

**2003 GUIDE TO FOOD LABELLING AND ADVERTISING**

**Chapter 5**

**Nutrition Labelling**



## Chapter 5

### Nutrition Labelling

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## Chapter 5 – Nutrition Labelling

### Standard Format

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

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

Figure 1.1(English)

Figure 1.1(French)

For purposes of illustration only. Copying may cause distortion.

### Narrow Standard Format

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

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

Figure 2.1(English)

Figure 2.1(French)

For purposes of illustration only. Copying may cause distortion.

## Bilingual Standard Format

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

Figure 3.1(Bilingual)

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## 5.1 Purpose of the New Nutrition Labelling Regulations

Canada's new nutrition labelling regulations have been designed to provide a system for conveying information about the nutrient content of food in a **standardized format**, which allows for comparison among foods at the point of purchase. Clear, uniform information should support consumers in making informed food choices toward healthy eating goals.

Canadians need nutrition information to permit dietary management of chronic diseases of public health significance, and to help them make food choices that may reduce the risk of developing chronic diseases.

## 5.2 Transitional Period

The amendments to the *Food and Drug Regulations*, with a few exemptions (see 5.3 of this *Guide*), make the presence of nutrition information compulsory on prepackaged foods. The Nutrition Facts table, consisting of the declaration of energy (Calories) and 13 nutrients, will become **mandatory** for most **prepackaged foods** beginning December 12, 2005.

For small manufacturers (those who had gross revenues from food sales in Canada of less than \$1,000,000 in the 12-month period prior to December 12, 2002) the transition period is five years. These companies will have to comply with the new regulations by December 12, 2007.

Until the Nutrition Facts table becomes mandatory, products may comply either with the new nutrition labelling regulations or with the previous regulations.

### 5.2.1 When Immediate Compliance is Required

[Item 38(2) of SOR/2003-11 - Regulations Amending the *Food and Drug Regulations* (Nutrition Labelling, Nutrient Content Claims and Health Claims) - TRANSITIONAL PROVISION]

The new Nutrition Facts table becomes **immediately** mandatory on the labels of foods when the label or advertisement displays one or more of the following items:

- the phrase "nutrition facts", "valeur nutritive" or "valeurs nutritives";
- a quantitative declaration of *trans* fatty acids, or omega-3 or omega-6 fatty acids (unless a Temporary Marketing Authorization Letter has been previously issued by Health Canada under B.01.054 and B.01.055);
- a health claim set out in column 1 of the table following B.01.603 (see Chapter 8 of this *Guide*); or
- a nutrient content claim set out in column 4 of any of items 15, 16 and 22 to 26 of the table following B.01.513 (e.g., statements relating to X% fat free, *trans* fatty acids or omega fatty acids). (See Chapter 7 of this *Guide* for a full discussion.).

**Nutrient Content Claims Which Require Immediate Compliance with the New Regulations**

- 100% fat-free (item 15)
- (Percentage) fat-free (item 16)
- Free of *trans* fatty acids (item 22)
- Reduced in *trans* fatty acids (item 23)
- Lower in *trans* fatty acids (item 24)
- Source of omega-3 polyunsaturated fatty acids (item 25)
- Source of omega-6 polyunsaturated fatty acids (item 26)

### 5.3 Exemptions [B.01.401(2)]

The following products are exempt from displaying a Nutrition Facts table:

- a) foods, such as spices and some bottled waters, for which **all** the nutritional information (other than serving of stated size) set out in column 1 of the table to B.01.401 may be **expressed as "0"**;
- b) **beverages with an alcohol content** of more than 0.5%;
- c) **fresh vegetables and fruits** without added ingredients, oranges with colour, and fruit and vegetables coated with paraffin wax or petrolatum;

This category includes **fresh** herbs such as parsley, basil, thyme, etc. (but not dried herbs); sprouts; and fruits and vegetables that are minimally processed (e.g., washed,

peeled, cut-up, shredded, etc.), including mixtures of fruits and vegetables, such as bagged mixed salad and coleslaw (without dressing, croutons, bacon bits, etc.).

**NOTE:** The exemption is lost if any health claim set out in the table following B.01.603 is made (see Chapter 8 of this *Guide*), including the following: “A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer,” [B.01.401 (3)(e)(ii), and item 4 of the table following B.01.603].

- d) raw, **single ingredient** meat, meat by-product, poultry meat, and poultry meat by-product;  
**NOTE:** prepackaged **ground** meat, **ground meat by-product**, **ground poultry meat** and **ground poultry meat by-product** must always carry a Nutrition Facts table [B.01.401(3)(d)].
- e) raw, **single ingredient** marine or freshwater animal products (such as fish, crustaceans, etc.);
- f) **foods sold only in the retail establishment** where the product is prepared and processed, including products made from a pre-mix when an ingredient other than water is added to the pre-mix;  
**NOTE:** A Nutrition Facts table **is required when only water is added** to a pre-mix or when a product is only baked, cooked, etc. on the premises without the addition of other ingredients;
- g) foods sold only at a **roadside stand, craft show, flea market, fair, farmers' market and sugar bush** by the individual who prepared and processed the product;
- h) **individual servings** of foods that are sold for immediate consumption (e.g., sandwiches or ready-made salads), when these have **not** been subjected to a process or special packaging, such as modified atmosphere packaging, to extend their durable life;
- i) foods sold only in the **retail establishment** where the product is **packaged, if** the product is labelled by means of a sticker and has an available display surface of less than 200 cm<sup>2</sup> (see definition in 5.5.1 of this *Guide*);
- j) prepackaged confections, commonly known as **one bite confections**, that are sold individually, (e.g., small individually wrapped candies, mints, etc.);
- k) prepackaged **individual portions** of food that are solely intended to be **served by a restaurant or other commercial enterprise with meals or snacks** (crackers, creamers, etc.); and
- l) a variety of cow and goat **milk products sold in refillable glass containers**.

### 5.3.1 Losing the Exemption [B.01.401(3)]

The last three items listed above in 5.3 (a one-bite confection, an individual portion served with meals, milk in glass containers) never lose their exemption. The remaining items listed above lose their exempt status and are required to carry a Nutrition Facts table when:



- a vitamin or mineral nutrient is added to the product;
- a vitamin or mineral nutrient is declared as a component of an ingredient (other than flour);
- aspartame, sucralose, or acesulfame-potassium is added to the product (see Chapter 9 of this *Guide*);
- the product is **ground** meat, **ground** meat by-product, **ground** poultry meat or **ground** poultry meat by-product; or
- the label or advertisement contains one or more of the following (see also 5.2.1 of this *Guide*):
  - a nutritional reference or nutrient content claim;
  - a biological role claim;
  - a health claim;
  - a health-related name, statement, logo, symbol, seal of approval or other proprietary mark of a third party; or
  - the phrase “nutrition facts”, “valeur nutritive” or “valeurs nutritives”.

### 5.3.2 Other Exemptions

Non-prepackaged foods are not required to carry nutrition information. However, when a label or advertisement of a non-prepackaged food carries a representation related to Calories or a nutrient (e.g., any mention, reference, indication, statement or claim, including a health claim), the label or advertisement is required to declare the applicable energy value or amount of the nutrient per serving of stated size [B.01.312, B.01.503(1)(c), B.01.602, table following B.01.603].

Foods used solely in the manufacture of other foods and multiple-serving, ready-to-serve foods intended solely to be served by an industrial or commercial enterprise (such as a hotel, restaurant, hospital, etc.) or an institution, are exempt from the Nutrition Facts table format (but not from the nutrition information). The product must be accompanied by written nutrition information when delivered to the purchaser (i.e., in any format, not necessarily in a Nutrition Facts table format). (See 5.14 and 5.15 of this *Guide* for further information.)

### 5.3.3 Prohibited Display of the Nutrition Facts Table

Formulated liquid diets, human milk substitutes, foods represented as containing a human milk substitute, meal replacements, nutritional supplements and foods represented for use in a very low energy diet have specific nutrition and other labelling requirements set out in Divisions 24 and 25 of the *Food and Drug Regulations* (see Chapter 9 of this *Guide*). Although the labels for these products are prohibited from using the Nutrition Facts table **heading** (i.e., “Nutrition Facts”, “valeur nutritive” or “valeurs nutritives”), they may voluntarily use the Nutrition Facts table **format** with respect to the order of presentation, naming of nutrients, fonts, layout, etc. provided the applicable requirements of Divisions 24 and 25, *FDR* are met.

**5.3.4 Voluntary Display of the Nutrition Facts Table** [B.01.401(1), B.01.402(2)]

Exempt foods may voluntarily display the Nutrition Facts table providing the content and format of the table are in accordance with the requirements of the regulations. Of course, this does not apply to those foods (e.g., formulated liquid diets, meal replacement, etc.) that are specifically prohibited from displaying a Nutrition Facts table (see 5.3.3 of this *Guide*).

**5.4 Information in the Nutrition Facts Table** [table to B.01.401]**Bilingual Standard Format**

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

**Figure 3.1(Bilingual)**

For purposes of illustration only. Copying may cause distortion.

The sample bilingual Nutrition Facts table in Figure 3.1(B), above, indicates the core information that must always be included in the Nutrition Facts table and the order in which it must be presented.

Additional nutrition information may also be required in the table or permitted either inside or outside the table, as prescribed. (See the list of additional information in 5.4.1 on the following page.)

5.4.1 Additional Information Permitted in the Nutrition Facts Table [table to B.01.402]

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

Figure 19.1(B)

For purposes of illustration only. Copying may cause distortion.

The declaration of additional information is generally optional. In addition, the declaration of one nutrient does not necessarily trigger the declaration of other nutrients, unless specifically required by the Regulations.

However, in certain cases, manufacturers may be required to declare certain nutrients in the additional information list. This additional listing is triggered when references to nutrients are made in a nutrient content claim or in a health claim.

In addition to the core mandatory information, **only the additional information included in Figure 18.1(E)&(F) or 19.1(B)** is permitted in the Nutrition Facts table. Additional information must be presented in the manner shown in the Regulations (i.e., order of presentation, use of indents, and presentation of footnotes). The information must be incorporated into an applicable format (e.g., standard, narrow standard, bilingual standard, etc.) as selected according to the information presented later in this chapter. Additional information must be shown in **English and French**, except in those cases outlined in B.01.012(3) or (7). These subsections define local and specialty foods and then go on to specify when information may be shown in English only or in French only [B.01.402(9)].

**NOTE: Figures 18.1(E)&(F) and 19.1(B) are not format choices.**

#### 5.4.2 Mandatory Declaration of “Additional Information”

In the following cases, the declaration of “additional information”, which is generally optional, becomes mandatory:

- a) **omega-6, omega-3 and monounsaturated fatty acids** must **all** be declared when any one of these, either on the label or in any advertisement, is declared. Polyunsaturated fatty acids are not required to be declared, but when shown, triggers the three declarations previously mentioned. Any specifically named fatty acid, whether on the label outside the Nutrition Facts table or in an advertisement, also triggers the same three declarations. [B.01.402(3)];
- b) any nutrient set out in the table to B.01.402 (see 5.4.1 above) must be declared when there is any **representation** (e.g., any mention, reference, indication, statement, claim, etc.) regarding the nutrient anywhere on the label, including in the ingredient list, or in any advertisement [B.01.402(4)];
- c) **potassium** must be declared when the product contains added potassium salts and when there are claims relating to the salt or sodium content of the food [Items 31 - 36 of the table following B.01.513; B.01.402(5)];
- d) any **sugar alcohol, vitamin or mineral nutrient** (except for iodide added to salt and fluoride added to prepackaged water and ice) added to a prepackaged food must be declared. [B.01.402(6)];, and
- e) **vitamin or mineral nutrients** must be declared when shown as a component of one of the ingredients (except flour) of a prepackaged product [B.01.402(7)].

### 5.4.3 Declaring Nutrients Outside the Nutrition Facts Table

[B.01.301(1)(e), B.01.008(1), B.01.014, B.01.016, B.01.019, B.01.305(2)(b)]

When the regulations require **mandatory declarations** of nutrients that are not permitted to be shown within the Nutrition Facts table (i.e., not listed in 5.4.1 of this *Guide*) this information must be declared in the appropriate units (g, mg, etc.) per serving of stated size.

For example, a representation respecting an amino acid triggers the declaration of nine specific amino acids found in the food in grams per serving of stated size. This information must be displayed outside the Nutrition Facts table.

When any of the non-nutritive sweeteners aspartame, sucralose or acesulfame-potassium is added to a food, the content of these in the food must be declared in milligrams per serving of stated size outside the Nutrition Facts table adjacent to the ingredient list [B.01.008]. (See Chapter 9 of this *Guide* for more information on sweeteners.)

Information on the amounts of nutrients or food components not permitted within the Nutrition Facts table, such as boron or individually named fatty acids, may be displayed on a **voluntary basis** providing it appears on any part of the label **other** than within the Nutrition Facts table and is declared in grams per serving of stated size.

Note that absolute amounts of vitamins and minerals (e.g. milligrams (mg), micrograms ( $\mu\text{g}$ ), Retinol Equivalents (RE), Niacin Equivalents (NE)), even when required by regulation, may only be declared outside the Nutrition Facts table. These units are not permitted within the Nutrition Facts table as only the % Daily Value may be shown within the table. The % Daily Value may additionally be declared outside of the Nutrition Facts table per serving of stated size.

## 5.5 Displaying the Nutrition Facts Table

The *Food and Drug Regulations* specifically prescribe where and how nutrition information must be displayed on each prepackaged food, whether on a Nutrition Facts table affixed to the container or by some other permitted mechanism (such as on a tag - see 5.11 of this *Guide*). The remaining sections of this chapter explain the rules governing the correct usage of both standard and specialized formats of the Nutrition Facts table in a variety of situations. Later sections in the chapter explain in detail the use of the nutrition labelling required on:

- foods intended solely to be served in a commercial or industrial enterprise or institution [B.01.405] – see 5.14 of this *Guide* for further information;
- foods for use in manufacturing other foods [B.01.404] – see 5.15 of this *Guide*;
- foods for children under two years of age [B.01.403] – see 5.16 of this *Guide*.

