

Single Serving Packaged Food List 2012

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- 100% Natural Vegetables/Fruit
Fresh vegetable, fresh fruit, fruit sauce, fruit cup, juice
- 100% Dried Vegetables and/or Fruit Bars and Snacks
Dried fruit, fruit/vegetable snacks, fruit/vegetable bar
- 100% Baked Vegetables/Fruit
Baked chip

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- Whole Grain Cereal, Breads and Pasta
Hot cereal, cold cereal, granola cereal, crackers, rice chips, popcorn
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- Fluid Milk
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- Vegetarian Based Snack Bars
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Fish/crackers, entrée, frozen entrée
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- Soup
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Introduction

The Single Serving Packaged Food List was created to help schools, childcare facilities and recreation/community centres put the *Alberta Nutrition Guidelines for Children and Youth* (ANGCY) into practice. The list includes examples of packaged products available in Alberta that meet the 'Choose Most Often' and 'Choose Sometimes' criteria as listed in the Guidelines.

This list is not an endorsement for any particular product, brand or store. It provides examples of packaged foods available to purchase in Alberta stores as of August 2012.

Nutrition Criteria

The Single Serving Packaged Food List uses the nutrition criteria from the ANGCY.

The ANGCY were developed by Alberta Health to promote healthy eating habits for children and youth in schools, childcare facilities and recreation/community centres. They apply to all food and drinks sold or served to children and youth. This includes foods sold in vending machines, school stores, cafeterias, parent-organized lunch sales, team games, classroom parties, etc.

The ANGCY separate foods into three categories:

1. **Choose Most Often:** These foods are healthy choices from *Eating Well with Canada's Food Guide* (CFG).
2. **Choose Sometimes** While these foods may still provide beneficial nutrients, they tend to be higher in added sugar, fat and sodium (salt).
3. **Choose Least Often:** Foods from this category are very low in nutrients and higher in calories, fat, added sugar and sodium (salt). Eating these foods is **not recommended**.

You can download a copy of the ANGCY at <http://www.health.alberta.ca/documents/Nutrition-Guidelines-Children-AB-2011.pdf>.

Healthy U Food Checker

We encourage schools, childcare facilities and recreating/community centres to use the criteria from the ANGCY to assess food products not on this list. For help, use the Healthy U Food Checker, a free online tool that helps you compare food products to the ANGCY. Input information from the Nutrition Facts Table and the food checker will tell you if it is 'Choose Most Often', 'Choose Sometimes' or 'Choose Least Often'. <http://www.healthyalberta.com/HealthyEating/foodchecker.htm>

About the Single Serving Packaged Food List

Reference Serving Sizes

The ANGCY use the serving sizes listed on Canada's Food Guide (CFG) to classify foods. Therefore, all products on the Single Serving Packaged Food List were reviewed using a Food Guide Serving from CFG as the reference size.

Allergy Alert

The Single Serving Packaged Food List does not identify potential allergens. It is the responsibility of the school, childcare facility or recreation/community centre to evaluate products for potential allergens and to follow their facility's allergy policy.

Contact

If you have questions about the Single Serving Packaged Food List, please email nutritionresources@albertahealthservices.ca.

Strategies for Healthy Food Choices in Schools

Introducing healthier food choices tends to be more successful as part of a healthier overall school environment. Encourage students, parents, staff, administrators and any other interested parties, to take part in creating healthy eating policies at a district or school level. Remember that policies take time to put into action. Phase in changes and new foods slowly over time.

For more information on creating a healthy eating environment in your school, visit the AHS School Nutrition website: <http://www.albertahealthservices.ca/2915.asp>

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Vegetables and Fruit	100% Natural Vegetables/Fruit				
	Fresh Vegetable	Bolthouse Farms	Baby - Cut Carrots	120 ml	CMO
	Fresh Vegetable	Dandy	Celery Snack Pack	87 ml	CMO
	Fresh Vegetable	Mann's	Snacks on the Go Sugar Snap Peas with Ranch Dip	209 ml	CS
	Fresh Vegetable	President's Choices	Baby - Cut Carrots and Ranch Dip	122 ml	CS
	Fresh Vegetable	Ready Pac	Coolcuts Baby Carrots with Ranch Dip	122 ml	CS
	Fresh Fruit	Compliments	Apple Wedges	123 ml	CMO
	Fresh Fruit	Crunch Pak	Apple Slices	122 ml	CMO
	Fresh Fruit	Crunch Pak - Disney	Sweet Sliced Apples	133 ml	CMO
	Fruit Sauce	Compliments	Apple	110 ml	CMO
	Fruit Sauce	Compliments Organic	Apple	110 ml	CMO
	Fruit Sauce	Dole Squish'ems Liquid Fruit Snack	Mixed Berry	87 ml	CMO
	Fruit Sauce	Dole Squish'ems Liquid Fruit Snack	Strawberry	87 ml	CMO
	Fruit Sauce	Dole Squish'ems Liquid Fruit Snack	Apple	87 ml	CMO
	Fruit Sauce	Eating Right	Apple	110 ml	CMO
	Fruit Sauce	Eating Right	Fieldberry Apple	110 ml	CMO

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Vegetables and Fruit	Fruit Sauce	Great Value	Apple	110 ml	CMO
	Fruit Sauce	Great Value	Apple Mixed Berry	110 ml	CMO
	Fruit Sauce	Great Value	Apple Peach	110 ml	CMO
	Fruit Sauce	Mott's Fruitsation	Apple	108 ml	CMO
	Fruit Sauce	Mott's Fruitsation	Apple Pomegranate	108 ml	CMO
	Fruit Sauce	Mott's Fruitsation	Blueberry Delight	108 ml	CMO
	Fruit Sauce	Mott's Fruitsation	Harvest Apple	108 ml	CMO
	Fruit Sauce	Mott's Fruitsation	Peach Medley	108 ml	CMO
	Fruit Sauce	Mott's Fruitsation	Strawberry Kiwi	108 ml	CMO
	Fruit Sauce	Mott's Fruitsation Fruit Rockets	Apple	108 ml	CMO
	Fruit Sauce	Mott's Fruitsation Fruit Rockets	Strawberry	108 ml	CMO
	Fruit Sauce	Mott's Fruitsation and Veggie	Peach, Apple, Carrot	108 ml	CMO
	Fruit Sauce	Mott's Organics	Apple	110 ml	CMO
	Fruit Sauce	Organics	Apple	100 ml	CMO
	Fruit Sauce	President's Choice	Just Apples	100 ml	CMO
	Fruit Sauce	President's Choice Organic	Apple	100 ml	CMO

