

# NUTRIENT DV CHANGES

noun | nu·tri·ent d v chang·es | \ 'nü-trē-ənt dē vē 'chānj-əs\



2003 VS. 2016 DAILY VALUE NUMBERS, UNITS AND LABEL INCLUSION REQUIREMENTS.

The updated Health Canada regulations for nutrition facts tables include changed DV amounts for many nutrients. This cheat sheet compares the previous listed DVs to the new DVs and shows other label nutrient changes.

## Increases

Nutrient	New DV	Old DV
TOTAL FAT	75 g	65 g
DIETARY FIBRE	28 g	25 g
POTASSIUM	4700 mg	3500 mg
CALCIUM	1300 mg	1100 mg
IRON	18 mg	14 mg
VITAMIN C	90 mg	60 mg
VITAMIN D	20 mcg*	5 mcg**
VITAMIN E	15 mg	10 mg
VITAMIN K	120 mcg*	80 mcg*
VITAMIN B12	2.4 mcg*	2 mcg*
PHOSPHORUS	1250 mg	1100 mg
MAGNESIUM	420 mg	250 mg
ZINC	11 mg	9 mg
SELENIUM	55 mcg*	50 mcg*
MANGANESE	2.3 mg	2 mg

### New Nutrient

CHOLINE

550 mg

### New DV

SUGARS

100 gm

### Changed Units

VITAMIN A

900 mcg RAE

was 1000 RE

FOLATE

400 mcg\* DFE

was 220 mcg\*

## Decreases

Nutrient	New DV	Old DV
SODIUM	2300 mg	2400 mg
THIAMINE	1.2 mg	1.3 mg
RIBOFLAVIN	1.3 mg	1.6 mg
NIACIN	16 mg NE	23 mg NE
VITAMIN B6	1.7 mg	1.8 mg
PANTOTHENIC ACID	5 mg	7 mg
IODIDE	150 mcg*	160 mcg*
COPPER	0.9 mg	2 mg
CHROMIUM	35 mcg*	120 mcg*
MOLYBDENUM	45 mcg*	75 mcg*
CHLORIDE	2300 mg	3400 mg

\*Health Canada documentation and some spec sheets will use the symbol  $\mu\text{g}$  to indicate micrograms, although micrograms can appear as either **mcg** or  $\mu\text{g}$  on nutrition facts tables.



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