

GUIDE TO FOOD LABELLING AND ADVERTISING

SECTION V – NUTRITION LABELLING

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V – Nutrition Labelling

5.1 The "What", "Where" and "How" of Nutrition Labelling

5.1.1 What is Nutrition Labelling?

- It is a **standardized presentation** of the nutrient content of a food.
- It is designed to provide useful information that is **not misleading or deceptive**.
- It is **voluntary**, but if applied should comply with the *Guidelines on Nutrition Labelling** and with the *Food and Drug Regulations*, which regulate the format, nutrient content information, nomenclature, units of measurement, per-serving basis and declaration of serving size.
(**Guidelines on Nutrition Labelling*, Guideline No. 2, May 1996, Health Canada, Health Protection Branch, Ottawa.)
- It consists of the **heading**, a statement of the **serving size**, the "**core list**" (energy, protein, fat and carbohydrate) plus optional nutrient declarations given equal prominence, in a standardized order.

5.1.2 Where does Nutrition Information Go?

When a nutrition claim is made on a **food label**, the required nutrient content declaration must appear on the label. When a nutrition claim is made in an **advertisement**, the required nutrient declaration must be in the advertisement **OR** on the label (B.01.304 (b)(ii), *FDR*).

Mandatory nutrient content declarations that are triggered by a statement or claim are generally required to be grouped with the list of ingredients (B.01.008(1), *FDR*). However, they may be declared in the **nutrition labelling format**, which may appear on any part of the label, except the bottom of the container (B.01.310, *FDR*).

5.1.3 How is Nutrition Labelling Presented?

Language

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Nutrition labelling must be in both **English and French**, either language first.

Heading

The heading in English is "**Nutrition Information**", in French is "**Information Nutritionnelle**" and the bilingual heading is "**Nutrition Information Nutritionnelle**".

Serving Size

The **serving size declaration**, which must include the word "**servings**", follows the heading, and is declared in **grams or millilitres**, consistent with the units used in the net quantity (see **Serving Sizes**, Section 5.6.2). A common or **household measure** should also be given.

When a serving size has been chosen by a manufacturer, that size should be used on all label formats. However, in the case of a **single serving container**, the serving size must be equal to the net quantity as shown on the container (B.01.002A, *FDR*).

The "serving" of a **food which requires mixing before consumption** (e.g., beverage or cake mixes) would be the amount of the food, as sold, needed to prepare the serving as consumed.

Nutrient Declarations

The **accuracy of the nutrient declaration** is the responsibility of the manufacturer (see **Compliance for Nutrient Content Declarations and Claims**, Section 6.3).

The nutrient content declared must be based on the **serving size** of the edible portion of the food, **as sold**. For foods which must be mixed before use (e.g., beverage or cake mixes) information should be given both on the nutrient content of the food as sold, as well as prepared for use following the directions provided.

The nutrients must be listed in the **correct order**, using the **required nomenclature** and **units**, and given **equal prominence** (see **Summary of Nutrition Labelling**, Section 5.4).

The "**core list**", which consists of energy (in both Calories and kilojoules), protein, fat and carbohydrate (in grams), must always be included when the

nutrition labelling format is used. Other nutrients may be listed as desired, or as required if a nutrition claim is made.

Further detail on the declaration of specific nutrients is provided in Section VI.

5.2 Rounding of the Nutrient Declarations

For calculation of nutrients, see **Calculating the Nutrients**, Section 6.4.

The energy value is to be declared in both Calories (or Cal) and kilojoules (or kJ) and preceded by the word "energy" (B.01.301, *FDR*). Kilojoules should be rounded to the nearest 10 kJ.

The contents of protein, fat and carbohydrate are to be listed in grams (B.01.300, *FDR*), and rounded to the nearest tenth of a gram for quantities less than 10 g and to the nearest whole number for quantities of 10 g or more. For rounding of other nutrients, see the specific nutrient in Sections 6.2.2 to 6.2.6, inclusive.

