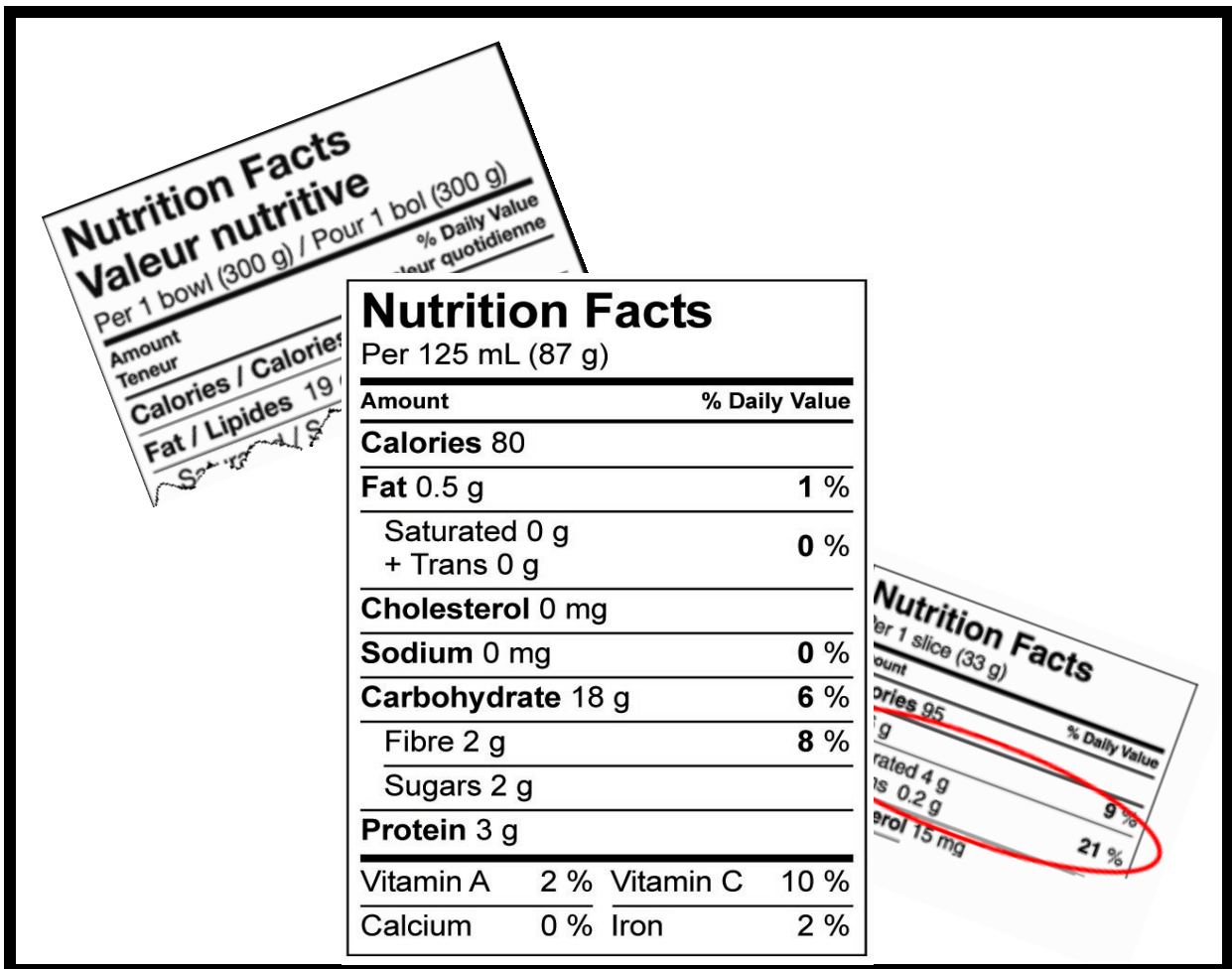


Single Serving Packaged Food List

Supporting Nutrition Initiatives in Schools



Developed by Alberta Health Services Registered Dietitians and Nutritionists on the Alberta Provincial Nutrition Task Force on Comprehensive School Health

Table of Contents

Introduction

Guide to the Use of the Single Serving Packaged Food List

Single Serving Packaged Food List by Categories:

Vegetables and Fruit

- Fresh Vegetables / Fresh Fruit
- Dried Fruit
- Fruit Cup / Fruit Sauce
- Juice
- Fruit Bar
- Fruit Snacks
- Fruit Chips

Grain Products

- Hot Cereal
- Cold Cereal
- Cereal/Granola Bar
- Crackers
- Cookie(s)
- Baked Chips/Puffed chips, pretzels, rice chips/cakes
- Popcorn

Milk and Alternatives

- Milk
- Soy Beverages
- Yogurt
- Yogurt Beverage
- Cheese
- Pudding

Meat and Alternatives

- Nuts & Seeds
- Dried Meat
- Nut Bar
- Meat/Fish Snack

Mixed Dishes

- Frozen Entree
- Soup

Introduction

The Alberta Nutrition Guidelines for Children and Youth

In June 2008, Alberta Health & Wellness released the *Alberta Nutrition Guidelines for Children and Youth* (The Guidelines). The purpose of The Guidelines is to help promote healthy eating habits for children and youth in childcare settings, schools and recreation centers. This ensures that children and youth will be able to make healthy food choices in places where they live, learn and play.

The Guidelines can apply to all food and beverages sold or served to students. This would include foods sold in vending machines, school stores, cafeterias, parent-organized lunch sales, team games, classroom parties etc.

For further information you can download a copy of these guidelines at <http://www.healthyalberta.com/AboutHealthyU/280.htm>.

The Single Serving Packaged Food List

The Single Serving Packaged Food List (The List) has been created to assist schools and recreation centres in implementing The Guidelines. The foods included in The List are packaged products available in the marketplace that meet the 'Choose Most Often' and 'Choose Sometimes' criteria as listed in The Guidelines.

The List does not include 'Choose Least Often' foods. These foods are typically higher in fat, sugar, and /or salt, with few nutrients and are not recommended.

This List is not an endorsement for any particular products, brands or stores. It reflects various examples of packaged foods found in local Alberta stores as of July 2009 that are available for schools to purchase. **We encourage schools to refer to the criteria from *The Alberta Nutrition Guidelines for Children and Youth* (2008) to assess other food products not listed.**

This list does not include fresh foods (e.g. fresh vegetables and fruit) or individual ingredients used in preparing recipes (e.g. flour, sugar, eggs used for making muffins). **Fresh, whole foods from Canada's Food Guide are the healthiest choices for meals and snacks and should be emphasized over packaged processed foods.**

The Guidelines recommend using the serving sizes listed in Eating Well with Canada's Food Guide to classify foods. However, package sizes of foods often do not represent a Canada's Food Guide serving size. This may distort the perception of how healthy the food is. In order to correct for this, we have analyzed the contents of the packaged foods based on a Canada's Food Guide portion size of the food, in order to standardize the comparison.

