

Section K

Tools and Templates

The tools and templates in this section support the evaluation of a label for compliance with the new nutrition labelling regulations. They are organized in probable order of use when creating a label, following the steps in the *Checklist for the Nutrition Facts Table*. The templates, if printed to actual size using graphic software (e.g., QuarkXPress) from Health Canada's *Compendium of Templates for Nutrition Facts Tables*, may be used to evaluate whether the technical and graphic requirements of the NFT have been respected.

Note: Table numbers correspond to the placement of explanatory information in related sections of the *Nutrition Labelling Toolkit*. For example, further information about Table C2: Mandatory Nutrient Information – Rounding, is contained in Section C: *Contents of the Nutrition Facts Table*.

1.	Checklist for the Nutrition Facts Table (NFT).....	1
	▪ Nutrition Facts Table: Steps in Conducting an Evaluation	2
2.	What Foods May Carry a NFT.....	3
	▪ What Foods May Carry a NFT	3
	▪ Retail Food Tables	5
	▪ Deli Counter.....	5
	▪ Meat Department.....	6
	▪ Bakery Department.....	7
	▪ Bulk Foods.....	8
	▪ Fruit and Vegetable Department.....	9
	▪ Loss of Exemption	10
3.	Is the NFT Format Choice Suitable for the Product?.....	11
	▪ When May the Different Formats Be Used?	11

4.	Contents of the NFT	12
▪	Serving Size:	
▪	Reference Amounts [Schedule M] and Serving Sizes	12
▪	Nutrients	
▪	Reference Tables (Daily Values, Alternate Expressions)	19
▪	Table C3: Mandatory Nutrient Information [B.01.402]	19
▪	Table C4: Additional Information with a Reference Amount	19
▪	Table C5: Additional Information [B.01.402]	20
▪	Table C6: Additional Vitamin and Mineral Nutrients [B.01.402]	21
▪	French Reference Tables (Daily Values, Alternate Expressions) Tables C3, C4, C5, C6	22
▪	Abbreviations and Symbols in the Nutrition Facts Table	25
5.	Rounding	26
▪	Table C1: Mandatory Nutrient Information – Rounding	26
▪	Table C2: Additional Nutrient Information – Rounding.....	27
6.	Has the Correct Format and Version (Size) Been Chosen?	28
6A	Decision Trees for the NFT Format Families.....	28
6B	Evaluating the Format: Has the Correct Version Been Used?	35
6C	Calculating the Available Display Surface (ADS)	36
▪	Table E1: Definition of Available Display Surface (ADS).....	36
▪	Table E2: Summary – Guidance on Measuring ADS	37
▪	Table E3: Summary – Calculating ADS for Different Packaging Types	38
6D	Notes on Measurement and the Use of Templates	41
▪	Type Height.....	42
▪	Measurement Tables for Each Format (Schedule L).....	43
7.	Other Tables	
▪	Weighted Recommended Nutrient Intakes	51
▪	Table H1: Units for Declaration of Vitamin and Mineral – Foods for Use in Manufacturing Other Foods	52
▪	Reference Tables for Nutrient Content Claims.....	53
K-1	Templates	
	Compendium of Templates for “Nutrition Facts” Tables	57

1. Checklist for the Nutrition Facts Table (NFT)

Section*	Item	Comments
1.1	Is the NFT present? (pg. K-3 – K-10) <ul style="list-style-type: none"> ▪ If not, does it need to be? (Is it exempt? A small package <100 cm² ADS? Has it been triggered during transition period?) 	
1.2.1	Bilingual? <ul style="list-style-type: none"> ▪ If not, does a bilingual exemption apply (local, test market, specialty food)? 	
1.2.2	Location/Orientation? <ul style="list-style-type: none"> ▪ On the outer package (except for alternate methods of presentation)? ▪ NFT not destroyed when product is opened (except for single serve containers)? ▪ Readily visible? ▪ Will the product leak or be damaged when product is manipulated to view the NFT? 	
1.2.3	Format choice suitable for product? (pg. K-11) <ul style="list-style-type: none"> ▪ Simplified Standard: at least 7 nutrients/Calories = 0 ▪ Dual Format: foods requiring preparation/different amounts ▪ Aggregate Format: different kinds/different amounts of food ▪ Children under two 	
1.2.4	Contents complete? <ul style="list-style-type: none"> ▪ Serving size: Reasonable serving size? Consumer friendly & metric measures based on the food as sold? Format specific requirements met? (pg. K-12) ▪ Core nutrients: All core nutrients present? (See templates, figure 1) ▪ Additional nutrients: Are triggered nutrients declared? ▪ Correct units and % DV when permitted/required? ▪ Non-permitted nutrients: any declared in the NFT? ▪ Have format specific requirements been respected? (e.g., simplified formats, formats for children under 2 years.) 	
1.2.5	Rounding correct? (pg. K-26 – K-27) <ul style="list-style-type: none"> ▪ Are nutrients rounded as per the Regulations? (See the Rounding Tables in Inspector's Toolkit.) 	
1.2.6	Format version correctly chosen? (Hierarchy) <ul style="list-style-type: none"> ▪ Within a "family" of formats, has an appropriate format and version (size) been chosen? (See the Decision Trees pg. K-29 – K-34, for ADS guidance see pg. K-36 – K-40) 	
1.2.7	Technical/graphic requirements respected? <ul style="list-style-type: none"> ▪ See templates. ▪ Colour: table background and print? ▪ Font: Sans serif? Bold as required? Capitals/ lower case? No crowding of characters? ▪ Order of presentation of information? Indents? 	

* This refers to the section in the Evaluation Standard for the Label

Nutrition Facts Table: Steps in Conducting an Evaluation

Preliminary Step (1.1)

Verify that the Nutrition Facts table is present. (If the Nutrition Facts table is not present, verify that the food is exempt.)

If the table is present, follow the following steps:

Step 1 (1.2.1)

Verify that the table is bilingual. (If not, does an exemption apply?)

Step 2 (1.2.2)

Verify other requirements that apply to all formats: location, orientation.

Step 3 (1.2.3)

Identify the format “family” of the Nutrition Facts table that you wish to use on the label. (Use the fold-out of formats in the Inspector’s Toolkit or Schedule L of the Regulations.) Verify that the choice of format is suitable for the food. You may refer to *Section D: Has the Correct Format Been Used?* or the table to sub-section 3 of *Section K: Tool and Templates, When May the Different Formats be Used?*

Step 4 (1.2.4)

Verify that the information within the Nutrition Facts table is declared in accordance with the Regulations: serving size, mandatory nutrients, additional information, units (g, mg, % DV), terminology, etc.

Step 5 (1.2.5)

Verify that nutrients are rounded as per Regulations.

Step 6 (1.2.6)

Based on the Hierarchy of Formats, verify that the specific format and version (size) of the Nutrition Facts table is appropriate based on Available Display Surface (ADS) of the package. (Choose the largest version of format that fits on 15 % of the ADS and one continuous surface.)

Step 7 (1.2.7)

Verify that the technical and graphic requirements have been met, e.g., spacing, font, type size, indents, print and background colours, etc.