If any of the macronutrients is not present in the food, its absence is to be indicated as zero.

5.3 The U.S. "Nutrition Facts" Information

The U.S. "Nutrition Facts" information is not permitted on the labels of foods sold in Canada.

Rationale: Subsection 5(2) of the *Food and Drugs Act* precludes labels that are contrary to the Regulations. Such labels are deemed to be misleading. Sections B.01.300 to B.01.303, B.01.306, D.01.004 and D.02.002 of the *Food and Drug Regulations* set out the manner in which the energy value and the nutrient content must be declared, if they are declared. Since the energy value and the nutrient content are calculated differently under the U.S. law governing the U.S. Nutrition Facts label, these labels are deemed contrary to the Regulations and hence misleading in Canada.

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5.4 Summary of Nutrition Labelling

Nomenclature, Order of Listing and Units:

1. Heading

2. Serving size: metric units as sold (household measure should be declared in brackets).

3. Energy (expressed in both Calories and kilojoules), **protein, fat and carbohydrate** constitute the "**core list**" and must be included when the nutrition labelling format is used. All must be expressed in grams.

4. If one of these fat components, excluding linoleic acid, is listed, all four (in addition to fat) must be listed. Linoleic acid may be listed provided the four fat components and fat are also listed.

5. Declaration of one carbohydrate component does not require the declaration of any others. All sugar alcohols must be declared by name when used.

1	<u>NUTRITION INFORMATION NUTRITIONNELLE</u>	
2	per x g or ml serving (x cups, items, etc.) par portion de x g ou ml (x tasses, unités, etc.)	
3	Energy/Énergie	x Cal x kJ
	Protein/Protéines	x g
4	Fat/Matières grasses	x g
	polyunsaturates/polyinsaturés	x g
	linoleic acid/acide linoléique	x g
	monounsaturates/monoinsaturés	x g
5	saturates/saturés	x g
	cholesterol/cholestérol	x mg
	Carbohydrate/Glucides	x g
	sugars/sucres	x g
	sugar alcohols (named)	x g
	polydextrose	x g
6	starch/amidon	x g
	dietary fibre/fibres alimentaires	x g
	Sucralose	x mg
	Aspartame	x mg
6	Acesulfame-potassium/acésulfame-potassium	x mg
	Sodium	x mg
6	Potassium	x mg
	<u>PERCENTAGE OF RECOMMENDED DAILY INTAKE</u> <u>POURCENTAGE DE L'APPORT QUOTIDIEN</u> <u>RECOMMANDE</u>	
7	Vitamin A/Vitamine A	x %
	Vitamin D/Vitamine D	x %
	Vitamin E/Vitamine E	x %
	Vitamin C/Vitamine C	x %
	Thiamine or/ou Vitamin B ₁ /Vitamine B ₁	x %
	Riboflavin/Riboflavine or/ou Vitamin B ₂ /Vitamine B ₂	x %
	Niacin/Niacine	x %
	Vitamin B ₆ /Vitamine B ₆	x %
	Folacin/Folacine	x %
	Vitamin B ₁₂ /Vitamine B ₁₂	x %
Pantothenic Acid or Pantothenate/Acide Pantothénique ou Pantothénate	x %	
Calcium	x %	
Phosphorus/Phosphore	x %	
Magnesium/Magnésium	x %	
Iron/Fer	x %	
Zinc	x %	

6. If either **sodium or potassium** is listed, both must be listed. Both must be expressed in milligrams.

7. **Vitamins and mineral nutrients** must be stated as % of Recommended Daily Intake. If less than 5% of Recommended Daily Intake, they may be listed provided no claims relate to them. Only the names shown may be used in nutrition labelling.

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5.5 Examples of Nutrition Labelling Format

Nutrition information must be bilingual, but may have English and French in separate panels, or together in one panel, as shown in the examples below.

