

Exceptions for deli meats

Choice no 1 : Sodium < 400 mg
 Choice no 2 : Sodium 401 - 720 mg

Even if the portions are indicated as 100 g, as a general rule, a portion of 60 g is sufficient

Selection Criteria - Nutritive Value: Schools

Portion 60 g
 Choice no 1 : Total Fat 12 g and under
 Choice no 2 : Total Fat 12 - 16 g

Saturated Fat 5 g and under
 5 - 8 g

Sodium 375 mg and under
 376 à 450 mg

**The products below are in portions of 100 g but have been reduced to 60 g for calculation purposes. Reference : Act Now BC (www.actnowbc.ca)*

Selection Criteria - Nutritive Value: Hospitals

Portion 100 g
 Choice no 1 : Total Fat 12 g and under
 Choice no 2 : Total Fat 12 - 16 g and under

Saturated Fat 5 g and under
 5 - 8 g

Sodium 400 mg and under
 401 - 720 mg

Product Codes	Description	Piece Count	Avg. Pc. Weight (g)	Case Weight (kg)	Portion Cost	Calculation Size (g)	Calories	Total Fat (g)	Saturated (g)	Trans Fat (g)	Total Sugar (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Potassium (mg)	Cholesterol (mg)	SCHOOLS	HOSPITALS	Allergens *	Intolerance	Comments
A) CHICKEN PRODUCTS																					
1) Chicken cuts, bone-in, skin on, unseasoned, raw																					
1	806 8505	Chicken legs sized, without back	Random	Random	5.25	100	188	12	0.98	0.10	0	0	20.13	86	229	80	1	1	None	None	
2	806 8406	Chicken legs sized, without back	25	250	± 6.50	100	188	12	0.98	0.10	0	0	20.13	86	229	80	1	1	None	None	
3	806 8405	Chicken legs sized, without back	25	208	± 5.90	100	188	12	0.98	0.10	0	0	20.13	86	229	80	1	1	None	None	
4	806 8412	Split chicken breast, sized, without back	25	232	± 5.70	100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	1	1	None	None	
5	806 8512	Split chicken breasts, random, without back	Random	Random	5.25	100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	1	1	None	None	
6	806 8413	Split chicken breasts, sized, without back	25	268	6.30	100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	1	1	None	None	
7	706 2381	Chicken breasts, random	Random	Random	4	100	137	7.63	2.19	0.09	0	0	17.2	390	181	53	1	1	None	None	
2) Boneless skinless chicken cuts, raw																					
8	806 8424	Chicken breasts, unseasoned	50	120	± 6	100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	1	1	None	None	
9	806 8420	Chicken breasts, unseasoned	60	81	5	100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	1	1	None	None	
10	806 8423	Chicken breasts, seasoned, tray-packed (12 pc. x 5 layers)	60	112	± 7	100	88	1.05	0.28	0.02	0	0	19.63	453.12	216.8	49.31	1	2	None	MSG	
11	706 2349	Chicken breasts, seasoned	17	227	4	100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	1	1	None	None	
12	706 2348	Chicken breasts, seasoned	22	170	4	100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	1	1	None	None	
