

Section J-2

Part 2

Evaluation Standard for the Label

Table of Contents

How to Use this Guide	23
▪ References and Abbreviations Used in this Document	23
▪ When Regulations Come into Force	24
▪ Notes on Serving Size.....	25
▪ Alternate Methods of Presentation	25
▪ Other Background Information	26

Note that numbering of the sections and subsections in Part A, Part B, and Part C is consistent throughout the document. For example, section 1.1 addresses the presence of nutrition labelling in all parts, while subsection 1.2.5 addresses rounding of nutrient values.

Part A: Consumer Prepackaged Foods 27
 (Including Foods for Children under Two Years of Age and Foods that will be Repackaged for Retail)

▪ Checklist	27
1. Nutrition Facts Table	28
Initial Review Common to All Formats	28
1.1 Presence of the Nutrition Facts Table	28
1.2 Format of the NFT	30
1.2.1 Language	30
1.2.2 Location and Orientation of NFT	30
Format Specific Review – Format-by-Format Evaluation of the NFT	31
1.2.3 Choice of Format	
1.2.4 Content of the NFT	
1.2.5 Rounding	
1.2.6 Size of Format	
1.2.7 Technical & Graphic Requirements	

Please turn to the pages dealing with the format under review.		Page#
A	Standard, Horizontal or Linear Formats (Schedule L, Figures 1, 2, 3, 4, 16)	32
B	Simplified Formats (Standard, Horizontal, Linear) (Schedule L, Figures 5, 6, 7, 17)	37
	Dual Formats – Foods Requiring Preparation (Schedule L, Figures 8, 9)	
C	Aggregate Formats – Different Kinds of Foods (Schedule L, Figures 10, 11)	42
D	Dual Formats – Different Amounts of Food (Schedule L, Figures 12, 13)	48
E	Aggregate Formats – Different Amounts of Food (Schedule L, Figures 14, 15)	53
F		58
	Food for Children Under Two Years of Age	
	Standard, Horizontal or Linear Formats (Schedule L, Figures 20, 21, 22, 23, 31)	
G	Simplified Formats (Standard, Horizontal, Linear) (Schedule L, Figures 24, 25, 26,	62
H	32)	
	Aggregate Formats – Different Kinds of Foods (Schedule L, Figures 27, 28)	67
I	Aggregate Formats – Different Amounts of Food (Schedule L, Figures 29, 30)	72
J		77

Part B: Foods for Use in Manufacturing Other Foods [B.01.404]..... 82

1.	Nutrition Information.....	82
1.1	Presence of Nutrition Information	82
1.2	Format of Nutrition Information	83
1.2.1	Language	83
1.2.2	Nutrition Information (Serving Size, Energy, Nutrients)	83
1.2.5	Precision of Declarations/ Rounding	84

**Part C: Ready-to-Eat, Prepackaged Foods for Use in a
Commercial or Industrial Enterprise or Institution
[B.01.405]..... 85**

1.	Nutrition Information.....	85
1.1	Presence of Nutrition Information	85
1.2	Format of Nutrition Information	86
1.2.1	Language	86
1.2.2	Nutrition Information (Serving Size, Energy, Nutrients)	86
1.2.5	Rounding	87

How to Use this Guide

While the *Food and Drug Regulations* require that most prepackaged products carry a Nutrition Facts table, the requirements are different for different classes of foods. This Evaluation Standard is organized into parts corresponding to the different classifications. For the purposes of nutrition labelling there are three classes of foods:

- prepackaged foods for the consumer (including foods for children under two years of age and foods that will be repackaged for retail) – Part A of this labelling standard;
- prepackaged foods for use in manufacturing other foods [B.01.404] – Part B of this labelling standard ; and
- multiple-serving, ready-to-eat prepackaged products served in a commercial or industrial enterprise or institution [B.01.405] – Part C of this labelling standard.

By far the largest subsection, Part A, deals with prepackaged foods for the consumer. It is a step-by-step approach to evaluating a Nutrition Facts table. First, the elements common to all formats are addressed. (See sections 1.1 through 1.2.2.) Once the user of this standard has reviewed basic requirements and identified the specific Nutrition Facts table format in use, he/she will need to turn to the pages that review that format in detail. (See sections 1.2.3 - 1.2.7.)

The assessment criteria address the different requirements within the *Food and Drug Regulations*. In some cases, a specific regulatory requirement may be satisfied in several ways. The word “or” at the end of an assessment criterion indicates that there is more than one way to fulfill the requirement. However, in other cases, **all** criteria must be met to fulfil a requirement.

Please note that this *Evaluation Standard* has been designed to deal with key issues as briefly as possible. It cannot cover all situations.

References and Abbreviations Used in this Document

References to the *Food and Drug Regulations*

The requirements for nutrition labelling and, hence, Nutrition Facts tables, are set out in the *Food and Drug Regulations*. This document routinely makes reference to a specific regulation or regulations. These references allow the reader to locate specific requirements within the *Food and Drug Regulations*. The *Food and Drug Regulations* are numbered and are identified in one of the following manners: Section B.01.401, B.01.401 or [B.01.401].

In addition, this document also references Schedules L and M of the *Food and Drug Regulations*. Schedule L is the listing of all the various Nutrition Facts table formats (Standard, Simplified, Dual – Foods Requiring Preparation, Aggregate – Different Amounts of Food, etc.) and the versions (different sizes) of each format. Schedule L graphically presents one or more examples of each format, identifies their key features, and sets out the order of presentation of information, as well as required graphic standards such as the use of bold type, indents, footnotes, print size, lines (rules) and spacing, etc. for each version of the format. In the current Departmental Consolidation of the

Food and Drug Regulations, Schedule L is located in Part B (yellow pages) of the Regulations, immediately following Division 1.

Within Schedule L, all the formats of the Nutrition Facts table are numbered in the following manner: “Figure X.Y”. The first number, “X”, refers to the number of the format, while the second number, “Y”, refers to the version of the format. Each format has 4 to 7 versions which get progressively smaller as the version number increases. Consequently, “Figure 1.1” refers to format 1 (the standard format), first version. Figure 1.1 is the largest version of the standard format while Figure 1.6 is the smallest.

Schedule M set out *reference amounts* for different classes of foods. Reference amounts are used in setting and evaluating nutrient content claims. In the current Departmental Consolidation of the *Food and Drug Regulations*, Schedule M is located at the end of Part D (pink pages) of the Regulations, immediately following Schedule K.

Abbreviations for specific legislation

<i>Food and Drugs Act</i>	FDA
<i>Food and Drug Regulations</i>	FDR
<i>Food and Drugs Act and Regulations</i>	FDAR

Other Abbreviations

Nutrition Facts table	NFT
Available Display Surface	ADS
Percent Daily Value	%DV

When Regulations Come into Force

The new Regulations are immediately triggered when a label or advertisement for a food, that is made or placed by the manufacturer, contains:

- the statement “nutrition facts”, “valeur nutritive”, or “valeurs nutritives”;
- nutrient content claims pertaining to: fat free (100 % or [percentage] fat free), *trans* fatty acids (free, reduced or lower), omega-3 fatty acids (source of), omega-6 fatty acids (source of) [Items 15, 16, 22-26 of the table following Section B.01.513)]; and
- a health claim outlined in the table to Section B

Otherwise, the requirements for the new Nutrition Facts table come into force Dec. 12, 2005. For small manufacturers with total annual sales of food of less than \$1 million for the 12-month period prior to December 12, 2002, the regulations come into force December 12, 2007.

Notes on Serving Size

Most formats of the Nutrition Facts table require that the serving size be declared in both a consumer friendly measure and in a metric measure.

Consumer friendly measures

For the purposes of this document, the expression “consumer friendly measure” 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
- an entire container – for a single serving unit of food

Metric serving sizes

The metric measure is declared in grams (g) or in millilitres (ml).

- Grams (g) are declared when the net quantity of the product is declared by weight or by count, and when the product is a fruit for garnish or flavour, i.e., maraschino cherries, olives and pickles.
- Millilitres (ml) are used when the net quantity of the product is declared by volume.

Alternate Methods of Presentation [B.01.466]

The Regulations provide for alternatives in the presentation of nutrition information. One of the factors that influence presentation is the size of the package. As the size of the package gets smaller, smaller versions of the same format of the Nutrition Facts table are allowed or other formats are permitted (e.g., bilingual horizontal or linear formats). The criteria that determine the formats and versions of the Nutrition Facts table that must or may be used are set out Sections B.01.454 – B.01.459 of the Regulations.

For many of the formats, **but not all formats**, small prepackaged products may use “Alternative Methods of Presentation”.

When the Regulations permit these alternative methods, the Nutrition Facts table may be set out on:

- a) a tag attached to the package;
- b) a package insert;
- c) the inner side of a label;
- d) a fold-out label; or
- e) an outer sleeve, overwrap or collar.

Any version (size) of the permitted formats of the Nutrition Facts table may be used. In the case of (b) or (c), the outer label of the prepackaged product shall indicate in a type size of not less than 8 points where the Nutrition Facts table is located.

Other Background Information

See the Nutrition Labelling Inspector's Toolkit for the following information:

- Further Notes on Serving Size – Section C
- Foods Requiring a Nutrition Facts Table – Section B
- Exemptions from Mandatory Nutrition Labelling – Section B
- Triggering of Additional Information – Section C
- Rounding of Nutrient Values – Section C and Rounding Tables, Section K
- Hierarchy of Formats – Section D
- Calculation of Available Display Surface – Section E
- Food for Children Under Two Years of Age – Section G
- Prepackaged Foods for Use in the Manufacture of Other Foods – Section H
- Multiple-Serving, Ready-to-Eat Prepackaged Products Served in a Commercial or Industrial Enterprise or Institution – Section H

Part A

Consumer Prepackaged Foods

(Including foods for children under two years of age and foods that will be repackaged for retail)

Checklist for the Nutrition Facts Table (NFT)

Section	Item	Comments
1.1	Is the NFT present? <ul style="list-style-type: none"> ▪ If not, does it need to be? (Is it exempt? A small package < 100 cm² ADS? Has it been triggered during transition period?) 	
1.2.1	Bilingual? <ul style="list-style-type: none"> ▪ If not, does a bilingual exemption apply (local, test market, specialty food)? 	
1.2.2	Location/Orientation? <ul style="list-style-type: none"> ▪ On the outer package (except for alternate methods of presentation)? ▪ NFT not destroyed when product is opened (except for single serve containers)? ▪ Readily visible? ▪ Will the product leak or be damaged when product is manipulated to view the NFT? 	
1.2.3	Format choice suitable for product? <ul style="list-style-type: none"> ▪ Simplified Standard: at least 7 nutrients/Calories = 0 ▪ Dual Format: foods requiring preparation/different amounts ▪ Aggregate Format: different kinds/different amounts of food ▪ Children under two 	
1.2.4	Contents complete? <ul style="list-style-type: none"> ▪ Serving size: Reasonable serving size? Consumer friendly & metric measures based on the food as sold? Format specific requirements met? ▪ Core nutrients: All core nutrients present? ▪ Additional nutrients: Are triggered nutrients declared? ▪ Correct units and % DV when permitted/required? ▪ Non-permitted nutrients: any declared in the NFT? ▪ Have format specific requirements been respected? (e.g., simplified formats, formats for children under 2 years.) 	
1.2.5	Rounding correct? <ul style="list-style-type: none"> ▪ Are nutrients rounded as per the Regulations? (See the Rounding Tables in Inspector's Toolkit.) 	
1.2.6	Format version correctly chosen? (Hierarchy) <ul style="list-style-type: none"> ▪ Within a "family" of formats, has an appropriate format and version (size) been chosen? (See the Decision Trees in the Inspector's Toolkit.) 	
1.2.7	Technical/graphic requirements respected? <ul style="list-style-type: none"> ▪ See templates. ▪ Colour: table background and print? ▪ Font: Sans serif? Bold as required? Capitals/ lower case? No crowding of characters? ▪ Order of presentation of information? Indents? 	

