>					<b>Secondary Schools</b>
Milk must be the first ingredient: cream is NOT considered a milk ingredient. May contain >0.2 g of trans fat if there are no sources of industrially-produced trans fat in the ingredient list.					The same as listed for elementary and middle schools unless otherwise noted
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Calories</b>	>400	250-400	<250		
<b>Fat</b>	>20 g	15-20 g	<15 g		
<b>Trans Fat</b>	≥0.2 g	≥0.2 g	<0.2 g (<0.1 g if fat is <4 g)		
<b>Sodium</b>	>450 mg	n/a	<450 mg	<300 mg	
<b>Sugars</b>	are the 1st ingredient	≥36 g per 175 mL portion	<36 g per 175 mL portion	≤20 g per 175 mL portion	
<b>Calcium</b>	<4% DV (44 mg)	n/a	≥4% DV		
<b>Calcium compared to sodium</b>	n/a	< 5% DV calcium for every 100 mg of sodium	≥5% DV calcium for every 100 mg of sodium		
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		May contain artificial sweeteners in CS category
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		

<b>Milk-based Beverages - Elementary &amp; Middle Schools</b>				<b>Secondary Schools</b>	
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 (e.g. rice, potato) and non-fortified soy drinks.				The same as listed for elementary and middle schools unless otherwise noted	
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Size</b>	>600 mL	251 mL-600 mL; 361-600 mL (middle)	≤250 mL (elementary); ≤360 mL (middle)		≤360 mL
<b>Calories</b>	>600	400-600	<400		
<b>Fat</b>	>15 g per 250 mL	10-15 g per 250 mL	<10 g per 250 mL		
<b>Trans Fat</b>	≥0.2 g	≥0.2 g	<0.2 g (≤0.1 g if fat <4g)		
<b>Sodium</b>	>450 mg	n/a	<450 mg	<200 mg	
<b>Sugars, ingredients</b>	Sugars are the 1st ingredient	n/a	1st ingredient may not be a sugar		
<b>Sugars, g</b>	n/a	>36 g per 250 mL	21-36 g per 250 mL	≤20 g per 250 mL (if fortified soy drink, ≤8g per 250 mL)	
<b>1st Ingredient</b>	n/a	n/a	Must be a milk ingredient		
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		May contain artificial sweeteners in CS category
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		

<b>Meat &amp; Alternatives - Elementary &amp; Middle Schools</b>					<b>Secondary Schools</b>
A meat or meat alternative must be the 1st or 2nd ingredient (e.g. beef, pork, poultry, fish, game, meats, eggs, soybeans, legumes, tofu). If nuts and seeds are the 1st or 2nd ingredient, see "Nuts & Seed Mixes or Bars" food grouping for criteria. May contain >0.2 g of trans fat if there are no sources of industrially-produced trans fat in the ingredient list.					The same as listed for elementary and middle schools unless otherwise noted
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Calories</b>	>400	n/a	≤400		
<b>Fat</b>	>20 g	>16 g per 60 g portion	≤16 g per 60 g portion	<12 g per 60 g portion	
<b>Saturated Fat</b>	>10 g	8-10 g	<8 g	<5g	
<b>Trans Fat</b>	≥0.2 g	≥0.2 g	<0.2 g (≤0.1 g if fat <4g)		
<b>Sodium</b>	>600 mg	451-600 mg	≤450 mg	<375 mg	
<b>Sugars</b>	n/a	n/a	n/a	≤1 g sugar per gram of protein	
<b>Protein</b>	n/a	≤5 g	>5 g		
<b>Iron, % DV</b>	<1% DV	n/a	≥1% DV	≥3% DV (0.42 mg)	
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		May contain artificial sweeteners in CS category
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		