The List does not identify any potential allergens and therefore it is the responsibility of the school to evaluate products for potential allergies.

Guide to the Use of the Single Serving Packaged Food List

This List is intended to be used when selecting healthier options of packaged foods for your school or facility. Foods are organized either according to the four food groups from *Eating Well with Canada's Food Guide* or as a mixed dish and into *Choose Most Often* or *Choose Sometimes*. Foods from the *Choose Least Often* category are not included since they are not recommended.

Each Food Group is further divided into specific food items, for example granola bars would be found under Granola and Cereal Bars in the Grain Products section. Foods are listed alphabetically by the brand name, with Choose Most Often Foods listed first.

Strategies for Healthy Food Choices in Schools

In keeping with the Guidelines, foods on display should be rated as 'Choose Most Often' and 'Choose Sometimes'. This can be done using symbols such as Green for "Choose Most Often" and Yellow for "Choose Sometimes" or "Go, Yield, Stop" symbols. According to The Guidelines, 'Choose Most Often' foods should be attractively displayed and 'Choose Sometimes' foods should be less prominent than 'Choose Most Often' and clearly marked.

Other strategies include education of students, staff and parents, as well as pricing and availability of healthy foods will help to make the introduction of healthy choices easier and more acceptable in your school. Schools have greater success when healthier food choices are part of a healthier overall school environment. Students, parents, staff, administrators and any other interested parties, should be encouraged to participate in creating policies or guidelines at a district or school level. Remember that policies or guidelines take time to put into action. Phase in changes and new foods slowly over time.

Nutrition Criteria

The Single Serving Packaged Food List has been developed using the nutrition criteria from the *Alberta Nutrition Guidelines for Children and Youth*. The Guidelines have separated all foods into three categories:

1. **Choose Most Often:** These foods could be eaten daily. They are healthy choices found in *Eating Well with Canada's Food Guide*.
2. **Choose Sometimes:** Three food items in this category may be chosen 3 times per week.
3. **Choose Least Often:** These foods are foods that do not fit within the Choose Most Often or Choose Sometimes categories. These foods are **not** recommended. One serving could be eaten once per week.

It is recommended that schools follow the guidelines below:

- **Elementary Schools:** Provide 100% of foods from *Choose Most Often* category.
- **Junior High Schools:** Provide 60% of foods from *Choose Most Often* and 40% from *Choose Sometimes*.
- **High Schools:** Provide 50% of foods from *Choose Most Often* and 50% from *Choose Sometimes*.

The products on this list will be reviewed annually. Please submit any questions you may have about products to the contact information found on the Alberta Coalition for Healthy School Communities (ACHSC) website, at http://www.achsc.org/school_materials.htm.

