

Single Serving Packaged Food List

Supporting Nutrition Initiatives in Schools



Developed by the Provincial Nutritionists/Registered Dietitians of the Alberta Provincial Nutrition Task Force on Comprehensive School Health – Food List Working Group (February 2009)

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Introduction

The Alberta Nutrition Guidelines for Children and Youth

In June 2008, Alberta Health & Wellness released the *Alberta Nutrition Guidelines for Children and Youth* (The Guidelines). The purpose of The Guidelines is to help promote healthy eating habits for children and youth in childcare settings, schools and recreation centers. This ensures that children and youth will be able to make healthy food choices in places where they live, learn and play.

The Guidelines can apply to all food and beverages sold or served to students. This would include foods sold in vending machines, school stores, cafeterias, parent-organized lunch sales, team games, classroom parties etc.

For further information you can download a copy of these guidelines at <http://www.healthyalberta.com/AboutHealthyU/280.htm>.

The Single Serving Packaged Food List

The Single Serving Packaged Food List (The List) has been created to assist schools and recreation centres in implementing The Guidelines. The foods included in The List are packaged products available in the marketplace that meet the 'Choose Most Often' and 'Choose Sometimes' criteria as listed in The Guidelines.

The List does not include 'Choose Least Often' foods. These foods are typically higher in fat, sugar, and /or salt, with few nutrients and are not recommended.

This List does not endorse any particular products, brands or stores. It reflects examples of packaged foods found in local Alberta stores as of September 2008 that are available for schools to purchase. **We encourage schools to refer to the criteria from *The Alberta Nutrition Guidelines for Children and Youth* (2008) to assess other food products not listed.**

This list does not include fresh foods (e.g. fresh vegetables and fruit) or individual ingredients used in preparing recipes (e.g. flour, sugar, eggs used for making muffins). Fresh, whole foods from Canada's Food Guide are the healthiest choices for meals and snacks and should be emphasized over packaged processed foods.

The Guidelines recommend using the serving sizes listed in Eating Well with Canada's Food Guide to classify foods. However, package sizes of foods often do not represent a Canada's Food Guide serving size. This may distort the perception of how healthy the food is. In order to correct for this, we have analyzed the contents of the packaged foods based on a Canada's Food Guide portion size of the food, in order to standardize the comparison.

The List does not identify any potential allergens and therefore it is the responsibility of the school to evaluate products for potential allergies.

Guide to the Use of the Single Serving Packaged Food List

This List is intended to be used when selecting healthier options of packaged foods for your school or facility. Foods are organized either according to the four food groups from *Eating Well with Canada's Food Guide* or as a mixed dish and into *Choose Most Often* or *Choose Sometimes*. Foods from the *Choose Least Often* category are not included since they are not recommended.

Each Food Group is further divided into specific food items, for example granola bars would be found under Granola and Cereal Bars in the Grain Products section. Foods are listed alphabetically by the brand name, with Choose Most Often Foods listed first.

Strategies for Healthy Food Choices in Schools

In keeping with the Guidelines, foods on display should be rated as 'Choose Most Often' and 'Choose Sometimes'. This can be done using symbols such as Green for "Choose Most Often" and Yellow for "Choose Sometimes" or "Go, Yield, Stop" symbols. According to The Guidelines, 'Choose Most Often' foods should be attractively displayed and 'Choose Sometimes' foods should be less prominent than 'Choose Most Often' and clearly marked.

Other strategies include education of students, staff and parents, as well as pricing and availability of healthy foods will help to make the introduction of healthy choices easier and more acceptable in your school. Schools have greater success when healthier food choices are part of a healthier overall school environment. Students, parents, staff, administrators and any other interested parties, should be encouraged to participate in creating policies or guidelines at a district or school level. Remember that policies or guidelines take time to put into action. Phase in changes and new foods slowly over time.

Nutrition Criteria

The Single Serving Packaged Food List has been developed using the nutrition criteria from the *Alberta Nutrition Guidelines for Children and Youth*. The Guidelines have separated all foods into three categories:

1. **Choose Most Often:** These foods could be eaten daily. They are healthy choices found in *Eating Well with Canada's Food Guide*.
2. **Choose Sometimes:** Three food items in this category may be chosen per week.
3. **Choose Least Often:** These foods are foods that do not fit within the Choose Most Often or Choose Sometimes categories. These foods are **not** recommended. One serving could be eaten once per week.

It is recommended that schools follow the guidelines below:

- **Elementary Schools:** Provide 100% of foods from *Choose Most Often* category.
- **Junior High Schools:** Provide 60% of foods from *Choose Most Often* and 40% from *Choose Sometimes*.
- **High Schools:** Provide 50% of foods from *Choose Most Often* and 50% from *Choose Sometimes*.

The products on this list will be reviewed annually. Please submit any questions you may have about products to the contact information found on the Alberta Coalition for Healthy School Communities (ACHSC) website, at http://www.achsc.org/school_materials.htm.

