

Better Food to Buy

A guide for choosing healthier canned and dried food.



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Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

About this Better Food to Buy List

This list was created to help people choose healthier* non-perishable food and beverages. (Non-perishable food can be stored in a cupboard).

*Criteria for “Healthier”

The food and beverages in this list meet the criteria for “**Maximum Nutritional Value**”. The criteria for “**Maximum Nutritional Value**” are based on **Nutrition Tools for Schools**® Standards and **Workplace Nutrition Standards**®. These nutrition standards were adapted from the **Ontario Ministry of Education’s School Food and Beverage Policy (P/PM 150)**. All items in this list meet or exceed the criteria for “**Sell Most**” in the **P/PM 150** nutrition standards.

In addition to the criteria for “**Maximum Nutritional Value**”, other information has been used to help consumers make healthier choices:

Fish: Information in the factsheet “**A Guide to Eating Fish for Women, Children and Families**” was used to recommend fish from the “**Safe to Eat Everyday (Very Low Mercury)**” and the “**Safe to Eat Often (Low Mercury)**” categories. Fish in the “**Safe to Eat sometimes (Medium Mercury)**”, “**Avoid or Eat Rarely (High Mercury)**” and the “**Eco Unfriendly**” categories have been excluded from this list. Visit [Region of Waterloo Public Health Nutrition Page](#) for more information.

Sugar: The World Health Organization has advised limiting added sugar to no more than 10 per cent of the total energy in the diet. Excessive sugar consumption is related to poor diet quality and poor health outcomes.¹ In 2014, Health Canada proposed changes to the core nutrients declared in the Nutrition Facts Table. A value of 100 grams of sugar from all sources would represent the Daily Value (DV). In the proposed change five grams of sugar per serving is considered to be “a little” sugar, while 15 grams or higher is “a lot” of sugar. Products such as cold cereal, hot cereals, crackers, granola bars, cookies and popcorn were assessed for sugar content. Items that contain five grams or less per serving are included, items that have more than five grams but less than 15 grams of sugar are marked with an asterisk* to note that they contain higher amounts of sugar. Food and beverages that contain 15 grams of sugar or more per serving have been excluded from this list.

¹ Health Canada. (2014). [Health Canada’s Proposed Changes to the Core Nutrients Declared in the Canadian Nutrition Facts Table](#).

Recommendations from Eating Well with Canada's Food Guide

- A healthy eating pattern emphasizes vegetables, fruit, whole grains, low fat milk and milk alternatives and lean meat and meat alternatives.
- Canada's Food Guide recommends preparing food from scratch, using little or no added fat, sugar or salt, whenever possible. Pre-prepared convenience foods, such as many of the **cereals, granola bars, cookies** and **combination foods** in this list, can be a part of a healthy eating pattern on occasion. Combination foods in this list include canned entrées (meals) and canned soup.
- Canada's Food Guide recommends having **vegetables and fruit more often than juice**. If offering juice to children, choose pasteurized unsweetened 100% fruit juice and limit to 125 ml (1/2 cup) per day.

Disclaimer

- This list is not comprehensive list of all available food and beverage products and should be used as a guide only. If a product is not listed here it may not have met the criteria, or it may not have been reviewed.
- This list is not intended to endorse any specific brands.
- The food and beverages in this list were assessed based on each product's suggested serving listed in the Nutrition Facts Table. If the amount eaten or served is larger or smaller than the amount listed in the product's Nutrition Facts Table, then the product may no longer meet the criteria for "**healthier**".
- **Always read food labels** as product composition may change without notice. If the ingredients or composition of a product change, it may no longer meet the nutrition criteria for "**healthier**".
- The food and beverage products listed are not guaranteed to be free of allergens.

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Vegetables and Fruit

Canned and Dried Vegetables and Fruit

Nutrition Criteria

Vegetables or fruit (or water) is the first item on the ingredient list **and**

Fat: Less than or equal to 3g **and**

Saturated fat: Less than or equal to 2g **and**

Sodium: Less than or equal to 240mg **and**

No added sugar

NOTE: All plain canned and dried vegetables and fruit with no added sugar, sauces or flavouring offer **“Maximum Nutritional Value”**.

Canned Vegetables

Aylmer

Sliced Beets

Whole Rosebud Beets

Cedar Phoenicia

Green Peas

Mushroom Pieces and Stems

Mushroom Whole

Choice Grade

Mushroom Whole

Cock Brand

Bamboo Shoot Strips in Water

Compliments

Balance Low Salt Whole Kernel Corn

Balance Salt Free Cut Green Beans

Balance Salt Free Peas

Cut Green Beans

Cut Wax Beans

Pure Pumpkin

Sliced Beets

Del Monte

French Style Seasoned Green Beans

Peaches & Cream Whole Kernel Corn No

Salt Added

Summer Crisp Corn

Summer Crisp Corn No Salt Added

E.D. Smith

Pure Pumpkin

Canned Vegetables Continued

Giant Value

Cut Green Beans
Cut Wax Beans
Mixed Vegetables
Mushrooms Pieces and Stems

Great Value

Cut Green Beans
Cut Green Beans No Salt Added
Mixed Vegetable
Mushroom Whole
Peaches and Cream Whole Kernel Corn
Sliced Beets

Green Giant

Cut Green Beans
Cut Green Beans 1/3 Less Salt
Cut Wax Beans
French Style Green Beans
Niblets
Niblets 1/3 Less Salt
Peaches and Cream
Summer Sweet Peas 50% Less Salt

Irresistibles

Life Smart Cut Wax Beans No Salt Added
Life Smart Mixed Vegetables No Salt Added
Life Smart Mushrooms Pieces and Stems
50% Less Salt
Life Smart Peas No Salt Added
Life Smart Whole Kernel Corn

M'Lord

Miniature Corn Cobs Whole

Mr. Goudas

Cut Green Beans Assorted Sizes
Mixed Vegetables
Sliced Carrots

Native Forest

Marinated Artichoke Hearts
Organic Hearts of Palm
Organic Marinated Crimini Mushrooms Italian
Garlic
Organic Marinated Crimini Mushrooms Old
World Style
Organic Marinated Portobello Mushrooms
with Roasted Red Peppers
Organic Sliced Bamboo Shoots
Organic Sliced Water Chestnuts

No Name

Assorted Sizes Cut Wax Beans
Cut Green Beans
Miniature Cobs of Corn
Sliced Beets
Sliced Carrots

Selections

Cut Wax Beans
Green Beans Cut
Mixed Vegetables
Mushrooms Pieces and Stems
Seasoned Green Beans French Style Cut
Sliced Beets
Sliced Carrots
Sliced Mushrooms
Super Sweet Corn Whole Kernel
Whole Mushrooms

Success

Mushroom Pieces and Stems

Sun Med

Whole Baby Corn

Canned Fruit

Applesnax

Au Naturel Apple-Peach
Au Naturel Apple-Strawberry
Organic Apple Unsweetened

Compliments

Balance Peach Slices in Fruit Juice from Concentrate
Balance Unsweetened Apple Sauce
Balance Unsweetened Apple Snack
Organic Unsweetened Apple Snack
Pineapple Crushed in Pineapple Juice
Pineapple Slices in Pineapple Juice

Del Monte

Fruit Cocktail in Fruit Juice
Fruit Cocktail in Water
Peach Slices in Fruit Juice
Peach Slices Packed in Water
Pear Halves packed in Water

Dole

Crushed Pineapple Packed in Pineapple Juice
Diced Peaches Packed in Fruit Juice from Concentrate
Diced Peaches Packed in Water
Diced Pears Packed in Fruit Juice from Concentrate
Fruit Salad Lots-o-Cherries Packed in Fruit Juice from Concentrate
Fruit Salad Packed in Fruit Juice from Concentrate
Fruit Salad with Extra Cherries
Golden Pineapple in Fruit Juice
Golden Pineapple Packed in Fruit Juice from Concentrate
Golden Pineapple Tidbits Packed in Fruit Juice
Mandarin Oranges Packed in Fruit Juice from Concentrate