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Vegetables and Fruit	Fruit Cup	Del Monte	Peach Chunks Packed in Juice	215 ml	CMO
	Fruit Cup	Dole	Tropical Gold Pineapple in Fruit Juice	107 ml	CMO
	Fruit Cup	Dole	Tropical Fruit in Fruit Juice	107 ml	CMO
	Fruit Cup	Dole	Fruit Salad with Extra Cherries	107 ml	CMO
	Fruit Cup	Eating Right	Cherry Fruit Salad in Pear Juice Concentrate	107 ml	CMO
	Fruit Cup	Eating Right	Diced Peaches in Pear Juice Concentrate	107 ml	CMO
	Fruit Cup	Eating Right	Diced Pears in Pear Juice Concentrate	107 ml	CMO
	Fruit Cup	Eating Right	Mandarin Orange in Fruit Juice	107 ml	CMO
	Fruit Cup	Eating Right	Tropical Fruit Cocktail in Pear Juice Concentrate	107 ml	CMO
	Fruit Cup	Dole	Fruit Salad in Light Syrup	107 ml	CS
	100% Fruit Juice	Compliments	All Flavours	200 ml	CMO
	100% Fruit Juice	Del Monte	All Flavours	180 ml	CMO
	100% Fruit Juice	Great Value	All Flavours	200 ml	CMO
	100% Fruit Juice	Minute Maid	All Flavours	200 ml	CMO
	100% Fruit Juice	Oasis	All Flavours	200 ml	CMO

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category	
		CMO = Choose Most Often		CS = Choose Sometimes		
Vegetables and Fruit	100% Fruit Juice	Oasis Fruits	All Flavours	200 ml	CMO	
	100% Fruit Juice	Oasis Fruit Zoo	All Flavours	200 ml	CMO	
	100% Fruit Juice	Open Nature	Pure Apple Juice (Not from Concentrate)	200 ml	CMO	
	100% Fruit Juice	President's Choice	All Flavours	200 ml	CMO	
	100% Fruit Juice	Safeway	All Flavours	200 ml	CMO	
	100% Fruit Juice	SunRype	All Flavours	200 ml	CMO	
	100% Fruit and Vegetable Juice	Eating Right	All Flavours	200 ml	CMO	
	100% Fruit and Vegetable Juice	President's Choice 100% Fruit and Vegetable Juice	All Flavours	200 ml	CMO	
	100% Fruit and Vegetable Juice	SunRype	All Flavours	200 ml	CMO	
	Vegetable Juice	V8	Low Sodium Drink	156 ml	CMO	
	Vegetable Juice	Heinz	Tomato Juice	156 ml	CS	
	Vegetable Juice	Motts Garden Cocktail	Low Sodium Vegetable Cocktail	240 ml	CS	
	Vegetable Juice	Oasis	10 Vegetables Cocktail	300 ml	CS	
	Vegetable Juice	V8	Original Drink	156 ml	CS	
Vegetable Juice	V8	V - Go Smooth and Seasoned	156 ml	CS		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often	CS = Choose Sometimes		
Vegetables and Fruit	100% Dried Vegetables and/or Fruit Bars and Snacks				
	Dried Fruit	Great Value	California Raisins	40 g	CMO
	Dried Fruit	President's Choice Mini Chef	Raisins Snack	42 g	CMO
	Dried Fruit	Sun-Maid	Raisins Mini - Packs	40 g	CMO
	Dried Fruit	Sun-Maid	Raisins Snack	42 g	CMO
	Dried Fruit	Ocean Spray	Craisins - Sweetened Dried Cranberries	28 g	CS
	Dried Fruit	Sun-Maid	Cape Cod Cranberries	30 g	CS
	Fruit/ Vegetable Snacks	Del Monte Mini Fruit Twists	All Flavours	18 g	CMO
	Fruit/ Vegetable Snacks	SunRype Fruit - To - Go	All Flavours	14 g	CMO
	Fruit/ Vegetable Snacks	SunRype Fun Bites	All Flavours	14 g	CMO
	Fruit/ Vegetable Snacks	SunRype Squiggles	All Flavours	18 g	CMO
	Fruit/ Vegetable Bar	SunRype Fruit Source Bar	All Flavours	37 g	CMO
	100% Baked Vegetable/Fruit				
	Baked Chip	Bare Fruit Apple Chips	All Flavours	32 g	CMO

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Grain Products	Whole Grain Cereal, Breads and Pasta				
	Hot Cereal	Quaker - Instant Oatmeal	Regular	28 g	CMO
	Hot Cereal	Quaker - Instant Oatmeal	Wildberry Medley (high fibre)	38 g	CMO
	Hot Cereal	Kraft - Cream of Wheat	Original	28 g	CS
	Hot Cereal	Quaker - Instant Oatmeal	Apples and Cinnamon	33 g	CS
	Hot Cereal	Quaker - Instant Oatmeal	Apples and Cinnamon (45% less sugar)	29 g	CS
	Hot Cereal	Quaker - Instant Oatmeal	Peaches and Cream	33 g	CS
	Hot Cereal	Western Family - Ready to Serve Oatmeal	Apples and Cinnamon	36 g	CS
	Hot Cereal	Western Family - Ready to Serve Oatmeal	Maple and Brown Sugar	48 g	CS
	Hot Cereal	Western Family - Ready to Serve Oatmeal	Raisins and Spice	47 g	CS
	Hot Cereal	Western Family - Ready to Serve Oatmeal	Peaches and Cream	36 g	CS
	Cold Cereal	Kashi	7 Whole Grain Puffed Cereal	20 g	CMO
	Cold Cereal	Kashi	Go Lean - 7 Grain	55 g	CMO
	Cold Cereal	Kellogg's - Mini Wheats	Brown Sugar	54 g	CMO
	Cold Cereal	Kellogg's - Mini Wheats	Original	54 g	CMO
	Cold Cereal	Nature's Path	Heritage Crunch	55 g	CMO
	Cold Cereal	Nature's Path - Flax Plus	MultiBran	30 g	CMO