Note: The numbers in brackets (e.g., 1.2.5) refer to the corresponding section in the Evaluation Standard for the Label.

2. What Foods May Carry a NFT

What Foods Require an NFT [B.01.401(1)]

- The Nutrition Facts table (NFT) is mandatory for most prepackaged foods.
- There are some exceptions and exemptions.
- The NFT may be voluntarily declared on non-prepackaged foods or on prepackaged foods that are exempt from nutrition labelling.

What Foods are Specifically *Prohibited* from Declaring a NFT?

[B.01.401(4)&(5)]

The following foods **must not** display a Nutrition Facts table:

- formulated liquid diets;
- infant formula;
- foods containing infant formula;
- meal replacements;
- nutritional supplements (that meet the requirements of Section B.24.201); and
- foods represented for use in very low energy diets.

While these foods are prohibited from using the title “Nutrition Facts”, “Valeur nutritive” or “Valeurs nutritives”, they may adopt the Nutrition Facts table format.

What Prepackaged Foods are Exempt From Mandatory Nutrition Labelling? [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 core information** (Calories and 13 nutrients) **may be expressed as “0”**;
- b) **alcoholic 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, 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 and ground poultry; ground meat and poultry byproducts; spiced and phosphated raw meats must 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 cm²**;
- 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 (e.g., crackers, creamers, etc.); and
- l) a variety of cow and goat **milk products** sold in refillable **glass containers**.

Losing the Exemption [B.01.401(3)]

The last three items listed above (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;
- 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:
 - 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”.

Retail Food

These tables outline the nutrition labelling requirements for foods sold in bulk, clerk served, prepared, processed and/or packaged at retail. It is divided into retail departments for convenience.

Explanation of Status

The status of a product may be declared as either “exempt”, “conditional exemption” or “requires a NFT”. Exempt products are not required to carry a NFT. Products with a conditional exemption are usually not required to declare a NFT. However, circumstances, such as the declaration of a nutrient content claim or health claim, may cause the product to lose its exemption. An explanation of when exemptions are lost is at the end of this section.

Deli Counter

Non-Prepackaged Food	Status*
Non-Prepackaged Foods Non-prepackaged foods, clerk served foods (e.g., deli meat, cheese, salads) and bulk foods packaged by the consumer (e.g., olives, sun-dried tomatoes, etc.).	Exempt
Prepackaged Foods (Prepared and/or Packaged at Retail)	Status*
Individual Servings of Food for Immediate Consumption Sandwiches, individually wrapped muffins, single serving salads, etc., sold for immediate consumption, when these have not been subjected to a process or special packaging, such as modified atmosphere packaging, to extend their durable life.	Conditional Exemption [B.01.401(2)(b)(vii)]
Retail Prepared Foods 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. Examples include, pizza, salads and sauces.	Conditional Exemption [B.01.401(2)(b)(v)]
Retail Packaged Foods – ADS < 200 cm² , labelled with a sticker, packaged on the premises. Example, retail cut and wrapped small squares of cheese.	Conditional Exemption [B.01.401(2)(b)(viii)]
Retail Packaged Foods – ADS ≥ 200 cm² , labelled with a sticker, packaged on the premises. Examples: retail cut and wrapped squares or slices of cheese; tubs (multi-serving) of salad, baked beans, spaghetti sauce; etc. Requires an NFT: <ul style="list-style-type: none"> • If using a Standard Format, may declare one of the following: Standard 1.1-1.3, Narrow Standard 2.1-2.3 Bilingual Standard 3.1-3.3 [B.01.454(5)] • If using a Simplified Format (products that may declare “0” for 7 or more of Calories and nutrients) may declare one of the following: Simplified Standard 5.1-5.3 Bilingual Simplified Standard 6.1-6.3 [B.01.455(4)] • If using other formats (e.g., Aggregate), choose version based on ADS of package 	NFT required

* See “Loss of Exemption” at end of section for conditions that may affect the status of a product.

The Meat Department

Non-Prepackaged Food	Status*
<p>Non-Prepackaged Foods Non-prepackaged foods, clerk served foods, including ground meat .</p>	Exempt
Pre-packaged Foods (Prepared and/or Packaged at Retail)	Status*
<p>Fresh or frozen raw meat and poultry (single ingredient) Single ingredient meat, meat by-product, poultry meat, and poultry meat by-product (does not include ground meat or spiced and/or phosphated meat).</p>	Conditional Exemption [B.01.401(2)(b)(iii)]
<p>Fresh or frozen ground meat and poultry 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)].</p>	NFT required (See Retail Packaged Food) [B.01.401(3)(d)]
<p>Fresh or frozen spiced and/or phosphated meats Examples: BBQ chicken with added spices, spiced meat, phosphated pork, etc. (for spiced products prepared on the premises see Retail Packaged Foods)</p>	NFT required (See Retail Packaged Food)
<p>Fresh or frozen raw marine products (single ingredient) Raw, single ingredient marine or freshwater animal products (such as fish, crustaceans, etc.);</p>	Conditional Exemption [B.01.401(2)(b)(iv)]
<p>Retail Prepared Foods 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.</p>	Conditional Exemption [B.01.401(2)(b)(v)]
<p>Retail Packaged Foods – ADS < 200 cm², labelled with a sticker, packaged on the premises, (such as spiced meats but not meat with added phosphate and/or water).</p>	Conditional Exemption [B.01.401(2)(b)(viii)]
<p>Retail Packaged Foods – ADS ≥ 200 cm², labelled with a sticker, packaged on the premises, (such as ground meat, spiced and/or phosphated meats). Includes products packaged at a meat packaging plant but weighed and labelled at retail.</p> <p>Requires an NFT:</p> <ul style="list-style-type: none"> • If using a Standard Format, may declare one of the following: Standard 1.1-1.3, Narrow Standard 2.1-2.3 Bilingual Standard 3.1-3.3 [B.01.454(5)] • If using a Simplified Format (products that may declare “0” for 7 or more of Calories and nutrients) may declare one of the following: Simplified Standard 5.1-5.3 Bilingual Simplified Standard 6.1-6.3 [B.01.455(4)] • If using other formats (e.g., Aggregate), choose version based on ADS of package 	NFT required

* See “Loss of Exemption” at end of section for conditions that may affect the status of a product.

