

Part D

VITAMINS, MINERALS AND AMINO ACIDS

DIVISION 1

- D.01.001.** (1) In this Part,
- "**advertise**" means to advertise to the general public;
- "**brand name**" means, with reference to a drug, the name, whether or not including the name of any manufacturer, corporation, partnership or individual, in English or French,
- (a) that is assigned to the drug by its manufacturer,
- (b) under which the drug is sold or advertised, and
- 20-4-93 (c) that is used to distinguish the drug; (*marque nominative*)
- "**common name**" means, with reference to a salt or derivative of a vitamin, the name in English or French by which the salt or derivative is
- (a) commonly known, and
- (b) designated in scientific or technical journals; (*nom usuel*)
- 31-10-88 "**prepackaged product**" means any food that is contained in a package in the manner in which it is ordinarily sold to, or used or purchased by, a person; (*produit préemballé*)
- "**reasonable daily intake**" in respect of a food named in an item in Column I of Schedule K1 means the amount of that food set out in Column II of that item;
- "**recommended daily intake**" means, in respect of a vitamin or mineral nutrient, the amount of the vitamin or mineral nutrient set out in
- 14-5-96 (a) column II of Table I to Division 1 and column II of Table I to Division 2, for foods intended for persons 2 years of age or older, and
- (b) column III of Table I to Division 1 and column III of Table I to Division 2, for foods intended for infants and children less than 2 years of age; (*apport quotidien recommandé*)
- 31-10-88 "**testimonial**" with respect to a food or drug that is represented as containing a vitamin, mineral nutrient or mineral means any dramatized or undramatized pictorial, written or oral representation as to the result that is, has been or may be produced by the addition to a person's diet of that vitamin, mineral nutrient or mineral, as the case may be.
- 14-5-96 "**weighted recommended nutrient intake**" means, in respect of a vitamin or mineral nutrient, the amount of the vitamin or mineral nutrient set out in Table II to Division 1 and Table II to Division 2. (*apport nutritionnel recommandé pondéré*)
- (2) For the purposes of this Part, a serving of stated size of a food shall be
- (a) expressed
- 31-10-88 (i) in grams, where the net quantity of the food is declared on the label by weight, and
- (ii) in millilitres, where the net quantity of the food is declared on the label by volume; and
- (b) where the food is packaged in a container that could reasonably be construed as containing a single serving of the food, equal to the net quantity of the food.
- * (2) For the purposes of this Part, a serving of stated size of a food shall be
- (a) based on the food as offered for sale; and
- (b) expressed
- (i) in grams, if
- (A) the net quantity of the food is declared on the label by weight or by count, or
- (B) the food is set out in column 1 of item 78, 149 or 150 of Schedule M, and
- (ii) in millilitres, if the net quantity of the food is declared on the label by volume, except in the case of a food referred to in clause (i) (B).
- 12-12-02 (3) A serving of stated size shall be the net quantity of the food in the package if
- (a) the quantity of food can reasonably be consumed by one person at a single eating occasion;
- (b) the reference amount, as defined in section B.01.001, of the food is less than 100 g or 100 mL and the package contains less than 200% of that amount; or
- (c) the reference amount, as defined in section B.01.001, of the food is 100 g or 100 mL or more and the package contains 150% or less of that amount.

* **COMING INTO FORCE:** *These requirements come into force on December 12, 2002 if the label of the product, or any advertisement for the product that is made or placed by or on the direction of the manufacture of the product, contains:*

- a) a statement or claim set out in column 4 of any items 15, 16 and 22 to 26 of the table following section B.01.513;
- b) a statement or claim set out in column 1 of the table following section B.01.603; or
- c) the expression "nutrition facts", "valeur nutritive" or "valeurs nutritives".

Otherwise, it comes into force on December 12, 2005.

For small manufacturers who had gross revenues from sales in Canada of food of less than one million dollars for the 12-month period prior to December 12, 2002, comes into force on December 12, 2007.

Vitamins in Foods

D.01.002. (1) In this Division, "vitamin" means any of the following vitamins:

- (a) vitamin A;
- (b) vitamin D;
- (c) vitamin E;
- (d) vitamin K;
- (e) vitamin C;
- (f) thiamin, thiamine or vitamin B₁;
- (g) riboflavin or vitamin B₂;
- 31-10-88 (h) niacin;
- (i) vitamin B₆;
- (j) folacin;
- 12-12-02 * (j) folacin or folate;
- (k) vitamin B₁₂;
- (l) pantothenic acid or pantothenate; and,
- (m) biotin. (*vitamine*)

31-10-88 (2) For the purposes of this Division, no expression, other than an expression set out in subsection (1), shall be used to declare the vitamin content of a food.

31-10-88 (3) This Division applies only in respect of foods represented as containing a vitamin for use in human nutrition.

29-11-90 **D.01.003.** (1) For the purposes of these Regulations, the vitamin content of a food, other than a formulated liquid diet, a human milk substitute or a food represented as containing a human milk substitute, shall be determined

- (a) in the case of vitamin A, in terms of the content of retinol and its derivatives and beta-carotene, expressed as retinol equivalents (RE) on the basis of the following relationships:
 - (i) 1 RE = 1 microgram retinol, and
 - (ii) 1 RE = 6 micrograms beta-carotene;
- 31-10-88 (b) in the case of vitamin D, in terms of the content of cholecalciferol and ergocalciferol, expressed in micrograms;
- (c) in the case of vitamin E, in terms of the content of d-alpha-tocopherol and dl-alpha-tocopherol and their derivatives, expressed in milligrams on the basis of the following relationships:
 - (i) 1 milligram **d**-alpha-tocopherol = 1 milligram vitamin E, and
 - (ii) 1 milligram **dl**-alpha-tocopherol = 0.74 milligram vitamin E;
- (d) in the case of vitamin K, in terms of the content of phyloquinone and menaquinones, expressed in micrograms; March 15, 2002
- (e) in the case of vitamin C, in terms of the content of L-ascorbic acid and L-dehydroascorbic acid and their derivatives, calculated in milligram equivalents of L-ascorbic acid and expressed in milligrams;
- 29-11-90 (f) in the case of thiamin, thiamine or vitamin B₁ and its derivatives, in terms of the content of thiamin, expressed in milligrams;
- (g) in the case of riboflavin or vitamin B₂ and its derivatives, in terms of the content of riboflavin, expressed in milligrams;
- (h) in the case of niacin, in terms of the content of niacin and its derivatives, calculated in milligrams of nicotinic acid, plus the content of tryptophan, calculated in milligrams and divided by 60, with the total expressed as niacin equivalents (NE);
- (i) in the case of vitamin B₆, in terms of the content of pyridoxine, pyridoxal and pyridoxamine and their derivatives, calculated in milligram equivalents of pyridoxine and expressed in milligrams;

*** COMING INTO FORCE:** These requirements come into force on December 12, 2002 if the label of the product, or any advertisement for the product that is made or placed by or on the direction of the manufacture of the product, contains:

- a) a statement or claim set out in column 4 of any items 15, 16 and 22 to 26 of the table following section B.01.513;
- b) a statement or claim set out in column 1 of the table following section B.01.603; or
- c) the expression "nutrition facts", "valeur nutritive" or "valeurs nutritives".

Otherwise, it comes into force on December 12, 2005.

For small manufacturers who had gross revenues from sales in Canada of food of less than one million dollars for the 12-month period prior to December 12, 2002, comes into force on December 12, 2007.

