

Canadian Food Inspection Agency



Science and regulation...

working together for Canadians

Canadian Food Labelling Requirements
January 2018



The Canadian Food Inspection Agency

Food safety is the CFIA's top priority. Activity range:

- 1. Inspection of facilities (federally-registered & NFR), undertaking preventive measures using a risk based approach
- 2. Conducting food investigations and recalls
- 3. Enforcement related to fraudulent labelling
- 4. Border inspections for foreign pests and diseases
- 5. Verification of humane transportation of animals
- 6. Regulating the import, export and domestic movement of horticulture, forestry and plant products.
- 7. Work with exotic pest introductions and the control or eradication of quarantine pests.
- 8. Perform lab testing and environmental assessments of seeds, plants, feeds and fertilizers.

CFIA's Legislative Authority for Food

Food and Drugs Act (FDA) & Regulations (FDR) apply to all foods at all levels of trade, such as prepackaged foods, foods in non-retail containers, and some unpackaged foods

Consumer Packaging and Labelling Act (CPLA) & Regulations (CPLR) apply to prepackaged foods sold directly to consumers at retail.

The FDA and CPLA prohibit the labelling of foods in a manner that is false, misleading, deceptive or is likely to create an erroneous impression regarding its character, value, quantity, composition, merit or safety.

Meat Inspection Act and Regulations (MIA & MIR)

Fish Inspection Act and Regulations (FIA & FIR)

Canada Agricultural Products Act (CAPA) (Dairy Products Regulations, Egg Regulations, Fresh Fruit and Vegetable Regulations, Honey Regulations, Organic Products Regulations, Maple Products Regulations, Processed Egg Regulations, Processed Products Regulations)

Coming in 2018....

The new Safe Food for Canadians Act and Regulations consolidates the authorities of the:

Fish Inspection Act
Canada Agricultural Products Act
Meat Inspection Act
the food provisions of the
Consumer Packaging and Labelling Act.

Proposed Safe Food for Canadians Regulations — To come into force in 2018

- Puts a greater emphasis on <u>preventing</u> food safety risks for all foods imported into Canada or sold across provinces. The regulations would also apply to foods prepared for export.
- Would require food businesses to have preventive controls in place to identify and manage food safety risks before products are sold to consumers
- Consolidates 14 sets of existing regulations into one
- Link to SFCR on main CFIA site:
 http://www.inspection.gc.ca/about-the-cfia/acts-and-regulations/regulatory-initiatives/sfca/proposed-sfcr/eng/1426531180176/1426531265317

Imported & Manufactured Food Program (IMFP)

The "non-federally registered" food sector incudes all food solely inspected under the FDA&R and not regulated by other federal trade and commerce acts. This represents ~70% of food sold in Canada, including a wide range of imported and domestic products, e.g.:

- Alcoholic beverages
- Fats, oils
- Bakery products
- Food additives
- Chocolate products
- Confectionary, snack foods
- Infant formula and foods

- Coffee, tea, condiments
- Bottled water, beverages
- Spices, seasonings, flavours
- "value-added" maple/honey products
- intra-provincially traded foods

The CFIA's **Imported and Manufactured Food Program** is responsible for enforcing legislation related to these foods

*Soon, the manufacturing of many of these foods that leave the Province will be covered under the Safe Food For Canadians Regulations

Basic Labelling Requirements

A great Labelling Reference for Industry is the On-line Labelling Tool (OLT), which you can access from the CFIA Website:

inspection.gc.ca

or Directly:



Foods Requiring a Label

Most prepackaged foods require a label [B.01.003, FDR; 10, CPLA].

Clerk served foods that are packaged upon request of a consumer are **not** regarded as "prepackaged" and do not require a label.

Clerk-served foods packaged by a clerk **before** the time of the sale are considered "prepackaged" products and are required to be fully labelled

Exemptions from Having a Label

One bite confections

(sold individually)





Fresh fruits or fresh vegetables packaged in a clear wrapper (can have price, bar or number codes, treatment) or confining band of less than ½" width





Mandatory Labelling Requirements

- □ Bilingual Labelling
- Common Name
- Country of Origin
- □ Date Markings and Storage Instructions
- □ Identity and Principle Place of Business
- □ List of Ingredients and Allergens
- Net Quantity
- Nutrition Labelling (including Nutrition Facts Table (NFT))
- All mandatory label information must be clearly and prominently displayed and readily discernible to the purchaser or consumer under the customary conditions of purchase and use [A.01.016, FDR].

Bilingual Requirements

All **mandatory** information must be shown on the label in both English and French, unless otherwise provided for in legislation [B.01.012, FDR].

Exemptions:

- dealer name and address
- shipping containers/non retail containers
- common name of some alcoholic beverages
- specialty foods
- test market foods
- local foods

Common Name

"Common name" means [B.01.001, FDR]:

Standardized name set out in the FDR or other regulations

e.g. orange juice from concentrate, butter, chocolate, flour, bread, wine, olive oil, cherry pie filling etc.

If the name is not prescribed, the name by which the food is commonly known, e.g. orange drink, candy bar, chocolate chip cookie, rice cracker, peanut butter, tapioca pudding etc.

The common name must be shown on the **principal display panel** (PDP) [B.01.006, FDR; 12 CPLR]

Prescribed Name of a Standardized Food, Example.:

B.11.201. [S]. (Naming the fruit) Jam

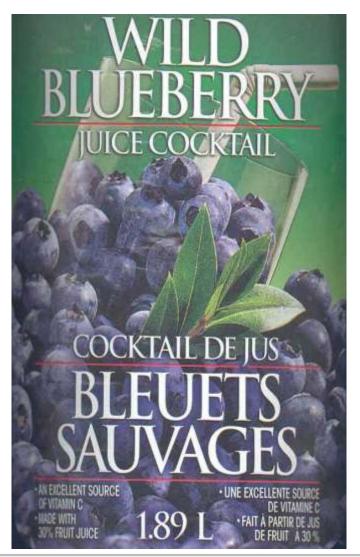
- (a) **shall** be the product obtained by processing fruit, fruit pulp, or canned fruit, by boiling to a suitable consistency with water and a sweetening ingredient;
- (b) shall contain not less than
 - (i) 45 per cent of the named fruit, and
 - (ii) 66 per cent water soluble solids as estimated by the refractometer;
- (c) may contain
 - (i) such amount of added pectin, pectinous preparation, or acid ingredient as reasonably compensates for any deficiency in the natural pectin content or acidity of the named fruit,
 - (ii) a Class II preservative,
 - (iii) a pH adjusting agent, and
 - (iv) an antifoaming agent; and
- (d) shall not contain apple or rhubarb.