13	706 2347	Chicken breasts, seasoned, Village	26	142	4	100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	1	1	None	None	
14	706 2314	Chicken breasts, seasoned	26	142	4	100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	1	1	None	None	
15	706 2319	Chicken breasts, seasoned	19	200	4	100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	1	1	None	None	
16	706 2318	Chicken breasts, seasoned	22	170	4	100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	1	1	None	None	
17	706 2310	Chicken breasts, seasoned	32	113	4	100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	1	1	None	None	
18	706 2320	Chicken breasts, seasoned	Random	Random	4	100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	1	1	None	None	
19	706 2350	Chicken breasts, seasoned, Village	Random	Random	4	100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	1	1	None	None	
20	706 2308	Chicken breasts, seasoned, Village	Random	Random	8	100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	1	1	None	None	
21	706 2317	Chicken breasts, seasoned "Butterfly"	17	227	4	100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	1	1	None	None	
22	706 2316	Chicken breasts, seasoned "Butterfly"	22	170	4	100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	1	1	None	None	
23	706 2312	Chicken breasts, seasoned "Butterfly"	19	200	4	100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	1	1	None	None	
24	706 2307	Chicken breast fillets, seasoned	Random	Random	4	100	90	1	0.3	0	0	0	20	430	170	60	1	2	None	None	
25	806 8448	Pulled chicken thighs, unseasoned	Random	Random	5	100	127	5.09	1.30	0	0	0	19.06	86	231	83	1	1	None	None	
3) Diced, grills and chicken pieces, cooked																					
26	816 8122	All-white diced chicken (½")	Random	Random	4	100	139	1.3	0.17	0.1	0	0	31.81	39.1	123	62.7	1	1	None	None	
27	816 8123	All-white diced chicken (¾")	Random	Random	4	100	139	1.3	0.17	0.1	0	0	31.81	39.1	123	62.7	1	1	None	None	
28	716 1900	Diced mostly-dark chicken meat (¾")	Random	Random	4	100	158	4.38	1.32	0.1	0	0	29.59	54.2	N/A	88.5	1	1	None	None	
29	716 1300	Diced mostly-dark chicken meat (½")	Random	Random	4	100	158	4.38	1.32	0.1	0	0	29.59	54.2	N/A	88.5	1	1	None	None	
30	816 8347	Diced natural-proportion chicken meat (¾")	Random	Random	4	100	149	3.13	0.96	0.1	0	0	30.14	50.4	N/A	79.8	1	1	None	None	
31	816 8341	Diced natural-proportion chicken meat (½")	Random	Random	4	100	149	3.13	0.96	0.1	0	0	30.14	50.4	N/A	79.8	1	1	None	None	
32	816 8335	Pulled natural-proportion chicken meat	Random	Random	4	100	149	3.13	0.96	0.1	0	0	30.14	50.4	N/A	79.8	1	1	None	None	
33	816 8332	Pulled all-white chicken meat	Random	Random	4	100	139	1.3	0.17	0.1	0	0	31.81	39.1	N/A	62.7	1	1	None	None	
34	606 0229	Chicken breast grills, low-sodium, char-marked	52-58	73	4	73	90	2	0.5	0	0	0	18	120	220	95	1	1	None	None	
35	606 0221	Breast O'Chicken grills, breast-shaped cutlet, char-marked	Min. 47	71	3.5	71	90	3.5	1	0	0	0	14	270	140	45	1	1	None	None	
