

Single Serving Packaged Food List 2011

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Introduction

The Alberta Nutrition Guidelines for Children and Youth

In June 2008, Alberta Health and Wellness released the *Alberta Nutrition Guidelines for Children and Youth*. The purpose of the guidelines is to help promote healthy eating habits for children and youth in schools, childcare facilities and recreation/community centres. 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 children and youth. This would include foods sold in vending machines, school stores, cafeterias, parent-organized lunch sales, team games, classroom parties, etc.

These guidelines were updated in September 2010. You can download a copy of the updated guidelines at <http://www.healthyalberta.com/AboutHealthyU/280.htm>.

The Single Serving Packaged Food List

The Single Serving Packaged Food List has been created to assist schools, childcare facilities and recreation/community centres in implementing the *Alberta Nutrition Guidelines for Children and Youth*. 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.

This list is not an endorsement for any particular product, brand or store. It reflects various examples of packaged foods found in local Alberta stores that are available to purchase as of September 2010. **We encourage schools to refer to the criteria from the *Alberta Nutrition Guidelines for Children and Youth (2010)* to assess other food products not on this list.**

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 should be **consumed daily**, in appropriate amounts and portion sizes, based on age category. These foods are all recommended as healthy choices in *Eating Well with Canada's Food Guide*.
2. **Choose Sometimes:** **No more than three servings** from the Choose Sometimes category are recommended for consumption per week. While these foods may still provide beneficial nutrients, they tend to be higher in added sugar, unhealthy fat and sodium (salt).
3. **Choose Least Often:** Eating these foods is **not recommended**. One serving could be eaten once a week. Foods from this category are very low in nutrients and higher in calories, fat, sugar and salt.

Food Analysis

Packaged food items vary in size. The *Alberta Nutrition Guidelines for Children and Youth* recommend using the serving sizes listed in *Eating Well with Canada's Food Guide* to classify foods. Therefore, all products on the Single Serving Packaged Food List were analyzed using a Food Guide Serving from Canada's Food Guide as the reference size.

Please note, the Single Serving Packaged Food List does not identify any potential allergens and therefore it is the responsibility of the school, childcare facility or recreation/community centre to evaluate products for potential allergies.

Guide to Using 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 very low in nutrients and higher in calories, fat, sugar and salt.

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 that will help make the introduction of healthy choices easier and more acceptable in your school or facility include education of students, staff and parents, as well as competitive pricing and ensuring availability of healthy foods.

The aim of the guidelines is to promote healthy eating practices; achieving this is more successful 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 at a district or school level. Remember that policies take time to put into action. Phase in changes and new foods slowly over time.

Schools should follow the recommendations 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'.

Process for submitting products for review

The Product Review Form (See Appendix 1) can be used to submit new food items for evaluation. It is important to fill out the form completely. If possible a photocopy (or scan) of the product label should come with the Product Review Form. Foods that do not meet the 'Choose Most Often' or the 'Choose Sometimes' category will not be placed on the food list, nor will feedback be provided to the sender. Please send the Product Review Form and copy of label to nutritionresources@albertahealthservices.ca.

