

Eat Smart[®] Workplace Program

NUTRITION STANDARD 2011

Guiding Principles

- The standards are based on the key messages and concepts of *Eating Well with Canada's Food Guide* (2007).
- Where necessary, a nutrient focus will be implemented in order to ensure the food item meets the appropriate criteria. This represents a change, in part, from how the standards were previously implemented and assessed.
- Eat Smart![®] choices are defined as those prepared in 'a healthier way' in a workplace cafeteria or café, according to the criteria established in the [Nutrition Standard for Cafeterias](#) and [Nutrition Standard for Cafés](#).
- Eat Smart![®] choices in vending machines are deemed to be healthier choices according to the criteria established in the [Nutrition Standard for Vending Machines](#).
- Eat Smart![®] choices within each food group category must be at least one serving according to *Canada's Food Guide* (2007); with the exception of Milk and Alternatives and Meat and Alternatives (please see Milk and Alternatives and Meat and Alternatives standards for a complete explanation).
- The professional judgment of public health staff will be used when interpreting these standards.
- All types of food services available at the workplace (cafeteria/café/vending) are to be assessed as part of the application process. For example, if there is a cafeteria along with vending machines (food and/or beverage), all must be assessed; and recommendations for improvement are to be made by the public health staff completing the assessment. Ultimately, it is at the discretion of the workplace to decide what level of award (bronze, silver, or gold) that they would like to strive for.
- It is recommended that assessment of food services occur just before, or at the beginning of meal service to ensure an accurate representation of foods offered.

Definition of 'a healthier way'
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Healthier preparation

- Use lower-fat cooking and preparation methods like baking, boiling, broiling, barbequing, grilling, microwaving, steaming, roasting, sautéing or toasting or leave raw (vegetables and fruit).
- Use healthier oils in moderation (less than 1 tsp per serving) for stir-frying; replacing (some of) the oil with water and/or a small amount of the stir-fry sauce if necessary.
- Eliminate mayonnaise/dressings or use lower-fat mayonnaise/dressings in sandwiches and on salads.
- Prepare foods using little or no added salt or reduced/lower sodium or salt products whenever possible.

Eat Smart[®] Workplace Program

Type of fat for food preparation

- Healthier fats should be used in and on all food products, and include those that are unsaturated and non-hydrogenated such as liquid vegetable oils (e.g., canola, olive, safflower, sunflower, soybean or peanut oils) and soft, tub-type margarines.
- Total trans fat content of a vegetable oil or soft spreadable margarine offered for sale or used as an ingredient in the preparation of a food or beverage offered for sale cannot exceed two per cent (2%) of the total fat content. The trans fat content of any food, beverage or ingredient, other than vegetable oil or soft spreadable margarine, offered for sale or used as an ingredient in the preparation of a food or beverage offered for sale cannot exceed five per cent (5%) of the total fat content.

Sodium

Specific criteria for sodium have not been established for all food categories. Instead, recommendations are provided but are not a requirement unless otherwise stated (i.e., pre-packaged snacks under the Eat Smart![®] Workplace [Nutrition Standard for Vending Machines](#)). If nutrition facts are not available, then use the professional judgment of a registered dietitian. This includes assessing the product based on *Canada's Food Guide (2007)* and negotiating changes that would, in the opinion of the RD, make the product a healthier choice including;

- Preparing food with little or no added salt;
- Substituting with products that are reduced/lower in sodium or salt, as defined by the Canadian Food Inspection Agency, *Guide to Food Labelling and Advertising*, Chapter 7 – Nutrient Content Claims;
“The food is processed, formulated, reformulated or otherwise modified so that it contains at least 25% less sodium per reference amount of the food, than the reference amount of a similar reference food; or 25% less sodium per 100 g of a similar reference food, if the food is a pre-packaged meal.”

Definition of whole grain

For the purposes of the Eat Smart![®] Workplace Program, a whole grain choice is one that:

- Lists either ‘whole’ or ‘whole grain’ in front of the type of grain as the first or second ingredient on the product ingredient list, OR
- Contains two grams (2g) of fibre per reference amount (i.e., is a *source of fibre**) and stated serving size except where noted.

*As defined in the Canadian Food Inspection Agency's (CFIA) *Guide to Food Labelling and Advertising, 2003*.

