



WEBINAR



Creating Advanced Health Canada Nutrition Facts Tables

Presented by ESHA Research

Wednesday, September 19, 2018

11:00 AM PDT | 1:00 PM CDT | 2:00 PM EDT



ESHA Research

ESHA Research was established in 1981 as the first comprehensive nutrition analysis software solution. Today, ESHA's suite of nutritional software products, services, and databases are recognized as the industry's top choice for food and supplement formulation, recipe development, labeling, nutritional analysis, and regulatory compliance.

ESHA Services and Software Solutions

- Genesis R&D® Food Formulation
- Genesis R&D® Supplement Formulation
- Food Processor® Nutrition & Diet Analysis
- Consulting Services



Genesis R&D Food

Genesis R&D was released in 1991 and is designed to help users manage processes and industry challenges, and meet federal requirements.

- Product Development
- Formulation Analysis
- Menu Analysis
- Reporting
- Regulatory Compliance



Upcoming Webinars



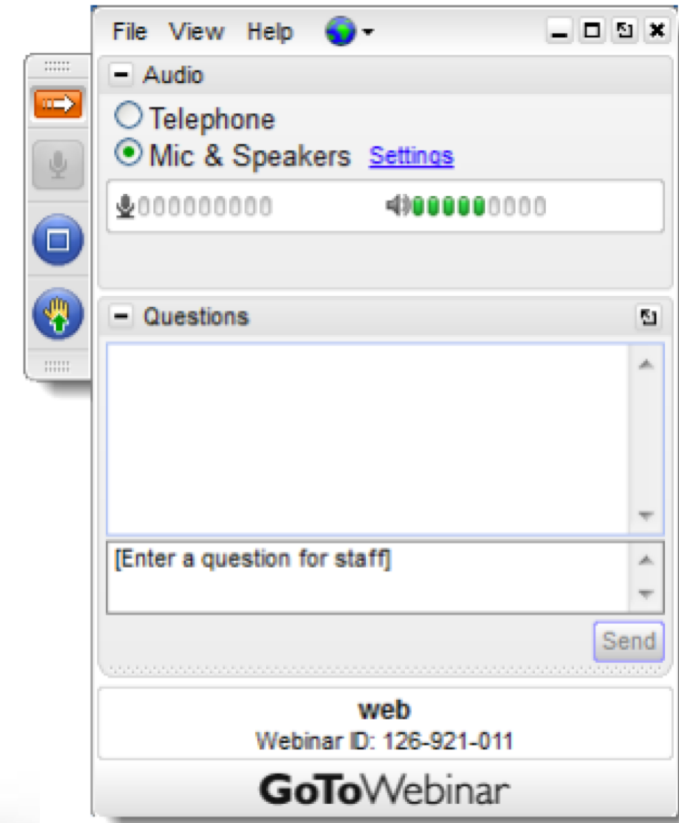
Best Practices for Creating and Managing Nutrition Labels for Multiple Countries | October 17, 2018

There are many aspects to consider when creating products that will be sold and distributed in multiple regions or countries. During this 45-minute webinar, we will cover considerations and best practices for creating and managing recipes and nutrition labels for multiple countries.

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Please Note!

- ✓ The webinar is being recorded
- ✓ All webinars available on our website
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Today's Agenda

- During this 60 minute webinar we will cover:
- Dual Format Label Types
- Aggregate Label Types
- How to Create Advanced Labels in Genesis R&D
- Q&A



2016 Canadian Labels in Genesis R&D

Nutrition Facts / Valeur nutritive	
Per 1 slice (79 g) pour 1 tranche (79 g)	
Calories 130	% Daily Value*
Fat / Lipides 0.4 g	% valeur quotidienne*
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	1 %
Carbohydrate / Glucides 28 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 1 mg	1 %
Potassium 1750 mg	37 %
Calcium 10 mg	1 %
Iron / Fer 1.5 mg	8 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Regulation	Canada
	U.S.
	Canada
	Mexico
	European Union

Access the Canadian Labeling Module in Genesis R&D:
Available labeling regulation modules are displayed in the Edit Label settings.

Click on the About button to check your version number.