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Vegetables and Fruit	Natural Vegetables/Fruit					
	Fresh Vegetables	Bolthouse Farms	Baby Cut Carrots	120 g	X	
	Fresh Vegetables	Compliments	Baby Cut Carrots	105 g	X	
	Fresh Vegetables	Compliments	Baby Carrots with Ranch Dip	131 g		X
	Fresh Vegetables	Compliments	Celery Sticks with Ranch Dip	135 g		X
	Fresh Vegetables	Earthbound Farm Organic	Baby Carrots with Ranch Dip	118 g		X
	Fresh Vegetables	Mann's	Snacks On-the-Go Tray (Broccoli, Carrots, Celery) with Ranch Dip	417 g		X
	Fresh Vegetables	Mann's	Snacks On-the-Go Tray (Baby tomatoes, Carrots, Celery) with lite Ranch Dip	351 g		X
	Fresh Vegetables	Mann's	Mann's Vegetable Snacks On-the-Go Tray (Apples, Carrots, Celery) with Vanilla Yogurt Dip	431 g		X
	Fresh Vegetables	Mann's	Snacks On-the-go Tray (Broccoli, Celery, Carrots) with Roasted Red Pepper Hummus dip	398 g		X
	Fresh Vegetables	Mann's	Snacks On-the-Go Tray (Carrots, Celery, Snap peas) with Lite Ranch dip	454 g		X
	Fresh Vegetables	President's Choice	President's Choice Mini Chefs Baby Carrots	104 g	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Vegetables and Fruit	Fresh Vegetables	President's Choice Mini Chefs Dunk 'n Crunch	Baby-Cut Carrots & Ranch Dip	118 g		X
	Fresh Vegetables	ReadyPac	Coolcuts Baby Carrots with Ranch Dip	118 g		X
	Fresh Fruit	Compliments	Apple Wedges	123 g	X	
	Fresh Fruit	Disney's	Apple Slices	170 g	X	
	Fresh Fruit	Disney's	Red Apple Slices	170 g	X	
	Fruit Sauce	Compliments	Apple	110 g	X	
	Fruit Sauce	Compliments Organic	Apple	110 g	X	
	Fruit Sauce	Dole Squishems Liquid Fruit Snack	Mixed Berry	87 g	X	
	Fruit Sauce	Dole Squishems Liquid Fruit Snack	Strawberry	87 g	X	
	Fruit Sauce	Dole Squishems Liquid Fruit Snack	Apple	87 g	X	
	Fruit Sauce	Eating Right	Eating Right Fruit Snack Tubes - Apple Strawberry	62 g	X	
	Fruit Sauce	Eating Right	Eating Right Fruit Sauce - Fieldberry Apple	110 g	X	
	Fruit Sauce	Eating Right	Eating Right Fruit Sauce - Apple	110 g	X	
	Fruit Sauce	Great Value	Great Value Fruit Sauce - Apple Peach	110 g	X	
	Fruit Sauce	Great Value	Great Value Fruit Sauce - Apple	110 g	X	
	Fruit Sauce	Mott's Fruitsation	Apple Pomegranate	108 g	X	
	Fruit Sauce	Mott's Fruitsation	Apple	108 g	X	
	Fruit Sauce	Mott's Fruitsation	Harvest Apple	108 g	X	
	Fruit Sauce	Mott's Fruitsation	Blueberry Delight	108 g	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Vegetables and Fruit	Fruit Sauce	Mott's Fruitsation	Peach Medley	108 g	X	
	Fruit Sauce	Mott's Fruitsation	Strawberry Kiwi	108 g	X	
	Fruit Sauce	Mott's Organics	Apple	110 g	X	
	Fruit Sauce	President's Choice	Apple	100 g	X	
	Fruit Sauce	President's Choice Organic	Apple	100 g	X	
	Fruit Sauce	President's Choice Organic	Apple Cinnamon	100 g	X	
	Fruit Cup	Del Monte	Diced Peaches Canned in Water	142 g	X	
	Fruit Cup	Dole	Pineapple in Fruit Juice	107 g	X	
	Fruit Cup	Dole	Tropical Fruit in Fruit Juice	107 g	X	
	Fruit Cup	Eating Right	Diced Peaches in Fruit Juice	107 g	X	
	Fruit Cup	Eating Right	Mandarin Orange in Fruit Juice	107 g	X	
	Fruit Cup	Eating Right	Fruit Salad in Fruit Juice	107 g	X	
	Fruit Juice	Compliments	100% Fruit Juice - Apple	200 ml	X	
	Fruit Juice	Compliments	100% Fruit Juice - Orange	200 ml	X	
	Fruit Juice	Compliments	100% Fruit Juice - Tropical	200 ml	X	
	Fruit Juice	Compliments Junior	100% Sippy Fruit Juice - Apple	125 ml	X	
	Fruit Juice	Compliments Junior	100% Sippy Fruit Juice - Cherry Cranberry	125 ml	X	
	Fruit Juice	Compliments Junior	100% Sippy Fruit Juice - Orange Tangerine	125 ml	X	
Fruit Juice	Compliments Junior	100% Sippy Fruit Juice - Pear	125 ml	X		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Vegetables and Fruit	Fruit Juice	Del Monte	100% Fruit Juice - Apple	180 ml	X	
	Fruit Juice	Del Monte	100% Fruit Juice - Apple Raspberry	180 ml	X	
	Fruit Juice	Del Monte	100% Fruit Juice - Orange Tangerine	180 ml	X	
	Fruit Juice	Del Monte	100% Fruit Juice - Grape Apple	180 ml	X	
	Fruit Juice	Great Value	100% Fruit Juice - Apple	200 ml	X	
	Fruit Juice	Great Value	100% Fruit Juice - Field Berry	200 ml	X	
	Fruit Juice	Great Value	100% Fruit Juice - Orange	200 ml	X	
	Fruit Juice	Great Value	100% Fruit Juice - Peach	200 ml	X	
	Fruit Juice	Minute Maid	100% Fruit Juice - Apple	200 ml	X	
	Fruit Juice	Minute Maid	100% Fruit Juice - Fruit Blend	200 ml	X	
	Fruit Juice	Minute Maid	100% Fruit Juice - Mixed Berry	200 ml	X	
	Fruit Juice	Minute Maid	100% Fruit Juice - Tropical Orange	200 ml	X	
	Fruit Juice	Oasis	100% Fruit Juice - Orange	200 ml	X	
	Fruit Juice	Oasis	100% Fruit Juice - Tropical Passion	200 ml	X	
	Fruit Juice	Oasis	100% Fruit Juice - Wildberry	200 ml	X	
	Fruit Juice	Oasis	100% Fruit Juice - Apple	200 ml	X	
	Fruit Juice	Oasis	100% Fruit Juice - Exotic Mango	200 ml	X	
	Fruit Juice	Oasis Zoo	100% Fruit Juice - Apple	200 ml	X	
	Fruit Juice	Oasis Zoo	100% Fruit Juice - Grape Wildberry	200 ml	X	
	Fruit Juice	Oasis Zoo	100% Fruit Juice - Peach Clementine	200 ml	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Vegetables and Fruit	Fruit Juice	Oasis Zoo	100% Fruit Juice - Strawberry Banana	200 ml	X	