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
Vegetables & Fruit					Choose Most Often	Choose Sometimes
	Fresh Vegetables	Bolthouse Farms	Babycut carrots	85 g	x	
	Fresh Fruit	President's Choice	Mini Chefs ready-to-eat Gala apple wedges	57 g	x	
	Fresh Fruit	President's Choice	Mini Chefs peeled ready-to-eat baby carrots	56 g	x	
	Fresh Vegetables	President's Choice	Mini Chefs Dunk 'n Crunch Baby-cut Carrots & Ranch Dip	64 g		x
	Applesauce	Compliments Organic	Unsweetened Apple Snack	113 g	x	
	Fruit Cup	Del Monte	Tropical Medley	112.5 ml	x	
	Fruit Cup	Dole	Fruit Bowls - Tropical Fruit in Light Syrup	107 ml	x	
	Fruit Cup	Dole	Fruit Bowls - Fruit Salad in Light Syrup	107 ml	x	
	Fruit Cup	Dole	Golden Pineapple in pineapple juice	107 ml	x	
	Fruit Cup	Motts	Fruitsations - Apple Pomegranate (unsweetened)	111 g	x	
	Fruit Cup	Del Monte	Clingstone peaches in light fruit juice syrup	112.5 ml		x
	Fruit Cup	Del Monte	Fruit Salad in Light Fruit Juice Syrup	112.5 ml		x
	Fruit Cup	Del Monte	Peach and Mango in Light Fruit Juice Syrup	112.5 ml		x
	Fruit Cup	Del Monte	Mandarins in Light Fruit Juice Syrup	112.5 ml		x
	Fruit Cup	Del Monte	Fruit Salad in Light Fruit Juice Syrup	142 ml		x
	Fruit Cup	Dole	Fruit Bowls - Diced Peaches in Light Syrup	107 ml		x
	Fruit Cup	No Name	Mandarin Orange Segments in Light Syrup	142 ml		x
	Fruit Cup	No Name	Fruit Salad in Light Syrup	142 ml		x
Fruit Cup	No Name	Diced Clingstone Peaches in Light Syrup	142 ml		x	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category		
Vegetables & Fruit					Choose Most Often	Choose Sometimes	
	Dried Fruit	Frutos	Fruit Melange	30g	x		
	Dried Fruit	Frutos	Mango	30g	x		
	Dried Fruit	Frutos	Pineapple	30g	x		
	Dried Fruit	Kettle Valley	Dried Fruit Real Fruit Snack - wildberry	40 g	x		
	Dried Fruit	Kettle Valley	Dried Fruit Real Fruit Snack - apricot	40 g	x		
	Dried Fruit	Kettle Valley	Dried Fruit Real Fruit Snack - raspberry	40 g	x		
	Fruit & Nut Bar	Larabar	Pecan Pie	45 g	x		
	Fruit Bar	Oskri Organics	Fig Fruit Bar	43 g	x		
	Fruit Bar	Sunrype	Fruit Source Plus Veggie Bar - Tropical	37 g	x		
	Fruit Bar	Sunrype	Fruit Source Bar - Cherryberry	37 g	x		
	Fruit Bar	Sunrype	Fruit Source Bar - Strawberry	37 g	x		
	Fruit Snack	Applesnax	Extreme Squeez Tubes - apple strawberry	64 g	x		
	Fruit Snack	Dole	Squish'ems Squeezable Fruit Snack - Mixed Berry	90 g	x		
	Fruit Snack	Dole	Squish'ems Squeezable Fruit Snack - Apple	90 g	x		
	Fruit Snack	Dole	Squish'ems Squeezable Fruit Snack - Strawberry Apple	90 g	x		
	Fruit Snack	Mariani	Sun Ripened Mixed Fruit	40 g	x		
	Fruit Snack	Sunrype	Fun Bites 100% Fruit Snacks - very cherry	18 g	x		
	Fruit Snack	Sunrype	Fun Bites 100% Fruit Snacks - berry blend	18 g	x		
	Fruit Snack	Sunrype	Squiggles 100% Fruit Snack - zesty raspberry, wild strawberry	18 g	x		
Fruit Snack	Sunrype	Fruit Source bar - Strawberry	37 g	x			
Fruit Snack	Sunrype	Fruit Source bar - Blueberry	37 g	x			
Fruit Snack	Sunrype	Fruit Source Plus Veggie bar - Raspberry	37 g	x			