Label Example: Wild Blueberry Cocktail

Ingredients: Water, apple juice from concentrate, glucose fructose, citric acid, natural flavour, ascorbic acid

Ingrédients: Eau, jus de pomme concentré, glucose-fructose, acide citrique, arôme natural, acide ascorbique.

Food and Drug Reg's B.11.120



Net Quantity

The net quantity must be declared in metric units on the **principal display panel** of prepackaged foods for retail sale [12, CPLR; Weights and Measures Regulations]

There are minimum type height requirements for the **numerals** in the net quantity declaration, based on the area of the principal display surface. [14, CPLR]

Declared by volume (liquids) or weight (solids) or sometimes by count (when established by trade practice) [CPLR 21 – 22] e.g. dinner rolls, gum

Dealer Name and Address

The identity and principal place of business of the **responsible party** must be declared on the label [B.01.007, FDR; 10, CPLA; 31, CPLR], on any label panel except the bottom.

Exemption: fresh fruits & vegetables prepackaged on the retail premises, when visible & identifiable in the package

- The "principal place of business" is the main location where actual company related enterprise occurs
- Level of detail not prescribed, but should <u>at least</u> include city and province or "Canada (e.g. ABC Company, Toronto, Canada)

Recommend address be complete enough for postal delivery!

Durable Life Date & Storage Instructions

- "Best before" date is required for products with a durable life of 90 days or less [B.01.007, FDR]
- •FDR prescribes the format for declaring the best before date. If the year is required for clarity, it must be declared 1st followed by the month, then the day, e.g. Best before Best before/ Meilleur avant

12 JN 28

12 JN 28

Meilleur avant

- "Best Before" is based upon freshness, not safety, so it is not illegal to sell a product after that date.
- •Storage instructions are required if storage differs from normal room temperature, e.g. "keep frozen", "keep refrigerated"

List of Ingredients - Requirement [B.01.008]

Prepackaged multi-ingredient foods must declare a list of ingredients and their components (B.01.008, FDR) unless an exemption applies (there are some!) (see slide in "Additional content")

Location: any panel except the bottom.

List of Ingredients, Manner of Declaring

All ingredients and their components must be declared in the ingredient list, in decreasing order by weight [B.01.008, FDR], unless an exemption applies

- B.01.009 exempts some ingredients from component declaration, e.g. butter, flour, flavourings, etc.
- Whereas some components **must ALWAYS** be **declared**, e.g. priority allergens, peanut oils, salt, glutamic acid and its salts, hydrolyzed plant protein, aspartame, potassium chloride etc.
- Some ingredients may appear in any order at the end of the list of ingredients
- e.g. spices, seasonings & herbs (except salt), flavours, food additives, vitamins and minerals etc.

Food Additives

- Any chemical substance added to food during preparation or storage and either becomes a part of the food or affects its characteristics for the purpose of achieving a technical effect
- E.g. anticaking agents, dough conditioners, colouring agents, preservatives, pH adjusting agents, etc.
- The 15 Lists of Permitted Food Additives are posted on Health Canada's website, allowed through Marketing Authorizations and incorporated by reference into the regulations.
- These lists are the official repository of substances permitted for use as food additives in or on foods marketed in Canada.

Food Allergen Definition

Any protein from any of the following foods or any modified protein, including any protein fraction (e.g. hydrolyzed protein), that is derived from the following foods [B.01.010.1(1), FDR]:

□Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios,

walnuts

- ■Peanuts
- ■Sesame seeds
- ■Wheat or triticale
- **□**Eggs
- ■Milk
- ■Soybeans
- □Fish, crustaceans, shellfish
- ■Mustard seeds



"Gluten" Definition

Any gluten protein, modified protein or protein fractions from the grain of any of the following cereals or the grain of a hybridized strain created from at least one of the following cereals [B.01.010.1(1)]:

- ■Barley
- **□**Oats
- □Rye
- □Triticale
- ■Wheat (all species, including kamut & spelt)

"Sulphites" Definition [B.01.010.2]

"Sulphites" means one or more of the food additives listed in column I of item 21 of the table to paragraph B.01.010(3)(b), FDR:

- □Potassium bisulphite
- ■Potassium metabisulphite
- □Sodium bisulphite
- □Sodium dithionite
- □Sodium metabisulphite
- □Sodium sulphite
- □Sulphur dioxide
- □Sulphurous acid



Allergen Declaration - List of Ingredients

How will this look on the label?

- □ In parentheses immediately after the ingredient:
- E.g. Ingredients: flour (wheat), butter (milk), liquid albumin (egg), apricot jam with pectin, vegetable oil (soy), sugar, flavour, sulphites*.
- *New provision: sulphites may be shown at the end of the list of ingredients in any order.
- Added food allergen and gluten sources must be declared when present at any level, applicable to <u>all</u> ingredient generations.
- □ Bolding is not required, but not prohibited, by the new regulations, it is only done here to highlight the focus of the examples.

Allergen Declaration – "Contains" Statement

Food allergen & gluten sources and added sulphites can alternatively be declared . . .

- ☐ In a "Contains" statement.
- When the statement "Contains" is present on a label, it must be complete and identify all food allergens, gluten sources and added sulphites (10 ppm or more) in the prepackaged product.
 - ☐ The regulations do not specify the order of the food allergen and gluten sources and added sulphites.

Allergen Declaration – "Contains" Statement

- ☐ The statement must appear <u>immediately</u> after the list of ingredients for the product, without any intervening printed, written or graphical material.
 - E.g. The list of ingredients in the other official language or any other language is considered intervening printed material.

How will this look on the label?

E.g. Ingredients: flour, butter, liquid albumin, apricot jam with pectin, vegetable oil, sugar, flavour.

Contains: wheat, milk, egg, soy, sulphites.

Precautionary Allergen Labelling

Enhanced labelling regulations for priority allergens, gluten and sulphite sources does not address issues of cross contamination with allergens.

Precautionary allergen statements (e.g. "may contain") are **voluntary** statements to warn consumers of the possible inadvertent presence of a food allergen.