Mandarin Oranges Packed in Water
Peach Mango Packed in Fruit Juice from Concentrate
Pineapple Chunks Packed in Pineapple Juice
Pineapple Crushed Packed in Pineapple Juice
Pineapple Slices Packed in Pineapple Juice
Pineapple Tidbits Packed in Pineapple Juice
Sliced Peaches Packed in Fruit Juice from Concentrate
Sliced Pears Packed in Fruit Juice from Concentrate
Tropical Fruit Packed in Fruit Juice from Concentrate

Great Value

Apple Mixed Berry Snack Unsweetened
Apple Peach Snack Unsweetened
Clingstone Peach Slices Packed in Fruit Juice
Fruit Cocktail in Fruit Juice
Fruit Salad Packed in Grape Juice
Mandarin Segments Packed in Grape Juice from Concentrate
Peach Slices Packed in Grape Juice from Concentrate
Pear Halves in Pear Juice from Concentrate
Pineapple Chunks Packed in Pineapple Juice
Pineapple Sliced Packed in Pineapple Juice
Pineapple Tidbits Packed in Pineapple Juice

Irresistibles

Life Smart Bartlett Pears in Water
Life Smart Fruit Cocktail in Water
Life Smart Fruit Cocktail with Extra Cherries
Life Smart Peach Slices in Water
Life Smart Unsweetened Fruit Snack Apple Mixed Berry
Life Smart Unsweetened Fruit Snack Apple Peach Mango

Canned Fruit Continued

Mott's

Fruitsations + Veggies Unsweetened Cherry Berry Carrot
Fruitsations + Veggies Unsweetened Mixed Berry Carrot
Fruitsations + Veggies Unsweetened Peach Apple Carrot
Fruitsations + Veggies Unsweetened Peach Strawberry Kiwi
Fruitsations Fruit Rockets Unsweetened Apple Pouches
Fruitsations Fruit Rockets Unsweetened Blueberry Pouches
Fruitsations Fruit Rockets Unsweetened Strawberry Pouches
Fruitsations Unsweetened Apple
Fruitsations Unsweetened Apple Pomegranate
Fruitsations Unsweetened Apple Sauce
Fruitsations Unsweetened Blueberry Delight
Fruitsations Unsweetened Country Berry
Fruitsations Unsweetened Peach Apple Carrot
Fruitsations Unsweetened Peach Medley
Fruitsations Unsweetened Raspberry Cherry Starfruit
Fruitsations Unsweetened Strawberry Kiwi

Native Forest

Organic Mandarin Oranges
Organic Papaya Chunks
Organic Pineapple Chunks
Organic Pineapple Crushed
Organic Pineapple Slices
Organic Tropical Fruit Salad

No Name

Chunky Mixed Fruit in Juice from Concentrate
Clingstone Peach Halves in Juice from Concentrate
Clingstone Peach Slices in Juice from Concentrate
Crushed Pineapple in Juice from Concentrate
Fruit Cocktail in Juice from Concentrate
Fruit Salad in Juice from Concentrate
Mandarin Oranges in Fruit Juice from Concentrate
Peaches and Mandarins in Juice from Concentrate
Peaches Sliced in Fruit Juice from Concentrate
Pear Halves in Juice from Concentrate
Pears Sliced in Juice from Concentrate
Pineapple Sliced in Juice from Concentrate
Pineapple Tidbits in Juice from Concentrate
Unsweetened Apple Sauce in Fruit Juice from Concentrate

President's Choice

Organics Unsweetened Apple
Organics Unsweetened Apple Cinnamon

Selection

Crushed Pineapple in Pineapple Juice
Pineapple Chunks in Pineapple Juice

Dried Vegetables

Betty Cocker

Mashed Puree Potatoes Homestyle

Compliments

Homestyle Mashed Potatoes

Idahoan

Original Mashed Potatoes

No Name

Homestyle Mashed Potatoes

Veggie-Go's

Carrot Ginger

Cinnamon Spiced Beet

Mountain Berry Spinach

Sweet Potato Pie

TropiKale

Yamamotoyama

Yaki Nori (Dried Seaweed)

Dried Fruit

Bard Valley

Natural Delights Medjool Dates

Organic Medjool Dates

Compliments

Dates Pitted

Golden Raisins

Large Pitted Prunes

Sultana Raisins

Thompson Raisins

Dan D Pak

Golden Raisins

Honey Dates

Earthbound Farm

Organic Dried Mangos

Organic Thompson Seedless Raisins

Giant Value

Golden Raisins

Pitted Dates

Pitted Dates Loose

Pitted Prunes

Sultana Raisins

Great Value

California Mini Snack Raisins

Dried Apricots

Pitted Prunes

Seedless Golden Raisins

Seedless Sultana Raisins

Made in Nature

Organic Banana Slices

Organic Black Mission Figs

Organic Deglet Noor Dates

Organic Dried Apples

Organic Dried Plums

Organic Goji Berries

Organic Golden Pineapple

Organic Goldenberries

Organic Mangoes

Organic Mulberries

Organic Raisins

Organic Smyrna Figs

Organic Tart Cherries

Organic Tart Cherries & Sultana Raisins

Organic Tropical Fusion

Organic Unsulfured Apricots

Dried Fruit Continued

Mariani

California Pitted Dates

Martin's

Crispy Apple Chips Original

No Name

Dried Apricots

Golden Seedless Raisins

Pitted Dates

Pitted Prunes

Sultana Raisins

Organic Traditions

Goji Berries

President's Choice

Apricots Pitted

Figs Soft

Organics Jumbo Thompson Seedless Raisins

Prunes Soft, Pitted

Selection

Dried Apricots

Pitted Prunes

Sultana Raisins

Thompson Raisins

Stock & Barrel

Black Currants

Golden Raisins

Pitted Dates

Sultana Raisins

Thompson Raisins

Sun Brand

Dried Figs

Sun Maid

California Organic Raisins

Natural California Raisins

Pitted Prunes

Sunsweet

Pitted Prunes

Pitted Prunes Bite Size

Three Works

Apple Chips Cinnamon Flavoured

Trophy

Currants

Soft California Plums

Soft Malatya Apricots

Soft Smyrna Figs

Soft Tunisian Dates

Canned Tomatoes and Tomato Products

Nutrition Criteria

Fat: Less than or equal to 3g and

Sodium: Less than or equal to 360mg

Canned Tomatoes

Aurora

Cherry Tomatoes
Diced Tomatoes
Strained Crushed Tomatoes
Whole Tomatoes

Aylmer

Accents Chili Seasonings
Accents Cracked Black Pepper and Roasted
Garlic Petite Cut Stewed Tomatoes
Accents Fire Roasted Diced Tomatoes
Accents Garlic & Olive Oil Petite Cut Stewed
Tomatoes
Accents Italian Seasonings Chunky Stewed
Tomatoes
Accents Original Green Pepper, Celery,
Onion
Crushed Tomatoes
Diced Tomatoes
Diced Tomatoes No Salt Added
Diced Tomatoes with Italian Spices
Plum Tomatoes
Whole Tomatoes
Whole Tomatoes No Salt Added
Whole Tomatoes with Herbs and Spices

Compliments

Balance Diced Tomatoes No Salt Added
Crushed Tomatoes
Diced Tomatoes
Diced Tomatoes with Italian Seasonings
Organic Diced Plum Tomatoes
Organic Whole Plum Tomatoes
Stewed Tomatoes
Whole Tomatoes

Emma

Italian Peeled Tomatoes
Pomodoro San Marzano Tomatoes

Farm Boy

Italian Tomatoes
Passata Strained Tomatoes

Giant Value

Diced Tomatoes
Diced Tomatoes No Salt Added
Diced Tomatoes with Herbs and Spices
Whole Tomatoes

Great Value

Chili Style Diced Tomatoes
Diced Tomatoes
Italian Style Herbs Diced Tomatoes
Stewed Tomatoes
Whole Tomatoes

Canned Tomatoes Continued

Irresistibles

Life Smart Diced Tomatoes Herbs and Spices
No Salt Added
Life Smart Ground Tomatoes