	Fruit Juice	Oasis Junior	100% Fruit Juice - Tropical	125 ml	X	
	Fruit Juice	Oasis Junior	100% Fruit Juice - Apple	125 ml	X	
	Fruit Juice	Safeway	100% Fruit Juice - Pineapple	200 ml	X	
	Fruit Juice	Safeway	100% Fruit Juice - Tropical with Guava	200 ml	X	
	Fruit Juice	Safeway	100% Fruit Juice - Orange	200 ml	X	
	Fruit Juice	Safeway	100% Fruit Juice - Apple	200 ml	X	
	Fruit Juice	Safeway	100% Fruit Juice - Pink Grapefruit	200 ml	X	
	Fruit Juice	Safeway	Safeway 100% Fruit Juice - Pineapple Orange with Banana	200 ml	X	
	Fruit Juice	Sun-Rype	Sunrype Fruit Plus Veggie Juice - Raspberry Orange	200 ml	X	
	Fruit Juice	Sun-Rype	Sunrype Fruit Plus Veggie Juice - Strawberry Banana	200 ml	X	
	Fruit Juice	Sun-Rype	Sunrype 100% Fruit Juice - Apple	200 ml	X	
	Fruit Juice	Sun-Rype	100% Fruit Juice - Apple Orange Passionfruit	200 ml	X	
	Fruit Juice	Sun-Rype	100% Fruit Juice - Apple Orange Peach	200 ml	X	
	Fruit Juice	Sun-Rype	100% Fruit Juice - Dragonfruit Melon	200 ml	X	
	Fruit Juice	Sun-Rype	100% Fruit Juice - Fruit Medley	200 ml	X	
	Fruit Juice	Sun-Rype	100% Fruit Juice - Grape	200 ml	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Vegetables and Fruit	Fruit Juice	Sun-Rype	100% Fruit Juice - Orange	200 ml	X		
	Fruit Juice	Sun-Rype	100% Fruit Juice - Starfruit Citrus	200 ml	X		
	Fruit Juice	Sun-Rype	100% Fruit Juice - Watermelon Strawberry	200 ml	X		
	Fruit Juice	Sun-Rype	100% Fruit Juice - Wildberry	200 ml	X		
	Fruit Juice	Sun-Rype	100% Fruit Juice - Strawberry Kiwi	200 ml	X		
	Vegetable Juice	Motts	Garden Cocktail - Low Sodium Vegetable Cocktail	240 ml		X	
	Vegetable Juice	Oasis	Vegetable Cocktail	300 ml		X	
	Vegetable Juice	V8	Low Sodium Drink	156 ml	X		
	Vegetable Juice	V8	Original Drink	156 ml		X	
	Vegetable Juice	V8	V-Go Smooth and Seasoned	156 ml		X	
	Fruit and Vegetable Juice	Eating Right	100% Fruit & Veg Juice - Raspberry Orange	200 ml	X		
	Fruit and Vegetable Juice	Eating Right	100% Fruit & Veg Juice - Strawberry Banana	200 ml	X		
	Fruit and Vegetable Juice	Eating Right	100% Fruit & Veg Juice - Apple Orange	200 ml	X		
	100% Dried Vegetables/Fruit: Dried fruit 40 g, bars 14 g, snacks 20 g (made with 100% fruit puree/juice)						
	Dried Fruit	Mariani	Mixed Sunripened Fruit	40 g	X		
	Dried Fruit	Ocean Spray	Craisins - Sweetened Dried Cranberries	28.3 g		X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Vegetables and Fruit	Dried Fruit	President's Choice - Mini Chef's	Raisins Snack	14 g	X		
	Dried Fruit	Sun-Maid	Raisins Snack	14 g	X		
	Dried Fruit	Sun-Rype Fruit-To-Go	Apple Cinnamon Crisps	10 g	X		
	Fruit Snack	Sun-Rype 100% Fruit Snack: Fruit-To-Go Funbites	Berry Blend	18 g	X		
	Fruit Snack	Sun-Rype 100% Fruit Snack: Fruit-To-Go Funbites	Very Cherry	18 g	X		
	Fruit Snack	Sun-Rype 100% Fruit Snack: Squiggles	Raspberry	18 g	X		
	Fruit Snack	Delmonte Mini Fruit Twists	Very Cherry	18 g	X		
	Fruit Bar	Sun-Rype Fruit Source Plus Veggie Bar	Raspberry	37 g	X		
	Fruit Bar	Sun-Rype Fruit Source Bar	Strawberry	37 g	X		
	Fruit Bar	Sun-Rype Fruit Source Bar	Cherry Berry	37 g	X		
	Fruit Bar	Sun-Rype Fruit Source Bar	Blueberry Pomegranate	37 g	X		
	100% Baked Vegetables/Fruit: Whole veg/fruit product 125 ml or baked 50 g						
	Baked Chips	Fritelay Baked Lays	Original	32 g			X
Baked Chips	Fritelay Baked Lays	Southwest Ranch	32 g			X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Whole Grain Cereal, Breads & Pasta: Bread/bun 1 slice or 35 g, 1/2 bagel or 45 g, rice/grains/pasta 125 ml, Crackers 20 g - 25 g, cold cereal 30 g, popcorn 500 ml					
	Hot Cereal	Kraft - Cream of Wheat	Original	28 g		X
	Hot Cereal	Quaker - Instant Oatmeal	Apples & Cinnamon (33% less sugar)	29 g		X
	Hot Cereal	Quaker - Instant Oatmeal	Wildberry Medley (high fibre)	38 g	X	
	Hot Cereal	Quaker - Instant Oatmeal	Apples & Cinnamon	33 g		X
	Hot Cereal	Quaker - Instant Oatmeal	Peaches and Cream	33 g		X
	Hot Cereal	Quaker - Instant Oatmeal	Regular	28 g		X
	Hot Cereal	Western Family - Ready to Serve Oatmeal	Apples and Cinnamon	36 g		X
	Hot Cereal	Western Family - Ready to Serve Oatmeal	Maple and Brown Sugar	48 g		X
	Hot Cereal	Western Family - Ready to Serve Oatmeal	Raisins and Spice	47 g		X
	Hot Cereal	Western Family - Ready to Serve Oatmeal	Peaches and Cream	36 g		X
	Hot Cereal	Western Family - Ready to Serve Oatmeal	Regular	32 g	X	
	Cold Cereal	General Mills - Cheerios	Honey Nut	29 g		X
	Cold Cereal	General Mills - Cheerios	Multigrain	30 g		X
	Cold Cereal	General Mills - Cheerios	Plain	27 g		X
	Cold Cereal	General Mills	Golden Grahams	34 g		X
	Cold Cereal	Kashi	7 Whole Grain Puffed Cereal - Original	20 g	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Grain Products	Cold Cereal	Kashi	Go Lean - 7 grain	55 g	X		
	Cold Cereal	Kellogg's	All Bran	36 g		X	
	Cold Cereal	Kellogg's	All Bran Flakes	34 g		X	
	Cold Cereal	Kellogg's	Corn Flakes	30 g		X	
	Cold Cereal	Kellogg's - Guardian	Original	34 g		X	
	Cold Cereal	Kellogg's	Just Right	46 g		X	
	Cold Cereal	Kellogg's - Mini Wheats	Brown Sugar	54 g	X		