<b>Nuts &amp; Seeds (Mixes or Bars) - Elementary &amp; Middle Schools</b>				<b>Secondary Schools</b>	
Peanuts, nuts or seeds must be the 1st or 2nd ingredient. May contain >0.2 g of trans fat if there are no sources of industrially-produced trans fat in the ingredient list.				The same as listed for elementary and middle schools unless otherwise noted	
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Calories</b>	>400	300-400	<300		
<b>Trans Fat</b>	≥0.2 g	≥0.2 g	<0.2 g (≤0.1 g if fat <4g)		
<b>Sodium</b>	>450 mg	300-450 mg	<300 mg	<200 mg	
<b>Sugars as Ingredient</b>	Sugars are the 1st ingredient AND item has more than 250 calories	Sugars are the 1st ingredient AND item has ≤250 calories	Sugars are NOT the 1st ingredient	Sugars are NOT the 1st or 2nd ingredient. Also, sugars are NOT both the 2nd & 3rd ingredients	
<b>Sugars AND Fruit Ingredients</b>	n/a	Sugar is >10 g AND fruit is NOT the 1st or 2nd ingredient (count all consecutively listed nuts/seeds as a single ingredient)	n/a		
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		May contain artificial sweeteners in CS category
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		

<b>Mixed Entrée Foods - Elementary &amp; Middle Schools</b>				<b>Secondary Schools</b>	
Most franchised restaurant products and all packaged mixed entrées have a nutrition facts table and should be assessed using these criteria. For items without a Nutrition Facts Table refer to the "Healthier Foods" fact sheet on the Ministry of Education website. May contain >0.2 g of trans fat if there are no sources of industrially-produced trans fat in the ingredient list.				The same as listed for elementary and middle schools unless otherwise noted	
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Calories</b>	>1000	700-1000	<700		
<b>Fat</b>	>25 g	16.1-25 g	≤16 g		
<b>Saturated Fat</b>	≥12 g	8-11.9 g	<8 g		
<b>Trans Fat</b>	≥0.4 g per 8 g of protein	n/a	<0.2 g (≤0.1 g if fat <4g)		
<b>Sodium</b>	>1200 mg	1000-1200 mg	<1000 mg	<750 mg	
<b>Fibre</b>	n/a	n/a	n/a	≥3 g	
<b>Sugars</b>	n/a	>24 g	≤24 g		
<b>Iron, % DV</b>	<5% DV	n/a	≥5% DV	≥10% DV (1.4 mg)	
<b>Ingredients</b>	n/a	n/a	n/a	Contains at least 1/3 of a Food Guide Serving from at least 3 Food Guide food groups (must include the Vegetables and Fruit Group)	
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		May contain artificial sweeteners in CS category
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		

<b>Soups - Elementary &amp; Middle Schools</b>					<b>Secondary Schools</b>
Includes dry, canned, and fresh soups. May contain >0.2 g of trans fat if there are no sources of industrially-produced trans fat in the ingredient list.					The same as listed for elementary and middle schools unless otherwise noted
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Fat</b>	≥15 g	10-14.9 g	<10 g		
<b>Trans Fat</b>	≥0.2 g	≥0.2 g	<0.2 g (≤0.1 g if fat <4g)		
<b>Sodium</b>	>750 mg	600-750 mg	<600 mg	<450 mg	
<b>Iron, % DV</b>	<2% DV	n/a	≥2% DV	≥5% DV (0.7 mg)	
<b>1st Ingredient</b>	n/a	n/a	n/a	1st ingredient must be a Food Guide food (not incl. water)	
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		
<b>Candies, chocolates, etc.- Elementary &amp; Middle Schools</b>					<b>Secondary Schools</b>
Includes gum, mints, candies, chocolate, etc.					The same as listed for elementary and middle schools unless
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>		
<b>Calories</b>	≥100	50-99	<50	No candies etc. fit in this category	
<b>Sugars</b>	>12 g	5-12 g	<5 g		
<b>Sodium</b>	>175 mg	50-175 mg	<50 mg		
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		
					May contain artificial sweeteners in CS category

