

## Region of Peel Nutrition Standards

The Region of Peel Nutrition Standards<sup>1</sup> facilitates healthy eating behaviours among Peel residents. They are used in organizations with supportive food environments to make a healthy choice the easy choice ultimately reducing chronic conditions and diseases.

The standards below outline the minimum nutrition criteria for food and beverages sold in settings other than schools.<sup>2</sup> Nutrition and ingredient information for a portion or serving size is compared to the criteria to determine if a food, beverage or mixed dish meets the nutrition standards. Information for this comparison is obtained from the Nutrition Facts label or from entering a recipe into a nutrient analysis program.

Items that are “not permitted” generally contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium (e.g., deep-fried foods and confectionaries).

Region of Peel Nutrition Standards	
Food Category	Nutrition Criteria per portion <sup>3</sup>
<b>Vegetables and Fruit</b>	
<b>Fresh, Frozen, Canned, and Dried Vegetables and Fruit</b>	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 Optimal: No added sugar
<b>Canned Tomatoes and Tomato-Based Products</b>	Fat: ≤ 3g <b>and</b> Sodium: ≤ 480mg
<b>Vegetable and Fruit Chips</b>	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg
<b>Grain Products</b>	
<b>Bread</b>	Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg <b>and</b> Fibre: ≥ 2g Optimal: Whole grain is the first item on the ingredient list
<b>Pasta, Rice and Other Grains<sup>4</sup></b>	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg
<b>Baked Goods</b>	Fat: ≤ 10g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Fibre: ≥ 2g Optimal: Whole grain is the first item on the ingredient list
<b>Grain-Based Snacks</b>	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 480mg Optimal: Whole grain is the first item on the ingredient list

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<b>Grain Products</b>	
<b>Cereals</b>	Saturated fat: ≤ 2g <b>and</b> Fibre: ≥ 2g Optimal: Whole grain is the first item on the ingredient list
<b>Milk and Alternatives</b>	
<b>Yogurt/Kefir</b>	Fat: ≤ 3g or ≤ 3.25% M.F. <sup>5</sup>
<b>Cheese</b>	Sodium: ≤ 480mg <b>and</b> Calcium: ≥ 15% DV <sup>6</sup> Optimal: Fat ≤ 20% M.F.
<b>Milk-Based Desserts</b>	Fat ≤ 5g <b>and</b> Sodium: ≤ 360mg <b>and</b> Calcium: ≥ 5% DV
<b>Meat and Alternatives</b>	
<b>Fresh and Frozen Meat</b>	Fat: ≤ 14g <b>and</b> Sodium: ≤ 480mg
<b>Deli or Processed Meat<sup>7</sup></b> e.g., bacon, wieners, bologna	Fat: ≤ 5g <b>and</b> Sodium: ≤ 600mg
<b>Fish</b>	Fat: ≤ 12g <b>and</b> Sodium: ≤ 480mg
<b>Eggs</b>	Fat: ≤ 7g <b>and</b> Sodium: ≤ 480mg
<b>Nuts, Protein Butters, and Seeds</b>	Not coated with candy, chocolate, sugar and/or yogurt <b>and</b> Sodium: ≤ 480mg
<b>Nut-Based Bars</b>	Nut, seed or legume is the first item on the ingredient list <b>and</b> Sodium: ≤ 480mg
<b>Meat Alternatives such as Tofu, Beans and Lentils</b>	Fat: ≤ 8g <b>and</b> Sodium: ≤ 480mg <b>and</b> Protein: ≥ 10g
<b>Mixed Dishes with and without a Nutrition Facts table</b>	
<b>Entrées</b> e.g., frozen pizza, sandwiches, pasta, stir fry, hamburgers	Fat: ≤ 15g <b>and</b> Saturated fat: ≤ 7g <b>and</b> Sodium: ≤ 960mg <b>and</b> Fibre: ≥ 2g <b>and</b> Protein: ≥ 7g
<b>Soups</b>	Fat: ≤ 5g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 720mg
<b>Side Dishes</b> e.g., grain and/or vegetable salads	Fat: ≤ 7g <b>and</b> Saturated fat: ≤ 2g <b>and</b> Sodium: ≤ 360mg

