



# Front-of-package nutrition labelling: Summary of amendments published in the *Canada Gazette*, Part II

Technical webinar  
September 2022



# Housekeeping



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# Outline

- Introduction**
- Summary of the regulations on front-of-package nutrition labelling**
  - Nutrient thresholds
  - Exemptions and prohibitions
  - Nutrition symbol design
  - Nutrition symbol formats/specifications
  - Claims and the FOP nutrition symbol
- Guidance document for industry**
- Compliance and enforcement**
- Next steps**
- Question & Answer period**

## Regulations amending the *Food and Drug Regulations* (Nutrition Symbols, Other Labelling Provisions, Vitamin D and Hydrogenated Fats or Oils)

In addition to introducing mandatory FOP nutrition labelling, these regulations also amended the *Food and Drug Regulations* (FDR) to:

- Double the levels of vitamin D required in cow's milk and margarine and permitted in goat's milk
- Remove all references to partially hydrogenated oils (PHOs) since PHOs are no longer permitted to be added to foods sold in Canada
- Replace references to "hydrogenated" with "fully hydrogenated", as fully hydrogenated oils are the only type of hydrogenated oil permitted in foods sold in Canada
- Repeal certain quantitative and qualitative requirements for high intensity sweeteners (aspartame, neotame, sucralose, acesulfame-potassium) and improve legibility of the mandatory phenylalanine statement
- Repeal the table of nutrient content claims following section B.01.513 and create a new Table of Permitted Nutrient Content Statements and Claims that is incorporated by reference into the FDR. Updates to the table include:
  - Revised conditions of use for "no added sugars" and "free of sugars" claims
  - New synonyms for "free of" saturated fatty acids, trans fatty acids and sugars claims
  - New "low in sugars" claim

# FOP nutrition labelling

A nutrition symbol is mandatory on the principal display panel (PDP) of most prepackaged foods with a saturated fat, sugars and/or sodium content that meets or exceeds specific thresholds (i.e. “high in” nutrients of public health concern).

The FOP nutrition labelling rules consist of five major parts and associated definitions:

- i. Nutrient thresholds
- ii. Exemptions and prohibitions
- iii. Nutrition symbol design
- iv. Nutrition symbol formats / specifications
- v. Restrictions on use of health-related representations



# Nutrient thresholds: Percentage Daily Values

The thresholds for the symbol are based on Daily Values (DVs).

For some nutrients, such as fibre and calcium, the DV is the recommended amount that people in a specific age group should try to consume each day. For other nutrients, such as saturated fat, sugars and sodium, the DV is the amount that people should try **not to exceed**. The DVs are set out in the Table of Daily Values.

The thresholds for the symbol are expressed as percentages of the DV (% DV).

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

<sup>1</sup> Table of Reference Amounts for Foods

<sup>2</sup> 200 g for main dishes intended for children and/or adults and 170 g for main dishes intended solely for children ≥ 1 but < 4 years of age

# Nutrient thresholds: Main dishes

**Main dish** means a combination dish, as set out in the Table of Reference Amounts, that does not require addition of ingredients, other than water, for preparation and that contains food from at least two of these categories:

- dairy products and their alternatives, except butter, cream, sour cream, ice cream, ice milk, sherbet and alternatives for those foods
- meat products, poultry products, marine and fresh water animal products referred to in Division 21, and their alternatives such as eggs, tofu, legumes, nuts, seeds, nut or seed butters and spreads made from legumes
- fruits and vegetables except pickles, relishes, olives and garnishes
- breads, breakfast cereals, rice and other grains, and alimentary pastes.

# Nutrient thresholds: Assessing nutrient content against thresholds

The % DV must be calculated using the amount of the nutrient, by weight, per serving of stated size (serving size) or per reference amount, whichever is greater, in the food as sold.

The % DV must be calculated using the applicable age-specific DVs.

- Products intended solely for children  $\geq 1$  but  $< 4$  years: DVs in column 2 of Part I of the Table of Daily Values
- Products other than those referred to above: DVs in column 3 of Part I of the Table of Daily Values

The FOP nutrition symbol is required on the label if the % DV resulting from this calculation meets or exceeds the applicable threshold.



# Nutrient thresholds: Assessing nutrient content against thresholds

		% DV calculation based on nutrient content in the greater of:	
		Applicable threshold	Serving size
Prepackaged food with a reference amount > 30 g or 30 mL that is not a main dish (e.g., ready to drink iced tea)	15% DV	375 mL	547 mL
Prepackaged food with a reference amount ≤ 30 g or 30 mL (e.g., beef jerky)	10% DV	30 g	45 g
Prepackaged main dish with a reference amount ≥ 200 g or 170 g (e.g., combination dish such as spaghetti Bolognese)	30% DV	300 g	270 g

\*Appendix 1 in the guidance document provides steps for determining whether the amount of a nutrient of concern meets or exceeds the threshold for various product scenarios.

# Nutrient thresholds: Assessing nutrient content against thresholds

**Two exceptions** apply to prepackaged products that must be reconstituted with water (or other liquid) or prepared with an additional ingredient and that only have a reference amount for their prepared form.

For example, powdered hot chocolate mix, cake mix, gravy mix and macaroni and cheese dinner mix.

- The %DV must be calculated using the amount of the nutrient, by weight, **per serving size** of the food as sold.
- The applicable % DV threshold is determined on the basis of the product's **serving size** rather than its reference amount.



**\*Example C in Appendix 1 of the guidance document illustrates a scenario in which a product is sold in its unprepared form.**

**B.01.350(3) to (4), FDR**

Food and Drug Regulations  
PART B Foods  
DIVISION 1  
Nutrition Symbols  
Section B.01.350

Replace "reference amount" with "serving size"

TABLE

Thresholds Requiring a Nutrition Symbol

Item	Nutrient	Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7
			Prepackaged product with a reference amount greater than 30 g or 30 mL, unless the product is described in column 4	Prepackaged product with a reference amount of 30 g or 30 mL or less	Prepackaged main dish with a reference amount of 200 g or more	Prepackaged product with a reference amount greater than 30 g or 30 mL, unless the product is described in column 7	Prepackaged product with a reference amount of 30 g or 30 mL or less	Prepackaged main dish with a reference amount of 170 g or more
1	Saturated fat		15% of the daily value for the sum of saturated fatty acids and <i>trans</i> fatty acids set out in column 3 of Part 1 of the Table of Daily Values	10% of the daily value for the sum of saturated fatty acids and <i>trans</i> fatty acids set out in column 3 of Part 1 of the Table of Daily Values	30% of the daily value for the sum of saturated fatty acids and <i>trans</i> fatty acids set out in column 3 of Part 1 of the Table of Daily Values	15% of the daily value for the sum of saturated fatty acids and <i>trans</i> fatty acids set out in column 2 of Part 1 of the Table of Daily Values	10% of the daily value for the sum of saturated fatty acids and <i>trans</i> fatty acids set out in column 2 of Part 1 of the Table of Daily Values	30% of the daily value for the sum of saturated fatty acids and <i>trans</i> fatty acids set out in column 2 of Part 1 of the Table of Daily Values

# Exemptions

## **I. Health-related exemptions – foods whose consumption should not be discouraged because they have recognized health protection benefits or that are important contributors of nutrients that Canadians do not get enough of**

- Fresh, frozen, canned or dried fruits and vegetables that are whole or cut
- Plain milk (2%, 3.25%)
- Most cheese, plain yogurt, buttermilk and kefir
- Whole eggs
- Foods with a healthy fat profile, such as nuts, seeds and their butters
- Individual rations for military use

## **II. Practical exemptions – foods on which the FOP symbol would be redundant**

- Sweetening agents (e.g., table sugar, maple syrup, honey, molasses)
- Salts (e.g., table salt, celery salt, garlic salt, other seasoning salt)
- Butter, ghee and other fats and oils (e.g., vegetable oil, marine oil, margarine)

## **III. Technical exemptions – foods that are exempt from the Nutrition Facts table (NFt), e.g.,**

- Foods sold at farmers markets, roadside stands and craft shows
- Raw, single-ingredient meat and poultry (including ground, even though they are required to carry the NFt)
- Raw single-ingredient fish
- Foods that are not sold directly to consumers, such as those intended for further manufacturing or institutional use
- Foods sold in very small packages, such as one-bite confections
- Individual portions of food that are intended to be served by a restaurant with meals, such as coffee creamers or crackers
- Milk and cream sold in refillable glass containers
- Foods prepared and processed from ingredients at retail

# I. Health-related exemptions: A. Foods with health protection benefits

Foods with recognized health protection benefits are eligible for a conditional exemption from the requirement to assess **saturated fat, sugars** and **sodium** content against thresholds

