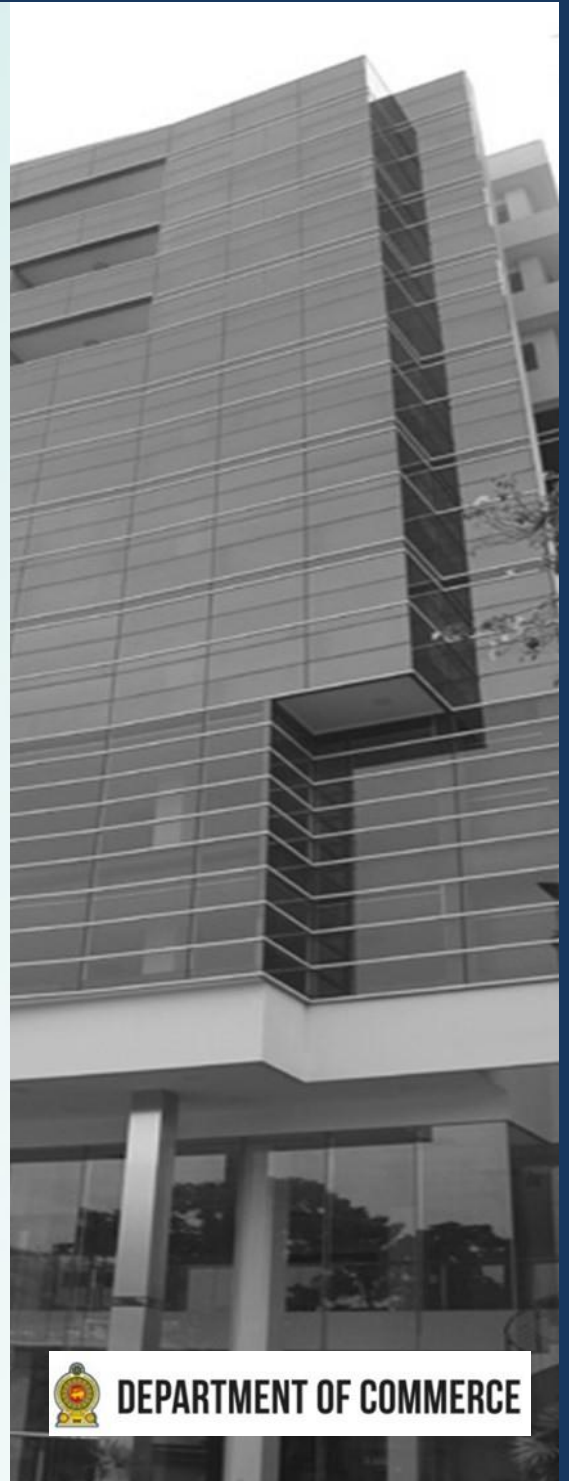




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“Introduction to the new Canadian Food Labelling Regulations”

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DEPARTMENT OF COMMERCE

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Introduction to the new Canadian Food Labelling Regulations

The Canadian Food Inspection Agency (CFIA) has introduced a few revisions to the existing food labeling system, to enhance the consumer information and to make sure the consumer is safeguarded with required nutrients /vitamins etc. by comparing the products in the market. This regulation has been introduced five years ago and the transition period ended in December 2021. The year 2022 provides sufficient time to verify the compliances and companies, those who failed, to show a detailed plan of meeting new requirements by end of Dec 2022. The full compliance with the regulation will be enforced after 22 December 2022

The Changes that have been made can be categorized mainly into, nutrition facts table, list of ingredients, serving size and Sugars information

"This regulation has been introduced five years ago and the transition period ended in December 2021. The year 2022 provides sufficient time to verify the compliances and companies, those who failed, to show a detailed plan of meeting new requirements by end of Dec 2022"