Bakery Department

Non-Prepackaged Food	Status*
<p>Non-Prepackaged Foods</p> <p>Non-prepackaged foods, clerk served foods (e.g., cakes, cookies, squares, desserts, bread) and bulk foods packaged by the consumer (e.g., bagels, buns, bread, cookies).</p>	Exempt
Prepackaged Foods (Prepared and/or Packaged at Retail)	Status*
<p>Individual Servings of Food for Immediate Consumption</p> <p>Individually wrapped muffins, squares, packages of 2 or 3 cookies, etc., sold for immediate consumption, when these have not been subjected to a process or special packaging, such as modified atmosphere packaging, to extend their durable life.</p>	Conditional Exemption [B.01.401(2)(b)(vii)]
<p>Retail Prepared Foods</p> <p>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. Includes, bread or baked goods from scratch or a pre-mix with an added ingredient(s) other than just water. Does not include frozen dough or partially cooked product that is baked on premises.</p>	Conditional Exemption [B.01.401(2)(b)(v)]
<p>Retail Packaged Foods – ADS < 200 cm², labelled with a sticker, packaged on the premises.</p>	Conditional Exemption [B.01.401(2)(b)(viii)]
<p>Retail Packaged Foods – ADS ≥200 cm², labelled with a sticker, packaged on the premises. Examples: bread, baked goods.</p> <p>Requires an NFT:</p> <ul style="list-style-type: none"> • If using a Standard Format, may declare one of the following: Standard 1.1-1.3, Narrow Standard 2.1-2.3 Bilingual Standard 3.1-3.3 [B.01.454(5)] • If using a Simplified Format (products that may declare “0” for 7 or more of Calories and nutrients) may declare one of the following: Simplified Standard 5.1-5.3 Bilingual Simplified Standard 6.1-6.3 [B.01.455(4)] • If using other formats (e.g., Aggregate), choose version based on ADS of package 	Requires an NFT

* See “Loss of Exemption” at end of section for conditions that may affect the status of a product.

Bulk Foods

Non-Prepackaged Food	Status*
<p>Non-prepackaged Foods</p> <p>Non-prepackaged foods, bulk foods packaged by the consumer (e.g., dried fruit, snack foods, dried lentils, spices, soup mix, candy)</p>	Exempt
<p>One-Bite Confections</p> <p>Prepackaged confections, commonly known as one-bite confections, that are sold individually, (e.g., small individually wrapped candies, mints, etc.). This does not include retail packaged bags of individually wrapped candy.</p>	Exempt [B.01.401(2)(c)(i)]
Prepackaged Foods (Prepared and/or Packaged at Retail)	Status*
<p>Retail Packaged Foods – ADS < 200 cm², labelled with a sticker, packaged on the premises. Examples: small packages of candy, spices, soup mix, etc.</p>	Conditional Exemption [B.01.401(2)(b)]
<p>Retail Packaged Foods – ADS ≥ 200 cm², labelled with a sticker, packaged on the premises. Examples: bags or tubs of candies, dried fruit, dried lentils, etc.</p> <p>Requires an NFT:</p> <ul style="list-style-type: none"> • If using a Standard Format, may declare one of the following: Standard 1.1-1.3, Narrow Standard 2.1-2.3 Bilingual Standard 3.1-3.3 [B.01.454(5)] • If using a Simplified Format (products that may declare “0” for 7 or more of Calories and nutrients) may declare one of the following: Simplified Standard 5.1-5.3 Bilingual Simplified Standard 6.1-6.3 [B.01.455(4)] • If using other formats (e.g., Aggregate), choose version based on ADS of package 	Requires an NFT

* See “Loss of Exemption” at end of section for conditions that may affect the status of a product.

Fruit and Vegetable Department

Non-Prepackaged Food	Status*
<p>Non-Prepackaged Foods</p> <p>Non-prepackaged foods, bulk foods packaged by the consumer (e.g., bulk fruit and vegetables such as apples, oranges, lettuce, broccoli, etc.)</p>	Exempt
Prepackaged Foods (Prepared and/or Packaged at Retail)	Status*
<p>Fresh Fruits and Vegetables</p> <p>Prepackaged fresh vegetables and fruits without added ingredients, oranges with colour, and fruit and vegetables coated with paraffin wax or petrolatum: 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.).</p>	Conditional Exemption [B.01.401(2)(b)(ii)]
<p>Retail Prepared Foods</p> <p>Foods sold only in the retail establishment where the product is prepared and processed (e.g., fruit salad with added sugar, salads with added cheese, egg, nuts, croutons, dressing, bacon bits, etc.)</p>	Conditional Exemption [B.01.401(2)(b)(v)]

* See "Loss of Exemption" at end of section for conditions that may affect the status of a product.

***Loss of Exemption – Retail Foods**

Non-Prepackaged Foods

Non prepackaged foods are not required to carry nutrition information. However, if a label, advertisement or sign for a non-prepackaged food carries a representation related to the Calories or a nutrient (e.g., any mention, reference, indication, statement or claim, including a health claim), then the label, advertisement or sign must carry a declaration of the “triggered” energy or nutrient content per serving of stated size. [B.01.312, B.01.503(1)(c), B.01.602, table following B.01.603]

Pre-packaged Foods

One-bite Confections

One-bite confections never lose their exemption.

Other Prepackaged Foods – Retail

The remaining retail responsible items listed in these Retail Tables, lose their exemption from nutrition labelling and are required to carry a Nutrition Facts table when:

- the label or advertisement contains one or more of the following:
 - 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”.
- 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;

**NOTE:* The exemption for prepackaged fresh fruit and vegetables is lost if health claim set out in the table following B.01.603 is made, 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].

3. Is the NFT Format Choice Suitable for the Product?

When may the Different Formats be Used?

Standard/Horizontal/Linear Format (Figures 1, 2, 3, 4, 16):

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

Simplified Formats – Standard/Horizontal/Linear (Figures 5, 6, 7, 17):

- **May** be used on food that may declare “0” for seven or more of Calories and core nutrients (e.g., diet drinks, some jams, some fruit flavoured drinks and drink mixes).

Dual Format – Foods Requiring Preparation (Figures 8 & 9):

- **May** be used on foods requiring preparation prior to consumption, or foods that are customarily served with other foods (e.g., cake mix, spice and noodle mix to be added to meat, breakfast cereal and milk)

Aggregate Format – Different Kinds of Foods (Figures 10 & 11):

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

Dual Format – Different Amounts of Food (Figures 12 & 13)

- **May** be used when it is suitable to provide nutrition information in different amounts to reflect different uses or serving sizes (e.g., 1 tbsp, ½ cup of condensed milk)

Aggregate Format – Different Amounts of Food (Figures 14 & 15)

- **May** be used when it is suitable to provide nutrition information in different amounts to reflect different uses or serving sizes (e.g., 1 tbsp, ½ cup of condensed milk)