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
Vegetables & Fruit					Choose Most Often	Choose Sometimes
	Juice	Campbells	V8 - low sodium	156 ml	x	
	Juice	Compliments Junior	Sippy Juice Boxes - Orange Tangerine	125 ml	x	
	Juice	Compliments Junior	Sippy Juice Boxes - Cherry Cranberry	125 ml	x	
	Juice	Minute Maid	100% Juice Boxes - Orange	200 ml	x	
	Juice	Minute Maid	100% Juice Boxes - Apple	200 ml	x	
	Juice	Minute Maid	100% Juice Boxes - Fruit Blend	200 ml	x	
	Juice	My Smoothie	Peach	250 ml	x	
	Juice	My Smoothie	Strawberry	250 ml	x	
	Juice	So Nice	Mango	236 ml	x	
	Juice	So Nice	Pomegranate, blueberry	236 ml	x	
	Juice	Sunrype	Fruit Plus Veggie Juice	200 ml	x	
	Juice	Sunrype	100% Fruit Juice - Strawberry Kiwi	200 ml	x	
	Juice	Campbells	V8 - Regular	156 ml		x
	Juice	Campbells	V8 V-Go Smooth & Seasoned	156 ml		x
	Juice	Vita CoCo	Coconut Water - Peach Mango	330 ml		x
	Fruit Chips	Bare Fruit 100% Organic	Cinnamon apple, fuji apple chips, granny smith	73 g	x	
	Fruit Chips	Green Tree	Apple Chips - original	22 g	x	
	Fruit & Vegetable Chips	Flat Earth	Veggie Crisps - tangy tomato ranch	28 g		x
Fruit & Vegetable Chips	Flat Earth	Veggie Crisps - Garlic & Herb Field	28 g		x	
Veg. Chip	Terra	Original	28g		x	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
					Choose Most Often	Choose Sometimes
Grains					Choose Most Often	Choose Sometimes
	Hot Cereal	Quaker	Instant Oatmeal - apples & cinnamon (30% less sugar)	29 g	x	
	Hot Cereal	Quaker	Instant Oatmeal Weight Control - maple brown sugar	38 g	x	
	Hot Cereal	Quaker	Instant Oatmeal Weight Control - cinnamon	38 g	x	
	Hot Cereal	Quaker	Instant Oatmeal - wildberry medley	38 g	x	
	Hot Cereal	Quaker	Instant Oatmeal - maple brown sugar	47 g	x	
	Hot Cereal	Quaker	Instant Oatmeal - apples & cinnamon	33 g	x	
	Hot Cereal	Kraft	Cream of Wheat - original	28 g		x
	Hot Cereal	Quaker	Oatmeal - Regular	31 g		x
	Hot Cereal	Quaker	Instant Oatmeal - peaches & cream	33 g		x
	Hot Cereal	Western Family	Flavoured Instant Oatmeal - Cinnamon & Spice	36 g		x
	Hot Cereal	Western Family	Flavoured Instant Oatmeal - Apples & Cinnamon	36 g		x
	Hot Cereal	Western Family	Flavoured Instant Oatmeal - Raisins & Spice	47 g		x
	Hot Cereal	Western Family	Flavoured Instant Oatmeal - Peaches & Cream	47 g		x
	Hot Cereal	Western Family	Flavoured Instant Oatmeal - Maple Brown Sugar	48 g		x

The Guidelines recommend using the serving sizes listed in Eating Well with Canada's Food Guide to classify foods. However, **package sizes of foods often do not represent a Canada's Food Guide serving size.** This may distort the perception of how healthy the food is. In order to correct for this, we have analyzed the contents of the packaged foods based on a Canada's Food Guide portion size of the food, in order to standardize the comparison.

Grain Products

- Cereal is listed by weight, for example hot cereal package – 48g, so as with all other prepackaged food, the cereals found on this list have been analyzed based on a Canada's Food Guide portion size. It is important to note that some packages may be more than one serving.
- Granola bars are analyzed based on a 30-38g serving size, some bars may be larger and therefore more than one serving.

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
					Choose Most Often	Choose Sometimes
Grains						
	Cold Cereal	Compliments Balance	Bite Sized Wheat Cereal	30 g	x	
	Cold Cereal	General Mills	Cheerios - apple cinnamon	30 g	x	
	Cold Cereal	General Mills	Cheerios - multigrain	30 g	x	
	Cold Cereal	Kashi	Go Lean - 7 Grain	55 g	x	
	Cold Cereal	Kashi	Honey Almond Flax Cereal	250 ml	x	
	Cold Cereal	Kashi	7 Whole Grain Honey Puffed Cereal	32 g	x	
	Cold Cereal	Kelloggs	Mini Wheats - original frosted	59 g	x	
	Cold Cereal	Kelloggs	Mini Wheats - brown sugar frosted	59 g	x	
	Cold Cereal	Kelloggs	Muslix - harvest fruit	52 g	x	
	Cold Cereal	Kelloggs	Guardian - original	34 g	x	
	Cold Cereal	Kelloggs	Raisin Bran	55 g	x	
	Cold Cereal	Nature's Path	Flax Plus Pumpkin Raisin Crunch	175 ml	x	
	Cold Cereal	Nature's Path	Flax Plus Red Berry Crunch	175 ml	x	
	Cold Cereal	Nature's Path	Blueberry Almond Muesli	125 ml	x	
	Cold Cereal	Nature's Path	Heritage Muesli	125 ml	x	
	Cold Cereal	Nature's Path	Pomegranite Plus Granola	30 g	x	
	Cold Cereal	Nature's Path	Optimum Power - Flax Soy Blueberry	175 ml	x	
	Cold Cereal	Post	Honey Comb	30 g	x	
	Cold Cereal	Post	Alpha Bits Cereal	30 g	x	
	Cold Cereal	Post	Shreddies	50 g	x	
	Cold Cereal	Quaker	Life Cereal	30 g	x	
	Cold Cereal	General Mills	Cheerios - plain	30 g		x
	Cold Cereal	General Mills	Golden Grahams	29 g		x
	Cold Cereal	General Mills	Lucky Charms	25 g		x
	Cold Cereal	General Mills	Cheerios - honey nut	27 g		x
	Cold Cereal	Kelloggs	Fruit Loops	27 g		x
	Cold Cereal	Kelloggs	All Bran	34 g		x
	Cold Cereal	Kelloggs	Frosted Flakes	35 g		x
	Cold Cereal	Kelloggs	Vector Meal Replacement	55 g		x
	Cold Cereal	Kelloggs	All Bran Flakes	34 g		x
	Cold Cereal	Kelloggs	Just Right	46 g		x
	Cold Cereal	Kelloggs	Special K - Red Berries	29 g		x
	Cold Cereal	Kelloggs	Corn Flakes	30 g		x
	Cold Cereal	Nature's Path	Hemp Plus Granola	175 ml		x
	Cold Cereal	Nature's Path	Optimum Zen	175 ml		x
	Cold Cereal	Nature's Path	Optimum Slim	250 ml		x
	Cold Cereal	Post	Shreddies - Honey	45 g		x
	Cold Cereal	Quaker	Corn Bran Squares	30 g		x

