



CANADIAN FOOD LABELLING REGULATIONS

Rick Wong

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Agenda

- *NSF: Who are we?*
- *Mandatory Labelling Information*
- *CFIA Industry Labelling Tool*
- *Labelling Enforcement*
- *Upcoming Regulations*
- *Questions*



Instructor Bio

Rick Wong, Lead, Regulatory Affairs

Food & Sustainability Advisory Solutions

- B.Sc. Honours, Food Science, University of Guelph.
- Over 20 years of experience in the food industry (food labelling, regulatory affairs, product development).
- Extensive experience assisting clients from a variety of backgrounds to develop compliant Canadian and US labels, including providing compliant ingredient lists and allergen declarations, claim evaluation, and generation of Nutrition Facts tables based on database calculations or lab analysis.



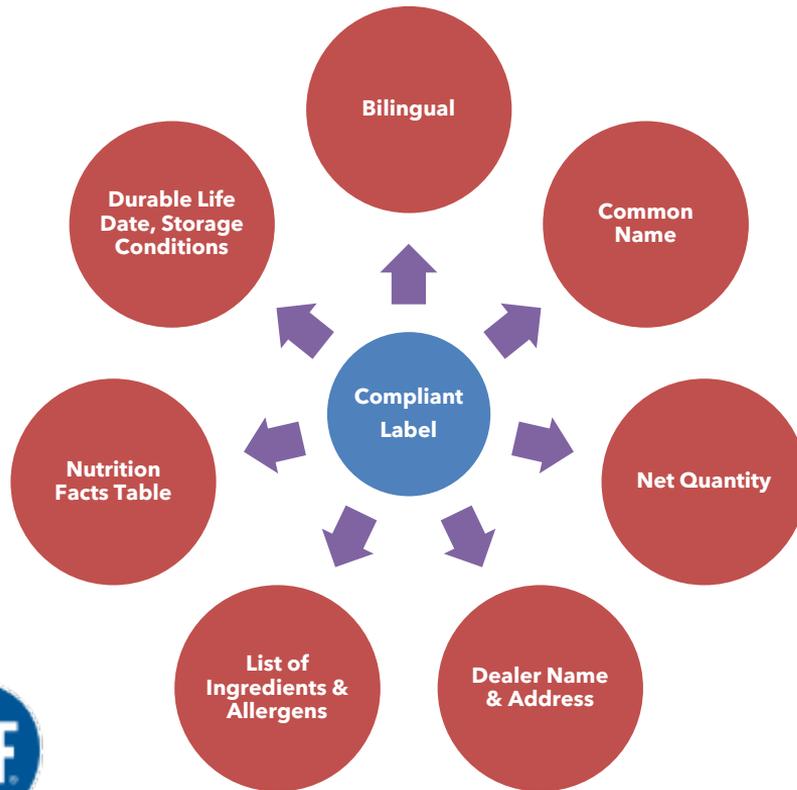
Who is NSF?

NSF is an independent, not-for-profit, non-governmental public health and safety organization.

Our mission and focus have always been protecting and improving human health.



Mandatory Labelling Requirements



Note: All information on food labels must be true and not misleading or deceptive.



Bilingual Requirements

- For products sold in the province of Quebec, all label copy is required to be translated into French and in **the same prominence** as the English label copy.
- For all other provinces, only the mandatory label requirements are required to be bilingual (i.e. common name, country of origin, date markings/storage instructions, dealer name & address, ingredient list & allergens, net quantity, nutrition information, regulated statements).



Common Name

- The name prescribed in the Food and Drug Regulations or other federal regulation, or where that is not applicable, the name by which the food is commonly known.
- **Location:** The Principal Display Panel (PDP)
- **Format:** The font size minimum = 1/16” (1.6 mm) based on lower case letter “o”.



Net Quantity

- The amount of the product inside the package, declared in metric units. The statement “Net Weight/Poids net” is not required, but permitted if present in both English and French.
- **Location:** The PDP
- **Format:** Minimum type size for the numerals is based on the area of the PDP, must be in **bold** type. Note that there must be a space between the numeral and the unit.