4. Contents of the NFT

Reference Amounts [Schedule M] and Serving Sizes

Excerpt from the *2003 Guide to Food Labelling and Advertising*, Section 6.2.4

Item	Product Category	Reference Amount ¹	Serving Size ²
Bakery Products:			
1	Bread, excluding sweet quick-type rolls	50 g	25-70 g (1-2 slices) — sliced 50 g — unsliced
2	Bagels, tea biscuits, scones, rolls, buns, croissants, tortillas, soft bread sticks, soft pretzels and corn bread	55 g	25-100 g
3	Brownies	40 g	30-100 g
4	Cake (heavy weight): 10 g or more per 2.5 cm cube, such as cheese cake, pineapple upside-down, cake with at least 35% of the finished weight as fruit, nuts, or vegetables, or any of these combined	125 g	80-150 g
5	Cake (medium weight): 4 g or more per 2.5 cm cube but less than 10g per 2.5 cm cube, such as cake with or without icing or filling, cake with less than 35% of the finished weight as fruit, nuts or vegetables or any of these combined; light weight cake with icing; Boston cream pie, cupcakes, éclairs, or cream puffs	80 g	50-125 g
6	Cake (light weight): less than 4 g per 2.5 cm cube, such as angel food, chiffon, or sponge cake without icing or filling	55 g	40-80 g
7	Coffee cakes, doughnuts, danishes, sweet rolls, sweet quick-type breads and muffins	55 g	50-100 g
8	Cookies, with or without coating or filling; graham wafers	30 g	30-40 g
9	Crackers, hard bread sticks and melba toast	20 g	15-30 g
10	Dry breads, matzo, and rusks	30 g	15-35 g
11	Flaky type pastries, with or without filling or icing	55 g	50-90 g
12	Toaster pastries	55 g	50-80 g
13	Ice cream cones	5 g	3-25 g
14	Croutons	7 g	7-20 g
15	French toast, pancakes, and waffles	75 g	60-110 g prepared (2-4 pancakes)
16	Grain-based bars with filling or partial or full coating	40 g	20-50 g
17	Grain-based bars, without filling or coating	30 g	20-50 g
18	Rice cakes and corn cakes	15 g	10-25 g
19	Pies, tarts, cobblers, turnovers, other pastries	110 g	85-120 g (1/6 of 20 cm diameter pie or 1/8 of 23 cm pie)
20	Pie crust	1/6 of 20 cm crust or 1/8 of 23 cm crust	1/6 of 20 cm pie or 1/8 of 23 cm pie
21	Pizza crust	55 g	30-110 g
22	Taco shell, hard	30 g	20-40 g

Item	Product Category	Reference Amount ¹	Serving Size ²
Beverages			
23	Carbonated and non-carbonated beverages, ice tea and wine coolers	355 mL	250-375 mL
24	Sports drinks and water	500 mL	400-600 mL
25	Coffee: regular, instant and specialty, including espresso, café au lait, flavoured and sweetened	175 mL	amount to make 175-250 mL prepared
26	Tea and herbal tea: (a) regular and instant (hot) (b) flavoured and sweetened, prepared from mixes	175 mL 250 mL	amount to make 175-250 mL prepared
27	Cocoa and chocolate beverages (hot)	175 mL	5-15 g dry or amount to make 175-250 mL prepared
Cereals and Other Grain Products			
28	Hot breakfast cereals, such as oatmeal, or cream of wheat	40 g dry, 250 mL prepared	30-40 g dry, 175-335 mL prepared
29	Ready-to-eat breakfast cereals, puffed and uncoated (less than 20 g per 250 mL)	15 g	10-20 g
30	Ready-to-eat breakfast cereals, puffed and coated, flaked, extruded, without fruit or nuts (20 g to 42 g per 250 mL), very high fibre cereals (with 28 g or more fibre per 100 g)	30 g	20-45 g
31	Ready-to-eat breakfast cereals, fruit and nut type, granola (weighing 43 g or more per 250 mL) and biscuit type cereals	55 g	45-80 g (1-2 biscuits)
32	Bran and wheat germ	15 g	10-20 g
33	Flours, including cornmeal	30 g	30-60 g
34	Grains, such as rice or barley	45 g dry 140 g cooked	30-45 g dry, 90-140 g cooked
35	Pastas without sauce	85 g dry 215 g cooked	45-100 g dry, 140-250 g cooked
36	Pastas, dry and ready-to-eat, such as fried canned chow mein noodles	25 g	20-25 g
37	Starch, such as cornstarch, potato starch, tapioca starch or wheat starch	10 g	5-15 g
38	Stuffing	100 g	75-100 g
Dairy Products and Substitutes			
39	Cheese, including cream cheese and cheese spread, except those listed as a separate item	30 g	15-60 g
40	Cottage cheese	125 g	60-250 g
41	Cheese used as an ingredient, such as dry cottage cheese or ricotta cheese	55 g	25-100 g
42	Hard cheese, grated, such as parmesan or romano	15 g	8-30 g
43	Quark, fresh cheese and fresh dairy desserts	100 g	50-200 g
44	Cream and cream substitute, except those listed as separate item	15 mL	10-30 mL
45	Cream and cream substitute, powder	2 g	2-4 g
46	Cream and cream substitute, aerosol or whipped	15 g	10-30 g
47	Eggnog	125 mL	60-250 mL

Item	Product Category	Reference Amount ¹	Serving Size ²
48	Milk, evaporated or condensed	15 mL	10-30 mL
49	Plant-based beverages, milk, buttermilk and milk-based drinks, such as chocolate milk	250 mL	125-250 mL
50	Shakes and shake substitutes such as dairy shake mix	250 mL	125-250 mL
51	Sour cream	30 mL	15-60 mL
52	Yogurt	175 g	125-225 g
Desserts			
53	Ice cream, ice milk, frozen yogurt, sherbet	125 mL	60-250 mL
54	Dairy desserts, frozen, such as cakes, bars, sandwiches or cones	125 mL	60-175 mL
55	Non-dairy desserts, frozen, such as flavoured and sweetened ice or pops, frozen fruit juices in bars or cups	75 mL	40-150 mL
56	Sundaes	250 mL	125-250 mL
57	Custard, gelatin and pudding	125 mL	80-140 g pudding, 15 g gelatin dessert (dry), 65-250 mL gelatin dessert prepared
Dessert Toppings and Fillings			
58	Dessert toppings, such as maple butter and marshmallow cream	30 g	15-30 g
59	Cake frostings and icings	35 g	25-45 g
60	Pie fillings	75 mL	40-150 mL
Egg and Egg Substitutes			
61	Egg mixtures, such as egg foo young, scrambled eggs, omelets	110 g	50-110 g
62	Eggs	50 g	50-100 g (1-2 eggs)
63	Egg substitutes	50 g	50-100 g
Fats and Oils			
64	Butter, margarine, shortening, lard	10 g	5-20 g
65	Vegetable oil	10 mL	5-20 mL
66	Butter replacement, powder	2 g	1-3 g
67	Dressings for salad	30 mL	15-30 mL
68	Mayonnaise, sandwich spread and mayonnaise-type dressing	15 mL	8-30 mL
69	Oil, spray type	0.5 g	0.5 g
Marine and Fresh Water Animals			
70	Canned anchovies, anchovy paste and caviar ³	15 g	15-60 g
71	Marine and fresh water animals with sauce, such as fish with cream sauce or shrimp with lobster sauce	140 g cooked	90-140 g
72	Marine and fresh water animals without sauce, such as plain or fried fish or shellfish, or fish or shellfish cakes, with or without breading or batter	125 g raw 100 g cooked	85-130 g raw, fresh, frozen 60-100 g cooked
73	Marine and fresh water animals, canned ³	55 g	50-100 g