31-10-88	<ul style="list-style-type: none"> (j) in the case of folacin, in terms of the content of folic acid (pteroylmonoglutamic acid) and related compounds exhibiting the biological activity of folic acid, calculated in microgram equivalents of folic acid and expressed in micrograms; (k) in the case of vitamin B₁₂, in terms of the content of cyanocobalamin and related compounds exhibiting the biological activity of cyanocobalamin, calculated in microgram equivalents of cyanocobalamin and expressed in micrograms; (l) in the case of pantothenic acid or pantothenate, in terms of the content of <i>d</i>-pantothenic acid, expressed in milligrams; and (m) in the case of biotin, in terms of the content of biotin, expressed in milligrams.
	<p>(2) For the purpose of paragraph (1)(h), the content of tryptophan may be calculated</p> <ul style="list-style-type: none"> (a) where the protein originates from a food that contains protein from more than one source or from a source other than milk, meat, poultry, fish or eggs, as constituting 1.1 per cent of the protein; (b) where the protein originates from milk, meat, poultry or fish, as constituting 1.3 per cent of the protein; and (c) where the protein originates from eggs, as constituting 1.5 per cent of the protein.
	<p>D.01.004. (1) Subject to subsection (4), no person shall, on the label of or in any advertisement for a food, other than a formulated liquid diet, a human milk substitute or a food represented as containing a human milk substitute, make a statement or claim based on the vitamin content of the food unless</p>
14-5-96	<ul style="list-style-type: none"> (a) the vitamin is a vitamin set out in column I of Table I to this Division; (b) in the case of a claim, the percentage of the recommended daily intake of the vitamin, per serving of stated size, is 5 per cent or more; and (c) the vitamin content of the food is declared as a percentage of the recommended daily intake of the vitamin, per serving of stated size.
31-10-88	<p>(2) For the purposes of paragraphs (1)(b) and (c), the percentage of the recommended daily intake of the vitamin shall be calculated</p>
14-5-96	<ul style="list-style-type: none"> (a) subject to paragraph (b), as a function of the amount set out in column II of Table I to this Division for that vitamin; and (b) where the food is intended for infants or children less than 2 years of age, as a function of the amount set out in column III of Table I to this Division for that vitamin.
29-11-90	<p>(3) Paragraphs (1)(a) and (c) do not apply in respect of a statement of the biotin content as required by subparagraph B.24.202(a)(v).</p>
14-5-96	<p>(4) Where a vitamin, other than a vitamin set out in column I of Table I to this Division, is added to a food referred to in subsection (1), a statement of the content of that vitamin in the food may be made on the label of or in any advertisement for the food.</p>
29-11-90	<p>D.01.005. Where a vitamin has been added to a food, other than a formulated liquid diet, a human milk substitute or a food represented as containing a human milk substitute, no person shall sell the food unless</p>
14-5-96	<ul style="list-style-type: none"> (a) subject to paragraph (c), where the vitamin is set out in column I of Table I to this Division, the vitamin content of the food is declared in accordance with paragraph D.01.004(1)(c) and calculated in accordance with subsection D.01.004(2); (b) subject to paragraph (c), where the vitamin is not set out in column I of Table I to this Division, the vitamin content of the food is declared in milligrams per serving of stated size; or (c) where the food is sold solely for use as an ingredient in the manufacture of other foods, the vitamin content of the food is declared on the label of the food in accordance with section D.01.003 per 100 grams, per 100 millilitres, per gram or per millilitre of the food.

Sections D.01.004 and D.01.005 of the Regulations are replaced by the following:

- 12-12-02 ***D.01.004.** (1) No person shall, on the label of or in any advertisement for a food, other than a formulated liquid diet, a human milk substitute or a food represented as containing a human milk substitute, make a statement or claim concerning the vitamin content of the food unless
- (a) the vitamin is set out in column I of Table I to this Division;
 - (b) the percentage of the recommended daily intake of the vitamin, per serving of stated size, is 5% or more; and
 - (c) the vitamin content is declared on the label or in the advertisement as a percentage of the daily value, per serving of stated size.
- (2) If a statement or claim described in subsection (1) is made in an advertisement for a food that is not a prepackaged product or in an advertisement for a prepackaged product that is not made or placed by or on the direction of the manufacturer of the product, the percentage of the daily value, per serving of stated size, shall,
- (a) in the case of an advertisement, other than a radio or television advertisement, be
 - (i) adjacent to, without any intervening printed, written or graphic material, the statement or claim, if the statement or claim is made only once, or the most prominent statement or claim, if the statement or claim is made more than once, and
 - (ii) shown in letters of at least the same size and prominence as those of the statement or claim, if the statement or claim is made only once, or the most prominent statement or claim, if the statement or claim is made more than once;
 - (b) in the case of a radio advertisement or the audio portion of a television advertisement, immediately precede or follow the statement or claim; or
 - (c) in the case of a television advertisement, be communicated
 - (i) in the audio mode, if the statement or claim is made only in the audio portion of the advertisement or in both the audio and visual portions, or
 - (ii) in the audio or visual mode, if the statement or claim is made only in the visual portion of the advertisement.
- 12-12-02 (3) The percentage of the daily value, per serving of stated size, that is communicated in the visual mode of a television advertisement in accordance with subparagraph (2)(c)(ii) shall
- (a) appear concurrently with and for at least the same amount of time as the statement or claim;
 - (b) be adjacent to, without any intervening printed, written or graphic material, the statement or claim, if the statement or claim is made only once, or the most prominent statement or claim, if the statement or claim is made more than once; and
 - (c) be shown in letters of at least the same size and prominence as those of the statement or claim, if the statement or claim is made only once, or the most prominent statement or claim, if the statement or claim is made more than once.
- (4) Paragraph (1)(b) does not apply in respect of a declaration of the vitamin content in a nutrition facts table.
- (5) Paragraph (1)(c) does not apply in respect of a declaration of the biotin content as required by subparagraph B.24.202(a)(v).
- 31-10-88 **D.01.006.** No person shall, on the label of or in any advertisement for a food, make any claim concerning the action or effects of a vitamin contained in the food, except to the effect that the vitamin
- (a) is a factor in the maintenance of good health; and
 - (b) is generally recognized as an aid in maintaining the functions of the body necessary to the maintenance of good health and normal growth and development.

*** COMING INTO FORCE:** *These requirements come into force on December 12, 2002 if the label of the product, or any advertisement for the product that is made or placed by or on the direction of the manufacture of the product, contains:*

- a) a statement or claim set out in column 4 of any items 15, 16 and 22 to 26 of the table following section B.01.513;*
- b) a statement or claim set out in column 1 of the table following section B.01.603; or*
- c) the expression "nutrition facts", "valeur nutritive" or "valeurs nutritives".*

Otherwise, it comes into force on December 12, 2005.

For small manufacturers who had gross revenues from sales in Canada of food of less than one million dollars for the 12-month period prior to December 12, 2002, comes into force on December 12, 2007.