5.5.1 With core list only

Orange Sherbet - Sorbet à l'orange

NUTRITION INFORMATION per 125 ml serving (1/2 cup)		INFORMATION NUTRITIONNELLE par portion de 125 ml (1/2 tasse)	
Energy	146 Cal 610 kJ	Énergie	146 Cal 610 kJ
Protein	1.1 g	Protéines	1.1 g
Fat	2.1 g	Matières grasses	2.1 g
Carbohydrate	31 g	Glucides	31 g

5.5.2 With core list, sodium and potassium, and some vitamins and mineral nutrients

Baked Beans With Tomato Sauce - Haricots secs avec sauce tomate

NUTRITION INFORMATION per 260 g serving (1 cup)		INFORMATION NUTRITIONNELLE par portion de 260 g (1 tasse)	
Energy	291 Cal 1220 kJ	Énergie	291 Cal 1220 kJ
Protein	14 g	Protéines	14 g
Fat	3.1 g	Matières grasses	3.1 g
Carbohydrate	52 g	Glucides	52 g
Sodium	1180 mg	Sodium	1180 mg
Potassium	802 mg	Potassium	802 mg
Percentage of Recommended Daily Intake		Pourcentage de l'apport quotidien recommandé	

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Thiamine	11 %	Thiamine	11 %
Riboflavin	8 %	Riboflavine	8 %
Folacin	27 %	Folacine	27 %
Calcium	13 %	Calcium	13 %
Iron	62 %	Fer	62 %

5.5.3 Bilingual core list, sodium and potassium, and some vitamins and mineral nutrients

Whole Wheat Roll - Petit pain de blé entier

NUTRITION INFORMATION	
NUTRITIONNELLE	
Per 35 g serving (1 roll)	
Par portion de 35 g (1 petit pain)	
Energy/Énergie	95 Cal 400 kJ
Protein/Protéines	3.5 g
Fat/Matières grasses	1.1 g
Carbohydrate/Glucides	18 g
Sodium	190 mg
Potassium	95 mg
Percentage of Recommended Daily Intake	
Pourcentage de l'apport quotidien recommandé	
Thiamine	9 %
Riboflavin/Riboflavine	3 %
Niacin/Niacine	8 %
Vitamin B ₆ /Vitamine B ₆	4 %
Folacin/Folacine	9 %
Calcium	3 %
Magnesium/Magnésium	12 %
Iron/Fer	6 %
Zinc	7 %

5.6 Reference Amounts and Serving Sizes

5.6.1 Reference Amounts ("Fat-Free" Claims)

A reference amount is an amount of a food item customarily consumed per eating occasion. At present, reference amounts apply only to the "fat-free" claim (see

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Section **6.2.3.3**). In the future, it is anticipated that reference amounts (in addition to serving sizes) would serve as the basis for all nutrient content claims.

Reference amounts, as set out in the table at **5.6.3**, have been determined using the following:

- U.S. "reference amounts customarily consumed" (**Code of Federal Regulations**, title 21, 101.12, U.S. Office of the Federal Register, National Archives and Records Administration, U.S. Government Printing Office, Washington, 1995);
- The amount of a food consumed at an eating occasion from provincial nutrition surveys;
- Suggested reference amounts provided by Canadian food industry sectors;
- Serving sizes used by manufacturers;
- Serving sizes suggested in *Canada's Food Guide to Healthy Eating* (Health Canada, 1992).

Reference amounts are only the edible portion of the food. Also, they are based on the major intended use of a food (e.g., milk as a beverage and not as an ingredient in recipes or when added to cereal). Generally, reference amounts are established for products in the prepared form. Where a product requires further preparation, such as addition of water or other ingredients or cooking, and a reference amount is not established for the unprepared form, the reference amount for the product will be that amount required to prepare the reference amount of the prepared product as indicated in the table at **5.6.3**. Where not indicated in this table, the reference amount for a substitute food should be the same as for the food which is being substituted.

