

Section C

Contents of the Nutrition Facts Table

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Note:

The six tables in this section, which summarize the information about rounding, daily values and alternate expressions, are repeated in the special pull-out section of this Toolkit, Section K – Tools and Templates.

Section C

Contents of the Nutrition Facts Table

Core Information
Figure 1.1, Schedule L

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% 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 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Additional Information
Figure 18.1, Schedule L

Nutrition Facts	
Serving Size 125 mL (35 g)	
Servings Per Container 13	
Amount Per Serving	
Calories 90	Calories from fat 9
	Calories from Saturated + Trans 0
% Daily Value*	
Total Fat 1 g	2 %
Saturated 0 g + Trans 0 g	0 %
Omega-6 Polyunsaturated 0.5 g	
Omega-3 Polyunsaturated 0 g	
Monounsaturated 0.2 g	
Cholesterol 0 mg	0 %
Sodium 300 mg	12 %
Potassium 410 mg	12 %
Total Carbohydrate 27 g	9 %
Dietary Fibre 12 g	48 %
Soluble Fibre 0 g	
Insoluble Fibre 11 g	
Sugars 6 g	
Sugar Alcohols 0 g	
Starch 9 g	
Protein 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 35 %
Vitamin D 0 %	Vitamin E 6 %
Vitamin K 10 %	Thiamine 55 %
Riboflavin 4 %	Niacin 25 %
Vitamin B ₆ 10 %	Folate 10 %
Vitamin B ₁₂ 0 %	Biotin 30 %
Pantothenate 8 %	Phosphorus 30 %
Iodide 0 %	Magnesium 50 %
Zinc 25 %	Selenium 6 %
Copper 20 %	Manganese 10 %
Chromium 10 %	Molybdenum 10 %
Chloride 10 %	

* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Saturated + Trans	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Dietary Fibre	25 g	30 g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

These sample Nutrition Facts tables from Schedule L of the *Food and Drug Regulations* illustrate core information that is mandatory for most tables, and additional information which may be declared. Bilingual versions of these NFTs are illustrated later in this section.

Note: This section provides the basic requirements for the contents of the Nutrition Facts table (NFT). Note, however, that the information in the table, its format and its method of presentation will vary, depending upon the class and sub-class of food: prepackaged foods; prepackaged foods for children under two years of age; prepackaged foods for use in manufacturing other foods; multiple-serving, ready-to-eat prepackaged products served in a commercial or industrial enterprise or institution. (See Section A, “Classes of Food for the Purposes of Nutrition Labelling”.) Please go to the appropriate sections for further details.

1. Serving Size

The declaration of the serving size is based on the **edible portion** of the **food as sold**.

In some formats there are additional requirements. In the case of the Dual Format – Foods Requiring Preparation, for example, the serving size is declared for the product as sold **and** as prepared. As well, in both the Dual and Aggregate Formats for Different Amounts of Food, two serving sizes are provided.

Basic Requirements

[Table to B.01.401, B.01.002A(1)]

The serving size is a quantity of food that can be reasonably consumed at a single eating occasion. (See the Section K of this Toolkit for a list of reasonable serving sizes (*reproduced from the 2003 Guide to Food Labelling and Advertising.*))

The serving size is based on the edible portion of the **food as offered for sale**. It is expressed as a consumer friendly measure (1st) **and** in metric units (2nd; in brackets; in the same units as the net quantity declaration.) See below for exceptions.

Consumer friendly measures

For the purposes of this Toolkit, the expression “consumer friendly measure” means:

- a fraction of food – e.g., 1/8 pizza
- a common visual measure of food – e.g., household measures such as cups, tablespoons, teaspoons, 250 ml, 125 ml, 15 ml, 5 ml, etc.
- a unit of food – e.g., square of chocolate; slice of bread, 1 cookie, pat of butter, X mm slice, etc.
- an entire container – for a single serving unit of food

Metric serving sizes

Most formats of the Nutrition Facts table require that the serving size be declared in both a consumer friendly measure and in a metric measure. The metric measure is declared in grams (g) or in millilitres (ml).

- Grams (g) are declared when the net quantity of the product is declared by weight or by count, and when the product is a fruit for garnish or flavour (e.g., maraschino cherries), olives or pickles.
- Millilitres (ml) are used when the net quantity of the product is declared by volume.