Regardless of the type of food product to be labelled, the first step in determining the appropriate size, shape and configuration of a Nutrition Facts table depends on accurately determining the available display surface of the product's packaging.

### 5.5.1 Defining the “Available Display Surface” [B.01.001]

In general, the Nutrition Facts table must be displayed on the **available display surface (ADS)** of a package. This is defined as the total surface area of a package on which a label can be physically applied or on which information can be legibly set out and easily viewed. For conditions pertaining to small packages see 5.10, for tags see 5.11, and for ornamental containers see 5.12 of this *Guide*.

The **available** display surface refers to the area which is **physically available** for labelling. It includes all unlabelled surfaces on which information can be legibly set out and easily viewed. Also included is any surface that has any printing, designs or graphics already printed on it, whether mandatory, optional or promotional (other than the area occupied by the universal product code, see 5.5.2 of this *Guide*). For example, any label surface containing any printed information, such as a list of ingredients, a name and address of a manufacturer, a brand name, graphics, claims, promotional information, recipes, etc., is considered part of the available display surface. If the UPC is printed more than once on the label, the area occupied by the additional copies is also considered part of the available display surface.

The available display surface includes decorative textured surfaces (e.g., glass or plastic beverage bottles) if similar containers in the marketplace have labels applied to these types of surfaces. It also includes transparent parts of packages (e.g., clear windows in bacon flat packs and pasta boxes, plastic bags, etc.), however, cut out spaces and open windows are not included.

For egg cartons (pulp flat, foam flat, clear plastic), the Nutrition Facts table **may** be printed on the underside of the lid. The underside of the lid is considered part of the available display surface calculation when **any** information (e.g., nutritional, promotional or otherwise) is printed on it.

The bottom surface of a container **must** be included if the contents will not leak or be damaged when the package is turned over to view the Nutrition Facts table. For example, the bottom of a box containing a meringue pie or a decorated cake would not be counted as available display space, nor would the bottoms of some plastic-wrapped foam trays of ground meat which are not completely sealed against moisture leakage.

The “available display surface” is also defined in B.01.001 as:

- the total surface area of both sides of a **tag** (see 5.11 of this *Guide*) attached to a package to which a label cannot be physically applied or on which information cannot be legibly set out and easily viewed by the purchaser or consumer under the customary conditions of purchase; and
- the bottom of an ornamental container or the total surface area of both sides of a tag attached to the **ornamental container** (see 5.12 of this *Guide*), whichever is greater.

### 5.5.2 Elements Not Included as Part of the Available Display Surface

The available display surface does **not** include the area occupied by the **universal product code** (also known as a bar code or **UPC**).

It also does not include:

- a) any area of a package on which a label cannot be physically applied and/or be legibly set out and easily viewed by the purchaser or consumer under the customary conditions of purchase (e.g., under the gables of milk and juice cartons, under some seam flaps of packages of bar-shaped foods, on irregular or uneven surfaces of some moulded glass or plastic containers, over handles on jugs, on crimped edges used to seal some flat bags, on box seams, and on some container surfaces which are textured to give structural integrity to a container (i.e., it is not just decorative), etc.). See also section 5.10 of this *Guide* for “small packages” exemption;
- b) any “continuous surface” of 12 cm<sup>2</sup> or less (e.g., bottle caps and lids) which is too small to accommodate even the smallest available Nutrition Facts table, **provided** that this continuous surface does not already have printed mandatory, optional or promotional labelling on it; and
- c) any part of the package that is destroyed upon opening (e.g., a tear strip, a band straddling a bottle cap and a bottle neck, a single label made up of several lids on a multi-pack of individual yogurt-type containers [each unit is snapped off, destroying the Nutrition Facts table], etc.) **unless** the product is a single-serving package (i.e., the entire contents can be reasonably expected be eaten by one person during a single eating occasion).

### 5.5.3 Available Display Surface on Individually Packaged Products Sold Together in a Larger Package [A.01.016, B.01.406(2), B.01.451]

When individually packaged products are sold together inside another package, the Nutrition Facts table must be clearly and prominently displayed on the available display surface of the **outside** package and be readily discernible to the purchaser or consumer under the customary conditions of purchase and use.

Each individual product does not have to display a Nutrition Facts table if the Nutrition Facts table is displayed on the outside package. However, the manufacturer has the option of declaring the Nutrition Facts on each individual product if he chooses to do so. For example, for a box of six individually-wrapped cereal bars, the Nutrition Facts table must appear on the box rather than on the individual bars inside the box, although the individual bars may also display a Nutrition Facts table.

If the outside package of individually packaged products is opened to allow each product to be offered for sale individually (i.e., without the outer package label in a convenience store), each individual product must display the Nutrition Facts table.

### 5.5.4 Language and Location of the Nutrition Facts Table [B.01.451(1), B.01.450(6)]

The Nutrition Facts table must be in both of Canada’s official languages (i.e., French and English) unless otherwise exempt from bilingual labelling.

When there are two separate English and French tables, both must be placed either on the same continuous surface\* (see description below) or on two separate continuous surfaces of the

same size and prominence. A single Nutrition Facts table, whether bilingual, unilingual English or unilingual French, must appear in its entirety on one continuous surface.

\*A **continuous surface** is not defined in the regulations but is generally understood to be a single flat surface or slightly curved surface that is unbroken or uninterrupted by defined edges, large angles, rims, sides, corners, seams, etc. For example, on a breakfast cereal box, any single panel is considered to be a continuous surface (e.g., front, back, top, bottom, side). For a cylindrically-shaped package (e.g., a can or bottle), the entire circumference of the container is continuous. A continuous surface might also include some small “rounded” angles which do not appear to hinder a consumer’s ability to read the nutrition information spread over adjacent panels (e.g., the shoulder of a milk carton).

In a bilingual Nutrition Facts table, the order of languages may be reversed from the order shown in Schedule L (i.e., French before English).

Some foods are exempt from bilingual labelling. Mandatory information on labels of foods which meet the definition of a “local food”, “test market food” and “specialty food” is permitted to be displayed in **only one language** [B.01.012(1), B.01.012(3) & (7)]. When the basic mandatory information is permitted to be shown in only one language, the Nutrition Facts table may also be shown in only that language [B.01.451(2)].

#### 5.5.5 Orientation of the Nutrition Facts Table [B.01.452]

The Nutrition Facts table must be oriented in the same manner as the other information on the label when there is sufficient space to do so. That is, the Nutrition Facts table must be either printed standing “upright” or turned or tipped “on its side” (i.e., rotated 90°) so that the words in the table read in the same direction as the other words on the same panel (e.g., as viewed on the store shelf).

When there is insufficient space, the Nutrition Facts table may be oriented in another manner (e.g., the standard format may be tipped on its side) provided there is sufficient space to do so and the food contained in the package will not leak out or be damaged when the package is turned to view the Nutrition Facts table.

When the Nutrition Facts table is displayed on either the top or bottom of the package, it may be oriented in any manner without regard for any other information already appearing there, if any.

#### 5.5.6 Presentation of Information in Nutrition Facts Tables

The information in the Nutrition Facts table must be listed in the **correct order**, using the **required nomenclature, units, rounding rules** and the **appropriate format**. See the tables to B.01.401 and B.01.402 and Chapter 6 of this *Guide* for further information, including details about serving sizes and reference amounts.

All versions of the Nutrition Facts table must be set out in accordance with the format specified in the applicable figure in Schedule L, *FDR*, with respect to such matters as order of presentation, dimensions, use of upper and lowercase letters, spacing, indenting, and use of bold type [B.01.450(1)].



### 5.5.7 Fonts

The characters (letters and numbers) in the Nutrition Facts table must be displayed in a **single standard sans serif font that is not decorative** [B.01.450(3)].

“**Single**” means that only one font is permitted throughout the Nutrition Facts table. “**Standard**” means a font which has been developed by a font designer. Since the designing process “standardizes” the font, a “standard” font is basically any font which has been developed and registered or trademarked. “**Sans serif**” means that the characters must appear in a type that does not have a finishing stroke or line projecting from the end of the main stroke.

There are a variety of acceptable fonts which fall into this category. However, specific fonts are not prescribed in the Regulations. The **Helvetica** font is an example of a sans serif font that is not decorative and is the one used in the Figures published in Schedule L. Examples of unacceptable fonts are: Courier (e.g., “Nutrition Facts”), Times New Roman (e.g., “Nutrition Facts”) and other fonts that are decorative or not “sans serif” (e.g., “**Nutrition Facts**”, “*Nutrition Facts*”, etc.).

Graphics software, such as QuarkXPress, will use any fonts that are already available on your computer. If you want to use the templates mentioned in subsection 5.6.2 of this *Guide*, which were developed using Helvetica and Helvetica Condensed fonts, you may have to purchase these fonts if they are not already installed on your computer. Otherwise, the artwork software will provide you with the option of using another sans serif font. If you do use another sans serif font, you will have to ensure that graphic elements will still comply with the specifications of the corresponding regulated figure.

Standard Format

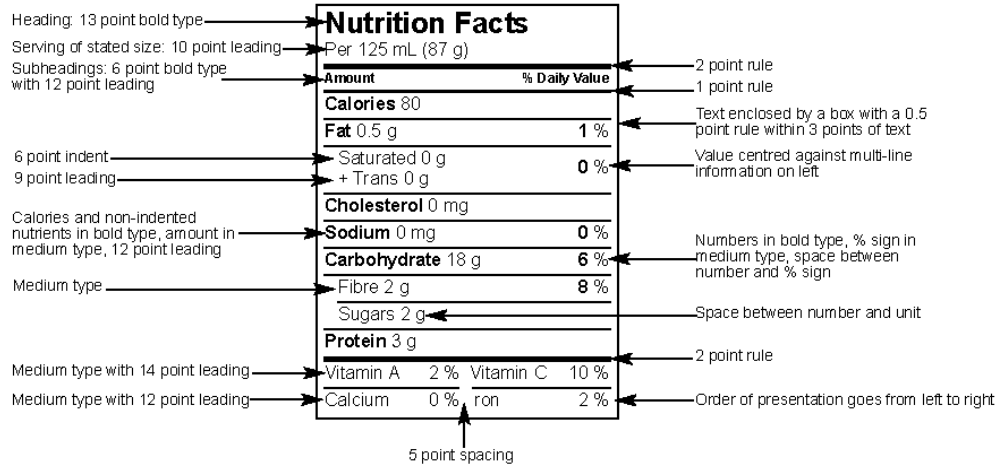


Figure 1.1(E)

For purposes of illustration only. Copying may cause distortion.

“Normal width font” is mentioned in the notes around Figure 1.1(E), and “condensed font”, which is a narrower and more compact version of a type design, is mentioned in the notes to Figure 1.3(E). Standardized fonts include both normal width and condensed fonts. Characters must be displayed in such a manner that they never touch each other or the rules (the horizontal and vertical lines - see 5.5.10 of this *Guide*) [B.01.450(3)(a)]. Further narrowing of type is not permitted as it may decrease legibility. Certain combination of ink and packaging materials used to print the nutrition information may be subject to “bleeding”, making it necessary to use a Nutrition Facts format with a larger type, even when, based on the area of the available display surface, a smaller type would otherwise be acceptable. Characters may be displayed with larger dimensions than those specified in Schedule L, *FDR*, provided all the characters in the Nutrition Facts table are enlarged in a uniform manner [B.01.450(3)(b)].

“Medium type” is mentioned in the notes around Figure 1.1(E) in Schedule L. This is compared to the “bold type” also mentioned in the notes around Figure 1.1 (E) in Schedule L.

5.5.8 Point Size

A “point” is a unit of measurement for type size. An Anglo-American point is equal to 0.3514598 mm. [B.01.400]

The value of the point varies from one system of typographical measurement to another. For the purposes of the Nutrition Facts table, the definition in B.01.400 must be used.

**Some Common Point Measures in the Standard Formats**

<b>Type Size</b>	<b>Leading</b>
6 point = 2.11 mm 8 point = 2.81 mm 13 point = 4.57mm	10 point = 3.51 mm 12 point = 4.22 mm 14 point = 4.92 mm
<b>Rules</b>	<b>Indents / Spacing</b>
0.5 point = 0.175 mm 1 point = 0.35 mm 2 point = 0.7 mm	3 points of text = 1.05 mm 5 point spacing = 1.76 mm 6 point indent = 2.11 mm

**5.5.9 Leading**

Leading is the space between lines of type. It is also known as “linespacing” in English and “interligne” in French.

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

These mangoes are not ripe yet.  
 These apples are really red and juicy.

There is no leading prescribed above the first line of type. Therefore, leading is only applicable to lines of type below the first line. For example, in Figure 1.1(E) in Schedule L, there is no leading above the heading “Nutrition Facts” because there is no line of type above it. The lines in the box around the entire Nutrition Facts table are not lines of type and are not considered when measuring leading.

A “descender” is that part of a lowercase letter that extends below the baseline (applicable to the letters g, j, p, q, and y). The descender is not considered in the leading measurement (e.g., use only the round portion of the letter “p”). “Descenders” normally rest on the implied “descender line” which demarcates, in most instances, the lowermost limits of the characters of the font.

An “ascender” is that part of a lowercase letter that extends above the x-height (the main body of the typeface) in the letters b, d, f, h, k, l, t. “Ascenders” and capital letters (i.e., uppercase letters) normally reach to the implied “ascender line”. Leading is not measured to the ascender line, but rather to the baseline of the line of type above.