Reference amounts for pre-packaged meals have not been established although the composition of these products is defined in section B.01.001 of the *Food and Drug Regulations* (see Section **7.15.11**). Since pre-packaged meals are defined as "a selection of foods for one individual", the reference amount (and serving size) is the entire package. In the case of main dish entrées, where a reference amount has not been established, the reference amount for the main dish entrée is the stated serving size.

5.6.2 Serving Sizes

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The serving sizes set out in the following table are for use in the declaration of nutrient content, including nutrition labelling, and also serve as the basis for nutrient content claims. They are derived from the reference amounts discussed in Section 5.6.1. Serving size ranges which encompass the reference amounts are provided for greater flexibility. These ranges are also intended to encompass typical household measures and common units which should be declared in addition to metric units in the nutrition labelling format.

The "serving sizes" are given in rounded metric units, either in grams, where the net quantity of the food is declared on the label by weight or, in millilitres, where the net quantity of the food is declared on the label by volume. Serving sizes are for the edible portion of the food as sold. Where a product requires further preparation, the serving size as prepared should also be given.

An exception to these serving sizes is made in the case of a food packaged in a container that could be reasonably construed as containing a single serving. In this situation, the net quantity of the package is to be used as the basis for nutrient declarations (B.01.002A, *FDR*).

Also, if a food is sold in multiple portions of a size fixed by the manufacturer (e.g., bread rolls) or in units of fixed size which are combined to form a portion (e.g., soda crackers), the total weight of an appropriate number of units should be used as a basis for declarations.

Industry and individual manufacturers have the flexibility to determine the serving size for a given product provided that it is reasonable and is used in a fair and consistent manner. A reasonable serving size is considered to be an amount of food which would reasonably be consumed at one sitting by an adult. Except where permitted by the Regulations, it is considered misleading and deceptive to use more than one serving size to declare the nutrient content of a given product.

5.6.3 Reference Amounts for "Fat-Free" Claims and Serving Sizes for Foods for Nutrient Content Claims and Nutrition Labelling (Health Canada - 1997)

PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
<i>Bakery Products:</i>		
Breads (excluding sweet quick type rolls)	50 g	25-70 g (1-2 slices)

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
Bagels, tea biscuits, scones, rolls, buns, croissants, tortillas, soft bread sticks, soft pretzels, corn bread	55 g	25-100 g
Brownies	40 g	30-100 g
Cake, heavy weight (cheese cake, pineapple upside-down, cake \geq 35% of finished weight as fruit, nut, or vegetables or any of these combined) ³	125 g	80-150 g
Cake, medium weight (with or without icing or filling except those classified as light weight; cake with \leq 35% of the finished weight as fruit, nut or vegetables or any of these combined; light weight cake with icing; Boston cream pie, cupcake, éclair, cream puff) ⁴	80 g	50-125 g
Cake, light weight (angel food, chiffon, sponge without icing or filling) ⁵	55 g	40-80 g
Coffee cakes, doughnuts, danish, sweet rolls, sweet quick type breads, muffins ¹ , crumbcakes	55 g	50-100 g
Cookies, with or without coating or filling; graham wafers	30 g	30-40 g
Crackers, hard bread sticks, melba toast, soda crackers	20 g	15-30 g
Dry breads, crisp breads, matzo, rusks	30 g	15-35 g
Flaky type pastries, with or without filling or icing	55 g	50-90 g
Toaster pastries	55 g	50-80 g
Ice cream cones	5 g	3-25 g
Croutons	7 g	7-20 g
French toast, pancakes, variety mixes	40 g dry, 75 g prepared	60-110 g prepared (2-4 pancakes)
Waffles	75 g	55-90 g (1-2 waffles)

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
Grain-based bars with or without filling or coating, breakfast bars, granola bars	30 g	20-50 g
Rice bars, rice cakes	15 g	10-25 g
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)
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
Pizza crust	55 g	30-110 g
Taco shell, hard	30 g	20-40 g
<i>Beverages:</i>		
Carbonated and non-carbonated beverages, wine cooler, water	250 mL	240-280 mL
Sports drinks	500 mL	400-600 mL
Coffee: ● regular and instant ● speciality, includes espresso, café au lait, flavored and sweetened	amount to make 175 mL prepared	● amount to make 175-250 mL prepared ● amount to make 75-250 mL prepared
Tea: ● unsweetened (hot) ● sweetened and flavored (iced)	● amount to make 175 mL prepared ● amount to make 250 mL prepared	amount to make 175-250 mL prepared

