




Proposed Front-of-Package Nutrition
Labelling in Canada

Our Mission



NSF International is dedicated to being the leading global provider of public health and safety-based risk management solutions while serving the interests of all stakeholders, namely the public, the business community and government agencies.

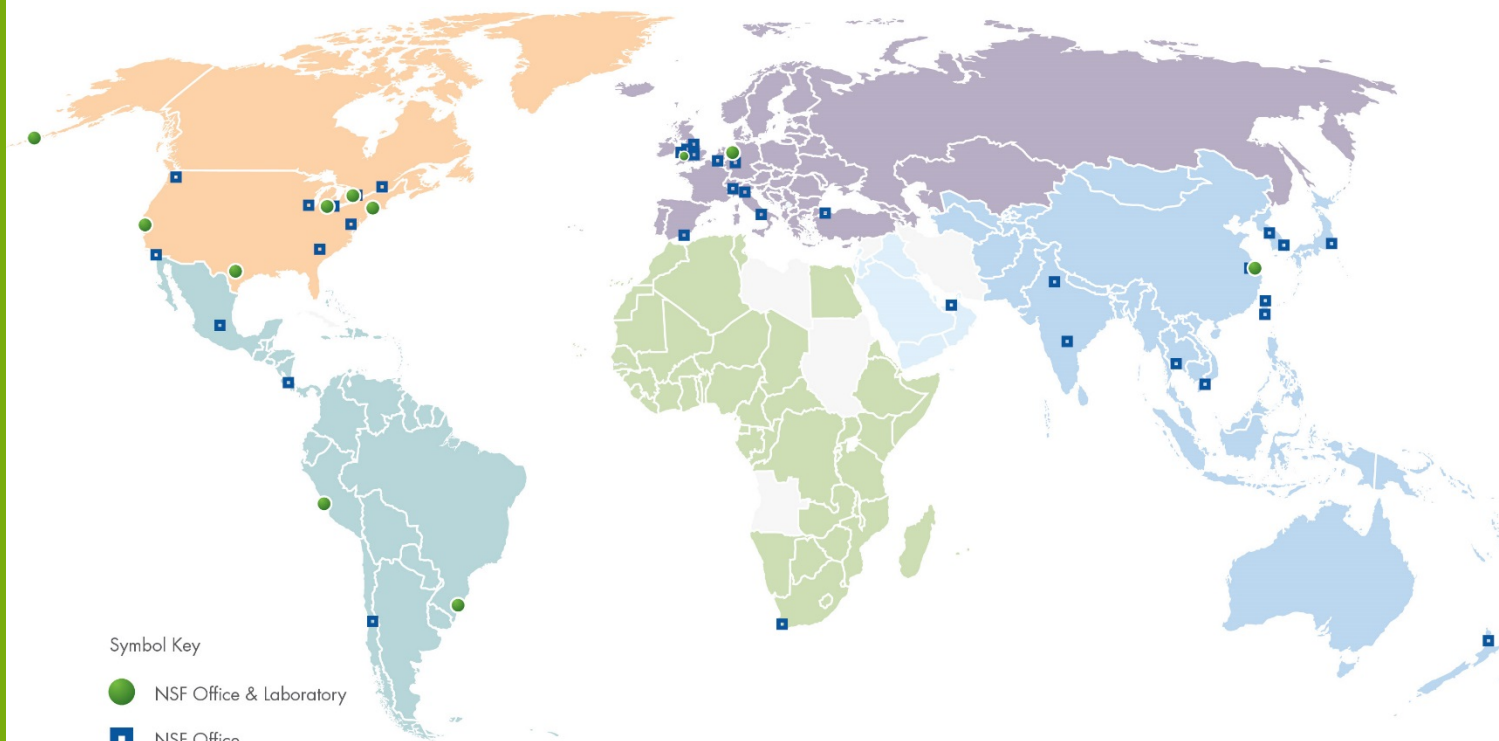
NSF International is a global, independent, public health and safety organization.

Our mission and focus has always been protecting and improving human health.



NSF Around the Globe

NSF provides services in 168 countries with 75 office and laboratory locations.