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Grain Products	Cold Cereal	General Mills - Cheerios	Honey Nut	29 g	CS
	Cold Cereal	General Mills - Cheerios	Multigrain	30 g	CS
	Cold Cereal	General Mills - Cheerios	Plain	27 g	CS
	Cold Cereal	General Mills	Golden Grahams	34 g	CS
	Cold Cereal	Kellogg's	All Bran Buds	28 g	CS
	Cold Cereal	Kellogg's	All Bran Flakes	34 g	CS
	Cold Cereal	Kellogg's	Corn Flakes	30 g	CS
	Cold Cereal	Kellogg's	Just Right	46 g	CS
	Cold Cereal	Kellogg's	Two Scoops Raisin Bran	55 g	CS
	Cold Cereal	Kellogg's - Special K	Red Berries	29 g	CS
	Cold Cereal	Kellogg's - Special K	Vanilla Almond	29 g	CS
	Cold Cereal	Nature's Path - Optimum - Slim	Vanilla	55 g	CS
	Cold Cereal	Post	Alpha-Bits	30 g	CS
	Cold Cereal	Post	Honey Comb	30 g	CS
	Cold Cereal	Post - Shreddies	Original	50 g	CS
	Cold Cereal	Post - Shreddies	Honey	45 g	CS
	Cold Cereal	Quaker	Corn Bran Squares	30 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Grain Products	Cold Cereal	Quaker	Life Cereal	30 g	CS
	Granola Cereal	Kellogg's - Muslix	Harvest Fruit	52 g	CMO
	Granola Cereal	Nature's Path	Blueberry Almond Muesli	55 g	CMO
	Granola Cereal	Nature's Path - Flax Plus	Red Berry Crunch	55 g	CMO
	Granola Cereal	Nature's Path	Pomegranate Plus Granola	55 g	CS
	Granola Cereal	Nature's Path - Hemp Plus	Granola	55 g	CS
	Granola Cereal	Nature's Path - Flax Plus	Pumpkin Granola	55 g	CS
	Crackers	Christie - Triscuit Thin Crisps	Parmesan Garlic	21 g	CMO
	Crackers	Christie - Triscuit Thin Crisps	Sweet Chili	21 g	CMO
	Crackers	Christie - Triscuit Low Sodium	Original	18 g	CMO
	Crackers	President's Choice Blue Menu	Ancient Grains Crackers	19 g	CMO
	Crackers	Christie - Triscuit	Rosemary and Olive Oil	19 g	CS
	Crackers	Dare - Breton	Garden Vegetable	22 g	CS
	Crackers	Grissol - Crispy Baguettes	Sesame and Garlic	30 g	CS
	Crackers	Pepperidge Farms - Goldfish Baked	Cheddar	20 g	CS
	Crackers	Pepperidge Farms - Goldfish Baked	Cheese Trio	20 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category	
CMO = Choose Most Often CS = Choose Sometimes						
Grain Products	Crackers	President's Choice	7 Grain Original Snack Cracker	20 g	CS	
	Rice Chips	Quaker - Crispy Minis 90 Calorie	Cheddar	20 g	CS	
	Popcorn	Orville Redenbacher's - Mini Bags	Salt and Cracked Pepper	5 cups	CS	
	Popcorn	Orville Redenbacher's - Mini Bags	Lime & Salt	5 cups	CS	
	Whole Grain Baked Products					
	Granola Bar	Compliments - Chewy Balance	Flax and Fibre	30 g	CMO	
	Granola Bar	Kashi - Chewy	Dark Mocha Almond	35 g	CMO	
	Granola Bar	Kashi - Chewy	Peanut Peanut Butter	35 g	CMO	
	Granola Bar	Kashi - Chewy	Seven Whole Grains and Almond	35 g	CMO	
	Granola Bar	Nature's Path - Organic Trail Mix	Pumpkin-n-Spice Flax Plus	35 g	CMO	
	Granola Bar	Quaker - Chewy Bar	Chocolate Chip	26 g	CMO	
	Granola Bar	Quaker - Chewy Bar	Graham and Marshmallows	26 g	CMO	
	Granola Bar	Quaker - Chewy Bar	Rocky Road	26 g	CMO	
	Granola Bar	Quaker - Chewy Bar	S'Mores Chocolate Chip	26 g	CMO	
	Granola Bar	Quaker - Fiber & Omega 3	Dark Chocolate Chunk	35 g	CMO	
	Granola Bar	Quaker - Fiber & Omega 3	Peanut Butter Chocolate	35 g	CMO	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often	CS = Choose Sometimes		
Grain Products	Granola Bar	Quaker - Oatmeal to Go	Cinnamon Roll	40 g	CMO
	Granola Bar	Quaker - Oatmeal to Go	Maple and Brown Sugar	40 g	CMO
	Granola Bar	Quaker - Oatmeal to Go	Oats and Honey	40 g	CMO
	Granola Bar	Annie's - Sweet and Salty	Chocolate	30 g	CS
	Granola Bar	Compliments - Chewy (40% less fat)	Chocolate Chip	26 g	CS
	Granola Bar	Compliments - Chewy	Chocolate Chip	26 g	CS
	Granola Bar	General Mills - Fibre 1 Chewy Bars	Oats and Chocolate	35 g	CS
	Granola Bar	General Mills - Fibre 1 Chewy Bars	Oats and Peanut Butter	35 g	CS
	Granola Bar	Kellogg's - All Bran	Chocolate Chip	30 g	CS
	Granola Bar	Kellogg's - All Bran	Oatmeal Cinnamon	30 g	CS
	Granola Bar	Kellogg's - All Bran	Original	30 g	CS
	Granola Bar	Kellogg's - Special K	Almond and Peanut	22 g	CS
	Granola Bar	Kellogg's - Special K	Mocha	22 g	CS
	Granola Bar	Nature's Path - Enviro Kidz Organic	Chocolate	28 g	CS
	Granola Bar	Nature's Path - Enviro Kidz Organic	Peanut Choco Drizzle	28 g	CS
	Granola Bar	Nature's Path - Organic Chewy	Chococonut	35 g	CS
	Granola Bar	Nature's Path - Organic Sweet & Salty	Peanut Choco	35 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Grain Products	Granola Bar	Nature Valley - Crunchy	Chocolate	42 g	CS
	Granola Bar	Nature Valley - Crunchy	Oats and Honey	46 g	CS
	Granola Bar	Nature Valley - Crunchy	Peanut Butter	46 g	CS
	Granola Bar	Nature Valley - Crunchy	Roasted Almond	46 g	CS
	Granola Bar	Nature Valley - Sweet & Salty	Almond	35 g	CS
	Granola Bar	Nature Valley - Sweet & Salty	Peanut	35 g	CS
	Granola Bar	Nature Valley - Sweet & Salty	Roasted Mixed Nuts	35 g	CS
	Granola Bar	President's Choice - Blue Menu - Chewy	Marshmallow and Chocolate Chip	26 g	CS
	Granola Bar	President's Choice - Crunchy Baked	Peanut Butter	36 g	CS
	Granola Bar	President's Choice - Rich & Chewy	Chocolate Chip	28 g	CS
	Granola Bar	President's Choice - Sweet & Salty	Almond	35 g	CS
	Granola Bar	President's Choice - Sweet & Salty	Peanut	35 g	CS
	Granola Bar	Quaker - 100 Calorie	Chocolate Chip Dipped	22 g	CS
	Granola Bar	Quaker - Yogurt Bar	Vanilla	35 g	CS
	Granola Bar	Western Family - Sweet & Salty	Peanut	35 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Grain Products	Baked Whole Grains Products with Fruit and/or Vegetables				
	Granola Bar	Compliments - 8 Whole Grains Chewy Balance	Muesli	30 g	CMO
	Granola Bar	Compliments - Chewy Balance	Banana Strawberry	30 g	CMO
	Granola Bar	Compliments - Chewy Balance	Raisin and Almond	30 g	CMO
	Granola Bar	Kashi - Chewy	Cherry Dark Chocolate	35 g	CMO
	Granola Bar	Kashi - Chewy	Trail Mix	35 g	CMO
	Granola Bar	Kashi – Fruit & Grain	Dark Chocolate Coconut	32 g	CMO
	Granola Bar	Compliments – Cereal bar	Apple and Cinnamon	38 g	CS
	Granola Bar	Compliments – Cereal bar	Blueberry	38 g	CS
	Granola Bar	Compliments – Cereal bar	Jumbleberry	38 g	CS
	Granola Bar	Compliments – Cereal bar	Raspberry	38 g	CS
	Granola Bar	Compliments – Cereal bar	Strawberry	38 g	CS
	Granola Bar	Compliments - Chewy	Apple Berry	26 g	CS
	Granola Bar	Compliments - Chewy	Trail Mix	26 g	CS
	Granola Bar	Compliments - Semi-Dipped	Blueberry and Yogurt Flavoured Chip	30 g	CS
	Granola Bar	Kellogg's - Nutrigrain	All Flavours	37 g	CS
Granola Bar	Kellogg's - Special K	Strawberry	23 g	CS	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category	
		CMO = Choose Most Often		CS = Choose Sometimes		
Grain Products	Granola Bar	Nature's Path - Enviro Kidz Organic	Berry Blast	28 g	CS	
	Granola Bar	Nature's Path - Enviro Kidz Organic	Fruity Burst	28 g	CS	
	Granola Bar	Nature Valley - Crunchy Fruit	Apple Crisp	42 g	CS	
	Granola Bar	President's Choice - Blue Menu - Chewy	Cranberry Apple	26 g	CS	
	Granola Bar	President's Choice - Blue Menu - Fruit and Nut Chewy	Apple and Almond	35 g	CS	
	Granola Bar	President's Choice - Blue Menu - Fruit and Nut Chewy	Cranberries and Almonds	35 g	CS	
	Granola Bar	President's Choice - Chewy Trail Mix	Cranberry Almond	35 g	CS	
	Granola Bar	President's Choice - Chewy Trail Mix	Mixed Berries and Almonds	35 g	CS	
	Granola Bar	President's Choice - Crunchy Baked	Almonds and Berries	36 g	CS	
