

Compliance of *From Farm To Table – Canada* popcorn products with Alberta Nutrition Guidelines for Children and Youth

Nutrition facts for [From Farm To Table – Canada popcorn products](#) have been assessed according to Alberta Nutrition Guidelines for Children and Youth.¹

Grain Products - Popcorn Category #1 - Choose Most Often	Grain Products - Popcorn Category #2 - Choose Sometimes
Serving size = 500mL Fat ≤ 3g Saturated fat ≤ 1g Trans fat 0g Sodium ≤ 140mg Fibre ≥ 2g Sugars ≤ 8g No artificial sweeteners	Serving size = 500mL Fat ≤ 10g Saturated fat ≤ 4g Trans fat 0g Sodium ≤ 300mg Sugars ≤ 16g No artificial sweeteners

Assessment of *From Farm To Table – Canada* popcorn products (per 23 g serving size)*

Flavour	Nutrient Content							Category
	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Fibre (g)	Sugars (g)	Artificial Sweeteners	
White Cheddar	1.5	0	0	65	4	0	No	Choose Most Often
Dill Pickle	1.5	0	0	200	3	1	No	Choose Sometimes
Kettle Corn	1.5 (3.0)	0	0	115 (230)	2 (4)	7 (14)	No	Choose Sometimes
Light Butter & Salt	1	0	0	160	4	0	No	Choose Sometimes

*Serving size is approximately equal to 500mL for all flavours except Kettle Corn which is approximately equal to 250mL. Nutrition Facts for 23g portion of Kettle Corn must be multiplied by two in order to assess the product based on a 500mL serving size.

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January, 2012

¹ Alberta Nutrition Guidelines for Children and Youth – A Childcare, School and Recreation/Community Centre Resource Manual, March 2011.
Available at: <http://www.healthyalberta.com/Documents/Nutrition-Guidelines-AB-2011.pdf>.