They should only be used in situations where the food preparation or manufacturing conditions have an identified risk of potentially introducing the allergen that could not have been avoided through good manufacturing practices (GMPs).

What Foods Require a Nutrition Facts Table (NFT)?

Most prepackaged foods

- exemptions (shown in following slides)
- does not apply in situations such as clerk served, fast food restaurants ...

Special criteria for providing nutrition information;

- Foods used for manufacturing other foods
- commercial or institutional multi-serving, ready-to-serve products (lasagna, shepherds pie)

NFT - Always Exempt

one-bite candy, portions served with meals in restaurants, milks in glass bottles









NFT - Conditional Exemptions

When all of the values in NFT are "0". E.g.:

coffee, tea



Spices, herbs



Water (?)



NFT – Conditional Exemptions

Raw single ingredient meat, poultry, fish, seafood (except ground meat/poultry)









Beverages with more than 0.5% alcohol







NFT - Conditional Exemptions Fresh Fruit & Vegetables and Combinations















FROZEN









NFT - Conditional Exemptions

Sold by person who produced the food at road-side stands, fairs, farmers' markets, sugar bush, etc.

(Some exemptions apply to this, Such as shell eggs at farmers markets.)





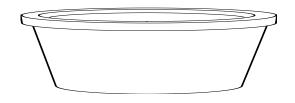
Individual serving for immediate consumption

(sold in canteen/vending machine, & not subject to special packaging)

NFT - Conditional Exemptions



PREPARED & PACKAGED AT RETAIL



PACKAGED AT RETAIL ADS < 200 cm



NFT - Loss of Conditional Exemption

- "nutrition facts" or "valeur(s) nutritive(s)"
- vitamin or mineral ingredients added
- aspartame/sucralose/acesulfame-K added
- ground meat/poultry
- nutritional reference (e.g. fat free, no sugar added, source of calcium, 5 g fibre per 75 g serving)

function claim

Folate aids in red blood cell formation

health claim



 Health logo/ symbol/ name







Nutrition Facts Table Prohibited

PROHIBITED ON INFANT FORMULA, MEAL REPLACEMENTS, NUTRITIONAL SUPPLEMENTS & FORMULATED LIQUID DIETS





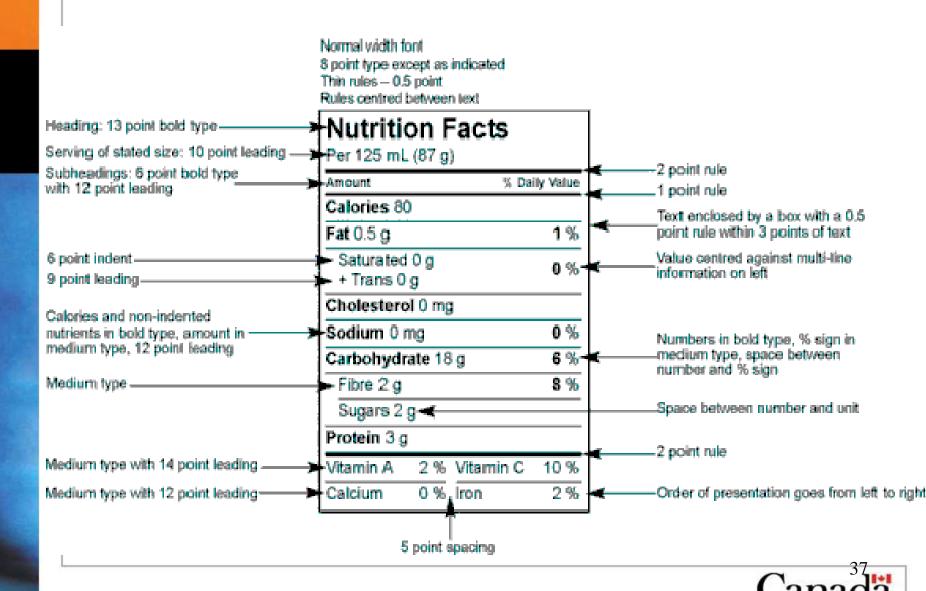


NOT PROHIBITED ON PROTEIN POWDER, ENERGY BARS





Presentation of Information



Nutrition Facts Table - Presentation

Calories

8 ⇒

10 =

11 ⇒

12 ⇒ 13 ⇒

√*Note, some of these requirements have changed we are in a transition period (explained in later slides)

✓ Core list of Calories and 13 nutrients always declared.

✓ Actual amount of the nutrient in the stated serving of the food is listed for macro-nutrients.

Valeur nutritive Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Valu % valeur quotidienn
Calories / Calories 80	(i
Fat / Lipides 0.5 g	1 9
Saturated / saturés 0 + Trans / trans 0 g	g o %
Cholesterol / Choleste	irol 0 mg
Sodium / Sodium 0 mg	g 0 %
Carbohydrate / Glucid	les 18 g 6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	J
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	29

√The nutrient information based on a specified amount of food as sold.

√% Daily Value (%DV) indicates the relative amount of the nutrient in the stated serving.

Bilingual Standard Format



Optional Nutrients

Nutrition Facts Valeur nutritive Serving Size 125 mL (35 g) / Portion 125 mL (35 g) Servings Per Container 13 Portions par contenant 13 Amount Per Serving / Teneur par portion Calories / Calories 90 (380 kJ) Calories from fat / Calories des lipides 9 Calories from Saturated + Trans 0 Calories des lipides saturés et trans 0 % Daily Value / % valeur quotidienne* Total Fat / Lipides 1 g 2 % Saturated / saturés 0 q 0 % + Trans / trans 0 g Polyunsaturated / polyinsaturés 0.5 g Omega-6 / oméga-6 0.5 g Omega-3 / oméga-3 0 g Monouneaturated / monoineaturés 0.2 g 0 % Cholesterol / Cholesterol 0 mg Sodium / Sodium 300 mg 12% Potassium / Potassium 410 mg 12% 9 % Total Carbohydrate / Glucides 27 g Dietary Fibre / Fibres alimentaires 12 g 48% Soluble Fibre / Fibres solubles 0 g Insoluble Fibre / Fibres insolubles 11 g Sugars / Sucres 6 g Sugar Alcohole / Polyalcools 0 g Starch / Amidon 9 g Protein / Proteines 4 g Vitamin A / Vitamine A 0% Vitamin C / Vitamine C 0% 2% Calcium / Calcium Iron/Fer 35%

