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 donate please keep the following limits in mind.

### Food Categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Nutritional Guidelines</th>
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</table>
| Canned Fish                                   | Fat: Less than or equal to 8g  
Sodium: Less than or equal to 360mg                                                   |
| Peanut Butter                                 | Sodium: Less than or equal to 140mg                                                   |
| Canned or Dried Beans and Lentils             | Fat: Less than or equal to 8g  
Sodium: Less than or equal to 360 mg  
Protein: 10 g or more  
Canned beans and legumes should be rinsed to reduce salt (sodium) |
| Pasta/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/Canned Tomatoes                   | 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.