Better Foods to Buy

A guide for choosing healthier packaged food.
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About this Better Foods to Buy List

Acknowledgement:
This list was developed based on information provided by a database developed at the University of Toronto in Canada. Special thanks to Dr. Mary R. L’Abbe (Chair of the Department of Nutritional Sciences, University of Toronto) for providing access to this database. The information in this list was collected in 2017.

Purpose of the Better foods to buy list
This Better foods to buy list was created to help people choose healthier* food and beverages.

*Criteria for “healthier”
The food and beverages in this list represent food and beverages that are recommended in Canada’s food guide. These food and beverages are also higher in essential nutrients (e.g., iron, vitamin D, calcium, vitamin C, vitamin A, protein), higher in fibre, lower in unhealthy fats (e.g., saturated and trans fats) and usually contain little or no added sodium or sugar.

The food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards© as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.”

In addition to the criteria for “Maximum Nutritional Value,” other information has been used to help consumers make healthier choices. Specifically, information in the factsheet “A Guide to Eating Fish for Women, Children and Families” was used to recommend fish from the “Safe to Eat Everyday (Very Low Mercury)” and the “Safe to Eat Often (Low Mercury)” categories. Fish in the “Safe to Eat Sometimes (Medium Mercury),” “Avoid or Eat Rarely (High Mercury)” and the “Eco Unfriendly” categories have been excluded from this list. Visit Region of Waterloo Public Health Healthy Eating Page for more information.

Recommendations from Canada’s food guide

- A healthy eating pattern emphasizes vegetables, fruits, whole grain foods, and protein foods.
- Canada’s food guide recommends cooking more often, and preparing food using basic ingredients, with little or no added fat, sugar or salt, whenever possible.
- Canada’s food guide suggests limiting highly processed food, such as many of the cereals, granola bars, cookies, and combination foods** in this list.

**Combination foods contain ingredients from more than one Canada’s food guide grouping. The combination foods in this list include pre-prepared entrees (meals), side dishes and soup.
Disclaimer

- This list is not a comprehensive list of all available food and beverage products, and should be used as a guide only. If a product is not listed here it may not have met the criteria, or it may not have been reviewed.

- This list is not intended to endorse any specific brands.

- Always read food labels, as product composition may change without notice. If the ingredients or composition of a product changes, it may no longer meet the nutrition criteria for “healthier.”

- The food and beverage products listed are not guaranteed to be free of allergens.

- The food and beverages in this list were assessed based on each product’s suggested serving listed in the nutrition facts table (shown in brackets). If the amount eaten or served is larger or smaller than the amount listed in the product’s nutrition facts table, then the product may no longer meet the criteria for “healthier.”

How to read the content in this document

The food and beverages in this list follow a consistent format that includes the company name, product name, package size and the size of one serving of the product based on the nutrition facts table:

**Company name**
Product name Package size – (Nutrition facts table serving size)

For example:
**Company ABC**
Chicken Noodle Soup 350 ml - (100 ml)
Minestrone Soup 250 ml - (100 ml)
Vegetables and fruits
Canada’s food guide recommends having plenty of vegetables and fruits in your meals and snacks. Try making half of your plate vegetables and fruits at meals. This section contains a list of packaged vegetables and fruit that can be part of a healthy eating pattern. All fresh vegetables and fruit are considered to be “Maximum Nutritional Value” and a part of a healthy eating pattern.

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# Canned and packaged vegetables

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the [Workplace Nutrition Standards](#) as well as the [Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150)](#) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

## Nutrition criteria

- Vegetables or fruit (or water) is the first item on the ingredient list and
- Fat: Less than or equal to 3 g and
- Saturated fat: Less than or equal to 2 g and
- Sodium: Less than or equal to 240 mg and
- No added sugar

## Arugula

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Serving Size (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>President's Choice</td>
<td>Organics - Baby Arugula</td>
<td>142</td>
<td>(71)</td>
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</table>

## Asparagus

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Serving Size (g)</th>
</tr>
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<tbody>
<tr>
<td>Arctic Gardens</td>
<td>Asparagus</td>
<td>300</td>
<td>(85)</td>
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## Bamboo

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
<th>Weight (g)</th>
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</tr>
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<tbody>
<tr>
<td>M'Lord</td>
<td>Sliced Bamboo Shoots</td>
<td>199</td>
<td>(69)</td>
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## Beans

### Beans

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Serving Size (g)</th>
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</thead>
<tbody>
<tr>
<td>Fresh Sprouts</td>
<td>Fresh Bean Sprouts</td>
<td>454</td>
<td>(100)</td>
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</table>

### Beans (green)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
<th>Weight (g)</th>
<th>Serving Size (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut Green Beans Assorted Sizes</td>
<td>398 ml - (71 g)</td>
<td>398</td>
<td>(71 g)</td>
</tr>
<tr>
<td>Extra Fine Whole Green Beans</td>
<td>500 g - (85 g)</td>
<td>340</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Green Beans</td>
<td>340 g - (85 g)</td>
<td>398</td>
<td>(71 g)</td>
</tr>
<tr>
<td>Balance - Salt-Free Cut Green Beans</td>
<td>398 ml - (71 g)</td>
<td>398</td>
<td>(126.8 g)</td>
</tr>
<tr>
<td>Balance - Salt-Free French-Style Cut Green Beans</td>
<td>398 ml - (126.8 g)</td>
<td>398</td>
<td>(126.8 g)</td>
</tr>
<tr>
<td>Del Monte</td>
<td>Cut Green Beans - No Salt Added 398 ml - (82.4 g)</td>
<td>398</td>
<td>(82.4 g)</td>
</tr>
<tr>
<td>Ferma</td>
<td>Frozen Cut Green Beans</td>
<td>750</td>
<td>(100 g)</td>
</tr>
</tbody>
</table>

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**Beans (lima)**

- **Arz Fine Foods**
  - Large Lima Beans 540 ml - (166.9 g)

- **Ferma**
  - Frozen Lima Beans 750 g - (100 g)

- **Nupak**
  - Large Lima Beans 900 g - (100 g)

- **Stokely**
  - Lima Beans 398 ml - (131 g)

**Beans (wax)**

- **Compliments**
  - Cut Wax Beans Assorted Sizes 398 ml - (126.8 g)

- **Del Monte**
  - Cut Wax Beans 398 ml - (82.4 g)

- **Green Giant**
  - Cut Wax Beans 398 ml - (126.8 g)

- **Irresistibles**
  - Life Smart - Cut Wax Beans 398 ml - (126.8 g)

- **No Name**
  - Cut Wax Beans - Assorted Sizes 398 ml - (126.8 g)

- **President's Choice**
  - Blue Menu - Wax Beans - Assorted Sizes, Cut 398 ml - (126.8 g)

- **Selection**
  - Wax Beans - Cut 398 ml - (71 g)
Beets

Aylmer
Sliced Beets 398 ml - (89.8 g)
Whole Rosebud Beets 398 ml - (86.1 g)

Compliments
Sliced Beets 398 ml - (130 g)

No Name
Sliced Beets 398 ml - (130 g)
Whole Beets 398 ml - (130 g)

President's Choice
Steam-Cooked Sliced Golden Beets 300 g - (85 g)
Whole Red Beets - Steam-Cooked 400 g - (85 g)

Selection
Beets - Whole 398 ml - (90 g)

Stahlbush Island Farms
Sliced Beets 284 g - (113 g)

Broccoli

Compliments
Broccoli Florets 500 g - (85 g)

Green Giant
Cut Broccoli 500 g - (100 g)

Irresistibles
Organics - Broccoli Florets 500 g - (85 g)

President's Choice
Broccoli Florets 500 g - (85 g)
Organics - Broccoli Florets 283 g - (85 g)
Organics - Broccoli Florets 500 g - (85 g)

Brussels sprouts

President's Choice
Baby Brussels Sprouts 500 g - (85 g)

Selection
Brussels Sprouts 500 g - (85 g)

Carrots

Bolthouse Farms
Matchstix French-Cut Cooking Carrots 284 g - (85 g)

Compliments
Baby-Cut Carrots 340 g - (85 g)
Organic - Baby-Cut Carrots 454 g - (85 g)
Organic - Carrots 907 g - (78 g)

Farmer's Market
Carrot Slices - Crinkle-Cut 454 g - (85 g)
Carrots - Baby-Cut 907 g - (85 g)

No Name
Sliced Carrots 398 ml - (130 g)

President's Choice
Whole Baby Carrots 500 g - (85 g)
Organics - Baby-Cut Carrots - Snack Packs 340 g - (85 g)
Organics - Baby-Cut Carrots 907 g - (85 g)

Selection
Carrots - Sliced 398 ml - (130 g)

Southern Selects
Baby Carrots 227 g - (85 g)
Rainbow Baby Carrots 198 g - (85 g)

**Cassava**

**Ferma**
Frozen Cassava 500 g - (100 g)

**Rosan**
Grated Cassava Yuca 454 g - (100 g)
Peeled Cassava 454 g - (100 g)

**Cauliflower**

**Compliments**
Cauliettes Chopped Cauliflower 397 g - (85 g)

**Eat Smart**
Cauliflower Rice 340 g - (85 g)

**Green Giant**
Riced Veggies - Cauliflower 340 g - (85 g)

**President's Choice**
Cauliflower 500 g - (85 g)

**Selection**
Cauliflower Florets 500 g - (85 g)

**Stahlbush Island Farms**
Tri-coloured Cauliflower Florets 300 g - (100 g)

**Celery**

**Compliments**
Organic - Celery Hearts 454 g - (110 g)

**Hillside Gardens**
Celery Hearts 454 g - (119 g)

**Corn**

**Compliments**
Peaches & Cream Corn 750 g - (85 g)
Balance - Salt-Free Crisp & Sweet Whole Kernel Corn 341 ml - (111 g)

**Del Monte**
Peaches & Cream Whole Kernel Corn - No Salt Added 341 ml - (111 g)
Summer Crisp Whole Kernel Corn - No Salt Added 341 ml - (86.6 g)
Summer Crisp Whole Kernel Corn 341 ml - (86.6 g)

**Ferma**
Frozen Corn 750 g - (100 g)

**Green Giant**
Corn Niblets 341 ml - (110.9 g)
Niblets Whole Kernel Corn - 1/3 Less Salt 341 ml - (110.9 g)
Peaches & Cream Super Sweet Whole Kernel Corn 341 ml - (135.3 g)
Peaches & Cream Super Sweet Whole Kernel Corn 750 g - (100 g)
Whole Kernel Corn Niblets 750 g - (100 g)

**Irresistibles**
Whole Baby Corn 398 ml - (135.3 g)
Life Smart - Whole Kernel Corn 341 ml - (135.3 g)
Organics - Whole Kernel Corn 500 g - (85 g)

**M'Lord**
Miniature Corn Cobs - Whole 398 ml - (135.3 g)

**No Name**
Cut Miniature Cobs of Corn 398 ml - (135.3 g)
Miniature Cobs of Corn 398 ml - (135.3 g)
Whole Kernel Corn 750 g - (85 g)
Whole Kernel Crisp Corn 341 ml - (135.3 g)
President's Choice
Corn & Jalapeño Pepper Blend 750 g - (85 g)
Peaches & Cream Corn 750 g - (85 g)
Blue Menu - Whole Kernel Corn 341 ml - (135.3 g)
Blue Menu - Whole Kernel Corn - Peaches & Cream 341 ml - (135.3 g)
Organics - Whole Kernel Corn 500 g - (85 g)

Signal
Whole Kernel Corn 1000 g - (85 g)

Selection
Super Sweet Corn - Whole Kernel 341 ml - (110.9 g)

Dulse
Atlantic Mariculture
Natural Sea Vegetable 40 g - (10 g)

Grape leaves
Sera
Grape Leaves - California Style 908 g - (100 g)

Jute leaves
Rosan
Jute Leaves 227 g - (100 g)

Kale
Europe's Best
Chopped Kale 500 g - (100 g)
Harvest Fresh
Chopped Kale 284 g - (100 g)

organicgirl
100% Baby Kale 255 g - (85 g)

President's Choice
Kale - Chopped 500 g - (85 g)
Organics - Baby Kale 142 g - (71 g)
Organics - Chopped Kale 300 g - (85 g)

Kimchi
Live
Authentic Kimchi 375 ml - (30 g)
Authentic Kimchi 750 ml - (30 g)
Dandelion Kimchi 375 ml - (30 g)

Lettuce (butter)
organicgirl
Tender Green Butter Heart Leaves 142 g - (85 g)

Lettuce (iceburg)
Dole
Classic Iceberg 340 g - (85 g)

Lettuce (romaine)
Compliments
Harvest Romaine 284 g - (100 g)
Simply Romaine 454 g - (100 g)
Dole
Baby Romaine 142 g - (85 g)
Chopped Romaine 454 g - (85 g)

Vegetables and fruit 12
Andy Boy
3 Jumbo Romaine Hearts - (85 g)

Compliments
Organic - Romaine Hearts - (85 g)

President’s Choice
Organics - Romaine Lettuce Hearts - (83 g)

Lotus root
Yes Produce
Lotus Root - Whole 454 g - (30 g)

Mushrooms
Irresistibles
Life Smart - Mushroom Medley 284 ml - (96.2 g)
Life Smart - Mushrooms Pieces & Stems 284 ml - (96.2 g)

No Name
Pieces & Stems Mushrooms 284 ml - (96.2 g)

Ponderosa
Exotic Mushrooms - Dried Mixed 14 g - (7 g)
Exotic Mushrooms - Dried Oyster 14 g - (7 g)
Exotic Mushrooms - Dried Portabella 14 g - (7 g)
Exotic Mushrooms - Dried Shiitake 14 g - (7 g)
Wild Mushrooms - Dried Black Trumpet 14 g - (7 g)
Wild Mushrooms - Dried Chanterelle 14 g - (7 g)
Wild Mushrooms - Dried Lobster 14 g - (7 g)
Wild Mushrooms - Dried Morel 14 g - (7 g)
Wild Mushrooms - Dried Porcini 14 g - (7 g)

President’s Choice
Mushroom Medley 284 ml - (96.2 g)
Organics - Mushrooms - Pieces and Stems 284 ml - (96.2 g)

Ravine
Mushroom Medley - 50% Less Salt 284 ml - (96.2 g)

Selection
Pieces and Stems Mushrooms 284 ml - (96.2 g)
Sliced Mushrooms 284 ml - (96.2 g)
Whole Mushrooms 284 ml - (96.2 g)

Okra
Loblaws Inc.
Suraj Sliced Okra Bhindi 1000 g - (110 g)

Onions
Selection
Diced Onions 250 g - (85 g)

Vegetables and fruit 13
Peas

Compliments
Petite Peas - (85 g)
Balance - Salt-Free Peas 398 ml - (90 g)
Balance - Salt-Free Small Peas 398 ml - (131 g)

Del Monte
Sweet Peas - No Salt Added 398 ml - (89.8 g)

Green Giant
Summer Sweet Peas 750 g - (100 g)
Sweetlets Tender Young Peas 750 g - (100 g)

Irresistibles
Life Smart - Peas 398 ml - (131 g)
Organics - Peas 500 g - (85 g)

Mann's
Snow Peas - (85 g)

No Name
Green Peas - Assorted Sizes 750 g - (85 g)

NuPak
Green Split Peas 900 g - (100 g)

President's Choice
Petits Pois Small Sweet Peas 750 g - (85 g)
Blue Menu - Green Split Peas 900 g - (98 g)
Blue Menu - Small Peas - Sweet & Tender 398 ml - (131 g)
Organics - Green Peas 1500 g - (85 g)
Organics - Split Green Peas 450 g - (100 g)

Quik Kook
Green Split Peas 450 g - (50 g)

Signal
Peas 1000 g - (85 g)

Ferma
Frozen Green Peas 750 g - (100 g)

Peas (yellow)

Compliments
Whole Yellow Peas 900 g - (100 g)

Irresistibles
Life Smart - Whole Yellow Peas 900 g - (45 g)

NuPak
Yellow Split Peas 900 g - (100 g)

President's Choice
Blue Menu - Yellow Split Peas 900 g - (100 g)
Organics - Split Yellow Peas 450 g - (100 g)

Quik Kook
Yellow Split Peas 450 g - (50 g)

Selection
Yellow Split Peas 900 g - (100 g)

Peppers

Sardo
Yellow & Roasted Red Peppers 330 g - (75 g)

Unico
Flame Roasted Peppers - Sliced 370 ml - (17.8 g)
Flame Roasted Peppers - Whole 370 ml - (17.3 g)

Potatoes

Compliments
Baking Russet Potatoes 2270 g - (148 g)
Boiling White Potatoes 2270 g - (148 g)
Mashing Yellow-Fleshed Potatoes 2270 g - (148 g)
Medley Petites Potatoes 680 g - (120 g)
Red Petites Potatoes 680 g - (120 g)
Roasting Red Potatoes 2270 g - (148 g)
White Petites Potatoes 680 g - (120 g)

**President's Choice**
Potatoes - Golden Little Gems 680 g - (116 g)
Potatoes - Mixed Little Gems 680 g - (128 g)
Potatoes - Ruby Little Gems 680 g - (124 g)
Steam-Cooked Fingerling Potatoes 400 g - (125 g)

**The Little Potato Company**
Creamer Potatoes - Boomer Gold 680 g - (150 g)
Creamer Potatoes - Terrific Trio Variety Pack 1360 g - (150 g)

**Potato (sweet)**

**Europe's Best**
Fire Roasted Sweet Potato Slices 400 g - (110 g)

**President's Choice**
Sweet Potatoes - Diced 454 g - (114 g)

**Pumpkin**

**E.D. Smith**
Pure Pumpkin 796 ml - (77.7 g)

**Seaweed**

**Bento**
Seaweed Sheets 25 g - (2.5 g)

**T&T**
Roasted Seaweed Sheets - Sushi Nori 27 g - (14 g)

**Spinach**

**Arctic Gardens**
Cut Spinach 500 g - (85 g)

**Compliments**
Chopped Spinach 500 g - (85 g)

**Cookin Greens**
Spinach - Chopped 500 g - (100 g)

**Cooking With Spinach**
Spinach - Classic 454 g - (85 g)

**Irresistibles**
Life Smart - Chopped Spinach 500 g - (85 g)

**No Name**
Chopped Spinach 300 g - (75 g)
Whole Leaf Spinach 300 g - (75 g)

**organicgirl**
Super Spinach! 142 g - (85 g)

**President's Choice**
Spinach 227 g - (65 g)
Organics - Chopped Spinach 300 g - (85 g)
Organics - Baby Spinach 142 g - (71 g)

**Queen Victoria**
Baby Spinach 312 g - (65 g)
Spinach 227 g - (65 g)

**Selection**
Chopped Spinach 300 g - (83 g)
Cut Leaf Spinach 300 g - (83 g)

Vegetables and fruit
## Squash

**Farmer's Market**
- Butternut Squash 398 ml - (100 g)

**President's Choice**
- Butternut Squash 550 g - (137 g)
- Butternut Squash - Diced 454 g - (114 g)
- Diced Butternut Squash 750 g - (85 g)
- Organics - Butternut Squash Chunks 400 g - (85 g)

**Selection**
- Cooked Squash 400 g - (87 g)

## Water chestnut

**T&T**
- Water Chestnut - Sliced 220 ml - (74 g)

**Dynasty**
- Sliced Water Chestnuts 218 ml - (75 g)
- Whole Water Chestnuts 218 ml - (75 g)

**M'Lord**
- Sliced Water Chestnuts 227 ml - (74 g)
- Whole Water Chestnuts 227 ml - (74 g)

## Zucchini

**Southern Selects**
- Baby Zucchini 227 g - (85 g)
Mixed vegetables

Arctic Gardens
Frozen Vegetables 2000 g - (85 g)
Vegetables - Orleans Style 750 g - (85 g)
Vegetables for Spaghettini 600 g - (85 g)

Compliments
Broccoli & Cauliflower 340 g - (85 g)
Broccoli Slaw 340 g - (85 g)
California Style Mixed Vegetables 750 g - (85 g)
Chinese Style Stir-Fry 500 g - (85 g)
Coleslaw 454 g - (100 g)
Garden Blend Green Beans, Wax Beans and Baby Carrots 750 g - (85 g)
Italian Blend 284 g - (100 g)
Italian Style Vegetable Blend 750 g - (85 g)
Mixed Vegetables 398 ml - (129.4 g)
Parisian Style Vegetable Blend 750 g - (85 g)
Vegetable Mix for Soup Frozen Mixed Vegetable Blend 750 g - (85 g)
Vegetable Mix for Spaghetti Frozen Mixed Vegetable Blend 750 g - (85 g)
Yellow and Green Beans - (85 g)

Cooking With Spinach
Spinach + Baby Kale 376 g - (85 g)
Spinach, Baby Bok Choy & Baby Chards 376 g - (85 g)

Dole
50/50 Spring Mix & Baby Spinach 284 g - (85 g)
American Blend 340 g - (85 g)
Baby Arugula with Spinach 142 g - (85 g)
Baby Spinach with Tender Reds 142 g - (85 g)
Colourful Coleslaw 397 g - (85 g)
Greener Selection 340 g - (85 g)
Italian Blend 255 g - (85 g)

Ferma
Frozen Mixed Vegetables 750 g - (100 g)
Frozen Peas & Carrots 750 g - (100 g)
Portuguese Style Mixed Vegetables 750 g - (100 g)

Green Giant
Frozen Vegetables - Bean and Carrot Medley 500 g - (125 g)
Frozen Vegetables - California Mix 500 g - (125 g)
Frozen Vegetables - Stir Fry Medley 400 g - (100 g)
Mixed Vegetables 750 g - (100 g)
Riced Veggies - Cauliflower & Sweet Potato 340 g - (85 g)
Riced Veggies - Cauliflower Medley 340 g - (85 g)

Irresistibles
Special Blend of Frozen Vegetables - Chinese Style 750 g - (85 g)
Blend of Frozen Vegetables - Fusion Mix 750 g - (85 g)
Life Smart - Steamed Peas & Beans 213 ml - (216.1 g)
Life Smart - Italian Style Vegetables 600 g - (85 g)
Life Smart - Mixed Vegetables 398 ml - (129.4 g)

Loblaws
Tri-Pack Veggie Tray 800 g - (285 g)

Lovin Life
Baby Spinach & Spring Mix 142 g - (71 g)

Mann’s
Power Blend 284 g - (85 g)
Rainbow Salad 340 g - (85 g)