	Granola Bar	President's Choice - Whole Grain Cereal Bar	Apple/Strawberry/Blueberry	37 g	CS	
	Granola Bar	Quaker - Yogurt Bar	Blueberry	35 g	CS	
	Granola Bar	Quaker - Yogurt Bar	Strawberry	35 g	CS	
	Whole Grain Baked Products					
	Cookie	Christie - Dad's	Oatmeal Chocolate Chip Cookie	24 g	CS	
	Cookie	Christie - Snak Paks	Soft Baked Cookies - Double Chocolate	30 g	CS	
	Cookie	Christie - Snak Paks	Soft Baked Cookies - Oatmeal Cinnamon	30 g	CS	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category	
CMO = Choose Most Often			CS = Choose Sometimes			
Grain Products	Cookie	Christie - Snak Paks	Teddy Grahams Honey	30 g	CS	
	Cookie	Christie - Thinsations	Chocolate Covered Pretzels	22 g	CS	
	Cookie	Christie - Thinsations	Chips Ahoy	23 g	CS	
	Cookie	Christie - Thinsations	Oreo	23 g	CS	
	Cookie	President's Choice	Arrow Root Cookie	32 g	CS	
	Baked Whole Grains Products with Fruit and/or Vegetables					
	Cookie	Christie	Fig Newtons	29 g	CS	
	Cookie	Christie - Peek Freans Lifestyle Selections	Cranberry Citrus Oat Crunch	30 g	CS	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Milk and Alternatives	Fluid Milk				
	Fluid Milk	All	Plain (Skim, 1% or 2%)	250 ml	CMO
	Fluid Milk	Dairyland	Reduced Sugar 1% Chocolate Milk	250 ml	CS
	Fortified Soy Beverage				
	Fortified Soy Beverage	President's Choice - Blue Menu - Fortified	Original	250 ml	CMO
	Fortified Soy Beverage	So Good - Fortified - Fat Free	Original	250 ml	CMO
	Fortified Soy Beverage	So Nice - Organic - Fortified	Original	250 ml	CMO
	Fortified Soy Beverage	So Nice-Organic - Fortified	Vanilla	250 ml	CMO
	Fortified Soy Beverage	So Nice - Organic - Fortified	Original	250 ml	CMO
	Fortified Soy Beverage	So Nice - Organic - Unsweetened	Original	250 ml	CMO
	Fortified Soy Beverage	So Good - Fortified	Chocolate	250 ml	CS
	Fortified Soy Beverage	So Good - Fortified	Strawberry	250 ml	CS
	Fortified Soy Beverage	So Good - Fortified	Vanilla	250 ml	CS
	Yogurt/Kefir from Milk				
	Yogurt	Liberte Greek Yogurt	Plain	175 ml	CMO
	Yogurt	Lucerne - Low Fat	Plain	170 ml	CMO
	Yogurt	Astro - BioBest - Maximmunite	Acai berry	94 ml	CS
	Yogurt	Astro - BioBest - Maximmunite	Apricot Mango	94 ml	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
CMO = Choose Most Often			CS = Choose Sometimes		
Milk and Alternatives	Yogurt	Astro - BioBest - Maximmunite	Orange Cranberry	95 ml	CS
	Yogurt	Astro - BioBest - Maximmunite	Strawberry	94 ml	CS
	Yogurt	Astro - Naturally Flavoured	All Flavours	100 ml	CS
	Yogurt	Astro - Original Fruit Bottom	All Flavours	100 ml	CS
	Yogurt	Danone - Activia Fat Free	Raspberry	100 ml	CS
	Yogurt	Danone - Activia Fat Free	Peach	100 ml	CS
	Yogurt	Danone - Activia Fat Free	Strawberry	100 ml	CS
	Yogurt	Danone - Activia Fat Free	Vanilla	100 ml	CS
	Yogurt	Danone - Activia Fibre - Fat Free	Apple Muesli	100 ml	CS
	Yogurt	Danone - Activia Fibre - Fat Free	Red Berry and Cereals	100 ml	CS
	Yogurt	Danone Petit Danino	All Flavours	60 ml	CS
	Yogurt	Liberte - Organic	Mango - Apricot	175 ml	CS
	Yogurt	Liberte - Organic	Plain	175 ml	CS
	Yogurt	Liberte - Organic	Raspberry	175 ml	CS
	Yogurt	Liberte - Organic	Strawberry	175 ml	CS
	Yogurt	No Name Fat Free	All Flavours	100 ml	CS
	Yogurt Tubes	Yoplait	All Flavours	60 ml	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Milk and Alternatives	Cheese, Hard/Soft from Milk				
	Hard Cheese	Lucerne - String Cheese	Marble Swirl	21 g	CMO
	Hard Cheese	Lucerne - String Cheese	Pizza Mozzarella	21 g	CMO
	Hard Cheese	No Name - Stringable	Marble Mozzarella	42 g	CMO
	Hard Cheese	Armstrong	Medium Cheddar	30 g	CS
	Hard Cheese	Armstrong	Old Cheddar	30 g	CS
	Hard Cheese	Armstrong	Marble Cheddar	30 g	CS
	Hard Cheese	Babybel	Mini Light Cheese	20 g	CS
	Hard Cheese	Babybel	Mini Original	20 g	CS
	Hard Cheese	Babybel	Mini Swiss Taste	20 g	CS
	Hard Cheese	Black Diamond-Portion Pack	Gouda	21 g	CS
	Hard Cheese	Black Diamond	Marble	21 g	CS
	Hard Cheese	Kraft - Amooza Twists	Mozzarella	21 g	CS
	Hard Cheese	Kraft - Amooza Twists	Mozzarella-Cheddar	21 g	CS
	Hard Cheese	Kraft - Cracker Barrel Cheese Snacks Light	Medium Cheddar	21 g	CS
	Hard Cheese	Laughing Cow	Light Cheese	33 g	CS
	Hard Cheese	No Name - Cheese Stick	Marble	21 g	CS
	Hard Cheese	Vergeer Kaas	Gouda	20 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
CMO = Choose Most Often			CS = Choose Sometimes		
Milk and Alternatives	Fortified Soya Loaf and Slices (like Cheese)				
	None of the products reviewed in this category met the CMO or CS criteria.				
	Cottage Cheese				
	Cottage Cheese	President's Choice - Blue Menu 1% with Probiotics and Inulin	Regular	113 g	CS
	Cottage Cheese	President's Choice - Blue Menu 1% with Probiotics and Inulin	Strawberry	113 g	CS
	Cottage Cheese	President's Choice - Blue Menu 1% with Probiotics and Inulin	Vanilla	113 g	CS
	Pudding from Milk				
	Pudding	Kozy Shack	Chocolate Pudding	113 g	CS
	Pudding	Kozy Shack	Original Rice	113 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
CMO = Choose Most Often			CS = Choose Sometimes		
Meat and Alternatives	Meat/Fish/Poultry				
	Fish	Clover Leaf Flaked Light Tuna	Dill and Lemon	85 g	CS
	Fish	Clover Leaf Flaked Light Tuna	Garlic and Hot Pepper	85 g	CS
	Fish	Clover Leaf Flaked Light Tuna	Lemon and Pepper	85 g	CS
	Fish	Clover Leaf Flaked Light Tuna	Spicy Peanut Satay	85 g	CS
	Fish	Clover Leaf Flaked Light Tuna	Sundried Tomato and Basil	85 g	CS
	Fish	Clover Leaf Flaked Light Tuna	Tomato and Onion	85 g	CS
	Fish	Clover Leaf Tuna Pieces - Ripn Ready Pouch	Yellowfin	85 g	CS
	Fish	Clover Leaf Solid White Tuna	In Veg Broth and Olive Oil (Albacore)	59 g	CS
	Fish	Clover Leaf Solid White Tuna	In Water (Albacore)	59 g	CS
	Fish	Clover Leaf Solid Light Tuna	Yellowfin in Olive Oil	70 g	CS
	Fish	No Name Flaked Light Tuna	Spicy Thai Chili	85 g	CS
	Fish	No Name Flaked Light Tuna	Tomato Basil	85 g	CS
	Fish	Oceans Solid Light Tuna	Basil Infused Oil	56 g	CS
	Fish	Ocean's Snack 'N Lunch Pacific Salmon	Lemon and Dill	75 g	CS
Fish	Ocean's Snack 'N Lunch Light Tuna	Tomato and Onion	85 g	CS	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category	
		CMO = Choose Most Often		CS = Choose Sometimes		
Meat and Alternatives	Fish	Ocean's Snack 'N Lunch Light Tuna	Thai Chili	85 g	CS	
	Fish	Ocean's Snack 'N Lunch Light Tuna	Smoked	85 g	CS	
	Fish	Oceans Snack 'N Lunch Light Tuna	Lime and Jalapeno	85 g	CS	
	Fish	Oceans Snack 'N Lunch Light Tuna	With Mayonnaise Style Dressing	85 g	CS	
	Fish	Oceans Snack 'N Lunch Light Tuna	Teriyaki	85 g	CS	
	Deli/ Luncheon Meats					
	Dried Meat	Jack Links Beef Jerky	Jalapeno	35 g	CS	
	Dried Meat	Jack Links Beef Jerky	Original	35 g	CS	
	Dried Meat	Jack Links Beef Jerky	Peppered	35 g	CS	
	Dried Meat	Jack Links Beef Jerky	Sweet Hot	35 g	CS	
	Dried Meat	Jack Links Beef Jerky	Teriyaki	35 g	CS	
	Dried Meat	Oh Boy! Oberto Beef Jerky	Hickory Smoked	28 g	CS	
	Dried Meat	Oh Boy! Oberto Beef Jerky	Original	28 g	CS	
	Dried Meat	Oh Boy! Oberto Beef Jerky	Steakhouse	28 g	CS	
	Alternatives					
	Nuts and Seeds	Blue Diamond Almonds	Whole Natural	18 g	CMO	
	Nuts and Seeds	Blue Diamond Almonds	Lightly Salted	17 g	CS	
	Eggs	Burnbrae Naturegg Omega 3	Hard Boiled and Peeled Eggs	88 g	CMO	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Mixed Dishes	Vegetarian Based Snack Bar: Calories 100 - 199				
	Snack Bar	Luna	Chocolate Peppermint Stick	48 g	CS
	Snack Bar	Luna	Nuts Over Chocolate	48 g	CS