1. Nutrition Facts Table

Initial Review Common to All Formats

1.1 Presence of the Nutrition Facts Table

Nutrition labelling is present on all prepackaged food except for permitted exemptions.

Rationale:

Nutrition labelling is a mandatory labelling requirement under the *Food and Drug Regulations*. These requirements are based on health.

Assessment Criteria:

Verify that the following requirements have been met.

Before December 12, 2005 (*before December 12, 2007 for products produced by small businesses*):

- A Nutrition Facts table is present if the label or advertisement for a food declares any of the following statements or claims:
 - claims for x % fat free, trans fatty acids, omega-3 fatty acids or omega-6 fatty acids;
 - diet-related health claims as outlined in the table following Section B.01.603 (e.g., calcium and osteoporosis); and
 - the words “nutrition facts”, “valeur nutritive” or “valeurs nutritives”.

After December 12, 2005 (*after December 12, 2007 for products produced by small businesses*):

- A Nutrition Facts table is present on all prepackaged products except for:
 - permitted exemptions, or
 - foods in small packages with an Available Display Surface (ADS) of less than 100 cm² [B.01.401, B.01.467].

During the transition period and after December 12, 2005

If requirements are triggered and/or after the regulations come into force, check that:

- exemptions from nutrition labelling have not been annulled [B.01.401(3)]; and
- products with their own specific labelling requirements **do not** carry a Nutrition Facts table [B.01.401(4)]:
 - formulated liquid diets;
 - infant formula;
 - foods containing infant formula;
 - meal replacements;
 - nutrition supplements (that meet the requirements of Section B.24.201); and

- foods represented for use in very low energy diets.

In the case of Small Packages <100 cm² Available Display Surface [B.01.467]

Small packages with an ADS of <100 cm² are exempt from carrying a Nutrition Facts table provided that an indication is present on the outer label indicating how the consumer or purchaser may obtain the nutrition information. However, the statement must meet several requirements. Verify that:

- the print type size of the statement is not less than 8 points;
- the statement includes a postal address or a toll-free telephone number; and
- the statement is declared in both French and English.*

The nutrition information shall be provided upon request:

- without charge, and
- in French or English, or both languages as requested.*

Manufacturers must also ensure that:

- the Nutrition Facts table is in a suitable format;
- the following formats are not used: horizontal, linear or formats with reduced leading (smallest versions of bilingual formats, (those found in the lowest level of the Decision Trees) e.g., Figures 3.5, 3.6, 3.7, 6.5, 6.6, 9.5, 9.6, 11.5, 11.6, etc. of Schedule L); and
- the Nutrition Facts table conforms to all requirements of the Regulations, e.g., content, format, etc.

Inspectors must also verify that:

- the exemption from declaring a Nutrition Facts table has not been annulled.

Note: The labelling exemption is annulled if the products meet the conditions listed B.01.401(3)(a),(b),(c) or (e).

* Note: If the bilingual exemption applies, the information may be provided in one official language, under Section B.01.012(3)&(7).

1.2 Format of the Nutrition Facts Table

The Nutrition Facts table is in compliance with the format requirements under the Regulations.

Rationale:

The format of nutrition labelling is regulated. Consistency of appearance of the NFT facilitates consumer comprehension and minimizes frustration, misinterpretation and confusion that may result from inconsistent presentation.

1.2.1 Language [B.01.402, B.01.451]

Assessment Criteria:

Verify that the following regulatory requirement has been met.

- The Nutrition Facts table is shown in English and French; bilingual or unilingual formats are permitted [B.01.402, B.01.451].
 - Exemptions from bilingual labelling exist for local foods, test market foods and specialty foods, under Section B.01.012(3)&(7).

1.2.2 Location and Orientation of the NFT [B.01.451, B.01.402]

Assessment Criteria:

Verify that the following regulatory requirements have been met.

- The Nutrition Facts table is located on the outer label of a prepackaged product (other than for small packages and egg cartons.)
- The Nutrition Facts table is not destroyed when the product is opened. (Single serving products are excepted.)
- The contents of the product do not leak nor are they damaged when the product is manipulated in order to read the Nutrition Facts table [B.01.001 – definition of ADS, B.01.452(2)].
- The Nutrition Facts table is easily viewed under customary conditions of sale. (For example, outer packaging must not be destroyed or individual units manipulated in order to view the Nutrition Facts table(s), e.g., multi-packs of yogurt with individual units sharing a common lid.)
- The Nutrition Facts table is on one continuous surface of Available Display Surface. When an English and a French table are on two separate surfaces (panels), both surfaces are of the same size and prominence.

Format Specific Review – Format-by-Format Evaluation of the NFT

Identify the specific format of the Nutrition Facts table used. Go to the appropriate subsection:			
	Format Family	Figures (Schedule L)	Page
A	Standard, Horizontal or Linear Formats	Fig. 1, 2, 3, 4, 16	32
B	Simplified Formats (Standard, Horizontal, Linear)	Fig. 5, 6, 7, 17	37
C	Dual Formats – Foods Requiring Preparation	Fig. 8, 9	42
D	Aggregate Formats – Different Kinds of Foods	Fig. 10, 11	48
E	Dual Formats – Different Amounts of Food	Fig. 12, 13	53
F	Aggregate Formats – Different Amounts of Food	Fig. 14, 15	58
Food for Children Under Two Years of Age			
G	Standard, Horizontal or Linear Formats	Fig. 20, 21, 22, 23, 31	62
H	Simplified Formats (Standard, Horizontal, Linear)	Fig. 24, 25, 26, 32	67
I	Aggregate Formats – Different Kinds of Foods	Fig. 27, 28	72
J	Aggregate Formats – Different Amounts of Food	Fig. 29, 30	77

Note that for each format, the following requirements are reviewed:

- 1.2.3 Choice of Format
- 1.2.4 Content of the NFT
- 1.2.5 Rounding
- 1.2.6 Size of Format
- 1.2.7 Technical & Graphic Requirements

A) Standard, Horizontal, or Linear Formats

(Schedule L, Figures 1, 2, 3, 4 & 16)

1.2.3 Choice of Format/ Basis of Information [B.01.406]

The Standard, Horizontal, and Linear formats provide nutrition information for one serving of food as sold. These formats are:

- Appropriate for most foods
- **May** provide a composite value for an assortment of food, a serving consisting of more than one food (e.g., box of chocolates, tray of mixed nuts).
- **Must** be used on a prepackaged product containing an assortment of similar foods, a serving consists of **one** food, and the nutrition information is the **same** for each food (e.g., multi-pack of frozen ices).
- **May not** be used on a prepackaged product containing an assortment of similar foods, a serving consists of **one** food, and the nutrition information is **different** for each food (e.g., multi-pack of chocolate bars).

Assessment Criteria:

Verify that the following regulatory requirement has been met.

- The format of the Nutrition Facts table is suitable for the product.

1.2.4 Contents of the Nutrition Facts Table

(Serving Size, Energy, Nutrients)

Serving Size

Basic requirements are listed in the Regulations in the table to B.01.401 and section B.01.002A(1).

Assessment Criteria:

Verify that the following regulatory requirements have been met.

- The serving size is a quantity of food that can be reasonably consumed at a single eating occasion. (See *2003 Guide to Food Labelling and Advertising*, Section 6.2.4.)
- The serving is based on the food as offered for sale.
- The serving size is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions.
- In the case of foods that are pre-portioned into units commonly consumed per unit, the consumer friendly measure is the unit or a multiple of the unit of food, e.g., 1 burger *not* 7/8 burger; 2 cookies *not* 1 ½ cookies, etc.

A) Standard, Horizontal, or Linear Formats

For **single serving units** [B.01.002A(2)], verify that the serving size is the net quantity of the package when:

- the quantity of food can be reasonably eaten by one person at one time; **or**
- the reference amount is *less than* 100 g or 100 ml and the package contains *less than* 200% of the reference amount; **or**
- the reference amount is 100 g or 100 ml *or more* and the package contains *150% or less* of the reference amount.

Note: See Schedule M of the Regulations for reference amounts.

For **foods requiring preparation AND for which the nutrition information is the same for the food “As Sold” and “As Prepared”** (e.g., concentrated orange juice, juice crystals), manufacturers may choose to declare both serving sizes. In these cases, verify that:

- Food as sold** is declared in a consumer friendly unit (1st) and in a metric unit (2nd, in brackets).
- Food as prepared** is declared in a consumer friendly unit, with the statement “(about [naming the serving size] prepared)”.

Energy and Nutrients

Basic requirements are set out in the Regulations, B.01.401, B.01.402.

Assessment Criteria:

Verify that the following requirements have been met.

- Calories and core nutrients are declared.
- All additional nutrients that have been “triggered” are declared.
- Additional information may be declared, e.g., additional nutrients, servings per container, Calories from fat, % DV cholesterol, footnotes, etc.
- Nutrient declarations are in prescribed units (Calories, g, mg, %DV) [column 3 to the tables to B.01.401 and B.01.402].
- Prescribed terminology as set out in column 2 to the tables to B.01.401 and B.01.402 is used, e.g., “Fat”, “Total Fat”, or “Fat, Total”.
- Nutrients not listed in the tables to Sections B.01.401 and B.01.402 (core or additional information) **are not** declared in the Nutrition Facts table.

1.2.5 Rounding

Assessment Criteria:

Verify that the following regulatory requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in column 4 to the tables to Sections B.01.401 and B.01.402.

A) Standard, Horizontal, or Linear Formats

1.2.6 Size of Format [B.01.454]

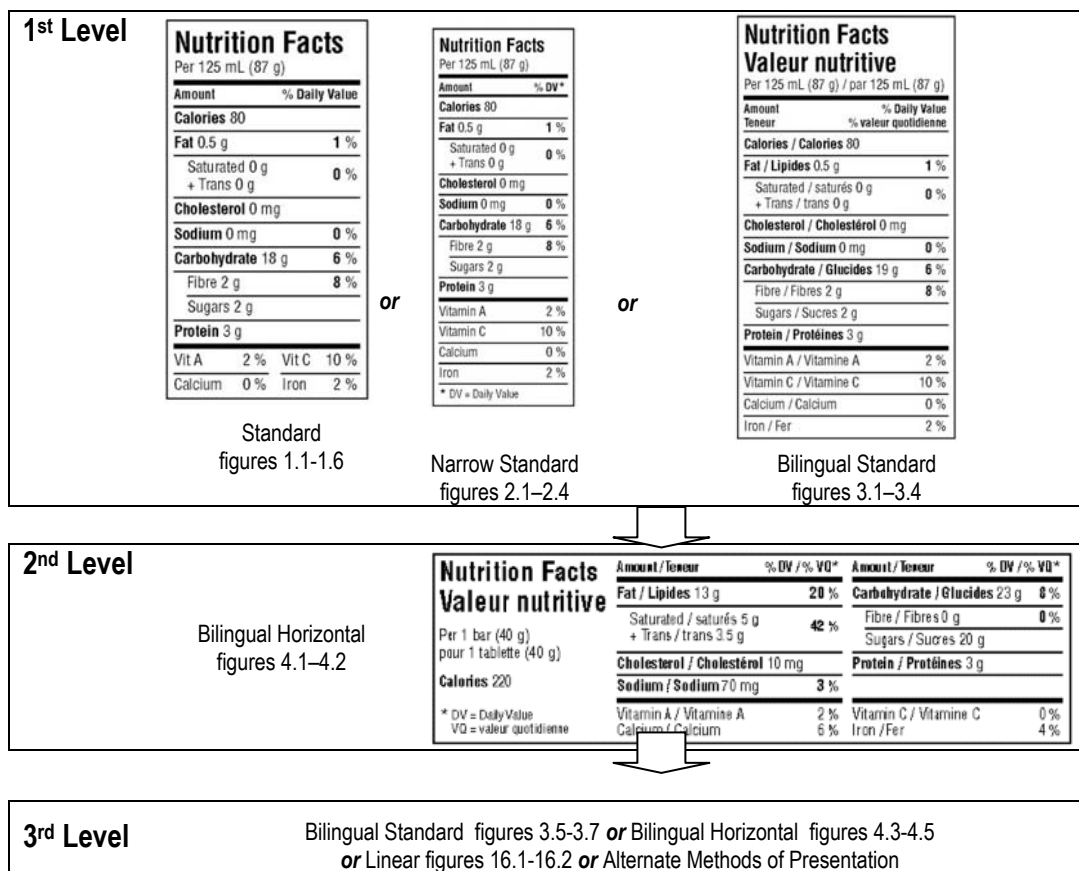
The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are three levels of options, 1st level, 2nd level and 3rd level options. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level ... and so on. (See schematics.)