36	606 0235	Breast O'Chicken grills, whole muscle, char-marked	27 - 29	142	4	142	160	3.27	0.99	0	0	0	32.52	544	403	101.4	1	1	None	None	
37	606 0232	Chicken breast grills, 3D-shaped, char-marked	44 - 47	90	4	90	100	2.5	0.5	0	0	0	19	370	200	50	1	1	None	None	
38	606 0227	Chicken breast grills, "Texan style", whole muscle, char-marked	34 - 39	110	4	110	110	2	0.5	0	2	2	22	570	250	70	1	2	Dairy substances, soy	Lactose	
39	806 0219	Breast O'Chicken grills, whole muscle, char-marked	Min. 43	85	4	85	96	1.96	0.6	0	0	0	19.5	326	241	60.7	1	1	None	None	
40	606 0236	Breast O'Chicken grills, whole muscle, char-marked	34 - 36	112	4	100	110	2.5	0.5	0	0	0	23	380	280	70	1	1	None	None	
41	706 7148	Ground chicken, formed, sub-shaped chicken grill	Min. 60	65	4	65	100	5	1	0	1	2	11	280	150	40	1	1	Gluten (wheat), soy	Gluten	
4) Multigrain breaded chicken, cooked																					
42	801 8454	Chicken nuggets, multigrain breading	90 - 105	20	2	100	200	7	1.5	0	2	20	13	420	N/A	40	1	2	Gluten (wheat, barley, rye, oats, triticale), milk, egg, soy	Gluten and lactose	Source of Omega-3
43	701 1045	Chicken strips, multigrain breading, full muscle	97 - 105	40	4	80	150	5	1	0	1	17	10	320	N/A	30	1	1	Gluten (wheat, barley, rye, oats, triticale), milk, egg, soy	Gluten and lactose	Source of Omega-3
44	701 1144	Chicken strips, multigrain breading	95 - 110	40	4	80	150	5	1	0	1	17	10	320	N/A	30	1	1	Gluten (wheat, barley, rye, oats, triticale), milk, egg, soy	Gluten and lactose	Source of Omega-3
45	701 3355	Chicken burgers, multigrain breading	50	80	4	80	150	5	1	0	1	17	10	320	N/A	30	1	1	Gluten (wheat, barley, rye, oats, triticale), milk, egg, soy	Gluten and lactose	Source of Omega-3
5) International chicken flavours																					
46	606 0214	Chicken breast strips, unseasoned, cooked	Random	Random	2	100	121	2.8	0.8	0.1	0.8	2.7	23.4	550	264	81	1	2	Soy	None	
47	606 0211	Chicken breast strips, seasoned, cooked	Random	Random	2	100	130	3.4	1	0.1	1.8	2.9	22	644	N/A	79	2	2	None	None	
48	702 1467	Chicken thigh strips, "Fajitas" style, raw	Random	Random	4	100	135	7.08	2.6	0.09	1.4	1.4	16.4	772	N/A	81.7	2	2	Soy, gluten (wheat), sesame, milk	Gluten and lactose	
49	702 1463	Chicken thigh strips, Oriental flavour, raw	Random	Random	4	100	150	8.64	2.62	0.08	1.7	1.7	16.4	402	N/A	85.3	1	1	Soy, gluten (wheat), sesame	Gluten	
6) Chicken deli products																					
50	810 8153	"Suprême" breast roasts, cooked, boneless, skinless	3	2 kg	± 6	100	100	3	1	0	1	3	16	1 010	N/A	50	1	2	None	None	Deli meat portions are 100 g in this table but a 60 g portion is sufficient.
51	810 8051	"Old fashioned" breast roasts, cooked, boneless, skinless	3	2 kg	± 6	100	100	3	1	0	1	3	16	1 010	N/A	50	1	2	None	None	Deli meat portions are 100 g in this table but a 60 g portion is sufficient.

