Canadian Food Inspection Agency | Agence canadienne d'inspection des aliments

New Regulatory Changes to Food Labelling

Canada

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In this session

Review

- Net quantity declaration
- Name and principal place of business
- Date markings and Traceablity
- Bilingual labelling
- Nutrition labelling

Regulatory updates

- Front of Pack (FOP)
- Supplemented Foods

Net Quantity Declaration

What are the different options for declaring the net quantity on kits that contain multiple ingredients that are not individually labelled?

The options are:

1.the combined weight of all of the foods that make up the finished product

2. the volume of any liquid food and the weight of any solid food which make up the finished product

Name and Principal Place of Business

What information is required on the label of a product manufactured in Canada for the principal place of business?

- City
- Physical location where the principal, or main, business can be found

Is the declaration for [principal place of business] correct?

- Name is present but not the physical address.
- Best practice is to include the civic address, city, province, postal code and country. Websites, telephone numbers and virtual addresses are acceptable as additional information.

Date Markings

Which foods, with a shelf life of less than 90 days, are exempt from a durable life date or packaging date?

- prepackaged fresh fruits and vegetables (including prepackaged, chopped or shredded fresh fruit and vegetables)
- prepackaged individual portions of food served by restaurants, airlines or other commercial enterprises with meals or snacks
- prepackaged individual servings of food prepared by a commissary and sold in automatic vending machines or mobile, and
- prepackaged donuts

Traceability

- **Trace the food one step back** to the person who provided you with the food, including the date on which the food was provided to you
- **Trace the food one step forward** to the person to whom you provided the food, including the date on which you provided the food
- **Identify the food:** the common name of the food, the name and address of the person who manufactured, prepared, produced, stored, packaged or labelled the food, and a lot code or other unique identifier to trace the food

Bilingual Labelling

What types of consumer prepackaged foods are exempt from bilingual labelling?

- Specialty foods
- Local foods
- Test market foods

Which voluntary information must be bilingual on a label?

- Organic claims (Organic / Biologique)
- Nutrient content claims (for example: 9g Fat per 1 bowl (283 g) / 9g de lipids pour 1 bol (283 g))
- Additional nutritional information included in the NFT (for example: Sugar alcohols / polyaclcools)
- Health claims (for example: Does not promote tooth decay / Ne favorise pas la carie dentaire)

Nutrition Labelling

What is the core nutrition information that must appear in an NFT?

- serving of stated size
- energy value (calories)
- fat
- saturated fatty acids
- trans fatty acids
- cholesterol
- sodium
- carbohydrate
- fibre
- sugar
- protein
- potassium
- calcium
- iron

Nutrition Facts Table

Front of Pack

FDR amendments - Background

- Nutrition Symbol
  - Front of Package (FOP)
- Labelling requirements
  - High intensity sweeteners
  - Vitamin D fortification
  - Partially hydrogenated fats or oils (PHO)

8 in 10 Canadians

say **nutrition is important** when choosing foods, but...

