

Standard Format

Figure 1.1(E)

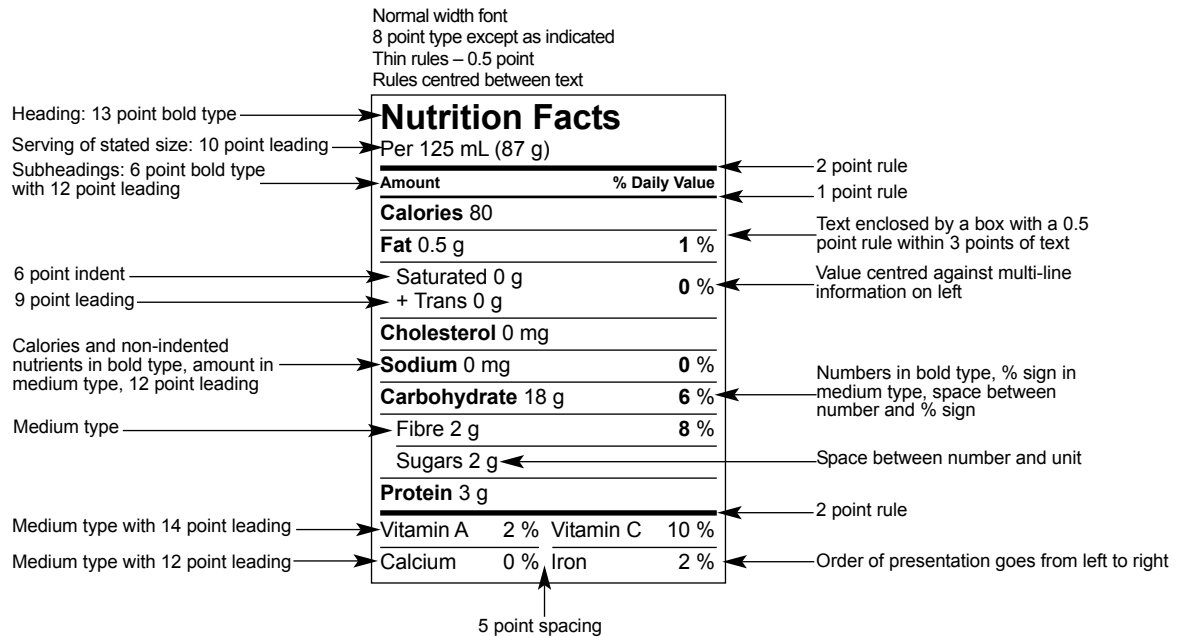


Figure 1.1(F)

Valeur nutritive	
par 125 mL (87 g)	
Teneur	% valeur quotidienne
Calories 80	
Lipides 0,5 g	1 %
saturés 0 g + trans 0 g	0 %
Cholestérol 0 mg	
Sodium 0 mg	0 %
Glucides 18 g	6 %
Fibres 2 g	8 %
Sucres 2 g	
Protéines 3 g	
Vitamine A 2 %	Vitamine C 10 %
Calcium 0 %	Fer 2 %

Note: Same format specifications as in Figure 1.1(E).

Standard Format (*continued*)

Figures 1.2(E) and (F)

Follow Figures 1.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 1.3(E) and (F)

Follow Figures 1.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 1.4(E) and (F)

Follow Figures 1.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings, by 2 points where there is a rule and by 1 point where there is no rule; thin rules are reduced to 0.25 point.

Figures 1.5(E) and (F)

Follow Figures 1.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type.

Figures 1.6(E) and (F)

Follow Figures 1.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings, by 3 points where there is a rule and by 2 points where there is no rule; thin rules are reduced to 0.25 point.

Narrow Standard Format

Figure 2.1(E)

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% DV*
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A	2 %
Vitamin C	10 %
Calcium	0 %
Iron	2 %
* DV = Daily Value	

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 2.1(F)

Valeur nutritive	
par 125 mL (87 g)	
Teneur	% VQ*
Calories 80	
Lipides 0,5 g	1 %
saturés 0 g + trans 0 g	0 %
Cholestérol 0 mg	
Sodium 0 mg	0 %
Glucides 18 g	6 %
Fibres 2 g	8 %
Sucres 2 g	
Protéines 3 g	
Vitamine A	2 %
Vitamine C	10 %
Calcium	0 %
Fer	2 %
* VQ = valeur quotidienne	

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Narrow Standard Format (*continued*)

Figures 2.2(E) and (F)

Follow Figures 2.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point; the heading is displayed in 11 point bold type.

Figures 2.3(E) and (F)

Follow Figures 2.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point; the heading is displayed in 10 point bold type.

Figures 2.4(E) and (F)

Follow Figures 2.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type.

Bilingual Standard Format

Figure 3.1(B)

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

Figure 3.2(B)

Follow Figure 3.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 3.3(B)

Follow Figure 3.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 3.4(B)

Follow Figure 3.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type with leading reduced by 3 points.

Bilingual Standard Format (*continued*)

Figure 3.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g)	
par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

10 point bold type with 11 point leading →

8 point leading →

7 point leading →

11 point leading →

10 point leading →

9 point leading →

7 point leading →

11 point leading →

No rules, 7 point leading →

Note: Same format specifications as in Figure 3.1(B) except as otherwise indicated.
French terms may appear first.

Figure 3.6(B)

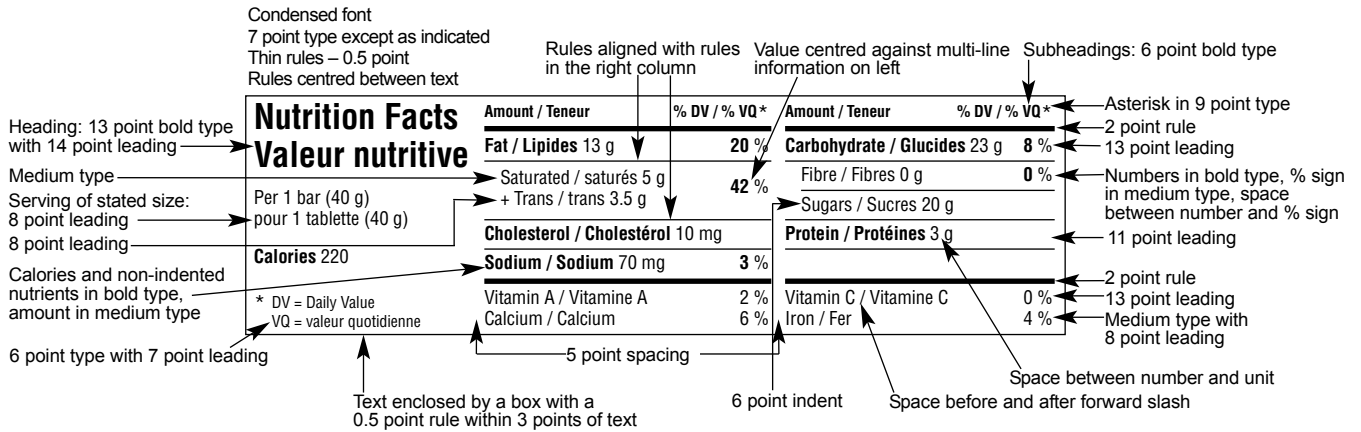
Follow Figure 3.5(B) except: leading is reduced by 1 point where there is a rule.

Figure 3.7(B)

Follow Figure 3.5(B) except: the heading may be displayed in 9 point bold type with leading reduced by 3 points; leading may be reduced by 2 points where there is a rule, and by 1 point where there is no rule except for subheadings; box enclosing text may be displayed with a 0.25 point rule within 1 point of text; 2 point rules may be reduced to 1.5 points and the 1 point rule may be reduced to 0.75 point.

Bilingual Horizontal Format

Figure 4.1(B)

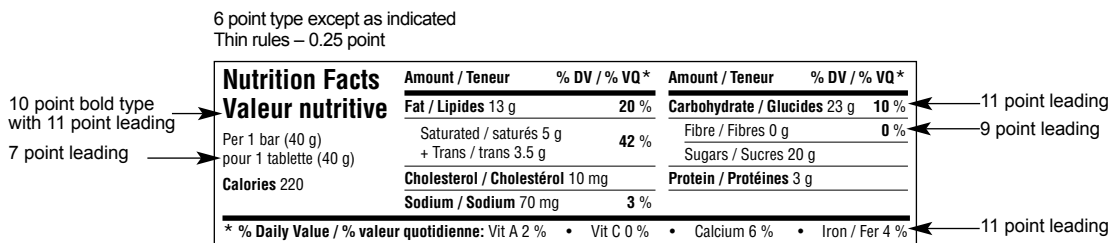


Note: French terms may appear first.

