



CHANGES TO NUTRIENT CRITERIA

The Heart and Stroke Foundation's Health Check program is committed to helping Canadians identify healthy food choices. The Health Check nutrient criteria developed by the Heart and Stroke Foundation's registered dietitians are based on *Canada's Food Guide* and also reflect the latest scientific evidence, labelling regulations, nutrition trends, eating habits of Canadians, market realities and technology. Because these areas have evolved, Health Check has made a number of changes to its nutrient criteria, which are rolling out in two phases. The first set of changes which were announced in December 2007, are based on the last revisions to *Canada's Food Guide*. The second set of changes focus on reducing sodium.

Important notice for Food Manufacturers

The Health Check nutrient criteria are reviewed regularly and updated when necessary. Manufacturers should contact Health Check in the early stages of their product development process to ensure they can meet the most up-to-date nutrient criteria. For assistance, please contact Mariève Desnoyers at healthcheck@actimenu.ca or 514-985-2466 ext. 263

Changes announced in December 2007

As a result of the update to *Canada's Food Guide*, the Heart and Stroke Foundation has made a number of changes to existing criteria and introduced new criteria. Health Check's Technical Advisory Committee, made up of registered dietitians and nutrition experts from across the country have developed and recommended these additions and changes.

Nutrient criteria have been added for the first time for **trans fat** and **sugar**, and changes have been made to some existing criteria for **fat**, **sodium** and **fibre**. The trans fat criteria are based on Health Canada's acceptance of the Trans Fat Task Force's recommendation that processed trans fats be limited to no more than 5% of total fat. While most products in the program already meet the new criteria, a few companies may have to reformulate their product(s) in order to stay in the program.

Changes announced in September 2008

The Heart and Stroke Foundation has played a key role in a coordinated, national effort to reduce the amount of **sodium** Canadians consume as it is a contributing factor to hypertension, which is a major risk factor for heart disease and stroke. Most Canadians consume far more sodium than is healthy.

The Heart and Stroke Foundation was one of 17 leading health organizations in Canada to endorse a National Sodium Policy Statement developed by Blood Pressure Canada with the goal of reducing the daily sodium consumption of adult Canadians to between 1200 and 2300 mg by January 2020. Health Check is committed to playing a role in helping Canadians reach these challenging goals by working with food companies to reduce the sodium in our food supply. As a result the Health Check nutrient criteria will continue to evolve for all existing food categories and take into account the latest science, labelling regulations, nutrition trends, eating habits of Canadians, market realities and technologies.

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

Implementation

All new products entering the program must reflect the new criteria immediately.

All products which were already in the program when the changes were announced must meet the new criteria levels **by December 28, 2009** for changes announced in December 2007 OR by **November 1st 2010** for changes announced in September 2008. If not possible, the licensee will have to forfeit the participation of its products in the Health Check program. The Heart and Stroke Foundation encourages all existing licensees to implement the product reformulations as soon as possible.

Following are the criteria for all food categories with new and existing criteria. Our team of registered dietitians are happy to answer any questions around the nutrient criteria for the Health Check program.

GRAIN PRODUCTS

FOOD CATEGORY	CRITERIA FOR NEW SUBMITTED PRODUCTS	CRITERIA FOR PRODUCTS ALREADY IN THE PROGRAM *
Bread Products must fit the criteria per 50 g serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less OR Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fibre: 2 g or more - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less OR Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fibre: 2 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Bread Products (e.g. bagels, pitas, english muffins) Products must fit the criteria per 55 g serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less OR Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fibre: 2 g or more - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less OR Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fibre: 2 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Hot Breakfast Cereals Products must fit the criteria per 40 g serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less OR No added fat - Fibre: 2 g or more - Sodium: 240 mg or less - Sugar 11 g or less (excluding sugars from pieces of fruit) except if 4 g or more fibre - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less OR No added fat - Fibre: 2 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat and Sugar criteria and by November 2010 for the new sodium criteria.</p>
Breakfast Cereals (20 g to 42 g per 250 mL) Products must fit the criteria	<ul style="list-style-type: none"> - Fat: 3 g or less OR No added fat - Fibre: 2 g or more - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Fat: 3 g or less OR No added fat - Fibre: 2 g or more - Sodium: 480 mg or less

