



Healthy Foods in Facilities

Food and Beverage Guidelines for Health and Social Services

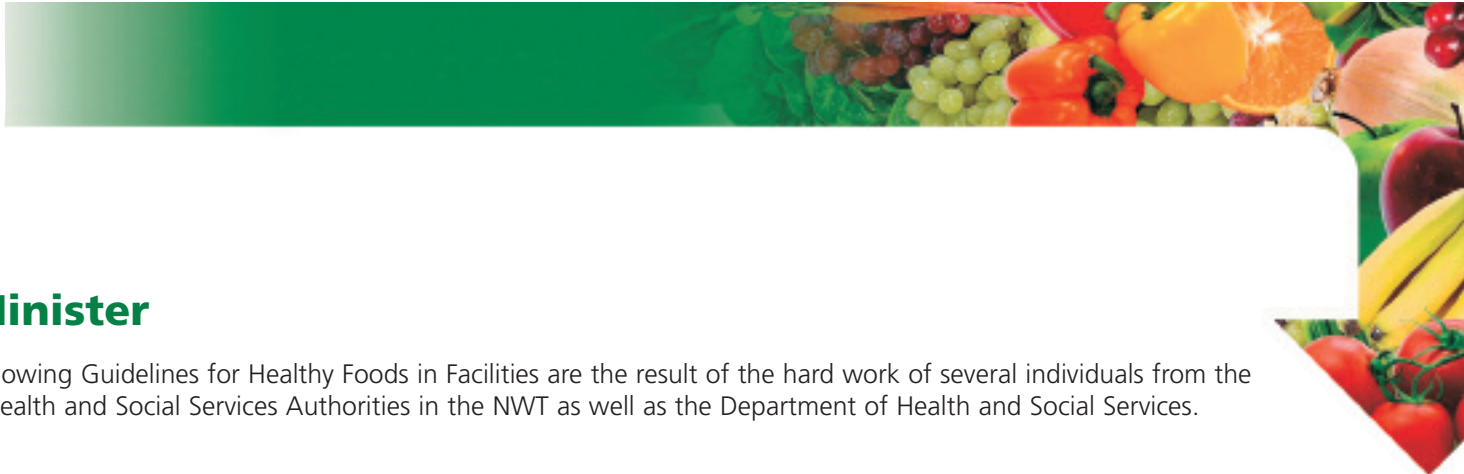
October 2006

Acknowledgements

The NWT Healthy Foods in Facilities Working Group consists of representatives from the eight Health and Social Services Authorities and the Department of Health and Social Services. The working group has also benefited from participation from representatives from the Department of Education, Culture and Employment.

The Working Group adapted these Guidelines with the permission of Lisa Forster-Coull, Provincial Nutritionist, British Columbia Ministry of Health. The draft policy information was adapted from a New Brunswick Department of Education School Food Policy.





Message from the Minister



The following Guidelines for Healthy Foods in Facilities are the result of the hard work of several individuals from the eight Health and Social Services Authorities in the NWT as well as the Department of Health and Social Services.

These Guidelines provide helpful direction for the kinds of foods and beverages the staff, patients and the public can expect to see in their health and social services facilities. These Guidelines mirror the direction of the department and recommendations of health care professionals in promoting healthy eating habits.

J. Michael Miltenberger
Minister of Health and Social Services



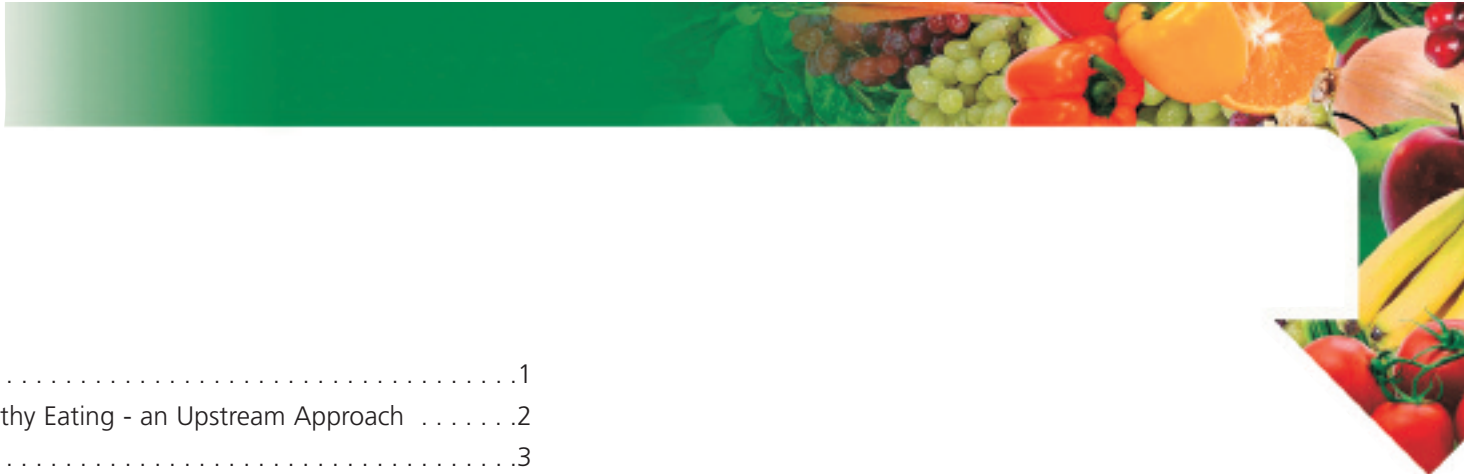


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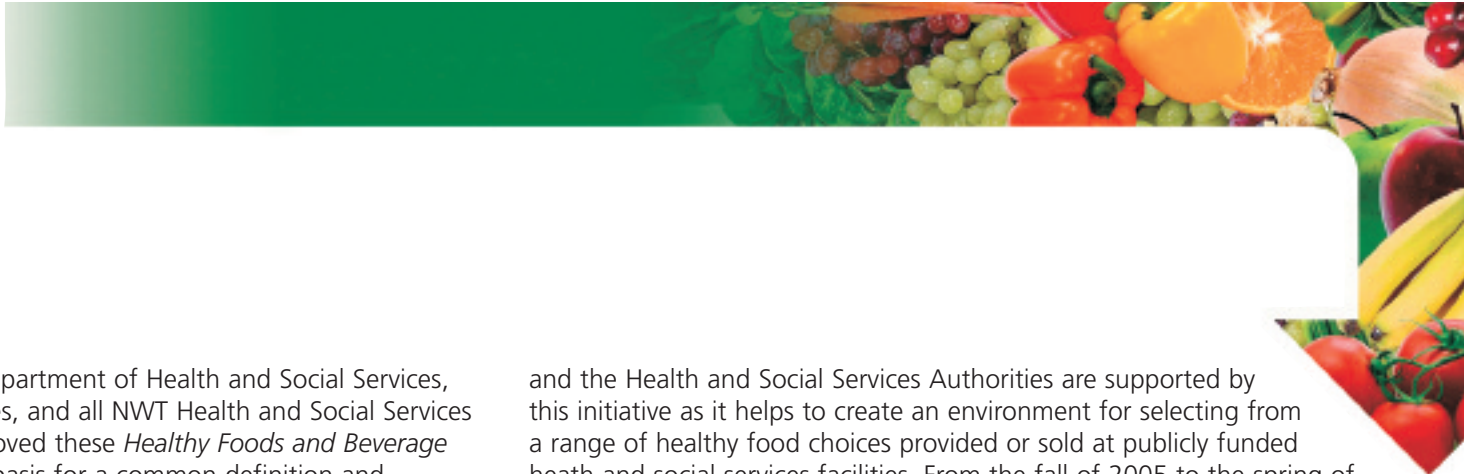
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Background

Through a collaborative process, the Department of Health and Social Services, Government of the Northwest Territories, and all NWT Health and Social Services Authorities, jointly developed and approved these *Healthy Foods and Beverage Guidelines*. These guidelines provide a basis for a common definition and approach for the promotion and selection of foods considered for use in health and social services facilities.