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
Grains					Choose Most Often	Choose Sometimes
	Cereal/Granola Bar	Compliments	Low Fat Cereal Bar - Strawberry & Raspberry	38 g	x	
	Cereal/Granola Bar	Fibre 1	Chewy Bars - oats & peanut butter	35 g	x	
	Cereal/Granola Bar	Kashi	Cherry Dark Chocolate	35g	x	
	Cereal/Granola Bar	Kashi	Seven Whole Grain with Almonds	35g	x	
	Cereal/Granola Bar	Kashi	Peanut, Peanut Butter	35g	x	
	Cereal/Granola Bar	Nature's Path	Apricot & Nut	40g	x	
	Cereal/Granola Bar	Nature's Path	Flax Plus-Pumpkin	40g	x	
	Cereal/Granola Bar	Nature's Path	Peanut Butter	40g	x	
	Cereal/Granola Bar	Nature Valley	Fibre Source Granola Bar - Apple Cobbler	32 g	x	
	Cereal/Granola Bar	Nature Valley	Fibre Source Granola Bar - Honey & Almond	32 g	x	
	Cereal/Granola Bar	President's Choice	Blue Menu fruit & nut bars - apple & almond	35 g	x	
	Cereal/Granola Bar	Enjoy Life	Caramel Apple	28g		x
	Cereal/Granola Bar	Enjoy Life	Very Berry	28g		x
	Cereal/Granola Bar	Fibre 1	Chewy Bars - oats & chocolate	35 g		x
	Cereal/Granola Bar	Great Value	Crunchy Granola Bar (peanut butter)	46 g		x
	Cereal/Granola Bar	Great Value	Cereal Bar - Strawberry	38 g		x
	Cereal/Granola Bar	Kelloggs	All Bran Snack Bites	28 g		x
	Cereal/Granola Bar	Kelloggs	Munch'ems Bite Size Granola Snacks - Honey Oat	30 g		x
	Cereal/Granola Bar	Kelloggs	All Bran Bars - original	30 g		x
	Cereal/Granola Bar	Kelloggs	All Bran Bars - honey nut	30 g		x
	Cereal/Granola Bar	Kelloggs	All Bran Snack Bites - Strawberry	28 g		x
	Cereal/Granola Bar	Kelloggs	Nutri-Grain Bars - Chocolatey Almond	32 g		x
	Cereal/Granola Bar	Kelloggs	Nutri-Grain Bars - Apple Cinnamon, Raspberry, Strawberry, Mixed Berry	37 g		x
	Cereal/Granola Bar	Leclerc	Chewy yogurt Bar - Cranberry and citrus, Raspberry and vanilla	25 g		x
	Cereal/Granola Bar	Nature Valley	Sweet & Salty Granola Bar - Peanut Butter	35 g		x
	Cereal/Granola Bar	Nature Valley	Sweet & Salty Granola Bar - Almond	35 g		x
	Cereal/Granola Bar	Nature Valley	Granola Bar - Apple Crisp	42 g		x