**5.5.10 Rules**

A horizontal or vertical “line” is called a “rule” (It can be drawn by a ruler!). “Rules” enclose the Nutrition Facts table in a box shape and divide or run between lines of type. These rules do not affect the leading measurement as the rule is a line, not a line of type.

For example, in Figure 1.1(E) of Schedule L, information in the Nutrition Facts table must be enclosed by a box with 0.5 point rule within 3 points of text. A Point Rule refers to the thickness of the rule. For example, a 1 point rule would be 0.35 mm thick, a 2 point rule would be 0.7 mm thick, a 0.5 point rule is 0.175 mm thick, etc.

A “1 point rule” or “2 point rule” specified in Schedule L may be displayed with larger dimensions in the Nutrition Facts table [B.01.450(4)].

#### 5.5.11 Colour in the Nutrition Facts Table

Characters and rules must be printed in a single colour that is a visual equivalent of 100% solid black type on a white background or on a uniform neutral background with a maximum 5% tint of colour [B.01.450(2)]. This means, that as a minimum, the type is so dark that it is almost black and the background is so pale that it is almost white.

0% tint background	5% tint background	10% tint background
--------------------	--------------------	---------------------

For illustration purposes only. Copying may distort the shading.

As a general rule, where information appears in black type on a label, the Nutrition Facts table should also be printed in black type. Where no information appears in black type on the label, the Nutrition Facts table should be printed in the darkest colour used elsewhere on the label, excluding pastels but including the colour used for the universal product code (also known as the UPC or bar code).

#### 5.5.12 Indents

In Figure 1.1(E) of Schedule L, “Saturated” is listed under “Fat”. It has been indented 6 points. The 6 point indent is measured from the “F” in Fat, not from the edge of the box that is around the Nutrition Facts table.

Note the specification to the right of the Nutrition Facts box illustrated in Figure 1.1(E). It explains that the edges of the enclosing box are “3 points of text” away from the type: “Text enclosed by a box with a 0.5 point rule within 3 points of text”.

Therefore, the word “Fat” must be 3 points from the edge of the box, making the word “Saturated” 9 points from the edge of the box.

#### 5.5.13 Abbreviations and Symbols in the Nutrition Facts Table

[column 2 of tables to B.01.401 & B.01.402; and various Figures in Schedule L]

Public consultations have supported the idea that readers often have problems with comprehension when abbreviations are used. The number of abbreviations permitted in the Nutrition Facts table is therefore limited to the following:

- “%” and “% DV” when the term “Daily Value” is provided in English
- “%” and “% VQ” when the term “valeur quotidienne” is provided in French
- “Vit” for vitamin.

The common symbols or abbreviations below are also acceptable in the Nutrition Facts table. They are considered bilingual unless otherwise noted. The use of the abbreviations for teaspoon and tablespoon (in both French and English) should be limited to those labels where the full words will not fit. Short words such as “cup” and “tasse” should be written out in full.

kilojoule	kJ
grams	g
millilitres	ml or mL
milligrams	mg
teaspoon	tsp (English only)
tablespoon	tbsp (English only)
cuillère à thé	c. à thé <b>or</b> cuil. à thé (French only)
cuillère à soupe	c. à soupe <b>or</b> cuil. à soupe (French only)

### 5.6 Formats for the Nutrition Facts Table

[from the Figures described in Schedule L of the *Food and Drug Regulations*]

There are three **basic** Nutrition Facts table formats:

- standard;
- horizontal;, and
- linear.

There are also some **specialized** Nutrition Facts formats:

- Simplified Formats [B.01.455];
- Dual Format – Foods Requiring Preparation [B.01.456];
- Aggregate Format – Different Kinds of Foods [B.01.457];
- Dual Format – Different Amounts of Food [B.01.458];and
- Aggregate Format – Different Amounts of Food [B.01.459]

These Nutrition Facts table formats are listed in the following Table 5-1 along with their corresponding Figure number from Schedule L of the *Food and Drug Regulations*.

Table 5-1 Figures in Schedule L of the *Food and Drug Regulations*

Standard	Dual - Foods Requiring Preparation	Aggregate - Different Amounts
1.1(E)&(F) [Table Part 1 to B.01.454]		14.1(E)&(F) [Table Part 1 to B.01.459]
1.2(E)&(F) "	8.1(E)&(F) [Table Part 1 to B.01.456]	14.2(E)&(F) "
1.3(E)&(F) "	8.2(E)&(F) "	14.3(E)&(F) "
1.4(E)&(F) "	8.3(E)&(F) "	14.4(E)&(F) "
1.5(E)&(F) "	8.4(E)&(F) "	14.5(E)&(F) "
1.6(E)&(F) "	8.5(E)&(F) "	14.6(E)&(F) "
	8.6(E)&(F) "	
<b>Narrow Standard</b>	<b>Bilingual Dual - Foods Requiring Preparation</b>	<b>Bilingual Aggregate - Different Amounts</b>
2.1(E)&(F) [Table Part 2 to B.01.454]		15.1(B) [Table Part 2 to B.01.459]
2.2(E)&(F) "	9.1(B) [Table Part 2 to B.01.456]	15.2(B) "
2.3(E)&(F) "	9.2(B) "	15.3(B) "
2.4(E)&(F) "	9.3(B) "	15.4(B) "
	9.4(B) "	15.5(B) [B.01.459(2)(a)]
	9.5(B) [B.01.456(2)(a)]	15.6(B) "
	9.6(B) "	
<b>Bilingual Standard</b>	<b>Aggregate - Different Kinds of Foods</b>	<b>Linear</b>
3.1(B) [Table Part 3 to B.01.454]		16.1(E)&(F) [B.01.454(3)(c)]
3.2(B) "	10.1(E)&(F) [Table Part 1 to B.01.457]	16.2(E)&(F) "
3.3(B) "	10.2(E)&(F) "	
3.4(B) "	10.3(E)&(F) "	<b>Simplified Linear</b>
3.5(B) [B.01.454(3)(a)]	10.4(E)&(F) "	17.1(E)&(F) [B.01.455(3)(c)]
3.6(B) "	10.5(E)&(F) "	17.2(E)&(F) "
3.7(B) "	10.6(E)&(F) "	
<b>Bilingual Horizontal</b>	<b>Bilingual Aggregate - Different Kinds of Foods</b>	<b>Additional Information</b>
4.1(B) [Table Part 4 to B.01.454]		18.1(E)&(F) [B.01.460(1)(a)]
4.2(B) "	11.1(B) [Table Part 2 to B.01.457]	
4.3(B) [B.01.454(3)(b)]	11.2(B) "	<b>Bilingual - Additional Information</b>
4.4(B) "	11.3(B) "	19.1(B) [B.01.460(2)(a)]
4.5(B) "	11.4(B) "	
	11.5(B) [B.01.457(2)(a)(i) & (b)(i)]	
	11.6(B) "	
<b>Simplified Standard</b>	<b>Dual - Different Amounts</b>	
5.1(E)&(F) [Table Part 1 to B.01.455]		
5.2(E)&(F) "	12.1(E)&(F) [Table Part 1 to B.01.458]	
5.3(E)&(F) "	12.2(E)&(F) "	
5.4(E)&(F) "	12.3(E)&(F) "	
5.5(E)&(F) "	12.4(E)&(F) "	
5.6(E)&(F) "	12.5(E)&(F) "	
	12.6(E)&(F) "	
<b>Bilingual Simplified Standard</b>	<b>Bilingual Dual - Different Amounts</b>	
6.1(B) [Table Part 2 to B.01.455]		
6.2(B) "	13.1(B) [Table Part 2 to B.01.458]	
6.3(B) "	13.2(B) "	
6.4(B) "	13.3(B) "	
6.5(B) [B.01.455(3)(a)]	13.4(B) "	
6.6(B) "	13.5(B) [B.01.458(2)(a)]	
	13.6(B) "	
<b>Bilingual Simplified Horizontal</b>		
7.1(B) [Table Part 3 to B.01.455]		
7.2(B) "		
7.3(B) [B.01.455(3)(b)]		
7.4(B) "		

### 5.6.1 When to Use Standard, Horizontal and Linear Formats

The **Standard Format** is used when displaying the nutrient information for:

- **one serving** of a food, as sold [B.01.406(1)];
- **an entire product** that contains separately packaged ingredients or foods that are intended to be consumed together, e.g., a combination of taco shells, seasoning and salsa sauce in a taco kit [B.01.406(2)] (See also 5.6.4 of this *Guide*);
- **one of the foods in an assortment** of foods of the same type, where the typical serving consists of only one of those foods, and the nutrition information for each is the same, e.g., multi-pack of individually wrapped drinks in a variety of fruit flavours [B.01.406(3)(b)]. (See also 5.6.4 of this *Guide* for other types of assortments); and
- **all foods in an assortment of foods as a composite value**, when the assortment of foods is of the same type, the typical serving consists of more than one of these foods, and the nutrition information for each is different, e.g., a box of assorted chocolates, [B.01.406(4)]. (See also 5.6.4 of this *Guide* for other types of assortments).

The standard format displays the Nutrition Facts table (i.e., the box) vertically and has been consistently identified as the easiest and fastest to read and use. The *Regulations* contain criteria to maximize the use of the standard format for the Nutrition Facts table and require that the standard format be used whenever the available display surface is large enough. The three variations of the standard format (i.e., the standard, narrow standard and bilingual standard formats) are illustrated at the beginning of this Chapter.

The **bilingual horizontal format** (and **simplified horizontal** - see 5.6.2 of this *Guide*) is used when displaying the nutrition information on narrow panels of packages, such as narrow candy bars, that cannot accommodate a horizontally-oriented version of the standard format. However, its use is limited and is only permitted when the continuous surface of the package is not adequate to accommodate, in any orientation, any of the three variations of the standard format. With the horizontal format, the eye must travel down and up, then across, resulting in the nutrients not being seen in the same predictable order as when the label is read from left to right, as is the case with the standard format. Searching for a particular item therefore becomes more difficult.

The use of two separate English and French horizontal formats offer no space saving over the use of the Bilingual Standard Format or the Bilingual Simplified Standard Format and are not permitted [Part 4 of the table to B.01.454, Figures 4.1(B) and 4.2(B); Part 3 of the table to B.01.455, Figures 7.1(B) and 7.2(B) of Schedule L, *FDR*].

The **linear format** (and **simplified linear** - see 5.6.2 of this *Guide*) is used to display, on very narrow panels of packages, the same nutrient information as the standard and horizontal formats. However, its use is only permitted when the continuous surface of the package is not adequate to accommodate any of the three variations of the standard format, nor the bilingual horizontal format, in any orientation. The linear format is restricted because it is more difficult to read and understand than the standard and bilingual horizontal formats. However, because the linear format is the only format that will fit some packages, it is more important to have the

nutrition information displayed in a linear format than not to have it displayed at all. A bilingual linear format is not permitted since it greatly compromises readability.

In summary, the standard format for the Nutrition Facts table is required most often, the use of the horizontal format is limited and the linear format is restricted.

The three variations of the standard format, as well as the horizontal and linear formats, are listed in Table 5-1 of this *Guide*, along with their corresponding Figure number from Schedule L, *FDR*.

### 5.6.2 Simplified Formats [B.01.401(6), B.01.455]

#### Simplified Standard Formats

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

Figure 5.1(E)

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

Figure 5.1(F)

For purposes of illustration only. Copying may cause distortion.

The **Simplified Standard Format** or the **Bilingual Simplified Standard Format** may be used when the Nutrition Facts table does not have to contain the entire “Core List” (i.e., information listed in the table to B.01.401). These simplified forms of the standard format are permitted when seven or more items (i.e., the energy value and/or quantities of nutrients in the core information list) are permitted to be expressed as zero.

For example, if seven nutrients are zero, the energy value does not have to be zero. If six nutrients are zero then the energy value has to be zero in order to total seven. In these cases, a simplified Nutrition Facts table may be used, with only the following information **required** to be declared:

- serving of stated size;
- energy value (even when “0”);
- fat;



- d) carbohydrate;
- e) protein;
- f) any nutrient that is the subject of a nutritional or health-related claim or representation (including nutrient content claims set out in the table following B.01.513, health claims set out in the table to B.01.603 and biological role claims [B.01.311]);
- g) any added sugar alcohol, vitamin or mineral nutrient, (other than iodide added to salt for table or general household use and fluoride added to prepackaged water or ice);
- h) any vitamin or mineral nutrient declared as a component of an ingredient (other than flour);
- i) any nutrients (listed in the table to B.01.401) that may not be expressed as zero; and
- j) the statement “Not a significant source of (naming each nutrient listed in the table to B.01.401 that has been omitted from the Nutrition Facts table)” [B.01.401(6)].

Additional nutrients may be listed voluntarily in the simplified Nutrition Facts table.

The **bilingual simplified horizontal format** may only be considered for use when the continuous surface of the package is not adequate to accommodate, in any orientation, either the simplified standard format or the bilingual simplified standard format.

The **simplified linear format** may only be considered when the continuous surface of the package is not adequate to accommodate, in any orientation, either of the two versions of the simplified standard format or the bilingual simplified horizontal format.

Although the regulations do not specifically provide for a “**simplified aggregate format**”, one may be used **provided** the criteria for using a simplified format and an aggregate format are both met (See 5.6.4 below). The statement related to the simplified declaration (i.e., “Not a significant source of . . .”) should be placed directly beneath the nutrient declarations and the DV statement (i.e., DV = Daily Value) should be placed directly beneath the “Not a significant source of . . .” statement.

The simplified formats are listed in the preceding Table 5-1 along with their corresponding Figure number from Schedule L of the *Food and Drug Regulations*.

### 5.6.3 Dual Format - Foods Requiring Preparation [B.01.406(5), B.01.456]

The **Dual Format** and the **Bilingual Dual Format** are used when manufacturers want to **optionally** declare, for a non-ready-to-eat food, the nutrient content of the food **as prepared**. This is in addition to declaring the nutrients for the food **as sold** (as required by B.01.406(1)).