The *Guidelines* are adapted from the extensive work done in British Columbia by the Ministries of Health and Education, although many other documents and references were also reviewed as part of the development process. The working group¹ did not find consistent guidelines or policies throughout Canada or the United States, however, the *Guidelines* from British Columbia² were considered among the most comprehensive. Adaptations for the Northwest Territories consisted mainly of the recognition of commonly used and traditional foods. The criteria used by BC in terms of categorizing foods remained largely the same, since it is based on several years of work involving categorizing individual foods into appropriate groupings according to nutrient content. The guidelines are intended to be generic to the extent that they could be used for any health and social services facility.

Thirteen food categories outline a range of foods from those not recommended to those that provide nutrients needed for good health. These categories are located on pages 7-18.

Work on these guidelines began in the spring of 2005, following a directive from the Minister of Health and Social Services, GNWT³. The goals of the Department

and the Health and Social Services Authorities are supported by this initiative as it helps to create an environment for selecting from a range of healthy food choices provided or sold at publicly funded health and social services facilities. From the fall of 2005 to the spring of 2006, several Working Group teleconference meetings were used to discuss issues, review and research similar guidelines and/or information in other jurisdictions, resulting in the implementation of these guidelines.

The working group also saw the use of these *Guidelines* as a means to address some issues reported in the NWT Health Facilities Survey, for example⁴:

- a need for more fruits and vegetables;
- a need for more country and healthier food choices; and,
- a need for more variety, quantity and tastier food to be served in health and social services facilities.

Thus, these *Guidelines* are a first step in the continued collaboration for the promotion of healthy choices as outlined in the *Healthy Choices Framework*⁵, where Healthy Eating is identified as one of several priorities.

Creating Healthy Environments for Healthy Eating – an Upstream Approach

Although data on the nutritional status of northerners is limited, the relationship between food intake, nutrition and health status is well documented⁶. The 2005 NWT Health Status Report and other data sources indicate the following:

- In 2003, 66% of NWT residents 12 years of age and older did not meet the food guide recommendations for healthy eating as reported through consumption of fruits and vegetables - these residents reported consumption of less than the minimum serving of 5 fruits and vegetables per day.⁷
- The World Health Organization has recognized the rise in obesity rates as a worldwide epidemic requiring immediate action. Overweight and obese adults in Canada are at a 1.5 to 10 times greater risk for diabetes.⁸
- Dental disease is prominent in the Northwest Territories. There are more than 300 children on waiting lists for dental surgery.⁸ Between 1970 and 1997 in the US, per capita consumption of carbonated soft drinks increased 118%; and, it is estimated that the average teenager consumes 65 gallons of carbonated beverages per year.⁹





Application of the Guidelines

These guidelines apply to foods and beverages provided in most health and social services facilities, including vending machines, cafeterias, meetings and special events. The Guidelines are intended to provide the nutritional rationale for the foods recommended and to support broader policies around healthy eating. Foods and beverages in the 13 categories are divided into four categories, ranging from a not recommended category, to a choose most category – as follows:

Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>These items include candies and drinks where sugar is the first ingredient or the second ingredient after water. These foods tend to be highly processed or have very high amounts of sweeteners, salt, fat, trans fat or calories relative to their nutritional value.</p>	<p>These items include foods that are deep-fried, low in key nutrients (such as iron and calcium), are highly salted, sweetened or processed. These foods could make up 10% or less of food choices available in facilities.</p>	<p>These items include foods such as fruit canned in light syrup and represent choices that are moderately salted, sweetened or processed. They would account for 40 - 50% of foods and beverages in facilities.</p>	<p>These items include whole grain breads and fresh vegetables. These foods tend to be the highest in nutrients, the lowest in unhealthy ingredients, and the least processed. They would account for 50% or more of foods and beverages in facilities.</p>

Along with general information and examples, the guidelines provide detailed nutrition criteria to clarify why specific foods are grouped into the four categories.

It should be noted that many processed foods might actually fit in any of the four categories, depending on their nutritional value.¹⁰ For example:

- Foods with 5 grams of fat or less and/or less than 150 mg of sodium per serving would be found in the Choose Most category; consistent with recommendations in the NWT or Canada's Food Guide to Healthy Eating, which emphasizes whole grains and lightly salted or unsweetened foods;
- Foods with 5 - 10 grams of fat and/or between 150-300 mg of sodium, would be in the Choose Sometimes category because they are moderately salted and processed;
- Foods with 10 - 15 grams of fat and/or between 300-600 mg of sodium, would be in the Choose Least category because they are highly salted and/or high in fat; and,
- Foods with more than 0.2 g of trans fats and/or with more than 15 grams of fat or 600 mg of sodium would be in the Not Recommended category.
- In addition, foods with a Health Check¹¹ symbol are usually considered to be in the Choose Most and Choose Often categories.

Creating Awareness and Next Steps

In an effort to assist in making informed choices about nutrition, a first step was the creation of an initial awareness of Healthy Choices through two promotional materials – Posters and Table Tents, which were distributed to all Health and Social Service Authorities and the Department of Health and Social Services.

Samples of these materials are provided in Appendix E, however, the themes and graphics were designed to be the same as those found in these guidelines. The primary message was: *Be Good to Yourself...Make healthy food choices part of your lifestyle today and everyday.* The “common look and feel” is the apple and heart with the messages: *“The choice is yours...Choose Well”*

Similar messages will also be used as part of the larger Government of the Northwest Territories Healthy Choices Framework Healthy Eating and Active Living Social Marketing Campaign,¹² with additional resources developed in future years.

Appendix B also provides information and resources that explain ingredient and nutrition labels. For example, products with a Health Check¹¹ label can usually be used to select healthy food choices.





The Healthy Choices Goal

The goal of the guidelines is to maximize the availability of healthy foods in the *choose most* and *choose sometimes* categories, to minimize *choose least* options, and to phase out *not recommended* foods. This is consistent with the territorial directive as well as the GNWT Strategic Plan.¹³

Minimum Standards

By April 1, 2006, most health and social services authorities elected to promote and provide foods that are:

- at least 50 percent are in the Choose Most category;
- 40 to 50 percent in the Choose Sometimes category; and,
- no more than 10 percent are in the Choose Least category, which acknowledges that staff, residents and patients can enjoy a variety of healthy food choices without jeopardizing their health; and,
- residents, patients and staff will continue to have the choice to purchase and bring in foods and beverages from other sources.


Each Health and Social Services Authority has unique operational requirements for providing a variety of options that generally fit into the categories, with some variation in foods and beverages, timelines and location. However, all authorities have approved the guidelines within these parameters.

Implementation

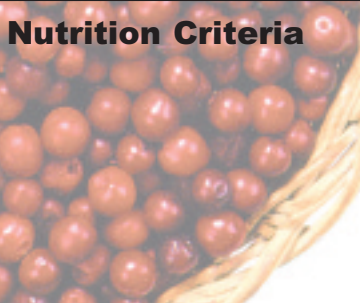
This approach is being used to promote healthier foods:

1. Partnerships with key stakeholders, including nutrition and health staff, clients, patients, public health professionals, caterers and vendors, to determine the best ways to promote healthier choices in health and social services environments.
2. Health and Social Services Authorities are reviewing any specific healthy food policies that may affect or influence the types of food sold and/or provided at meals, meetings and other events. A sample of a policy that may be used or adapted is included in this document.
3. Health and Social Services Authorities have individual plans to guide the change process that includes time to adapt such equipment as vending machines, cooking equipment and to do the required recipe analysis.
4. Implement standard and/or individual communications/marketing mechanisms to encourage healthy choices. These include the use of the territorial wide promotional materials (posters, etc), and may also include regional and individual promotions, linking this awareness to national campaigns (such as Nutrition Month), or other special initiatives.
5. On-going communication on the progress of this initiative, for those who work in the health care system, for example, updates in the *Feel Good Gazette*.¹⁴
6. Regional Nutritionists and Dietitians, employed by Health and Social Services Authorities, are key contacts for consultation regarding for specific nutrition information, or, the Department of Health and Social Services, Health Promotion (healthpromotion@gov.nt.ca).