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Vegetables & Fruits	Fresh Vegetables	Bolthouse Farms	Babycut carrots	85 g	X	
	Fresh Vegetables	President's Choice	Mini Chefs peeled ready-to- eat baby carrots	56 g	X	
	Fresh Vegetables	President's Choice	Mini Chefs Dunk 'n Crunch Baby-cut Carrots & Ranch Dip	64 g		X
	Fresh Fruit	President's Choice	Mini Chefs ready-to-eat Gala apple wedges	57 g	X	
	Fruit Sauce	Compliments Organic	Unsweetened Apple Snack	113 g	X	
	Fruit Sauce	Motts	Fruitsations - Apple Pomegranate (unsweetened)	111 g	X	
	Dried Fruit	Mariani	Sun Ripened Mixed Fruit	40 g	X	
	Dried Fruit	Ocean Spray	Craisins - sweetened dried cranberries	28.3 g		X
	Fruit Cup	Del Monte	Tropical Medley	112.5 ml	X	
	Fruit Cup	Dole	Golden Pineapple in pineapple juice	107 ml	X	
	Fruit Cup	Dole	Fruit Bowls - Tropical Fruit in Light Syrup	107 ml	X	
	Fruit Cup	Dole	Fruit Bowls - Fruit Salad in Light Syrup	107 ml	X	
	Fruit Cup	No Name	Mandarin Orange Segments in Light Syrup	142 ml		X
	Vegetable Juice	Campbells	V8 - low sodium	156 ml	X	
	Vegetable Juice	Campbells	V8 – Regular	156 ml		X
	Vegetable Juice	Campbells	V8 V-Go Smooth & Seasoned	156 ml		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Vegetables & Fruits	Juice	Compliments Junior	Sippy Juice Boxes - Cherry Cranberry	125 ml	X		
	Juice	Minute Maid	100% Juice Boxes - Orange	200 ml	X		
	Juice	Minute Maid	100% Juice Boxes - Apple	200 ml	X		
	Juice	Minute Maid	100% Juice Boxes - Fruit Blend	200 ml	X		
	Juice	Minute Maid	Fruit Solutions Juice - Antioxidants, berry blend	355 ml		X	
	Juice	My Smoothie	Peach	250 ml	X		
	Juice	My Smoothie	Strawberry	250 ml	X		
	Juice	My Smoothie	Passion Fruit	250 ml	X		
	Juice	My Smoothie	Mango	250 ml	X		
	Juice	My Smoothie	Blueberry	250 ml	X		
	Juice	My Smoothie	Acai	250 ml	X		
	Juice	My Smoothie	Raspberry	250 ml	X		
	Juice	My Smoothie	Pomegranate	250 ml		X	
	Juice	So Nice	Mango	250 ml	X		
	Juice	So Nice	Pomegranate/Blueberry	250 ml	X		
	Juice	Sunrype	Fruit Plus Veggie Juice	200 ml	X		
	Juice	Sunrype	100% Fruit Juice - Strawberry Kiwi	200 ml	X		
		Fruit Bar	Sunrype	Fruit Source bar - Strawberry	37 g	X	
		Fruit Bar	Sunrype	Fruit Source Plus Veggie bar - Raspberry	37 g	X	
	Fruit Bar	Sunrype	Fruit Source bar - Blueberry	37 g	X		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Vegetables & Fruits	Fruit Snacks	Kettle Valley	Dried Fruit Real Fruit Snack – raspberry	40 g	X	
	Fruit Snacks	Kettle Valley	Dried Fruit Real Fruit Snack – wildberry	40 g	X	
	Fruit Snacks	Kettle Valley	Dried Fruit Real Fruit Snack – apricot	40 g	X	
	Fruit Snacks	Sunrype	Fun Bites 100% Fruit Snacks - very cherry	18 g		X
	Fruit Snacks	Sunrype	Fun Bites 100% Fruit Snacks - berry blend	18 g		X
	Fruit Snacks	Sunrype	Squiggles 100% Fruit Snack - zesty raspberry, wild strawberry	18 g		X
	Fruit Chips	Bare Fruit 100% Organic	Cinnamon apple, fuji apple chips, granny smith	73 g	X	
	Fruit Chips	Green Tree	Apple Chips - original	22 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Grain Products	Hot cereal	Quaker	Instant Oatmeal - apples & cinnamon (30% less sugar)	29 g	X		
	Hot cereal	Quaker	Instant Oatmeal - wildberry medley	38 g	X		
	Hot cereal	Quaker	Instant Oatmeal Weight Control - maple brown sugar	38 g	X		
	Hot cereal	Kraft	Cream of Wheat - original	28 g		X	
	Hot cereal	Quaker	Instant Oatmeal - apples & cinnamon	33 g		X	
	Hot cereal	Quaker	Instant Oatmeal - peaches & cream	33 g		X	
	Hot cereal	Quaker	Instant Oatmeal - regular	31 g		X	
	Hot cereal	Western Family	Flavoured Instant Oatmeal - Apples & Cinnamon	36 g		X	
	Hot cereal	Western Family	Flavoured Instant Oatmeal - Maple Brown Sugar	48 g		X	
	Hot cereal	Western Family	Flavoured Instant Oatmeal - Raisins & Spice	47 g		X	
	Hot cereal	Western Family	Flavoured Instant Oatmeal - Peaches & Cream	47 g		X	
	Cold cereal	Compliments Balance	Bite Sized Wheat Cereal	30 g	X		
	Cold cereal	General Mills	Cheerios - multigrain	30 g	X		
	Cold cereal	Kashi	Go Lean - 7 Grain	55 g	X		
	Cold cereal	Kelloggs	Guardian - original	34 g	X		
	Cold cereal	Kelloggs	Mini Wheats - brown sugar frosted	59 g	X		
	Cold cereal	Kelloggs	Mini Wheats - original frosted	59 g	X		
	Cold cereal	Kelloggs	Muslix - harvest fruit	52 g	X		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Cold cereal	Kelloggs	Raisin Bran	55 g	X	
	Cold cereal	Nature's Path	Blueberry Almond Muesli	125 ml	X	
	Cold cereal	Nature's Path	Flax Plus Pumpkin Raisin Crunch	175 ml	X	
	Cold cereal	Nature's Path	Flax Plus Red Berry Crunch	175 ml	X	
	Cold cereal	Nature's Path	Pomegranate Plus Granola	30 g	X	
	Cold cereal	Nature's Path	Optimum Slim	250 ml	X	
	Cold cereal	Post	Alpha Bits Cereal	30 g	X	
	Cold cereal	Post	Honey Comb	30 g	X	
	Cold cereal	Post	Shreddies	50 g	X	
	Cold cereal	Quaker	Life Cereal	30 g	X	
	Cold cereal	General Mills	Cheerios - honey nut	27 g		X
	Cold cereal	General Mills	Cheerios - plain	30 g		X
	Cold cereal	General Mills	Golden Grahams	29 g		X
	Cold cereal	Kashi	7 Whole Grain Honey Puffed Cereal	32 g		X
	Cold cereal	Kelloggs	All Bran	34 g		X
	Cold cereal	Kelloggs	All Bran Flakes	34 g		X
	Cold cereal	Kelloggs	Corn Flakes	30 g		X
	Cold cereal	Kelloggs	Just Right	46 g		X
	Cold cereal	Kelloggs	Special K - Red Berries	29 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Cold cereal	Kelloggs	Special K - Vanilla Almond	29 g		X
	Cold cereal	Kelloggs	Vector Meal Replacement	55 g		X
	Cold cereal	Nature's Path	Hemp Plus Granola	175 ml		X
	Cold cereal	Nature's Path	Heritage Muesli	125 ml		X
	Cold cereal	Post	Shreddies - Honey	45 g		X
	Cold cereal	Quaker	Corn Bran Squares	30 g		X
	Cereal/Granola Bar	Compliments	8 Whole Grains Chewy Muesli Bar	30 g	X	
	Cereal/Granola Bar	Compliments	Banana Strawberry Chewy Granola Bars	30 g	X	
	Cereal/Granola Bar	Compliments	Flax and Fibre Chewy Granola Bar	30 g	X	
	Cereal/Granola Bar	Compliments	Raisin and Almond Chewy Granola Bars	30 g	X	
	Cereal/Granola Bar	Compliments	Triple Berry Chewy Muesli Bars	30 g	X	
	Cereal/Granola Bar	Kashi	TLC- Chewy Granola Bars - Peanut Butter	35 g	X	
	Cereal/Granola Bar	Kashi	TLC- Chewy Granola Bars - Chewy Dark Chocolate	35 g	X	
	Cereal/Granola Bar	Kashi	TLC Chewy - Seven Whole Grains & Almonds	35 g	X	
	Cereal/Granola Bar	Kashi	TLC Chewy Granola Bar-Trail Mix	35 g	X	
	Cereal/Granola Bar	Kashi	TLC- Crunchy Granola Bars-Honey Toasted 7 Grain	40 g	X	
	Cereal/Granola Bar	Kashi	TLC- Crunchy Granola Bars-Pumpkin Spice Flax	40 g	X	
