

## **LABELLING: Health Canada's new requirements**

### **Part 1**

# **Do you know the changes currently in effect ?**

# HEALTH CANADA'S NEW REQUIREMENTS

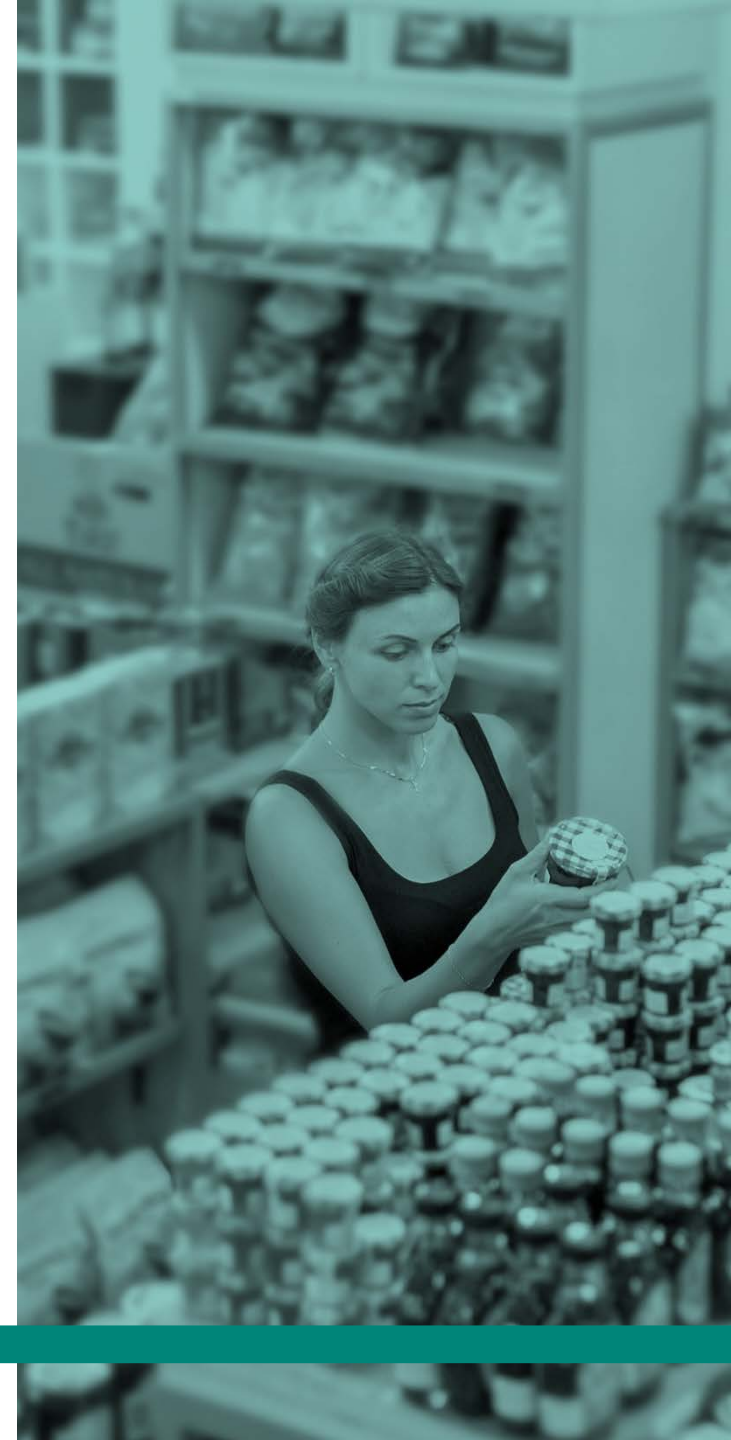
In December 2016, Health Canada published amendments to the food labelling regulations in Canada, namely regarding nutrition labelling, list of ingredients and food color requirements of the Food and Drug Regulations in Canada Gazette Part II.

**Thus, as of December 14, 2021, prepackaged food products being manufactured or imported, and foods prepackaged in store and sold by retailers, must comply with the new labelling requirements.**

The Export Group offers a series of four publications to assist you in this major change.