Within the first level, the manufacturer may choose between three options: the basic Standard Format, a Narrow Standard, and the Bilingual Standard Format. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15 % or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level: the Bilingual Horizontal Format. The same rules apply to choosing the appropriate size of NFT at this level. However, in the 3rd level options, any format or any version of a format may be chosen.



A) Standard, Horizontal, or Linear Formats

Assessment Criteria:

Verify that the following regulatory requirements have been met.

Using the hierarchy of formats set out in Section B.01.454 (1st, 2nd and 3rd levels of options), verify that:

- A suitable format has been used (e.g., Standard, Narrow Standard, Bilingual Standard, Bilingual Horizontal, Linear, or Alternate Methods); and
- A suitable version (size) of the format has been used.

Note: Within the 1st or 2nd levels, a suitable version is the largest version of a chosen format that fits on 15% or less of the Available Display Surface (ADS) **and** on one continuous surface of the package.
 If the 3rd level is appropriate, any option may be chosen.

Quick Tips

- If the largest version of the Standard (Figure 1.1), Narrow Standard (Figure 2.1) or the Bilingual Standard (Figure 3.1) formats is used, then this section has been satisfied.
- Larger formats may be used.
- The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

*For **Retail Labelled Products** with an ADS of $\geq 200 \text{ cm}^2$, labelled with a sticker and sold only on the retail premises where they are packaged [B.01.454(5)]:*

- one of the following NFTs may be used: Standard Format (1.1 - 1.3), Narrow Standard Format (2.1 - 2.3) or Bilingual Standard Format (3.1 - 3.3).

*For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed [B.01.454(6)]:*

- the Standard, Narrow Standard, Bilingual Standard, Bilingual Horizontal or Linear formats, in any size version, may be used (Schedule L, Figures 1, 2, 3, 4 & 16).

1.2.7 Technical and Graphic Requirements [B.01.450 & B.01.460]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.460 of the Regulations.

Assessment Criteria:

Verify that the following requirements have been met.

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,

A) Standard, Horizontal, or Linear Formats

- dimensions of type and rules,
- spacing, and
- use of bold type.

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 18 or 19, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single "sans serif" (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).
- Upper and lower case letters are correctly used.

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.
- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5 % tint).

B) Simplified Format (Schedule L, Figures 5, 6, 7 & 17)**1.2.3 Choice of Format/ Basis of Information [B.01.401(6)]**

The simplified formats are suitable for foods whose nutrient value is “0”, as reported in the Nutrition Facts table, for seven or more of Calories and core nutrients.

Assessment Criteria:

Verify that the following regulatory requirement has been met.

- The format of the Nutrition Facts table is suitable for the product.

1.2.4 Contents of the Nutrition Facts Table
(Serving Size, Energy, Nutrients)**Serving Size**

Basic Requirements are listed in the Regulations in the table to B.01.401, B.01.002A(1).

Assessment Criteria:

Verify that the following regulatory requirements have been met.

- The serving size is a quantity of food that can be reasonably consumed at a single eating occasion. (See *2003 Guide to Food Labelling and Advertising*, Section 6.2.4.)
- The serving is based on the food as offered for sale.
- The serving size is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions.
- In the case of foods that are pre-portioned into units commonly consumed per unit, the consumer friendly measure is the unit or a multiple of the unit of food, e.g., 1 popsicle *not* 7/8 popsicle; 2 strings of licorice *not* 1 ½ strings of licorice, etc.

For single serving units [B.01.002A(2)], verify that the serving size is the net quantity of the package when:

- the quantity of food can be reasonably eaten by one person at one time; **or**
- the reference amount is *less than* 100 g or 100 ml and the package contains *less than* 200% of the reference amount; **or**
- the reference amount is 100 g or 100 ml *or more* and the package contains *150% or less* of the reference amount.

Note: See Schedule M of the Regulations for reference amounts.

B) Simplified Format

For foods requiring preparation AND for which the nutrition information is the same for the food “As Sold” and “As Prepared” (e.g., juice crystals, some popping corn), manufacturers **may** choose to declare both serving sizes. In these cases, verify that:

- Food as sold** is declared in a consumer friendly unit (1st) **and** in a metric unit (2nd, in brackets).
- Food as prepared** is declared in a consumer friendly unit, with the statement “about (naming the serving size) prepared”.

Energy and Nutrients

Basic requirements are set out in the Regulations, B.01.401(6).

Assessment Criteria:

Verify that the following requirements have been met.

The following information, required by the regulations, is declared:

- Calories;
- fat;
- carbohydrate;
- protein;
- any other nutrient in the core list that cannot be expressed as “0”;
- any nutrient that is the subject of a statement, claim or representation;
- any sugar alcohol, vitamin, or mineral added to the product (other than iodine added to salt or fluoride to water or ice);
- any vitamin or mineral nutrient declared as a component of the product’s ingredients other than flour; and
- a footnote – “Not a significant source of (naming the excluded core nutrients)” or “Not a significant source of other nutrients” when there are space restraints.
- Nutrient declarations are in prescribed units (Calories, g, mg, % DV), as laid out in column 3 to the tables to B.01.401 and B.01.402.
- Prescribed terminology as set out in column 2 to the tables to B.01.401 and B.01.402 is used, e.g., “Fat”, “Total Fat”, or “Fat, Total”.
- Nutrients not listed in the tables to Sections B.01.401 and B.01.402 (core or additional nutrients) **are not** declared in the Nutrition Facts table.

1.2.5 Rounding**Assessment Criteria:**

Verify that the following regulatory requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in the tables to Sections B.01.401 and B.01.402.

1.2.6 Size of Format [B.01.455]

The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are three levels of options, 1st level, 2nd level and 3rd

B) Simplified Format

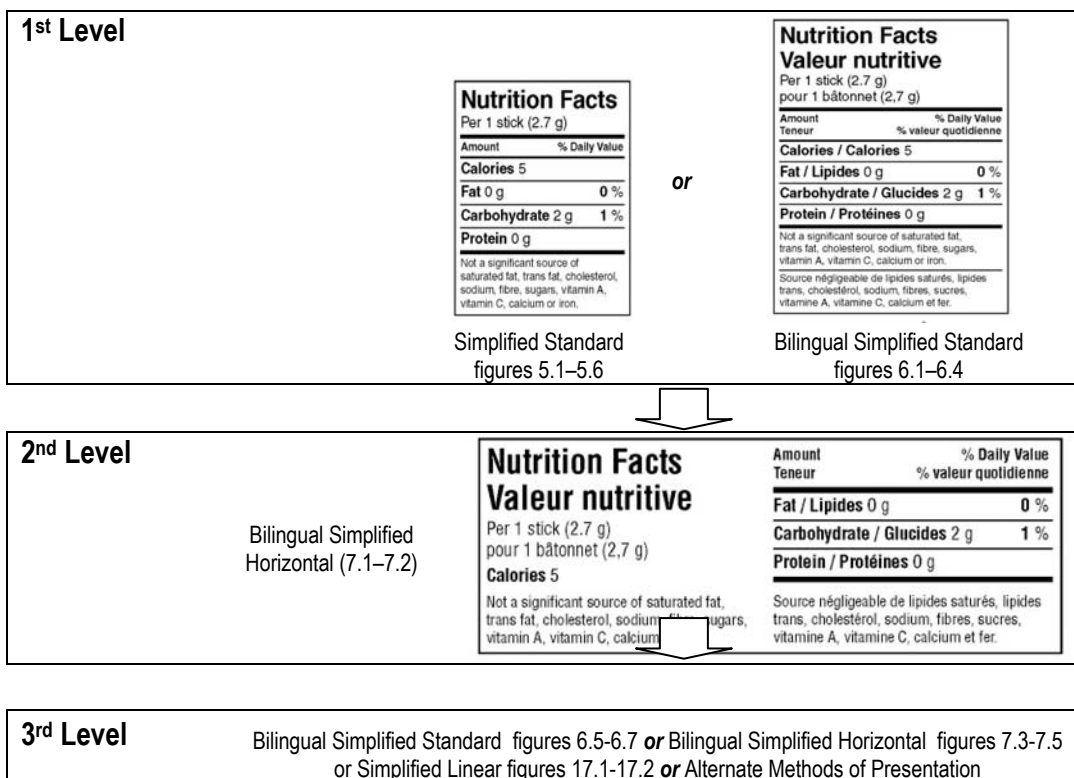
level options. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level ... and so on. (See schematics.)

Within the first level, the manufacturer may choose between two options: the Simplified Standard Format and the Bilingual Simplified Standard Format. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15% or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level: the Bilingual Simplified Horizontal Format. The same rules apply to choosing the appropriate size of NFT at this level. However, in the 3rd level options, any format or any version of a format may be chosen.

**Assessment Criteria:**

Verify that the following regulatory requirements have been met.

Using the hierarchy of formats set out in Section B.01.455 (1st, 2nd and 3rd levels of options), verify that:

B) Simplified Format

- A suitable format has been used (e.g., Simplified Standard, Bilingual Simplified Standard, Bilingual Simplified Horizontal, Simplified Linear, or Alternate Methods); and
- A suitable version (size) of the format has been used.

Note: Within the 1st or 2nd levels, a suitable version is the largest version of a chosen format that fits on 15% or less of the Available Display Surface (ADS) **and** on one continuous surface of the package.

If the 3rd level is appropriate, any option may be chosen.

Quick Tips

- If the largest version of the Simplified Standard (Figure 5.1) or the Bilingual Simplified Standard (Figure 6.1) formats is used, then this section has been satisfied.
 - Larger formats may be used.
 - The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

*For **Retail Labelled Products** with an ADS of ≥ 200 cm², labelled with a sticker and sold only on the retail premises where they are packaged [B.01.455(4)]:*

- one of the following NFTs may be used: Simplified Standard Format (5.1 - 5.3) or the Bilingual Simplified Standard Format (6.1 - 6.3).

*For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed [B.01.455(5)]:*

- the Simplified Standard, Bilingual Simplified Standard, Bilingual Simplified Horizontal or Simplified Linear formats, in any size version, may be used (Schedule L, Figures 5, 6, 7, 17).

1.2.7 Technical and Graphic Requirements [B.01.450 & B.01.460]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.460 of the Regulations.

Assessment Criteria:

Verify that the following regulatory requirements have been met.

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,
- dimensions of type and rules,
- spacing, and

B) Simplified Format

- use of bold type.