% Daily Value / % value	r quotidienne*
Vitamin D/Vitamine D	0 %
Vitamin E / Vitamine E	6%
Vitamin K / Vitamine K	10 %
Thiamine / Thiamine	55 %
Riboflavin / Riboflavine	4 %
Niacin / Niacine	25 %
Vitamin B _b / Vitamine B _b	10 %
Folate / Folate	10 %
Vitamin B ₁₂ / Vitamine B ₁₂	0%
Biotin / Biotine	30 %
Pantothenate / Pantothénate	8%
Phosphorus / Phosphore	30 %
lodide / lodure	0%
Magnesium / Magnésium	50 %
Zinc/ Zinc	25 %
Selenium / Sélénium	6%
Copper / Cuivre	20 %
Manganese / Manganèse	10 %
Chromium / Chrome	10 %
Molybdenum / Molybdène	10 %
Chloride / Chlorure	10 %

* Poisent Daily Volues are based on a 2,000 Calorio diet. - Your daily values may be higher or biwer depending on your Calorie needs:

	Cabnas	2,000	2,500
Total Fat	Less than	55 g	80 g
Saturated + Tears	Loss than	20 g	23g
Cholasterol	Less than	300 mg	300 mg
Socium	Loss then	2,400 mg	2,400 mg
Potessium		3,500 mg	3,500 mg
Total Carbohydesia		300 g	375 p
Dietary Ribra		25g	30 g
Cabriosporgem Fat 9	Calcohyde	to 4	Potein 4

 Poucentage de la valaur quotidienne selon un égi me alimantei e de 2 000 Cabries. Vos valau si quotidiennes parso mellas pouvent étre plus ou moires élevées se be vos besoires ême périfiques ;

YOS DEDING UND	Cabias:	2000	2 500
Upidas	maires de	D39	mog .
satures + trans	moins de	20 g	25 g
Cholestorol	moins de	300 mg	300 mg
Socium	mains de	2 400 mg	2 400 mg
Potoseum		3 500 mg	3 200 mg
Gliddes		300 g	375g
Fibres al montain		25 g	30 g
Cabrespargame	ID:		
Lipidas 9	Gliodes 4		Poteinos 4

Hierarchy of NFT Formats

1st Level



Nutrition Facts Per 125 mL (87 g)	3
	% 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 % Vitami	nC 10%
Calcium 0 % Iron	2%

OR

Nutrition Facts Per 125 mL (87 g)		
Amount	% DV*	
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%	
* DV = Doily Volum		

OR

Nutrition Fac	ts
Valeur nutriti	ve
Per 125 mL (87 g) / pa	r 125 mL (87 g)
Amount Tenear	% Daily Value % valeur quotidienne
Calories / Calories 88	
Fat / Lipides 0.5 g	1%
Saturated / saturés 0 + Trans / trans 0 g	9 0%
Cholesterol / Cholest	érol 0 mg
Sodium / Sodium 0 m	g 0%
Carbohydrate / Glucie	des.18g 6%
Fibre / Fibres 2 g	8%
Sugars / Sucres 2 g	
Protein / Proteines, 3	9
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Bilingual Standard 3.1-3.4

2nd Level



Bilingual Horizontal 4.1 - 4.2

Nutrition Facts 4 Valeur nutritive

Per 1 bar (40 g) pour 1 tablette (40 g)

Calories 220

* DV = Daily Value VQ = valeur quotidienne

Amount / Teneur	% DV / %
at / Lipides 13 g	
Saturated / saturés 5 g + Trans / trans 3.5 g	

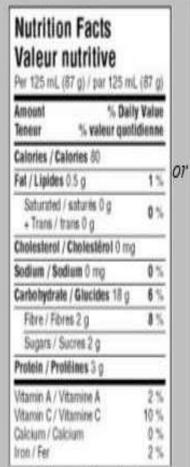
Cholesterol / Cholestérol 10 mg Sodium / Sodium 70 mg

Sodium / Sodium 70 mg
Vitamin A / Vitamine A
Calcium / Calcium

Vitamin C / Vitamine C 0 % Iron / Fer 4 %

Hierarchy of NFT Formats

3rd Level



Bilingual Standard figures 3.5-3.7



Steps:

 May choose any format, any version

Nutrition Information Panels from Other Countries?

Q1: Does Canada accept the nutrition information tables of other countries on foods sold in Canada?

A1: NO, the nutrition panels of other countries are not permitted on the labels of foods sold in Canada. The use of both the Canadian NFT & a nutrition info from another country is also not permitted

Q2: Does the nutrition information have to appear in English & French?

A2: YES, this is mandatory information & as such needs to be in both English & French. Also only English and French are permitted within the NFT.

Values in the NFT

Companies are responsible for determining accurate nutrient values to display in the NFT for their products. Some options include:

- Calculate the NFT values based on the nutrient values of the ingredients. Software programs are available on the market to assist.
- Product testing
- 3. Hire a consultant or lab

Guidance is also available on Health Canada's website:

Canadian Nutrient File (Health Canada): http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/cnf_aboutus-aproposdenous_fcen-eng.php

Guide to Developing Accurate Nutrient Values: http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/reg/guide-nutri_val_tc-tm-eng.php

Canada

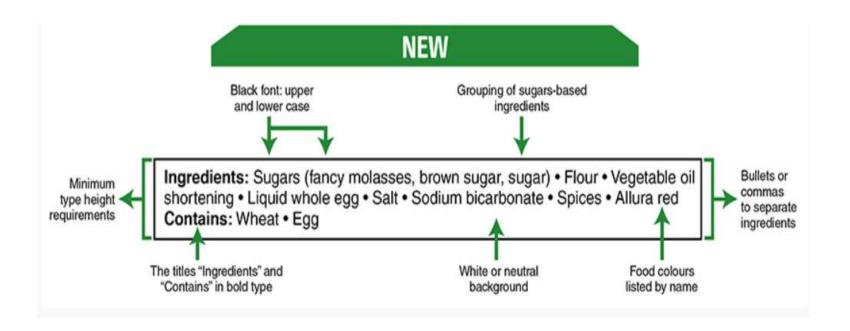
Health Canada Labelling Amendments December 2016 Industry Deadline: December 2021

https://www.canada.ca/en/health-canada/services/food-labelling-changes.html?_ga=2.266030726.864580827.1516634846-1701903226.1516634846