60%

of the foods we buy are **prepackaged and processed**

Many of these foods are **high in**

saturated fat

sugars

sodium

SATURATED FAT

1/3 of the **fat** we eat comes from **snacks and fast food**

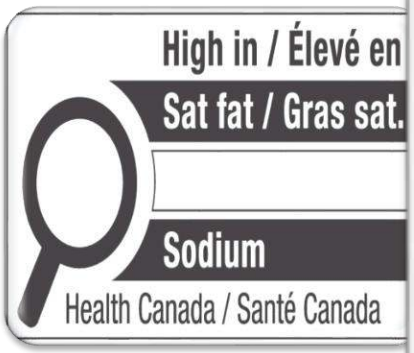
SUGARS

2/3 of **prepackaged foods** in the grocery store have **sugars** added to them

SODIUM

3/4 of the **sodium** we eat comes from **prepackaged and processed foods**

Front-of-package nutrition labelling

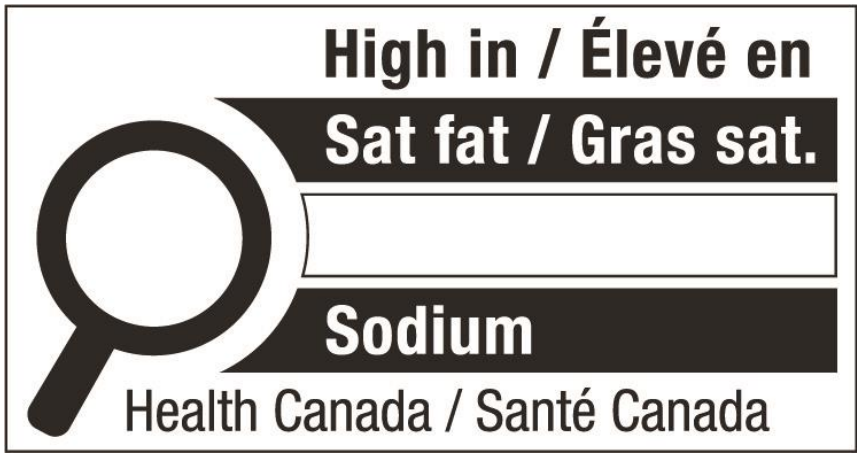


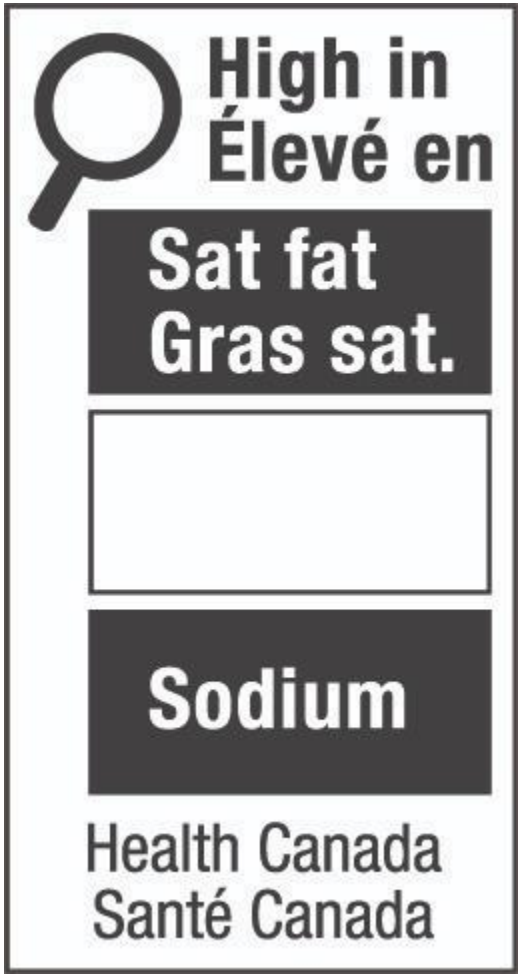
xemptions:
Technical
alth - related
Practical

B.01.513 of the FD
has been
incorporated by
reference

Size
Location
Language

What the front-of-package nutrition symbol looks like





arya eating
WELL NESS TM/MC
OAT BARS
Made with whole grain oats
ROASTED ALMOND
PEANUT BUTTER
DARK CHOCOLATE NUT
High in Sat fat Sugars Health Canada
High in Sat fat Health Canada
High in Sugars Health Canada
1.68 kg
48 Bars

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		

[1] Based on the Daily Values (DVs) set out in column 2 of Part 1 of the Table of Daily Values when the product is intended solely for children one to four years and in column 3 when the product is intended for children and/or adults. The % DV threshold for the "high in sat fat" symbol is based on the DV for the sum of saturated fatty acids and *trans* fatty acids and the % DV must be calculated using only the saturated fat content of the food. *Trans* fat content is not included.

[2] 200 g for main dishes intended for children and/or adults and 170 g for main dishes intended solely for children one to four years

Are any foods exempt?

