

SPECIAL DIET FACT SHEET

Your Meals on Wheels program provides a delicious selection of soups, entrées and desserts that are nutritionally balanced and produced by a specialist company called **apetito**.

If you have a medical reason for following a special diet, many of the items will be available to you. For convenience, special diet suitability is indicated on the menu so you can see at a glance which choices suit your own dietary needs.

D *Diabetic*

All of our soups and entrées are suitable for diabetics. We also offer a range of desserts which, in line with advice from the Canadian Diabetes Association, contain a very small amount of sugar, or may contain artificial sweetener.

LF *Low Fat*

These items contain 3g or less of fat per 100g and 30% or less of the energy from fat, and are appropriate for people with diabetes, heart disease or those wishing to control their weight.

LC *Low Calorie*

These items contain 120 calories or less per 100g. These are low calorie and can help when used as part of a calorie controlled diet.

LS *Low Sodium*

These items contain less than 140 mg of sodium per 100g. Suitable for people who are trying to control their blood pressure, reduce fluid retention or are on a sodium restricted diet.

All soups, entrées and desserts are available to you if you do not have to follow a special diet. Vegetarian items are also available.