Core Divisions



NSF International (Canada)

Canadian Headquarters – Guelph, ON

Since 1996, providing expert advice , practical solutions and proven results

We strive to make **the** difference with our clients



CTS Services North America: Label Compliance

- Nutrition Facts tables for packaged products
- Label reviews for Canadian or US compliance
- Allergen label declaration guidance
- Suggest potential nutrient content and health claims
- Restaurant menu and vending machine nutrition information
- Ongoing regulatory assistance



Regulations and Guidelines

Regulations governing food in Canada

- Food and Drug Regulations (FDR) under the Food and Drugs Act (FDA)
- Safe Food for Canadians Regulations (SFCR) under the Safe Food for Canadians Act (SFCA)

Enforced by the CFIA

- Industry Labelling Tool to assist industry with compliance



Food Labels are Changing

Amendments to the Food and Drug Regulations

- Finalized regulations addressing new Nutrition Facts and ingredient list formats
- Proposed regulations for Front-of-Package Nutrition Symbols

Part of Health
Canada's Healthy
Eating Strategy



Final Regulations

- Final regulations were published in *Canada Gazette II* on December 14, 2016
 - Transition period of 5 years, with a deadline for compliance of December 14, 2021
-
- Nutrition Facts Table
 - Serving Sizes
 - Ingredient List



NFT Format Change

ORIGINAL

Nutrition Facts	
Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	120 %
Calcium / Calcium	2 %
Iron / Fer	10 %

NEW

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount Teneur	% Daily Value* % valeur quotidienne*
Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 470 mg	10 %
Calcium 26 mg	2 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Calories is larger and stands out more with bold line below →

mg amounts are shown [

New % Daily Value footnote →

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

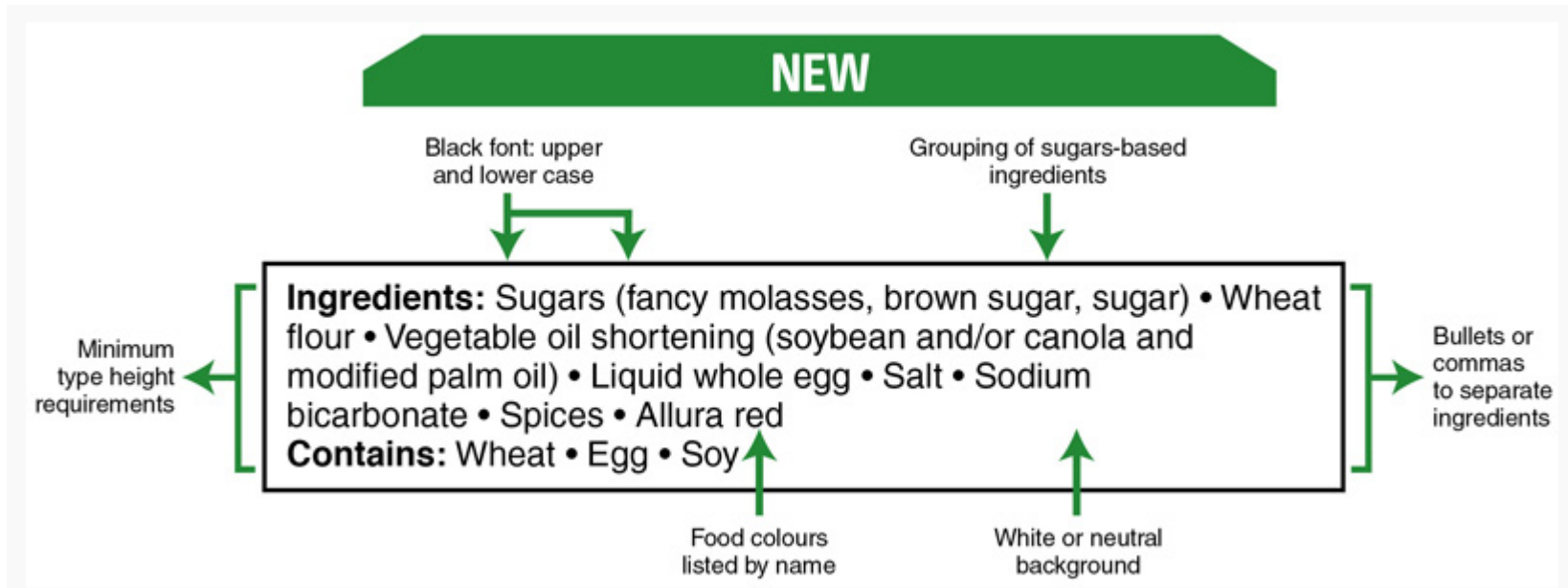
Daily Values updated ←

New % Daily Value for total sugars ←

Updated list of minerals of public health concern [

Changes to List of Ingredients

**INGREDIENTS: WHEAT FLOUR, FANCY MOLASSES,
VEGETABLE OIL SHORTENING (SOYBEAN AND/OR
CANOLA AND MODIFIED PALM OIL), BROWN SUGAR,
LIQUID WHOLE EGG, SUGAR, SALT, SODIUM
BICARBONATE, SPICES, COLOUR
CONTAINS: WHEAT, EGG, SOY**