No Name
California-Style Mixed Vegetables 750 g - (85 g)
Garden Mixed Vegetables 750 g - (85 g)
Mixed Vegetables 398 ml - (129.4 ml)
Mixed Vegetables 750 g - (85 g)
Peas and Carrots 750 g - (85 g)
Winter Vegetables - Broccoli and Cauliflower 750 g - (85 g)

organicgirl
Supergreens! 142 g - (85 g)

President’s Choice
Beet Slaw 340 g - (85 g)
<table>
<thead>
<tr>
<th>Product Name</th>
<th>Weight</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli Slaw</td>
<td>340 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Kale Blend</td>
<td>227 g</td>
<td>(76 g)</td>
</tr>
<tr>
<td>Kale Slaw</td>
<td>340 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Leafy Greens - Chopped</td>
<td>500 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Organics - Peas &amp; Carrots</td>
<td>500 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Organics - Salad Mix - Field Greens</td>
<td>312 g</td>
<td>(78 g)</td>
</tr>
<tr>
<td>Organics - Salad Mix - Kale, Chard, Spinach</td>
<td>142 g</td>
<td>(71 g)</td>
</tr>
<tr>
<td>Organics - Vegetable Medley</td>
<td>283 g</td>
<td>(85 g)</td>
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<tr>
<td>Special Blend of Vegetables - Asian-Style Blend</td>
<td>500 g</td>
<td>(85 g)</td>
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<td>Stir-Fry Vegetables</td>
<td>340 g</td>
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<tr>
<td>Vegetable Blend - California</td>
<td>1750 g</td>
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<tr>
<td>Vegetable Blend - Garden</td>
<td>1750 g</td>
<td>(85 g)</td>
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<tr>
<td>Vegetable Medley</td>
<td>340 g</td>
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<tr>
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<td>750 g</td>
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**Signal**

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Weight</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Vegetables</td>
<td>1000 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Peas &amp; Carrots</td>
<td>1000 g</td>
<td>(85 g)</td>
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**Selection**

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Weight</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen Vegetables - Royal Medley</td>
<td>600 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Mixed Vegetables - California Style</td>
<td>750 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Mixed Vegetables - Garden Blend</td>
<td>750 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>398 ml</td>
<td>(129.4 g)</td>
</tr>
<tr>
<td>Slow Cooker Vegetable Mix</td>
<td>750 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Special Blend of Vegetables - Oriental Style</td>
<td>750 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Special Blend of Vegetables for Spaghetti Sauce</td>
<td>750 g</td>
<td>(85 g)</td>
</tr>
<tr>
<td>Vegetables for Soup</td>
<td>750 g</td>
<td>(85 g)</td>
</tr>
</tbody>
</table>
Canned and dried tomatoes

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards© as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

**Nutrition criteria**
Fat: Less than or equal to 3 g and Sodium: Less than or equal to 360 mg

**Crushed tomatoes**

- **Cirio**
  Crushed Tomatoes 370 ml - (129.4 g)

- **Aylmer**
  Crushed Tomatoes 796 ml - (129.4 g)

- **Compliments**
  Crushed Tomatoes 796 ml - (129.4 g)

- **Irresistibles**
  Life Smart - Ground Tomatoes 796 ml - (129.4 g)

- **la Torrente**
  Tomatoes - Crushed 400 g - (100 g)

- **Muir Glen Organic**
  Tomatoes - Crushed, Fire Roasted 796 ml - (127 g)
  Tomatoes - Crushed, with Basil 796 ml - (129.4 g)

- **No Name**
  All-Purpose Crushed Tomatoes 796 ml - (129.4 g)

- **Paese Mio**
  Tomato Puree with Basil Leaf 680 ml - (103.6 g)

- **Selection**
  Crushed Tomatoes 796 ml - (129.4 g)

- **Unico**
  Crushed Tomatoes 796 ml - (129.4 g)
Diced tomatoes

**Aurora**
Diced Tomatoes 398 ml - (126.8 g)

**Aylmer**
Accents Unpeeled Diced Tomatoes - Fire Roasted 398 ml - (126.8 g)
Diced Tomatoes - No Salt Added 796 ml - (126.8 g)
Diced Tomatoes 796 ml - (126.8 g)
Diced Tomatoes with Italian Spices - No Salt Added 796 ml - (127 g)
Diced Tomatoes with Italian Spices 796 ml - (126.8 g)

**Cirio**
Finely Chopped Tomatoes with Chilli 390 g - (100 g)
Tuscan Diced Tomatoes 398 ml - (126.8 g)

**Compliments**
Balance - Diced Tomatoes - No Salt added 796 ml - (126.8 g)
Diced Tomatoes 796 ml - (126.8 g)

**Irresistibles**
Life Smart Diced Tomatoes - Herbs & Spices 796 ml - (126.8 g)
Life Smart - Diced Tomatoes 796 ml - (126.8 g)

**Molisana**
Diced Tomatoes 398 ml - (126.8 g)

**Muir Glen Organic**
Tomatoes - Diced 796 ml - (126.8 g)
Tomatoes - Diced, Fire Roasted 796 ml - (126.8 g)

**Muti**
Finely Chopped Tomatoes 398 ml - (126.8 g)

**No Name**
Diced Tomatoes 796 ml - (126.8 g)

**President’s Choice**
Blue Menu - Diced Tomatoes 796 ml - (126.8 g)
Organics - Diced Tomatoes 796 ml - (126.8 g)
Small Cut Tomatoes - Original with Onions, Celery and Green Peppers 540 ml - (126.8 g)
Small Cut Tomatoes with Garlic and Olive Oil 540 ml - (127 g)

**Selection**
Diced Tomatoes - Herbs & Spices 796 ml - (127 g)
Diced Tomatoes 796 ml - (126.8 g)

**Unico**
Diced Tomatoes - Herbs & Spices 796 ml - (126.8 g)
Diced Tomatoes - Italian Flavoured 796 ml - (126.8 g)
Diced Tomatoes - No Salt Added 796 ml - (126.8 g)
Diced Tomatoes - Pezzettoni, No Salt Added 398 ml - (126.8 g)
Diced Tomatoes 796 ml - (126.8 g)

Dried tomatoes

**Aurora**
Sundried Tomatoes 125 g - (15 g)

**Derlea**
Sundried Tomato Bits 100 g - (10 g)

**Unico**
Sundried Tomatoes - Mediterranean, Julienne Cut 210 ml - (7 g)
**Stewed tomatoes**

*Aylmer*
- Accents Chunky Stewed Tomatoes - Italian Seasonings 540 ml - (134.7 g)
- Accents Chunky Stewed Tomatoes - Italian Seasonings, No Salt Added 540 ml - (134.7 g)
- Accents Chunky Stewed Tomatoes - Original Green Pepper, Celery & Onion 540 ml - (134.7 g)
- Accents Diced Stewed Tomatoes - Chili Seasonings 540 ml - (134.7 g)
- Accents Petite Cut Stewed Tomatoes - Cracked Black Pepper & Roasted Garlic 540 ml - (134.7 g)
- Accents Petite Cut Stewed Tomatoes - Garlic & Olive Oil 540 ml - (134.7 g)
- Accents Petite Cut Stewed Tomatoes - Original Green Pepper, Celery & Onion 540 ml - (134.7 g)
- Accents Petite Cut Stewed Tomatoes - Spicy Red Pepper 540 ml - (134.7 g)

*Compliments*
- Stewed Tomatoes 796 ml - (127 g)

*No Name*
- Sliced Stewed Tomatoes 796 ml - (134.7 g)

*President’s Choice*
- Stewed Tomatoes with Italian Seasonings 540 ml - (134.7 g)

*Selection*
- Petite Cut Stewed Tomatoes - Seasoned 540 ml - (134.7 g)
- Stewed Tomatoes 796 ml - (134.7 g)

**Strained tomatoes**

*Aurora*
- Strained Crushed Tomatoes 660 ml - (129.4 g)

*Irresistibles*
- Passata Strained Tomatoes 680 ml - (81 g)

*Mutti*
- Strained Tomatoes 680 ml - (62.1 g)
- Strained Tomatoes with Basil 680 ml - (62.1 g)

*Pastene*
- Strained Tomatoes 675 ml - (87 g)

*Regina Molisana*
- Strained Tomatoes - Passata Di Pomodoro 680 ml - (129.4 g)

*Unico*
- Passata Strained Tomatoes 680 ml - (129.4 g)
Whole tomatoes

Aurora
Italian Whole Tomatoes 796 ml - (126.8 g)

Aylmer
Plum Tomatoes 796 ml - (126.8 g)
Whole Tomatoes - No Salt Added 796 ml - (126.8 g)
Whole Tomatoes 796 ml - (126.8 g)
Whole Tomatoes with Herbs & Spices 796 ml - (126.8 g)

Compliments
Whole Tomatoes 796 ml - (126.8 g)

Emma
Tomatoes 796 ml - (87 g)

Irresistibles
Life Smart - Whole Tomatoes 796 ml - (126.8 g)

Ia Torrente
Tomatoes - Whole 400 g - (100 g)

Martelli
Tomatoes - San Marzano 796 ml - (126.8 g)

Molisana
Cherry Tomatoes 398 ml - (126.8 g)

Mutti
Cherry Tomatoes 398 ml - (100 g)
Peeled Tomatoes 796 g - (126.8 g)

No Name
Whole Plum Tomatoes 796 ml - (126.8 g)
Whole Tomatoes 796ml - (126.8 g)

Pastene
San Marzano Tomatoes - with Basil Leaf 796 ml - (126.8 g)
Italian Tomatoes - Peeled, with Basil Leaf 796 ml - (126.8 g)

President's Choice
Black Label Collection - Whole Cherry Tomatoes - Unpeeled 398 ml - (126.8 g)
Black Label Collection - Whole Yellow Tomatoes - Peeled 398 ml - (126.8 g)
Blue Menu - Whole Tomatoes 796 ml - (126.8 g)
Organics - Whole Tomatoes 796 ml - (127 g)

Regina Molisana
Italian Tomatoes with Basil Leaf 795 g - (101 g)

Selection
Whole Tomatoes - Herbs & Spices 796 ml - (126.8 g)
Whole Tomatoes 796 ml - (126.8 g)

Unico
San Marzano Type Tomatoes 796 ml - (126.8 g)
Tomatoes - No Salt Added 796 ml - (126.8 g)
Tomatoes 796 ml - (126.8 g)
Canned and packaged fruit

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards© as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

**Nutrition criteria**

Vegetables or fruit (or water) is the first item on the ingredient list and
Fat: Less than or equal to 3 g and
Saturated fat: Less than or equal to 2 g and
Sodium: Less than or equal to 240 mg and
No added sugar

**Apples**

**Compliments**
Balance - Unsweetened Apple Sauce 650 ml - (154.7 g)
Balance - Unsweetened Apple Snack 678 g - (113 g)
Organic - Unsweetened Apple Snack 678 g - (113 g)

**Dole**
Fruitocracy Squeezable Snack - Apple Mixed Berry 360 g - (90 g)
Fruitocracy Squeezable Snack - Apple Strawberry 360 g - (90 g)

**Irresistibles**
Life Smart - Unsweetened Fruit Snack - Apple 678 g - (113 g)
Organics - Unsweetened Apple Snack 678 g - (113 g)

**Mott’s**
Fruitsations - Apple Sauce - Unsweetened 620 ml - (128.9 g)
Fruitsations - Apple Sauce - Unsweetened 624 ml - (107.2 g)

**No Name**
Unsweetened Apple Sauce 650 ml - (154.7 g)

**Organically Yours**
Apple Rings 100 g - (40 g)

**President’s Choice**
Apple Blend - Unsweetened 600 ml - (103.1 g)
Squeeze Fruit Snacks - Apple 360 g - (90 g)
Organics - Apple Blend - Unsweetened Apple Cinnamon Appletreet 600 ml - (103.1 g)
Organics - Apple Sauce - Unsweetened 650 ml - (154.7 g)

**Sun Rich**
Apple Slices 595 g - (127 g)

**Apricots**

**Central Roast**
Organic Dried Turkish Apricots 215 g - (40 g)

**Compliments**
Dried Apricots 375 g - (40 g)

**Irresistibles**
Life Smart - Whole Dried Apricots 300 g - (40 g)

**No Name**
Dried Apricots 500 g - (40 g)
Organically Yours
Natural Apricots 250 g - (40 g)

President’s Choice
Dried Fruit - Apricots 140 g - (40 g)

Selection
Dried Apricots 250 g - (33 g)

Stock & Barrel
Dried Apricots 250 g - (40 g)

Sunny Fruit
Dried Apricots 200 g - (50 g)

Trophy
Soft Malatya Apricots 250 g - (40 g)

Bananas

Barnana
Banana Snack - Original 100 g - (40 g)
Banana Snack - Apple Cinnamon 100 g - (40 g)

Blueberries

Compliments
Blueberries - No Sugar Added 600 g - (140 g)
Canadian Wild Blueberries 300 g - (140 g)
Organic - Wild Blueberries 600 g - (140 g)

Irresistibles
Blueberries 600 g - (140 g)
Organics - Canadian Wild Blueberries 600 g - (140 g)

Nature’s Touch
Wild Blueberries - Frozen 600 g - (140 g)

No Name
No Name - Naturally Imperfect Cultivated Blueberries 2000 g - (140 g)

President’s Choice
Canadian Wild Blueberries 600 g - (140 g)
Organics - Cultivated Highbush Blueberries 600 g - (140 g)

Welch’s
Blueberries (Frozen) 600 g - (140 g)

Cantaloupe

Loblaws
Small Cantaloupe 180 g - (100 g)
Small Cantaloupe 204 g - (100 g)

Cherries

Compliments
Dark Sweet Cherries - No Sugar Added 600 g - (140 g)

Irresistibles
Sweet Cherries 600 g - (140 g)

President’s Choice
Dark Sweet Cherries - Pitted 600 g - (140 g)
Organics - Pitted Dark Sweet Cherries 600 g - (140 g)

Central Roast
Camu Cranberries 225 g - (40 g)

Compliments
Cranberries 600 g - (55 g)

Irresistibles
Cranberries 600 g - (140 g)

President’s Choice
Cranberries - Whole 600 g - (55 g)
Currants

No Name
Currants 375 g - (40 g)

Trophy
Currants 375 g - (40 g)

Dates

Bard Valley
Natural Delights - Medjool Dates 454 g - (46 g)
Natural Delights - Organic Medjool Dates 454 g - (46 g)

Compliments
Baking Dates 525 g - (40 g)
Dates - Pitted 600 g - (50 g)

Jaffa
Pitted Dates 500 g - (40 g)

No Name
Pitted Dates 500 g - (40 g)
Dried Chopped Dates 300 g - (40 g)

Organically Yours
Medjool Dates 250 g - (50 g)

Palmera
Dates 1000 g - (40 g)

Parnoosh
Pitted Dates 350 g - (40 g)

Selection
Chopped Dried Dates 300 g - (40 g)
Pitted Dried Dates 500 g - (40 g)

Stock & Barrel
Pitted Dates 300 g - (50 g)

Sunny Fruit
Pitted Dates 130 g - (30 g)

Tomoor
Saudi Dates 1000 g - (100 g)

Trophy
Soft Tunisian Dates 250 g - (40 g)

Figs

Blue Ribbon Orchard Choice
Calimyrna Figs 227 g - (40 g)
Mission Figs 227 g - (40 g)

No Name
Black Mission Figs 375 g - (40 g)

President's Choice
Black Label Collection - Soft Dried Fruit - Figs 250 g - (45 g)

Sunny Fruit
Dried Figs 200 g - (50 g)

Trophy
Soft Smyrna Figs 250 g - (45 g)

Goji berries

Elan
Goji Berries 140 g - (40 g)

Organic Traditions
Goji Berries 227 g - (30 g)
Organically Yours
Goji Berries 120 g - (30 g)

Grapefruit
Del Monte
Perfection Red Grapefruit - No Sugar Added 540 ml - (129 g)

Grapes
Stahlbush Island Farms
Red Seedless Grapes 284 g - (92 g)

Mandarin oranges
Compliments
Balance - Whole Segments in Mandarin Orange Juice 284 ml - (150 ml)
Dole
No Sugar Added 428 ml - (107 ml)
Packed in Fruit Juice 382 ml - (125 ml)
Packed in Fruit Juice 428 ml - (113 ml)
Irresistibles
Life Smart - Segments in Water with No Added Sugar 428 ml - (107 ml)

Mangos
Central Roast
Organic Dried Mango 290 g - (40 g)
Compliments
Mango Chunks - Mango Mania 600 g - (140 g)
Organic - Mango Chunks 600 g - (140 g)

Irresistibles
Mango Chunks 600 g - (140 g)

Nature's Touch
Mangoes - Frozen 600 g - (140 g)

Organically Yours
Mango Slices 125 g - (40 g)

Philippines Brand
Mango Chunks 600 g - (140 g)

President's Choice
Mango Chunks 600 g - (140 g)
Organics - Mango Chunks 600 g - (140 g)

Welch's
Mangos (Frozen) 600 g - (140 g)

Mulberries
Sunny Fruit
Dried Mulberries 85 g - (30 g)

Peaches
Del Monte
Orchard Peach Packed in Water - No Sugar Added 428 ml - (107 ml)
Peach Halves in Fruit Juice from Concentrate 398 ml - (132 g)
Peach Slices in Fruit Juice from Concentrate 398 ml - (132 g)
Peach Slices in Fruit Juice from Concentrate 796 ml - (125 ml)
Peach Slices Packed in Water - No Sugar Added 398 ml - (125 ml)
Dole
Diced Peaches - No Sugar Added 428 ml - (110 g)
Sliced Peaches - No Sugar Added 382 ml - (125 ml)

Vegetables and fruit 26
Irresistibles
Life Smart - Diced Peaches in Water with No Added Sugar 428 ml - (110 g)
Life Smart - Peach Halves in Water 796 ml - (125 ml)
Life Smart - Peach Slices in Water 796 g - (125 ml)

President's Choice
President's Choice - Peaches - Sliced 600 g - (140 g)

Pears
Compliments
Balance - Pear Halves in Pear Juice from Concentrate 398 ml - (157 g)

Del Monte
Pear Halves Packed in Water - No Sugar Added 796 ml - (125 ml)

Dole
Diced Pears - Packed in Fruit Juice from Concentrate - (112 g)

Irresistibles
Life Smart - Bartlett Pear Halves in Water 796 ml - (125 ml)

Selection
Bartlett Pear Halves in Pear Juice 796 ml - (125 ml)
Peach Halves in Pear Juice from Concentrate 796 ml - (125 ml)

Pineapples
Compliments
Crushed Pineapple in Pineapple Juice 398 ml - (158 g)
Pineapple Chunks 600 g - (140 g)
Pineapple Chunks in Pineapple Juice 398 ml - (158 g)
Pineapple Slices in Pineapple Juice 398 ml - (158 g)
Pineapple Tidbits in Pineapple Juice 398 ml - (158 g)

Dole
Crushed Pineapple Packed in Pineapple Juice 398 ml - (125 ml)
Pineapple Chunks - Packed in Pineapple Juice 398 ml - (132 g)
Pineapple Slices - Packed in Pineapple Juice 398 ml - (125 ml)
Pineapple Tidbits - Packed in Pineapple Juice 398 ml - (125 ml)
Tropical Gold Pineapple Chunks - Packed in Pineapple Juice 382 ml - (131.6 g)

Irresistibles
Pineapple Chunks 600 g - (140 g)
Life Smart - Pineapple Chunks in Water 540 ml - (150 ml)

Loblaws
Small Pineapple 232 g - (100 g)

No Name
Crushed Pineapple in Pineapple Juice 540 ml - (125 ml)
Pineapple Tidbits in Pineapple Juice 540 ml - (125 ml)
Sliced Pineapple in Pineapple Juice 540 ml - (125 ml)

Philippines Brand
Pineapple Chunks 600 g - (140 g)

President's Choice
Pineapple Chunks 600 g - (140 g)

Selection
Crushed Pineapple in Pineapple Juice 540 ml - (125 ml)
Pineapple Chunks in Pineapple Juice 540 ml - (125 ml)
Pineapple Slices in Pineapple Juice 540 ml - (132 g)
Pineapple Tidbits in Pineapple Juice 540 ml - (125 ml)

Plums
Trophy
Dried Soft Californian Plums 250 g - (40 g)

Vegetables and fruit 27
Prunes

Compliments
Large Prunes Pitted 375 g - (40 g)
Pitted Prunes 400 g - (40 g)

Irresistibles
Life Smart - Bite Size Pitted Prunes 375 g - (40 g)
Life Smart - Pitted Prunes 375 g - (40 g)

No Name
Pitted Prunes 375 g - (40 g)

Organically Yours
Pitted Prunes 250 g - (40 g)

President's Choice
Pitted Prunes 1360 g - (40 g)
Black Label Collection - Soft Dried Fruit - Prunes, Pitted 250 g - (40 g)

Royal Nuts
Dried Pitted Prunes 350 g - (50 g)

Selection
Pitted Prunes 375 g - (30 g)

Sunsweet
Pitted Prunes 500 g - (40 g)

Raisins

Charlie's Snacks
Golden Raisins 290 g - (40 g)
Sultana Raisins 290 g - (40 g)

Compliments
California Seedless Raisins Snax 252 g - (42 g)
Golden Raisins 500 g - (40 g)
Golden Raisins Seedless 375 g - (40 g)
Sultana Raisins 375 g - (40 g)
Sultana Raisins 500 g - (40 g)
Thompson Raisins 1000 g - (40 g)
Thompson Raisins 500 g - (40 g)

Irresistibles
Life Smart - Seedless Sultana Raisins 375 g - (40 g)
Life Smart - Seedless Thompson Raisins 750 g - (40 g)

No Name
Golden Seedless Raisins 375 g - (40 g)
Sultana Raisins 375 g - (40 g)
Thompson Seedless Raisins 375 g - (40 g)

Organically Yours
Jumbo Thompson Raisins 200 g - (40 g)
Sultana Raisins 300 g - (40 g)

Presidential Choice
Dried Fruit - Thompson Seedless Raisins 1360 g - (40 g)
Organics - Seedless Raisins - Jumbo Thompson 196 g - (42 g)

Royal Nuts
Dried Fruit - Sultana Raisins 350 g - (50 g)

Selection
Jumbo Thompson Raisins 400 g - (35 g)
Sultana Raisins 400 g - (36 g)

