

CANADA'S NEW FOOD LABELLING REGULATIONS

an eBook from ESHA Research



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INTRODUCTION

Health Canada has finalized changes to the Nutrition Facts tables and list of ingredients for packaged foods.

Manufacturers have a five-year compliance period, which started Dec. 14, 2016, and during that time both pre-existing and new Nutrition Facts tables will be seen on grocery store shelves.

This eBook summarizes these changes.

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THE NUTRITION FACTS OVERVIEW

Changes were made to the label appearance and Daily Value calculations in order to reflect the latest science, focus more on nutrients of public health interest, and to generally address the needs and concerns of Canadians. The changes are based on current recommendations from sources such as the US Institute of Medicine and the Canadian Community Health Survey.

Changes in Daily Values

The Daily Values (DV) refer to nutrient amounts Canadians should consume OR not exceed (depending on the nutrient). The amounts are used to calculate the percent DV that is seen on the Nutrition Facts table, per reference age group. Daily Values for many nutrients have been updated using the most current 1997-2010 Dietary Reference Intakes (DRIs) from the US Institute of Medicine. DRIs are daily nutrient recommendations for healthy individuals in Canada and the U.S., and were used as the basis of DV changes for the 2016 U.S. nutrition labels as well.

Daily Value reference age groups have been updated to reflect the age groups described in the DRI documentation. The new Canadian Nutrition Facts table provides Daily Value standards for three age groups instead of two.

The new table differentiates between the nutritional needs of infants (aged 6 months to less than 1 year) and children (aged 1 year to less than 4 years), as well as adults and children 4 years and older. The chart at the end of this eBook compares the Daily Value adult standards for the pre-existing and the new table.

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FORMATTING CHANGES

The updated appearance of the Nutrition Facts table reinforces the desired changes put forth by the new regulations. The numbered items below correspond to the image on page 6.

- 1.** Calories are displayed more prominently, with a larger type size and more surrounding white space.
- 2.** The serving size amount is more consistent and more accurately reflects the amount Canadians typically eat in a sitting, thereby making it easier to compare nutrient amounts in similar foods.
- 3.** The order of nutrients has changed. Nutrients that contribute to calories (Fats, Carbohydrates, Protein) are now the first listed underneath Calories.
- 4.** The set of core (required) vitamins and minerals has also changed. Potassium is now a core nutrient and vitamins A and C are no longer core nutrients, but they may be listed voluntarily.
- 5.** The new table now requires that amounts be listed for vitamins and minerals (along with the percent Daily Value) to help consumers compare the levels found in supplements.
- 6.** A percent Daily Value has been added for sugars to help consumers determine whether a food contains a little or a lot of sugar, so that they can adjust sugar intake.
- 7.** A new footnote tells consumers how to use the percent Daily Value to make dietary choices. The new footnote text reads: “*5% or less is a little, 15% or more is a lot.”

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OLD vs. NEW

Nutrition Facts

Serving Size 1/2 cup (80 g)

Servings Per Container about 8

Amount	% Daily Value
Calories 70	
Fat 1.5 g	2 %
Saturated 0.3 g	3 %
+ Trans 0.3 g	
Cholesterol 0 mg	
Sodium 250 mg	10 %
Carbohydrate 11 g	4 %
Fibre 3 g	12 %
Sugars 3 g	
Protein 4 g	
Vitamin A 20 %	Vitamin C 15 %
Calcium 2 %	Iron 8 %

Nutrition Facts

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Fat 1.5 g	2 %
Saturated 0.3 g	3 %
+ Trans 0.3 g	
Carbohydrate 11 g	
Fibre 3 g	12 %
Sugars 3 g	3 %
Protein 4 g	
Cholesterol 0 mg	
Sodium 250 mg	11 %
Potassium 50 mg	1 %
Calcium 20 mg	2 %
Iron 1.25 mg	6 %

*5% or less is a little, 15% or more is a lot

NUTRIENT CHANGES

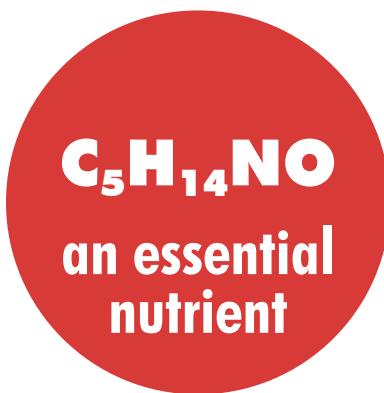
Canada's New Food Labelling Regulations

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Many Daily Values have changed to align with the current research. The most significant nutrient changes are described in this section. *Core nutrients* must be accounted for on the Nutrition Facts table and *additional nutrients* are voluntary unless they have been added to fortify a product.



