



## 8.0 Appendix A: Nutrition Standards for Workplaces<sup>©</sup>

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**Nutrition Standards for Workplaces<sup>©</sup> 2017**

# Nutrition Standards for Workplaces<sup>®</sup>

The **Nutrition Standards for Workplaces<sup>®</sup>** are intended to be used as part of a comprehensive health promotion approach to create a healthy eating environment in workplaces. The **Nutrition Standards for Workplaces<sup>®</sup>** can apply whenever food and beverages are offered or sold in the workplace. The **Nutrition Standards for Workplaces<sup>®</sup>** are not intended to apply to foods and beverages brought in for individual consumption (e.g., packed lunches).

## Rationale for the Nutrition Standards for Workplaces<sup>®</sup>

The **Nutrition Standards for Workplaces<sup>®</sup>** are adapted from the nutrition standards for **Nutrition Tools for Schools<sup>®</sup>** by the Ontario Society of Nutrition Professionals in Public Health, October 2010 v2. The rationale for adapting these standards is as follows:

- **User friendly nutrition standards.** Translating evidence-based nutrition standards such as those recommendations in **Eating Well with Canada's Food Guide<sup>1</sup>** allows workplaces to assess the nutritional value of available ingredients and food products to ensure that healthier products are offered and sold to employees.
- **Consistent messages about healthy eating.** Having one set of nutrition standards across the province for many settings including schools and workplaces, creates a consistent message about healthy eating. This will make it easier for workplaces, food service operators and food distributors to identify products that will contribute to good health.
- **Improved availability of healthier food products.** As multiple settings use the same nutrition standards the demand for affordable healthier food products can be expected to grow, which will ultimately have a positive effect on the food supply.
- **Creating opportunities for food service operators.** **Nutrition Standards for Workplaces<sup>®</sup>** may create an opportunity for food service operators to develop healthier food offerings for workplace clients interested in serving healthier fare at meetings and events.

## Applying the Nutrition Standards for Workplaces<sup>®</sup>

Workplaces can assess their current food offerings and set goals to create a supportive healthy eating environment. Read the Nutrition Facts Table and the ingredients list on the food label and compare this information with the nutrition criteria in the **Nutrition Standards for Workplaces<sup>®</sup>** to determine if a food item should be offered in your workplace.

The information on a Nutrition Facts Table is based on a serving size. If the package size is different from the serving size, the nutrition criteria must be calculated in proportion to the package size to determine whether the package fits into the “Maximum Nutritional Value”, “Sell/Offer Most”, “Sell/Offer Less” or “Not Recommended” category (e.g., if the serving size on the Nutrition Facts table is 250 ml, but the package size is 500 mL, multiply the nutrition criteria by 2 to determine the appropriate category for the 500 mL package size).

Choose food and beverages with “Maximum Nutritional Value” most often. In some cases, this may be difficult due to limited product availability. In situations where providing only food and beverages with “Maximum Nutritional Value” is challenging, choose foods from the “Sell/Offer Most” category. It is recommended that the majority of the products offered or sold to employees are from the “Maximum Nutritional Value” and “Sell/Offer Most” categories (e.g., 80%). Workplaces can work towards limiting the amount of foods from the “Sell/Offer Less” category to 20% or less and avoiding foods that fall in the “Not Recommended” category.

The **Nutrition Standards for Workplaces<sup>®</sup>** identify food and beverages that are “Not Recommended” to support employees in eating fewer “Foods to Limit” as identified by **Canada’s Food Guide**.<sup>2</sup> “Foods to Limit” are food and beverages that are higher in fat, sugar, salt or calories. Some examples include chips, chocolate, baked goods, cookies and sugar sweetened beverages. Consuming “Foods to Limit” on a regular basis means that nutritious food and beverages are displaced from the diet; or individuals are eating too many foods high in calories, salt, sugar, or fat. This can contribute to the development of chronic disease.

## Definition of Nutrition Categories

The **Nutrition Standards for Workplaces**® have four categories: “Maximum Nutritional Value”, “Sell/Offer Most”, “Sell/Offer Less” and “Not Recommended”. All food and beverages offered and sold in the workplace fit into one of these four categories.