Definition for pre-packaged and prepared food products

A **pre-packaged** product is any food that is contained, without being changed, in the package in which it is ordinarily sold to or used by or purchased by a person or by a consumer.

A **prepared** product is:

- Food sold in a heated state or heated by the seller;
- Two (2) or more food ingredients mixed or combined by the seller for sale as a single item;

Eat Smart[®] Workplace Program

- Food sold with eating utensils provided by the seller including plates, knives, forks, spoons, glasses, cups, napkins or straws (a plate does not include a container or packaging used to transport the food).

Foods of Minimum Nutritional Value

Foods and beverages that provide Minimum Nutritional Value are those that are higher in calories, fat, sodium and/or sugar. These are foods that should be limited as recommended by *Canada's Food Guide (2007)*. These include:

- Cakes and pastries
- Chocolate and candies
- Cookies and granola bars
- Doughnuts and muffins
- Ice cream and frozen desserts
- French fries and potato chips
- Nachos and pretzels
- Fruit-flavoured drinks, soft drinks, sports and energy drinks
- Sweetened hot or cold beverages

For the purposes of the Eat Smart[®] Workplace Program, the above foods are considered to be Foods of Minimum Nutritional Value, unless they are individual, pre-packaged foods and beverages with a Nutrition Facts table that meet the [Nutrition Standard for Vending Machines](#) (see Section C) and/or they have been prepared in a healthier way[†].

Definition of 'cafeteria'

A cafeteria is defined as a full-service food operation that sells a *variety* of food and beverages. The food and beverages served vary, but typically include cold items, hot items and pre-packaged items (see definition above). Items may be prepared on-site or brought in from an off-site provider. A cafeteria may be operated by the workplace or an external operator. It does not include cafés, kiosks or satellite stations that serve a limited number of mostly snack items.

Definition of 'café'

A café is defined as a small-scale food service operation that sells a *limited variety* of food and beverage products. They may also go by the name kiosk, canteen, satellite station or snack bar. The food and beverages served vary, but typically include mostly prepared cold items and pre-packaged items (see definition above) or snacks. Items may be prepared on-site or brought in from an off-site provider or the cafeteria. A café may be operated by the workplace or an external operator.

Definition of 'vending machines'

Vending machines include those that offer a *variety* of food and/or beverage products. These include: dry snack vending machines, refrigerated snack vending machines, cold beverage vending machines, or a combination of a refrigerated snack and beverage vending machine (e.g., Dairy Goodness Centre). Hot beverage vending machines and specialty machines that vend one type of product (such as popcorn, ice cream or hot dogs) are excluded.

Eat Smart[®] Workplace Program

SECTION A: Nutrition Standard for Cafeterias

Participating workplace cafeterias will offer:

Grain Products

A variety of whole grains are offered daily including:

1. At least 50% of all sandwich-type choices (pre-made and/or made-to-order) on bread, bagels, pita, rolls, flour tortillas/wraps, English muffins, buns, pizza dough/crust, are whole grain
2. At least 50% of breakfast cereals offered are whole grain AND at least a good source of fibre (i.e., four grams (4g) of fibre per reference amount and stated serving size)*.
3. If available, at least one whole grain snack prepared in a healthier way[†]. If this snack is a pre-packaged product, it must also meet the nutrition criteria for Grain Products developed for the [Nutrition Standard for Vending Machines](#) (see Section C).

The following are recommendations only:

- At least 20% of all baked goods, including cakes, pastries, cookies, doughnuts and muffins are whole grain and prepared in a healthier way[†]. If the baked good is a pre-packaged product, it must also meet the nutrition criteria for Grain Products developed for the [Nutrition Standard for Vending Machines](#) (see Section C). This criterion excludes sandwich-type choices covered in criteria 1.
- Encourage the cafeteria to offer at least one (1) *other* whole grain choice twice weekly. *Other* grains include whole grain pasta or noodles, whole grain couscous, brown or wild rice, barley, or bulgur, if available.

*As defined in the Canadian Food Inspection Agency's *Guide to Food Labelling and Advertising, 2003*.