Timeline for Compliance

On December 14, 2016, Government of Canada 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.
- The compliance date for the updated Nutrition Facts table is December 14, 2021.



Old vs New Label

Nutrition Facts	
Valeur nutritive	
Serving Size 1/2 cup (80 g)	
Portion 1/2 tasse (80 g)	
Servings Per Container 8	
Portions par contenant 8	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 100	
Fat / Lipides 4.5 g	7 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 3 mg	1 %
Carbohydrate / Glucides 21 g	7 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 8 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (80 g)	
pour 1/2 tasse (80 g)	
Per Container 8	
par contenant 8	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
Calories 100	
Fat / Lipides 4.5 g	6 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 21 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 3 mg	1 %
Potassium 100 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Note: Both the pre-existing and new label formats will be available in Genesis R&D as we transition through effective and compliance date timelines.

The format options include the appropriate regulations for each.

Key Changes

1. More prominent display of serving size and Calories
2. Modified serving-size definitions
3. %DV no longer listed for Carbohydrates
4. Percent daily value for total sugars
5. Updated list of core label nutrients and quantitative amounts reported
6. A new footnote that explains how to use the % DV
7. Improved legibility for list of ingredients and allergen information
8. Grouping of sugar-based ingredients in the list of ingredients



Nutrition Facts

Serving Size 1/2 cup (80 g) **2**
Servings Per Container about 8

1 Calories 70	% Daily Value*
Fat 1.5 g	2 %
Saturated 0.3 g	3 %
+ Trans 0.3 g	
Carbohydrate 11 g 3	
Fibre 3 g	12 %
Sugars 3 g	3 % 4
Protein 4 g	
Cholesterol 0 mg	
Sodium 250 mg	11 %
Potassium 50 mg	1 %
Calcium 20 mg	2 %
Iron 1.25 mg	6 %
5 *5% or less is a little, 15% or more is a lot 6	

7 **Ingredients:** Flour • Sugars (fancy **8**
molasses, brown sugar, sugar) • Eggs
Contains: Wheat • Eggs



Advanced Label Options in Genesis R&D

- Dual Format- Foods requiring preparation
- Aggregate Format - Different kinds of foods
- Aggregate Format - Different amounts of food

Nutrition Facts				
		Per 1 cup (47 g)		Per 10 pieces (53 g)
Calories		170		190
		Amount	% DV*	Amount % DV*
Fat		1 g	1 %	1 g 1 %
Saturated		0 g	0 %	0 g 0 %
+ Trans		0 g		0 g
Carbohydrate		40 g		45 g
Fibre		5 g	18 %	6 g 21 %
Sugars		9 g	9 %	10 g 10 %
Protein		5 g		5 g
Cholesterol		0 mg		0 mg
Sodium		1 mg	1 %	1 mg 1 %
Potassium		175 mg	4 %	200 mg 4 %
Calcium		10 mg	1 %	20 mg 2 %
Iron		6.5 mg	36 %	7 mg 39 %
*DV = Daily Value				
* 5% or less is a little, 15% or more is a lot				

Nutrition Facts		
Per 4 tbsp (42 g) about 1 cup prepared		
	As sold	Prepared† w/1% milk
Calories	160	240
% Daily Value*		
Fat 2.5 g†	3 %	6 %
Saturated 0.5 g	3 %	8 %
+ Trans 0 g		
Carbohydrate 30 g		
Fibre 3 g	11 %	11 %
Sugars 7 g	7 %	16 %
Protein 4 g		
Cholesterol 0 mg		
Sodium 160 mg	7 %	10 %
Potassium 100 mg	2 %	5 %
Calcium 0 mg	0 %	17 %
Iron 1.5 mg	8 %	8 %
† Amount in food as sold.		
* 3/4 cup 1% milk adds 80 Calories, 2 g Fat (1 g Saturated, 0.1 g Trans), 9 g Carbohydrate (9 g Sugars), 6 g Protein, 10 mg Cholesterol, 80 mg Sodium.		
* 5% or less is a little, 15% or more is a lot		

Bilingual vs Unilingual

- Information in both English and French are required on most packages

There are a few, specific exemptions

- Can be presented on one bilingual label, or on two, separate NFts on the same package