### Maximum Nutritional Value

Food and beverages in this category are the healthiest options. “Maximum Nutritional Value” food and beverages are: part of the four Food Groups in **Canada’s Food Guide**<sup>2</sup>, higher in essential nutrients (i.e., iron, vitamin D, calcium, vitamin C, vitamin A, protein), higher in fibre, lower in unhealthy fats (i.e., saturated and trans fats), and usually contain little or no added sodium or sugar.

### Sell/Offer Most

Foods in this category are healthier options that generally have higher levels of essential nutrients and lower amounts of fat, sugar and sodium.

It is recommended that the majority of food and beverages come from the “Maximum Nutritional Value” and “Sell/Offer Most” categories, with an emphasis on food and beverages from the “Maximum Nutritional Value” category. For example, at least 80% of foods offered and sold to employees should come from the “Maximum Nutritional Value” and “Sell/Offer Most” categories.

### Sell/Offer Less

Food and beverages in this category may have slightly higher amounts of fat, sugar and/or sodium than products in the “Sell/Offer Most” category.

It is recommended that workplaces limit food and beverages from this category. For example, foods from the “Sell/Offer Less” category should make up 20% or less of foods offered or sold to employees.

### Not Recommended

Food and beverages in this category generally contain few or no essential nutrients and contain high amounts of fat, sugar or sodium (e.g., deep-fried and other fried foods and confectionary). Additionally, food and beverages that do not meet the Trans Fat Standard fall into this category.

It is recommended that workplaces avoid offering or selling food and beverages from this category to employees.

## Rationale for Trans Fat, Sugar Substitutes, Sodium and Caffeine

### Trans Fat

Some trans fat is naturally present in dairy products, beef and lamb, but most of the trans fats Canadians consume are industrially produced when vegetable oils are partially hydrogenated.<sup>2</sup> Industrially produced trans fats are commonly found in pre-packaged food, baked goods, and deep-fried food.

Eating industrially produced trans fats increases the risk of cardiovascular disease.<sup>2-5</sup> The World Health Organization recommends individuals limit trans fat intakes to less than two grams per day (e.g., 1% of total energy intake).<sup>2,6</sup>

### Sugar Substitutes

Health Canada has approved the use of some sugar substitutes as a food additive. Sugar substitutes include artificial sweeteners and intense sweeteners obtained from natural sources such as: acesulfame-potassium, polydextrose, sucralose, thaumatin and sugar alcohols (e.g., sorbitol, isomalt, lactitol, maltitol, mannitol and xylitol). To learn more about which sugar substitutes are approved for use in Canada, visit the [Health Canada website](#).

In the **Nutrition Standards for Workplaces**®, food and beverages that provide minimum nutritional value and include sugar substitutes are categorized as “Sell/Offer Less” (e.g., soft drinks, iced teas, flavoured coffee drinks and flavoured water).

### Sodium (Salt)

The **National Sodium Reduction Strategy for Canada** released by the Sodium Working Group advocates for lower sodium levels in the Canadian food supply, due to the serious health effects attributed to high sodium intakes in the population. On average, Canadians consume approximately 3500 mg of sodium (roughly 1½ tsp of salt) per day.<sup>7</sup> This is well above the recommended adequate intake range of 1200 to 1500 mg (about ½ tsp of salt) of sodium per day.<sup>8</sup> As such, the **Nutrition Standards for Workplaces**® use the 2010 Heart and Stroke Foundation of Canada sodium targets for determining “Maximum Nutritional Value”.

### Caffeine

In a healthy adult population, caffeine consumption below 400 mg per day is not associated with adverse effects such as general toxicity (e.g., muscle tremors, nausea, irritability), cardiovascular effects (e.g., heart rate, cholesterol, blood pressure), effects on calcium balance and bone health (e.g., bone density, risk of fractures), behavioural effects (e.g., anxiety, mood changes), increased incidence of cancer or effects on male fertility.<sup>9,10</sup> Because of increased

risks during pregnancy, women in their child-bearing years are encouraged to consume no more than 300 mg per day (a little over two 8-oz or 237 ml cups of coffee).<sup>9,10</sup> One study on adults in Ontario, found an average caffeine consumption of 324-426 mg per day for men and 288-322 mg per day for women.<sup>11,12</sup> In 2004, 20% of men and 15% of women aged 31-70 years exceeded the recommended maximum intake of caffeine at 400 mg/day.<sup>12</sup>

Caffeine can be found in beverages such as coffee, tea, chocolate drinks, soft drinks as well as in chocolate bars and some cold and headache medications.<sup>10,11</sup> Caffeine is also found in energy drinks, and other consumable products such as: sprays, gums, strips, candies and shots.