Example: **550 g**



Net Quantity

Minimum Type Height for Net Quantity Declaration

Area of Principal Display Surface		Minimum Type Height of Numerals	
square centimetres	square inches	millimetres	inches
< 32	< 5	1.6	1/16
> 32 to < 258	> 5 to < 40	3.2	1/8
> 258 to < 645	> 40 to < 100	6.4	1/4
> 645 to < 2580	> 100 to < 400	9.5	3/8
> 2580	> 400	12.7	1/2



Dealer Name and Address (Domicile)

- The name and address of a physical location of the responsible party must be shown on the label.
- **Location:** Anywhere on the package except for the bottom
- **Format:** The font used must be a minimum of 1/16 inch (1.6 mm) based on lower case letter “o”.
- **Example:** ABC Foods Inc., Toronto ON



List of Ingredients

- Ingredients must be listed by common name in descending order by weight, including the components of compound ingredients. Sugar-based ingredients are required to be grouped.
- **Location:** Anywhere except the bottom.
- **Format:** Mixed case lettering in black or equivalent dark colour, on a white or neutral background.
 - Large package: Min. 1.4 mm based on lower case letter “x” and 3.2 mm leading.
 - Small package: Min. 1.1 mm based on the lower-case letter “x” and 2.5 mm leading.