## Part 1 – The first published changes

- Nutrition Labelling
  - The nutrition facts table
  - The serving size
- The list of ingredients



# NUTRITION LABELLING

## The nutrition facts table

### DID YOU KNOW THAT

- the nutrition facts table is subject to new graphic criteria. In addition, some of the criterias will be taken into account for the display of the list of ingredients;
- a new series of simplified NFT formats exists and was conceived for products meeting the definition of single-serving prepackaged product;
- the daily values (DV) were revised;
- the milligrams (mg) amounts of potassium, calcium and iron must now be included in the nutrition facts table and these addition can directly impact your requests for information to your ingredients suppliers ?

# ANATOMY OF THE NEW NUTRITION FACTS TABLE

## ORIGINAL

Nutrition Facts	
Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 110</b>	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	120 %
Calcium / Calcium	2 %
Iron / Fer	0 %

## NEW

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories 110</b>	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Calories is larger and stands out more with bold line below

mg amounts are shown

New % Daily Value footnote

Serving size stands out more and is more similar on similar foods

Daily Values updated

New % Daily Value for total sugars

Updated list of minerals of public health concern

# NUTRITION LABELLING

## The serving size

### DID YOU KNOW THAT

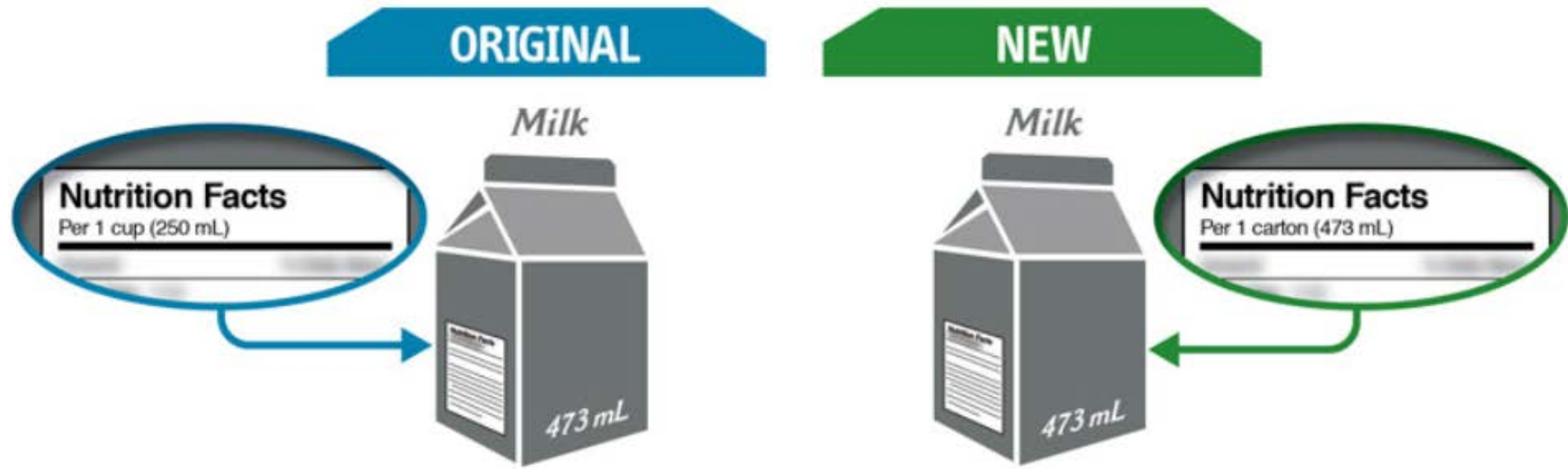
- the published changes could directly impact the serving size, the nutritional values and the percentages (%) of the daily value;
- serving sizes will now be based, for the most part, on regulated reference amounts and that some these have been changed?



# FOODS IN SINGLE SERVING CONTAINERS

On single serving packages, the serving size indicated on the nutrition facts table will be the amount in the whole container.