Some energy drinks contain about as much caffeine per serving as an 8-oz cup of brewed coffee, while others contain higher amounts.<sup>10</sup> Side effects like rapid heart beat and increases in blood pressure have been reported with energy drink use, which may be risky for individuals with underlying heart problems.<sup>13</sup> Long term safety of energy drinks has not been established and therefore, these drinks are not recommended.<sup>13</sup>

## **Rationale for Energy Bars, Protein Bars and Meal Replacements**

Energy and protein bars were developed for athletes (e.g., marathon runners). Many bars on the market may emphasize the protein content or their energy-boosting effect on the packaging, in product literature, or on the manufacturer's website. Energy bars may have a higher proportion of carbohydrates than traditional snack bars, or have a certain balance of carbohydrates, fat and protein. Protein bars offer higher amounts of protein than traditional grain or fruit based snack bars.

A meal replacement means “a formulated food that, by itself, can replace one or more daily meals”. The **Food and Drug Regulations** in Canada specify foods that can use the term “meal replacement” on the label. For more information on meal replacements visit the [Department of Justice website](#).

Energy bars, protein bars and meal replacements are unlikely to provide any benefit to employees as nutrition needs can be met by eating a well balanced diet with a variety of nutrient-rich foods; therefore, they are not recommended.<sup>14-16</sup>

## **Food Preparation**

Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming or stir-frying.

## Trans Fat Standard

The **Nutrition Standards for Workplaces**® uses the limits set by the School Nutrition Workgroup for trans fat in food and beverages offered and sold in workplaces from the recommendations in the Trans Fat Task Force report **TRANSforming the Food Supply**. These also align with the Ontario Ministry of Education's **Trans Fat Standard** under the Education Act.

All products must be consistent with the Trans Fat Standard; with the exception of meat and milk products (e.g., milk, yogurt, fresh or frozen meats) in which trans fat is naturally occurring and the ingredient list does not list hydrogenated fats or oils.<sup>17</sup>

1. The trans fat content of a vegetable oil or soft, spreadable margarine offered for sale or used as an ingredient in the preparation of a food or beverage offered or sold in the workplace, does not exceed 2% of the total fat content.
2. The trans fat content of any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine, offered or sold in the workplace, or used as an ingredient in the preparation of a food or beverages offered or sold, does not exceed 5% of the total fat content.

### How to calculate how much trans fat is in a product

1. Look at the Nutrition Facts Table. Identify the amount of trans fat and total fat in grams (g)
2. Divide the amount of trans fat (g) by the amount of total fat (g) and multiply by 100  
[Trans Fat (g) / Total Fat (g) x 100 = % of total fat from trans fat]

#### For example:

$0.1 \text{ g (Trans Fat)} / 2 \text{ g (Total Fat)} \times 100 = 5\% \text{ from trans fat}$

This product would meet the trans fat standards for food, beverages or ingredients (other than vegetable oil or margarine)



## Steps to Categorizing Food and Beverages

To determine which category a specific food or beverage fits into, follow these steps:

1. Compare the total fat and trans fat amounts (in grams) on the product's Nutrition Facts Table with the Trans Fat Standard. If the product does not meet the Trans Fat Standard, it is "Not Recommended".
2. Identify the appropriate group and sub-group in the Nutrition Standards for your product.
3. Compare the information on the product's Nutrition Facts Table and ingredient list with the nutrition criteria in the standards. The product will fit into one of the following categories "Maximum Nutritional Value", "Sell/Offer Most", "Sell/Offer Less" or "Not Recommended".



## Vegetables and Fruit

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Fresh, Frozen, Canned, and Dried Vegetables and Fruit</b>	<p>Vegetable or fruit (or water) is the first item on the ingredient list  <b>and</b> Fat: ≤ 3g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg  <b>and</b> No added sugar*</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Canned fruit packed in water or in 100% juice</li> <li>• Dried Fruit, 100% fruit leathers** with no added sugar</li> <li>• Canned vegetables with no added sugar</li> </ul>	<p>Vegetable or fruit (or water) is the first item on the ingredient list  <b>and</b> Fat: ≤ 3g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 360mg</p> <p><b>Examples:</b></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>• Some low-fat frozen potato products, including French fries</li> <li>• Some dried fruit and 100% fruit leathers**</li> </ul>	<p>Vegetable or fruit (or water) 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><b>Examples:</b></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><b>Examples:</b></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 products, including hash browns and French fries</li> <li>• Some fruit snacks made with juice (e.g., gummies, fruit rolls)</li> </ul>

\* Look for other words for sugar, such as glucose, fructose, sucrose, dextrose, dextrin, corn syrup, maple syrup, cane sugar, honey and concentrated fruit juice. Sugar substitutes are permitted.