NFT Changes:

ORIGINAL NEW Serving size **Nutrition Facts Nutrition Facts** stands out more Valeur nutritive Valeur nutritive and is more similar on Per 250 mL / par 250 mL Per 1 cup (250 mL) similar foods pour 1 tasse (250 mL) Calories is larger Amount % Daily Value Teneur % valeur quotidienne and stands out **Daily Values** % Daily Value* Calories 110 more with bold Calories / Calories 110 % valeur quotidienne* updated line below Fat / Lipides 0 q Fat / Lipides 0 g 0 % Saturated / saturés 0 q 0% Saturated / saturés 0 g 0 % + Trans / trans 0 q + Trans / trans 0 g Carbohydrate / Glucides 26 g Cholesterol / Cholestérol 0 mg Fibre / Fibres 0 a 0 % New % Daily Value Sodium / Sodium 0 mg 0 % Sugars / Sucres 22 q 22 % for total sugars Carbohydrate / Glucides 26 g 9 % Protein / Protéines 2 g 0 % Fibre / Fibres 0 g Cholesterol / Cholestérol 0 mg Sugars / Sucres 22 g Sodium 0 mg 0 % Protein / Protéines 2 g 10 % Potassium 450 mg Updated list of mg amounts Vitamin A / Vitamine A 0 % Calcium 30 mg 2 % minerals of public are shown health concern Vitamin C / Vitamine C 120 % Iron / Fer 0 mg 0% Calcium / Calcium 2 % New % Daily Value *5% or less is a little, 15% or more is a lot footnote Iron / Fer 0 % *5% ou moins c'est peu, 15% ou plus c'est beaucoup

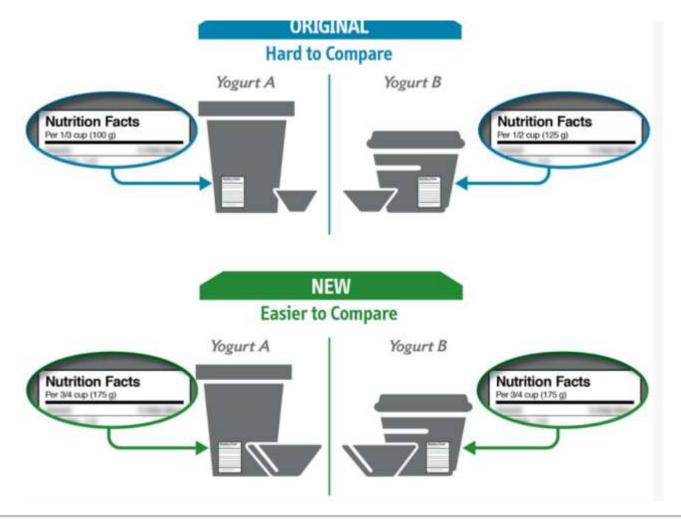
Changes to the Ingredient listing:



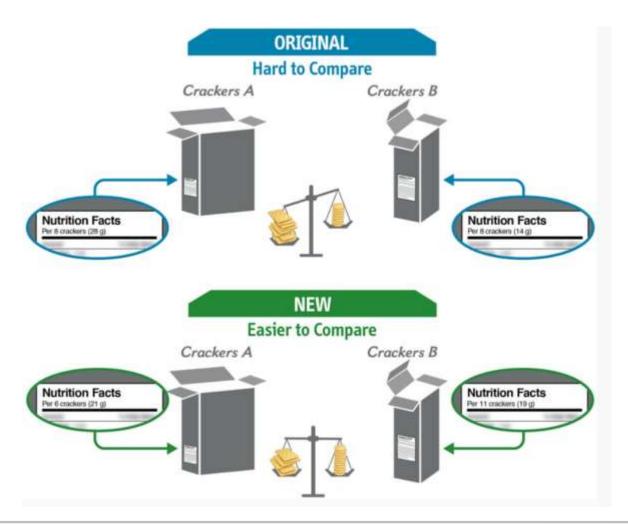
Changes to how the Serving Size is Displayed:



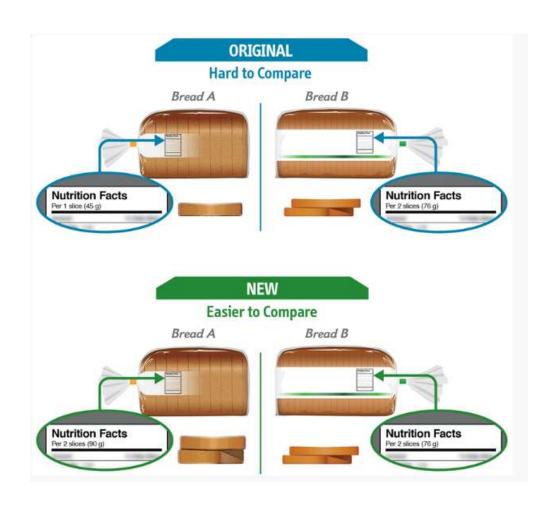
Serving Size must follow the reference amount and be in consumer friendly terms (liquids):



Foods that come in pieces or are divided:



Like products to have the same Consumer measure:



New Sugar Display on NFT:

ORIGINAL NEW **Nutrition Facts** Nutrition Facts Valeur nutritive Valeur nutritive Per 250 mL / par 250 mL Per 1 cup (250 mL) pour 1 tasse (250 mL) Amount % Daily Value % valeur quotidienne Teneur % Daily Value* Calories 110 Calories / Calories 110 % valeur quotidienne* Fat / Lipides 0 g 0% 0 % Fat / Lipides 0 g Saturated / saturés 0 q 0% Saturated / saturés 0 q 0 % + Trans / trans 0 g + Trans / trans 0 q Carbohydrate / Glucides 26 g Cholesterol / Cholestérol 0 ma Fibre / Fibres 0 g 0% New % Daily Value 0 % Sodium / Sodium 0 mg 22 % Sugars / Sucres 22 g for total sugars Carbohydrate / Glucides 26 q 9 % Protein / Protéines 2 g Fibre / Fibres 0 q 0 % Cholesterol / Cholestérol 0 mg Sugars / Sucres 22 g Sodium 0 mg 0% Protein / Protéines 2 g Potassium 450 mg 10 % Vitamin A / Vitamine A 0 % 2% Calcium 30 mg Vitamin C / Vitamine C 120 % Iron / Fer 0 mg 0% New footnote Calcium / Calcium 2 % *5% or less is a little, 15% or more is a lot to help interpret *5% ou moins c'est peu, 15% ou plus c'est beaucoup Iron / Fer 0 % the % Daily Value

Displaying Sugar in the list of Ingredients:

ORIGINAL

INGREDIENTS: FLOUR, FANCY MOLASSES, VEGETABLE OIL SHORTENING, BROWN SUGAR, LIQUID WHOLE EGG, SUGAR, SALT, SODIUM BICARBONATE, SPICES, COLOUR CONTAINS: WHEAT, EGG

NEW

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red Contains: Wheat • Egg

Other Mandatory Information

Depending on the specific food commodity, additional information may be required on its label.