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

per 30 g serving and per on-pack serving	<ul style="list-style-type: none"> - Sugar: 6 g or less (excluding sugars from pieces of fruit) except if 4 g or more fibre - Trans fat: 5% or less of total fat 	<p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat and Sugar criteria and by November 2010 for the new sodium criteria.</p>
<p>Breakfast Cereals (43 g or more per 250 mL)</p> <p>Products must fit the criteria per 55 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Fat: 3 g or less OR No added fat - Fibre: 4 g or more - Sodium: 240 mg or less - Sugar 11 g or less (excluding sugars from pieces of fruit) except if 6 g or more fibre - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less OR No added fat - Fibre: 4 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat and Sugar criteria and by November 2010 for the new sodium criteria.</p>
<p>Very High Fibre Breakfast Cereals (28 g or more fibre per 100 g)</p> <p>Products must fit the criteria per 30 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Fat: 3 g or less OR No added fat - Fibre: 6 g or more - Sodium: 240 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less fat OR No added fat - Fibre: 6 g or more - Sodium: 480 mg or less per 50g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
<p>Flour / Grains</p> <p>Products must fit the criteria per 30 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Fibre: 2 g or more - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Fibre: 2 g or more - Sodium: 480 mg or less per 50g <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
<p>Crackers / Rusks</p> <p>Products must fit the criteria per 20 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 3 g or less - Sodium: 190 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 3 g or less - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
<p>Croutons</p> <p>Products must fit the criteria per 20 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Fat: 3 g or less - Fibre: 2 g or more or at least 5% Daily Value of vitamin A or vitamin C or calcium or iron - Sodium: 140 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less - Fibre: 2g or more or at least 5% Daily Value of vitamin A or vitamin C or calcium or iron - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
<p>Rice Cakes</p> <p>Products must fit the criteria per 15 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Fat: 3 g or less per 50 g - Sodium: 140 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less fat per 50g - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium</p>

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

		criteria.
Waffles / Pancakes Products must fit the criteria per 75 g serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 240 mg or less - Fibre: 2 g or more - Sugar 11 g or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat, fibre and sugar criteria and by November 2010 for the new sodium criteria.</p>
Rice (except Instant Rice) / Grains (plain) Products must fit the criteria per 45 g serving and per on-pack serving	<ul style="list-style-type: none"> - Sodium: 140 mg or less 	<ul style="list-style-type: none"> - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Instant Rice (plain) Products must fit the criteria per 45 g serving and per on-pack serving	<ul style="list-style-type: none"> - Enriched or whole grain - Sodium: 140 mg or less 	<ul style="list-style-type: none"> - Enriched or whole grain - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Pasta Products must fit the criteria per 85 g (dry) serving and per on-pack serving	<ul style="list-style-type: none"> - Enriched or Whole grain or Fibre: 4 g or more - Sodium: 140 mg or less 	<ul style="list-style-type: none"> - Enriched or Whole grain or Fibre: 4 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Side Dishes - Rice, grains or potatoes (seasoned, sauced) Products must fit the criteria per 140g (prepared) serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 240 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Side Dishes - Pasta or noodles (seasoned, sauced) Products must fit the criteria per 125 mL (prepared) serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less - Enriched or Fibre: 2 g or more - Sodium: 240 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less - Enriched or Fibre: 2 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Grain - based Bars Products must fit the criteria per 30 g serving and per on-pack serving	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 6 g or less (with a maximum of 7.4 g per on-pack serving) - Fibre: 2 g or more - Sodium: 140 mg or less - Sugar: 50% or less carbohydrates from sugars - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 10 g or less - Fibre: 2 g or more - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat, sugar and fat criteria and by November 2010 for the new sodium criteria.</p>
Muffins / Muffin-Style Bars Products must fit the criteria per 55 g (muffin) or 40 g (muffin-style bar) serving and per on-pack serving	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 7.4 g or less 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 10 g or less - Fibre: 2 g or more

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

	<ul style="list-style-type: none"> - Fibre: 2 g or more - Sodium: 240 mg or less - Sugar: 50% or less carbohydrates from sugars - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat, sugar and fat criteria and by November 2010 for the new sodium criteria.</p>
Plain Popcorn Products must fit the criteria per 50 g serving and per on-pack serving	<ul style="list-style-type: none"> - No added salt - No added fat 	<ul style="list-style-type: none"> - No added salt - No added fat