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 18 or 19, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single “sans serif” (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).
- Upper and lower case letters are correctly used.

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.
- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5 % tint).

C) Dual Format – Foods Requiring Preparation

[Schedule L, Figures 8 & 9]

1.2.3 Choice of Format/ Basis of Information [B.01.406(5)]

This format is suitable for **foods requiring preparation prior to consumption** or **foods that are customarily served combined with other foods**. Examples include dry noodle and spice mix to be added to ground meat, chocolate drink mix to be added to milk, raw meat to be cooked or dry breakfast cereal to be served with milk.

This format is *always* optional.

In cases where the nutrition information for the food *is not altered* by the preparation – where the nutrition information is **the same** for the food as sold and for the food as prepared – a Standard, Bilingual Horizontal, Linear or Simplified formats *may* be used.

Note that in these cases, the serving size declaration is modified to include a declaration for the food as sold. Examples include frozen concentrated juice or drink crystals to be prepared with added water, some popping corn. See Sections A and B for the Standard, Horizontal, Linear Formats and the Simplified Formats.

Assessment Criteria:

Verify that the following regulatory requirement has been met.

- The format of the Nutrition Facts table is suitable for the product.

1.2.4 Contents of the Nutrition Facts Table

(Serving Size, Energy, Nutrients)

Serving Size

Serving size requirements are set out in subsection B.01.406(5)(a) and shown in Schedule L, Figures 8 & 9:

Assessment Criteria:

Verify that the following regulatory requirements have been met.

- The serving size for both the food as offered for sale and for the prepared or combined food are quantities of food that can be reasonably consumed at a single eating occasion. (See *2003 Guide to Food Labelling and Advertising*, Section 6.2.4.)

For **Prepared Foods**, e.g., cake mixes, chocolate pudding mixes, etc., there are two serving size declarations: for the food as sold, and for the prepared food. **Verify that:**

C) Dual Format – Foods Requiring Preparation

- Food as sold** is declared in a consumer friendly unit (1st) **and** in a metric unit (2nd, in brackets). See notes for exceptions.
- Food as prepared** is declared in a consumer friendly unit, with the statement “about (naming the serving size)” or “about (naming the serving size) prepared”.
- Sub-headings** (next line of information) are declared as set out in Schedule L, Figures 8 & 9: “Amount”, “(description of product as sold)”, “(‘Prepared’ or a description of the food as prepared)”.

For Combined Foods (e.g., cereal and milk), there are two serving size declarations: for the food as sold, and for the combined food. The serving size for the food as sold is declared in the line below the title “Nutrition Facts”, while the serving size of the combined food appears as a sub-heading in the line below the serving size declaration. **Verify that:**

- Food as sold** is declared in a consumer friendly unit (1st) **and** in a metric unit (2nd, in brackets). See notes for exceptions.
- Combined (Added) Food** is declared in a consumer friendly measure, and declared as a heading of a column of information, e.g., “With ½ cup skim milk”. (Note – It is not declared as part of the serving size declaration.)
- Sub-headings** (next line of information) are declared as set out in Schedule L, Figures 8 & 9.

For single serving units [B.01.002A(2)], verify that the serving size is the net quantity of the package when:

- the quantity of food can be reasonably eaten by one person at one time; **or**
- the reference amount is *less than* 100 g or 100 ml and the package contains *less than* 200% of the reference amount; **or**
- the reference amount is 100 g or 100 ml *or more* and the package contains *150% or less* of the reference amount.

Note: See Schedule M of the Regulations for reference amounts.

Energy and Nutrients**Assessment Criteria:**

Verify that the following general requirements have been met.

- Calories and core nutrients are declared [B.01.401].
- All additional nutrients that have been “triggered” are declared [B.01.402].
- Additional information may be declared, e.g., additional nutrients, servings per container, Calories from fat, % DV cholesterol, footnotes, etc. [B.01.402]
- Prescribed terminology as set out in column 2 to the tables to B.01.401 and B.01.402 is used, e.g., “Fat”, “Total Fat”, or “Fat, Total”.
- Nutrients not listed in the tables to Sections B.01.401 and B.01.402 (core or additional information) **are not** declared in the Nutrition Facts table, e.g., amino acids.

C) Dual Format – Foods Requiring Preparation

Verify that the following ***format specific*** requirements have been met.

The energy and nutrient declarations are set out as required by subsection B.01.406(5).

For Food as Sold, verify that the declaration includes:

- information in units prescribed by column 3 to tables B.01.401 & B.01.402 (absolute amounts (g, mg, etc) and % DV); and
- a foot note: “Amount in (naming the food as sold)” (e.g., “Amount in dry mix”) and corresponding asterisk beside the declaration of grams of fat. (See Figures 8 or 9, Schedule L.)

For Prepared or Combined Food, verify that the declaration includes:

- Calories,
- Calories from fat (if declared for the food as sold),
- % DV for any nutrient that is declared as a % DV for the food as sold.
- an **optional** footnote indicating the nutrient content of the **added ingredients or foods**. The nutrients are expressed in absolute amounts (g or mg).

1.2.5 Rounding

Assessment Criteria:

Verify that the following requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in column 4 to the tables to Sections B.01.401 and B.01.402.

1.2.6 Size of Format [B.01.456]

The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are two levels of options, 1st level and 2nd level options. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level. (See schematic.)

Within the first level, the manufacturer may choose between the Dual Format and the Bilingual Dual Format for Foods Requiring Preparation. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15 % or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level, where either option may be chosen.

C) Dual Format – Foods Requiring Preparation

1st Level

Nutrition Facts		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared [†]
Calories	100	140
% Daily Value		
Fat 2 g*	3 %	3 %
Saturated 1 g + Trans 1 g	10 %	10 %
Cholesterol 0 mg		
Sodium 80 mg	3 %	6 %
Carbohydrate 20 g	7 %	9 %
Fibre 1 g	4 %	4 %
Sugars 14 g		
Protein 4 g		
Vitamin A	0 %	6 %
Vitamin C	0 %	2 %
Calcium	0 %	15 %
Iron	2 %	2 %

* Amount in dry mix
† 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.

or

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 + 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.

Bilingual Dual Format – Foods Requiring Preparation
figures 9.1–9.4

Dual Format – Food Requiring Preparation
figures 8.1–8.6

2nd Level

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.

Bilingual Dual Format – Foods Requiring Preparation
figures 9.5–9.6

Assessment Criteria:

Verify that the following requirements have been met.

Using the hierarchy of formats set out in Section B.01.456 (1st and 2nd levels of options), verify that:

- A suitable version (size) of the chosen format has been used.
 - Within the 1st level, a suitable version is the largest version of a chosen format that fits on 15% or less of the Available Display Surface (ADS) **and** on one continuous surface of the package.
 - If the 2nd level is appropriate, any option may be chosen.

C) Dual Format – Foods Requiring Preparation**Quick Tips**

- If the largest version of the Dual Format – Foods Requiring Preparation (Figure 8.1) or Bilingual Dual Format – Foods Requiring Preparation (Figure 9.1), is used, then this section has been satisfied.
- Larger formats may be used.
- The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

*For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed [B.01.456(4)]:*

- any version of the Dual Format – Foods Requiring Preparation or Bilingual Dual Format – Foods Requiring Preparation may be used.

1.2.7 Technical and Graphic Requirements [B.01.450 & B.01.460]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.460 of the Regulations.

Assessment Criteria:

Verify that the following requirements have been met.

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,
- dimensions of type and rules,
- spacing, and
- use of bold type.

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 18 or 19, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single “sans serif” (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).
- Upper and lower case letters are correctly used.

C) Dual Format – Foods Requiring Preparation

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.
- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5% tint).

D) **Aggregate Formats – Different Kinds of Foods** (Schedule L, Figures 10 & 11)

1.2.3 **Choice of Format/ Basis of Information** [B.01.406]

The Aggregate Format – Different Kinds of Foods provides nutrition information for more than one food.

Aggregate Format – Different Kinds of Foods:

- **Must** be used when a prepackaged product contains similar foods, a serving consists of **one** food, and the nutrition information is **different** for each food (e.g., multi-pack of granola bars)
- **May** be used when a prepackaged product contains an assortment of similar foods, and a serving consists of more than one of the foods (e.g., tray of mixed nuts, box of assorted chocolates)
- **May** be used when a prepackaged product contains separately packaged ingredients or foods that are intended to be eaten together (e.g., cheese and cracker snack kit)
- **May not** be used when a prepackaged product contains similar foods, a serving consists of **one** food, and the nutrition information is the **same** for each food (e.g., multi pack of frozen ices - freezie pops.)

Assessment Criteria:

Verify that the following regulatory requirement has been met.

- The format of the Nutrition Facts table is suitable for the product.

1.2.4 **Contents of the Nutrition Facts Table** (Serving Size, Energy, Nutrients)

Serving Size

Assessment Criteria:

Verify that the following requirements have been met.

- The serving size for all foods is a quantity of food that can be reasonably consumed at a single eating occasion. (See *2003 Guide to Food Labelling and Advertising*, Section 6.2.4.)
- The serving size for all foods is set out as shown in Schedule L, Figures 10 & 11.
- The serving is based on the food as offered for sale.
- The serving size is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions.

D) Aggregate Format – Different Kinds of Foods

Energy and Nutrients

Assessment Criteria:

Verify that the following ***general*** requirements have been met.

- Core nutrients are declared [B.01.401].
- All additional nutrients that have been “triggered” are declared [B.01.402].
- Additional information may be declared, e.g., additional nutrients, servings per container, Calories from fat, % DV cholesterol, footnotes, etc. [B.01.402].
- Prescribed terminology is used [column 2 to the tables to B.01.401 and B.01.402].
- Nutrients not listed in the tables to Sections B.01.401 and B.01.402 (core or additional nutrients) **are not** declared in the Nutrition Facts table.

Verify that the following ***format specific*** requirements have been met.

- The information for all foods is declared in units set out in column 3 to the tables B.01.401 and B.01.402 (g, mg, % DV, etc).
- All nutrition information provided for the first food must also be provided for all food(s) in the same units [B.01.406(2),(3),(4)].

1.2.5 Rounding

Assessment Criteria:

Verify that the following requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in column 4 to the tables to Sections B.01.401 and B.01.402.

1.2.6 Size of Format [B.01.457]

The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are two levels of options, 1st level and 2nd level. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level. (See schematic.)

Within the first level, the manufacturer may choose between the Aggregate Format and the Bilingual Aggregate Format – Different Kinds of Foods. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15 % or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level, where any option may be chosen.

D) Aggregate Format – Different Kinds of Foods

1st Level

Nutrition Facts	Regular (35 g)		Apple & Cinnamon (35 g)		Maple & Brown Sugar (35 g)	
	Amount	% DV*	Amount	% DV*	Amount	% DV*
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

or

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

Aggregate Format – Different Kinds of Food
figures 10.1–10.6

Bilingual Aggregate Format
Different Kinds of Food
figures 11.1–11.4

2nd Level

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

Bilingual Aggregate Format
Different Kinds of Food
figures 11.5–11.6
or Alternate Methods*

* Alternative Methods may **only** be used for prepackaged product containing an *assortment of foods of the same type, when a serving consisting of only one of the foods, and the information for the serving size, energy, or core nutrients is different for the individual foods (e.g., multi-pack of granola bars).*

Assessment Criteria:

Verify that the following requirements have been met.

Using the hierarchy of formats set out in Section B.01.457 (1st and 2nd levels of options), verify that:

- A suitable version (size) of the chosen format has been used.

Note: Within the 1st level, a suitable version is the largest version of a chosen format that fits on 15% or less of the Available Display Surface (ADS) **and** on one continuous surface of the package.