	Cold Cereal	Kellogg's - Mini Wheats	Original	54 g	X		
	Cold Cereal	Kellogg's Special K	Vanilla Almond	29 g		X	
	Cold Cereal	Kellogg's	Vector Meal Replacement	55 g		X	
	Cold Cereal	Nature's Path	Optimum Slim	55 g		X	
	Cold Cereal	Nature's Path	Hemp Plus Granola	55 g		X	
	Cold Cereal	Nature's Path	Heritage	30 g	X		
	Cold Cereal	Nature's Path - Flax Plus	Pumpkin Granola	55 g		X	
	Cold Cereal	Nature's Path - Flax Plus	MultiBran	30 g	X		
	Cold Cereal	Post	Alpha Bits	30 g		X	
	Cold Cereal	Post	Honey Comb	30 g		X	
	Cold Cereal	Post - Shreddies	Original	50 g		X	
	Cold Cereal	Post - Shreddies	Honey	45 g		X	
	Cold Cereal	Quaker	Corn Bran Squares	30 g		X	
	Cold Cereal	Quaker	Life Cereal	30 g		X	
	Crackers	Christie - Thinsations 100 Calorie	Cheese Nips	21 g			X
	Crackers	Christie - Triscuit Thin Crisps	Parmesan Garlic	18 g	X		
	Crackers	Christie - Triscuit Thin Crisps	Sweet Chili	21 g	X		
	Crackers	Christie - Triscuit	Rosemary & Olive Oil	19 g			X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Grain Products	Crackers	Christie - Triscuit Low Sodium	Original	21 g	X		
	Crackers	Dare - Breton	Garden Vegetable Crackers	22 g		X	
	Crackers	Grissol - Crispy Baguettes	Sesame & Garlic	30 g		X	
	Crackers	Milton's - Multigrain Crackers	Original	21 g		X	
	Crackers	Milton's - Multigrain Crackers	Garlic & Herb	21 g		X	
	Crackers	Milton's - Multigrain Crackers	Everything	21 g		X	
	Crackers	Pepperidge Farms - Goldfish Baked Snack Crackers	Cheddar	28 g		X	
	Crackers	Pepperidge Farms - Goldfish Baked Snack Crackers	Cheese Trio	20 g		X	
	Crackers	President's Choice	7 Grain Multiseed Flatbread Cracker	28 g		X	
	Crackers	President's Choice	Ancient Grains Crackers	19 g		X	
	Pita Chips	Mrs. Palmers Pantry	Regular	50 g		X	
	Rice Chips	Quaker - Crispy Minis 90 Calorie	Cheddar	20 g		X	
	Popcorn	Orville Redenbacher's - Mini Bags	Salt & Cracked Pepper	44 g		X	
Popcorn	Orville Redenbacher's - Mini Bags	Lime & Salt	45 g		X		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Whole Grain Baked Products: 1/2 Muffin, 1/2 bagel or 45 g, granola bar & cookies 30 g - 38 g; crackers 20 g - 25 g, pancake/waffle 35 g, rice cakes 2 medium					
	Granola Bar	Compliments	8 Whole Grains Chewy Muesli	30 g	X	
	Granola Bar	Compliments	Banana Strawberry Chewy	30 g	X	
	Granola Bar	Compliments	Flax and Fibre Chewy	30 g	X	
	Granola Bar	Compliments	Raisin and Almond Chewy	30 g	X	
	Granola Bar	Compliments	Apple Berry Chewy	26 g		X
	Granola Bar	Compliments	Blueberry & Yogurt Flavoured Chip Semi-Dipped	30 g		X
	Granola Bar	Compliments	Chocolate Chip Chewy (40% less fat)	26 g		X
	Granola Bar	Compliments	Chocolate Chip Chewy	26 g		X
	Granola Bar	Compliments	Trail Mix Chewy	26 g		X
	Granola Bar	Frito Lay - Smart Food Popcorn Clusters	Chocolate Cookie	28 g		X
	Granola Bar	Frito Lay - Smart Food Popcorn Clusters	Caramel Pecan	28 g		X
	Granola Bar	Frito Lay - Smart Food Popcorn Clusters	Honey Multigrain	28 g		X
	Granola Bar	Frito Lay - Smart Food Popcorn Clusters	Cranberry Almond	28 g		X
	Granola Bar	General Mills - Fibre 1	Oats & Chocolate	35 g		X
	Granola Bar	General Mills - Fibre 1	Oats & Peanut Butter	35 g		X
	Granola Bar	General Mills - Fibre 1 Chewy	Oats & Peanut Butter	35 g		X
Granola Bar	Kashi - Chewy	Peanut Peanut Butter	35 g	X		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Granola Bar	Kashi - Chewy	Dark Mocha Almond	35 g	X	
	Granola Bar	Kashi - Chewy	Seven Whole Grains and Almond	35 g	X	
	Granola Bar	Kellogg's - All Bran	Chocolate Chip	30 g		X
	Granola Bar	Kellogg's - All Bran	Oatmeal Cinnamon	30 g		X
	Granola Bar	Kellogg's - All Bran	Original	30 g		X
	Granola Bar	Kellogg's - All Bran Chewy	Chocolate Chip	35 g		X
	Granola Bar	Kellogg's Fibre Plus	Chocolatey Peanut Butter	36 g	X	
	Granola Bar	Kellogg's Fibre Plus	Dark Chocolatey Almond	36 g		X
	Granola Bar	Kellogg's Fibre Plus	Dark Chocolatey Chip	36 g	X	
	Granola Bar	Kellogg's Special K	Almond & Peanut	22 g		X
	Granola Bar	Kellogg's Special K	Mocha	22 g		X
	Granola Bar	Kellogg's Special K	Strawberry	23 g		X
	Granola Bar	LeClerc - Celebration - Chewy	Coconut & Hazelnut	35 g		X
	Granola Bar	Nature Valley - Crunchy	Oats & Honey	46 g		X
	Granola Bar	Nature Valley - Crunchy	Peanut Butter	46 g		X
	Granola Bar	Nature Valley - Crunchy	Roasted Almond	46 g		X
	Granola Bar	Nature Valley - Crunchy	Chocolate	42 g		X
	Granola Bar	Nature Valley - Fibre Source	Honey and Almond	32 g	X	
	Granola Bar	Nature Valley - Sweet & Salty	Almond	35 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Granola Bar	Nature Valley - Sweet & Salty	Peanut	35 g		X
	Granola Bar	Nature Valley - Sweet & Salty	Roasted Mixed Nuts	35 g		X
	Granola Bar	Nature's Path - Enviro Kidz Organic	Fruity Burst	28 g		X
	Granola Bar	Nature's Path - Enviro Kidz Organic	Chocolate	28 g		X
	Granola Bar	Nature's Path - Enviro Kidz Organic	Peanut Choco Drizzle	28 g		X
	Granola Bar	Nature's Path - Organic Chewy	Chococonut	35 g		X
	Granola Bar	Nature's Path - Organic Sweet & Salty	Peanut Choco	35 g		X
	Granola Bar	Nature's Path - Organic Trail Mix	Pumpkin-n-Spice Flax Plus	35 g	X	