<b>Prepackaged products within scope of the exemption</b>	<b>Examples of products eligible</b>	<b>Examples of products not eligible</b>
whole or cut fresh, frozen, canned or dried fruits or vegetables	chopped, diced, grated, riced and shredded fruits and vegetables	juices, purees, pastes and powdered fruits and vegetables; coconut
milk from any animal, in liquid or powdered form, whether standardized or unstandardized	cow, sheep and goat milk	
whole eggs, fresh or in liquid, frozen, or dried form, or whole egg mixes, whether standardized or unstandardized	hard boiled eggs; quail eggs; dried whole egg mix	liquid egg whites; plant-based egg; dried yolk mix

# I. Health-related exemptions: A. Foods with health protection benefits

Foods with recognized health protection benefits are eligible for a conditional exemption from the requirement to assess **saturated fat, sugars** and **sodium** content against thresholds

Prepackaged products within scope of the exemption	Examples of products eligible	Examples of products not eligible
nuts, seeds or their butters with < 30% total fat content as saturated fat	almonds; cashews; sunflower seed butter	hazelnut spread; coconut
vegetable or marine oils with < 30% total fat content as saturated fat	olive oil; canola oil; sunflower oil	animal fats and oils; coconut oil; palm oil
marine or fresh water animal products referred to in Division 21 of the FDR with < 30% total fat content as saturated fat	salmon; trout; sardines; shellfish	
any combination of products within scope of the exemption	sardines packed in olive oil; trail mix of unsalted roasted nuts and unsweetened dried fruit; mixed cut fruit	

# I. Health-related exemptions: A. Foods with health protection benefits

This is a **nutrient-specific conditional exemption**. Products can lose the exemption for one, two or three nutrients of concern.

The products lose their conditional exemption when they contain an ingredient that contains saturated fat, sugars or sodium other than ingredients set out in subsection B.01.350(7) and (8).

If the exemption is lost and the total amount of the nutrient of concern (from all ingredients) meets or exceeds the threshold, the FOP symbol for that nutrient is required.

# I. Health-related exemptions: A. Foods with health protection benefits

## **B.01.350(7): Ingredients that do not trigger the loss of the exemption for saturated fat or sodium, when no saturated fat or sodium has been added to them**

- whole or cut fresh, frozen, canned or dried vegetables and fruits (other than coconut)
- milk from any animal, in liquid or powdered form, whether standardized or unstandardized
- whole eggs, fresh or in liquid, frozen, or dried form, or whole egg mixes, whether standardized or unstandardized
- nuts, seeds or their butters with < 30% total fat content as saturated fat
- vegetable or marine oils with < 30% total fat content as saturated fat
- marine or fresh water animal products referred to in Division 21 of the FDR with < 30% total fat content as saturated fat

## **B.01.350(8): Ingredients that do not trigger the loss of the exemption for sugars, when no sugars have been added to them**

- whole or cut fresh, frozen, canned or dried vegetables and fruits (other than coconut)
- dairy products, including milk from any animal, in liquid or powdered form, whether standardized or unstandardized
- nuts, seeds or their butters with < 30% total fat content as saturated fat
- grains
- legumes

# I. Health-related exemptions: A. Foods with health protection benefits

**FOR EXAMPLE**, consider canned artichoke hearts with the following list of ingredients:

**Ingredients:** Artichoke hearts, Water, Salt, Citric acid, Ascorbic acid.

The presence of a sodium-containing ingredient that is not provided for in subsection B.01.350(7) (such as salt in this example) triggers the loss of the exemption for sodium and the need to assess the total sodium content against the applicable threshold. Total sodium content includes sodium from all ingredients.

- If the total sodium content meets or exceeds the threshold, the product must carry a symbol indicating that it is "high in sodium".

However, the presence of such a sodium-containing ingredient does not trigger the need to assess total saturated fat or total sugars content against the applicable threshold.



# I. Health-related exemptions: B. Foods that are important sources of calcium

Foods that are important sources of calcium, a shortfall nutrient that is not readily available in other foods, are eligible for a conditional exemption from the requirement to assess **saturated fat** and **sugars** content against thresholds.

Cheese that is made from dairy products, whether standardized or unstandardized

Yogurt, including drinkable yogurt, that is made from dairy products

Kefir

Buttermilk

To benefit from the exemption, the products must contain:

- $\geq 10\%$  DV calcium per serving size or reference amount, whichever is greater, for products with a reference amount of 30 g or 30 mL or less, and
- $\geq 15\%$  DV calcium per serving size or reference amount, whichever is greater, for products with a larger reference amount.

# I. Health-related exemptions: B. Foods that are important sources of calcium

This is a **nutrient-specific conditional exemption**. Products can lose the exemption for saturated fat or sugars or both nutrients.

The products lose their conditional exemption when they contain an ingredient that contains saturated fat or sugars other than ingredients set out in paragraph B.01.350(9)(a) and (b).

If the exemption is lost and the total amount of the nutrient of concern (from all ingredients) meets or exceeds the threshold, the FOP symbol for that nutrient is required.

With regard to sodium:

- There is no conditional exemption for yogurt made from dairy products, kefir and buttermilk.
- Cheese made from dairy products that meets the calcium threshold is always exempt from the requirement to assess sodium content against the threshold and does not have to display a "high in sodium" symbol.

# I. Health-related exemptions: B. Foods that are important sources of calcium

## **B.01.350(9)(a): Ingredients that do not trigger the loss of the exemption for saturated fat**

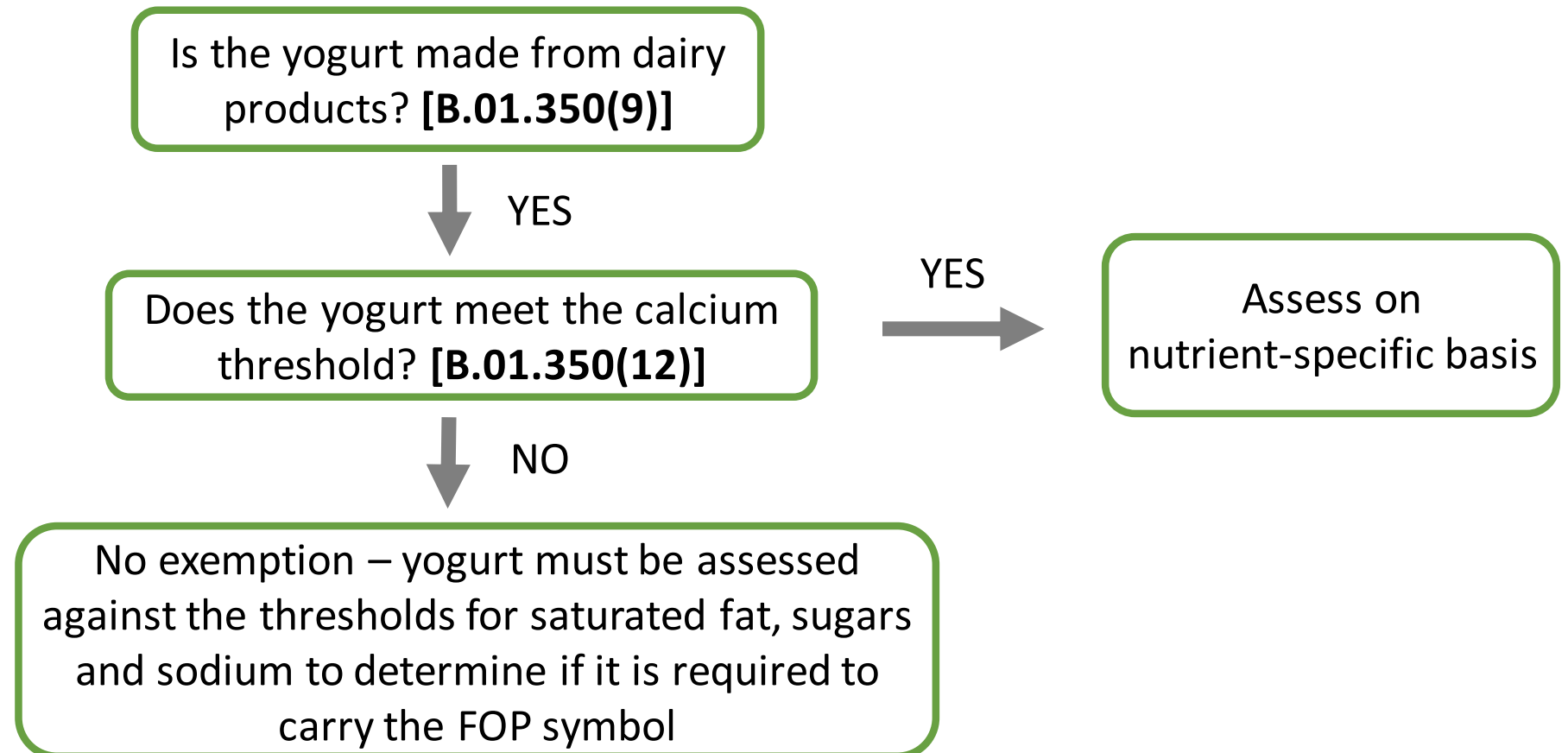
- milk ingredients
- modified milk ingredients
- nuts or seeds with < 30% total fat content as saturated fat
- vegetable or marine oils with < 30% total fat content as saturated fat
- marine or fresh water animal products referred to in Division 21 of the FDR with < 30% total fat content as saturated fat

