



Canadian Food
Inspection Agency

Agence canadienne
d'inspection des aliments

Canadian Food Inspection Agency



Our vision:

To excel as a science-based regulator, trusted and respected by Canadians and the international community.

Our mission:

Dedicated to safeguarding food, animals and plants, which enhances the health and well-being of Canada's people, environment and economy.

Alberta Farmers' Market Basic Labelling and Food Allergens Edmonton, AB June 27, 2012

Canada

Topics of Discussion

- **Food Labels – Aysha Bukhari**

- **Food Allergens – Carol Thompson**



Basic Labelling Requirements

- Common name
- Net quantity
- Dealer identity and principal place of business
- Durable life date if product has shelf life of 90 days or less
- Nutrition labelling - unless exempt
- Bilingual labelling – unless exempt
- List of ingredients in descending order of proportion
- Allergen labelling



Bilingual

27% M.G.
M.F.
43% HUMIDITÉ
MOISTURE



700 g

Net Quantity

PRODUIT DU
PRODUCT OF CANADA



ITM. / ART. 10390

Nutrition Facts
Valeur nutritive

Amount Teneur	% Daily Value % valeur quotidienne
Per 3 cm cube (30 g)/par cube de 3 cm (30g)	
Calories / Calories 110	
Fat / Lipides 9 g	14 %
Saturated / saturés 5 g + Trans / trans 0,4 g	27 %
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 240 mg	10 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	20 %
Iron / Fer	0 %

INGRÉDIENTS :
LAIT PASTEURISÉ, SUBSTANCES
LAIITIÈRES MODIFIÉES, CULTURE
BACTÉRIENNE, SEL, CHLORURE DE
CALCIUM, ENZYME MICROBIENNE,
COLORANT, NATAMYCINE.

List of Ingredients

INGREDIENTS:
PASTEURIZED MILK, MODIFIED
MILK INGREDIENTS, BACTERIAL
CULTURE, SALT, CALCIUM
CHLORIDE, MICROBIAL ENZYME,
COLOUR, NATAMYCIN.

GARDER AU RÉFRIGÉRATEUR
KEEP REFRIGERATED

Storage
Conditions

Nutrition Facts Table

FROMAGE
Saputo

AFFINÉ À PÂTE FERME • FIRM RIPENED CHEESE
Saputo Inc. Montréal (Québec) H1P 1X8 www.saputo.ca

1165

Common Name

Dealer ID



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Common Name

“Common name” means:

- Standardized name set out in the Food and Drug Regulations (FDR) or in any other Federal Regulations
(ie. Dairy regulations)

e.g. orange juice from concentrate, butter, etc.

- If the name is not prescribed, the name by which the food is commonly known

e.g. orange drink, candy bar, etc.

The common name must be shown on the **principal display panel**

Net Quantity

- The net quantity is to be declared in metric units on the **principal display panel**

- There are minimum type height requirements for the numerical portion of the net quantity declaration based on the area of the principal display surface (total area of the main panel)

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 Identity and Principal Place of Business

- A declaration showing the identity and principal place of business of the responsible party is required
- The principal place of business is to be the main location where actual company related enterprise occurs
- The address should be complete enough for postal delivery
- Can be declared on any label panel except the bottom

Durable Life Date

- A “best before” date is required for products with a durable life of **90 days or less**
- Storage instructions, e.g. “keep refrigerated” are required if storage differs from normal room temperature
- Prescribed format for declaration. The year is to be declared 1st followed by the month & then the day

Best before

12 JN 28

Meilleur avant

- Can be placed on any panel except bottom (date can be placed on bottom if there is an clear indication elsewhere)

Nutrition Facts Table

Foods sold only at a roadside stand, craft show, flea market, fair, farmers' market and sugar bush by the individual who prepared and processed the product are exempt from nutrition labelling

The exemption is lost and a Nutrition Facts table is required when:

- A vitamin or mineral nutrient is added to the product or is declared as a component of an ingredient
- Labels or advertisements carry a nutritional reference or nutrient content claim, a biological role claim, a health claim, or the phrase “nutrition facts”
- The product is ground meat, ground meat by-product, ground poultry meat or ground poultry meat by-product

What does the Canadian Nutrition Facts Table look like?

