

Section G

Nutrition Facts Tables for Children Under Two Years of Age

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Section G

Nutrition Facts Tables for Children Under Two Years of Age

1. Presentation of Core and Additional Information

Basic Core Information

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

Figure 20

- Nutrients in the top part of the NFT, from Calories to protein, are declared in absolute values only (Calories, g, mg).
- Nutrients in the bottom part of the NFT (vitamins & minerals) are declared in % DV only.
- Nutrient values are “right justified” (i.e., line up against the right side of the box).

Additional Information

Nutrition Facts		
Serving Size 125 mL (26 g)		
Servings Per Container 8		
	Amount Per Serving	
Calories	100 (400 kJ)	
Total Fat	1 g	
Saturated	0 g	
Trans	0 g	
Omega-6 Polyunsaturated	0.5 g	
Omega-3 Polyunsaturated	0 g	
Monounsaturated	0.2 g	
Cholesterol	0 mg	
Sodium	5 mg	
Potassium	80 mg	
Total Carbohydrate	20 g	
Dietary Fibre	2 g	
Soluble Fibre	1 g	
Insoluble Fibre	1 g	
Sugars	3 g	
Sugar Alcohols	0 g	
Starch	16 g	
Protein	3 g	
% Daily Value		
Vitamin A	0 %	Vitamin C 0 %
Calcium	60 %	Iron 120 %
Vitamin D	0 %	Vitamin E 0 %
Vitamin K	0 %	Thiamine 100 %
Riboflavin	100 %	Niacin 100 %
Vitamin B ₆	4 %	Folate 4 %
Vitamin B ₁₂	0 %	Biotin 0 %
Pantothenate	0 %	Phosphorus 60 %
Iodide	0 %	Magnesium 10 %
Zinc	4 %	Selenium 20 %
Copper	4 %	Manganese 10 %
Chromium	0 %	Molybdenum 0 %
Chloride	0 %	

Figure 33

2. When May These Formats Be Used?

All formats for children under two years of age may be used **only** on foods that are promoted and sold **solely** for children under two years of age. Products that are promoted for both young children and adults are not subject to the special provisions in the regulations that apply to food for children under two years of age, e.g., some brands of arrowroot cookies.

Prohibitions against the use of the nutrition facts table

The following foods are specifically prohibited from declaring a Nutrition Facts table:

- infant formula; and
- foods containing infant formula.

3. Major Labelling Differences

There are several major differences between nutrition information requirements for prepackaged food for consumers and prepackaged foods for children under two years of age [B.01.403].

- Nutrient declarations for nutrients listed in the top part of the Nutrition Facts table (from Calories to protein) are declared in absolute units only (Calories, g, mg). Percent Daily Values (% DV) **are not declared** for these nutrients.
- Certain nutrient declarations **are not permitted**: Calories from fat, Calories from saturates and trans fatty acids.
- Certain core nutrients **may be omitted**: saturated fatty acids, *trans* fatty acids and cholesterol.
- However, if cholesterol is declared then saturated and trans fatty acids must also be declared.
- Any footnotes linking the nutrient values to a 2,000 Calorie diet (see Schedule L, figure 18) **are not permitted**.
- The Nutrition Facts formats are modified to reflect these differences. For example, there are no Dual Formats for foods for children under 2 years of age.

Serving size

Although there is considerable variation in the manner of declaration of the serving size among the different Nutrition Facts table formats, there is always a requirement for the serving size to be declared for the product as sold. This serving is to be the amount of food that one person would reasonably eat at one eating occasion.

While the *2003 Guide to Food Labelling and Advertising* provides a list of reasonable serving sizes for many foods, there are no recommended serving sizes or reference amounts for children under two years of age.

Permitted nutrient content claims for foods for children under two

The only nutrient content claims permitted on food solely for children under two years of age are those listed in column 4 to the table following Section B.01.513 for the following items [B.01.503] and claims for vitamins and minerals:

- “source of protein” (item 8 to the table following B.01.513);
- “excellent source of protein” (item 9 to the table following B.01.513);
- “more protein” (item 10 to the table following B.01.513);
- “no added sodium” (item 35 to the table following B.01.513);
- “no added sugars” (item 40 to the table following B.01.513);
- a representation of the amount of starch in a food [B.01.503(2)(g)]; and
- claims for vitamins and minerals (D.01.004, D.02.002)

No other nutrient content claims are permitted **except** declarations of amounts of other nutrients not listed in B.01.401 or B.01.402 (e.g., amino acids).