Stock & Barrel
Sultana Raisins 325 g - (40 g)
Thompson Raisins 375 g - (40 g)
Sun-Maid
California Raisins 180 g - (30 g)
Natural California Raisins - Mini Packs 196 g - (40 g)
Raisins - Natural California 750 g - (40 g)

Sunview
Raisins - Green Seedless 425 g - (40 g)
Raisins - Red Seedless 425 g - (40 g)

Raspberries
Compliments
Raspberries 500 g - (140 g)

Irresistibles
Raspberries 400 g - (140 g)
Organics - Frozen Raspberries 600 g - (140 g)

President's Choice
Red Raspberries - Whole 400 g - (140 g)
Organics - Whole Red Raspberries 600 g - (140 g)

Strawberries
Compliments
Country Lane Strawberries - Sliced 600 g - (140 g)
Whole Strawberries 600 g - (140 g)

Irresistibles
Sliced Strawberries 600 g - (140 g)
Whole Strawberries 600 g - (140 g)

President's Choice
Strawberries - Sliced 600 g - (140 g)
Strawberries - Whole 600 g - (140 g)
Organics - Whole Strawberries 600 g - (140 g)

Watermelons
Loblaws
Small Watermelon 268 g - (150 g)

Sobeys
Watermelon Quarters 2798 g - (150 g)
Mixed fruit

Compliments
Field Berry Blend 1500 g - (140 g)
Fruit Salad - Paradise Trio 600 g - (140 g)
Jumbleberry Fruit Blend 600 g - (140 g)
Mixed Dried Fruit 400 g - (40 g)

Del Monte
Fruit Cocktail in Fruit Juice from Concentrate 796 ml - (125 ml)
Fruit Cocktail Packed in Water - No Sugar Added 398 ml - (125 ml)
Fruit Salad - Very Cherry Packed in Water, No Sugar Added 428 ml - (107 ml)
Fruit Salad Packed in Water - No Sugar Added 428 ml - (107 ml)

Dole
Fruit Cocktail with Cherries - No Sugar Added 382 ml - (125 ml)
Fruit Cocktail with Cherries - Packed in Fruit Juice from Concentrate 382 ml - (125 ml)
Fruit Salad with Extra Cherries - No Sugar Added 428 ml - (107 ml)
Fruit Salad with Extra Cherries - Packed in Fruit Juice from Concentrate 428 ml - (107 ml)
Peach Mango in Fruit Juice from Concentrate 428 ml - (107 ml)
Tropical Fruit Packed in Fruit Juice from Concentrate 428 ml - (116 g)

Irresistibles
Berry Cherry Fusion Mixed Frozen Fruits 600 g - (140 g)
Mixed Berries 600 g - (140 g)
Mixed Frozen Fruits - Red Smoothie 600 g - (150 g)
Life Smart - Fruit Cocktail in Water 796 ml - (125 ml)
Life Smart - Fruit Cocktail with Extra Cherries in Water 796 ml - (125 ml)
Life Smart - Fruit Salad with Extra Cherries in Water 428 ml - (107 ml)
Life Smart - Unsweetened Fruit Snack - Apple Berry 678 g - (113 g)
Life Smart - Unsweetened Fruit Snack - Apple Blueberry 678 g - (113 g)
Life Smart - Unsweetened Fruit Snack - Apple Cranberry Raspberry 678 g - (113 g)
Life Smart - Unsweetened Fruit Snack - Apple Peach Mango 678 g - (113 g)
Life Smart - Unsweetened Fruit Snack - Apple Pear 678 g - (113 g)
Organics - Frozen Mixed Berries 600 g - (140 g)

Little Duck Organics
Freeze Dried Snacks - Tiny Fruits, Apple & Banana 21 g - (7 g)
Freeze Dried Snacks - Tiny Fruits, Strawberry & Mango 21 g - (7 g)

Loblaw's
Large Berry Berry 460 g - (265 g)
Large Kiwi and Strawberry 542 g - (250 g)
Large Pineapple and Strawberry 542 g - (245 g)

Nature's Touch
Three Berry Mix - Frozen 600 g - (140 g)

No Name
Naturally Imperfect Mixed Berries 2000 g - (140 g)

President's Choice
3-Fruit Blend 600 g - (140 g)
4-Berry Blend 600 g - (140 g)
4-Fruit Blend 600 g - (140 g)
Dried Fruit Blend - Orchard 700 g - (40 g)
Power Fruit Blend 600 g - (140 g)
Organics - Power Fruit Blend 600 g - (140 g)

Selection
Fruit Cocktail in Pear Juice 796 ml - (125 ml)

Welch's
Berry Cherry Blend (Frozen Fruit) 600 g - (140 g)
Blueberry Fusion (Frozen Fruit) 600 g - (140 g)
Four Berry Mix (Frozen Fruit) 600 g - (140 g)
Mango Medley (Frozen) 600 g - (140 g)
Strawberry Banana Mix (Frozen) 600 g - (140 g)
Strawberry Blueberry Blend (Frozen Fruit) 600 g - (140 g)
Tropical Blend (Frozen Fruit) 600 g - (140 g)

Vegetables and fruit 30
Fruit leathers and fruit bars

**Sun-Rype**
Fruit & Vegetable Bar - FruitSource + Veggie, Peach Pear Carrot 37 g - (37 g)
Fruit Bar - FruitSource Superfruits, Mango Mangosteen 37 g - (37 g)
Fruit Bar - FruitSource, Strawberry 37 g - (37 g)
Fruit Bar - FruitSource, Variety Pack 1110 g - (37 g)

**Bard Valley**
Natural Delights - Almond Date Rolls 340 g - (20 g)
Natural Delights - Coconut Date Rolls 340 g - (20 g)

**Nakd**
Raw Fruit Crunchies & Nut Bar - Banana Crunch 30 g - (30 g)
Raw Fruit Crunchies & Nut Bar - Strawberry Crunch 30 g - (30 g)

**Nudge**
Snack Bars - Pineapple 140 g - (28 g)

**President's Choice**
Organics - Fruit and Oat Bars - Apple Cranberry 90 g - (18 g)
Whole grain foods
Canada’s food guide recommends enjoying a variety of whole grain foods. Try making one quarter of your plate whole grain foods at meals. This section contains a list of packaged whole grain foods that are part of a healthy eating pattern.

Whole grain foods ................................................................. 33

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# Breads

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards© as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

## Nutrition criteria

Whole grain is the first item on the ingredient list and
Saturated fat: Less than or equal to 2 g and
Sodium: Less than or equal to 240 mg and
Fibre: 2 g or more

## Bread

### Compliments

100% Whole Wheat Bread 675 g - (71 g)

### Country Harvest

100% Whole Wheat, No Sugar Added 600 g - (38 g)
12 Grains 675 g - (45 g)
Canadian Rustic Bean 600 g - (45 g)
Canadian Wild Blueberry with Flax and Rolled Oats 600 g - (45 g)
Farmer's Bread with Sunflower, Barley, Buckwheat & Molasses 600 g - (45 g)
Fibre 675 g - (45 g)
Flax & Quinoa 675 g - (45 g)
Fruit & Grains with Cranberries, Raisins, Blueberries & Sunflower 600 g - (45 g)
Oats & Honey 675 g - (45 g)
Prairie Bran 675 g - (45 g)
Protein 675 g - (45 g)
Seeds & Grains with Flax, Sunflower, Sesame & Rye 600 g - (45 g)
Sprouted Wheat 675 g - (45 g)
Stone Milled Wheat 675 g - (45 g)
Sunflower Flax 675 g - (45 g)

### Dempster's

100% Whole Grain, Double Flax 600 g - (38 g)
100% Whole Grain, Multigrain with Sunflower & Pumpkin Seeds 600 g - (38 g)
100% Whole Grain, Seed Lovers with Chia, No Sugar Added 600 g - (38 g)
100% Whole Grains, Honey & Oatmeal 600 g - (38 g)
100% Whole Wheat 675 g - (71 g)
100% Whole Grain, 12 Grains 600 g - (38 g)
100% Whole Grain, Ancient Grains with Quinoa 600 g - (38 g)
Smooth Multigrains 675 g - (71 g)

### Dimpflmeier

100% Sourdough Rye, Organic 454 g - (46 g)
Spelt with Wild Rice, Organic 454 g - (51 g)

### Food for Life

Sprouted Whole Grain & Seed Loaf - Genesis 1:29 680 g - (34 g)
Sprouted Whole Grain Loaf - Ezekiel 4:9, Cinnamon Raisin 680 g - (34 g)

### Selection

100% Whole Wheat, Sliced 675 g - (71 g)

### ShaSha

Organic Chia & Poppy Seed Spelt 450 g - (60 g)
Organic Sprouted Spelt 450 g - (60 g)

Whole grain foods 34
**Stonemill Bakehouse**
- 11 Whole Grains 454 g - (60 g)
- Ancient Spelt 454 g - (60 g)
- Chia and Supergrains 454 g - (60 g)
- Sprouted 3 Grains 454 g - (60 g)
- Sunflower and Walnut 454 g - (60 g)

**Bagels**

**President's Choice**
- Blue Menu - Bagels - 100% Whole Wheat 336 g - (56 g)

**Buns**

**Dempster's**
- Sandwich Buns - 100% Whole Wheat 448 g - (56 g)

**Ozery Bakery**
- Morning Rounds, Dates & Chia 450 g - (75 g)
- Morning Rounds, Multi Grain 450 g - (75 g)

**President's Choice**
- PC Thins Ancient Grains Buns 450 g - (75 g)
- Blue Menu - PC Thins - Whole Grain Round Buns 480 g - (60 g)

**English muffins**

**Compliments**
- 100% Whole Wheat English Muffins 342 g - (57 g)

**Dempster's**
- English Muffins - Whole Grains 340 g - (57 g)

**Food for Life**
- English Muffins - Ezekiel 4:9, Cinnamon Raisin 454 g - (38 g)
- English Muffins - Ezekiel 4:9, Sprouted Whole Grain 454 g - (38 g)

**President's Choice**
- Blue Menu - English Muffins - 100% Whole Wheat 342 g - (57 g)

**Selection**
- English Muffins - Whole Wheat 342 g - (57 g)

**Weight Watchers**
- English Muffins - 100% Whole Wheat 342 g - (57 g)

**Wonder**
- English Muffins - 100% Yummy Wheat 342 g - (57 g)

**Flat breads**

**Country Harvest**
- Harvest Bakes Flat Breads - Super Seedy & Quinoa 300 g - (75 g)

**St Urbain Panne Flatz**
- Flatbreads - Naturelle 200 g - (20 g)

**Hamburger buns**

**Wonder**
- 100% Whole Wheat 480 g - (60 g)
**Hot dog buns**

- **Dempster's**
  Hot Dog Buns 448 g - (56 g)

- **Ozery Bakery**
  Thin Hot Dog Buns - One Bun, Multi Grain 400 g - (50 g)

- **Wonder**
  100% Whole Wheat 448 g - (56 g)

**Pitas**

- **Dempster's**
  Pita Pockets - 100% Whole Grain Wheat 360 g - (45 g)

**Tortillas**

- **Casa Mendosa**
  Triple Baked Tortillas - Whole Wheat, Medium 340 g - (34 g)

- **Dempster's**
  100% Whole Grains, Ancient Grains 272 g - (34 g)
  100% Whole Wheat 340 g - (34 g)

- **Old El Paso**
  Smart Fiesta, Large 311 g - (39 g)

- **Old Mill**
  White Corn Tortillas 300 g - (50 g)

- **President's Choice**
  Whole Grain Whole Wheat, Large Size 334 g - (42 g)

- **Selection**
  Multigrain 340 g - (34 g)

- **Weight Watchers**
  100% Whole Wheat 248 g - (31 g)
Cereal

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Nutrition criteria

Whole grain is the first item on the ingredient list and
Saturated fat: Less than or equal to 2 g and
Sodium: Less than or equal to 240 mg and
Fibre: 4 g or more and
Sugars: 8 g or less per 30 g serving

Hot cereal - plain

Bob's Red Mill
- Hot Cereal - 5 Grain Rolled 453 g - (35 g)
- Hot Cereal - 7 Grain 708 g - (41 g)
- Hot Cereal - Mighty Tasty 680 g - (42 g)
- Oatmeal - Scottish 566 g - (36 g)

Cream of Wheat
- Hot Cereal - Cream of Wheat, Whole Grain Original 360 g - (45 g)

President's Choice
- Blue Menu - Regular Supergrains Oatmeal 304 g - (38 g)

Rogers
- Porridge Oats - Steel Cut Oat Blend 1100 g - (44 g)
- Porridge Oats & Healthy Grains - Original 1000 g - (35 g)

Rude Health
- Porridge - Daily Oats 500 g - (100 g)
Pasta, rice or other grains

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Nutrition Criteria
Whole grain is the first item on the ingredient list and
Fat: Less than or equal to 3 g and
Saturated fat: Less than or equal to 2 g and
Sodium: Less than or equal to 240 mg

Pasta

Artesian Acres
Organic Kamut Pasta - Capellini (Nest) 375 g - (85 g)
Organic Kamut Pasta - Lasagna 454 g - (85 g)
Organic Kamut Pasta - Linguine 454 g - (85 g)
Organic Kamut Pasta - Orzo 454 g - (85 g)
Organic Kamut Pasta - Rotini 454 g - (85 g)
Organic Kamut Pasta - Spaghetti 454 g - (85 g)
Organic Kamut Pasta - Vegetable Rotini 454 g - (85 g)

Catelli
Ancient Grains - Fusilli 340 g - (85 g)
Ancient Grains - Spaghettini 340 g - (85 g)
Healthy Harvest - Spaghetti 375 g - (85 g)
Healthy Harvest - Lasagne 375 g - (85 g)
Healthy Harvest - Linguine 375 g - (85 g)
Healthy Harvest - Macaroni 375 g - (85 g)
Healthy Harvest - Penne Rigate 375 g - (85 g)
Healthy Harvest - Rotini 375 g - (85 g)
Healthy Harvest - Spaghetti, Multigrain 375 g - (85 g)
Healthy Harvest - Spaghettini 375 g - (85 g)

Felicetti
Fusilli, Spelt 454 g - (85 g)
Spaghetti, Spelt 454 g - (85 g)

Mama
Instant Whole Grain Rice Vermicelli 225 g - (45 g)

President's Choice
Blue Menu - Macaroni - 100% Whole Grain Whole Wheat 375 g - (75 g)
Blue Menu - Lasagne, 100% Whole Wheat Whole Grain 375 g - (85 g)
Blue Menu - Penne Rigate 375 g - (75 g)
Blue Menu - Spaghetti 375 g - (75 g)
Blue Menu - Spaghettini, Whole Grain 375 g - (75 g)

Rizopia
Brown Rice, Fusilli 454 g - (56 g)
Brown Rice, Lasagna 340 g - (56 g)
Brown Rice, Penne 454 g - (56 g)
Brown Rice, Shells 454 g - (56 g)
Brown Rice, Spaghetti 454 g - (56 g)
Brown Rice, Spirals 454 g - (56 g)
Rice

Compliments
Balance - Long Grain Brown Rice 900 g - (45 g)

Dainty
Brown Basmati Rice 900 g - (45 g)
Parboiled Rice - Time Wise, Whole Grain Brown 900 g - (45 g)
Whole Grain Rice - Brown 900 g - (45 g)

Diamond G
Brown Rice 2260 g - (45 g)

Health Plus
Brown Jasmine Rice 2270 g - (45 g)

Lundberg Family Farms
Black Japonica 454 g - (40.6 g)
Brown Long Grain 907 g - (46.9 g)
Brown Short Grain 907 g - (50.7 g)
California Brown Basmati 907 g - (46.9 g)
Organic Brown Long Grain 907 g - (46.9 g)
Organic California Brown Basmati 907 g - (60 g)
Sprouted Brown Basmati 454 g - (48.2 g)
Sprouted Tri-Color Blend 454 g - (46.9 g)
Wild Blend 454 g - (40.6 g)

Minute Rice
Whole Grain Brown Rice 600 g - (30 g)

No Name
Long Grain Brown Rice 900 g - (50 g)

President's Choice
Black Label Collection - California Wild Rice 340 g - (45 g)
Brown Basmati 750 g - (45 g)
Brown Sticky 750 g - (45 g)
Instant Brown Rice - Whole Grain 1200 g - (45 g)
Organics - Brown & Wild Rice Blend 900 g - (50 g)
Organics - Brown Rice - Long Grain 900 g - (50 g)

Rooster
Brown Jasmine Rice 2000 g - (45 g)
Medium Grain Calrose Brown Rice 8000 g - (45 g)

Sawat-D
Cereals & Rice - Multigrain 1000 g - (50 g)
Jasmine Brown Rice 1000 g - (50 g)

Seeds of Change
Side Dish - Wholegrain Brown Basmati 240 g - (90 g)

Selection
Brown Rice - Long Grain 900 g - (45 g)

Sensations by Compliments
Ancient Grain Rice Blend 454 g - (45 g)

T&T
10 Multigrain Rice 1500 g - (45 g)
Brown Rice 2000 g - (45 g)

Tilda
Wholegrain Basmati Rice 250 g - (125 g)

Tsuru Mai
Brown Rice 2000 g - (45 g)
Uncle Ben's
Wholegrain Brown 1400 g - (30 g)

Grains

Barley

Cedar
Pot Barley 907 g - (45 g)

NuPak
Pot Barley 900 g - (100 g)

President's Choice
Black Label Collection - Barley Blend 340 g - (45 g)
Blue Menu - Pearl Barley 450 g - (45 g)
Blue Menu - Pot Barley 450 g - (45 g)

Quik Kook
Pearl Barley 450 g - (45 g)
Pot Barley 450 g - (45 g)

Buckwheat

Bob's Red Mill
Buckwheat 453 g - (46 g)

Bulgur

Bob's Red Mill
Whole Grain Red Bulgur - (47 g)

Millet

Bob's Red Mill
Whole Grain Millet 793 g - (55 g)

Oats

Bob's Red Mill
Quick Cooking Rolled 453 g - (45 g)
Steel Cut 680 g - (44 g)
Oats - Quick Cooking Rolled 907 g - (45 g)
Oats - Rolled 453 g - (48 g)

Compliments
Naturally Simple - Quick Cook Steel Cut Oats 680 g - (40 g)
Quick Oats 1000 g - (40 g)

Dan-D Pak
Rolled Oats 1000 g - (40 g)
Quick Oats 1000 g - (40 g)

Love Grown
Hot Oats 63 g - (63 g)

No Name
Large Flake 100% Whole Grain Oats 1000 g - (40 g)
One-Minute 100% Whole Grain Oats 900 g - (40 g)
Quick 100% Whole Grain Oats 1000 g - (40 g)
Oak Manor
Organic - Oat Flakes 1000 g - (30 g)

President's Choice
Blue Menu - Steel Cut Oats - Regular 360 g - (45 g)
Blue Menu - Steel Cut Oats - 100% Whole Grain 840 g - (40 g)
Organics - Steel Cut Oats 1000 g - (40 g)

Quaker
Large Flake Oats 1000 g - (30 g)
Steel Cut Oats 709 g - (45 g)

Robin Hood
Large Flake Oats 1000 g - (30 g)

Selection
Quick Oats 1000 g - (50 g)

Quinoa
Bob's Red Mill
Quinoa 737 g - (46 g)

Caroline's Cupboard
Quinoa Kernels 750 g - (46 g)

Casbah
Original 200 g - (45 g)
Quinoa & Ancient Grains 180 g - (45 g)

Elan
Tri Colour 426 g - (40 g)
White 426 g - (40 g)

GoGo Quino
Instant Flakes 350 g - (40 g)

Irresistibles
Organics - Whole Grain Quinoa 350 g - (45 g)

Lundberg Family Farms
Antique White 454 g - (45 g)
Tri-Color Blend 454 g - (45 g)

President's Choice
Organics - Quinoa - Golden & Black 225 g - (45 g)
Organics - Quinoa 22 5g - (45 g)

Selection
Quinoa - Tricolour 350 g - (45 g)
Quinoa - White 450 g - (45 g)

Tru Roots
Organic Sprouted Quinoa 340 g - (44 g)

Rye
Bob's Red Mill
Pumpernickel Dark Rye Meal 680 g - (30 g)

Spelt
President's Choice
Blue Menu - Italian Farro 225 g - (119 g)

Mixed grains
Country Harvest
Ancient Grains with Millet, Spelt & Amaranth 675 g - (45 g)

President's Choice
Blue Menu - Precooked Grains - 5-Grain Blend 225 g - (128 g)
Protein foods
Canada’s food guide recommends protein foods, including plant-based protein foods. Examples include beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, eggs, lower fat milk and lower fat dairy products. Make one quarter of your plate protein foods and meals.

