

Canadian Superstore – CM/CS Groceries

Food Group	Brand Name	Product	Portion Size	Rating	Comments
Grains	Bakery	French Bread	1 slice (50g)	CS	
Grains	Bakery	Alpine Grain Loaf	2 slices (70g)	CM	
Grains	Bakery	Rye Bread	1 slice (50g)	CS	
Grains	Bakery	Pumpernickel bread	1 slice (50g)	CS	
Grains	Bakery	Calabrese Loaf	1 slice (50g)	CS	
Grains	Bakery	Oat & Honey Submarine Buns	1 bun (65g)	CM	
Grains	Bakery	Ancient Grains Bread	1 slice (40g)	CS	
Grains	Bakery	Bagels (mini) – plain, cinnamon raisin	1 (42g)	CS	
Grains	Bakery	Multigrain crusty rolls	1 roll (74g)	CM	
Grains	Bakery	White crusty rolls	1 (71g)	CS	
Grains	Bakery	Baguette – 60% whole-wheat	1/3 loaf (100g)	CM	
Grains	Byblos Bakery	Pita - Whole-wheat	1 pita (50g)	CM	
Grains	Byblos Bakery	Pita - White plain	1 pita (50g)	CS	
Grains	Casa Mendosa	Tortillas – Roma Tomato	1 (64g)	CM	
Grains	Catelli	Healthy Harvest Spaghetti – Whole-wheat	½ cup cooked (26g)	CS	
Grains	General Mills	Cheerios Honey Nut, Multigrain, Cheerios plain	single serving, 20-26 g	CM	
Grains	Country Harvest	Tortillas – white made with whole grain, twelve grain	1 (58g)	CM	
Grains	Dare	Breton Crackers Garden Vegetable	4 crackers (20 g)	CS	
Grains	Dare	Cracker Variety Pack (Vinta & Breton)	4 crackers	CS	
Grains	Dare	Simple Pleasures (Digestive, Almond, Lemon Social Tea, Oatmeal & Dark Chocolate)	per 2-5 cookies (28-33 g)	CS	
Grains	Dare	Grains First – whole grain	7 crackers (31g)	CS	
Grains	Dare	Bear Paws – Cookies (homestyle oatmeal, brownie)	2 cookies (50g)	CS	
Grains	Dare	Bear Paws minis – Cookies– (oatmeal chocolate chip, mixed berry)	8 cookies (35g)	CS	
Grains	English Bay	Schoolhouse Cookie Dough Batter (Apple Berry, Caramel, Chocolate Chip, Dark & White Chocolate Chunk, Cocoa Raisin, Oatmeal Raisin)	per 1 cookie (38 g or 43 g)	CS	
Grains	Gourmet Baker	Crumpets	1 (44g)	CS	

Grains	Grissol	Melba rounds – 12 grain, garden vegetable	7 toasts (21g)	CS	
Grains	Grissol	Rustic Flatbreads – multispeed, tomato & oregano, onion & poppyseed	2 pieces (30g)	CS	
Grains	Kashi	Kashi cereal - 7 whole grain Honey Puffed	32 g	CS	
Grains	Kashi	Kashi cereal - Go Lean Crunch	1 cup (53 g)	CS	
Grains	Kashi	Chewy Granola Bars Seven Whole Grain	35 g bar	CM	
Grains	Kellogg's	Nutrigrain Granola Munch'ems, bite-size granola snacks (Brown Sugar Cinnamon, Honey Oat)	per 1 pouch (30 g)	CS	
Grains	Kellogg's	All Bran Bars (Chocolate Chip, Oatmeal Cinnamon, Honey Nut)	1 bar (30 g)	CS	
Grains	Kellogg's	All Bran Chewy Cereal Bars (Dark Chocolate Chip, Strawberry)	1 bar (35g)	CM	
Grains	Kellogg's	Cereal All Bran Original, Two Scoops Raisin Bran	50 -51 g	CM	
Grains	Kellogg's	Corn Flakes, Corn Pops, Fruit Loops Cereal , Frosted Flakes Original, Mini Wheats Original Frosted, Mini-Wheats Brown Sugar Frosted	19 -59 g	CS	
Grains	Kellogg's	Vector Meal Replacement Original	55 g	CM	
Grains	Kellogg's	Vector Energy Bars (Berry Burst)	1 bar (55g)	CM	
Grains	Kellogg's	Waffles Plus Wheat and Blueberry Waffles	2 waffles (70 g)	CM	
Grains	Kraft	Stoned Wheat Thins - Sensible Solutions	3 crackers	CS	
Grains	Leclerc	Praeventia - Dark Chocolate Chip – 70% Cocoa, Zest of orange	1 pouch (30g)	CS	
Grains	Mr. Christie	Arrowroot	5 crackers	CS	
Grains	Mr. Christie	Crackers - Premium Plus	7 crackers (20g)	CS	
Grains	Mr. Christie	Snak Paks (Sensible Solutions) – Teddy Grahams, Mini Oreos, Mini Chips Ahoy, Barnum's Animal Crackers, Barnum's ABC's Cocoa	1 pack (30 -35g)	CS	
Grains	Mr. Christie	Triscuits	10 crackers (20g)	CS	
Grains	Nature Valley	Crunchy Granola Bars (Maple Brown Sugar, Apple Crisp)	2 bars(42 g)	CS	
Grains	No Name	English Muffins – whole-wheat, raisin	1 (75g)	CM	
Grains	No Name	English Muffins – original	1 (65g)	CS	
Grains	Olafson's	Bread 100% whole wheat double rise	43 g	CS	
Grains	Old Mill	Bagels – whole-wheat, cinnamon raisin, plain	1 (85g)	CM	
Grains	Orville Redenbacher	Smart Pop & Smart Pop Mini Snacks	31g	CS	
Grains	Pepperidge Farm	Goldfish	30g	CS	
Grains	President'sChoice	Multigrain	2cm slice (50g)	CM	

