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Canada Finalizes Changes to Nutrition Facts Label Requirements

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- By way of background, on October 24, 2016, **Canada's Minister of Health** launched the [Healthy Eating Strategy](#) for Canada. Part of this strategy involves revising Canada's food labeling requirements over the next 2 years in consultation with Canadians and stakeholders.
- As part of Health Canada's Healthy Eating Strategy, on December 14, 2016, final amendments to the Food and Drug Regulations (FDR) – Nutrition Labelling, Other Labelling Provisions and Food Colours were [published](#) in Canada Gazette, Part II.
- Changes to the nutrition facts requirements include:
 - requiring the declaration of the % Daily Value (DV) for sugars (based on the 100 g DV for total sugars established in this amendment);
 - updating the list of nutrients to add potassium and remove vitamin A and vitamin C
 - requiring vitamins and minerals to be declared in both quantitative terms and on the basis of % DVs;
 - requiring a “rule of thumb” footnote to the Nutrition Facts table that states “*5% or less is a little, 15% or more is a lot.”;
 - requiring all sugar-based ingredients to be grouped in the list of ingredients following the term “Sugars”;
 - changes to increase the legibility of the list of ingredients, including:
 - requiring the use of uppercase and lowercase letters;
 - instituting minimum type height requirements for ingredients;
 - requiring good contrast of color (black text or equivalent dark shade of another color on a white or other uniform, neutral color background), with a border around the list or one or more lines above, below or at the sides of the list;
 - prohibiting the practice of horizontal scaling of text (i.e., condensing the width of letters so they take up less space horizontally); and
 - mandating bolding of titles such as “Ingredients” and, when used, “Contains” and “May Contain”;
 - changes to improve the legibility of labeling concerning food allergens, gluten sources and added sulphites when a “Contains” statement is used. Specifically, when a “Contains” statement is used:
 - it must follow the same legibility requirements as those for the list of ingredients; and
 - if the list of ingredients is bound by a border or lines, the “Contains” statement must also be



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inside the border or lines; and

- requiring that all food colors be identified by common name as specified in the Food and Drugs Regulations (rather than under the generic name “colours”)
- See Health Canada’s summary of the food labeling changes [here](#) for additional information.
- While Health Canada develops the nutrition labeling regulations, the Canadian Food Inspection Agency is charged with enforcement. Industry has a transition period of 5 years (December 14, 2021) to come into compliance with the new labeling requirements.

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