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
<i>Cereals and Other Grain Products:</i>		
Breakfast cereals (hot), e.g., oatmeal, Red River, cream of wheat, plain or flavored and/or sweetened	40 g dry, 250 mL prepared	30-40 g dry, 175-335 mL prepared
Breakfast cereals, puffed/uncoated, highly puffed/plain (less than 20 g/250 mL)	15 g	10-20 g
Breakfast cereals, ready-to-eat; puffed/coated, flaked, extruded, cereals without fruit/nut blend (20 g or more but less than 43 g per 250 mL), high fibre cereals containing 28 g or more fibre per 100 g	30 g	20-45 g
Breakfast cereals, ready-to-eat: fruit and nut type cereals, granola cereals (weighing 43 g or more per 250 mL), biscuit type cereals	55 g	45-80 g (1-2 biscuits)
Bran or wheat germ	15 g	10-20 g
Flours or cornmeal	30 g	30-60 g
Grains, e.g., rice, barley	45 g dry 140 g cooked	30-45 g dry 90-140 g cooked
Pastas, without sauce	85 g dry 215 g cooked	45-100 g dry 140-250 g cooked
Pastas, dry, ready-to-eat, e.g., fried canned chow mein noodles	25 g	20-25 g
Starch, e.g., cornstarch, potato starch, tapioca, etc.	10 g	5-15 g
Stuffing	100 g	75-100 g
<i>Dairy Products and Substitutes:</i>		
Cheese, cottage	125 g	60-250 g
Cheese used primarily as ingredients, e.g., dry cottage cheese, ricotta cheese	55 g	25-100 g
Cheese, grated hard, e.g., Parmesan, Romano	15 g	8-30 g

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
Cheese, all others except those listed as separate categories, e.g., cream cheese and cheese spread	30 g	15-60 g
Quark, fresh cheeses, fresh dairy desserts	100 g	50-200 g
Cream or cream substitute	15 mL	10-30 mL
Cream or cream substitute, powder	2 g	2-4 g
Cream or cream substitute, aerosol whipped	60 mL	30-90 mL
Eggnog	125 mL	60-250 mL
Evaporated or condensed milk, undiluted	15 mL	10-30 mL
Milk ¹ , buttermilk, and milk-based drinks, e.g., chocolate milk	250 mL	125-250 mL
Shakes or shake substitutes, e.g., dairy shake mix, fruit frost mix ¹	250 mL	125-250 mL
Sour cream	30 mL	15-60 mL
Yogurt	175 g	125-225 g
<i>Desserts:</i>		
Ice cream, ice milk, frozen yogurt, sherbet	125 mL	60-250 mL
Dairy frozen desserts, novelties: e.g., bars, sandwiches, cones	85 g	40-170 g
Non-dairy frozen desserts: e.g., flavored and sweetened ice and pops, frozen fruit juices: (bars, cups)	85 g	40-170 g
Sundae	250 mL	125-250 mL

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
Custard, gelatin, pudding ¹	amount to make 125 mL prepared	85-140 g pudding, 15 g gelatin dessert (dry), 65-250 mL gelatin dessert prepared
<i>Dessert Toppings and Fillings:</i>		
Cake frosting or icing	35 g	25-45 g
Other dessert toppings, e.g., fruits, syrups, spreads, marshmallow cream, nuts, non-dairy whipped toppings	30 mL	15-30 mL
Pie fillings	85 g	85-140 g
<i>Egg and Egg Substitutes:</i>		
Egg mixture, e.g., egg foo young, scrambled eggs, omelets	110 g	50-110 g
Eggs (all sizes)	50 g	50-100 g (1-2 eggs)
Egg substitutes	amount to make 50 g of egg	50-100 g
<i>Fats and Oils:</i>		
Butter, margarine, shortening, lard	10 g	5-20 g
Vegetable oil	10 mL	5-20 mL
Butter replacement, powder	2 g	1-3 g
Dressings for salad	30 mL	15-30 mL
Mayonnaise, sandwich spread, mayonnaise-type dressing	15 mL	8-30 mL
Oil, spray type	0.5 g	0.5 g
<i>Fish and Shellfish:</i>		