Vegetables and Fruit

4. At least six (6) choices of the following Vegetables and Fruit choices* are offered daily (excluding fruit salads in heavy syrups, frozen juice bars, vegetable garnishes, vegetables or fruit that are prepared/served in a way that does not meet the healthier way[†] criteria).
 - Fruit (one piece) (count only one variety toward the six choices)
 - Fruit salad (≥125mL/½ cup)
 - 100% vegetable (low-sodium) or fruit juice (≥125mL/½ cup) (count only one variety toward the six choices)
 - Broth-based soup with vegetables (≥125 mL/½ cup) (count only one variety toward the six choices)
 - Potatoes prepared in a healthier way[†] (≥125mL/½ cup) (count only one variety toward the six choices)
 - Tomato sauce, e.g., on pasta (≥125mL/½ cup) (count only once toward the six choices)
 - Up to three (3) vegetable sandwich toppings**

Eat Smart[®] Workplace Program

- Up to three (3) vegetable or fruit pizza toppings**
- Raw vegetables, or side-order or à-la-carte cooked choices
- Up to two (2) distinctly different leafy green salad items (≥250mL/1 cup)

* Vegetable and fruit choices can be fresh, frozen or canned or dried

**Please refer to explanatory notes for more information on how to count sandwich and pizza toppings

Milk and Alternatives

5. At least two (2) choices of fluid milk or fortified soy beverage are available on a daily basis. Choices must be 2% MF, 1% MF or skim. Choices can be plain or flavoured and must contain at least 25% daily value (DV) for calcium and total sugar is ≤ 28g/250mL.
6. At least one (1) non-fluid milk choice* is available on a daily basis. This must contain at least 10% DV of calcium per serving per 100g for yogurt and yogurt drinks, 113g or less for puddings made with milk, and 113g for cottage cheese. Yogurt and milk used to make puddings must be 2% MF or less.

*Choices do not have to be equal to one Milk and Alternatives portion size in *Canada's Food Guide (2007)*.

Meat and Alternatives

7. At least two (2) meat, fish, poultry or meat alternative* choices are offered on a daily basis. These must be prepared and served in a healthier way[†].

*Meat alternative choices do not have to be equal to one Meat and Alternatives portion size in *Canada's Food Guide (2007)*.

Other

8. If daily specials are offered, at least one (1) must:
 - Include three (3) of the four (4) food groups in *Canada's Food Guide (2007)* AND one of these choices must be a vegetable or fruit; AND
 - All items in the daily special must be prepared and served in a healthier way[†]
9. Healthier types of fat and oils* must be used:
 - In all margarines and spreads
 - In all salad dressings
 - In all entrées and sauces
10. Reduced fat options must be used:
 - In at least one salad dressing available on a daily basis
 - In mayonnaise used in sandwiches and as a spread
11. Fat and oil-based condiments, dips, spreads and sauces or gravies must have the option to be:
 - Served on the side on all menu items
 - Not used on all hot or cold meals
 - Not used on all side dishes
 - Not used on all vegetables

Eat Smart[®] Workplace Program

12. If french fries or poutine are offered as part of a meal, a substitute must be offered at no additional cost. The substitute could be baked, boiled or mashed potato, vegetables, salad, rice or other grain products and must be prepared in a healthier way[†].
13. Both french fries and poutine (without toppings) must include an option of 112 gram/4oz size or smaller.
14. The cafeteria is willing to provide the available ingredient/nutritional information and be open to finding out more information if required.
15. Water is available at all times.
16. At least 50% of all foods and beverages available at all influential purchase locations must be:
 - Individual, pre-packaged foods and beverages with a Nutrition Facts table that meet the criteria of the Eat Smart![®] Workplace [Nutrition Standard for Vending Machines](#) (Section C), OR
 - Prepared in a healthier way[†]

*Fats and oils refer only to liquid oils and solid fats that are made up entirely of fat such as margarine, vegetable oils, butter or shortening. It does not apply to foods that may have fat as well as other nutrients such as cheese, cream, milk etc.

Eat Smart[®] Workplace Program

SECTION B: Nutrition Standard for Cafés

Participating workplace cafés will:

Grain Products

1. Offer a minimum of two (2) grain products that are Eat Smart![®] choices. At least one of the two choices must be whole grain and if any bread products are offered, at least one whole grain option must be available. Eat Smart![®] choices must be prepared and served in a healthier way[†] or meet the requirements in the Nutrition Standard for Vending Machines (Section C), if they are individual, pre-packaged products.