Italpasta

Canadian Crushed Tomatoes
Canadian Whole Peeled Tomatoes
Diced Canadian Tomatoes
Diced Italian Tomatoes
Herb and Spice Diced Tomatoes
Italian Whole Peeled Tomatoes
No Salt Added Diced Tomatoes
No Salt Added Whole Tomatoes
Organic Whole Peeled Tomatoes
San Marzano Whole Peeled Tomatoes
Yellow Italian Whole Peeled Tomatoes

Lucini Italia

Tuscan Harvest 100% Organic Diced Plum
Tomatoes
Tuscan Harvest Plum Tomatoes Whole
Peeled 100% Organic

Marteli

San Marzano Tomato

Molisana

Strained Tomatoes

Mutti-Parma

Finely Chopped Tomatoes

No Name

All Purpose Crushed Tomatoes
Diced Tomatoes
Diced Tomatoes with Herbs and Spices
Sliced Stewed Tomatoes
Whole Tomatoes

President's Choice

Blue Menu Diced Tomatoes No Salt Added
Blue Menu Whole Tomatoes No Salt Added
Organics Diced Tomatoes
Organics Whole Tomatoes

Selection

Crushed Tomatoes
Diced Tomatoes
Diced Tomatoes Herbs and Spices

Stoney Creek

Crushed Tomatoes
Diced Tomatoes
Diced Tomatoes No Salt Added
Diced Tomatoes with Herbs and Spice
Whole Peeled Tomatoes

Thomas' Utopia Brand

Crushed Tomatoes
Diced Tomatoes
Italian Style Tomatoes
Organic Crushed Tomatoes
Organic Crushed Tomatoes with Basil
Organic Diced Tomatoes
Organic Diced Tomatoes No Salt
Organic Whole Peeled Tomatoes
Sliced Stewed Tomatoes
Tomato Puree
Whole Peeled Tomatoes
Whole Peeled Tomatoes No Salt Added

Unico

Crushed Tomatoes
Diced Tomatoes No Salt Added
Diced Tomatoes Pezzetoni
San Marzano Type Tomatoes
Strained Tomatoes
Tomatoes No Salt Added

Tomato Sauce (Pasta Sauce)

Aylmer

Tomato Sauce Original

Catelli

Garden Select Six Vegetable Recipe
Parmesan and Romano

Christine Cushing's

Daring Spicy Garlic
Pure Fresh Basil
Vivacious Olive + Sweet Pepper

Classico

Roasted Garlic and Onion
Spicy Red Pepper
Tomato Sauce

Compliments

Organic Tomato Basil
Spicy Red Pepper

Cucina Antica

Arugula Marinara Sauce
Fresh Spinach Marinara Sauce
Garlic Marinara Sauce
Puttanesca Sauce
Spicy Arribbiata Sauce
Tomato Basil Sauce

Dave's Gourmet

Organic Red Heirloom
Organic Spicy Heirloom Marinara

Eden

Organic Spaghetti Sauce

Great Value

Tomato Sauce

Guy Fieri

Traditional Old School

Healthy Choice

Traditional

Hunt's

Tomato Sauce No Salt Added

Lucini Italia

Hearty Artichoke Tomato Sauce
Sicilian Olive and Wild Caper Tomato Sauce

Neal Brothers Food

Organic Tomato and Basil

Prego

Fresh Mushrooms
Mushroom and Green Pepper
Original

President's Choice

Blue Menu Mariana
Blue Menu Mushroom and Garlic
Blue Menu Tomato and Basil
Blue Menu Vegetarian Bolognese
Organics Primavera
Tomatoes First Original
Tomatoes First with Basil

Primo

Tomato Sauce

Selection

Onion and Garlic
Six Garden Vegetable

Stoney Creek

Tomato Sauce No Salt Added

Thomas' Utopia Brand

Organic Pasta Sauce

Walden Farms

Tomato and Basil

Pizza Sauce

Bella Travola

Pizza Sauce

Compliments

Roasted Garlic Pizza Sauce

Traditional Pizza Sauce

Cucina Antica

La Pizza Sauce

Eden

Organic Pizza Pasta Sauce

Farm Boy

Pizza Sauce

Italpasta

Pizza Sauce

Martelli

Pizza Sauce

Mutti-Parma

Pizza Sauce

Pizza Sauce with Spices

No Name

Pizza Sauce

President's Choice

Pizza Sauce Garlic

Pizza Sauce Original

Primo

Pizza Sauce Garlic and Basil

Pizza Sauce Traditional

Selection

Traditional Pizza Sauce

Unico

Pizza Sauce Authentic

Grain Products

Breads

Nutrition Criteria

Whole grain is the first item on the ingredient list **and**

Saturated fat: Less than or equal to 2g **and**

Sodium: Less than or equal to 240mg **and**

Fibre: 2g or more

Bread

Boulangerie Stonemill Bakehouse

- 11 Whole Grains Grains and Honey
- 12 Whole Grains Sprouted Rye
- Body Balance 12 Grain Rye
- Calorie Control 6 Sprouted Grains
- Chia 6 Supergrain Bread
- Heart Health Golden Flax
- Hemp and Quinoa Calcium + Vitamin D
- High Protein + Fibre Barley and Rye
- Spelt Ancient Grain
- Sprouted 3 Grains and Oatmeal
- Sunflower and Walnut

Country Harvest

- 12 Grain
- Ancient Grains
- Apple Bread with Oats, Apples and Cinnamon
- Flax and Quinoa
- Fruits and Grains with Cranberries, Raisins, Blueberries and Sunflower Seeds
- No Sugar Added
- Oat and Honey
- Prairie Bran
- Sprouted Multigrain
- Sprouted Wheat
- Stone Milled 100% Whole Wheat
- Sunflower Flax

Dempster's

- 100% Whole Grains 12 Grain
- 100% Whole Grains Ancient Grains with Quinoa
- 100% Whole Grains Double Flax
- 100% Whole Grains Honey and Oatmeal
- 100% Whole Grains Multigrain with Sunflower and Pumpkin Seeds
- 100% Whole Grains Seed Lover's with Cracked Red Fife Wheat and Sesame
- 100% Whole Grains Super Grains with Flax, Quinoa and Chia
- 100% Whole Wheat
- Thins 100% Whole Wheat - 100% Whole Grain Loaf
- Thins Multigrain Loaf

Enrich's

- Golden Flaxseed Rye

Kassler

- Cocktail Pumpernickel
- Cocktail Whole Rye
- Katenbrot
- Pumpernickel
- Whole Rye