VEGETABLES & FRUIT

FOOD CATEGORY	CRITERIA FOR NEW SUBMITTED PRODUCTS	CRITERIA FOR PRODUCTS ALREADY IN THE PROGRAM *
Fruit Juices <i>*For single serving products: Only products with an individual format size of 360 mL or less are eligible.</i>	<ul style="list-style-type: none"> - All 100% fruit juices fit 	<ul style="list-style-type: none"> - All 100% fruit juices fit
Fresh Fruit	<ul style="list-style-type: none"> - All fit 	<ul style="list-style-type: none"> - All fit
Frozen Fruit	<ul style="list-style-type: none"> - 100% fruit 	<ul style="list-style-type: none"> - 100% fruit
Canned Fruit	<ul style="list-style-type: none"> - In light syrup or fruit juice 	<ul style="list-style-type: none"> - In light syrup or fruit juice
Apple and other fruit sauces	<ul style="list-style-type: none"> - 100% fruit 	<ul style="list-style-type: none"> - 100% fruit
Dried Fruit Pieces	<ul style="list-style-type: none"> - Fruit as first ingredient - No added fat 	<ul style="list-style-type: none"> - Fruit as first ingredient - No added fat
Dried Fruit Snacks	<ul style="list-style-type: none"> - No added sugar - No added fat 	<ul style="list-style-type: none"> - No added sugar - No added fat
Fresh and Frozen Vegetables (plain)	<ul style="list-style-type: none"> - All fit 	<ul style="list-style-type: none"> - All fit
Canned Vegetables (plain) Products must fit the criteria per 125 mL serving and per on-pack serving	<ul style="list-style-type: none"> - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Canned Tomatoes Products must fit the criteria per 125 mL serving and per on-pack serving	<ul style="list-style-type: none"> - Sodium: 360 mg or less 	<ul style="list-style-type: none"> - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Frozen and Canned Vegetables (seasoned, sauced, fried) Products must fit the criteria per 125 mL (110 g when frozen) serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Tomato Juice Products must fit the criteria per 250 mL serving and per on-pack serving	<ul style="list-style-type: none"> - Sodium: 480 mg or less 	<ul style="list-style-type: none"> - Sodium: 650 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Vegetables Juices and Blends Products must fit the criteria per 250 mL serving and per on-pack serving	<ul style="list-style-type: none"> - Vitamin A and/or Folate: at least 15% of the Daily Value - Sodium: 480 mg or less 	<ul style="list-style-type: none"> - Vitamin A and/or Folate: at least 15% of the Daily Value - Sodium: 650 mg or less <p>* All Health Check products must be</p>

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

		reformulated by November 2010 for the new sodium criteria.
Tomato Paste Products must fit the criteria per 30 mL serving and per on-pack serving	<ul style="list-style-type: none"> - No added salt 	<ul style="list-style-type: none"> - No added salt
Minor Main Entrée Vegetable-Based Sauces Products must fit the criteria per 60 mL serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less or no added fat - Sodium: 240 mg or less - Vitamin C or A or Folate: at least 5% of the Daily Value or 2 g or more fibre 	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Vegetable-Based Dips Products must fit the criteria per 30 g serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less or no added fat - Sodium: 240 mg or less - Vitamin C or A or Folate: at least 5% of the Daily Value or 2 g or more fibre 	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Frozen Fruit Bars Products must fit the criteria per 75 mL serving and per on-pack serving	<ul style="list-style-type: none"> - Sugar: No added sugar - Vitamin C or A or Folate: at least 5% of the Daily Value 	<ul style="list-style-type: none"> - Sugar: No added sugar - Vitamin C or A or Folate: at least 5% of the Daily Value