When the consumer friendly measure and the metric measure are the same

Certain metric measures are visibly measurable and are considered consumer friendly measures. For liquid foods, these declarations fulfill the requirement to declare a serving size in both a consumer friendly measure and a metric unit.

The following metric measures are considered consumer friendly measures. You will note that these measurements provide for multiples of the metric teaspoon (5 ml), metric tablespoon (15 ml) and fractions and multiples of the metric cup (250 ml).

- 5 ml
- 10 ml
- 15 ml
- 25 ml
- 30 ml
- 45 ml
- 50 ml - 500 ml, in increments of 25 ml



For liquid products, rounded metric units of volume (ml) may serve as both a consumer-friendly measure and metric measure.

Other non-usual metric volumes, such as 185 ml, 240 ml, 287 ml, etc., are not considered consumer friendly measures and may not be used alone to fulfill the serving size requirements. (Exceptions to this rule apply to single serving containers. See *single serving containers* for further clarification (later in this section).)

Products with a non-uniform shape: Certain products have a *non-uniform* shape, such as roasts, hams or whole fish. For these products, consumer friendly measures such as an “x mm slice” or a fraction of product are not useful measures. In these cases, a single metric declaration in weight, i.e., 100 grams, will suffice to fulfill the requirement to declare a serving size in both a consumer friendly measure and a metric unit.



For non-uniform products, such as shown here, a simple weight declaration of 100 g is acceptable as a serving size declaration.

Deli meats: In the case of deli meats sold in **chubs or industrial formats** the serving size may be declared using a consumer friendly measure and a metric unit in the following manner “Per approximately 3 slices (55 g)” or by declaring a single metric measure of “100 g”. If choosing the second option, only “100 g” may be used, other metric values may not be used.

Spaghetti: In the case of long, dry noodles which are difficult to measure, the following options are possible:

- “per 1/4 box (85 g)”, or
- “per 85 g (about 1 cup prepared al dente)”



Foods requiring preparation AND for which the nutrition information is the same for the food “As Sold” and “As Prepared”: In cases where the nutrient content of a food is not altered by the preparation of the food, the food may use the Standard, Horizontal or Linear format **and** declare the serving size of both the food as sold and the food as prepared, e.g., drink crystals: “Per 1 tbsp (2 g) (about 1 cup prepared)”. This provision is always optional. Examples: frozen concentrated orange juice or drink crystals that are prepared through the addition of water, some popping corn, etc.

Nutrition Facts	
Per 1 tbsp (2 g) (about 1 cup prepared)	
Amount	% 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 %

Abbreviations for units of measure

Certain abbreviations, which are considered bilingual, *must* always be used in the Nutrition Facts table:

- mg (milligram),
- g (gram)
- mL or ml (millilitre)

Other abbreviations are optional and should only be used when space constraints exist.

- tsp (teaspoon)
- tbsp (tablespoon)
- c. à thé or cuil. à thé (cuillère à thé)
- c. à soupe or cuil. à soupe (cuillère à soupe)

Reasonable Serving Size

Although there is considerable variation in the manner of declaration of the serving size among the different Nutrition Facts table formats, there is always a requirement for the serving size to be declared for the product **as sold**. This serving is based on the edible portion of the food and is the amount of food that one adult would reasonably eat at one eating occasion. The manufacturer has some flexibility in determining serving size.

The *2003 Guide to Food Labelling and Advertising* provides a list of reasonable serving sizes that may be used as a *reference tool and guide* when evaluating the appropriateness of a serving size. (Reproduced in Section K of the Toolkit.)

Note: When the food is pre-portioned into units commonly consumed by a person, then the serving size should be the unit or a multiple of the unit – e.g., 1 burger, 1 steak, 1 granola bar, 2 cookies, 2 slices of bread, etc. (**not** 7/8 of a burger, 1 ½ cookies, 1 ½ slices of bread.)