Detailed changes to the Nutrition facts table viz,

- making the serving size more consistent so that it's easier to compare similar foods and reflecting the amount that eat in one sitting.
- Changes to the font size with bold underline the information on calories
- revising the % daily values and adding a new % daily value for total sugars
- updating the list of nutrients by adding potassium as Canadian potassium intake is lower and removing vit A and C as Canadians getting enough of this nutrient in a typical meal
- inclusion of the amounts in milligrams (mg) for potassium, calcium and iron
- % daily value of sugar and other nutrient in a footnote at the bottom of the table about (5% or less is a little 15% or more is a lot)

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ORIGINAL		NEW																																																															
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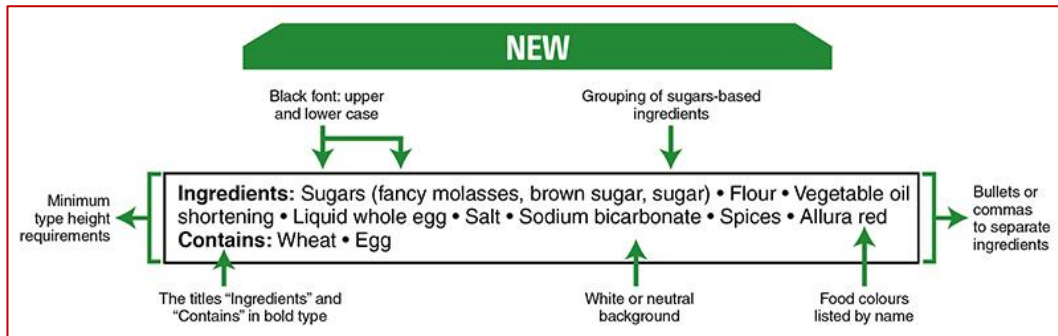
Detailed changes to the List of ingredients

- grouping all the sugars-based ingredients in brackets after the name 'sugars' * however, grouping of sugars-based ingredients is not required when the final product contains less than 0.5 grams of sugars per serving)
- introduction of common names of food coloring into the label ,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.

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Detailed changes to the Serving size

Serving sizes will be based on regulated reference amounts and the amount that Canadians eat in one sitting. The sizes will be more consistent enabling consumer to compare similar foods and know how many calories and nutrients are being consumed. The changes are different for single serve and multi-serve packages.

Single serving

The whole package is the single serving amount, and it can be contained up to 200% of the reference amount of that food.

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).'

Foods in single serving containers.



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:

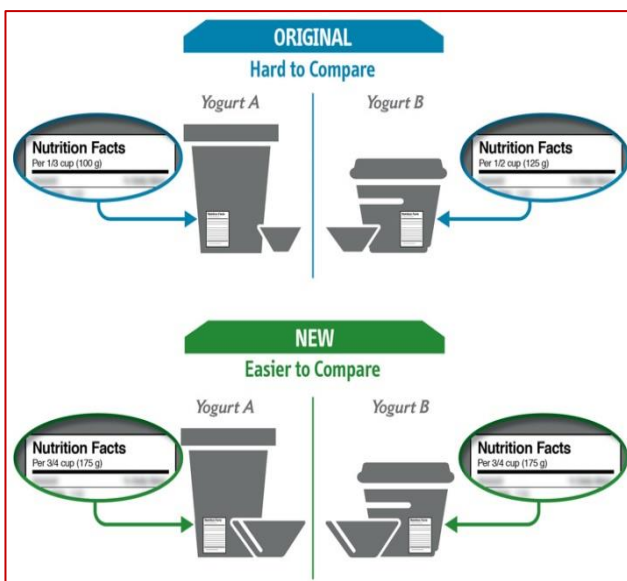
1. foods that can be measured –
 - the serving size will be shown as a common household measurement, such as: cup, teaspoon, tablespoon For example, yogurt has a reference amount of 175 g. This amount of yogurt is what you might typically eat at one sitting. So, the serving size on all tubs of yogurt will be based on 175 g. Having a consistent serving size makes it easier for you to compare different tubs of yogurt.
2. foods that come in pieces or are divided –

the serving size will be shown as either: the number of pieces **or**, as a fraction of the food. 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