Bread Continued

President's Choice

Blue Menu Baking Mix for Whole Grain
Banana Bread

Selection

Whole Wheat English Muffins

Silver Hills Sprouted Bakery

The Big 16 Sprouted Organic Whole Grain
Bread

Weight Watchers

100% Whole Wheat Bread
Multigrain Bread
Whole Wheat Raisin Cinnamon

Bagels

Silver Hills Sprouted Bakery

Rappleberry Bagels

Buns and Rolls

Silver Hills Sprouted Bakery

Sprouted Ancient Grain Whole Grain Burger
Buns

Sprouted Ancient Grain Whole Grain Burger
Buns with Sesame Seeds

Sprouted Ancient Grain Whole Grain Hot Dog
Buns

English Muffins

Dempster's

English Muffins

Weight Watchers

100% Whole Wheat English Muffins

Great Value

100% Whole Wheat English Muffins

Pitas

Dempster's

Whole Grains 100% Whole Grain Pita
Pockets

Pita Break

Morning Rounds Multi-Grain Breakfast Pitas

Tortillas

Dempster's

100% Whole Wheat Tortillas (340g)
Thins Tortillas 100% Whole Grain

Weight Watchers

100% Whole Wheat Tortillas

Pasta, Rice and Other Grains

Nutrition Criteria

Whole grain is the first item on the ingredient list **and**

Fat: Less than or equal to 3g **and**

Saturated fat: Less than or equal to 2g **and**

Sodium: Less than or equal to 240mg

Pasta

Artesian Acres

Organic Kamut Spaghetti

Catelli

Healthy Harvest Multigrain Spaghetti

Healthy Harvest Whole Grains Bows

Healthy Harvest Whole Grains Linguine

Healthy Harvest Whole Grains Macaroni

Healthy Harvest Whole Grains Multigrain

Fusilli

Healthy Harvest Whole Grains Multigrain

Spaghetti

Healthy Harvest Whole Grains Penne Rigate

Healthy Harvest Whole Grains Rotini

Healthy Harvest Whole Wheat Egg White

Noodles, Broad

Healthy Harvest Whole Wheat Lasagne

Compliments

Gluten-Free Brown Rice Fusilli

Gluten-Free Brown Rice Penne

Gluten-Free Brown Rice Spaghetti

Eden Organic Pasta Company

Kamut Spaghetti

Great Value

Whole Grain Rotini

Whole Grain Spaghetti

Irresistibles

Whole Grain Brown Rice Pasta Lasagna

Whole Grain Brown Rice Pasta Macaroni

Whole Grain Brown Rice Pasta Penne

Whole Grain Brown Rice Pasta Spaghetti

Pantanella

100% Spelt Pasta Penne Rigate

100% Spelt Pasta Rigatoni

President's Choice

Blue Menu 100% Whole Grain Whole Wheat
Lasagne

Blue Menu 100% Whole Grain Whole Wheat
Macaroni

Blue Menu 100% Whole Grain Whole Wheat
Penne Rigate

Blue Menu 100% Whole Grain Whole Wheat
Spaghetti

Primo

Grain Wise Whole Grain Oven Ready
Lasagna

Grain Wise Whole Grain Spaghetti

Selection

Orzo Pasta

Pasta Continued

Tinkyáda

- Brown Rice Elbows
- Brown Rice Fettucini
- Brown Rice Fusilli
- Brown Rice Grand Shells
- Brown Rice Lasagne
- Brown Rice Little Dreams
- Brown Rice Penne
- Brown Rice Shells
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Elbows
- Organic Brown Rice Lasagne
- Organic Brown Rice Penne
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Spinach Brown Rice Spaghetti
- Vegetable Brown Rice Spirals

trūRoots

- Ancient Grain Pasta Organic Elbows
- Ancient Grain Pasta Organic Fusilli
- Ancient Grain Pasta Organic Penne
- Ancient Grain Pasta Organic Spaghetti

Vita Sana

- Spelt Pasta Fusilli
- Spelt Pasta Penne
- Spelt Pasta Spaghetti
- Spelt Pasta Tortiglioni

Rice

Brown

- Whole Grain Brown Long Grain Rice

Compliments

- 7 Grains
- Balance Long Grain Brown Rice

Dunya

- Brown Basmati rice

Gia Naturals

- Long Grain Brown Rice
- Premium Brown Basmati Rice

Great Value

- Instant Brown Rice
- Long Grain Brown Rice

Floating Leaf

- Basmati Brown and Wild Rice
- Brown and Wild Rice with Portobello
Mushrooms
- Sprouted Black Bean Organic Brown Rice
Wild Rice
- Wild Rice and Brown Rice
- Wild Rice in Minutes

Lundberg

- Brown Basmati
- Brown Long Grain Rice
- Brown Short Grain Rice
- Country Wild Rice
- Organic Brown Long Grain Rice
- Organic Brown Short Grain Rice

Rice Continued

Minute Rice

Whole Grain Brown Rice

No Name

Long Grain Brown Rice

Nu Pak

Long Grain Brown Rice

Nuworld

Wholesome Wild Rice Blend

Oh Canada

Wild Rice

Planet Rice

Sprouted California Brown Rice

President's Choice

Blue Menu Brown Rice with Barley and Spelt
Blend

Whole Grain Brown Rice with Lentils and
Quinoa Blend

Royal

Brown Basmati Rice
Brown Jasmine Rice

Seeds of Change

Organic Caribbean Style Wholegrain Rice
with Red Beans and Poblano Peppers
Organic Seven Whole Grains with Tamari

Selection

Long Grain Brown Rice

Sunbrow

Calrose Brown Rice

Tilda

Whole Grain Basmati Rice

Tsuru Mai

Brown Rice

Uncle Ben's

Bistro Express Whole Grain Brown
Whole Grain Brown Premium Rice
Whole Grain Brown Premium Rice Gluten
Free

Village Harvest

Organic Brown Basmati Rice

Wildly Canadian

Certified Organic Wild Rice
Certified Organic Wild Rice and Long Brown
Rice Blend
Natural Wild Rice
Wild Rice and Brown Basmati Blend

Other Grains

NOTE: All plain whole grains offer “**Maximum Nutritional Value**” e.g. quinoa, bulgur, wheat berries, spelt and other whole grains.

Casbah

Organic Quinoa
Quinoa and Ancient Grains

President's Choice

Blue Menu 5-Grain Blend
Blue Menu Italian Farro
Organics Golden and Black Quinoa
Organics Quinoa
Quinoa Roasted Garlic and Herb
Quinoa Vegetable

Baked Goods

Nutrition Criteria

Whole grain is the first item on the ingredient list **and**

Fat: Less than or equal to 5g **and**

Saturated fat: Less than or equal to 2g **and**

Sodium: Less than or equal to 240mg **and**

Fibre: 2g or more

Items with more than 5g of sugar are marked with an asterisk*

Pancakes

President's Choice

Blue Menu Whole Grain Pancake and Waffle
Mix

Cookies

Annie's

Bunny Graham Friends*
Chocolate Bunny Grahams*
Cinnamon Bunny Grahams*
Honey Bunny Grahams*
Organic Honey Grahams*

Betty Crocker

Disney Frozen Soft Baked Snacks Oats and
Chocolate Chip*

Dare

Bear Paws Minis Soft Bite-Sized Cookies
Oatmeal Chocolate Chip*
Bear Paws Morning Snack Cereal and
Blueberry Yogurt*
Bear Paws Morning Snack Cereal and Vanilla
Yogurt*
Bear Paws Morning Snack Wow Butter and
Strawberries*
Simple Pleasures Digestive Cookies

Quaker

Soft Baked Oatmeal and Raisin*
Soft Baked Oatmeal Cookies Banana and
Chocolate Chunk*
Soft Baked Oatmeal Cookies Blueberry and
Almond*
Soft Baked Oatmeal Cookies Cranberry and
Yogurt*

ShaSha Co.

Organic Spelt Lemon Snaps*

Granola Bars and Cereal Bars

Compliments

- Balance Cranberries, Almonds and Seeds Granola Bars*
- Balance Mixed Berries and Nuts Granola Bars*
- Balance Nut Medley Granola Bars*

Kashi

- Chia Granola Dark Chocolate, Almond and Sea Salt*
- Chia Granola*
- Dark Chocolate Coconut*
- Dark Mocha Almond*
- Honey Almond Flax

Kellogg's

- Nutri-Grain Soft Bakes Banana Bread*

Nature Valley

- Chewy Trail Mix Dark Chocolate*
- Chewy Trail Mix Fruit and Nut*
- Chewy Trail Mix Mixed Berry*
- Lunch Box Granola Bars Berry Flavour
- Lunch Box Granola Bars Chewy Chocolate Chip
- Lunch Box Granola Bars Double Chocolate Flavour*
- Oatmeal Breakfast Squares Blueberry Flavour*

Nature's Path

- Organic Dark Chocolate Chip Chococonut*
- Organic Trail Mix Pumpkin-n-Spice Flax Plus*

President's Choice

- Apple Whole Grain Cereal Bars*
- Strawberry Whole Grain Cereal Bars*

Quaker

- Chewy Granola Bars Apple Fruit Crumble*
- Chewy Granola Bars Banana and Chocolate Chip
- Chewy Granola Bars Bumble Berry
- Chewy Granola Bars Chocolate Chip
- Chewy Granola Bars Cocoa Granola Bars Chocolatey Mint
- Chewy Granola Bars Raspberry Fruit Crumble*
- Chewy Granola Bars Rocky Road
- Chewy Granola Bars S'mores
- Chewy Supergrains Oats and Chocolate
- Chewy Supergrains Oats and Honey
- Chewy Yogurt Blueberry Blast Flavour
- Chewy Yogurt Strawberry and Banana Flavour
- Harvest Ancient Grains Granola Bars Cinnamon Apple Almond*
- Harvest Fibre and Omega 3 Granola Bars Dark Chocolate Chunk*
- Harvest Oatmeal To Go Cinnamon Roll Flavour*
- Harvest Oatmeal To Go Maple and Brown Sugar Flavour*