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Beans

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**Nutrition criteria**

Fat: Less than or equal to 8 g and  
Sodium: Less than or equal to 360 mg and  
Protein: At least 10 g

### Black beans

- **Compliments**
  - Black Beans 540 ml - (253.6 g)
  - Black Beans - No Salt Added 540 ml - (253.6 g)

- **Irresistibles**
  - Life Smart - Black Beans 540 ml - (180 g)
  - Organics - Black Beans 398 ml - (253.6 g)

- **No Name**
  - Black Beans 540 ml - (253.6 g)

- **Nupak**
  - Black Beans 900 g - (100 g)

- **President’s Choice**
  - Blue Menu - Black Beans 540 ml - (253.6 g)

- **Selection**
  - Black Beans 540 ml - (253.6 g)

### Black turtle beans

- **Arz Fine Foods**
  - Black Turtle Beans 540 ml - (166.9 g)

- **Ferma**
  - Black Turtle Beans 750 g - (100 g)

- **President’s Choice**
  - Blue Menu - Black Turtle Beans 900 g - (100 g)

- **Suraj**
  - Black Turtle Beans 1800 g - (100 g)

### Black-eyed beans

- **NuPak**
  - Black Eye Beans 900 g - (100 g)

- **President’s Choice**
  - Blue Menu - Black-Eyed Beans 900 g - (97 g)

### Black matpe beans

- **Suraj**
  - Whole Black Matpe Beans 1800 g - (100 g)
**Broad beans**

**Ferma**
Broad Beans 750 g - (100 g)

**Six Fortune**
Fresh Frozen Peeled Broad Beans 454 g - (113 g)

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**Chickpeas**

**Compliments**
Balance - Chick Peas - No Salt Added 540 ml - (253.6 g)
Chick Peas 540 ml - (253.6 g)
Organic - Chick Peas 398 ml - (253.6 g)

**Ferma**
Chick Peas 750 g - (100 g)

**Irresistibles**
Life Smart - Chick Peas 540 ml - (253.6 g)
Organics - Chick Peas 398 ml - (180 g)

**No Name**
Chick Peas 540 ml - (253.6 g)

**NuPak**
Chick Peas 900 g - (100 g)

**President's Choice**
Blue Menu - Chickpeas 540 ml - (253.6 g)
Organics - Chickpeas 540 ml - (253.6 g)

**Selection**
Chick Peas 540 ml - (253.6 g)
Chick Peas 900 g - (100 g)

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**Chili beans**

**President's Choice**
Blue Menu - Red Chili Beans 900 g - (100 g)

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**Edamame**

**Six Fortune**
Edamame - Frozen Soybeans in Pod 454 g - (80 g)

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**Great northern beans**

**Nupak**
Great Northern Beans 900 g - (100 g)

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**Kidney beans**

**Arz Fine Foods**
Red Kidney Beans 540 ml - (166.9 g)

**Compliments**
Balance - Dark Red Kidney Beans - No Salt Added 540 ml - (270.5 g)
Balance - White Kidney Beans - No Salt Added 540 ml - (270.5 g)
Dark Red Kidney Beans 540 ml - (270.5 g)
Organic - Red Kidney Beans 398 ml - (270.5 g)
Ferma
Red Kidney Beans 750 g - (100 g)
White Kidney Beans 750 g - (100 g)

Irresistibles
Life Smart - Dark Red Kidney Beans 540 ml - (180 g)
Life Smart - Steamed Red Kidney Beans 213 ml - (230.5 g)
Life Smart - White Kidney Beans 540 ml - (270.5 g)

No Name
Dark Red Kidney Beans 540 ml - (270.5 g)
White Kidney Beans 540 ml - (270.5 g)

NuPak
Dark Red Kidney Beans 900 g - (100 g)
Light Red Kidney Beans 900 g - (100 g)
White Kidney Beans 900 g - (100 g)

President's Choice
Blue Menu - Dark Red Kidney Beans 540 ml - (270.5 g)
Blue Menu - Red Kidney Beans 900 g - (100 g)
Blue Menu - White Kidney Beans 540 ml - (270.5 g)
Organics - Red Kidney Beans 540 ml - (180 g)
Organics - Red Kidney Beans 450 g - (100 g)

Selection
Dark Red Kidney Beans 540 ml - (270.5 g)
Red Kidney Beans 900 g - (100 g)
White Kidney Beans 540 ml - (180 g)
White Kidney Beans 900 g - (100 g)

Suraj
Dark Red Kidney Beans 540 ml - (270.5 g)
Light Red Kidney Beans 1800 g - (100 g)

Unico
Red Kidney Beans - No Salt Added 540 ml - (135.3 g)

Mung beans

Suraj
Huskless Split Mung Beans 1800 g - (100 g)
Whole Mung Beans 1800 g - (100 g)

Navy beans

Compliments
White Navy Beans 900 g - (100 g)

No Name
Navy Beans 540 ml - (276.8 g)

NuPak
Navy Beans 900 g - (100 g)

President's Choice
Blue Menu - Navy Beans 900 g - (100 g)
Organics - Navy Beans 450 g - (100 g)
Selection
White Navy Beans 900 g - (100 g)

Pea beans

Thompson's
White Pea Beans 1810 g - (100 g)
White Pea Beans 907 g - (100 g)

Pinto beans

Compliments
Organic - Pinto Beans 398 ml - (253.6 g)

President's Choice
Blue Menu - Pinto Beans 900 g - (100 g)

Romano beans

Compliments
Romano Beans 540 ml - (270.5 g)

No Name
Romano Beans 540 ml - (270.5 g)

NuPak
Romano Beans 900 g - (100 g)

White beans

President's Choice
Blue Menu - Small White Beans 900 g - (72 g)

Mixed beans

Compliments
Balance - Six-Bean Blend - No Salt Added 540 ml - (253.6 g)
Six-Bean Blend 540 ml - (253.6 g)

Irresistibles
Life Smart - Six Bean Mix 540 ml - (180 g)

President's Choice
Blue Menu - Six Bean Medley 540 ml - (253.6 g)
Organics - Bean Medley 540 ml - (253.6 g)

Selection
Six Bean Mix 540 ml - (253.6 g)
Lentils

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**Nutrition criteria**

Fat: Less than or equal to 8 g **and**
Sodium: Less than or equal to 360 mg **and**
Protein: At least 10 g

**Lentils**

- **Arz Fine Foods**
  - Green Lentils 540 ml - (209 g)

- **Compliments**
  - Lentils 540 ml - (253.6 g)

- **Ferma**
  - Green Lentils 750 g - (100 g)

- **No Name**
  - Lentils 540 ml - (253.6 g)

- **NuPak**
  - Brown Lentils 900 g - (100 g)
  - Green Lentils, Dried 900 g - (100 g)
  - Red Lentils 900 g - (100 g)

- **President’s Choice**
  - Black Label Collection - Green Lentils - Firm 340 g - (100 g)
  - Blue Menu - Green Lentils 900 g - (100 g)
  - Blue Menu - Red Split Lentils 900 g - (100 g)
  - Organics - Green Lentils 450 g - (100 g)
  - Organics - Red Lentils 450 g - (100 g)

- **Quik Kook**
  - Green Lentils 450 g - (50 g)

- **Selection**
  - Green Lentils 900 g - (100 g)
  - Red Splits Lentils 900 g - (100 g)
  - Lentils 540 ml - (253.6 g)

- **Suraj**
  - Laird Green Lentils 1800 g - (100 g)
  - Red Split Lentils 1800 g - (100 g)

- **Tru Roots**
  - Organic Sprouted Green Lentils 283 g - (40 g)
# Nuts, seeds and protein butter

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the [Workplace Nutrition Standards](https://www.workplace.nutritionstandard.org) as well as the [Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150)](https://www.edu.gov.on.ca/td/flashtable_bead41.html) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

## Nutrition criteria

- Not coated with candy, chocolate, sugar or yogurt and
- Sodium: Less than or equal to 140 mg

## Nuts

### Almonds

- **Central Roast**
  - Almonds - Dry Roasted, Unsalted 270 g - (40 g)
  - Almonds - Organic, Raw 200 g - (40 g)
  - Almonds - Raw 385 g - (40 g)

- **Charlie's Snacks**
  - Natural Almonds 200 g - (50 g)
  - Silvered Almonds 150 g - (50 g)
  - Sliced Almonds 100 g - (50 g)

- **Compliments**
  - Almonds - Natural 400 g - (50 g)
  - Almonds - Sliced 250 g - (50 g)
  - Ground Almonds 100 g - (50 g)
  - Natural Almonds 100 g - (50 g)
  - Natural Almonds 275 g - (50 g)
  - Roasted Unsalted Almonds 375 g - (50 g)
  - Sliced Almonds 200 g - (50 g)
  - Slivered Almonds 100 g - (50 g)
  - Slivered Almonds 250 g - (50 g)

- **Duero**
  - Almonds - Valencia 125 g - (30 g)

- **Fresh Gourmet**
  - Sliced Almonds - Toasted 99 g - (7 g)

- **No Name**
  - Ground Almonds 100 g - (30 g)
  - Sliced Blanched Almonds 400 g - (30 g)
  - Slivered Almonds 400 g - (30 g)
  - Whole Almonds 100 g - (30 g)
  - Whole Blanched Almonds 100 g - (30 g)

- **Organically Yours**
  - Raw Almonds 200 g - (50 g)
  - Roasted Unsalted Almonds 200 g - (50 g)

- **Planters**
  - Almonds - Natural, Sodium Free 225 g - (50 g)
  - Almonds - Raw 200 g - (50 g)
President's Choice
Blue Menu - Almonds - Unsalted 275 g - (50 g)
Blue Menu - Almonds - Unsalted 454 g - (50 g)
Organics - Natural Almonds - Whole 150 g - (50 g)
Raw California Almonds - Unsalted 400 g - (50 g)
Roasted California Almonds - Unsalted 300 g - (50 g)

Royal Nuts
Almonds - Raw 325 g - (50 g)

Selection
Slivered Almonds 150 g - (36 g)
Blanched Sliced Almonds 100 g - (30 g)
Blanched Slivered Almonds 100 g - (30 g)
Sliced Almonds 150 g - (46 g)
Whole Almonds - Natural 225 g - (50 g)
Whole Natural Almonds 250 g - (48 g)

Stock & Barrel
Ground Almonds 150 g - (50 g)
Raw Almonds 400 g - (50 g)
Sliced Almonds 100 g - (50 g)
Sliced Natural Almonds 125 g - (50 g)
Slivered Almonds 150 g - (50 g)
Unsalted Roasted Almonds 400 g - (50 g)

Wonderful
Almonds - Natural Raw 178 g - (50 g)

Brazil nuts
Compliments
Brazil Nuts 100 g - (50 g)

Organically Yours
Raw Brazil Nuts 225 g - (50 g)

Stock & Barrel
Brazil Nuts 175 g - (45 g)

Cashew nuts

Central Roast
Cashews - Dry Roasted, Unsalted 275 g - (40 g)
Cashews - Raw 370 g - (40 g)

Dan-D Pak
Cashews - Unsalted 908 g - (30 g)
Cashews - Unsalted 908 g - (40 g)

Organically Yours
Raw Whole Cashews 200 g - (40 g)
Roasted Unsalted Cashews 200 g - (50 g)

Planters
Cashews - Unsalted 225 g - (50 g)

President's Choice
Blue Menu - Roasted Cashews - Unsalted 454 g - (50 g)
Raw Cashews - Unsalted 220 g - (40 g)
Roasted Cashews - Unsalted 400 g - (50 g)

Organics
Natural Cashews - Whole 170 g - (50 g)

Royal Nuts
Cashews - Unsalted 350 g - (50 g)

Selection
Cashews - Unsalted and Roasted 225 g - (50 g)
Whole Roasted Cashews - No Salt 300 g - (50 g)

Stock & Barrel
Roasted & Unsalted Cashews 350 g - (50 g)
T&T
Unsalted Cashews 800 g - (30 g)

Chestnuts
Aurora
Roasted Chestnut - Peeled 100 g - (50 g)

Hazelnuts
Charlie's Snacks
Filberts 150 g - (40 g)
No Name
Flaked Filberts 100 g - (40 g)
Whole Filberts 100 g - (40 g)
Selection
Raw Hazelnuts 200 g - (45 g)
Whole Filbert Nuts 100 g - (30 g)
Stock & Barrel
Unsalted Dry Roasted Filberts 250 g - (50 g)

Macadamia nuts
Central Roast
Macadamia Nuts - Raw 210 g - (40 g)
MacFarms
Macadamia Nuts - Natural Unsalted 170 g - (34 g)

Peanuts
Charlie's Snacks
Blanched Peanuts - Roasted, Unsalted 275 g - (50 g)
Compliments
Natural Dry Roasted Peanuts 700 g - (50 g)
Unsalted Roasted Peanuts 500 g - (50 g)
No Name
Peanut Pieces 100 g - (30 g)
Roasted Peanuts 907 g - (56 g)
Planters
Unsalted Peanuts - Roasted In-Shell 227 g - (50 g)
Peanuts - Cocktail, Unsalted 300 g - (50 g)
Roasted Peanuts 2000 g - (50 g)
President's Choice
Blue Menu - Virginia Peanuts - Unsalted 454 g - (50 g)
Peanuts - Unsalted 700 g - (50 g)
Reddi Snack
Peanuts in the Shell - Fresh Roasted 1000 g - (50 g)
Selection
Blanched Peanuts - No Salt 400 g - (48 g)
Dry Roasted Peanuts - Unsalted 700 g - (50 g)
Roasted Peanuts in Shell - Unsalted 1000 g - (50 g)
Stock & Barrel
Unsalted Roasted Peanuts 650 g - (50 g)
**Pecans**

**Charlie’s Snacks**
Pecan Halves 100 g - (50 g)

**Compliments**
Chopped Pecans 100 g - (50 g)
Ground Pecans 100 g - (50 g)
Pecan Halves - Natural 200 g - (50 g)
Pecan Halves 100 g - (50 g)
Pecan Pieces 100 g - (50 g)

**No Name**
Chopped Pecans 400 g - (36 g)
Pecan Halves 100 g - (36 g)
Pecan Halves 400 g - (36 g)

**Planters**
Pecan Halves - Raw 175 g - (50 g)

**President’s Choice**
Raw Pecan Halves - Unsalted 150 g - (50 g)

**Royal Nuts**
Pecans - Dry Roasted, Unsalted 250 g - (50 g)

**Selection**
Natural Pecan Halves 200 g - (50 g)
Pecan Halves 100 g - (30 g)
Pecan Pieces 100 g - (30 g)

**Stock & Barrel**
Natural Pecan Halves 100 g - (50 g)
Pecan Pieces 100 g - (50 g)

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**Pine nuts**

**Compliments**
Pine Nuts 100 g - (50 g)

**No Name**
Pine Nuts 100 g - (35 g)

**Selection**
Pine Nuts 125 g - (45 g)
Pine Nuts 80 g - (35 g)

**Stock & Barrel**
Pine Nuts 125 g - (30 g)

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**Pistachios**

**President’s Choice**
Blue Menu - California Pistachios - Unsalted, Dry Roasted 620 g - (50 g)

**Stock & Barrel**
Natural Pistachios 175 g - (50 g)

**Wonderful**
Pistachios - Roasted Unsalted 225 g - (50 g)

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**Walnuts**

**Central Roast**
Walnut Halves and Pieces - Raw 190 g - (40 g)

**Charlie’s Snacks**
Walnut Halves and Pieces 165 g - (50 g)
Compliments
California Natural Walnut Halves & Pieces 225 g - (50 g)
Chopped Walnuts 100 g - (50 g)
Walnut Halves 100 g - (50 g)
Walnut Pieces - California Natural 250 g - (50 g)
Walnut Pieces 100 g - (50 g)

No Name
Chopped Walnuts 400 g - (40 g)
Walnut Pieces 400 g - (40 g)

Organically Yours
Walnuts 150 g - (50 g)

President's Choice
Blue Menu - Walnuts - Unsalted 200 g - (50 g)
Organics - Natural Walnuts - Halves & Pieces 100 g - (50 g)
Raw California Walnut Halves & Pieces - Unsalted 250 g - (50 g)

Mixed nuts
Central Roast
Mixed Nuts - Dry Roasted, Unsalted 260 g - (40 g)
Raw Mixed Nuts - Unsalted 260 g - (40 g)
Raw Mixed Nuts - Unsalted 375 g - (40 g)

Compliments
Mixed Nuts - Unsalted Roasted, 50% Peanuts 350 g - (50 g)

Irresistibles
Life Smart - Deluxe Mixed Nuts - Low Sodium 225 g - (50 g)

Selection
All Natural Assorted Mixed Nuts 300 g - (50 g)
Deluxe Mix Nuts 300 g - (40 g)

Stock & Barrel
Deluxe Mixed Nuts - Unsalted & Roasted, 35% Cashews 175 g - (50 g)
In The Raw Natural Mixed Nuts 325 g - (50 g)
Unsalted Roasted Deluxe Mixed Nuts 350 g - (50 g)

Mixed nuts, seeds, and dried fruit

Central Roast
Raw Goji Energy Mix 50 g - (50 g)
Raw Golden Berry Energy Mix 260 g - (40 g)

Charlie's Snacks
Deluxe Treat Mix 250 g - (50 g)
Sierra Mix 250 g - (50 g)

Compliments
Colorado Trail Mix 500 g - (50 g)

No Name
Original Trail Mix 1000 g - (50 g)

Organically Yours
Raisins & Nut Mix 200 g - (50 g)

Prana
Exotic Fruit & Nut Mix - Machu Pichu 150 g - (30 g)

President's Choice
Mountain Trail Mix 325 g - (50 g)

Smile Natural Foods
Wholefood Blend + Coconut 200 g - (30 g)
Wholefood Blend + Cranberry 200 g - (30 g)
Wholefood Blend + Fig Cacao 200 g - (30 g)
Wholefood Blend + Goji Berry 200 g - (30 g)

Stock & Barrel
Trail Mix - Sierra 500 g - (50 g)
Seeds

Chia seeds

Prana
Black Ground 200 g - (20 g)
White Ground 200 g - (20 g)
Whole White 300 g - (20 g)

Bob’s Red Mill
Chia Seeds 453 g - (26 g)

Elan
Chia Seeds 250 g - (40 g)

Irresistibles
Life Smart - Whole Black Chia Seeds 300 g - (15 g)

President’s Choice
Organics - Chia Seeds - Black 300 g - (12 g)

Selection
All Natural Assorted Mixed Nuts 300 g - (50 g)
Deluxe Mix Nuts 300 g - (40 g)

Smile Natural Foods
Wholefood Blend + Coconut 200 g - (30 g)
Wholefood Blend + Cranberry 200 g - (30 g)
Wholefood Blend + Fig Cacao 200 g - (30 g)
Wholefood Blend + Goji Berry 200 g - (30 g)

Stock & Barrel
In The Raw Natural Mixed Nuts 325 g - (50 g)
Trail Mix - Sierra 500 g - (50 g)
Unsalted Roasted Deluxe Mixed Nuts 350 g - (50 g)

Salba Chia
Premium Ground Salba Chia 150 g - (15 g)
Premium Sprouted Salba Chia 150 g - (15 g)
Premium Whole Salba Chia 300 g - (15 g)

Flax seeds

Amira
Brown Flax Seeds 907 g - (30 g)

Bob’s Red Mill
Raw Whole Flaxseed 680 g - (31 g)
Whole Ground Flaxseed Meal 453 g - (13 g)

Caroline’s Cupboard
Milled Flax Seeds 500 g - (40 g)

Elan
Flax Lin Seeds 275 g - (40 g)

Protein foods 54
Irresistibles
Life Smart - Whole Brown Flax Seeds 300 g - (10 g)

Omega Nutrition
Cold Milled Flax Seeds 500 g - (10 g)

President's Choice
Organics - Milled Flaxseed 400 g - (30 g)
Organics - Whole Flaxseed 454 g - (40 g)
Organics - Whole Flaxseed 454 g - (40 g)

Selection
Flax Seeds 450 g - (30 g)

Stock & Barrel
Ground Flax Seeds 175 g - (40 g)

Hemp seeds

Bob's Red Mill
Hemp Seed Hearts 340 g - (28 g)

Elan
Hemp Seeds - Hulled 165 g - (35 g)

Manitoba Harvest
Raw Shelled Hemp Seeds 340 g - (30 g)
Raw Shelled Hemp Seeds - Natural 227 g - (30 g)

President's Choice
Hemp Hearts 227 g - (30 g)

Psyllium seed

Caroline's Cupboard
Psyllium Seed Husk 300 g - (2 g)

Pumpkin seeds

Central Roast
Organic Pumpkin Seeds - Raw 240 g - (40 g)
Raw 270 g - (40 g)

Charlie's Snacks
Raw Pumpkin Kernels 200 g - (50 g)

Elan
Organic Pumpkin Seeds 185 g - (40 g)

President's Choice
Raw Pumpkin Seeds - Unsalted 225 g - (50 g)

Royal Nuts
Shelled, Unsalted 250 g - (50 g)

Selection
Pumpkin Seeds 375 g - (43 g)

Stock & Barrel
Natural Pumpkin Seeds - Shelled 275 g - (50 g)
Unsalted Roasted 325 g - (50 g)

Quinoa seeds

Clic
Quinoa Seeds 907 g - (45 g)

Sesame seeds

Heiwa
Roasted Sesame Seed 227 g - (5 g)
Stock & Barrel
White Sesame Seeds 250 g - (50 g)

Sunflower seeds

Central Roast
Organic, Raw 400 g - (40 g)

ChaCheer
Original Flavour 260 g - (30 g)

Compliments
Unsalted Roasted Sunflower Seeds 450 g - (50 g)

David Roberts Food Corporation
Roasted Without Salt 300 g - (30 g)

Elan
Sunflower Seeds 200 g - (40 g)

Organically Yours
Raw Sunflower Seeds 200 g - (50 g)

President's Choice
Raw Sunflower Seeds - Unsalted 450 g - (50 g)
Roasted Sunflower Seeds - Unsalted 400 g - (50 g)

Royal Nuts
Shelled, Unsalted 250 g - (50 g)

Stock & Barrel
Raw Sunflower Seeds 400 g - (50 g)
Sunflower Seeds - Unsalted Roasted 375 g - (50 g)
Protein butters (nuts or seeds)

**Almond butter**

**Irresistibles**
Life Smart - Smooth 340 g - (15 g)

**Maranatha**
Creamy 340 g - (16 g)
Crunchy 340 g - (16 g)
Raw 340 g - (16 g)
Roasted 340 g - (16 g)

**Nuts to You Nut Butter**
Crunchy 365 g - (30 g)
Raw, Smooth 365 g - (30 g)
Smooth 250 g - (30 g)
Smooth 365 g - (30 g)

**President’s Choice**
Blue Menu - Just Almonds, Crunchy 340 g - (14 g)
Blue Menu - Just Almonds, Smooth 340 g - (14 g)

**Sensations by Compliments**
100% Natural Smooth Almond Butter 500 g - (15 g)

**Peabutter**

**No Nuts**
Golden Peabutter - Original 510 g - (15 g)

**Peanut butter**

**Compliments**
Crunchy Peanut Butter 1000 g - (15 g)
Smooth Peanut Butter 1000 g - (15 g)
Naturally Simple - Crunchy 500 g - (15 g)
Naturally Simple - Smooth 1000 g - (15 g)
Organic - 100% Natural Crunchy 500 g - (15 g)
Organic - 100% Natural Smooth 500 g - (15 g)

**Irresistibles**
Naturalia - Crunchy 500 g - (15 g)
Organics - Creamy 500 g - (15 g)

**Jif**
Creamy 500 g - (17 g)
Creamy, Cups 250 g - (31 g)
Crunchy 500 g - (16 g)

**Cashew butter**

**Nuts to You Nut Butter**
Cashew Butter - Smooth 500 g - (30 g)
Kraft
All Natural with Sea Salt 750 g - (15 g)
All Natural, Crunchy 750 g - (15 g)
All Natural, Smooth 750 g - (15 g)
Extra Creamy 1000 g - (15 g)
Smooth 500 g - (15 g)
Smooth, Light 500 g - (15 g)
Unsweetened, Unsalted 1000 g - (15 g)
Peanut Butter and Dip - Whipped 750 g - (13 g)
Peanut Butter - Crunchy 500 g - (15 g)