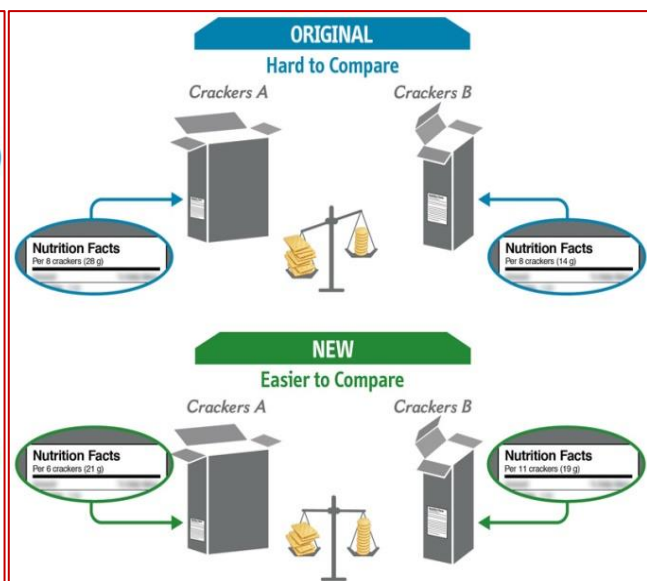
3. Amounts of foods that are typically eaten-

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.

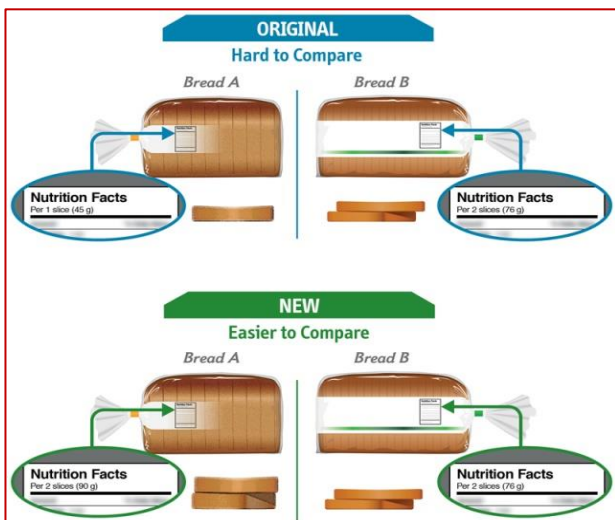
These factors help the food industry make serving sizes more consistent for similar foods. The following examples show how serving size will appear depending on the type of food product.



Foods that can be measured.
Amounts of foods that are typically eaten.



Foods that come in pieces or are divided.
Sugar information



Sugars information

The changes to sugars include those in the, nutrition facts table and list of ingredients

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		+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg		Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %	Sodium 0 mg	0 %
Carbohydrate / Glucides 26 g	9 %	Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 0 g	0 %	Fibre / Fibres 0 g	0 %
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Vitamin A / Vitamine A 0 %		Cholesterol / Cholestérol 0 mg	
Vitamin C / Vitamine C 120 %		Sodium 0 mg	0 %
Calcium / Calcium 2 %		Potassium 450 mg	10 %
Iron / Fer 0 %		Calcium 30 mg	2 %
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New % Daily Value for total sugars

New footnote to help interpret the % Daily Value

Nutrition facts table

A % daily value is included for total sugars enabling to compare the sugars content of different foods, and to identify sugary foods that should be limited, such as those with a sugars daily value of 15% or more

List of ingredients

Sugars-based ingredients have been grouped in brackets in descending order by weight after the name 'sugars' to ease to see that sugars have been added to the food, quickly find the sources of sugars added to your food and understand how much sugars are added to the food compared to other ingredients

Types of sugars that can be included, 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 concentrate that are added to replace sugars in foods

example, how to depict List of ingredients - sugars

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

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

Source:

Government of Canada, Health Canada services

(<https://www.canada.ca/en/health-canada.html>)

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