If the 2nd level is appropriate, any option may be chosen.

D) Aggregate Format – Different Kinds of Foods**Quick Tips**

- If the largest version of the Aggregate Format – Different Kinds of Foods (Figure 10.1) or Bilingual Aggregate Format – Different Kinds of Foods (Figure 11.1) is used, then this section has been satisfied.
- Larger formats may be used.
- The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

*For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed [B.01.457(4)]:*

- any version of the Aggregate Format – Different Kinds of Foods or Bilingual Aggregate Format – Different Kinds of Foods may be used.

1.2.7 Technical and Graphic Requirements

[B.01.450 & B.01.460]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.460 of the Regulations.

Assessment Criteria:

Verify that the following requirements have been met.

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,
- dimensions of type and rules,
- spacing, and
- use of bold type.

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 18 or 19, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single “sans serif” (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).
- Upper and lower case letters are correctly used.

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.

D) Aggregate Format – Different Kinds of Foods

- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5 % tint).

E) Dual Format – Different Amounts of Food

(Schedule L, Figures 12 & 13)

1.2.3 Choice of Format/ Basis of Information [B.01.406(7)]

These formats may be used whenever it is suitable to provide nutrition information for a food in more than one amount or serving size. For instance, foods may have different uses or different units of measurement. For example, applesauce may be used as both a condiment and as a dessert: 1 tablespoon (15 ml), ½ cup (125 ml).

The use of these formats is always optional.

Assessment Criteria:

Verify that the following regulatory requirement has been met.

- The format of the Nutrition Facts table is suitable for the product.

1.2.4 Contents of the Nutrition Facts Table

(Serving Size, Energy, Nutrients)

Serving Size

The serving size is set out as shown in Schedule L, Figures 12 & 13.

Assessment Criteria:

Verify that the following requirements have been met.

*For **Primary Serving Size** (for 1st amount of food declared under the title “Nutrition Facts”), verify that:*

- The serving size is a quantity of food that can be reasonably consumed at a single eating occasion. (See *2003 Guide to Food Labelling and Advertising*, Section 6.2.4.)
- The serving is based on the food as offered for sale.
- The serving size is expressed as a consumer friendly measure (1st **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions.
- The serving size corresponds to the first amount of food (first column) for which information is provided in the table. The amount listed in the serving size and the amount listed in the sub-heading for the first column of food is the same.

For Sub Headings – All Amounts of Food, verify that:

- The quantities of all amounts of food are declared in consumer friendly units and listed as subheadings below the primary declaration of the serving size [B.01.406(7)(a)(i)].
- The quantities of all amounts of food **may also** be set out in metric units (optional) [B.01.406(7)(b)].

E) Dual Format – Different Amounts of Food**Energy and Nutrients****Assessment Criteria:**

Verify that the following ***general*** requirements have been met.

- Core nutrients are declared [B.01.401].
- All additional nutrients that have been “triggered” are declared [B.01.402].
- Additional information may be declared, e.g., additional nutrients, servings per container, Calories from fat, % DV cholesterol, footnotes, etc. [B.01.402].
- Prescribed terminology is used, as set out in column 2 to the tables to B.01.401 and B.01.402.
- Nutrients not listed in the tables to Sections B.01.401 and B.01.402 (core or additional nutrients) **are not** declared in the Nutrition Facts table, e.g., amino acids, lycopenes.

Verify that the following ***format specific*** requirements have been met [B.01.406(7)(a)].

For Primary Amount of Food, verify that the declaration includes:

- information for the first amount of food, (upon which the serving size is based), in units prescribed by column 3 to the tables to Sections B.01.401 & B.01.402 (both absolute amounts (g, mg, etc.) and % DV); and
- a foot note: an asterisk is placed beside the declaration of grams of fat, with a corresponding footnote indicating it is the amount in the food as sold, e.g., “Amount in 15 ml”. (See Schedule L, Figures 12 or 13.)

For other amounts of food, verify that the declaration includes:

- Calories,
- Calories from fat (if declared for the food as sold),
- % DV for any nutrient that is declared as a % DV for the food as sold.

1.2.5 Rounding**Assessment Criteria:**

Verify that the following requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in column 4 to the tables to Sections B.01.401 and B.01.402.

1.2.6 Size of Format [B.01.458]

The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are two levels of options, 1st level and 2nd level. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level. (See schematic.)

E) Dual Format – Different Amounts of Food

Within the first level, the manufacturer may choose between the Dual Format and the Bilingual Dual Format for Different Amounts of Food. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15% or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level, where any option may be chosen.

1st Level

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.

Dual Format
Different Amounts of Foods
figures 12.1–12.6

or

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.

Bilingual Dual Format
Different Amounts of Foods
figures 13.1–13.4

2nd Level

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.

Bilingual Dual Format – Different Amounts of Food
figures 13.5–13.6

Assessment Criteria:

Verify that the following requirements have been met.

Using the hierarchy of formats set out in Section B.01.458 (1st and 2nd levels of options), verify that:

- A suitable version (size) of the chosen format has been used.

E) Dual Format – Different Amounts of Food

Note: Within the 1st level, a suitable version is the largest version of a chosen format that fits on 15% or less of the Available Display Surface (ADS) *and* on one continuous surface of the package.

If the 2nd level is appropriate, any option may be chosen.

Quick Tips

- If the largest version of the Dual Format – Different Amounts of Food (Figure 12.1) or Bilingual Dual Format – Different Amounts of Food (Figure 13.1) is used, then this section has been satisfied.
 - Larger formats may be used.
 - The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed [B.01.458(4)]:

- any version of the Dual Format - Different Amounts of Food, or Bilingual Dual Format – Different Amounts of Food may be used.

1.2.7 Technical and Graphic Requirements

[B.01.450 & B.01.460]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.460 of the Regulations.

Assessment Criteria:

Verify that the following requirements have been met.

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,
- dimensions of type and rules,
- spacing, and
- use of bold type.

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 18 or 19, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single “sans serif” (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).

E) Dual Format – Different Amounts of Food

- Upper and lower case letters are correctly used.

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.
- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5 % tint).

F) **Aggregate Format – Different Amounts of Food**

(Schedule L, Figures 14 & 15)

1.2.3 **Choice of Format/ Basis of Information [B.01.406(7)]**

These formats may be used whenever it is suitable to provide nutrition information for a food in more than one amount, to reflect different uses or different units of measure of a food. For example, evaporated milk may be used in small quantities to whiten coffee or may be reconstituted and used as a beverage, e.g., 1 tablespoon and ½ cup.

The use of these formats is always optional.

Assessment Criteria:

Verify that the following requirement has been met.

- The format of the Nutrition Facts table is suitable for the product.

1.2.4 **Contents of the Nutrition Facts Table**

(Serving Size, Energy, Nutrients)

Serving Size

The serving size requirements are set out in the Regulations and in Schedule L, Figures 14 & 15. Note that 250 ml, 125 ml, 15 ml, and 5 ml are visibly measurable units and are considered consumer friendly measures. For liquid foods, these declarations fulfill the requirements to declare the serving size in both consumer friendly units and metric units. Figures 14 & 15 in Schedule L have used these units in this way.

Assessment Criteria:

Verify that the following requirements have been met.

*For the **first amount of food**, verify that:*

- The serving size is a quantity of food that can be reasonably consumed at a single eating occasion. (See *2003 Guide to Food Labelling and Advertising*, Section 6.2.4.)
- The serving is based on the food as offered for sale.
- The serving size is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions.

*For **all other amounts of food**, verify that:*

- Other amounts are declared using a consumer friendly unit (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions [B.01.406(7)].

F) Aggregate Format – Different Amounts of Food

Energy and Nutrients

Assessment Criteria:

Verify that the following ***general*** requirements have been met.

- Core nutrients are declared [B.01.401].
- All additional nutrients that have been “triggered” are declared [B.01.402].
- Additional information may be declared, e.g., additional nutrients, servings per container, Calories from fat, % DV cholesterol, footnotes, etc. [B.01.402].
- Prescribed terminology is used [column 2 to the tables to B.01.401 and B.01.402].
- Nutrients not listed in the tables to Sections B.01.401 and B.01.402 (core or additional nutrients) **are not** declared in the Nutrition Facts table, e.g., amino acids.

Verify that the following ***format specific*** requirements have been met [B.01.406(7)(c)].

- Information for all foods is declared in units prescribed by column 3 to the tables to Sections B.01.401 & B.01.402 (g, mg, % DV, etc.); and
- All nutrition information provided for the first amount of food is also provided for all additional amounts of food, in the same units [B.01.406(2),(3),(4)].

1.2.5 Rounding

Assessment Criteria:

Verify that the following requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in column 4 to the tables to Sections B.01.401 and B.01.402.

1.2.6 Size of Format [B.01.459]

The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are two levels of options, 1st level and 2nd level. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level. (See schematic.)

Within the first level, the manufacturer may choose between the Aggregate Format and the Bilingual Aggregate Format – Different Amounts of Food. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15% or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level, where any option may be chosen.

F) Aggregate Format – Different Amounts of Food

1st Level

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 %

or

Nutrition Facts / Valeur nutritive				
	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 %

Aggregate Format
Different Amounts of Foods
figures 14.1–14.6

Bilingual Aggregate Format
Different Amounts of Food
figures 15.1–15.4

2nd Level

Nutrition Facts / Valeur nutritive				
	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 %

Bilingual Aggregate Format – Different Amounts of Food
figures 15.5–15.6

Assessment Criteria:

Verify that the following requirements have been met.

Using the hierarchy of formats set out in Section B.01.459 (1st and 2nd levels of options), verify that:

- A suitable version (size) of the chosen format has been used.

Note: Within the 1st level, a suitable version is the largest version of a chosen format that fits on 15% or less of the Available Display Surface (ADS) **and** on one continuous surface of the package.

If the 2nd level is appropriate, any option may be chosen.

Quick Tips

- If the largest version of the Aggregate Format – Different Amounts of Food (Figure 14.1) or the Bilingual Aggregate Format – Different Amounts of Food (Figure 15.1) is used, then this section has been satisfied.
 - Larger formats may be used.
 - The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

F) Aggregate Format – Different Amounts of Food

For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed [B.01.459(4)]:

- any version of the Aggregate Format – Different Amounts of Food or Bilingual Aggregate Format – Different Amounts of Food may be used.

1.2.7 Technical and Graphic Requirements [B.01.450 & B.01.460]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.460 of the Regulations.

Assessment Criteria:

Verify that the following requirements have been met.

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,
- dimensions of type and rules,
- spacing, and
- use of bold type.

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 18 or 19, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single “sans serif” (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).
- Upper and lower case letters are correctly used.

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.
- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5 % tint).

Food for Children Under Two Years of Age

These formats may be used **only** on foods sold solely for children under two years of age. They may not be used on products that are promoted for consumption by both young children and adults, e.g., some brands of arrowroot cookies.

See Notes in *Nutrition Labelling Inspector's Toolkit*, Section G.

G) Standard, Horizontal, Linear Formats – Food for Children Under Two Years (Schedule L, Figures 20, 21, 22, 23 & 31)

1.2.3 Choice of Format/ Basis of Information [B.01.406]

Presenting nutrition information on the basis of one serving of the food as sold (Standard, Horizontal or Linear Formats) is appropriate for most foods. However, these formats **may not** be used on an assortment of foods of the same type when:

- a serving consists of only one of the foods, and
- the information for the serving size, energy or core nutrients **is different** for the individual foods. In this case, the nutrition information **must** be set out for each food using the Aggregate Format – Different Kinds of Food. Examples include a multi-pack of baby food [B.01.406(3)(a), B.01.457].