	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <p>1. Grains</p> <p>Grains must be the first or second ingredient (not counting water)</p> <p>Grain ingredients may include:- flours made from wheat, rye, rice, potato, soy, millet, etc.- rice, pasta, amaranth, corn, quinoa, etc.</p>	<p>Highly salted breads, or high sugar commercial pancakes, biscuits, etc.</p> <p>High fat/sugary/salty baked goods - crackers, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, croissants - especially if large servings</p> <p>Some seasoned noodle mixes</p> <p>Some seasoned rice mixes</p> <p>Some sugary cereals</p> <p>Saltier grain and corn snacks, baked or fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc.)</p>	<p>Medium sized baked items like some crackers, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, croissants</p> <p>Some instant noodles (not enriched or containing fats)</p> <p>Some seasoned rice mixes</p> <p>Some sugary cereals</p> <p>Some fried grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc)</p>	<p>Many enriched breads, buns, bagels, tortillas, English muffins, pancakes, etc</p> <p>Some small baked items such as sliced loaves or muffins, cookies, crackers</p> <p>Most pasta (including those with added egg, spinach or tomato)</p> <p>Most pasta salads</p> <p>Other rice, rice noodles and wraps</p> <p>Most cereals</p> <p>Some small bags of fried grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc)</p>	<p>Many whole grain breads, bannock, buns, bagels, tortillas, English muffins, pancakes, etc</p> <p>Some small baked items with whole grains, fibre, fruit or nuts, such as sliced loaves or muffins, cookies, crackers</p> <p>Most whole grain pasta</p> <p>Brown/wild rice</p> <p>Some whole grain cereals, cereals with fibre, fruit or nuts</p> <p>Some small bags of baked whole grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc)</p>
<p>Nutrition Criteria</p> 	<p>ANY of the following:</p> <p>Calories: more than 400</p> <p>Fat: 15 g or more</p> <p>Saturated fat: more than 5 g</p> <p>Trans fat: 0.2 g or more</p> <p>Sodium: more than 450 mg</p> <p>Sugars: more than 28 g</p> <p>Sugars: are 1st ingredient</p> <p>AND there is less than 2% Iron (0.28 mg)</p>	<p>ANY of the following:</p> <p>Calories: 300-400</p> <p>Fat: 10-15g</p> <p>Sugars: 16-28 g</p> <p>Iron: less than 4 % (0.56 mg)</p> <p>Sugars: are 1st ingredient</p> <p>AND there is 2-20% Iron (0.28-2.6 mg)</p>	<p>ANY item with:</p> <p>Fat: less than 10 g</p> <p>Sugars: may be first ingredient IF there is more than 20% Iron (2.6 mg) AND any item that passes the Least and Not Recommended, but does not pass the Most criteria</p> <p>May be artificially sweetened</p>	<p>ANY item that:</p> <p>passes the Not Recommended, Least, and Sometimes criteria AND has Fibre: 2 g or more</p> <p><i>Foods high in iron are recommended.¹⁵</i></p>

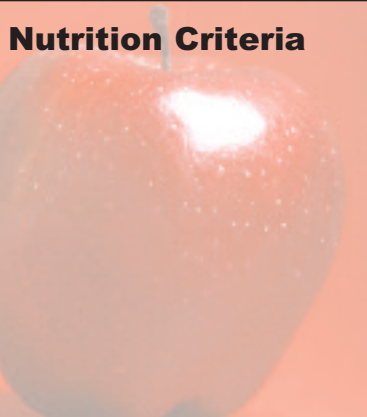
Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in the Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasions. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on usual serving sizes.

	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <h2>2. Vegetables and Fruit</h2> <p>A vegetable or fruit must be the first or second ingredient, not counting water.</p>	<p>Highly salted pickles (see Condiments & Add-ins Food Grouping) - use as appropriate</p> <p>Deep fried foods: if highly salted, or medium/large size, fried in fat containing trans fats, such as some brands of French fries</p> <p>Most candy and chocolate coated fruit</p> <p>Some potato/vegetable chips, fruit chips (baked or fried), especially saltier flavours</p>	<p>Some canned vegetables, including regular sauerkraut</p> <p>Fries: small portions of deep fried potatoes, may be lightly salted</p> <p>Coated/breaded & deep fried vegetables</p> <p>Some jarred salsa (sodium)</p> <p>Some fruit gummies with pureed fruit as 1st ingredient</p> <p>Some bags of fruit chips</p> <p>Many small bags of potato/vegetable chips, salted (baked or fried)</p>	<p>Most fresh/frozen/dried vegetables & fruit, raw, cooked, moderately seasoned/dressed</p> <p>Most canned vegetables in broth, including low sodium sauerkraut</p> <p>Fruit canned in light syrup</p> <p>Fries: baked frozen fries (without trans fats), may be lightly salted</p> <p>Vegetables, breaded and baked</p> <p>Avocado - 1/4 to 1/3</p> <p>Some jarred salsa</p> <p>Some small bags of fruit chips</p> <p>Some very small bags of potato/vegetable chips, very lightly salted (baked or fried)</p>	<p>Most fresh/frozen/dried vegetables & fruit, raw, cooked, lightly seasoned/dressed</p> <p>Canned vegetables or fruits (in water, juice)</p> <p>Fries: baked fresh potato wedges or slices, may be tossed in oil</p> <p>Fresh salsa, some jarred salsa</p> <p>Some frozen fruit bars made with pureed fruit</p> <p>Some small bags of fruit chips or unsalted potato/vegetable chips (usually baked)</p> <p>Traditional (northern) fruits and vegetables, such as cranberries</p>
 <p>Nutrition Criteria</p>	<p>ANY of the following:</p> <p>Fat: 15 g or more</p> <p>Trans fat: 0.2 g or more</p> <p>Sodium: more than 600 mg</p> <p>Sugars: are 1st ingredient</p>	<p>ANY of the following:</p> <p>Fat: between 10-15 g</p> <p>Sodium: between 300-600 mg</p> <p>Sugars: both the 2nd & 3rd ingredients are sugars</p>	<p>ANY of the following:</p> <p>Fat: 5 - 10 g</p> <p>Sodium: less than 300 mg</p> <p>Sugars: are 3rd ingredient AND any item that passes the Least and Not Recommended, but does not pass the Most criteria May be artificially sweetened</p>	<p>ANY item that:</p> <p>passes the Not Recommended, Least, and Sometimes criteria AND has ALL of the following: Fat: 5g fat or less, and Sodium: less than 150 mg</p> <p><i>Foods high in Vitamin C and Vitamin A are recommended¹⁵</i></p>


Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes.





	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <p>3. Vegetable and Fruit Juices</p> <p>A vegetable or fruit juice or puree must be the 1st ingredient, not counting water, and make up more than 50% of the volume</p>	<p>Most "drinks", "blends" "cocktails", and "beverages"</p> <p>Most fruit smoothies made with any Not Recommended ingredients</p> <p>Slush drinks and frozen treats with added sugars (see "Candies, Chocolates, etc" food grouping)</p>	<p>Some nectars or juice blends</p> <p>Seasoned vegetable juice</p> <p>100% juice fortified with multivitamin/minerals</p> <p>Most fruit smoothies made with any Choose Least ingredients</p> <p>Slush drinks and frozen treats with concentrated juice</p>	<p>100% juice (fruit, low sodium vegetable, or combination)</p> <p>100% juice fortified with only calcium AND/OR vitamin C</p> <p>Most fruit smoothies made with any Choose Sometimes ingredients</p> <p>Slush drinks and frozen treats made with Choose Sometimes items</p>	<p>100% unsweetened juice</p>
<p>Nutrition Criteria</p> 	<p>ANY of the following:</p> <p>Juice content: less than 50%</p> <p>Size: more than 600 ml¹¹</p> <p>Trans fat: 0.2 g or more</p> <p>Sodium: more than 600 mg</p> <p>Caffeine: 25 mg or more¹³</p>	<p>ANY of the following:</p> <p>Juice content: between 51-99% OR juice is concentrated for slushies</p> <p>100% juices fortified with more than vitamin C and/or calcium</p> <p>Fat: more than 5 g</p> <p>Sodium: 400-600 mg</p> <p>May be artificially sweetened</p> <p>Caffeine: more than 15 mg and less than 25 mg</p>	<p>ANY of the following:</p> <p>100% juice, no added sugars or sweeteners (may be diluted with water), may be fortified with Vitamin C AND/OR calcium</p> <p>Generally, beverages with the Health Check Label ¹²</p> <p>http://www.healthcheck.org/</p>	<p>ANY of the following:</p> <p>100% juice, no added sugars or sweeteners (may be diluted with water), may be fortified with Vitamin C and /or calcium</p> <p>Generally, beverages with the Health Check Label - www.healthcheck.org/</p> <p><i>Juices high in Vitamin C and A are recommended.</i>¹⁵</p>


Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes.

