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Food Classification Examples

Examples of Foods with Maximum Nutritional Value	Examples of Foods with Not Permitted Nutrition Criteria
Whole grain breads, pitas, bagels and pasta	Most croissants, Danishes, cakes, doughnuts, and other pastries
Fresh fruit or vegetables	Some vegetable chips that are higher in fat and sodium
Unsweetened canned fruit (packed in water or 100% fruit juice)	Some chewy fruit snacks made with juice
100% juice (unsweetened/no sugar added) no more than 250 ml serving and less than or equal to 480 mg sodium	Some packaged frozen and deep-fried vegetable products
Canned vegetables with less than or equal to 240 mg sodium and with no added sugar	Most cream cheese
Dried fruit, 100% fruit leathers with no added sugar	Most processed cheese products
Plain or flavoured milk (skim, 1% or 2%)	Most frozen desserts high in fat and sugar, including ice cream, ice cream bars and sandwiches
Lower fat cheese (15-20% MF)	Meat and deli meat higher in fat or sodium
Lower fat yogurt (2% MF or less) with added vitamin D	Sugar sweetened beverages
Fresh or frozen meat with less than 10 g of fat and less than or equal to 360mg of sodium	Candy, including chocolate bars
	Sports drinks
	Caffeinated coffee or tea

Adapted from: Nutrition Standards Nutrition Tools for Schools, Ontario Society of Nutrition Professionals in Public Health, October 2010

For more detailed nutrition criteria refer to: Nutrition Standards, Nutrition Tools for Schools, Ontario Society of Nutrition Professionals in Public Health, October 2010