*Allergens verified: peanuts, nuts, sesame seeds, milk, egg, seeds containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustaceans, mollusk, sulfite (max. 10 ppm)

Exceptions for deli meats
Sodium Even if the portions are indicated as
 Choice no 1 : < 400 mg 100 g, as a general rule, a portion
 Choice no 2 : 401 - 720 mg of 60 g is sufficient

Selection Criteria - Nutritive Value: Schools
Portion 60 g
 Choice no 1 : Total Fat 12 g and under
 Choice no 2 : Saturated Fat 5 g and under
 12 - 16 g Sodium 375 mg and under
 376 à 450 mg
 *The products below are in portions of 100 g but have been reduced to 60 g for calculation purposes. Reference : Act Now BC (www.actnowbc.ca)

Selection Criteria - Nutritive Value: Hospitals
Portion 100 g
 Choice no 1 : Total Fat 12 g and under
 Choice no 2 : Saturated Fat 5 g and under
 5 - 8 g Sodium 400 mg and under
 401 - 720 mg

Product Codes	Description	Piece Count	Avg. Pc. Weight (g)	Case Weight (kg)	Portion Cost	Calculation Size (g)	Calories	Total Fat (g)	Saturated (g)	Trans Fat (g)	Total Sugar (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Potassium (mg)	Cholesterol (mg)	SCHOOLS	HOSPITALS	Allergens *	Intolerance	Comments
B) TURKEY PRODUCTS																					
1) Turkey cuts, bone-in, skin on, raw																					
52	626 1109	Bone-in breast, marinated, cook-in-bag	2	7.25 kg	14.50	100	138	6.4	1.74	0.17	0.16	1.17	18.83	52	236	56.55	1	1	None	None	
53	611 1209	Bone-in breast, no added salt, cook-in-bag	2	5 kg	10	100	160	7	2	0	0	0	22	60	270	65	1	1	None	None	
54	826 8136	Bone-in breast, unseasoned, cook-in-bag (male)	2	4.5 kg	9	100	160	7	2	0	0	0	22	60	270	65	1	1	None	None	
2) Boneless skinless turkey cuts, raw																					
a) Unseasoned turkey cuts																					
55	820 8183	Split breasts	8	Random	8	100	100	0.5	0.2	0	0	0	24	50	290	60	1	1	None	None	
56	820 8182	Breast fillets	24	Random	6.5	100	100	0.5	0.2	0	0	0	24	50	290	60	1	1	None	None	
57	820 8532	Breast cutlets	60	Random	7	100	100	0.5	0.2	0	0	0	24	50	290	60	1	1	None	None	
58	821 8184	Turkey thighs	12	Random	7	100	120	4.5	1.5	0	0	0	20	75	N/A	70	1	1	None	None	
59	821 8185	Turkey thighs	Random	Random	5	100	128	5.25	1.48	0	0	0	18.93	80	290	84	1	1	None	None	
b) Marinated turkey cuts																					
60	820 7182	Breast tenderloins, marinated	24	Random	± 7.20	100	80	0.5	0.3	0	0	0	19	680	310	45	2	2	None	None	
61	820 7183	Split breasts, marinated	8	1 kg	± 8	100	80	0.5	0.3	0	0	0	19	680	310	45	2	2	None	None	
62	821 8084	Turkey thighs, marinated	12	Random	± 7	100	120	7	2.5	0	0	0	15	560	N/A	65	1	2	None	None	
3) Turkey roasts																					
a) Turkey roasts, raw																					
63	811 8141	White & dark meat roasts, boneless, unseasoned, cylinder-shaped (15")	2	4 kg	8	100	113	2.5	0.8	0	0	0	22.2	58	266	76	1	1	None	None	
64	811 8140	White meat roasts, boneless, unseasoned, no added salt, cylinder-shaped (15")	2	4 kg	8	100	113	1.8	0.5	0	0	0	24.1	48	284	66	1	1	None	None	
65	710 1220	Breast roasts, quickroast, no added salt	2	2.5 kg	5	100	90	1.5	2.5	0	0	0	20	60	200	45	1	1	None	None	
b) Turkey roasts, cooked																					
66	810 6184	Smoked breasts, "Montreal-style", boneless, skinless	2	1.2 kg	2.40	100	110	2	0.5	0	1	1	21	890	N/A	55	2	2	None	None	Deli meat portions are 100 g in this table but a 60 g portion is sufficient.
67	810 6188	Boneless turkey breasts, skinless	6	1.1 kg	6.60	100	100	1	0.4	0	0	0	23	480	200	60	1	2	None	None	
68	710 1216	Breast roasts, skinless, Village	2	3.7 - 4.0 kg	7.5 - 8	100	100	2	0.5	0	1	1	19	600	230	35	1	2	None	None	