For example, the Nutrition Facts table **must** declare the nutrients for frozen beef patties, a powdered pudding mix, a condensed cream soup and a dry breakfast cereal as found in their respective packaging. Using the Dual Format Nutrition Facts tables, manufacturers may also

declare the nutrients for these foods after they have been prepared (i.e., the cooked beef patties, the finished pudding, the prepared soup and cereal with the added milk).

When information is optionally provided for the food after preparation, the Dual Format Nutrition Facts table **must** clearly set out the following information for the food **as prepared**:

- for **foods requiring preparation** (e.g., a pudding mix), the serving size is expressed as either “about (naming the serving size)” or “about (naming the serving size) prepared” after the serving size for the food as sold [B.01.406(5)(a)(i)]. See specific notes in Figures 8.1(E)&(F) and 9.1(B) for details on how to express the serving size and associated subheadings;

<b>Nutrition Facts / Valeur nutritive</b>		
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†
<b>Calories / Calories</b>	100	140
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides</b> 2 g*	<b>3 %</b>	<b>3 %</b>
Saturated / saturés 1 g + Trans / trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg		
<b>Sodium / Sodium</b> 80 mg	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides</b> 20 g	<b>7 %</b>	<b>9 %</b>
Fibre / Fibres 1 g	<b>4 %</b>	<b>4 %</b>
Sugars / Sucres 14 g		
<b>Protein / Protéines</b> 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.		

Figure 9.1(B)

For purposes of illustration only. Copying may cause distortion.

- for **foods commonly served with another food**, (e.g., breakfast cereal), the amount of the other food (e.g., the milk) is expressed as a household measure and must be indicated in the heading for the column of information relating to the combined foods [B.01.406(5)(a)(ii)]. See specific notes in Figures 8.1(E)&(F) and 9.1(B) with respect to expressing the serving size and subheadings. These clarify that in the case of combined foods, a serving size, such as “about ½ cup prepared”, does not apply and the subheading “Prepared” is replaced with the amount of added food (e.g., “with ½ cup skim milk”);
- Calories [B.01.406(5)(a)(iii)];

- Calories from fat, if declared for the food as sold [B.01.406(5)(a)(iv)]; and
- % Daily Value of any nutrient that is declared as a % DV for the food as sold [B.01.406(5)(a)(v)].

The amount of any nutrient that is expressed as an absolute amount for the food as sold may also be provided for the added ingredients or the food with which the product is combined. This information is displayed in the form of a **footnote** [B.01.406(5)(b)]. See specific notes in Figures 8.1(E)&(F) and 9.1(B) for details on wording the optional footnote.

The dual formats are listed in Table 5-1 of this *Guide* along with their corresponding Figure number from Schedule L, *FDR*.

**5.6.4 Aggregate Format - Different Kinds of Foods** [B.01.406(3)(a), B.01.457]

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*
<b>Calories / Calories</b>	110		140		130	
<b>Fat / Lipides</b>	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans	0 g 0 g	0 % 0 %	0 g 0 g	0 % 0 %	0 g 0 g	0 % 0 %
<b>Cholesterol / Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate / Glucides</b>	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	
<b>Protein / Protéines</b>	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

**Figure 11.1(B)**

For purposes of illustration only. Copying may cause distortion.

The **Aggregate Format** or the **Bilingual Aggregate Format – Different Kinds of Foods** is used to list the nutrient information **for each food in an assortment** of foods of the same type where the typical serving consists of **only one** of those foods and the nutrition information for each is **different**, (e.g., for each type of cereal in a variety pack of single-serving breakfast cereals) [B.01.406(3)(a)]. Although declaring a composite value for an assortment using the Standard Format is an option for **certain** assortments, it is not an option for this type of assortment (see 5.6.1 of this *Guide*).

As discussed in 5.6.1 of this *Guide*, the **Standard Format** can be used to display the nutrient information for:

- an **entire product** that contains separately packaged ingredients or foods that are intended to be consumed together (e.g., a combination of taco shells, seasoning and salsa sauce in a taco kit) [B.01.406(2)]; and

- **all foods in an assortment of foods**, as a composite value, when the assortment is of the same type of food, the typical serving consists of **more than one** of these foods, and the nutrition information for each is **different** (e.g., a box of assorted chocolates) [B.01.406(4)].

Instead of using the Standard Format in these situations, a manufacturer may display separate nutrient information about these types of foods, using the **Aggregate Format** or the **Bilingual Aggregate Format – Different Kinds of Foods**, in which case the Nutrition Facts table **must** set out the nutrient information as follows:

- **for each separately packaged ingredient or food** when these are intended to be consumed together (e.g., separate declarations for the taco shells, seasoning mix (to add to your own meat) and salsa sauce in a boxed taco kit) [B.01.406(2), Parts 1 and 2 of the table to B.01.457, B.01.457(2)(a), Figures 10.1 to 10.6(E)&(F), 11.1 to 11.6(B)]; and
- **for each food in an assortment** of foods of the same type where the typical serving consists of **more than one** of these foods and the nutrition information for each is **different** (e.g., each kind or flavour of chocolate in a box of assorted chocolates) [B.01.406(4)].

**Note that for each food in an assortment** of foods of the same type, where the typical serving consists of **only one** of those foods and the nutrition information for each is the **same**, (e.g., each flavour of individually wrapped drinks in a multi-pack of fruit-flavoured drinks) the nutrition information **is required to be set out on the basis of one of the foods**. This means that the Aggregate Format is not permitted for these types of assortments [B.01.406(3)(b)]. (See also 5.6.1 of this *Guide*.)

The **Aggregate Formats - Different Kinds of Foods** are listed in Table 5-1 of this *Guide*, along with their corresponding Figure number from Schedule L, *FDR*.

5.6.5 Dual and Aggregate Formats - Different Amounts of Foods [B.01.458, B.01.459]

**Aggregate Bilingual Format  
Different Amounts of Foods**

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

\* DV = Daily Value / VQ = valeur quotidienne

**Figure15.1(B)**

For purposes of illustration only. Copying may cause distortion.

**Dual Bilingual Format  
Different Amounts of Foods**

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

**Figure13.1(B)**

In order to better reflect different uses and different units of measurement, certain Nutrition Facts table formats allow manufacturers to provide additional sets of nutrient values for different amounts of a food.

The *Regulations* require the information in the Nutrition Facts table to be declared per serving of stated size. However, the information may optionally be set out on the basis of other quantities to reflect different uses (e.g., 1 tablespoon of evaporated milk and ½ cup of evaporated milk) or different units of measurement (e.g., 1 slice or 2 slices of bread).

Information on different amounts of the food may be displayed using either the Dual Format or the Aggregate Format.

Regardless of whether the Dual Format or the Aggregate Format is chosen, the other amount(s) of the food for which information is provided must appear as a heading for the appropriate column of information and **must** be given in a household measure [B.01.406(7)(a)(i)]. Furthermore:

- **in the Aggregate Format**, the amount(s) must be expressed as a metric measure (i.e., in grams or milligrams as prescribed) [B.01.002A(1)(b), B.01.406(7)(c)(i)];, and
- **in the Dual Format**, the amount(s) may optionally be expressed as a metric measure [B.01.406(7)(b)].

The following information must also be set out for each amount:

- Calories [B.01.406(7)(a)(ii)];
- Calories from fat, if declared for the first amount of food [B.01.406(7)(a)(iii)];
- % Daily Value for all nutrients declared as a % DV for the first amount of food [B.01.406(7)(a)(iv)]; and
- when using the **Aggregate Format**, the amount of all nutrients expressed as a metric measure, if that information is declared for the first amount of food [B.01.406(7)(c)(ii) and (iii)].

The **Dual** and **Aggregate Formats - Different Amounts of Foods** are listed in Table 5-1 of this *Guide* along with their corresponding Figure numbers from Schedule L, *FDR*.

### 5.7 Compendium of Templates for Nutrition Facts Tables

The graphics for Schedule L, *FDR*, as originally published in *Canada Gazette* Part II, do not illustrate actual-size Nutrition Facts tables. In most cases, the tables are shown larger than required.

Health Canada has developed a Compendium of Templates for Nutrition Facts Tables which includes 270 templates. These correspond to actual-size graphic illustrations of the various versions of the Nutrition Facts table permitted by the *Food and Drug Regulations*. These templates will assist label designers and members of the food and packaging industries in complying with the format specifications of the Regulations.

The **Compendium of Templates for Nutrition Facts Tables** was created in QuarkXPress 4.1 and is available upon request, in that format, at: [nutrition\\_labelling@hc-sc.gc.ca](mailto:nutrition_labelling@hc-sc.gc.ca)

For illustrative purposes, the Compendium is also available in Acrobat (pdf) files on the following Website:

[www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/labelling-etiquetage/nutrition\\_fact\\_labels\\_cp\\_e.html](http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/labelling-etiquetage/nutrition_fact_labels_cp_e.html)

If the Acrobat (pdf) files are printed using Acrobat Reader or opened in commonly used artwork software packages such as Adobe Illustrator or Micromedia Freehand, the conversion will cause alterations in the graphic elements. Consequently, before using the converted templates, it is important to check them against the graphic specifications in Schedule L of the Regulations.

The Compendium is only partly available in web page (HTML) format since the images included in the document may not conform to the specifications in the Regulations. Do not use images from the HTML document for generating (e.g., copying, importing, printing) the Nutrition Facts table.

Graphics software (e.g., QuarkXPress, Adobe Illustrator) will calculate the dimensions and surface area for the largest version of the selected format version when the appropriate data is entered in the program. When separate English and French versions of the Nutrition Facts table are used, the surface areas of both tables must be added together.

## 5.8 Step-by-Step Guide to Using the Formats

### Step 1

**Measure the available display surface** of your package. The Nutrition Facts table is not required to occupy more than 15% of the available display surface of a package, except in the case of smaller packages.

**EXAMPLE**

If the available display surface is 278 cm<sup>2</sup>, the maximum size required for any Nutrition Facts table would be 41.7 cm<sup>2</sup> (i.e., 15% of 278).

### Step 2

**Choose a Nutrition Facts table format**, the one which is most appropriate for the food, from among those listed below:

- Standard Format [B.01.454, see 5.6.1];
- Simplified Format [B.01.455, see 5.6.2];
- Dual Format – Foods Requiring Preparation [B.01.456, see 5.6.3];
- Aggregate Format – Different Kinds of Foods [B.01.457, see 5.6.4];
- Dual Format – Different Amounts of Food [B.01.458, see 5.6.5]; or
- Aggregate Format – Different Amounts of Food [B.01.459, see 5.6.5].

Questions to ask when deciding upon which format to use include the following:

- Is the food ready-to-eat as sold? See 5.6.1 of this *Guide*;
- Does the product contain separately packaged ingredients or foods that are intended to be consumed together? See 5.6.1 and 5.6.4 of this *Guide*;
- If the food is packaged within an assortment, does the typical serving consist of more than one food in the assortment or just one? See 5.6.1 and 5.6.4 of this *Guide*;
- If the food is packaged within an assortment, is the nutrient information for each item in the assortment the same or different? See 5.6.1 and 5.6.4 of this *Guide*;
- May seven or more nutrients and/or energy (from the core list set out in the table to B.01.401) be expressed as zero? See 5.6.2 of this *Guide*;
- Does the food require preparation or is it usually combined with or served with one or more other foods before eating? See 5.6.3 of this *Guide*;
- Would it be preferable to display nutrient information for different amounts of the food so that the information reflects different uses or different units of measurement? See 5.6.5 of this *Guide*; and
- Is the food intended solely for consumption by children under two years of age? See 5.13 of this *Guide*.

**NOTE:** Precedence must always be given to the standard format. At this point, it is not possible to make a selection among the standard, horizontal and linear formats. The horizontal and linear formats may be used only under certain circumstances. See Steps 7 and 8.

### Step 3

**Select the variation of the format** (selected in Step 2) which is most suited to the product in question from the following options:

- separate English and French tables;
- a single bilingual table; or,
- in the case of the Standard Format only, the narrow form of separate English and French tables.

**NOTE:** Precedence must always be given to the standard format. At this point, it is not possible to make a selection among the standard, horizontal and linear formats. The horizontal and linear formats may be used only under certain circumstances. See Steps 7 and 8.

See Table 5 -1 of this *Guide* for a list of figures of the Nutrition Facts table formats, including their corresponding format variations, from Schedule L of the *FDR*.

*EXAMPLE (continued)*

Let's assume your first choice is the standard format that uses separate English and French tables [Figures 1.1 (E) and Figure 1.1(F) in Schedule L, *FDR*].

### Step 4

**Determine which pieces of information must be included within the table.** The Nutrition Facts table often must contain not only core nutrition information, but also Additional Information (see 5.4.1 of this *Guide*).

Note that the Figures 18.1 (E) & (F) and 19.1(B) are **not** prescribed formats. They only illustrate the order of presentation, the use of indents and the presentation of footnotes.

For all other matters, the specifications applicable to the chosen format must be followed. For example, when presenting additional information in the Standard Format, all specifications in Figure 1.1(E) are used, except that the order of presentation, indents and footnotes are as set out in Figures 18.1(E) and 18.1(F). When presenting additional information in the Dual Format for foods requiring preparation, all specifications for Figure 8.1(E) are used except the order of presentation, indents and footnotes are as specified in Figures 18.1(E) and 18.1(F) [B.01.460].

The use of indents illustrated in Figures 18.1(E) and 18.1(F) is not applicable when the additional information is set out in the linear format or in the simplified linear format [B.01.460(3), B.01.454(3)(c), B.01.455(3)(c)].



**Step 5**

**Determine whether the available display surface of your package is large enough to accommodate the largest specified version (size) of the format variation selected in Step 3.**

The appropriate Nutrition Facts table size to be used on the package is governed by a 15% ceiling. This means that the Nutrition Facts table is not required to (but may) occupy more than 15% of the available display surface.