Sensations

- Cherry Almond Granola Bars*

Grain-Based Snacks

Nutrition Criteria

Whole grain is the first item on the ingredient list **and**

Fat: Less than or equal to 3g **and**

Saturated fat: Less than or equal to 2g **and**

Sodium: Less than or equal to 240mg **and**

Fibre: 2g or more

Items with more than 5g of sugar are marked with an asterisk*

Crackers

Christie

Triscuit Original
Triscuit Original Low Sodium
Triscuit Parmesan Garlic Flavour
Triscuit Roasted Garlic
Triscuit Seasoned with Balsamic and Basil
Triscuit Seasoned with Cracked Pepper and Olive Oil
Triscuit Seasoned with Dill, Sea Salt and Olive Oil
Triscuit Seasoned with Roasted Tomato and Olive Oil
Triscuit Seasoned with Rosemary and Olive Oil
Triscuit Thin Crisps Original
Triscuit Thin Crisps Sweet Chili

Dare

Breton Super Grains Bites

Finn Crisp

Caraway Kummin Thin Crispbread

Kashi

Fire Roasted Vegetable Gourmet Snack Crackers
Original 7 Grain Gourmet Snack Crackers
Sea Salt Pita Crisps

Ryvita

Dark Rye Crispbread
Hint of Chili Crispbread
Light Rye Crispbread
Mediterranean Herb Crispbread
Muesli Crunch Crispbread
Multi-Grain Crispbread
Rye and Oat Bran Crispbread
Sesame Rye Crispbread

Wasa

Multi Grain Crispbread

Popcorn

NOTE: All plain air-popped popcorn kernels offer “**Maximum Nutritional Value**” (e.g., Great Value, Orville Redenbacher, Pop Secret, No Name, Selection).

Compliments

Balance Butter Flavor Microwave Popping
Corn

From Field to Table

Ancient Grain Popcorn Butter Salt Flavour
Butter and Salt Popcorn
Dill Pickle Popcorn
Sriracha Popcorn
Sweet Kettle Corn*
White Cheddar Popcorn

Irresistibles

Life Smart Microwave Popping Corn

Jolly Time

100 Calorie Healthy Pop Kettle Corn
100 Calorie Healthy Pop Butter Flavour Low
Fat

Orville Redenbacher

Smart Pop! Gourmet Popping Corn 100
Calorie Mini Bag

President's Choice

Blue Menu Butter Flavour Microwave Popping
Corn
Blue Menu Butter Flavour Microwave Popping
Corn Mini Bags
Blue Menu Natural Flavour Microwave
Popping Corn

Cereals

Nutrition Criteria

Whole grain is the first item on the ingredient list **and**

Saturated fat: Less than or equal to 2g **and**

Sodium: Less than or equal to 240mg **and**

Fibre: 4g or more

Items with more than 5g of sugar are marked with an asterisk*

Cold Cereals

Alpen

Muesli Cereal No Sugar Added

Original*

Bob's Red Mill

Muesli Wheat Free and Dairy Free

Old Country Style Muesli

Organic Whole Grain with Flaxseed 6 Grain
Cereal

Compliments

Balance Cranberry and Seeds Granola*

Balance Raisin Almond Granola Cereal*

Balance Vanilla Almond Granola*

Food For Life

Ezekiel 4:9 Sprouted Whole Grain Cereal
Cinnamon Raisin

Ezekiel 4:9 Sprouted Whole Grain Cereal
Almond

General Mills

Fibre One Crunchy Original

Oatmeal Crisp Almond*

Oatmeal Crisp Maple Nut*

Oatmeal Crisp Triple Berry*

Jordan's

Crunchy Granola Raisins, Coconut, Brazil
Nuts*

Morning Crisp Maple Pecan*

Morning Crisp Simply Strawberry*

Morning Crisp Wild About Berries*

Organic Muesli*

Super Berry Muesli*

Irresistibles

Life Smart Honey Almond Granola*

Kashi

Go Lean Crisp Toasted Berry*

Go Lean Crisp Toasted Cinnamon*

Go Lean Crunch!*

Go Lean Crunch! Honey Almond Flax*

Go Lean*

Honey Sunshine*

Organic Promise Autumn Wheat*

Organic Promise Cinnamon Harvest*

Cold Cereals Continued

Kellogg's

All Bran Buds*
All Bran Original*
All-Bran Bran Flakes
Mini-Wheats Brown Sugar*
Mini-Wheats Harvest Blueberry*
Mini-Wheats Original*
Special K Low Fat Granola*
Special K Nourish Apples, Raspberries and Almonds*
Special K Protein*
Vector Granola Protein Honey Almond*
Vector Protein*

Love Grown Foods

Oat Clusters Apple, Walnut Coconut Delight*
Oat Clusters Chocolate Goodness*
Oat Clusters Raisin Almond Coconut Crunch*
Oat Clusters Simply Oats*
Oat Clusters Sweet Cranberry Coconut Pecan*

Nature Valley

Toasted Oat Muesli Coconut Almond with Cranberries, Raisins and Seeds*
Toasted Oat Muesli Fieldberry with Almonds and Seeds*

Nature's Path

Flax Plus Pumpkin Flax Granola*
Flax Plus Vanilla Almond Granola*
Hemp Plus Granola*
Heritage Crunch*
Heritage Flakes
Smart Bran*
Sunrise Crunchy Maple*
Sunrise Crunchy Vanilla*

Post

Great Grains Nut Medley*
Shredded Wheat Original
Shreddies Honey*
Shreddies Original*
Spoon Size Shredded Wheat and Bran

President's Choice

Blue Menu Bran Flakes Cereal
Blue Menu Granola Boost with Protein Chocolate*
Blue Menu Muesli with 30% Fruit, Nuts and Seeds
Blue Menu Muesli with 50% Fruit, Nuts and Seeds*
Blue Menu Multigrain Os Cereal*
Blue Menu Omega 3 Almond Vanilla Granola 20% Almond*
Blue Menu Omega 3 Granola Cereal*
Organic Wheat Squares*
Wheat Squares*

Quaker

Muffets Shredded Wheat
Oatmeal Squares*

Rogers

5 Grain Granola Hazelnut and Honey*
5 Grain Granola Raisin*

Weetabix Canada

Grain Shop*
Weetabix

Hot Cereals

Bob's Red Mill

5 Grain Rolled Hot Cereal Contains Flaxseed
7 Grain Hot Cereal
Brown Rice Farina Hot Cereal
Corn Grits
High Fibre Hot Cereal Oat Bran
Mighty Tasty Hot Cereal
Organic Extra Thick Rolled Oats
Organic Old Fashioned-Steel Cut Oats
Organic Quick Cooking Rolled Oats
Organic Scottish Oatmeal
Quick Cooking Rolling Oats Wheat Free and Dairy Free
Steel Cut Oats Wheat Free and Dairy Free
The Golden Spurtle Steel Cut Oats
Whole Grain Cracked Wheat
Whole Grain Red Bulgur

Compliments

100% Whole Grain Canadian Oats
Balance Maple and Brown Sugar Flavour Instant Oatmeal*
Mixed Berry Multigrain Oatmeal*
Naturally Simple-Quick Cook Steel Cut Oats
Quick Oats

Cream of Wheat

Instant Whole Grain Original Hot Cereal

Earth's Best Organic

Yummy Tummy Instant Oatmeal Apple and Cinnamon*
Yummy Tummy Instant Oatmeal Maple and Brown Sugar*

Giant Value

Instant Oatmeal Maple and Brown Sugar*
Quick Oats

Glutenfreeda

Apple Cinnamon with Flax Instant Oatmeal

Great Value

One Minute Oats
Quick Oats

Health's Delight

Omega 3 Instant Oatmeal with Shelled Flax

Irresistibles

Brown Rice Farina Hot Cereal
Cracked Wheat
Maple Brown Sugar Instant Oatmeal*

Nature's Path

Hot Oatmeal Apple Cinnamon*
Hot Oatmeal FlaxPlus*
Hot Oatmeal Maple Nut*
Hot Oatmeal Original
Qia Superfood Pure Oats Oatmeal Cinnamon Pumpkin Seed
Qia Superfood Pure Oats Oatmeal Superseeds and Grains

