

# HEALTH CHECK™ NUTRIENT CRITERIA: SEPTEMBER 2008

MENU ITEM	CRITERIA FOR NEW SUBMITTED MENU ITEMS	CRITERIA FOR MENU ITEMS ALREADY IN THE PROGRAM *
<p><b>Soups</b></p> <p>Menu items must fit the criteria <b>per 250 mL serving and per menu serving</b></p>	<ul style="list-style-type: none"> <li>- Fat: 3 g or less</li> <li>- Sodium: 480 mg or less</li> <li>- Fibre: 2 g or more OR at least 5% of the Daily Value for Vitamin A or Vitamin C or iron or calcium or folate.</li> <li>- Trans fat: 5% or less of total fat</li> </ul>	<ul style="list-style-type: none"> <li>- Fat: 3 g or less</li> <li>- Sodium: 650 mg or less</li> <li>- Fibre: 2 g or more OR at least 5% of the Daily Value for Vitamin A or Vitamin C or iron or calcium or folate.</li> </ul> <p><b>* All Health Check menu items must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</b></p>
<p><b>Side Salads</b></p> <p>Menu items must fit the criteria <b>per 100 g serving (140 g if potato or pasta salad) and per menu serving</b></p>	<ul style="list-style-type: none"> <li>- Saturated fat: 2 g or less saturated and trans fat combined</li> <li>- Fat: 7,5 g or less</li> <li>- Sodium: 360 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul>	<ul style="list-style-type: none"> <li>- Saturated fat: 2 g or less saturated and trans fat combined</li> <li>- Fat: 7,5 g or less</li> <li>- Sodium: 480 mg or less</li> </ul> <p><b>* All Health Check menu items must be reformulated by the end of December 2009 for the new Trans Fat criteria and sodium criteria.</b></p>
<p><b>Appetizer</b></p> <p>Menu items must fit the criteria <b>per 140 g serving and per menu serving</b></p>	<ul style="list-style-type: none"> <li>- Fat: 7,5 g or less</li> <li>- Sodium: 360 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul>	<ul style="list-style-type: none"> <li>- Fat: 7,5 g or less</li> <li>- Sodium: 480 mg or less</li> </ul> <p><b>* All Health Check menu items must be reformulated by the end of December 2009 for the new Trans Fat criteria and sodium criteria.</b></p>
<p><b>Small Entrées (250-349 g)</b></p> <p>Menu items must fit the criteria <b>per 250 g serving and per menu serving</b></p>	<p><u>OPTION #1</u></p> <ul style="list-style-type: none"> <li>- Fat: 10 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 720 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul> <p><u>OPTION #2</u></p> <ul style="list-style-type: none"> <li>- Saturated fat: 2 g or less saturated and trans fat combined</li> <li>- Fat: 15 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 720 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul> <p><u>OPTION #3 fatty fish meals (salmon/mackerel/sardines, etc.)</u></p> <ul style="list-style-type: none"> <li>- Fat: 10 g or less (excluding fat naturally occurring in fish)</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 720 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul>	<p><u>OPTION #1</u></p> <ul style="list-style-type: none"> <li>- Fat: 10 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 960 mg or less</li> </ul> <p><u>OPTION #2</u></p> <ul style="list-style-type: none"> <li>- Saturated fat: 2 g or less saturated and trans fat combined</li> <li>- Fat: 15 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 960 mg or less</li> </ul> <p><u>OPTION #3 fatty fish meals (salmon/mackerel/sardines, etc.)</u></p> <ul style="list-style-type: none"> <li>- Fat: 10 g or less (excluding fat naturally occurring in fish)</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 960 mg or less</li> </ul> <p><b>* All Health Check menu items must be reformulated by the end of December 2009 for the new Trans Fat criteria and sodium criteria.</b></p>
<p><b>Large Entrées (350 g or more) –</b></p>	<p><u>OPTION #1</u></p>	<p><u>OPTION #1</u></p>

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<p>Must contain 2 food groups or more including 100 g of vegetable and/or fruit (other than potatoes)</p> <p>Menu items must fit the criteria <b>per 350 g serving</b> and <b>per menu serving</b></p>	<ul style="list-style-type: none"> <li>- Fat: 15 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 960 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul> <p><u>OPTION #2</u></p> <ul style="list-style-type: none"> <li>- Saturated fat: 2 g or less saturated and trans fat combined</li> <li>- Fat: 20 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 960 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul> <p><u>OPTION #3 fatty fish meals</u> (salmon/mackerel/sardines, etc.)</p> <ul style="list-style-type: none"> <li>- Fat: 15 g or less (excluding fat naturally occurring in fish)</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 960 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul>	<ul style="list-style-type: none"> <li>- Fat: 15 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 1300 mg or less</li> </ul> <p><u>OPTION #2</u></p> <ul style="list-style-type: none"> <li>- Saturated fat: 2 g or less saturated and trans fat combined</li> <li>- Fat: 20 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 1300 mg or less</li> </ul> <p><u>OPTION #3 fatty fish meals</u> (salmon/mackerel/sardines, etc.)</p> <ul style="list-style-type: none"> <li>- Fat: 15 g or less (excluding fat naturally occurring in fish)</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 1300 mg or less</li> </ul> <p><b>* All Health Check menu items must be reformulated by the end of December 2009 for the new Trans Fat criteria and sodium criteria.</b></p>
<p><b>Pizza</b></p> <p>Menu items must fit the criteria <b>per 250 g serving</b> and <b>per menu serving</b></p>	<ul style="list-style-type: none"> <li>- Fat: 17 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 960 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul>	<ul style="list-style-type: none"> <li>- Fat: 17 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 960 mg or less</li> </ul> <p><b>* All Health Check menu items must be reformulated by the end of December 2009 for the new Trans Fat criteria.</b></p>
<p><b>NEW CATEGORY</b></p> <p><b>Children's Entrées</b> Must contain 2 food groups or more including 55 g of vegetable and/or fruit (other than potatoes)</p> <p>Menu items must fit the criteria <b>per 250 g serving</b> and <b>per menu serving</b></p>	<p><u>OPTION #1</u></p> <ul style="list-style-type: none"> <li>- Fat: 10 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 720 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul> <p><u>OPTION #2</u></p> <ul style="list-style-type: none"> <li>- Saturated fat: 2 g or less saturated and trans fat combined</li> <li>- Fat: 15 g or less</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 720 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul> <p><u>OPTION #3 fatty fish meals</u> (salmon/mackerel/sardines, etc.)</p> <ul style="list-style-type: none"> <li>- Fat: 10 g or less (excluding fat naturally occurring in fish)</li> <li>- Protein: 10 g or more</li> <li>- Sodium: 720 mg or less</li> <li>- Trans fat: 5% or less of total fat</li> </ul>	