Nutrition Facts		
Per 2 slices (79 g)		
Per Container 8		
	2 slices (79 g)	1 slice (40 g)
Calories	130	70
% Daily Value*		
Fat 0.4 g†	1 %	1 %
Saturated 0.1 g		0 %
+ Trans 0 g	1 %	
Carbohydrate 28 g		
Fibre 1 g	4 %	
Sugars 4 g	4 %	
Protein 4 g		
Cholesterol 0 mg		
Sodium 1 mg	1 %	
Potassium 1750 mg	37 %	
Calcium 10 mg	1 %	
Iron 1.5 mg	8 %	
† Amount in 2 slices		
* 5% or less is a little , 15% or more is a lot		

Valeur nutritive		
pour 2 tranches (79 g)		
par contenant 8		
	2 tranches (79 g)	
Calories	130	
Lipides 0.4 g†	1 %	
saturés 0.1 g		
+ trans 0 g	1 %	
Glucides 28 g		
Fibres 1 g	4 %	
Sucres 4 g	4 %	
Protéines 4 g		
Cholestérol 0 mg		
Sodium 1 mg	1 %	
Potassium 1750 mg	37 %	
Calcium 10 mg	1 %	
Fer 1.5 mg	8 %	
† Teneur pour 2 tranches		
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Nutrition Facts / Valeur nutritive		
Per 2 slices (79 g) / pour 2 tranches (79 g)		
Per Container 8		
par contenant 8		
	2 Slices (79 g) 2 Tranches (79 g)	1 Slice (40 g) 1 Tranche (40 g)
Calories	130	70
% Daily Value* / % valeur quotidienne*		
Fat / Lipides 0.4 g†	1 %	1 %
Saturated / saturés 0.1 g		
+ Trans / trans 0 g	1 %	0 %
Carbohydrate / Glucides 28 g		
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 4 g	4 %	2 %
Protein / Protéines 4 g		
Cholesterol / Cholestérol 0 mg		
Sodium 1 mg	1 %	1 %
Potassium 1750 mg	37 %	19 %
Calcium 10 mg	1 %	0 %
Iron / Fer 1.5 mg	8 %	4 %
† Amount in 2 Slices / Teneur pour 2 Tranches		
*5% or less is a little , 15% or more is a lot		
*5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Dual Format – Different Amounts of Food



There are cases where it is suitable to provide nutrition information for a food in more than one amount, to reflect different uses or different units of measurement of a food.

Nutrition Facts		
Per 2 slices (79 g)		
Per Container 8		
	2 slices (79 g)	1 slice (40 g)
Calories	130	70
		% Daily Value*
Fat 0.4 g [†]	1 %	1 %
Saturated 0.1 g	1 %	0 %
+ Trans 0 g		
Carbohydrate 28 g		
Fibre 1 g	4 %	4 %
Sugars 4 g	4 %	2 %
Protein 4 g		
Cholesterol 0 mg		
Sodium 1 mg	1 %	1 %
Potassium 1750 mg	37 %	19 %
Calcium 10 mg	1 %	0 %
Iron 1.5 mg	8 %	4 %
[†] Amount in 2 slices		
* 5% or less is a little , 15% or more is a lot		

Dual Format – Different Amounts of Food



Examples:

- 2 slices and 1 slice of bread
- applesauce may be considered a fruit serving, 1/2 cup (125 mL) and a condiment, 1 tbsp (15 mL)

Optional



Dual Format – Different Amounts of Food



Nutrition Facts		
Per 2 slices (79 g)		
Per Container 8		
	2 slices (79 g)	1 slice (40 g)
Calories	130	70
	% Daily Value*	
Fat 0.4 g [†]	1 %	1 %
Saturated 0.1 g	1 %	0 %
+ Trans 0 g		
Carbohydrate 28 g		
Fibre 1 g	4 %	4 %
Sugars 4 g	4 %	2 %
Protein 4 g		
Cholesterol 0 mg		
Sodium 1 mg	1 %	1 %
Potassium 1750 mg	37 %	19 %
Calcium 10 mg	1 %	0 %
Iron 1.5 mg	8 %	4 %
[†] Amount in 2 slices		
* 5% or less is a little , 15% or more is a lot		

- The primary serving is always reflective of the reference amount.
- Since the reference amount for bread is 2 slices, the nutrition information required in the first column of the NFt must be for 2 slices of bread

Dual Format – Foods Requiring Preparation



Foods requiring preparation prior to consumption or foods that are customarily served combined with other foods can use a dual format.