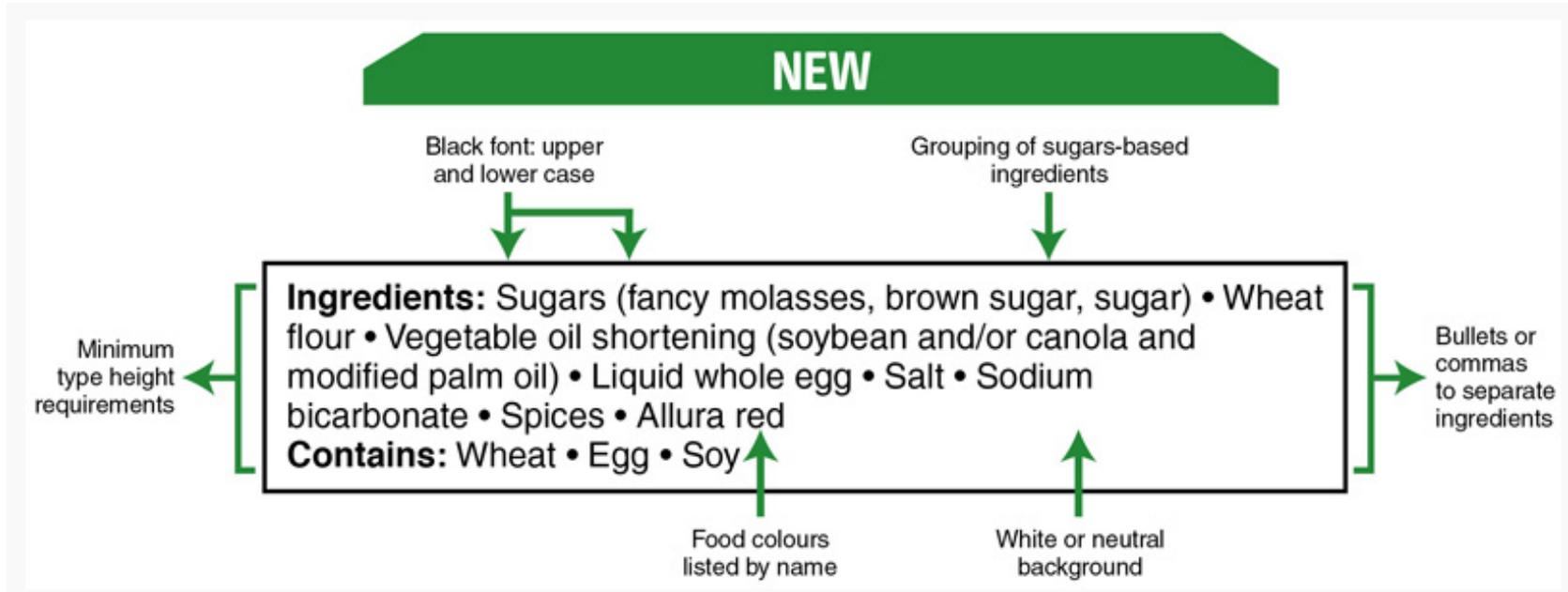


Allergens

- Allergens must be named specifically on a food label within the ingredient list or immediately following it in a “Contains” statement: ***eggs, milk, peanuts, tree nuts, fish, crustaceans, shellfish/molluscs, mustard, sesame, soy, sulphites, wheat and gluten from sources such as rye, barley and oats.***
- Note – Coconut is not considered a tree nut in Canada.
- Precautionary labelling (i.e. May Contain) should only be used when, despite all reasonable measures, the inadvertent presence of allergens in food is unavoidable.



Ingredient List - NEW



Nutrition Facts Table

- All pre-packaged products must carry a Nutrition Facts Table (NFT) in order to convey information to the consumer about the nutrient content of the food (some exemptions do exist).
- **Location:** Anywhere on the package, but must be printed on a continuous surface
- **Format:** Regulations dictate the sizes and formats that can be used based on the size of the Available Display Surface - the total surface area of a package which is physically available for labelling.



NFT Format Updates

ORIGINAL

Nutrition Facts	
Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
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	10 %

NEW

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount Teneur	% Daily Value* % valeur quotidienne*
Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
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 470 mg	10 %
Calcium 26 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

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

Daily Values updated

New % Daily Value for total sugars

mg amounts are shown

Updated list of minerals of public health concern

New % Daily Value footnote

Nutrition Facts Table

- Serving size is based on your food category using the **Table of Reference Amounts for Food**.

R. Sauces, Dips, Gravies and Condiments

Item	Column 1	Column 2	Column 3	
	Product Category	Reference Amount (RA) ¹	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	B. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ³ HM (MM)
R.1	Sauces for dipping, such as barbecue, cocktail sauce, hollandaise, tartar, mustard or sweet and sour sauce, plum, cherry and pineapple sauce, satay and peanut sauce, Vietnamese and sweet chili dipping sauce, spare rib sauce, garlic sauce	30 mL	<ul style="list-style-type: none"> MM: RA HM: 2 tablespoons 	2 tbsp (30 mL)



Durable Life Date (Best Before)

- A product with a durable life ≤ 90 days must be marked with a durable life date and storage instructions, if different than room temperature.
- **Location:** Anywhere on the package (if on the bottom, the location must be stated) ***corrected from the original presentation***
- **Format:** MMDD or YYMMDD or YYYYMM-DD (month is alpha).
 - Year only mandatory when needed for clarity (i.e. when date goes into the next year).
 - The month must be in both French and English or indicated by using the specified bilingual symbols.
 - The font used must be easily legible, a minimum of 1/16 inch (1.6 mm) based on lower case letter “o” is recommended.
 - The words “Best before / Meilleur avant” must be grouped with the date; if not, the location of the date must be indicated (i.e. Best before: see date on lid).



CFIA Industry Labelling Tool

- Clear information about labelling requirements in plain English.
(<http://www.inspection.gc.ca/food/requirements-and-guidance/labelling/industry/eng/1383607266489/1383607344939>)

Industry Labelling Tool

The Industry Labelling Tool is the food labelling reference for all food inspectors and stakeholders in Canada. It replaces the Guide to Food Labelling and Advertising, and the Decisions page to provide consolidated, reorganized and expanded labelling information. This tool provides:

- [Food Products that Require a Label](#)
- [General Principles for Labelling and Advertising](#)
 - [Factsheet - Allergen Labelling Tips for Food Industry](#)
 - [Infographic: Food Allergen Labelling](#)
- [Labelling Requirements Checklist](#)
- [Frequently Asked Questions: Industry Labelling Tool \(ILT\)](#)



CFIA Industry Labelling Tool

Labelling requirements checklist - only covers the core labelling requirements, no details.