## **B.01.350(9)(b): Ingredients that do not trigger the loss of the exemption for sugars, when no sugars have been added to them**

- whole or cut fresh, frozen, canned or dried vegetables and fruits
- dairy products, including milk from any animal, in liquid or powdered form, whether standardized or unstandardized
- grains
- legumes
- nuts or seeds

# Nutrient-specific conditional exemption – decision tree for yogurt (an example)

**Ingredients:** Yogurt (skim milk, cream, bacterial culture) • Milk chocolate chips (sugar, cocoa butter, unsweetened chocolate, milk ingredients, soy lecithin, vanilla extract) • Shredded coconut preparation (sugar, water, shredded coconut, rice starch, natural flavour, pectin, citric acid).



# Nutrient-specific conditional exemption – decision tree for yogurt (an example)

**Ingredients:** Yogurt (skim milk, cream, bacterial culture) • Milk chocolate chips (sugar, cocoa butter, unsweetened chocolate, milk ingredients, soy lecithin, vanilla extract) • Shredded coconut preparation (sugar, water, shredded coconut, rice starch, natural flavour, pectin, citric acid).

Does the yogurt contain **saturated fat** from ingredients other than these ingredients?  
**[B.01.350(9)(a)]**

- milk ingredients
- modified milk ingredients
- nuts or seeds that contain < 30% of their total fat content as saturated fat
- vegetable or marine oils that contain < 30% of their total fat content as saturated fat
- marine or fresh water animal products referred to in Division 21 of the FDR that contain < 30% of their total fat content as saturated fat

YES

Total amount of saturated fat must be assessed against the threshold to determine if the yogurt is required to carry the FOP symbol for saturated fat

Does the yogurt contain **sugars** other than the naturally occurring sugars in these ingredients? **[B.01.350(9)(b)]**

- whole or cut fresh, frozen, canned or dried vegetables and fruits
- dairy products
- grains
- legumes
- nuts or seeds

YES

Total amount of sugars must be assessed against the threshold to determine if the yogurt is required to carry the FOP symbol for sugars

If the total saturated fat and/or sugars content meets or exceeds threshold, the yogurt must carry a “high in sat fat” and/or “high in sugars” symbol. Sodium content must always be assessed.

## II. Practical exemptions

Foods on which the FOP nutrition symbol would be redundant are always exempt from the requirement to assess saturated fat, sugars and sodium content against the thresholds. They are not required to carry the symbol even if the nutrient content meets or exceeds the threshold. This is known as a **full exemption**. The products cannot lose their full exemption.

Prepackaged products within scope of the exemption	Examples of eligible products
sweetening agents, including those listed in Division 18 of the FDR, sold as such	sugar; agave syrup; corn syrup; maple syrup, table syrup; honey; molasses
salt and seasoning salt that includes "salt" in its common name, sold as such	table salt; celery salt; garlic salt; onion salt
fats and oils referred to in Division 9 of the FDR, fish and other marine fats and oils, butter, ghee, margarine and other similar substitutes for butter, sold as such	vegetable oil; lard; salted and unsalted butter; plant-based substitutes for butter

### III. Technical exemptions: A. Foods not sold directly to consumers

Foods that are not sold directly to consumers are **fully exempt** from the requirement to assess saturated fat, sugars and sodium content against the thresholds. The products cannot lose their full exemption.

Prepackaged products within scope of the exemption	Examples of eligible products
ready-to-serve multiple-serving products intended only to be served in a commercial or industrial enterprise or an institution	frozen, pre-cooked lasagna; gravy; cooked seasoned fish fillets; fresh pasta; pasta sauce; fruit pies; breakfast cereals; jam; condiments and salad dressings
products intended only to be used as ingredients in other prepackaged products intended to be sold to consumers at retail or in the preparation of food by a commercial or industrial enterprise or an institution	unbaked lasagna noodles; raw seasoned fish fillets; dried pasta noodles; frozen fries; canned pie filling; instant potato flakes; corn starch
shipping containers, if the container and its contents are not sold as a single unit to a consumer at retail	4 kg box of frozen chicken strips to be served in a cafeteria; large bag of mixed nuts to be repackaged from bulk by the retailer into smaller amounts; box of six 1.8 kg packages of alfredo sauce to be served in a restaurant

### III. Technical exemptions: B. Foods always exempt from the NFt

Foods fully exempt from carrying a Nutrition Facts table (NFt) are **fully exempt** from the requirement to assess saturated fat, sugars and sodium content against the thresholds. The products cannot lose their full exemption.

Prepackaged products within scope of the exemption	Examples of eligible products
individual portions of food that are intended solely to be served by a restaurant or other commercial enterprise with meals or snacks	individually portioned crackers served with soup, creamers served with a cup of coffee
cow or goat's milk and cream sold in refillable glass containers	plain and flavoured whole, partly skimmed and skimmed cow milk; plain whole, partly skimmed and skimmed goat's milk
products with an available display surface < 15 cm <sup>2</sup>	one-bite confections; very small packages of gum



### III. Technical exemptions: C. Foods conditionally exempt from the NFt

Foods conditionally exempt from carrying an NFt are **conditionally exempt** from the requirement to assess saturated fat, sugars and sodium content against the thresholds.

Beverages with an alcohol content > 0.5%

Raw single ingredient meat, meat by-products, poultry meat or poultry meat by-products ("meats") that are not ground

- Raw single ingredient meats that are ground are always required to carry the NFt, however, they are conditionally exempt from the FOP requirement.

Raw single ingredient fish or seafood products

Products sold only in the retail establishment where they are prepared and processed from their ingredients, including from a pre-mix to which an ingredient other than water is added during preparation or processing

Products sold only at road-side stands, craft shows, flea markets, fairs, farmers' markets or sugar bushes by the individual who prepared or processed the products

Individual servings of products sold for immediate consumption and that have not been subjected to a process to extend their durable life, including special packaging

Products sold only in the retail establishment where they are packaged, if they are labelled with a sticker and have an available display surface < 200 cm<sup>2</sup>

Products that have an available display surface < 100 cm<sup>2</sup>

### III. Technical exemptions: C. Foods conditionally exempt from the NFt

This is a **conditional exemption**.

The products - except for raw single ingredient ground meats - lose their exemption from the FOP requirement if they lose their exemption from the NFt requirement and are required to carry an NFt.

- If a manufacturer chooses to voluntarily display an NFt on one of these otherwise exempted products, the product still maintains its conditional exemption from the FOP requirement.

Raw single ingredient ground meats lose their exemption from the FOP requirement if any of the triggers listed in paragraph B.01.401(3)(a), (b) or (e) are present.

# Prohibitions

The FOP nutrition symbol is prohibited on:

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 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

# FOP nutrition symbol: Design elements

**Nutrition symbol** means a symbol that is carried on the principal display panel of a prepackaged product under subsection B.01.350(1).

The nutrition symbol design is set out in Schedule K.1 in the FDR.

