

**ACCESSIBILITY:**

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**NUTRITION STANDARDS FOR ONTARIO CHART**

Products in the “Sell Most” category must make up at least 80% of all food choices and at least 80% of all beverage choices that are available for sale in all venues, through all programs and events on school premises.

Products in the “Sell Less” category must make up no more than 20% of all food choices and no more than 20% of all beverage choices that are available for sale in all venues, through all programs, and at all events on school premises.

All food solid in schools must meet the standards set out in Ontario Regulation 200/08, “Trans Fat Standards”, made under the Education Act.

This information is sourced from: [Policy/Program Memorandum 150 | Ontario.ca - Nutrition Standards for Ontario](#)

	<b>Sell Most (80%) Nutrition Criteria</b>	<b>Sell Less (20%) Nutrition Criteria</b>	<b>Not Permitted for Sale</b>
<b>FRESH, FROZEN, CANNED AND DRIED VEGETABLES AND FRUIT</b>	<p>Vegetable or fruit is the first item on the ingredient list <b>and</b> fat: ≤ 3g <b>and</b> sodium: ≤ 360mg</p> <p>Some examples are:</p> <ul style="list-style-type: none"> <li>• Fresh or frozen vegetables with little or no added salt</li> <li>• Fresh or frozen fruit with no added sugar</li> <li>• Canned vegetables</li> <li>• Canned fruit packed in juice or light syrup</li> <li>• Unsweetened applesauce</li> <li>• Some dried fruit and 100% fruit leathers</li> </ul>	<p>Vegetable or fruit is the first item on the ingredient list <b>and</b> fat: ≤ 5g <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 480mg</p> <p>Some examples are:</p> <ul style="list-style-type: none"> <li>• Some dried fruit and 100% fruit leathers</li> <li>• Lightly seasoned or sauced vegetables and fruit</li> <li>• Some prepared mixed vegetables</li> </ul>	<p>Sugar is the first item on the ingredient list <b>or</b> fat: &gt; 5g <b>or</b> saturated fat: &gt; 2g <b>or</b> sodium: &gt; 480mg</p> <p>Some examples are:</p> <ul style="list-style-type: none"> <li>• Vegetable and fruit products prepared with higher amounts of fat, sugar, and/or salt, including deep-fried vegetables</li> <li>• Some packaged frozen and deep-fried potato product, including hash browns and french fries</li> <li>• Some fruit snacks made with juice (e.g., gummies, fruit rolls)</li> </ul>

<b>CANNED TOMATOES AND TOMATO-BASED PRODUCTS</b>	Fat: ≤ 3g <b>and</b> sodium: ≤ 480mg.		Fat: > 3g <b>or</b> sodium: > 480mg.
<b>VEGETABLE AND FRUIT CHIPS</b>	Fat: ≤ 3g <b>and</b> sodium: ≤ 240mg	Fat: ≤ 5g <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 480mg	Fat: > 5g <b>or</b> saturated fat: > 2g <b>or</b> sodium: > 480mg
<b>BREAD</b>	Whole grain is the first item on the ingredient list <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 240mg <b>and</b> fibre: ≥ 2g Some examples are: <ul style="list-style-type: none"> <li>• whole grain breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock</li> <li>• whole grain pizza dough and flatbread</li> </ul>	Saturated fat: ≤ 2g <b>and</b> sodium: ≤ 480mg Some examples are: <ul style="list-style-type: none"> <li>• white (enriched) breads, including buns, bagels, English muffins, rolls, naan, pitas, tortillas, chapattis, rotis, bannock</li> <li>• white (enriched) pizza dough</li> </ul>	Saturated fat: > 2g <b>or</b> sodium: > 480mg Some examples are: <ul style="list-style-type: none"> <li>• white breads that are higher in fat or sodium</li> <li>• some cheese breads, scones, and biscuits</li> </ul>
<b>PASTA, RICE, AND OTHER GRAINS</b>	Fat: ≤ 3g <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 240mg  Some examples are: <ul style="list-style-type: none"> <li>• whole wheat or white (enriched) pasta, including couscous</li> <li>• white, brown, and wild rice, rice noodles, and soba noodles</li> <li>• quinoa, bulgur, wheat berries, spelt, and other whole grains</li> </ul>	Fat: ≤ 5g <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 480mg	Fat: > 5g <b>or</b> saturated fat: > 2g <b>or</b> sodium: > 480mg

