**Appendix G: Applying the Nutrition Standards: Categorizing Food and Beverages**

**Sample – Potato Chips –Baked**

|  |  |  |
| --- | --- | --- |
| **Nutrition Facts**Per 28 g (1 bag) |  |  |
| Amount % Daily Value**Calories**  120 |  |
| **Fat**  3gSaturated Fat 0.5 g+ Trans Fat 0 g**Cholesterol**  0 mg**Sodium** 210 mg**Carbohydrate** 21 gFibre 2 gSugars 3 g**Protein** 2g | 5%3%9%7%7% | **INGREDIENTS:** Dehydrated Potatoes, Corn Oil, Modified Food Starch, Sugar, Nonfat Milk, Salt, Dextrose, Soy Lecithin, Cultured Nonfat Milk, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), Whey, Onion Powder, Sour Cream (Cultured Cream, Nonfat Milk), Natural Flavours, Parsley, Citric Acid, And Autolyzed Yeast Extract. |
| Vitamin AVitamin CCalciumIron | 0%4%4%0% |  |

**STEP 1 – Compare the total fat and trans fat amounts (in grams) on your product’s Nutriton Facts table with the Trans Fat Standards.**

**Remember: Trans Fat Standards (O.Reg. 200/08)**

* The trans fat content does not exceed 2% of the total fat content for vegetable oil or soft, spreadable margarine.
* The trans fat content does not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine.

This product has:

* \_\_0 \_\_ g of Trans Fat **Trans**  \_\_0 \_\_ g x 100 = \_\_0\_\_% of fat from trans fat
* \_\_3 \_\_ g of Fat **Fat** \_\_3 \_\_ g

These Potato Chips **meet** the Trans Fat Standards.

**STEP 2 – Identify the group and sub-group in the nutrition standards that your product fits into (identified below).**

**GROUP – Vegetables and Fruit**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sub-group** | **Sell Most (>80%)** | **Sell Less (<20%)** | **Not Permitted for Sale** |
| **Nutrition Criteria** | **Nutrition Criteria** | **Nutrition Criteria** |
| **Vegetable and Fruit Chips** | Fat: < 3 g**and** Saturated fat: < 2 g**and** Sodium: < 240 mg | Fat: < 5 g**and** Saturated fat: < 2 g**and** Sodium: < 480 mg | Fat: > 5 g**or** Saturated fat: > 2 g**or** Sodium: > 480 mg |

**STEP 3 – Compare the relevant information on your product’s food label (i.e., the Nutrition Facts table and ingredient list) with the nutrition criteria in the nutrition standards.**

|  |  |  |
| --- | --- | --- |
| **Product** |  | **Notes** |
| Potato Chips -- Baked |  | **Sell Most** | **Sell Less** | **Not Permitted** |
| Fat |  |  |  |
| Saturated Fat |  |  |  |
| Sodium |  |  |  |

**These potato chips meet the *Sell Most* Category of the nutrition standards.**

Source: Ministry of Education – School Food and Beverage Policy Secondary School Teacher Training 2012

More Practice…..

**Cheddar Multigrain Chips**

Nutrition Facts

Per 27 chips (28 g)

| **Amount** | **% Daily Value** |
| --- | --- |
| Calories 110 |  |
| Fat 3.5 g | 5% |
|   Saturated 0.5 g | 2% |
| + Trans 0 g |  |
| Cholesterol 0 mg |  |
| Sodium 400 mg | 17% |
| Carbohydrate 18 g | 6% |
|   Fibre 2 g | 8% |
|   Sugars 2 g |  |
| Protein 2 g |  |
|

|  |  |  |  |
| --- | --- | --- | --- |
| Vitamin A | 2% | Vitamin C | 0% |
| http://hs.curriculum.org/sb/static/images/line.png | http://hs.curriculum.org/sb/static/images/line.png |
| Calcium | 4% | Iron | 4% |

 |

Categorize this example using the three steps

**STEP 1 – Compare the total fat and trans fat amounts (in grams) on your product’s Nutrition Facts table with the Trans Fat Standards.**

This product has:

* \_\_ \_\_ g of Trans Fat Trans \_\_ \_\_ g x 100 = \_\_\_\_% of fat from trans fat
* \_\_ \_\_ g of Fat Fat \_\_ \_\_ g

\_\_\_\_\_\_This product **meets** the Trans Fat Standards.

\_\_\_\_\_\_This product **does not meet** the Trans Fat Standards . (do not proceed to Step 2)

**STEP 2 – Identify the group and sub-group in the nutrition standards that your product fits into (identified below).**

**GROUP – Vegetables and Fruit**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sub-group** | **Sell Most (>80%)** | **Sell Less (<20%)** | **Not Permitted for Sale** |
| **Nutrition Criteria** | **Nutrition Criteria** | **Nutrition Criteria** |
| **Vegetable and Fruit Chips** | Fat: < 3 g**and** Saturated fat: < 2 g**and** Sodium: < 240 mg | Fat: < 5 g**and** Saturated fat: < 2 g**and** Sodium: < 480 mg | Fat: > 5 g**or** Saturated fat: > 2 g**or** Sodium: > 480 mg |

**STEP 3 – Compare the relevant information on your product’s food label (i.e., the Nutrition Facts table and ingredient list) with the nutrition criteria in the nutrition standards.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Product** |  | **Notes** | **Category** |
| Potato Chips -- Baked |  | **Sell Most** | **Sell Less** | **Not Permitted** |  |
| Fat |  |  |  |
| Saturated Fat |  |  |  |
| Sodium |  |  |  |

**These Cheddar Multigrain chips meet the  *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*Category of the nutrition standards.**