\*\* Food high in sugars and starches (natural or added) can leave particles clinging to the teeth and put dental health at risk. Vegetables and fruit choices of particular concern include fruit leathers, dried fruit, and chips (potato or other). It is suggested that these foods be eaten only at meal times and that foods that clear quickly from the mouth be eaten at snack times, such as fresh (raw or cooked), canned, or frozen vegetables or fruit.

## Vegetables and Fruit Continued

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Canned Tomatoes and Tomato-Based Products</b>	<p><b>Fat:</b> ≤ 3g <b>and Sodium:</b> ≤ 360mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>No salt added whole, crushed or diced tomatoes</li> </ul>	<p><b>Fat:</b> ≤ 3g <b>and Sodium:</b> ≤ 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some whole, crushed, or diced tomatoes</li> <li>Some pasta sauce</li> </ul>		<p><b>Fat:</b> &gt; 3g <b>or Sodium:</b> &gt; 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Whole, crushed, or diced tomatoes that are higher in fat or sodium</li> <li>Pasta sauce that is higher in fat or sodium</li> </ul>
<b>Vegetable and Fruit Chips</b>	<p><b>Note:</b></p> <p><b>Canada's Food Guide</b> states that vegetable and fruit chips do not belong in the Vegetables and Fruit food group. Therefore, there are no Maximum Nutritional Value nutrition criteria for this category.</p>	<p><b>Fat:</b> ≤ 3g <b>and Saturated fat:</b> ≤ 2g <b>and Sodium:</b> ≤ 240 mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some lower-fat, lower-sodium vegetable chips (e.g., potato, carrot)</li> <li>Some lower-fat, lower-sodium fruit chips (e.g., banana, apple, pear)</li> </ul>	<p><b>Fat:</b> ≤ 5g <b>and Saturated fat:</b> ≤ 2g <b>and Sodium:</b> ≤ 480 mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some vegetable chips (e.g., potato, carrot)</li> <li>Some fruit chips (e.g., banana, apple, pear)</li> </ul>	<p><b>Fat:</b> &gt; 5g <b>or Saturated fat:</b> &gt; 2g <b>or Sodium:</b> &gt; 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some vegetable chips that are higher in fat or sodium</li> <li>Some fruit chips that are higher in fat or sodium</li> </ul>

## Grain Products

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Bread</b>	<p>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  <b>and</b> Sugars: ≤ 8g per 30g serving</p> <p><b>Examples:</b></p> <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>	<p>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</p> <p><b>Examples:</b></p> <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>	<p>Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 480mg</p> <p><b>Examples:</b></p> <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>	<p>Saturated fat: &gt; 2g  <b>or</b> Sodium: &gt; 480mg</p> <p><b>Examples:</b></p> <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>	<p>Whole grain is the first item on the ingredient list  <b>and</b> Fat: ≤ 3g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Whole grain, whole wheat pasta</li> <li>Whole grain brown rice</li> <li>Quinoa, bulgur, wheat berries, spelt, and other whole grains</li> </ul>	<p>Fat: ≤ 3g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg</p> <p><b>Examples:</b></p> <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>	<p>Fat: ≤ 5g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some pasta, rice, and other grains</li> </ul>	<p>Fat: &gt; 5g  <b>or</b> Saturated fat: &gt; 2g  <b>or</b> Sodium: &gt; 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some pasta, rice, and other grains that are higher in fat, saturated fat, or sodium</li> </ul>