	Snack Bar	Taste of Nature Organic Food Bar	California Almond Valley	40 g	CS
	Snack Bar	Taste of Nature Organic Food Bar	Quebec Cranberry Carnival	40 g	CS
	Snack Bar	Taste of Nature Exotics	Mediterranean Pistachio Passion	40 g	CS
	Snack Bar	Vel's	Deluxe Flax Cranberry Bar	40 g	CS
	Vegetarian Based Snack Bar: Calories 200 - 299				
	Snack Bar	Bounce Energy Ball	Almond Protein Hit	49 g	CS
	Snack Bar	Bounce Energy Ball	Peanut Protein Blast	49 g	CS
	Snack Bar	Larabar	Cashew	48 g	CS
	Snack Bar	Larabar	Peanut Butter Chocolate Chip	45 g	CS
	Trail Mix: Calories ≤ 200				
	None of the products reviewed in this category met the CMO or CS criteria.				
	Meat/Fish/Poultry Based: Calories 100 – 199				
	Fish/ Crackers	Clover Leaf Tuna snack kit	Classic	90 g	CS
	Fish/ Crackers	Ocean's SnackKit	Light Tuna	103 g	CS
	Fish/ Crackers	Ocean's SnackKit	Onion and Celery Tuna	103 g	CS
	Frozen Entrée	Michelina's Lean Gourmet	Chicken Stir-Fry	227 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Mixed Dishes	Frozen Entrée	Michelina's Real Gourmet	Classic Chicken	285 g	CMO
	Frozen Entrée	No Name Taquitos	Beef and Cheese	63 g	CS
	Meat/Fish/Poultry Based: Calories 200 – 299				
	Fish/ Crackers	Clover Leaf Tuna Salad Kit	Spicy Thai Chili	90 g	CS
	Fish/ Crackers	Gold Seal Tuna Snacks	Spicy Thai Sweet Chili	103 g	CS
	Entrée	Chef Boyardee Mini	Spaghetti Rings and Meatballs	212 g	CS
	Entrée	Schneider's Lunchmate	Mini Burgers	109 g	CS
	Frozen Entrée	Michelina's Real Gourmet	Beef Bourguignon	285 g	CMO
	Frozen Entrée	Co-op Gold Burrito	Beef and Bean	100 g	CS
	Frozen Entrée	Co-op Gold Burrito	Red Hot	100 g	CS
	Frozen Entrée	Eating Right	Butter Chicken	255 g	CS
	Frozen Entrée	Eating Right	Chicken with Vegetables	285 g	CS
	Frozen Entrée	Eating Right	Sweet and Sour Chicken	250 g	CS
	Frozen Entrée	Eating Right	Whole Grain Rotini Alfredo with Chicken	255 g	CS
Frozen Entrée	Healthy Choice Gourmet Steamers	Beef Merlot	283 g	CS	
Frozen Entrée	Healthy Choice Gourmet Steamers	Beef Teriyaki	283 g	CS	
Frozen Entrée	Healthy Choice Gourmet Steamers	Cajun Chicken and Shrimp	295 g	CS	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Mixed Dishes	Frozen Entrée	Healthy Choice Gourmet Steamers	Grilled Basil Chicken	301 g	CS
	Frozen Entrée	Healthy Choice Gourmet Steamers	Grilled Chicken Marinara	283 g	CS
	Frozen Entrée	Healthy Choice Gourmet Steamers	Grilled Chicken Red Pepper Alfredo	292 g	CS
	Frozen Entrée	Healthy Choice Gourmet Steamers	Lemon Garlic Chicken and Shrimp	283 g	CS
	Frozen Entrée	Healthy Choice Gourmet Steamers	Mediterranean Grilled Chicken	283 g	CS
	Frozen Entrée	Healthy Choice Gourmet Steamers	Ravioli and Chicken Florentine	283 g	CS
	Frozen Entrée	Healthy Choice Gourmet Steamers	Thai Curry Chicken	283 g	CS
	Frozen Entrée	Lean Cuisine Selections	Chicken Parmigiana	268 g	CS
	Frozen Entrée	Lean Cuisine Selections	Ginger Beef Stir fry	230 g	CS
	Frozen Entrée	Lean Cuisine Selections	Glazed Chicken whole Grain Cranberry Pilaf	225 g	CS
	Frozen Entrée	Lean Cuisine Selections	Sweet and Sour Chicken	238 g	CS
	Frozen Entrée	Lean Cuisine Spa	Mango Curry Chicken	248 g	CS
	Frozen Entrée	Lean Cuisine Spa	Shrimp Alfredo	283 g	CS
	Frozen Entrée	Lean Cuisine Spa	Thai Chicken	265 g	CS
	Frozen Entrée	Michelina's Flatbreads	Chicken Club	142 g	CS
	Frozen Entrée	Michelina's	Lasagna with Meat Sauce	255 g	CS
	Frozen Entrée	Michelina's Real Gourmet	5 Cheese Chicken Ziti	300 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often	CS = Choose Sometimes		
Mixed Dishes	Frozen Entrée	Michelina's Real Gourmet	Chicken Penne Toscana	300 g	CS
	Frozen Entrée	Michelina's Real Gourmet	Chicken Teriyaki	285 g	CS
	Frozen Entrée	Michelina's Real Gourmet	Sesame Glazed Chicken	285 g	CS
	Frozen Entrée	No Name	Chicken Penne	215 g	CS
	Frozen Entrée	No Name	Lasagna with Meat Sauce	215 g	CS
	Frozen Entrée	No Name	Spaghetti Bolognese	215 g	CS
	Frozen Entrée	No Name Club Pack Baked Pizza Pouches	Deluxe	100 g	CS
	Frozen Entrée	President's Choice Blue Menu	Chicken Bangkok	280 g	CS
	Frozen Entrée	President's Choice Blue Menu	Chicken Cacciatore	280 g	CS
	Frozen Entrée	President's Choice Blue Menu	Chicken Szechwan	225 g	CS
	Frozen Entrée	President's Choice Blue Menu	Chicken Tikka Masala 50% Less Fat	262 g	CS
	Frozen Entrée	President's Choice Blue Menu	Herbed Chicken with Barley Risotto	290 g	CS
	Frozen Entrée	Reser's Fine Foods Baja Café Burritos	Chicken and Bean	113 g	CS
	Frozen Entrée	Safeway Pizza Packets	Deluxe	100 g	CS
	Frozen Entrée	Stouffer's	BBQ Chicken with Seasoned Potato Wedges	250 g	CS
	Frozen Entrée	Stouffer's Bistro Sliders	Cheeseburger	127 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category	
		CMO = Choose Most Often		CS = Choose Sometimes		
Mixed Dishes	Frozen Entrée	Weight Watchers Smart Ones	Breakfast Quesadilla	113 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones	Chicken & Cheese Quesadilla	113 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones	English Muffin Sandwich	113 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones	Grilled Flatbread Chicken Marinara with Mozzarella Cheese	170 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones Gourmet	Orange Sesame Chicken	255 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones	Spicy Szechuan Style Vegetables & Chicken	255 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones	Teriyaki Chicken and Vegetables	255 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones	Thai style Chicken and Rice Noodles	255 g	CS	
	Meat/Fish/Poultry Based: Calories: 300 - 399					
	Entrée	Schneider's Lunchmate Pizza	Pepperoni	132 g	CS	
	Frozen Entrée	Healthy Choice Gourmet Steamers	Pineapple Chicken	298 g	CMO	
	Frozen Entrée	President's Choice Blue Menu	Whole Wheat Rotini with Chicken Pesto	280 g	CMO	
	Frozen Entrée	Healthy Choice Gourmet Steamers	General Tao's Spicy Chicken	306 g	CS	
	Frozen Entrée	Healthy Choice Gourmet Steamers	Sweet Sesame Chicken	292 g	CS	
	Frozen Entrée	Healthy Choice Gourmet Steamers	Grilled Balsamic Chicken	283 g	CS	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
CMO = Choose Most Often			CS = Choose Sometimes		
Mixed Dishes	Frozen Entrée	Lean Cuisine	Chicken, Spinach and Mushroom Panini	170 g	CS
	Frozen Entrée	Lean Cuisine	Grilled Chicken Club Panini	170 g	CS
	Frozen Entrée	Lean Cuisine	Steak and Mushroom Panini	170 g	CS
	Frozen Entrée	Lean Cuisine Selections	Chicken Fettuccine	237 g	CS
	Frozen Entrée	Lean Cuisine Selections	Grilled Chicken Carbonara	244 g	CS
	Frozen Entrée	Lean Cuisine Selections	Meat Lasagna	274 g	CS
	Frozen Entrée	Michelina's	Penne Pollo	255 g	CS
	Frozen Entrée	Michelina's	Spaghetti Bolognese	255 g	CS
	Frozen Entrée	Michelina's Lean Gourmet	Sweet and Sour Chicken	255 g	CS
	Frozen Entrée	Michelina's Noodle	Stroganoff with Ground Beef	227 g	CS
	Frozen Entrée	Patty King International Jamaican Style Beef Patty	Mild	130 g	CS
	Frozen Entrée	President's Choice Blue Menu	Butter Chicken	350 g	CS
	Frozen Entrée	President's Choice Blue Menu	Chicken Korma	350 g	CS
	Frozen Entrée	President's Choice Blue Menu	Italian Lasagna	280 g	CS
	Frozen Entrée	President's Choice Blue Menu	Sweet and Sour Chicken	350 g	CS
	Frozen Entrée	President's Choice Blue Menu	Sweet Chili Lemon Grass Chicken	350 g	CS
	Frozen Entrée	President's Choice	Macaroni and Beef	315 g	CS