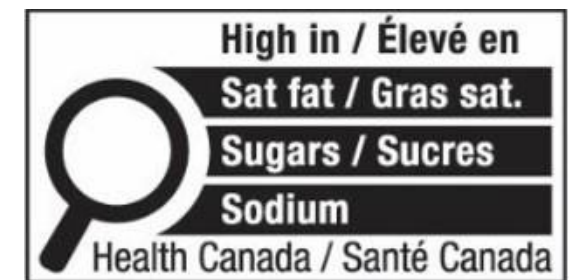
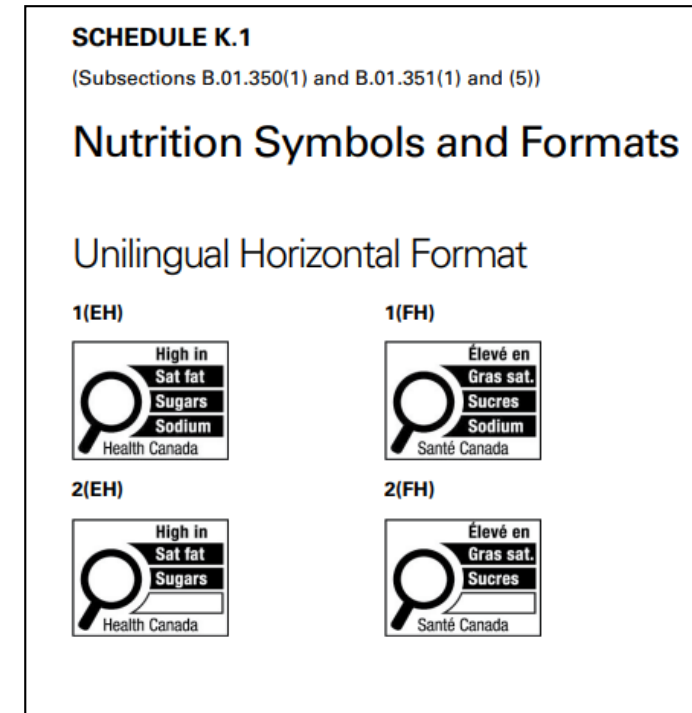
The symbol:

- is in black and white
- consists of a solid white rectangular box with a thin, solid black border
- features a black magnifying glass left-justified inside the box
- displays "High in" in bold black letters inside the box at the top
- includes nutrient and blank bars, in fixed order as applicable
- is attributed to "Health Canada" inside the box at the bottom

The symbol is surrounded by a minimum buffer that is free of text and other graphic material.

Any representation that is likely to be mistaken for the nutrition symbol is prohibited.

**B.01.351(1), B.01.354, FDR**



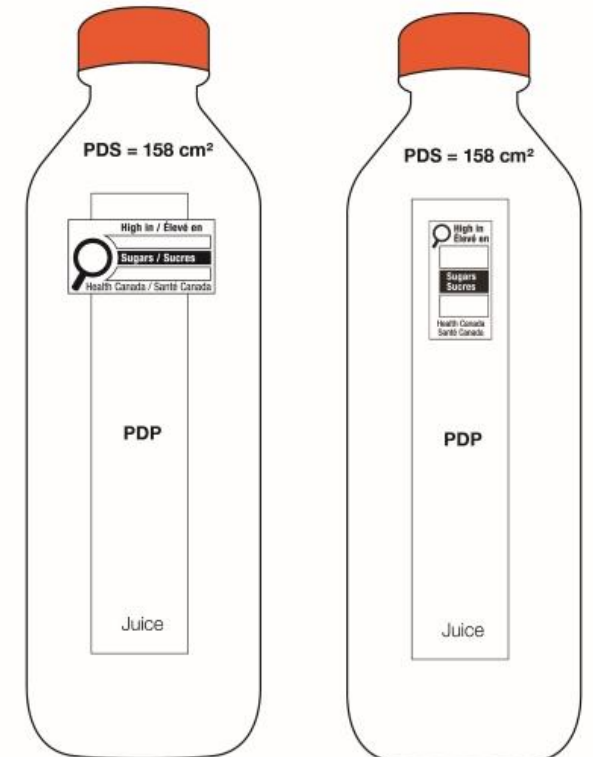
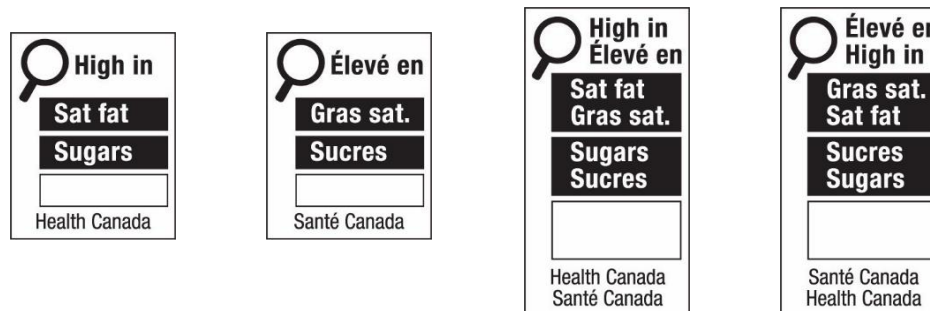
# FOP nutrition symbol: Formats

The horizontal format is the default.



The vertical format is required when

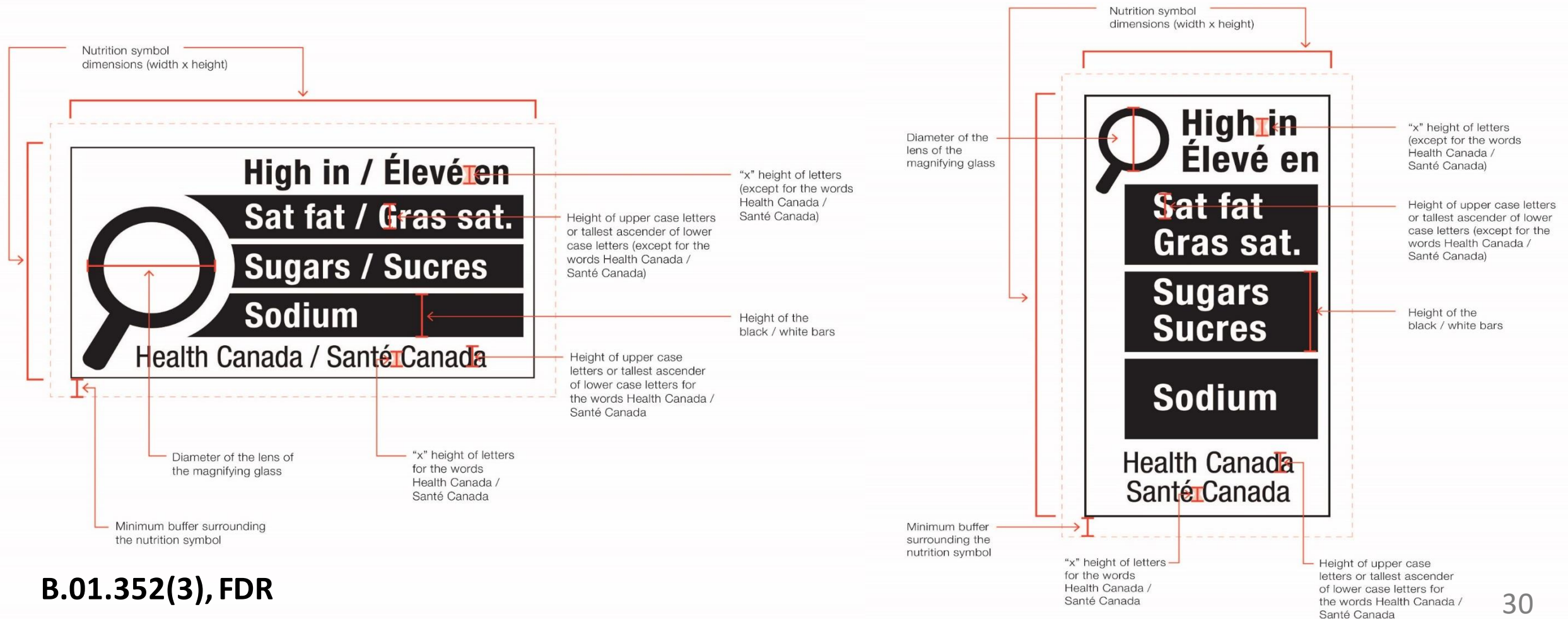
- the PDS  $\leq 450$  cm<sup>2</sup>, and
- the horizontal format otherwise required is wider than the PDP



B.01.351(2) to (5), FDR

# FOP nutrition symbol: Specifications

The specifications for each symbol format are set out in the Directory of Nutrition Symbol Specifications, which is incorporated by reference into the FDR.