Single serving containers

[B.01.002A(2), D.01.001(3)]

(Partial excerpt from section 6.2.3 of the *2003 Guide to Food Labelling and Advertising*)

The **entire** net quantity in the package **is considered to be the serving size** in the following cases:

- The food packaged in the container could reasonably be eaten by one person at a single sitting.
 For example, a 600 mL bottle of juice dispensed from a vending machine is normally consumed during a single occasion. Such a bottle is considered a single serving, despite the fact that juice has a 250 mL reference amount and a serving size range of 175 - 250 mL.
- The reference amount of the food is less than 100 g or 100 mL **and** the package contains less than 200% of that reference amount*.

For example, consider a 55 g bag of mixed nuts. The reference amount for mixed nuts is 50 g. The package contains less than 200% of 50 g (less than 100 g) and therefore, the 55 g bag is considered to be a single serving container, with a serving size of 55 g.

- The reference amount is 100 g or 100 mL or more and the package contains 150% or less of that reference amount*.

For example, consider a soft drink in a 500 mL bottle. The reference amount for soft drinks is 355 mL. Since the bottle contains less than 150% of the 355 mL (150 % of 355 = 532.5 mL) reference amount, the 500 mL bottle is considered to be a single serving container, with a serving size of 500 mL.”

The provision for a single serving container is not an optional requirement. Products that meet the requirements must provide nutrition information based on the net quantity of the entire package. For example, a 355 ml can of soft drink must base its nutrition information on 355 ml and may not declare a 250 ml serving size.

Note*: See Schedule M for reference amounts. (See Section K of the Toolkit)



Serving size declarations for single serving containers

(Table to B.01.401)

The consumer friendly measure for a single serving container is the entire container. Consequently, the serving size for a single serving container should be declared in the following manner, “Per 1 container (75 g)”, “Per 1 can (355 ml)”, “Per 1 entree (240 g)”, “Per 1 drinking box (200 ml)”, “Per 1 pouch (56 g)”, etc. Although the declaration of both the consumer friendly measure and the metric measure is strongly encouraged, no exception is taken to the declaration of only the metric unit. For example, a 355 ml can of soft drink may declare “Per 1 can (355 ml)” or simply “Per 355 ml”.

Serving Size Examples (Including Errors)

Nutrition Facts	
Per 250 mL	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	

Certain metric volumetric measures (ml) are visibly measurable and fulfil the requirements for both a consumer friendly measure and a metric measure for *liquid* foods.

Nutrition Facts	
Serving size 100 g	
Amount	% 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 %

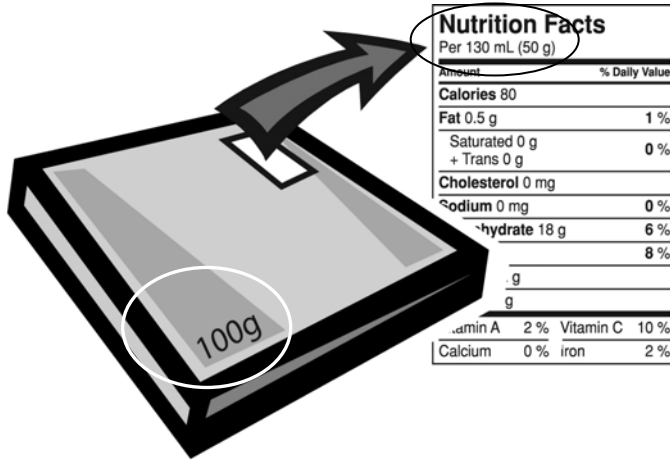
A single metric weight declaration is generally not an acceptable serving size. A consumer friendly measure (1st) and a metric measure (2nd, in brackets) are required for most foods. Exceptions exist for oddly shaped foods for which no consumer friendly measure exists and single serving containers of food.

Nutrition Facts		Valeur nutritive	
Per 50 g (about 27 chips)		par 50 g (27 croustilles environ)	
Amount	% Daily Value		
Teneur	% valeur quotidienne		
Calories / Calories 280			
Fat / Lipides 18 g	28 %		
Saturated / saturés 4 g + Trans / trans 0.1 g	21 %		
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 270 mg	11 %		

X Note that the serving declarations have been reversed. The consumer friendly measure should be declared first followed by the metric measure in brackets.