MILK & ALTERNATIVES

FOOD CATEGORY	CRITERIA FOR NEW SUBMITTED PRODUCTS	CRITERIA FOR PRODUCTS ALREADY IN THE PROGRAM *
Milk and Milk Based Drinks Products must fit the criteria per 250 mL serving and per on-pack serving	<ul style="list-style-type: none"> - Lower fat (2% M.F. or less) - Calcium: At least 25% of the Daily Value - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Lower fat (2% M.F. or less) - Calcium: At least 25% of the Daily Value - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Yogurts Products must fit the criteria per 175 g serving	<ul style="list-style-type: none"> - Lower fat (2% M.F. or less) - Calcium: At least 15% of the Daily Value - Sodium: 140 mg or less 	<ul style="list-style-type: none"> - Lower fat (2% M.F. or less) - Calcium: At least 15% of the Daily Value - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Yogurt Based Drinks Products must fit the criteria per 250 mL serving	<ul style="list-style-type: none"> - Lower fat (2% M.F. or less) - Calcium: At least 15% of the Daily Value - Sodium: 140 mg or less 	<ul style="list-style-type: none"> - Lower fat (2% M.F. or less) - Calcium: At least 15% of the Daily Value - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Flavoured Fresh Cheese Products must fit the criteria per 100 g serving and per on-pack serving	<ul style="list-style-type: none"> - Lower fat (2% M.F. or less) - Calcium: At least 15% of the Daily Value - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Lower fat (2% M.F. or less) - Calcium: At least 15% of the Daily Value - Sodium: 480 mg or less <p>* All Health Check products must be</p>

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

		reformulated by November 2010 for the new sodium criteria.
Puddings / Flans / Frozen Dairy Desserts	<p>To remain consistent with the recommendations in <i>Eating Well with Canada's Food Guide</i>, the <u>Puddings / Flans / Frozen Dairy Desserts</u> category is being removed from the Health Check program. Effective immediately Health Check will not accept any new food item from the <u>Puddings / Flans / Frozen Dairy Desserts</u> category to join the program.</p> <p>Companies must stop shipping products in this category with the Health Check logo on the package by December 31, 2009.</p> <p>To help you make healthier choices in the <u>Puddings / Flans / Frozen Dairy Desserts</u> category, look for products that are:</p> <ul style="list-style-type: none"> - Lower in fat, trans fat and sodium - Higher in calcium 	
Cheese Products must fit the criteria per 30 g serving and per on-pack serving	<ul style="list-style-type: none"> - Lower fat (20% M.F. or less) - Calcium: At least 15% of the Daily Value - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Lower fat (20% M.F. or less) - Calcium: At least 15% of the Daily Value - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Soy-based Cheese Products must fit the criteria per 30 g serving and per on-pack serving	<ul style="list-style-type: none"> - Lower fat (20% M.F. or less) - Calcium: At least 15% of the Daily Value - Protein: 5 g or more - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Lower fat (20% M.F. or less) - Calcium: At least 15% of the Daily Value - Protein: 5 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Ricotta Cheese (plain) Products must fit the criteria per 55 g serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less - Calcium: at least 15% of the Daily Value - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Fat: 3 g or less - Calcium: at least 15% of the Daily Value - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Cottage Cheese (plain and flavoured) Products must fit the criteria per 125 g serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less - Calcium: at least 10% of the Daily Value - Sodium: 360 mg or less 	<ul style="list-style-type: none"> - Fat: 3 g or less - Calcium: at least 10% of the Daily Value - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Plant-based Beverages (e.g. soy beverages) Products must fit the criteria per 250 mL serving and per on-pack serving	<ul style="list-style-type: none"> - Fortified / Enriched - Fat: 3 g or less OR Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Sodium: 240 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fortified / Enriched - Fat: 3 g or less OR Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