Common Name

- Is a common name present?
 - If not, is the product exempt?
- Is the common name on the principal display panel (PDP)?
- Is the common name in letters of 1.6mm or greater?
- Is it an appropriate common name?
 - as printed in bold face type in the *Food and Drug Regulations* (FDR) (standardized product),
 - as prescribed by any other regulation, or
 - the name by which the food is commonly known, if the name is not so printed or prescribed

Refer to the Industry Labelling Tool for further information on [Common Name](#).

Net Quantity Declaration

- Is a net quantity declaration present?
 - If not, is the product exempt?
- Is the net quantity declared on the PDP?
- Is it in metric units?
- Is the appropriate manner (volume, weight, count) for the product used?



CFIA Industry Labelling Tool

Core Labelling Requirements



Bilingual Labelling

Common Name

Country of Origin

Date Markings and Storage Instructions

Identity and Principal Place
of Business

Irradiated Foods

Legibility and Location

List of Ingredients and Allergens

Net Quantity

Nutrition Labelling

Sweeteners

Food Additives

Fortification

Grades

Standards of Identity



CFIA Industry Labelling Tool

Claims and Statements



Advertising

Allergens and Gluten

Composition and Quality

Health Claims

Method of Production

Pictures, Vignettes, Logos
and Trade-marks

Organic

Origin

Nutrient Content



CFIA Industry Labelling Tool

Food-Specific Labelling Requirements



Alcohol

Confectionery, Chocolate and Snack Foods

Dairy

Eggs-Processed

Eggs-Shelled

Fats and Oils

Fish and Seafood

Foods for Special Dietary

Fresh Fruit and Vegetables

Grain and Bakery

Honey

Infant Food and Infant Formula

Maple

Meat and Poultry

Processed Products

Salt

Shipping Containers

Water and Ice

Nutrient Content Claims

- Statements describing the level of a nutrient in a food
- Limited to those permitted in the regulations
- Must use prescribed wording
- Must meet compositional criteria and any additional prescribed labelling requirements
- Most claims need to be based on “reference amounts” as well as “serving of stated size”



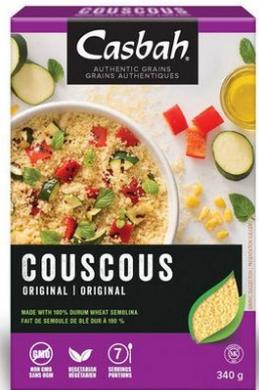
Nutrient Content Claims

Basic Types of Claims:

- Nutrient Content Claims - “fat-free”, “low in sodium”
- Vitamin & Mineral Claims - “source of vitamin C”
- **Protein*** Claims - “Made with Soy Protein”
- Nutrient Statements - “3 g of fat per 100 g serving”
- Special Dietary Purpose - “energy restricted”, “diet”



* Protein claims are based on both quantity and quality.



Nutrient Content Claims

C. Fat, Fatty Acids, and Cholesterol Related Statements and Claims

Item	Column 1 Subject	Column 2 Conditions - Food	Column 3 Conditions - Label or Advertisement	Column 4 Statement or Claim
11	Free of fat	The food contains (a) less than 0.5 g of fat per reference amount and serving of stated size; or (b) less than 0.5 g of fat per serving of stated size, if the food is a prepackaged meal.	N/A	"fat-free", "free of fat", "no fat", "0 fat", "zero fat", "without fat", "contains no fat" or "non-fat"

Health Claims

- General
 - Must comply with Section 5 (1) of the Food and Drugs Act: *No person shall label, package, treat, process, sell or advertise any food in a manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character, value, quantity, composition, merit or safety.*
- May be:
 - General or specific
 - Stated or implied
- The term “health claim” is not formally defined in Canadian Food and Drug Regulations!

any representation in labelling or advertising that states, suggests, or implies that a relationship exists between consumption of a food, or an ingredient in the food, and health

(Codex Alimentarius Commission, 2004 – adopted by CFIA)



Labelling Enforcement

- Undeclared allergens – food recall
- Not following Charter of the French Language – may result in fines
- Non-compliant label – request to correct, may result in further inspection by CFIA
- Web address – CFIA considers as extension of the label, should comply with Canadian labeling and advertising rules