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category		
					Choose Most Often	Choose Sometimes	
Grains							
	Cereal/Granola Bar	Nature Valley	Trail Mix Chewy Granola Bar - Fruit & Nut	35 g		x	
	Cereal/Granola Bar	President's Choice	Chunky whole grain granola bars (almonds & berries, peanut butter)	36 g		x	
	Cereal/Granola Bar	President's Choice	Blue Menu fruit & yogurt (cranberry blueberry, apple cinnamon)	40 g		x	
	Cereal/Granola Bar	President's Choice	Blue Menu granola bar - cranberries and almond apples and almond	35 g		x	
	Cereal/Granola Bar	Quaker	Yogurt Bar - Vanilla	35 g		x	
	Cereal/Granola Bar	Quaker	Yogurt Bar - Strawberry	35 g		x	
	Cereal/Granola Bar	Quaker	Yogurt Bar - Blueberry	35 g		x	
	Cereal/Granola Bar	Quaker	Chewy Yogurt Bar - Vanilla	35 g		x	
	Cereal/Granola Bar	Quaker	Oatmeal to Go bars	47 g		x	
	Cereal/Granola Bar	Quaker	Granola Crunchers - chocolate or cinnamon	20 g		x	
	Cereal/Granola Bar	Western Family	Trail Mix Granola Bar - Fruit & Nut	35 g		x	
	Cereal/Granola Bar	Western Family	Trail Mix Granola Bar - Apple Cinnamon	35 g		x	
	Cereal/Granola Bar	Western Family	Cereal Bar - Blueberry	38 g		x	
	Cereal/Granola Bar	Western Family	Cereal Bar - Strawberry	38 g		x	
	Crackers						
	Crackers	Christie	Triscuit - Rosemary & Olive Oil	30 g	x		
	Crackers	Christie	Triscuit Thin Crisps - parmesan garlic	30 g	x		
	Crackers	Christie	Triscuit Original	30 g	x		
	Crackers	President's Choice	Blue Menu - ancient grains snack crackers	19 g	x		
	Crackers	Christie	Wheat Thins - original	22 g			x
	Crackers	Dare	Breton - garden vegetable	20 g			x
	Crackers	Grissol	Crispy Baguettes - sesame & garlic	29 g			x
Crackers	Pepperidge Farm	Goldfish baked snack crackers - cheese trio	28 g			x	
Crackers	Pepperidge Farm	Goldfish baked snack crackers - cheddar	28 g			x	
Crackers	President's Choice	7 Grain multiseed flatbread crackers	28 g			x	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category		
Grains					Choose Most Often	Choose Sometimes	
	Cookies	Annie's	Bunny Grahams Chocolate	28g		x	
	Cookie	Christie	Fig Newtons	58 g		x	
	Cookies	Christie	Thinsations - Fudgee-O-Original	23 g		x	
	Cookies	Dads	Oatmeal Chocolate Chip Cookies	37.5 g		x	
	Cookie	President's Choice	Arrowroot Cookies	32 g		x	
	Chips/Popcorn/Puffed Snack Chips	Christie	Thinsations - Bits & Bites -Original	22 g		x	
	Chips/Popcorn/Puffed Snack Chips	Frito Lays	Baked Ruffles and Sour Cream Potato Chips	32 g		x	
	Chips/Popcorn/Puffed Snack Chips	Frito Lays	Baked Lays - Original	32 g		x	
	Chips/Popcorn/Puffed Snack Chips	Frito Lays	Baked Doritos - Nacho Cheese	32 g		x	
	Chips/Popcorn/Puffed Snack Chips	Frito Lays	Baked Lays - BBQ	32 g		x	
	Chips/Popcorn/Puffed Snack Chips	General Mills	Cheerios Snack Mix (honeynut crunch)	28 g		x	
	Chips/Popcorn/Puffed Snack Chips	Mrs. Palmer's Pantry Pita Chips	Parmesan and garlic	50 g		x	
	Chips/Popcorn/Puffed Snack Chips	Orville Redenbacher's	Popcorn mini sacs - Smart Pop	31 g		x	
	Chips/Popcorn/Puffed Snack Chips	President's Choice	Blue Menu rice chips - sour cream & onion	50 g		x	
	Chips/Popcorn/Puffed Snack Chips	President's Choice	Blue Menu rice chips - bbq	50 g		x	
	Chips/Popcorn/Puffed Snack Chips	President's Choice	Blue Menu rice chips - sea salt & cracker black pepper	50 g		x	
	Chips/Popcorn/Puffed Snack Chips	President's Choice	Blue Menu multigrain waffle pretzels	50 g		x	
	Chips/Popcorn/Puffed Snack Chips	Quaker	Crispy Delights - Cinnamon Streusel	20 g		x	
Chips/Popcorn/Puffed Snack Chips	Quaker	Crispy Delights - Chocolatey Drizzle	20 g		x		
Chips/Popcorn/Puffed Snack Chips	Stacy's	Simply Naked Pita Chips	39 g		x		
Chips/Popcorn/Puffed Snack Chips	Stacy's	Parmesan Garlic & Herb	38.9 g		x		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
Milk & Alternatives					Choose Most Often	Choose Sometimes
	Fluid Milk	Dairyland	Skim White Milk	250 ml	x	
	Fluid Milk	Dairyland	1% White Milk	250 ml	x	
	Fluid Milk	Dairyland	2% White Milk	250 ml	x	
	Fluid Milk	Milk to Go	2% White Milk	350 ml	x	
	Fluid Milk	Milk to Go	1% White Milk	500 ml	x	
	Fluid Milk	Milk to Go	2% White Milk	500 ml	x	
	Soy Beverage	So Nice Fortified Soy Beverage	Vanilla	250 ml	x	
	Soy Beverage	So Nice Fortified Soy Beverage	Original	250 ml	x	
	Fluid Milk	Dairyland	Chocolate Milk	250 ml		x
	Fluid Milk	Milk to Go	Chillin Chocolate	350 ml		x
	Fluid Milk	Milk to Go	Strawberry Splash	350 ml		x
	Fluid Milk	Milk to Go	Banana Blast	350 ml		x
	Fluid Milk	Milk to Go	Vanilla Vibe	350 ml		x
	Fluid Milk	Dairyland	Chocolate Milk	500 ml*		x
	Fluid Milk	Milk to Go	Chillin Chocolate	500 ml*		x
	Fluid Milk	Milk to Go	Strawberry Splash	500 ml*		x
	Fluid Milk	Milk to Go	Banana Blast	500 ml*		x
	Fluid Milk	Milk to Go	Vanilla Vibe	500 ml*		x
	Fluid Milk	Milk to Go	Orange Obsession	500 ml*		x
	Rice Beverage	Ryza	Chocolate	250 ml		x
	Soy Beverage	So Good Fortified Soy Beverage	Vanilla	250 ml		x
	Soy Beverage	So Good Fortified Soy Beverage	Chocolate	250 ml		x