Grains	President'sChoice	Calabrese Italian	3cm slice (53g)	CS	
Grains	President'sChoice	Focaccia – sea salt & rosemary	2.5cm slice (50g)	CS	
Grains	President'sChoice	Extra Thick sliced Cinnamon Bread with Raisins	1 slice (48g)	CS	
Grains	President'sChoice	Gigantico - Hot Dog Rolls	1 roll (75g)	CM	
Grains	President'sChoice	Gigantico – Burger Buns	1 bun (79g)	CS	
Grains	President'sChoice	Thins – multigrain round buns, whole grain white buns	1 bun (75g)	CM	
Grains	President'sChoice	Hot Dog First Buns – whole grain white	1 bun (50g)	CS	
Grains	President'sChoice Blue Menu	Bagels – Multigrain flax, cinnamon raisin, oatmeal	1 (60g)	CM	
Grains	President'sChoice Blue Menu	100% whole-wheat burger buns & hot dog rolls	1 bun (79g)	CM	
Grains	President'sChoice Blue Menu	Bread – whole-wheat soy loaf, multigrain flax, oatmeal loaf	2 slices (90g)	CM	
Grains	President'sChoice Blue Menu	Fruit & Nut Bars – apple & almonds, cranberry & almond, mixed berry & almond	1 bar (35g)	CS	
Grains	President'sChoice Blue Menu	Fettuccine	1/5 package (75g)	CM	
Grains	President'sChoice Blue Menu	100% whole grain whole-wheat spaghetti	1/5 package (75g)	CM	
Grains	President'sChoice Blue Menu	Pretzels – honey multigrain, multigrain waffle	(50g)	CM	
Grains	President'sChoice Blue Menu	Wheat Bran Bites (Banana Bread, maple & brown sugar)	1 pouch (28g)	CM	
Grains	President'sChoice Mini Chefs	Lunch Box Packs (Funshines biscuits, zookies animal crackers, honey crunch cubs)	1 pack (35g)	CS	
Grains	Quaker	Life Cereal Multigrain, Oat Bran	30 g	CM	
Grains	Quaker	Oat Squares Cereal	30 g	CM	
Grains	Quaker	Oatmeal to Go Oats & Honey, Wild berry	47 g	CM	
Grains	Quaker	Instant Oatmeal Packets (Apples & Cinnamon, Breakfast Blast, Cinnamon & Spice, Dino Eggs, Maple & Brown Sugar Flavor, Raisin Date & Walnut, Raisins & Spice, Strawberries & Cream)	1 packet (35 g -50 g)	CS	
Grains	Wonder/Wonder Plus	100% Whole Wheat Hot Dog Buns/Hamburger Buns	1 bun (52 - 51 g)	CM	
Grains	Wonder/Wonder Plus	White Hot Dog Buns/Hamburger Buns	1 bun (42g - 45g)	CS	