4. Different NFT Formats for Foods for Children Under Two

Standard, Bilingual Horizontal, Linear Formats – Children Under Two

Presenting nutrition information on the basis of the food as sold (Standard, Horizontal or Linear formats) is appropriate for most foods.

However, these formats **may not** be used on an assortment of foods of the same type when:

- a serving consists of only one of the foods, and
- the information for the serving size, energy or core nutrients **is different** for the individual foods. (Note that an amendment of the Regulations is proposed. See below.)*

Simplified Formats – Children Under Two

The simplified formats **may** be used on foods whose nutrient value is “0”, as reported in the NFT, for six or more of: Calories, fat, sodium, carbohydrates, fibre, sugars, protein, vitamin A, vitamin C, calcium and iron.

Use of these formats is always optional.

Aggregate Format – Different Kinds of Foods – Children Under Two

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

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

In these cases (e.g., a variety pack of baby food), use of the Aggregate Format – Different Kinds of Foods is **mandatory** [B.01.406(3)(a), B.01.463].*

- * Health Canada is proposing to amend the Regulations. While this format is currently mandatory for assortments of similar foods that have different nutrient compositions (e.g., multi-packs), the proposed amendment would also allow manufacturers to use individual Standard Formats to present the nutrition information for each food within the assortment.

Aggregate Format – Different Amounts of Food – Children Under Two

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

The use of these formats is always optional.

Hierarchy of formats

Once a basic format type is chosen (Standard/Horizontal/ Linear, Simplified, Aggregate – Different Kinds of Foods, Aggregate – Different Amounts of Food), a step-by-step approach is taken to choosing an appropriate Nutrition Facts table.

The approach is exactly like that outlined in Section D of this Toolkit, “Has the Correct Format Been Used?” A decision tree is provided for each format family.

The manufacturer must first review all of the options within the 1st (preferred) level. All of those options must be exhausted before the manufacturer may move to the 2nd level ... and so on. (See schematics).

Within the 1st level, the manufacturer may choose from among two options: the basic format and the bilingual format. In the case of the Standard/Horizontal/Linear family, a narrow standard option is also provided. Once an option is chosen, the manufacturer **must** select the largest version (size) of the format that will fit:

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

Larger versions of a format may always be used.

If no suitable fit is found in the 1st level, the manufacturer proceeds to the next level of options. In the case of the Standard/Horizontal/Linear family and the Simplified families, a middle level exists that provides Bilingual Horizontal formats. The same rules apply to choosing the appropriate size of NFT at this level.

However, in the lowest level options (the 2nd level for the Aggregate families and the 3rd level for the Standard/Horizontal/Linear and Simplified families), it is no longer mandatory to use the largest option. Any format or any version of a format may be chosen.

Check Section K-1 –Templates!

The size of each version of the NFT is indicated on the templates. However, if additional information is included in the NFT or if a different font is used, then the dimensions no longer apply.

Hierarchy of Formats

Standard, Horizontal, Linear Formats – Children Under Two (B.01.461)

1st Level Options

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

Standard –
Children Under Two
figures 20.1 – 20.6

or

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

Narrow Standard –
Children Under Two
figures 21.1– 21.4

or

Nutrition Facts	
Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
	Amount / Teneur
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

Bilingual Standard –
Children Under Two
figures 22.1 – 22.4

Steps:

1. Manufacturers may choose Format 20, 21 or 22.
2. Within the desired format, choose the largest version of the format that will fit on 15% ADS and one continuous surface of the package.
3. All 1st level options must be exhausted before proceeding to the next level.