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category
		CMO = Choose Most Often		CS = Choose Sometimes	
Mixed Dishes	Frozen Entrée	Safeway	Lasagna with Meat Sauce	255 g	CS
	Frozen Entrée	Swanson Hearty Bowls	Sweet and Sour Chicken	350 g	CS
	Frozen Entrée	Weight Watchers Smart Ones	Grilled Flatbread Southwestern Style Chicken Fiesta	170 g	CS
	Frozen Entrée	Weight Watchers Smart Ones	Stone-Fired Crust Fajita Chicken Pizza	203 g	CS
	Meat/Fish/Poultry Based: Calories: 400 - 499				
	Frozen Entrée	President's Choice Indian	Butter Chicken	350 g	CS
	Frozen Entrée	Stouffers Bistro Melts	Baja Grilled Chicken Flat Bread	170 g	CS
	Meat/Fish/Poultry Based: Calories: 500 - 599				
	None of the products reviewed in this category met the CMO or CS criteria.				
	Vegetarian Based: Calories: 100 - 199				
	Entrée	Ready Pac Ready Snax	Fruit, Caramel and Cheese	113 g	CS
	Entrée	Ready Pac Ready Snax	Veggies, Fruit, Pretzels and Cheese	122 g	CS
	Vegetarian Based: Calories: 200 - 299				
	Entrée	Kraft Dinner Snack Cup	White Cheddar	58 g	CS
	Entrée	St. Dalfour Ready-to-eat Gourmet on the Go	3 Beans With Corn	175 g	CS
	Frozen Entrée	Healthy Choice Gourmet Steamers	Mediterranean Grilled Vegetables	283 g	CS
Frozen Entrée	Lean Cuisine Selections	Cheese Cannelloni	246 g	CS	