	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <p>4. Milk-based Foods</p> <p>Milk must be the first or second ingredient; cream is NOT considered a milk ingredient</p>	<p>Most cream cheese & light cream cheeses & spreads (see "Condiments & Add-ins" food grouping for more information)</p> <p>Some candy flavoured ice creams & frozen yogurt</p> <p>Frozen 'yogurt' not based on milk ingredients (see "Candies, Chocolates, etc" food grouping)</p> <p>Most regular sized sundaes</p>	<p>Some higher fat cheeses</p> <p>Some processed cheese slices & spreads</p> <p>Some puddings/custards, etc.</p> <p>Most candy flavoured or rich ice creams & frozen yogurts</p>	<p>Some sweet yogurts</p> <p>Yogurt with artificial sweeteners</p> <p>Many puddings/custards, etc, including those with artificial sweeteners.</p> <p>Small portions of some ice creams & frozen yogurts - simply-flavoured (vanilla, chocolate and strawberry)</p>	<p>Most regular and light cheeses, cheese strings</p> <p>Some processed cheese slices</p> <p>Most yogurt, plain or simply-flavoured</p> <p>Some puddings/custards, etc</p> <p>Small portions of some ice cream & frozen yogurts - simply-flavoured (vanilla, chocolate and strawberry)</p>
<p>Nutrition Criteria</p> 	<p>ANY of the following:</p> <p>Calories: more than 400</p> <p>Fat: 20g or more</p> <p>Trans fat: 0.4 g or more, per 8 g of protein</p> <p>Sodium: more than 600 mg</p> <p>Sugars: are the 1st ingredient</p> <p>Calcium: less than 4 % (44 mg)</p> <p>Caffeine: 25 mg or more</p>	<p>ANY of the following:</p> <p>Calories: 250 - 400</p> <p>Fat: 15 - 20 g</p> <p>Sodium: 400 - 600 mg</p> <p>Sugars: 36 g or more per 175 ml</p> <p>Calcium: 5% or less for every 100 mg sodium</p> <p>Caffeine: more than 15 mg and less than 25 mg</p>	<p>ALL of the following:</p> <p>1st ingredient must be a milk ingredient (excluding cream)</p> <p>Sugars: Between 20-36 g per 175 ml AND any item that passes the Least and Not Recommended, but does not pass the Most criteria</p> <p>May be artificially sweetened</p>	<p>ANY item that passes the Not Recommended, Least, and Sometimes criteria, AND 1st ingredient must be a milk ingredient (excluding cream)</p> <p>Sugars: 20g or less per 175 ml</p>


Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes.






	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <p>5. Milk-based Beverages</p> <p>Milk must be the first or second ingredient</p> <p>Fortified soy drinks contain protein and calcium and may be assessed in this food grouping. See "Other Beverages" for other fortified drinks (e.g. rice, potato based] and non-fortified soy drinks)</p>	<p>Many milks containing coffee products or other caffeine ingredients, especially larger portions</p> <p>Some regular eggnogs</p> <p>Some hot chocolate mixes made with water (See "Other Beverages)</p>	<p>Most candy flavoured milks</p> <p>Some milks containing tea products (eg. Chai)</p> <p>Smoothies made with Choose Least ingredients</p>	<p>Some flavoured fortified soy drinks</p> <p>Most basic flavoured milks</p> <p>Yogurt drinks</p> <p>Many small milkshakes made with milk and ice-cream</p> <p>Smoothies made with Choose Sometimes ingredients</p> <p>Many regular egg nogs</p> <p>Most hot chocolates made with milk</p>	<p>Plain, unflavoured milk (skim, 1%, 2%, whole) and fortified soy drinks</p> <p>Many milks modified with fatty acids</p> <p>Decaffeinated tea/coffee/lattés</p> <p>Smoothies made with Choose Most Ingredients</p> <p>Some 'lite' eggnogs</p> <p>Some hot chocolates made with milk</p>
<p>Nutrition Criteria</p> 	<p>ANY of the following:</p> <p>Size: more than 600 mL</p> <p>Calories: more than 600</p> <p>Fat: more than 15 g per 250 mL</p> <p>Trans Fat: more than 0.4 g per 250 mL</p> <p>Sodium: more than 600 mg</p> <p>Sugars: are the 1st ingredient</p> <p>Caffeine: 25 mg or more 13</p>	<p>ANY of the following:</p> <p>Calories: 400 - 600</p> <p>Fat: 10 - 15 g per 250 mL</p> <p>Sugars: more than 36 g per 250 mL</p> <p>Caffeine: more than 15 mg and less than 25 mg</p>	<p>ALL of the following:</p> <p>1st ingredient must be a milk ingredient (excluding cream) (Fortified soy drinks are exempt from this requirement)</p> <p>Sugars: Between 20-36 g per 250 mL AND any item that passes the Least and Not Recommended, but does not pass the Most criteria</p> <p>May be artificially sweetened</p>	<p>ANY item that passes the Not Recommended, Least, and Sometimes criteria, AND ALL of the following:</p> <p>1st ingredient must be a milk ingredient (excluding cream) (Fortified soy drinks are exempt from this requirement)</p> <p>Sugars: 20 g or less per 250 ml</p>

Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes.


	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <p>6. Meat and Alternatives</p> <p>A meat or meat alternative must be the first or second ingredient (excluding nuts and seeds) Meat and meat alternatives include:- beef, pork, poultry, fish- game meats and traditional meats and edible parts- eggs- soybeans, legumes, tofu See the "Nuts & Seed Mixes or Bars" category for guidelines on these items</p>	<p>Many products deep fried in hydrogenated or partially hydrogenated oils or in shortening</p> <p>Some wieners with more filler than meat</p>	<p>Most cold cuts & deli meats - turkey 'loaf', pepperoni, bologna, salami</p> <p>Some seasoned chicken or tuna salads</p> <p>Some breaded and fried chicken/fish/meat</p> <p>Most regular wieners/sausages</p> <p>Fattier pepperoni/chicken sticks</p> <p>Most smokies/bratwurst</p>	<p>Some marinated poultry</p> <p>Some fish canned in oil</p> <p>Marbled or fatty meats</p> <p>Cold cuts (lean), ham</p> <p>Marbled or fatty game meats</p> <p>Some chicken or tuna salads</p> <p>Some breaded and baked chicken/fish/meat</p> <p>Some lean wieners, sausages</p> <p>Lean pepperoni/chicken sticks</p> <p>Jerky (lean, seasoned)</p> <p>Some egg salads</p> <p>Some refried beans</p>	<p>Chicken, turkey</p> <p>Fish, seafood, fresh or canned in water/broth</p> <p>Lean meat (beef, bison, pork, lamb)</p> <p>Lean game meats and birds (caribou, moose, etc)</p> <p>Traditional meats and edible parts</p> <p>Some chicken or tuna salads</p> <p>Some lean wieners</p> <p>Jerky (plain)</p> <p>Eggs and some egg salads</p> <p>Tofu Legumes (beans, lentils, peas) and most legume salads</p> <p>Dal, Falafel</p> <p>Some refried beans</p>
<p>Nutrition Criteria</p> 	<p>ANY of the following:</p> <p>Calories: more than 400</p> <p>Fat: more than 20 g</p> <p>Saturated Fat: more than 10 g</p> <p>Trans Fat: 1 g or more</p> <p>Sodium: more than 800 mg</p> <p>Iron: less than 1%</p>	<p>ANY of the following:</p> <p>Fat: more than 16 g per 60 g portion</p> <p>Saturated Fat: 8 - 10 g</p> <p>Sodium: 600 - 800 mg</p> <p>Protein: 5 g or less</p>	<p>ANY item with:</p> <p>Fat: 12 - 16 g per 60 g portion</p> <p>Sodium: 400 - 600 mg AND any item that passes the Least and Not Recommended, but does not pass the Most criteria</p>	<p>ANY item that passes the Not Recommended, Least, and Sometimes criteria, AND ALL of the following:</p> <p>Fat: less than 12 g per 60 g portion</p> <p>Sodium: less than 400 mg</p>
<p>Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes.</p>				