Examples:

Country of Origin

Grades

Sizes

% milk fat

% alc./vol.

% meat protein

Registration #

Non-Mandatory Labelling Information

- Nutrient Content Claims
- Quantitative Declarations
- Health Claims
- Precautionary Allergen Labelling
- Product of Canada, Made in Canada
- Organic Claims

Product of Canada – Voluntary Claims

A "Product of Canada" claim may be made when all or virtually all major ingredients, processing & labour used to make the food product are Canadian. Ingredients that are present in a food at very low levels (e.g. <2% of the product) & are not generally produced in Canada, may be used without disqualifying the food from making a "Product of Canada" claim





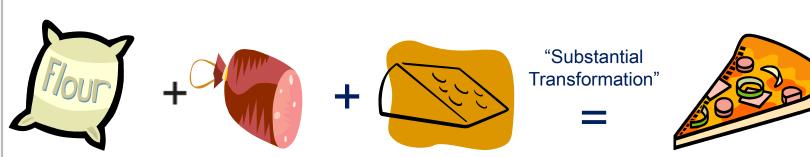


Made in Canada – Voluntary Claims

A **Made in Canada** claim may be used when a food is manufactured or processed in Canada regardless of whether the ingredients are domestic or imported or both. However, this claim will need to be **qualified**, e.g.:

"Made in Canada from domestic and imported ingredients" or "Made in Canada from imported ingredients"

Other factual claims may also be made, e.g. "Packaged in Canada", "Blended in Canada" etc.



Local Claims - Examples

- Grown close to home
- Go Local
- Buy local
- Locally Grown

Note: claims such as "local" are voluntary and industry are encouraged to add qualifiers such as the name of a city or region, to provide consumers with additional information.

Examples of a clarifying statements:

- Foodland Ontario logo, followed by "Grown in Niagara"
- Local Tomatoes (Leamington)

Organic Claims



The Organic Products Regulations came into force **June 30, 2009** and requires mandatory certification to the National Organic Standard for agricultural products represented as "organic"

- 1) Products containing >95% organic ingredients may be labelled with the Canada Organic logo
- 2) Products with 70 95% organic ingredients may have the declaration "X % organic ingredients"
- 3) Products with <70% organic ingredients can only make claims within the list of ingredients



Organic Claims

- Products falling in the first two categories will be required to be certified organic by a CFIA accredited Certification Body
- The name of the Certification Body must appear on the label
- •Imported products bearing the Canada Organic logo must also bear the words "imported" or "product of"
- The use of the logo is voluntary

Organic Claims - Non-Permitted

Made with Organic ABC

 Not permitted as it does not indicate the actual ingredient content of the product.

Certified Organic, Naturally Organic, Pure Organic

 These types of claims are considered misleading as it implies a false uniqueness. All organic products, under the Canada Organic Regime, must be certified by a CFIA accredited certification body.

100% Organic

 No OPR provision for this claim. All products with an organic content of 95% or greater are considered "organic" and may be labelled as such.

Transition Organic - This is considered misleading as consumers could believe that it is the same thing as organic, when it is not.

Farmer's Markets

Mandatory Labelling

- Treated the same as any other food product
- •Exempt from Nutrition Facts Table only if it's produced by the vendor. Product can also lose its exemption like other foods

Additional Information for those interested......



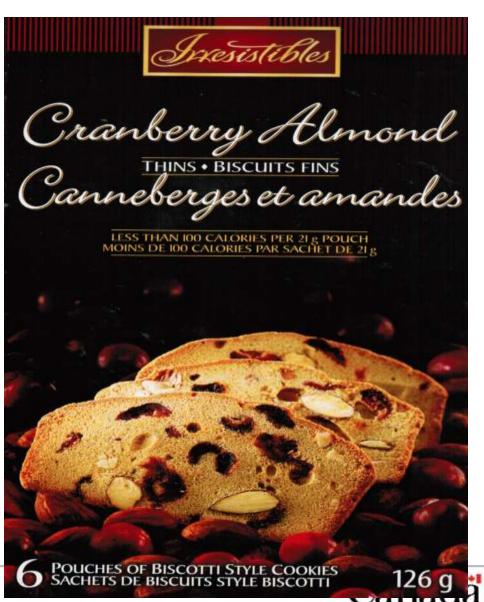
Local Food & Official Languages

For the purposes of **bilingual labelling**:

- A "**local food**" is manufactured, processed, produced or packaged in a local government unit AND sold only in that local government unit and/or those that are immediately adjacent to it. [FDR B.01.012(1), CPLR 6(1)]
- Bilingual labelling exemption <u>only</u> applies to a local food when one official language is the mother tongue of <10% of the residents of the local government unit in which it is sold;
- AND all mandatory information is presented in the other official language (i.e. the official language of >10% of its residents)

Bilingual Requirements

Bilingual PDP

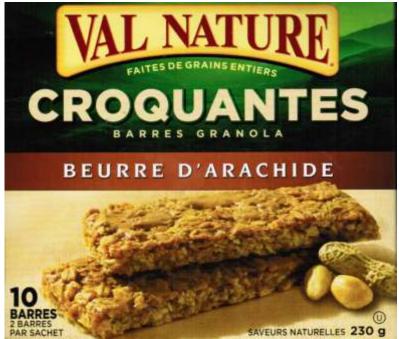


Bilingual Requirements

English PDP

French PDP





Durable Life Date, Retail Packed Products

- Products packaged with durable life of 90 days or less and packaged on the **retail** premises from which it is sold must declare [B.01.007 (1.1)(c), FDR]:
- packaging date (e.g. packaged on 2014 SE 05)
- durable life of the food on the label or on a poster next to the food (durable life can be expressed several ways, e.g. the number of days a product will retain its freshness or as a "best before" date)
- The intent of the "packaged on" date requirement is to give retailers an alternative, but equally effective, method to express the "best before" date on foods the retailer may not have manufactured.