Figure 4.2(B)

Follow Figure 4.1(B) except: serving of stated size, Calories and nutrients are displayed in 6 point type; the heading is displayed in 10 point bold type with leading reduced by 3 points; the leading is reduced by 1 point in the right column and the information in the other columns is adjusted accordingly.

Figure 4.3(B)



Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated. French terms may appear first.

Bilingual Horizontal Format (*continued*)

Figure 4.4(B)

Follow Figure 4.3(B) except: the leading is reduced by 1 point in the right column and the information in the other columns is adjusted accordingly.

Figure 4.5(B)

6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts		Amount / Teneur	% DV / % VQ*	Amount / Teneur		% DV / % VQ*	% DV / % VQ*
Per 1 bar (40 g) pour 1 tablette (40 g)	Valeur nutritive	Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 23 g	10 %	Vit A	2 %
		Saturated / saturés 5 g + Trans / trans 3.5 g	42 %	Fibre / Fibres 0 g	0 %	Vit C	0 %
		Cholesterol / Cholestérol 10 mg		Sugars / Sucres 20 g		Calcium	6 %
	Calories 220	Sodium / Sodium 70 mg	3 %	Protein / Protéines 3 g		Iron / Fer	4 %

* DV = Daily Value / VQ = valeur quotidienne

10 point bold type with 11 point leading →

7 point leading →

← 10 point leading

← 8 point leading

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.
French terms may appear first.

Simplified Standard Format

Figure 5.1(E)

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
Calories 5	
Fat 0 g	0 %
Carbohydrate 2 g	1 %
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

12 point leading →

6 point type with 7 point leading →

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 5.1(F)

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
Calories 5	
Lipides 0 g	0 %
Glucides 2 g	1 %
Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

12 point leading →

6 point type with 7 point leading →

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Simplified Standard Format (*continued*)

Figures 5.2(E) and (F)

Follow Figures 5.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 5.3(E) and (F)

Follow Figures 5.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 5.4(E) and (F)

Follow Figures 5.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings, by 2 points where there is a rule, and by 1 point where there is no rule, except for the footnote; thin rules are reduced to 0.25 point.

Figures 5.5(E) and (F)

Follow Figures 5.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type.

Figures 5.6(E) and (F)

Follow Figures 5.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings, by 3 points where there is a rule, and by 2 points where there is no rule, except for the footnote; thin rules are reduced to 0.25 point.

Bilingual Simplified Standard Format

Figure 6.1(B)

14 point leading →

9 point leading →

7 point leading →

Space before and after forward slash →

12 point leading →

10 point leading →

6 point type with 7 point leading →

Nutrition Facts	
Valeur nutritive	
Per 1 stick (2.7 g)	
pour 1 bâtonnet (2,7 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 5	
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 2 g	1 %
Protein / Protéines 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

Figure 6.2(B)

Follow Figure 6.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 6.3(B)

Follow Figure 6.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 6.4(B)

Follow Figure 6.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type with leading reduced by 3 points.

Bilingual Simplified Standard Format (continued)

Figure 6.5(B)

Condensed font
 6 point type except as indicated
 Thin rules – 0.25 point

10 point bold type with 11 point leading →	Nutrition Facts
	Valeur nutritive
8 point leading →	Per 355 mL / par 355 mL
11 point leading →	Amount % Daily Value Teneur % valeur quotidienne
	Calories / Calories 152
9 point leading →	Fat / Lipides 0 g 0 %
	Carbohydrate / Glucides 39 g 13 %
	Protein / Protéines 0 g
11 point leading →	Not a significant source of other nutrients.
9 point leading →	Source négligeable d'autres éléments nutritifs.

Note: Same format specifications as in Figure 6.1(B) except as otherwise indicated. French terms may appear first.

Figure 6.6(B)

Follow Figure 6.5(B) except: leading is reduced by 1 point where there is a rule.

Bilingual Simplified Horizontal Format

Figure 7.1(B)

Nutrition Facts Valeur nutritive	Amount Teneur	% Daily Value % valeur quotidienne
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	Fat / Lipides 0 g	0 %
Calories 5	Carbohydrate / Glucides 2 g	1 %
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	Protein / Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.		

6 point type with 7 point leading →

← 7 point leading

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.
French terms may appear first.

Figure 7.2(B)

Follow Figure 7.1(B) except: serving of stated size, Calories and nutrients are displayed in 6 point type; the heading is displayed in 10 point bold type with leading reduced by 3 points; the leading is reduced by 1 point where there is a rule and the information in the other column is adjusted accordingly.

Figure 7.3(B)

6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts Valeur nutritive	Amount Teneur	% Daily Value % valeur quotidienne
Per 355 mL / par 355 mL	Fat / Lipides 0 g	0 %
Calories 152	Carbohydrate / Glucides 39 g	13 %
Not a significant source of other nutrients.	Protein / Protéines 0 g	
Source négligeable d'autres éléments nutritifs.		

10 point bold type with 11 point leading →

← 7 point leading

← 11 point leading

← 9 point leading

← 11 point leading

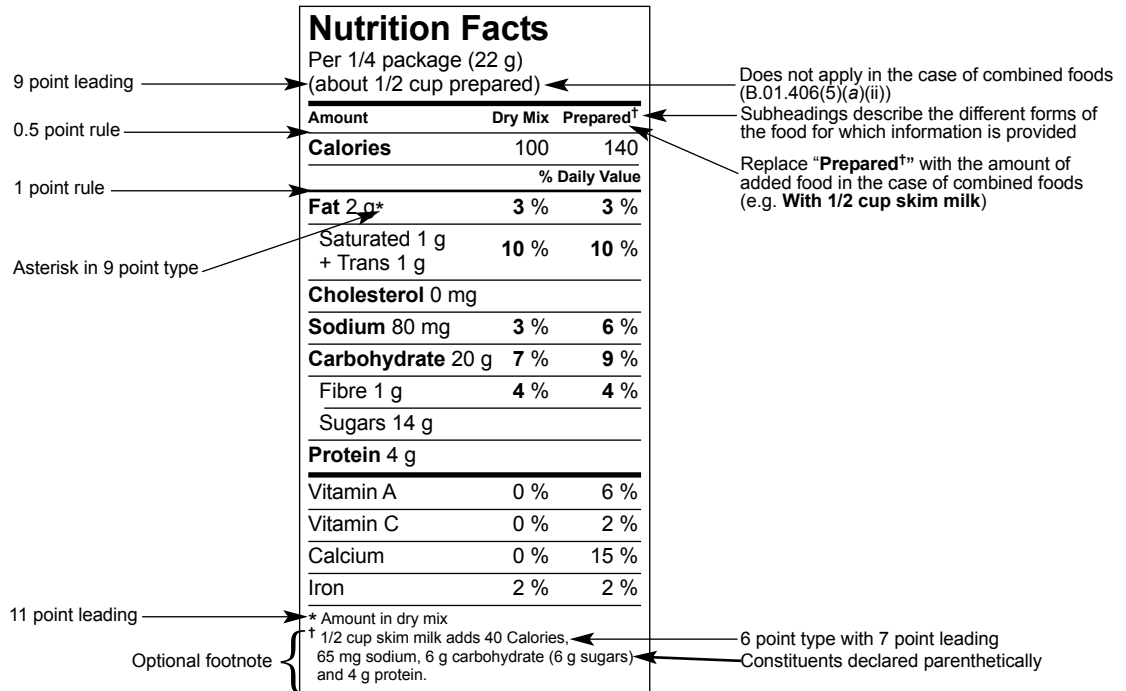
Note: Same format specifications as in Figure 7.1(B) except as otherwise indicated.
French terms may appear first.

Figure 7.4(B)

Follow Figure 7.3(B) except: leading is reduced by 1 point where there is a rule and the information in the other column is adjusted accordingly.