Proposed Regulatory Amendments

- Published in *Canada Gazette, Part 1* on Feb. 9, 2018
 - Front-of-package nutrition labelling
 - Nutrient content claims
 - High intensity sweetener labelling
 - Definitions and references to hydrogenated and partially hydrogenated oils
 - Addition of Vitamin D to foods



Proposed Regulatory Amendments

- Comment period ended April 26, 2018
- Will come into force when published in *Canada Gazette, Part II* with a proposed transition period that ends in December 2022.
- Includes a proposal to amend the transition period for Regulatory changes thus far (Nutrition Labelling and Other Labelling Provisions) to December 2022

What is FOP nutrition labelling?

“....a new front-of package (FOP) labelling requirement for foods containing nutrients of public health concern (sodium, saturated fats and/or sugars) at or above a certain threshold to enable Canadians to more easily identify foods high in these nutrients and help reduce potential risks.”



Source: Canada Gazette Part I: Vol. 152, No. 6 – February 10, 2018

Why FOP symbols?

- Average intakes of sodium, sugars, saturated fats remain above recommended levels in the Canadian population
- Unhealthy diets with high levels of these nutrients are risk factors for overweight and obesity and chronic diseases (cardiovascular disease, some cancers, type 2 diabetes)
- Existing forms of nutrition information (NFt and voluntary nutrient content claims) are helpful to consumers however further measures are needed to help protect consumers from risks

Why FOP symbols?

Objectives

- Provide consumers with quick and easy-to-use information on foods high in sodium, sugars and/or saturated fat
- Encourage manufacturers to offer foods lower in sodium, sugars and/or saturated fat



Prepackaged Food

Requirement

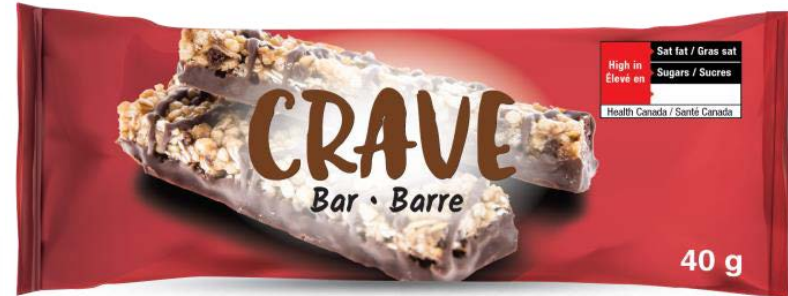
- The label of prepackaged products that meet or exceed prescribed thresholds for sodium, sugars and/or saturated fat would be required to carry a nutrition symbol on the PDP of the label to indicate that the food is high in one or more of the nutrients.

Proposed FOP Symbols

- Four options under consultation



Proposed options



Front-of-Package Nutrition Labelling

Table 1: Proposed thresholds for requiring a front-of-package nutrition symbol

	Saturated Fat	Sugars	Sodium
Prepackaged foods	15% DV (3 g)	15% DV (15 g)	15% DV (350 mg)
Prepackaged meals and main dishes	30% DV (6 g)	30% DV (30 g)	30% DV (690 mg)
Foods intended solely for children 1 to 4 years of age [*]	15% DV (1.5 g)	15% DV (8 g)	15% DV (230 mg)



Daily Values for children aged 1 to 4 years are lower than those for the general population

Source: Health Canada Consultation on proposed front-of-package labelling

Thresholds

- Health Canada is proposing that the amount of food used as a basis for the threshold be the largest (in grams) of;
 - The regulated reference amount
 - The serving size that appears in the NFt
 - 50 g of the food if its serving size and RA are <50 g or ml and the % DV of the nutrient in a serving and reference amount of the food is 5% or more