Item	Product Category	Reference Amount ¹	Serving Size ²
74	Marine and fresh water animals, smoked or pickled, or spreads ³	55 g	50-55 g
Fruits and Fruit Juices			
75	Fruit, fresh, canned or frozen, except those listed as a separate item	140 g 150 mL canned ³	110-160 g fresh or frozen, 120-150 mL canned
76	Candied or pickled fruit ³	30 g	30-40 g
77	Dried fruit, such as raisins, dates or figs	40 g	30-40 g
78	Fruit for garnish or flavour, such as maraschino cherries ³	4 g	1-3 cherries
79	Fruit relishes	60 mL	50-100 mL
80	Avocado, used as an ingredient	30 g	20-40 g
81	Cranberries, lemons and limes, used as ingredients	55 g	50-100 g
82	Watermelon, cantaloupe, honeydew and other melons	150 g	75-300 g
83	Juices, nectars and fruit drinks represented for use as substitutes for fruit juices	250 mL	175-250 mL
84	Juices, used as ingredients, such as lemon juice or lime juice	5 mL	5-10 mL
Legumes			
85	Bean curd (tofu) or tempeh ³	85 g	85-100 g
86	Beans, peas and lentils, such as white beans, kidney beans, romano beans, soybeans or chick peas ³	100 g dry, 250 mL cooked or canned	35-100 g dry, 100-250 mL cooked or canned
Meat, Poultry, Their Products and Substitutes⁴			
87	Pork rinds and bacon	54 g uncooked 15 g cooked	30-80 g uncooked, 10-30 g cooked
88	Beef, pork and poultry breakfast strips	30 g uncooked 15 g cooked	15-60 g uncooked 10-30 g cooked
89	Dried meat and poultry, such as jerky, dried beef or parma ham, as well as sausage products with a water activity of 0.90 or less, such as salami, dried thuringer or cervelat	30 g	15-60 g
90	Luncheon meats such as bologna, blood pudding, minced luncheon roll, liver sausage, mortadella, ham and cheese loaf or headcheese; pâté, sandwich spread, potted meat food product; taco fillings; meat pie fillings and cretons	75 g uncooked, 55 g cooked	35-100 g uncooked, 25-75 g cooked
91	Sausage products, such as linked sausage, Vienna sausage, wieners, breakfast sausage, frankfurters, pork sausage, bratwurst, kielbasa, Polish sausage, summer sausage, smoked sausage, smoked country sausage, pepperoni, knackwurst, thuringer and cervelat	75 g uncooked, 55 g cooked	75-165 g uncooked, 25-115 g cooked
92	Cuts of meat and poultry without sauce, and ready-to-cook cuts, with or without breading or batter, including marinated, tenderized and injected cuts	125 g raw, 100 g cooked	80-130 g raw, 50-100 g cooked
93	Patties, cutlettes, chopettes, steakettes, meatballs, sausage meat and ground meat, with or without breading or batter	100 g raw, 60 g cooked	80-130 g raw, 50-100 g cooked

Item	Product Category	Reference Amount ¹	Serving Size ²
94	Cured meat products such as cured ham, dry cured ham, back bacon, cured pork back, dry cured cappicola, corned beef, pastrami, country ham, cured pork shoulder picnic, cured poultry ham products, smoked meat or pickled meat	85 g raw, 55 g cooked	50-110 g raw, 30-100 g cooked
95	Canned meat and poultry ³	55 g	50-100 g
96	Meat and poultry with sauce, such as meat in barbecue sauce or turkey with gravy, but excluding combination dishes	140 g	90-150 g
Miscellaneous category			
97	Baking powder, baking soda and pectin	0.6 g	0.5-2 g
98	Baking decorations, such as coloured sugars or sprinkles for cookies	4 g	3-5 g
99	Bread crumbs and batter mixes	30 g	15-60 g
100	Cooking wine	30 mL	15-60 mL
101	Cocoa powder	5 g	5 g
102	Non-alcoholic drink mixers, such as pina colada or daiquiri	250 mL	amount to make 175-280 mL prepared (without ice)
103	Chewing gum	3 g	3-5 g
104	Salad and potato toppers, such as salad crunchies, salad crispins or substitutes for bacon bits	7 g	5-15 g
105	Salt and salt substitute, as well as seasoned salt such as garlic salt	1 g	0.5-1.5 g
106	Spices and herbs	0.5 g	0.5-1.0 g
Combination Dishes			
107	Measurable with a cup, such as casserole, hash, macaroni and cheese with or without meat, pot pie, spaghetti with sauce, stir fry, meat or poultry casserole, baked or refried beans, wieners and beans, meat chili, chili with beans, creamed chipped beef, beef or poultry ravioli in sauce, beef stroganoff, poultry à la king, Brunswick stew, goulash, stew, ragout or poutine	250 mL	200-375 g or 200-375 mL
108	Not measurable with a cup, such as burritos, egg rolls, enchiladas, pizza, pizza rolls, sausage rolls, pastry rolls, cabbage rolls, quiche, sandwiches, crackers and meat or poultry lunch-type packages, gyros, burger on a bun, frank on a bun, calzones, tacos, pockets stuffed with meat, lasagna, chicken cordon bleu, stuffed vegetables with meat or poultry, shish kabobs, empanadas, fajitas, souvlaki, meat pie or tourtière	140 g without gravy or sauce, 195 g with gravy or sauce	90-300 g including gravy or sauce
109	Hors d'oeuvres	50 g	25-100 g
Nuts and Seeds			
110	Nuts and seeds, not for use as snacks: whole, chopped, sliced, slivered or ground	30 g shelled	30-75 g
111	Butters, pastes and creams, other than peanut butter	30 g	15-45 g
112	Peanut butter	15 g	15-30 g
113	Flours, such as coconut flour	15 g	10-20 g

Item	Product Category	Reference Amount ¹	Serving Size ²
Potatoes, Sweet Potatoes and Yams			
114	French fries, hash browns, skins and pancakes	85 g frozen French fries, 70 g prepared	70-110 g
115	Mashed, candied, stuffed, or with sauce	140 g	100-200 g
116	Plain, fresh, canned ³ or frozen	110 g fresh or frozen, 125 g vacuum-packed, 160 g canned	110-150 g
Salads			
117	Salads, such as egg, fish, shellfish, bean, fruit, vegetable, meat, ham or poultry salad, except those listed as a separate item	100 g	75-150 g
118	Gelatin salad	120 g	100-175 g
119	Pasta or potato salad	140 g	100-200 g
Sauces, Dips, Gravies and Condiments			
120	Sauces for dipping, such as barbecue, hollandaise, tartar, mustard or sweet and sour sauce	30 mL	15-45 mL
121	Dips, such as legume or dairy-based	30 g	15-45 g
122	Major main entrée sauce, such as spaghetti sauce	125 mL	100-200 mL
123	Minor main entrée sauce such as pizza sauce, pesto sauce, or other sauces used as toppings such as white sauce, cheese sauce, salsa, cocktail sauce or gravy	60 mL	50-100 mL
124	Major condiments, such as ketchup, steak sauce, soy sauce, vinegar, teriyaki sauce or marinades	15 mL	10-20 mL
125	Minor condiments, such as horseradish, hot sauce, mustard, or Worcestershire sauce	5 mL	5-10 mL
Snacks			
126	Chips, pretzels, popcorn, extruded snacks, grain-based snack mixes and fruit-based snacks, such as fruit chips	50 g	40-60 g
127	Nuts or seeds for use as snacks	50 g shelled	40-60 g
128	Meat or poultry snack food sticks	20 g	15-25 g
Soups			
129	All varieties	250 mL	175-250 mL prepared, 85-125 mL condensed, 15 g dehydrated or dry
Sugars and Sweets			
130	Candies, including chocolate bars and other chocolate products, except those listed as a separate item	40 g	30-70 g
131	Hard candies, except those listed as a separate item	15 g	15-30 g
132	Baking candies, such as chocolate chips	15 g	10-20 g
133	Breath mints	2 g	1-3 g
134	Roll-type hard candies and mini size hard candies in dispenser packages	5 g	5-10 g
135	Confectioner's or icing sugar	30 g	15-60 g

