

New Canadian Nutrition Labelling Regulations Changes in Daily Values (adult label)

Label Nutrient	Regulation Change (*)	NEW REGULATIONS		PRE-EXISTING REGULATIONS	
		Core/Additional	Daily Value	Core/Additional	Daily Value
Calories		C	--	C	--
Calories from fat	*	Not listed	--	A	--
Calories from Saturated + Trans	*	Not listed	--	A	--
Total Fat	*	C	75 g	C	65 g
Saturated + Trans		C	20 g	C	20 g
Polyunsaturated		A	--	A	--
Omega-6		A	--	A	--
Omega-3		A	--	A	--
Monounsaturated		A	--	A	--
Total Carbohydrate	*	C	--	C	300 g
Dietary Fibre	*	C	28 g	C	25 g
Soluble Fibre		A	--	A	--
Insoluble Fibre		A	--	A	--
Sugars	*	C	100 g	C	--
Sugar Alcohols		A	--	A	--
Starch		A	--	A	--
Protein		C	--	C	--
Cholesterol		C	300 mg	C	300 mg
Sodium	*	C	2300 mg	C	2400 mg
Potassium	*	C	4700 mg	A	3500 mg
Calcium	*	C	1300 mg	C	1100 mg
Iron	*	C	18 mg	C	14 mg
Vitamin A	*	A	900 mcg RAE	C	1000 RE
Vitamin C	*	A	90 mg	C	60 mg
Vitamin D	*	A	20 mcg	A	5 mcg
Vitamin E	*	A	15 mg	A	10 mg
Vitamin K	*	A	120 mcg	A	80 mcg
Thiamine	*	A	1.2 mg	A	1.3 mg
Riboflavin	*	A	1.3 mg	A	1.6 mg
Niacin	*	A	16 mg NE	A	23 mg NE
Vitamin B6	*	A	1.7 mg	A	1.8 mg
Folate	*	A	400 mcg DFE	A	220 mcg
Vitamin B12	*	A	2.4 mcg	A	2 mcg
Biotin		A	30 mcg	A	30 mcg
Pantothenic Acid	*	A	5 mg	A	7 mg
Choline	*	A	550 mg	Not listed	--
Phosphorus	*	A	1250 mg	A	1100 mg
Iodide	*	A	150 mcg	A	160 mcg
Magnesium	*	A	420 mg	A	250 mg
Zinc	*	A	11 mg	A	9 mg
Selenium	*	A	55 mcg	A	50 mcg
Copper	*	A	0.9 mg	A	2 mg
Manganese	*	A	2.3 mg	A	2 mg
Chromium	*	A	35 mcg	A	120 mcg
Molybdenum	*	A	45 mcg	A	75 mcg
Chloride	*	A	2300 mg	A	3400 mg