Assessment Criteria:

Verify that the following regulatory requirements have been met.

- The food is solely for children under two years of age.
- The format of the Nutrition Facts table is suitable for the product.

1.2.4 Contents of the Nutrition Facts Table (Serving Size, Energy, Nutrients)

Serving Size

Basic requirements are set out in the Regulations in the table to B.01.401, B.01.002A(1).

Assessment Criteria:

Verify that the following regulatory requirements have been met.

- The serving size is a quantity of food that can be reasonably consumed at a single eating occasion.
- The serving is based on the food as offered for sale.

G) Standard, Horizontal, Linear Formats – Food for Children Under Two Years

- The serving size is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions.

For single serving units [B.01.002A(2)], verify that:

- the serving size will be the net quantity of the package when the quantity of food can be reasonably eaten by one person at one time.

Energy and Nutrients

Basic requirements are set out in the Regulations in B.01.401, B.01.402, B.01.403.

Assessment Criteria:

Verify that the following requirements have been met.

- Calories, fat, sodium, carbohydrate, fibre, sugars, protein, vitamins A and C, calcium and iron are declared.
- The *sum* of saturates and trans **is not** declared.
- Saturated fatty acids, trans fatty acids and cholesterol **may** be declared.
- If cholesterol is declared then the amounts of saturated fatty acids and trans fatty acids are also declared.
- All additional nutrients listed in the table to Section B.01.402 that have been “triggered” are declared.
- Additional information set out in the table to Section B.01.402 **may** be declared, e.g., additional nutrients, servings per container, additional vitamins and minerals, etc.
- Nutrients not listed in the tables to Section B.01.401 and Section B.01.402 (core or additional information) **are not** declared in the Nutrition Facts table, e.g., specific amino acids, etc.
- Nutrient declarations for nutrients listed in the top part Nutrition Facts table (from Calories to protein) are declared in the absolute units only (Calories, g, mg), as set out column 3 to the tables to B.01.401 and B.01.402. Percent Daily Values (%DV) **are not declared** for these nutrients.
- The vitamin and mineral declarations listed in the second half of the Nutrition Facts table are declared as a “% Daily Value” (%DV).
- Prescribed terminology is used [column 2 to the tables to B.01.401 and B.01.402].

1.2.5 Rounding**Assessment Criteria:**

Verify that the following regulatory requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in column 4 to the tables to Sections B.01.401 and B.01.402.

G) Standard, Horizontal, Linear Formats – Food for Children Under Two Years

1.2.6 Size of Format [B.01.461]

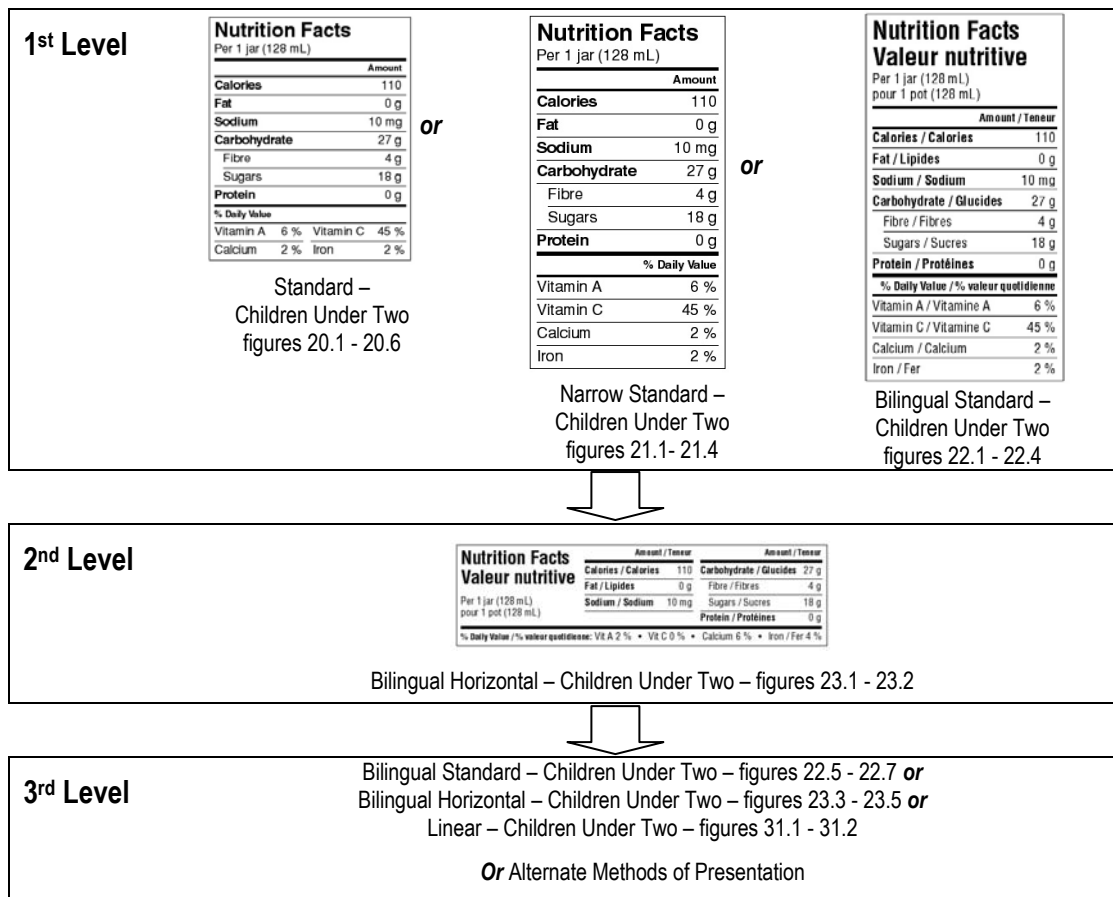
The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are three levels of options, 1st level, 2nd level and 3rd level. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level. (See schematic.)

Within the first level, the manufacturer may choose between the Standard, Narrow Standard or Bilingual Standard formats. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15% or less of the ADS; *and*
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level, Bilingual Horizontal Format, where the same rules apply to choosing an appropriate size. However, in the 3rd level, any format or version may be chosen.



G) Standard, Horizontal, Linear Formats – Food for Children Under Two Years

Assessment Criteria:

Verify that the following requirements have been met.

Using the hierarchy of formats set out in Section B.01.461 (1st, 2nd and 3rd levels of options), verify that:

- A suitable format has been used (e.g., Standard, Narrow Standard, Bilingual Standard, Bilingual Horizontal, Linear formats for Children Under Two, or Alternate Methods); and
- A suitable version (size) of the chosen format has been used.

Note: Within the 1st or 2nd levels, a suitable version is the largest version of a chosen format that fits on 15% or less of the Available Display Surface (ADS) **and** on one continuous surface of the package.

If the 3rd level is appropriate, any option may be chosen.

Quick Tips

- If the largest version of the Standard, Narrow Standard, Bilingual Standard Formats for Children Under Two (Figures 20.1, 21.1, 22.1), then this section has been satisfied.
 - Larger formats may be used.
 - The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

*For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed:*

- any size version of the Standard, Narrow Standard, Bilingual Standard, Bilingual Horizontal, or Linear Formats for Children Under Two may be used (Schedule L, Figures 20, 21, 22, 23, & 31).

1.2.7 Technical and Graphic Requirements [B.01.450 & B.01.465]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.465 of the Regulations.

Assessment Criteria:

Verify that the following requirements have been met.

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,
- dimensions of type and rules,
- spacing, and
- use of bold type.

G) Standard, Horizontal, Linear Formats – Food for Children Under Two Years

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 33 or 34, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single “sans serif” (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).
- Upper and lower case letters are correctly used.

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.
- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5 % tint).

H) **Simplified Formats – Children Under Two Years**

(Schedule L, Figures 24, 25, 26 & 32)

1.2.3 **Choice of Format/ Basis of Information**

[B.01.403(5)]

The Simplified formats, as set out in Schedule L, Figures 24, 25, 26, and 32, are suitable for foods whose nutrient value is “0”, as reported in the Nutrition Facts table, for six or more of: Calories, fat, sodium, carbohydrates, fibre, sugars, protein, vitamin A, vitamin C, calcium, iron. Use of these formats is always optional.

Assessment Criteria:

Verify that the following requirement has been met.

- The food is solely for children under two years of age.
- The format of the Nutrition Facts table is suitable for the product.

1.2.4 **Contents of the Nutrition Facts Table**

(Serving Size, Energy, Nutrients)

Serving Size

Regulatory requirements are set out in the table to B.01.401, B.01.002A(1).

Assessment Criteria:

Verify that the following requirements have been met.

- The serving size is a quantity of food that can be reasonably consumed at a single eating occasion.
- The serving is based on the food as offered for sale.
- The serving size is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration. See notes for exceptions.)

For single serving units [B.01.002A(2)], verify that:

- the serving size is the net quantity of the package when the quantity of food can be reasonably eaten by one person at one time.

Energy and Nutrients

Basic requirements are set out in the Regulations, B.01.401(6).

H) Simplified Formats – Children Under Two Years**Assessment Criteria:**

Verify that the following requirements have been met.

The following information, required by the regulations, is declared:

- Calories;
- fat;
- carbohydrate;
- protein;
- any of the following nutrients, if they cannot be expressed as “0” in the Nutrition Facts table: sodium, fibre, sugar, vitamin A, vitamin C, calcium and iron;
- any nutrient that is the subject of a statement, claim or representation;
- any sugar alcohol, vitamin or mineral added to the product (other than iodine added to salt or fluoride to water or ice);
- any vitamin or mineral nutrient declared as a component of the product’s ingredients other than flour;
- Footnote – “Not a significant source of (naming the excluded core nutrients that apply to food for children under two years)”. For example, this statement need not apply to saturates, trans or cholesterol. The statement, “Not a significant source of other nutrients,” is acceptable when there are space restraints.
- The *sum* of saturates and trans **is not** declared;
- If cholesterol is declared then the amounts of saturated fatty acids and trans fatty acids are also declared;
- Nutrient declarations for nutrients listed in the top part Nutrition Facts table (from Calories to protein) are declared in the absolute units only (Calories, g, mg), as set out column 3 to the tables to B.01.401 and B.01.402. Percent Daily Values **are not declared** for these nutrients.
- The vitamin and mineral declarations listed in the second half of the Nutrition facts table are declared as a “% Daily Value”.
- Prescribed terminology as set out in column 2 to the tables to B.01.401 and B.01.402 is used, e.g., “Fat”, “Total Fat”, or “Fat, Total”.
- Nutrients not listed in the tables to Sections B.01.401 and B.01.402 (core or additional nutrients) **are not** declared in the Nutrition Facts table.

1.2.5 Rounding

- Serving and nutrient declarations are rounded as prescribed in column 4 to the tables to Sections B.01.401 and B.01.402.

1.2.6 Size of Format [B.01.462]

The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are three levels of options, 1st level, 2nd level and 3rd level. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level. (See schematic.)

