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Food labelling changes

We're making improvements to the nutrition facts table and list of ingredients on food labels based on feedback from Canadians and stakeholders. The food industry has a transition period of 5 years to make these changes. This means that you might start seeing new food labels as early as 2017. Learn about these upcoming changes.

On this page

- [Nutrition facts table](#)
- [List of ingredients](#)
- [Serving size](#)
- [Sugars information](#)
- [For more information](#)

Nutrition facts table

The changes to the nutrition facts table include:

- making the serving size more:
 - consistent so that it's easier to compare similar foods
 - realistic so that it reflects the amount that Canadians typically eat in one sitting
- making the information on serving size and calories easier to find and read by:
 - increasing the font size of serving size and calories
 - adding a bold line under the calories
- revising the % daily values based on updated science
- adding a new % daily value for total sugars
- updating the list of nutrients to:
 - add potassium because:
 - it's important for maintaining healthy blood pressure
 - most Canadians are not getting enough of this nutrient
 - remove vitamin A and vitamin C because:
 - most Canadians get enough of these nutrients in their diets
- adding the amounts in milligrams (mg) for potassium, calcium and iron
- adding a footnote at the bottom of the table about % daily value
 - this will help consumers understand how much sugar and other nutrients (like sodium) are in their food and will explain that:
 - 5% or less is a little
 - 15% or more is a lot

Figure 1. Nutrition facts table changes.

ORIGINAL		NEW	
Nutrition Facts Valeur nutritive Per 250 mL / par 250 mL		Nutrition Facts Valeur nutritive Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne	Amount Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories 110		Calories 110	
Fat / Lipides 0 g	0 %	Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %	Saturated / saturés 0 g	0 %
+ Trans / trans 0 g		+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg		Carbohydrate / Glucides 26 g	
Sodium / Sodium 0 mg	0 %	Fibre / Fibres 0 g	0 %
Carbohydrate / Glucides 26 g	9 %	Sugars / Sucres 22 g	22 %
Fibre / Fibres 0 g	0 %	Protein / Protéines 2 g	
Sugars / Sucres 22 g		Cholesterol / Cholestérol 0 mg	
Protein / Protéines 2 g		Sodium 0 mg	0 %
Vitamin A / Vitamine A	0 %	Potassium 450 mg	10 %
Vitamin C / Vitamine C	120 %	Calcium 30 mg	2 %
Calcium / Calcium	2 %	Iron / Fer 0 mg	0 %
Iron / Fer	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	

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

Calories is larger
and stands out
more with bold
line below

mg amounts
are shown

New % Daily Value
footnote

► Image description – Nutrition facts table changes (Figure 1)

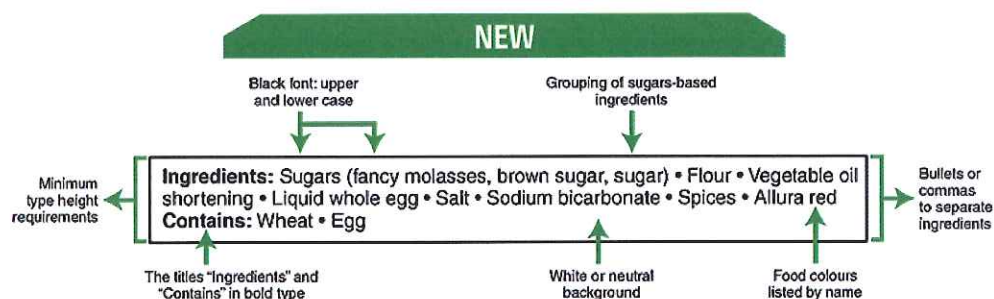
List of ingredients

The changes to the list of ingredients include:

- grouping sugars-based ingredients in brackets after the name 'sugars'
 - this will help consumers identify all of the sources of sugars added to a food
- listing food colours by their individual common names
- making the text in black font on white or neutral background
- creating minimum type height requirements for ingredients
- using bullets or commas to separate ingredients
- using both upper and lower case letters for the ingredients in the list
 - the same format rules will apply to any 'contains' statement indicating the presence or potential presence of:
 - priority food allergens
 - gluten sources
 - added sulphites

These changes will make it easier to find, read and understand the list of ingredients.

Figure 2. List of ingredients.



► Image description – List of ingredients (Figure 2)

Serving size

Changes to serving size will better reflect the amount that Canadians eat in one sitting. This is because serving sizes will be based on regulated reference amounts.

Serving sizes will also be more consistent, making it easier to:

- compare similar foods
- know how many calories and nutrients are being consumed

The changes are different for single serve and multi-serving packages.