## Grain Products Continued

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Baked Goods</b>	<p>Whole grain is the first item on the ingredient list  <b>and</b> Fat: ≤ 5g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg  <b>and</b> Fibre: ≥ 2g  <b>and</b> Sugars ≤ 8g per 30g serving</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some whole grain muffins, grain-based bars</li> </ul> <p><b>Note:</b>  Assess sweet grain-based products in this category</p>	<p>Fat: ≤ 5g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Fibre: ≥ 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some muffins, cookies, grain-based bars</li> <li>Some whole grain waffles and pancakes</li> </ul>	<p>Fat: ≤ 10g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Fibre: ≥ 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some muffins, cookies, grain-based bars, snacks</li> <li>Some waffles and pancakes</li> </ul>	<p>Fat: &gt; 10g  <b>or</b> Saturated fat: &gt; 2g  <b>or</b> Fibre: &lt; 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Most croissants, danishes, cakes, doughnuts, pies, turnovers, and pastries</li> <li>Some cookies and squares</li> </ul>
<b>Grain-Based Snacks</b>	<p>Whole grain is the first item on the ingredient list  <b>and</b> Fat: ≤ 3g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg  <b>and</b> Fibre: ≥ 2g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some whole grain crackers, pita chips, and flatbreads</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>Assess savoury grain-based products in this category</li> </ul>	<p>Fat: ≤ 3g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 240mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some whole grain crackers, pita chips, and flatbreads</li> <li>Some packaged crackers and popcorn</li> </ul>	<p>Fat: ≤ 5g  <b>and</b> Saturated fat: ≤ 2g  <b>and</b> Sodium: ≤ 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some crackers, pretzels, and popcorn</li> </ul>	<p>Fat: &gt; 5g  <b>or</b> Saturated fat: &gt; 2g  <b>or</b> Sodium: &gt; 480mg</p> <p><b>Examples:</b></p> <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>

## Grain Products Continued

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Cereals</b>	<p>Whole grain is the first item on the ingredient list  <b>and</b> Saturated fat: <math>\leq 2\text{g}</math>  <b>and</b> Sodium: <math>\leq 240\text{mg}</math>  <b>and</b> Fibre: <math>\geq 4\text{g}</math>  <b>and</b> Sugars <math>\leq 8\text{g}</math> per 30g serving</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some whole grain breakfast cereals</li> </ul>	<p>Whole grain is the first item on the ingredient list  <b>and</b> Saturated fat: <math>\leq 2\text{g}</math>  <b>and</b> Fibre: <math>\geq 2\text{g}</math></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some breakfast cereals, including oatmeal, some granola, and cold cereals containing fibre</li> </ul>		<p>Whole grain is not the first item on the ingredient list  <b>or</b> Saturated fat: <math>&gt; 2\text{g}</math>  <b>or</b> Fibre: <math>&lt; 2\text{g}</math></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some breakfast cereals</li> </ul>

## Milk Alternatives

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Yogurt/ Kefir</b>	Fat: $\leq 3\text{g}$ and $\leq 2\%$ M.F.* <b>and</b> Calcium: $\geq 15\%$ DV** <b>and</b> Vitamin D: $\geq 15\%$ DV <b>and</b> No added sugar  <b>Examples:</b> <ul style="list-style-type: none"> <li>Some lower fat plain yogurt</li> </ul>	Fat: $\leq 3\text{g}$ or $\leq 3.25\%$ M.F.  <b>Examples:</b> <ul style="list-style-type: none"> <li>Plain and flavoured yogurt, yogurt tubes</li> </ul>		Fat: $> 3\text{g}$ or $> 3.25\%$ M.F.*  <b>Examples:</b> <ul style="list-style-type: none"> <li>Yogurt higher in fat, such as Balkan-style</li> </ul>
<b>Cheese***</b>	Fat: $\leq 20\%$ M.F. <b>and</b> Sodium: $\leq 360\text{ mg}$ <b>and</b> Calcium: $\geq 15\%$ DV	Fat: $\leq 20\%$ M.F. <b>and</b> Sodium: $\leq 360\text{ mg}$ <b>and</b> Calcium: $\geq 15\%$ DV  <b>Examples:</b> <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>	Sodium: $\leq 480\text{ mg}$ <b>and</b> Calcium: $\geq 15\%$ DV  <b>Examples:</b> <ul style="list-style-type: none"> <li>Most hard and soft, non-processed cheese, including cheddar, mozzarella, brick, parmesan, some feta, Monterey jack, havarti, and gouda; cottage cheese, cheese curds, and cheese strings</li> </ul>	Sodium: $> 480\text{ mg}$ <b>or</b> Calcium: $< 15\%$ DV  <b>Examples:</b> <ul style="list-style-type: none"> <li>Some processed cheese products</li> <li>Most cream cheese</li> </ul>

\*M.F. = Milk Fat. The amount can be found on the front of the food label.