<b>Energy Bars - Elementary &amp; Middle Schools</b>				<b>Secondary Schools</b>	
Includes meal replacement bars, sports bars, and snack bars. If a bar has fruit or vegetables as the 1st or 2nd ingredient, it may score better in the Vegetables & Fruits food grouping. If a bar has nuts, nut butter, or seeds as the 1st or 2nd ingredient, it may score better in the Nuts & Seeds (Mixes or Bars) food grouping. May contain >0.2 g of trans fat if there are no sources of industrially-produced trans fat in the ingredient list.				The same as listed for elementary and middle schools unless otherwise noted	
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Calories</b>	>300	250-300	<250		
<b>Trans Fat</b>	≥0.2 g	≥0.2 g	<0.2 g (≤0.1 g if fat <4g)		
<b>Sodium</b>	>450	300-450	<300	<200	
<b>Fibre:</b>	n/a	n/a	n/a	≥2 g	
<b>Sugars</b>	n/a	Sugars are 1st ingredient	Sugars are NOT the 1st ingredient		
<b>Sugars, relative to ingredients</b>	n/a	Sugars >16 g AND fruit is NOT the 1st ingredient	If fruit IS 1st ingredient there is no criteria for total gram weight of sugars		
<b>Protein</b>	<4 g	4-5.9 g	≥6 g		
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		May contain artificial sweeteners in CS category
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		

<b>Other Beverages - Elementary &amp; Middle Schools</b>					<b>Secondary Schools</b>
Non-Juice, Non-Milk based drinks. May not be fortified with vitamins other than Vitamin C, minerals other than Calcium, or with ingredients such as creatine, taurine etc. Cannot list a combination of medicinal and non-medicinal ingredients, botanical extracts or herbs. May contain >0.2 g of trans fat if there are no sources of industrially-produced trans fat in the ingredient list.					The same as listed for elementary and middle schools unless otherwise noted
All amounts are per portion size sold, unless indicated.	<b>NR</b>	<b>CL</b>	<b>CS✓</b>	<b>CM✓✓</b>	
	<b>Any of:</b>	<b>Any of:</b>	<b>All of:</b>	<b>All of:</b>	
<b>Size</b>	>600 mL	n/a	≤600 mL		
<b>Calories</b>	>300	n/a	≤300		
<b>Trans Fat</b>	≥0.2 g	≥0.2 g	<0.2 g (≤0.1 g if fat <4g)		
<b>Sodium</b>	>450 mg	200-400 mg	<200 mg	≤50 mg	
<b>Sugars relative to volume</b>	>16 g per 250 mL	n/a	n/a	n/a	
<b>Sugars relative to calcium</b>	8-16g per 250 mL AND <5% DV (55 mg) calcium per 250 mL	8-16g per 250 mL AND 5-20% DV (55 -220mg) calcium per 250 mL, OR Sugars are 2-8 g per 250 mL AND calcium < 5% DV per 250 mL	n/a	No added sugars if < 20% DV of calcium per 250 mL, OR may have < 8g sugar per 250 mL IF ≥20% DV of calcium per 250 mL	
<b>Fortification</b>	Is fortified with vitamins other than Vitamin C, minerals other than Calcium, or with ingredients such as creatine, taurine etc.		May be fortified with Vitamin C or Calcium		
<b>Artificial Sweeteners</b>	Contains artificial sweeteners		NO artificial sweeteners		May contain artificial sweeteners in CS category
<b>Caffeine</b>	>25 mg	15.1-25 mg	≤15 mg		
<b>Condiments &amp; Add Ins</b>					
Portions have been estimated to limit the amount of salt, fat, and/or sugar to approximately: 100-200 mg sodium, 5-10 g total fat, and/or 4-8 g added sugar (or equivalent of artificial sweetener)					<b>Encourage students to limit portions to 1 or 2 portions of condiments or add-ins</b>
All amounts are per portion size sold, unless indicated.	<b>CS and CM</b>				Condiments and add-ins can be used to enhance the flavour of Choose Most and Choose Sometimes items. They should be served on the side whenever possible. If they are served in a food or beverage, then need to be assessed as served in the appropriate food grouping (e.g. A sandwich with mayo would be assessed as the sandwich + the mayo in the "Mixed Entrée" food grouping)
	<b>All of:</b>				
<b>Total Fat</b>	≤10 g				
<b>Trans Fat</b>	≤0.2 g				
<b>Sodium</b>	≤200 mg				
<b>Sugars</b>	≤8 g				