The following are examples of Eat Smart![®] choices from the grain product food group:

- Sliced bread/toast
- English muffin
- Bagel
- Bun
- Tortilla or wrap
- Pizza crust
- Some brands of breakfast cereals
- Some brands of granola and cereal bars
- Some brands of pita chips, grain-based chips, some flavours of mini rice cakes

Vegetables and Fruit

2. Offer a minimum of four (4) vegetable and fruit choices that are *Eat Smart!* choices. *Eat Smart!* choices must be prepared and served in a healthier way[†] or meet the requirements in the Nutrition Standard for Vending Machines (Section C), if they are individual, pre-packaged products.

The following are examples of Eat Smart![®] choices from the vegetable and fruit group:

- Fresh fruit (count only one variety toward the four choices)
- Fruit salad or cocktail
- Dried fruit (count only one variety toward the four choices)
- 100% vegetable (low-sodium) or fruit juice – maximum 360 mL (count only one variety toward the four choices)
- Leafy green salads (Can count up to two, if leafy greens are distinctly different)
- Raw vegetables
- Vegetable ingredients in a sandwich, wrap or pizza**
- Ingredients in vegetable-based soup, stew or chilli
- Some fruit or vegetable based chips

**Please refer to explanatory notes in Section A for more information on how to count sandwich and pizza toppings

Milk and Alternatives

3. Offer a minimum of two (2) milk and alternative choices that are *Eat Smart!* choices. *Eat Smart!* choices must be prepared and served in a healthier way[†] or meet the requirements in the Nutrition Standard for Vending Machines (Section C), if they are individual, pre-packaged products.

Eat Smart[®] Workplace Program

The following are examples of Eat Smart![®] choices from the milk and alternative group:

- Milk (2% MF or less), plain or chocolate (500 mL or less)
- Fortified soy beverage, plain or flavoured (500 mL or less)
- Cheese (20-50g) with 20% MF or less
- Yogurt (100-175g) with 2% MF or less, plain or flavoured
- Some brands of milkshakes (360 mL or less)
- Plain or flavoured low fat cottage cheese cups (113 g)

Meat and Alternatives

4. Offer a minimum of two (2) meat and alternative choices that are Eat Smart![®] choices. Eat Smart![®] choices must be prepared and served in a healthier way[†] or meet the requirements in the Nutrition Standard for Vending Machines (Section C), if they are individual, pre-packaged products.

The following are examples of Eat Smart![®] choices from the meat and alternative group:

- Some brands of packaged nuts, seeds and roasted soy nuts
- Some bars with nuts or seeds as first ingredient
- Some mixtures with nuts or seeds as first ingredient (e.g trail mix)
- Deli meats such as lean ham, turkey or roast beef
- Tuna, salmon or egg salad made with reduced-fat mayonnaise or dressing
- Hummus
- Peanut butter
- Chili

Other

5. If asked by customers, provide ingredient/nutrition information on any products served in the café.
6. Provide water (tap and/or bottled) at all times.

If applicable, the café will also:

7. Accommodate customer requests for healthier food preparation (e.g., spreads, dips, dressings, sauces or gravy are not used or served on the side; no salt added).
8. Healthier types of fat and oils* must be used:
 - In all margarines and spreads
 - In all salad dressings
 - In all entrées and sauces
9. Reduced fat options must be used:
 - In at least one salad dressing available on a daily basis, if offered
 - In mayonnaise used in sandwiches and as a spread, if used

*Fats and oils refer only to liquid oils and solid fats that are made up entirely of fat such as margarine, vegetable oils, butter or shortening. It does not apply to foods that may have fat as well as other nutrients such as cheese, cream, milk etc.

Eat Smart[®] Workplace Program

SECTION C: Nutrition Standard for Vending Machines

Overview of Nutrition Standard for Vending Machines

- Nutrition criteria have been developed for five food/beverage categories:
 1. Vegetables and Fruit
 2. Grain Products
 3. Milk and Alternatives
 4. Meat and Alternatives
 5. Mixed Foods
- Food and beverage products are assessed *per vended package*.
- Food and beverage products that represent a single food group are assessed based on the criteria for the corresponding food group. Food products that are comprised of ingredients from more than one food group are assessed based on the nutrition criteria for mixed foods (except granola and other bars or mixtures¹)

Requirements for Vending Machines

1. Food Vending Machines:

Worksites may have a large number of vending machines onsite. It is recommended that a staged-approach be taken when assessing vending machines. Together, with the Eat Smart[®] Action Committee, discuss which vending machines are the priority to assess and look to expand the number assessed in subsequent visits. At the minimum, it is expected that vending located in the cafeteria or right outside the cafeteria be assessed for the Eat Smart[®] Award of Excellence. Ideally, eventually all vending throughout a worksite will be assessed.