Next, the surface area of the selected format variation of the Nutrition Facts table is compared to the area of the available display surface of the package. When there are two separate English and French tables, the area of the Nutrition Facts table is the combined area of both tables.

When the package is not large enough to accommodate the largest version of the format variation within 15% of the available display surface, it is necessary to work through a hierarchy of specifications for type size and leading (e.g., the space between the lines - see 5.5.9 of this *Guide*) as set out in the Regulations, comparing the area that the Nutrition Facts table will occupy to the available display surface and reducing the table size accordingly (see Table 5-2 below).

**Table 5-2 Format Hierarchies**  
Figures from Schedule L of the *Food and Drug Regulations*

<p><b>Bilingual Standard</b> [Table Part 3 to B.01.454]</p> <p>3.1(B) ↓ 3.2(B) ↓ 3.3(B) ↓ 3.4(B)</p>	<p><b>Bilingual Simplified Standard</b> [Table Part 2 to B.01.455]</p> <p>6.1(B) ↓ 6.2(B) ↓ 6.3(B) ↓ 6.4(B)</p>	<p><b>Bilingual Dual - Foods Requiring Preparation</b> [Table Part 2 to B.01.456]</p> <p>9.1(B) ↓ 9.2(B) ↓ 9.3(B) ↓ 9.4(B)</p>
<p><b>Standard</b> [Table Part 1 to B.01.454]</p> <p>1.1(E)&amp;(F) ↓ 1.2(E)&amp;(F) ↓ 1.3(E)&amp;(F) ↓ 1.4(E)&amp;(F) ↓ 1.5(E)&amp;(F) ↓ 1.6(E)&amp;(F)</p>	<p><b>Simplified Standard</b> [Table Part 1 to B.01.455]</p> <p>5.1(E)&amp;(F) ↓ 5.2(E)&amp;(F) ↓ 5.3(E)&amp;(F) ↓ 5.4(E)&amp;(F) ↓ 5.5(E)&amp;(F) ↓ 5.6(E)&amp;(F)</p>	<p><b>Dual - Foods Requiring Preparation</b> [Table Part 1 to B.01.456]</p> <p>8.1(E)&amp;(F) ↓ 8.2(E)&amp;(F) ↓ 8.3(E)&amp;(F) ↓ 8.4(E)&amp;(F) ↓ 8.5(E)&amp;(F) ↓ 8.6(E)&amp;(F)</p>
<p><b>Narrow Standard</b> [Table Part 2 to B.01.454]</p> <p>2.1(E)&amp;(F) ↓ 2.2(E)&amp;(F) ↓ 2.3(E)&amp;(F) ↓ 2.4(E)&amp;(F)</p>		

**Table 5-2 Format Hierarchies (continued)**  
**Figures from Schedule L of the *Food and Drug Regulations***

<p><b>Bilingual Dual - Different Amounts</b> [Table Part 2 to B.01.458]</p> <p>13.1(B) ↓ 13.2(B) ↓ 13.3(B) ↓ 13.4(B)</p>	<p><b>Bilingual Aggregate - Different Kinds</b> [Table Part 2 to B.01.457]</p> <p>11.1(B) ↓ 11.2(B) ↓ 11.3(B) ↓ 11.4(B)</p>	<p><b>Bilingual Aggregate - Different Amounts</b> [Table Part 2 to B.01.459]</p> <p>15.1(B) ↓ 15.2(B) ↓ 15.3(B) ↓ 15.4(B)</p>
<p><b>Dual - Different Amounts</b> [Table Part 1 to B.01.458]</p> <p>12.1(E)&amp;(F) ↓ 12.2(E)&amp;(F) ↓ 12.3(E)&amp;(F) ↓ 12.4(E)&amp;(F) ↓ 12.5(E)&amp;(F) ↓ 12.6(E)&amp;(F)</p>	<p><b>Aggregate - Different Kinds</b> [Table Part 1 to B.01.457]</p> <p>10.1(E)&amp;(F) ↓ 10.2(E)&amp;(F) ↓ 10.3(E)&amp;(F) ↓ 10.4(E)&amp;(F) ↓ 10.5(E)&amp;(F) ↓ 10.6(E)&amp;(F)</p>	<p><b>Aggregate - Different Amounts</b> [Table Part 1 to B.01.459]</p> <p>14.1(E)&amp;(F) ↓ 14.2(E)&amp;(F) ↓ 14.3(E)&amp;(F) ↓ 14.4(E)&amp;(F) ↓ 14.5(E)&amp;(F) ↓ 14.6(E)&amp;(F)</p>

When calculating whether a version of a Nutrition Facts table fits, the area occupied by “additional information” that is **required** to be included in the table ( e.g., vitamin D when added to the food) is included in the calculation. Other non-mandatory information (e.g., number of servings per container) may appear in the table, but the area it occupies must not be used to calculate whether the table takes up more than 15% of the available display surface [B.01.454(4), B.01.456(3), B.01.457(3), B.01.458(3), B.01.459(3)].

This means that in some cases, such as when the combination of package size and design results in limited continuous surface being available upon which to place the Nutrition Facts table, it may be necessary to remove some of the voluntary nutrition information in order to properly display the mandatory information in the required format and size.

If the surface area of the largest size Nutrition Facts table(s) is greater than 15% of the available display surface, you may consider the next smaller version of the format variation. Continue working through all permitted size versions of the format variation selected until you find a version that does not take up more than 15% of your available display surface. The largest

version that occupies less than 15% of the available display surface represents the minimum size permitted for the Nutrition Facts table.

If all versions of the format variation selected in Step 3 take up more than 15% of the available display surface, the versions of another format variation **must** be considered to determine if any of these would require less space. All size versions of these format options must be worked through. For instance, if the standard format was chosen initially and Figures 1.6(E) and 1.6(F) do not fit onto the label, the Narrow Standard and the Bilingual Standard formats must be considered to determine if any size variations of these latter two formats would fit on the label. If none of the versions fit, continue on to Step 7.

*EXAMPLE (CONTINUED)*

Try all size versions of 1.1 (E) and 1.1(F) through 1.6(E) and 1.6(F) in the hierarchy set out in Part 1 of the table to B.01.454 until you find a Nutrition Facts table size that is closest to but that does not take up more than 15% of **your** available display surface.

Two separate English and French tables displayed according to Figures 1.1(E) and (F) would occupy about 61.2 cm<sup>2</sup>. However, as the maximum size **required** for your Nutrition Facts table is 41.7 cm<sup>2</sup> (from step 1) you may continue and determine the area of Figures 1.2 (E) and (F) and compare. Continuing the process you would determine that the area of Figures 1.3(E) and (F) totals about 38.4 cm<sup>2</sup>, which is closest to the maximum size requirement without exceeding it. This is the smallest size that you can use.

### Step 6

**Consider the orientation and location** of the selected size version of the format variation as determined in Step 5.

The Nutrition Facts table must be placed on a continuous surface area of the package. If the appropriate size of the Nutrition Facts table does not fit on a side panel, it will have to be placed on the principal display panel or on another larger panel.

If necessary, the Nutrition Facts table may be placed in a different orientation than the rest of the printed information on a particular panel (e.g., the “upright” table may be tipped on its side to a horizontal orientation). If the table cannot be positioned on any continuous surface of the package in any orientation due to the size of the table or the design of the package (e.g., rims, ridges, etc.), or if there is a possibility that the product will leak or be damaged when the package is turned over to view the table, the next smaller version in the hierarchy may be considered.

However, once a version that fits is found, this is the minimum size permitted for the package. (Certain combinations of ink and packaging materials used to print the nutrition information may be subject to “bleeding”, making it necessary to use a Nutrition Facts format with a larger type, even when, based on the area of the available display surface, a smaller type would otherwise be acceptable.) Characters may be displayed with larger dimensions than those specified in

Schedule L provided all the characters in the Nutrition Facts table are enlarged in a uniform manner [B.01.450(3)(a) and(3)(b)].

If none of the versions of the selected format variation can be positioned on a continuous surface of the package according to the conditions described, one **must** consider whether the versions of other format variations would require less space (see Step 2 and 3). Work through all size versions of other format variations in the manner described in Steps 5 and 6. If none of the versions fit, continue on to Step 7 or go directly to Step 8 if you are using the Dual or Aggregate Formats.

If the continuous surface is not adequate to accommodate any additional mandatory information beneath the mandatory declaration of iron, the remaining information may be moved to the upper right. This “remaining” information is enclosed in a box with a 0.5 point rule that shares its left rule with the main box (See Figure 19.1(B)).

*EXAMPLE (CONTINUED)*

If Figures 1.3(E)&(F) fit on a continuous surface area of the package in any orientation, they are your correct format choice.

If they will not fit, then you must next try Figures 1.4(E) and (F). If they also do not fit, continue on and try Figures 1.5(E) and (F), then Figures 1.6(E) and (F).

If they also will not fit, go back to Steps 2 and 3, select another standard format variation (e.g., either the narrow standard (Figures 2.1 to 2.4(E) and (F)) or the bilingual standard (Figures 3.1(B) to 3.4(B))), then work through steps 5 and 6 again. If one of these fits, it is your correct format choice. If none of the versions fit, continue on to Step 7 or go directly to Step 8 if you are using the Dual or Aggregate Formats.

**Step 7****Determining whether the bilingual horizontal format is applicable.****Bilingual Horizontal Format**

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

**Figure 4.1 (B)**

For purposes of illustration only. Copying may cause distortion.

The use of the horizontal format and the simplified horizontal format is limited and is only permitted when none of the versions of the standard format (or simplified format) identified in step 5 (Parts 1 to 3 of Table to B.01.454 or Parts 1 and 2 of table to B.01.455) will fit on the label.

To determine if the bilingual horizontal format fits, one compares the surface area of the largest version [e.g., figure 4.1(B)] to the available display surface of the package. If the surface area is greater than 15% of the available display surface, the second version [e.g., Figure 4.2(B)] may be considered. If neither of these versions fit within 15% of the available display surface, continue to step 8. Similarly, if the second version fits within 15% of the available display surface, but does not fit on a continuous surface, continue to step 8.

**Step 8****Determining other options**

When none of the versions tried in the previous steps fits within 15% of the available display surface or on a continuous surface, several **other options** are available (in no particular order of preference, without regard for the 15% criteria):

**Other Option 1.****A format version that occupies more than 15% of the available display surface.****Other Option 2.****A format with reduced leading:**

- the **bilingual standard** format [B.01.454(3)(a), Figures 3.5(B) to 3.7(B)];
- the **bilingual horizontal** format [B.01.454(3)(b), Figures 4.3(B) to 4.5(B)];
- the **bilingual simplified standard** format [B.01.455(3)(a), Figures 6.5(B) and 6.6(B)];
- the **bilingual simplified horizontal** format [B.01.455(3)(b), Figures 7.3(B) and 7.4(B)];
- the **bilingual dual** format [B.01.456(2)(a), Figures 9.5(B) and 9.6(B); and B.01.458(2)(a), Figures 13.5(B) and 13.6(B)]; or
- the **bilingual aggregate** format [B.01.457(2)(a)(i) &(add space)(ii), Figures 11.5(B) and 11.6(B), and B.01.459(2)(a), Figures 15.5(B) and 15.6(B)]

### Other Option 3.

The **linear format** [B.01.454(3)(c), Figures 16.1(E) and (F) and 16.2(E) and (F)] or the **simplified linear format** [B.01.455(3)(c), Figures 17.1(E) and (F)] and 17.2(E) and (F).

The **linear format** (and **simplified linear** - see 5.6.2 below) is used to display, on very narrow panels of packages, the same nutrient information as the standard and horizontal formats.

#### Linear Format

**Nutrition Facts** per 1 cup (264 g): **Calories** 260  
**Fat** 13 g (20 %), **Saturated Fat** 3 g + **Trans Fat** 2 g (25 %), **Cholesterol** 30 mg,  
**Sodium** 660 mg (28 %), **Carbohydrate** 31 g (10 %), **Fibre** 0 g (0 %), **Sugars** 5 g,  
**Protein** 5 g, **Vit A** (4 %), **Vit C** (2 %), **Calcium** (15 %), **Iron** (4 %). % = % Daily Value

**Figure 16.1(E)**

For purposes of illustration only. Copying may cause distortion.

**Valeur nutritive** pour 1 tasse (264 g) : **Calories** 260  
**Lipides** 13 g (20 %), **Lipides saturés** 3 g + **Lipides trans** 2 g (25 %), **Cholestérol** 30 mg,  
**Sodium** 660 mg (28 %), **Glucides** 31 g (10 %), **Fibres** 0 g (0 %), **Sucres** 5 g, **Protéines** 5 g,  
**Vit A** (4 %), **Vit C** (2 %), **Calcium** (15 %), **Fer** (4 %). % = % valeur quotidienne

**Figure 16.1(F)**

For purposes of illustration only. Copying may cause distortion.

A bilingual linear format is not permitted since it greatly compromises readability. However, as a space-saving measure, both the French and the English information in the linear format may appear in a single “box”, provided that all of the information in one language follows all of the information in the other language (i.e., the languages must not be mixed together). The number of lines of text may vary from one product to another and depends on the package shape.

### Other Option 4.

#### A shortened version of the statement required in the simplified format

The statement “Not a significant source of (*naming each nutrient that is omitted from the Nutrition Facts table in accordance with B.01.401(6)*)” may be replaced with “Not a significant source of other nutrients” [B.01.401(6)(j)].

### Other Option 5.

**Any of the specific “alternative methods of presentation”**, which are listed in B.01.466(1):

- a tag attached to the package (see 5.11 of this *Guide*);
- a package insert;
- the inner side of a label;
- a fold-out label; , and
- an outer sleeve, overwrap or collar.