Bilingual Standard Format

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %



Nutrition Facts Table

- Variations of the Std Format (Std, Narrow Std, Bilingual Std) are predominately used
- Std options must always be considered before the Horizontal Format is used, typically less than 1% of products can use the Horizontal Format

The nutrient information is based on a specified amount of food. Compare this to the amount you eat.

This number is the amount of the nutrient in the specified quantity of food.

The *Nutrition Facts* table will include this list of Calories and 13 nutrients

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

The % Daily Value gives a context to the amount of the nutrient in the specified amount of food. The Daily Values are based on recommendations for healthy eating.

The **horizontal format** may only be used when there is not enough room for the standard format.

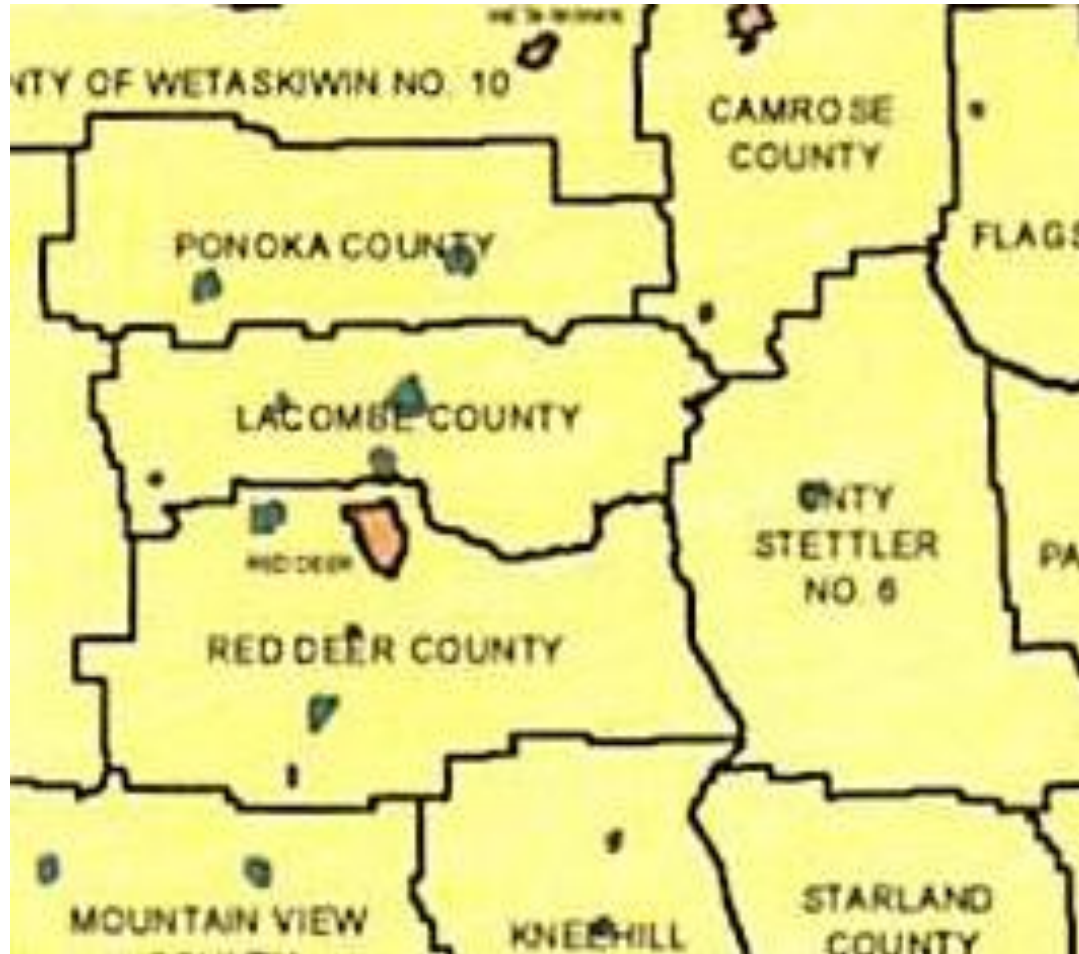
Nutrition Facts	Amount / Teneur	% DV / % VD*	Nutrition Facts	Amount / Teneur	% DV / % VD*
Valeur nutritive	Fat / Lipides 13 g	26 %	Carbohydrate / Glucides 23 g	8 %	
Per 1 bar (40 g) pour 1 tablette (40 g)	Saturated / saturés 5 g + Trans / trans 3.5 g	42 %	Fibre / Fibres 0 g	0 %	
Calories 220	Cholesterol / Cholestérol 10 mg		Sugars / Sucres 20 g		
	Sodium / Sodium 70 mg	3 %	Protein / Protéines 3 g		
* DV = Daily Value VD = valeur quotidienne	Vitamin A / Vitamine A 2 %		Vitamin C / Vitamine C 0 %		
	Calcium / Calcium 6 %		Iron / Fer 4 %		