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category	
		CMO = Choose Most Often	CS = Choose Sometimes			
Mixed Dishes	Frozen Entrée	Lean Cuisine Selections	Cheese Ravioli	222 g	CS	
	Frozen Entrée	Michelina's Lean Gourmet	Macaroni and Cheese	227 g	CS	
	Frozen Entrée	No Name	Fettucine Alfredo	215 g	CS	
	Frozen Entrée	No Name	Macaroni and Cheese	215 g	CS	
	Frozen Entrée	No Name	Lasagna Alfredo with Broccoli	215 g	CS	
	Frozen Entrée	No Name	Rigatoni Pomodoro	215 g	CS	
	Frozen Entrée	No Name Baked Pizza Pouches	3 Cheese	100 g	CS	
	Frozen Entrée	President's Choice Blue Menu	Cheese and Spinach Cannelloni	259 g	CS	
	Frozen Entrée	Safeway	Penne Primavera	255 g	CS	
	Frozen Entrée	Safeway Pizza Packets	4 Cheese	100 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones	3 Cheese Ziti Marinara	255 g	CS	
	Vegetarian Based: Calories: 300 - 399					
	Entrée	President's Choice Blue Menu	Vegetarian Chili	415 g	CS	
	Entrée	Schneider's Lunchmate	Pizza 2 Cheese	132 g	CS	
	Frozen Entrée	Amy's Organic	Beans and Rice Burrito	170 g	CMO	
	Frozen Entrée	Amy's Organic	Beans and Rice Burrito with Cheddar Cheese	170 g	CMO	
Frozen Entrée	President's Choice Blue Menu	100% Whole Wheat Penne with Roasted Vegetables	300 g	CMO		