Foods in single serving containers

On single serving packages containing up to 200% of the reference amount for that food, the serving size will be the amount in the whole container.

As an example, the reference amount for milk is 250 mL. For containers up to 500 mL (200% of 250 mL), the serving size shown will be the amount of milk in the entire container. As the following figure demonstrates, on a 473 mL carton of milk, the serving size will be shown as 'Per 1 carton (473 mL).'

Figure 3. Foods in single serving containers.



► Image description – Foods in single serving containers (Figure 3)

Foods in multi-serve packages

On multi-serve packages, serving sizes will be in an amount as close as possible to the food's reference amount.

For multi-serve packages, serving sizes are based on the type of food, such as:

1. foods that can be measured
2. foods that come in pieces or are divided
3. amounts of foods that are typically eaten

These factors help the food industry make serving sizes more consistent for similar foods.

The following examples show how serving size will appear depending on the type of food product.

Foods that can be measured

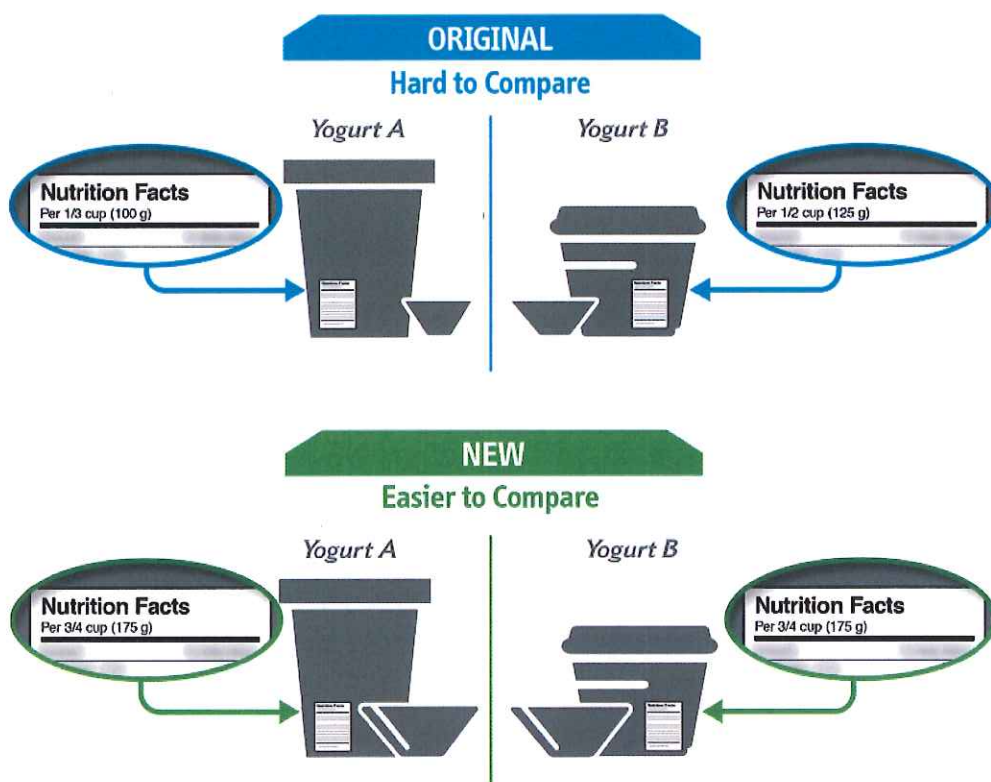
For foods that can be measured, like yogurt, the serving size will be shown as a common household measurement, such as:

- cup
- teaspoon
- tablespoon

This will be paired with its metric equivalent in millilitres (mL) or grams (g). Similar products will have the same millilitre or gram amount which will make them easier to compare.

For example, yogurt has a reference amount of 175 g. This amount of yogurt is what you might typically eat at one sitting. So, the serving size on all tubs of yogurt will be based on 175 g. Having a consistent serving size makes it easier for you to compare different tubs of yogurt.

Figure 4. Foods that can be measured.