\*\*DV = Daily Value

\*\*\*Encourage a selection of lower-fat cheese options.

## Milk Alternatives Continued

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Milk-Based Desserts			<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\% \text{ DV}</math></p> <p><b>Examples:</b></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\% \text{ DV}</math></p> <p><b>Examples:</b></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 bar, ice cream cakes, and ice cream sandwiches</li> </ul>



## Meat and Meat Alternatives

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Fresh and Frozen Meat</b>	<p>Fat: ≤ 10g and Sodium: ≤ 360mg</p> <p><b>Note:</b></p> <p>The Canadian Food Inspection Agency classifies bacon, wieners, pepperoni, and beef/turkey jerk products as being 'processed' rather than fresh. Use the Nutrition Criteria for Deli (Sandwich) Meat to assess these products.</p>	<p>Fat: ≤ 10g and Sodium: ≤ 480mg</p> <p><b>Examples:</b></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: ≤ 14g and Sodium: ≤ 480mg</p> <p><b>Examples:</b></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: &gt; 14 g or Sodium: &gt; 480mg</p> <p><b>Examples:</b></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 - Sandwich Meat</b>	<p><b>Note:</b></p> <p>The World Health Organization has declared processed meat* as a Group 1 carcinogen. Therefore, there are no Maximum Nutritional Value nutrition criteria for deli meat.</p>	<p>Fat: ≤ 5g and Sodium: ≤ 480mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Some lean deli meat</li> </ul>	<p>Fat: ≤ 5g and Sodium: ≤ 600mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Some lean deli meat</li> </ul>	<p>Fat: &gt; 5g or Sodium: &gt; 600mg</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Deli meat higher in fat or sodium</li> </ul>

\*Processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavour or improve preservation. Processed meat includes: pepperoni, salami, bologna, sausages, hot dogs (frankfurters), ham, corned beef, and biltong or beef jerky as well as canned meat and meat-based preparations and sauces.

## Meat and Meat Alternatives Continued

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Fish**</b>	Fat: ≤ 8g and Sodium: ≤ 360mg	Fat: ≤ 8g and Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"><li>Fresh, frozen or canned fish</li></ul>	Fat: ≤ 12g and Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"><li>Some frozen, breaded fish (e.g., fish sticks)</li><li>Fresh, frozen, or canned fish</li></ul>	Fat: > 12g or Sodium: > 480mg  <b>Examples:</b> <ul style="list-style-type: none"><li>Some breaded or battered fish higher in added fat or sodium</li></ul>
<b>Eggs</b>	Fat: ≤ 7g and Sodium: ≤ 360mg  <b>Note:</b>  All fresh eggs offer Maximum Nutritional Value if cooked using a low-fat method with no added salt (sodium).	Fat: ≤ 7g and Sodium: ≤ 480mg		Fat: > 7g or Sodium: > 480mg

\*\*Certain types of fish may contain levels of mercury or PCBs that can be harmful to human health. Fish caught in local lakes and streams may have different levels of mercury from those found in stores. Contact your local public health department/unit or [see Health Canada's website](#) for continually updated information and a list of fish with low levels of mercury and PCBs.

## Meat and Meat Alternatives Continued

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Nuts, Protein Butters, and Seeds</b>	Not coated with candy, chocolate, sugar or yogurt <b>and</b> Sodium: ≤ 140mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Unsalted nuts and seeds</li> <li>• Unsalted trail mix with no added sugar</li> </ul>	Not coated with candy, chocolate, sugar or yogurt <b>and</b> Sodium: ≤ 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Nut, legume, and seed butters, including peanut, almond, walnut, soy, sesame, and sunflower</li> <li>• Nuts and seeds, including almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds (papas)</li> <li>• Some trail mix</li> </ul>		Coated with candy, chocolate, sugar and/or yogurt <b>or</b> Sodium: > 480mg  <b>Examples:</b> <ul style="list-style-type: none"> <li>• Coated nuts</li> <li>• Some roasted and salted nuts</li> </ul>
<b>Nut-Based Bars</b>	Nut, seed or legume is the first item on the ingredient list <b>and</b> Sodium: ≤ 140mg <b>and</b> Sugars ≤ 8g per 30g serving			Sodium: > 140mg <b>or</b> Sugars > 8g per 30g serving