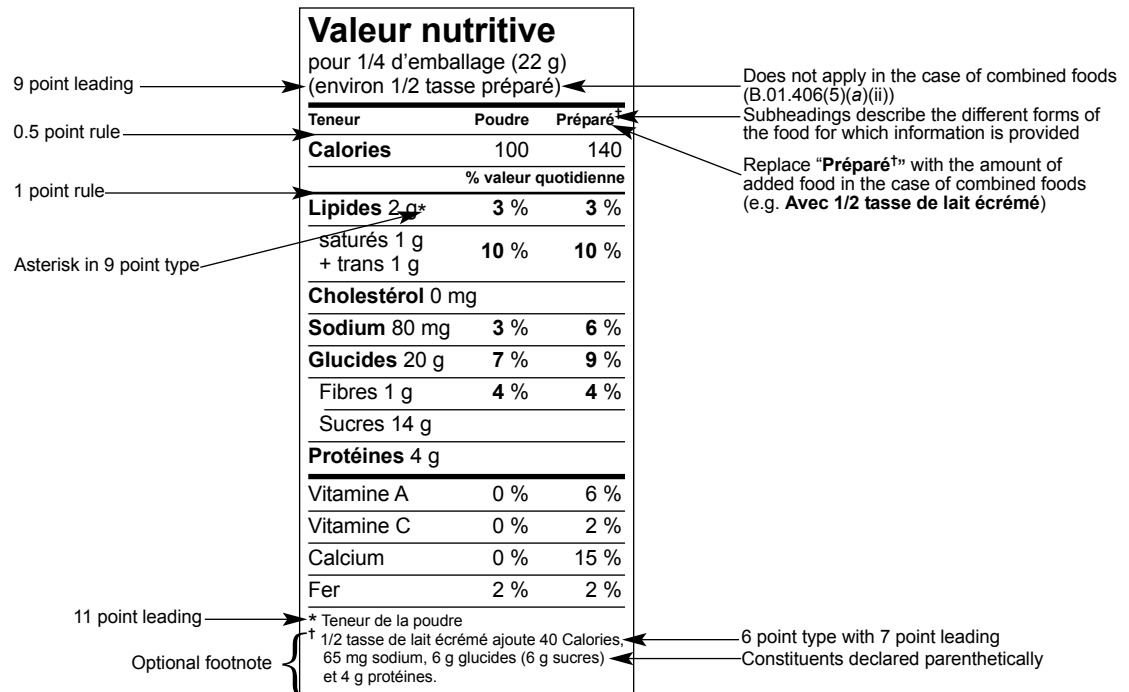
Dual Format – Foods Requiring Preparation

Figure 8.1(E)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 8.1(F)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Dual Format – Foods Requiring Preparation (*continued*)

Figures 8.2(E) and (F)

Follow Figures 8.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 8.3(E) and (F)

Follow Figures 8.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 8.4(E) and (F)

Follow Figures 8.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings and the footnotes, by 2 points where there is a rule, and by 1 point where there is no rule; thin rules are reduced to 0.25 point.

Figures 8.5(E) and (F)

Follow Figures 8.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type; leading for the footnote is reduced by 1 point.

Figures 8.6(E) and (F)

Follow Figures 8.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings, by 3 points where there is a rule, and by 2 points where there is no rule and for the footnotes; thin rules are reduced to 0.25 point.

Bilingual Dual Format – Foods Requiring Preparation

Figure 9.1(B)

Nutrition Facts / Valeur nutritive			
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g)			
About 1/2 cup prepared / environ 1/2 tasse préparé			
Amount Teneur	Dry Mix Poudre	Prepared [†] Préparé [†]	
Calories / Calories	100	140	
% Daily Value / % valeur quotidienne			
Fat / Lipides 2 g*	3 %	3 %	
Saturated / saturés 1 g	10 %	10 %	
+ Trans / trans 1 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 80 mg	3 %	6 %	
Carbohydrate / Glucides 20 g	7 %	9 %	
Fibre / Fibres 1 g	4 %	4 %	
Sugars / Sucres 14 g			
Protein / Protéines 4 g			
Vitamin A / Vitamine A	0 %	6 %	
Vitamin C / Vitamine C	0 %	2 %	
Calcium / Calcium	0 %	15 %	
Iron / Fer	2 %	2 %	

* Amount in dry mix / Teneur de la poudre
[†] 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. / 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

Figure 9.2(B)

Follow Figure 9.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 9.3(B)

Follow Figure 9.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 9.4(B)

Follow Figure 9.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type; leading for the footnote is reduced by 1 point.

Bilingual Dual Format – Foods Requiring Preparation (continued)

Figure 9.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

10 point bold type →

8 point leading →

7 point leading →

11 point leading →

7 point leading →

9 point leading →

11 point leading →

No rules, 7 point leading →

9 point leading →

Nutrition Facts / Valeur nutritive		
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g) About 1/2 cup prepared / environ 1/2 tasse préparé		
Amount Teneur	Dry Mix Poudre	Prepared† Préparé†
Calories	100	140
% Daily Value / % valeur quotidienne		
Fat / Lipides 2 g *	3 %	3 %
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Carbohydrate / Glucides 20 g	7 %	9 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	2 %
Calcium / Calcium	0 %	15 %
Iron / Fer	2 %	2 %

* Amount in dry mix / Teneur de la poudre
† 1/2 cup skim milk adds 40 Calories, 65 mg sodium,
6 g carbohydrate (6 g sugars) and 4 g protein. /
1/2 tasse de lait écrémé ajoute 40 Calories,
65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.

Note: Same format specifications as in Figure 9.1(B) except as otherwise indicated.
French terms may appear first.

Figure 9.6(B)

Follow Figure 9.5(B) except: leading is reduced by 1 point where there is a rule.

Aggregate Format – Different Kinds of Foods

Figure 10.1(E)

Nutrition Facts	Regular (35 g)		Apple & Cinnamon (35 g)		Maple & Brown Sugar (35 g)	
	Amount	% DV*	Amount	% DV*	Amount	% DV*
Per 1 pouch						
Calories	110		140		130	
Fat	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholesterol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sugars	1 g		8 g		9 g	
Protein	4 g		4 g		3 g	
Vitamin A		0 %		0 %		0 %
Vitamin C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Iron		6 %		6 %		6 %
* DV = Daily Value						

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 10.1(F)

Valeur nutritive pour 1 sachet	Ordinaire (35 g)		Pomme et cannelle (35 g)		Érable et cassonade (35 g)	
	Teneur	% VQ*	Teneur	% VQ*	Teneur	% VQ*
Calories	110		140		130	
Lipides	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholestérol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sucres	1 g		8 g		9 g	
Protéines	4 g		4 g		3 g	
Vitamine A		0 %		0 %		0 %
Vitamine C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Fer		6 %		6 %		6 %
* VQ = valeur quotidienne						

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Aggregate Format – Different Kinds of Foods (*continued*)

Figures 10.2(E) and (F)

Follow Figures 10.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 10.3(E) and (F)

Follow Figures 10.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 10.4(E) and (F)

Follow Figures 10.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type; leading is reduced by 1 point for subheadings and the footnote, by 2 points where there is a rule, and by 1 point where there is no rule; thin rules are reduced to 0.25 point.

Figures 10.5(E) and (F)

Follow Figures 10.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; leading for the footnote is reduced by 1 point.

Figures 10.6(E) and (F)

Follow Figures 10.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type; leading is reduced by 1 point for subheadings, by 3 points where there is a rule, and by 2 points where there is no rule and for the footnote; thin rules are reduced to 0.25 point.

Bilingual Aggregate Format – Different Kinds of Foods

Figure 11.1(B)

Per 1 pouch pour 1 sachet	Regular Ordinaire (35 g)		Apple & Cinnamon Pomme et cannelle (35 g)		Maple & Brown Sugar Érable et cassonade (35 g)	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	110		140		130	
Fat / Lipides	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans	0 g 0 g	0 %	0 g 0 g	0 %	0 g 0 g	0 %
Cholesterol / Cholestérol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate / Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibre / Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sugars / Sucres	1 g		8 g		9 g	
Protein / Protéines	4 g		4 g		3 g	
Vitamin A / Vitamine A		0 %		0 %		0 %
Vitamin C / Vitamine C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Iron / Fer		6 %		6 %		6 %

* DV = Daily Value / VQ = valeur quotidienne

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

Figure 11.2(B)

Follow Figure 11.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 11.3(B)

Follow Figure 11.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 11.4(B)

Follow Figure 11.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; leading for the footnote is reduced by 1 point.

Bilingual Aggregate Format – Different Kinds of Foods (continued)

Figure 11.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts / Valeur nutritive							
Per 1 pouch pour 1 sachet		Regular Ordinaire (35 g)		Apple & Cinnamon Pomme et cannelle (35 g)		Maple & Brown Sugar Érable et cassonade (35 g)	
		Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories		110		140		130	
Fat / Lipides		2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans		0 g	0 %	0 g	0 %	0 g	0 %
Cholesterol / Cholestérol		0 mg		0 mg		0 mg	
Sodium / Sodium		220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate / Glucides		19 g	6 %	26 g	9 %	27 g	9 %
Fibre / Fibres		3 g	12 %	3 g	12 %	3 g	12 %
Sugars / Sucres		1 g		8 g		9 g	
Protein / Protéines		4 g		4 g		3 g	
Vitamin A / Vitamine A			0 %		0 %		0 %
Vitamin C / Vitamine C			0 %		0 %		0 %
Calcium / Calcium			2 %		2 %		2 %
Iron / Fer			6 %		6 %		6 %

* DV = Daily Value / VQ = valeur quotidienne

Note: Same format specifications as in Figure 11.1(B) except as otherwise indicated.
French terms may appear first.