► Image description – Foods that can be measured (Figure 4)

Foods that come in pieces or are divided

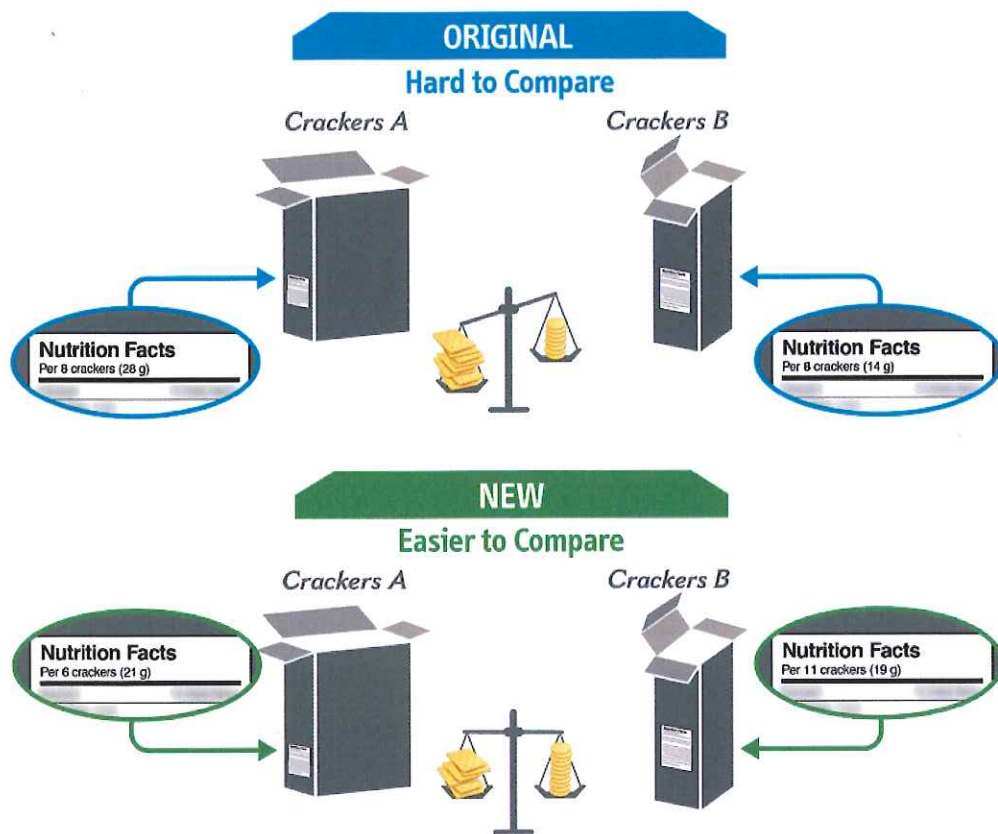
For foods that come in pieces like crackers, or are divided into pieces before eating like lasagna, the serving size will be shown as either:

- the number of pieces **or**
- as a fraction of the food

This will be paired with its weight in grams. Similar products will have the same or very similar gram amounts.

For example, the serving size on cracker boxes will have to be as close to 20 g as possible. This is because 20 g is the reference amount. While the number of crackers may change from product to product, weights will be very similar. This will make it easier for you to compare different types of crackers.

Figure 5. Foods that come in pieces or are divided.



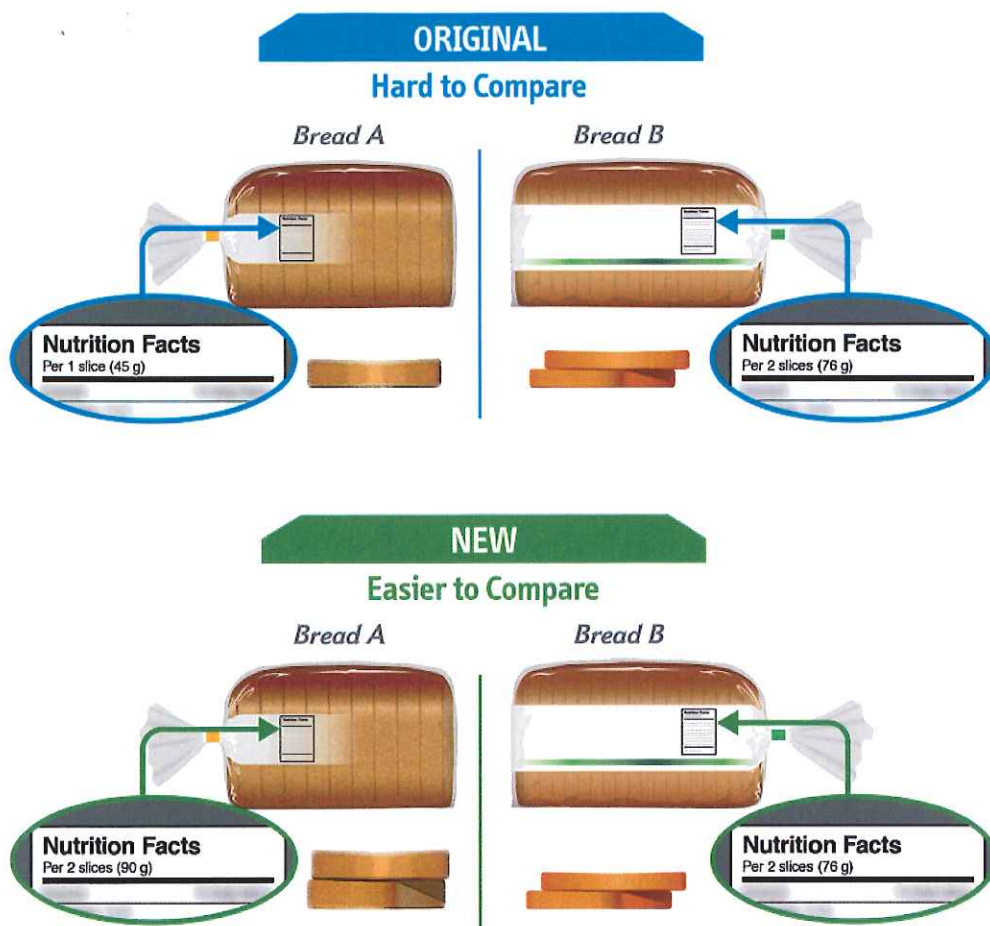
► Image description – Foods that come in pieces or are divided (Figure 5)