31-10-88	<p>D.01.007. (1) Where a component of an ingredient of a prepackaged product referred to in the table to subsection B.01.009(1) is a vitamin, no person shall, on the label of the prepackaged product, declare the vitamin as a component of that ingredient unless</p> <p>(a) the vitamin is declared by its common name within parentheses immediately following the declaration of the ingredient;</p> <p>(b) the total content of the vitamin in the prepackaged product is declared in accordance with section D.01.005; and</p> <p>(c) all components of the ingredient are declared.</p> <p>(2) Paragraphs (1)(b) and (c) do not apply in respect of the ingredient "enriched flour".</p>
12-12-02	<p>* D.01.007. (1) If a component of an ingredient of a prepackaged product set out in the table to subsection B.01.009(1) is a vitamin, no person shall, on the label of or in any advertisement for the prepackaged product, make a statement or claim concerning the vitamin as a component of that ingredient unless</p> <p>(a) despite subsection B.01.008(6), the vitamin is declared by its common name immediately following the declaration of the ingredient in such a manner as to indicate that it is a component of that ingredient; and</p> <p>(b) all components of the ingredient are declared.</p> <p>(2) Paragraph (1)(b) does not apply to flour used as an ingredient in the manufacture of a prepackaged product referred to in subsection (1).</p>
31-10-88	<p>D.01.008. Revoked by P.C. 1988-2457 of October 31, 1988</p> <p>D.01.009. Subject to section D.01.010, no person shall sell a food to which any of the following vitamins have been added unless a reasonable daily intake of that food by a person would result in the daily intake by such person of not less than,</p> <p>(a) in the case of vitamin A, 1,600 International Units;</p> <p>(b) in the case of thiamine, 0.6 milligram;</p> <p>(c) in the case of riboflavin, 1.0 milligram;</p> <p>(d) in the case of niacin or niacinamide, 6 milligrams;</p> <p>(e) in the case of ascorbic acid, 20 milligrams; and</p> <p>(f) in the case of vitamin D, 300 International Units.</p>

*** COMING INTO FORCE:** *These requirements come into force on December 12, 2002 if the label of the product, or any advertisement for the product that is made or placed by or on the direction of the manufacture of the product, contains:*

- a) a statement or claim set out in column 4 of any items 15, 16 and 22 to 26 of the table following section B.01.513;*
- b) a statement or claim set out in column 1 of the table following section B.01.603; or*
- c) the expression "nutrition facts", "valeur nutritive" or "valeurs nutritives".*

Otherwise, it comes into force on December 12, 2005.

For small manufacturers who had gross revenues from sales in Canada of food of less than one million dollars for the 12-month period prior to December 12, 2002, comes into force on December 12, 2007.

- D.01.010.** Where a food to which a vitamin has been added is represented as being solely for use in the feeding of children under two years of age, no person shall sell such food unless a reasonable daily intake of that food by a child under two years of age would result in the daily intake by the child of not less than,
- (a) in the case of vitamin A, 1,000 International Units;
 - (b) in the case of thiamine, 0.4 milligram;
 - (c) in the case of riboflavin, 0.6 milligram;
 - (d) in the case of niacin or niacinamide, 4 milligrams;
 - (e) in the case of pyridoxine, 0.6 milligram;
 - (f) in the case of ascorbic acid, 20 milligrams;
 - (g) in the case of vitamin D, 300 International Units; and
 - (h) in the case of vitamin E, 5 International Units.
- D.01.011.** No person shall sell a food to which any of the following vitamins have been added if a reasonable daily intake of that food by a person would result in the daily intake by such person of more than,
- (a) in the case of vitamin A, 2,500 International Units;
 - (b) in the case of thiamine, 2 milligrams;
 - (c) in the case of riboflavin, 3 milligrams;
 - (d) in the case of niacin or niacinamide 20 milligrams;
 - (e) in the case of pyridoxine, 1.5 milligrams;
 - (f) in the case of ascorbic acid, 60 milligrams;
 - (g) in the case of vitamin D, 400 International Units; and
 - (h) in the case of vitamin E, 15 International Units.
- D.01.012.** No person shall, in advertising a food that is represented as containing a vitamin or on a label of such food,
- (a) give any assurance or guarantee of any kind with respect to the result that may be, has been or will be obtained by the addition of the vitamin to a person's diet; or
 - (b) refer to, reproduce or quote any testimonial.
- D.01.013.** The information required in a declaration referred to in section D.01.004 or D.01.005 shall be
- (a) grouped together in a prominent and readily discernible manner; and
 - (b) given
 - (i) on the label, where the statement or claim is made on the label, or
 - (ii) in the advertisement or on the label, where the statement or claim is made in an advertisement.
- 30-1-88
- 12-12-02 ***D.01.013.** Repealed by P.C. 2002-2200 of December 12, 2002.

*** COMING INTO FORCE:** *These requirements come into force on December 12, 2002 if the label of the product, or any advertisement for the product that is made or placed by or on the direction of the manufacture of the product, contains:*

- a) a statement or claim set out in column 4 of any items 15, 16 and 22 to 26 of the table following section B.01.513;*
- b) a statement or claim set out in column 1 of the table following section B.01.603; or*
- c) the expression "nutrition facts", "valeur nutritive" or "valeurs nutritives".*

Otherwise, it comes into force on December 12, 2005.

For small manufacturers who had gross revenues from sales in Canada of food of less than one million dollars for the 12-month period prior to December 12, 2002, comes into force on December 12, 2007.

TABLE I
RECOMMENDED DAILY INTAKE

	Column I		Column II	Column III
	Vitamin	Units*	<i>Intake of persons 2 years of age or older</i>	<i>Intake of infants or children less than 2 years of age</i>
30-1-88	1.	Vitamin A (RE)	1000	400
	2.	Vitamin D (µg)	5	10
	3.	Vitamin E (mg)	10	3
	4.	Vitamin C (mg)	60	20
	5.	Thiamin, thiamine or vitamin B ₁ (mg)	1.3	0.45
	6.	Riboflavin or vitamin B ₂ (mg)	1.6	0.55
	7.	Niacin (NE)	23	8
	8.	Vitamin B ₆ (mg)	1.8	0.7
	9.	Folacin (µg)	220	65
12-12-02	*9.	Folacin or folate (µg)	220	65
	10.	Vitamin B ₁₂ (µg)	2	0.3
12-12-02	11.	Pantothenic acid or pantothenate (mg)	7	2
	*12.	Vitamin K (µg)	80	30
	*13.	Biotin (µg)	30	8

* RE = retinol equivalents
mg = milligrams
µg = micrograms
NE = niacin equivalents

*** COMING INTO FORCE:** These requirements come into force on December 12, 2002 if the label of the product, or any advertisement for the product that is made or placed by or on the direction of the manufacture of the product, contains:

- a) a statement or claim set out in column 4 of any items 15, 16 and 22 to 26 of the table following section B.01.513;
- b) a statement or claim set out in column 1 of the table following section B.01.603; or
- c) the expression "nutrition facts", "valeur nutritive" or "valeurs nutritives".

Otherwise, it comes into force on December 12, 2005.

For small manufacturers who had gross revenues from sales in Canada of food of less than one million dollars for the 12-month period prior to December 12, 2002, comes into force on December 12, 2007.

TABLE II**WEIGHTED RECOMMENDED NUTRIENT INTAKE**

	<i>Column I</i>	<i>Column II</i>	<i>Column III</i>
<i>Item</i>	<i>Vitamin</i>	<i>Units</i>	<i>Amount</i>
1.	Biotin	micrograms	90
2.	Folacin	micrograms	195
3.	Niacin	niacin equivalents	16
4.	Pantothenic Acid	milligrams	5.0
5.	Riboflavin	milligrams	1.2
6.	Thiamine	milligrams	1.0
7.	Vitamin A	retinol equivalents	870
8.	Vitamin B ₆	milligrams	1.0
9.	Vitamin B ₁₂	micrograms	1.0
10.	Vitamin C	milligrams	34
11.	Vitamin D	micrograms	3.0
12.	Vitamin E	milligrams	7.0