Nut/Seed	Kellogg's	Nutri-Grain Sweet & Salty Nut Bar - Chocolatey Almond, Chocolatey Peanut, Peanut Butter	32 g	CS	
Nut/Seed	Kraft	Peanut Butter Smooth or Crunchy	15 g	CM	
Nut/Seed	Kraft	Unsweetened Unsalted Peanut Butter Smooth	15 g	CM	
Nut/Seed	Kraft	25% Less Fat Peanut Butter Smooth	15 g	CS	
Nut/Seed	No Name	Peanut Butter – Smooth or Crunchy	15g	CM	
Nut/Seed	Planters	Almonds Natural	50 g	CM	
Nut/Seed	Planters	Trail Mix Vanilla Nut & Cranberry	30 g	CM	
Nut/Seed	President'sChoice Blue Menu	Just Almonds – Almond Butter	1 tbsp (14g)	CM	
Nut/Seed	President'sChoice Organics	Peanut Butter – Smooth or Crunchy	1 tbsp (15g)	CM	
Nut/Seed	Skippy	Peanut Butter - Crunchy or Smooth	15 g	CM	
Meat/Alternative	Butterball	Turkey Franks	56 g	CM	
Meat/Alternative	High Liner	Healthy Bake Breaded Fish Fillets	2 fillets (100 g)	CM	
Meat/Alternative	Maple Leaf	Top Dogs 33% Less Fat Than BBQ size	1 (56 g)	CS	
Meat/Alternative	President'sChoice Blue Menu	Extra Lean – Stone Roasted Ham	3 slices (53g)	CS	
Meat/Alternative	President'sChoice Blue Menu	Oven Roasted Chicken Breast	3 slices (66g)	CS	
Meat/Alternative	President'sChoice Blue Menu	Beef Burgers - Portion Wise	1 burger (100g)	CM	
Meat/Alternative	President'sChoice Blue Menu	Chicken Burgers -Thick & Juicy	1 burger (142g)	CS	
Mixed Entree	Schneiders	Lunch Mate Hot Dogs!	105 g	CS	
Mixed Entree	Schneiders	Smart Lunch (Fajitas – Chicken Cheddar, Pizza – Pepperoni)	1 package (120g)	CS	
Meat/Alternative	YvesVeggie Cuisine	Veggie Slices (Canadian Flavour or Mozzarella)	1 slice (19g)	CM	
Meat/Alternative	YvesVeggie Cuisine	Tofu dogs	40 – 55 g	CM	
Meat/Alternative	YvesVeggie Cuisine	Veggie Ground Round	1/3 cup (55g)	CM	

Meat/Alternative	YvesVeggie Cuisine	Good Veggie Burger /Chicken Burger	1 patty (75 g)	CS	
Meat/Alternative	YvesVeggie Cuisine	Veggie Breakfast Links	50 g	CS	
Meat/Alternative	YvesVeggie Cuisine	Veggie Pizza Pepperoni	48 g	CS	
Milk Beverages	Foremost Dairies	Chocolate milk	250ml container	CS	
Milk Beverages	Nestle	Nesquik Milk 25% less sugar (tetra boxes) – Chocolate, Strawberry, Vanilla	1 tetra box (200ml)	CM	
Milk Beverages	President'sChoice Blue Menu	Soy Beverage – Vanilla, Original	1 cup (250ml)	CM	
Milk Beverages	President'sChoice Blue Menu	Soy Beverage - Chocolate	1 cup (250ml)	CS	
Milk Beverages	Silk	Fortified Soy Beverage - Original	250ml	CM	
Milk Beverages	So Good	Soy Beverage - Original	1 cup (250ml)	CM	
Milk Beverages	So Good	Soy Beverage – Chocolate, Vanilla	1 cup (250ml)	CS	
Milk Beverages	Yoplait	Yop	200ml	CS	
Milk Food	Astro	Zero % Fat Free Yogurt – strawberry, peach	100 g	CS	
Milk Food	Astro	Original All Natural Fat Free Yogurt Strawberry, Peach, Raspberry, Blueberry	100 g	CS	
Milk Food	Astro	Smooth 'n Fruity Yogurt French Vanilla, Peach, Raspberry, Blueberry, Cherry, Peach Raspberry, Strawberry	100 g	CS	