Amounts of foods that are typically eaten

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

For example, the serving size on a bag of bread will show 2 slices of bread and its weight in grams. This reflects that most people eat 2 slices of bread at one time. This will make it easier for you to compare different types of bread.

Figure 6. Amounts of foods that are typically eaten.



► Image description – Amounts of foods that are typically eaten (Figure 6)

Sugars information

The changes to sugars include those in the:

- nutrition facts table
- list of ingredients

Nutrition facts table

A % daily value has been included for total sugars to help you:

- compare the sugars content of different foods
- identify sugary foods that should be limited, such as those with a sugars daily value of 15% or more

Figure 7. Sugars information.

ORIGINAL		NEW	
Nutrition Facts Valeur nutritive Per 250 mL / par 250 mL		Nutrition Facts Valeur nutritive Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount	% Daily Value	Amount	% Daily Value*
Teneur	% valeur quotidienne	Teneur	% valeur quotidienne*
Calories / Calories 110		Calories 110	
Fat / Lipides 0 g	0 %	Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %	Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %	+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg		Carbohydrate / Glucides 26 g	
Sodium / Sodium 0 mg	0 %	Fibre / Fibres 0 g	0 %
Carbohydrate / Glucides 26 g	9 %	Sugars / Sucres 22 g	22 %
Fibre / Fibres 0 g	0 %	Protein / Protéines 2 g	
Sugars / Sucres 22 g		Cholesterol / Cholestérol 0 mg	
Protein / Protéines 2 g		Sodium 0 mg	0 %
Vitamin A / Vitamine A	0 %	Potassium 450 mg	10 %
Vitamin C / Vitamine C	120 %	Calcium 30 mg	2 %
Calcium / Calcium	2 %	Iron / Fer 0 mg	0 %
Iron / Fer	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	

New % Daily Value
for total sugars

New footnote
to help interpret
the % Daily Value

► Image description – Sugars information (Figure 7)

The following table provides examples of the sugars % daily value for some common food items.

Less than 15% daily value of sugars	More than 15% daily value of sugars
Milk (13%)	Chocolate milk (26%)
Plain yogurt (12%)	Flavoured yogurt (31%)
Canned fruit in water (10%)	Canned fruit in light syrup (21%)
Unsweetened frozen fruit (6%)	Fruit juice (25%)
Unsweetened oat cereal (1%)	Frosted oat cereal (18%)
Mineral water (0%)	Soft drink (39%)

List of ingredients

Sugars-based ingredients have been grouped in brackets in descending order by weight after the name 'sugars' to help you:

- see that sugars have been added to the food
- quickly find the sources of sugars added to your food
- understand how much sugars are added to the food compared to other ingredients

Sugars can 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

In the following example, there's more:

- fancy molasses by weight than brown sugar or sugar
- sugars in the food by weight than any other ingredient

Figure 8. List of ingredients: sugars.