Other Regulatory Changes



New Regulatory Changes

- **Front-of-package nutrition labelling**
 - Published in Canada Gazette, Part 2 on July 20, 2022
 - The front-of-package (FOP) nutrition symbol is mandatory for prepackaged foods that **meet** or **exceed** set levels for **sodium, sugars** or **saturated fat**.
 - Also included in these regulatory updates:
 - Nutrient content claims now found in an incorporated by reference document.
 - Changes to high-intensity sweetener requirements (acesulfame-potassium, aspartame, neotame and sucralose).
 - Health Canada increased the amount of vitamin D required in cow's milk and margarine and the amount permitted in goat's milk.
 - Definition of partially hydrogenated oils updated.
- **Compliance Date & Enforcement**
 - All labels are expected to comply with the new regulations by **January 1, 2026**.

Front-of-Package Labelling

- The front-of-package (FOP) nutrition symbol is mandatory for prepackaged foods that **meet** or **exceed** set levels for **sodium**, **sugars** or **saturated fat**.
- There are several exemptions that your product may fall under (i.e. foods with a protective effect on health like plain yogurt).

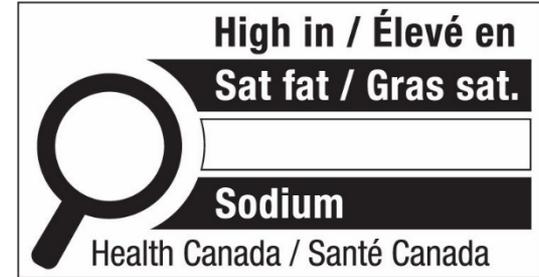


Table 4.1. Thresholds for the FOP nutrition symbol

	Saturated fat	Sugars	Sodium
Prepackaged foods with a reference amount > 30 g or 30 mL that are not main dishes		≥ 15% DV ¹	
Prepackaged foods with a reference amount ≤ 30 g or 30 mL		≥ 10% DV	
Prepackaged main dishes with a reference amount ≥ 200 g or 170 g ²		≥ 30% DV	



Other New Regulations

- **Potassium & Sodium Daily Values Update** – Final Rule announced on October 20, 2022.
 - **Sodium** – Change in DV for Infants and Children. No change to adult age group.
 - **Potassium** – Update to all age groups. Main age group (not infants or children) change from 4700 mg to 3400 mg.
- **Compliance Date & Enforcement**
 - All labels are expected to comply with the new regulations by **January 1, 2026**.



Other New Regulations

- **Supplemented Foods**

- Published in Canada Gazette, Part 2 on July 20, 2022
- Previously supplemented foods were authorized through Temporary Marketing Authorizations (TMA), which have all expired.
- New regulations that address pre-packaged foods containing one of more supplemental ingredients such as vitamins, mineral nutrients, amino acids and other ingredients (e.g. caffeine, herbal extracts) added to provide a specific physiological or health effect
- Examples:
 - Beverages with added mineral nutrients
 - Caffeinated energy drinks
 - Snack bars with added vitamins



Supplemented Food Facts	
Info-aliment supplémenté	
Per 1 can (500 mL)	
pour 1 canette (500 mL)	
Calories 160	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 41 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 41 g	41 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 150 mg	7 %
Potassium 60 mg	1 %
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	
Supplemented with / Supplémenté en[†]	
Niacin / Niacine 7 mg	44 %
Pantothenate / Pantothénate 8 mg	160 %
Vitamin B ₆ / Vitamine B ₆ 1 mg	59 %
Vitamin B ₁₂ / Vitamine B ₁₂ 4 µg	167 %
Vitamin C / Vitamine C 225 mg	250 %
Vitamin E / Vitamine E 2 mg	13 %
Calcium 125 mg	10 %
Magnesium / Magnésium 20 mg	5 %
Zinc 5 mg	45 %
[†] Includes naturally occurring and supplemental amounts	
[†] Comprend les quantités naturelles et supplémentées	



QUESTIONS???

Rick Wong

rwong@nsf.org

Other NSF services:

- **Training & Education**
- **Product & Process Innovation**
- **Food Safety Consulting**
- **Many more!**