<b>BAKED GOODS</b>	Fat: ≤ 5g <b>and</b> saturated fat: ≤ 2g <b>and</b> fibre: ≥ 2g	Fat: ≤ 10g <b>and</b> saturated fat: ≤ 2g <b>and</b> fibre: ≥ 2g	Fat: > 10g <b>or</b> saturated fat: > 2g <b>or</b> fibre: < 2g  Some examples are: <ul style="list-style-type: none"> <li>• most croissants, danishes, cakes, doughnuts, pies, turnovers, pastries</li> <li>• some cookies and squares</li> </ul>
<b>GRAIN BASED SNACKS</b>	Fat: ≤ 3g <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 240mg  Some examples are: <ul style="list-style-type: none"> <li>• some whole grain crackers, pita chips, and flatbreads</li> <li>• some packaged crackers and popcorn</li> </ul>	Fat: ≤ 5g <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 480mg  Some examples are: <ul style="list-style-type: none"> <li>• some crackers, pretzels, and popcorn</li> </ul>	Fat: > 5g <b>or</b> saturated fat: > 2g <b>or</b> sodium: > 480mg  Some examples are: <ul style="list-style-type: none"> <li>• crackers, pretzels, and popcorn higher in fat and sodium</li> <li>• most corn chips and other snack mixes</li> </ul>
<b>CEREALS</b>	Whole grain is the first item on the ingredient list <b>and</b> saturated fat: ≤ 2g <b>and</b> fibre: ≥ 2g		Whole grain is not the first item on the ingredient list <b>or</b> saturated fat: > 2g <b>or</b> fibre: < 2g
<b>YOGURT</b>	Fat: ≤ 3.25% M.F. or ≤ 3g  Some examples are: <ul style="list-style-type: none"> <li>• plain and flavoured yogurt, yogurt tubes</li> </ul>		Fat: > 3.25% M.F. or > 3g  Some examples are: <ul style="list-style-type: none"> <li>• yogurt higher in fat, such as Balkan-style</li> </ul>
<b>CHEESE</b>	Fat: ≤ 20% M.F. <b>and</b> sodium: ≤ 360mg <b>and</b> calcium: ≥ 15% DV  Some examples are:	Sodium: ≤ 480mg <b>and</b> calcium: ≥ 15% DV  Some examples are: <ul style="list-style-type: none"> <li>• most hard and soft, non-</li> </ul>	Sodium: > 480mg <b>or</b> calcium: < 15% DV  Some examples are: <ul style="list-style-type: none"> <li>• some processed cheese products</li> </ul>

	<ul style="list-style-type: none"> <li>cheeses lower in fat and sodium, including part-skim mozzarella, light cheddar, some Swiss and ricotta</li> </ul>	<p>processed cheese, including cheddar, mozzarella, brick, parmesan, some feta, Monterey jack, havarti, and gouda</p> <ul style="list-style-type: none"> <li>cottage cheese, cheese curds, and cheese strings</li> </ul>	<ul style="list-style-type: none"> <li>most cream cheese</li> </ul>
<b>MILK-BASED DESSERTS</b>		<p>Fat: <math>\leq 5\text{g}</math> <b>and</b> sodium: <math>\leq 360\text{mg}</math> <b>and</b> calcium: <math>\geq 5\%</math> DV</p> <p>Some examples are:</p> <ul style="list-style-type: none"> <li>some frozen yogurt, puddings, custards, ice milk, gelato</li> </ul>	<p>Fat: <math>&gt; 5\text{g}</math> <b>or</b> sodium: <math>&gt; 360\text{mg}</math> <b>or</b> calcium: <math>&lt; 5\%</math> DV</p> <p>Some examples are:</p> <ul style="list-style-type: none"> <li>some puddings</li> <li>most frozen desserts high in fat and sugar, including ice cream, ice cream bars, ice cream cakes, and ice cream sandwiches</li> </ul>
<b>FRESH AND FROZEN MEAT</b>	<p>Fat: <math>\leq 10\text{g}</math> <b>and</b> sodium: <math>\leq 480\text{mg}</math></p> <ul style="list-style-type: none"> <li>extra-lean ground meat</li> <li>lean beef, goat, lamb, pork, or poultry</li> <li>some breaded chicken strips and nuggets</li> <li>some lean meatballs</li> <li>some lean hamburger patties</li> </ul>	<p>Fat: <math>\leq 14\text{g}</math> <b>and</b> sodium: <math>\leq 480\text{mg}</math></p> <ul style="list-style-type: none"> <li>lean ground meat</li> <li>beef, goat, lamb, pork, or poultry</li> <li>some breaded chicken strips and nuggets</li> <li>some meatballs</li> <li>some hamburger patties</li> </ul>	<p>Fat: <math>&gt; 14\text{g}</math> <b>or</b> sodium: <math>&gt; 480\text{mg}</math></p> <ul style="list-style-type: none"> <li>meat that contains higher amounts of fat or sodium, including chicken wings, bacon, pork and beef ribs</li> <li>some wieners</li> <li>most pepperoni sticks</li> <li>most beef/turkey jerk products</li> </ul>
<b>DELI MEAT</b>	<p>Fat: <math>\leq 5\text{g}</math> <b>and</b> sodium: <math>\leq 480\text{mg}</math></p>	<p>Fat: <math>\leq 5\text{g}</math> <b>and</b> sodium: <math>\leq 600\text{mg}</math></p>	<p>Fat: <math>&gt; 5\text{g}</math> <b>or</b> sodium: <math>&gt; 600\text{mg}</math></p>
<b>FISH</b>	<p>Fat: <math>\leq 8\text{g}</math> <b>and</b> sodium: <math>\leq 480\text{mg}</math></p>	<p>Fat: <math>\leq 12\text{g}</math> <b>and</b> sodium: <math>\leq 480\text{mg}</math></p>	<p>Fat: <math>&gt; 12\text{g}</math> <b>or</b> sodium: <math>&gt; 480\text{mg}</math></p>