Item	Product Category	Reference Amount ¹	Serving Size ²
136	Bread spreads, except those listed as a separate item, honey and molasses	20 g	15-25 g
137	Jams, jellies, marmalades, fruit butters and spreads	15 mL	10-20 mL
138	Marshmallows	30 g	25-50 g
139	Sugars, except those listed as a separate item	4 g	4-5 g
140	Sugar substitute	amount equivalent in sweetness to 4 g sugar	amount equivalent in sweetness to 4-5 g sugar
141	Syrups, including chocolate, maple and corn syrup	30 mL as ingredient, 60 mL other uses	30-60 mL
Vegetables			
142	Vegetables without sauce, including cream style corn and stewed tomatoes, but not including vegetables without sauce listed as a separate item	85 g fresh or frozen, 125 mL canned ³	70-100 g fresh, frozen
143	Vegetables with sauce	110 g fresh or frozen, 125 mL canned	95-125 g fresh or frozen, 80-175 mL canned
144	Vegetables primarily used for garnish or flavouring, fresh, canned or frozen, but not dried, such as parsley or garlic	4 g	4-5 g
145	Chili pepper and green onion	30 g	25-45 g
146	Seaweed	15 g	10-20 g
147	Lettuce and sprouts	65 g	50-75 g
148	Vegetable juice and vegetable drink	250 mL	125-250 mL
149	Olives ³	15 g	3 to 5 olives
150	Pickles ³	30 g	1 dill pickle, 2 mini-dills or gherkins
151	Relish	15 mL	10-20 mL
152	Vegetable pastes, such as tomato paste	30 mL	25-45 mL
153	Vegetable sauce or purée, such as tomato sauce or tomato purée	60 mL	50-75 mL

- 1 Unless otherwise noted, the reference amounts are for the ready-to-serve or almost ready-to-serve form of the food. If not listed separately, the reference amount for the unprepared form, such as dry mixes, concentrates, dough, batter and fresh or frozen pasta, is the amount required to make one reference amount of the prepared form.
- 2 Unless otherwise noted in the Serving Size column, the serving size is for the food-as-sold.
- 3 Excludes any liquid in which the solid food may be packed or canned, unless the liquid is customarily consumed with the solid food.
- 4 Meat and poultry substitutes include extended and simulated meat and poultry products.

Reference Tables (Daily Values, Alternate Expressions)

Table C3: Mandatory Nutrient Information: Core List [B.01.401]

Information	Alternative Expressions (Column 2, table to B.01.401)	Daily Value (= Reference Standards B.01.001.1)	
"Serving Size (naming the size)"	"Serving (naming the serving size)" "Per (naming the serving size)"		
"Calories"	"Total Calories" "Calories, Total"		
"Fat"	"Total Fat" "Fat, Total"	65 g	
"Saturated Fat"	"Saturated Fatty Acids" "Saturated" "Saturates"		
"Trans Fat"	"Trans Fatty Acids" "Trans"		
"Saturated Fat + Trans Fat"	"Saturated Fatty Acids + Trans Fatty Acids" "Saturated + Trans" "Saturates + Trans"	20 g	
"Cholesterol"		300 mg	
"Sodium"		2400 mg	
"Carbohydrate"	"Total Carbohydrate" "Carbohydrate, Total"	300 g	
"Fibre"	"Fiber" "Dietary Fibre" "Dietary Fiber"	25 g	
"Sugars"			
"Protein"			
Vitamins and Minerals			
		Daily Value (= Recommended Daily Intakes, Tables to Divisions 1 & 2, Part D)	
		> 2 yrs	< 2 yrs
"Vitamin A"	"Vit A"	1000 RE	400 RE
"Vitamin C"	"Vit C"	60 mg	20 mg
"Calcium"		1100 mg	500 mg
"Iron"		14 mg	7 mg

Table C4: Additional Information with a Daily Value that is a Reference Amount

Information	Alternative Expressions	Daily Value (= Reference Amount, B.01.001.1)
"Potassium"		3500 mg

g = gram; mg = milligram; µg = microgram; RE = Retinal Equivalents

Table C5: Additional Information [B.01.402]

Information	Alternative Expressions (Column 2, Table to B.01.402)	Trigger for Inclusion in Nutrition Facts
All additional nutrients: must be declared if any representation (any mention, reference, indication, statement, claim, etc.) regarding the nutrient is on the label or in any advertisement made or placed by the manufacturer of the product (does not include declaration of food additives in the list of ingredients e.g., calcium chloride).[B.01.402(4)]		
"Servings per Container"	"(Number of Units) per Container"	
"kilojoules"	"kJ"	
"Calories from Fat"	"Calories from Total Fat"	
"Calories from Saturated + Trans Fat"	"Calories from Saturated + Trans Fatty Acids"; "Calories from Saturated + Trans"; "Calories from Saturates + Trans"	
"Polyunsaturated Fat"	"Polyunsaturated Fatty Acids"; "Polyunsaturated"; "Polyunsaturates"	NOTE: Omega-6, omega-3 and monounsaturated fatty acids declaration does not trigger the declaration of polyunsaturates.
"Omega-6 Polyunsaturated Fat"	"Omega-6 Polyunsaturated Fatty Acids"; "Omega-6 Polyunsaturated"; "Omega-6 Polyunsaturates" - If the Nutrition Facts table includes the amount of polyunsaturated fatty acids: "Omega-6"	omega-6, omega-3 and monounsaturated fatty acids must all be declared when: <ul style="list-style-type: none"> ▪ any one of these is declared; ▪ polyunsaturates are declared in the NFT; ▪ any specific fatty acid is declared on the label outside the NFT or in advertising (e.g., DHA, EPA). [B.01.402(3)]
"Omega-3 Polyunsaturated Fat"	as for Omega-6	
"Monounsaturated Fat"	as for Polyunsaturates	
"Potassium"		product contains added potassium salts <i>and</i> 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)]
"Soluble Fibre"	"Soluble Fiber"	
"Insoluble Fibre"	"Insoluble Fiber"	
"Starch"		
"Sugar Alcohol(s)"	"Polyol" If the food contains only one type of sugar alcohol: "(naming the sugar alcohol)"	any sugar alcohol is added to the product
Additional vitamin and mineral nutrient	see vitamin and mineral nutrient reference table	any vitamin or mineral (except for iodide in salt or fluoride in prepackaged water and ice) is added to the product [B.01.402(6)]. any vitamin or mineral nutrient is declared as a component of one of the ingredients (except flour) of a prepackaged product [B.01.402(7)].
"Percent Daily Values Are Based on a 2,000 Calorie Diet"	"Based on a 2,000 Calorie Diet" "Percent Daily Values Are Based on a 2,000 Calorie Diet. Your Daily Values May Be Higher or Lower Depending on Your Caloric Needs."	
"Calories per gram.", "Fat 9", "Carbohydrate 4" and "Protein 4"		

