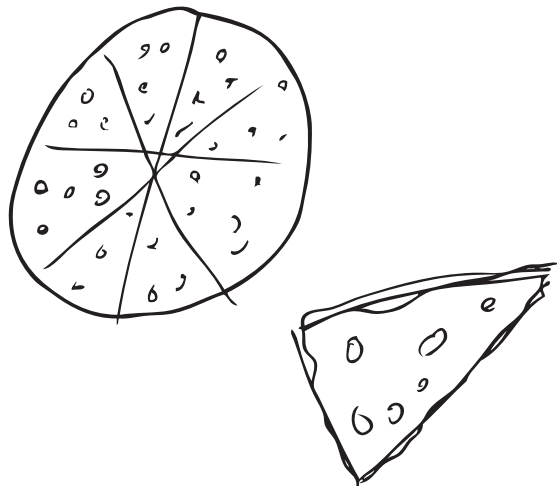




Commitment to Health + Nutrition

This chart has been designed to help you understand how Panago's serving sizes meet the 2010 Guidelines for Food + Beverage Sales in BC Schools. These guidelines were designed to maximize students' access to healthier options and fully eliminate the sale of unhealthy food and beverages in BC schools. The guidelines align with the most current "Canada Food Guide" and distinguish food and beverage options into four categories: Choose Most, Choose Sometimes, Choose Least, and Not Recommended.

For more information, please email us at: schoolprograms@panago.com



PIZZA DAY OPTIONS		SERVING SIZE (SLICES*)	SERVING SIZE (GRAMS)	CHOOSE MOST	CHOOSE SOMETIMES	CHOOSE LEAST	NOT RECOMMENDED
PEPPERONI PIZZA		1/6	166 g	●			
		1/8	125 g	●			
		1/10	100 g			■	
CHEESE PIZZA		1/6	168 g	●			
		1/8	126 g			■	
		1/10	101 g			■	
VEGGIE PEPPERONI PIZZA		1/6	166 g	●			
		1/8	125 g	●			
		1/10	100 g			■	
GARDEN VEGGIE PIZZA		1/6	221 g	●			
		1/8	165 g	●			
		1/10	132 g	●			
CHICKEN + PINEAPPLE PIZZA		1/6	196 g	●			
		1/8	147 g	●			
		1/10	118 g			■	
ORGANIC JUICE - ORANGO (ORANGE + MANGO)			200 ml				*
ORGANIC JUICE - GRAPPLE (GRAPE + APPLE)			200 ml				*
ORGANIC JUICE - LEMONADE			200 ml				*
ORGANIC JUICE - APPLE			200 ml				*

* refers to slices in a large 14" pizza

- MEETS ALL OF THE "CHOOSE MOST" REQUIREMENTS
- SHORT 1 GRAM OF FIBRE PER SERVING
- * ALL FRUIT JUICES, EVEN IF 100% JUICE, FALL UNDER "CHOOSE SOMETIMES"