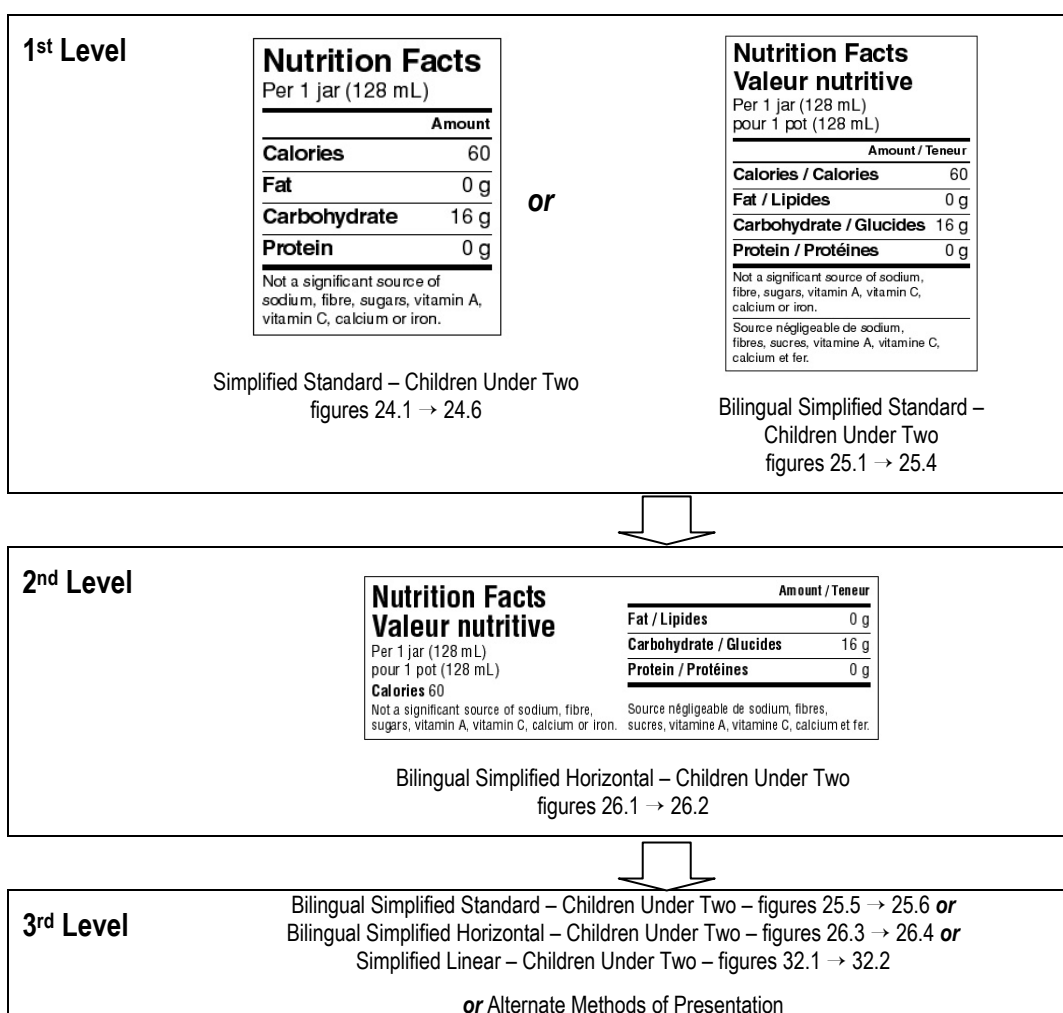
H) Simplified Formats – Children Under Two Years

Within the first level, the manufacturer may choose between the Simplified Standard and the Bilingual Simplified Standard formats. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15% or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level, Bilingual Simplified Horizontal, where the same rules apply to choosing an appropriate size. However, in the 3rd level, any format or version may be chosen.



H) Simplified Formats – Children Under Two Years**Assessment Criteria:****Verify that the following requirements have been met.**

Using the hierarchy of formats set out in Section B.01.462 (1st, 2nd and 3rd levels of options), verify that:

- suitable format has been used (e.g., Simplified Standard, Bilingual Simplified Standard, Bilingual Simplified Horizontal, or Simplified Linear Formats for Children Under Two, or Alternate Methods); and
- A suitable version (size) of the format has been used.

Note: Within the 1st or 2nd levels, a suitable version is the largest version of a chosen format that fits on 15% or less of the Available Display Surface (ADS) **and** on one continuous surface of the package.

If the 3rd level is appropriate, any option may be chosen.

Quick Tips

- If the largest version of the Simplified Standard or the Bilingual Simplified Standard Format for Children Under Two (Figures 24.1 or 25.1) is used, then this section has been satisfied.
 - Larger formats may be used.
 - The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

*For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed:*

- any version of the Simplified Standard, Bilingual Simplified Standard, Bilingual Simplified Horizontal or Simplified Linear Formats for Children Under Two formats, in any size, may be used (Schedule L, Figures 24, 25, 26, 32).

1.2.7 Technical and Graphic Requirements

[B.01.450 & B.01.465]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.465 of the Regulations.

Assessment Criteria:**Verify that the following requirements have been met.**

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,
- dimensions of type and rules,
- spacing, and

H) Simplified Formats – Children Under Two Years

- use of bold type.

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 33 or 34, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single “sans serif” (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).
- Upper and lower case letters are correctly used.

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.
- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5% tint).

I) **Aggregate Formats – Different Kinds of Foods: Children Under Two Years** (Schedule L, Figures 27 & 28)

1.2.3 **Choice of Format/ Basis of Information** [B.01.406]

These formats **are appropriate** for prepackaged products containing an assortment of foods of the same type, when:

- a serving consists of only one of the foods, and
- the information for the energy or core nutrients **is different** for the individual foods.

In these cases (e.g., a variety pack of baby food), use of the Aggregate Format – Different Kinds of Foods is **mandatory** [B.01.406(3)(a)].

Assessment Criteria:

Verify that the following requirement has been met.

- The food is solely for children under two years of age.
- The format of the Nutrition Facts table is suitable for the product.

1.2.4 **Contents of the Nutrition Facts Table** (Serving Size, Energy, Nutrients)

Serving Size

The serving size for all foods is set out as shown in Schedule L, Figures 27 & 28.

Assessment Criteria:

Verify that the following requirements have been met.

- The serving size for all foods is a quantity of food that can be reasonably consumed at a single eating occasion.
- The serving is based on the food as offered for sale.
- The serving size is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions.
- Other amounts of food are declared using a consumer friendly measure (1st) **and** metric unit (2nd; in brackets; same units as net quantity declaration).

Energy and Nutrients

Assessment Criteria:

Verify that the following requirements have been met.

- Calories, fat, sodium, carbohydrate, fibre, sugars, protein, vitamins A and C, calcium and iron are declared.

I) Aggregate Formats – Different Kinds of Foods: Children Under Two Years

- The sum of saturates and trans **is not** declared.
- Saturated fatty acids, trans fatty acids and cholesterol **may** be declared.
- If cholesterol is declared then the amounts of saturated fatty acids and trans fatty acids are also declared.
- All additional nutrients listed in the table to Section B.01.402 that have been “triggered” are declared.
- Additional information set out in the table to Section B.01.402 **may** be declared, e.g., additional nutrients, servings per container, additional vitamins and minerals, etc.
- Nutrients not listed in the tables to Sections B.01.401 and B.01.402 (core or additional information) **are not** declared in the Nutrition Facts table, e.g., specific amino acids, etc.
- Nutrient declarations for nutrients listed in the top part Nutrition Facts table (from Calories to protein) are declared in absolute units only (Calories, g, mg), as set out column 3 to the tables to B.01.401 and B.01.402. Percent Daily Values **are not declared** for these nutrients.
- The vitamin and mineral declarations listed in the second half of the Nutrition Facts table are declared as a “% Daily Value”.
- Prescribed terminology is used [column 2 to the tables to B.01.401 and B.01.402].
- All nutrition information provided for the first food must also be provided for all food(s) [B.01.406(2),(3),(4)].

1.2.5 Rounding**Assessment Criteria:**

Verify that the following requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in column 4 to the tables to Sections B.01.401 and B.01.402.

1.2.6 Size of Format [B.01.463]

The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are two levels of options, 1st level and 2nd level. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level. (See schematic.)

Within the first level, the manufacturer may choose between the Aggregate Format – Different Kinds of Foods: Children Under Two and the Bilingual Aggregate Format – Different Kinds of Foods: Children Under Two. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15% or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

I) Aggregate Formats – Different Kinds of Foods: Children Under Two Years

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level. However, in the 2nd level, any format or version may be chosen.

1st Level

Nutrition Facts	Barley	Mixed	Mixed with fruits
	Per 10 tablespoons (28 g)	Per 10 tablespoons (28 g)	Per 10 tablespoons (28 g)
	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

Nutrition Facts / Valeur nutritive	Barley	Mixed	Mixed with fruits
	Per 10 tablespoons pour 10 cuil. à soupe (28 g)	Per 10 tablespoons pour 10 cuil. à soupe (28 g)	Per 10 tablespoons pour 10 cuil. à soupe (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 / % VD*	% DV / % VD*	% DV / % VD*
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 / VD = valeur quotidienne

Aggregate Format – Different Kinds of Foods Children Under Two figures 27.1 → 27.6

Bilingual Aggregate Format – Different Kinds of Foods Children Under Two figures 28.1 → 28.4



2nd Level

Nutrition Facts / Valeur nutritive	Barley	Mixed	Mixed with fruits
	Per 10 tablespoons pour 10 cuil. à soupe (28 g)	Per 10 tablespoons pour 10 cuil. à soupe (28 g)	Per 10 tablespoons pour 10 cuil. à soupe (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 / % VD*	% DV / % VD*	% DV / % VD*
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 / VD = valeur quotidienne

Bilingual Aggregate Format – Different Kinds of Foods: Children Under Two figures 28.5 → 28.6

or Alternative Methods of Presentation

Assessment Criteria:

Verify that the following requirements have been met.

Using the hierarchy of formats set out in Section B.01.463 (1st and 2nd levels of options), verify that:

- A suitable version (size) of the chosen format has been used.

Note: Within the 1st level, a suitable version is the largest version of a chosen format that fits on 15% or less of the Available Display Surface (ADS) and on one continuous surface of the package.

If the 2nd level is appropriate, any option may be chosen.

I) Aggregate Formats – Different Kinds of Foods: Children Under Two Years

Quick Tips

- If the largest version of the Aggregate Format – Different Kinds of Foods: Children Under Two (Figure 27.1) or Bilingual Aggregate Format – Different Kinds of Foods: Children Under Two (Figure 28.1) is used, then this section has been satisfied.
 - Larger formats may be used.
 - The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

*For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed:*

- any version of the Aggregate Format – Different Kinds of Foods: Children Under Two or Bilingual Aggregate Format – Different Kinds of Foods: Children Under Two may be used.

1.2.7 Technical and Graphic Requirements [B.01.450 & B.01.465]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.465 of the Regulations.

Assessment Criteria:

Verify that the following requirements have been met.

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,
- dimensions of type and rules,
- spacing, and
- use of bold type.

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 33 or 34, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single “sans serif” (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).

I) Aggregate Formats – Different Kinds of Foods: Children Under Two Years

- Upper and lower case letters are correctly used.

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.
- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5% tint).

J) **Aggregate Format – Different Amounts of Food: Children Under Two** (Schedule L, Figures 29 & 30)

1.2.3 **Choice of Format/ Basis of Information** [B.01.406(7)]

These formats may be used whenever it is suitable to provide nutrition information for a food in more than one amount, reflecting different uses or different units of measure of a food. For example, a serving of baby cookies might be one cookie or two.

Assessment Criteria:

Verify that the following regulatory requirement has been met.

- The food is solely for children under two years of age.
- The format of the Nutrition Facts table is suitable for the product.

1.2.4 **Contents of the Nutrition Facts Table**

(Serving Size, Energy, Nutrients)

Serving Size

The serving size is set out as shown in Schedule L, Figures 14 & 15.

Assessment Criteria:

Verify that the following requirements have been met.

*For **first amount of food**, verify that:*

- The serving size is based on the food as offered for sale.
- The serving size is a quantity of food that can be reasonably consumed at a single eating occasion.
- The serving size is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions.

