

## % Daily Value Video Series: Video # 1 Transcript

### Intro to % Daily Value: Menu Planning for Early Learning and Child Care Programs

**[0:01]** Hello and welcome to our video series supporting menu planning for early learning and child care programs in Nova Scotia. My name is Olga Levin and I'm a Public Health Nutritionist with the Central Zone Healthy Communities team.

This video series was created by Nova Scotia Health – Public Health in partnership with the Department of Education and Early Childhood development. The topic of this series is percent daily value and its use in selecting foods to be offered and included on early learning and child care program menus. There are 4 videos in this series including an introduction video and 3 other videos covering examples for each of the food groupings.

The first video is an introduction to percent daily value. Let's get started.

**[0:53]** What is percent daily value?

Percent daily value is included on the nutrition facts table on most packaged foods and beverages. You can find percent daily value on the right-hand side of the nutrition facts table; with a percentage that corresponds to a specific nutrient.

Taking a look at this example nutrition facts table, you can see that the percent daily value numbers are all listed under this heading here.

Percent daily value is a tool that helps with selecting packaged foods and assessing whether the food or beverage can be offered and included on your menu. Using % daily value is a simplified approach that allows you to compare and determine which foods can be offered in ELCC programs using information directly available on the product label.

It helps you to select foods lower in sodium, sugars and saturated fats.

It is also referred to as %DV.

**[2:03]** Percent daily value helps us identify if a particular food has a little or a lot of certain nutrients.

5% or less of any nutrient is considered a little, while 15% or more of any nutrient is considered a lot. This is listed on the bottom of the nutrition facts table as a reminder.

Let's take a look at this sample nutrition facts table. Let's take a moment to assess the sugar content, and whether this food has a little or a lot based on the percent daily value.

We can see here that this food item has 22 g of sugar per serving, or per cup. Looking at the percent daily value number on the right-hand side, we can see that this food has 22% daily value of sugars per serving. If we consider the definition of what is considered a little or a lot, we know that 22% is higher than 15%, which means this food contains a lot of sugar.

### **[3:09]** When do we use percent daily value?

You may not always need to assess the percent daily value of a food to determine if it can be offered and included on the menu.

The first step in assessing whether a food can be offered is to first check the Foods to Offer list. These lists are found in Section C of the Manual for Food and Nutrition in Regulated Child Care settings. There is a list for each food grouping, including vegetables and fruits, grain foods, and protein foods. If the food you are considering is on the Foods to Offer list, that food can be offered and included on the menu without any further assessment. You do not need to check the percent daily value for these foods.

If the food you are considering is not on the Foods to Offer list, the next step would be to check the Foods Not to Offer list. Once again, there are different lists for each food grouping, so be sure to check the appropriate list. These lists are also found in Section C of the Manual for each food grouping as well as in sub-section 10.0.

If the food you are considering is on the Foods Not to Offer list, then no further assessment is required. This food cannot be offered or included on the menu.

If the food you are considering is not on either the Foods to Offer or the Foods Not to Offer lists, then you will move on to the next steps which include checking the ingredient list and percent daily value criteria.

### **[4:53]** Now that you understand the basics of percent daily value, let's talk about some tips for choosing foods using the percent daily value criteria.

After you've checked the Foods to Offer and Foods Not to Offer lists, the first thing you should do is check the ingredient list to ensure the food does not have ingredients named

on the Foods Not to Offer list. For example, foods cannot be offered if they contain sugar substitutes or caffeine. For whole grain foods, the ingredient list must be checked to ensure that whole grains are one of the first ingredients. Once the ingredient list has been checked and deemed appropriate, then you can move on to assessing the percent daily value criteria for that particular food.

Another tip is to remember that you do not need to re-calculate the percent daily value number even if you're using a different serving size than what is listed on the nutrition facts table. For example, on this nutrition fact table the serving size is listed as one cup, and the percent daily value for sugars is 22%, which is considered a lot. Even if you are serving less than one cup, or the child eats less than one cup, we are still going to use the percent daily value as listed in the nutrition facts table (in this case 22%) to determine whether the food meets the criteria and can be offered. When comparing the %DV for products in the same category, the serving sizes listed in the nutrition facts tables will generally be similar and comparable.

Finally, when selecting recipes for menu items, it's important to remember that recipe ingredients should also be assessed and meet the percent daily value criteria. This applies to packaged ingredients that are used in large amounts in recipes. For example, tomato sauce used in pasta dish or whole grain cereal used in trail mix). It does not apply to ingredients used in small amounts, such as herbs, spices, or condiments.

**[7:07]** Next, we are going to review percent daily value criteria.

Percent daily value criteria differ slightly depending on the food grouping.

The first food grouping we will review is vegetables and fruits. There are three nutrients that need to be checked when assessing whether a food in the vegetable and fruit food grouping can be offered and included on the menu.

The first is saturated and trans fat. This number must be less than 15% daily value per serving on the nutrition facts table.

Next is sugars. This number should also be less than 15% daily value per serving on the nutrition facts table.

And finally, is sodium. This number should also be less than 15% on the nutrition facts table.

All 3 criteria must be met for the food to be offered or included on the menu.

**[8:04]** Next, we have our whole grain foods grouping.

In this food grouping, we have four nutrients to be aware of when checking percent daily value.

First, we have a saturated and trans fat, which must be less than 15%.

Next, sugars, which must be less than 15%.

Next, sodium, which must be less than 15%.

And finally, in the whole grain food grouping, fibre must also be checked. Fibre needs to be more than 5% daily value to meet the criteria.

For grain foods, all four criteria must be met for a food to be offered and included on the menu.

**[8:47]** Finally, we have the protein foods grouping.

For protein foods, we have the same three nutrients to be aware of and check for percent daily value.

First, saturated and trans fat which must be less than 15%.

Next, sugars which must have a percent daily value of less than 15%.

And finally, sodium which must be less than 15%.

Once again, it's important to remember that all three criteria must be met for a food to be offered and included on a menu.

**[9:23]** So, to recap, the key takeaways to remember when choosing foods for your menu are:

Step one: check the lists. Check the Foods to Offer and Foods Not to Offer lists in the appropriate food grouping to quickly determine if a food can or cannot be offered. Foods on these lists generally do not need any further assessment.

Step two: check the ingredients. This is where we check for required ingredients such as whole grains, or ingredients that are not to be included on the menu such as sugar substitutes, or caffeine.

The list of sugar substitutes to look for can be found in the Overview section at the beginning of the Nova Scotia Food and Nutrition in Early Learning and Child Care Programs manual.

If the ingredient list is appropriate, you can move on to step three.

Step three: For foods not on either the to offer or not to offer list, check the percent daily value criteria on the nutrition facts table. A food must meet all criteria for the food grouping to be offered and included on the menu. And remember, you do not need to re-calculate the numbers on the nutrition facts table, even if your serving size is different from the serving size listed on the package. The percent daily value number listed on the nutrition facts table is always the number you will use when choosing foods to be offered.

**[10:51]** If you need more information on how to use percent daily value to select foods for your menu, please watch the other videos in this series. The videos present information specific to each food grouping, contain step-by-step practice examples, and address frequently asked questions. In addition to the videos, there are a number of other menu planning resources available to you including:

- The How to use percent daily value criteria PDF
- The Frequently Asked Questions document, and
- The Nova Scotia Food and Nutrition in Early Learning and Child Care Programs Manual

All resources are available to you on the Dept of Education and Early Childhood Development website.

Thank you for watching the introduction to percent daily value video.