Figure 11.6(B)

Follow Figure 11.5(B) except: leading is reduced by 1 point where there is a rule.

Dual Format – Different Amounts of Food

Figure 12.1(E)

Nutrition Facts			
Per 1 tablespoon (15 mL)			
Amount	15 mL	125 mL	
Calories	15	120	
	% Daily Value		
Fat 0 g*	0 %	4 %	
Saturated 0 g + Trans 0 g	0 %	8 %	
Cholesterol 0 mg			
Sodium 17 mg	1 %	6 %	
Carbohydrate 2 g	1 %	5 %	
Fibre 0 g	0 %	0 %	
Sugars 2 g			
Protein 1 g			
Vitamin A	2 %	10 %	
Vitamin C	4 %	35 %	
Calcium	4 %	35 %	
Iron	0 %	2 %	
* Amount in 15 mL			

0.5 point rule →

1 point rule →

Asterisk in 9 point type →

6 point type with 11 point leading →

Subheadings specify the different amounts of the food for which information is provided

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 12.1(F)

Valeur nutritive			
pour 1 cuillère à soupe (15 mL)			
Teneur	15 mL	125 mL	
Calories	15	120	
	% valeur quotidienne		
Lipides 0 g*	0 %	4 %	
saturés 0 g + trans 0 g	0 %	8 %	
Cholestérol 0 mg			
Sodium 17 mg	1 %	6 %	
Glucides 2 g	1 %	5 %	
Fibres 0 g	0 %	0 %	
Sucres 2 g			
Protéines 1 g			
Vitamine A	2 %	10 %	
Vitamine C	4 %	35 %	
Calcium	4 %	35 %	
Fer	0 %	2 %	
* Teneur pour 15 mL			

0.5 point rule →

1 point rule →

Asterisk in 9 point type →

6 point type with 11 point leading →

Subheadings specify the different amounts of the food for which information is provided

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Dual Format – Different Amounts of Food (*continued*)

Figures 12.2(E) and (F)

Follow Figures 12.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 12.3(E) and (F)

Follow Figures 12.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 12.4(E) and (F)

Follow Figures 12.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings and the footnote, by 2 points where there is a rule, and by 1 point where there is no rule; thin rules are reduced to 0.25 point.

Figures 12.5(E) and (F)

Follow Figures 12.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type; leading for the footnote is reduced by 1 point.

Figures 12.6(E) and (F)

Follow Figures 12.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings, by 3 points where there is a rule, and by 2 points where there is no rule and for the footnote; thin rules are reduced to 0.25 point.

Bilingual Dual Format – Different Amounts of Food

Figure 13.1(B)

Nutrition Facts / Valeur nutritive			
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)			
Amount / Teneur	15 mL	125 mL	
Calories / Calories	15	120	
% Daily Value / % valeur quotidienne			
Fat / Lipides 0 g*	0 %	4 %	
Saturated / saturés 0 g	0 %	8 %	
Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 17 mg	1 %	6 %	
Carbohydrate / Glucides 2 g	1 %	5 %	
Fibre / Fibres 0 g	0 %	0 %	
Sugars / Sucres 2 g			
Protein / Protéines 1 g			
Vitamin A / Vitamine A	2 %	10 %	
Vitamin C / Vitamine C	4 %	35 %	
Calcium / Calcium	4 %	35 %	
Iron / Fer	2 %	2 %	
* Amount in 15 mL / Teneur pour 15 mL			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

Figure 13.2(B)

Follow Figure 13.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 13.3(B)

Follow Figure 13.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 13.4(B)

Follow Figure 13.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type; leading for the footnote is reduced by 1 point.

Bilingual Dual Format – Different Amounts of Food (continued)

Figure 13.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts / Valeur nutritive		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
Calories / Calories	15	120
% Daily Value / % valeur quotidienne		
Fat / Lipides 0 g*	0 %	4 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %	8 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Carbohydrate / Glucides 2 g	1 %	5 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A	2 %	10 %
Vitamin C / Vitamine C	4 %	35 %
Calcium / Calcium	4 %	35 %
Iron / Fer	2 %	2 %
* Amount in 15 mL / Teneur pour 15 mL		

Note: Same format specifications as in Figure 13.1(B) except as otherwise indicated.
French terms may appear first.

Figure 13.6(B)

Follow Figure 13.5(B) except: leading is reduced by 1 point where there is a rule.

Aggregate Format – Different Amounts of Food

Figure 14.1(E)

Nutrition Facts	Per 15 mL		Per 125 mL	
	Amount	% DV*	Amount	% DV*
Calories	15		120	
Fat	0 g	0 %	2.5 g	4 %
Saturated + Trans	0 g	0 %	1.5 g	8 %
Cholesterol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Carbohydrate	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
Protein	1 g		10 g	
Vitamin A		2 %		10 %
Vitamin C		4 %		35 %
Calcium		4 %		35 %
Iron		0 %		2 %
* DV = Daily Value				

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 14.1(F)

Valeur nutritive	par 15 mL		par 125 mL	
	Teneur	% VQ*	Teneur	% VQ*
Calories	15		120	
Lipides	0 g	0 %	2,5 g	4 %
saturés + trans	0 g	0 %	1,5 g	8 %
Cholestérol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Glucides	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
Protéines	1 g		10 g	
Vitamine A		2 %		10 %
Vitamine C		4 %		35 %
Calcium		4 %		35 %
Fer		0 %		2 %
* VQ = valeur quotidienne				

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Aggregate Format – Different Amounts of Food (*continued*)

Figures 14.2(E) and (F)

Follow Figures 14.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 14.3(E) and (F)

Follow Figures 14.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 14.4(E) and (F)

Follow Figures 14.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type; leading is reduced by 1 point for subheadings and the footnote, by 2 points where there is a rule, and by 1 point where there is no rule; thin rules are reduced to 0.25 point.

Figures 14.5(E) and (F)

Follow Figures 14.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; leading for the footnote is reduced by 1 point.

Figures 14.6(E) and (F)

Follow Figures 14.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type; leading is reduced by 1 point for subheadings, by 3 points where there is a rule, and by 2 points where there is no rule and for the footnote; thin rules are reduced to 0.25 point.

Bilingual Aggregate Format – Different Amounts of Food

Figure 15.1(B)

	Per / par 15 mL		Per / par 125 mL	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	15		120	
Fat / Lipides	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g	0 %	1.5 g	8 %
Cholesterol / Cholestérol	0 mg		10 mg	
Sodium / Sodium	20 mg	11 %	150 mg	6 %
Carbohydrate / Glucides	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
Protein / Protéines	1 g		10 g	
Vitamin A / Vitamine A		2 %		10 %
Vitamin C / Vitamine C		4 %		35 %
Calcium / Calcium		4 %		35 %
Iron / Fer		0 %		2 %
* DV = Daily Value / VQ = valeur quotidienne				

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

Figure 15.2(B)

Follow Figure 15.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 15.3(B)

Follow Figure 15.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 15.4(B)

Follow Figure 15.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; leading for the footnote is reduced by 1 point.

Bilingual Aggregate Format – Different Amounts of Food (continued)

Figure 15.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts / Valeur nutritive		Per / par 15 mL	Per / par 125 mL
	Amount	% DV*	Amount
	Teneur	% VQ*	Teneur
Calories / Calories	15		120
Fat / Lipides	0 g	0 %	2.5 g
			4 %
Saturated / saturés + Trans / trans	0 g	0 %	1.5 g
			8 %
Cholesterol / Cholestérol	0 mg		10 mg
Sodium / Sodium	20 mg	11 %	150 mg
			6 %
Carbohydrate / Glucides	2 g	1 %	15 g
			5 %
Fibre / Fibres	0 g	0 %	0 g
			0 %
Sugars / Sucres	2 g		15 g
Protein / Protéines	1 g		10 g
Vitamin A / Vitamine A		2 %	10 %
Vitamin C / Vitamine C		4 %	35 %
Calcium / Calcium		4 %	35 %
Iron / Fer		0 %	2 %
* DV = Daily Value / VQ = valeur quotidienne			

Note: Same format specifications as in Figure 15.1(B) except as otherwise indicated.
French terms may appear first.

Figure 15.6(B)

Follow Figure 15.5(B) except: leading is reduced by 1 point where there is a rule.

Simplified Linear Format

Figure 17.1(E)

6 point type with
8 point leading →

Nutrition Facts per 1 stick (2.7 g): Calories 5 Fat 0 g (0 %), Carbohydrate 2 g (1 %), Protein 0 g. Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vit A, vit C, calcium or iron. % = % Daily Value

Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 17.1(F)

6 point type with
8 point leading →

Valeur nutritive pour 1 bâtonnet (2,7 g) : Calories 5 Lipides 0 g (0 %), Glucides 2 g (1 %), Protéines 0 g. Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vit A, vit C, calcium et fer. % = % valeur quotidienne
--

Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 17.2(E)

Condensed or normal width font
6 point type except for the heading
7 point leading →

Nutrition Facts per 1 stick (2.7 g): Calories 5 Fat 0 g (0 %), Carbohydrate 2 g (1 %), Protein 0 g. Not a significant source of other nutrients. % = % Daily Value

Note: Same format specifications as in Figure 17.1(E) except as otherwise indicated.