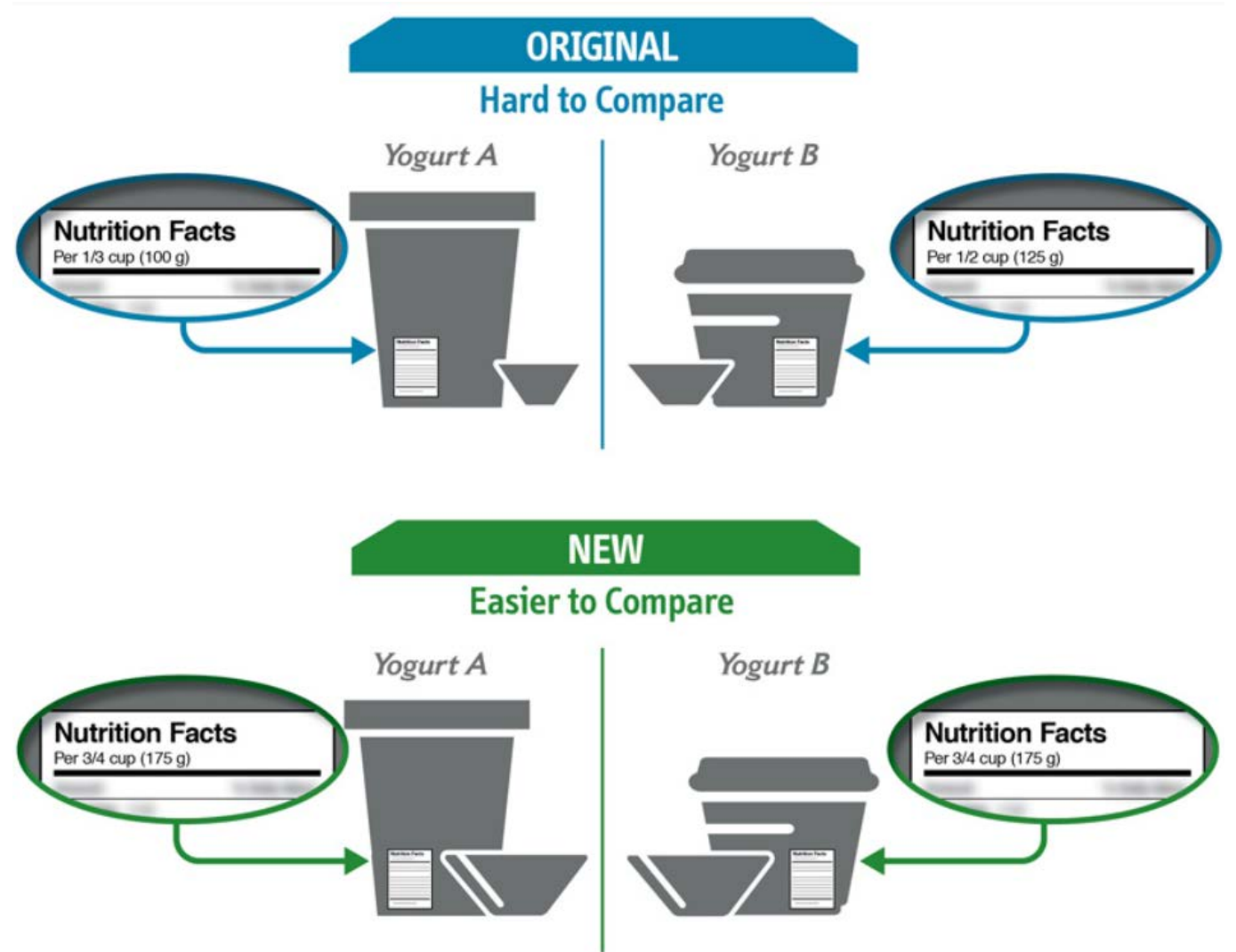
The rule will apply to packages containing up to 200% of the reference amount for that particular food.



# FOODS THAT CAN BE MEASURED

For foods that can be measured, the serving size will be shown as a common household measurement (cups, tablespoon, teaspoon) and will be paired with its metric equivalent in milliliters (mL) or grams (g).