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<b>Beverages</b>	
<b>Water</b>	Plain water
<b>Milk and Milk-Based Beverages (Plain or Flavoured)</b>	Fat: ≤ 2% M.F. or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium ≥ 25% DV
<b>Yogurt Drinks</b>	Fat: ≤ 3g or ≤ 3.25% M.F.
<b>Soy/Milk Alternative Beverages (Plain or Flavoured)</b>	Fortified with Calcium and Vitamin D
<b>Juices or Blends (Vegetable or Fruit)</b>	100% juice, pulp, or purée <b>and</b> unsweetened/No sugar added
<b>Hot Chocolate</b>	Fat: ≤ 2% M.F. or ≤ 5g <b>and</b> Sugar: ≤ 28g <b>and</b> Calcium ≥ 25% DV
<b>Coffee and Tea</b>	Caffeinated or Decaffeinated
<b>Coffee/Tea-Based Beverages</b> e.g., iced coffee, latte, mocha, frappuccino, and cappuccino	Caffeinated or Decaffeinated <b>and</b> Fat: ≤ 2% M.F. or ≤ 5g <b>and</b> Sugar: ≤ 28g
<b>Energy Drinks</b>	Not Permitted
<b>Sports Drinks</b>	Not Permitted
<b>Other Beverages</b> e.g., soft drinks, iced tea, flavoured water, vitamin water, “juice-ades” such as lemonade or limeade	Calories: ≤ 40
<b>Other</b>	
<b>Miscellaneous Items</b> e.g., candy, chocolate, energy bars, protein bars, meal replacements, liquorice, gum with sugar, gummies, popsicles and freezies if not prepared with 100% juice	Not Permitted

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<b>Minor Ingredients</b>	
<p>An effort shall be made to limit the minor ingredients listed below to the serving size indicated, when possible. Lower-fat and lower-sodium options should be offered, when possible (e.g., mayonnaise, soy sauce, salad dressings) as indicated on packaging.</p> <p><b>Serving Sizes:</b></p> <ul style="list-style-type: none"> <li>• Condiments (e.g., ketchup, mustard, relish) and spreads (e.g., jam, jellies, cream cheese<sup>8</sup>) ≤ 15mL (1 tbsp.)</li> <li>• Gravies and sauces (e.g., salsa) ≤ 60ml (4 tbsp.)</li> <li>• Dips (e.g., hummus) ≤ 30ml (2 tbsp.)</li> <li>• Fats (e.g., margarine, butter) ≤ 5ml (1 tsp.)</li> <li>• Oils and dressings (e.g., mayonnaise, salad dressing) ≤ 15ml (1 tbsp.)</li> <li>• Other (e.g., chocolate chips, coconut, olives, parmesan cheese) ≤ 15ml (1 tbsp.)</li> </ul>	

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<b>Hot Beverages:</b> <ul style="list-style-type: none"><li>Supply milk or <math>\leq 10\%</math> M.F. cream (optimal <math>\leq 5\%</math> M.F. cream)</li></ul>
<b>Food Preparation:</b> <ul style="list-style-type: none"><li>Food should always be prepared in a healthy way 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.</li><li>Use a variety of fresh herbs and spices (lower in sodium) to season food.</li></ul>
<b>Oral Health:</b> <ul style="list-style-type: none"><li>Offer healthy food and beverages that are lower in sugar and not sticky (e.g., fruit gummies, jelly beans and raisins), when possible.</li></ul>

<sup>1</sup> Adapted from the Ontario Society for Nutrition Professionals in Public Health Nutrition Standards for Workplaces© (Call to Action: Creating a Healthy Workplace Nutrition Environment, 2012);

<sup>2</sup> Schools use the Ontario *School Food and Beverage Policy* (P/PM150) (Ministry of Education, 2010);

<sup>3</sup> Refers to the actual serving size sold;

<sup>4</sup> Fibre is not included for this category in consideration for cultural diversity;

<sup>5</sup> Milk fat;

<sup>6</sup> Daily Value of nutrient;

<sup>7</sup> Processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking or other processes to enhance flavours or improve preservation;

<sup>8</sup> Cream cheese is not categorized within a food group given there is insufficient calcium and protein.