CALORIES FROM FAT AND CALORIES FROM SATURATED + TRANS are voluntary on the pre-existing table but are no longer displayed on the new Nutrition Facts table. Research suggests that the type of fat is more important than the amount, so it was determined that this information was not necessary to assist consumers in making healthy dietary choices.



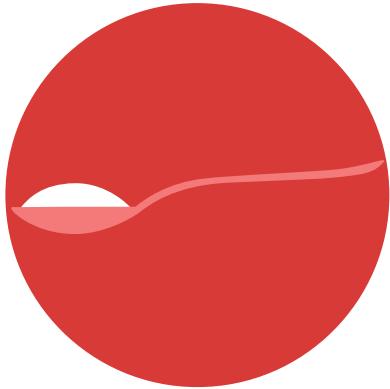
CHOLINE is a new additional nutrient for the Nutrition Facts table. Previously it was not allowed to be listed on the table, but now choline can be voluntarily listed. Choline is a nutrient needed in the body to maintain liver function, and the Daily Value amount of 550 mg for adults has been set based on this research and the DRI recommendation.



POTASSIUM is now a core nutrient on the Nutrition Facts table. It was an additional nutrient on the pre-existing table. Potassium was added to the core group to increase consumer awareness, because most Canadians are not consuming adequate amounts of this nutrient and it is an important nutrient for maintaining healthy blood pressure. The Daily Value for potassium has increased from 3500 mg to 4700 mg per day.

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SUGARS is a core nutrient for both the pre-existing and new Nutrition Facts tables, but a DV standard has been added on the new table. For adults the DV standard is 100 grams. The DV was added so that consumers could use the new DV footnote to help determine whether a food contains a little or a lot of sugar. Studies suggest that an increased sugar intake leads to an overconsumption of calories, which has been associated with obesity and chronic diseases. It is hoped that this measure will help educate consumers about the sugar content of foods to assist in making healthy dietary choices.



FOLATE is an additional nutrient on the Nutrition Facts table whose unit has changed. On the pre-existing table folate is reported as mcg of total folate. The new Nutrition Facts table reports folate as mcg of DFE (Dietary Folate Equivalents). For adults, the DV standard has increased from 220 mcg to 400 mcg DFE. This change in amount and unit follows the recommendation by the Institute of Medicine, where mcg DFE is the measure used for folate in the DRI standards. DFE accounts for the differences in bioavailability between the folate found in food and folic acid, the synthetic form. This formula describes the DFE calculation:

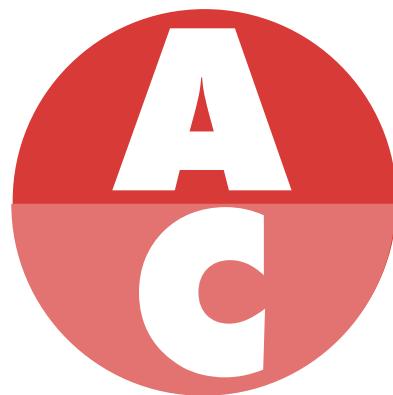
$$1 \text{ mcg DFE} = (\text{food folate mcg}) + (1.7 \times \text{folic acid mcg})$$