Food Group	Brand Name	Product	Portion Size	Rating	Comments
Milk Food	Astro	Bio Best Vitalite Yogurt – Strawberry, Vanilla	100g	CS	
Milk Food	Astro	Bio Best Smoothie – Strawberry Banana	200ml	CS	
Milk Food	Babybel	Cheese Portions	27g	CM	
Milk Food	Black Diamond	Cheese – cheddar, marble, mozzarella	(30g)	CM	
Milk Food	Black Diamond	Cheestrings	1 sting	CM	
Milk Food	Chapman's	Frozen Yogurt – Cappuccino with Chocolate Espresso Flakes	½ cup (125ml)	CM	
Milk Food	Chapman's	Yogurt Plus – Madagascar Vanilla Bean, Honey Almond Crunch, Poached Pear with a Caramel Drizzle, Dark Chocolate Rapture	1/2 cup (125ml)	CM	
Milk Food	Chapman's	Yogurt Plus – Strawberry Rhubarb Crisp, Crème Caramel with Sticky Toffee Pieces		CS	
Milk Food	Dairyland	Classic Vanilla Fat Free -Lemon, Creme, Strawberry, Blackberry	125g	CS	
Milk Food	Dairyland	Stirred Yogurt - Blueberry, Fieldberry, Peach, Raspberry, Strawberry	125 g	CS	
Milk Food	Dairyland	Stirred Fat Free Yogurt -Peach, Raspberry, Strawberry, Vanilla	125 g	CS	
Milk Food	Danone	ActiviaYogurt Peach, Peach & Fibre, Pear, Prune, Strawberry	100 g	CS	
Milk Food	Danone	Activia Fat Free Yogurt (Peach, Straw, Rasp, Prune, Vanilla)	100 g	CS	
Milk Food	Danone	Creamy Yogurt Raspberry, Strawberry	175 g	CS	
Milk Food	Danone	Danino	100g	CS	
Milk Food	Danone	Silhouette O+ Yogurt (Strawberry, Peach, Vanilla, Field Berry)	150g	CS	
Milk Food	Kozy Shack	Rice Pudding - Original	1 container (113g)	CS	
Milk Food	Kozy Shack	Chocolate Pudding	1 container (113g)	CS	
Milk Food	Kraft	Cheese Block (cheddar, marble cheddar, mozzarella, cheddar light, monterey jack, swiss)	21g	CM	
Milk Food	Kraft	Cheese Shredded (cheddar, three cheese blend, mozza/cheddar blend, Tex Mex)	30g	CM	
Milk Food	Neilson	Stirred Yogurt – Blueberry, raspberry, fruit cup, black cherry	175g	CM	
Milk Food	Neilson	Stirred Yogurt – Strawberry, peach	175g	CM	
Milk Food	No Name	Cheese – mozzarella, light mozzarella, cheddar, light cheddar, light marble cheddar	(32g)	CM	
Milk Food	No Name	Yogurt – fat-free stirred	100g	CS	

Milk Food	Olympic	5% yogurt Natural Yogurt, Balkan Style	125 mL	CM	
Milk Food	Olympic	Organic Original Yogurt Blueberry	175 g	CM	
Milk Food	President'sChoice	Creamy Stirred Yogurt – fruit flavours	100g	CS	
Milk Food	President'sChoice	Yogurt – Finesse 0% M.F.	100g	CS	
Milk Food	President'sChoice	Pro Advantage Yogurt – Banana Strawberry, Blueberry, Raspberry, Vanilla	100g	CS	
Milk Food	President'sChoice Mini Chefs	Sundae Cups	1 cup (80ml)	CS	
Milk Food	President'sChoice Mini Chefs	Chilly Fudge Pops	1 pop (50ml)	CS	
Milk Food	Yoplait	Creamy Yogurt Stirred	100g	CS	
Milk Food	Yoplait	Source	100g	CS	
Milk Food	Yoplait	KIDZ Yogurt	100g	CS	
Milk Food	Yoplait	Minigo	60g	CS	
Milk Food	Yoplait	Tubes	60g	CS	
Milk Food	Yoplait	Yoptimal Yogurt Stirred	100g	CS	
Mixed Entrée	Chef Boyardee	Lasagna/ Beefaroni	212 g	CM	
Mixed Entrees	Pillsbury	Pizza Pops (Pepperoni & Bacon, deluxe)	1 pop	CS	
Mixed Entrees	Pillsbury	Pizza Minis (Three Cheese)	1 pizza	CS	
Mixed Entree	Pogo	Cooked Frankfurters in a ...	75 g	CS	
Vegetables & Fruits	Breyers	Original Real Fruit Ice Bars Orange	50 mL	CS	
Vegetables & Fruits	Del Monte	Diced Peaches in light fruit juice syrup	142ml	CS	
Vegetables & Fruits	Del Monte	Diced Peaches in Fruit Juice	1 fruit cup	CM	
Vegetables & Fruits	Dole	Diced Peaches in Juice	1 pack	CM	
Vegetables & Fruits	Dole	Fruit Parfaits	123g	CS	
Vegetables & Fruits	Dole	Mandarin Oranges in Light Syrup	1 pack	CS	
Vegetables & Fruits	Dole	Fruit Bowls in Light Syrup Lots-o-Cherries, Mandarin Oranges fruit cup	107 ml	CS	
Vegetables & Fruits	Dole	Fruit Bowls in Gel – mandarins, mixed fruit, peaches	123g	CS	
Vegetables & Fruits	Dole	Parfait - Apples & Caramel, Peaches	123 g	CS	
Vegetables & Fruits	Dole	Diced Pears in Light Syrup	1 fruit cup	CS	