Examples:

- dry noodle and spice mix to be added to ground meat
- chocolate drink mix to be added to milk
- raw meat to be cooked
- dry breakfast cereal to be served with milk
- powder brownie mix

Optional



Dual Format – Foods Requiring Preparation



Dry Mix

- 2 serving size declarations
 - As sold
 - As prepared – uses “about” household measure
- Subheadings
 - As sold or Dry mix
 - Prepared
- Nutrients
 - Absolute values declared for as sold column only
 - %DV declared for both
- Footnotes
 - Symbol connects first column to amount as sold
 - Second footnote optional; declares nutrients values from the added ingredients

Nutrition Facts		
Per 1/16th package (28 g) about 1 brownie prepared		
	Dry mix	Prepared [‡]
Calories	120	170
	% Daily Value*	
Fat 4 g [†]	5 %	11 %
Saturated 0.5 g + Trans 0 g	3 %	8 %
Carbohydrate 22 g		
Fibre 1 g	4 %	4 %
Sugars 15 g	15 %	15 %
Protein 1 g		
Cholesterol 0 mg		
Sodium 85 mg	4 %	4 %
Potassium 50 mg	1 %	2 %
Calcium 10 mg	1 %	1 %
Iron 0.5 mg	3 %	4 %
[†] Amount in food as sold. [‡] Milk, egg, and oil add 50 Calories, 4 g Fat (1 g Saturated), 1 g Carbohydrate, 1 g Protein, 10 mg Cholesterol, 10 mg Sodium.		
* 5% or less is a little, 15% or more is a lot		

Cereal with Milk

- 1 serving declaration
 - As sold
 - No “as prepared”
- Subheadings
 - Packaged product
 - Lists the amount of food combined with product
- Nutrients
 - Absolute values declared for as sold column only
 - %DV declared for both
- Footnotes
 - Symbol connects first column to amount as sold
 - Second footnote optional; declares nutrient values from the added food

Nutrition Facts		
Per 1 cup (50 g)		
	Cereal	With 1/2 cup [‡] skim milk
Calories	150	200
	% Daily Value*	
Fat 1 g [†]	1 %	1 %
Saturated 0 g + Trans 0 g	0 %	1 %
Carbohydrate 38 g		
Fibre 7 g	25 %	25 %
Sugars 15 g	15 %	21 %
Protein 4 g		
Cholesterol 0 mg		
Sodium 210 mg	9 %	11 %
Potassium 250 mg	5 %	10 %
Calcium 30 mg	2 %	13 %
Iron 6.5 mg	36 %	36 %
[†] Amount in food as sold. [‡] 1/2 cup skim milk adds 50 Calories (0.1 g Saturated), 6 g Carbohydrate (6 g Sugars), 4 g Protein, 50 mg Sodium.		
* 5% or less is a little, 15% or more is a lot		

Aggregate Format – Different Kinds of Food



May be used

- Prepackaged products containing an assortment of foods of the same type, where a typical serving consists of more than one of the foods but information is declared as separate values for each food
- Package containing separately packaged ingredients or foods that are intended to be consumed together
 - Information in the Nutrition Facts table shall be either listed for each food or listed for the entire product

Examples:

- box of assorted chocolates
- tray of mixed nuts
- cheese and cracker snack kit

Optional



Aggregate Format – Different Kinds of Food



Must be used

- Product containing an assortment of foods of the same type, where:
 - Serving consists of only one of the foods
and
 - Information for serving size, energy and core nutrients is different for all individual items

Examples:

- multi-pack of granola bars
- variety pack of chips



Aggregate Format – Different Kinds of Food



- Foods to be consumed together
- Optional format
- Variety pack of the same type of food
- Required format - when serving is one unit, and information for each variety is different