VITAMIN A AND VITAMIN C are no longer core nutrients on the Nutrition Facts table, but are now voluntary, and are listed below the core minerals. Studies suggest that Canadians are consuming adequate amounts of these vitamins and that they are no longer nutrients of concern. Please note, however, that the Daily Value for vitamin C has increased, from 60 mg to 90 mg per day for adults. In addition, the Daily Value for vitamin A has changed from 1000 RE to 900 mcg RAE per day. The change in vitamin A unit reflects current research from the Institute of Medicine's DRI recommendations. The new unit more accurately reflects the conversion of carotenoids to vitamin A in the body. The conversion factors are:

$$1 \text{ RAE} = 1 \text{ mcg retinol}$$

$$1 \text{ RAE} = 12 \text{ mcg beta-carotene}$$



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THE INGREDIENT STATEMENT

Food labelling regulations require that an ingredient statement be shown on the package near the Nutrition Facts table. New labelling regulations initiate changes that make the ingredient statement easier to read and understand. The changes require that the ingredient statement be shown using black type on a white or light background, with a standard sans serif font. Ingredients are listed in descending order by weight, in upper and lower case letters, and are separated by a bullet point or a comma. Required components of an ingredient are listed by common name and are shown in parentheses after the ingredient. Food colors are listed by their individual common names instead of just listing the word “colour”.

The new regulations provide additional guidance for the reporting of sugar-based ingredients in the ingredient statement. The regulations state that if a product contains more than one sugar-based ingredient, that those ingredients are grouped together in the ingredient list. The sugar-based ingredients are listed in descending order in parentheses after the word, Sugars/Sucres. The combined weight of all sugar-based ingredients decides the order that the Sugars group is listed on the ingredient statement.

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The new regulations for sugar ingredients are intended to help consumers see that sugars have been added to the food and understand how the amount of sugar added compares to other ingredients. For example, if the Sugars/ Sucres group is first in the list of ingredients, this would tell consumers that there is more sugar in the product than any other ingredient. In the pre-existing ingredient statement, sugar-based ingredients are listed separately in the ingredients list. This makes it difficult for consumers to understand that the total amount of sugars may be high.

According to the government documentation, ingredients designated as sugars include:

- “white sugar, beet sugar, raw sugar or brown sugar
- agave syrup, honey, maple syrup, barley malt extract or fancy molasses
- fructose, glucose, glucose-fructose (also known as high fructose corn syrup), maltose, sucrose or dextrose
- fruit juice concentrates and purée concentrates that are added to replace sugars in foods”

Source: <http://www.healthcanadians.gc.ca/eating-nutrition/label-etiquetage/changes-modifications-eng.php>

Nutrition Facts

Per 1 Brownie (60 g)

Calories 270

	% Daily Value*
Fat 15 g	20 %
Saturated 6 g	30 %
+ Trans 0.2 g	

Carbohydrate 31 g

Fibre 1 g	4 %
Sugars 21 g	21 %

Protein 5 g

Cholesterol 40 mg

Sodium 230 mg	10 %
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Potassium 125 mg	3 %
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Calcium 40 mg	3 %
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Iron 1 mg	6 %
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* 5% or less is a little, 15% or more is a lot

Ingredients: Sugars (brown sugar, sugar), Peanut butter, Wheat flour, Butter, Eggs, Baking powder, Salt.

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LEARN MORE

The Daily Values are used to calculate the percent Daily Value on the Nutrition Facts table and therefore impact how products appear to consumers. Ingredient lists are also required to be listed on product packaging. Industry will want to understand the changes in Daily Values and ingredient statement offered by the new labelling regulations in order to optimally prepare their products for the most positive impact. This eBook highlights some of the important changes between the pre-existing and the new table nutrients, Daily Values and package ingredient statement. See the regulations themselves for more details.

The new Nutrition Facts table regulation changes and discussion:
<http://www.gazette.gc.ca/rp-pr/p2/2016/2016-12-14/html/sor-dors305-eng.php>

RESOURCES USED IN WRITING THIS EBOOK

A summary of the new Nutrition Facts table changes:
<http://www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/changes-modifications-eng.php>

The new consolidated Nutrition Facts table regulations:
http://laws-lois.justice.gc.ca/eng/regulations/C.R.C._c._870/page-15.html#h-19

The new Nutrition Facts table regulation changes and discussion:
<http://www.gazette.gc.ca/rp-pr/p2/2016/2016-12-14/html/sor-dors305-eng.php>

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

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ESHA Research has been the leading provider of nutrition databases, food and supplement labelling, and nutrition analysis software solutions for more than 30 years. Our team of consultants are knowledgeable in nutrition, labelling, and regulatory compliance, ensuring your unique needs are met.

If we can be of assistance, please do not hesitate to contact us:

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