	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <p>7. Nuts and Seed Mixes or Bars</p> <p>Peanuts, nuts or seeds must be the first or second ingredient</p>	Most chocolate or 'yogurt' covered nuts	Other nut/seed bars and mixes (e.g. sesame snap bars)	Nuts/seed bars and mixes with nuts/seeds as the first ingredient, may contain candy, 'yogurt', or chocolate if sugars are not the second and third Ingredients Some dessert tofus	Nut/Seed bars and mixes with nuts/seeds as first ingredient, and no candies or chocolate Peanut butter Other nut/seed butters, e.g. tahini
<p>Nutrition Criteria</p> 	<p>ANY of the following: Calories: more than 400 Trans fat: 0.2 g or more Sodium: more than 400 mg Sugars: are the 1st ingredient AND item has more than 250 calories</p>	<p>ANY of the following: Calories: 300 - 400 Sodium: 300 - 400 mg Sugars: are the 1st ingredient AND item has 250 or fewer calories</p>	<p>ANY item that passes the Least and Not Recommended, but does not pass the Most criteria Sugars: are the 2nd + 3rd ingredients May be artificially sweetened</p>	<p>ANY item that passes the Not Recommended, Least, and Sometimes criteria AND ALL of the following: Sodium: less than 200 mg Sugars: are neither the 1st nor 2nd ingredient</p>



Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes. Nut and seed mixes or bars containing dried fruit, sugars, crackers or other sugars/starches (natural or added) can leave particles clinging to teeth and put dental health at risk.

	Not Recommended	Choose Least	Choose Sometimes	Choose Most
Food Grouping: 8. Mixed Entrée Foods	Some pizzas, e.g. with double cheese Some pastry based pizza pockets Some meat pot pies Note: Some trans fats occur naturally in meats like beef, lamb, goat, deer, moose, elk, buffalo	Most sandwiches or short submarine sandwiches made with deli or processed meats Some pizzas, e.g. meat lovers Some personal size pan pizzas Some pastry based pizza pockets Some meat pot pies Some sausage/Vegetable Rolls Some pasta with a cream based sauce Many frozen entrees	Most sandwiches, short submarine sandwiches, and burgers made with lean roasted meats (turkey, chicken, beef), but few vegetables Some cheese or meat pizzas Some pizzas with fi the amount of cheese Pizza bagels Baked pizza pockets, pizza pretzels Some meat pot pies Some sushi Pilaf (rice and meat) Some pasta with a milk based sauce Some curries with few vegetables Hard tacos with meat or bean filling; some frozen entrees	Most sandwiches, short submarine sandwiches, and burgers made with lean meats (turkey, chicken, beef) and plenty of vegetables - whole grain breads/buns are preferred Some pizzas with vegetables Most stir fries, stews Most sushi Pilaf (with vegetables) Most pasta with vegetable based sauce (may have meat) Chili, some curries Burritos (bean or meat) Soft tacos filled with Choose Most ingredients Falafel in pita with tomatoes & tzatziki Some frozen entrees
Nutrition Criteria 	ANY of the following: Calories: more than 1,000 Fat: more than 30 g Saturated Fat: 12 g or more Trans Fat: more than 1 g Sodium: more than 1,400 mg Iron: less than 3%	ANY of the following: Calories: 700 - 1,000 Fat: 20 - 30 g Saturated Fat: 10 - 12 g Sodium: 1,000 - 1,400 mg Sugars: more than 24 g	ANY item that passes the Least and Not Recommended, but does not pass the Most criteria	ANY item that passes the Not Recommended, Least, and Sometimes criteria AND Ingredients: contains vegetables or fruits within the first 3 ingredients (not counting water)


Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes.





	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <p>9. Soups</p> <p>Includes dry, canned and fresh</p>	<p>Many canned soups, broth or milk based</p>	<p>Most instant soups, plain or seasoned</p> <p>Some borscht if saltier</p> <p>Many canned soups, broth or milk based</p>	<p>Some soups with or without meat, or beans/lentils</p> <p>Some borscht if low in salt</p> <p>Most milk-based soups</p> <p>Some low-sodium canned soups</p>	<p>Some soups made with meat or beans/lentils</p> <p>Some borscht if it includes meat or beans/lentils</p> <p>Some milk-based soups</p> <p>Some low-sodium canned soups made with meat or beans/lentils</p>
<p>Nutrition Criteria</p> 	<p>ANY of the following:</p> <p>Fat: 15 g or more</p> <p>Trans Fat: 0.2 g or more</p> <p>Sodium: more than 900 mg</p> <p>Iron: less than 5%</p>	<p>ANY of the following:</p> <p>Fat: 10 - 15 g</p> <p>Sodium: 600 - 800 mg</p>	<p>ANY of the following:</p> <p>Iron: 5 - 10% ANY item that passes the Least and Not Recommended, but does not pass the Most criteria</p>	<p>ANY item that passes the Not Recommended, Least, and Sometimes criteria, AND 1st ingredient must be a food group food (not counting water)</p>
<p>Food Grouping:</p> <p>10. Candies, Chocolate, etc</p> <p>Includes dry, canned and fresh</p>	<p>Most regular packages</p>	<p>Most very small packages of candies/chocolates</p> <p>Very small portions of frozen novelties not based on milk or fruit ingredients</p> <p>Very small portions of dessert gelatins</p>	<p>None</p>	<p>None</p> <p>No qualifying criteria</p>
<p>Nutrition Criteria</p> 	<p>Calories: 100 or more</p> <p>Sugar: 16 g or more</p> <p>Caffeine: 25 mg or more</p>	<p>Calories: fewer than 100</p> <p>Sugar: less than 16 g</p> <p>May be artificially sweetened</p> <p>Caffeine: less than 25 mg</p>	<p>No qualifying criteria</p>	


Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes. Foods containing sugars (natural or added) can leave particles clinging to teeth and put dental health at risk.

	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <p>11. Energy Bars</p> <p>Includes meal replacement bars, sports bars and snack bars</p>	<p>Super-sized bars Low protein bars</p>	<p>Bars with sugars as 1st ingredient Artificially sweetened bars Many "low-carb" bars</p>	<p>Most bars made with little whole grain, nuts, seeds, fruit</p>	<p>Some bars made with whole grains, nuts, seeds, fruit</p>
<p>Nutrition Criteria</p> 	<p>ANY of the following: Calories: more than 300 Trans Fat: 0.2 g or more Protein: less than 4 g Caffeine: 25 mg or more</p>	<p>ANY of the following: Calories: 250 - 300 Fat: 10 g or more Protein: 4 - 6 g Sugars: are 1st ingredient Sugars: are 2nd and 3rd ingredient Caffeine: more than 15 mg and less than 25 mg</p>	<p>ANY item that passes the Least and Not Recommended, but does not pass the Most criteria May be artificially sweetened</p>	<p>ANY item that passes the Not Recommended, Least, and Sometimes criteria AND Fibre: 2 g or more</p>


Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes. Foods containing sugars (natural or added) can leave particles clinging to teeth and put dental health at risk.





