

Yogurt Drinks in Vending Machines at Parks, Forestry and Recreation Facilities

Date:	April 11, 2011
To:	City Council
From:	Medical Officer of Health
Wards:	All
Reference Number:	

SUMMARY

The purpose of this report is to inform the Government Management Committee of the nutrition and health implications of including plain and fruit-flavoured yogurt drinks in vending machines at Parks, Forestry and Recreation facilities.

Financial Impact

There are no financial implications related to this report.

DECISION HISTORY

At its meeting of March 29, 2011, the Government Management Committee requested the Medical Officer of Health report directly to Council on the proposed inclusion of yogurt drinks as a healthy cold drink option for vending machines at Parks, Forestry and Recreation facilities.

Government Management Decision of March 29, 2011, item 31.19 - Healthy Vending Criteria - Cold Drink Vending Request for Proposal
(<http://app.toronto.ca/tmmis/viewAgendaItemHistory.do?item=2011.GM2.16>)

Letter - Government Management Committee Item 31.19 - Healthy Vending Criteria - Cold Drink Vending Request for Proposal (Ward: All)
(<http://www.toronto.ca/legdocs/mmis/2011/gm/bgrd/backgroundfile-36755.pdf>)

COMMENTS

Yogurt drinks are typically offered in 200 mL size. Based on the Nutrition Facts information provided by the manufacturer the amount of sugars is quite high in these products, 26 grams per single serving. However, fermented dairy products such as yogurt have numerous nutritional and health benefits when compared with carbonated beverages of similar sugar content.

Plain and fruit-flavoured yogurt drinks should be considered a healthy cold drink option in vending machines at Parks, Forestry and Recreation facilities since these products:

- provide an excellent source of calcium, 200-250 mg, based on Health Canada's How to Choose Using the Nutrition Facts Table: % Daily Value criteria (1).
- provide an excellent source of vitamin D based on Health Canada's How to Choose Using the Nutrition Facts Table: % Daily Value criteria (1).
- provide little total fat based on Health Canada's How to Choose Using the Nutrition Facts Table: % Daily Value criteria (1).
- provide 5 grams of protein which is a good source, relative to 1 cup (250 mL) serving of milk (8 grams of protein).

A number of nutrition standards in past and more recent food and beverage policies and guidelines, incorporate yogurt based beverages in their criteria. For instance, the School and Beverage Policy (PPM 150), under 'Sell Most (= 80%)' Nutrition Standards for Beverages, recommends yogurt drinks which contain = 3.25% M.F. or = 3g of fat and a container size = 250 mL (2). Also, Healthy Food Choices at Parks, Forestry and Recreation Locations: Nutrition Criteria, under 'Choose Most Often' food category, recommends drinkable yogurt (200 mL) that is lower fat or non-fat (2% M.F. or less) as a good source of calcium and vitamin D (3).

CONCLUSION

Plain and fruit-flavoured yogurt drinks should be considered a healthy cold drink option for vending machines at Parks, Forestry and Recreation facilities due to the nutritional profile of these products.

CONTACT

Carol Timmings
Healthy Living Director
Toronto Public Health
Tel: 416-392-1355
Fax: 416-392-0713
Email: ctimming@toronto.ca

Sari Simkins
Healthy Living Manager
Toronto Public Health
Tel: 416-338-1504
Fax: 416-338-7330
Email: ssimkins@toronto.ca

SIGNATURE

Dr. David McKeown
Medical Officer of Health

References

1. Health Canada. Using the Nutrition Facts Table: % Daily Value. 2010.
www.healthcanada.gc.ca/dailyvalue
2. Ontario Ministry of Education. School Food and Beverage Policy. Nutrition Standards for Ontario Schools. October 4, 2010.
3. Toronto Public Health. Healthy Food Choices at Toronto Parks, Forestry and Recreation Locations. Nutrition Standards. 2008.