2nd Level Options

Nutrition Facts		Valeur nutritive	
	Amount / Teneur		Amount / Teneur
Calories / Calories	110	Carbohydrate / Glucides	27 g
Fat / Lipides	0 g	Fibre / Fibres	4 g
Sodium / Sodium	10 mg	Sugars / Sucres	18 g
% Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %		Protein / Protéines	0 g

Bilingual Horizontal – Children Under Two
figures 23.1 – 23.2

Steps:

1. Choose the largest version of the format that will fit on 15 % ADS and one continuous surface of the package.
2. All 2nd level options must be exhausted before proceeding to next level.

3rd Level Options

Nutrition Facts	
Valeur nutritive	
Per 1 jar (128 mL) / pour 1 pot (128 mL)	
	Amount / Teneur
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

Bilingual Standard –
Children Under Two
figures 22.5 – 22.7

or

Nutrition Facts		Valeur nutritive	
	Amount / Teneur		Amount / Teneur
Calories / Calories	110	Carbohydrate / Glucides	27 g
Fat / Lipides	0 g	Fibre / Fibres	4 g
Sodium / Sodium	10 mg	Sugars / Sucres	18 g
% Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %		Protein / Protéines	0 g

Bilingual Horizontal – Children Under Two
figures 23.3 – 23.5

Nutrition Facts	
per 1 jar (128 mL):	
Calories	110
Fat	0 g,
Sodium	10 mg,
Carbohydrate	27 g,
Fibre	4 g,
Sugars	18 g,
Protein	0 g,
Vit A	(6 %),
Vit C	(45 %),
Calcium	(2 %),
Iron	(2 %).
% = % Daily Value	

or Linear – Children Under Two
figures 31.1 – 31.2

or Alternate Methods of Presentation

Tags, package inserts*, inner labels*, fold-out labels, overwraps or collars

*For package inserts and inner labels, the outer label must indicate where to find the NFT.

Hierarchy of Formats

Simplified Formats – Children Under Two (B.01.462)

1st Level Options

Nutrition Facts	
Per 1 jar (128 mL)	
Amount	
Calories	60
Fat	0 g
Carbohydrate	16 g
Protein	0 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

Simplified Standard –
Children Under Two
figures 24.1 – 24.6

or

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	60
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

Bilingual Simplified Standard –
Children Under Two
figures 25.1 – 25.4

Steps:

1. Manufacturers may choose Format 24 or 25.
2. Within the desired format, choose the largest version of the format that will fit on 15% ADS and one continuous surface of the package.
3. All 1st level options must be exhausted before proceeding to next level.

2nd Level Options

Nutrition Facts Valeur nutritive		Amount / Teneur	
Per 1 jar (128 mL) pour 1 pot (128 mL)			
Calories 60		Fat / Lipides	0 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.		Carbohydrate / Glucides	16 g
		Protein / Protéines	0 g
		Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

Bilingual Simplified Horizontal – Children Under Two
figures 26.1 – 26.2

Steps:

1. Choose the largest version of the format that will fit on 15% ADS and one continuous surface of the package.
2. All 2nd level options must be exhausted before proceeding to next level.

3rd Level Options

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	60
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g
Not a significant source of other nutrients.	
Source négligeable d'autres éléments nutritifs.	

Bilingual Simplified Standard –
Children Under Two
figures 25.5 – 25.6)

or

Nutrition Facts Valeur nutritive		Amount / Teneur	
Per 1 jar (128 mL) pour 1 pot (128 mL)			
Calories 60		Fat / Lipides	0 g
Not a significant source of other nutrients.		Carbohydrate / Glucides	16 g
		Protein / Protéines	0 g
		Source négligeable d'autres éléments nutritifs.	

Bilingual Simplified Horizontal –
Children Under Two
figures 26.3 – 26.4)

Nutrition Facts per 1 jar (128 mL): Calories 60, Fat 0 g, Carbohydrate 16 g, Protein 0 g. Not a significant source of sodium, fibre, sugars, vit A, vit C, calcium or iron.
--

or Simplified Linear – Children Under Two
figures 32.1 – 32.2)

Steps:

1. Any format or any version may be chosen.

or Alternative Methods of Presentation

Tags, package inserts*, inner labels*, fold-out labels, overwraps or collars

*For package inserts and inner labels, the outer label must indicate where to find the NFT.