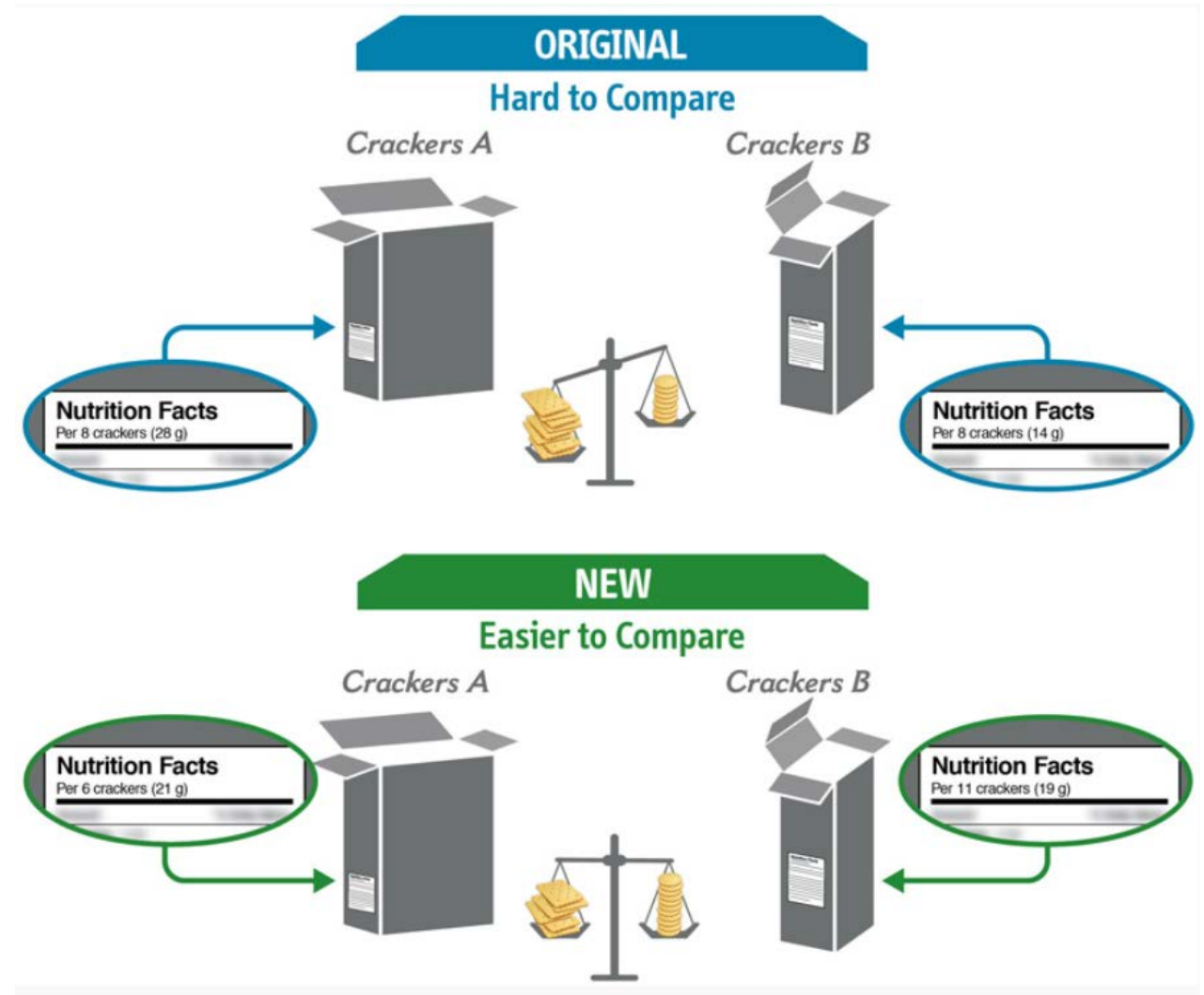
The amount of milliliters (mL) or grams (g) will be the same for similar foods.



# FOODS THAT COME IN PIECES OR ARE DIVIDED

For foods that come in pieces or that are divided into pieces before eating, the serving size will be shown as the number of pieces or as a fraction of the food. This will be paired with its weight in grams (g).