A toll-free telephone number is **not** an acceptable way to provide the required nutrient information (see 5.10 of this *Guide* for small packages).

When the Nutrition Facts table is displayed on a package insert or the inner side of the label, there must be an indication of the location of the Nutrition Facts table on the outer side of the label in a type size of not less than 8 points [B.01.466(2)].

An **alternative method of presentation** is permitted to be used only in the following situations [B.01.466, B.01.454(3)(e), B.01.455(3)(e), B.01.457(2)(b)]:

- for the entire product, when it contains separately packaged ingredients or foods that are intended to be consumed together, e.g., a combination of taco shells, seasoning and salsa sauce in a taco kit [B.01.406(2)] (See also 5.6.4 of this *Guide*);
- for an assortment of foods of the same type, where the typical serving consists of **only one** of those foods, and the nutrition information for each is the **same** (e.g., multi-pack of individually wrapped drinks in a variety of fruit flavours) (See also 5.6.4 of this *Guide*);
- as a composite value for an assortment of foods of the same type, where the typical serving consists of **more than one** of these foods, and the nutrition information for each is **different** (e.g., a box of assorted chocolates) [B.01.406(4)]. (See also 5.6.4 of this *Guide*);

**NOTE:** In any of the above situations, the Nutrition Facts table must be displayed in your choice of **any** version (e.g., size) of the standard, horizontal or linear formats permitted by the Regulations. [B.01.466(3)(a) and (b)].

- when displaying separate nutrient information **for each food in an assortment** of foods of the same type where the typical serving consists of **only one** of those foods and the nutrition information for each is **different**, (e.g., for each type of cereal in a variety pack of single-serving breakfast cereals). Note that declaring a composite value for this type of assortment is not an option (see 5.6.1 of this *Guide*). [B.01.406(3)(a), B.01.457(2)(b)];

**NOTE:** In this case, the Nutrition Facts table must be displayed in your choice of any version of the Aggregate Format - Different Kinds of Foods permitted by the Regulations [B.01.466(3)(c)].

There is no provision to use an **alternative method of presentation** for the following formats [B.01.466(1)]:

- the Dual Format - Foods Requiring Preparation [B.01.456] which is used when manufacturers want to **optionally** declare nutrients for the food **as prepared** (e.g., cooked beef patties, prepared pudding, prepared soup and cereal with added milk) for a non-ready-to-eat food (e.g., frozen beef patties, a powdered pudding mix, a condensed cream soup as it comes from the can, and a dry breakfast cereal);
- the Dual [B.01.458] and Aggregate [B.01.459] Formats for Different Amounts of Foods which are used to **optionally** provide nutrient information for different uses of a food (e.g., 1 tablespoon of evaporated milk and ½ cup of evaporated milk), or different amounts of a food (e.g., 1 slice or 2 slices of bread);, and
- the Aggregate Format - Different Kinds of Foods [B.01.457(2)(a)] when used to display information **for separate ingredients or foods**, as in the following cases:



- when the product contains separately packaged ingredients or foods that are intended to be consumed together (e.g., a combination of taco shells, seasoning and salsa sauce in a taco kit) [B.01.406(2)] (See also 5.6.4 of this *Guide*);
- when the product is an assortment of foods of the same type, where the typical serving consists of **more than one** of these foods, and the nutrition information for each is **different**, e.g., a box of assorted chocolates. [B.01.406(4)] (See also 5.6.4 of this *Guide*).

## 5.9 Format Hierarchy Summary

### Format Hierarchy Summary

#### Step 1

Measure the available display surface of your package (if less than 100 cm<sup>2</sup>, see 5.10).

#### Step 2

Choose a Nutrition Facts table format (e.g., Standard, Simplified, Dual (Foods Requiring Preparation), Aggregate (Different Kinds of Foods), Dual or Aggregate (Different Amounts of Food)).

#### Step 3

Select a variation of the format chosen in Step 2: separate English and French tables; a single bilingual table; or the narrow form of separate English and French tables (Standard Format only).

#### Step 4

Determine which information must be included within the table (core plus additional).

#### Step 5

Determine whether the available display surface of your package is large enough to accommodate the largest size version of the format variation (selected in Step 3).

#### Step 6

Consider the orientation and location of the selected size version of the format variation (from Step 5). **Once a version fits, it is determined to be the minimum size permitted for the Nutrition Facts table.** If it does not fit, continue to Step 7 or 8 as applicable.

#### Step 7

Determine whether the bilingual horizontal format is applicable.

#### Step 8

Determine other options: a format version that occupies more than 15% of the available display surface; a format with reduced leading; the linear or simplified linear format; a shortened version of the statement required in the simplified format; or any of "alternative methods of presentation" (a tag attached to the package, a package insert, the inner side of a label, a fold-out label, and an outer sleeve, overwrap or collar).

**5.10 Small Packages**

Products with an available display surface of **less than 100 cm<sup>2</sup>** are considered to be “small packages” and do not have to carry a Nutrition Facts table **if** the outer side of the label of the product indicates to consumers how they may obtain the nutrition information that would otherwise be required in a Nutrition Facts table on the label [B.01.467(1)].

**The indication** on the label of the “small package” that tells consumers how to get the nutrition information must:

- be set out in a type size of at least 8 points [B.01.467(3)(a)];
- include a postal address or a toll-free telephone number [B.01.467(3)(b)];, and
- be in English and French, unless otherwise exempt from the bilingual labelling requirements (see 5.5.5) [B.01.467(3)(c)].

**The nutrition information** provided to consumers must:

- be provided without charge [B.01.467(4)(a)];
- be in English and/or French, as requested by the consumer, (unless the information is otherwise exempt from the bilingual labelling requirements (see 5.5.5 of this *Guide*) [B.01.467(4)(b)];, and
- be in the form of a Nutrition Facts table in a format, **other than a horizontal format**, that would otherwise be carried on the label of the product [as specified in B.01.454 to B.01.459]. The minimum size required for the Nutrition Facts table is the **largest** version, (i.e., in a version that is listed in column 1 of item 1 of any Part of tables B.01.454 to B.01.459), according to the following Figures in Schedule L, *FDR*:

1.1(E) and (F)	Standard Format;
2.1(E) and (F)	Narrow Standard Format;
3.1(B)	Bilingual Standard Format;
5.1(E) and (F)	Simplified Standard Format;
6.1(B)	Bilingual Simplified Standard Format;
8.1(E) and (F)	Dual Format - Foods Requiring Preparation;
9.1(B)	Bilingual Dual Format - Foods Requiring Preparation
10.1(E) and (F)	Aggregate Format - Different Kinds of Foods;
11.1(B)	Bilingual Aggregate Format - Different Kinds of Foods;
12.1(E) and (F)	Dual Format - Different Amounts of Food;
13.1(B)	Bilingual Dual Format - Different Amounts of Food;
14.1(E) and (F)	Aggregate Format - Different Amounts of Food;;, or
15.1(B)	Bilingual Aggregate Format - Different Amounts of Food

**Products in small packages must carry a Nutrition Facts table when:**

- a) the product contains an added vitamin, mineral nutrient or sugar alcohol [B.01.401(3)(a)];
- b) a vitamin or mineral nutrient is declared as a component of one of the ingredients (other than flour) [B.01.401(3)(b)];

- c) the product contains aspartame, sucralose or acesulfame - potassium [B.01.401(3)(c)];
- d) the label or advertisement refers to the energy value, core nutrients [table to B.01.401], additional nutrients [table to B.01.402] or their constituents (except for a common name used in the ingredient list and for information required by Division 12, *FDR*, on prepackaged water and ice) [B.01.401(3)(e)(i)];
- e) the label or advertisement contains a representation that expressly or implicitly indicates that the food has particular nutritional or health-related properties, including nutrient content claims [table following B.01.513], health claims [table following B.01.603], biological role claims [B.01.311(3) to (5)], vitamin claims [D.01.006] and mineral claims [D.02.004] [B.01.401(3)(e)(ii)];
- f) the label or advertisement contains a health-related name, statement, logo, symbol, seal of approval or mark [B.01.401(3)(e)(iii)]; or
- g) the label or advertisement contains the phrase “nutrition facts”, “valeur nutritive” or “valeurs nutritives” [B.01.401(3)(e)(iv)].

Note that “bigger” packages are **never** eligible to use a toll-free number to provide the Nutrition Facts table. This is the case even when their available display surface is calculated to be less than 100 cm<sup>2</sup> by virtue of the fact that a label could not be physically applied to them or information could not be legibly set out and easily viewed by the purchaser (see “available display surface” in 5.5.2 of this *Guide* and B.01.467(2)(b)). As a minimum, manufacturers with “smaller” packages (**Note:** not to be confused with “small packages” as described in 5.9 of this *Guide* above) must explore the use of any of the other format options described in Step 8 of section 5.8 of this *Guide*.

There are no Figures in Schedule L, *FDR*, specifically relating to “small packages”. **When a Nutrition Facts table must be provided with the product**, determine the format, variation and size version to use for the Nutrition Facts table (see section 5.8 of this *Guide*: Step-by-Step Guide to Using the Formats). In most cases, the other format options will apply, including the specific “alternative methods of presentation” listed in B.01.466(1). These are: a tag attached to the package (see section 5.11 of this *Guide*), a package insert, the inner side of a label, a fold-out label, an outer sleeve, an overwrap or a collar.

### 5.11 Tags

The Nutrition Facts table may alternatively be presented on a tag attached to a package (see 5.8 of this *Guide*: Step 8, Other Option 5, Alternative Methods of Presentation above) in the following situations:

- when none of the versions of the Nutrition Facts table fits within 15% of the available display surface;
- when none of the versions of the Nutrition Facts table will fit on a continuous surface (see Steps 1 to 7 of section 5.8 of this *Guide*) (i.e., when a label cannot be physically applied or on which information cannot be legibly set out and easily viewed by the purchaser or consumer under the customary conditions of purchase); or
- when the container is ornamental (see 5.12 of this *Guide*).

The “available display surface” of a tag is defined in subsection 5.5.1 of this *Guide*.

A toll-free telephone number is not an acceptable method of presenting a Nutrition Facts table on a tag. When the Nutrition Facts table is set out on a tag, it must be set out in a format and size described in one of the following Regulations:

- a) B.01.454(6) Standard and Horizontal Formats;
- b) B.01.455(5) Simplified Formats;
- c) B.01.456(4) Dual Format – Foods Requiring Preparation;
- d) B.01.457(4) Aggregate Format – Different Kinds of Foods;
- e) B.01.458(4) Dual Format – Different Amounts of Food; or
- f) B.01.459(4) Aggregate Format – Different Amounts of Food.

Some examples of foods which might be labelled with a tag include whole frozen turkeys, waxed-encased small cheeses in a mesh bag and foil-wrapped milk chocolate Easter eggs in a mesh bags.

### 5.12 Ornamental Containers

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

The “available display surface” of an ornamental container is explained in subsection 5.5.1 of this *Guide*.

A distinction must be made between an ornamental container and a decorative container. Ornamental containers have the potential for an extended life as they are reusable. Decorative containers, although aesthetically pleasing, are usually not reusable because they are not sturdy enough and often get torn or damaged upon opening. Ornamental containers must be substantial enough to be sold on their own merit (i.e., without the food). Ornamental containers are usually made of metal (e.g., cookie tins), plastic or glass (e.g., candy filled figurines). On the other hand, fabric-covered or embossed cardboard boxes for chocolates (e.g., for Valentines Day) are normally considered decorative rather than ornamental.

### 5.13 Foods Sold Only in the Retail Establishment Where Packaged

As previously mentioned in 5.3.2 of this *Guide*, many products **sold only in the retail establishment where they are packaged**, are exempt from carrying a Nutrition Facts table unless they lose their exempt status under specific circumstances [B.01.401(2) and (3)].

Examples of foods sold only in the retail establishment where they are packaged, and that could be exempt from carrying a Nutrition Facts table, include:

- a) A prepackaged food that is labelled by means of a sticker and which has an available display surface of **less than 200 cm<sup>2</sup>** (e.g., a small wedge of Swiss cheese, a slice of pâté, a chunk of salami, several slices of ham, etc. that are prepackaged and sold from the deli counter [B.01.401(2)(b)(viii)]).

- b) Prepackaged fresh vegetables and fruits or any combination of fresh vegetables and fruits without any added ingredients (including cut up fruit/vegetables), oranges with colour and fresh vegetables or fruits coated with paraffin wax or petrolatum [B.01.401(2)(b)(ii)].
- c) Prepackaged raw single ingredient meat, meat by-product, poultry meat, and poultry meat by-product (e.g., packages found at the “meat counter” in the grocery store, including those that are frozen or have been previously frozen, [B.01.401(2)(b)(iii)]). Ground products in this category are **not** part of the exemption. For these ground products, a Nutrition Facts table is always required [B.01.401(3)(d)].
- d) Prepackaged raw single ingredient marine and freshwater animal products (e.g., fish, molluscs and crustaceans at the “fish counter”,), including those that are frozen or have been previously frozen [B.01.401(2)(b)(iv)].
- e) Prepackaged foods sold only in the retail establishment where the product is prepared and processed. This includes foods made from pre-mixes (e.g., breads, muffins from the in-store bakery, etc.). However, in cases where only water is added to the pre-mix, a Nutrition Facts table is required [B.01.401(2)(b)(v)].
- f) Prepackaged **individual** servings sold for immediate consumption (i.e., sandwiches and ready-made salads) which have not been subjected to a process to extend their durable life (includes the use of special packaging) [B.01.401(2)(b)(vii)].

In addition, **non-prepackaged foods sold in a retail establishment** are exempt from carrying a Nutrition Facts table (e.g., cheeses in the deli counter (clerk-served), bulk displays of fruits and vegetables (self-serve), etc.), **unless** there is a nutrient representation made with respect to the food. If there is such a representation, the label or advertisement is required to declare the amount of the nutrient that is the subject of the representation, on a per serving of stated size basis [B.01.312; B.01.503(1)(c); table following B.01.603].