	Granola Bar	President's Choice - Blue Menu - Chewy	Marshmallow & Chocolate Chip	26 g		X
	Granola Bar	President's Choice - Crunchy Baked	Nuts & Honey	36 g		X
	Granola Bar	President's Choice - Crunchy Baked	Peanut Butter	36 g		X
	Granola Bar	President's Choice - Rich & Chewy	Chocolate Chip	28 g		X
	Granola Bar	President's Choice - Sweet & Salty	Almond	35 g		X
	Granola Bar	President's Choice - Sweet & Salty	Peanut	35 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Granola Bar	President's Choice - Sweet & Salty	Cashew	35 g		X
	Granola Bar	Quaker - 100 calorie Sweet & Salty	Almond	22 g		X
	Granola Bar	Quaker - 100 calorie Sweet & Salty	Peanut	22 g		X
	Granola Bar	Quaker - 100 calorie Sweet & Salty	Almond	22 g		X
	Granola Bar	Quaker - 100 calorie	Chocolate Chip Dipped	22 g		X
	Granola Bar	Quaker - Chewy Bar	Chocolate Chip	26 g		X
	Granola Bar	Quaker - Chewy Bar	Rocky Road	26 g		X
	Granola Bar	Quaker - Chewy Bar	Graham & Marshmallows	26 g		X
	Granola Bar	Quaker - Chewy Bar	S'Mores Chocolate Chip	26 g		X
	Granola Bar	Quaker - Fiber & Omega 3	Peanut Butter Chocolate	35 g	X	
	Granola Bar	Quaker - Fiber & Omega 3	Dark Chocolate Chunk	35 g	X	
	Granola Bar	Quaker - Oatmeal to Go	Maple and Brown Sugar	47 g		X
	Granola Bar	Quaker - Oatmeal to Go	Cinnamon Roll	47 g		X
	Granola Bar	Quaker - Oatmeal to Go	Oats and Honey	47 g	X	
	Granola Bar	Quaker - Yogurt Bar	Vanilla	35 g		X
	Granola Bar	Western Family - Sweet & Salty	Peanut	35 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Bites	Kellogg's - All Bran Snack Bites	Cinnamon Brown Sugar	28 g	X	
	Bites	President's Choice - Blue Menu Wheat Bran Bites	Maple & Brown Sugar	28 g		X
	Bites	President's Choice - Blue Menu Wheat Bran Bites	Banana Bead	28 g		X
	Bites	Quaker - Granola Crunchers	Chocolate	20 g		X
	Bites	Quaker - Granola Crunchers	Cinnamon	20 g		X
	Bites	Quaker - Granola Crunchers	Peanut Butter	20 g		X
	Cookies	Annie's - Homegrown Bunny Grahams	Chocolate	28 g		X
	Cookies	Christie - Dad's	Oatmeal Chocolate Chip Cookie	35 g		X
	Cookies	Christie - Peek Freans 100 Calorie Thin Crisp Cookie	Shortcake	21 g		X
	Cookies	Christie - Snack Packs	Teddy Grahams Honey	30 g	X	
	Cookies	Christie - Snack Packs	Barnum's ABC Cocoa	30 g		X
	Cookies	Christie - Snack Packs	Soft Baked Cookies - Double Chocolate	30 g	X	
	Cookies	Christie - Snack Packs	Soft Baked Cookies - Oatmeal Cinnamon	30 g	X	
	Cookies	Christie - Thinsations 100 Calorie	Fudgee-O-Original	23 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Grain Products	Cookies	Christie Thinsations - 100 Calorie	Chocolate Covered Pretzels	22 g		X	
	Cookies	Christie - Thinsations	Chips Ahoy	23 g		X	
	Cookies	Christie - Thinsations	Oreo	23 g		X	
	Cookies	President's Choice	Arrow Root Cookie	32 g		X	
	Baked Whole Grain Products with Fruit/Veg: 1/2 Muffin/quick breads or 35 g, granola type cereal 80 ml or 35 g, pancake or waffle 35 g, granola bar 30 g - 38 g						
	Cold Cereal	Kellogg's	Muslix- Harvest Fruit	52 g	X		
	Cold Cereal	Kellogg's	Raisin Bran	55 g	X		
	Cold Cereal	Kellogg's - Special K	Red Berries	29 g	X		
	Cold Cereal	Nature's Path	Blueberry Almond Muesli	55 g	X		
	Cold Cereal	Nature's Path	Pomegran Plus Granola	55 g		X	
	Cold Cereal	Nature's Path	Flax Plus - Red Berry Crunch	55 g	X		
	Granola Bar	Compliments	8 Whole Grains Chewy Muesli	30 g	X		
	Granola Bar	Compliments	Banana Strawberry Chewy	30 g	X		
	Granola Bar	Compliments	Raisin and Almond Chewy	30 g	X		
	Granola Bar	Compliments	Apple Berry Chewy	26 g		X	
	Granola Bar	Compliments	Blueberry & Yogurt Flavoured Chip Semi-Dipped	30 g		X	
	Granola Bar	Compliments - Cereal Bar	Apple and Cinnamon	38 g		X	
Granola Bar	Compliments - Cereal Bar	Blueberry	38 g		X		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Granola Bar	Compliments - Cereal Bar	Jumbleberry	38 g		X
	Granola Bar	Compliments - Cereal Bar	Raspberry	38 g		X
	Granola Bar	Compliments - Cereal Bar	Strawberry	38 g		X
	Granola Bar	Compliments	Trail Mix Chewy	26 g		X
	Granola Bar	Kashi - Chewy	Cherry Dark Chocolate	35 g	X	
	Granola Bar	Kashi - Chewy	Trail Mix	35 g	X	
	Granola Bar	Kashi - Fruit and Grain	Dark Chocolate Coconut	32 g	X	
	Granola Bar	Kashi - Fruit and Grain	Pumpkin Pie	32 g	X	
	Granola Bar	Kashi - Fruit and Grain	Raspberry Chocolate	32 g	X	
	Granola Bar	Kellogg's - All Bran Chewy	Strawberry	35 g		X
	Granola Bar	Kellogg's - Nutritigrain	All Flavours	37 g		X
	Granola Bar	Nature Valley - Crunchy	Apple Crisp	42 g		X
	Granola Bar	Nature Valley - Fibre Source	Apple Cobbler	32 g	X	
	Granola Bar	Nature's Path - Enviro Kidz Organic	Berry Blast	28 g		X
	Granola Bar	Nature's Path - Organic Granola Bar	Lotta Apricotta	35 g	X	
	Granola Bar	Quaker - Yogurt Bar	Strawberry	35 g		X
	Granola Bar	Quaker - Yogurt Bar	Blueberry	35 g		X
	Granola Bar	President's Choice - Blue Menu - Chewy	Cranberry Apple	26 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Grain Products	Granola Bar	President's Choice - Blue Menu - Fruit and Nut Chewy	Cranberries and Almonds	35 g		X
	Granola Bar	President's Choice - Blue Menu - Fruit and Nut Chewy	Apple and Almond	35 g		X