# Directory of Nutrition Symbol Specifications

Four tables:

1. Unilingual Horizontal Format
2. Unilingual Vertical Format
3. Bilingual Horizontal Format
4. Bilingual Vertical Format

**TABLE 1**  
Unilingual Horizontal Format

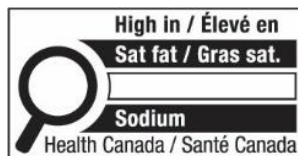
Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the <i>Food and Drug Regulations</i>	COLUMN 3 Nutrition symbol dimensions (width x height)	COLUMN 4 Minimum buffer surrounding the nutrition symbol	COLUMN 5 Height of upper case letters or tallest ascender of lower case letters (except for the words Health Canada / Santé Canada)	COLUMN 6 Height of upper case letters or tallest ascender of lower case letters for the words Health Canada / Santé Canada	COLUMN 7 "x" height of letters (except for the words Health Canada / Santé Canada)	COLUMN 8 "x" height of letters for the words Health Canada / Santé Canada	COLUMN 9 Height of the black / white bars	COLUMN 10 Diameter of the lens of the magnifying glass
1	> 600 cm <sup>2</sup>	1(EH) and 1(FH) 2(EH) and 2(FH) 3(EH) and 3(FH) 4(EH) and 4(FH) 5(EH) and 5(FH) 6(EH) and 6(FH) 7(EH) and 7(FH)	4.42 cm x 3.30 cm	2.7 mm	3.5 mm	3.0 mm	2.7 mm	2.3 mm	6.2 mm	17.3 mm
2	> 450 cm <sup>2</sup> to ≤ 600 cm <sup>2</sup>	1(EH) and 1(FH) 2(EH) and 2(FH) 3(EH) and 3(FH) 4(EH) and 4(FH) 5(EH) and 5(FH) 6(EH) and 6(FH) 7(EH) and 7(FH)	3.79 cm x 2.83 cm	2.3 mm	3.0 mm	2.5 mm	2.3 mm	1.9 mm	5.3 mm	14.8 mm

# FOP nutrition symbol: Specifications

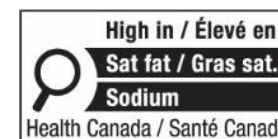
The symbol specifications, including symbol height and width, are proportional to the PDS.

1. PDS > 600 cm<sup>2</sup>: **Largest PDS range – Largest specifications**
2. PDS > 450 cm<sup>2</sup> to ≤ 600 cm<sup>2</sup>
3. PDS > 250 cm<sup>2</sup> to ≤ 450 cm<sup>2</sup>
4. PDS > 100 cm<sup>2</sup> to ≤ 250 cm<sup>2</sup>
5. PDS > 30 cm<sup>2</sup> to ≤ 100 cm<sup>2</sup>
6. PDS ≤ 30 cm<sup>2</sup>: **Smallest PDS range – Smallest specifications**

Three bars must always appear in the symbol on packages with a **PDS > 30 cm<sup>2</sup>**. This includes the bars required to identify the product as "high in sat fat", "high in sugars" and/or "high in sodium" (nutrient bars), as applicable, and blank bars.



The only bars that must appear in the symbol on packages with a **PDS of ≤ 30 cm<sup>2</sup>** are the bars required to identify the product as "high in sat fat", "high in sugars" and/or "high in sodium", as applicable. Blank bars are not required.





# FOP nutrition symbol: Specifications

Products with a PDS  $> 250 \text{ cm}^2$  that are sold only in the retail establishment where they are packaged and have labels printed using retail scales can carry a smaller symbol than would otherwise be required. They can carry a horizontal symbol with the specifications set out for a PDS in the range of  $> 100 \text{ cm}^2$  to  $\leq 250 \text{ cm}^2$ .

1. PDS  $> 600 \text{ cm}^2$

2. PDS  $> 450 \text{ cm}^2$  to  $\leq 600 \text{ cm}^2$

3. PDS  $> 250 \text{ cm}^2$  to  $\leq 450 \text{ cm}^2$



4. PDS  $> 100 \text{ cm}^2$  to  $\leq 250 \text{ cm}^2$

# FOP nutrition symbol: Placement on the label

The symbol must be displayed on the principal display panel (PDP)

In the **upper half** when the height of the PDP is greater than its width



In the **right half** when the width of the PDP is greater than its height

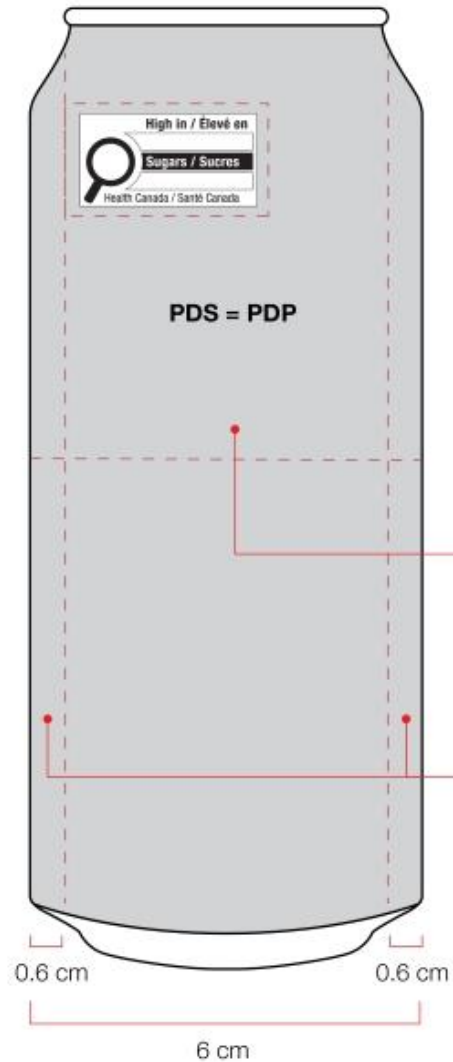


The FOP symbol can be affixed as a sticker or printed directly on the label.

# FOP nutrition symbol: Minimum buffer



# FOP nutrition symbol: Placement on the label



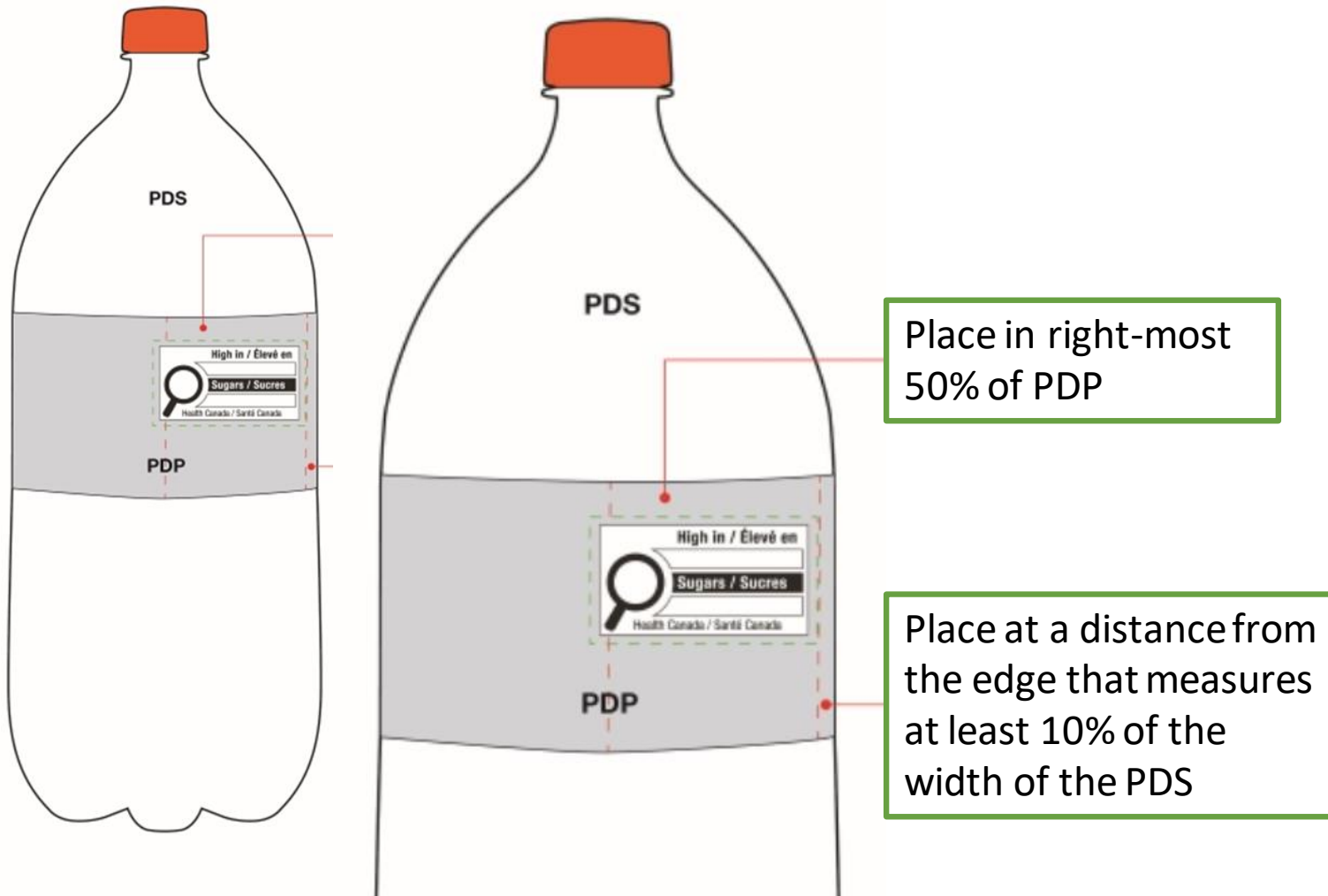
On cylinder-shaped packages, the symbol cannot appear within the left-most and right-most 10% of the PDS.