No Name

Large Flake 100% Whole Grain Oats
Quick 100% Whole Grain Oats

President's Choice

Blue Menu 100% Whole Grain Steel Cut Oats
Blue Menu Steel Cut Oats Instant Oatmeal
Blue Menu Steel Cut Oats Maple and Brown Sugar Instant Oatmeal*

Hot Cereal Continued

Pure Oatmeal

Apple Berry Jazz*
Granny's Apple Pie*

Quaker

Harvest Hearty Medleys Apple Cranberry Almond*
Harvest Hearty Medleys Banana Nut*
Harvest Hearty Medleys Instant Multigrain Hot Cereal Fruit, Nut and Omega-3s*
Harvest Warm and Crunchy Granola Apple Cinnamon*
Harvest Warm and Crunchy Granola Cranberry Almond*
High Fibre Instant Oatmeal Raisins and Spice*
High Protein Instant Oatmeal Maple and Brown Sugar
High Protein Instant Oatmeal Triple Berry
Instant Oatmeal Apples and Cinnamon*
Instant Oatmeal High Fiber Raisins and Spice*
Instant Oatmeal High Fiber Wild Berry Medley*
Oat Bran Creamy Hot Cereal
Steel Cut Oats

Red River

Natural Hot Cereal

Rogers

Porridge Oats Ancient Grain Blend
Porridge Oats Original Blend
Porridge Oats Steel Cut Oat Blend

Meat and Meat Alternatives

Canned Fish

Nutrition Criteria

Fat: Less than or equal to 8g **and**

Sodium: Less than or equal to 360mg

NOTE: All of the items listed under “Canned Salmon”, “Canned Tuna” and “Canned Sardines” meet the criteria for “Safe to Eat Everyday (Very Low Mercury)” or “Safe to Eat Often (Low Mercury)” and “Eco Friendly” in the factsheet **“A Guide to Eating Fish for Women, Children and Families”** distributed by Region of Waterloo Public Health and Emergency Services.

Canned Salmon

Cloverleaf

Pink Salmon Wild Pacific
Skinless Boneless Pink Salmon
Skinless Boneless Sockeye Salmon in Water
Sockeye Salmon-Low Sodium Wild Red
Pacific

Compliments

Sensations Wild Pacific Sockeye Salmon
Wild Pacific Pink Salmon

Gold Seal

Skinless Boneless Flaked Pacific Pink
Salmon
Wild Pacific Red Salmon Pink Salmon
Wild Pacific Red Salmon Sockeye Salmon

No Name

Wild Pacific Sockeye Salmon

President's Choice

Blue Menu Wild Pacific Pink Salmon
Boneless Skinless Wild Sockeye Salmon
Wild Pacific Pink Salmon
Wild Pacific Sockeye Salmon

Raincoast Trading

Wild Pink Salmon
Wild Pink Salmon No Salt Added
Wild Sockeye Salmon
Wild Sockeye Salmon No Salt Added

Selection

Sockeye Salmon

Wild Planet

Sustainably Caught Wild Alaska Pink Salmon

Wild Selections

Pink Salmon Skinless, Boneless
Sockeye Salmon Skinless, Boneless

Canned Tuna

Cloverleaf

Chunk Light Tuna Skipjack in Water
Chunk Light Tuna Yellowfin in Vegetable Broth and Oil
Chunk Light Tuna Yellowfin in Water
Flaked Light Tuna Dill and Lemon
Flaked Light Tuna Garlic and Hot Pepper
Flaked Light Tuna Lemon and Pepper
Flaked Light Tuna Low Sodium in Water
Flaked Light Tuna Skipjack in Water
Flaked Light Tuna Skipjack in Water Low in Sodium
Flaked Light Tuna Spicy Peanut Satay
Flaked Light Tuna Sundried Tomato and Basil
Flaked Light Tuna Tomato and Onion
Solid Light Tuna in Oil
Solid Light Tuna in Pure Olive Oil
Tuna Snacks Classic
Tuna Snacks Lemon and Pepper

Compliments

Balance Lemon and Pepper Flaked Light Tuna
Balance Spicy Thai Chili Flaked Light Tuna
Flaked Light Tuna in Water

Gold Seal

Chunk Light Tuna in Water
Flaked Light Tuna in Water

Great Value

Flaked Light Skipjack Tuna in Water

Irresistibles

Life Smart Solid Light Tuna

No Name

Chunk Light Tuna Packed in Water
Flaked Light Tuna Packed in Water
Lemon Pepper Flaked Light Tuna
Spicy Thai Chili Flaked Light Tuna

Ocean's

Chunk Light Tuna in Water Low Sodium
Flaked Light Tuna in Water
Flaked Light Tuna Lemon and Pepper
Flaked Light Tuna Thai Chili
Pole and Line Flaked Light Tuna in Water
Snack Kit Light Tuna

Primo

Solid Light Tuna

Selection

Chunk Light Tuna
Flaked Light Tuna
Flaked Light Tuna Lemon and Pepper
Flaked Light Tuna Spicy Thai Chili
Flaked Light Tuna Sundried Tomato and Basil

Unico

Solid Light Tuna

Wild Planet

Wild Skipjack Tuna

Wild Selections

Light Tuna Solid in Water

Canned Sardines

AA-1

Sardines in Tomato Sauce
Sardines in Tomato Sauce with Chili

Brunswick

Canadian Sardines in Spring Water No Salt
Added

Cloverleaf

Skinless Boneless Sardines in Sunflower Oil

Club Des Millionaires

Skinless Boneless Sardines in Water

Canned Seafood

Carol Garden Clam

Baby Clams in Water Salt Added

Cloverleaf

Chunk Crabmeat
Crabmeat with 15% Leg Meat
Whole Baby Clams Yellow Clams in Water

Compliments

Whole Baby Clams

Irresistibles

Snails in Water
Whole Baby Clams

M'Lord

Snails

Ocean's

Baby Clams
Crabmeat with 15% Leg Meat
Whole Smoked Mussels

Old Fisherman

Roasted Fish

President's Choice

Chunk Crab Meat
Whole Baby Clams

Selection

Pacific Mackerel in Water

Nuts, Protein Butters and Seeds

Nutrition Criteria

Not coated with candy, chocolate, sugar or yogurt **and**
Sodium: Less than or equal to 140mg

Almonds

Club Pack

Whole Almonds

Compliments

Natural Almonds

Roasted and Salted Almonds

Sliced Almonds

Giant Value

Natural Whole Almonds

Sliced Almonds

Slivered Almonds

Great Value

Natural Almonds

Sliced Almonds

Slivered Almonds

Whole Almonds

Kirkland Signature

Whole Almonds

Organically Yours

Raw Almonds

Roasted Salted Almonds

Roasted Unsalted Almonds

Planters

Natural Almonds

Raw Almonds

Sea Salted Almonds

Sensible Snacking Natural Almonds

President's Choice

Natural Whole Almonds

Roasted California Almonds

Selection

Natural Almonds

Sliced Almonds

Slivered Almonds

Whole Roasted Almonds No Salt

Whole Natural Almonds

Stock and Barrel Bulk Foods

Sliced Almonds

Sliced Natural Almonds

Super

Almonds

Almonds Roasted with Sea Salt

Almonds Natural

Trophy

Natural Whole Almonds

Wholesome Goodness

Raw Almonds

Unsalted Roasted Almonds

Cashews

Compliments

Cashews
Cashews Snacks
Roasted Cashews No Salt Added
Roasted Salted Cashews
Salt and Black Pepper Cashews
Unsalted and Roasted Cashews

Dan D Pak

Cashews Salted

Kirkland Signature

Extra Fancy Unsalted Whole Fancy Cashews
Roasted Salted Cashews (45g)
Whole Cashews

Beaver

Roasted Salted Cashews

Organically Yours

Raw Unsalted Cashews
Raw Whole Cashews
Roasted Unsalted Cashews

Planters

Lightly Sea Salted Cashews
No Salt Added Cashews
Sea Salted Cashews

President's Choice

Natural Whole Cashews
Roasted and Salted Cashews
Roasted Cashews

Selection

Unsalted Cashews
Whole Roasted Cashews No Salt

Stock and Barrel Bulk Foods

Cashew Snacks Roasted and Salted
Roasted and Salted Cashews
Roasted and Unsalted Cashews