Vending machines (refrigerated or not), must be assessed according to the criteria included in the Nutrition Standard for Vending Machines.

In order to qualify as an Eat Smart[®] food vending machine, each machine must meet the following requirements:

- At least 25% of the food choices in food vending machines comply with the Eat Smart[®] nutrition criteria;
- At least 25% of the food and beverage choices in mixed vending machines (e.g., Dairy Goodness Centres that contain both beverages and snacks) comply with the Eat Smart[®] nutrition criteria.

The results of the assessment and the recommendations for complying with the Nutrition Standard for Vending Machines must be shared with the facility operator for consideration. It is recommended that the facility operator discuss the recommendations with the vending operator to determine possibility of implementing the recommendations within the existing vending contract. If it is not feasible to implement the recommendations within the existing contract, a

¹These products are assessed according to nutrition criteria of the Meat and Alternatives category if nuts or seeds are the first ingredient; products with dried fruit as the first ingredient are assessed according to the nutrition criteria of the Vegetable and Fruit category.

Eat Smart[®] Workplace Program

reasonable time² for their implementation will be negotiated between the workplace and the health unit for the purposes of achieving the Eat Smart[®] Award of Excellence; this may be dependent upon timing of subsequent tendering for vending machine service contracts.

2. Beverage Vending Machines

If beverage vending machines exist in the workplace, they must be assessed. The results of the assessment and the recommendations must be shared with the facility operator for their consideration. Whether the recommendations are implemented is optional.

In order to qualify as an Eat Smart[®] beverage vending machine, at least 25% of the selections within the beverage vending machine must be Eat Smart[®] choices. The following beverages may be labelled as Eat Smart[®] choices in beverage vending machines:

- Plain water (without added flavouring, sugar, artificial sweetener or carbonation)
- 100% fruit juice (volume ≤ 360mL)
- Reduced sodium vegetable cocktail (volume ≤ 360mL)
- Milk or soy beverage, plain or flavoured (volume ≤ 500mL and meets nutrient criteria for Milk and Alternatives)
- Milkshakes (volume ≤ 360mL and meets nutrient criteria for Milk and Alternatives)

Operators who choose to implement the recommendations and wish to label the Eat Smart[®] beverages in the vending machines must meet the following additional requirements:

1. If applicable, the “vinyl sleeve” (i.e., the advertising) on the beverage vending machine must represent an Eat Smart[®] beverage choice.
2. If possible, symbol stickers should be placed within the area of the selection button for machines that do not have a glass front where products are visible to the consumer.

In addition, the assessor should recommend to the operator that:

- Smaller portion sizes of beverages be included for all beverage selections (i.e. 355mL cans of pop vs. larger bottles, 360mL cans of juice vs. larger bottles etc.).
- Nutrition criteria for the beverage vending machine be considered for inclusion in the service contract agreement when it is renewed.

² A reasonable time implies that if it is not possible to meet this standard due to vending contracts right away, when the vending contract is renewed the workplace will negotiate the Eat Smart[®] Nutrition Standards for Vending Machines into the contract, therefore being able to meet the vending standard. This may be a year or less in some cases or longer in other cases. The workplace must make a committed effort to meeting the standard in order to receive the award.

Eat Smart® Workplace Program

Nutrition Criteria for Vending Machines

1. Vegetables and Fruit

- Eat Smart!® choice meets the following requirements:
 - First ingredient is vegetable or fruit (or second ingredient after water)
 - Portion size for juice is ≤ 360mL
 - Fruit juice is 100% fruit juice
 - Vegetable cocktails are reduced in sodium

Notes:

- Refer to product list for Eat Smart!® choices in this category
- Vegetable or fruit “chips” are assessed using the nutrition criteria for Grain Products and must achieve 8 points to be considered an Eat Smart!® choice

2. Grain Products

- An Eat Smart!® choice achieves at least **8 points per vended package** and the following requirements are also met: contains no more than five per cent (5%) of the total fat content as *trans* fat;
- Granola and other bars or mixtures where nuts or seeds are the first ingredient are evaluated in the Meat and Alternatives, Nuts, Seeds, Legumes category;
- Granola and other bars or mixtures where dried fruit is the first ingredient are evaluated in the Vegetables and Fruit category.