14-5-96

DIVISION 2

Mineral Nutrients in Foods

31-10-88	<p>D.02.001. (1) In this Division, "mineral nutrient" means any of the following chemical elements, whether alone or in a compound with one or more other chemical elements:</p> <ul style="list-style-type: none">(a) sodium;(b) potassium;(c) calcium;(d) phosphorus;(e) magnesium;(f) iron;(g) zinc;(h) iodide;(i) chloride;(j) copper;(k) fluoride;(l) manganese;(m) chromium;(n) selenium;(o) cobalt;(p) molybdenum;(q) tin;(r) vanadium;(s) silicon; and(t) nickel. (<i>minéral nutritif</i>) <p>(2) This Division applies only in respect of foods that are represented as containing a mineral nutrient for use in human nutrition.</p>
14-5-96	<p>D.02.002. (1) Subject to subsection (5), no person shall, on the label of or in any advertisement for a food, other than a formulated liquid diet, a human milk substitute or a food represented as containing a human milk substitute, make a statement or claim based on the mineral nutrient content of the food unless</p> <ul style="list-style-type: none">(a) the mineral nutrient is a mineral nutrient set out in column I of Table I to this Division;(b) in the case of a claim, the percentage of the recommended daily intake of the mineral nutrient, per serving of stated size, is 5 per cent or more; and(c) the mineral nutrient content of the food is declared as a percentage of the recommended daily intake of the mineral nutrient, per serving of stated size.
31-10-88	<p>(2) For the purposes of paragraphs (1)(b) and (c), the percentage of the recommended daily intake of the mineral nutrient shall be calculated</p>
14-5-96	<ul style="list-style-type: none">(a) subject to paragraph (b), as a function of the amount set out in column II of Table I to this Division for that mineral nutrient; and(b) where the food is intended for infants or children less than 2 years of age, as a function of the amount set out in column III of Table I to this Division for that mineral nutrient.
31-10-88	<p>(3) Subsection (1) does not apply in respect of a statement or claim made in respect of sodium or potassium.</p>
29-11-90	<p>(4) Paragraphs 1(a) and (c) do not apply in respect of a statement of the fluoride ion content as required by sections B.12.002 and B.12.008 and in respect of a statement of the copper and manganese content as required by subparagraph B.24.202(a)(v).</p>
14-5-96	<p>(5) Where a mineral nutrient, other than a mineral nutrient set out in column I of Table I to this Division, is added to a food referred to in subsection (1), a statement of the mineral nutrient content of the food may be made on the label of or in any advertisement for the food.</p>

- 14-5-96
- D.02.003.** Where a mineral nutrient has been added to a food, other than salt for table or general household use, a formulated liquid diet, a human milk substitute, a food represented as containing a human milk substitute, a mineral water or a spring water, no person shall sell the food unless
- (a) subject to paragraph (c), where the mineral nutrient is set out in column I of Table I to this Division, the mineral nutrient content of the food is declared in accordance with paragraph D.02.002(1)(c) and calculated in accordance with subsection D.02.002(2);
 - (b) subject to paragraph (c), where the mineral nutrient is not set out in column I of Table I to this Division, the mineral nutrient content is declared in milligrams per serving of stated size; or
 - (c) where the food is sold solely for use as an ingredient in the manufacture of other foods, the mineral nutrient content of the food is declared on the label of the food in milligrams per 100 grams, per 100 millilitres, per gram or per millilitre of the food.

Sections D.02.002 and D.02.003 of the Regulations are replaced by the following:

- 12-12-02
- *D.02.002.** (1) No person shall, on the label of or in any advertisement for a food, other than salt for table or general household use containing added iodide, prepackaged water and ice, a formulated liquid diet, a human milk substitute or a food represented as containing a human milk substitute, make a statement or claim concerning the mineral nutrient content of the food unless
- (a) the mineral nutrient is set out in column I of Table I to this Division;
 - (b) the percentage of the recommended daily intake of the mineral nutrient, per serving of stated size, is 5% or more; and
 - (c) the mineral nutrient content is declared on the label or in the advertisement as a percentage of the daily value, per serving of stated size.
- (2) If a statement or claim described in subsection (1) is made in an advertisement for a food that is not a prepackaged product or in an advertisement for a prepackaged product that is not made or placed by or on the direction of the manufacturer of the product, the percentage of the daily value, per serving of stated size, shall,
- (a) in the case of an advertisement, other than a radio or television advertisement, be
 - (i) adjacent to, without any intervening printed, written or graphic material, the statement or claim, if the statement or claim is made only once, or the most prominent statement or claim, if the statement or claim is made more than once, and
 - (ii) shown in letters of at least the same size and prominence as those of the statement or claim, if the statement or claim is made only once, or the most prominent statement or claim, if the statement or claim is made more than once;
 - (b) in the case of a radio advertisement or the audio portion of a television advertisement, immediately precede or follow the statement or claim; or
 - (c) in the case of a television advertisement, be communicated
 - (i) in the audio mode, if the statement or claim is made only in the audio portion of the advertisement or in both the audio and visual portions, or
 - (ii) in the audio or visual mode, if the statement or claim is made only in the visual portion of the advertisement.

*** COMING INTO FORCE:** *These requirements come into force on December 12, 2002 if the label of the product, or any advertisement for the product that is made or placed by or on the direction of the manufacture of the product, contains:*

- a) a statement or claim set out in column 4 of any items 15, 16 and 22 to 26 of the table following section B.01.513;*
- b) a statement or claim set out in column 1 of the table following section B.01.603; or*
- c) the expression "nutrition facts", "valeur nutritive" or "valeurs nutritives".*

Otherwise, it comes into force on December 12, 2005.

For small manufacturers who had gross revenues from sales in Canada of food of less than one million dollars for the 12-month period prior to December 12, 2002, comes into force on December 12, 2007.

(3) The percentage of the daily value, per serving of stated size, that is communicated in the visual mode of a television advertisement in accordance with subparagraph (2)(c)(ii) shall

- (a) appear concurrently with and for at least the same amount of time as the statement or claim;
- (b) be adjacent to, without any intervening printed, written or graphic material, the statement or claim, if the statement or claim is made only once, or the most prominent statement or claim, if the statement or claim is made more than once; and
- (c) be shown in letters of at least the same size and prominence as those of the statement or claim, if the statement or claim is made only once, or the most prominent statement or claim, if the statement or claim is made more than once.

12-12-02

(4) Subsection (1) does not apply to a statement or claim made in respect of the sodium or potassium content.

(5) Paragraphs (1)(a) and (c) do not apply in respect of a declaration of the total fluoride ion content as required by sections B.12.002 and B.12.008.

(6) Paragraph (1)(b) does not apply in respect of a declaration of the mineral nutrient content in a nutrition facts table.

(7) Paragraph (1)(c) does not apply in respect of a declaration of the chromium, copper, manganese, molybdenum and selenium content as required by subparagraph B.24.202(a)(v).

D.02.004. No person shall, on the label of or in any advertisement for a food, make any claim concerning the action or effects of a mineral nutrient contained in the food, except to the effect that the mineral nutrient

31-10-88

- (a) is a factor in the maintenance of good health; and
- (b) is generally recognized as an aid in maintaining the functions of the body necessary to the maintenance of good health and normal growth and development.

D.02.005. (1) Where a component of an ingredient of a prepackaged product referred to in the table to subsection B.01.009(1) is a mineral nutrient, no person shall, on the label of the prepackaged product, declare the mineral nutrient as a component of that ingredient unless

- (a) the mineral nutrient is declared by its common name within parentheses immediately following the declaration of the ingredient;
- (b) the total content of the mineral nutrient in the prepackaged product is declared in accordance with section D.02.003; and
- (c) all components of the ingredient are declared.

(2) Paragraphs (1)(b) and (c) do not apply in respect of the ingredient "enriched flour".

D.02.006. The information required in a declaration referred to in section D.02.002 or D.02.003 shall be

31-10-88

- (a) grouped together in a prominent and readily discernible manner; and
- (b) given
 - (i) on the label, where the statement or claim is made on the label, or
 - (ii) in the advertisement or on the label, where the statement or claim is made in an advertisement.

Sections D.02.005 and D.02.006 of the Regulations are replaced by the following:

***D.02.005.** (1) If a component of an ingredient of a prepackaged product set out in the table to subsection B.01.009(1) is a mineral nutrient, no person shall, on the label of or in any advertisement for the prepackaged product, make a statement or claim concerning the mineral nutrient as a component of that ingredient unless

- 12-12-02 (a) despite subsection B.01.008(6), the mineral nutrient is declared by its common name immediately following the declaration of the ingredient in such a manner as to indicate that it is a component of that ingredient; and
 (b) all components of the ingredient are declared.

