

How To Determine Whether a Product Meets the Food & Beverage Criteria for Regulated Child Care Settings

1) Select a product



2) Read the *Nutrition Facts Label* provided on the product and note the *Product Serving Size(125g)*

Product Nutrition Facts – Serving Size (125g)	
Calories	120
Fat	3g
Saturated	2g
Trans Fat	0.1g
Cholesterol	10mg
Sodium	60mg
Carbohydrate	18g
Fibre	0g
Sugars	16g
Protein	4g

- 3) Locate which group the product fits in within the **Manual for Food and Nutrition in Regulated Child Care Settings** (e.g. Vegetables & Fruit, Grain Products, Milk & Alternatives, Meat & Alternatives)
- 4) This product fits within the *Milk & Alternatives* group.
- 5) If the Product Serving Size (located on the package) is different than the Serving Size located in the **Food & Beverage Criteria in Regulated Childcare Settings**, you will need to complete some simple calculations.

*In this example, the product serving size (125g) is different than the Serving Size in the **Food & Beverage Criteria in Regulated Childcare Settings** (175g) (C16).*

- 6) Look at the **Food & Beverage Criteria in Regulated Childcare Settings** to determine which nutrients you will need to complete calculations for.

In this example, only sodium and sugar contents apply to the Milk & Alternatives group (C16).

Product Nutrition Facts – Serving Size (125g)	Conversion (<i>all of the nutrients need to be divided by the product serving size located on the nutrition facts panel and multiplied by the serving size used within the Food & Beverage Criteria for Regulated Childcare Centers</i>)	Nutrition Content of Product (using serving size located within Food & Beverage Criteria for Regulated Childcare Centers)	Nutrition Criteria - Milk & Alternatives according to: Food & Beverage Criteria for Regulated Childcare Centers	Does the product fit the standards? (y/n)
Sodium 60mg	$60\text{mg} \div 125\text{g} \times 175\text{g}$	84mg	$\leq 140\text{mg}$	Yes
Sugars 16g	$16\text{g} \div 125\text{g} \times 175\text{g}$	22g	$\leq 30\text{g}$	Yes

- 7) This product fits!!

Power Point Slides from Child Care Workshop

Reading Container Labels

- Using the nutrient criteria
- Adjusting for serving size
- The foods not to serve list



Reading Container Labels

Page C13 in Manual

Food	Serving Size	Sodium	Fat	Sugar	Fibre	Examples
Crackers	30 g	≤360 mg	≤ 2 g saturated & trans fats combined	≤2g sugar	≥ 1.6 g fibre	Whole grain, whole wheat crackers

Take serving size from box (19 grams) and convert it to 30 grams

Reading Container Labels

Example:
Crackers



Nutrition Facts Per 10 crackers	(19 g)
Amount	% Daily Value
Calories 80	
Fat 2 g	3%
Saturated 0.2 g	1%
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 50 g	2%
Potassium 50 mg	1%
Carbohydrate 14 g	5%
Fibre 1 g	4%
Protein 2 g	

Reading Container Labels

Serving Size 19 g	Conversion	New Info	Fit?
Calories 80			N/A
Fat 2 g			N/A
Saturated 0.2g + Trans fat 0 g	0.2g ÷ 19g x 30g	0.3 g	Yes
Cholesterol			N/A
Sodium 50 mg	50g ÷ 19g x 30g	79 mg	Yes
Potassium 50 mg			N/A
Carbohydrate 14 g			N/A
Fibre 1 g	1g ÷ 19g x 30g	1.6 g	Yes
Sugars 1 g	1g ÷ 19g x 30g	1.6 g	Yes
Protein 2 g			N/A