Figure 17.2(F)

Condensed or normal width font
6 point type except for the heading
7 point leading →

Valeur nutritive pour 1 bâtonnet (2,7 g) : Calories 5 Lipides 0 g (0 %), Glucides 2 g (1 %), Protéines 0 g. Source négligeable d'autres éléments nutritifs. % = % valeur quotidienne

Note: Same format specifications as in Figure 17.1(E) except as otherwise indicated.

Presentation of Additional Information

Including all optional elements that may be declared in the nutrition facts table

Figure 18.1(E) See tables to sections B.01.401 and B.01.402 for wording alternatives

Nutrition Facts	
Serving Size 125 mL (35 g)	
Servings Per Container 13	
Amount Per Serving	
Calories 90	Calories from fat 9
Calories from Saturated + Trans 0	
% Daily Value*	
Total Fat 1 g	2 %
Saturated 0 g	0 %
+ Trans 0 g	
Omega-6 Polyunsaturated 0.5 g	
Omega-3 Polyunsaturated 0 g	
Monounsaturated 0.2 g	
Cholesterol 0 mg	0 %
Sodium 300 mg	12 %
Potassium 410 mg	12 %
Total Carbohydrate 27 g	9 %
Dietary Fibre 12 g	48 %
Soluble Fibre 0 g	
Insoluble Fibre 11 g	
Sugars 6 g	
Sugar Alcohols 0 g	
Starch 9 g	
Protein 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 35 %
Vitamin D 0 %	Vitamin E 6 %
Vitamin K 10 %	Thiamine 55 %
Riboflavin 4 %	Niacin 25 %
Vitamin B ₆ 10 %	Folate 10 %
Vitamin B ₁₂ 0 %	Biotin 30 %
Pantothenate 8 %	Phosphorus 30 %
Iodide 0 %	Magnesium 50 %
Zinc 25 %	Selenium 6 %
Copper 20 %	Manganese 10 %
Chromium 10 %	Molybdenum 10 %
Chloride 10 %	
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated + Trans	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fibre	25 g 30 g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

0.5 point rule →

1 point rule →

0.5 point rule →

12 point indent →

Calories 90 (380 kJ)
Calories from fat 9
Calories from Saturated + Trans 0

Polyunsaturated 0.5 g
Omega-6 0.5 g
Omega-3 0 g

If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of iron, the remaining information may be moved to the upper right, enclosed by a box with a 0.5 point rule that shares its left rule with the main box

May include this footnote or one of the following:

- * Based on a 2,000 Calorie diet.
- * Percent Daily Values are based on a 2,000 Calorie diet.
- * Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.

← 8 point leading

← 6 point type with 7 point leading

← 8 point leading

Note: In respect of matters other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Schedule.

Presentation of Additional Information (*continued*)

Including all optional elements that may be declared in the nutrition facts table

Figure 18.1(F) See tables to sections B.01.401 and B.01.402 for wording alternatives

Valeur nutritive			
Portion 125 mL (35 g) Portions par contenant 13			
Teneur par portion			
Calories 90	Calories des lipides 9	} Or: Calories 90 (380 kJ) Calories des lipides 9 Calories des saturés et des trans 0	
Calories des saturés et des trans 0			
<i>% valeur quotidienne*</i>			
Total des lipides 1 g		2 %	} Or: polyinsaturés 0,5 g oméga-6 0,5 g oméga-3 0 g
saturés 0 g	+ trans 0 g	0 %	
polyinsaturés oméga-6 0,5 g			
polyinsaturés oméga-3 0 g			
monoinsaturés 0,2 g			
Cholestérol 0 mg		0 %	
Sodium 300 mg		12 %	
Potassium 410 mg		12 %	
Total des glucides 27 g		9 %	
Fibres alimentaires 12 g		48 %	
Fibres solubles 0 g			
Fibres insolubles 11 g			
Sucres 6 g			
Polyalcools 0 g			
Amidon 9 g			
Protéines 4 g			
Vitamine A 0 %	Vitamine C 0 %		
Calcium 2 %	Fer 35 %		
Vitamine D 0 %	Vitamine E 6 %		
Vitamine K 10 %	Thiamine 55 %		
Riboflavine 4 %	Niacine 25 %		
Vitamine B ₆ 10 %	Folate 10 %		
Vitamine B ₁₂ 0 %	Biotine 30 %		
Pantothénate 8 %	Phosphore 30 %		
Iodure 0 %	Magnésium 50 %		
Zinc 25 %	Sélénium 6 %		
Cuivre 20 %	Manganèse 10 %		
Chrome 10 %	Molybdène 10 %		
Chlorure 10 %			
* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques :			
	Calories :	2 000	2 500
Total des lipides	moins de	65 g	80 g
saturés + trans	moins de	20 g	25 g
Cholestérol	moins de	300 mg	300 mg
Sodium	moins de	2 400 mg	2 400 mg
Potassium		3 500 mg	3 500 mg
Total des glucides		300 g	375 g
Fibres alimentaires		25 g	30 g
Calories par gramme :			
Lipides 9	Glucides 4	Protéines 4	

May include this footnote or one of the following:

- * En fonction d'un régime alimentaire de 2 000 Calories.
- * Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories.
- * Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques.

Note: In respect of matters other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Schedule.

Bilingual Presentation of Additional Information

Including all optional elements that may be declared in the nutrition facts table

Figure 19.1(B) See tables to sections B.01.401 and B.01.402 for wording alternatives

Nutrition Facts Valeur nutritive		% Daily Value / % valeur quotidienne*	
Serving Size 125 mL (35 g) / Portion 125 mL (35 g)		Vitamin D / Vitamine D	0 %
Servings Per Container 13		Vitamin E / Vitamine E	6 %
Portions par contenant 13		Vitamin K / Vitamine K	10 %
Amount Per Serving / Teneur par portion		Thiamine / Thiamine	55 %
Calories / Calories 90 (380 kJ)		Riboflavin / Riboflavine	4 %
Calories from fat / Calories des lipides 9		Niacin / Niacine	25 %
Calories from Saturated + Trans 0		Vitamin B ₆ / Vitamine B ₆	10 %
Calories des lipides saturés et trans 0		Folate / Folate	10 %
% Daily Value / % valeur quotidienne*		Vitamin B ₁₂ / Vitamine B ₁₂	0 %
Total Fat / Lipides 1 g	2 %	Biotin / Biotine	30 %
Saturated / saturés 0 g	0 %	Pantothenate / Pantothénate	8 %
+ Trans / trans 0 g		Phosphorus / Phosphore	30 %
Polyunsaturated / polyinsaturés 0.5 g		Iodide / Iodure	0 %
Omega-6 / oméga-6 0.5 g		Magnesium / Magnésium	50 %
Omega-3 / oméga-3 0 g		Zinc / Zinc	25 %
Monounsaturated / monoinsaturés 0.2 g		Selenium / Sélénium	6 %
Cholesterol / Cholestérol 0 mg	0 %	Copper / Cuivre	20 %
Sodium / Sodium 300 mg	12 %	Manganese / Manganèse	10 %
Potassium / Potassium 410 mg	12 %	Chromium / Chrome	10 %
Total Carbohydrate / Glucides 27 g	9 %	Molybdenum / Molybdène	10 %
Dietary Fibre / Fibres alimentaires 12 g	48 %	Chloride / Chlorure	10 %
Soluble Fibre / Fibres solubles 0 g		* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs:	
Insoluble Fibre / Fibres insolubles 11 g		Calories:	2,000 2,500
Sugars / Sucres 6 g		Total Fat	Less than 65 g 80 g
Sugar Alcohols / Polyalcools 0 g		Saturated + Trans	Less than 20 g 25 g
Starch / Amidon 9 g		Cholesterol	Less than 300 mg 300 mg
Protein / Protéines 4 g		Sodium	Less than 2,400 mg 2,400 mg
Vitamin A / Vitamine A	0 %	Potassium	3,500 mg 3,500 mg
Vitamin C / Vitamine C	0 %	Total Carbohydrate	300 g 375 g
Calcium / Calcium	2 %	Dietary Fibre	25 g 30 g
Iron / Fer	35 %	Calories per gram:	
		Fat 9	Carbohydrate 4 Protein 4
		* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques :	
		Calories :	2 000 2 500
		Lipides	moins de 65 g 80 g
		saturés + trans	moins de 20 g 25 g
		Cholestérol	moins de 300 mg 300 mg
		Sodium	moins de 2 400 mg 2 400 mg
		Potassium	3 500 mg 3 500 mg
		Glucides	300 g 375 g
		Fibres alimentaires	25 g 30 g
		Calories par gramme :	
		Lipides 9	Glucides 4 Protéines 4

Note: % Daily Value footnote may be replaced by options set out in Figures 18.1(E) and (F). In respect of matters other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Schedule. French terms may appear first.

