



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.