

Section I

Glossary of Terms

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Available Display Surface means:

- (a) the bottom of an ornamental container or the total surface area of both sides of a tag attached to the ornamental container, whichever is greater,
- (b) the total surface area of both sides of a tag attached to a package to which a label cannot be physically applied or on which information cannot be legibly set out and easily viewed by the purchaser or consumer under the customary conditions of purchase, and
- (c) the total surface area of any other package, excluding the bottom if the contents of the package leak out or are damaged when the package is turned over,

but does not include:

- (d) any area of a package on which a label cannot be physically applied or on which information cannot be legibly set out and easily viewed by the purchaser or consumer under the customary conditions of purchase,
- (e) any part of a package that is intended to be destroyed when it is opened, other than a package of a food that is intended to be consumed by one person at a single eating occasion, or
- (f) the area occupied by the Universal Product Code. (surface exposée disponible) [B.01.001]

Character is a printed or written letter, symbol (e.g., number) or distinctive mark.

Collar is a band of varying dimensions, usually made of paper or cardboard or other printable material, which is slipped around a container (e.g., neck of a bottle). “Collar”, “outer sleeve” or “overwrap” are essentially similar concepts; all involve the placement of additional labelling surface to the exterior of a container.

Combination foods means the category of foods that contain as ingredients foods from more than one food group, or foods from one or more food groups mixed with foods from the category of other foods, such as pizza or lasagna. (aliments composés) [B.01.500]

Consumer friendly unit, for the purposes of this Toolkit, this expression means:

- a fraction of food – e.g., 1/8 pizza
- a common visual measure of food – e.g., household measures such as cups, tablespoons, teaspoons, 250 ml, 125 ml, 15 ml, 5 ml, etc.
- a unit of food – e.g., square of chocolate; stick of butter, x mm slice, slice of bread, etc.
- an entire container – for a single serving unit of food

Continuous Surface, for the purposes of nutrition labelling, is a single flat or slightly curved surface that is unbroken or uninterrupted by edges, corners, rims, ridges, etc. For cylindrical containers (e.g., cans or plastic tubs), the entire side (circumference) is considered one continuous surface.

Daily value means

- (a) in reference to a vitamin or mineral nutrient, the “recommended daily intake” for that vitamin or mineral nutrient as set out in Part D of the *Food and Drug Regulations*, and
- (b) in reference to a nutrient referred to in the definition “reference standard” as set out in Section B.0.001.1, the reference standard for that nutrient. (i.e., fat, sum of saturated and trans fatty acids, cholesterol, carbohydrate, fibre, sodium, potassium) (valeur quotidienne) [B.01.001]

Decorative container means a container that, although aesthetically pleasing, is generally not reusable, as it not made of sturdy materials and may be easily torn or damaged, e.g., cardboard box of Valentine’s chocolates.

Fat means all fatty acids expressed as triglycerides. [B.01.400]

Font is a style of print.

Food group means one of the following categories of foods:

- (a) milk products, and milk product alternatives such as fortified plant-based beverages;
- (b) meat, poultry and fish, and alternatives such as legumes, eggs, tofu or peanut butter;
- (c) bread and grain products; or
- (d) vegetables and fruit. (groupe alimentaire) [B.01.500]

Insert means a label or paper that is inserted into a prepackaged product.

Label includes any legend, word or mark attached to, included in, belonging to or accompanying any food. [Section 1 *Food and Drugs Act*]

Leading is the measure from the baseline of the letters in one line of type to the baseline of the letters in the line of type above it. In the example below, the leading is the distance measured between the bottom of the letter “a” in “apples” and the bottom of the letter “m” in “mangoes” in the line above.

These mangoes are not ripe yet.

These apples are really red and juicy.

Meal replacement means a formulated food that, by itself, can replace one or more daily meals. (substitut de repas) [B.01.001] The compositional and labelling requirements for meal replacements are located in Division 24 of the *Food and Drug Regulations*.

Monounsaturated fatty acids (monounsaturated fat, monounsaturates or monounsaturated) means cis-monounsaturated fatty acids. (acides gras monoinsaturés, graisses monoinsaturées, gras monoinsaturés, lipides monoinsaturés ou monoinsaturés) [B.01.001]

Nutritional supplement means a food sold or represented as a supplement to a diet that may be inadequate in energy and essential nutrients. (supplément nutritif) [B.01.001] The compositional and labelling requirements for nutritional supplements are located in Division 24 of the *Food and Drug Regulations*.