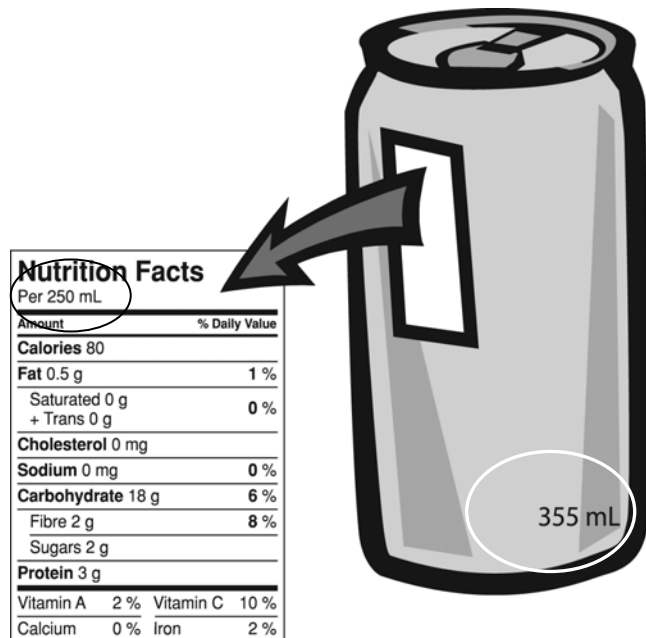
Nutrition Facts		Valeur nutritive	
Per 52 mL (20g) / par 52 mL (20g)			
Amount	% Daily Value		
Teneur	% valeur quotidienne		
Calories / Calories 100			
Fat / Lipides 4 g	6 %		
Saturated / saturés 3.5 g + Trans / trans 0.10 g	18 %		
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 75 mg	3 %		

X In this example the serving size is declared as “52 ml (20 g)”. When metric units of volume (ml) are used as a consumer friendly measure, they should be rounded to the nearest 25 ml. A more appropriate serving size declaration would be “Per 50 ml (20 g)”



✗ On this 100 g package, the serving size is declared as “130 ml (50 g)”. 130 ml is not a standardized measure. The consumer friendly measure should be rounded and the serving size declared as “Per 125 ml (50 g)” or “Per 1/2 package (50g)”.

✗ This 355 ml can of soft drink declares a 250 mL serving. However, this product is obviously a single serving, i.e., it is usually consumed at a single eating occasion and meets the requirements of a single serving container. Therefore, the information must be provided for the entire product, not a portion of the product, i.e., Serving Size: “Per 1 can (355 ml)” or “Per 355 ml”.



2. Core Nutrients

Calories and the 13 nutrients shown in the Nutrition Facts table below are considered the “core” information. Declaration of this information is mandatory for most Nutrition Facts tables.

The requirements for nutrient declarations (nutrients and/or units) are different for Simplified Formats (see Section D of this Toolkit), as well as for prepackaged foods for children under two years of age (Section G) and prepackaged foods for use in manufacturing other foods (Section H). See the appropriate sections for details.

Figures are rounded according to the rules outlined in Table C1: Mandatory Nutrient Information – Rounding (Column 4 of the table to B.01.401, located at the end of this section).

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories	Calories / Calories 80
1 ⇒	Fat / Lipides 0.5 g 1 %
2 ⇒	Saturated / saturés 0 g
3 ⇒	+ Trans / trans 0 g
4 ⇒	Cholesterol / Cholestérol 0 mg
5 ⇒	Sodium / Sodium 0 mg 0 %
6 ⇒	Carbohydrate / Glucides 18 g 6 %
7 ⇒	Fibre / Fibres 2 g
8 ⇒	Sugars / Sucres 2 g
9 ⇒	Protein / Protéines 3 g
10 ⇒	Vitamin A / Vitamine A 2 %
11 ⇒	Vitamin C / Vitamine C 10 %
12 ⇒	Calcium / Calcium 0 %
13 ⇒	Iron / Fer 2 %

Core Nutrients:

Calories

Fat is declared in grams and % DV.

Saturated fat is declared in grams.*

Trans fat is declared in grams.*

* On the same line of information, the **sum of saturated and trans** fat is declared in % DV.

Cholesterol is declared in milligrams and **may** (optionally) be declared in % DV.

Sodium is declared in milligrams and % DV.

Carbohydrate is declared in grams and % DV.

Fibre is declared in grams and % DV.

Sugar is declared in grams.

Protein is declared in grams.