Maranatha
Creamy 500 g - (16 g)
Creamy, Organic - (16 g)
Crunchy - 500 g - (16 g)
Crunchy, Organic 500 g - (16 g)

Natur
Creamy 500 g - (16 g)
Crunchy 500 g - (16 g)

No Name
Crunchy - 1000 g - (15 g)
Smooth - 500 g - (15 g)
Smooth - Light 500 g - (15 g)

Nuts to You Nut Butter
Organic - Crunchy 500 g - (15 g)
Organic - Smooth 500 g - (15 g)

PB2
Powdered Peanut Butter 453 g - (12 g)

Peanut Butter & Co.
Smooth Operator - 500 g - (32 g)

Planters
Crunchy 500 g - (15 g)
Smooth 500 g - (15 g)

President’s Choice
Blue Menu - Just Peanuts, Crunchy 750 g - (15 g)
Blue Menu - Just Peanuts, Smooth 750 g - (15 g)
Organics - Crunchy 500 g - (15 g)
Organics - Smooth 500 g - (15 g)

Selection
Extra Creamy 1000 g - (15 g)
Smooth 1000 g - (15 g)
Smooth, Light 1000 g - (15 g)

Smucker’s
Creamy 500 g - (16 g)
Crunchy 500 g - (16 g)

Tout Naturel
Creamy Organic - 500 g - (15 g)
Crunchy - 500 g - (15 g)

Pumpkin seed butter

Nuts to You Nut Butter
Organic Pumpkin Seed Butter - Smooth 250 g - (30 g)

Soy butter

Wowbutter
Toasted Soy Spread - Creamy - 500 g - (16 g)
Toasted Soy Spread - Creamy 500 g - (16 g)
Toasted Soy Spread - Crunchy - 500 g - (16 g)
**Sunflower seed butter**

*Nuts to You Nut Butter*
Smooth 500 g - (30 g)

**SunButter**
Organic - No Sugar Added 454 g - (32 g)
Crunch 454 g - (32 g)
Original 454 g - (32 g)

**Tahini**

*Alwadi*
Tahina Sesame Paste 430 ml - (15.2 g)

*Artisana Organics*
Raw Tahini Sesame Seed Butter 397 g - (32 g)

*Arz Fine Foods*
Tahina 100% Pure Sesame Seed Paste 907 g - (30 g)

*Nuts to You Nut Butter*
Smooth 500 g - (30 g)

**Tahini**

*Artisana Organics*
Nut Butter with Cashews - Raw Walnut 227 g - (32 g)

*Arz Fine Foods*
Halawa - Extra Pistachio 454 g - (100 g)

**Earth Balance**
Peanut Butter and Flaxseed - Creamy 500 g - (15 g)
Peanut Butter and Flaxseed - Crunchy 500 g - (15 g)

**Maranatha**
Coconut Almond Butter - Creamy 340 g - (16 g)

**Nuts to You Nut Butter**
Almond Cashew Butter - Mystery Butter, Smooth 365 g - (30 g)
Almond Hazelnut Butter - Smooth 250 g - (30 g)
Almond Hazelnut Butter - Smooth 365 g - (30 g)
Rainforest Nut Butter with Coconut - Smooth 500 g - (30 g)

**Yoso**
Cultured Almond and Cashew - Unsweetened 440 g - (110 g)
## Tempeh and tofu

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards® as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

### Nutrition criteria

Fat: Less than or equal to 8 g and  
Sodium: Less than or equal to 360 mg and  
Protein: At least 10 g

<table>
<thead>
<tr>
<th>Tempeh</th>
<th>Tofu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lightlife</strong></td>
<td><strong>Mandarin Soyfoods</strong></td>
</tr>
<tr>
<td>Original 227 g</td>
<td>Firm 420 g - (100 g)</td>
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<tr>
<td>(84 g)</td>
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</tbody>
</table>

| **President’s Choice** |
| Blue Menu - Extra Firm 350 g - (88 g) |

| **Sol Cuisine** |
| Extra Firm 350 g - (75 g) |
| Firm 350 g - (75 g) |

| **Soyganic** |
| Extra Firm 350 g - (85 g) |
| Tofu - Smoked, Garlic Pepper 210 g - (85 g) |
| Tofu - Smoked, Original 210 g - (85 g) |

| **Sunrise** |
| Extra Firm 350 g - (85 g) |
Eggs

NOTE: All fresh graded eggs offer “Maximum Nutritional Value.”

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**Nutrition criteria**
Fat: Less than or equal to 7 g and
Sodium: Less than or equal to 360 mg

### Eggs

**Burnbrae Farms**
- Brown Eggs - Extra Large 696 g - (58 g)
- Brown Eggs - Large 318 g - (53 g)
- Eggs - Extra Large 696 g - (58 g)
- Eggs - Extra Large 960 g - (58 g)
- Eggs - Naturegg Nestlaid, Large 636 g - (53 g)
- Eggs - Naturegg Omega 3, Large 636 g - (53 g)
- Eggs - Naturegg, Free Run (Large) 318 g - (53 g)
- Eggs - Naturegg, Omega 2 (Large) 636 g - (53 g)
- Eggs - Naturegg, Omega 3 (Medium) 276 g - (46 g)
- Eggs - Naturegg, Omega 3, Brown (Large) 636 g - (53 g)
- Eggs - Naturegg, Omega Plus (Large) 636 g - (53 g)
- Eggs - Prestige, Large 954 g - (53 g)
- Eggs - White, Large 636 g - (53 g)
- Large Brown Eggs 636 g - (53 g)
- Small Eggs 504 g - (42 g)
- White Eggs - Large 318 g - (53 g)

**Compliments**
- 12 Extra Large Size Eggs 696 g - (58 g)
- 12 Large Size Eggs 636 g - (53 g)
**Greenvalley**
Eggs - Large 636 g - (53 g)
Eggs - Medium 552 g - (46 g)

**Irresistibles**
Life Smart - 100% Pure Egg Whites 500 g - (63 g)
Life Smart - Oméga-3 Large Size Eggs 636 g - (53 g)
Organics - Extra Large Size Eggs - Free Range 696 g - (58 g)
Organics - Large Size Eggs - Free Range 636 g - (53 g)

**Nature's Farm**
Smart Egg - Eggs - Omega-3 Organic, Large Size 636 g - (53 g)

**No Name**
Large Size Eggs 636 g - (53 g)
Medium Size Eggs 550 g - (46 g)
President's Choice
Blue Menu - Brown Eggs - Free Run, Large Size 636 g - (53 g)
Blue Menu - Brown Eggs - Oméga-3, Large Size 636 g - (53 g)
Blue Menu - White Eggs - Oméga-3, Large Size - (53 g)
Eggs - Free-Run Brown, Extra Large 696 g - (58 g)
Free-Run Brown Eggs - Large Size 636 g - (53 g)
Organics - Free-Range Brown Eggs - Extra-Large Size 696 g - (58 g)
Organics - Free-Range Brown Eggs - Large Size 636 g - (53 g)
Organics - Free-Range Brown Eggs - Medium Size 552 g - (46 g)

Rolling Meadow Dairy
Eggs - Pastured Free Range, Large 636 g - (53 g)

Liquid egg product - plain

Burnbrae Farms
Egg Whites - Naturegg, Free Run 500 g - (63 g)
Egg Whites - Naturegg, Simply Egg Whites 500 g - (63 g)
Eggs - Naturegg, Nature's Best (Large) 636 g - (53 g)
Liquid Egg Product - Naturegg, Omega Plus 500 g - (63 g)
Egg Creations - Liquid Egg Product - Fat Free, Original 500 g - (63 g)
Egg Creations - Liquid Egg Product - Whole Eggs, Original 500 g - (63 g)

Compliments
Balance - 100% Pure Liquid Egg Whites 500 g - (63 g)

Eggs – other

Cock Brand
Quail Eggs in Water 400 ml - (50 g)

Gold Egg
Egg Whites 500 g - (50 g)
Just Egg Whites 500 g - (50 g)

PaneRiso
Egg Replacer 350 g - (3 g)

President's Choice
Blue Menu - Egg Whites 1000 g - (63 g)
Blue Menu - Free-Run Egg Whites 500 g - (63 g)

Rowefarms
Eggs - Organic Extra Large 696 g - (58 g)

Selection
Eggs - Extra Large Size (58 g)
Eggs - Large Size (53 g)
Eggs - Medium Size 552 g - (46 g)

No Name
Extra Large Size Eggs 696 g - (58 g)

CRO Quail Farms Inc.
Quail Eggs - (69 g)
Milk

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Nutrition criteria
Fat: Less than or equal to 5 g or 2% M.F. and Calcium: At least 25% DV and No added sugar

Gay Lea
White Milk 237 - (237 ml)

Grand Pre
Milk - 2% M.F. 1000 ml - (250 ml)
Milk - 2% M.F. 600 ml - (200 ml)

Harmony Organic
1% M.F. 1000 ml - (250 ml)
Skim 1000 ml - (250 ml)

Irresistibles
Organics - 2% M.F. Partly Skimmed Milk 2000 ml - (250 ml)

Milk 2 Go
2% Plain 310 ml - (310 ml)

Natrel
Fine-Filtered 1% Milk 1000 ml - (250 ml)
Fine-Filtered 2% Milk 1000 ml - (250 ml)
Fine-Filtered Skim Milk 1000 ml - (250 ml)
Lactose Free 1% 2000 ml - (250 ml)
Lactose Free 2% 2000 ml - (250 ml)
Lactose Free Skim Milk 2000 ml - (250 ml)
Organic Fine-Filtered 1% Milk 2000 ml - (250 ml)

Neilson
1% M.F. Partly Skimmed Milk - Lactose Free 2000 ml - (250 ml)
1% M.F. Partly Skimmed Milk 2000 ml - (250 ml)
1% M.F. Partly Skimmed Organic Milk 2000 ml - (250 ml)
2% M.F. Partly Skimmed Milk - Lactose Free 2000 ml - (250 ml)
2% M.F. Partly Skimmed Milk 2000 ml - (250 ml)
2% M.F. Partly Skimmed Organic Milk 2000 ml - (250 ml)
Skim Milk - Lactose Free 2000 ml - (250 ml)
Skim Milk – 2000 ml - (250 ml)
Skim Organic Milk 2000 ml - (250 ml)

Nutrinor
Nordic Milk - 2% M.F. 2000 ml - (250 ml)

Organic Meadow
Lactose Free Milk - 2% M.F. 2000 ml - (250 ml)
Partly Skimmed Milk - 1% M.F. 2000 ml - (250 ml)
Skim Milk 2000 ml - (250 ml)

President's Choice
Organics - Fresh Partly Skimmed Milk - 2% M.F. 1000 ml - (250 ml)
Organics - 1% M.F. Fresh Partly Skimmed Milk 2000 ml - (250 ml)
Organics - Skim, 0.1% M.F. 2000 ml - (250 ml)
Rolling Meadow Dairy
1% M.F. 2000 ml - (250 ml)
2% M.F. 2000 ml - (250 ml)
Skim 2000 ml - (250 ml)

Sealtest
1% 2000 ml - (250 ml)
2% 2000 ml - (250 ml)
Skim 2000 ml - (250 ml)

Hewitt's Dairy
Goat Milk - 2% M.F. 1000 ml - (250 ml)

Liberté
Goat Milk - 2% M.F. 1000 ml - (250 ml)

Buttermilk

Neilson
Butter-Milk - 1% M.F. 1000 ml - (250 ml)

Sealtest
Buttermilk 1000 ml - (250 ml)

Goat milk

Crosswind Farm
Goat Milk 1000 ml - (250 ml)

Skim milk powder

Carnation
Instant Skim Milk Powder - Fat Free 500 g - (25 g)

Compliments
Balance - Instant Skim Milk Powder 500 g - (25 g)

No Name
Pasteurized Instant Skim Milk Powder 500 g - (25 g)

Selection
Instant Skim Milk Powder 500 g - (25 g)
Yogurt/kefir

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**Nutrition criteria**

- Fat: Less than or equal to 3 g and Less than or equal to 2% M.F. and
- Calcium: 15% DV or more and
- Vitamin D: 15% DV or more and
- No added sugar

**Kefir - plain**

- Organic Meadow - Kéfir - Plain, 1% M.F. 1000 ml - (250 ml)

**Yogurt - plain**

- Astro - BioBest Probiotic Yogourt - Plain, 1% M.F. 750 g - (125 g)
- lõgo - Greek Yogurt - Plain, 0% M.F. 750 g - (175 g)
Cheese

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards© as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

**Nutrition criteria**
Fat: Less than or equal to 20% M.F. and
Sodium: Less than or equal to 360 mg and
Calcium: 15% DV or more

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**Cheese**

**Allegro**
Skimmed Milk Cheese - Lactose 200 g - (30 g)
Skimmed Milk Cheese - Lactose Free 200 g - (30 g)
Skimmed Milk Cheese - Lactose Free, Herbs and Spices 200 g - (30 g)
Skimmed Milk Cheese - Lactose Free, Jalapeño 200 g - (30 g)

**Oka**
Firm Surface Ripened, Light 190 g - (30 g)

**Saputo**
Firm Ripened Cheese - Mini Friulano 700 g - (30 g)

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**Bocconicini**

**Tre Stelle**
Bocconcini, Light 200 g - (30 g)
Bocconcini, Medallion Slices 200 g - (30 g)

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**Cheddar**

**Armstrong**
Marble Cheddar, Light 700 g - (30 g)

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**Black Diamond**
Marble Cheddar, Light 400 g - (30 g)

**Compliments**
Balance - Reduced Fat Marble Cheddar Cheese 400 g - (30 g)
Balance - Reduced Fat Old Cheddar Cheese 400 g - (30 g)
Balance - Shredded Part Skim Mozzarella Cheese 320 g - (30 g)

**No Name**
Marble Cheddar Cheese - Light 400 g - (30 g)
Medium Cheddar Cheese - Light 400 g - (30 g)
Old Cheddar Cheese - Light 400 g - (30 g)

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**Gouda**

**Anco**
Gouda, Light 170 g - (30 g)
Mozzarella

**Babybel**
Mini Babybel Cheese - Mozzarella 129 g - (21.5 g)

**Black Diamond**
Cheestrings Ficello - Cheese - Mozzarella, Stringable 336 g - (21 g)

**Compliments**
Pizza Mozzarella 450 g - (30 g)

**Kraft**
Pizza Mozzarella Cheese 450 g - (30 g)
Shredded Cheese - Pizza Mozzarella 620 g - (30 g)

**Irresistibles**
Life Smart - Mozzarella Cheese - Sliced, Low Fat 180 g - (21 g)

**No Name**
Part Skim Mozzarella Cheese - Light 400 g - (30 g)
Pizza Mozzarella Cheese - Stringable Marble 336 g - (21 g)
Pizza Mozzarella Cheese - Stringable Pizza Mozzarella 336 g - (21 g)
Shredded Part Skim Mozzarella Cheese - Light 340 g - (30 g)

**President's Choice**
Mozzarella, Sliced 170 g - (21 g)
Pizza Mozzarella, Shredded 340 g - (30 g)
Lactose-Free Shredded Cheese - Pizza Mozzarella 340 g - (30 g)

**Santa Lucia**
Smoked Mozzarella 227 g - (30 g)

**Saputo**
Mozzarellissima 690 g - (30 g)
Mozzarellissima, Light 700 g - (30 g)
Shredded Pizza Mozzarella Cheese - Mozzarellissima 320 g - (30 g)
Shredded Pizza Mozzarella Cheese - Mozzarellissima, Light 1000 g - (30 g)

**Selection**
Mozzarella, Part Skim 400 g - (30 g)

**Zerto**
Fresh Mozzarella 250 g - (42 g)

**Provolone**

**Irresistibles**
Life Smart - Provolone Cheese - Sliced 180 g - (22 g)

**Swiss**

**President's Choice**
Blue Menu - Light Swiss Cheese - Sliced 150 g - (19 g)

**Sensations by Compliments**
Swiss Cheese - Light, Sliced 150 g - (19 g)

**Mixed cheese**

**Cracker Barrel**
Shredded, Tex Mex, Light 320 g - (30 g)

**Black Diamond**
Pizza Mozzarella/Asiago/Provolone (smoked)/Parmesan, Shredded 340 g - (30 g)

**Cracker Barrel**
Shredded, Mozza Cheddar, Light 320 g - (30 g)

**President's Choice**
Cheese Blend - Tre Formaggi 340 g - (30 g)
**No Name**
Shredded Double Cheddar Cheese Blend - Light 340 g - (30 g)
Shredded Nacho Cheese Blend - Light 340 g - (30 g)

**Sensations by Compliments**
Shredded Cheese Blend - Tex Mex, Light 320 g - (30 g)

**Cottage cheese**

**Compliments**
Balance - Cottage Cheese 500 g - (125 g)
Cottage Cheese 500 g - (125 g)

**No Name**
1% M.F. Cottage Cheese 250 g - (125 g)
2% M.F. Cottage Cheese 250 g - (125 g)
Cottage Cheese - Fat-Free 500 g - (125 g)

**Nordica**
Cottage Cheese - Fat Free 500 g - (125 g)
Cottage Cheese - On-the-Go, Plain 1% 452 g - (113 g)
Cottage Cheese - Smooth, Plain, 2% M.F. 450 g - (125 g)
Cottage Cheese, 1% M.F. 500 g - (125 g)
Cottage Cheese, 2% M.F. 500 g - (125 g)
Cottage Cheese, Lactose Free 450 g - (125 g)

**Selection**
Cottage Cheese - 1% M.F. 500 g - (125 g)
Cottage Cheese - 2% M.F. 500 g - (125 g)

**Ricotta**

**President's Choice**
Blue Menu - Ricotta Whey 454 g - (55 g)

**Tre Stelle**
Ricotta, Light 475 g - (55 g)

**Brie (soft cheese)**
To protect against Listeriosis, pregnant women and other individuals with a vulnerable immune system (e.g., children, older adults, etc.) should avoid eating soft cheese such as brie.

**Irresistibles**
Life Smart - Brie Soft Ripened Cheese 175 g - (30 g)

**President’s Choice**
Blue Menu - Cheese - Brie, Light 175 g - (30 g)
Fish

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards® as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

All of the items listed under “Canned Salmon,” “Canned Tuna” and “Canned Sardines” meet the criteria for “Safe to Eat Everyday (Very Low Mercury)” or “Safe to Eat Often (Low Mercury)” and “Eco Friendly” in the factsheet “A Guide to Eating Fish for Women, Children and Families” distributed by Region of Waterloo Public Health and Emergency Services.

Nutrition criteria
Fat: Less than or equal to 8 g and Sodium: Less than or equal to 360 mg

<table>
<thead>
<tr>
<th>Basa</th>
<th>Irresistibles</th>
<th>President’s Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance - Basa Fillets 400 g - (100 g)</td>
<td>Baby Clams - Whole 142 g - (55 g)</td>
<td>Whole Baby Clams 284 g - (55 g)</td>
</tr>
<tr>
<td>SeaQuest</td>
<td>Cod</td>
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<tr>
<td>Basa Fillets 400 g - (142 g)</td>
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<tr>
<td>Selection</td>
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<tr>
<td>Basa Fillets 400 g - (100 g)</td>
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</tbody>
</table>

Clams

<table>
<thead>
<tr>
<th>Anchor Bay</th>
<th>High Liner</th>
<th>SeaQuest</th>
<th>Selection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked Clam Meat 340 g - (28 g)</td>
<td>Cod Fillets 400 g - (98 g)</td>
<td>Wild Pacific Cod Fillets 400 g - (110 g)</td>
<td>Cod Fillets 400 g - (85 g)</td>
</tr>
<tr>
<td>Clover Leaf</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Baby Clams - Yellow Clams in Water 142 ml - (56 g)</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
**Light tuna**

**Bom Petisco**
Light Meat Solid Tuna 198 g - (56 g)

**Clover Leaf**
Chunk Light Tuna - Skipjack in Water 170 g - (60 g)
Chunk Light Tuna - Yellowfin in Water 142 g - (50 g)
Flaked Light Tuna - Low Sodium Skipjack in Water 170 g - (60 g)
Flaked Light Tuna - Skipjack in Water 170 g - (60 g)

**Compliments**
Chunk Light Tuna in Water 170 g - (60 g)
Flaked Light Tuna in Water 170 g - (60 g)

**Itsumo**
Sashimi - Yellowfin Tuna 340 g - (100 g)

**Ocean's**
Chunk Light Tuna in Water - Low Sodium 170 g - (55 g)
Chunk Light Tuna in Water 170 g - (55 g)
Flaked Light Tuna in Water 170 g - (55 g)

**Rio Mare**
Tuna - Solid Light, in Water 240 g - (56 g)

**Selection**
Chunk Light Tuna 170 g - (56 g)

**Tonnino**
Light Tuna Fillets in Spring Water 190 g - (55 g)

**Unico**
Solid Light Tuna 198 g - (70 g)

**Wild Selections**
Light Tuna Solid in Water 142 g - (57 g)

**Mackerel**

**Ferma**
Blue Jack Mackerel 750 g - (100 g)

**Mussels**

**Anchor Bay**
Mussel Meat 340 g - (85 g)

**Canadian Cove**
Mussels 907 g - (125 g)
Irresistibles
Mussels - Smoked 85 g - (55 g)

Oysters
Irresistibles
Oysters - Smoked 85 g - (55 g)

Pacific salmon
Catch of the Day
Wild Pacific Salmon Fillets 680 g - (113 g)
Central-Epicure
Wild Pacific Salmon - Smoked 136 g - (55 g)
High Liner
Breaded Wild Pacific Salmon Fillets - Pan-Sear, Mediterranean 540 g - (137 g)
Wild Pacific Salmon Fillets 454 g - (110 g)
Nanuk
Smoked Pacific Salmon - Coho 140 g - (50 g)
Smoked Pacific Salmon - Sliced Sockeye 170 g - (50 g)