Although chocolate milk and yogurt are in the 'Choose Sometimes' category because they contain added sugar and have more than 200 mg sodium per serving, they would be considered healthy choices for schools

Although some cheese is in the 'Choose Sometimes' category because it contains more than 200 mg sodium per serving, it would be considered a healthy choice for schools.

* Milk packaged in containers larger than 350 ml are appropriate for junior high, middle high and high schools.

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
Milk & Alternatives					Choose Most Often	Choose Sometimes
	Cheese	Babybel	mini light cheese	20 g		x
	Cheese	Black Diamond	Marbelicious Cheese Strings	21 g		x
	Cheese	Black Diamond	Cheddarific cheese string	21		x
	Cheese	Black Diamond	Mozzarella cheese string	21		x
	Cheese	Compliments	Part-skim Mozzarella Stick	21 g		x
	Cheese	Compliments	Cheddar Cheese String	21 g		x
	Cheese	Compliments Junior	Pow Pack Mozzarella sticks	21 g		x
	Cheese	Compliments Junior	Pow Pack Cheddar	21 g		x
	Cheese	No Name	Stringable Mozzarella	21g		x
	Cheese	No Name	Stringable Marble	21g		x
	Cheese	No Name	Stringable Cheddar	21g		
	Cheese	Saputo	Cheese Heads Mozzarella	21 g		x
	Cheese	Saputo	Cheese Heads Swirls	21 g		x
	Cheese	Saputo	Cheese Heads Cheddar	21 g		x
	Cheese	Western Family	Chompers Cheese Snacks, marble	21 g		x
	Cheese	Western Family	Chompers Cheese Snacks, mozzarella	21 g		x
	Yogurt	Dairyland	Plain Stirred Yogurt	175 g	x	
	Yogurt	Astro	Biobest CalcioPro+ Yogurt - strawberry, peach, raspberry	100 g		x
	Yogurt	Astro	Biobest CalcioPro+ Yogurt - vanilla	100 g		x
	Yogurt	Astro	Biobest Jeunesse	100 g		x
	Yogurt	Astro	Biobest Lactose Reduced	100 g		x
	Yogurt	Astro	Biobest Omega 3 CardioPro+ - Strawberry, Raspberry, Peach, Blueberry	100 g		x
	Yogurt	Astro	Naturally Flavoured	100 g		x
	Yogurt	Astro	Original All Natural Fat Free	100g		x
	Yogurt	Diaryland	Alive	100g		x
	Yogurt	Diaryland	Fat Free	125g		x
Yogurt	Diaryland	Provive	175g		x	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
					Choose Most Often	Choose Sometimes
Milk & Alternatives						
	Yogurt	Dairyland	Stirred yogurt - fieldberry	125 g		x
	Yogurt	Dairyland	Stirred yogurt - strawberry	125 g		x
	Yogurt	Dairyland	Stirred yogurt - raspberry	125 g		x
	Yogurt	Dairyland	Stirred yogurt - peach	125 g		x
	Yogurt	Danone	Danino - Strawberry Banana, Vanilla	100 g		x
	Yogurt	Danone	Activia Fat Free - raspberry	100 g		x
	Yogurt	Danone	Activia Fat Free - vanilla	100 g		x
	Yogurt	Danone	Activia Fibre - red fruits & cereals	100 g		x
	Yogurt	Danone	Activia Fibre - red fruits & cereals	100 g		x
	Yogurt	Liberte	Bio-organic yogurt - vanilla	175 g		x
	Yogurt	Nancy's	Soy Yogurt - Plain	226 g		x
	Yogurt	Neilson	Fat Free	175g		x
	Yogurt	Neilson	Fruit on the Bottom	175g		x
	Yogurt	Neilson	Stirred	175g		x
	Yogurt	Olympic	Probiotic Yogurt (firm) - Strawberry and Blueberry	115 g		x
	Yogurt	Olympic	Probiotic Yogurt (firm) - Vanilla	115 g		x
	Yogurt	Western Family	Fat-free stirred yogurt, strawberry banana	115 g		x
	Yogurt	Western Family	Fat-free stirred yogurt, orange mango	115 g		x
	Yogurt	Western Family	Fat-free stirred yogurt, blueberry	115 g		x
	Yogurt	Yoplait	Tubes - fruit punch, strawberry banana, peach, blueberry, cherry avalanche, cyber strawberry, grape raspberry, kumquat banana, prickly pears	60 g		x
	Yogurt	Yoplait	Creamy - fieldberry	100 g		x
	Yogurt	Yoplait	MiniGo Duo - Vanilla Raspberry	60 g		x
	Yogurt	Yoplait	MiniGo Immuni+ Jr - Apple Raspberry	60 g		x
	Yogurt	Yoplait	Basket Fat Free Yogurt - Strawberry, Red Raspberry, Yellow Pear, Apricot	100 g		x