Place in upper 50% of PDP

Place at a distance from the edge that measures at least 10% of the width of the PDS



# FOP nutrition symbol: Placement on the label



- If, on a cylinder-shaped package, it is not possible to display the symbol with its buffer entirely in the right half of the PDP due to the requirement to be at a minimum distance from the edge of the PDS, it can appear in the left half but only to the extent necessary.
- This means the edge of the buffer is as close as possible to the 10% line so that there is minimal crossing over into the left half of the PDP.

# FOP nutrition symbol: Orientation

The symbol must be oriented in the same manner as most of the other information that appears on the PDP. This is the default requirement.

- When the PDP is displayed in the vertical plane and most of the other information is not displayed parallel with the base of the package, the symbol must be oriented in such a manner that the words appearing in it are parallel with the base of the package.



# Compendium of Nutrition Symbol Formats

Ready-to-use (i.e. actual size) high resolution graphic files of all variations of the symbol are available in .EPS format. To obtain the .EPS files, e-mail [smiu-ugdi@hc-sc.gc.ca](mailto:smiu-ugdi@hc-sc.gc.ca) with the subject line **HPFB BNS Compendium of Nutrition Symbol Formats**.

The [Compendium of Nutrition Symbol Formats](#) is available online in HTML and PDF format as a reference document.

## Compendium of nutrition symbol formats

July 2022

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- [PDS: > 600 cm<sup>2</sup>](#)
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- [PDS: > 250 cm<sup>2</sup> to ≤ 450 cm<sup>2</sup>](#)
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[Download in PDF format](#)

(10.9 MB, 94 pages)

**Organization:** [Health Canada](#)

**Date published:** July 2022

**Cat.:** H164-253/2022-PDF

**ISBN:** 978-0-660-28634-1

**Pub.:** 220093

Unilingual Horizontal Format  
PDS: > 600 cm<sup>2</sup>

Figure 1.1(EH)

•Saturated fat (Sat fat), sugars and sodium



4.42 cm x 3.30 cm

# FOP nutrition symbol format: Naming conventions

**1 ( E H )**  
 Nutrient combination    Language and orientation

Nutrient combination		Language and orientation
<b>1</b> Saturated fat, sugars and sodium	<b>8</b> Saturated fat and sugars	<b>EH</b> English Horizontal
<b>2</b> Saturated fat and sugars	<b>9</b> Sugars and sodium	<b>AH</b> Anglais Horizontal
<b>3</b> Sugars and sodium	<b>10</b> Saturated fat and sodium	<b>FH</b> French Horizontal
<b>4</b> Saturated fat and sodium	<b>11</b> Saturated fat	<b>EV</b> English Vertical
<b>5</b> Saturated fat	<b>12</b> Sugars	<b>AV</b> Anglais Vertical
<b>6</b> Sugars	<b>13</b> Sodium	<b>FV</b> French Vertical
<b>7</b> Sodium		<b>BH</b> Bilingual Horizontal (English first)
		<b>BV</b> Bilingual Vertical (English first)
		<b>HB</b> Bilingual Horizontal (French first)
		<b>VB</b> Bilingual Vertical (French first)

Numbers 8 through 13 represent nutrition symbols with no blank bars

Figure 1. Naming convention in the table to B.01.352, Schedule K.1 and the Directory of Nutrition Symbol Specifications

**1 . 1 ( E H )**  
 Item number    Nutrient combination    Language and orientation

Figure 2. Naming convention in the Compendium of Nutrition Symbol Formats

Item number Corresponding to PDS range	Nutrient combination	Language and orientation
<b>1</b> > 600 cm <sup>2</sup>	<b>1</b> Saturated fat, sugars and sodium	<b>EH</b> English Horizontal
<b>2</b> > 450 cm <sup>2</sup> to ≤ 600 cm <sup>2</sup>	<b>2</b> Saturated fat and sugars	<b>FH</b> French Horizontal
<b>3</b> > 250 cm <sup>2</sup> to ≤ 450 cm <sup>2</sup>	<b>3</b> Sugars and sodium	<b>EV</b> English Vertical
<b>4</b> > 100 cm <sup>2</sup> to ≤ 250 cm <sup>2</sup>	<b>4</b> Saturated fat and sodium	<b>FV</b> French Vertical
<b>5</b> > 30 cm <sup>2</sup> to ≤ 100 cm <sup>2</sup>	<b>5</b> Saturated fat	<b>BH</b> Bilingual Horizontal (English first)
<b>6</b> ≤ 30 cm <sup>2</sup>	<b>6</b> Sugars	<b>BV</b> Bilingual Vertical (English first)
	<b>7</b> Sodium	<b>HB</b> Bilingual Horizontal (French first)
		<b>VB</b> Bilingual Vertical (French first)



# Health-related representations and other statements and claims and the FOP nutrition symbol

There are restrictions on which health-related representations are permitted on the PDP when it displays the FOP nutrition symbol and on their size (i.e. height of letters).

- The size restriction depends on whether the representation is related to a nutrient declared in the symbol.

A size restriction also applies to statements or claims referred to in sections D.01.004 to D.01.007 and D.02.002 to D.02.005 (Part D claims) when they are shown on a PDP that displays the FOP nutrition symbol.

The size limits do not apply to brand names or product names that appear on the PDP, such as those that include the name of a nutrient or nutritive substance, for example "fibre" or "probiotics".

# Health-related representations and other statements and claims and the FOP nutrition symbol

<b>Health-related representation means</b>	<b>Examples</b>
quantitative declarations outside of the NFt B.01.301(1) or (2)	360 mg of calcium per bar (40 g)
nutrient function claims B.01.311(2) or (3)	Protein helps build strong muscles
nutrient content claims B.01.503 to B.01.513	Reduced in sugars
health claims B.01.601(1)	A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of heart disease
any other health-related statement, logo, symbol, seal of approval or mark	Using a check mark to draw attention to good or healthy choices

# Health-related representations and other statements and claims and the FOP nutrition symbol

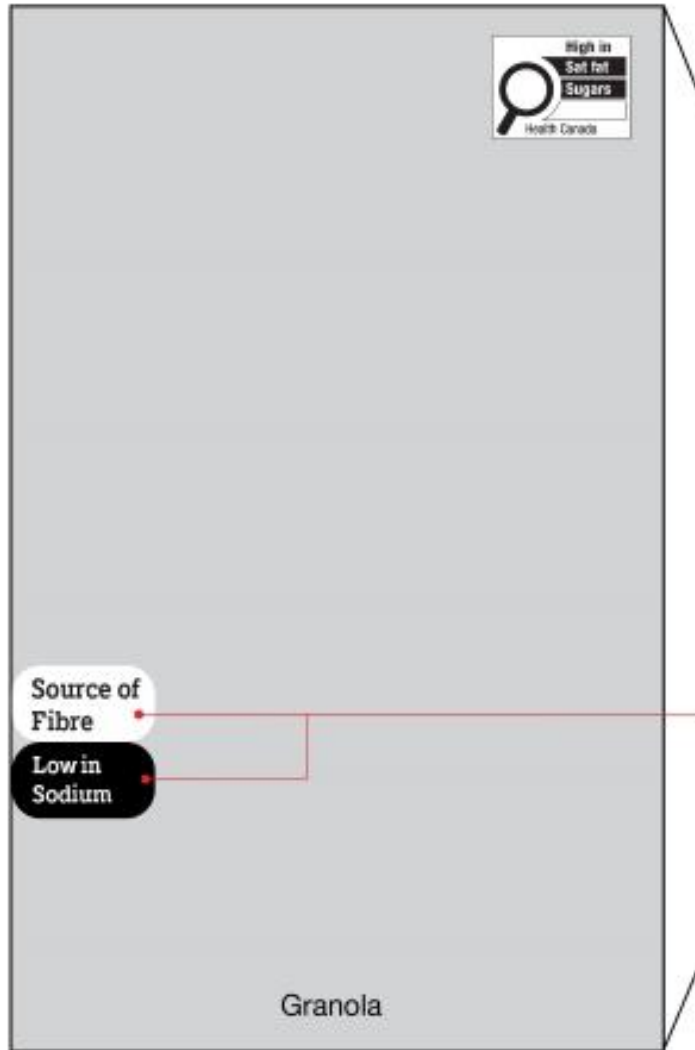
## Scenario A: Nutrient featured in the representation or Part D claim shown on the PDP is not related to the nutrient displayed in the FOP symbol