List of Ingredients – *Exemptions:* [B.01.008]

- a) packaged from bulk on the retail premises
- b) portion packs served by restaurants with meals
- c) individual servings prepared by a commissary, sold by vending machine or mobile canteens
- d & e) meat & poultry BBQ, roasted or broiled on retail premises
- f) standardized alcoholic beverages, bourbon whisky
- g) standardized vinegars
- h) wax coatings on fresh fruits and vegetables
- i) sausage casings on prepackaged sausages
- j) hydrogen

List of Ingredients – Manner of Declaring

Ingredients and components must be declared by common name [B.01.010, FDR].

B.01.010(3)(a) prescribes some **mandatory common names** that must be used (e.g. fats and oils, meat, fish, shellfish and crustaceans, starches, proteins)

B.01.010(3)(b) allows some <u>optional</u> collective common names to be used (e.g. vegetable oil, colour, flavour, milk ingredients, spices, seasonings or herbs

Use of **class names**, with some limitations, are provided for in B.01.010(4).

Source Names [B.01.010.1 & B.01.010.2, FDR]

To minimize risks associated with inadvertent consumption of undeclared food allergens, gluten sources and added sulphites in food, mandatory "source" declaration of the common food allergens and gluten using simple, plain language

Food Allergen, Gluten or Sulphite Source	Prescribed Source Names
Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts	← Same (<u>not</u> "tree nuts")
Peanuts	Peanut(s)
Sesame seeds	Sesame, sesame seed(s)
Eggs	Egg(s)
Milk	Milk

Source Names [B.01.010.1 & B.01.010.2, FDR]

Food Allergen, Gluten or Sulphite Source	Prescribed Source Names
soybeans	soy, soya, soybean or soybeans
wheat	wheat
triticale	triticale
barley	barley
rye	rye
oats	oats
mustard seeds	mustard, mustard seed or mustard seeds

Source Names [B.01.010.1 & B.01.010.2, FDR]

Food Allergen, Gluten or Sulphite Source	Prescribed Source Names
fish, crustaceans, shellfish	the common name of the fish, crustacean or shellfish. E.g.: salmon, lobster or oyster.
Potassium bisulphite, potassium metabisulphite, sodium bisulphite, sodium dithionite, sodium metabisulphite, sodium sulphite, sulphur dioxide and/or sulphurous acid	"sulfiting agents" or "sulphiting agents", "sulfites" or "sulphites" or As one or more of the ingredient common names in the left column where "sulfite" or "sulphite" is part of the common name.

Nutrition Labelling

Presentation of the NFT – graphic and technical requirements (prescribed elements, colour, type requirements, spacing within the NFT, adjusting the NFT rectangle, continuous surfaces, visibility, orientation etc.).

The following illustration of a Standard format of a NFT, the FDR are very prescriptive with respect to technical requirements!

The NFTs in the **Compendium of templates** meet all the technical requirements and is available upon request from the CFIA (Quark Xpress software is needed to open these files).

Nutrition Labelling – NFT Formats

Premise behind the **Hierarchy of Formats Decision Tree**:

- Certain NFTs are more desirable than others because they are more legible.
- The largest version of a designated format that fits on 15% Available Display Surface (need not exceed 15%) on one continuous surface must be chosen before proceeding to a smaller version.
- All 1st level options must be exhausted before 2nd level options may be considered. Likewise, all 2nd level options must be exhausted before proceeding to 3rd level options.

Nutrition Labelling

Nutrition Labelling Compliance Test:

The CFIA's procedure for assessing the accuracy of nutrient values on food labels via laboratory analysis of 3 composite samples of 4 consumer units each, randomly selected from a lot. Results are subjected to 3 acceptance criteria.

The principal acceptance criterion requires accuracy within 20% of declared value for the average of three composite samples for naturally occurring (class I) nutrients in the NFT. For added (class II) vitamins, mineral nutrients and amino acids, the amount found in the sample must be at least equal to the declared value. Adjustments are made for rounding in accordance with rounding rules in the FDR. Acceptance criteria for overall variability of nutrient levels also apply.

The Compliance Test also assesses whether a food bearing a nutrient content claim or health claim meets the criteria for the claim set out in the FDR.

Local Claims

June 2013, the CFIA adopted an interim policy which recognizes "local" as:

- food produced in the province or territory in which it is sold, or
- food sold within a province/territory + 50 km into it's neighboring province or territory (but not USA)

This interim policy remains in effect until Food Labelling Modernization is completed in 2015.

Local claims must be truthful and not misleading, as per FDA 5.(1) and CPLA 7.(1).

Why Organic Products Regulations?

Protect consumers against misleading or deceptive labelling practices

Reduce consumer confusion about the definition of "organic"

Facilitate the access of Canadian organic products to foreign markets that require regulatory oversight

Support further development of the domestic market.

What Products fall under the Scope of the Organic Products Regulations (ORP)



Processed Fruits & Vegetables



Honey



Egg & Egg Products



Maple Products



Grains & Field Crops



Non-federally registered toods



Poultry & Meat



Seeds



Livestock Feeds



Horticultural products



Fresh Fruits & Vegetables



Dairy Products



Vitamin, Mineral and Amino Acid **Enrichment**

The enrichment of food with vitamins, minerals and amino acids is only permitted in those foods listed in Section D.03.002 FDR

Examples:

- Vitamin C in apple juiceFluoride in bottled water
- Vitamin D in milk
- Folic acid in flour









Regulatory Amendments - Allergens

Label Declaration

- Added food allergens and gluten must be declared either:
 - □ in the list of ingredients, OR
 - in the statement: "Contains"

[B.01.010.1(2), FDR]

- Only applies to added food allergen and gluten sources, cross-contamination and precautionary labelling are not addressed by these regulatory amendments.
- □ All current requirements for ingredient declaration remain valid.