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
Canned anchovy, anchovy paste, caviar ⁶	15 g	15-60 g
Entrées with sauce, e.g., fish with cream sauce, shrimp with lobster sauce (cooked)	140 g	90-140 g
Entrées (without sauce), e.g., plain or fried fish or shellfish (battered, coated), fish and shellfish cakes	125 g raw 100 g cooked	85-130 g raw, fresh, frozen 60-100 g cooked
Fish and shellfish, canned ⁶	55 g	50-100 g
Smoked or pickled fish or shellfish ⁶ , fish or shellfish spread	55 g	50-55 g
<i>Fruits and Fruit Juice:</i>		
Candied or pickled fruit ⁶	30 g	30-40 g
Dried fruit, e.g., raisins, dates, figs, etc.	40 g	30-40 g
Fruit for garnish or flavor, e.g., maraschino cherries ⁶	4 g	1-3 cherries
Fruit relishes, e.g., cranberry sauce, cranberry relish	70 g	50-100 mL
Fruits used primarily as ingredients e.g., avocado	30 g	20-40 g
Fruits used primarily as ingredients, others (cranberries, lemon, lime)	55 g	50-100 g
Watermelon, cantaloup, honeydew and other melons	150 g	75-300 g
All other fruits (except those listed as separate categories), fresh, canned or frozen	140 g	110-160 g fresh or frozen, 120-150 mL canned
Juice, nectar, fruit drinks	250 mL	175-250 mL
Juice used as ingredients, e.g., lemon juice, lime juice	5 mL	5-10 mL

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
<i>Legumes:</i>		
Bean cake (tofu ⁶), tempeh	85 g	85-100 g
Beans, plain (beans in sauce: see mixed dishes measurable with a cup) ⁶	100 g dry, 200 g cooked or canned	35-100 g dry, 100-250 mL cooked or canned
<i>Meat, Poultry and Game:</i>		
Bacon (bacon, beef breakfast strips, pork breakfast strips, pork rinds, poultry breakfast strips)	30 g breakfast strips uncooked, 54 g bacon uncooked, 15 g cooked	15-80 g uncooked, 10-30 g cooked
Dried, e.g., jerky, dried beef, Parma ham, sausage products with a water activity of 0.90 or less, e.g., salami, dried thuringer and cervelat	30 g	15-60 g
Luncheon meat: bologna, blood pudding, minced luncheon roll, liver sausage, mortadella, ham and cheese loaf, headcheese, pâté, devilled ham, sandwich spread, potted meat food product, taco fillings, meat pie fillings, cretons	75 g uncooked, 55 g cooked	35-100 g uncooked, 25-75 g cooked
Linked sausage products, Vienna sausage, weiners and breakfast sausage links, frankfurters, pork sausage, imitation frankfurters, bratwurst, kielbasa, Polish sausage, summer sausage, smoked sausage, smoked country sausage, pepperoni, knatwurst, thuringer and cervelat	75 g uncooked, 55 g cooked	75-165 g uncooked, 25-115 g cooked
Cuts of meat, poultry or game (without sauce), ready-to-cook cuts including marinated, tenderized, injected cuts	125 g raw, 100 g cooked	80-130 g raw ⁷ , 50-100 g cooked ⁷
Patties, burgers, cutlettes, chopettes, steakettes, meatballs, sausage toppings	100 g raw, 55 g cooked	80-130 g raw, 50-100 g cooked