	Cereal/Granola Bar	Kashi	TLC- Crunchy Granola Bars-Roasted Almond Crunch	40 g	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Cereal/Granola Bar	Kashi	TLC Fruit and Grain- Dark chocolate Coconut	32 g	X	
	Cereal/Granola Bar	Kashi	TLC Fruit and Grain- Pumpkin Pie	32 g	X	
	Cereal/Granola Bar	Kashi	TLC Fruit and Grain- Raspberry Chocolate	32 g	X	
	Cereal/Granola Bar	Kellogg's	All Bran Chewy bars- Dark Chocolate Chip	35 g	X	
	Cereal/Granola Bar	Kellogg's	All Bran Chewy bars- Strawberry Flavour	35 g	X	
	Cereal/Granola Bar	Kellogg's	All Bran Snack Bites – Cinnamon Brown Sugar	28 g		X
	Cereal Granola Bar	Kellogg's	All Bran Snack Bites- Cocoa	28 g		X
	Cereal/Granola Bar	Kellogg's	Fibre Plus Bars- Chocolatey Peanut Butter	36 g	X	
	Cereal/Granola Bar	Kellogg's	Fibre Plus Bars- Dark Chocolatey Almond	36 g	X	
	Cereal/Granola Bar	Kellogg's	Nutri-Grain Munch'ems Bite Size Granola Snacks - Brown Sugar Cinnamon	30 g	X	
	Cereal/Granola Bar	Kellogg's	Nutri-Grain Munch'ems Bite Size Granola Snacks - Honey Oat	30 g	X	
	Cereal/Granola Bar	Nature's Path	Organic Granola Bars-Cranberry Ginger	40 g	X	
	Cereal/Granola Bar	Nature Valley	Fibre Source Granola Bar - Apple Cobbler	32 g	X	
	Cereal/Granola Bar	Nature Valley	Fibre Source Granola Bar - Honey & Almond	32 g	X	
	Cereal/Granola Bar	President's Choice	Blue Menu Fruit & Nut Chewy bars - Apple & Almond	35 g	X	
	Cereal/Granola Bar	President's Choice	Blue Menu- Fruit and Nut- Mixed Berries and Almonds	35 g	X	
	Cereal/Granola Bar	Quaker	Chewy 25% Less Sugar Granola Bars- Chocolate Chip	24 g	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Cereal/Granola Bar	Quaker	Chewy 25% Less Sugar Granola Bars- Honey Graham	24 g	X	
	Cereal/Granola Bar	Quaker	Chewy 25% Less Sugar Granola Bars- Peanut Chocolate Chip	24 g	X	
	Cereal/Granola Bar	Quaker	Chewy 25% Less Sugar Granola Bars- Cookies & Cream	24 g	X	
	Cereal/Granola Bar	Quaker	Fiber and Omega-3- Peanut Butter Chocolate	35 g	X	
	Cereal/Granola Bar	Quaker	Fiber and Omega-3- Dark Chocolate Chunk	35 g	X	
	Cereal/Granola Bar	Quaker	Morning Minis- Cinnamon Sugar and Oats	36 g	X	
	Cereal/Granola Bar	Quaker	Morning Minis- Peanut Butter Flavour	36 g	X	
	Cereal/Granola Bar	Quaker	Muffin Bars- Banana and Oats	37 g	X	
	Cereal/Granola Bar	Quaker	Muffin Bars- Blueberry and Oats	37 g	X	
	Cereal/Granola Bar	Quaker	Oatmeal to Go- Brown Sugar and Cinnamon	60 g	X	
	Cereal/Granola Bar	Quaker	Oatmeal to Go- Raspberry Streusel	60 g	X	
	Cereal/Granola Bar	Quaker	Oatmeal to Go- Oatmeal Raisin	60 g	X	
	Cereal/Granola Bar	Quaker	Oatmeal to Go- Apple with Cinnamon	60 g	X	
	Cereal/Granola Bar	Quaker	Oatmeal to Go- High Fibre Maple Brown Sugar	60 g	X	
	Cereal/Granola Bar	Quaker	True Delights- Dark Chocolate Raspberry Almond	35 g	X	
	Cereal/Granola Bar	Quaker	True Delights- Toasted Coconut Banana Macadamia Nut	35 g	X	
	Cereal/Granola Bar	Quaker	True Delights- Honey Roasted Cashew Mixed Berry	35 g	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Cereal/Granola Bar	Compliments	Apple Berry Chewy Granola Bars	26 g		X
	Cereal/Granola Bar	Compliments	Blueberry & Yogourt Flavoured Chip Semi-Dipped Granola Bars	30 g		X
	Cereal/Granola Bar	Compliments	Cereal Bar- Apple/ Blueberry/ Jumbleberry/ Raspberry/ Strawberry	38 g		X
	Cereal/Granola Bar	Compliments	Chocolate Chip Chewy Granola Bars	26 g		X
	Cereal/Granola Bar	Compliments	Chocolate Chip Chewy Granola Bars 40% less fat	26 g		X
	Cereal/Granola Bar	Compliments	Cranberry & Apple Semi-Dipped Granola Bars	30 g		X
	Cereal/Granola Bar	Compliments	S'mores Chewy Granola Bars	26 g		X
	Cereal/Granola Bar	Compliments	Trail Mix Chewy Granola Bars	26 g		X
	Cereal/Granola Bar	Fibre 1	Chewy Bars - Oats & Peanut Butter	35 g		X
	Cereal/Granola Bar	Kashi	TLC Cereal Bars- Baked Apple Spice	35 g		X
	Cereal/Granola Bar	Kashi	TLC Cereal Bars- Blackberry Graham			X
	Cereal/Granola Bar	Kashi	TLC Cereal Bars- Ripe Strawberry	35 g		X
	Cereal/Granola Bar	Kellogg's	All Bran Bar- Chocolate Chip	30 g		X
	Cereal/Granola Bar	Kellogg's	All Bran Bar- Oatmeal Cinnamon	30 g		X
	Cereal/Granola Bar	Kellogg's	All Bran Bars - original	30 g		X
	Cereal/Granola Bar	Kellogg's	All Bran Snack Bites- Cinnamon Brown Sugar	28 g		X
	Cereal/Granola Bar	Kellogg's	All Bran Snack Bites- Cocoa	28 g		X
	Cereal/Granola Bar	Kellogg's	Nutri-Grain Bars- Apple Cinnamon/ Cherry/ Strawberry/ Raspberry/ Mixed Berry/ Blueberry	37 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Cereal/Granola Bar	Kellogg's	Nutri-Grain Sweet & Salty nut bars - Chocolatey Almond	32 g		X
	Cereal/Granola Bar	Kellogg's	Nutri-Grain Sweet & Salty nut bars - Chocolatey Peanut	32 g		X
	Cereal/Granola Bar	Kellogg's	Special K bar- Almonds & Peanuts	22 g		X
	Cereal/Granola Bar	Leclerc	Chocomax Chewy	28 g		X
	Cereal/Granola Bar	Nature's Path	Organic Granola Bars-Chocolate Chip	35 g		X
	Cereal/Granola Bar	Nature's Path	Organic Granola Bars-Peanut Butter	40 g		X
	Cereal/Granola Bar	Nature's Path	Organic Granola Bars-Peanut Choco	35 g		X
	Cereal/Granola Bar	Nature's Path	Pumpkin Flax Granola Bar	40 g		X
	Cereal/Granola Bar	Nature's Path	Apricot Nut Granola Bar	40 g		X
	Cereal/Granola Bar	Nature's Path	EnviroKidz Organic Crispy Rice Bar- Cheetah Berry	28 g		X
	Cereal/Granola Bar	Nature's Path	Envirokidz Organic Crispy Rice Bar- Lemur Peanut Choco Drizzle	28 g		X
	Cereal/Granola Bar	Nature's Path	Envirokidz Organic Crispy Rice Bar- Panda Peanut Butter	30 g		X
	Cereal/Granola Bar	Nature's Path	Envirokidz Organic Crispy Rice Bar- Penguin Fruity Burst	28 g		X
	Cereal/Granola Bar	Nature Valley	Crunchy Granola Bar- Oats n' Honey	42 g		X
	Cereal/Granola Bar	Nature Valley	Crunchy Granola Bar- Peanut Butter	42 g		X
	Cereal/Granola Bar	Nature Valley	Crunchy Granola Bar- Cinnamon	42 g		X
	Cereal/Granola Bar	Nature Valley	Crunchy Granola Bar- Maple Brown Sugar	42 g		X
	Cereal/Granola Bar	Nature Valley	Crunchy Granola Bar- Roasted Almond	42 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Cereal/Granola Bar	Nature Valley	Crunchy Granola Bar - Apple Crisp	42 g		X
	Cereal/Granola Bar	Nature Valley	Crunchy Granola Bar - Pecan Crunch	42 g		X
	Cereal/Granola Bar	Nature Valley	Sweet & Salty Granola Bar - Cashew	35 g		X
	Cereal/Granola Bar	Nature Valley	Sweet & Salty Granola Bar - Peanut	35 g		X
	Cereal/Granola Bar	Nature Valley	Sweet & Salty Granola Bar - Almond	35 g		X
	Cereal/Granola Bar	Nature Valley	Sweet and Salty- Mixed Nut	35 g		X
	Cereal/Granola Bar	President's Choice	Blue Menu- Chewy Chocolate Chip & Marshmallow granola bar	26 g		X