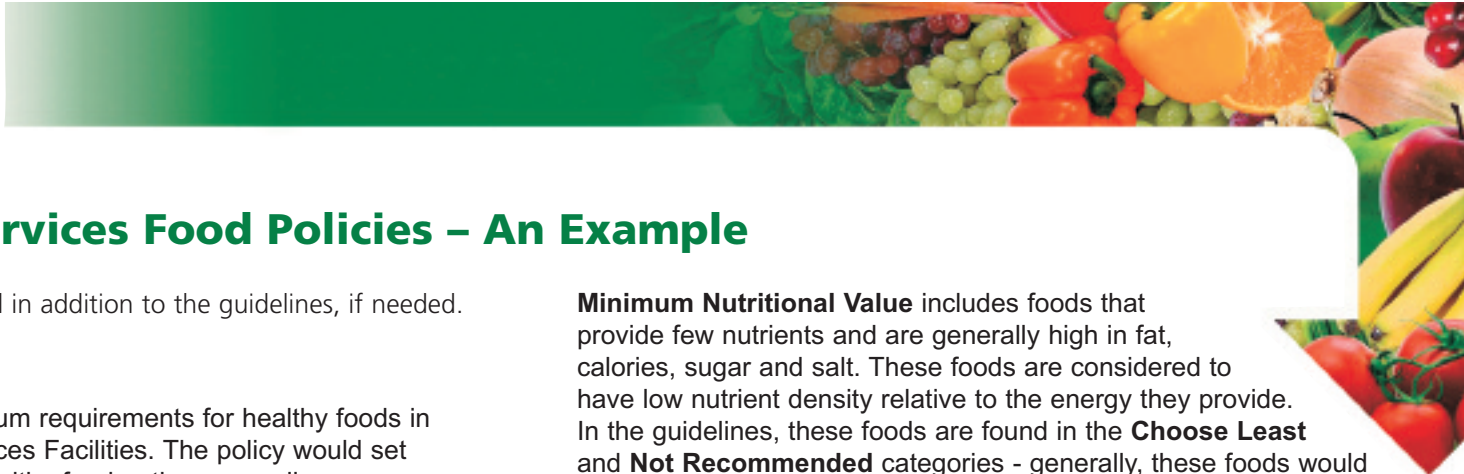
	Not Recommended	Choose Least	Choose Sometimes	Choose Most
Food Grouping: 12. Other Beverages (Non-Juice/ Non-Milk based)	Most drinks with sugars as the 1st ingredient (not counting water) - e.g. iced teas, fruit 'ades', pops Most sport drinks Most unfortified flavoured rice, soy or potato drinks Most hot chocolate mixes made with water	Water (flavoured or not) with artificial sweeteners or minimally sweetened Diet soft drinks and non-carbonated drinks (decaf) Most unfortified plain soy or potato drinks Some fortified flavoured (and most unfortified plain) rice drinks	Most fortified flavoured potato drinks and some fortified rice drinks Some unfortified soy drinks Most caffeinated drinks (e.g. regular tea and coffee)	Water, plain Sparkling/carbonated water or water with added flavours (no sugar or artificial sweeteners) Soda water Fruit/mint flavoured decaf, unsweetened teas Decaffeinated tea or coffee Most fortified plain potato drinks (see "Milk Beverages" for fortified soy drinks) Regular, caffeinated coffee is allowed
Nutrition Criteria 	ANY of the following: Size: more than 600 mL Calories: more than 300 Trans Fat: 0.2 g or more Sodium: more than 300 mg Sugars: more than 16 g per 250 mL Sugars: more than 8 g per 250 ml portion IF there is less than 5% calcium (55 mg) per 250 ml portion Caffeine: 25 mg or more	ANY of the following: Sugars: 8 - 16 g per 250 ml portion IF there is 5 - 20% calcium (55-220 mg) per 250 ml OR Sugars: up to 8 g per 250 ml portion IF there is less than 5% calcium Caffeine: more than 15 mg and less than 25 mg Artificially sweetened AND there is less than 20% calcium (220 mg) per 250 ml portion	ANY item that passes the Least and Not Recommended, but does not pass the Most criteria Sugars: 8 - 16 g per 250 ml portion IF there is at least 20% calcium (220 mg) per 250 ml portion OR Sugars: up to 8 g per 250 ml portion IF there is 5 - 20% calcium (55-220 mg) per 250 ml portion Artificially sweetened IF there is at least 20% calcium (220 mg) per 250 ml	ANY of the following: Water, plain Sparkling/carbonated/ flavoured waters (no sugars or artificial sweeteners) OR Sugars: up to 8 g per 250 ml portion IF there is at least 20% calcium (220 mg) per 250 ml portion

Notes: Sport/electrolyte drinks are not recommended. "Other beverages" may provide excess liquid calories, caffeine, artificial sweeteners, or acids and often displace healthier food/beverage choices. Beverages generally considered acceptable for the Choose Sometimes and Choose Most are those on the Health Check Label list, found at www.healthcheck.org/

	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Food Grouping:</p> <p>13. Condiments & Add Ins</p> 	<p>Condiments or add-ins containing trans fat (from hydrogenated & partially hydrogenated oils, or from vegetable shortening) AND more than 0.2 g trans fat per serving</p>	<p>Ketchup</p>	<p>One or two condiments can be used to enhance the flavour of Choose Most and Choose Sometimes items:</p> <p>Herbs & Seasonings, garlic, pepper (no added salt): no limit</p> <p>Soy sauce: 2 - 3 mL</p> <p>Hot sauce: 5-10 mL</p> <p>Table salt: /- fl mL</p> <p>Soft margarine, butter: 5 - 10 mL</p> <p>Cream cheese or processed cheese spread (regular/lite): 5 - 15 mL</p> <p>Sour cream: 15 - 30 mL</p> <p>Cream: 5 - 15 mL</p> <p>Whipped cream (from cream): 15 - 30 mL</p> <p>Low fat spreads, dips, dressings: 5 - 15 mL</p> <p>Regular spreads, dips, dressings: 5 - 10 mL</p> <p>Oil for sautéing or dressing: 5 - 10 mL</p> <p>Mustard, pickles, relishes, olives: 10 - 15 mL</p> <p>Horseradish: 10 - 45 mL</p> <p>Jarred salsa, sauerkraut: 10 - 30 mL</p> <p>Salad toppers (eg. bacon bits): 5 - 10 mL</p> <p>Sugars/honey: 5 - 10 mL</p> <p>Artificial sweeteners: 1 packet</p>	

Notes: Specific brands or recipes can differ in fat, sodium, sugar and fiber content. Each food or recipe will need to be reviewed on a "food by food" basis. Generally, foods in Not Recommended category will be phased out, with exceptions noted as appropriate and rationale given. Exceptions can also be noted on specific occasion. Condiments, for example, may be used where there is no specific concern for sodium intakes. Such decisions are left up to the Nutrition Specialists, Health and Social Services Authorities. Nutrition criteria are generally based on serving sizes. Foods containing sugars (natural or added) can leave particles clinging to teeth and put dental health at risk.





Appendix A Health and Social Services Food Policies – An Example

Specific food policies may be developed in addition to the guidelines, if needed. An example follows:¹⁶

1.0 Purpose

- 1.1 This policy establishes minimum requirements for healthy foods in NWT Health and Social Services Facilities. The policy would set standards for selections of healthy food options as well as awareness of healthy foods and healthy eating.
- 1.2 If a current policy exists, this information could be used to update or replace an existing policy.

2.0 Application

The food policy can be adapted to apply to health and social service facilities in the Northwest Territories.

3.0 Definitions

Core services include health and social programs and services eligible for public funding and accessible to all residents of the NWT throughout the lifecycle, according to standards, policies and guidelines. Such services can promote individual, family and community wellness. Health promotion and Prevention is one of the six core services of the Integrated Services Delivery Model.¹⁷

Maximum Nutritional Value includes foods that are good or excellent sources of important nutrients and are low in fat, sugar, calories, salt and other ingredients that do not generally support health. Foods in this group are considered nutrient dense relative to the energy they provide. These foods would normally be provided on a daily basis. In the guidelines, these foods are found in the **Choose Most** category

Moderate Nutritional Value includes foods that are a source of nutrients but may be high in fat, sugar, calories or salt. These foods are not as nutrient dense as foods in the maximum nutrition value category. In the guidelines, these foods are found in the **Choose Sometimes** category and are usually served less often, for example, a few times a week only.