The **linear format** may appear on smaller

Nutrition Facts	
per 1 cup (264 g) Calories 260	
Fat 13 g (26 %), Saturated Fat 3 g + Trans Fat 2 g (25 %), Cholesterol 30 mg,	
Sodium 690 mg (28 %), Carbohydrate 31 g (10 %), Fibre 0 g (0 %), Sugars 5 g,	
Protein 5 g, Vit A (4 %), Vit C (2 %), Calcium (15 %), Iron (4 %). % = % Daily Value	



Bilingual Labelling – unless exempt



List of Ingredients

Ingredients must be listed in descending order of proportion by weight of the food

Some ingredients may appear in any order at the end of the list of ingredients

e.g. spices, seasonings & herbs (except salt), flavours, etc.

List of Ingredients

- Ingredients and their components (ingredients of ingredients) are to be declared by their common name in the ingredient list
- Some ingredients are exempt from component declaration,
e.g. butter, flour, flavouring preparations, etc
- Some components of preparations or components of food **must ALWAYS be declared**,
e.g. salt, peanut oil, allergens, etc

List of Ingredients

Sample ingredient list:

enriched flour*, chocolate chips** (sugar, chocolate, cocoa butter, soy lecithin, flavour)***, vegetable oil shortening, glucose-fructose, modified milk ingredients, sweetened dried cranberries (cranberries, sugar, canola oil), salt, sodium bicarbonate, artificial flavour.

*The components of the enriched flour are exempt from being declared

**Ingredient = chocolate chips

***Components of chocolate chips = ingredients listed in brackets after the chocolate chips



Website Links

Food Labelling and Advertising

<http://www.inspection.gc.ca/food/labelling/eng/1299879892810/1299879939872>

Guide to Food Labelling and Advertising

<http://www.inspection.gc.ca/food/labelling/guide-to-food-labelling-and-advertising/eng/1300118951990/1300118996556>

Chapter 2, Basic Labelling Requirements

<http://www.inspection.gc.ca/english/fssa/labeti/guide/ch2e.shtml>

Chapter 5, Nutrition Labelling

<http://www.inspection.gc.ca/english/fssa/labeti/guide/ch5e.shtml>

Chapter 7, Nutrient Content Claims

<http://www.inspection.gc.ca/english/fssa/labeti/guide/ch7e.shtml>

Chapter 4, Composition, Quality, Quantity and Origin Claims

<http://www.inspection.gc.ca/english/fssa/labeti/guide/ch4ae.shtml#a4.19>

Origin Claims

<http://www.inspection.gc.ca/food/labelling/other-requirements/origin-claims/eng/1336499388912/1336499537314>

Allergen Labelling

<http://www.hc-sc.gc.ca/fn-an/label-etiquet/allergen/index-eng.php>

Organic

<http://www.inspection.gc.ca/english/fssa/orgbio/orgbioe.shtml>

Health Canada's Guide on Gluten Free Claims

<http://www.hc-sc.gc.ca/fn-an/securit/allerg/cel-coe/gluten-position-eng.php>

Labelling of Genetically Engineered Foods in Canada

<http://www.inspection.gc.ca/food/labelling/other-requirements/method-of-production/ge-factsheet/eng/1333373177199/1333373638071>

Canadian Food Inspection Agency Fair Labelling Practices Program

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