(2) Paragraph (1)(b) does not apply to flour used as an ingredient in the manufacture of a prepackaged product referred to in subsection (1).

14-5-96

TABLE I

RECOMMENDED DAILY INTAKE

Item	Column I		Column II	Column III
	Mineral Nutrient	Units*	Intake of persons 2 years of age or older	Intake of infants and children less than 2 years of age
1.	Calcium	(mg)	1100	500
2.	Phosphorus	(mg)	1100	500
3.	Magnesium	(mg)	250	55
4.	Iron	(mg)	14	7
5.	Zinc	(mg)	9	4
6.	Iodide	(µg)	160	55
*7.	Selenium	(µg)	50	15
*8.	Copper	(mg)	2	0.5
12-12-02 *9.	Manganese	(mg)	2	1.2
*10.	Chromium	(µg)	120	12
*11.	Molybdenum	(µg)	75	15
*12.	Chloride	(mg)	3400	1000

* mg = milligrams
 µg = micrograms

*** COMING INTO FORCE:** These requirements come into force on December 12, 2002 if the label of the product, or any advertisement for the product that is made or placed by or on the direction of the manufacture of the product, contains:

- a) a statement or claim set out in column 4 of any items 15, 16 and 22 to 26 of the table following section B.01.513;
- b) a statement or claim set out in column 1 of the table following section B.01.603; or
- c) the expression "nutrition facts", "valeur nutritive" or "valeurs nutritives".

Otherwise, it comes into force on December 12, 2005.

For small manufacturers who had gross revenues from sales in Canada of food of less than one million dollars for the 12-month period prior to December 12, 2002, comes into force on December 12, 2007.

TABLE II
WEIGHTED RECOMMENDED NUTRIENT INTAKE

	<i>Column I</i>	<i>Column II</i>	<i>Column III</i>
<i>Item</i>	<i>Mineral Nutrient</i>	<i>Units</i>	<i>Amount</i>
14-5-96	1. Calcium	milligrams	780
	2. Iodide	micrograms	155
	3. Iron	milligrams	10
	4. Phosphorus	milligrams	885
	5. Magnesium	milligrams	210
	6. Zinc	milligrams	10

31-10-88 **D.02.007.** Revoked by P.C. 1988-2457 of October 31, 1988

D.02.008. No person shall, in advertising a food that is represented as containing a mineral nutrient or on a label of such food,

- (a) give any assurance or guarantee of any kind with respect to the result that may be, has been or will be obtained by the addition of the mineral nutrient to a person's diet, or
- (b) refer to, reproduce or quote any testimonial.

12-4-84

D.02.009. No person shall sell a food to which any of the following mineral nutrients have been added unless a reasonable daily intake of that food by a person would result in the daily intake by such person of not less than,

- (a) in the case of calcium, 300 milligrams;
- (b) in the case of phosphorus, 300 milligrams;
- (c) in the case of iron, 4 milligrams; and
- (d) in the case of iodine, 0.10 milligram.

D.02.010. (1) No person shall sell elemental iron powder for use in foods as a source of iron as a mineral nutrient unless

- (a) subject to paragraph (b), the powder meets the specifications for
 - (i) Iron, Carbonyl,
 - (ii) Iron, Electrolytic, or
 - (iii) Iron, Reduced,as set out in the *Food Chemicals Codex, Third Edition, 1981*, published by the National Academy of Sciences of the United States of America; and
- (b) in the case of Iron, Reduced, 100 per cent by weight of the particles pass through a 100 mesh sieve and at least 95 per cent by weight of the particles pass through a 325 mesh sieve.

(2) No person shall sell a food to which elemental iron powder has been added as a source of iron as a mineral nutrient unless the powder meets the requirements referred to in paragraphs (1)(a) and (b).

D.02.011. No person shall sell a food to which sodium iron pyrophosphate has been added as a source of iron as a mineral nutrient unless

- (a) the bioavailability of the iron in the food is not less than 50 per cent of the bioavailability of ferrous sulphate as determined by official method FO-42, Determination of Bioavailability of Iron, December 15, 1982; and
- (b) that person retains documentary evidence showing that the bioavailability of the iron in the food has been determined by the official method referred to in paragraph (a) and, on request by the Director, submits such evidence to the Director.

DIVISION 3

25-8-76 | **Addition of Vitamins, Mineral Nutrients or Amino Acids to Foods**

31-10-88 | **D.03.001.** (1) In this Division, the expressions "vitamin" and "mineral nutrient" have the same meaning as in Divisions 1 and 2.

31-10-88 | (2) This Division applies only in respect of foods that are represented as containing a vitamin, mineral nutrient or amino acid for use in human nutrition.

D.03.002. (1) Subject to section D.03.003, no person shall sell a food to which a vitamin, mineral nutrient or amino acid has been added unless the food is listed in Column I of the Table to this section and the vitamin, mineral nutrient or amino acid, as the case may be, is listed opposite that food in Column II of the Table.

27-6-85 | (2) No milk or milk product or derivative listed in column I of the Table to this section applies to the lacteal secretion obtained from the mammary gland of any animal other than a cow, genus *Bos*. or a product or derivative of such secretion unless that animal is identified therein.

25-8-76 | **TABLE**

	<i>Column I Food</i>	<i>Column II Vitamin, Mineral Nutrient or Amino Acid</i>
9-3-89	1. Breakfast cereals	Thiamine, niacin, vitamin B ₆ , folic acid, pantothenic acid, magnesium, iron and zinc.
	2. Fruit nectars, vegetable drinks, bases and mixes for vegetable drinks and a mixture of vegetable juices.	Vitamin C.
18-5-78	2.1 Fruit flavoured drinks that meet all the requirements of section B.11.150	Vitamin C, folic acid, thiamine, iron, potassium.
	2.2 Bases, concentrates and mixes that are used for making fruit flavoured drinks and that meet all the requirements of section B.11.151.	Vitamin C, folic acid, thiamine, iron, potassium.
	3. Infant cereal products	Thiamine, riboflavin, niacin or niacinamide, calcium, phosphorus, iron, iodine.
8-1-81	4. Margarine and other similar substitutes for butter	Vitamin A, Vitamin D, alpha-tocopherol.
1-11-94	5. Alimentary pastes	Thiamine, riboflavin, niacin or niacinamide, folic acid, pantothenic acid, vitamin B ₆ , iron, magnesium.
12-1-78	6. Infant formulas and formulated liquid diets	Amino acids - alanine, arginine, aspartic acid, cystine, glutamic acid, glycine, histidine, hydroxyproline, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, taurine, threonine, tryptophan, tyrosine, valine; Minerals - calcium, chloride, chromium, copper, iodide, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, zinc; Vitamins - alpha-tocopherol, biotin, d-pantothenic acid, folic acid, niacin, riboflavin, thiamin, vitamin A, vitamin B ₆ , vitamin B ₁₂ , vitamin C, vitamin D, vitamin K.
10-11-76		
31-10-88		