	Cereal/Granola Bar	President's Choice	Blue Menu- Chewy Cranberry Apple Granola Bar	26 g		X
	Cereal/Granola Bar	President's Choice	Blue Menu Fruit and Yogurt Apple Cinnamon Chewy bars	40 g		X
	Cereal/Granola Bar	President's Choice	Crunchy Baked Granola Bars- Nuts and Honey	36 g		X
	Cereal/Granola Bar	President's Choice	Crunchy Baked Granola Bars- Peanut Butter	36 g		X
	Cereal/Granola Bar	President's Choice	Cereal Bars- Apple	37 g		X
	Cereal/Granola Bar	President's Choice	Cereal Bars- Blueberry	37 g		X
	Cereal/Granola Bar	President's Choice	Cereal Bar- Strawberry	37 g		X
	Cereal/Granola Bar	President's Choice	Chewy Trail Mix Bars- Cranberry Almond	35 g		X
	Cereal/Granola Bar	President's Choice	Chewy Trail Mix Bars- Raisin Cashew	35 g		X
	Cereal/Granola Bar	President's Choice	Crunchy Baked Granola Bars- Nuts and Honey	36 g		X
	Cereal/Granola Bar	President's Choice	Crunchy Baked Granola Bars- Peanut Butter	36 g		X
	Cereal/Granola Bar	President's Choice	Rich and Chewy Granola Bars- Chocolate Chip	28 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Cereal/Granola Bar	President's Choice	Rich and Chewy Granola Bars-Raisin	28 g		X
	Cereal/Granola Bar	President's Choice	Sweet and Salty Chewy Nut Bars- Almond	35 g		X
	Cereal/Granola Bar	President's Choice	Sweet and Salty Chewy Nut Bars- Cashew	35 g		X
	Cereal/Granola Bar	President's Choice	Sweet and Salty Chewy Nut Bars- Peanut	35 g		X
	Cereal/Granola Bar	President's Choice-Organics	Chewy Granola Bar- Cranberry Almond	31 g		X
	Cereal/Granola Bar	President's Choice-Organics	Chewy Granola Bar- Peanut Butter Chocolate Chip	31 g		X
	Cereal/Granola Bar	President's Choice-Organics	Crunchy Granola Bar- Oat Honey Nut	29 g		X
	Cereal/Granola Bar	President's Choice-Organics	Crunchy Granola Bar- Peanut Butter and Banana	29 g		X
	Cereal/Granola Bar	Quaker	Chewy- 90 kcal- Granola Bars-Chocolate Chunk	24 g		X
	Cereal/Granola Bar	Quaker	Chewy- 90 kcal- Granola Bars-Oatmeal Raisin	24 g		X
	Cereal/Granola Bar	Quaker	Chewy- 90 kcal- Granola bars-Peanut Butter	24 g		X
	Cereal/Granola Bar	Quaker	Chewy- 90 kcal- Granola bars-Dark Chocolate Cherry	24 g		X
	Cereal/Granola Bar	Quaker	Chewy- 90 kcal- Granola bars-honey Nut	24 g		X
	Cereal/Granola Bar	Quaker	Chewy- 90 kcal- Granola bars-Strawberry Vanilla	24 g		X
	Cereal/Granola Bar	Quaker	Chewy Granola bars-Chocolate Chip	24 g		X
	Cereal/Granola Bar	Quaker	Chewy Granola bars-S'mores	24 g		X
	Cereal/Granola Bar	Quaker	Chewy Granola bars-Peanut Butter Chocolate Chip	24 g		X
	Cereal/Granola Bar	Quaker	Chewy with Protein Granola Bars- Nutty Peanut Butter	28 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Grain Products	Cereal/Granola Bar	Quaker	Chewy with Protein Granola Bars- Peanut Butter and Chocolate	28 g		X	
	Cereal/Granola Bar	Quaker	Granola Bites- Chocolate Flavor	20 g		X	
	Cereal/Granola Bar	Quaker	Granola Bites- Cinnamon Flavor	20 g		X	
	Cereal/Granola Bar	Quaker	Granola Bites- Peanut Butter Flavor	20 g		X	
	Cereal/Granola Bar	Quaker	Simple Harvest Chewy Multigrain Granola Bars- Dark Chocolate Chunk	35 g		X	
	Cereal/Granola Bar	Quaker	Simple Harvest Chewy Multigrain Granola Bars- Cinnamon Brown Sugar with Apples and Cranberries	35 g		X	
	Cereal/Granola Bar	Quaker	Simple Harvest Chewy Multigrain Granola Bars- Honey Roasted Nut	35 g		X	
	Cereal/Granola Bar	Quaker	Simple Harvest Chewy Multigrain Granola Bars- Trail Mix	35 g		X	
	Cereal/Granola Bar	Quaker	Sweet and Salty Crunch Granola bars- Oats, Nuts, and Honey	34 g		X	
	Cereal/Granola Bar	Quaker	Sweet and Salty Crunch Granola bars- Toffee Almond	34 g		X	
	Cereal/Granola Bar	Quaker	Yogurt Bar – Blueberry	35 g		X	
	Cereal/Granola Bar	Quaker	Yogurt Bar – Strawberry	35 g		X	
	Cereal/Granola Bar	Quaker	Yogurt Bar – Vanilla	35 g		X	
	Cereal/Granola Bar	Western Family	Cereal Bar – Blueberry	38 g		X	
	Cereal/Granola Bar	Western Family	Trail Mix Granola Bar - Fruit & Nut	35 g		X	
		Crackers	Christie	Triscuit Original	30 g	X	
		Crackers	Christie	Triscuit - Rosemary & Olive Oil	30 g	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Grain Products	Crackers	Christie	Triscuit Thin Crisps - Parmesan garlic	30 g	X		
	Crackers	President's Choice	Blue Menu - ancient grains snack crackers	19 g	X		
	Crackers	Christie	Thinsations- Cheese Nips	21 g		X	
	Crackers	Dare	Breton - garden vegetable	20 g		X	
	Crackers	Grissol	Crispy Baguettes - sesame & garlic	29 g		X	
	Crackers	Milton's	Multigrain Crackers- 100 Calorie Pack	22 g		X	
	Crackers	Milton's	Multigrain Crackers- Garlic & Herb	22 g		X	
	Crackers	Milton's	100 calorie pack – everything cracker	22 g		X	
	Crackers	Pepperidge Farm	Goldfish baked snack crackers - cheddar	28 g		X	
	Crackers	Pepperidge Farm	Goldfish baked snack crackers - cheese trio	28 g		X	
	Crackers	President's Choice	7 Grain multiseed flatbread crackers	28 g		X	
	Cookie(s)	Christie	Fig Newtons		58 g		X
	Cookie(s)	Christie	Thinsations - Fudgee-O-Original		23 g		X
	Cookie(s)	Dads	Oatmeal Chocolate Chip Cookies		37.5 g		X
	Cookie(s)	Peek Freens	Lifestyle Selections - Cranberry Citrus oat crunch		30 g		X
	Cookie(s)	President's Choice	Arrowroot Cookies		32 g		X
	Cookie(s)	Quaker	Crispy Delights - Chocolatey Drizzle		20 g		X
	Cookie(s)	Quaker	Crispy Delights - Cinnamon Stresel		20 g		X
	Cookie(s)	Quaker	Crispy Delights - Cinnamon Stresel		20 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Baked chips, puffed chips, pretzels, rice chips/cakes	Flat Earth	Veggie Crisps - tangy tomato ranch	28 g		X
	Baked chips, puffed chips, pretzels, rice chips/cakes	Flat Earth	Veggie Crisps - Garlic & Herb Field	28 g		X
	Baked chips, puffed chips, pretzels, rice chips/cakes	Frito Lays	Baked Lays - Original	32 g		X
	Baked chips, puffed chips, pretzels, rice chips/cakes	Frito Lays	Baked Doritos - Nacho Cheese	32 g		X
	Baked chips, puffed chips, pretzels, rice chips/cakes	Frito Lays	Baked Lays - BBQ	32 g		X
	Baked chips, puffed chips, pretzels, rice chips/cakes	President's Choice	Blue Menu rice chips - sour cream & onion	50 g		X
	Baked chips, puffed chips, pretzels, rice chips/cakes	President's Choice	Blue Menu rice chips - bbq	50 g		X
	Baked chips, puffed chips, pretzels, rice chips/cakes	President's Choice	Blue Menu rice chips - sea salt & black pepper	50 g		X
	Baked chips, puffed chips, pretzels, rice chips/cakes	President's Choice	Blue Menu multigrain waffle pretzels	50 g		X
	Popcorn	Orville Redenbacher's	Popcorn mini sacs - Smart Pop	31 g		X