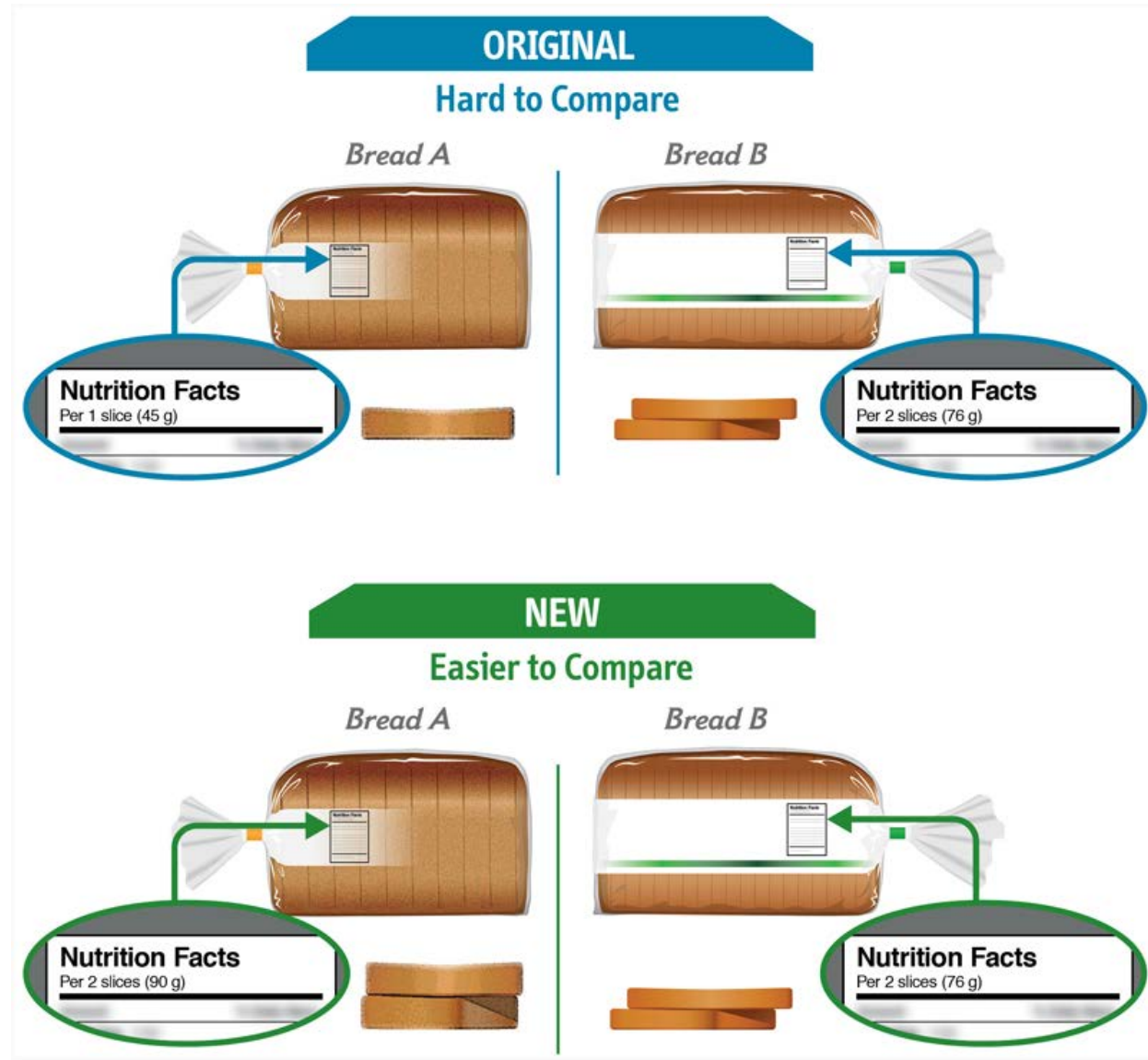
Similar products will have the same or very similar gram amounts.





