

Name(s): _____

Date: _____ Blk: _____

Does it meet healthy foods guidelines?

All products sold at the Lion’s Den must meet healthy foods guidelines as determined by the Province of British Columbia. Using the information on the Healthy Schools Guidelines for Food and Beverage Sales (http://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/healthyschools/2015_food_guidelines.pdf), review the labels of the following packaged products and, using the space below each product, indicate whether product is a “Sell Most”, “Sell Sometimes”, or “Do Not Sell” and **then explain why we should or should not sell the product in the Lion’s Den.**

1. Mario’s Gelati Mango Calipops

Nutrition Facts	Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Valeur nutritive	Fat / Lipides 0 g	0 %	Carbohydrate / Glucides 30 g	10 %	Vit A	15 %
Per 1 tube (125 ml)	Saturated / saturés 0 g	0 %	Fibre / Fibres 0 g	0 %	Vit C	0 %
par portion de	+ Trans / trans 0 g	0 %	Sugars / Sucres 30 g	0 %	Calcium	0 %
1 tube (125 ml))	Cholesterol / Cholestérol 0 mg	0 %	Protein / Protéines 0 g	0 %	Iron / Fer	0 %
Calories 120	Sodium / Sodium 5 mg	0 %	* DV = Daily Value / VQ = valeur quotidienne			



2. Dairyland 1% Chocolate Milk



Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 160	
Fat / Lipides 2.5 g	4 %
Saturated / saturés 1.5 g	3 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 10 mg	2 %
Sodium / Sodium 170 mg	7 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 1 g	2 %
Sugars / Sucres 25 g	5 %
Protein / Protéines 8 g	16 %
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	25 %
Iron / Fer	4 %
Vitamin D / Vitamine D	45 %

3. Bolthouse Farms 100% Carrot Juice



Nutrition Facts	
Serving Size 8 fl. oz. (240mL)	
Amount Per Serving	% Daily Value*
Calories 70	Calories from Fat 0
Total Fat 0g 0%	
Saturated Fat 0g 0%	
Trans Fat 0g 0%	
Cholesterol 0mg 0%	
Sodium 150mg 6%	
Potassium 540mg 15%	
Total Carbohydrate 14g	5%
Dietary Fiber 1g 4%	
Sugars 13g	
Protein 2g	
Vitamin A 660%	Vitamin C 2%
Calcium 4%	Iron 2%
Thiamin 4%	Niacin 10%
Vitamin B6 6%	Phosphorus 8%
Magnesium 6%	

*Percent Daily Values are based on a 2,000 calorie diet.

4. Seneca Apple Chips

Nutrition Facts	
Serving Size 1 oz (28g/about 12 chips)	
Servings Per Container: 2.5	
Amount Per Serving	% Daily Value*
Calories 150	Calories from Fat: 80
Total Fat 9g 14%	
Saturated Fat 1g 5%	
Trans Fat 0g 0%	
Cholesterol 0mg 0%	
Sodium 10mg 1%	
Potassium 85mg 2%	
Total Carbohydrate 18g	6%
Dietary Fiber 3g 12%	
Sugars 9g	
Protein 0g	
Vitamin A 0%	Vitamin C 25%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.