The Guidelines recommend using the serving sizes listed in Eating Well with Canada's Food Guide to classify foods. However, **package sizes of foods often do not represent a Canada's Food Guide serving size**. This may distort the perception of how healthy the food is. In order to correct for this, we have analyzed the contents of the packaged foods based on a Canada's Food Guide portion size of the food, in order to standardize the comparison.

Grain Products

- Cereal is listed by weight, for example hot cereal package – 48g, so as with all other prepackaged food, the cereals found on this list have been analyzed based on a Canada's Food Guide portion size. It is important to note that some packages may be more than one serving.
- Granola bars are analyzed based on a 30g serving size, some bars may be larger and therefore more than one serving.

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk & Alternatives	Milk	Dairyland	Skim Milk	250 ml	X	
	Milk	Dairyland	1% Partly Skimmed Milk	250 ml	X	
	Milk	Dairyland	Plain 2%	250 ml	X	
	Milk	Dairyland	Milk to Go Plain 2%	350 ml	X	
	Milk	Dairyland	2% Partly Skimmed Milk	500 ml *	X	
	Milk	Dairyland	Chocolate Milk	250 ml		X
	Milk	Dairyland	Milk 2 Go Chillin Chocolate	350 ml		X
	Milk	Dairyland	Milk 2 Go Strawberry Splash	350 ml		X
	Milk	Dairyland	Chocolate Milk	500 ml *		X
	Milk	Dairyland	Milk 2 Go Chillin Chocolate	500 ml *		X
	Milk	Dairyland	Milk 2 Go Strawberry Splash	500 ml *		X
	Milk	Dairyland	Milk 2 Go Vanilla Vibe	500 ml *		X
	Soy beverage	So Good Fortified Soy Beverage	Original	250 ml	X	
	Soy beverage	So Nice Fortified Soy Beverage	Organic Vanilla	250 ml	X	
	Soy beverage	So Nice Fortified Soy Beverage	Organic Original	250 ml	X	
	Soy beverage	So Nice Fortified Soy Beverage	Organic Vanilla	250 ml	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk & Alternatives	Soy beverage	So Good Fortified Soy Beverage	Chocolate	250 ml		X
	Soy beverage	So Good Fortified Soy Beverage	Strawberry	250 ml		X
	Soy beverage	So Good Fortified Soy Beverage	Vanilla	250 ml		X

Although flavoured milk, fortified soy beverages and flavoured yogurt are in the 'Choose Sometimes' category because they contain added sugar, and may have more than 200 mg sodium per serving, they would be considered healthy choices for schools

* Milk packaged in containers larger than 350 ml are appropriate for junior high, middle high and high schools.