# AMOUNTS OF FOOD THAT ARE TYPICALLY EATEN

For certain foods, the serving size will reflect the way they're typically eaten, followed by its weight in grams.



# THE LIST OF INGREDIENTS

## Several modifications

### DID YOU KNOW THAT

the changes regarding the list of ingredients will directly impact :

- the display of the list of ingredients on the packaging (new graphic criteria);
- the required space dedicated to the list of ingredients (validation of the required space);
- your requests for information to your ingredients suppliers ?

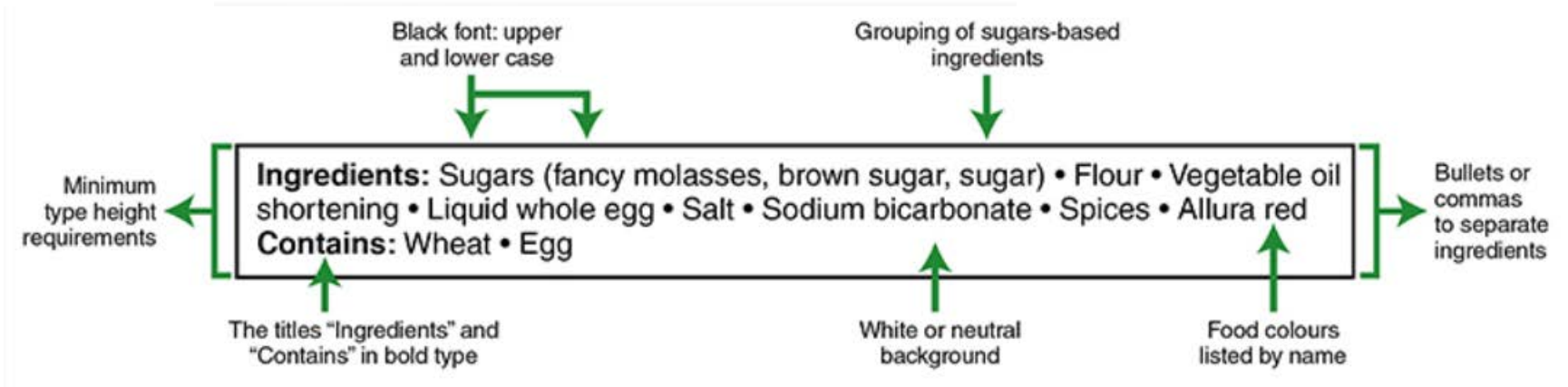
# SUMMARY – THE MODIFICATIONS

- Text in black font on a white or neutral background;
- « Contains» and « Ingredients » statement in bold;
- Using both upper and lower case letters for the ingredients in the list;
- Using bullets or commas to separate ingredients;
- Grouping **sugar-based ingredients** in brackets after the name 'sugars';
- Listing **food colors** by their individual common names;
- Graphic criteria in direct relation with the graphic criteria of the new nutrition facts table displayed.

## Original requirements

INGREDIENTS: FLOUR, FANCY MOLASSES, VEGETABLE OIL  
SHORTENING, BROWN SUGAR, LIQUID WHOLE EGG, SUGAR,  
SALT, SODIUM BICARBONATE, SPICES, COLOUR  
CONTAINS: WHEAT, EGG

## New requirements



# SUGAR-BASED INGREDIENT\*

In the case of a prepackaged product, the ingredients that meet the following criteria shall be grouped under the name "Sugars".

In respect of a prepackaged product,

- a) an ingredient that is a monosaccharide or disaccharide, or a combination of these;
- b) an ingredient that is a sweetening agent other than one referred to in (a);
- c) any other ingredient that contains one or more sugars and that is added to the product as a functional substitute for a sweetening agent.