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
					Choose Most Often	Choose Sometimes
Milk & Alternatives						
	Yogurt Beverage	Astro	Biobest Maximmune - Vanilla, Strawberry	94 ml		x
	Yogurt Beverage	Danone	Dan Active - Blueberry and Strawberry	93 ml		x
	Yogurt Beverage	Yoplait	Yop - raspberry, strawberry, strawberry-banana twist	200 ml		x
	Frozen Dessert	Del Monte	Frozen Yogurt Bar - Strawberry, Peach	50 ml		x
	Pudding	Healthy Choice	Double Chocolate Fudge	99 g		x
	Pudding	Healthy Choice	French Vanilla	99g		x
	Pudding	Healthy Choice	French Cream, Tapioca	99 g		x
	Pudding	Jello	Pudding Cup - Chocolate	99 g		x
	Pudding	Jello	Pudding Cup - Vanilla	99 g		x
	Pudding	Kozy Shack	Tapioca	113 g		x
	Pudding	Kozy Shack	Original Rice	113 g		x
	Pudding	Western Family	Chocolate	99 g		x
	Pudding	Western Family	Tapioca	99 g		x
Pudding	Western Family	Vanilla	99 g		x	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
Meat/ Alternatives					Choose Most Often	Choose Sometimes
	Dried Meat	Big Chief	Beef Jerkey - Teriyaki	12 g		x
	Dried Meat	Big Chief	Beef Jerkey - Original	11 g		x
	Nuts & Seeds	Krispy Kernels nuts	Salted Blanched Peanuts	50 g	x	
	Nuts & Seeds	Mrs. May's	Almond Crunch	56g	x	
	Nuts & Seeds	Blue Diamond	Almonds - Smokehouse	23 g		x
	Nuts & Seeds	Krispy Kernels nuts	Honey Roasted Peanuts	50 g		x
	Nuts & Seeds	Krispy Kernels nuts	BBQ Flavour Peanuts	50 g		x
	Nuts & Seeds	Mrs. May's	Pumpkin Crunch	56g		x
	Nuts & Seeds	Sezme	Sesame Snaps - Original	35 g		x
	Nut Bar	Mrs Mary's Naturals	Trio Bar - Cranberry	48 g	x	
	Nut Bar	Mrs Mary's Naturals	Trio Bar - Tropical	48 g	x	
	Nut Bar	Mrs Mary's Naturals	Trio Bar - Strawberry	48 g	x	
	Nut Bar	Mrs Mary's Naturals	Trio Bar - Blueberry	48 g	x	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
Mixed Dishes					Choose Most Often	Choose Sometimes
	Frozen Entrée	Discover Cuisine	Sesame Ginger Chicken with whole grain brown rice	340 g	x	
	Frozen Entrée	Guiltless Gourmet	Wrap - Four Bean & Chili (vegan)	163 g	x	
	Frozen Entrée	Guiltless Gourmet	Wrap - Mediterranean Spinach Wrap	163 g	x	
	Frozen Entrée	Guiltless Gourmet	Wrap - California Veggie Wrap	163 g	x	
	Frozen Entrée	Lucerne	Eating Right - Italian Chicken Tomato Lasagna	250 g	x	
	Frozen Entrée	PC Blue Menu	Parmesan Chicken	268 g	x	
	Frozen Entrée	PC Blue Menu	Chicken Tikka Masala	262 g	x	
	Frozen Entrée	PC Blue Menu	Reduced Fat Cheese & Spinach Cannelloni	259 g	x	
	Frozen Entrée	Lucerne	Eating Right - Roasted Vegetable Lasagna	250 g		x
	Frozen Entrée	Lucerne	Eating Right - Turkey Lasagna	268 g		x
	Frozen Entrée	Michelina's Advantage	Wholesome Menu Bowls - Teriyaki Chicken Stirfry	312 g		x
	Frozen Entrée	PC Blue Menu	Chicken Bangkok	280 g		x
	Frozen Entrée	PC Blue Menu	Splendido Lasagna	320 g		x
	Frozen Entrée	PC Blue Menu	Chicken Cacciatore	280 g		x
	Frozen Entrée	PC Blue Menu	Rotini with Chicken Pesto	280 g		x
	Frozen Entrée	PC Blue Menu	Penne with Roasted Vegetables	300 g		x
	Frozen Entrée	Postcard Foods	Teriyaki Chicken Bowl	360 g		x
	Frozen Entrée	Stouffer's	Lean Cuisine Spa - Chicken Teriyaki Stirfry with Brown Rice & Vegetables	259 g		x
	Frozen Entrée	Stouffer's	Lean Cuisine Spa - Chicken Caesar Primavera	237 g		x
	Frozen Entrée	Stouffer's	Lean Cuisine Spa - Creamy Chicken Alfredo	238 g		x
	Frozen Entrée	Stouffer's	Lean Cuisine Spa - Wild Salmon & Basil	272 g		x
	Frozen Entrée	Stouffer's	Lean Cuisine Spa - Mango Curry Chicken with Brown Rice & Vegetables	248 g		x
Frozen Entrée	Stouffer's	Lean Cuisine - Chicken & Vegetables	285 g		x	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
Mixed Dishes					Choose Most Often	Choose Sometimes
	Frozen Entrée	Stouffer's	Lean Cuisine - Shrimp in Creamy Seafood Sauce with whole wheat pasta & red peppers	283 g		x
	Frozen Entrée	Stouffer's	Lean Cuisine Spa - Thai Chicken with brown rice, vegetables & coconut milk sauce	265 g		x
	Tuna/Salmon/Chicken Snack	Cloverleaf	Tuna Salad Kit - Rosemary & Sundried Tomato	98 g		x
	Tuna/Salmon/Chicken Snack	Cloverleaf	Tuna Salad Kit - Classic Tuna Salad	98 g		x
	Tuna/Salmon/Chicken Snack	Goldseal	Tuna Snacks - spicy Thai Sweet Chili	103		x
	Tuna/Salmon/Chicken Snack	Goldseal	Tuna Snacks - mayo & water chestnuts	103		x
	Tuna/Salmon/Chicken Snack	Goldseal	Tuna Snacks - lemon & pepper	103		x
	Tuna/Salmon/Chicken Snack	Ocean's	Pacific Salmon Snack Kit	98 g		x
	Tuna/Salmon/Chicken Snack	Ocean's	BBQ Tuna Snack Kit	103		x
	Tuna/Salmon/Chicken Snack	Ocean's	Light Tuna Spanish Salad	170 g		x
	Tuna/Salmon/Chicken Snack	Ocean's	Pacific Salmon Thai Salad	170 g		x
	Tuna/Salmon/Chicken Snack	Ocean's	Light Tuna Sundried Tomato Salad	170 g		x
	Tuna/Salmon/Chicken Snack	Ocean's	Light Tuna Italian Salad	170 g		x