	Granola Bar	President's Choice - Blue Menu - Fruit and Nut	Mixed Berries and Almonds	35 g	X	
	Granola Bar	President's Choice - Blue Menu - Fruit and Nut	Apple and Almonds	35 g	X	
	Granola Bar	President's Choice - Blue Menu - Omega-3	Cranberry	30 g	X	
	Granola Bar	President's Choice - Blue Menu - Omega-3	Blueberry	30 g	X	
	Granola Bar	President's Choice - Chewy Trail Mix	Cranberry Almond	35 g		X
	Granola Bar	President's Choice - Chewy Trail Mix	Raisin Cashew	35 g		X
	Granola Bar	President's Choice - Chewy Trail Mix	Mixed Berries & Almonds	35 g		X
	Granola Bar	President's Choice Crunchy Baked	Almonds & Berries	36 g		X
	Granola Bar	President's Choice - Whole Grain Cereal Bar	Apple/Strawberry/Blueberry	37 g		X
	Cookies	Christie	Fig Newtons Cookie	29 g		X
	Cookies	Peek Freens Lifestyle Selections	Cranberry Citrus Oat Crunch	30 g	X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Milk and Alternatives	Fluid Milk: 250 ml, Skim, 1%, 2%						
	Fluid Milk	Beatrice	Plain, Skim	250 ml	X		
	Fluid Milk	Beatrice	Plain, 1%	250 ml	X		
	Fluid Milk	Beatrice	Plain, 2%	250 ml	X		
	Fluid Milk	Dairy Glen	Plain, Skim	250 ml	X		
	Fluid Milk	Dairy Glen	Plain, 1%	250 ml	X		
	Fluid Milk	Dairy Glen	Plain, 2%	250 ml	X		
	Fluid Milk	Dairy Glen	Chocolate, 2%	250 ml		X	
	Fluid Milk	Dairyland	Plain, Skim	250 ml	X		
	Fluid Milk	Dairyland	Plain, 1%	250 ml	X		
	Fluid Milk	Dairyland	Plain, 2%	250 ml	X		
	Fluid Milk	Dairyland - Milk 2 GO	Plain, 2%	250 ml 325 ml 500 ml	X		
	Fluid Milk	Dairyland - Milk 2 GO	Plain, 1%	250 ml 500 ml	X		
	Fortified Soy Beverage: 250 ml, Skim, 1%, 2%						
	Soy Beverage	President's Choice - Blue Menu - Fortified	Original	250 ml			X
	Soy Beverage	So Good - Fortified Fat Free	Original	250 ml	X		
	Soy Beverage	So Good - Fortified	Chocolate	250 ml			X
	Soy Beverage	So Good - Fortified	Strawberry	250 ml			X
	Soy Beverage	So Good - Fortified	Vanilla	250 ml			X
	Soy Beverage	So Nice - Organic - Fortified	Vanilla	250 ml			X
	Soy Beverage	So Nice - Organic - Fortified	Original	250 ml			X
	Soy Beverage	So Nice - Organic - Unsweetened	Original	250 ml	X		
	Yogurt/Kefir from Milk: 175 ml, yogurt drink 200 ml						
Yogurt from Milk	Astro BioBest Maximmunity	Apricot Mango	94 ml			X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk and Alternatives	Yogurt from Milk	Astro BioBest Maximmunite	Strawberry	94 ml		X
	Yogurt from Milk	Astro BioBest Maximmunite	Acai berry	94 ml		X
	Yogurt from Milk	Astro BioBest Maximmunite	Orange Cranberry	95 ml		X
	Yogurt from Milk	Astro Naturally Flavoured	Vanilla	100 ml		X
	Yogurt from Milk	Astro Naturally Flavoured	Strawberries & Cream	100 ml		X
	Yogurt from Milk	Astro Naturally Flavoured	Peach	100 ml		X
	Yogurt from Milk	Astro Naturally Flavoured	Fieldberry	100 ml		X
	Yogurt from Milk	Astro Naturally Flavoured	Raspberry	100 ml		X
	Yogurt from Milk	Astro Naturally Flavoured	Black Cherry	100 ml		X
	Yogurt from Milk	Astro Naturally Flavoured	Nectarine	100 ml		X
	Yogurt from Milk	Dairyland	Plain	175 ml	X	
	Yogurt from Milk	Dairyland - Classic Vanilla, Fat Free	Vanilla Blackberry	175 ml		X
	Yogurt from Milk	Danone - Danino	Strawberry	60 ml		X
	Yogurt from Milk	Danone - Danino	Raspberry	60 ml		X
	Yogurt from Milk	Danone - Danino	Banana	60 ml		X
	Yogurt from Milk	Danone - Danino	Blueberry	60 ml		X
	Yogurt from Milk	Danone - Danino	Peach	60 ml		X
	Yogurt from Milk	Danone - Danino	Strawberry Vanilla	60 ml		X
	Yogurt from Milk	Danone - Danino	Strawberry Banana	60 ml		X
	Yogurt from Milk	Danone Petit Danino	Raspberry	60 ml		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Milk and Alternatives	Yogurt from Milk	Danone Petit Danino	Banana	60 ml		X
	Yogurt from Milk	Danone Petit Danino	Strawberry	60 ml		X
	Yogurt from Milk	Danone Petit Danino	Strawberry - Vanilla	60 ml		X
	Yogurt from Milk	Danone Petit Danino	Strawberry - Banana	60 ml		X
	Yogurt from Milk	Danone Petit Danino	Peach	60 ml		X
	Yogurt from Milk	Danone Petit Danino	Blueberry	60 ml		X
	Yogurt from Milk	Eating Right	Fat Free Apricot and Prune	170 ml		X
	Yogurt from Milk	Eating Right	Fat Free Blackberry and Pomegranate	170 ml		X
	Yogurt from Milk	Eating Right	Fat Free Very Berry Acai	170 ml		X
	Yogurt from Milk	Liberte Greek Yogurt	Plain	175 ml	X	
	Yogurt from Milk	Liberte - Organic	Plain	175 ml		X
	Yogurt from Milk	Liberte - Organic	Mango - Apricot	175 ml		X
	Yogurt from Milk	Liberte - Organic	Strawberry	175 ml		X
	Yogurt from Milk	Liberte - Organic	Raspberry	175 ml		X
	Yogurt from Milk	Lucerne - Low Fat	Plain	170 ml	X	
	Yogurt from Milk	Lucerne - Fat Free	Plain	170 ml	X	
	Kefir from Milk	Liberte	Plain	175 ml	X	
	Yogurt Tubes	Yoplait - Tubes	Fruit Punch	60 ml		X
Yogurt Tubes	Yoplait - Tubes	Strawberry Banana	60 ml		X	
Yogurt Tubes	Yoplait - Tubes	Grape	60 ml		X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Milk and Alternatives	Yogurt Tubes	Yoplait - Tubes	Raspberry	60 ml		X	
	Yogurt Tubes	Yoplait - Tubes	Cherry	60 ml		X	
	Yogurt Tubes	Yoplait - Tubes	Strawberry	60 ml		X	
	Yogurt Tubes	Yoplait - Tubes	Blueberry	60 ml		X	
