

Food Labelling Changes

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 + 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*
Calories 110	
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 →

← Daily Values updated

← New % Daily Value for total sugars

← Updated list of minerals of public health concern

← mg amounts are shown

← New % Daily Value footnote

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

Health Canada is making changes to the nutrition facts table and list of ingredients on food labels. The biggest changes are noted below. These new labels will come into effect December 14, 2022. You may have already noticed different types of labels in stores as the changes began in 2016.

NEW

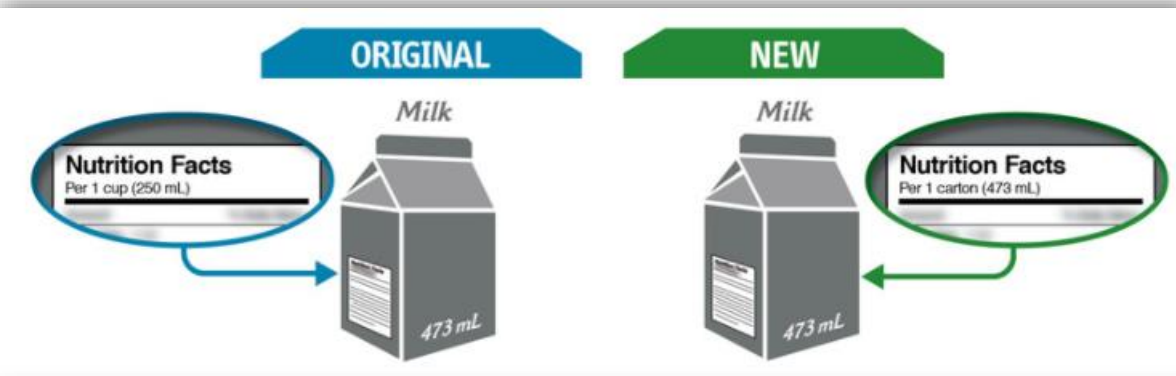
Black font: upper and lower case Grouping of sugars-based ingredients

Minimum type height requirements ← **Ingredients:** Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red → Bullets or commas to separate ingredients

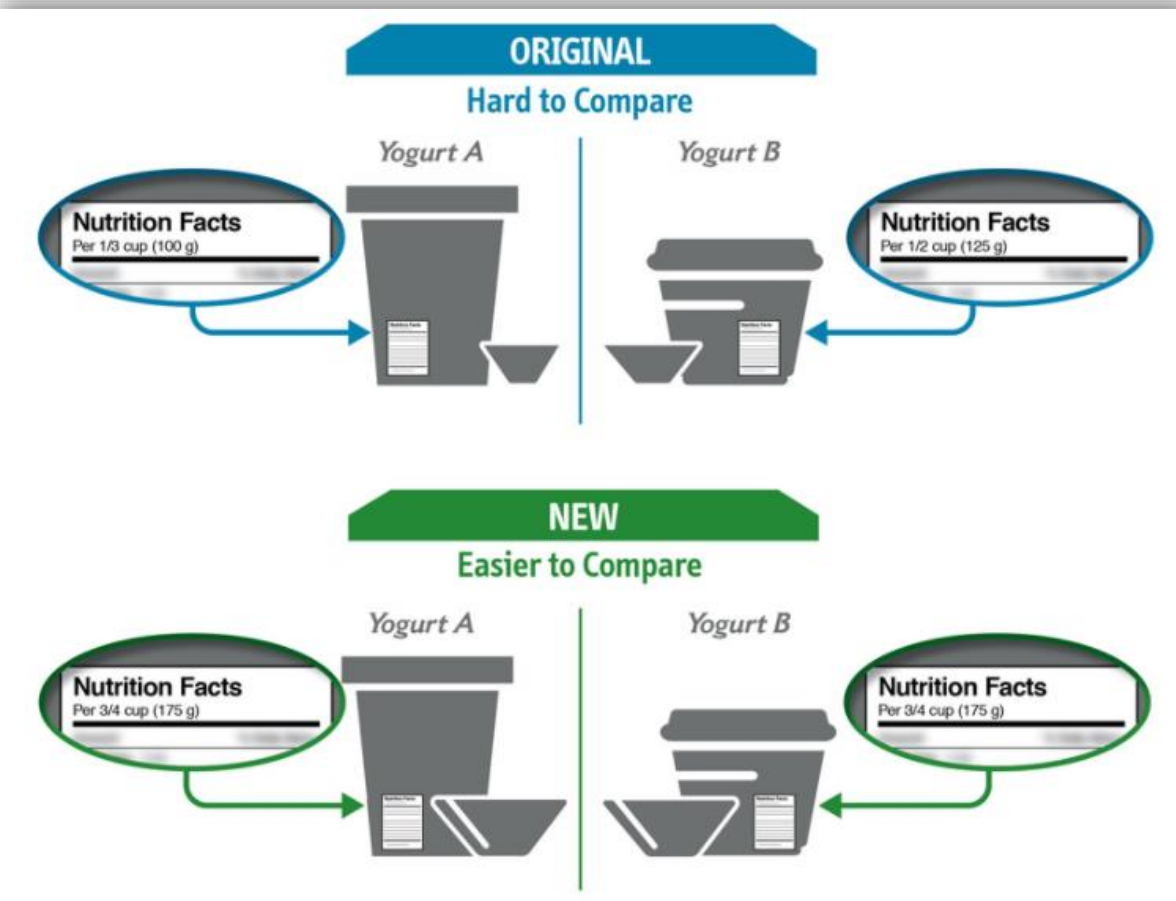
← **Contains:** Wheat • Egg →

The titles "Ingredients" and "Contains" in bold type White or neutral background Food colours listed by name

List of ingredients is clearer for us to understand.



Single serve containers must list the nutrients for the entire container.



More consistent serving sizes making it easier to compare:

Servings sizes will reflect what is typically eaten like 2 slices of bread instead of 1 slice.

Crackers or chips or divided foods are based on weight, so you will compare about 20g of one type of cracker to 20g of another type of cracker.

Servings that can be measured like yogurts or cottage cheese will be shown as a cup, tablespoon or teaspoon amount.

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Nutrition Facts Valeur nutritive	
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New % Daily Value
for total sugars

New footnote
to help interpret
the % Daily Value

% Daily Value now
listed for Sugar
making it easier to
compare sugar in
products.

If SUGAR is not
listed in the
ingredient list, it is
naturally in the
food. For
example, raisins.

Don't forget, 5% or less is a LITTLE, 15% or more is a LOT