Nutrition Facts table means the Nutrition Facts table that is required by subsection B.01.401(1) to be carried on the label of a prepackaged product. (tableau de la valeur nutritive) [B.01.001]

Omega-3 polyunsaturated fatty acids (omega-3 polyunsaturated fat, omega-3 polyunsaturates, omega-3 polyunsaturated or omega-3) means:

- (a) 9-cis, 12-cis, 15-cis octadecatrienoic acid or α -linolenic acid,
 - (b) 8-cis, 11-cis, 14-cis, 17-cis eicosatetraenoic acid,
 - (c) 5-cis, 8-cis, 11-cis, 14-cis, 17-cis eicosapentaenoic acid or EPA,
 - (d) 7-cis, 10-cis, 13-cis, 16-cis, 19-cis docosapentaenoic acid, or
 - (e) 4-cis, 7-cis, 10-cis, 13-cis, 16-cis, 19-cis docosahexaenoic acid or DHA.
- (acides gras polyinsaturés oméga-3, graisses polyinsaturées oméga-3, gras polyinsaturés oméga-3, lipides polyinsaturés oméga-3, polyinsaturés oméga-3 ou oméga-3) [B.01.001]

Omega-6 polyunsaturated fatty acids (omega-6 polyunsaturated fat, omega-6 polyunsaturates, omega-6 polyunsaturated or omega-6) means:

- (a) 9-cis, 12-cis octadecadienoic acid or linoleic acid,
 - (b) 6-cis, 9-cis, 12-cis octadecatrienoic acid,
 - (c) 8-cis, 11-cis, 14-cis eicosatrienoic acid or di-homo- γ -linolenic acid,
 - (d) 5-cis, 8-cis, 11-cis, 14-cis eicosatetraenoic acid or arachidonic acid,
 - (e) 7-cis, 10-cis, 13-cis, 16-cis docosatetraenoic acid, or
 - (f) 4-cis, 7-cis, 10-cis, 13-cis, 16-cis docosapentaenoic acid.
- (acides gras polyinsaturés oméga-6, graisses polyinsaturées oméga-6, gras polyinsaturés oméga-6, lipides polyinsaturés oméga-6, polyinsaturés oméga-6 ou oméga-6) [B.01.001]

Ornamental container means a container that, except on the bottom, does not have any promotional or advertising material thereon, other than a trade mark or common name and that, because of any design appearing on its surface or because of its shape or texture, appears to be a decorative ornament and is sold as a decorative ornament in addition to being sold as the container of a product. (emballage décoratif) [B.01.001]

Outer sleeve, see *collar*.

Overwrap, see *collar*.

Other foods means the category of food to which belong foods that are not part of any food group, including:

- (a) foods that are mostly fats, such as butter, margarine, oil or lard;
 - (b) foods that are mostly sugars, such as jam, honey, syrup or confectionery;
 - (c) snack foods, such as potato chips or pretzels;
 - (d) beverages, such as water, tea, coffee or soft drinks; and
 - (e) herbs, spices and condiments, such as pickles, mustard or ketchup. (autres aliments)
- [B.01.500]

Polyol is an alternate expression for sugar alcohol. See *sugar alcohols*.

Polyunsaturated fatty acids (polyunsaturated fat, polyunsaturates or polyunsaturated) means cis-methylene interrupted polyunsaturated fatty acids. (acides gras polyinsaturés, graisses polyinsaturées, gras polyinsaturés, lipides polyinsaturés ou polyinsaturés) [B.01.001]

Point means a unit of measure for type size that is known as an Anglo-American point and is equal to 0.3514598 mm. [B.01.400]

Prepackaged product means any food that is contained in a package in the manner in which it is ordinarily sold to or purchased by a person. [B.01.001]

Reasonable daily intake, in reference to a food set out in column I of an item of Schedule K, means the amount of that food set out in column II of that item. (ration quotidienne raisonnable) [B.01.001]

Recommended daily intake (RDI), in reference to a vitamin or mineral nutrient set out in column I of Table I to Division 1 of Part D of the *Food and Drug Regulations*, or in column I of Table I to Division 2 of Part D, means:

- (a) in the case of a prepackaged product intended solely for children under two years of age, the quantity set out in column III, and
- (b) in any other case, the quantity set out in column II. (apport quotidien recommandé) [B.01.001]

Reference amount, in reference to a food set out in column 1 of Schedule M, means the amount of that food set out in column 2. (quantité de référence) [B.01.001]

Reference food of the same food group means a food that can be substituted in the diet for the food to which it is compared and that belongs to:

- (a) the same food group as the food to which it is compared, such as cheese as a reference food for milk, or chicken as a reference food for tofu;
- (b) the category of other foods, if the food to which it is compared also belongs to that category, such as pretzels as a reference food for potato chips; or
- (c) the category of combination foods, if the food to which it is compared also belongs to that category, such as pizza as a reference food for lasagna. (aliment de référence du même groupe alimentaire) [B.01.500]

Reference standard, in respect of a nutrient set out in column 1 of the table to section B.01.001.1, means the amount set out in column 2. (norme de référence) [B.01.001] Reference standards are set out for fat, the sum of saturated and trans fatty acids, cholesterol, carbohydrate, fibre, sodium, and potassium. For these nutrients the reference standard is the daily value. See *Daily value*.

Reverse type is white or light printing on a dark background.

Rule is the technical term for a line. (A trick to remember this term: rulers are used to draw “rules”.)

Saturated fatty acids (saturated fat, saturates or saturated) means all fatty acids that contain no double bonds. (acides gras saturés, graisses saturées, gras saturés, lipides saturés ou saturés) [B.01.001]

Sell means to offer for sale, to expose for sale, or to possess for purposes of sale and distribution, whether or not the distribution is made for consideration. [Section 1, *FDA*]

Similar reference food means:

- (a) a food of the same type as the food to which it is compared and that has not been processed, formulated, reformulated or otherwise modified in a manner that increases or decreases the energy value or the amount of a nutrient that is the subject of the comparison, such as whole milk as a similar reference food for partly skimmed milk or regular chocolate chip cookies as a similar reference food for fat-reduced chocolate chip cookies; (aliment de référence similaire)
- (b) the similar reference food referred to in column 3 of item 45 of the table following Section B.01.513 of the *FDR*, with respect to the subject "light in energy or fat" set out in column 1, shall have a nutrient value that is representative of foods of that type that have not been processed, formulated, reformulated or otherwise modified in a manner that increases the energy value or the amount of fat. [B.01.500]

Single serving – For the purposes of this Toolkit, the expression “*single serving*” refers to the regulatory requirement that the serving of stated size is the net quantity of food in the package when:

- (a) the quantity of food can reasonably be consumed by one person at a single eating occasion;
- (b) the reference amount of the food is less than 100 g or 100 ml, and the package contains less than 200 % of the reference amount; or
- (c) the reference amount of the food is 100 g or 100 ml or more and the package contains 150 % or less of that reference amount. [B.01.002A]

Single serving container means a food package that contains a single serving of a food, e.g., 175 g container of yogurt, 355 ml can of soft drink.

Single use container means a food container that is discarded after opening, whether the contents of the product are totally consumed or not. It is never used to store food, e.g., fish and meat cans opened with a key, cake mix boxes.

Sugars means all monosaccharides and disaccharides. (sucres) [B.01.001]

Sugar alcohols (also known as polyols) are food additives that are used as sweeteners and bodying and texturizing agents in foods. The limited absorption and metabolism of sugar alcohols are important factors in their use in dietetic foods. Sugar alcohols include erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, maltitol syrup, mannitol, sorbitol, sorbitol syrup, and xylitol.

Tag means a label, generally made of paper or cardboard, which is attached to a food with a string or other similar material.

Trans fatty acids (trans fat or trans) means unsaturated fatty acids that contain one or more isolated or non-conjugated double bonds in a trans-configuration. (acides gras trans, graisses trans, gras trans, lipides trans ou trans) [B.01.001]

Weighted recommended nutrient intake, in reference to a vitamin or mineral nutrient set out in column I of Table II to Division 1 of Part D of the *FDR*, or in column I of Table II to Division 2 of Part D, means the amount set out in column III. (apport nutritionnel recommandé pondéré) [B.01.001]