

## % Daily Value Video Series: Video # 4 Transcript

### % Daily Value: Protein Foods - 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 Olga Levin and I'm a Public Health Nutritionist with the Central 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 #4 in the series and it is all about using percent daily value to assess protein foods. Let's get started.

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.

For protein foods, there are three nutrients to be aware of when checking percent daily value.

First, we have a 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 protein foods, all three criteria must be met for a food to be offered and included on the menu.

Let's take a step-by-step approach for selecting protein 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 protein foods that can be offered without any further checks.

If the food is on the list that means that the food or beverage can be offered, and you don't need to check 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 a fortified soy beverage is unsweetened and does not contain added sugar.

If the food 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 protein 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. It also means that you do not need to further assess percent daily value.

If the food is not on either list that is when we move onto step two which is check the ingredient list.

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 cannot be included on the menu.

Common ingredients to look for 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.

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 percent 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.

Now let's move on to practicing using percent daily value to assess real food examples.

Our first example is plant-based veggie ground.

Step one is always check the lists.

First, we will check the Foods to Offer list for protein foods. This product is not on the list.

Next, we need to check the Protein Foods Not to Offer list. This product is not on this list either.

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

As a reminder, when selecting plant-based proteins, the recommendation is to choose minimally processed products such as tofu, beans and lentils whenever possible.

However, if this plant-based protein product meets the percent daily value criteria, it can be offered and included on the menu.

Step two is check the ingredients.

As a reminder, the most common ingredients we are looking for 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.

Step three: check the percent daily value criteria.

Let's take a look at the nutrition facts table for this product and assess it based on the percent daily value criteria for protein foods.

First, we have saturated and trans fats. On the nutrition facts table we can see that this number is 2%, that meets the criteria of less than 15%.

Next, we have sugars. On the nutrition facts table we can see that this number is 0%. This is less than 15% and meets the criteria for percent daily value.

Finally, we will look at sodium. The percent daily value for sodium per serving in this product is 12%. This is below the criteria of less than 15%.

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

Let's practice again, this time with a yogurt product. This is a vanilla yogurt.

Let's move through the steps again.

Step one: check the lists.

On the Protein Foods to Offer list, we can see that plain, unsweetened yogurt can be offered without any further assessment. This is the goal, and it is expected that menus will move towards offering plain, unsweetened yogurt as quickly as possible.

However, the list also indicates that sweetened yogurt may be offered as well if it meets the percent daily value criteria for sugar, which is less than 15%.

Step two: check the ingredients.

With yogurt, it's important to check the ingredient list. As a reminder, here are the common ingredients we are looking for.

When we review the ingredients, we can see that this yogurt contains sucralose, a sugar substitute. Therefore, this particular yogurt product cannot be offered or included on the menu. We don't need to check %DV in this case.

Let's do another practice example with yogurt. Once again, we have a sweetened yogurt example.

Step one, as always, is to check the lists.

We know from the previous example that sweetened yogurt is on the Protein Foods to Offer list and can be offered as long as it meets the percent daily value criteria for sugar.

We also know we need to check the ingredient list for sugar substitutes.

Step two is to check the ingredients.

Let's look at the ingredient list. This product does not contain any sugar substitutes or caffeine. So, we can move on to checking the percent daily value for sugar.

Step three is to check the percent daily value.

Because sweetened yogurt is on the Foods to Offer list, we only need to check the percent daily value for sugar to ensure that it can be served.

Let's look at the nutrition facts table. It indicates that the percent daily value for sugars is 11%, which is less than the 15% daily value criteria. Therefore, this yogurt can be offered.

Now that you've had some practice evaluating protein 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 checking the ingredient list can help to confirm if the product meets or does not meet all requirements (such as in the case of identifying if a yogurt contains a sugar substitute).

**Step two: check the ingredients.** This is where we check for 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. Protein foods have three nutrients that must be checked. The exception for this is sweetened yogurt, as it is on the Foods to Offer, but still needs to have the percent daily value of sugars checked to ensure it meets the criteria.

Remember, a food must meet all criteria to be offered and included on the menu.

And finally, 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.

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 group, 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 protein foods.