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk & Alternatives	Yogurt	Dairyland	Plain Stirred Yogurt	175 g	X	
	Yogurt	Astro	Biobest CalcioPro+ Yogurt - strawberry, peach, raspberry, blueberry	100 g		X
	Yogurt	Astro	Biobest CalcioPro+ Yogurt - vanilla	100 g		X
	Yogurt	Astro	BioBest - Blueberry, Strawberry, Raspberry, Peach	100 g		X
	Yogurt	Astro	BioBest Omega 3 - Strawberry, Blueberry, Cherry, Raspberry, Peach, Blackberry	100 g		X
	Yogurt	Astro	BioBest Omega 3 - Vanilla	100 g		X
	Yogurt	Astro	Biobest Omega 3 CardioPro+ - Strawberry, Raspberry, Peach, Blueberry	100 g		X
	Yogurt	Astro	BioBest Vitalite Fat Free - Cherry, Strawberry, Raspberry	100 g		X
	Yogurt	Astro	BioBest Vitalite Fat Free - Fieldberry	100 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk & Alternatives	Yogurt	Astro	Naturally Flavoured - French Vanilla, Strawberries & Cream, Peaches & Cream, Blueberries & Cream	100 g		X
	Yogurt	Astro	Original - Strawberry, Peach, Raspberry, Blueberry	100 g		X
	Yogurt	Astro	Smooth 'n Fruity - Raspberry, Peach, Strawberry, Blueberry, Cherry, Peach-Raspberry	100 g		X
	Yogurt	Astro	Smooth 'n Fruity - Vanilla	100 g		X
	Yogurt	Dairyland	Stirred yogurt - fieldberry	125 g		X
	Yogurt	Dairyland	Stirred yogurt - peach	125 g		X
	Yogurt	Dairyland	Stirred yogurt - raspberry	125 g		X
	Yogurt	Dairyland	Stirred yogurt - strawberry	125 g		X
	Yogurt	Danone	Activia Fat Free - Prune	100 g		X
	Yogurt	Danone	Activia Fat Free - raspberry	100 g		X
	Yogurt	Danone	Activia Fat Free - strawberry, peach	100 g		X
	Yogurt	Danone	Activia Fat Free - vanilla	100 g		X
	Yogurt	Danone	Danino Head 2 Toe - Raspberry, Banana, Strawberry-Vanilla, Strawberry, Strawberry-Banana, Peach, Blueberry	60 g		X
	Yogurt	Danone	Danino - Strawberry, Raspberry, Banana, Peach, Blueberry, Strawberry Vanilla, Strawberry Banana	100 g		X
	Yogurt	Danone	Activia Fibre - Red Fruits & Cereals, Peaches & Cereals	100 g		X
	Yogurt	Danone	Activia Fibre Fat Free - Red Fruits & Cereals, Apple Muesli	100 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk & Alternatives	Yogurt	Danone	Creamy - Mango-Vanilla, Raspberry-Vanilla, Strawberry-Vanilla, Peach-Vanilla, Cherry-Vanilla, Blackberry-Vanilla	100 g		X
	Yogurt	Danone	Creamy - Peach, Raspberry, Blueberry, Vanilla, Strawberry, Fieldberry	100 g		X
	Yogurt	Liberte	Bio-organic yogurt - vanilla	175 g		X
	Yogurt	Nancy's	Soy Yogurt - Plain	226 g		X
	Yogurt	Neilson	Stirred Yogurt - Black Cherry	175 g		X
	Yogurt	Neilson	Stirred Yogurt - Blueberry	175 g		X
	Yogurt	Neilson	Stirred Yogurt - Peach	175 g		X
	Yogurt	Neilson	Stirred Yogurt - Strawberry	175 g		X
	Yogurt	No Name	Fat Free Stirred Yogurt - Fieldberry, Peach, Strawberry, Cherry	100 g		X
	Yogurt	Olympic	Probiotic Yogurt (firm) - Strawberry and Blueberry	115 ml		X
	Yogurt	Olympic	Probiotic Yogurt (firm) - Vanilla	115 ml		X
	Yogurt	President's Choice	Crunchy & Creamy - Fieldberry yogurt with Fruit & Almond granola	175 g		X
	Yogurt	President's Choice	Crunchy & Creamy - Vanilla yogurt with Cranberry granola	175 g		X
	Yogurt	Western Family	Fat-free stirred yogurt, blueberry	115 g		X
	Yogurt	Western Family	Fat-free stirred yogurt, orange mango	115 g		X
	Yogurt	Western Family	Fat-free stirred yogurt, strawberry banana	115 g		X
Yogurt	Western Family	Fat-free stirred yogurt, blueberry	115 g		X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk & Alternatives	Yogurt	Yoplait	Minigo - Strawberry, Strawberry-Banana, Strawberry-Vanilla	60 g		X
	Yogurt	Yoplait	MiniGo Duo - Vanilla Raspberry, Peach, Blueberry-Strawberry, Strawberry-Banana, Banana-Blueberry	60 g		X
	Yogurt	Yoplait	MiniGo Immuni+ Jr - Apple Raspberry, Strawberry, Banana, Strawberry Banana, Blueberry	60 g		X
	Yogurt	Yoplait	Basket Fat Free Yogurt - Strawberry, Red Raspberry, Yellow Pear, Apricot	100 ml		X
	Yogurt	Yoplait	Creamy - strawberry, blueberry, raspberry, fieldberry	100 g		X
	Yogurt	Yoplait	Kidz - Strawberry, banana, Apple-Grape, Raspberry	100 g		X
	Yogurt	Yoplait	Tubes - fruit punch kaboom, bang-bang strawberry banana, plutonik peach, volcanik blueberry, cherry avalanche, cyber strawberry, hip hop grape x-tra raspberry, kumquat banilla, prickly pears	60 g		X
	Yogurt	Yoplait	Tubes - Red Bayberry, Acai	60 g		X
	Yogurt Beverage	Astro	BioBest Maximmunité - Apricot Mango	94 ml		X
	Yogurt Beverage	Astro	Biobest Maximmunité - Vanilla, Strawberry, Acai berry	94 ml		X
	Yogurt Beverage	Astro	BioBest Smoothie - Peach Mango Lassi, Cranberry Raspberry, Strawberry Banana, Acai Blueberry	200 ml		X
	Yogurt Beverage	President's Choice	Pro Advantage Probiotic Drink - Strawberry	94 ml		X
	Yogurt Beverage	President's Choice	Pro Advantage Probiotic Drink - Vanilla	94 ml		X
	Yogurt Beverage	Yoplait	Yop - raspberry, strawberry, strawberry-banana twist, vanilla, peach, banana	200 ml		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk & Alternatives	Cheese	Armstrong	Medium Cheddar Aged Cheddar Extra Aged Cheddar Cheddar Marble	30 g		X
	Cheese	Babybel	Mini Light cheese	20 g		X
	Cheese	Babybel	Original	20 g		X
	Cheese	Babybel	Swiss Taste	20 g		X
	Cheese	Black Diamond	Ficello Cheddarific cheese string	21		X
	Cheese	Black Diamond	Ficello Marbelicious Cheese Strings	21 g		X
	Cheese	Black Diamond	Ficello Mozzarella cheese string	21 g		X
	Cheese	Compliments Junior	Pow Pack Cheddar	21 g		X
	Cheese	Compliments Junior	Pow Pack Marble	21 g		X
	Cheese	Compliments Junior	Pow Pack Mozzarella sticks	21 g		X
	Cheese	No Name	Stringable Cheddar Flavour	42 g		X
	Cheese	No Name	Stringable Marble Mozzarella	42 g		X
	Cheese	No Name	Stringable Mozzarella	42 g		X
	Cheese	Saputo	Cheese Heads Cheddar	21 g		X
	Cheese	Saputo	Cheese Heads Snack Collection Cheese Heads Swirls	21 g		X
	Cheese	Vergeer Kaas	Gouda Cheese	20 g		X
	Cheese	Western Family	Chompers Cheese Snacks, marble	21 g		X
	Cheese	Western Family	Chompers Cheese Snacks, mozzarella	21 g		X

Although some low-fat cheese is in the 'Choose Sometimes' category because it contains more than 200 mg sodium per serving, it would be considered a healthy choice for schools.