Pink salmon
Clover Leaf
Pink Salmon - Low Sodium Wild Pacific 213 g - (106 g)
Pink Salmon - Skinless, Boneless 150 g - (55 g)
Compliments
Balance - Wild Pacific Pink Salmon Fillets 454 g - (110 g)
Wild Pacific Pink Salmon 213 g - (53 g)
GoldSeal
Pink Salmon 213 g - (100 g)
No Name
Wild Pacific Pink Salmon 213 g - (53 g)
President's Choice
Blue Menu - Pink Salmon - Wild Pacific 213 g - (53 g)
Wild Pacific Pink Salmon 170 g - (57 g)
Raincoast Trading
Wild Pink Salmon - No Salt Added 160 g - (55 g)
Wild Pink Salmon - Skinless Boneless 150 g - (55 g)
SeaQuest
Wild Pink Salmon Fillets 454 g - (114 g)
Selection
Pink Salmon - Pacific 213 g - (100 g)
Wild Selections
Pink Salmon- Skinless Boneless, No Salt Added 150 g - (53 g)

Pollock
Compliments
Lobster-Flavoured Alaskan Pollock - Chunk-Style 227 g - (100 g)
Balance - Crab-Flavoured Alaskan Pollock - Flake-Style 227 g - (100 g)
Balance - Crab-Flavoured Alaskan Pollock - Leg-Style 227 g - (100 g)
Balance - Wild Pollock Fillets 400 g - (100 g)
Selection
Pollock Fillets 400 g - (85 g)
Salmon

High Liner
Salmon - Market Cuts 227 g - (113 g)

Sardines

Brunswick
Sardines - Spring Water 106 g - (84 g)

Raincoast Trading
Wild Pacific Sardines - Spring Water 120 g - (56 g)

Skipjack tuna

Raincoast Trading
Wild Skipjack Tuna - with Sea Salt 142 g - (56 g)

Sockeye salmon

Clover Leaf
Sockeye Salmon - Low Sodium Wild Red Pacific 213 g - (106 g)
Sockeye Salmon - Skinless, Boneless 170 g - (85 g)

GoldSeal
Sockeye Salmon 213 g - (55 g)

Irresistibles
Smoked Wild Sockeye Salmon - Sliced 130 g - (55 g)

No Name
Wild Pacific Sockeye Salmon 213 g - (53 g)

President's Choice
Blue Menu - Sockeye Salmon - Wild Pacific 213 g - (53 g)
Wild Sockeye Salmon 170 g - (57 g)

Raincoast Trading
Wild Sockeye Salmon - Skinless Boneless 150 g - (55 g)
Wild Sockeye Salmon - Traditional 160 g - (55 g)
Selection - Sockeye Salmon - Wild 170 g - (85 g)

Sensations by Compliments
Sockeye Salmon 213 g - (55 g)

Wild Selections
Sockeye Salmon - Skinless Boneless 150 g - (53 g)

Sole

Compliments
Balance - Wild Sole Fillets 400 g - (142 g)

High Liner
Sole Fillets 400 g - (100 g)

SeaQuest
Wild Sole Fillets 400 g - (110 g)

Selection
Sole Fillets 400 g - (85 g)
Tilapia

**Catch of the Day**
Tilapia Fillets 750 g - (100 g)

**High Liner**
Tilapia Fillets 454 g - (99 g)

SeaQuest
Tilapia Fillets 400 g - (125 g)

Selection
Tilapia Fillets - (100 g)

Sensations by Compliments
Tilapia Fillets 454 g - (125 g)
Meat

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards© as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

**Nutrition criteria**

Fat: Less than or equal to 10 g and
Sodium: Less than or equal to 360 mg

**Bison**

Natural Frontier Foods
Ground Meat - Bison 280 g - (140 g)
Medallions - Bison 224 g - (112 g)

**Escargots**

M'Lord
Escargots 115 g - (60 g)

**Chicken**

Irresistibles
Life Smart - Extra Lean Ground Chicken 450 g - (100 g)

President’s Choice
Blue Menu - Ground Chicken 564 g - (100 g)
Chicken Breast Fillets 750 g - (84 g)

**Elk**

Natural Frontier Foods
Steaks - Elk 224 g - (112 g)

**Quail**

Nipissing Game Farm Inc.
Quail - Chim Cut 800 g - (100 g)

**Snails**

Irresistibles
Snails 115 g - (59 g)

**Turkey**

Irresistibles
Life Smart - Extra Lean Minced Turkey 450 g - (100 g)
President's Choice

Blue Menu - Minced Turkey 458 g - (100 g)
Blue Menu - Turkey Breast - Bone-In, Skin-On 954 g - (100 g)
Blue Menu - Turkey Breast - Boneless, Skinless, Fillet Removed 592 g - (100 g)
Blue Menu - Turkey Breast Fillet 404 g - (100 g)
Blue Menu - Turkey Breast Fillet 444 g - (100 g)

Turkey Drumsticks - Air Chilled 554 g - (100 g)

Wild boar

Natural Frontier Foods
Steaks - Wild Boar 224 g - (112 g)
Combination foods are made up with foods from more than one food grouping in Canada’s food guide. Select combination foods that have plenty of vegetables with whole grains or protein foods such as beans, lentils, eggs, nuts, seeds, fish, lean poultry, lean meat, milk or low-fat cheese.
Side dishes

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards© as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

Nutrition criteria
Fat: Less than or equal to 5 g and
Saturated fat: Less than or equal to 2 g and
Sodium: Less than or equal to 240 mg and
Fibre: At least 2 g and
No processed meat

Side dishes

Arctic Gardens
Veg-e Protein - Quinoa Blend 300 g - (100 g)

Cookin’ Greens
Kale, Butternut Squash & Quinoa 300 g - (100 g)
Highly processed foods
Canada’s food guide recommends limiting highly processed foods as they contain higher amounts of added fat, sugar and salt compared to foods prepared at home with healthy ingredients. If you choose to eat highly processed foods, consider selecting healthier options such as the items in this list.

**Highly processed foods**

- Vegetables (processed) ...................................................................................................................................................................................... 83
- Tomato products (processed) ........................................................................................................................................................................... 86
- Grain-based snacks (processed) ................................................................................................................................................................. 93
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- Soup (processed) ................................................................................................................................................................................ 120
Vegetables (processed)

All of the food and beverages in this list meet the criteria for “Maximum Nutritional Value” outlined in the Workplace Nutrition Standards© as well as the Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150) for “Sell Most.” The nutrition criteria used to assess the products is outlined below.

**Nutrition criteria**
Vegetables or fruit (or water) is the first item on the ingredient list and
Fat: Less than or equal to 3 g and
Saturated fat: Less than or equal to 2 g and
Sodium: Less than or equal to 240 mg and
No added sugar

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**Artichokes**

**Aurora**
Marinated Artichoke Hearts 340 ml - (30 g)

**Irresistibles**
Marinated Artichoke Hearts Quarters 370 ml - (30 g)

**Olive Boutique**
Whole Artichokes - Marinated and Packed in Oil 225 ml - (30 g)

**Sardo**
Marinated Artichokes 320 g - (30 g)

**Beans**

**No Name**
French Cut Seasoned Green Beans 398 ml - (120.5 g)

**Selection**
Seasoned Green Beans - French-Style Cut 398 ml - (120.5 g)

**The Extreme Bean**
Pickled Beans - Garlic & Dill 500 ml - (30 g)
Pickled Beans - Hot & Spicy 500 ml - (30 g)

**Asparagus**

**Matt & Steve’s**
The Asparagoos, Garlic & Dill 500 ml - (30 g)
The Asparagoos, Hot & Spicy 500 ml - (30 g)

**Capers**

**Amphora**
Organic Non Pareil Capers 100 ml - (16 g)

**Irresistibles**
Capucine Capers 100 ml - (15 g)
Mediterranean Organic
Capers 105 ml - (15 g)

No Name
Capers 100 ml - (8.7 g)

President’s Choice
Caper Berries in Brine 220 ml - (15 g)

Unico
Capers 125 ml - (5 g)

Eggplant

Molisana
Eggplants - Hot, Pickled 375 ml - (26 g)

Aurora
Hot Pickled Eggplants in Oil 500 ml - (17.3 g)

Potatoes

Betty Crocker
Mashed Potatoes - Homestyle 180 g - (23 g)

Cavendish Farms
Frozen Fried Potatoes - Straight Cut 1000 g - (85 g)

Compliments
Crinkle Cut Fried Potatoes - Low Sodium 1000 g - (85 g)
Low Sodium Steak Cut Fried Potatoes 1000 g - (85 g)
Low Sodium Straight Cut Fried Potatoes 1000 g - (85 g)

Idahoan
Mashed Potatoes - Original 389 g - (22 g)

McCain
Fried Potatoes - Superfries Low Fat, Straight Cut 650 g - (85 g)
Fried Potatoes - Steak Cut 900 g - (85 g)

No Name
Crinkle Cut Fried Potatoes 1000 g - (85 g)
Straight Cut Fried Potatoes 1000 g - (85 g)

Onions

Cock Brand
Fried Onions 227 g - (2 g)

No Name
Sour Pickled Onions 375 ml - (15 g)

Peppers

Compliments
Pickled Hot Pepper Rings 750 ml - (30 g)

Old El Paso
Pickled Sliced Jalapeños 250 ml - (31 g)

Olive Boutique
Fire-Roasted Sweet Peppers - Marinated and Packed in Oil 225 ml - (25 g)

President’s Choice
Black Label Collection - Chopped Hot Chili Peppers in Oil - Peperoncini Piccanti 270 g - (4.9 g)

Unico
Diced Pimentos 225 ml - (24.4 g)
Sliced Pimentos 225 ml - (24 g)
Pickles

Bick's
Baby Dills Pickles - Garlic, 50% Less Salt 1000 ml - (30 g)
Sandwich Savers Pickles - Tangy Dill, 50% Less Salt 500 ml - (30 g)

Compliments
Polski Ogorkie Dill Pickles 1000 ml - (30 g)

Fire In The Kitchen
Wicked Pickles - Classic Garlic Dills 1000 ml - (30 g)
Wicked Pickles - Spicy Garlic Dills 1000 ml - (30 g)

Maille
Gherkins - L’Original 375 ml - (30 g)

No Name
Dill Chips 1000 ml - (30 g)

President's Choice
Deli-Sliced Dill Pickles - Hot and Zesty 500 ml - (28 g)
Deli-Sliced Dill Pickles - Zesty Garlic 500 ml - (28 g)
Pickles - Baby Dill 1000 ml - (28 g)
Pickles - Baby Dill with Garlic 1000 ml - (28 g)
Pickles - Baby Dill with Garlic 500 ml - (28 g)
Blue Menu - Baby Dill Pickles with Garlic 1000 ml - (28 g)

Selection
Pickles - Baby Dill with Garlic, Low Sodium 1000 ml - (28 g)

Strub's
Dill Pickles - Sandwich Snackers 500 ml - (30 g)

Vlasic
Baby Kosher Dill Pickles - No Garlic 1000 ml - (30 g)
Kosher Dill Pickles 1000 ml - (30 g)

Seaweed

Annie Chun's
Roasted Seaweed Snacks - Sesame 10 g - (5 g)

GimMe
Organic - Roasted Seaweed Snacks - Sea Salt 10 g - (5 g)
Organic - Roasted Seaweed Snacks - Sea Salt, 6 Pack 30 g - (5 g)

Paldo
Roasted Seaweed 15 g - (5 g)
Seaweed Snack 15 g - (5 g)

Rooster
Snack Pack - Roasted Seaweed 15 g - (5 g)

Spinach

Natco
Spinach Purée in Salted Water 795 g - (34 g)

Mixed vegetables

Green Giant
Frozen Vegetables - Seasoned Italian Blend 400 g - (100 g)
Apple products (processed)

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**Nutrition criteria**
Fat: Less than or equal to 3 g and
Sodium: Less than or equal to 360 mg

**Tomato sauce/pasta sauce**

**Catelli**
Garden Select, Parmesan & Romano 640 ml - (130 g)

**Classico**
Roasted Garlic & Onion 650 ml - (129.4 g)
Spicy Red Pepper 650 ml - (130 g)

**Compliments**
Tomato Sauce 680 ml - (62.1 g)

**Dave’s Gourmet**
Red Heirloom 723 g - (125 g)

**Guy Fieri**
Traditional Old School 670 ml - (129.4 g)

**Heinz**
No Salt Added 398 ml - (62.1 g)

**Hunt’s**
No Salt Added 398 ml - (129.4 g)

**Irresistibles**
Tomato Sauce - No Salt Added 398 ml - (62.1 g)
Life Smart - Tomato, Basil & Garlic 650 ml - (129.4 g)

**Louise Prete Fine Foods**
Sugo Pomodoro All' Amatriciana 750 ml - (62.1 g)
Sugo Pomodoro all Puttanesca 750 g - (62.1 g)
Sugo Pomodoro con Peperoncino 750 ml - (62.1 g)
Sugo Pomodoro con Soffrito 750 ml - (62.1 g)
Sugo Pomodoro e Basilico 750 ml - (62.1 g)

**Neal Brothers**
Organic Roasted Garlic 640 ml - (129.4 g)
Tomato Basil 640 ml - (129.4 g)

**No Name**
All-Purpose Tomato Sauce 398 ml - (62.1 g)

**Organico Bello**
Kale Tomato Basil 685 ml - (117 g)
Marinara 685 ml - (117 g)

**Prego**
Fresh Mushrooms 645 ml - (129.4 g)
Mushroom & Green Pepper 645 ml - (129.4 g)
Original 645 ml - (129.4 g)
Tomato, Onion & Garlic 645 ml - (129.4 g)
President's Choice
Tomatoes First, Basil 680 ml - (129.4 g)
Tomatoes First, Original 680 ml - (129.4 g)
Blue Menu - Mushroom & Garlic 700 ml - (129.4 g)
Blue Menu - Tomato & Basil 700 ml - (129.4 g)
Blue Menu - Vegetarian Bolognese 700 ml - (129.4 g)
Organics - Primavera 700 ml - (129.4 g)

Primo
Tomato Sauce 680 ml - (62.1 g)

Ragu
Tomato & Basil, Light 630 ml - (129.4 g)

Pizza sauce

Bella Tavola
Pizza Sauce 213 ml - (63.9 g)

Compliments
Roasted Garlic Pizza Sauce 375 ml - (63.9 g)

Mutti
Pizza Sauce with Spices 398 ml - (63.9 g)

No Name
Pizza Sauce 213 ml - (63.9 g)

President's Choice
Garlic 375 ml - (63.9 g)
Original 375 ml - (63.9 g)

Selection
Onion and Garlic 700 ml - (129.4 g)
Portobello and White Mushroom 700 ml - (129.4 g)
Six Garden Vegetable 700 ml - (129.4 g)
Original 398 ml - (62.1 g)
Roasted Garlic 680 ml - (62.1 g)
Tomato Sauce with Onions & Spices 680 ml - (62.1 g)

Sensations by Compliments
Spicy Red Pepper 650 ml - (129.4 g)
Roasted Garlic & Onion 650 ml - (130 g)
Spicy Red Pepper 650 ml - (129.4 g)

Primo
Garlic and Basil 213 ml - (63.9 g)
Pizza Squeeze, Garlic & Basil 375 ml - (63.9 g)
Pizza Squeeze, Traditional 375 ml - (63.9 g)
Traditional 213 ml - (63.9 g)

Selection
Basil & Garlic 375 ml - (63.9 g)
Spicy 213 ml - (64 g)
Traditional 375 ml - (63.9 g)
Pizza Sauce 213 ml - (63.9 g)

Unico
Authentic 213 ml - (63.9 g)
Hot & Spicy 213 ml - (63.9 g)

Highly processed foods 87
Dried tomatoes

**Olive Boutique**
Sun-Dried Tomatoes - Marinated and Packed in Oil 225 ml - (15 g)

**Unico**
Sundried Tomatoes - Mediterranean in Oil 210 ml - (7 g)

Cereal (processed)

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### Nutrition criteria

- Whole grain is the first item on the ingredient list and
- Saturated fat: Less than or equal to 2 g and
- Sodium: Less than or equal to 240 mg and
- Fibre: 4 g or more and
- Sugars: 8 g or less per 30 g serving

Cold cereal

**ACE Bakery**
Artisan Granola - Superfruits 310 g - (55 g)

**All-Bran**
All-Bran, Flakes 450 g - (34 g)
All-Bran, Multi-Grain Crunch 305 g - (34 g)

**Alpen**
Muesli Cereal - Dark Chocolate, 70% Cocoa 530 g - (45 g)
Muesli Cereal - No Sugar Added 650 g - (45 g)
Muesli Cereal - Original 650 g - (45 g)

**Bob's Red Mill**
Muesli 510 g - (32 g)

**Caroline's Cupboard**
12 Grains Cereal 750 g - (41 g)

**Central Roast**
Granola - Cashew Almond Crunch 325 g - (55 g)
Granola - Macadamia Nut & Vanilla 325 g - (55 g)

**Compliments**
Balance - Cranberry & Seeds Granola 450 g - (55 g)
Balance - Original Granola 500 g - (55 g)
Balance - Raisin Almond Flax & Fibre Granola 450 g - (55 g)
Balance - Vanilla Almond Granola 450 g - (55 g)

**Fibre 1**
Crunchy Original - (31 g)

**Grainshop**
Grainshop 475 g - (45 g)

**Great Grains**
Nut Medley 385 g - (48 g)
Raisin Date Pecan 453 g - (50 g)

**Irresistibles**
Life Smart Honey Almond Granola 600 g - (55 g)

Highly processed foods 88
Jordan's
Granola - Crunchy, Organic 450 g - (55 g)
Granola - Light, Strawberry & Blueberry 500 g - (55 g)
Granola - Simply, with a Hint of Honey 500 g - (55 g)
Granola Clusters - Morning Crisp, Maple Pecan 500 g - (55 g)
Muesli - Organic 450 g - (55 g)

Kashi
Cocoa Spice 456 g - (55 g)
Go Lean, Toasted Berry Crisp 400 g - (51 g)
Go Lean, Toasted Cinnamon Crisp 400 g - (50 g)
Organic Cinnamon Harvest 460 g - (55 g)

Live
Chocolata Granola 300 g - (50 g)

Love Grown
Super Oats - Nuts & Seeds 340 g - (40 g)

Mini-Wheats!
Centres, Raspberry Flavour 510 g - (55 g)
Brown Sugar Flavour 510 g - (54 g)
Harvest Blueberry & Red Wheat 405 g - (55 g)
Maple Flavour 500 g - (54 g)
Original 510 g - (54 g)

Musli-Land
Whole Grain Muesli 500 g - (55 g)

Müslix
Apple Crisp 450 g - (53 g)
Maple Raisin Nut Flavour 450 g - (58 g)

Nature's Path
Crunchy Granola - Vanilla Pumpkin Seed 312 g - (55 g)
Flax Plus, Pumpkin Flax Granola 800 g - (55 g)
Hemp Plus Granola 325 g - (55 g)
Flax Plus Vanilla Almond Granola 325 g - (55 g)
Heritage Flakes 907 g - (30 g)
Peanut Butter Granola 325 g - (55 g)
Pumpkin Seed + Flax Granola 325 g - (55 g)

Oatmeal Crisp
Almond 475 g - (58 g)
Apple Crisp 480 g - (52 g)
Maple Nut Flavour 460 g - (58 g)
Triple Berry 425 g - (54 g)

President's Choice
Bite-Size Frosted Shredded Wheat 700 g - (54 g)
Black Label Collection Muesli, Cashew & Almond 540 g - (55 g)
Black Label Collection Muesli, Golden Raisin & Apricot 540 g - (55 g)
Blue Menu - Crunchy Whole Grain Cereal with Almonds 460 g - (55 g)
Blue Menu - Granola Cereal - Omega-3 600 g - (55 g)
Blue Menu - Granola Cereal - Polyphenols Granola Boost, Mixed Berry 325 g - (55 g)
Blue Menu - Granola Cereal - Raisin & Almond 750 g - (55 g)
Blue Menu - Multigrain Os Cereal 390 g - (30 g)
Blue Menu - Omega-3 Almond Vanilla Granola, 20% Almonds 600 g - (55 g)
Blue Menu - Protein Whole Grain Cereal with Mango and Pineapple 400 g - (58 g)
Blue Menu - Protein Whole Grain Cereal with Strawberries 400 g - (58 g)
Blue Menu - Whole Grain Cereal - Fibre Plus Bran Flakes 450 g - (55 g)
Blue Menu Granola 750 g - (55 g)
Granola Cereal - Omega 3 Granola Boost, Banana Nut 325 g - (55 g)
Organics - Wheat Squares 620 g - (55 g)
Wheat Squares 725 g - (55 g)
Qi’a Superflakes
Honey Chia 284 g - (55 g)

Quaker
Granola - Super Grains, Blueberry Pecan 311 g - (52 g)
Granola - Super Grains, Cinnamon Apple Walnut 311 g - (52 g)
Oatmeal Squares 500 g - (45 g)

Rogers
Granola - Five Grain, Hazelnut Honey Flavour 750 g - (55 g)
Granola - Five Grain, Raisin 750 g - (55 g)

Rude Health
Bircher - Soft & Fruity 450 g - (60 g)
Muesli - Super Fruity 500 g - (60 g)

Selection
Bite Size Frosted Wheats 700 g - (54 g)
Bite Size Frosted Wheats, Brown Sugar & Maple Flavour 700 g - (55 g)

Shredded Wheat
Shredded Wheat & Bran 525 g - (47 g)
Original 425 g - (47 g)
Spoon Size 525 g - (47 g)

Shreddies
Banana Bread Flavour 480 g - (57 g)
Honey 540 g - (57 g)
Original 550 g - (55 g)

Special K
Granola - Special K, Low Fat 553 g - (54 g)
Nourish, Apples, Raspberries & Almonds 396 g - (54 g)
Nourish, Coconut, Cranberries & Almonds 396 g - (55 g)
Protein, Vanilla 400 g - (50 g)
Nourish Popped Granola, Mixed Berries 300 g - (58 g)

Vector
Granola - Vector, Honey Almond 317 g - (63 g)
**Hot cereal - flavoured**

**Compliments**
- Canadian Maple, Brown Sugar & Walnut Multigrain Oatmeal 70 g - (70 g)
- Cranberry Apple Walnut Multigrain Oatmeal 75 g - (75 g)
- Mixed Berry Multigrain Oatmeal 70 g - (70 g)
- Peach Almond Multigrain Oatmeal 75 g - (75 g)

**Glutenfreeda**
- Maple Raisin with Flax 288 g - (48 g)
- Wheat Free Instant Oatmeal - Apple Cinnamon with Flax 288 g - (50 g)
- Wheat Free Instant Oatmeal - Banana Maple with Flax 288 g - (47.6 g)