MEAT & ALTERNATIVES

FOOD CATEGORY	CRITERIA FOR NEW SUBMITTED PRODUCTS	CRITERIA FOR PRODUCTS ALREADY IN THE PROGRAM *
Meats / Poultry (plain, seasoned, coated) Products must fit the criteria per 125 g (raw) or 100 g (cooked) serving and per on-pack serving	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: No salt or sodium ingredient added for plain meat. 360 mg or less for seasoned meats - Trans fat: 5% or less of total fat if the fat does not originate exclusively from ruminant meat 	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Meats / Poultry (with sauce) Products must fit the criteria per 140 g serving and per on-pack serving	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: 360 mg or less - Trans fat: 5% or less of total fat if the fat does not originate exclusively from ruminant meat 	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Ground Meats (plain, seasoned) Products must fit the criteria per 100 g (raw), 60 g (cooked) serving and per on-pack serving	<ul style="list-style-type: none"> - Lean: 17% or less fat - Sodium: No salt or sodium ingredient added for plain meat. 360 mg or less for seasoned meats - Trans fat: 5% or less of total fat if the fat does not originate exclusively from ruminant meat 	<ul style="list-style-type: none"> - Lean: 17% or less fat - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Patties, meatballs, etc. Products must fit the criteria per 100 g (raw), 60 g (cooked) serving and per on-pack serving	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: 360 mg or less - Trans fat: 5% or less of total fat if the fat does not originate exclusively from ruminant meat 	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Sausages Products must fit the criteria per 55 g (cooked) or 75 g (uncooked) serving and per on-pack serving	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: 360 mg or less - Trans fat: 5% or less of total fat if the fat does not originate exclusively from ruminant meat 	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Deli Meats / Ham Products must fit the criteria per 55 g serving and per on-pack serving	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: 360 mg or less - Trans fat: 5% or less of total fat if the fat does not originate exclusively from ruminant meat 	<ul style="list-style-type: none"> - Lean: 10% or less fat - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Fish and Seafood (plain) Products must fit the criteria per 125 g (raw), 100 g (cooked) serving and per on-pack serving	<ul style="list-style-type: none"> - Sodium: 360 mg or less 	<ul style="list-style-type: none"> - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Fish and Seafood (seasoned or coated)	<ul style="list-style-type: none"> - Extra lean: 7.5% or less fat or No added fat 	<ul style="list-style-type: none"> - Extra lean: 7.5% or less fat or No added fat

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

Products must fit the criteria per 125 g (raw), 100 g (cooked) serving and per on-pack serving	<ul style="list-style-type: none"> - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Fish and Seafood (sauced) Products must fit the criteria per 140 g (cooked) serving and per on-pack serving	<ul style="list-style-type: none"> - Extra lean: 7.5% or less fat or No added fat - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Extra lean: 7.5% or less fat or No added fat - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Canned Fish and Seafood (packed in broth or water) Products must fit the criteria per 55 g serving and per on-pack serving	<ul style="list-style-type: none"> - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Canned Fish and Seafood (seasoned, sauced) Products must fit the criteria per 55 g serving and per on-pack serving	<ul style="list-style-type: none"> - Lean: 10 % or less fat OR No added fat - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Lean: 10 % or less fat OR No added fat - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Processed Fish (e.g. crab imitation, surimi) Products must fit the criteria per 55 g serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Dried Legumes	- All fit	- All fit
Frozen and Canned Legumes (plain) Products must fit the criteria per 250 mL (drained) serving and per on-pack serving	<ul style="list-style-type: none"> - Sodium: 360 mg or less 	<ul style="list-style-type: none"> - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for the new sodium criteria.</p>
Canned Legumes (prepared) Products must fit the criteria per 125 mL serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Total fat: 3 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Tofu (plain) Products must fit the criteria per 85 g serving and per on-pack serving	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 10 g or less - Sodium: 140 mg or less 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Total fat: 10 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by November 2010 for</p>

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

		the new sodium criteria.
Vegetarian Meat Alternatives (seitan, Veggie Ground Meat, simulated meat strips, burger, meatballs, etc.) Products must fit the criteria per 60 g (cooked) serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 10% or less - Protein: 7.5 g or more - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 10% or less - Protein: 7.5 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Vegetarian Terrines, Spreads or Pâtés Products must fit the criteria per 55 g serving and per on-pack serving	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 10 g or less - Protein: 5 g or more - Sodium: 360 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 10 g or less - Protein: 5 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Eggs	- All fit	- All fit
Egg Substitutes Products must fit the criteria per 50 g serving and per on-pack serving	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 240 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Nuts, Seeds or Ready to Eat Dried Legumes(e.g. soybeans) Plain, uncoated /coconut not eligible	- No added salt	- No added salt
Nuts and Seeds Butters Products must fit the criteria per 15 g (peanut butter) or 30 g (others) serving and per on-pack serving	<ul style="list-style-type: none"> - Nuts or seeds as the 1st ingredient - Sodium: 140 mg or less per 15 g - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Nuts or seeds as the 1st ingredient - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
Legume-based dips such as hummus or white bean dip Products must fit the criteria per 30 g serving and per on-pack serving	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Total fat: 7.4 g or less - Sodium: 240 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 10 g or less - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new total fat and Trans Fat criteria and by November 2010 for the new sodium criteria.</p>

