

# Nutritional Guidelines



Region of Waterloo Public Health has developed guidelines to help you purchase foods that have the maximum nutritional value. When looking at the nutritional labels of products you are about to buy please keep the following limits in mind.

FOOD CATEGORIES	NUTRITIONAL GUIDELINES
Canned Fish	Fat: Less than or equal to 8g Sodium: Less than or equal to 360mg
Peanut Butter	Not coated with candy, chocolate, sugar or yogurt Sodium: Less than or equal to 140mg
Rice	Whole grain is the first item on the ingredients list Fat: Less than or equal to 3g Saturated Fat: Less than or equal to 2g Sodium: Less than or equal to 240mg
Cold Cereal	Whole grain is the first item on the ingredient list Saturated Fat: Less than or equal to 2g Sodium: Less than or equal to 240mg Fibre: 4g or more
Canned Fruit	Fruit (or water) the first item on the ingredient list Fat: Less than or equal to 3g Saturated Fat: Less than or equal to 2g Sodium: Less than or equal to 240mg No added sugar
Canned Stew & Chilli	Fat: Less than or equal to 10g Saturated Fat: Less than or equal to 5g Sodium: Less than or equal to 720mg Fibre: 2g or more Protein: 10g or more
Canned Vegetables	Vegetables (or water) the first item on the ingredient list Fat: Less than or equal to 3g Saturated Fat: Less than or equal to 2g Sodium: Less than or equal to 240mg No added sugar
Fruit & Veggie Juice	100% Juice, Pulp or Puree Unsweetened/No sugar added Sodium: Less than or equal to 480mg
Pasta Sauce	Fat: Less than or equal to 3g Sodium: Less than to or equal to 360mg

For more information and a list of specific products that meet the above criteria please refer to the "Non-Perishable Brand Name Food List" developed by Region of Waterloo Public Health and available at the following link:

[http://chd.region.waterloo.on.ca/en/healthyLivingHealthProtection/resources/BrandName\\_FoodList\\_NonPerishables.pdf](http://chd.region.waterloo.on.ca/en/healthyLivingHealthProtection/resources/BrandName_FoodList_NonPerishables.pdf)