Trophy

Cashews Roasted Sea Salt

Peanuts

Beaver

Mixed Nuts with 80% Peanuts Roasted,
Salted

Compliments

Dry Roasted Seasoned Peanuts
Natural Dry Roasted Peanuts
Peanuts
Roasted and Salted Peanuts
Salted Peanuts

Great Value

Dry Roasted in Shell Peanuts

Kirkland Signature

Roasted and Salted Extra Crunchy Peanuts
(45g)

Hoody's

In-Shell Peanuts Roasted Unsalted

No Name

Jumbo Peanuts Unsalted

Planters

Lightly Sea Salted Cocktail Peanuts
Unsalted Cocktail Peanuts

Peanuts Continued

President's Choice

Blue Menu Virginia Peanuts
Unsalted Peanuts

Selection

Blanched Peanuts No Salt
Dry Roasted Peanuts Unsalted

Pecans

Giant Value

Pecan Halves

Selection

Roasted Pecan Halves

Great Value

Pecan Halves
Pecan Pieces

Stock and Barrel Bulk Foods

Natural Pecan Halves

Planters

Raw Pecans Halves

Wholesome Goodness

Natural Pecan Halves

Walnuts

Compliments

California Natural Walnut Halves and Pieces
California Natural Walnut Pieces

President's Choice

Blue Menu Unsalted Natural Walnuts
Natural Walnuts Halves and Pieces

Great Value

Chopped Walnuts

Selection

Walnut Halves and Pieces

Natural

California Walnuts

Stock and Barrel Bulk Foods

Natural California Walnut Halves and Pieces
Natural California Walnut Pecans
Walnut Crumbs

Organically Yours

Walnuts

Other Nuts

Great Value

Whole Hazelnuts

Kirkland Signature

Organic Pine Nuts

Organically Yours

Raw Brazil Nuts

Selection

Whole Brazil Nuts

Raw Hazelnuts

Pine Nuts

Stock and Barrel Bulk Foods

Natural Brazil Nuts

Pine Nuts

Unsalted Roasted Soya Nuts

Wholesome Goodness

Unsalted Dry Roasted Filberts

Mixed Nuts

Central Roast

Raw Mixed Nuts Unsalted

Compliments

Mixed Nuts

Party Nuts with 60% Peanuts

Roasted Mixed Nuts 50% Cashews

Unsalted and Roasted Mixed Nuts 50%

Peanuts

Giant Value

Macadamia Nuts and Cashews with Almonds

Mixed Nuts

Tropical Trail Mix

Youth Fruit and Nut Mix

Irresistibles

Life Smart Deluxe Mixed Nuts Low Sodium

Kirkland Signature

Extra Fancy Unsalted Mixed Nuts

Organically Yours

All Natural Nut Mix

Planters

Almonds, Cashews, Macadamia Nuts

Lightly Sea Salted Deluxe Mixed Nuts

Raw Mixed Nuts with 35% Almonds

Salted Mixed Nuts

President's Choice

Cashews, Almonds and Macadamia Nuts

Mixed Nuts 50% Cashews No Peanuts

Organics Deluxe Mixed Nuts with 40%

Cashews

Roasted and Salted Mixed Nuts

Selection

All Natural Assortment Mixed Nuts

Deluxe Mixed Nuts

Deluxe Mixed Nuts with Peanuts No Salt

Stock and Barrel Bulk Foods

In The Raw Natural Mixed Nuts

Salted Roasted Deluxe Mixed Nuts, 35%

Cashews

Trophy

Mixed Nuts

Seeds

David Roberts

Sunflower Seeds Hulled, Roasted and Salted
Sunflower Seeds Roasted Without Salt

Selection

Pumpkin Seeds

Trail Mix

Central Roast

Antioxidant Vital Berry Blend
Energy Men's Energy Mix
Organic Raw Goji Energy
Woman Glow Mix for Women

Compliments

Autumn Trail Mix
Colorado Trail Mix
Cranberry Cocktail Trail Mix
Deluxe Trail Mix
Fruit and Nut Trail Mix
Nut, Raisin, Cranberry Trail Mix
Sierra Snack Mix
Super Trek Snack Mix
Vitality Trail Mix

Club Pack

Fruit and Nut Medley
Original Trail Mix
Sierra Trail Mix

Great Value

Mountain Trail Mix

Organically Yours

Berry Nut Mix
Cranberry Splash Mix
Goji Trek Mix
Raisins and Nut Mix
Trail Mix

Planters

Mixed Nut and Raisin
Trail Mix
Trail Mix Deluxe Nut and Fruit

President's Choice

Everything Trail Mix
Trail Mix Pineapple, Bananas, Almonds,
Cranberries, Walnuts
Trail Mix Raisins, Almonds, Cashews,
Cranberries
Trail Mix Raisins, Apricots, Almonds,
Hazelnuts, Pumpkin Seeds

Trophy

Munchie Mix

Almond Butter

Compliments

Sensations 100% Natural Smooth Almond Butter

MaraNatha

Natural Almond Butter Raw

Our Finest

Smooth Almond Butter

President's Choice

Just Almonds Crunchy
Just Almonds Smooth

Sensations

100% Natural Smooth Almond Butter

Peanut Butter

Adams

100% Natural Creamy
100% Natural Crunchy

Compliments

100% Natural Crunchy
Crunchy
Organic 100% Natural Crunchy
Organic 100% Natural Smooth
Smooth
Smooth Low Fat

Great Value

Crunchy
Smooth
Smooth Light

Kraft

All Natural Crunchy
All Natural Smooth
Crunchy
Extra Creamy
Smooth
Smooth Light
Unsweetened, Unsalted
Whipped

No Name

Crunchy
Smooth
Smooth Light

Our Finest

All Natural Smooth

Peanut Butter and Co.

Crunch Time No Stir Natural
Old Fashioned Crunchy 100% Natural
Old Fashioned Smooth 100% Natural
Smooth Operator No Stir Natural
The Heat is On Blended with Fiery Spices

Planters

Crunchy
Smooth

President's Choice

Blue Menu Just Peanuts Crunchy
Blue Menu Just Peanuts Smooth
No Stir Smooth

Peanut Butter Continued

Selection

- Crunchy
- Extra Creamy
- Smooth
- Smooth Light

Skippy

- Crunchy
- Natural Crunchy
- Natural Smooth
- Smooth
- Smooth Light

Other Protein Butter (Nut Free)

No Nuts

- Golden Peabutter

Sunbutter

- Sunflower Spread Creamy
- Sunflower Spread Crunch
- Sunflower Spread Natural
- Sunflower Spread No Added Sugar
- Sunflower Spread No Stir Creamy
- Sunflower Spread Organic

Wow Butter

- Toasted Soy Spread Crunchy
- Toasted Soy Spread Smooth

Nut Based Bars

Larabar

- Cashew
- Peanut Butter

Meat Alternatives (Beans and Lentils)

Nutrition Criteria

Fat: Less than or equal to 8g **and**

Sodium: Less than or equal to 360mg **and**

Protein: 10g or more

NOTE: All dried unseasoned beans offer “**Maximum Nutritional Value**” (e.g., Romano, kidney, lima, black, black eye peas, chickpeas, etc.).

Canned beans and legumes should be rinsed to reduce salt (sodium).