## Meat and Meat Alternatives Continued

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Meat Alternatives such as Tofu, Beans and Lentils</b>	<p>Fat: ≤ 8g and Sodium: ≤ 360mg and Protein: ≥ 10g</p> <p><b>Note:</b></p> <p>All plain, dried, canned and frozen legumes and plain tofu offer Maximum Nutritional Value; canned legumes should be rinsed to reduce salt (sodium).</p>	<p>Fat: ≤ 8g and Sodium: ≤ 480mg and Protein: ≥ 10g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some vegetarian burgers, simulated meat strips, veggie meatballs, veggie ground round, veggie wieners and sausages, tofu, and tempeh</li> <li>Beans and lentils</li> </ul>		<p>Fat: &gt; 8g or Sodium: &gt; 480mg or Protein: &lt; 10g</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>Some vegetarian products high in sodium</li> <li>Some meat alternatives that are higher in fat or sodium or lower in protein</li> </ul>

## Mixed Dishes with a Nutrition Facts Table

**Note:** Mixed dishes are products that contain more than one major ingredient.

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Entrées</b> (e.g., frozen pizza, sandwiches, pasta, stir fry, hamburgers)	Fat: ≤ 10g <b>and</b> Saturated fat: ≤ 5g <b>and</b> Sodium: ≤ 720mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 10g <b>and</b> No processed meat*	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> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg <b>and</b> Fibre: ≥ 2g <b>and</b> No processed meat*	Fat: ≤ 3g <b>and</b> Saturated fat: ≤ 2g <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> (e.g., grain and/or vegetable salads)	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 240mg <b>and</b> Fibre: ≥ 2g <b>and</b> No processed meat*	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

\*Processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavour or improve preservation. Processed meat includes: pepperoni, salami, bologna, sausages, hot dogs (frankfurters), ham, corned beef, and biltong or beef jerky as well as canned meat and meat-based preparations and sauces.

## Mixed Dishes without a Nutrition Facts Table

**Note:** For every ingredient used, refer to the nutrition criteria in this appendix for the appropriate food groups.

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Entrées</b> (e.g., frozen pizza, sandwiches, pasta, stir fry, hamburgers)	All major ingredients* are from the “Maximum Nutritional Value” category.	All major ingredients are from the “Sell/Offer Most” category.	One or more ingredients are from the “Sell/Offer Less” category.	Do not sell or offer foods prepared with any ingredients from the “Not Recommended” category.
<b>Soups</b>	All major ingredients* are from the “Maximum Nutritional Value” category.	All major ingredients are from the “Sell/Offer Most” category.	One or more ingredients are from the “Sell/Offer Less” category.	Do not sell or offer foods prepared with any ingredients from the “Not Recommended” category.
<b>Side Dishes</b> (e.g., grain and/or vegetable salads)	All major ingredients* are from the “Maximum Nutritional Value” category.	All major ingredients are from the “Sell/Offer Most” category.	One or more ingredients are from the “Sell/Offer Less” category.	Do not sell or offer foods prepared with any ingredients from the “Not Recommended” category.

\*A major ingredient is any product that is identified in one of the food groups set out in the nutrition standards – that is Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. All pizza toppings are considered major ingredients.

## Miscellaneous Items

Minor Ingredients	
<ul style="list-style-type: none"> <li>The following are considered minor ingredients and are to be used in limited amounts, as defined under “Serving Size”</li> <li>Choose products that are lower in fat, sodium and sugar</li> </ul>	
Ingredients	Serving Size
Condiments and Spreads	≤ 15ml (1 tbsp)
Gravies and Sauces	≤ 60ml (4 tbsp)
Dips	≤ 30ml (2 tbsp)
Fats	≤ 5ml (1 tsp)
Oils and Dressings	≤ 15ml (1 tbsp)
Other (e.g., chocolate chips, coconut, olives, parmesan cheese)	≤ 15ml (1 tbsp)
Not Recommended	
Candy Chocolate *Energy Bars, Protein Bars and Meal Replacements Licorice **Gum with sugar Gummies Popsicles and freezies, if not prepared with 100% juice	

\*For a detailed rationale on Energy Bars, Protein Bars and Meal Replacements, please see page 59.