Use of <ul style="list-style-type: none"><li>health-related representations</li><li>Part D claims</li></ul>	No restriction
Size of <ul style="list-style-type: none"><li>permitted health-related representations</li><li>permitted Part D claims</li></ul>	No more than two times the prescribed height of the upper case letters (excluding any accents)/tallest ascender of the lower case letters, in the applicable symbol format, other than in the words "Health Canada" and "Santé Canada" (i.e., no more than twice the size of the text in the FOP symbol)

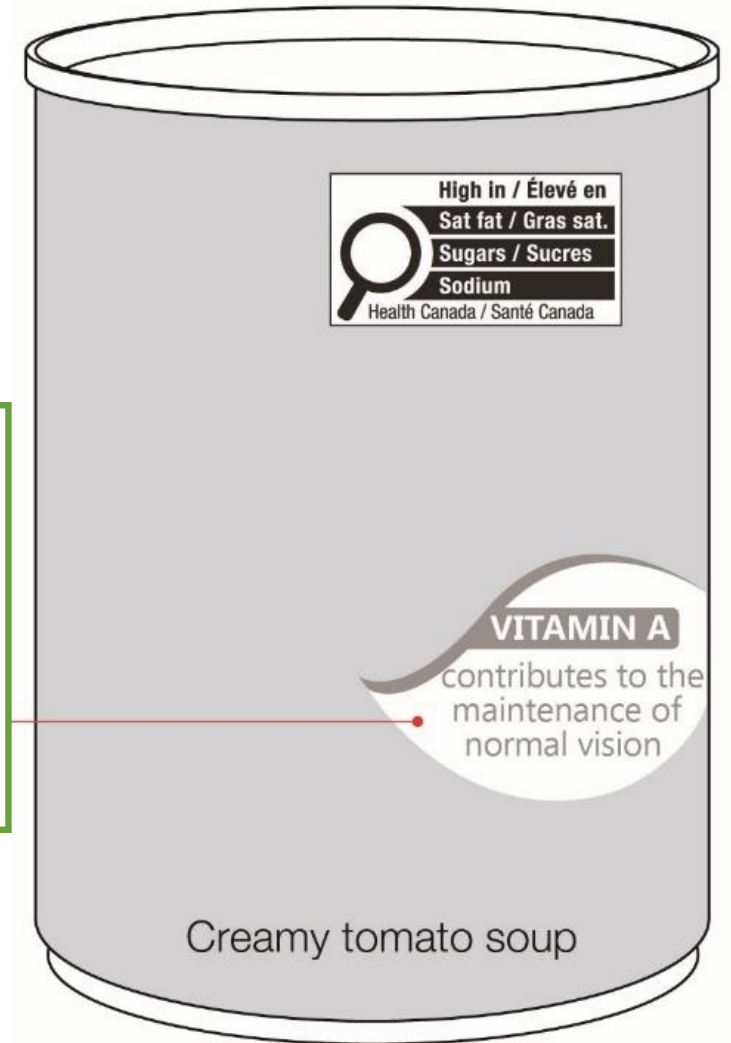
Height of upper case letters /  
tallest ascender of lower case letters

↑ ↓ **High in / Élevé en**

# Scenario A Example: Nutrient featured in the representation is not related to the nutrient in the FOP nutrition symbol

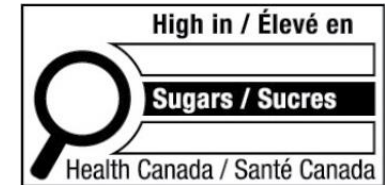


The height of the upper case letters and of the tallest ascender of lower case letters in the **nutrient content and nutrient function claims** must not exceed 2 times the height of the upper case letters and of the tallest ascender of lower case letters in the applicable **FOP symbol**



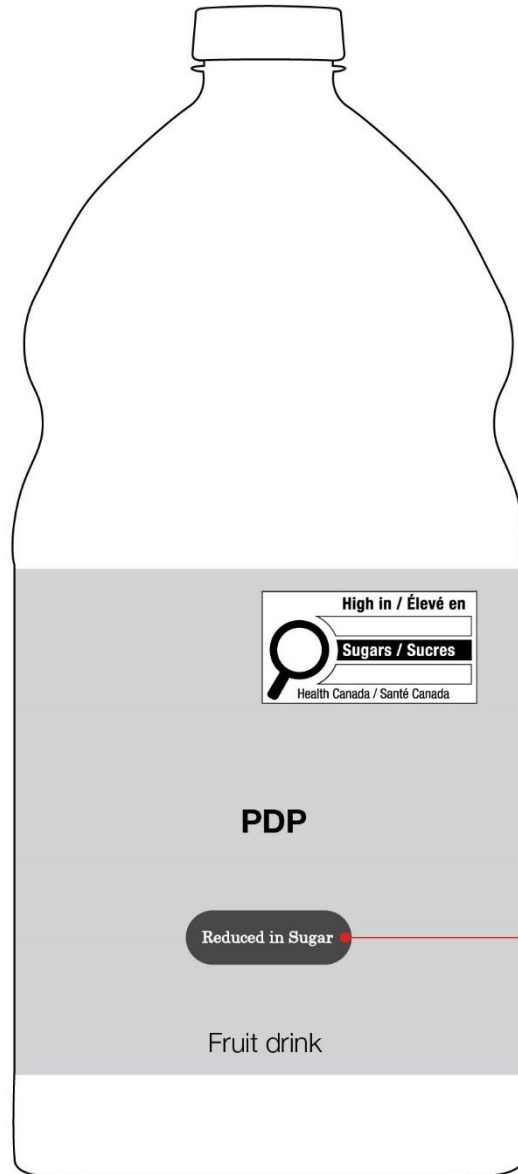
# Health-related representations and other statements and claims and the FOP nutrition symbol

**Scenario B: Nutrient featured in the representation shown on the PDP is related to the nutrient displayed in the FOP symbol**



<p>Use of health-related representations about sugars</p>	<p>Restrictions:</p> <ul style="list-style-type: none"> <li>• <b>Nutrient content claims related to sugars</b> set out in items 37, 37.1, 39 and 40 of the Table of Permitted Nutrient Content Statements and Claims are prohibited [B.01.503(1.1)]</li> <li>• The "<b>unsweetened</b>" claim is prohibited [B.01.509(2)]</li> </ul> <p>Permitted:</p> <ul style="list-style-type: none"> <li>• The "<b>reduced in sugars</b>" nutrient content claim (item 38) [B.01.503(1.1)(c)]</li> <li>• Any other health-related representation about sugars</li> </ul>
<p>Size of permitted health-related representations about sugars</p>	<ul style="list-style-type: none"> <li>• No more than the size of the text in the FOP symbol</li> </ul>

# Scenario B Example: Nutrient featured in the representation is related to the nutrient in the FOP nutrition symbol



The height of the upper case letters and of the tallest ascender of lower case letters in the “**Reduced in Sugar**” nutrient content claim must not exceed the height of the upper case letters and of the tallest ascender of lower case letters in the applicable **FOP symbol**

# Health-related representations and other statements and claims and the FOP nutrition symbol

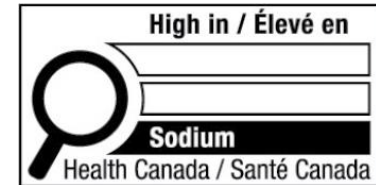
**Scenario C: Nutrient featured in the representation shown on the PDP is related to the nutrient displayed in the FOP symbol**



<p>Use of health-related representations about saturated fat</p>	<p>Restrictions:</p> <ul style="list-style-type: none"> <li>• <b>Nutrient content claims related to saturated fat</b> set out in items 18, 19 and 21 of the Table of Permitted Nutrient Content Statements and Claims are prohibited [B.01.503(1.1)]</li> </ul> <p>Permitted:</p> <ul style="list-style-type: none"> <li>• The “<b>reduced in saturated fatty acids</b>” nutrient content claim (item 20) [B.01.503(1.1)(a)]</li> <li>• Any other health-related representation about saturated fat</li> </ul>
<p>Size of permitted health-related representations about saturated fat</p>	<ul style="list-style-type: none"> <li>• No more than the size of the text in the FOP symbol</li> </ul>