	Yogurt Tubes	Yoplait - Tubes	Peach	60 ml		X	
	Yogurt Tubes	Yoplait - Tubes	Arktic Berry	60 ml		X	
	Yogurt Tubes	Yoplait - Tubes	Bilberry	60 ml		X	
	Cheese, Hard/Soft from Milk: 50 g						
	Cheese from Milk	Armstrong	Medium Cheddar	30 g			X
	Cheese from Milk	Armstrong	Old Cheddar	30 g			X
	Cheese from Milk	Armstrong	Marble Cheddar	30 g			X
	Cheese from Milk	Babybel	Mini Light cheese	20 g			X
	Cheese from Milk	Babybel	Original	20 g			X
	Cheese from Milk	Babybel	Swiss Taste	20 g			X
	Cheese from Milk	Black Diamond - Ficello	Marbelicious Cheese Strings	21 g	X		
	Cheese from Milk	Black Diamond - Ficello	Mozzarella cheese string	21 g	X		
	Cheese from milk	Black Diamond-Portion Pack	Gouda	21 g			X
	Cheese from Milk	Black Diamond	Marble	21 g			X
Cheese from Milk	Kraft - Cracker Barrel Cheese Snacks Light	Medium Cheddar	21 g			X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Milk and Alternatives	Cheese from Milk	Lucerne - String Cheese	Marble Swirl	21 g	X		
	Cheese from Milk	Lucerne - String Cheese	Pizza Mozzarella	21 g	X		
	Cheese from Milk	No Name - Stringable	Marble Mozzarella	42 g	X		
	Cheese from Milk	Saputo - Cheese Heads Snack Collection	Heads Swirls	21 g	X		
	Cheese from Milk	Vergeer Kaas	Gouda	20 g		X	
	Cheese, Hard Type from Soy: 50 g						
	Cheese from Soy	Galaxy Nutritional Foods	Mozzarella	30 g		X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Meat and Alternatives	Meat/ Fish/ Poultry: 75 g cooked or 125 ml ground or cooked					
	Fish	Bella Tavola Solid Light Tuna		99 g	X	
	Fish	Clover Leaf Flaked Light Tuna	Dill & Lemon	85 g		X
	Fish	Clover Leaf Flaked Light Tuna	Lemon & Pepper	85 g		X
	Fish	Clover Leaf Flaked Light Tuna	Yellowfin in Olive Oil	70 g		X
	Fish	Clover Leaf Flaked Light Tuna	Sundried Tomato & Basil	85 g		X
	Fish	Clover Leaf Flaked Light Tuna	Tomato & Onion	85 g		X
	Fish	Clover Leaf Flaked Light Tuna	Garlic & Hot Pepper	85 g		X
	Fish	Clover Leaf Flaked Light Tuna	Spicy Peanut Satay	85 g		X
	Fish	Clover Leaf Tuna Pieces - Ripn Ready pouch	Yellow Fin	85 g		X
	Fish	Compliments Flaked Light Tuna	Lemon & Pepper	85 g		X
	Fish	Compliments Flaked Light Tuna	Spicy Thai Chili	85 g		X
	Fish	Compliments Flaked Light Tuna	Tomato & Onion	85 g		X
	Fish	GoldSeal Flaked Light Tuna	Spicy Thai Sweet Chili	85 g		X
	Fish	No Name Flaked Light Tuna	Spicy Thai Chili	85 g		X
	Fish	Ocean's Snack 'N Lunch Pacific Salmon	Lemon and Dill	75 g		X
	Fish	Ocean's Snack 'N Lunch Tuna	Tomato & Onion	85 g		X
Fish	Ocean's Snack 'N Lunch Tuna	Thai Chili	85 g		X	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Meat and Alternatives	Fish	Ocean's Smoked Tuna		85 g		X	
	Deli Luncheon Meats: 75 g or 125 ml cooked, 20 g dried						
	Dried Meat	Jack Links Beef Jerky	Teriyaki	35 g		X	
	Dried Meat	Jack Links Beef Jerky	Spicy & Hot	35 g		X	
	Dried Meat	Jack Links Beef Jerky	Original	35 g		X	
	Dried Meat	Jack Links Beef Jerky	Peppered	35 g		X	
	Dried Meat	Jack Links Beef Jerky	Jalapeno	35 g		X	
	Dried Meat	Oh Boy! Oberto Beef Jerky	Original	28 g		X	
	Dried Meat	Oh Boy! Oberto Beef Jerky	Steakhouse	28 g		X	
	Dried Meat	Oh Boy! Oberto Beef Jerky	Hickory Smoked	28 g		X	
	Alternatives: Plain, unsalted Nuts & Seeds - 25 - 36 g, peanuts - 37 g, almonds - 36 g, walnuts & pecans - 26 g, nut butters 2 Tbsp, legumes 175 ml, 2 eggs, tofu 175 ml or 150 g						
	Nuts and Seeds	Blue Diamond Almonds	Whole Natural	18 g	X		
	Nuts and Seeds	Blue Diamond Almonds	Lightly Salted	17 g	X		
	Nuts and Seeds	Planter's	Real Almonds	18 g	X		
	Nuts and Seeds	Planter's	Real Walnuts	14 g	X		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes
Mixed Dishes	Vegetarian Based Meal Bar: Calories: 100 - 199					
	Meal Bar	Mrs. May's Naturals	Coconut Almond Crunch	56 g		X
	Meal Bar	Mrs. May's Naturals	Cran-Blueberry Crunch	56 g	X	
	Meal Bar	Taste of Nature - Organic Food Bar	California Almond Valley	40 g		X
	Meal Bar	Taste of Nature - Organic Food Bar	Quebec Cranberry Carnival	40 g		X
	Vegetarian Based Meal Bar: Calories: 200 - 299					
	Meal Bar	Larabar	Key Lime Pie	51 g		X
	Meal Bar	Larabar	Chocolate Coconut	51 g		X
	Meal Bar	Larabar	Cashew Cookie	48 g	X	
	Meal Bar	Larabar	Pecan Pie	45 g		X
	Meal Bar	Mrs. May's Naturals	Coconut Almond Crunch	56 g		X
	Meal Bar	Mrs. May's Naturals	Cran-Blueberry Crunch	56 g	X	
	Meal Bar	Mrs. May's Trio	Strawberry	48 g	X	
	Meal Bar	Mrs. May's Trio	Cranberry	49 g	X	
	Meal Bar	Mrs. May's Trio	Tropical	48 g	X	
	Meal Bar	Mrs. May's Trio	Strawberry	48 g	X	
	Meal Bar	Mrs. May's Trio	Blueberry	48 g	X	
	Meal Bar	Raw Revolution Organic Live Food Bar	Hazelnut & Chocolate	62 g	X	
	Meal Bar	Raw Organic Food Bar	Chocolatey Chocolate Chip	50 g		X
	Meal Bar	Taste of Nature - Organic Food Bar	California Almond Valley	40 g		X
	Meal Bar	Taste of Nature - Organic Food Bar	Brazilian Nut Fiesta	40 g		X
	Meal Bar	Taste of Nature - Organic Food Bar	Quebec Cranberry Carnival	40 g		X
	Meat/Fish/Poultry Based: Calories: 100 - 199					
	Meat/Fish/Poultry Based: Calories: 200 - 299					
	Fish/ Cracker	Gold Seal Tuna Snacks	Spicy Thai Sweet Chili	103 g		X