Table C6: Additional Vitamin and Mineral Nutrients [B.01.402]**Notes:**

- 1) **All additional nutrients:** must be declared in the Nutrition Facts table if any representation (any mention, reference, indication, statement, claim, etc.) regarding the nutrient is on the label or in any advertisement made or placed by the manufacturer of the product (does not include declaration of food additives in the list of ingredients, e.g., calcium chloride). [B.01.402(4)]
- 2) Any vitamin or mineral (except for iodide in salt or fluoride in prepackaged water and ice) must be declared in the nutrition facts table when added to the product. [B.01.402(6)]
- 3) Any vitamin or mineral nutrient declared as a component of one of the ingredients (except flour) of a prepackaged product [B.01.402(7)] must be declared in the Nutrition Facts table.

Information	Alternative Expressions (Column 2, Table to B.01.402)	Daily Value (=Recommended Daily Intake)*	
		≥ 2 yrs	< 2 yrs
"Vitamin D"	"Vit D"	5 µg	10 µg
"Vitamin E"	"Vit E"	10 mg	3 mg
"Vitamin K"	"Vit K"	80 µg	30 µg
"Thiamine"	"Thiamin" "Thiamine (Vitamin B ₁)" "Thiamine (Vit B ₁)" "Thiamin (Vitamin B ₁)" "Thiamin (Vit B ₁)"	1.3 mg	0.45 mg
"Riboflavin"	"Riboflavin (Vitamin B ₂)" "Riboflavin (Vit B ₂)"	1.6 mg	0.55 mg
"Niacin"		23 NE	8 NE
"Vitamin B ₆ "	"Vit B ₆ "	1.8 mg	0.7 mg
"Folate"		220 µg	65 µg
"Vitamin B ₁₂ "	"Vit B ₁₂ "	2 µg	0.3 µg
"Biotin"		30 µg	8 µg
"Pantothenic Acid"	"Pantothenate"	7 mg	2 mg
"Phosphorus"		1100 mg	500 mg
"Iodide"	"Iodine"	160 µg	55 µg
"Magnesium"		250 mg	55 mg
"Zinc"		9 mg	4 mg
"Selenium"		50 µg	15 µg
"Copper"		2 mg	0.5 mg
"Manganese"		2 mg	1.2 mg
"Chromium"		120 µg	12 µg
"Molybdenum"		75 µg	15 µg
"Chloride"		3400 mg	1000 mg

mg = milligram; µg = microgram; NE = Niacin Equivalent

French Reference Tables (Daily Values, Alternate Expressions)

Tableau C3 : Renseignements obligatoires sur les éléments nutritifs : Liste des éléments de base [B.01.401]

Information	Autres expressions (colonne 2, tableau suivant B.01.401)	Valeur quotidienne (= quantité de référence B.01.001.1)	
« Portion déterminée (mention de la taille) »	« Portion (portion déterminée) », « Pour ou Par (portion déterminée) »		
« Calories »	« Calories totales »		
« Lipides »	« Total des lipides »	65 g	
« Acides gras saturés »	« Lipides saturés » « Saturés »		
« Acides gras trans »	« Lipides trans » « trans »		
« Acides gras saturés + acides gras trans »	« Lipides saturés + lipides trans » « Saturés + trans »	20 g	
« Cholestérol »		300 mg	
« Sodium »		2400 mg	
« Glucides »	« Total des glucides »	300 g	
« Fibre »	« Fibres alimentaires »	25 g	
« Sucres »			
« Protéines »			
Vitamines et minéraux nutritifs			
		Valeur quotidienne (= apport quotidien recommandés, Tableaux des sections 1 et 2, de la partie D)	
		≥ 2 ans	< 2 ans
« Vitamine A »	« Vit A »	1000 ER	400 ER
« Vitamine C »	« Vit C »	60 mg	20 mg
« Calcium »		1100 mg	500 mg
« Fer »		14 mg	7 mg

Tableau C4 : Renseignements complémentaires - lorsque la valeur quotidienne est également une quantité de référence

Information	Autres expressions	Valeur quotidienne (= quantité de référence, B.01.001.1)
« Potassium »		3 500 mg

g = gramme; mg = milligramme; µg = microgramme; ER = équivalents rétinol

Tableau C5 : Renseignements complémentaires [B.01.402]

Information	Autres expressions (colonne 2, tableau suivant B.01.402)	Déclencheur pour inclusion dans le tableau de la valeur nutritive
Tous les éléments nutritifs complémentaires: doivent être mentionnés s'ils ont fait l'objet d'une déclaration (toute mention, référence, indication, allégation, etc.) sur l'étiquette, quel que soit l'endroit, ou dans une annonce faite par le fabricant du produit ou sous ses ordres (n'inclut pas la déclaration des additifs alimentaires dans la liste des ingrédients, par exemple le chlorure de calcium) [B.01.402(4)].		
« Portions par contenant »	« (nombre d'unités) par contenant »	
« kilojoules »	« kJ »	
« Calories provenant des lipides »	« Calories provenant du total des lipides » « Calories des lipides »	
« Calories des acides gras saturés et trans »	« Calories des lipides saturés et trans » « Calories des saturés et trans »	
« Acides gras polyinsaturés »	« Lipides polyinsaturés » « Polyinsaturés »	NOTA : la mention des acides gras monoinsaturés, d'oméga-6 et d'oméga-3 ne requière pas la mention des polyinsaturés.
« Acides gras polyinsaturés oméga-6 »	« Lipides polyinsaturés oméga-6 » « Polyinsaturés oméga-6 » - si le tableau de la valeur nutritive comprend la teneur en acides gras polyinsaturés « oméga-6 »	oméga-6, oméga-3 et les acides gras polyinsaturés doivent être mentionnés lorsque : <ul style="list-style-type: none"> • l'un d'eux est mentionné; • les gras polyinsaturés sont mentionnés dans le tableau; • un acide gras est mentionné sur l'étiquette hors du tableau ou dans une annonce (p. ex., DHA, EPA). [B.01.402(3)]
« Acides gras polyinsaturés oméga-3 »	voir oméga-6, substituer oméga-6 par oméga-3	
« Acides gras monoinsaturés »	voir polyinsaturés, substituer polyinsaturés par monoinsaturés	
« Potassium »		le produit contient des sels de potassium ajoutés et des allégations relatives à la teneur en sel ou en sodium de l'aliment sont présentes. [articles 31 - 36 du tableau après B.01.513], [B.01.402(5)]
« Fibres solubles »		
« Fibres insolubles »		
« Amidon »		
« Polyalcool(s) »	« Polyol(s) » Si l'aliment contient un seul type de polyalcool: « (nom du polyalcool) »	si un alcool de sucre est ajouté au produit
Vitamines et minéraux nutritifs ajoutés	voir le tableau de référence des vitamines et éléments nutritifs	toute vitamine ou tout minéral nutritif (sauf l'iode dans le sel ou le fluorure dans l'eau et la glace préemballées) qui est ajouté au produit [B.01.402(6)]. toute vitamine ou tout minéral nutritif qui est mentionné comme constituant d'un ingrédient (sauf la farine) d'un produit préemballé [B.01.402(7)].
« Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories.»	« En fonction d'un régime alimentaire de 2 000 Calories » « Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories » Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques Calories.	
« Calories par gramme : », « Lipides 9 », « Glucides 4 » et « Protéines 4 »		