\*\*Chewing sugar-free gum right after meals can help to prevent cavities. Gum containing citric acid (e.g., fruit flavouring) may be less effective at preventing cavities and may promote dental erosion, therefore, sugar-free cinnamon and mint flavours are recommended.<sup>18-21</sup>



## Beverages

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Water</b>	Plain	Plain		
<b>Milk* and Milk-Based Beverages</b> (Plain or Flavoured)	Fat: ≤ 2% M.F.**or ≤ 5g <b>and</b> No added sugar <b>and</b> Calcium: ≥ 25% DV***	Fat: ≤ 2% M.F. or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium: ≥ 25% DV		Fat: > 2% M.F. or > 5g <b>or</b> Sugar: > 28g <b>or</b> Calcium: < 25% DV
<b>Yogurt Drinks</b>		Fat: ≤ 3.25% M.F. or ≤ 3g		Fat: > 3.25% M.F. or > 3g
<b>Soy/Milk Alternative Beverages</b> (Plain or Flavoured)	Calcium: ≥ 25% DV <b>and</b> Vitamin D: ≥ 25% DV <b>and</b> No added sugar  <b>Note:</b>  <b>Canada's Food Guide</b> states that rice, potato and almond beverages do not contain the level of protein found in milk or fortified soy beverage. Therefore these are not considered to be Milk Alternatives.	Fortified with calcium and vitamin D		Unfortified

\*Milk can be sold in containers that hold multiple servings.

\*\*M.F. = Milk Fat. The amount can be found on the front of the food label.

\*\*\*DV = Daily Value

## Beverages Continued

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Juices or Blends: Vegetable or Fruit</b>		100% juice, pulp or puree <b>and</b> Unsweetened/No sugar added  Examples: <ul style="list-style-type: none"> <li>• 100% fruit juice</li> <li>• 100% vegetable juice</li> <li>• 100% coconut water</li> </ul>		<100% juice, pulp, or puree <b>or</b> Sugar in the ingredient list
<b>Hot Chocolate</b>		Fat: ≤ 2% M.F. or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium: ≥ 25% DV		Fat: > 2% M.F. or > 5g <b>or</b> Sugar: > 28g <b>or</b> Calcium: < 25% DV
<b>Coffee and tea*</b>			Decaffeinated or caffeinated**	
<b>Coffee/tea based beverages -</b> (Iced Coffee, Latte, Frappuccino, Cappuccino, Mocha)			Caffeinated, decaffeinated and Fat: ≤ 2% M.F. or ≤ 5g <b>and</b> Sugar: ≤ 28g	Fat: > 2% M.F. or > 5g <b>or</b> Sugar: > 28g
<b>Energy Drinks</b>				All Energy Drinks

\*When offering coffee and tea, offer condiments that meet the “Maximum Nutritional Value” or “Sell/Offer Most” criteria for Milk and Milk Based Beverages and/or Soy/Milk Alternative Beverages (e.g., serve 2% milk and/or fortified soy beverage with tea and coffee).

\*\*The recommended maximum daily caffeine intake from all sources for adults is 400 mg and 300 mg for pregnant and breastfeeding women. Caffeine can be found in beverages such as coffee, tea, chocolate drinks, and soft drinks.

## Beverages Continued

	Maximum Nutritional Value (Choose Most Often)	Sell/Offer Most	Sell/Offer Less	Not Recommended
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Sports Drinks</b>				All Sports Drinks***
<b>Other Beverages</b> (e.g., soft drinks*; iced tea*; flavoured water*; "juice-ades", such as lemonade, or limeade)	<b>Note:</b>  <b>Canada's Food Guide</b> states that fruit flavoured drinks are not nutritionally equivalent to 100% juices. In addition, foods of minimal nutritional value containing artificial sweeteners are not considered to be Maximal Nutritional Value choices.		Calories: ≤ 40	Calories: > 40

\*\*\*In some circumstances sports drinks may be appropriate to offer, for example, in hot or humid working conditions, during strenuous physical activity lasting for 60 minutes or more, when excessive sweat losses occur. Sports drinks typically contain: 40 to 80 g per litre of carbohydrates such as glucose, sucrose, fructose and/or maltodextrin, 300 to 700 mg of sodium per litre, and are typically non-carbonated, and do not contain amino acids, oxygen or herbal ingredients.

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