	<i>Column I Food</i>	<i>Column II Vitamin, Mineral Nutrient or Amino acid</i>
13-1-94	6.1 Foods represented for use in a very low energy diet	Vitamins - alpha-tocopherol, biotin, d-pantothenic acid, folic acid, niacin, riboflavin, thiamine, vitamin A, vitamin B ₆ , vitamin B ₁₂ , vitamin C, vitamin D, vitamin K Minerals - calcium, chloride, chromium, copper, iodine, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, zinc.
	7. Flavoured beverage mixes and bases recommended for addition to milk	Vitamin A, thiamine, niacin or niacinamide, vitamin C, iron.
28-1-75	8. Simulated meat products, simulated poultry meat products, meat product extenders and poultry product extenders	Thiamine, riboflavin, niacin, pyridoxine, d-pantothenic acid, folic acid, vitamin B ₁₂ , iron, magnesium, potassium, zinc, copper, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine.
3-10-95	9. Meal replacements and nutritional supplements	Vitamins - alpha-tocopherol, biotin, d-pantothenic acid, folic acid, niacin, riboflavin, thiamine, vitamin A, vitamin B ₆ , vitamin B ₁₂ , vitamin C, vitamin D Minerals - calcium, chloride, chromium, copper, iodine, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, zinc
30-8-78	9.1 Ready breakfast, instant breakfast and other similar breakfast replacement foods however described	Vitamin A, thiamine, riboflavin, niacin or niacinamide, vitamin C, iron.
	10. Condensed milk, milk, milk powder, sterilized milk, (naming the flavour) milk	Vitamin D.
13-5-75	11. Skim milk with added milk solids, partly skimmed milk with added milk solids, (naming the flavour) skim milk, (naming the flavour) partly skimmed milk, (naming the flavour) skim milk with added milk solids, (naming the flavour) partly skimmed milk with added milk solids, skim milk, partly skimmed milk, skim milk powder	Vitamin A, vitamin D.
	12. Evaporated milk	Vitamin C, vitamin D.
	13. Evaporated skim milk, concentrated skim milk, evaporated partly skimmed milk, concentrated partly skimmed milk	Vitamin A, vitamin C, vitamin D.
6-4-89	14. Apple juice, reconstituted apple juice, grape juice, reconstituted grape juice, pineapple juice, reconstituted pineapple juice, apple and (naming the fruit) juice as described in section B.11.132, concentrated fruit juice except frozen concentrated orange juice	Vitamin C.
	15. Flour, white flour, enriched flour or enriched white flour	Thiamine, riboflavin, niacin, vitamin B ₆ , folic acid, d-pantothenic acid, calcium, iron, magnesium.
1-11-94	16. Revoked by P.C. 1994-1820 of November 1, 1994	
	17. Table salt, table salt substitutes	Iodine.
23-1-74	18. Dehydrated potatoes	Vitamin C.

	<i>Column I Food</i>	<i>Column II Vitamin, Mineral Nutrient or Amino acid</i>
28-4-77	19. Products simulating whole egg	Vitamin A, thiamine, riboflavin, niacin or niacinamide, vitamin B ₆ , d-pantothenic acid, folic acid, vitamin B ₁₂ , alpha-tocopherol, calcium, iron, zinc, potassium.
29-11-90	20. Revoked by P.C. 1990-2554 of November 29, 1990	
	21. Goat's milk, goat's milk powder	Vitamin D.
	22. Partly skimmed goat's milk, skimmed goat's milk, partly skimmed goat's milk powder, skimmed goat's milk powder	Vitamin A and D.
27-6-85	23. Evaporated goat's milk	Vitamins C, D, folic acid.
	24. Evaporated partly skimmed goat's milk, evaporated skimmed goat's milk	Vitamins A, C, D, folic acid.
13-3-86	25. Pre-cooked rice as defined in subsection B.13.010.1(1)	Thiamine, niacin, vitamin B ₆ , folic acid, pantothenic acid, iron
6-11-87	26. Mineral water, spring water, water in sealed containers, prepackaged ice	Fluorine.
14-5-96	27. Liquid whole egg, dried whole egg, frozen whole egg, liquid yolk, dried yolk, frozen yolk, liquid egg white, (liquid albumen), dried egg white (dried albumen), frozen egg white (frozen albumen), liquid whole egg mix, dried whole egg mix, frozen whole egg mix, liquid yolk mix, dried yolk mix, frozen yolk mix	Vitamin A, Vitamin D, Vitamin E, thiamine, riboflavin, niacin, vitamin B ₆ , folacin, vitamin B ₁₂ , pantothenic acid, calcium, phosphorus, magnesium, potassium, iron, zinc

- 29-11-90 | **D.03.003.** Section D.03.002 does not apply to a food when all of the following conditions are met:
- 13-9-95 | (a) the food is
- 29-11-90 | (i) a gluten-free food referred to in paragraph B.24.003(1)(g), or
- 29-11-90 | (ii) represented for a special dietary use referred to in paragraph B.24.003(1)(h) or (i);
- 29-11-90 | (b) no standard is prescribed in these Regulations for the food; and
- 29-11-90 | (c) the food is not advertised.

DIVISION 4

Division 4 of Part D is repealed effective January 1, 2004 by P.C. 2003-847 of June 5, 2003.

DIVISION 5

Minerals in Drugs

Sections D.05.001 to D.05.007 are repealed effective January 1, 2004 by P.C. 2003-847 of June 5, 2003.

26-2-81

D.05.008. (1) Subject to subsection (2), no person shall sell a drug containing fluorine if the largest recommended daily dosage of that drug as shown on the label thereof would, if consumed by a person, result in a daily intake by that person of more than one milligram of fluoride ion.

(2) Subsection (1) does not apply to a drug sold by prescription.

D.05.009. Where a drug contains fluorine, both the inner and outer labels of the drug shall carry a cautionary statement that, if the drug is used in an area where the drinking water has a natural fluorine content in excess of 0.7 parts of fluoride ion per million parts of water or is artificially fluoridated, mottling of the tooth enamel of a user of the drug may result.

Section D.05.010 is repealed effective January 1, 2004 by P.C. 2003-847 of June 5, 2003.

SCHEDULE K

REASONABLE DAILY INTAKE FOR VARIOUS FOODS

<i>Column I</i> <i>Name and Description</i>	<i>Column II</i> <i>R.D.I.</i>	
1. Alimentary Pastes, dry	3.0 oz	85.0 g
2. Bacon (side) simulated meat product that resembles side bacon, (cooked)	1.0 oz	28.0 g
3. Beverage Bases and Mixes, Flavoured, for Addition to Milk (ready to serve)	16.0 fl oz	454.0 ml
4. Bread, 5 slices	5.3 oz	150.0 g
5. Butter	2.0 oz	57.0 g
6. Buttermilk	30.0 fl oz	852.0 ml
28-1-75 7. Cereals, Breakfast or Infant	1.0 oz	28.0 g
8. Cereals, puffed	0.5 oz	14.0 g
9. Cheese (other than Cottage Cheese)	2.0 oz	57.0 g
10. Cheese, Cottage	3.5 oz	100.0 g
11. Condensed Milk	15.0 fl oz	426.0 ml
12. Cream, whipping	2.0 oz	57.0 g
13. Egg, yolk-replaced egg	3.5 oz	100.0 g
14. Evaporated Milk, Evaporated Skim Milk, Evaporated Partly Skimmed Milk	30.0 fl oz	852.0 ml (reconstituted to original volume)
12-1-78 15. Fish, Shell Fish	3.5 oz	100.0 g
16. Fruits, dried	2.0 oz	57.0 g
17. Fruits, (other than banana, lemon, lime, watermelon)	3.5 oz	100.0 g
18. Fruits, Banana	5.3 oz	150.0 g
19. Fruits, Lemon	1.8 oz	50.0 g
20. Fruits, Lime	1.8 oz	50.0 g
21. Fruits, Watermelon	7.0 oz	200.0 g
22. Fruit Drinks, Fruit Nectars (ready to serve)	4.0 fl oz	114.0 g
23. Fruit Drink Bases, Mixes and Concentrates (ready to serve)	4.0 fl oz	114.0 g
24. Fruit Juices (other than lemon juice and lime juice)	4.0 fl oz	114.0 g
25. Fruit Juices, Lemon	1.0 fl oz	28.0 ml
26. Fruit Juices, Lime	1.0 fl oz	28.0 ml
27. Ice Cream, Ice Milk	3.5 oz	100.0 g
28-1-75 28. Infant Formulas, Prepared (ready to serve)	As directed by Label	
29. Instant Breakfast, Ready Breakfast (ready to serve)	As directed by Label	
30. Margarine	2.0 oz	57.0 g
31. Meat Products	3.5 oz	100.0 g
28-1-75 32. Meat Product Extenders	3.5 oz	100.0 g
33. Extended Meat Products	3.5 oz	100.0 g
34. Milk, whole	30.0 fl oz	852.0 ml
35. Milk Powder (reconstituted and ready to serve)	30.0 fl oz	852.0 ml
12-4-84 36. (naming the flavour) Milk	30.0 fl oz	852.0 ml
37. Molasses	1.5 oz	43.0 g
38. Nuts	1.0 oz	28.0 g
39. Peanut Butter	1.0 oz	28.0 g
40. Poultry Products	3.5 oz	100.0 g
41. Extended Poultry Products	3.5 oz	100.0 g
42. Poultry Product Extenders	3.5 oz	100.0 g
43. Simulated Meat Products excluding a simulated meat product that resembles side bacon	3.5 oz	100.0 g
44. Simulated Poultry Products	3.5 oz	100.0 g
45. Skim Milk, Partly Skimmed Milk	30.0 fl oz	852.0 ml
12-4-84 46. (naming the flavour) Skim Milk, (naming the flavour) Partly Skimmed Milk	30.0 fl oz	852.0 ml