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

OILS AND FATS

FOOD CATEGORY	CRITERIA FOR NEW SUBMITTED PRODUCTS	CRITERIA FOR PRODUCTS ALREADY IN THE PROGRAM *
<p>Oils</p> <p>Products must fit the criteria per 10 mL serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Sodium: 140 mg or less - Trans fat: 2% or less of total fat 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
<p>Margarines</p> <p>Products must fit the criteria per 10 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Non hydrogenated - Sodium: 140 mg or less - Trans fat: 2% or less of total fat 	<ul style="list-style-type: none"> - Non hydrogenated - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
<p>Light Margarines</p> <p>Products must fit the criteria per 10 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Non hydrogenated - Reduced fat (50% less fat than regular margarine) - Sodium: 140 mg or less - Trans fat: 2% or less of total fat 	<ul style="list-style-type: none"> - Non hydrogenated - Reduced fat (50% less fat than regular margarine) - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
<p>Salad dressings</p> <p>Products must fit the criteria per 15 mL serving</p> <p>Serving on the label should be 15 mL except if total fat is less than 30 % (10 g per 30 mL)</p>	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Sodium: 140 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Sodium: 480 mg or less per 50 g <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

OTHER FOODS

FOOD CATEGORY	CRITERIA FOR NEW SUBMITTED PRODUCTS	CRITERIA FOR PRODUCTS ALREADY IN THE PROGRAM *
Soy or Tofu desserts	<p>To remain consistent with the recommendations in <i>Eating Well with Canada's Food Guide</i>, the <u>Soy or Tofu desserts</u> category is being removed from the Health Check program. Effective immediately Health Check will not accept any new food item from the <u>Soy or Tofu desserts</u> to join the program.</p> <p>Companies must stop shipping products in this category with the Health Check logo on the package by December 31, 2009.</p> <p>To help you make healthier choices in the <u>Soy or Tofu desserts</u> category, look for products that are:</p> <ul style="list-style-type: none"> - Lower in fat, trans fat and sodium - Higher in protein 	
Snack Foods (e.g. seasoned popcorn, pretzels, potato crisps)	<p>To remain consistent with the recommendations in <i>Eating Well with Canada's Food Guide</i>, the <u>Snack Foods (e.g. seasoned popcorn, pretzels, potato crisps)</u> category is being removed from the Health Check program. Effective immediately Health Check will not accept any new food item from the <u>Snack Foods (e.g. seasoned popcorn, pretzels, potato crisps)</u> category to join the program.</p> <p>Companies must stop shipping products in this category with the Health Check logo on the package by December 31, 2009.</p> <p>To help you make healthier choices in the <u>Snack Foods (e.g. seasoned popcorn, pretzels, potato crisps)</u> category, look for products that are:</p> <ul style="list-style-type: none"> - Lower in fat, trans fat and sodium 	
Cookies	<p>To remain consistent with the recommendations in <i>Eating Well with Canada's Food Guide</i>, the <u>Cookies</u> category is being removed from the Health Check program. Effective immediately Health Check will not accept any new food item from the <u>Cookies</u> category to join the program.</p> <p>Companies must stop shipping products in this category with the Health Check logo on the package by December 31, 2009.</p> <p>To help you make healthier choices in the <u>Cookies</u> category, look for products that are:</p> <ul style="list-style-type: none"> - Lower in fat, trans fat and sodium - Higher in fibre 	