Standard Format Children Under Two Years of Age

Figure 20.1(E)

Nutrition Facts			
Per 1 jar (128 mL)			
		Amount	
Calories	110		
Fat	0 g		
Sodium	10 mg		
Carbohydrate	27 g		
Fibre	4 g		
Sugars	18 g		
Protein	0 g		
% Daily Value			
Vitamin A	6 %	Vitamin C	45 %
Calcium	2 %	Iron	2 %

← 1 point rule

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 20.1(F)

Valeur nutritive			
pour 1 pot (128 mL)			
		Teneur	
Calories	110		
Lipides	0 g		
Sodium	10 mg		
Glucides	27 g		
Fibres	4 g		
Sucres	18 g		
Protéines	0 g		
% valeur quotidienne			
Vitamine A	6 %	Vitamine C	45 %
Calcium	2 %	Fer	2 %

← 1 point rule

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Standard Format

Children Under Two Years of Age (*continued*)

Figures 20.2(E) and (F)

Follow Figures 20.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 20.3(E) and (F)

Follow Figures 20.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 20.4(E) and (F)

Follow Figures 20.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings, by 2 points where there is a rule and by 1 point where there is no rule; thin rules are reduced to 0.25 point.

Figures 20.5(E) and (F)

Follow Figures 20.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type.

Figures 20.6(E) and (F)

Follow Figures 20.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type and the heading in 10 point bold type; leading is reduced by 1 point for subheadings, by 3 points where there is a rule and by 2 points where there is no rule; thin rules are reduced to 0.25 point.

Narrow Standard Format Children Under Two Years of Age

Figure 21.1(E)

12 point bold type →

Nutrition Facts	
Per 1 jar (128 mL)	
Amount	
Calories	110
Fat	0 g
Sodium	10 mg
Carbohydrate	27 g
Fibre	4 g
Sugars	18 g
Protein	0 g
% Daily Value	
Vitamin A	6 %
Vitamin C	45 %
Calcium	2 %
Iron	2 %

← 1 point rule

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 21.1(F)

12 point bold type →

Valeur nutritive	
pour 1 pot (128 mL)	
Teneur	
Calories	110
Lipides	0 g
Sodium	10 mg
Glucides	27 g
Fibres	4 g
Sucres	18 g
Protéines	0 g
% valeur quotidienne	
Vitamine A	6 %
Vitamine C	45 %
Calcium	2 %
Fer	2 %

← 1 point rule

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Narrow Standard Format

Children Under Two Years of Age (*continued*)

Figures 21.2(E) and (F)

Follow Figures 21.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point; the heading is displayed in 11 point bold type.

Figures 21.3(E) and (F)

Follow Figures 21.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point; the heading is displayed in 10 point bold type.

Figures 21.4(E) and (F)

Follow Figures 21.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type.

Bilingual Standard Format Children Under Two Years of Age

Figure 22.1(B)

Nutrition Facts	
Valeur nutritive	
Per 1 jar (128 mL)	
pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

Figure 22.2(B)

Follow Figure 22.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 22.3(B)

Follow Figure 22.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 22.4(B)

Follow Figure 22.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type with leading reduced by 3 points.

Bilingual Standard Format

Children Under Two Years of Age (*continued*)

Figure 22.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts	
Valeur nutritive	
Per 1 jar (128 mL) / pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

10 point bold type with 11 point leading →

8 point leading →

11 point leading →

10 point leading →

9 point leading →

11 point leading →

10 point leading →

No rules, 7 point leading →

Note: Same format specifications as in Figure 22.1(B) except as otherwise indicated. French terms may appear first.

Figure 22.6(B)

Follow Figure 22.5(B) except: leading is reduced by 1 point where there is a rule.

Figure 22.7(B)

Follow Figure 22.5(B) except: the heading may be displayed in 9 point bold type with leading reduced by 3 points; leading may be reduced by 2 points where there is a rule, and by 1 point where there is no rule except for subheadings; box enclosing text may be displayed with a 0.25 point rule within 1 point of text; 2 point rules may be reduced to 1.5 points and the 1 point rule may be reduced to 0.75 point.

Bilingual Horizontal Format Children Under Two Years of Age

Figure 23.1(B)

Nutrition Facts Valeur nutritive	Amount / Teneur		Amount / Teneur	
		Calories / Calories	110	Carbohydrate / Glucides
Per 1 jar (128 mL) pour 1 pot (128 mL)	Fat / Lipides	0 g	Fibre / Fibres	4 g
	Sodium / Sodium	10 mg	Sugars / Sucres	18 g
			Protein / Protéines	0 g
% Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %				

Note: Same format specifications as in Figure 4.1(B).
French terms may appear first.

Figure 23.2(B)

Follow Figure 23.1(B) except: serving of stated size, Calories and nutrients are displayed in 6 point type; the heading is displayed in 10 point bold type with leading reduced by 3 points; leading is reduced by 1 point in the right column and the information in the other columns is adjusted accordingly.

Figure 23.3(B)

Follow Figure 23.1(B) except: serving of stated size, Calories and nutrients are displayed in 6 point type; the heading is displayed in 10 point bold type with leading reduced by 3 points; leading is reduced by 2 points in the right column and the information in the other columns is adjusted accordingly; thin rules are reduced to 0.25 point.

Figure 23.4(B)

Follow Figure 23.1(B) except: serving of stated size, Calories and nutrients are displayed in 6 point type; the heading is displayed in 10 point bold type with leading reduced by 3 points; leading is reduced by 3 points in the right column and the information in the other columns is adjusted accordingly; thin rules are reduced to 0.25 point.

Simplified Standard Format Children Under Two Years of Age

Figure 24.1(E)

12 point bold type →

Nutrition Facts	
Per 1 jar (128 mL)	
	Amount
Calories	60
Fat	0 g
Carbohydrate	16 g
Protein	0 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

12 point leading →

6 point type with 7 point leading →

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 24.1(F)

12 point bold type →

Valeur nutritive	
pour 1 pot (128 mL)	
	Teneur
Calories	60
Lipides	0 g
Glucides	16 g
Protéines	0 g
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

12 point leading →

6 point type with 7 point leading →

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Simplified Standard Format

Children Under Two Years of Age (*continued*)

Figures 24.2(E) and (F)

Follow Figures 24.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 24.3(E) and (F)

Follow Figures 24.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 24.4(E) and (F)

Follow Figures 24.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type and the heading in 10 point bold type; leading is reduced by 1 point for the subheading, by 2 points where there is a rule, and by 1 point where there is no rule, except for the footnote; thin rules are reduced to 0.25 point.

Figures 24.5(E) and (F)

Follow Figures 24.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type.

Figures 24.6(E) and (F)

Follow Figures 24.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type and the heading in 10 point bold type; leading is reduced by 1 point for the subheading, by 3 points where there is a rule, and by 2 points where there is no rule, except for the footnote; thin rules are reduced to 0.25 point.

Bilingual Simplified Standard Format Children Under Two Years of Age

Figure 25.1(B)

Amount / Teneur	
Calories / Calories	60
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g

Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.

Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. French terms may appear first.

Figure 25.2(B)

Follow Figure 25.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 25.3(B)

Follow Figure 25.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 25.4(B)

Follow Figure 25.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; the heading is displayed in 10 point bold type with leading reduced by 3 points.

Bilingual Simplified Standard Format Children Under Two Years of Age (*continued*)

Figure 25.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

10 point bold type with 11 point leading	Nutrition Facts Valeur nutritive
8 point leading	Per 1 jar (128 mL)
7 point leading	pour 1 pot (128 mL)
11 point leading	Amount / Teneur
10 point leading	Calories / Calories 60
	Fat / Lipides 0 g
9 point leading	Carbohydrate / Glucides 16 g
	Protein / Protéines 0 g
11 point leading	Not a significant source of other nutrients.
9 point leading	Source négligeable d'autres éléments nutritifs.

Note: Same format specifications as in Figure 25.1(B) except as otherwise indicated.
French terms may appear first.

Figure 25.6(B)

Follow Figure 25.5(B) except: leading is reduced by 1 point where there is a rule.

Bilingual Simplified Horizontal Format Children Under Two Years of Age

Figure 26.1(B)

Nutrition Facts Valeur nutritive	Amount / Teneur
Per 1 jar (128 mL) pour 1 pot (128 mL)	Fat / Lipides 0 g
Calories 60	Carbohydrate / Glucides 16 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	Protein / Protéines 0 g
	Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.

