

Compliance of *From Farm To Table – Canada* popcorn products with the Food and Beverage Standards for Nova Scotia Public Schools

Nutrition facts for [From Farm To Table – Canada popcorn products](#) have been assessed according to the applicable nutrition criteria in the Food and Beverage Standards for Nova Scotia Public Schools.¹

Nutrition Criteria for Grain Products

Maximum Nutrition	Moderate Nutrition
<p>Food For Thought</p> <ul style="list-style-type: none"> Choose items that list whole grains as the first or second ingredient, e.g., breads, cereals, crackers, and pasta made from whole wheat, oats, rice, rye, corn, barley. Choose items that say “low in fat,” “low in saturated fat,” “trans fat free,” “lower in salt,” or “source of fibre.” Choose items that do not contain artificial sweeteners. 	<p>Food For Thought</p> <ul style="list-style-type: none"> Choose these items less often because they have less fibre than foods in the Maximum Nutrition list. When choosing, select items that list grains as the first or second ingredient and contain enriched white flours or mixed flours made from wheat, rice, oats, corn, barley, etc. When choosing, select items that say “lower in fat,” “low in saturated fat,” “trans fat free,” “lower in salt,” or “reduced in sugar.”
<p>Nutrient Criteria</p> <p>Fat</p> <ul style="list-style-type: none"> No more than 3 g (less than 1 tsp) of total fat per serving No more than 2 g of saturated and trans fat combined per serving <p>Fibre</p> <ul style="list-style-type: none"> 2 g or more per serving <p>Sodium</p> <ul style="list-style-type: none"> Less than 480 mg per serving 	<p>Nutrient Criteria</p> <p>Fat</p> <ul style="list-style-type: none"> No more than 5 g of total fat per serving No more than 2 g saturated and trans fat per serving combined <p>Fibre</p> <ul style="list-style-type: none"> May contain less than 2 g per serving <p>Sodium</p> <ul style="list-style-type: none"> May contain more than 480 mg but less than 960 mg per serving <p>Sugar</p> <ul style="list-style-type: none"> May contain added sugar or artificial sweetener

¹ Nova Scotia Education, Health Protection and Promotion. Food and Beverage Standards for Nova Scotia Public Schools, 2006. Available at: http://www.ednet.ns.ca/healthy_eating/pdf/22454_ver2_lo_res.pdf.

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

Flavour	Nutrient Content						Category
	Fat (g)	Saturated Fat (g) + Trans Fat (g)	Sodium (mg)	Fibre (g)	Whole grain is first ingredient	Does not contain artificial sweetener	
White Cheddar	1.5	0	65	4	Yes	Yes	Maximum Nutrition
Dill Pickle	1.5	0	200	3	Yes	Yes	Maximum Nutrition
Kettle Corn	1.5	0	115	2	Yes	Yes	Maximum Nutrition
Light Butter & Salt	1	0	160	4	Yes	Yes	Maximum Nutrition

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