Bedesee Nu Chef

Chick Peas

Cedar Phoenicia

Black Turtle Beans

Chick Peas

Dark Red Kidney Beans

Fava Beans

Large Fava Beans

Lentils

Pink Beans

Romano Beans

Small Red Kidney Beans

Compliments

Black Beans

Canned Balance Black Beans No Salt Added

Canned Balance Dark Red Kidney Beans No Salt Added

Canned Balance Six Bean Blend No Salt Added

Canned Balance White Kidney Beans No Salt Added

Dark Red Kidney Beans

Lentils

White Navy Beans

Whole Yellow Peas

Eden

Organic Black Soy Beans No Salt Added

Ferma

Canned Lupini Beans

Canned Red Kidney Beans

Canned White Kidney Beans

Dried Black Eyed Peas

Dried Black Turtle Beans

Dried Fava Beans

Dried Navy Beans

Great Value

Canned Black Turtle Beans

Canned Chick Peas No Salt Added

Canned Dark Red Kidney Beans

Canned Dark Red Kidney Beans No Salt Added

Canned Fava Beans

Canned Lentils

Canned Navy Beans

Canned Six Bean Mix No Salt Added

Canned White Kidney Beans

Canned White Kidney Beans No Salt Added

Meat Alternatives (Beans and Lentils) Continued

Irresistibles

Life Smart Canned Bio Organics Black Beans
Life Smart Canned Chick Peas
Life Smart Canned Dark Red Kidney Beans
Life Smart Canned Six Bean Mix
Life Smart Dried Green Lentils
Life Smart Dried Red Kidney Beans
Life Smart Dried Red Split Peas
Life Smart Dried Soup Mix
Life Smart Dried White Navy Beans
Life Smart Dried Whole Yellow Peas
Life Smart Dried Yellow Split Peas

Jamaican Pride

Red Kidney Beans

No Name

Chick Peas
Dark Red Kidney Beans
Lentils
White Kidney Beans

Nu Pak

Chick Peas
Green Lentils
Red Lentils

President's Choice

Blue Menu Black Beans
Blue Menu Black Turtle Beans
Blue Menu Chick Peas
Blue Menu Dark Red Kidney Beans
Blue Menu Green Lentils
Blue Menu Green Split Peas

Blue Menu Navy Beans
Blue Menu Pinto Beans
Blue Menu Red Chili Beans
Blue Menu Red Split Lentils
Blue Menu Romano Beans
Blue Menu Six Bean Medley
Blue Menu Small White Beans
Blue Menu White Kidney Beans
Blue Menu Yellow Split Peas

Primo

Chick Peas

Quik Kook

Green Lentils
Green Split Peas
Yellow Split Peas

Selection

Canned Black Beans
Canned Chick Peas
Canned Dark Red Kidney Beans
Canned Lentils
Canned Six Bean Mix
Canned White Kidney Beans

Thompsons

Dried Red Kidney Beans
Dried White Pea Beans

Unico

Chick Peas

Combination Foods

Canned Entrées (Meals)

Nutrition Criteria

Fat: Less than or equal to 10g **and**

Saturated fat: Less than or equal to 5g **and**

Sodium: Less than or equal to 720mg **and**

Fibre: 2g or more **and**

Protein: 10g or more

NOTE: Ingredients such as bacon, pepperoni, ham and sausages are types of processed meat that fall under the deli meat category. Deli meats do not meet the criteria for “**Maximum Nutritional Value**”. Items containing these ingredients have not been included in this list.

Amy's

Organic Chili Medium

Organic Chili Spicy

Organic Medium Chili with Vegetables

Campbell's

Chunky Chili Homestyle

Chunky Chili Hot and Spicy

Clark

Chili Traditional

President's Choice

Blue Menu 3 Bean Chipotle Chili

Stagg

Chili 97% Fat Free Silverado Beef

Chili 99% Fat Free Vegetable Garden

Great Value

Macaroni Beef in Tomato Sauce

Canned and Packaged Soup

Nutrition Criteria

Fat: Less than or equal to 3g **and**

Saturated fat: Less than or equal to 2g **and**

Sodium: Less than or equal to 480mg **and**

Fibre: 2g or more

Amy's

Organic Light in Sodium Minestrone Soup

Organic Light in Sodium Split Pea

Baxters

Roasted Red Pepper with Feta and Black

Eyed Beans

Campbell's

Chicken Gumbo

Chicken Vegetable

Condensed Homestyle Chicken Noodle

Condensed Homestyle Vegetable

Condensed Tomato Rice

Healthy Request Curried Cauliflower Lentil

Healthy Request Fiesta Vegetable and Black
Bean

Healthy Request Fiesta Vegetable with Black
Beans and Quinoa

Healthy Request Herbed Chicken Noodle

Healthy Request Spicy Vegetable Turkey with
Rutabaga

Healthy Request Tomato Garden Vegetable
with Pea Beans and Spinach

Healthy Request Vegetable Beef with Barley

Hearty Favourite

Soup Kit Hearty Beef and Barley

Soup Kit Spiced Vegetable Medley and Orzo

Soup Kit Spicy Chicken Tortilla

Vegetable Beef

Great Value

Chicken Rotini

President's Choice

Blue Menu Light Chicken Noodle

Primo

Lentil

Minestrone

Selection

Condensed Chicken Rice

Condensed Vegetable

Beverages

Milk and Milk-Based Beverages

Nutrition Criteria

Fat: Less than or equal to 2% M.F. or Less than or equal to 5g **and**

Sugar: Less than or equal to 28g **and**

Calcium: 25% DV or more

Skim Milk Powder

Carnation

Fat Free Instant Skim Milk Powder

Great Value

Fat Free Instant Skim Milk Powder

Compliments

Balance Instant Skim Milk Powder

Selection

Instant Skim Milk Powder

Soy/Milk Alternative Beverages

Nutrition Criteria

Calcium: 25% DV or more **and**
Vitamin D 25% DV or more

Items with more than 5g of sugar are marked with an asterisk*

NOTE: Milk Alternatives other than plain or flavoured fortified soy beverage such as rice, potato and almond milk, are not included in this list as they do not meet the criteria for **“Maximum Nutritional Value”**.

Irresistibles

Bio Organics Fortified Soy Beverage Original*

Natura

Organic Fortified Soy Beverage Original

Light*

Organic Fortified Soy Beverage Original*

Organic Fortified Soy Beverage Unsweetened

Organic Fortified Soy Beverage Vanilla Light*

Organic Fortified Soy Beverage Vanilla*

President's Choice

Organics Fortified Soy Beverage Original*

Organics Fortified Soy Beverage Vanilla*

Sensational Soy

Organic Classic Vanilla

Organic Smooth Original

So Nice

Organic Fortified Soy Beverage Vanilla*

Juices or Blends: Vegetable or Fruit

Nutrition Criteria

100% juice, pulp or puree **and**
Unsweetened/No sugar added **and**
Sodium: Less than or equal to 480mg

Fruit Juice

NOTE: All juices labelled 100% Fruit Juice or 100% Juice offer “**Maximum Nutritional Value**”.

Vegetable Juice

Compliments

Balance Garden Vegetable
Balance Tomato Juice
Tomato Juice

Heinz

Tomato Juice

Mott's

Garden Cocktail Original
Garden Cocktail Original Low Sodium
Garden Cocktail Zesty

President's Choice

Blue Menu 8 Vegetable Cocktail

V8

Low Sodium
Original
V-Go Smooth and Seasoned

Fruit and Vegetable Blends

Compliments

Fruit and Vegetable Juice and Puree Blend
Strawberry Banana
Fruit and Vegetable Juice Pineapple Orange
Fruit and Vegetable Juice Raspberry Orange

Great Value

Apple Orange Peach Juice Blend

Oasis

Fruits Etc. Juice of Fruits and Vegetables
100% Orange Juice
Fruits Etc. Juice of Fruits and Vegetables
100% Tropical Passion Juice
Fruits Etc. Juice of Fruits and Vegetables
Deliciously Purple
Fruits Etc. Juice of Fruits and Vegetables
Pineapple Juice
Fruits Etc. Juice of Fruits and Vegetables
Pure Apple Juice
Fruits Etc. Juice of Fruits and Vegetables
100% Exotic Mango Juice

Sun Rype

Fruit Activ with Lutein Bright Eyes Pineapple
Orange Guava
Fruit Activ with Lutein with Calcium and
Vitamin D Orange Tangerine
Fruit Activ with Polyphenols Blackberry
Pomegranate Super Antiox
Fruit Plus Veggie (Plus Fibre!) Strawberry
Banana
Fruit Plus Veggies (Plus Fibre!) Mango
Pineapple
Fruit Plus Veggies and Fibre Peach Mango
Fruit Plus Veggies and Fibre Raspberry
Orange
Fruillo Strawberry Banana