Vegetables & Fruits	Dole	Fruit Salad	107ml	CS	
Vegetables & Fruits	Dole	Squish'ems! Squeezable Fruit snack Mixed Berry	90 g	CM	
Vegetables & Fruits	Julie's Organic	Sorbet Bars - blackberry	1 bar (65g)	CM	
Vegetables & Fruits	McCain	Superfries Low Fat Premium Fried Potatoes	14 pieces 85 g	CM	
Vegetables & Fruits	McCain	Superfries - Straight Cut	19 pieces 85 g	CS	
Vegetables & Fruits	Mr. Christie	Fig Newtons Original	Pkg 4 cookies (55 g)	CM	
Vegetables & Fruits	Mott's	Fruitsations unsweetened variety pack	1 pack (100ml)	CM	
Vegetables & Fruits	Mott's	Fruitsations, Unsweetened Apple, Blueberry Delight, Country Berry, Granny Smith, Pineapple Pleasures	111 g	CM	
Vegetables & Fruits	Natural Choice	Full of Fruit Organic (Frozen bar)	1 bar	CM	
Vegetables & Fruits	No Name	Fruit cup – variety pack	1 fruit cup (107ml)	CM CS	Ingredients: Fruit, juice Ingredients: Fruit, water, sugar (sugar considered 2 nd ingredient)
Vegetables & Fruits	Ocean Spray	Craisins –Original	28.3g	CS	
Vegetables & Fruits	President'sChoice	Organic Unsweetened applesauce – just apples, apple mango	1 pack (100ml)	CM	
Vegetables & Fruits	President'sChoice Mini Chefs	Smooshies	1 (60ml)	CM	
Vegetables & Fruits	Sun-Maid	Raisins	1 box (42.5g)	CM	
Vegetables & Fruits	Sun-Rype	Fruit Source -blueberry pomegranate, cherry berry, strawberry, tropical, wildberry and raspberry	1 bar	CS	
Vegetables & Fruits	Sun-Rype	Fruit to Go	14 g	CS	
Vegetables & Fruits	Sun-Rype	Fruit to Go Fun Bites -Berry Blend	1 pouch	CS	
Vegetables & Fruits	Sun-Rype	Squiggles	18g	CS	
Vegetable & Fruit Juice	Del Monte	100% Juice Variety Pack	200ml	CS	
Vegetable & Fruit Juices	Dole	100% Juice Variety Pack	200ml	CS	
Vegetable & Fruit Juices	Minute-Maid	100% Juice	200ml	CS	

Vegetable & Fruit Juices	Oasis	100% Pure Juice	200ml	CS	
Vegetable & Fruit Juices	Ocean Spray	100% Juice Blends	300ml	CS	
Vegetable & Fruit Juices	Sun-Rype	100% Juice Grape, Strawberry Kiwi, Apple, Fruit Medley, Orange, Wildberry	200ml	CS	
Vegetable & Fruit Juices	Welch's	100% Juice Blends	250ml	CS	
Other Beverage	Gatorade	All flavours	355ml, 591ml, 710ml	N/A	Sports Drinks - Acceptable in recreation facilities (smaller bottles preferred)
Other Beverage	Nestle	Pure Life Spring Water	500ml	CM	
Other Beverage	Nestle	Pure Life - Splash	500ml	CS	
Other Beverage	President's Choice	Power Quencher	591ml	N/A	Sports Drinks - Acceptable in recreation facilities (smaller bottles preferred)
Other Beverage	Real Canadian	Natural Spring Water	500ml	CM	

Note: This list includes many but not all of the foods that are acceptable according to the **Guidelines for Food and Beverage Sales in BC Schools**. If you have questions about a food not on this list, you can verify if it is an acceptable food through the following website: www.brandnamefoodlist.ca