## Example

### Molasses cookies– new requirements

**Ingredients:** Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red  
**Contains:** Wheat • Egg

\* As defined in the *Food and Drug Regulations* -[B.01.001 (1), FDR]

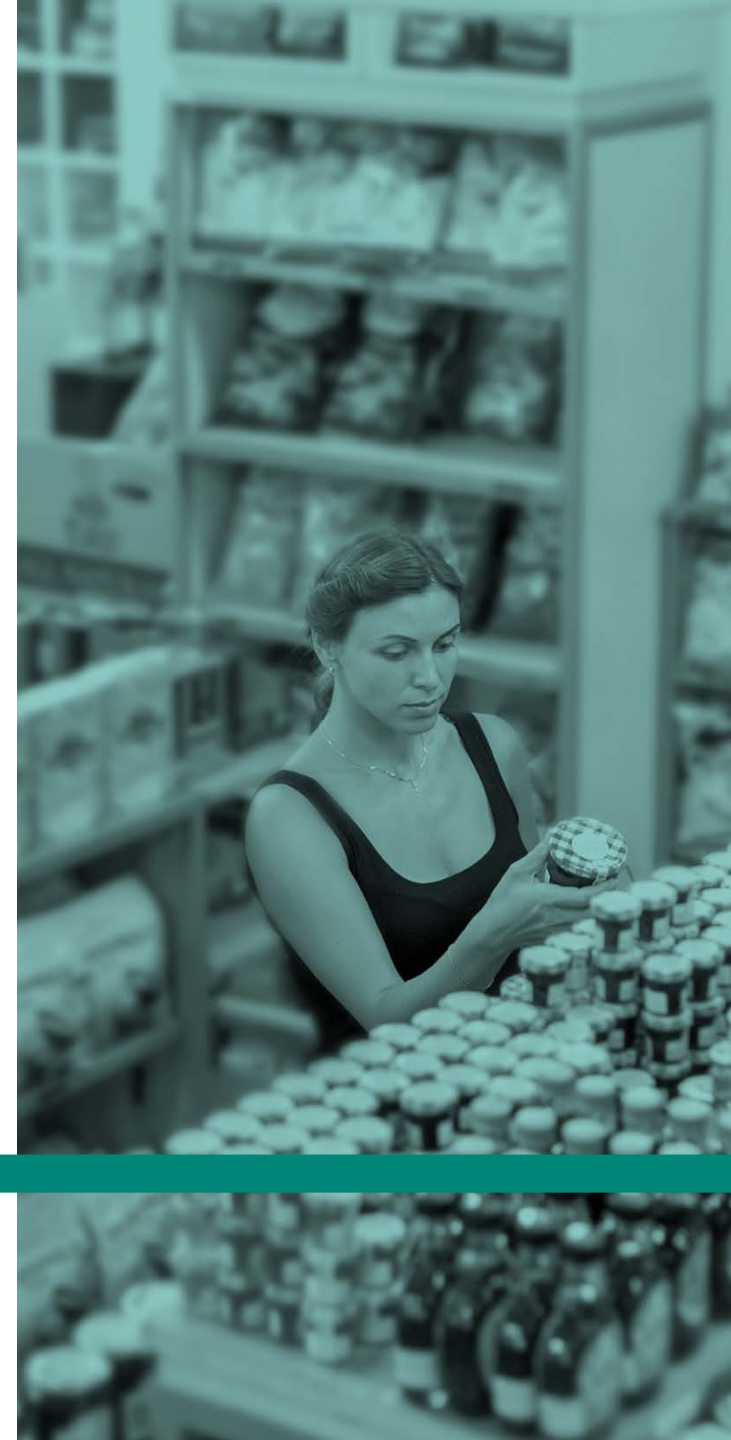
# TRANSITION PERIOD

Please note that the original requirements can still be used during the transition period.

However, as of **December 14, 2021**, prepackaged food products being manufactured or imported, and foods prepackaged in store and sold by retailers, must comply with the new labelling requirements.

In this respect, regulated parties must apply either the former or the new labelling requirements.