Food Group	Food Subtype	Brand Name	Flavour	Package Size	School Category	
					Choose Most Often	Choose Sometimes
Mixed Dishes					Choose Most Often	Choose Sometimes
	Soup	Campbell's	Healthy Request Microwavable soup - Tuscan Minestrone	398 ml	x	
	Soup	Campbell's	Soup at Hand - Vegetable with Mini Pasta	284 ml	x	
	Soup	Nile Spice	Minestrone	45 g (makes 375 ml)	x	
	Soup	President's Choice Blue Menu	Instant Soup - Vegetarian Chili	65 g (makes 375 ml)	x	
	Soup	President's Choice Blue Menu	Instant Soup - Barley Vegetable	45 g (makes 375 ml)	x	
	Soup	Campbell's	Healthy Request Microwavable soup - Fiesta Vegetable & Black Bean	398 ml		x
	Soup	Campbell's	Healthy Request Microwavable soup - Italian Wedding	398 ml		x
	Soup	Kitchen 88	Chinese Hot & Sour	95 g		x
	Soup	Kitchen 88	Minestrone	85 g		x
	Soup	Lipton	Cup A Soup - Beef vegetable	11 g (makes 3/4 cup)		x
	Soup	Lipton	Cup A Soup - spring vegetable	16 g (makes 3/4 cup)		x
	Soup	Lipton	Cup A Soup - tomato	22 g (makes 3/4 cup)		x
	Soup	Lipton	Cup A Soup - chicken noodle	15 g (makes 3/4 cup)		x
	Soup	Nile Spice	Couscous Lentil Curry	56 g (makes 375 ml)		x
	Soup	President's Choice Blue Menu	Instant Soup - Spicy Thai Instant Noodles with Vegetables	47 g (makes 375 ml)		x
	Soup	President's Choice Blue Menu	Instant Soup - Vegetarian Couscous	56 g (makes 375 ml)		x