

Nutrition Standard for the *Eat Smart!*[®] Recreation Centre Program

At a recreation center, an *Eat Smart!*[®] choice is a **healthier** choice in vending machines or snack bars. *Eat Smart!*[®] choices meet specific nutrition criteria that make them healthier choices. The **Eat Smart![®] Choices Calculator** is a user-friendly tool that can be used to assess whether or not single-serving packaged food products meet the *Eat Smart!*[®] nutrition criteria.

1. Packaged Foods (sold in vending machines and snack bars)

The nutrition criteria used to rate single-serving packaged foods found in vending machines and snack bars are based on recommendations in ***Canada's Food Guide***. The Nutrition Facts panel, ingredient list, and package size are used to assess food products according to the following criteria:

Product Category	Nutrition Criteria (per package)	Examples of <i>Eat Smart!</i> [®] choices
Vegetables and Fruit	<ul style="list-style-type: none"> ▪ The first ingredient is a vegetable or fruit ▪ Container size for juice is 360mL or less ▪ Fruit juice must be 100% juice ▪ Vegetable cocktail is reduced in sodium 	<ul style="list-style-type: none"> ▪ Any fresh fruit or vegetable ▪ Fruit canned in 100% juice ▪ Unsweetened fruit purees ▪ 100% fruit or vegetable leathers ▪ Some types of dried fruit ▪ 100% fruit juice ▪ Reduced sodium vegetable cocktail
Vegetable or Fruit “chips”	<ul style="list-style-type: none"> ▪ Vegetable or fruit “chips” are graded on the amount of fat, saturated fat, trans fat, sodium, sugar, fibre and iron ▪ Products must not contain more than 2% of total fat in the form of trans fat 	<ul style="list-style-type: none"> ▪ Some varieties of baked potato chips or crisps ▪ Some varieties of veggie chips ▪ Some varieties of fruit chips (e.g., mango)
Grain Products	<ul style="list-style-type: none"> ▪ Products are graded on the amount of fat, saturated fat, trans fat, sodium, sugar, fibre and iron ▪ Products must not contain more than 2% of total fat in the form of trans fat 	<ul style="list-style-type: none"> ▪ Some varieties of granola and cereal bars ▪ Some varieties of pretzels, popcorn, pita chips ▪ Some varieties of crackers, rice cakes ▪ Some varieties of cold breakfast cereals
Milk and Alternatives	<ul style="list-style-type: none"> ▪ Container size for milk and soy beverages must not be larger than 500mL ▪ Container size for milkshakes must not be larger than 360mL ▪ Fluid milk, soy beverages and milkshakes contain at least 25% of the Daily Value for calcium, at least 40% of the Daily Value for vitamin D and no more than 28g sugars per 250mL ▪ Cheese contains at least 10% DV for calcium and no more than 20% milk fat (processed cheese slices or spreads are not <i>Eat Smart!</i>[®] choices) ▪ Yogurt, yogurt drinks, puddings and cottage cheese contain at least 10% of the Daily Value for calcium and no more than 16g sugar per 100g container 	<ul style="list-style-type: none"> ▪ White and chocolate milk with 2% MF or less ▪ Chocolate or vanilla soy beverage ▪ Yogurt, plain and flavored with 2% MF or less ▪ Yogurt drinks ▪ Some varieties of pudding cups ▪ Hard cheese with 20% MF or less

Product Category	Nutrition Criteria (per package)	Examples of <i>Eat Smart!</i> [®] choices
Meat and Alternatives	<ul style="list-style-type: none"> ▪ Products contain no more than 480mg of sodium and no more than 25% calories from sugars (unless dried fruit is an ingredient) ▪ Added sugar is not one of the first three ingredients 	<ul style="list-style-type: none"> ▪ Plain nuts, soy nuts ▪ Seeds ▪ Some varieties of bars with nuts or seeds as the first ingredient ▪ Some varieties of trail mix with nuts or seeds as the first ingredient
Mixed Foods (contain more than one food group)	<ul style="list-style-type: none"> ▪ Products are assessed based on the amount of fat, saturated fat, trans fat, sodium, fibre, protein, iron, calcium, and vitamin A 	<ul style="list-style-type: none"> ▪ Some varieties of sandwiches ▪ Some varieties of microwavable entrées ▪ Some soups ▪ Some cheese and cracker or tuna and cracker snack packs

2. Non-packaged Foods (sold in snack bars)

The nutrition criteria used to rate non-packaged foods available in snack bars are based on recommendations in *Canada's Food Guide*. Foods are prepared and/or served in a healthier way.