- There are two types of exemptions:
  1. Health related exemptions
     - Nutrient-specific and associated with ingredients
  2. Technical exemptions
     - Associated with the Nutrition Facts table (NFt)
  3. Practical exemptions
     - Foods on which the nutrition symbol would be redundant

Foods prohibited from displaying the front-of-package (FOP) nutrition symbol

- The following foods are prohibited from carrying the symbol on their label:
- Products intended solely for infants six months of age or older but less than one year of age
- Human milk fortifiers
- Human milk substitutes (infant formula)
- Foods represented as containing a human milk substitute
- Formulated liquid diets as defined in section B.24.001 of the *Food and Drug Regulations* (FDR)
- Meal replacements
- Nutritional supplements
- Foods represented for protein-restricted diets
- Foods represented for low (naming the amino acid) diets
- Foods represented for use in a very low energy diet as defined in section B.24.001 of the FDR

Other Labelling Requirements

- High-intensity sweeteners
- Vitamin D Fortification
- PHO Ban

FDR amendments – Transition Period

Allowances

- Different components of the package are independent of one another

Implementation

- Within component
- Other components

Options

- RP can choose until end of transition period

Health Canada

- New requirements and their intent

CFIA

- Complaints and compliance and enforcement enquiries

Supplemented foods

Supplemented foods - Background

- Supplemented foods are prepackaged foods containing one or more added supplemental ingredients, such as vitamins, minerals, amino acids, caffeine, and herbal ingredients
- Marketed as providing specific physiological or health effects
- These ingredients can pose a health risk if overconsumed by the general population or if consumed by certain vulnerable populations such as children or pregnant women
- Prior to this update, there was no regulatory framework for supplemented foods in the Food and Drug Regulations (FDR).
- As an interim measure, Health Canada had been using Temporary Marketing Authorizations (TMAs)

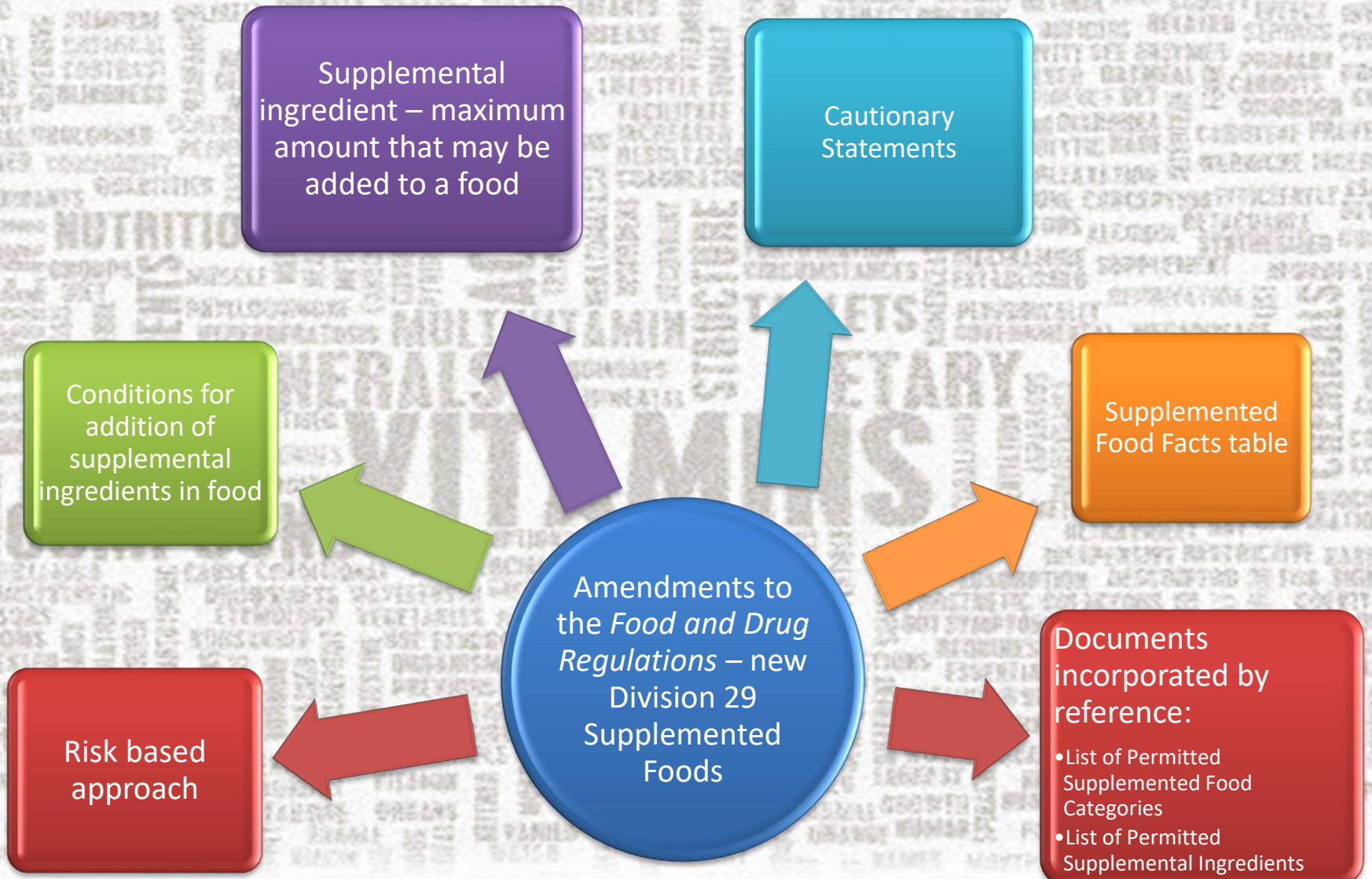
Caution: Not recommended for those under 14 years old • Do not drink more than 1 serving per day • Do not drink on the same day as any other supplemented foods or supplements with the same supplemental ingredients.
Attention : Déconseillé aux individus de moins de 14 ans • Ne pas boire plus de 1 portion par jour • Ne pas boire le même jour que d'autres aliments supplémentés ou suppléments contenant les mêmes ingrédients supplémentaires.