6 point type with 7 point leading →

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.
French terms may appear first.

Figure 26.2(B)

Follow Figure 26.1(B) except: serving of stated size, Calories and nutrients are displayed in 6 point type; the heading is displayed in 10 point bold type with leading reduced by 3 points; leading is reduced by 1 point where there is a rule and the information in the other column is adjusted accordingly.

Figure 26.3(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts Valeur nutritive	Amount / Teneur
Per 1 jar (128 mL) pour 1 pot (128 mL)	Fat / Lipides 0 g
Calories 60	Carbohydrate / Glucides 16 g
Not a significant source of other nutrients.	Protein / Protéines 0 g
	Source négligeable d'autres éléments nutritifs.

10 point bold type with 11 point leading →

← 11 point leading

← 9 point leading

Note: Same format specifications as in Figure 26.1(B) except as otherwise indicated.
French terms may appear first.

Figure 26.4(B)

Follow Figure 26.3(B) except: leading is reduced by 1 point where there is a rule and the information in the other column is adjusted accordingly.

Aggregate Format – Different Kinds of Foods Children Under Two Years of Age

Figure 27.1(E)

Nutrition Facts	Barley (28 g)	Mixed (28 g)	Mixed with fruits (28 g)
Per 10 tablespoons	Amount	Amount	Amount
Calories	100	100	100
Fat	1 g	1 g	1 g
Sodium	5 mg	15 mg	10 mg
Carbohydrate	21 g	20 g	20 g
Fibre	0 g	1 g	1 g
Sugars	3 g	4 g	7 g
Protein	3 g	4 g	3 g
	% DV*	% DV*	% DV*
Vitamin A	0 %	0 %	0 %
Vitamin C	0 %	0 %	0 %
Calcium	60 %	60 %	60 %
Iron	120 %	120 %	120 %
* DV = Daily Value			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 27.1(F)

Valeur nutritive	Orge (28 g)	Mélangées (28 g)	Mélangées avec fruits (28 g)
pour 10 cuil. à soupe	Teneur	Teneur	Teneur
Calories	100	100	100
Lipides	1 g	1 g	1 g
Sodium	5 mg	15 mg	10 mg
Glucides	21 g	20 g	20 g
Fibres	0 g	1 g	1 g
Sucres	3 g	4 g	7 g
Protéines	3 g	4 g	3 g
	% VQ*	% VQ*	% VQ*
Vitamine A	0 %	0 %	0 %
Vitamine C	0 %	0 %	0 %
Calcium	60 %	60 %	60 %
Fer	120 %	120 %	120 %
* VQ = valeur quotidienne			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Aggregate Format – Different Kinds of Foods Children Under Two Years of Age (*continued*)

Figures 27.2(E) and (F)

Follow Figures 27.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 27.3(E) and (F)

Follow Figures 27.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 27.4(E) and (F)

Follow Figures 27.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type; leading is reduced by 1 point for subheadings and the footnote, by 2 points where there is a rule, and by 1 point where there is no rule; thin rules are reduced to 0.25 point.

Figures 27.5(E) and (F)

Follow Figures 27.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; leading for the footnote is reduced by 1 point.

Figures 27.6(E) and (F)

Follow Figures 27.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type; leading is reduced by 1 point for subheadings, by 3 points where there is a rule, and by 2 points where there is no rule and for the footnote; thin rules are reduced to 0.25 point.

Bilingual Aggregate Format – Different Kinds of Foods Children Under Two Years of Age

Figure 28.1(B)

Per 10 tablespoons pour 10 cuil. à soupe	Barley Orge (28 g)	Mixed Mélangées (28 g)	Mixed with fruits Mélangées avec fruits (28 g)
	Amount / Teneur	Amount / Teneur	Amount / Teneur
Calories / Calories	100	100	100
Fat / Lipides	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Carbohydrate / Glucides	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
Protein / Protéines	3 g	4 g	3 g
	% DV / % VQ*	% DV / % VQ*	% DV / % VQ*
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Iron / Fer	120 %	120 %	120 %
* DV = Daily Value / VQ = valeur quotidienne			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.
French terms may appear first.

Figure 28.2(B)

Follow Figure 28.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 28.3(B)

Follow Figure 28.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 28.4(B)

Follow Figure 28.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; leading for the footnote is reduced by 1 point.

Bilingual Aggregate Format – Different Kinds of Foods Children Under Two Years of Age (*continued*)

Figure 28.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts / Valeur nutritive				
	Barley Orge	Mixed Mélangées	Mixed with fruits Mélangées avec fruits	
Per 10 tablespoons pour 10 cuil. à soupe	(28 g)	(28 g)	(28 g)	
	Amount / Teneur	Amount / Teneur	Amount / Teneur	
Calories / Calories	100	100	100	
Fat / Lipides	1 g	1 g	1 g	
Sodium / Sodium	5 mg	15 mg	10 mg	
Carbohydrate / Glucides	21 g	20 g	20 g	
Fibre / Fibres	0 g	1 g	1 g	
Sugars / Sucres	3 g	4 g	7 g	
Protein / Protéines	3 g	4 g	3 g	
	% DV / % VQ*	% DV / % VQ*	% DV / % VQ*	
Vitamin A / Vitamine A	0 %	0 %	0 %	
Vitamin C / Vitamine C	0 %	0 %	0 %	
Calcium / Calcium	60 %	60 %	60 %	
Iron / Fer	120 %	120 %	120 %	
* DV = Daily Value / VQ = valeur quotidienne				

7 point leading →
11 point leading →
10 point leading →
9 point leading →
11 point leading →
10 point leading →
No rules, 7 point leading →
9 point leading →

Note: Same format specifications as in Figure 28.1(B) except as otherwise indicated.
French terms may appear first.

Figure 28.6(B)

Follow Figure 28.5(B) except: leading is reduced by 1 point where there is a rule.

Aggregate Format – Different Amounts of Food Children Under Two Years of Age

Figure 29.1(E)

Nutrition Facts	2 cookies (10 g)	1 cookie (5 g)
	Amount	Amount
Calories	40	20
Fat	1 g	0 g
Sodium	60 mg	30 mg
Carbohydrate	8 g	4 g
Fibre	0 g	0 g
Sugars	2 g	1 g
Protein	1 g	0 g
	% DV*	% DV*
Vitamin A	0 %	0 %
Vitamin C	0 %	0 %
Calcium	2 %	0 %
Iron	0 %	0 %
* DV = Daily Value		

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 29.1(F)

Valeur nutritive	2 biscuits (10 g)	1 biscuit (5 g)
	Teneur	Teneur
Calories	40	20
Lipides	1 g	0 g
Sodium	60 mg	30 mg
Glucides	8 g	4 g
Fibres	0 g	0 g
Sucres	2 g	1 g
Protéines	1 g	0 g
	% VQ*	% VQ*
Vitamine A	0 %	0 %
Vitamine C	0 %	0 %
Calcium	2 %	0 %
Fer	0 %	0 %
* VQ = valeur quotidienne		

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Aggregate Format – Different Amounts of Food Children Under Two Years of Age (*continued*)

Figures 29.2(E) and (F)

Follow Figures 29.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 29.3(E) and (F)

Follow Figures 29.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figures 29.4(E) and (F)

Follow Figures 29.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type; leading is reduced by 1 point for subheadings and the footnote, by 2 points where there is a rule, and by 1 point where there is no rule; thin rules are reduced to 0.25 point.

Figures 29.5(E) and (F)

Follow Figures 29.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; leading for the footnote is reduced by 1 point.

Figures 29.6(E) and (F)

Follow Figures 29.1(E) and (F) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type; leading is reduced by 1 point for subheadings, by 3 points where there is a rule, and by 2 points where there is no rule and for the footnote; thin rules are reduced to 0.25 point.

Bilingual Aggregate Format – Different Amounts of Food Children Under Two Years of Age

Figure 30.1(B)

Nutrition Facts Valeur nutritive	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ*	% DV / % VQ*
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %
* DV = Daily Value / VQ = valeur quotidienne		

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.
French terms may appear first.

Figure 30.2(B)

Follow Figure 30.1(B) except: serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 30.3(B)

Follow Figure 30.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 7 point type with leading reduced by 1 point.

Figure 30.4(B)

Follow Figure 30.1(B) except: all text is in condensed font; serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 2 points; leading for the footnote is reduced by 1 point.

Bilingual Aggregate Format – Different Amounts of Food Children Under Two Years of Age (*continued*)

Figure 30.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
Nutrition Facts Valeur nutritive	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ*	% DV / % VQ*
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %
* DV = Daily Value / VQ = valeur quotidienne		

Note: Same format specifications as in Figure 30.1(B) except as otherwise indicated.
French terms may appear first.

