



FCPMC · FPACC

INFORMATION ON...NUTRITION LABELS

What is a Nutrition Label?

A nutrition label is a list of nutrients presented in a standardized format on food packages. A label that is included on a product must comply with Health Canada's *Guidelines on Nutrition Labelling* and with the *Food and Drugs Act*, which regulate the contents and format, including: nutrient content information, nomenclature, units of measurement, per serving basis and declaration of serving size. Health Canada has introduced an amendment to the *Food and Drugs Act* on January 1, 2003 requiring nutrition labelling on pre-packaged food products sold at retail, with some exceptions.

Nutrition Facts	
Valeur nutritive	
Serving (1 cup) 00g	
Portion (1 tasse) 00g	
Amount Per Serving 00 g	
Quantité par portion 00 g	
Calories / Calories 0	
	% Daily Value
	% Valeur quotidienne
Fat / Lipides 0 g	0%
Saturated / saturés 0	0%
+Trans / trans 0 g	0%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 0 mg	0%
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	
Protein/Protéines 0 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%

The Facts

- Manufacturers are required to provide Nutrition Facts information on all pre-packaged foods (with minor exceptions, as outlined on Health Canada's website).
- The Nutrition Facts table has a standardized format that is consistent from product to product and includes a mandatory list of calories plus 13 core nutrients: Fats, Saturated Fat, Trans Fat, Cholesterol, Sodium, Carbohydrate, Protein, Fibre, Sugars, Vitamin A, Vitamin C, Calcium and Iron.
- Health Canada is developing a public education initiative based on four key messages:
 1. Nutrition Facts: easy to find, easy to read, and on more foods;
 2. Use Nutrition Facts, the list of ingredients and nutrition claims to make informed food choices;
 3. Nutrition Facts are based on a specific amount of food - compare this to the amount you eat; and
 4. Use % Daily Value to see if a food has a lot or a little of a nutrient.

For more information, visit: http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/labelling-etiquetage/education_background_e.html

Next Steps:

FCPMC is working with its members, government and package design experts to develop industry resources that will help companies interpret and implement the new regulations. Some of the resources include: a workshop on February 13th

with participation from package design experts and representatives from Health Canada and the Canadian Food Inspection Agency; a quick reference guide; and frequently asked questions based on audience participation at the workshop. FCPMC is also participating in a joint Dietitians of Canada and Canadian Diabetes Association consumer education program to be launched spring 2003. For more details on FCPMC activities, visit <http://www.fcPMC.com/government/labelling/index.html>.

FCPMC Supports...

FCPMC supports nutrition labelling as part of an overall approach to providing Canadian consumers with useful and consistent nutrition information to make informed food choices. In the early 1980s, food manufacturers promoted and adopted voluntary nutrition labelling. When combined with education on its use, nutrition labelling offers a significant public health opportunity to improve the nutritional well-being of Canadians.

For More Information...

- Health Canada http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/labelling-etiquetage/index_e.html
- Canadian Food Inspection Agency <http://www.inspection.gc.ca/english/bureau/labeti/nutrition-part1e.shtml>