Supplemented
Supplémenté
Health Canada
Santé Canada

Supplemented Food Facts
Info-aliment supplémenté
Per 1 bottle (500 mL)
pour 1 bouteille (500 mL)

	% Daily Value* / % valeur quotidienne*
Calories 160	
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 0 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
Supplemented with / Supplémenté en†	
Niacin / Niacine 7 mg	44 %
Pantothenate / Pantothénate 6 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 %
Magnesium / Magnésium 20 mg	5 %
Zinc 5 mg	45 %

*5 % or less is **a little**, 15 % or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus, c'est **beaucoup**
*Includes naturally occurring and supplemental amounts
†Comprend les quantités naturelles et supplémentées


Supplemental ingredient – maximum amount that may be added to a food
Cautionary Statements
Conditions for addition of supplemental ingredients in food
Supplemented Food Facts table
Amendments to the *Food and Drug Regulations* – new Division 29 Supplemented Foods
Risk based approach
Documents incorporated by reference:
•List of Permitted Supplemented Food Categories
•List of Permitted Supplemental Ingredients

Supplemented Foods – Transition Period

Products with TMAL

- 3.5 year transition period ending on December 31, 2025

New SF product, after coming into force date, without TMAL or HC authorization

- No transition period

Health Canada

- Will respond to enquiries related to the new requirements and their intent

CFIA

- Will respond to complaints
- No planned inspection activities

References

- Front-of-package nutrition symbol labelling guide for industry
- Regulations Amending the Food and Drug Regulations (Nutrition Symbols, Other Labelling Provisions, Vitamin D and Hydrogenated Fats or Oils): SOR/2022-168
- Nutrition labelling - Table of reference amounts for food
- Food labelling for industry
- Units of Measurement for the Net Quantity Declaration of Certain Foods
- General principles for labelling and advertising
- Ask CFIA: Contact Us - Canadian Food Inspection Agency

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