Nutrient	Criteria (Points)					Comments
	3	2	1	0	-3	
Sodium	≤ 150mg	151-250 mg	251-480 mg	481-720 mg	>720 mg	
Fibre	≥4 g	2-3.99 g	1-1.99 g	0-0.99 g		
Fat (based on % calories from total fat)	≤15%	15.01-25%	25.01-35%	35.01-45%	>45%	
Saturated Fat (based on % calories from SFA)	≤1.8%	1.801-3.6%	3.601-7.2%	>7.2%		
Trans Fat				0 ≤5%	-10 >5%	If <i>trans</i> fat is >5% of the total fat content, the food receives -10 points and is automatically eliminated as an Eat Smart!® choice
Sugars (based on % calories from total sugars)	≤ 10%	10.01-15%	15.01-25%	25.01-40%	> 40%	
Iron (based on % DV)			1 ≥5%	0 <5%		

Note: Vegetable or fruit “chips” are evaluated using the same point system as for Grain Products

Eat Smart® Workplace Program

3. Milk and Alternatives

- An Eat Smart!® choice meets the following requirements:
 - Fluid milk or soy beverage ≤ 500mL portion size
 - Milkshakes ≤ 360mL portion size
 - Complies with the following nutrient criteria *per vended package*

Nutrient	Criteria	Comments
Total Fat / Milk Fat	≤2 % MF (milk, flavoured milk, yogurt, cottage cheese) ≤ 6 g total fat per 250mL (alternative milk beverage, milkshakes) ≤ 3 g total fat per 99 g cup for puddings; ≤3 g total fat/113 g container for cottage cheese ≤ 20% MF for cheese	
Calcium	At least 25% DV per 250mL for fluid milk, milkshakes and milk alternative beverages At least 10% DV per 100g for yogurt and yogurt drinks, puddings (99g) and cottage cheese (113g) At least 15% DV per 30g hard cheese	
Vitamin D	At least 40% DV per 250mL fluid milk, milkshakes and milk alternative beverages	
Sugars	For fluid milk or alternatives - Total sugar is ≤ 28g/250mL For yogurt – Total sugar is ≤16g/100g container For pudding - Total sugar is ≤ 16g/ 99g container For cottage cheese - Total sugar is ≤ 18g/113g container	

Notes: Processed cheeses (slices or spreads) are not Eat Smart!® choices.
Rice and nut-based milk alternative beverages are not Eat Smart!® choices.

4. Meat and Alternatives, Nuts, Seeds and Legumes

- An Eat Smart!® choice meets the following requirements:
 - Complies with the following nutrient criteria *per vended package*

Nutrient	Criteria	Comments
Sodium	≤480mg	
Sugars	% calories from sugars is ≤25% (unless source of sugars is dried fruit) and Added sugar is not one of first three ingredients	Accommodates mixtures that contain dried fruits which raises the total sugar content significantly

Eat Smart[®] Workplace Program

5. Mixed Foods

Vending selections that are composed of more than one food group (e.g., crackers and cheese, soups, sandwiches) are assessed using the “Mixed Foods” nutrient criteria. An Eat Smart![®] choice achieves at least **8 points** *per vended package* according to the following nutrient criteria:

Nutrient	Criteria / Points					Comments
	3	2	1	0	-3	
Sodium	≤ 250mg	251-480 mg	481-720 mg	720- 960 mg	>960 mg	
Fibre	≥4 g	2-3.99 g	1-1.99 g	0-0.99 g		
Fat (based on % calories from fat)	≤15 %	15.01-25%	25.01-35%	35.01-45%	>45%	
Saturated + Trans fat (based on % calories from SFA + Trans fat)	≤ 1.8%	1.801-3.6 %	3.601-7.2 %	>7.2 %	Sat + trans >10.8% and trans >7.2%	Accommodates the natural <i>trans</i> fat in dairy and meat products
Protein	≥ 15 g	10-14.99 g	5-9.99 g	<5 g		
Iron (based on % DV)			≥5%	<5%		
Vitamin A (based on % DV)			≥5%	<5%		
Vitamin C (based on % DV)			≥5%	<5%		
Calcium (based on % DV)			≥5%	<5%		