

Food and Nutrition in Early Learning and Child Care Programs

How to Use the % Daily Value Criteria

Below is information to support you in using the % Daily Value (%DV) criteria to select foods that fit the Food and Beverage Standards and can be offered in Early Learning and Child Care programs.

Reminder! The %DV is a tool used for foods that are not in the “to offer” nor “cannot offer” lists. **Check the food lists first to determine if a food can be offered in your menu.**

If a food is not on either list, check the %DV Criteria and compare with the Nutrition Facts Table on the food label. A food must meet all criteria to be offered and included on the menu.

Vegetables and Fruits and Protein Foods

For vegetables and fruits and protein foods, the %DV criteria are the same. Check the %DV for 3 nutrients - saturated and trans fats, sugars, and sodium.

Saturated and Trans Fat Less than 15%	Sugars Less than 15%	Sodium Less than 15%
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Example: Tomato Sauce*

Step 1: Tomato Sauce is not on the “to offer” nor “cannot offer” lists for vegetables and fruits. Proceed to Step 2 to check the %DV.

Step 2: Use %DV criteria for vegetables and fruit and compare to the nutrition facts table to determine which foods can be offered.

Tomato Sauce A

NUTRITION FACTS & INGREDIENTS		
Serving Size Per 131 ml		
% Daily Value*		% Daily Value*
Calories 60 cal	Calcium 30 mg	2 %
Fat 1.5 g 2 %	Iron 0.75 mg	4 %
Saturates 0.4 g 2%	Vitamin A	0 %
+ Trans 0.0 g	Vitamin C	0 %
Omega-3 Fatty Acids 0.1 g		
Monounsaturates 0.7 g		
Polyunsaturates 0.4 g		
Carbohydrate 12 g 0 %		
Sugars 7 g 7%		
Fiber 3 g		11 %
Protein 2 g		
Cholesterol 0 mg		
Sodium 240 mg 10%		
Potassium 500 mg		15 %

Tomato Sauce A can be offered because it meets all 3 criteria.

Tomato Sauce B

NUTRITION FACTS & INGREDIENTS		
Serving Size Per 131 ml		
% Daily Value*		% Daily Value*
Calories 60 cal	Calcium 30 mg	2 %
Fat 1.5 g 2 %	Iron 0.75 mg	4 %
Saturates 0.4 g 2%	Vitamin A	0 %
+ Trans 0.0 g	Vitamin C	0 %
Omega-3 Fatty Acids 0.1 g		
Monounsaturates 0.7 g		
Polyunsaturates 0.4 g		
Carbohydrate 12 g 0 %		
Sugars 7 g 7%		
Fiber 3 g		11 %
Protein 2 g		
Cholesterol 0 mg		
Sodium 460 mg 20%		
Potassium 500 mg		15 %

Tomato Sauce B cannot be offered because the sodium is greater than 15%.

Tip: If the % DV for sugar is not on the **Nutrition Facts Table**, use the grams listed as 1 g of sugar is equal to 1% DV. For example, in the tomato sauce 7 g of sugar = 7% DV for sugar.

*The same steps would be followed for other commonly used, pre-packaged or canned vegetables and fruits, such as salsa, and protein foods, such as sweetened yogurt.

Whole Grain Foods

There is an additional step for selecting whole grain foods. First, look at the ingredient list for foods that have “whole grain” followed by the name of the grain as one of the first ingredients. For example, **whole grain oats** or **whole grain wheat**. Next, for foods not on the “to offer” nor “cannot offer” lists, check the %DV criteria for 4 nutrients - **saturated and trans fats, sugars, sodium, and fibre**.

Saturated & Trans Fat Less than 15%	Sugars Less than 15%	Sodium Less than 15%	Fibre More than 5%
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Example: Whole Grain Cereal**

Step 1: First, check the ingredient list on the food label to determine if a cereal is whole grain.

Ingredients
 Whole grain oats, Sugars (sugar, honey, golden syrup), Corn starch, Salt, Calcium carbonate, High monounsaturated canola, canola and/or high monounsaturated sunflower oil, Trisodium phosphate, Tocopherols (for freshness), Natural almond flavour, Monoglycerides Vitamins and Minerals: Iron, Niacinamide (Vitamin B3), Calcium pantothenate (Vitamin B5), Pyridoxine hydrochloride (Vitamin B6), Folate.

Whole grain oats are the first ingredient, so this cereal is whole grain.
Proceed to Step 2 to check the %DV.

Ingredients
 Rice, Sugar, Salt, Barley Malt Extract, Tocopherols, Vitamins And Minerals [ferric Orthophosphate (iron), Niacinamide, Zinc Oxide, Thiamine Mononitrate, Calcium Pantothenate, Pyridoxine Hydrochloride (vitamin B6), Folic Acid].

The first ingredient is not a whole grain so this cereal cannot be offered. There is no need to check the % DV.

Step 2: Whole grain cereal is not listed on the “to offer” nor “cannot offer” lists for whole grain foods. Use %DV criteria for whole grain foods and compare to the nutrition facts table to determine if the food can be offered.

Whole Grain Cereal A

NUTRITION FACTS & INGREDIENTS		
Serving Size Per 1.0 cup (24 g)		
% Daily Value*		% Daily Value*
Calories 90 cal		Calcium 0 mg 0 %
Fat 1.0 g 1 %		Iron 3.0 mg 17 %
Saturates 0.2 g 1 %		Vitamin A 0 %
+ Trans 0.0 g 1 %		Vitamin C 0 %
Carbohydrate 21 g 0 %		Thiamine 0.5 mg 42 %
Sugars 8 g 8 %		Niacin 1.25 mg 8 %
Fiber 1 g 4 %		Vitamin B6 0.15 mg 9 %
Protein 1 g		Pantothenate 0.4 mg 8 %
Cholesterol 0 mg		Phosphorus 40.0 mg 3 %
Sodium 110 mg 5 %		Magnesium 15.0 mg 4 %

Whole Grain Cereal A cannot be offered because the fibre is less than 5%.

Whole Grain Cereal B

NUTRITION FACTS & INGREDIENTS		
Serving Size Per 1.0 cup (37 g)		
% Daily Value*		% Daily Value*
Calories 140 cal		Calcium 150 mg 12 %
Fat 2.0 g 3 %		Iron 5.0 mg 28 %
Saturates 0.4 g 3 %		Vitamin A 0 µg 0 %
+ Trans 0.0 g 3 %		Vitamin C 0 %
Carbohydrate 30 g 0 %		Vitamin D 0.0 µg 0 %
Sugars 12 g 12 %		Thiamine 0.05 mg 4 %
Fiber 3 g 11 %		Riboflavin 0.04 mg 3 %
Protein 3 g		Niacin 1.75 mg 11 %
Cholesterol 0 mg		Vitamin B6 0.225 mg 13 %
Sodium 200 mg 9 %		Vitamin B12 0.0 µg 0 %

Whole Grain Cereal B can be offered because it meets all 4 criteria.

**The same steps would be followed for other commonly used, pre-packaged whole grain foods, such as crackers.