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk & Alternatives	Snacks - Pudding	Compliments	Chocolate Pudding	99 g		X
	Snacks - Pudding	Compliments	Tapioca Pudding	113 g		X
	Snacks - Pudding	Compliments	Tapioca Pudding	99 g		X
	Snacks - Pudding	Compliments	Vanilla Flavoured Pudding	99 g		X
	Snacks - Pudding	Kozy Shack	Original Rice	113 g		X
	Snacks - Pudding	Kozy Shack	Tapioca	113 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Meat & Alternatives	Nuts & Seeds	Kar's	Blanched Peanuts	30 g	X		
	Nuts & Seeds	Krispy Kernels nuts	Salted Blanched Peanuts	50 g	X		
	Nuts & Seeds	Blue Diamond	Almonds - Smokehouse	23 g		X	
	Nuts & Seeds	Kar's	Mango Pineapple Trail Mix - unsalted	45 g		X	
	Nuts & Seeds	Krispy Kernels nuts	Honey Roasted Peanuts	50 g		X	
	Nuts & Seeds	Krispy Kernels nuts	BBQ Flavour Peanuts	50 g		X	
	Dried meat	Big Chief	Beef Jerkey - Teriyaki	12 g			X
	Dried meat	Jack Links	X Stick Original	35 g			X
	Dried meat	Jack Links	X Stick - Beef Jerky Original	19g			X
	Dried meat	Jack Links	X Stick Chili	35 g			X
	Dried meat	Jack Links	X Stick- Bacon Cheddar	35 g			X
	Dried meat	Jack Links	X Stick - Pepperoni	35 g			X
	Dried meat	Jack Links	Beef Steak - Sweet & Hot	28 g			X
	Dried meat	Jack Links	Beef Steak - Teryaki	28 g			X
	Dried meat	Jack Links	Sweet & Hot Beef Jerky	35 g			X
	Dried meat	Oh Boy - Oberto	Original Beef Jerky	28 g			X
	Dried meat	Oh Boy - Oberto	Hot & Sweet Beef Jerky	28 g			X
	Dried meat	Oh Boy - Oberto	Teryaki Beef Jerky	28 g			X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Meat & Alternatives	Dried meat	Oh Boy - Oberto	Hickory Beef Jerky	28 g		X
	Nut Bar	Mrs Mary's Naturals	Trio Bar - Cranberry	48 g	X	
	Nut Bar	Mrs Mary's Naturals	Trio Bar - Tropical	48 g	X	
	Nut Bar	Mrs Mary's Naturals	Trio Bar - Strawberry	48 g	X	
	Nut Bar	Mrs Mary's Naturals	Trio Bar - Blueberry	48 g	X	
	Meat/Fish Snack	Cloverleaf	Tuna Salad Kit - Rosemary & Sundried Tomato	98 g		X
	Meat/Fish Snack	Cloverleaf	Tuna Salad Kit - Classic Tuna Salad	98 g		X
	Meat/Fish Snack	Goldseal	Tuna Snacks - spicy Thai Sweet Chili	103		X
	Meat/Fish Snack	Goldseal	Tuna Snacks - mayo & water chestnuts	103		X
	Meat/Fish Snack	Ocean's	Pacific Salmon Snack Kit	98 g		X
	Meat/Fish Snack	Ocean's	BBQ Tuna Snack Kit	103		X
	Meat/Fish Snack	Ocean's	Light Tuna Spanish Salad	170 g		X
	Meat/Fish Snack	Ocean's	Pacific Salmon Thai Salad	170 g		X
	Meat/Fish Snack	Ocean's	Light Tuna Sundried Tomato Salad	170 g		X
	Meat/Fish Snack	Ocean's	Light Tuna Italian Salad	170 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Mixed Dishes	Frozen Entrée	Amy's Organic	Burrito - Bean & Rice (non dairy)	170 g	X	
	Frozen Entrée	Amy's Organic	Burrito - Bean, Rice & Cheese	170 g	X	
	Frozen Entrée	Discover Cuisine	Sesame Ginger Chicken with whole grain brown rice	340 g	X	
	Frozen Entrée	Guiltless Gourmet	Wrap - Four Bean & Chili (vegan)	163 g	X	
	Frozen Entrée	M & M Meats	Ginger Chicken Bowl	300 g	X	
	Frozen Entrée	M & M Meats	Italian Sausage and Penne Bowl	300 g	X	
	Frozen Entrée	PC Blue Menu	Rotini with Chicken Pesto	280 g	X	
	Frozen Entrée	Stouffer's	Lean Cuisine - Shrimp in Creamy Seafood Sauce with whole wheat pasta & red peppers	283 g	X	
	Frozen Entrée	Stouffer's	Lean Cuisine Pizza - Spinach & Mushroom with Alfredo Sauce	173 g	X	
	Frozen Entrée	El Monteray	Chicken Chimichanga	142 g		X
	Frozen Entrée	M & M Meats	Chicken Caesar Bowl	300 g		X
	Frozen Entrée	M & M Meats	Sesame Chicken Noodle Bowl	300 g		X
	Entrée	Maple Leaf	Pasta Shakers Salad - Mediterranean Chicken	300 g		X
	Frozen Entrée	Michelina's	Noodles - Stroganoff with Ground Beef	227 g		X
	Frozen Entrée	Michelina's	Penne Primavera	255 g		X
	Frozen Entrée	Michelina's Advantage	Wholesome Menu Bowls - Teriyaki Chicken Stirfry	312 g		X
	Frozen Entrée	PC Blue Menu	Splendido Lasagna	320 g		X
	Frozen Entrée	PC Blue Menu	Penne with Roasted Vegetables	300 g		X
	Frozen Entrée	PC Blue Menu	Macaroni & 3 Cheeses	300 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Mixed Dishes	Frozen Entrée	Reser's Fine Food	Baja Café Assorted Burritos - bean & cheese	142 g		X
	Frozen Entrée	Stouffer's Bistro	BBQ Chicken and Bacon	170 g		X
	Frozen Entrée	Stouffer's Bistro	Grilled Chicken Italian	170 g		X
	Frozen Entrée	Stouffer's	Lean Cuisine - Roasted Vegetable Pizza	170 g		X
	Frozen Entrée	Stouffer's	Lean Cuisine Pizza - 3 Cheese	170 g		X
	Soup	President's Choice Blue Menu	Spicy Thai Instant Noodles with Vegetables 47 g	375 ml	X	
	Soup	President's Choice Blue Menu	Instant Soup - Spicy Thai Instant Noodles with Vegetables 47 g	375 ml	X	
	Soup	Eating Right	Black Bean 51 g	375 ml		X
	Soup	Eating Right	Couscous and Lentil Soup 56 g	375 ml		X
	Soup	Eating Right	Potato Leek 36 g	375 ml		X
	Soup	Eating Right	Tomato Basil Pasta Soup 45 g	375 ml		X
	Soup	Eating Right	Spicy Thai Noodle 40 g	375 ml		X
	Soup	Eating Right	Split Pea 53 g	375 ml		X
	Soup	Imagine	Organic Biologique Lentil Soup	398 ml		X
	Soup	Imagine	Organic Biologique Minestrone Soup	398 ml		X
	Soup	Imagine	Organic Biologique Tomato Soup	398 ml		X
	Soup	Nile Spice	Minestrone 45 g	375 ml		X
	Soup	Nile Spice	Potato Leek 30 g	375 ml		X
	Soup	Nile Spice	Sweet Corn Chowder 30 g	375 ml		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Mixed Dishes	Soup	President's Choice Blue Menu	Barley Vegetable 45 g	375 ml		X
	Soup	President's Choice Blue Menu	Indian Lentil low fat instant soup 40 g	375 ml		X
	Soup	President's Choice Blue Menu	Minestrone and Pasta low fat instant soup 66 g	375 ml		X
	Soup	President's Choice Blue Menu	Vegetarian Chili 65 g	375 ml		X
	Soup	President's Choice Blue Menu	Vegetable Couscous 56 g	375 ml		X