SCHEDULE K - (Concluded)

REASONABLE DAILY INTAKE FOR VARIOUS FOODS

Column I Name and Description	Column II R.D.I.	
47. Skim Milk Powder, Partly Skimmed Milk Powder (reconstituted) and (ready to serve)	30.0 fl oz	852.0 ml
48. Skim Milk with Added Milk Solids, Partly Skimmed Milk with Added Milk Solids	30.0 fl oz	852.0 ml
49. (naming the flavour) Skim Milk with Added Milk Solids, (naming the flavour) Partly Skimmed Milk with Added Milk Solids	30.0 fl oz	852.0 ml
50. Soup (ready to serve)	7.0 fl oz	200.0 ml
51. Sterilized Milk	30.0 fl oz	852.0 ml
52. Vegetable Juices	4.0 fl oz	114.0 ml
53. Vegetable Drinks	4.0 fl oz	114.0 ml
54. Vegetable Drink Concentrates, Mixes and Bases (ready to serve)	4.0 fl oz	114.0 ml
55. Vegetable (other than baked beans and cooked potatoes)	3.5 oz	100.0 g
56. Vegetables, baked beans	8.5 oz	250.0 g
57. Vegetables, cooked potatoes	7.0 oz	200.0 g
58. Yeast	0.5 oz	14.0 g
59. Yogurt, plain	5.0 oz	150.0 g

*** SCHEDULE M**
(Sections B.01.001, B.01.002A and D.01.001)

REFERENCE AMOUNTS

*** SCHEDULE M COMES INTO FORCE** on December 12, 2002 if the label of the product, or any advertisement for the product that is made or placed by or on the direction of the manufacture of the product, contains:

- a) a statement or claim set out in column 4 of any items 15, 16 and 22 to 26 of the table following section B.01.513;
- b) a statement or claim set out in column 1 of the table following section B.01.603; or
- c) the expression "nutrition facts", "valeur nutritive" or "valeurs nutritives".

Otherwise, it comes into force on December 12, 2005.

For small manufacturers who had gross revenues from sales in Canada of food of less than one million dollars for the 12-month period prior to December 12, 2002, comes into force on December 12, 2007.

Item	Column 1 Food	Column 2 Reference amount ¹
<u>Bakery Products</u>		
1	Bread, excluding sweet quick-type rolls	50 g
2	Bagels, tea biscuits, scones, rolls, buns, croissants, tortillas, soft bread sticks, soft pretzels and corn bread	55 g
3	Brownies	40 g
4	Heavy weight cake: 10 g or more per 2.5 cm cube, such as cheese cake, pineapple upside-down cake, cake with at least 35% of the finished weight as fruit, nuts or vegetables, or any of these combined	125 g
5	Medium weight cake: 4 g or more per 2.5 cm cube but less than 10 g 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, eclairs or cream puffs	80 g
6	Light weight cake: less than 4 g per 2.5 cm cube, such as angel food, chiffon or sponge cake, without icing or filling	55 g
7	Coffee cakes, doughnuts, danishes, sweet rolls, sweet quick-type breads and muffins	55 g
8	Cookies, with or without coating or filling, and graham wafers	30 g
9	Crackers, hard bread sticks and melba toast	20 g
10	Dry breads, matzo and rusks	30 g
11	Flaky type pastries, with or without filling or icing	55 g
12	Toaster pastries	55 g
13	Ice cream cones	5 g
14	Croutons	7 g
15	French toast, pancakes and waffles	75 g
16	Grain-based bars, with filling or partial or full coating	40 g
17	Grain-based bars, without filling or coating	30 g

	Column 1	Column 2
Item	Food	Reference amount ¹
18	Rice cakes and corn cakes	15 g
19	Pies, tarts, cobblers, turnovers and other pastries	110 g
20	Pie crust	1/6 of 20 cm crust or 1/8 of 23 cm crust
21	Pizza crust	55 g
22	Taco shell, hard	30 g
	<u>Beverages</u>	
23	Carbonated and non-carbonated beverages, iced tea and wine coolers	355 mL
24	Sports drinks and water	500 mL
25	Coffee: regular, instant and specialty, including espresso, café au lait, flavoured and sweetened	175 mL
26	Tea and herbal tea (a) regular and instant (hot) (b) flavoured and sweetened, prepared from mixes	175 mL 250 mL
27	Cocoa and chocolate beverages (hot)	175 mL
	<u>Cereals and Other Grain Products</u>	
28	Hot breakfast cereals, such as oatmeal or cream of wheat	40 g dry 250 mL prepared
29	Ready-to-eat breakfast cereals, puffed and uncoated (less than 20 g per 250 mL)	15 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
31	Ready-to-eat breakfast cereals, fruit and nut type, granola (43 g or more per 250 mL) and biscuit type cereals	55 g
32	Bran and wheat germ	15 g
33	Flours, including cornmeal	30 g
34	Grains, such as rice or barley	45 g dry 140 g cooked
35	Pastas without sauce	85 g dry 215 g cooked
36	Pastas, dry and ready-to-eat, such as fried canned chow mein noodles	25 g
37	Starch, such as cornstarch, potato starch, tapioca starch or wheat starch	10 g
38	Stuffing	100 g

Item	Column 1 Food	Column 2 Reference amount ¹
<u>Dairy Products and Substitutes</u>		
39	Cheese, including cream cheese and cheese spread, except those listed as a separate item	30 g
40	Cottage cheese	125 g
41	Cheese used as an ingredient, such as dry cottage cheese or ricotta cheese	55 g
42	Hard cheese, grated, such as parmesan or romano	15 g
43	Quark, fresh cheese and fresh dairy desserts	100 g
44	Cream and cream substitute, except those listed as a separate item	15 mL
45	Cream and cream substitute, powder	2 g
46	Cream and cream substitute, aerosol or whipped	15 g
47	Eggnog	125 mL
48	Milk, evaporated or condensed	15 mL
49	Plant-based beverages, milk, buttermilk and milk-based drinks, such as chocolate milk	250 mL
50	Shakes and shake substitutes, such as dairy shake mix	250 mL
51	Sour cream	30 mL
52	Yogurt	175 g
<u>Desserts</u>		
53	Ice cream, ice milk, frozen yogurt and sherbet	125 mL
54	Dairy desserts, frozen, such as cakes, bars, sandwiches or cones	125 mL
55	Non-dairy desserts, frozen, such as flavoured and sweetened ice or pops, or frozen fruit juices in bars or cups	75 mL
56	Sundaes	250 mL
57	Custard, gelatin and pudding	125 mL
<u>Dessert Toppings and Fillings</u>		
58	Dessert toppings, such as maple butter and marshmallow cream	30 g
59	Cake frostings and icings	35 g
60	Pie fillings	75 mL
<u>Eggs and Egg Substitutes</u>		
61	Egg mixtures, such as egg foo young, scrambled eggs or omelets	110 g
62	Eggs	50 g
63	Egg substitutes	50 g