Hierarchy of Formats

Aggregate Format – Different Kinds of Foods – Children Under Two (B.01.463)

1st Level Options

Nutrition Facts	Barley	Mixed	Mixed with fruits
	Per 10 tablespoons (28 g)	Per 10 tablespoons (28 g)	Per 10 tablespoons (28 g)
	Amount	Amount	Amount
Calories	100	100	100
Fat	1 g	1 g	1 g
Sodium	5 mg	15 mg	10 mg
Carbohydrate	21 g	20 g	20 g
Fibre	0 g	1 g	1 g
Sugars	3 g	4 g	7 g
Protein	3 g	4 g	3 g
	% DV*	% DV*	% DV*
Vitamin A	0 %	0 %	0 %
Vitamin C	0 %	0 %	0 %
Calcium	60 %	60 %	60 %
Iron	120 %	120 %	120 %

* DV = Daily Value

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

or

Nutrition Facts / Valeur nutritive	Barley	Mixed	Mixed with fruits
	Per 10 tablespoons pour 10 cuil. à soupe Orge (28 g)	Per 10 tablespoons pour 10 cuil. à soupe Mélanges (28 g)	Per 10 tablespoons pour 10 cuil. à soupe Mélanges avec fruits (28 g)
	Amount / Teneur	Amount / Teneur	Amount / Teneur
Calories / Calories	100	100	100
Fat / Lipides	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Carbohydrate / Glucides	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
Protein / Protéines	3 g	4 g	3 g
	% DV / % VD*	% DV / % VD*	% DV / % VD*
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Iron / Fer	120 %	120 %	120 %

* DV = Daily Value / VD = valeur quotidienne

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

Steps:

1. Manufacturers may choose Format 27 or 28.
2. Within the desired format, choose the largest version of the format that will fit on 15% ADS and one continuous surface of the package.
3. All 1st level options must be exhausted before proceeding to next level.

2nd Level Options

Nutrition Facts / Valeur nutritive	Barley	Mixed	Mixed with fruits
	Per 10 tablespoons pour 10 cuil. à soupe Orge (28 g)	Per 10 tablespoons pour 10 cuil. à soupe Mélanges (28 g)	Per 10 tablespoons pour 10 cuil. à soupe Mélanges avec fruits (28 g)
	Amount / Teneur	Amount / Teneur	Amount / Teneur
Calories / Calories	100	100	100
Fat / Lipides	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Carbohydrate / Glucides	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
Protein / Protéines	3 g	4 g	3 g
	% DV / % VD*	% DV / % VD*	% DV / % VD*
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Iron / Fer	120 %	120 %	120 %

* DV = Daily Value / VD = valeur quotidienne

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

or Alternative Methods of Presentation

Tags, package inserts, inner labels, fold-out labels, overwraps or collars

For package inserts and inner labels, the outer label must indicate where to find the NFT.

Steps:

1. Any format or any version may be chosen.

* Alternative Methods of Presentation may be used **only** for prepackaged products containing an assortment of foods of the same type, when:

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

Hierarchy of Formats

Aggregate Format – Different Amounts of Food – Children Under Two (B.01.464)

1st Level Options

Nutrition Facts	2 cookies (10 g)	1 cookie (5 g)
	Amount	Amount
Calories	40	20
Fat	1 g	0 g
Sodium	60 mg	30 mg
Carbohydrate	8 g	4 g
Fibre	0 g	0 g
Sugars	2 g	1 g
Protein	1 g	0 g
	% DV*	% DV*
Vitamin A	0 %	0 %
Vitamin C	0 %	0 %
Calcium	2 %	0 %
Iron	0 %	0 %

* DV = Daily Value

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

or

Nutrition Facts Valeur nutritive	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ*	% DV / % VQ*
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %

* DV = Daily Value / VQ = valeur quotidienne

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

Steps:

1. Manufacturers may choose Format 29 or 30.
2. Within the desired format, choose the largest version of the format that will fit on 15% ADS and one continuous surface of the package.
3. All 1st level options must be exhausted before proceeding to next level.



2nd Level Options

Nutrition Facts Valeur nutritive	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ*	% DV / % VQ*
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %

* DV = Daily Value / VQ = valeur quotidienne

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

Steps:

1. Any format or any version may be chosen.