Healthier preparation methods include: baking, broiling, grilling, steaming, roasting, and toasting. Foods that are deep fried, or prepared and served with cream, high-fat cheese, or other high-fat toppings, sauces or dressing are excluded. Higher fat spreads, dressings or dips may come with *Eat Smart!*[®] choices, but must be served on the side so the customer can control the amount used.

Food Group	Nutrition Criteria	Examples of <i>Eat Smart!</i> [®] choices (may be ingredients in other food products)
Vegetables and Fruit	<ul style="list-style-type: none"> ▪ Vegetables and fruit are prepared with little or no added fat, sugar or salt ▪ 100% fruit juice or low-sodium vegetable cocktail may be counted as one of the two Vegetable and Fruit choices required in Snack Bars 	<ul style="list-style-type: none"> ▪ Leafy green salad ▪ Whole pieces of fruit, such as apples or pears ▪ Fruit cocktail packed in juice or light syrup ▪ Fresh veggies served with dip ▪ Baked potato ▪ Cooked vegetables (in soup or chilli) ▪ Fresh vegetables (in sandwiches or wraps) ▪ Broth-based vegetable soup
Grain Products	<ul style="list-style-type: none"> ▪ Grain products are prepared with little or no added fat, sugar or salt ▪ At least one whole wheat or whole grain product is available ▪ If bread products are available, there is an option for whole wheat or whole grain 	<ul style="list-style-type: none"> ▪ Bread ▪ English muffins ▪ Bagels ▪ Buns ▪ Pasta or rice ▪ Air-popped popcorn
Milk And Alternatives	<ul style="list-style-type: none"> ▪ Milk and Alternatives are lower in fat 	<ul style="list-style-type: none"> ▪ Hard cheese with no more than 20% MF ▪ Yogurt with 2% MF or less
Meat and Alternatives	<ul style="list-style-type: none"> ▪ Meats are lean ▪ Meat and Alternatives are prepared with little or no added fat or salt 	<ul style="list-style-type: none"> ▪ Lean deli meat or ground meat ▪ Some types of veggie burgers ▪ Eggs ▪ Fish ▪ Nut butters ▪ Dry roasted nuts and seeds or mixtures

Requirements for the Eat Smart Recreation Centre Program Nutrition Standard

At least ¼ or 25% of the choices in participating **vending machines** are healthier choices. The healthier choices are labelled with the *Eat Smart!*[®] symbol.



Participating recreation centre **snack bars** will:

1. Offer a minimum of two (2) *Eat Smart!*[®] choices from each of the following three (3) food groups:
 - Grain Products
 - At least one of the two choices must be whole grain (as defined above).
 - If any bread products are offered, at least one whole grain option must be available.
 - Vegetables and Fruit
 - Milk and Alternatives
2. Offer a minimum of one (1) *Eat Smart!*[®] choice from the Meat and Alternatives food group.
3. If asked by customers, provide ingredient/nutrition information on any products served in the snack bar.
4. Provide water (tap and/or bottled) at all times.

If applicable, the **snack bar** will also:

1. Accommodate customer requests for healthier[†] food preparation (e.g., spreads, dips, dressings, sauces and gravy are not used or are served on the side; no salt added).
2. Use healthier types of fat and oils:
 - a. In all margarines and spreads.
 - b. In at least one type of salad dressing, offered on a daily basis.
 - c. In other fat-based condiments like dips and sauces, if available.
3. Offer the option of a 112g/4oz portion of French fries or poutine.
4. Offer the option of a 300mL or smaller portion of slush drinks and other fruit-flavoured beverages.