	Column 1	Column 2
Item	Food	Reference amount ¹
	<u>Fats and Oils</u>	
64	Butter, margarine, shortening and lard	10 g
65	Vegetable oil	10 mL
66	Butter replacement, powder	2 g
67	Dressings for salad	30 mL
68	Mayonnaise, sandwich spread and mayonnaise-type dressing	15 mL
69	Oil, spray type	0.5 g
	<u>Marine and Fresh Water Animals</u>	
70	Canned anchovies, anchovy paste and caviar	15 g ²
71	Marine and fresh water animals with sauce, such as fish with cream sauce or shrimp with lobster sauce	140 g cooked
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
73	Marine and fresh water animals, canned	55 g ²
74	Marine and fresh water animals, smoked or pickled, or spreads	55 g ²
	<u>Fruit and Fruit Juices</u>	
75	Fruit, fresh, canned or frozen, except those listed as a separate item	140 g 150 mL canned ²
76	Candied or pickled fruit	30 g ²
77	Dried fruit, such as raisins, dates or figs	40 g
78	Fruit for garnish or flavour, such as maraschino cherries	4 g ²
79	Fruit relishes	60 mL
80	Avocado, used as an ingredient	30 g
81	Cranberries, lemons and limes, used as ingredients	55 g
82	Watermelon, cantaloupe, honeydew and other melons	150 g
83	Juices, nectars and fruit drinks represented for use as substitutes for fruit juices	250 mL
84	Juices, used as ingredients, such as lemon juice or lime juice	5 mL

	Column 1	Column 2
Item	Food	Reference amount ¹
	<u>Legumes</u>	
85	Bean curd (tofu) and tempeh	85 g ²
86	Beans, peas and lentils, such as white beans, kidney beans, romano beans, soybeans or chick peas	100 g dry 250 mL cooked or canned ²
	<u>Meat, Poultry, Their Products and Substitutes</u>³	
87	Pork rinds and bacon	54 g uncooked 15 g cooked
88	Beef, pork and poultry breakfast strips	30 g uncooked 15 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
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
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 or cervelat	75 g uncooked 55 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
93	Patties, cutlettes, chopettes, steakettes, meatballs, sausage meat and ground meat, with or without breading or batter	100 g raw 60 g cooked
94	Cured meat products, such as cured ham, dry cured ham, back bacon, cured pork back, dry cured cappiccolo, corned beef, pastrami, country ham, cured pork shoulder picnic, cured poultry ham products, smoked meat or pickled meat	85 g raw 55 g cooked
95	Canned meat and poultry	55 g ²
96	Meat and poultry with sauce, such as meat in barbecue sauce or turkey with gravy, but excluding combination dishes	140 g

	Column 1	Column 2
Item	Food	Reference amount ¹
	<u>Miscellaneous</u>	
97	Baking powder, baking soda and pectin	0.6 g
98	Baking decorations, such as coloured sugars or sprinkles for cookies	4 g
99	Bread crumbs and batter mixes	30 g
100	Cooking wine	30 mL
101	Cocoa powder	5 g
102	Non-alcoholic drink mixers, such as pina colada or daiquiri	250 mL
103	Chewing gum	3 g
104	Salad and potato toppers, such as salad crunchies, salad crispins or substitutes for bacon bits	7 g
105	Salt and salt substitutes, as well as seasoned salt, such as garlic salt	1 g
106	Spices and herbs	0.5 g
	<u>Combination Dishes</u>	
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
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
109	Hors d'oeuvres	50 g
	<u>Nuts and Seeds</u>	
110	Nuts and seeds, not for use as snacks: whole, chopped, sliced, slivered or ground	30 g shelled
111	Butters, pastes and creams, other than peanut butter	30 g
112	Peanut butter	15 g
113	Flours, such as coconut flour	15 g

Item	Column 1 Food	Column 2 Reference amount ¹
<u>Potatoes, Sweet Potatoes and Yams</u>		
114	French fries, hash browns, skins and pancakes	85 g frozen French fries 70 g prepared
115	Mashed, candied, stuffed or with sauce	140 g
116	Plain, fresh, canned or frozen	110 g fresh or frozen 125 g vacuum packed 160 g canned ²
<u>Salads</u>		
117	Salads, such as egg, fish, shellfish, bean, fruit, vegetable, meat, ham or poultry salad, except those listed as a separate item	100 g
118	Gelatin salad	120 g
119	Pasta or potato salad	140 g
<u>Sauces, Dips, Gravies and Condiments</u>		
120	Sauces for dipping, such as barbecue, hollandaise, tartar, mustard or sweet and sour sauce	30 mL
121	Dips, such as legume or dairy-based	30 g
122	Major main entree sauce, such as spaghetti sauce	125 mL
123	Minor main entree 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
124	Major condiments, such as ketchup, steak sauce, soy sauce, vinegar, teriyaki sauce or marinades	15 mL
125	Minor condiments, such as horseradish, hot sauce, mustard or worcestershire sauce	5 mL
<u>Snacks</u>		
126	Chips, pretzels, popcorn, extruded snacks, grain-based snack mixes and fruit-based snacks, such as fruit chips	50 g
127	Nuts or seeds for use as snacks	50 g shelled
128	Meat or poultry snack food sticks	20 g
<u>Soups</u>		
129	All varieties	250 mL

	Column 1	Column 2
Item	Food	Reference amount ¹
	<u>Sugars and Sweets</u>	
130	Candies, including chocolate bars and other chocolate products, except those listed as a separate item	40 g
131	Hard candies, except those listed as a separate item	15 g
132	Baking candies, such as chocolate chips	15 g
133	Breath mints	2 g
134	Roll-type hard candies and mini size hard candies in dispenser packages	5 g
135	Confectioner's or icing sugar	30 g
136	Bread spreads, except those listed as a separate item, honey and molasses	20 g
137	Jams, jellies, marmalades, fruit butters and spreads	15 mL
138	Marshmallows	30 g
139	Sugars, except those listed as a separate item	4 g
140	Sugar substitute	amount equivalent in sweetness to 4 g of sugar
141	Syrups, including chocolate, maple and corn syrup	30 mL as ingredient 60 mL other uses
	<u>Vegetables</u>	
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 ²
143	Vegetables with sauce	110 g fresh or frozen 125 mL canned
144	Vegetables primarily used for garnish or flavouring, fresh, canned or frozen, but not dried, such as parsley or garlic	4 g
145	Chili pepper and green onion	30 g
146	Seaweed	15 g
147	Lettuce and sprouts	65 g
148	Vegetable juice and vegetable drink	250 mL
149	Olives	15 g ²
150	Pickles	30 g ²
151	Relish	15 mL

	Column 1	Column 2
Item	Food	Reference amount ¹
152	Vegetable pastes, such as tomato paste	30 mL
153	Vegetable sauce or purée, such as tomato sauce or tomato purée	60 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. Excludes any liquid in which the solid food may be packed or canned, unless the liquid is customarily consumed with the solid food.

³. Meat and poultry substitutes include extended and simulated meat and poultry products.