**Partial compliance with both sets of labelling requirements is not permitted.**





# NOTE

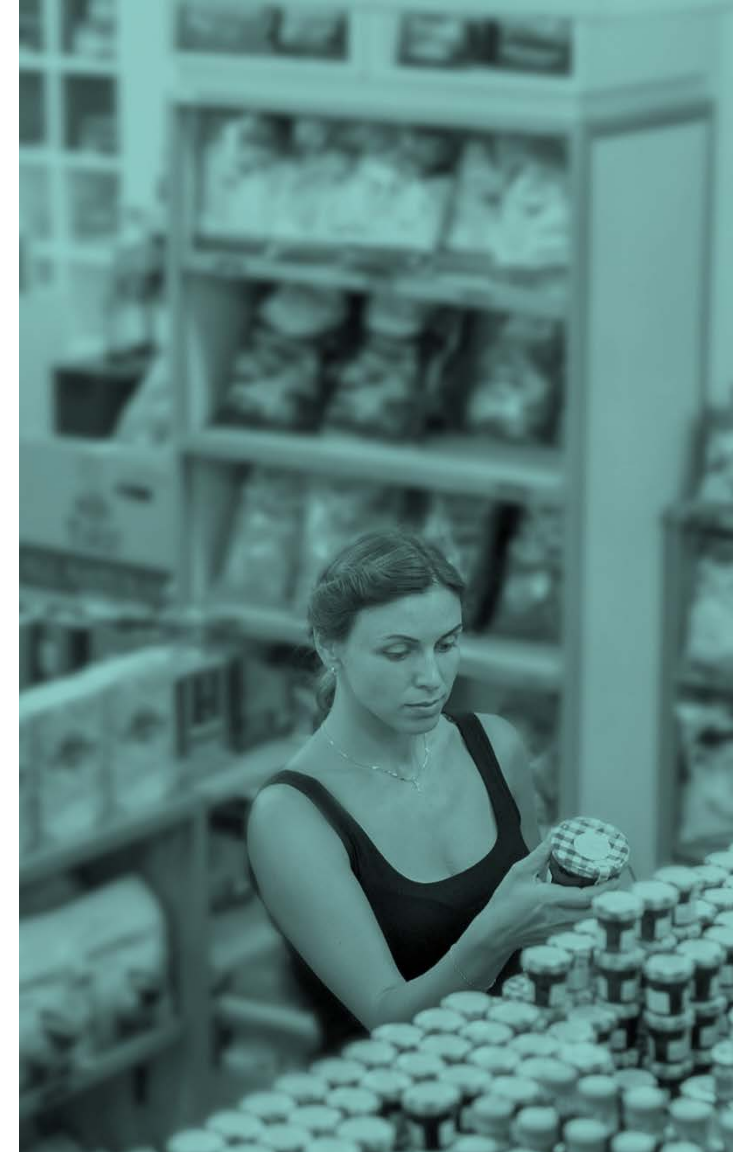
The information found in this document comes from Health Canada's website named "Food Labelling Changes" - 2017-07-25.

This document is an overview of the regulatory changes and does not represent the totality of the changes. It is provided for informational purposes only.

## References

To view all available information on the amendments to the food labelling regulations, we invite you to visit Health Canada's website at

<https://www.canada.ca/en/services/health/food-labels.html>.



# FOOD LABELLING MODERNIZATION

## A series of four publications

### Part 1

Do you know the changes currently in effect ?

- Changes to the nutrition facts table
- The new requirements regarding the list of ingredients

### Part 2

New proposed changes :  
Be informed

- Front-of-package nutrition labelling
- Date marking
- Food company information
- Etc, ...

### Part 3

Understand implications for all stakeholders

- Understand the real impacts of these changes for your business
- The importance of sharing information with other departments

### Part 4

A plan for the transition

- How to establish an effective transition plan
- Plan information gathering
- Make the transition as easy as possible



# A SERIES TO READ AND TO KEEP

Subscribe to our [newsletter](#) to receive it directly.

[Read the whole series](#)

The Export Group will be conducting a food labeling training session under the new regulations in the spring of 2018. More details to come.

Advisory Service on Regulations and Labelling



# EXPORT GROUP LABELLING & REGULATION

## Our services

### Advisory Service on Regulations and Labelling - Canada and USA

- Preparation of Nutrition Facts Table
- Proposition of nutrition facts table format adapted to your package
- Label compliance verification
- Authentication and preparation of list of ingredients
- Claim validation or suggestion
- Regulatory information research and technical consultations

Advisory Service on Regulations and Labelling