69	710 1212	Breast roasts, skinless	2	3.7 - 4.0 kg	7.5 - 8	100	90	1	0.4	0	0	0	20	580	230	40	1	2	None	None	
5) Turkey specialties																					
70	97272	Ground turkey, extra lean, raw	2 bags	2.5 kg	5	100	141.4	7.80	2.50	0.05	0	0	17.8	83	248	64.2	1	1	None	None	
71	97111	Turkey breast tenderloins, Tuscan-style, cooked	28	160 g	± 4	160	160	1	0.3	0	1	5	33	640	N/A	85	1	2	Wheat	Gluten	
72	97112	Turkey osso buco, cooked	20	260 g	± 5.4	100	110	2	0.5	0	1	6	16	410	N/A	70	1	2	Wheat	Gluten	
6) Turkey deli products																					
a) Cooked turkey rolls																					
73	611 1131	Deli-style turkey rolls, roll-shaped	2	4.5 kg	9	100	110	4	1	0	0	2	16	830	N/A	45	1	2	Soy, gluten (wheat), milk	Lactose	Deli meat portions are 100 g in this table but a 60 g portion is sufficient.
b) Olycatessen sliced meats																					
74	810 8677	Turkey breast roasts	5	500g	3	55	2	2	0	3	9	0	16	390	N/A	10	1	1	None	None	
C) PORK PRODUCTS																					
1) Cooked ham																					
75	25204	Cooked ham, 4 x 6, 50% less salt	2	5.4 kg	10.85	55 g	60	2	0.5	0	3	3	7	380	550	30	1	1	None	None	
2) Specialties																					
76	62640	Marinated pork loins, "tomatoes & basil"	4	1.4 kg	5.60	85 g	110	5	2	0	1	1	14	640	N/A	35	2	2	Milk, soy	Lactose	
77	97102	Marinated sliced pork loins, "tomatoes & basil"	58	85	5	85 g	110	5	2	0	1	1	14	610	N/A	35	2	2	Milk, gluten (wheat)	Lactose and gluten	
78	62642	Marinated pork loins, "Mediterraneo"	4	1.4 kg	5.60	85 g	110	5	2	0	1	1	14	640	N/A	35	2	2	Milk, gluten (wheat)	Lactose and gluten	
3) Olymel Plus																					
a) Pork cuts																					
79	97205	Boneless pork ham, jet net	1	6 kg	6	100 g	130	3.88	1.48	0.02	0	0	22.23	69	342	59	1	1	None	None	
80	97604	Boneless pork loins	4	1.5 kg	6	100 g	172	8.6	3.47	0.04	0	0	22.05	49	339	54	1	1	None	None	
81	97253	Boneless pork loins, rolled and tied	2	3.5 kg	7	100 g	198	12.58	4.36	0.06	0	0	19.74	50	356	63	1	1	None	None	
b) Pork sized portions																					
82	97550	Pork chops, center cut	29	170 g	5	100 g	200	12.69	4.40	0.06	0	0	20.12	60	332	67	1	1	None	None	
83	97256	Pork chops, center cut	40	125 g	5	100 g	200	12.69	4.40	0.06	0	0	20.12	60	332	67	1	1	None	None	
84	97951	Boneless pork chops, butterfly	Random	Random	5	100 g	211	14.01	4.86	0.07	0	0	19.90	42	384	60	1	1	None	None	
85	97523	Boneless pork chops	Random	Random	5	100 g	211	14.01	4.86	0.07	0	0	19.90	42	384	60	1	1	None	None	
86	97250	Pork chops, double bone	16	300 g	5	100 g	200	12.69	4.40	0.06	0	0	20.12	60	332	67	1	1	None	None	
c) Pork specialties																					
87	97402	Pork rack, 8 racks	4	2 kg	4	100 g	198	12.58	4.36	0.06	0	0	19.74	50	356	63	1	1	None	None	
88	97281	Pork strips	2	2.5 kg	5	100 g	130	3.88	1.48	0.02	0	0	22.23	69	342	59	1	1	None	None	
89	97262	Ground pork, extra lean	2	2.5 kg	5	100 g	190	12	4	0.1	0	0	20	65	N/A	65	1	1	None	None	
90	97261	Diced pork, extra lean	2	2.5 kg	5	100 g	130	3.88	1.48	0.02	0	0	22.23	69	342	59	1	1	None	None	
91	97150	Pork tenderloin (COV)	Random	Random	6	100 g	107	1.30	0.61	0.010	0	0	22.2	54	376	72	1	1	None	None	
92	97517	St-Louis pork side ribs, center cut, 3/2" to 3/4"	Random	Random	5	100 g	244	18	6.94	0.101	0	0	19.10	100	249	72	1	1	None	None	
93	97525	Pork back ribs	8	Random	5	100 g	244	18	6.94	0.101	0	0	19.10	100	249	72	1	1	None	None	

*(Allergens verified: peanuts, nuts, sesame seeds, milk, egg, seeds containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustaceans, mollusk, sulfite (max. 10 ppm))