Minimum Nutritional Value includes foods that provide few nutrients and are generally high in fat, calories, sugar and salt. These foods are considered to have low nutrient density relative to the energy they provide. In the guidelines, these foods are found in the **Choose Least** and **Not Recommended** categories - generally, these foods would be served up to a maximum of twice per month, gradually phased out, or included due to operational requirements of the facility.

4.0 Legal Authority

The Minister of Health and Social Services establishes health and service goals, standards for health facilities in conjunction with Health and Social Services Authorities.

5.0 Goals/Principles

The Department of Health and Social Services and Health and Social Services Authorities:

- Recognize that healthy eating promotes optimal health and contributes to optimal physical and mental health.
- Recognizes that a comprehensive health promotion approach assists territorial residents attain full health potential by the creation of healthy, supportive environments, through the promotion and provision of healthy foods and eating habits.
- Recognizes that nutrition is an integral part of health and social services programs and services, consistent with the Integrated Services Delivery Model.
- Recognizes that healthy lifestyles include eating foods with maximum nutritional value should be fostered and promoted in all health and social services facilities.
- Are committed to collaborating with other departments and related stakeholders to promote healthier eating and nutrition awareness.

6.0 Requirements/Standards

6.1 General

- 6.1.1 Foods with maximum nutritional value will be available and promoted where food is sold or otherwise offered, including vending machines, cafeterias and in other programs.
- 6.1.2 Foods with maximum and moderate nutritional value sold in health facilities will be priced as close to cost as practicable.
- 6.1.3. Health and Social Services facilities have the opportunity to create a pleasant eating environment.
- 6.1.4. Foods and beverages sold/provided will be handled with attention to appropriate food safety guidelines.
- 6.1.5. On a regular basis, health and social services authorities will review the effectiveness of food policies in promoting healthy eating and nutrition.

6.2 Fundraising

- 6.2.1 The sale of foods with minimum nutritional value in fundraising initiatives will be limited.
- 6.2.2 Health and Social Services facilities can develop guidelines regarding the sale of foods of moderate or maximum nutritional value on non-food items in fund-raising efforts as appropriate.

6.3 Food Services

- 6.3.1 Contracts with food providers will be evaluated, in large part, based on their provision of nutritious menu options.
- 6.3.2 Competitors will not be excluded at the request of a food provider. Additionally, no food provider shall receive exclusive access to any facility indefinitely.
- 6.3.3 The Chief Executive Officer of a Health and Social Services Authority has the authority to sign food service contracts.

- 6.3.4 Programs and meal services will be consistent the Guidelines.
- 6.3.5 The sale and promotion of foods, including items in vending machines, will primarily consist of foods with moderate or maximum nutritional value only.
- 6.3.6 Foods with minimum nutritional value, including vending machines, will be phased out, starting April 1, 2006. Health and Social Services Authorities will also promote foods with maximum and moderate nutritional value as part, and/or in addition to, a territorial strategy.

7.0 Guidelines/Recommendations

- 7.1 When serving food, attention should be paid to appropriate foods and serving sizes, as recommended in the Canada and NWT Food Guides.
- 7.2 Health and Social Services facilities and community partners can promote foods with maximum nutritional value on health and social services premises. This includes modelling healthy eating behaviours.
- 7.3 Health and Social Services facilities can support and reinforce messages about healthier eating.
- 7.4 For special occasions, celebrations, holidays, etc, every effort could be made to include foods with moderate or maximum nutritional value.
- 7.5 Health and Social Services facilities may encourage partners, staff, clients and residents to provide healthy supportive environments.

8.0 Health and Social Services Authority Policy Making

Health and Social Services Authorities can develop policies with respect to nutrition in facilities that are consistent with, or more comprehensive, as appropriate.





Appendix B

1. Understanding Ingredient Labels

Every product has an ingredient list. For small bulk items, the list might be on the carton rather than the individual package. Ingredients are listed in descending order - that is, the amounts by weight get smaller and smaller. Usually the first 3 - 5 ingredients (not including water) reflect nutritional content. Artificial sweeteners and caffeine don't weigh very much so are usually near the end of the ingredient list.

For more help in reading ingredient lists and determining caffeine content, contact your Regional Nutritionist or Dietitian or healthpromotion@gov.nt.ca

Milk Ingredients: Milk needs to be the first ingredient for the Milk-based Foods and Milk-based Beverages categories. Look for these words:

- Milk (whole/2%/1%/skim, non fat)
- Evaporated Milk
- Skim Milk Powder
- 'Milk Ingredients', Milk Solids (may be modified)

Trans fats are strictly limited in the Guidelines. If there is no Nutrition Facts label, these words in the ingredient list give you an idea of how much trans fat might be in the product:

- Shortening
- Margarine (not all have trans fat)
- Partially hydrogenated oil

Artificial sweeteners: Artificial sweeteners are safe for children and adolescents to consume in the amounts provided in foods and beverages. The Guidelines allow artificial sweeteners when they are used to sweeten a nutritious food. Look for these names in the ingredient list:

- Splenda (Sucralose)
- Nutrasweet (Aspartame, Sweet'n Low, Sugar Twin)
- Acesulfame Potassium (Ace-K)
- Cyclamate (Sugar Twin, Sucaryl)
- Sugar alcohols (maltitol, sorbitol, xylitol, etc, also polydextrose, hydrogenated starch hydrolysates, isomalt)

(Note: Some foods are sweetened with stevia. Stevia is an herb that is not approved by Health Canada.)

Sugars can be from many sources and in many forms. Look for these words on the ingredient list for added sugars:

- "ose" words: sucrose, fructose, dextrose, maltose, etc
- syrups: cane syrup, rice syrup, corn syrup, maple syrup, etc
- concentrated fruit juice (used to sweeten many products other than 100% fruit juice, but adds very few nutrients to the products)
- Honey, Molasses

Salt can be from these sources, but check the Nutrition Facts Label for total sodium:

- Salt, Sea Salt
- Sodium
- Sodium chloride
- Soy sauce
- MSG (monosodium glutamate)
- Baking soda, baking powder

Caffeine is listed as an ingredient only if it is added to something. Coffee drinks would not list caffeine as an ingredient, but cola drinks would. If the following ingredients are present, caffeine levels may exceed the Guidelines:

- Caffeine
- Coffee (*not* coffee flavouring)
- Tea (black or green)
- Maté, Yerba Maté
- Guarana

Appendix B

2. Understanding Nutrition Facts Panels

The Nutrition Facts panel is used to classify a food or beverage as 'Choose Most', 'Choose Least', 'Choose Sometimes', or 'Not Recommended'. Most foods and beverages are required to have a Nutrition Facts panel by December 12, 2005. Small manufacturers have until December 12, 2007. For small bulk items the panel might be on the carton rather than the individual package.

For more help in interpreting Nutrition Facts panels or items without a Nutrition Facts panel, contact your local community nutritionist or Dietitian.

Compare this amount to the size of the package being sold. Is it the same or is it smaller, bigger?

Sodium mg/portion sold is restricted for many of the food groupings.

In the Guidelines, the amount of a nutrient allowed is always based on the total package size you are selling (unless otherwise specified).

In this example, if the package was 250 ml, it would contain twice what the Nutrition Facts Label shows, e.g. 36 g of carbohydrate.

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value**
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

This is the TOTAL amount of fat.

This is where you can find the amount of trans fat in a product. Some meats and milk products have low amounts of naturally occurring trans fats.

Naturally occurring sugars (like those from fruit or milk) are shown together with added sugars.

The % refers to the proportion of the total recommended daily amount for someone with the highest needs.