ORIGINAL	NEW
INGREDIENTS: FLOUR, FANCY MOLASSES, VEGETABLE OIL, SHORTENING, BROWN SUGAR, LIQUID WHOLE EGG, SUGAR, SALT, SODIUM BICARBONATE, SPICES, COLOUR CONTAINS: WHEAT, EGG	Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red Contains: Wheat • Egg

► Image description – List of ingredients – sugars (Figure 8)

For more information

- [Government of Canada finalizes changes to the Nutrition Facts table and list of ingredients on packaged foods](#)
- [Regulations Amending the Food and Drug Regulations - Nutrition Labelling, Other Labelling Provisions and Food Colours](#)
- [Healthy eating strategy](#)

For industry and professionals

- [Nutrition labelling: Regulations and compliance](#)
- [Table of Reference Amounts for Food](#)
- [Directory of Nutrition Facts Table Formats](#)
- [Table of Daily Values](#)
- [Summary of Health Canada's Assessment of a Health Claim about Vegetables and Fruit and Heart Disease](#)
- [Food additives \(including food colours\)](#)
- [Amendments to the Food and Drug Regulations Related to Nutrition Labelling, List of Ingredients and Food Colours \(CFIA\)](#)

Date modified:

2017-07-24

OMB Meeting
Thursday, March 16, 10 AM
1800 G St. NW
9th Floor
Conference Room #2

Office of Information and Regulatory Affairs – Julie Wise

OMB Natural Resources Division – Megan McPhaden

OMB Health Division – Joanne Davenport

- **Purpose of meeting/history of industry involvement/present letter to Sec Price– Elizabeth**
- **Discuss FDA's RIA findings with focus on economic impact on various sectors/complexity of updating labels/small business impact - Elizabeth/Mike/Stephanie/Cary/Eric**
- **Discuss need for final guidance documents – Lee**
- **Discuss additional burden put on industry with timing of the GMO labeling rules - Mike**
- **Conclude with reiteration of repeat ask for labeling extension to 2021 – Elizabeth/all**

The dairy industry, milk, yogurt cheese and ice cream companies may seem to have simple wholesome products.

Face unique complexity in labeling that may not be evident to regulators

Milk packaging /cartons or popular plastic gallons and 1/2 gallons

-may seem to have a simple label affixed

- Changes to the label's nutrition information result in graphic changes that require 6 or more different printing plate changes – example

- This results in hundreds of dollars of cost per plate change per product type, size, and container

- Once milk company estimates their cost for labeling changes to exceed \$15 million dollars

For **ice cream** to complexities are exponentially increased due to a number of factors

- The serving size of Reference Amount Commonly Consumed (RACC) was changed from $\frac{1}{2}$ cup to $\frac{2}{3}$ cup.
- This means that products like low fat ice cream (< 3 g fat per serving) must be reformulated to remove 30% of the fat to still keep the claim of low fat. Reformulation takes time for pilot work, sensory evaluation, scale to products, quality and shelf life testing (12 – 24 months)
- Ice cream also has large number of ingredients that make up the delicious flavors like “waffle cone ice cream” for example
 - Has 14 basic ingredients (from different suppliers)
 - 24 sub ingredients (from different suppliers)
 - 20 components ingredients of the sub-ingredients

New nutritional information for added sugars, fiber, potassium, and vitamin D must be obtained from each supplier. Determination of some of the nutrients may require additional analysis and testing.

For companies like Pierre’s French Ice Cream in Cleveland, Ohio a regional family run ice cream company with 135 employees this burden is huge financial hardship. They have to change 300 labels, at a cost about \$900/ per label. = \$300.000 cost.



<http://smartlabel.breyers.com/product/2749406/ingredients?locale=en-US>

- **Corn Syrup**
- **Caramel Swirl**
 - Sugar
 - Water
 - Corn Syrup
 - High Fructose Corn Syrup
 - Nonfat Milk Solids
 - Butter
 - Cream
 - Salt
 - Salt
 - Molasses
 - Pectin
 - Soy Lecithin
 - Natural Flavor
 - Potassium Sorbate (Preservative)
 - Sodium Citrate
 - Lactic Acid
- **Sugar**
- **Fudge Covered Waffle Cone Pieces**
 - Fudge Coating
 - Sugar
 - Coconut Oil
 - Cocoa
 - Nonfat Dry Milk
 - Whole Milk Powder
 - Anhydrous Milkfat
 - Fudge Coating (Cont.)
 - Soy Lecithin
 - Vanilla
 - Natural Flavor
 - Waffle Cone
 - Unbleached Unenriched Wheat Flour
 - Sugar
 - Soybean Oil
 - Soy Lecithin
 - Vanilla
 - Salt
- **Cream**
- **Chocolatey Chips**
 - Sugar
 - Coconut Oil
 - Dutched Cocoa (Processed With Alkali)
 - Milkfat
 - Soy Lecithin
 - Vanilla Extract
- **Whey**
- **Mono And Diglycerides**
- **Guar**
- **Carob Bean**
- **Tara**
- **Natural Flavors**
- **Carrageenan**
- **Vitamin A Palmitate**