**Love Grown**
- Hot Oats - Apple Cinnamon 63 g - (63 g)
- Hot Oats - Blueberry Banana Walnut 63 g - (63 g)

**Nature's Path**
- Hot Oatmeal - Maple Nut 400 g - (50 g)

**President's Choice**
- Blue Menu - Steel Cut Oats - Maple & Brown Sugar Flavour 360 g - (45 g)
- Blue Menu - Supergrains Oatmeal - Maple & Brown Sugar Flavour 304 g - (38 g)

**Qi'a**
- Gluten Free Oatmeal - Superseeds & Grains 228 g - (38 g)
- Oatmeal - Cinnamon Pumpkin Seed 228 g - (38 g)

**Quaker**
- High Protein, Maple & Brown Sugar 228 g - (38 g)
- Instant Hot Cereal - Super Grains, Apples & Cinnamon 342 g - (57 g)
- Instant Hot Cereal - Super Grains, Coconut & Honey 336 g - (56 g)
- Instant Multigrain Hot Cereal - Harvest Hearty Medleys, Apple Cranberry Almond 216 g - (36 g)
- Instant Multigrain Hot Cereal - Harvest Hearty Medleys, Banana Nut 216 g - (36 g)
- Instant Multigrain Hot Cereal - Harvest Hearty Medleys, Fruit Nut & Omega-3 216 g - (36 g)
- Instant Oatmeal Packets - High Fibre, Wild Berry Medley 300 g - (38 g)
- Instant Oatmeal Packets - High Protein, Triple Berry 228 g - (38 g)

**Rocket Foods**
- Oatmeal - Apple Berry Jazz 240 g - (40 g)
- Oatmeal - Granny’s Apple Pie 266 g - (40 g)
- Oatmeal - Redberry Blue’s 240 g - (40 g)

**Stoked Oats**
- Oatmeal Blend with Flax and Chia - Bucking-Eh Oats 500 g - (43 g)
Grain-based snacks (processed)

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### Nutrition criteria

- Whole grain is the first item on the ingredient list and
- Fat: Less than or equal to 3 g and
- Saturated fat: Less than or equal to 2 g and
- Sodium: Less than or equal to 240 mg and
- Fibre: 2 g or more

### Crackers and crisp breads

**Christie**
- Triscuit Crackers - Cracked Pepper & Olive Oil 200 g - (19 g)
- Triscuit Crackers - Fig & Honey 200 g - (19 g)
- Triscuit Crackers - Ginger & Lemongrass Flavour 200 g - (19 g)
- Triscuit Crackers - Low Sodium 200 g - (19 g)
- Triscuit Crackers - Original 200 g - (19 g)
- Triscuit Crackers - Roasted Garlic Flavour 200 g - (19 g)
- Triscuit Crackers - Roasted Red Pepper Flavour 200 g - (19 g)
- Triscuit Crackers - Roasted Tomato & Olive Oil 200 g - (19 g)
- Triscuit Crackers - Rosemary & Olive Oil 200 g - (19 g)
- Triscuit Crackers - Seasoned with Balsamic & Basil 200 g - (19 g)
- Triscuit Crackers - Smoked Gouda Flavour 200 g - (19 g)
- Triscuit Crackers - Sweet Potato & Roasted Onion Flavour 200 g - (19 g)
- Triscuit Thin Crisps Crackers - Original 200 g - (20 g)
- Triscuit Thin Crisps Crackers - Parmesan Garlic Flavour 200 g - (21 g)

**Good Thins**
- Crackers - The Rice One, Sea Salt & Pepper 100 g - (20 g)

**Lavash**
- Thin Grain Crackers - Organic Spelt 220 g - (26 g)

**Ryvita**
- Crispbread - Rye & Oat Bran 250 g - (20 g)
- Wholegrain Rye Crispbread - Dark Rye 250 g - (20 g)
- Wholegrain Rye Crispbread - Hint of Chili 200 g - (24 g)
- Wholegrain Rye Crispbread - Light Rye 250 g - (20 g)
- Wholegrain Rye Crispbread - Mediterranean Herb 200 g - (24 g)
- Wholegrain Rye Crispbread - Multi-Grain 250 g - (22 g)
- Wholegrain Rye Crispbread - Sesame Rye 250 g - (20 g)

**Wasa**
- Crispbread - Fibre Rye 230 g - (30 g)
- Crispbread - Light Rye 270 g - (27 g)
- Crispbread - Multigrain 275 g - (30 g)
Popcorn

Farm to Table
Ancient Grains Butter and Salt Flavour 21 g - (21 g)
Bold White Cheddar Popcorn 23 g - (23 g)
Dill Pickle Popcorn 23 g - (23 g)
Light Butter and Salt Popcorn 23 g - (23 g)
Sriracha Popcorn 21 g - (21 g)

Orville Redenbacher's
Popping Corn - Single Serve, Smart Pop! 124 g - (31 g)
Popping Corn - Single Serve, Smart Pop! 248 g - (31 g)

President's Choice
Blue Menu - Microwave Popping Corn - Mini Bags, Natural Flavour 256 g - (32 g)
Blue Menu - Microwave Popping Corn - Mini Bags, Butter Flavour 256 g - (32 g)
Baked goods (processed)

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**Nutrition criteria**

Whole grain is the first item on the ingredient list and

Fat: Less than or equal to 5 g and
Saturated fat: Less than or equal to 2 g and
Sodium: Less than or equal to 240 mg and
Fibre: 2 g or more and
Sugars: 8 g or less per 30 g serving

**Cookies**

**Quaker**
Cookies 'N Creme 304 g - (38 g)

**ShaSha**
Ginger Snaps - Made with Sprouted Spelt 300 g - (30 g)
Lemon Snaps 270 g - (30 g)

**Simple Pleasures**
Cookies - Digestive 350 g - (27 g)

**Loaves**

**President's Choice**
Blue Menu - Loaf - 100% Whole Wheat 450 g - (21 g)

**Simple Pleasures**
Blue Menu - Loaf - Multigrain with Quinoa 450 g - (21 g)

**Muffins**

**Compliments**
Naturally Simple - Ancient Grain Muffin & Loaf Mix 400 g - (33 g)

**Irresistibles**
Life Smart - Bran Muffin Mix 500 g - (42 g)
Life Smart - Cranberry Orange Bran Muffin Mix 500 g - (42 g)
Pancakes or waffles

President's Choice
Blue Menu - Pancake and Waffle Mix - Whole Grain 905 g - (31 g)

Cereal bars

Kellogg's
Nutrigrain Bar Apple Cinnamon 37 g - (37 g)
Nutrigrain Bar Mixed Berry 37 g - (37 g)
Nutrigrain Bar Strawberry 37 g - (37 g)

Nature's Bakery
Fig Bar 57 g - (57 g)
Whole Wheat Blueberry 57 g - (57 g)
Whole Wheat Raspberry 57 g - (57 g)

Quaker
Breakfast Filled Squares - Harvest, Peanut Butter 300 g - (60 g)

Welo
Probiotic, Coconut Cashew 40 g - (40 g)
Probiotic, Matcha Almond 40 g - (40 g)
Probiotic, Peanut Butter Chocolate 40 g - (40 g)
Granola bars

**Envirokidz**  
Strawberry 144 g - (24 g)

**Kashi**  
Dark Chocolate Almond & Sea Salt Chewy Granola Bar with Chia 40 g 35 g - (35 g)  
Layered Granola Bars Dark Chocolate Coconut 32 g - (32 g)  
Whole Grain Bars Cherry Dark Chocolate 35 g - (35 g)  
Whole Grain Bars Honey Almond Flax 35 g - (35 g)  
Whole Grain Bars Trail Mix 35 g - (35 g)

**Kind**  
Dark Chocolate Chunk 175 g - (35 g)  
Healthy Grains - Peanut Butter Dark Chocolate 175 g - (35 g)  
Healthy Grains Dark Chocolate Chunk 35 g - (35 g)  
Healthy Grains Maple Pumpkin Seeds with Sea Salt 35 g - (35 g)  
Healthy Grains Oats and Honey with Toasted Coconut 35 g - (35 g)  
Healthy Grains Peanut Butter Dark Chocolate 35 g - (35 g)  
Oats & Honey with Toasted Coconut 175 g - (35 g)

**MadeGood**  
Chocolate Chip 120 g - (24 g)  
Strawberry 120 g - (24 g)  
Granola Minis - Apple Cinnamon 96 g - (24 g)  
Granola Minis - Chocolate Banana 100 g - (24 g)  
Granola Minis - Chocolate Chip 96 g - (24 g)  
Granola Minis - Strawberry 100 g - (24 g)

**Nature Valley**  
Chewy Granola Bars - Trail Mix, Fruit & Nut 175 g - (35 g)  
Chewy Granola Bars - Trail Mix, Mixed Berry 175 g - (35 g)  
Lunch Box Granola Bars - Chocolate Chip 130 g - (26 g)  
Lunch Box Granola Bars - Double Chocolate Flavour 130 g - (26 g)  
Lunch Box Granola Bars - Very Berry Flavour 130 g - (26 g)

**President’s Choice**  
Blue Menu - Fruit & Nut Chewy Bars - Mixed Berry 165 g - (33 g)  
Blue Menu - Fruit & Nut Chewy Bars - Toasted Coconut 165 g - (33 g)  
Greek Yogurt Coated, Blueberry 175 g - (35 g)  
Greek Yogurt Coated, Cranberry 175 g - (35 g)

**Quaker**  
Chewy Super Grains, Double Chocolate Fudge Flavour 130 g - (26 g)  
Chewy Super Grains, Oats & Chocolate 130 g - (26 g)  
Chewy Super Grains, Oats & Honey 130 g - (26 g)  
Chewy Super Grains, Strawberries & Yogurt Flavour 130 g - (26 g)  
Chewy, Banana Chocolate Chip 156 g - (26 g)  
Chewy, Caramel & Chocolate Flavour 156 g - (26 g)  
Chewy, Rocky Road 156 g - (26 g)  
Chewy, S’mores 156 g - (26 g)  
Chocolate Chip 156 g - (26 g)  
Fibre & Omega-3 Granola Bars - Nature, Dark Chocolate Chunk 175 g - (35 g)  
Harvest Fruit & Nut, Orchard Fruit 175 g - (35 g)  
Oatmeal Bars - Harvest Oatmeal To Go, Cinnamon Roll Flavour 200 g - (40 g)

**Taste of Nature**  
Chocolate Pecan Brownie 175 g - (35 g)  
Key Lime Pie Flavour 175 g - (35 g)

Highly processed foods 97
Veggie meat products (processed)

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Nutrition criteria
Fat: Less than or equal to 8 g and Sodium: Less than or equal to 360 mg and Protein: At least 10 g

Veggie meat products

President's Choice
Meatless Meatballs 454 g - (57 g)

Sol Cuisine
Meatless Chicken - Ginger Lime Teriyaki 300 g - (75 g)
Meatless Chicken - Tangy Korean BBQ 300 g - (75 g)
Veggie Burger - Original Griller 284 g - (71 g)

Tofurky
Simulated Pork - Meatless Chorizo Style 340 g - (55 g)

Yves Veggie Cuisine
The Good Veggie Burgers 300 g - (75 g)
Veggie Burgers - Family Pack 568 g - (71 g)
Veggie Dog - Hot 'n Spicy 275 g - (46 g)
Veggie Ham 155 g - (41 g)
Veggie Meatballs 180 g - (60 g)
Veggie Meatballs 383 g - (60 g)
Veggie Turkey 155 g - (41 g)

Zoglo's
Cutlets - Crispy Meatless 300 g - (75 g)
Meatless Mini Loaves 300 g - (75 g)
Nuggets - Golden Meatless 300 g - (80 g)
Veggie Burgers - Meatless Chicken Flavour 300 g - (75 g)
Veggie Burgers - Tender Meatless 300 g - (75 g)
Veggie Patties - Tofu 300 g - (75 g)
Nuts and seeds (processed)

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Nutrition criteria
Not coated with candy, chocolate, sugar or yogurt and
Sodium: Less than or equal to 140 mg

Mixed nuts, seeds, and dried fruit

Central Roast
Mixed Nuts - Dry Roasted, Sea Salted 275 g - (40 g)

President’s Choice
Salad Topping - Asian Blend 100 g - (12 g)
Salad Topping - Mediterranean Blend 100 g - (13 g)

Nuts

Almonds

Central Roast
Almonds - Dry Roasted, Sea Salted 270 g - (40 g)

Charlie’s Snacks
Almonds - Roasted & Salted 200 g - (50 g)

Compliments
Almonds - Roasted & Salted 375 g - (50 g)
Roasted & Salted Almonds 275 g - (50 g)

Irresistibles
Life Smart - Salted Roasted Jumbo Almonds 225 g - (50 g)

Organically Yours
Roasted & Salted Almonds 200 g - (50 g)

Planters
Almonds - Lightly Sea Salted 275 g - (50 g)
Almonds - Salted 200 g - (50 g)
Almonds - Sea Salted 225 g - (50 g)

President’s Choice
Almonds - Dry-Roasted with Sea Salt 454 g - (50 g)
Dry Roasted Almonds - Salted 245 g - (50 g)

Selection
Whole Almonds - Salted and Roasted 225 g - (50 g)
Stock & Barrel
Salted Roasted Almonds 400 g - (50 g)

Cashew nuts

Charlie's Snacks
Cashews - Salted 250 g - (50 g)

Compliments
Roasted & Salted Cashews 275 g - (50 g)

Dan-D Pak
Cashews - Sea Salt 908 g - (40 g)

Organically Yours
Roasted & Salted Cashews 200 g - (50 g)

Planters
Cashews - Sea Salted, Lightly Salted 225 g - (50 g)
Cashews - Salted 200 g - (50 g)
Cashews - Sea Salted 225 g - (50 g)

Prana
Sea Salted Cashews - Extaze 150 g - (30 g)

President's Choice
Roasted Cashews - Salted 400 g - (50 g)
Roasted Cashews with Sea Salt 227 g - (50 g)
Roasted Cashews with Sea Salt 300 g - (50 g)

Royal Nuts
Cashews - Sea Salted 350 g - (50 g)

Selection
Cashews - Salted and Roasted 225 g - (50 g)

Stock & Barrel
Cashews - Roasted & Salted 350 g - (50 g)

Macadamia nuts

MacFarms
Macadamia Nuts - Dry Roasted with Sea Salt 170 g - (34 g)

Peanuts

Compliments
Party Nuts with 60% Peanuts 300 g - (50 g)

Haldiram's
Spicy Coated Fried Peanuts 150 g - (50 g)

Osem
Peanut Snack - Bamba 100 g - (28 g)

Selection
Peanuts - Salted, Blanched 800 g - (45 g)

Six Fortune
Frozen Salted Peanuts 454 g - (30 g)

Pistachios

President's Choice
Pistachios - Garlic Flavour 225 g - (50 g)
Mixed nuts

**Charlie’s Snacks**
Roasted Salted Deluxe Mixed Nuts with 45% Cashews 250 g - (50 g)

**Compliments**
Mixed Nuts - Roasted, 50% Cashews 275 g - (50 g)

**Planters**
Deluxe Mixed Nuts - Lightly Sea Salted with 40% Cashews 275 g - (50 g)
Mixed Nuts - Salted, 60% Peanuts 250 g - (50 g)

President’s Choice
Cashews, Almonds and Macadamia Nuts - 42% Cashews 300 g - (50 g)
Deluxe Mixed Nuts - 49% Cashews 300 g - (50 g)
Mixed Nuts - 50% Cashews 300 g - (50 g)

Stock & Barrel
Deluxe Mixed Nuts - Salted & Roasted, 35% Cashews 175 g - (50 g)
Deluxe Mixed Nuts - Salted & Roasted, 35% Cashews 350 g - (50 g)

Seeds

**Chia seeds**

**Chia Pod**
Banana 170 g - (170 g)
Blueberry 170 g - (170 g)
Mango 170 g - (170 g)
Vanilla Bean 170 g - (170 g)

**Sunflower seeds**

**ChaCheer**
Original Flavour 260 g - (30 g)

**Charlie’s Snacks**
Roasted & Salted 300 g - (50 g)

**Compliments**
Roasted Salted Sunflower Seeds 450 g - (50 g)

**David Roberts Food Corporation**
Hulled, Roasted and Salted 300 g - (30 g)

**Live**
Spicy Nori Crunch Snack 105 g - (17 g)

**President’s Choice**
Roasted Sunflower Seeds - Salted 400 g - (50 g)

**Stock & Barrel**
Sunflower Seeds - Roasted & Salted 375 g - (50 g)
Nut and seed-based bars (processed)

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**Nutrition criteria**

- Nut, seed or legume is the first item on the ingredient list and
- Sodium: Less than or equal to 140 mg and
- Sugars: Less than or equal to 8 g per 30 g serving

**Nut-based bars**

- **Atkins**
  Chocolate Hazelnut Bar 200 g - (40 g)

- **Bounce**
  Bites - Coconut Almond 120 g - (30 g)

- **Central Roast**
  Peanut Butter Power Chews 250 g - (40 g)

**Seed-based bars**

- **Elan**
  Himalayan Sunshine Mix 150 g - (40 g)

- **Enjoy Life**
  Baked Chewy Bars - SunSeed Crunch 141 g - (28 g)

- **Live**
  Garden Vegetable Cracker Chips 125 g - (24 g)

- **Manitoba Harvest**
  Crunchy Hemp Snacks - Bites, Cinnamon 113 g - (45 g)
  Crunchy Hemp Snacks - Bites, Original 113 g - (45 g)

- **Sweetseeds**
  Nutritional Crispy Snack - Golden Flax 40 g - (40 g)
  Nutritional Crispy Snack - Quinoa 40 g - (40 g)
  Nutritional Crispy Snack - Salba Chia 40 g - (40 g)

- **T&T**
  Pumpkin Seeds Crisps 180 g - (20 g)
  Sesame Seeds Crisps 180 g - (20 g)
  Sunflower Seed Crisps 180 g - (20 g)
Eggs (processed)

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**Nutrition criteria**

Fat: Less than or equal to 7 g and
Sodium: Less than or equal to 360 mg

<table>
<thead>
<tr>
<th>Liquid egg product - flavoured</th>
<th>Eggs – other</th>
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<tbody>
<tr>
<td><strong>Burnbrae Farms</strong></td>
<td><strong>Chicago 58</strong></td>
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<tr>
<td>Egg Creations! - Fat Free, Cheese &amp; Chives 500 g - (63 g)</td>
<td>Pickled Eggs 283 g - (50 g)</td>
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<tr>
<td>Egg Creations!, Garden Vegetable 500 g - (63 g)</td>
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<tr>
<td>Egg Creations!, Mushroom &amp; Spinach 500 g - (63 g)</td>
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</tr>
<tr>
<td>Egg Creations!, Veggie &amp; Feta 500 g - (63 g)</td>
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</tbody>
</table>
Cheese (processed)

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**Nutrition criteria**

- Fat: Less than or equal to 20% M.F. and
- Sodium: Less than or equal to 360 mg and
- Calcium: 15% DV or more

**Cottage cheese**

- Nordic
  - Cottage Cheese Product - Smooth, Lemon 400 g - (100 g)
  - Cottage Cheese Product - Smooth, Salted Caramel, 1.7% M.F. 400 g - (100 g)
  - Cottage Cheese Product - Smooth, Vanilla Bean 400 g - (100 g)
Fish (processed)

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All of the items listed under “Canned salmon”, “Canned tuna” and “Canned sardines” meet the criteria for “Safe to Eat Everyday (Very Low Mercury)” or “Safe to Eat Often (Low Mercury)” and “Eco Friendly” in the factsheet “A Guide to Eating Fish for Women, Children and Families” distributed by Region of Waterloo Public Health and Emergency Services.