GLUTEN FREE DEFINITION

- **B.24.018.** No person shall label, package, sell or advertise a food in a manner likely to create an impression that it is a gluten-free food unless the food does not contain wheat, including spelt and kamut, or oats, barley, rye or triticale or any part thereof
- **B.24.018.** It is prohibited to label, package, sell or advertise a food in a manner likely to create an impression that it is a gluten-free food if the food contains any gluten protein or modified gluten protein, including any gluten protein fraction, referred to in the definition "gluten" in subsection B.01.010.1(1).

Regulatory Amendments - Sulphites

Label Declaration

- Added sulphites when present at levels of 10 ppm or higher must be declared either:
 - in the list of ingredients, OR
 - □ in the statement: "Contains" [B.01.010.2(3), FDR]
- Only applies to added food allergen and gluten sources, cross-contamination and precautionary labelling are not addressed by these regulatory amendments.
- □ All current requirements for ingredient declaration remain valid. (all ingredients and components added at any level must declared in the LOI, unless there is an exemption)

Regulatory Amendments



Sulphites

All previous requirements for declaration maintained:

- □ Sulphites will continue to be declared in the ingredient list when intentionally added as a food additive **ingredient** <u>at any level</u> in the finished product.
 - E.g. Dried Apricot Ingredients: apricots, **sulphites**. (Sulphites are added as an ingredient).

- □ For ingredients that are **not exempt** from component declaration, if sulphites are a **component** of one of these ingredients, they must be declared when present **at any level** in the finished product.
 - E.g. Cookie Ingredients: Rolled oats, wheat flour, . . . , dried apricot (apricots, **sulphites**), baking soda.

(Apricots are not exempt from component declaration).

Regulatory Amendments



Sulphites

In addition to these requirements for declaration in the list of ingredients:

□ When added sulphites are present at levels of 10 parts per million or more in the finished product as a component of an exempted ingredient they must be identified either in the list of ingredients or using a "Contains" statement.

[Sulphites are present in the apricot jam with pectin (<5% of cookie); the jam is exempt from component declaration].

Examples:

- 1. Cookie Ingredients: Rolled oats, wheat flour, . . . , apricot jam with pectin (**sulphites**), baking soda.
- 2. Cookie Ingredients: Rolled oats, wheat flour, . . . , apricot jam with pectin, baking soda.

Contains oats, wheat, sulphites



Nutrient Content Claims

- Nutrient content claims are statements which describe the level of a nutrient in a food, e.g. "low fat", "0 trans fat", "source of omega-3 polyunsaturates", "no added sugars", "source of fibre"
- Only the nutrient content claims outlined in the FDR are permitted on food labels, see B.01.513. Other nutrient content claims are prohibited (expressed or implied)
- To make a claim, the food must meet compositional criteria which are based on regulated reference amounts and servings of stated size

Quantitative Declarations

- Quantitative declarations outside the NFT are permitted, provided they are expressed per serving of stated size [B.01.301, FDR].
- E.g.: "0.3 g of DHA per 50 g serving"

- Qualitative statements are not permitted, e
- e.g. "High in X" or "Bread is a source of X"

Health claims

- Health claim: any representation in labelling or advertising that states, suggests, or implies that a relationship exists between consumption of a food or food ingredient and a person's health.
- Claims must be truthful, not misleading and must not give the impression that the food product will cure, treat, or prevent the occurrence of specified diseases or health conditions unless otherwise exempted.

Note: Supporting documentation is required to substantiate any nutrient content or health claims.

Nutrient Function Claims

For all nutrients: "X" is a factor in

- the maintenance of good health and/or
- normal growth and development



Other claims are nutrient specific

- Acceptable: Carrots are an excellent source of vitamin A which aids in maintenance of night vision
- NOT Acceptable: Carrots improves night vision

Disease Risk Reduction Claims

The 5 permitted disease risk reduction claims; the wording and conditions to make the claims are in B.01.603, FDR:

- Sodium and hypertension
- Calcium and osteoporosis
- Saturated and trans fat and heart disease
- Fruit and vegetable and some cancers
- Fermentable carbohydrates and tooth decay
- Summary Table of Acceptable Nutrient Function Claims in OLT

Disease Risk Reduction Claims



Example: Sodium & Hypertension

- "A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is low in sodium"
- Example: fruit or vegetables and cancer
- "A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer".

Method of Production Claims - Natural

A food or ingredient represented as **natural** is expected:

- not to contain (or to ever have contained) an added vitamin, mineral nutrient, artificial flavouring agent or food additive.
- not to have any constituent or fraction thereof removed or significantly changed, except the removal of water. E.g.: the removal of caffeine.
- not to have been submitted to processes that have significantly altered their original physical, chemical or biological state (i.e. <u>Maximum Processes</u>, <u>Processes Affecting the Natural Character of Foods</u>

Note: Use of the word "natural" in a trademark name is subject to the above criteria

MOP Claims - Natural

To help determine the <u>significance</u> of processing, see:

1) **Minimum** Processes Affecting the Natural Character of Foods

e.g., aeration, aging, blending, chopping, churning, cutting, drying, flaking, grinding, heating, peeling, reconstitution, shredding, etc.

- 2) **Maximum** Processes Affecting the Natural Character of Foods
- e.g. hydrogenation, deboning (mechanical), processes with chemical addition (bleaching, curing, decaffeination, denaturation, enzymolysis, smoking, tenderizing)

MOP Claims - Natural Meat, Fish & Poultry Products

- Policy for "natural" claims, does not provide sufficient guidance when used for meat, fish and poultry products
- Guidelines on Natural, Naturally Raised, Feed, Antibiotic and Hormone claims have been developed, available on the OLT
- Minimum human intervention
- No vaccines, medication, vitamins, minerals, microbials - given directly or delivered through feed

Method of Production Claims - Halal

April 23, 2014: FDR amended to include provision on halal claim (comes into force on April 23, 2016):

B.01.050. A person must not use, in labelling, packaging, advertising or selling a food, the word "halal" — or any letters of the Arabic alphabet or any other word, expression, depiction, sign, symbol, mark, device or other representation that indicates or that is likely to create an impression that the food is halal — unless the name of the person or body that certified the food as halal is indicated on the label or package or in the advertisement or sale.

Halal claims on food labels, packaging or advertising material must now include the name of the certifying body.

Method of Production Claims - Kosher

To use "kosher" or any letter of the Hebrew alphabet, or any other word, expression, depiction, sign, symbol, mark, device or other representation implying kosher, the food must meet the requirements of the Kashruth [B.01.049].



Canada