Food Group	Food Subtype	Brand Name	Flavour	Package Size	ANGCY Category	
		CMO = Choose Most Often		CS = Choose Sometimes		
Mixed Dishes	Frozen Entrée	Michelina's	Macaroni and Cheese	255 g	CS	
	Frozen Entrée	Michelina's	Penne Primavera	255 g	CS	
	Frozen Entrée	No Name Burritos	Bean and Cheese	142 g	CS	
	Frozen Entrée	President's Choice Blue Menu	Macaroni and 3 Cheese	300 g	CS	
	Frozen Entrée	Safeway	Macaroni and Cheese	255 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones	Fettuccini Alfredo	262 g	CS	
	Frozen Entrée	Weight Watchers Smart Ones	Santa Fe Style Rice and Beans	283 g	CS	
	Vegetarian Based: Calories: 400 - 499					
	Frozen Entrée	Country Morning Burrito	Bean and Cheese	142 g	CS	
	Vegetarian Based: Calories: 500 - 599					
	None of the products reviewed in this category met the CMO or CS criteria.					
	Soup – Broth Based: Calories: ≤ 200					
	None of the products reviewed in this category met the CMO or CS criteria.					
	Soup – Broth Based: Calories: 201 - 300					
	None of the products reviewed in this category met the CMO or CS criteria.					
	Soup – Meal Style: Calories: ≤ 200					
	None of the products reviewed in this category met the CMO or CS criteria.					
	Soup – Meal Style: Calories: 201 - 300					
None of the products reviewed in this category met the CMO or CS criteria.						