<table>
<thead>
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<tbody>
<tr>
<td>Fat: Less than or equal to 8 g and</td>
</tr>
<tr>
<td>Sodium: Less than or equal to 360 mg</td>
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</table>

**Anchovies**

**Paese Mio**
- Fillets of Anchovies in Sunflower Oil 220 g - (20 g)
- Peppered Anchovies in Sunflower Oil 314 g - (20 g)

**Protein's Choice**
- Breaded Cod Fillets 680 g - (85 g)

**Herring**

**Richter & Greif**
- Herring Fillets in Pepper Sauce 190 g - (95 g)

**Calamari**

**Compliments**
- Crispy Calamari 340 g - (50 g)

**Cod**

**BlueWater Seafoods**
- Golden Toasted Breadcrumbs - Crunchy Breaded Cod 600 g - (80 g)

**High Liner**
- Breaded Cod Fillets - Pan-Sear, Savoury Herb 540 g - (137 g)
- Wild Cod - Marinated Portions, Roasted Garlic & Herb 454 g - (113 g)
**Light tuna**

**Clover Leaf**
- Chunk Light Tuna - Yellowfin in Broth & Oil 142 g - (50 g)
- Flaked Light Tuna - Dill & Lemon 85 g - (85 g)
- Flaked Light Tuna - Garlic & Hot Pepper 85 g - (85 g)
- Flaked Light Tuna - Lemon & Pepper 85 g - (85 g)
- Flaked Light Tuna - Spicy Peanut Satay 85 g - (85 g)
- Flaked Light Tuna - Sundried Tomato & Basil 85 g - (85 g)
- Flaked Light Tuna - Tomato & Onion 85 g - (85 g)
- Solid Light Tuna - in Pure Olive Oil 85 g - (65 g)
- Tonno Preferito Solid Light Tuna - Gourmet Yellowfin in Pure Olive Oil 240 g - (80 g)

**Compliments**
- Balance - Lemon & Pepper Flaked Light Tuna 85 g - (85 g)
- Balance - Spicy Thai Chili Flaked Light Tuna 85 g - (85 g)

**No Name**
- Flaked Light Tuna - Spicy Thai Chili 85 g - (85 g)

**Ocean’s**
- Flaked Light Tuna - Lemon & Pepper 85 g - (85 g)
- Flaked Light Tuna - Thai Chili 85 g - (85 g)
- Flaked Light Tuna - With Mayonnaise Style Dressing 85 g - (85 g)

**Selection**
- Solid Light Tuna in Olive Oil 85 g - (70 g)
- Flaked Light Tuna - Lemon & Pepper Flavour 85 g - (85 g)
- Flaked Light Tuna - Spicy Thai Chili 85 g - (85 g)
- Flaked Light Tuna - Sundried Tomato & Basil 85 g - (85 g)

**Tonnino**
- Light Tuna Fillets in Olive Oil 190 g - (55 g)
- Light Tuna Fillets with Jalapeño in Olive Oil 190 g - (55 g)
- Light Tuna Fillets with Oregano in Olive Oil 190 g - (55 g)
- Light Tuna Ventresca in Olive Oil 190 g - (55 g)

**Mackerel**

**Grace**
- Jack Mackerel in Tomato Sauce 425 g - (100 g)
- Mackerel in Hot Tomato Sauce - Classic, Hot & Spicy 155 g - (77 g)

**John West**
- Mackerel Fillets in Tomato Sauce 125 g - (63 g)

**Mussels**

**Mariner Uno**
- Marinated Mussels 200 g - (40 g)

**President’s Choice**
- PEI Mussels in Creamy White Wine Sauce 907 g - (137 g)

**Pacific salmon**

**Compliments**
- Balance - Wild Pacific Salmon Burgers 454 g - (113 g)

**Pink salmon**

**Can’t Mess It Up!**
- Wild Pink Salmon - Honey Balsamic 284 g - (150 g)

**High Liner**
- Wild Pink Salmon - Marinated Portions, Mesquite 454 g - (113 g)
**Pollock**

**BlueWater Seafoods**
Breaded Alaska Pollock Fillets - Fish Burger Fillets 519 g - (65 g)
Smart & Crunchy Breaded Fish Fingers 445 g - (86 g)

**High Liner**
Breaded Fish Burgers 515 g - (66 g)

**Janes**
Beer Battered Fish 450 g - (100 g)

**Trident Seafoods**
The Ultimate Fish Stick 425 g - (85 g)

**Salmon**

**President's Choice**
Salmon Tataki 142 g - (50 g)

**Sensations by Compliments**
Maple-Candied Salmon 114 g - (55 g)

**Sardines**

**Clover Leaf**
Skinless, Boneless Sardines - in Sunflower Oil 120 g - (84 g)

**Mega**
Sardines in Tomato Sauce 155 g - (55 g)
Sardines in Tomato Sauce with Chili 155 g - (55 g)

**Raincoast Trading**
Wild Pacific Sardines - in Tomato Sauce 120 g - (56 g)

**Rooster**
Sardines in Tomato Sauce 155 g - (78 g)
Sardines in Tomato Sauce with Chili 155 g - (78 g)

**S&F**
Sardines in Tomato Sauce 120 g - (60 g)
Sardines in Tomato Sauce with Chili Pepper 120 g - (60 g)

**Skipjack tuna**

**Clover Leaf**
Toppers Tuna in Sauce - Mediterranean 150 g - (150 g)
Toppers Tuna in Sauce - Mild Curry 150 g - (150 g)
Toppers Tuna in Sauce - Tikka Masala 150 g - (150 g)

**Sole**

**BlueWater Seafoods**
Breaded Fish Fillets - Crunchy Breaded Sole 600 g - (80 g)

**Tilapia**

**BlueWater Seafoods**
Breaded Fish Fillets - Tilapia, Multigrain 600 g - (80 g)
Golden Toasted Breadcrumbs - Crunchy Breaded Tilapia 600 g - (80 g)

**High Liner**
Tilapia - Marinated Portions, Lime 454 g - (113 g)
Meat (processed)

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**Nutrition criteria**
Fat: Less than or equal to 10 g and
Sodium: Less than or equal to 360 mg

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**Beef**

**Compliments**
Balance - Lean Sirloin Beef Burger 907 g - (113 g)
Italian Meatballs 680 g - (60 g)

**President's Choice**
Beef Meatballs - Angus 907 g - (57 g)
Blue Menu - Beef Meatballs - Angus 907 g - (57 g)
Blue Menu - Beef Meatballs - Lean Italian 907 g - (85 g)

**Chicken**

**Compliments**
Balance - Extra Lean Chicken Burger 850 g - (142 g)
Chicken Nuggets Breaded Chicken Cutlettes 1500 g - (100 g)
Chicken Nuggets Breaded Chicken Cutlettes 907 g - (100 g)
Chicken Strips Breaded Chicken Cutlettes 1500 g - (100 g)
Chicken Strips Breaded Chicken Cutlettes 907 g - (100 g)
Flame-Grilled Chicken Breast Strips 200 g - (50 g)
Flame-Grilled Italian-Style Chicken Breast Strips 200 g - (50 g)

**Flamingo**
Chicken - Thai 500 g - (100 g)
Chicken Breast Burgers - Breaded 600 g - (100 g)
Chicken Breast Fillets - Seasoned, Breaded 550 g - (100 g)
Chicken Burgers - Non-Breaded, Seasoned 600 g - (100 g)
Chimichurri Chicken Breast Brochettes 500 g - (100 g)

**Irresistibles**
Life Smart - Chicken Burgers - Seasoned, Uncooked 908 g - (113 g)

**Loblaws**
10 Piece Chicken Tenders 650 g - (130 g)
Chicken Tenders - 4 Pieces 250 g - (130 g)
From Our Chefs - Chicken Fajita 500 g - (83 g)

**Maple Leaf**
Prime Naturally - Chicken Burgers 750 g - (83 g)

**Maple Lodge Farms**
Cooked Chicken Breast - Black Garlic & Peppercorn 175 g - (44 g)

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President's Choice
Blue Menu - Chicken Breasts - Cajun 680 g - (136 g)
Blue Menu - Chicken Meatballs 850 g - (80 g)
Blue Menu - Sliced Chicken Breasts 400 g - (100 g)
Boneless Chicken Breaded Fillets - Waffle Cone Chicken with Spicy Maple Syrup 680 g - (81 g)
Breaded Seasoned Chicken Breast Fillets - Southern-Style 907 g - (100 g)
Flattened Whole Chicken - World of Flavours, Harissa 1312 g - (100 g)
Free From - Chicken Meatballs - Italian 800 g - (60 g)
Free From - Whole Chicken - Barbecue Seasoned 900 g - (100 g)
President's Choice Blue Menu - Chicken Breasts - Mediterranean 680 g - (136 g)
Splendido - Split Chicken Breast - World of Flavours, Greek 764 g - (100 g)
Stuffed Chicken Breasts - Harissa 600 g - (150 g)
Too Good To Be Wings Boneless Coated Chicken Breast Chunks - Maple Barbecue 800 g - (123 g)
Whole Chicken - Garlic & Herb Seasoned 900 g - (100 g)
World of Flavours Chicken Drumsticks - Harissa 562 g - (100 g)

Protinis
Oven Roasted Chicken Souvlaki Skewers + Tzatziki Dip 130 g - (65 g)

Selection
Chicken for Chinese Fondue 175 g - (100 g)
Chicken Strips 908 g - (68 g)

Sufra Halal
Chicken Burgers 720 g - (120 g)

Duck
Charcuterie La Tour Eiffel
Glazed Duck a L'Orange Pate with Grand Marnier 250 g - (30 g)

Three Little Pigs
Duck Lover & Pork Mousse with Port Wine 112 g - (28 g)

Lamb
MarcAngelo
Lamb Spiedini Skewers - "The Original" 600 g - (80 g)

President's Choice
Australian Lamb - Rosemary and Garlic Loin Chops 447 g - (100 g)
Lamb Sirloin Roast - Greek - (100 g)
Mini T-Bone Lamb Chops - Rosemary and Garlic 600 g - (45 g)

Pork
Lou's Barbeque Co.
Pulled Pork in Barbeque Sauce 400 g - (100 g)

Turkey
Compliments
Balance - Lean Turkey Meatballs 560 g - (60 g)

Lou's Barbeque Co.
Pulled Turkey in Barbecue Sauce 400 g - (100 g)
Turkey Roast - Dark Meat in Gravy 400 g - (100 g)
**Entrées (processed)**

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**Nutrition criteria**

Fat: Less than or equal to 10 g and
Saturated fat: Less than or equal to 5 g and
Sodium: Less than or equal to 720 mg and
Fibre: At least 2 g and
Protein: At least 10 g and
No processed meat

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**Chili**

**Amy's**
Medium 398 ml - (245 g)
Spicy 398 ml - (270.5 g)

**Campbell's**
Everyday Gourmet Chili - Steak 425 g - (250 g)

**Stagg Chili**
Vegetable Garden 425 g - (247 g)
Pizza

**Compliments**
Thin Crust Zesty Chicken Pizza 455 g - (114 g)

**Delissio**
Rising Crust 4 Cheese 782 g - (130 g)
Rising Crust Spicy Chicken Deluxe 846 g - (141 g)
Rising Crust Veggie Deluxe 835 g - (139 g)
Rustico Margherita 350 g - (88 g)
Rustico Pollo Toscano 350 g - (88 g)
Rustico Quattro Formagi 340 g - (85 g)
Thin Crispy Crust 4 Cheese 560 g - (93 g)
Thin Crispy Crust Grilled Chicken, Tomato & Spinach 600 g - (100 g)

**Giuseppe**
Rising Crust, 4 Cheese 770 g - (128 g)
Pizza - Thin Crust Multigrain, Grilled Chicken 470 g - (94 g)

**Irresistibles**
Gusto Italiano Pizza - Quattro Formaggi 340 g - (85 g)
Gusto Italiano Pizza - Spinaci 390 g - (98 g)
La Pizza - Caramelized Onion & Sundried Tomato 367 g - (92 g)
La Pizza - Spicy Pulled Pork 376 g - (94 g)

**Loblaws**
Veggie Pizza 530 g - (250 g)

**No Name**
8 Baked Pizza Pouches - 3 Cheese 800 g - (100 g)

**Première**
Traditional Crust, Cheese 433 g - (108 g)

**President's Choice**
Blue Menu - Toppings First Pizza - Roasted Chicken, Red Pepper and Spinach 520 g - (130 g)

**Selection**
Pizza Lunch - 3 Cheese 1200 g - (100 g)
Mini Pizza - Three Cheese 848 g - (106 g)

**Sensations by Compliments**
Mushroom Thin Crust Brick Oven Pizza 366 g - (92 g)
Spinach Thin Crust Brick Oven Pizza 390 g - (98 g)

**STromboli**
Goat Cheese 374 g - (93 g)
Spinach 410 g - (102 g)

**Tofurky**
Pepp'roni & Mushroom with Smoked Vegan Gouda 510 g - (128 g)
Other entrées

Amy's
Bean & Rice Burrito 170 g - (170 g)
Breakfast Burrito 170 g - (170 g)
Cheddar Cheese Burrito 170 g - (170 g)

Bassili's Best
Meat Lasagna 907 g - (227 g)
Shepherd's Pie 907 g - (227 g)

Chef Bombay
Frozen Chicken Tikka Masala with Basmati Rice 350 g - (250 g)

Compliments
Balance - Chicken Parmesan 280 g - (280 g)
Balance - Chicken Primavera 255 g - (255 g)
Balance - Ginger Beef Stir-Fry 250 g - (250 g)
Balance - Lasagna Alfredo 255 g - (255 g)
Balance - Lasagna with Meat Sauce 255 g - (255 g)
Butter Chicken 280 g - (280 g)
Chicken Pad Thai 270 g - (270 g)
Naturally Simple - Cheese & Pesto Saccottini 250 g - (115 g)
Traditional Cannelloni 1000 g - (167 g)
Traditional Meat Lasagna 1000 g - (250 g)
Vegetable Lasagna 1000 g - (250 g)

Fudi
Cajun Chicken with Pearl Barley and Kale 370 g - (370 g)
Jerk Chicken with Pearl Barley and Kale 370 g - (370 g)
Tandoori Chicken with Pearl Barley and Kale 370 g - (370 g)

Healthy Choice
Gourmet Steamers - BBQ Chicken 276 g - (276 g)
Gourmet Steamers - Beef Merlot 284 g - (283 g)
Gourmet Steamers - Beef Teriyaki 283 g - (283 g)
Gourmet Steamers - Cajun Chicken & Shrimp 295 g - (295 g)
Gourmet Steamers - General Tao's Spicy Chicken Dinner 306 g - (306 g)
Gourmet Steamers - Grilled Balsamic Chicken 284 g - (283 g)
Gourmet Steamers - Grilled Chicken Linguini 301 g - (301 g)
Gourmet Steamers - Grilled Chicken Pesto 301 g - (301 g)
Gourmet Steamers - Grilled Chicken Red Pepper Alfredo 292 g - (292 g)
Gourmet Steamers - Pineapple Chicken 298 g - (298 g)
Gourmet Steamers - Ravioli & Chicken Florentine 283 g - (283 g)
Gourmet Steamers - Sweet Sesame Chicken Dinner 292 g - (292 g)
Simply - Chicken & Vegetable Stir Fry 262 g - (262 g)
Simply - Grilled Chicken Pesto & Vegetables 259 g - (259 g)

Italpasta
Macaroni & Cheese - White Cheddar 200 g - (50 g)

Irresistibles
Butter Chicken 280 g - (280 g)
Chicken Chow Mein 270 g - (270 g)
Chicken Teriyaki 270 g - (270 g)
Life Smart - Cheese and Spinach Cannelloni 1000 g - (167 g)
Life Smart - Chicken Parmigiana 270 g - (270 g)
Life Smart - Sweet & Sour Chicken 250 g - (250 g)
Tortellini with Cheese 900 g - (225 g)
**Lean Cuisine**

- Cheese Cannelloni 246 g - (246 g)
- Cheese Ravioli 222 g - (222 g)
- Chicken Fettuccine 237 g - (237 g)
- Chicken in Wine Sauce - Roasted Red Skinned Potatoes 212 g - (212 g)
- Chicken Parmigiana 268 g - (268 g)
- Glazed Chicken - Whole Grain Cranberry Pilaf 225 g - (225 g)
- Grilled Chicken & Vegetables 285 g - (285 g)
- Grilled Chicken Carbonara 244 g - (244 g)
- Meat Lasagna 274 g - (274 g)
- Sweet & Sour Chicken - Pineapple 238 g - (238 g)
- Thai Peanut Chicken - Garden Vegetables & Noodles 248 g - (248 g)

**Loblaws**

- From Our Chefs - Meat Lasagna 800 g - (200 g)
- From Our Chefs - Shepherd's Pie 900 g - (225 g)
- Maki Combo 280 g - (175 g)
- Salmon Avocado Roll 250 g - (220 g)

**Luvo**

- Steam in Pouch - Orange Mango Chicken 283 g - (283 g)
- Power Bowl - Planted, So Cal Kale & Bean 291 g - (291 g)
- Turkey Meatloaf & Mashed Potatoes 283 g - (283 g)
- Roasted Cauliflower Mac & Cheese 255 g - (255 g)

**Marketplace Cuisine**

- Frozen Entrée - Sweet Sriracha Braised Beef 212 g - (212 g)
- Frozen Entrée - Chicken Pecan 255 g - (255 g)
- Frozen Entrée - Sesame Chicken 255 g - (255 g)
- Butternut Squash Ravioli 280 g - (280 g)

**McCain**

- Marché Protein Pop'ables - Chicken Parmesan Cheese 240 g - (120 g)

**Michelina's**

- Chicken Alfredo Florentine 227 g - (227 g)
- Fettuccine Alfredo 284 g - (284 g)
- Lasagna Alfredo 255 g - (255 g)
- Macaroni and Cheese - Light 227 g - (227 g)
- Penne Pollo 255 g - (255 g)
- Spaghetti Bolognese 255 g - (255 g)
- Spinach & Ricotta Bake 227 g - (227 g)

**Olivieri**

- Tomato Caprese with Fresh Buffalo Mozzarella Ravioli 250 g - (100 g)

**Patty King**

- Mild Beef (125 g)

**President's Choice**

- Blue Menu - Cheese & Spinach Cannelloni 259 g - (259 g)
- Blue Menu - Chicken - Coconut Lemongrass 350 g - (350 g)
- Blue Menu - Chicken in Spicy Peanut Sauce 340 g - (340 g)
- Blue Menu - Chicken Pie - Mashed Potato-Topped 900 g - (225 g)
- Blue Menu - Creamy Rigatoni with Chicken & Broccoli 255 g - (255 g)
- Blue Menu - Fettuccine Alfredo 262 g - (262 g)
- Blue Menu - Ginger Chicken 350 g - (350 g)
- Blue Menu - Italian Lasagna 1130 g - (283 g)
- Blue Menu - Italian Lasagna 2270 g - (283 g)
- Blue Menu - Jerk Chicken 350 g - (350 g)
- Blue Menu - Lasagna - Italian 320 g - (320 g)
- Blue Menu - Lemon & Herb Quinoa with Chicken 325 g - (325 g)
- Blue Menu - Macaroni & 3 Cheeses 300 g - (300 g)
- Blue Menu - Roasted Vegetable Lasagna 1130 g - (283 g)
- Blue Menu - Roasted Vegetable Lasagna 300 g - (300 g)
- Blue Menu - Shepherd's Pie 900 g - (225 g)
- Blue Menu - Southwest Quinoa with Chicken 325 g - (325 g)
- Blue Menu - Sweet and Sour Chicken 350 g - (350 g)
- Cheese Cannelloni 1130 g - (188 g)
- Sauté & Serve - Beef Pot Roast 640 g - (320 g)

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<table>
<thead>
<tr>
<th>Brand</th>
<th>Product Description</th>
<th>Weight (g)</th>
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<tbody>
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<td>Selection</td>
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<tr>
<td></td>
<td>Fettuccine Alfredo Pasta 255 g</td>
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<td></td>
<td>Macaroni &amp; Cheese 255 g</td>
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<td></td>
<td>Meat Lasagna 255 g</td>
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<td>Spaghetti Bolognese 255 g</td>
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<td>Smart Ones</td>
<td>Slow Roasted Turkey Breast 255 g</td>
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<td>Stouffer’s</td>
<td>Beef Pot Roast 232 g</td>
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<td>Meat Lasagna 286 g</td>
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<td>Sauté Sensations - Chicken Alfredo 640 g</td>
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<td>Sauté Sensations - Country Beef Pot Roast</td>
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<td>Thai Chicken &amp; Shrimp 283 g</td>
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<td>Weight Watchers</td>
<td>Smart Ones - Three Cheese Ziti Marinara</td>
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## Side dishes (processed)

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### Nutrition criteria

Fat: Less than or equal to 5 g and
Saturated fat: Less than or equal to 2 g and
Sodium: Less than or equal to 240 mg and
Fibre: At least 2 g and
No processed meat

### Salads

#### Compliments
- Santa Fe Salad Kit 326 g - (100 g)

#### Eat Smart
- Vegetable Salad Kit - Sunflower Kale 340 g - (85 g)

#### Live
- Ginger Mung Bean Noodles 390 g - (155 g)
- Land 'N Sea Salad 340 g - (153 g)

#### Loblaws
- Family Garden Salad 1000 g - (250 g)
- Romaine Salad 366 g - (250 g)
- Small California Salad with Almonds 282 g - (310 g)
- Small Garden Salad 278 g - (340 g)
- Small Sunshine Salad with Toasted Almonds 332 g - (250 g)
- Small Sunshine Salad with Toasted Almonds 362 g - (250 g)

#### Polka
- Beet Salad 750 ml - (119.9 g)

#### Sobeys
- Baby Kale & Fruit Salad with Walnut 208 g - (100 g)
- Fruit & Baby Spinach Salad - Large 510 g - (100 g)
- Fruit & Baby Spinach Salad with Walnut - Small 250 g - (100 g)
- Greek Salad with Feta - Large 634 g - (100 g)
- Kale Salad with Pumpkin & Pepita Seeds 222 g - (100 g)
- Mandarin Chicken Salad - Small 362 g - (100 g)
- Simply Garden Salad - Large 776 g - (100 g)
- Strawberry Salad with Goat Cheese & Almonds - Small 272 g - (100 g)

#### Summer Fresh
- Snack’n Go Salad - Super Charge Snacks 345 g - (115 g)
Side dish

**Compliments**
Balance - Asian Vegetable Dumplings with Rice Medley 265 g - (265 g)

**Floating Leaf**
Harvest Stuffing - Wild Rice & Quinoa 120 g - (45 g)

**Loblaws**
Veggie Tray with Dip 850 g - (300 g)

**President's Choice**
Quinoa – Lemon Flavour & Chives 225 g - (45 g)

**Presidents Choice**
Quinoa – Roasted Garlic & Herb 225 g - (45 g)
Quinoa – Vegetable 225 g - (45 g)

**Sobeys**
Spring Roll - Vegetarian 400 g - (50 g)
Veggie Tray Grab 'N Go with Dip - Large 1950 g - (100 g)

**Wild Garden**
Hummus - Roasted Garlic, with Quinoa Chips 64 g - (65 g)
Hummus - with Quinoa Chips 64 g - (65 g)
Soup (processed)

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### Nutrition criteria

- **Fat:** Less than or equal to 3 g and
- **Saturated fat:** Less than or equal to 2 g and
- **Sodium:** Less than or equal to 480 mg and
- **Fibre:** At least 2 g and
- **No processed meat**

### Soup (processed)

#### Amy’s
- Minestrone 398 ml - (260.6 g)

#### Campbell's
- Condensed Soup - Beef with Vegetables & Barley 284 ml - (134.1 g)
- Condensed Soup - Tomato Rice 284 ml - (135.8 g)
- Condensed Soup - Vegetable Beef 284 ml - (134.1 g)
- Healthy Request Ready to Serve Soup - Fiesta Vegetable with Black Beans & Quinoa 540 ml - (263.9 g)
- Healthy Request Ready to Serve Soup - Tomato Garden Vegetable 540 ml - (263.3 g)
- Healthy Request Ready to Serve Soup - Vegetable with Beef & Black-eyed Peas 540 ml - (264.2 g)

#### Pacific
- Roasted Red Pepper & Tomato Soup - Lightly Salted 1000 ml - (262.1 g)

#### President’s Choice
- Blue Menu - Ready-to-Serve Soup - Mushroom Barley 500 ml - (260.9 g)
- Blue Menu - Ready-to-Serve Soup - Tomato and Roasted Red Pepper 500 ml - (271.7 g)
- Blue Menu - Soup Mix 900 g - (45 g)

#### Quik Kook
- Soup Mix 450 g - (50 g)

#### Selection
- Soup Mix 900 g - (100 g)
- Condensed Soup - Vegetable 284 ml - (136.3 g)

#### Soup's On
- Garden Vegetable and Lentil 925 ml - (279.5 g)
- Split Pea and Lentil 925 ml - (271.8 g)
- Gazpacho 925 ml - (271.7 g)

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