Formats

- Format specifications for FOP symbol will be prescribed in the Directory of Nutrition Symbol Formats (IbR)
 - The size of the symbol would be proportionate to the size of the principal display surface (PDS), similar to the current requirement for the net quantity declaration
 - Buffer zone around the symbol where text will not be permitted
 - Placement must be top 25% of the PDP (height > width)
 - Right 25% of PDP (width > height)
 - Restrictions for other claims and statements

Formats

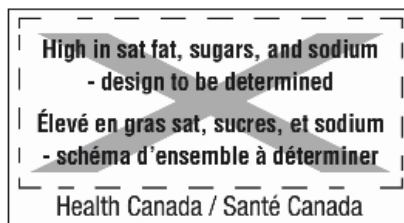
Bilingual Standard Formats

1. 600 cm² < Principal Display Surface

a. Saturated fat, sugars, and sodium

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document [Répertoire des modèles de symboles nutritionnels](#).

Figure 1.0(B)



► Text equivalent

Nutrition symbol dimensions

(width x height)

6.29 cm x 3.40 cm

2.48 in x 1.34 in

Minimum buffer

2.7 mm

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

(except for the words

Health Canada / Santé

Canada)

3.5 mm

Source: Directory of Nutrition Symbol Formats – Draft for Canada Gazette Part 1 Consultation

Placement



PDP height > width

Nutrition symbol must be on the top 25% of this package's PDP

Other claims/statements must be made on the bottom 65% of this package's PDP

Placement

PDF width > height



Other claims/statements must be made on the left 65% of this package's PDP

Nutrition symbol must be on the right-most 25% of this package's PDP

Exemptions

Certain foods will be exempt from FOP symbols

Examples;

- Foods exempt from the requirement to display the NfT
 - foods sold at farmer's markets and craft shows by person who prepared and processed the product
 - raw, single cut meats, poultry and fish (not ground meats)
- Foods for which there is evidence for health protection
 - fruits and vegetables without added ingredients
 - whole and 2% milk, most vegetable oils
- Food on which the FOP nutrition symbol would be redundant
 - Example – sugar, maple syrup, table salt, flavoured salts

*Other Changes and
Proposed Changes to Food
& Drug Regulations.....*

Nutrient Content Claims

- Proposal to remove table of NCCs from the regulations
- Incorporate by reference in the FDR as Table of Permitted Nutrient Content Statements and Claims
 - IbR allows for more timely updates
- Proposed amendments to some claims such as
 - Sugar-related NCCs such as “no added sugars” and “free of sugars” claims
 - Saturated and trans fat-related NCCs

High-intensity Sweetener Labelling

- HC is proposing to repeal the labelling requirements for foods containing aspartame, sucralose, acesulfame-potassium and neotame
 - Currently – a PDP statement is required indicating that the food contains one of these and any other sweeteners
 - Currently – a quantitative declaration of the content
- Goal is more consistency with other approved sweeteners that do not require this labelling
- Foods containing aspartame will still be required to include a statement to the effect that aspartame contains phenylalanine

Prohibit the use of PHOs

- Notice to Prohibit the Use of Partially Hydrogenated Oils in Foods published on Sept. 15, 2017
- PHOs were added to the List of Contaminants and Other Adulterating Substances in Foods on Sept. 15, 2018
- Any food containing PHOs is considered adulterated and its sale in Canada is prohibited
- PHO = “Those fats and oils that:
 - have been hydrogenated, but not to complete or near complete saturation, **and**
 - have an iodine value (IV) greater than 4”

Addition of Vitamin D to Foods

- HC is proposing to increase the amount of Vitamin D required to be added to cow's milk, goat's milk and margarine
- Goal is to help Canadians meet the recommended intake levels that were updated in 2011
- New levels will be 2 mcg/100 ml for milk and 26 mcg/100 g for margarine (approximately twice the current requirement).

More regulatory amendments coming

- CFIA Food Labelling Modernization Initiative Phase III
- Engagement with stakeholders on key proposals to modernize food labelling – “What We Heard Report”
 - Date marking
 - Legibility and placement of information
 - Food company information (domicile statement)
 - Origin of imported food
 - Highlighting of ingredients
 - Food standards of identity
 - Streamlining and removing unnecessary regulations

In Closing

- Lots of changes!



Thank you

Questions?

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