Tableau C6: Vitamines et minéraux nutritifs ajoutés [B.01.402]

- Nota :**
- 1) **Tous les éléments nutritifs complémentaires** doivent être mentionnés s'ils ont fait l'objet d'une déclaration (toute mention, référence, indication, allégation, etc.) sur l'étiquette, quel que soit l'endroit, ou dans une annonce faite par le fabricant du produit ou sous ses ordres (n'inclut pas la déclaration des additifs alimentaires dans la liste des ingrédients, par exemple le chlorure de calcium). [B.01.402(4)]
 - 2) Toute vitamine ou tout minéral nutritif (sauf l'iode dans le sel ou le fluorure dans l'eau et la glace préemballées) qui est ajouté au produit. [B.01.402(6)]
 - 3) Toute vitamine ou tout minéral nutritif, mentionné comme composante d'un des ingrédients (sauf la farine) d'un produit préemballé [B.01.402(7)], doit être mentionné dans le tableau de la valeur nutritive.

Information	Autres expressions (colonne 2, jusqu'à B.01.402)	Valeur quotidienne (= apport quotidien recommandé)*	
		≥ 2 ans	< 2 ans
« Vitamine D »	« Vit D »	5 µg	10 µg
« Vitamine E »	« Vit E »	10 mg	3 mg
« Vitamine K »	« Vit K »	80 µg	30 µg
« Thiamine »	« Thiamine (Vitamine B ₁) » « Thiamine (Vit B ₁) »	1,3 mg	0,45 mg
« Riboflavine »	« Riboflavine (Vitamine B ₂) » « Riboflavine (Vit B ₂) »	1,6 mg	0,55 mg
« Niacine »		23 EN	8 EN
« Vitamine B ₆ »	« Vit B ₆ »	1,8 mg	0,7 mg
« Folate »		220 µg	65 µg
« Vitamine B ₁₂ »	« Vit B ₁₂ »	2 µg	0,3 µg
« Biotine »		30 µg	8 µg
« Pantothénate »	« Acide pantothénique »	7 mg	2 mg
« Phosphore »		1100 mg	500 mg
« Iodure »	« Iode »	160 µg	55 µg
« Magnésium »		250 mg	55 mg
« Zinc »		9 mg	4 mg
« Sélénium »		50 µg	15 µg
« Cuivre »		2 mg	0,5 mg
« Manganèse »		2 mg	1,2 mg
« Chrome »		120 µg	12 µg
« Molybdène »		75 µg	15 µg
« Chlorure »		3400 mg	1000 mg

mg = milligramme; µg = microgramme; EN = équivalents niacine

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]

The following abbreviations for nutritional expressions **may** be used in the NFT:

- “% Daily Value” or “% DV” for the English expression “Percent Daily Value”;
- “% valeur quotidienne” or “% VQ” for the French expression “pourcentage de la valeur quotidienne”; *
- “Vit” for vitamin;
- “kJ” for kilojoules.

Note that when the abbreviations “% DV” or “%VQ” are used, an asterisks () must link the abbreviation to an explanation of its meaning, elsewhere on the table, e.g., *DV = daily value, *VQ = valeur quotidienne. See example below.

The following symbols for units of measure **must** be used within the NFT and are considered bilingual:

- grams g
- millilitres ml or mL
- milligrams mg

The common abbreviations for the household measures indicated below are also acceptable in the NFT. 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.

- teaspoon tsp (English only)
- tablespoon tbsp (English only)
- cuillère à thé c. à thé **or** cuil. à thé (French only)
- cuillère à soupe c. à soupe **or** cuil. à soupe (French only)

When the abbreviations %DV or %VQ are used, they must be linked to an explanation of their meaning elsewhere on the NFT.

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

5. Rounding Tables

Table C1: Mandatory Nutrient Information – Rounding

(Column 4 of the table to B.01.401)

Information	Quantity	Rounding Metric Unit	Rounding % DV
Serving Size	<10 g or ml	multiple of 0.1 g or ml	
	≥10 g or ml	multiple of 1 g or ml	
Energy	< 5 Calories, meets "Calorie-free"	0 Calories	
	< 5 Calories, all other cases	nearest 1 Calorie	
	≥ 5 to ≤ 50 Calories	nearest 5 Calories	
	> 50 Calories	nearest 10 Calories	
Fat (core list) Total Fat Saturated Fat Trans Fat Saturates + Trans (%DV only)	"Free" declarations: Fat free: <0.5 g and meets "free of fat" Saturated free: <0.5 g and meets "sat free" Trans free: <0.5 g and meets "trans free"	0 g	0 %
	< 0.5 g, all other cases	nearest 0.1 g	nearest 1 %
	≥ 0.5 g to ≤ 5 g	nearest 0.5 g	nearest 1 %
	> 5 g	nearest 1 g	nearest 1 %
Cholesterol (% DV optional info.)	< 2 mg, meets "free of cholesterol"	0 mg	0 %
	all other cases	nearest 5 mg	nearest 1 %
Sodium	< 5 mg, meets "free of sodium or salt"	0 mg	0 %
	< 5 mg, all other cases	nearest 1 mg	nearest 1 %
	≥ 5 mg to ≤ 140 mg	nearest 5 mg	nearest 1 %
	> 140 mg	nearest 10 mg	nearest 1 %
Carbohydrate Carbohydrate Fibre Sugars (no % DV declaration)	< 0.5 g	0 g	0%
	≥ 0.5 g	nearest 1 g	nearest 1% (no %DV for sugar)
Protein	< 0.5 g	nearest 0.1 g	
	≥ 0.5 g	nearest 1 g	
Amount Vitamins and Minerals Vitamin A Vitamin C Calcium Iron	< 1% DV per serving and reference amount		0 %
	≥ 1% to <2%		2 %
	≥ 2 % to ≤ 10 %		nearest 2 %
	> 10% to ≤ 50%		nearest 5 %
	> 50%		nearest 10 %