*For **all other amounts of food**, verify that:*

- Other amounts are declared using a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions [B.01.406(7)].
- The serving size and other amounts of food appear as headings to the appropriate columns of information.

Energy and Nutrients

Assessment Criteria:

Verify that the following general regulatory requirements have been met.

- Calories, fat, sodium, carbohydrate, fibre, sugars, protein, vitamins A and C, calcium and iron are declared.
- The sum of saturates and trans **is not** declared.
- Saturated fatty acids, trans fatty acids and cholesterol **may** be declared.

J) Aggregate Formats – Different Amounts of Food: Children Under Two Years

- If cholesterol is declared then the amounts of saturated fatty acids and trans fatty acids are also declared.
- All additional nutrients listed in the table to Section B.01.402 that have been “triggered” are declared.
- Additional information set out in the table to Section B.01.402 **may** be declared, e.g., additional nutrients, servings per container, additional vitamins and minerals, etc.
- Nutrients not listed in the tables to Sections B.01.401 and B.01.402 (core or additional information) **are not** declared in the Nutrition Facts table, e.g., specific amino acids, lycopenes, etc.
- Nutrient declarations for nutrients listed in the top part Nutrition Facts table (from Calories to protein) are declared in absolute units only (Calories, g, mg), as set out column 3 to the tables to B.01.401 and B.01.402. Percent Daily Values **are not declared** for these nutrients.
- The vitamin and mineral declarations listed in the second half of the Nutrition Facts table are declared as a “% Daily Value”.
- Prescribed terminology is used [column 2 to the tables to B.01.401 and B.01.402].
- All nutrition information provided for the first food must also be provided for all food(s) [B.01.406(2),(3),(4)].

1.2.5 Rounding**Assessment Criteria:**

Verify that the following requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in the tables to Sections B.01.401 and B.01.402.

1.2.6 Size of Format [B.01.464]

The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats. There are two levels of options, 1st level and 2nd level. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level. (See schematic.)

Within the first level, the manufacturer may choose between the Aggregate Format – Different Amounts of Food and the Bilingual Aggregate Format – Different Amounts of Food. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15 % or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level. However, in the 2nd level, any format or version may be chosen.

J) Aggregate Formats – Different Amounts of Food: Children Under Two Years

1st Level

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

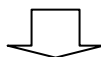
or

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

Bilingual Aggregate Format –
Different Amounts of Food
Children Under Two
figures 30.1 → 30.4

Aggregate Format – Different Amounts of Food
Children Under Two
figures 29.1 → 29.6



2nd Level

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

Bilingual Aggregate Format – Different Amounts of Food
Children Under Two
figures 30.5 → 30.6

Assessment Criteria:

Verify that the following requirements have been met.

Using the hierarchy of formats set out in Section B.01.464 (1st and 2nd levels of options), verify that:

A suitable version (size) of the format has been used.

Note: Within the 1st level, a suitable version is the largest version of a chosen format that fits on 15 % or less of the Available Display Surface (ADS) **and** on one continuous surface of the package.

If the 2nd level is appropriate, any option may be chosen.

J) Aggregate Formats – Different Amounts of Food: Children Under Two Years**Quick Tips**

- If the largest version of the Aggregate Format – Different Amounts of Food for Children Under Two (Figure 29.1) or Bilingual Aggregate Format – Different Amounts of Food for Children Under Two (Figure 30.1) is used, then this section has been satisfied.
 - Larger formats may be used.
 - The characters within the Nutrition Facts table may be larger than specified if enlarged in a uniform manner [B.01.450(3)(b)].

For **Tags** attached to an ornamental container or a package to which a label cannot be physically applied or legibly set out or easily viewed:

- any version of the Aggregate Format – Different Amounts of Food for Children Under Two or Bilingual Aggregate Format – Different Amounts of Food for Children Under Two may be used.

1.2.7 Technical and Graphic Requirements [B.01.450 & B.01.465]

The technical and graphic requirements of the Nutrition Facts table are set out in Section B.01.450 and B.01.465 of the Regulations.

Assessment Criteria:

Verify that the following requirements have been met.

The Nutrition Facts table is set out in accordance with the specifications of the applicable figure in Schedule L to the Regulations, with respect to:

- order of presentation,
- dimensions of type and rules,
- spacing, and
- use of bold type.

If additional information (listed in the table to B.01.402) is declared, the Nutrition Facts table is set out in accordance with Figures 33 or 34, Schedule L with respect to:

- order of presentation,
- indents, and
- footnotes.

Fonts and stylistic elements are correctly used:

- A single “sans serif” (non-decorative) font is used.
- Characters do not touch each other or the rules (lines).
- Upper and lower case letters are correctly used.

J) Aggregate Formats – Different Amounts of Food: Children Under Two Years

Colour is correctly used:

- A single type colour is used – black or the darkest colour used on the label.
- There is substantial contrast between the print (type and lines) and the background.
- There is no highlighting of characters or words, and no reverse print (white print on black).
- The background is white or a light neutral colour (not more than 5% tint).

Part B

Foods for Use in Manufacturing Other Foods

[B.01.404]

1. Nutrition Information

These requirements apply to a **prepackaged** product that is intended for use as an **ingredient**:

- in the manufacture of other prepackaged products intended for sale to a consumer at the retail level, or
- in the preparation of food by a commercial or industrial enterprise or institution.

Note: The nutrition information for these products is not required to use the Nutrition Facts table format.

See the *Inspector's Toolkit*, Section H.

1.1 Presence of Nutrition Information

Nutrition information is provided for all prepackaged food for use in the manufacture of other foods.

Rationale

Nutrition labelling is a mandatory labelling requirement under the *Food and Drug Regulations*. These requirements are based on health.

Assessment Criteria:

Verify that the following requirement has been met.

- Nutrition information is provided for each prepackaged product [B.01.404(2)].

Note 1: The nutrition information may be conveyed on an accompanying hard copy document with the delivery of the food.

Note 2: In the case of foods that are shipped to a purchaser on a continual basis, with no change to the formulation, documentation may be provided to the purchaser on the basis of the first shipment, without having to provide the information on an ongoing basis provided the purchaser agrees in writing to this arrangement. Any change to the nutrition information as a result of formulation changes or other influences would have to accompany the modified product with its first delivery after the change has occurred.

1.2 Format of Nutrition Information

The information is provided in a manner consistent with the *Food and Drug Regulations*.

Rationale

The Regulations prescribe the manner in which the nutrition information is provided. These parameters must be respected, to ensure that the manufacturers have accurate information upon which to base the calculations of the nutrition information of their final products.

1.2.1 Language

Assessment Criteria:

Verify that the following requirement has been met.

- The nutrition information is shown in English or in French.

1.2.2 Nutrition Information

(Serving Size, Energy, Nutrients)

Serving Size

Assessment Criteria for Serving Size:

Verify that the following requirements have been met.

- The nutrition information is provided:
 - per gram (g) or 100 grams (100 g) if the net quantity of the food is declared on the label as a weight or count; or
 - per millilitre (ml) or 100 millilitres (100 ml) if the net quantity of the food is declared on the label as a volume [B.01.404(3)(c)(i)&(ii)].
- The declaration of serving size may be omitted, i.e., amount of food reasonably consumed at one eating occasion declared in a consumer friendly measure and metric units [B.01.404(3)(c)(iii)].

Energy and Nutrients

Assessment Criteria for Energy and Nutrients [B.01.401, B.01.402, B.01.404]:

Verify that the following requirements have been met.

- Calories and core nutrients are declared [B.01.401, B.01.404(3)(a)].
- All additional nutrients that have been “triggered” are declared [B.01.402, B.01.404(3)(a)].
- Additional information may be declared, e.g., additional nutrients, Calories from fat, % DV cholesterol, etc. [B.01.402, B.01.404(3)(b)].
- Vitamins are declared in the units set out in table I of Division 1 of Part D of the *Food and Drug Regulations* (e.g., RE, µg, mg, NE) [B.01.404(3)(c)(i)].

- Minerals are declared in the units set out in table I of Division 2 of Part D of the *Food and Drug Regulations* (e.g., mg, µg) [B.01.404(3)(c)(i)].
- The information for the other nutrients and energy is declared in absolute units as set out in column 3 to the tables to B.01.401 and B.01.402 (Calories, g, mg) [B.01.404(3)(c)(ii)].
- The declaration of % Daily Values may be omitted [B.01.404(3)(c)(iii)].
- Prescribed terminology is used [column 2 to the tables to B.01.401 and B.01.402].

1.2.5 Precision of Declarations/ Rounding

Assessment Criteria for Precision of Declarations/ Rounding [B.01.404(3)(c)(iv):
Verify that the following requirements have been met.

- Nutrient declarations are not rounded.
- Nutrient declarations are declared as accurately as the analytical methods (lab tests) permit.

Part C

Ready-to-Eat, Prepackaged Foods for Use in a Commercial or Industrial Enterprise or Institution

[B.01.405]

These requirements apply to a multiple-serving, ready-to-eat, prepackaged food for use in a commercial or industrial enterprise or institution.

See the *Inspector's Toolkit*, Section H.

Note: The nutrition information for these products is not required to use the Nutrition Facts table format.

1. Nutrition Information

1.1 Presence of Nutrition Information

Nutrition information is provided for all prepackaged foods.

Rationale

Nutrition labelling is a mandatory labelling requirement under the *Food and Drug Regulations*. These requirements are based on health.

Assessment Criteria:

Verify that the following requirement has been met.

- Nutrition information is provided for each prepackaged product [B.01.405(2)].

Note 1: The nutrition information may be conveyed on an accompanying hard copy document with the delivery of the food.

Note 2: In the case of foods that are shipped to a purchaser on a continual basis, with no change to the formulation, documentation may be provided to the purchaser on the basis of the first shipment, without having to provide the information on an ongoing basis provided the purchaser agrees in writing to this arrangement. Any change to the nutrition information as a result of formulation changes or other influences would have to accompany the modified product with its first delivery after the change has occurred.

1.2 Format of Nutrition Information

The information is provided in a manner consistent with the *Food and Drug Regulations*.

Rationale

The Regulations prescribe the manner in which the nutrition information is provided. These parameters must be respected, to ensure that the manufacturers have accurate information upon which to base the calculations of the nutrition information of their final products.

Note: Nutrition information may be presented as a list. A table format is **not** required.

1.2.1 Language

- The nutrition information is shown in English or in French.

1.2.2 Nutrition Information

(Serving Size, Energy, Nutrients)

Serving Size [B.01.405(3)(a)&(c)]

Assessment Criteria:

Verify that the following regulatory requirement has been met.

- The nutrition information is provided per portion and is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; same units as net quantity declaration.) See notes for exceptions.

Energy and Nutrients [B.01.401, B.01.402, B.01.405]

Assessment Criteria for Energy and Nutrients:

Verify that the following requirements have been met.

- Calories and core nutrients are declared [B.01.405(3)(a)].
- All additional nutrients that have been “triggered” are declared [B.01.405(3)(a)].
- Additional information may be declared, e.g., additional nutrients, Calories from fat, % DV cholesterol, etc. [B.01.405(3)(b)].
- Nutrient declarations are declared units set out in the column 3 of the tables to Sections B. 01.401 and B.01.402 [B.01.405(3)(c)].
- Prescribed terminology is used [column 2 to the tables to B.01.401 and B.01.402] [B.01.405(3)(c)].

1.2.5 Rounding [B.01.405(3)(c)]

Assessment Criteria for Rounding:

Verify that the following requirement has been met.

- Serving and nutrient declarations are rounded as prescribed in column 4 to the tables to Sections B.01.401 and B.01.402.