

% Daily Value Video Series: Video # 3 Transcript

% Daily Value: Whole Grains - 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 #3 in the series and it is all about using percent daily value to assess whole grain foods. Let's get started.

[0:32] 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.

[0:49] For whole grain foods, there are four 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 per serving.

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

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

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

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

[1:36] Let's take a step-by-step approach for selecting grain foods 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 whole-grain foods that can be offered without checking the %DV. These foods include whole grains such as whole oats and quinoa, whole grain brown rice or wild rice, whole-grain bread products, and whole-grain noodles and pasta.

These foods are on this “to offer” list which means that the food or beverage can be offered, and you don’t need to check the percent daily value. However, you may still need to check the ingredients to confirm if the food is whole grain or not.

[2:28] Step two: check the ingredients.

For grain foods, we check the ingredient list to determine whether or not the product is made with whole grains.

Look for products with whole grains as one of the first ingredients. Here, in this example ingredient list, we can see that the first ingredient is not a whole grain.

Taking a look at the second example ingredient list, we can see that the first ingredient listed is a whole grain. This product would be an ideal option to offer.

Generally, there are whole grain options available for most commonly served grain foods. However, recognizing that this may not always be the case, “whole wheat” options would be the next best choice over products made with enriched wheat flour or white flour.

For example, if a whole grain hamburger bun is unavailable, a whole wheat hamburger bun would be the next best option.

[3:24] For foods on the to offer lists, such as bread, bagels, buns, flatbread, pizza crust, tortilla wraps and pasta, if the first ingredients is whole grain, the food can be offered without checking the percent daily value.

Returning to step 1, 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.

Here we have the grain foods that cannot be offered. This includes a variety of processed and packaged foods.

If the food is on this list, that means that the food cannot be offered and should not be included on the menu.

For grain foods not on either the Foods to Offer or Foods Not to Offer lists, such as crackers, cereals and granola bars, we proceed to steps 2 and 3.

Both the ingredient list and the percent daily value criteria need to be assessed before the food can be offered or included on the menu.

[4:45] Checking the ingredient list confirms if a food meets the requirements and that it does not contain ingredients that should not be included on the menu.

Common ingredients that may be present in whole grain 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.

[5:26] Step three: check percent daily values

After ensuring the food does not contain any ingredients that cannot be offered, the next step is to check the four nutrients outlined in the grain product percent daily value criteria.

Let's take a look at this example nutrition facts table and walk through the four 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 2% 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 one percent per serving, and therefore meets the criteria.

Next, we have sodium. It is found here on the nutrition facts table here. When we look at the percent daily value, we can see that it is 24%. The % daily value of these crackers is more than 15%, which means that this food does not meet the criteria for sodium.

When we look at fibre on the nutrition facts table, we can see that this number is 11%, so it meets the criteria of more than 5% for fibre .

While the product meets the threshold for three out of the four criteria for whole grains, it is important to remember that all four criteria must be met in order for the food to be offered and included on the menu. Therefore, this particular food cannot be offered.

[7:19] Now let's move on to practicing using percent daily value to assess real food product examples.

Our first example is crackers. We can see on the package that the crackers are made with whole grains, but let's make sure they actually meet the criteria.

Step one is always check the lists.

First, we will check the Foods to Offer list for grain foods. Crackers are not on the list, so we will next check the Grain Foods Not to Offer list. Once again, crackers are not on this list. That means we will move on to step two.

[7:58] Step two is check the ingredients.

Here are the ingredients for these crackers. When we look at the first few ingredients, we find whole grain whole wheat flour listed. We next need to also check that the ingredient list doesn't contain sugar substitutes or caffeine. Once we check that those are not in the product, we can move onto the next step.

[8:26] Step three is check the percent daily values.

Remember, for grain-based foods, we have four nutrients to be aware of so let's move through them step-by-step.

First, we have saturated and trans fats. On the nutrition facts table we can see that this number is 3%, that meets the criteria of less than 15%.

Next, we have sugars. On the nutrition facts table we can see that this number is 3% yet again. 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 10%. This meets a criteria of less than 15%.

Finally, we will look at fibre. For this percent daily value, we are looking for a number of more than 5%. When we look at the nutrition facts table, we see that the percent daily value for fibre is 7%, which meets the criteria.

This food product has whole grains listed as one of the first ingredients, and meets all four percent daily value criteria, and therefore can be offered and included on the menu.

[10:00] Let's practice using another product.

Here we have cereal. Once again, we can see on the front of the package that this product is made with whole grains. Let's move through the steps and determine if this food meets all the criteria.

Step one is to check the lists.

Is this food on the Foods to Offer list? It is not.

Next, we will check the Foods Not to Offer list. We can see here that cereals, hot or cold, even when made with whole grain, that contain candy, chocolate or marshmallows are not to be offered. We can also see that cereals, hot or cold, that are not whole grain cannot be served. Also on the Not to Offer list are products that are deep-fried or contain sugar substitutes, caffeine, or natural health products.

Based on these lists, we will move on to step two.

[11:02] Step two: check the ingredients.

Even though the front of the package says made with whole grains, it is still important that we check the ingredient list. The second ingredient is whole grain corn flour so it is made with whole grains. However, when we look further down the ingredient list, we can also see that the cereal contains stevia leaf extract, a sugar substitute.

So, based on the ingredient list, this food cannot be offered. There is no need to assess %DV.

[11:45] Now that you've had some practice evaluating grain 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 do not need any further assessment, If the food you are assessing is not on

either list, you can move on to step two. Note that for grain foods on the to offer lists you may still need to check the ingredients to confirm the food is whole grain.

Step two: check the ingredients. This is where we check for required ingredients such as whole grains as one of the first ingredients, or 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 list, 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. Whole grain foods have four 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.

[13:40] 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 percent daily value and whole grains video.