Exempt foods may **voluntarily** display the Nutrition Facts table. If they do so, the information in the Nutrition Facts table must meet all requirements [B.01.401(1) & B.01.402(2)]. The table must be presented in the format that would have been required had the food not been exempt [B.01.450 to B.01.455].

#### 5.13.1 Other Foods Sold in a Retail Establishment

Except for the situations mentioned in 5.13 of this *Guide*, most foods sold in a retail establishment are required to carrying a Nutrition Facts table. Some examples of foods requiring a Nutrition Facts table include:

- foods prepared at a location **other than** a retail establishment where they are sold **and** which are subsequently packaged in **preprinted** containers (e.g., preprinted plastic bread bags, any size bulk salad containers, package for single muffin, etc.) in the retail establishment where they are sold;
- foods prepared at a location **other than** the retail establishment where they are sold **and** have an available display surface of 200 cm<sup>2</sup> or more **and** are labelled with a sticker (e.g., bag of buns, salads in containers greater than 250 ml, etc.);
- foods prepared from pre-mixes within the retail establishment where they are sold (e.g., breads, muffins, etc.) when water is the only ingredient added; and

- exempted foods (e.g., fresh fruits, single ingredient meats, marine products, etc.) which lose the exemption under the specific circumstances as discussed in 5.3.3 of this *Guide* [B.01.401(3)].

**For foods sold only in the retail establishment where they are packaged**, for which the available display surface of the container is 200 cm<sup>2</sup> or more and when labelled with a sticker, the Nutrition Facts table must appear in one of the following format versions (without regard for the 15% ceiling) [B.01.454(5)]:

- |                        |                     |
|------------------------|---------------------|
| 1.1 to 1.3 (E) and (F) | Standard;           |
| 2.1 to 2.3 (E) and (F) | Narrow Standard; or |
| 3.1 to 3.3 (B)         | Bilingual Standard. |

**or**, if the food is eligible to use a Simplified Format (see 5.6.2 of this *Guide*), the following format versions may be used [B.01.455(4)]:

- |                        |                                |
|------------------------|--------------------------------|
| 5.1 to 5.3 (E) and (F) | Simplified Standard; or        |
| 6.1 to 6.3 (B)         | Bilingual Simplified Standard. |

**In all other situations**, the appropriate Nutrition Facts table format, including variation and size version, must be chosen from the format hierarchies (see 5.8, Table 5-2 of this *Guide*).

#### 5.14 Foods for Commercial or Industrial Enterprises or Institutions

Multi-serving, ready-to-serve products (such as lasagna or shepherd's pie) that are intended to be served solely in a commercial or industrial enterprise or institution (such as a restaurant, cafeteria or hospital) must provide all the information required by B.01.401 and B.01.402. While this information does not have to be attached to the product (although it could be!), it **must** accompany **each and every delivery** (e.g., on a specification sheet, a work sheet, a bill, a label, etc.). It is not sufficient to have the information simply "on file" [B.01.405 (2)].

The information does not have to appear in a Nutrition Facts table format as prescribed by B.01.401(1) [B.01.401(7)(b)]. However, it must adhere to the rules prescribing the order of listing, rounding of values, expression of nutrients per serving and as % Daily Value, etc. [B.01.405(3)].

#### 5.15 Foods for Use in Manufacturing Other Foods

Prepackaged products that are intended **solely** for use as ingredients in the manufacture of other foods or as ingredients in the preparation of food by a commercial or industrial enterprise or institution, must be accompanied by written nutrition information when delivered to the purchaser. However, the nutritional information does not have to be attached to the product (although it could be!). The information must accompany **each and every delivery** (e.g., on a specification sheet, a work sheet, a bill, a label, etc.). It is not sufficient to have the information simply "on file" [B.01.401(7), B.01.404].

The accompanying information **must** include information that would have been required or permitted by B.01.401 and B.01.402 to be included in a Nutrition Facts table (except that no table **format** is specified).

The accompanying information **may** include other information that is permitted by B.01.402.

The information **must** be expressed in accordance with B.01.401 and B.01.402, except that it must be provided in **absolute amounts**, expressed as applicable:

- per gram or per 100 grams of the food, if the net quantity of the food is declared on the label by weight or by count [B.01.404(3)(c)(i)(A) and (ii)(A)];
- per millilitre or per 100 millilitre if the net quantity of the food is declared on the label by volume [B.01.404(3)(c)(i)(B) and (ii)(B)];
- in milligrams, micrograms, retinol equivalents or niacin equivalents, as applicable, for vitamins and mineral nutrients [Table I to Division 1 of Part D and Table I to Division 2 of Part D] [B.01.404(3)(c)(i)];
- in the units set out in column 3 of the tables to B.01.401 and B.01.402, as applicable, for other nutrients (grams, milligrams, as applicable);, and
- in Calories, (kilojoules being optional) for the energy value [B.01.404(3)(c)(ii)].

Percentages of daily values and information on “serving of stated size” **may** be omitted [B.01.404(3)(c)(iii)].

All information must be stated with a degree of precision (i.e., same number of significant figures) corresponding to the accuracy of the analytical methodology used to produce the nutrition information. Since the nutrient information provided to the manufacturer may be used to create a Nutrition Facts table for another food, it **must not** be rounded [B.01.404(3)(c)(iv)].

The nutrition labelling requirements for “Foods for Use in Manufacturing Other Foods” are found in B.01.404 of the *Food and Drug Regulations*. Note that the nutrition labelling exemptions found in B.01.401 **do not apply**. This means that, for example, while prepackaged fresh apples sold in a retail store are exempt from carrying a Nutrition Facts table [B.01.401(2)(b)(ii)] (unless they lose the exemption - see 5.3.1 of this *Guide*), prepackaged apples intended **solely** as:

- an ingredient for use in the manufacture of other prepackaged consumer foods (e.g., apple sauce); or
- an ingredient (e.g., sliced apples) for use in the preparation of food (e.g., an apple pie) **by a commercial or industrial enterprise or institution** must be accompanied by written nutrition information upon delivery (see information at beginning of this section).

It is important to distinguish between foods used that are intended **solely** for use in the manufacturing of other foods and those which, while used in the manufacturing of other foods, may also be used for other purposes. For example, a food is **not** considered to be “**solely** for use in the manufacturing of other foods” when shipping containers of bulk products (e.g., powdered chicken soup base, semi-sweet chocolate chips, flour, etc.), are sold to commercial or industrial enterprises or institutions **and** to retail establishments where these containers are either repackaged from bulk on those retail premises or sold unpackaged directly to consumers from bulk bins. These shipping containers require a Nutrition Facts table in the prescribed format.

**5.16 Foods Intended Solely for Children Under Two Years of Age**

Unless otherwise exempted (see 5.3 for exemptions.), prepackaged foods intended **solely** for children under two years of age are required to carry a Nutrition Facts table. This section of the *Guide* is not complete on its own. It should be used in conjunction with the rest of the *Guide* and with the specific nutrition labelling regulations pertaining to foods intended solely for children under two years of age found in the *Food and Drug Regulations*.

**5.16.1 Information in the Nutrition Facts Table**

In the case of foods for children under two years of age, the Nutrition Facts table includes: the title “Nutrition Facts”; the serving of stated size; the number of Calories; the amounts of fat, sodium, carbohydrate, fibre, sugars, and protein; and the percent Daily Value of vitamin A, vitamin C, calcium and iron.

**Standard Format - Children Under Two Years of Age**

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

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

**Figure 20.1(E)**

**Figure 20.1(F)**

For purposes of illustration only. Copying may cause distortion.

Unlike other prepackaged foods, the Nutrition Facts table for a food intended for a child under two years of age may **NOT** include [B.01.403]:

- the percentage of the reference standard (% Daily Value) for fat, cholesterol, sodium, potassium, carbohydrate, fibre and the sum of saturated and *trans* fatty acids;
- the energy value from fat nor from the sum of saturated and *trans* fatty acids; and
- any of the footnotes to the subheading “% Daily Value” such as: “Based on a 2,000 Calorie diet” or “Percentage Daily Values are based on a 2,000 Calorie diet”.

The amount of saturated fatty acids, *trans* fatty acids and cholesterol **may** be omitted from the Nutrition Facts table for foods for children under two. **However**, when cholesterol is declared, the amounts of saturated fatty acids and *trans* fatty acids must also be declared.

Additional information may be shown in the Nutrition Facts tables for children under two. When shown, this additional information **must** be presented as illustrated in Schedule L, Figures 33.1(E) and (F) or Figure 34.1(B) with respect to the order of presentation, indentation and the presentation of footnotes. The information must be incorporated into an applicable format (e.g.,



standard, narrow standard, bilingual standard, etc.) as selected according to the information presented in this chapter. The additional information must be shown in both **English and French**, except as provided for in B.01.012(3) or (7) dealing with local & specialty foods, when it may be shown in only English or only French [B.01.402(9)].

**NOTE: Figures 33.1(E)&(F) and 34.1(B) are not format choices.**

**5.16.2 Formats for the Nutrition Facts Table** [from the Figures described in Schedule L, *FDR*]

For foods for children under two, three **basic** Nutrition Facts table formats are available [B.01.461]: standard; horizontal; and linear. There are also some **specialized** Nutrition Facts formats: Simplified Formats [B.01.462]; Aggregate Format – Different Kinds of Foods [B.01.463]; and Aggregate Format – Different Amounts of Food [B.01.464].

There is no dual format for foods for children under two. The Nutrition Facts table formats for foods for children under two are listed in Table 5-3 below along with their corresponding Figure number from Schedule L, *FDR*. (See Schedule L, *FDR*, for the graphics for the formats [Figures 20.1(E) to 32.2(F)])

**Table 5-3**  
**Figures for Nutrition Facts Tables for Children Under Two (CU2)**

The following table is a summarized list of the figures in Schedule L, *FDR*, that apply to foods solely for children under two years of age.

<b>Standard CU2</b>	<b>Bilingual Simplified Standard CU2</b>	<b>Bilingual Aggregate</b>
20.1(E)&(F) [Table Part 1 to B.01.461]	25.1(B) [Table Part 2 to B.01.462]	<b>Different Amounts of Foods CU2</b>
20.2(E)&(F) “	25.2(B) “	30.1(B) [Table Part 2 to B.01.464]
20.3(E)&(F) “	25.3(B) “	30.2(B) “
20.4(E)&(F) “	25.4(B) “	30.3(B) “
20.5(E)&(F) “	25.5(B) [B.01.462(3)(a)]	30.4(B) “
20.6(E)&(F) “	25.6(B) “	30.5(B) [B.01.464(2)(a)]
		30.6(B) “
<b>Narrow Standard CU2</b>	<b>Bilingual Simplified Horizontal CU2</b>	<b>Linear CU2</b>
21.1(E)&(F) [Table Part 2 to B.01.461]	26.1(B) [Table Part 3 to B.01.462]	31.1(E)&(F) [B.01.461(3)(c)]
21.2(E)&(F) “	26.2(B) “	31.2(E)&(F) “
21.3(E)&(F) “	26.3(B) [B.01.462(3)(b)]	
21.4(E)&(F) “	26.4(B) “	<b>Simplified Linear CU2</b>
		32.1(E)&(F) [B.01.462(3)(c)]
<b>Bilingual Standard CU2</b>	<b>Aggregate</b>	32.2(E)&(F) “
22.1(B) [Table Part 3 to B.01.461]	<b>Different Kinds of Foods CU2</b>	
22.2(B) “	27.1(E)&(F) [Table Part 1 to B.01.463]	<b>Presentation of Additional</b>
22.3(B) “	27.2(E)&(F) “	<b>Information CU2</b>
22.4(B) “	27.3(E)&(F) “	33.1(E)&(F) [B.01.465(2)(a)]
22.5(B) [B.01.461(3)(a)]	27.4(E)&(F) “	
22.6(B) “	27.5(E)&(F) “	<b>Bilingual Presentation of</b>
22.7(B) “	27.6(E)&(F) “	<b>Additional Information CU2</b>
		34.1(B) [B.01.465(3)(a)]
<b>Bilingual Horizontal CU2</b>	<b>Bilingual Aggregate</b>	
23.1(B) [Table Part 4 to B.01.461]	<b>Different Kinds of Foods CU2</b>	
23.2(B) “	28.1(B) [Table Part 2 to B.01.463]	
23.3(B) [B.01.461(3)(b)]	28.2(B) “	
23.4(B) “	28.3(B) “	
	28.4(B) “	
<b>Simplified Standard CU2</b>	28.5(B) [B.01.463(2)(a) and (b)]	
24.1(E)&(F) [Table Part 1 to B.01.462]	28.6(B) “	
24.2(E)&(F) “	<b>Aggregate</b>	
24.3(E)&(F) “	<b>Different Amounts of Foods CU2</b>	
24.4(E)&(F) “	29.1(E)&(F) [Table Part 1 to B.01.464]	
24.5(E)&(F) “	29.2(E)&(F) “	
24.6(E)&(F) “	29.3(E)&(F) “	
	29.4(E)&(F) “	
	29.5(E)&(F) “	
	29.6(E)&(F) “	

### 5.16.3 The Simplified Format

If **6 or more** of the energy value and nutrients of fat, sodium, carbohydrate, fibre, sugars, protein, and vitamins A and C, calcium and iron may be expressed as “0” in the table, a simplified version may be used [B.01.403(5)].

