

% Daily Value Video Series: Video # 2 Transcript

% Daily Value: Vegetables and Fruits - Menu Planning for Early Learning and Child Care Programs

[0:00] Hello and welcome to our video series supporting menu planning for early learning and child care programs in Nova Scotia. My name is Lindsay and I'm a Public Health Nutritionist with the Northern Zone Healthy Communities team.

The topic of this series is percent daily value, and it's use in selecting food to be offered and included on a menu.

This is video #2 in the series and it is all about using percent daily value to assess vegetables and fruits. Let's get started.

[0:33] Before we get started, it should be noted that some images used throughout this video were generated using a generative AI tool for the purposes of providing visual aids. Images were reviewed and edited for quality assurance by our team.

[0:52] For vegetables and fruits, there are three nutrients to be aware of when checking percent daily value.

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

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

Finally, sodium, which must be less than 15% daily value.

For vegetables and fruits, all three criteria must be met for a food to be offered and included on the menu.

[1:28] Let's take a step-by-step approach for selecting vegetables and fruits to be included on your menu.

Step one is check the lists.

First, we need to check whether the food is on the Foods to Offer list.

Here is the list of all vegetable and fruit foods that can be offered without assessing %DV. These foods include canned fruit packed in juice, canned vegetables, dried fruit that has no sugar added and is not a choking hazard, fresh vegetables and fruits, frozen vegetables and fruits, and fruit sauces with no sugar added.

If the food is on this list, it can be offered without assessing the percent daily value. In some cases, you may find it helpful to check the ingredient list to confirm a particular product is aligned with the to offer list. For example, confirming that an applesauce does not contain added sugar.

[2:34] If the food is not on the to offer list, the next step would be to check the Foods Not to Offer list.

Here we have the vegetable and fruit foods that cannot be offered. This includes a variety of processed and packaged foods, for example fruit packed in water with sugar substitutes or canned fruit in syrup among others.

If the food is on this list, it cannot be offered and no further assessment is required.

[3:08] If the food is not on either list that is when we move onto step two which is check the ingredient list.

[3:18] Step two: check the ingredient list

Checking the ingredient list is an important step to confirm if a food meets the requirements and does not contain ingredients that aren't to be included on the menu.

Common ingredients that may be present in vegetable and fruit foods are: sugar substitutes such as aspartame, stevia, and xylitol, and 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.

After checking the ingredient list and ensuring that it is suitable, we can then move on to step three.

[4:03] Step three: check percent daily values

Let's take a look at this example nutrition facts table and walk through the three criteria.

First, we have saturated and trans fat, which must be less than 15%. We can find it on the nutrition fact table here, and we see that the number is 0% daily value per serving. This is less than 15% and meets the criteria.

Next, we have sugar, which is found here on the nutrition facts table. We can see that the percent daily value is 22% per serving and therefore does not meet the criteria.

It is important to remember that all three criteria must be met in order for the food to be offered and included on the menu. Therefore, this particular food cannot be offered.

[5:02] Now let's move on to practicing using percent daily value to assess real food product examples.

Our first example is sliced peaches in water.

Step one is always check the lists.

First, we will check the Foods to Offer list for vegetables and fruits. Canned fruit is on the list, but it says packed in juice, not water.

Now, let's take a look at the Vegetables and Fruits Not to Offer list. Here we can see that canned fruit packed in water with sugar substitute is not to be offered, and foods containing sugar substitutes and caffeine cannot be offered.

After checking the lists, we can move on to step two.

[5:53] Step two is check the ingredients.

The front of the can indicates that the peaches have no sugar added, and that they are packed in water. This is good information to have, but it doesn't always tell the whole story, so it's important to check the ingredient list.

When we look at the ingredient list, we can see that water is listed. Looking further down the ingredient list, we can see that it also includes sucralose, a sugar substitute.

Therefore, after checking the lists, and the ingredients, we know that this food cannot be offered.

[6:33] Let's practice using another product.

Here we have tomato sauce. Let's move through the steps and determine if this food meets all the criteria.

Step one is to check the lists.

First, we will check the Foods to Offer list for vegetables and fruits. Tomato sauce is not on the list.

Next, we will check the Foods Not to Offer list for vegetables and fruits. Tomato sauce is not on this list either.

Since the product is not on either list, we will move on to step two.

[7:11] Step two: check the ingredients.

As a reminder, the most common ingredients we are looking for in the vegetables and fruits food grouping are sugar substitutes and caffeine.

When we look at the ingredients for this product, we don't see anything from the Foods Not to Offer list. This means that we can proceed to step three.

[7:37] Step three: check the percent daily value

First, we have saturated and trans fats. On the nutrition facts table we can see that this number is 1%, that meets the criteria of less than 15%.

Next, we have sugars. On the nutrition facts table we can see that this number is 8%. This is less than 15% and meets the criteria for percent daily value.

Next, we will look at sodium. The percent daily value for sodium per serving in this product is 22%. This is above the criteria of less than 15%.

This food product does not meet all three percent daily value criteria and therefore cannot be offered.

[8:41] Let's practice again, this time with a different tomato sauce product.

Let's move through the steps again.

Step one: check the lists.

We know that tomato sauce is not on either the Vegetables and Fruits to Offer or the Vegetables and Fruits not to offer lists. This means we move on to step two.

[9:04] Step two: check the ingredients.

Let's take a look at the ingredients for this tomato sauce, keeping in mind that we cannot offer vegetable and fruit foods that contain sugar substitutes or caffeine.

When we look at the ingredients for this product, we don't see anything from the Foods Not to Offer list. This means that we can proceed to step three

[9:30] Step three: check the percent daily value criteria.

First, we have saturated and trans fats. On the nutrition facts table we can see that this number is 0%, that meets the criteria of less than 15%.

Next, we have sugars. On the nutrition facts table, we can see that this number is 1%. This is less than 15% and meets the criteria for percent daily value.

Next, we will look at sodium. The percent daily value for sodium per serving in this product is 1%. This is less than 15% and meets the criteria for percent daily value.

This food product meets all three percent daily value criteria, and therefore can be offered.

[10:28] Now that you've had some practice evaluating vegetable and fruit foods, and using percent daily value to determine if a food can be offered, let's review the key takeaways to remember when assessing foods for your menu:

Step one: check the lists. Check the Foods to Offer and Foods Not to Offer lists in the appropriate food group to quickly determine if a food can or cannot be offered. Foods on these lists generally do not need any further assessment, however if you are unsure if a product meets the requirements you can refer to the ingredients to confirm (for example, determining if fruit cups are packed in syrup or juice).

Step two: check the ingredients. This is where we check to confirm that the product meets the requirements and that that it does not contain ingredients that are not to be included on the menu such as sugar substitutes, or caffeine. If the ingredient list is appropriate, you can move on to step three.

Step three: For foods not on either the foods to offer or not to offer lists, check the percent daily value criteria and the nutrition facts table. Remember that the percent daily value criteria differ slightly depending on the food grouping. Vegetables and fruits have three nutrients that must be checked. A food must meet all criteria 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 assessing a food to be offered.

[12:24] 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 our video on percent daily value for vegetables and fruits.