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
Cured meat products: e.g., cured ham, dry cured ham, back bacon and cured pork back, dry cured cappiccolo, corned beef, pastrami, country ham, cured pork shoulder picnic, cured poultry ham products, smoked meat and sweet pickled meat	85 g raw, 55 g cooked	50-110 g raw ⁷ , 30-100 g cooked ⁷
Canned meats, beef, pork, canned poultry	55 g	50-100 g
Entrées, cooked (with sauce), e.g., barbecued meats in sauce, turkey and gravy (excluding mixed dishes/casseroles)	140 g	90-150 g
<i>Miscellaneous category:</i>		
Baking powder, baking soda, pectin	1 g	0.5-2 g
Baking decorations, e.g., colored sugars and sprinkles for cookies, cake decorations	4 g	3-5 g
Bread crumbs, batter mixes	30 g	15-60 g
Cooking wine	30 mL	15-60 mL
Cocoa, hot chocolate mixes	15 g dry or amount to make 175 mL prepared	5-15 g dry or amount to make 175-250 mL prepared
Drink mixers (without alcohol)	amount to make 250 mL prepared	amount to make 175-280 mL prepared (without ice)
Chewing gum	3 g	3-5 g
Salad and potato toppers, e.g., salad crunchies, salad crispins, substitutes for bacon bits	7 g	5-15 g
Salt, salt substitute, seasoning salt (e.g., garlic salt)	1 g	0.5-1.5 g
Spices, herbs	0.5 g	0.5-1.0 g

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
<i>Mixed Dishes:</i>		
Measurable with cup, e.g., casserole, hash, macaroni and cheese, pot pie, spaghetti with sauce, stir fry, meat or poultry casserole, macaroni and cheese with meat, baked or refried beans, beans and weiners, 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, meatballs and gravy poutine	250 g	200-375 g
Not measurable with cup ⁶ , e.g., burrito, egg roll, enchilada, pizza, pizza roll, sausage rolls, pastry rolls, cabbage rolls, quiche, all types of sandwiches, cracker and meat or poultry lunch-type packages, gyro, burgers on a bun, frank on a bun, calzone, taco, pockets stuffed with meat, lasagna, chicken cordon bleu, stuffed vegetables with meat or poultry, shish kabobs, empanada, fajitas, souvlaki, meat pie, tourtière	140 g add 55 g for gravy or sauce	90-300 g including gravy or sauce
Side dishes: beans, pasta, rice, potatoes and sauce	125 g	100-200 g
<i>Nuts and Seeds:</i>		
Nuts, seeds and mixtures, all types: sliced, chopped, slivered, and whole	30 g	30-75 g
Nut and seed butter, pastes, or creams (other than peanut butter)	30 mL	20-40 mL
Peanut butter	15 g	15-30 g
Coconut, nut and seed flours	15 g	10-20 g
<i>Potatoes, Sweet Potatoes, Yams:</i>		
French fries, hash browns, skins, or pancake	85 g frozen French fries 70 g prepared	70-110 g
Mashed, candied, stuffed, or with sauce	140 g	100-200 g

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
Plain, fresh, canned ⁶ or frozen	110 g fresh or frozen 125 g vacuum packed 160 g canned	110-150 g
<i>Salads:</i>		
Gelatin salad	120 g	100-175 g
Pasta or potato salad	140 g	100-200 g
All other salad, e.g., egg, fish, shellfish, bean, fruit, or vegetable salad, with meat or ham salad, poultry salads, chicken salad, turkey salad	100 g	75-150 g
<i>Sauces, Dips, Gravies and Condiments:</i>		
Barbecue sauce, hollandaise sauce, tartar sauce, other sauces for dipping (e.g., mustard sauce, sweet and sour sauce), all dips (e.g., bean dips, dairy-based dips, salsa)	30 mL	15-45 mL
Major main entrée sauce, e.g., spaghetti sauce	125 mL	100-200 mL
Minor main entrée sauce (e.g., pizza sauce, pesto sauce), other sauces used as toppings (e.g., gravy, white sauce, cheese sauce), cocktail sauce	60 mL	50-100 mL
Major condiments, e.g., catsup, steak sauce, soy sauce, vinegar, teriyaki sauce, marinades	15 mL	10-20 mL
Minor condiments, e.g., horseradish, hot sauce, mustard, worcestershire sauce, etc.	5 mL	5-10 g
<i>Snacks:</i>		
All varieties, chips, pretzels, popcorns, extruded snacks, fruit-based snacks (e.g., fruit chips), grain-based snack mixes	30 g	28-40 g
Meat snack food sticks, poultry snack food sticks	20 g	15-25 g