The simplified format for foods for children under two must include the following information:

- a) the serving of stated size, the energy value and the amounts of fat, carbohydrate and protein;
- b) any nutrient which is the subject of a nutritional or health-related claim or representation as described in section 5.16.7 and 5.16.8 of this *Guide*;
- c) the amount of any sugar alcohol, vitamin and mineral nutrient added to the food, except fluoride added to prepacked water or ice;
- d) the amount of sodium, fibre, sugars, vitamins A and C, iron, and calcium when these cannot be declared as "0";
- e) all vitamins and mineral nutrients declared as a component of one of the product's ingredients (except if the ingredient is flour); and
- f) the statement "Not a significant source of (naming all the nutrients listed in 5.15.1 of this *Guide* that have been omitted from the Nutrition Facts table)". Saturated fatty acids, *trans* fatty acids and cholesterol are not required to be listed in this statement as their declaration is only triggered when the amount of cholesterol is provided.

The formats for the simplified version include [table to B.01.462]:

- the simplified standard format (Figures 24.1 to 24.6, Schedule L, *FDR*);
- the bilingual simplified (Figures 25.1 to 25.4); and
- the bilingual simplified horizontal format (Figures 26.1 and 26.2).

When the formats listed will not fit within 15% of the available display surface, alternative formats are provided in B.01.462(3).

#### 5.16.4 Aggregate Format - Foods Packaged Together and Different Amounts of Food

There are two types of aggregate formats, one for different kinds of foods packaged together and one for different amounts of food. B.01.463 and B.01.464 provide the format options and alternatives for the Aggregate Formats.

The **Aggregate Format for different kinds of foods** packaged together must be used to label foods intended solely for children under two years of age when the information in the Nutrition Facts table is given for more than one food. This would occur:

- when the prepackaged product contains separately packaged ingredients or foods that are intended to be consumed together, and it is decided to set out the information for each food, not the entire food [B.01.406(2)];
- when a prepackaged product contains an assortment of foods with different nutrient values, with each food representing a discrete serving [B.01.406(3)(a)]; and
- when the prepackaged product contains an assortment of foods (a typical serving would be a mixture of the foods) and the information is set out for each food rather than for the entire food [B.01.406(4)].

The **Aggregate Format for different amounts of food** is used to reflect Nutrition Facts for different units of measurement when the amount of food consumed may vary (e.g., number of cookies) [B.01.406(8)].

#### 5.16.5 Step-by-Step Guide to Using the Formats

Except as otherwise noted, the Step-by-Step Guide to Using Formats, in 5.8 of this *Guide*, is similar for foods intended solely for children under two years of age, except that the Figures from Schedule L, *FDR*, that are used in the examples in 5.8 of this *Guide* do not apply to foods for children under two.

In Step 4, in the discussion about “additional information”, substitute Figures 33.1(E) and (F) and 34.1(B) of Schedule L when using the step-by-step guide for labels of foods intended solely for children under two. In Step 5, refer to the hierarchies of formats (e.g. figures from Schedule L, *FDR*) set out below in Table 5-4.

**Table 5-4 Format Hierarchies for Foods for Children under Two (CU2)**

<p><b>Bilingual Standard CU2</b>                      [Table Part 3 to B.01.461]</p> <p>22.1(B)                      ↓                      22.2(B)                      ↓                      22.3(B)                      ↓                      22.4(B)</p> <p><b>Standard CU2</b>                      [Table Part 1 to B.01.461]</p> <p>20.1(E)&amp;(F)                      ↓                      20.2(E)&amp;(F)                      ↓                      20.3(E)&amp;(F)                      ↓                      20.4(E)&amp;(F)                      ↓                      20.5(E)&amp;(F)                      ↓                      20.6(E)&amp;(F)</p> <p><b>Narrow Standard CU2</b>                      [Table Part 2 to B.01.461]</p> <p>21.1(E)&amp;(F)                      ↓                      21.2(E)&amp;(F)                      ↓                      21.3(E)&amp;(F)                      ↓                      21.4(E)&amp;(F)</p>	<p><b>Bilingual Simplified Standard CU2</b>                      [Table Part 2 to B.01.462]</p> <p>25.1(B)                      ↓                      25.2(B)                      ↓                      25.3(B)                      ↓                      25.4(B)</p> <p><b>Simplified Standard CU2</b>                      [Table Part 1 to B.01.462]</p> <p>24.1(E)&amp;(F)                      ↓                      24.2(E)&amp;(F)                      ↓                      24.3(E)&amp;(F)                      ↓                      24.4(E)&amp;(F)                      ↓                      24.5(E)&amp;(F)                      ↓                      24.6(E)&amp;(F)</p> <p><b>Aggregate - Different Amounts CU2</b>                      [Table Part 1 to B.01.464]</p> <p>29.1(E)&amp;(F)                      ↓                      29.2(E)&amp;(F)                      ↓                      29.3(E)&amp;(F)                      ↓                      29.4(E)&amp;(F)                      ↓                      29.5(E)&amp;(F)                      ↓                      29.6(E)&amp;(F)</p>	<p><b>Bilingual Aggregate - Different Kinds CU2</b>                      [Table Part 2 to B.01.463]</p> <p>28.1(B)                      ↓                      28.2(B)                      ↓                      28.3(B)                      ↓                      28.4(B)</p> <p><b>Aggregate - Different Kinds CU2</b>                      [Table Part 1 to B.01.463]</p> <p>27.1(E)&amp;(F)                      ↓                      27.2(E)&amp;(F)                      ↓                      27.3(E)&amp;(F)                      ↓                      27.4(E)&amp;(F)                      ↓                      27.5(E)&amp;(F)                      ↓                      27.6(E)&amp;(F)</p> <p><b>Bilingual Aggregate - Different Amounts CU2</b>                      [Table Part 2 to B.01.464]</p> <p>30.1(B)                      ↓                      30.2(B)                      ↓                      30.3(B)                      ↓                      30.4(B)</p>
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In Step 7, the use of the horizontal format and the simplified horizontal format is only permitted when none of the versions of the standard format (or simplified format) identified in Step 5 (Parts 1 to 3 of Table to B.01.461 or Parts 1 and 2 of Table to B.01.462) will fit on the label.

In Step 8, Other Option 2, the formats with reduced leading are:

- the **bilingual standard** format [B.01.461(3)(a), Figures 22.5(B) to 22.7(B)];
- the **bilingual horizontal** format [B.01.461(3)(b), Figures 23.3(B) or 23.4(B)];
- the **bilingual simplified standard** format [B.01.462(3)(a), Figures 25.5(B) or 25.6(B)];
- the **bilingual simplified horizontal** format [B.01.462(3)(b), Figures 26.3(B) or 26.4(B)]; and
- the **bilingual aggregate** format [B.01.463(2)(a)(i) & (ii), Figures 28.5(B) or 28.6(B); and B.01.464(2)(a), Figures 30.5(B) and 30.6(B)].

In Step 8, Other Option 3, the **linear formats** [B.01.461(3)(c), Figures 31.1(E) and (F) or 31.2 (E) and (F)] and the **simplified linear formats** [B.01.462(3)(c), Figures 32.1(E) and (F)] and 32.2(E) and (F)] are applicable to foods for children under two.

#### 5.16.6 Small Packages

Products with an available display surface of **less than 100 cm<sup>2</sup>** are considered to be “small packages” and do not have to carry a Nutrition Facts table **if** the outer side of the label of the product indicates to consumers how they may obtain the nutrition information that would otherwise be required in a Nutrition Facts table on the label [B.01.467(1)] (See 5.10 of this *Guide*).

For foods intended solely for Children Under Two Years of Age, the nutrition information must be provided to consumers upon request, in the form of a Nutrition Facts table in a format that would otherwise be carried on the label of the product [as specified in B.01.461 to B.01.464] **other than a horizontal format**. The Nutrition Facts table must be shown in its **largest** version (i.e., in a version that is listed in column 1 of item 1 of any Part of tables in B.01.461 to B.01.464) according to the following Figures in Schedule L (CU2 = Children Under Two):

- 20.1(E) and (F) Standard Format CU2;
- 21.1(E) and (F) Narrow Standard Format CU2;
- 22.1(B) Bilingual Standard Format CU2;
- 24.1(E) and (F) Simplified Standard Format CU2;
- 25.1(B) Bilingual Simplified Standard Format CU2; or
- 27.1(E) and (F) Aggregate Format - Different Kinds of Foods CU2;
- 28.1(B) Bilingual Aggregate Format - Different Kinds of Foods CU2;
- 29.1(E) and (F) Aggregate Format - Different Amounts of Food CU2; or
- 30.1(B) Bilingual Aggregate Format - Different Amounts of Food CU2.

#### 5.16.7 Nutrient Content Claims

Nutrient content claims, including the criteria and labelling requirements for such claims, are discussed in detail in Chapter 7 of this *Guide*. Only those nutrient content claims relating specifically to foods intended solely for children under two are included in this section.

Only the following five nutrient content claims, from the table following B.01.513, can be used for foods intended solely for children under two [B.01.503(2)]:

- “**source of protein**”;
- “**excellent source of protein**”;
- “**more protein**”;
- “**no added sodium**” (or salt); and
- “**no added sugars**”

**Vitamin and mineral nutrient content claims** are permitted for foods intended solely for children under two provided the foods meets the applicable criteria (see Chapter 7 of this *Guide*) based upon the recommended daily intakes for that age group [D.01.004 and D.02.002].

A claim that characterizes the amount of starch in a food (e.g., “contains no starch”) is permitted on a food intended solely for children under two [B.01.502(2)(g)]. However, when a representation of the **amount of starch** is made on a label or in an advertisement, the amount of starch, in grams per serving of stated size, is required in the Nutrition Facts table [B.01.402(4)].

#### 5.16.8 Health Claims for Foods for Children Under Two

Diet-related health claims, including the criteria and labelling requirements for such claims, are discussed in detail in Chapter 8 of this *Guide*. **Diet-related health claims are not permitted** on foods that are intended solely for children under two.

#### 5.17 Nutrition Facts Information from Another Country

Only the **Canadian** Nutrition Facts table may be used to provide nutrition information in Canada. Nutrition labelling systems from other countries are not acceptable in Canada.

New nutrition labelling regulations are now in effect. However, until December 12, 2005 (or 2007 for small manufacturers), the former Canadian nutrition labelling regulations continue to apply and **may** still be used.

One objective of Canada’s new nutrition labelling regulations is to provide a standardized system for conveying information about the nutrient content of foods. Mandatory declarations, reference values and formats which differ from the one adopted by Canada make it difficult for consumers to compare foods at the point of purchase. These, therefore do not support an informed consumer choice for Canadians.

From the beginning of the development of the new Canadian nutrition labelling regulations, compatibility with the system in the United States was a clear objective. However, emerging science, health concerns and differences in diet all limit the extent to which harmonization is possible. For example, the U.S. nutrition labelling regulations, passed in 1993, have not been updated to reflect emerging science (e.g., the nutritional importance of omega-3 fatty acids). Nor can the U.S. legislation reflect the consumer’s experience with current U.S. regulations. In addition, differences in units of measure and bilingual requirements in Canada limit harmonization.

Some of the differences between the nutrition labelling systems in Canada and the United States include the following:

- a) **Trans Fat:** The *trans* fatty acid declaration is mandatory on Canadian labels. The declaration also becomes mandatory on the US label on January 1, 2006. On July 11, 2003, the US Food and Drug Administration (FDA) published a regulation requiring food manufacturers to list *trans* fatty acids, or *trans* fat, on the Nutrition Facts panel of foods directly under the line for saturated fat. However, the US did not establish a reference standard for the sum of saturated and *trans* fats or for *trans* fats on their own, thus no % Daily Value is declared in their table. Food manufacturers selling in the US have until January 1, 2006 to comply, although the FDA will allow manufacturers to implement the change immediately. For more information, see <http://www.fda.gov/oc/initiatives/transfat/>

- b) **Percent Daily Value (% DV) for Mandatory Vitamins and Minerals:** In both countries, vitamins and minerals must be declared as % DV. However, in the U.S., the % DV are based on the 1968 U.S. Reference Daily Intakes. In Canada, the % DV are based on the 1983 Recommended Daily Intakes for Canadians. There are differences in the DV's for 14 vitamins and minerals, including those for 3 of the 4 mandatory declarations for vitamins and minerals (i.e., vitamin A, calcium and iron).
- c) **Protein:** The U.S. requires a % Daily Value (DV) for protein when a food is destined for children under four years of age or when the protein is of low quality. The Canadian diet provides sufficient protein of good quality. Therefore, it is considered that a % DV for protein is not essential information for the consumer and, given the cost and complexity of determining this value, would put a needless burden on manufacturers.
- d) **Rounding to Zero:** In Canada, rounding rules for the declaration of nutrients in the Nutrition Facts table are in place to avoid a situation where a total fat declaration of zero would be accompanied by a declaration of an amount of saturated and *trans* fats other than "0". This is a situation that would have been confusing for consumers. Therefore, total fat may be rounded to "0" only when the product contains less than 0.5 grams of fat and contains less than 0.2 grams of both saturated and *trans* fats (both of which would be rounded to "0" as well).
- e) **Servings Per Container:** The Canadian regulations allow for the optional declaration of servings per container while it is a mandatory declaration in the United States. In Canada, a declaration of servings per container on the basis of "cups" or "tablespoons" is prohibited because the definitions of these measures in the *Consumer Packaging and Labelling Regulations (CPLR)* are in Canadian units [CPLR 33(3)]. It is expected that the *CPLR* will be amended to remove this barrier. While this will correct the situation for "tablespoon", the different measuring systems in Canada (1 cup = 250 ml) and the U.S. (1 cup = 240 ml) will persist.

#### 5.18 Other Languages in the Nutrition Facts Table

The format and presentation of the Nutrition Facts table are specifically prescribed and there is no provision for the use of other languages within the table. Although other languages are not permitted within the Nutrition Facts table, these could appear outside the Nutrition Facts table provided the Nutrition Facts table is shown in English and French on the label and the information in another language does not violate the *Food and Drugs Act and Regulations*, the *Consumer Packaging and Labelling Act and Regulations* or any other federal legislation.