For more information on reading nutrition fact labels and ingredient lists:

http://www.hc-sc.gc.ca/fn-an/label-etiquet/index_e.html





Appendix C A Strategy For Change

The Guidelines for NWT Health and Social Services Facilities are just one tool for promoting healthier eating habits. These guidelines are also part of a broader territorial Healthy Eating Social Marketing Strategy under the Healthy Choices Framework. The NWT Healthy Foods in Facilities Working Group is also using similar approaches to those used with success in other jurisdictions. These approaches include:

Health facilities can be offering the healthiest of foods and be role models for the community.

Step 1: Develop Partnerships

Key stakeholders, including health and social services authorities, nutritionists, public health professionals, clients, retailers, caterers, vendors, can assist in determining approaches best suited to the needs of publicly funded health and social services facilities. Evidence suggests that organizations that have formalized groups that focus on nutrition offer more healthy choices and are more likely to implement policies encouraging healthy eating.

Partners can share information on:

- the impact of nutrition on health and well-being;
- the influence of the facility environment on food selection;
- what makes an item a healthy choice; and
- marketing strategies to affect healthy choices.

Additional nutrition resources can be found at:

- Dietitians of Canada at:
www.dietitians.ca

Step 2: Develop Policy

NWT Health and Social Services Facilities may choose to adapt, update or developing policies that influence the types of foods served or sold.

Stakeholder involvement is critical if policies are to be effective, especially when communicated to staff, clients, and others. Communication can take place through:

- staff newsletters;
- staff orientation and meetings;
- announcements at events; and
- community meetings.

A sample of areas to consider for draft policies are is provided on page...

Step 3: Develop Transition Plans

The Guidelines can also provide direction for implementation and rationale. A transition plan can give facilities appropriate time to allow stakeholders to adapt to changes as well as time to work with vendors on product changes or to reformulate and repackage products. Some facilities do need a transition phase to honour existing contracts.

Healthy food and beverage choices can be offered without delay where there are a wide variety of foods already available. Healthy snacks for vending machines are available but not as plentiful, so more time may be needed for manufacturers to provide different options.

Step 4: Develop and Implement Marketing Mechanisms

When promoting healthier food and beverage choices, the communications strategy will consider these factors:

Variety

- A variety of healthy food and beverage choices will encourage consumption of healthier food products.

Stocking

- Healthier food choices can be more plentiful and more visible.
- Vendors and caterers are a good source of information and can assist in finding healthier products. Vending machines can make healthier beverage options more visible.
- Cafeterias can display healthier foods and the healthy choices promotional items more prominently.

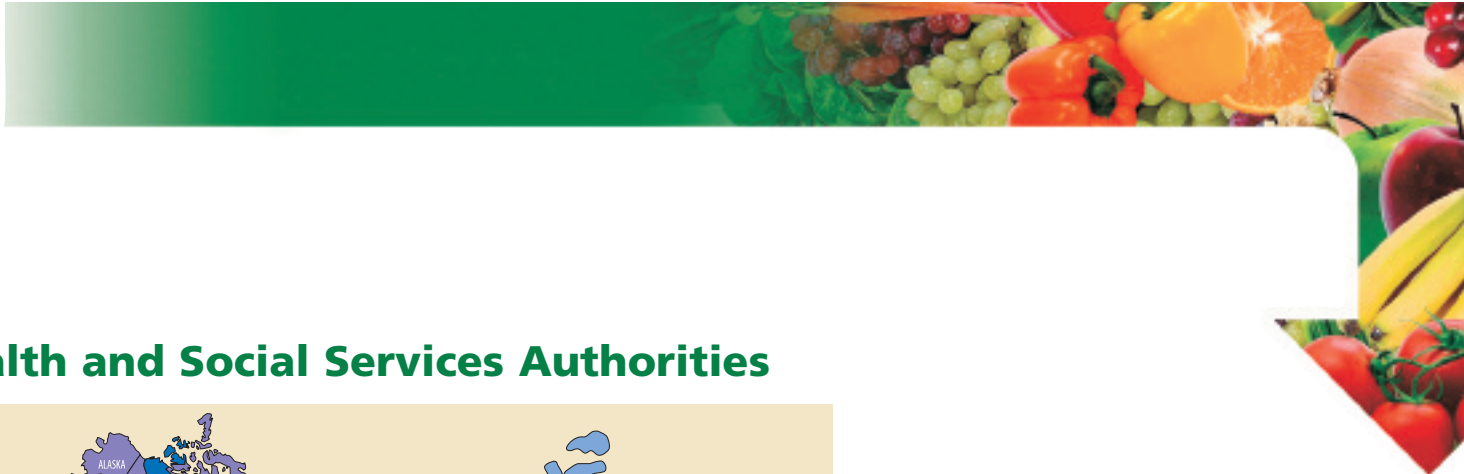
Marketing

- There may be many opportunities and examples of campaigns to promote healthier products.
- In some facilities, newsletters can communicate healthy eating campaigns.

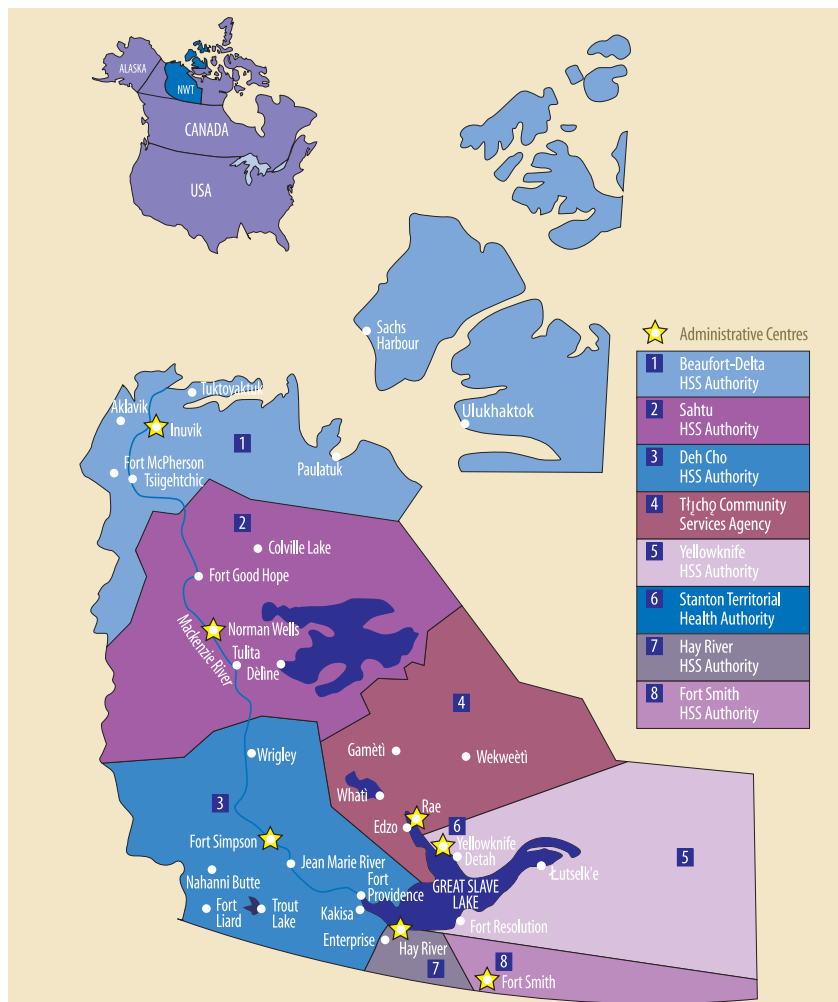
Pricing

- Price is an important factor in helping make healthier choices.
- Where healthier items cost less, it is more likely that these items will be chosen over their more expensive, less nutritious counterparts.
- Pricing strategies can be used to great effect. In some locations, it has been found that sales of foods (such as coffee) do not decrease. Raising the prices of less healthy products can compensate for decreased profit margins on healthier products, without an overall loss of revenue.





Appendix D Map of the NWT Health and Social Services Authorities





Tent card and poster (right)



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