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
<i>Soups:</i>		
All varieties	250 mL prepared or amount to make 250 mL prepared	175-250 mL prepared, 85-125 mL condensed, 15 g dehydrated or dry
<i>Sugars and Sweets:</i>		
Baking candies (e.g., chocolate chips)	15 g	10-20 g
Hard candies, breath mints	2 g	1-3 g
Hard candies, roll-types, mini size in dispenser package	5 g	5-10 g
Hard candies, others	15 g	15-30 g
All other candies, (including chocolate bars and other chocolate products)	40 g	30-70 g
Confectioner's sugar	30 g	15-60 g
Honey, molasses	20 g	15-25 g
Jams, jellies, fruit butter	15 g	10-20 mL
Marshmallows	30 g	25-50 g
Sugar (granulated)	4 g	4-5 g
Sugar substitute	amount equivalent in sweetness to 4 g sugar	amount equivalent in sweetness to 4-5 g sugar
Syrups	30 mL as ingredient 60 mL other uses	30-60 mL
<i>Vegetables:</i>		

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PRODUCT CATEGORY	REFERENCE AMOUNT¹	SERVING SIZE²
Vegetables primarily used for garnish or flavor, e.g., parsley, garlic	4 g	4-5 g
Chili pepper, green onion	30 g	25-45 g
All other vegetables without sauce: fresh, canned ⁶ or frozen	85 g fresh or frozen 95 g vacuum canned 130 g canned in liquid	70-100 g fresh, frozen, cooked, 80-110 mL canned, 100-130 mL canned in liquid
All other vegetables with sauce: fresh, canned, or frozen	110 g	95-125 g
Seaweed	15 g	10-20 g
Lettuce, sprouts	65 g	50-75 g
Vegetable juice or vegetable drink	250 mL	125-250 mL
Olives ⁶	15 g	3 to 5 olives, 15-20 mL sliced
Pickles, all types ⁶	30 g	1 dill pickle, 2 mini-dills or gherkins, 20-30 mL sliced
Relish, all types	15 g	10-20 mL
Vegetable pastes, e.g., tomato paste	30 g	25-45 mL
Vegetable sauce or purée, e.g, tomato sauce, tomato purée	60 g	50-75 g

¹ Unless otherwise noted in the Reference Amount column, the reference amounts are for the ready-to-serve or almost ready-to-serve form of the product (i.e., heat and serve, brown and serve). If not listed separately, the reference amount for the unprepared form (e.g., dry mixes, concentrates, dough, batter, fresh and frozen or fresh pasta) is the amount required to make one reference amount of the prepared form.

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² Unless otherwise noted in the Serving Size column, the serving size is for the food-as-sold.

³ Includes cakes that weigh 10 g or more per 2.5 cm cube.

⁴ Includes cakes that weigh 4 g or more per cubic inch but less than 10 g per 2.5 cm cube.

⁵ Includes cakes that weigh less than 4 g per 2.5 cm cube.

⁶ If packed or canned in liquid, the reference amount and serving size are for the drained solids except for products in which both the solids and liquids are customarily consumed.

⁷ For pre-packaged meat and poultry cuts which contain added water and/or phosphate, the mandatory serving size is 100 g (B.01.091) (see Section 8.10.3.3).