# Health-related representations and other statements and claims and the FOP nutrition symbol

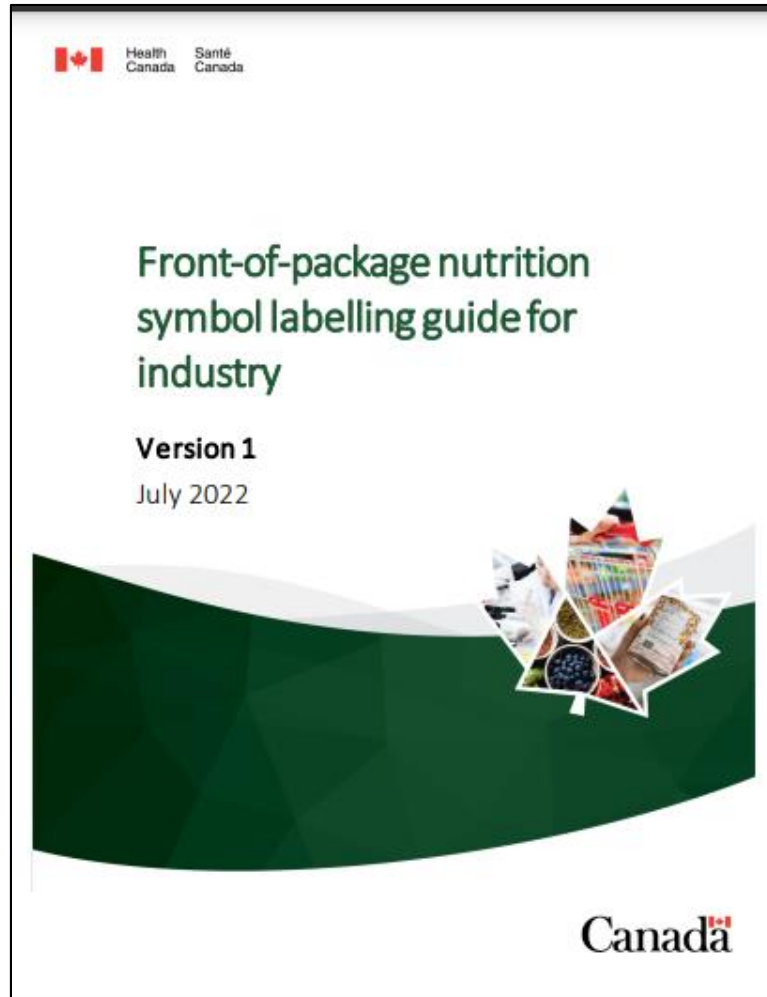
## Scenario D: Nutrient featured in the representation shown on the PDP is related to the nutrient displayed in the FOP symbol



<p>Use of health-related representations about sodium</p>	<p>Restrictions:</p> <ul style="list-style-type: none"> <li>• <b>Nutrient content claims related to sodium</b> set out in items 31, 32, 34 and 35 of the Table of Permitted Nutrient Content Statements and Claims are prohibited [B.01.503(1.1)]</li> <li>• The <b>representation that a food is for use in a sodium-restricted diet</b> [B.01.508(2)]</li> </ul> <p>Permitted:</p> <ul style="list-style-type: none"> <li>• The “<b>reduced in sodium or salt</b>” nutrient content claim (item 33) [B.01.503(1.1)(b)]</li> <li>• Any other health-related representation about sodium</li> </ul>
<p>Size of permitted health-related representations</p>	<ul style="list-style-type: none"> <li>• No more than the size of the text in the FOP symbol</li> </ul>



# FOP Nutrition Symbol Labelling Guide for Industry



The purpose of the [guidance document](#) is to help regulated parties become familiar with core elements of the front-of-package regulations.

# FOP Nutrition Symbol Labelling Guide for Industry

Specific topics that require further guidance include applying the symbol requirements to:

- assortments of food within the same package/variety packs
- products that contain foods/ingredients intended to be combined or consumed together
- products with multiple PDPs or on those that are decorative, or ornamental containers
- products with a PDP that may be removed and/or damaged upon opening
- products labelled using retail scales that are not able to print the FOP symbol directly on the label

Send comments by end of October 2022 to:

[nut.labelling-etiquetage@hc-sc.gc.ca](mailto:nut.labelling-etiquetage@hc-sc.gc.ca)

# Web resources

## Summary of amendments published in the *Canada Gazette*, Part II

- <https://www.canada.ca/en/health-canada/services/food-labelling-changes/front-package/summary-amendments-gazette-nutrition-symbols-labelling.html>

## Technical documents on labelling requirements

- <https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements.html>

## FOP Nutrition Symbol Labelling Guide for Industry

- <https://www.canada.ca/en/health-canada/services/food-nutrition/legislation-guidelines/guidance-documents/front-package-nutrition-symbol-labelling-industry.html>

## Ready-to-use, high resolution graphic files of all variations of the symbol

- Available upon request by e-mail [smiu-ugdi@hc-sc.gc.ca](mailto:smiu-ugdi@hc-sc.gc.ca) with the subject line **HPFB BNS Compendium of Nutrition Symbol Formats.**

# Compliance and enforcement: Purpose

To inform you of the compliance and enforcement aspects related to the new regulatory requirements, specifically:

- Transition period
  - General information
  - Compliance activities
  - Enforcement actions
  - End of transition period
- Additional information
- Questions

# Transition period: General

Regulated parties have approximately three and a half (3½) years to adopt the labelling requirements of the regulatory amendments that were published on July 20, 2022.

Transition period ends on December 31, 2025.

Sufficient time to adapt and update labels

Aligns with Health Canada and CFIA's [Food labelling Coordination policy](#)

# Transition period: Compliance

Regulated parties must apply either the former or the new labelling requirements.

Components of the FOP regulatory package

- the front-of-package labelling requirements (nutrition symbol)
- nutrient content claims requirements
- changes to vitamin D fortification requirements
- the labelling requirements for certain high intensity sweeteners (for example, phenylalanine statement for foods containing aspartame)

Implementing one or more components will not trigger the implementation of the other components.

[\*SOR/2022-168 June 28, 2022, s. 53, Food and Drug Regulations – Transitional provisions\*](#)

# Transition period: Enforcement

## Implementation plan

- Available on CFIA's website:

<https://inspection.canada.ca/food-labels/labelling/implementation-plan/eng/1655824790574/1655824791481>



The screenshot shows the top navigation bar of the CFIA website. On the left, there is the Canadian flag and the text "Government of Canada" and "Gouvernement du Canada". On the right, there is a search bar with the text "Search Inspection.canada.ca" and a magnifying glass icon. Below the navigation bar, there is a "MENU" dropdown button. The main content area shows a breadcrumb trail: "Canada.ca > Canadian Food Inspection Agency > Food labels > Labelling". The title of the page is "Implementation plan for amendments to the *Food and Drug Regulations* (Nutrition Symbols, Other Labelling Provisions, Vitamin D and Hydrogenated Fats or Oils)". Below the title, there is an "Introduction" section. The text in the introduction states: "On July 20, 2022, Health Canada published amendments to the *Food and Drug Regulations* (Nutrition Symbols, Other Labelling Provisions, Vitamin D and Hydrogenated Fats or Oils) in *Canada Gazette* Part II (CGII). These changes will enable Canadians to more easily identify foods high in nutrients of public health concern (saturated fat, sugars and/or sodium) and are part of the [Health Canada's healthy eating strategy](#)."

# Transition period: Enforcement

CFIA's efforts will be directed towards education and compliance promotion with the new requirements.

In all cases, the focus will be on the availability, truthfulness and accuracy of mandatory labelling information.

However, CFIA may take action in cases of false or misleading labelling and food safety issues.



# Transition period: End

As of **January 1, 2026**, all:

- prepackaged food products being **manufactured** or **imported**, and
- foods prepackaged in-store and sold by **retailers**

must comply with the new labelling requirements



However, products imported, manufactured in Canada or packaged at retail **before January 1, 2026** can continue to be sold.

Inspection activities will monitor compliance with the new Regulations.

# Additional information

## CFIA Website

<https://inspection.canada.ca/food-labels/labelling/implementation-plan/eng/1655824790574/1655824791481>

During the transition period,

- Guidance on former requirements will continue to be posted on the Industry Labelling Tool (ILT)
- New [FOP Guidance](#) can be found Health Canada's website

At the end of the transition period,

- ILT will be updated to reflect the new regulatory requirements of the other components within this package

# Transition period: Questions

## Shared responsibility

For questions related to the new requirements and their intent, direct them to Health Canada.

Email: [nut.labelling-etiquetage@hc-sc.gc.ca](mailto:nut.labelling-etiquetage@hc-sc.gc.ca)

For questions related to compliance and enforcement activities, direct them to the CFIA.

Local CFIA office

# Next steps

Publish guidance document for industry, version 2

Monitor the retail food environment and quality of food supply

Monitor consumers' food purchasing habits and assess Canadians' nutrient intakes through food consumption and nutrition surveys

Develop and launch consumer awareness and education campaign

# Question & Answer Period

## Thank you for attending today's webinar on the front-of-package nutrition labelling regulations



The recording will be available following the session. You will receive all the details by email.



If we missed your question or for any additional ones, please direct them to [nut.labelling-etiquetage@hc-sc.gc.ca](mailto:nut.labelling-etiquetage@hc-sc.gc.ca).