Nutrition Facts		Crackers		Cheese Spread	
Per snack pack		(21 g)		(32 g)	
Calories		100		90	
		Amount	% DV*	Amount	% DV*
Fat		4.5 g	6 %	7 g	9 %
Saturated		1 g		4.5 g	23 %
+ Trans		0 g	5 %	0 g	
Carbohydrate		14 g		3 g	
Fibre		0 g	0 %	0 g	0 %
Sugars		2 g	2 %	2 g	2 %
Protein		1 g		5 g	
Cholesterol		0 mg		20 mg	
Sodium		190 mg	8 %	520 mg	23 %
Potassium		20 mg	1 %	75 mg	2 %
Calcium		30 mg	2 %	175 mg	13 %
Iron		0.4 mg	2 %	0.1 mg	1 %

*DV = Daily Value

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

Nutrition Facts		Chocolate Chip		Peanut Butter		Cranberry Almond	
Per 1 bar		(43 g)		(40 g)		(43 g)	
Per Container 12							
Calories		180		170		190	
		Amount	% DV*	Amount	% DV*	Amount	% DV*
Fat		7 g	9 %	6 g	8 %	8 g	11 %
Saturated		2.5 g	13 %	1.5 g	8 %	4 g	20 %
+ Trans		0 g		0 g		0 g	
Carbohydrate		30 g		26 g		29 g	
Fibre		2 g	7 %	2 g	7 %	2 g	7 %
Sugars		12 g	12 %	10 g	10 %	11 g	11 %
Protein		2 g		4 g		3 g	
Cholesterol		0 mg		0 mg		0 mg	
Sodium		105 mg	5 %	160 mg	7 %	120 mg	5 %
Potassium		100 mg	2 %	125 mg	3 %	150 mg	3 %
Calcium		20 mg	2 %	40 mg	3 %	40 mg	3 %
Iron		1 mg	6 %	0.75 mg	4 %	1 mg	6 %

*DV = Daily Value

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

Aggregate Format – Different Amounts of Food



Cases where it is suitable to provide nutrition information for a food in more than one amount, to reflect different uses or different units of measurement of a food

Examples:

- condensed milk may be used in small quantities to whiten coffee 1 tbsp (15 mL), or may be reconstituted and used as a beverage 1/2 cup (125 mL)
- bite-size muffins, 3 muffins and 1 muffin

Optional

Aggregate Format – Different Amounts of Food



Nutrition Facts	Per 3 muffins (51 g)	Per 1 muffin (17 g)
Per Container	6	18
Calories	190	60
	Amount	% DV*
Fat	8 g	11 %
Saturated	1.5 g	3 %
+ Trans	0.1 g	0 %
Carbohydrate	27 g	9 g
Fibre	1 g	0 g
Sugars	16 g	5 %
Protein	2 g	1 g
Cholesterol	15 mg	5 mg
Sodium	170 mg	7 %
Potassium	50 mg	1 %
Calcium	20 mg	1 %
Iron	0.75 mg	1 %

*DV = Daily Value
 * 5% or less is a **little**, 15% or more is a **lot**

- Serving information listed for both
- Absolute nutrient values listed for both



Resources

Health Canada

Canadian Food Inspection Agency (CFIA)

- Steps for Choosing a Nutrition Facts Table
- Industry Labeling Tool (ILT)
 - Quick references and interpretations
 - Evolving as policy is updated

Acts and Regulatory

- Food and Drug Regulations (FDR)
- Food and Drugs Act (FDA)
- Consumer Packaging and Labelling Act (CPLA)





Genesis R&D Training

Genesis Professional Training | October 10-11, 2018 | Oak Brook, IL

This training session covers the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, obtaining nutrition analysis, analysis reporting, best practices, and basic labeling features.

Genesis Professional Training | November 7-8, 2018 | Oak Brook, IL

This training session covers the fundamentals of the Genesis R&D Food program: creating ingredients, building recipes/formulas, obtaining nutrition analysis, analysis reporting, best practices, and basic labeling features.

Advanced Genesis Workshop | December 6-7, 2018 | El Segundo, CA

This workshop session covers advanced topics in detail such as new FDA labeling regulations, due diligence and documentation for transitioning to the new labels, new program features, PDCAAS (protein digestibility score), range formulas, advanced labels, and more.

Learn more: <https://www.esharesearch.com/news-events/training-schedule/>

QUESTIONS?



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