Figure 30.6(B)

Follow Figure 30.5(B) except: leading is reduced by 1 point where there is a rule.

Linear Format

Children Under Two Years of Age

Figure 31.1(E)

Nutrition Facts per 1 jar (128 mL): Calories 110 Fat 0 g, Sodium 10 mg, Carbohydrate 27 g, Fibre 4 g, Sugars 18 g, Protein 0 g, Vit A (6 %), Vit C (45 %), Calcium (2 %), Iron (2 %). % = % Daily Value
--

Note: Same format specifications as in Figure 16.1(E).

Figure 31.1(F)

Valeur nutritive pour 1 pot (128 mL) : Calories 110 Lipides 0 g, Sodium 10 mg, Glucides 27 g, Fibres 4 g, Sucres 18 g, Protéines 0 g, Vit A (6 %), Vit C (45 %), Calcium (2 %), Fer (2 %). % = % valeur quotidienne
--

Note: Same format specifications as in Figure 16.1(E).

Figures 31.2(E) and (F)

Follow Figures 31.1(E) and (F) except: serving of stated size, Calories and nutrients are displayed in 6 point type with leading reduced by 1 point.

Simplified Linear Format – Children Under Two Years of Age

Figure 32.1(E)

8 point leading →

Nutrition Facts per 1 jar (128 mL): Calories 60, Fat 0 g, Carbohydrate 16 g, Protein 0 g. Not a significant source of sodium, fibre, sugars, vit A, vit C, calcium or iron.
--

Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 32.1(F)

8 point leading →

Valeur nutritive pour 1 pot (128 mL) : Calories 60, Lipides 0 g, Glucides 16 g, Protéines 0 g. Source négligeable de sodium, fibres, sucres, vit A, vit C, calcium et fer.

Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 32.2(E)

Condensed or normal width font
6 point type except for the heading

7 point leading →

Nutrition Facts per 1 jar (128 mL): Calories 60, Fat 0 g, Carbohydrate 16 g, Protein 0 g. Not a significant source of sodium, fibre, sugars, vit A, vit C, calcium or iron.
--

Note: Same format specifications as in Figure 32.1(E) except as otherwise indicated.

Figure 32.2(F)

Condensed or normal width font
6 point type except for the heading

7 point leading →

Valeur nutritive pour 1 pot (128 mL) : Calories 60, Lipides 0 g, Glucides 16 g, Protéines 0 g. Source négligeable de sodium, fibres, sucres, vit A, vit C, calcium et fer.

Note: Same format specifications as in Figure 32.1(E) except as otherwise indicated.

Presentation of Additional Information Children Under Two Years of Age

Including all optional elements that may be declared in the nutrition facts table

Figure 33.1(E) See tables to sections B.01.401 and B.01.402 for wording alternatives

Nutrition Facts	
Serving Size 125 mL (26 g)	
Servings Per Container 8	
Amount Per Serving	
Calories	100 (400 kJ)
Total Fat	1 g
Saturated	0 g
Trans	0 g
Omega-6 Polyunsaturated	0.5 g
Omega-3 Polyunsaturated	0 g
Monounsaturated	0.2 g
Cholesterol	0 mg
Sodium	5 mg
Potassium	80 mg
Total Carbohydrate	20 g
Dietary Fibre	2 g
Soluble Fibre	1 g
Insoluble Fibre	1 g
Sugars	3 g
Sugar Alcohols	0 g
Starch	16 g
Protein	3 g
% Daily Value	
Vitamin A	0 %
Calcium	60 %
Vitamin D	0 %
Vitamin K	0 %
Riboflavin	100 %
Vitamin B ₆	4 %
Vitamin B ₁₂	0 %
Pantothenate	0 %
Iodide	0 %
Zinc	4 %
Copper	4 %
Chromium	0 %
Chloride	0 %
Vitamin C	0 %
Iron	120 %
Vitamin E	0 %
Thiamine	100 %
Niacin	100 %
Folate	4 %
Biotin	0 %
Phosphorus	60 %
Magnesium	10 %
Selenium	20 %
Manganese	10 %
Molybdenum	0 %

Polyunsaturated	0.5 g
Omega-6	0.5 g
Omega-3	0 g

Or:

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1 point rule →

← If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of iron, the remaining information may be moved to the upper right, enclosed by a box with a 0.5 point rule that shares its left rule with the main box

Note: In respect of matters other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Schedule.

Presentation of Additional Information Children Under Two Years of Age (*continued*)

Including all optional elements that may be declared in the nutrition facts table

Figure 33.1(F) See tables to sections B.01.401 and B.01.402 for wording alternatives

Valeur nutritive			
Portion 125 mL (26 g)			
Portions par contenant 8			
Teneur par portion			
Calories	100 (400 kJ)		
Total des lipides	1 g		
saturés	0 g		
trans	0 g		
polyinsaturés oméga-6	0,5 g		
polyinsaturés oméga-3	0 g		
monoinsaturés	0,2 g		
Cholestérol	0 mg		
Sodium	5 mg		
Potassium	80 mg		
Total des glucides	20 g		
Fibres alimentaires	2 g		
Fibres solubles	1 g		
Fibres insolubles	1 g		
Sucres	3 g		
Polyalcools	0 g		
Amidon	16 g		
Protéines	3 g		
% valeur quotidienne			
Vitamine A	0 %	Vitamine C	0 %
Calcium	60 %	Fer	120 %
Vitamine D	0 %	Vitamine E	0 %
Vitamine K	0 %	Thiamine	100 %
Riboflavine	100 %	Niacine	100 %
Vitamine B ₆	4 %	Folate	4 %
Vitamine B ₁₂	0 %	Biotine	0 %
Pantothénate	0 %	Phosphore	60 %
Iodure	0 %	Magnésium	10 %
Zinc	4 %	Sélénium	20 %
Cuivre	4 %	Manganèse	10 %
Chrome	0 %	Molybdène	0 %
Chlorure	0 %		

Or:	polyinsaturés	0,5 g
	oméga-6	0,5 g
	oméga-3	0 g

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12 point indent

6 point indent

12 point indent

1 point rule

If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of iron, the remaining information may be moved to the upper right, enclosed by a box with a 0.5 point rule that shares its left rule with the main box

Note: In respect of matters other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Schedule.

Bilingual Presentation of Additional Information Children Under Two Years of Age

Including all optional elements that may be declared in the nutrition facts table

Figure 34.1(B) See tables to sections B.01.401 and B.01.402 for wording alternatives

Nutrition Facts Valeur nutritive		% Daily Value / % valeur quotidienne	
Serving Size 125 mL (26 g) Portion 125 mL (26 g) Servings Per Container 8 Portions par contenant 8		Vitamin D / Vitamine D	0 %
Amount Per Serving / Teneur par portion		Vitamin E / Vitamine E	0 %
Calories / Calories	100 (400 kJ)	Vitamin K / Vitamine K	0 %
Total Fat / Lipides	1 g	Thiamine / Thiamine	100 %
Saturated / saturés	0 g	Riboflavin / Riboflavine	100 %
Trans / trans	0 g	Niacin / Niacine	100 %
Polyunsaturated / polyinsaturés	0.5 g	Vitamin B ₆ / Vitamine B ₆	4 %
Omega-6 / oméga-6	0.5 g	Folate / Folate	4 %
Omega-3 / oméga-3	0 g	Vitamin B ₁₂ / Vitamine B ₁₂	0 %
Monounsaturated / monoinsaturés	0.2 g	Biotin / Biotine	0 %
Cholesterol / Cholestérol	0 mg	Pantothenate / Pantothénate	0 %
Sodium / Sodium	5 mg	Phosphorus / Phosphore	60 %
Potassium / Potassium	80 mg	Iodide / Iodure	0 %
Total Carbohydrate / Glucides	21 g	Magnesium / Magnésium	10 %
Dietary Fibre / Fibres	2 g	Zinc / Zinc	4 %
Soluble Fibre / Fibres solubles	1 g	Selenium / Sélénium	20 %
Insoluble Fibre / Fibres insolubles	1 g	Copper / Cuivre	4 %
Sugars / Sucres	3 g	Manganese / Manganèse	10 %
Sugar Alcohols / Polyalcools	0 g	Chromium / Chrome	0 %
Starch / Amidon	16 g	Molybdenum / Molybdène	0 %
Protein / Protéines	3 g	Chloride / Chlorure	0 %
% Daily Value / % valeur quotidienne			
		Vitamin A / Vitamine A	0 %
		Vitamin C / Vitamine C	0 %
		Calcium / Calcium	60 %
		Iron / Fer	120 %

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Space before and after forward slash

1 point rule

Note: In respect of matters other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Schedule. French terms may appear first.