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

COMBINATION FOODS

FOOD CATEGORY	CRITERIA FOR NEW SUBMITTED PRODUCTS	CRITERIA FOR PRODUCTS ALREADY IN THE PROGRAM *
<p>Soups</p> <p>Products must fit the criteria per 250 mL serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 480 mg or less - Fibre: 2 g or more OR at least 5% of the Daily Value for Vitamin A or Vitamin C or iron or calcium or folate. - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 650 mg or less - Fibre: 2 g or more OR at least 5% of the Daily Value for Vitamin A or Vitamin C or iron or calcium or folate. <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
<p>Dinners & Entrees / Mixed Dishes</p> <p>Products must fit the criteria per 250 g serving and per on-pack serving</p>	<p><u>OPTION #1</u></p> <ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 720 mg or less - Trans fat: 5% or less of total fat <p><u>OPTION #2</u></p> <ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 15 g or less - Protein: 10 g or more - Sodium: 720 mg or less - Trans fat: 5% or less of total fat 	<p><u>OPTION #1</u></p> <ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 960 mg or less <p><u>OPTION #2</u></p> <ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 15 g or less - Protein: 10 g or more - Sodium: 960 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat and sodium criteria.</p>
<p>Pizza</p> <p>Products must fit the criteria per 140 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 480 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria.</p>
<p>Vegetarian or Meat Pies</p> <p>Products must fit the criteria per 140 g serving and per on-pack serving</p>	<p><u>OPTION #1</u></p> <ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 480 mg or less - Trans fat: 5% or less of total fat <p><u>OPTION #2</u></p> <ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 15 g or less - Protein: 10 g or more - Sodium: 480 mg or less - Trans fat: 5% or less of total fat 	<p><u>OPTION #1</u></p> <ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 480 mg or less <p><u>OPTION #2</u></p> <ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 15 g or less - Protein: 10 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria.</p>

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

<p>Tofu or Meat or Fish with vegetables</p> <p>Products must fit the criteria per 140 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 480 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria.</p>
<p>Stuffed Pasta</p> <p>Products must fit the criteria per 140 g serving (as sold, cooked) and per on-pack serving</p>	<ul style="list-style-type: none"> - Fat: 7.4 g or less - Protein: 10 g or more - Sodium: 480 mg or less - Trans fat: 5% or less of total fat - Enriched or Whole Wheat Pasta 	<ul style="list-style-type: none"> - Fat: 7.4 g or less - Protein: 10 g or more - Sodium: 480 mg or less - Trans fat: 5% or less of total fat - Enriched or Whole Wheat Pasta
<p>Stuffed Meat</p> <p>Products must fit the criteria per 140 g serving (195 g with gravy or sauce) and per on-pack serving</p>	<ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 480 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Fat: 10 g or less - Protein: 10 g or more - Sodium: 480 mg or less - Trans fat: 5% or less of total fat
<p>Major Main Entrée Sauce (such as pasta sauce)</p> <p>Products must fit the criteria per 125 mL serving and per on-pack serving</p>	<p>OPTION #1</p> <ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 360 mg or less - Trans fat: 5% or less of total fat - Fibre: 2 g or more OR at least 5% of the Daily Value for Vitamin A or Vitamin C or iron or calcium or folate. <p>OPTION #2</p> <ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 5 g or less - Sodium: 360 mg or less - Fibre: 2 g or more OR at least 5% of the Daily Value for Vitamin A or Vitamin C or iron or calcium or folate. - Trans fat: 5% or less of total fat 	<p>OPTION #1</p> <ul style="list-style-type: none"> - Fat: 3 g or less - Sodium: 480 mg or less - Fibre: 2 g or more OR at least 5% of the Daily Value for Vitamin A or Vitamin C or iron or calcium or folate. <p>OPTION #2</p> <ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 5 g or less - Sodium: 480 mg or less - Fibre: 2 g or more OR at least 5% of the Daily Value for Vitamin A or Vitamin C or iron or calcium or folate. <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
<p>Potato and Pasta Salads</p> <p>Products must fit the criteria per 140 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 7.4 g or less - Sodium: 240 mg or less - Trans fat: 5% or less of total fat 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 7.4 g or less - Sodium: 480 mg or less <p>* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.</p>
<p>Other Salads</p> <p>Products must fit the criteria per 100 g serving and per on-pack serving</p>	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 7.4 g or less - Sodium: 240 mg or less 	<ul style="list-style-type: none"> - Saturated fat: 2 g or less saturated and trans fat combined + 15% or less energy from the sum of saturated and trans fat - Fat: 7.4 g or less - Sodium: 480 mg or less

HEALTH CHECK™ NUTRIENT CRITERIA: JULY 2009

	- Trans fat: 5% or less of total fat	* All Health Check products must be reformulated by the end of December 2009 for the new Trans Fat criteria and by November 2010 for the new sodium criteria.
Dried Fruit and Nut Mixture	- No added salt	- No added salt
Nut and/or Seed Bars (with or without dried fruit)	- No added salt	- No added salt