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Mixed Dishes	Frozen Entrée	Healthy Choice Gourmet Steamers	Lemon Garlic Chicken & Shrimp (with whole grain pasta)	283 g		X	
	Frozen Entrée	No Name	Rigatoni Pomodoro	215 g		X	
	Frozen Entrée	No Name	Chicken Penne	215 g		X	
	Frozen Entrée	Stouffers Lean Cuisine	Chicken Parmesan	268 g		X	
	Frozen Entrée	Stouffers Lean Cuisine	Oriental Ginger	230 g		X	
	Frozen Entrée	Stouffers Lean Cuisine	Wild Salmon with Basil (and whole wheat orzo pasta)	272 g		X	
	Frozen Entrée	Weight Watcher: Smart Ones	Grilled Flatbread Chicken Marinara with Mozzarella Cheese	170 g		X	
	Meat/Fish/Poultry Based: Calories: 300 - 399						
	Frozen Entrée	PC Blue Menu	Thai Sweet Chili Lemongrass Chicken	350 g		X	
	Frozen Entrée	PC Blue Menu	Indian Chicken Korma	350 g		X	
	Frozen Entrée	PC Blue Menu	Chinese Sweet and Sour Chicken	350 g		X	
	Frozen Entrée	PC Blue Menu	Ginger Glazed Salmon	300 g	X		
	Frozen Entrée	PC Blue Menu	Indian Butter Chicken - Reduced Fat	350 g		X	
	Frozen Entrée	Michelina's Harmony	Sweet & Sour Chicken	255 g		X	
	Frozen Entrée	Weight Watchers Smart Ones	Fettuccine Alfredo	262 g		X	
	Frozen Entrée	Bread Garden: Kids Eat	Spaghetti with Meatballs	250 g		X	
Frozen Entrée	Bread Garden: Kids Eat	Upsidedown Lasagna (meat)	250 g		X		
Frozen Entrée	President's Choice: Blue Menu	Butter Chicken	350 g		X		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	Choose Most Often	Choose Sometimes	
Mixed Dishes	Frozen Entrée	Weight Watchers Smart Ones Gourmet	Orange Sesame Chicken	255 g		X	
	Frozen Entrée	Michelina's Noodle	Stroganoff with Ground Beef	227 g		X	
	Meat/Fish/Poultry Based: Calories: 400 - 499						
	Frozen Entrée	Stouffers Bistro Melts	Baja Grilled Chicken Flat Bread	170 g		X	
	Meat/Fish/Poultry Based: Calories: 500 - 599						
	Vegetarian Based: Calories: 100 - 199						
	Vegetarian Based: Calories: 200 - 299						
	Frozen Entrée	Guiltless Gourmet Sandwich Wrap	Black Bean Chipotle	163 g	X		
	Frozen Entrée	Presidents Choice: Blue Menu	Cheese & Spinach Cannelloni	259 g		X	
	Vegetarian Based: Calories: 300 - 399						
	Frozen Entrée	Amy's Organic Beans and Rice Burrito		170 g	X		
	Frozen Entrée	Amy's Organic Beans and Rice Burrito with Cheese		170 g	X		
	Frozen Entrée	Bread Garden: Kids Eat	Upside Down Vegetable Lasagna	250 g		X	
	Vegetarian Based: Calories: 400 - 499						
	Frozen Entrée	PC Blue Menu	Macaroni and 3 Cheese	340 g		X	
	Entrée	Annie Chun's Noodle Bowl	Teriyaki	232 g		X	
	Vegetarian Based: Calories: 500 - 599						
	Entrée	Annie Chun's Noodle Bowl:	Peanut Sesame	258 g		X	
	Soup - Broth Based: Calories: ≤ 200						
	Soup - Broth Based: Calories: ≤ 300						
	Soup - Meal Style: Calories: ≤ 200						
	Soup - Meal Style: Calories: ≤ 300						

Single Serving Packaged Food List Product Review Form

Please complete the following table for **each** food item you would like to have reviewed. Also include a photocopy (scan) of the food item label, the ingredient list and Nutrition Facts Table.

Please send your completed Product Review Form and a copy of the label to nutritionresources@albertahealthservices.ca

Brand Name:		
Product:		
Flavour:		
Package Size:		
Ingredient List:		
Nutrition Facts Table:	Additional Comments:	
Per (Serving Size)		
Amount		
Calories		
% Daily Value		
Fat		
Saturated		
Trans		
Cholesterol		
Sodium		
Carbohydrate		
Fibre		
Sugars		
Protein		
Vit A		
Vit C		
Calcium		
Iron		