<b>EGGS</b>	Fat: ≤ 7g <b>and</b> sodium: ≤ 480mg		Fat: > 7g <b>or</b> sodium: > 480mg
<b>TOFU, BEANS AND LENTILS</b>	Fat: ≤ 8g <b>and</b> sodium: ≤ 480mg <b>and</b> protein: ≥ 10g		Fat: > 8g <b>or</b> sodium: > 480mg <b>or</b> protein: < 10g
<b>ENTREES</b>	Fat: ≤ 10g <b>and</b> saturated fat: ≤ 5g <b>and</b> sodium: ≤ 960mg <b>and</b> fibre: ≥ 2g <b>and</b> protein: ≥ 10g	Fat: ≤ 15g <b>and</b> saturated fat: ≤ 7g <b>and</b> sodium: ≤ 960mg <b>and</b> fibre: ≥ 2g <b>and</b> protein: ≥ 7g	Fat: > 15g <b>or</b> saturated fat: > 7g <b>or</b> sodium: > 960mg <b>or</b> fibre: < 2g <b>or</b> protein: < 7g
<b>SOUPS</b>	Fat: ≤ 3g <b>and</b> sodium: ≤ 720mg <b>and</b> fibre: ≥ 2g	Fat: ≤ 5g <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 720mg	Fat: > 5g <b>or</b> saturated fat: > 2g <b>or</b> sodium: > 720mg
<b>SIDE DISHES</b>	Fat: ≤ 5g <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 360mg <b>and</b> fibre: ≥ 2g	Fat: ≤ 7g <b>and</b> saturated fat: ≤ 2g <b>and</b> sodium: ≤ 360mg	Fat: > 7g <b>or</b> saturated fat: > 2g <b>or</b> sodium: > 360mg

**MISCELLANEOUS ITEMS**

<b><u>Ingredients</u></b>	<b><u>Serving Size</u></b>
Condiments & Spreads	≤ 15ml (1 tbsp)
Gravies and Sauces	≤ 60ml (4 tbsp)
Dips	≤ 30ml (2 tbsp)
Fats	≤ 5ml (1 tsp)
Oils & Dressings	≤ 15ml (1 tbsp)
Other (e.g., chocolate chips, coconut, olives, parmesan cheese)	≤ 15ml (1 tbsp)

**NOT PERMITTED FOR SALE**

- Candy
- Chocolate
- Energy bars
- Licorice
- Gum
- Gummies
- Popsicles and freezies, if not prepared with 100% juice
- Coffee, tea
- Iced tea



- Energy drinks
- Sports drinks
- Soft drinks
- Flavoured water
- “Juice-Ades” such as lemonade, limeade