Vitamin A is declared in % DV.

Vitamin C is declared in % DV.

Calcium is declared in % DV.

Iron is declared in % DV.

Common Infraction

Nutrition Facts	
Serving Size: 16 crackers (28g)	
Servings Per Container: about 3.5	
Amount	% Daily Value
Calories 110	
Fat 0.5 g	1 %
Saturated 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	

✗ The NFTs on many imported products do not declare trans fat. This is not acceptable, as trans fat is a core nutrient that must be declared in Canada.

3. Declaration of Additional Nutrients

This sample Nutrition Facts table, **Figure 19 of Schedule L**, illustrates all the core and additional information which may be declared in a NFT. Declaration of additional information is often voluntary, but in some cases it is triggered and must be declared. See the next section for the list of triggers.

Figures are rounded according to the rules set out in Table C2: Additional Nutrient Information – Rounding (Column 4 of the table to B.01.402, located at the end of this section).

Nutrition Facts Valeur nutritive		% Daily Value / % valeur quotidienne*	
Serving Size 125 mL (35 g) / Portion 125 mL (35 g)		Vitamin D / Vitamine D	0 %
Servings Per Container 13		Vitamin E / Vitamine E	6 %
Portions par contenant 13		Vitamin K / Vitamine K	10 %
Amount Per Serving / Teneur par portion		Thiamine / Thiamine	55 %
Calories / Calories 90 (380 kJ)		Riboflavin / Riboflavine	4 %
Calories from fat / Calories des lipides 9		Niacin / Niacine	25 %
Calories from Saturated + Trans 0		Vitamin B ₆ / Vitamine B ₆	10 %
Calories des lipides saturés et trans 0		Folate / Folate	10 %
% Daily Value / % valeur quotidienne*		Vitamin B ₁₂ / Vitamine B ₁₂	0 %
Total Fat / Lipides 1 g	2 %	Biotin / Biotine	30 %
Saturated / saturés 0 g	0 %	Pantothenate / Pantothénate	8 %
+ Trans / trans 0 g		Phosphorus / Phosphore	30 %
Polyunsaturated / polyinsaturés 0.5 g		Iodide / Iodure	0 %
Omega-6 / oméga-6 0.5 g		Magnesium / Magnésium	50 %
Omega-3 / oméga-3 0 g		Zinc / Zinc	25 %
Monounsaturated / monoinsaturés 0.2 g		Selenium / Sélénium	6 %
Cholesterol / Cholestérol 0 mg	0 %	Copper / Cuivre	20 %
Sodium / Sodium 300 mg	12 %	Manganese / Manganèse	10 %
Potassium / Potassium 410 mg	12 %	Chromium / Chrome	10 %
Total Carbohydrate / Glucides 27 g	9 %	Molybdenum / Molybdène	10 %
Dietary Fibre / Fibres alimentaires 12 g	48 %	Chloride / Chlorure	10 %
Soluble Fibre / Fibres solubles 0 g		* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs:	
Insoluble Fibre / Fibres insolubles 11 g		Calories: 2,000 2,500	
Sugars / Sucres 6 g		Total Fat	Less than 65 g 80 g
Sugar Alcohols / Polyalcools 0 g		Saturated + Trans	Less than 20 g 25 g
Starch / Amidon 9 g		Cholesterol	Less than 300 mg 300 mg
Protein / Protéines 4 g		Sodium	Less than 2,400 mg 2,400 mg
Vitamin A / Vitamine A	0 %	Potassium	3,500 mg 3,500 mg
Vitamin C / Vitamine C	0 %	Total Carbohydrate	300 g 375 g
Calcium / Calcium	2 %	Dietary Fibre	25 g 30 g
Iron / Fer	35 %	Carbides par gramme: Fat 9 Carbohydrate 4 Protein 4	
		* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes peuvent varier selon vos besoins énergétiques :	
		Calories : 2 000 2 500	
		Lipides	moins de 65 g 80 g
		saturés + trans	moins de 20 g 25 g
		Cholestérol	moins de 300 mg 300 mg
		Sodium	moins de 2 400 mg 2 400 mg
		Potassium	3 500 mg 3 500 mg
		Glucides	300 g 375 g
		Fibres alimentaires	25 g 30 g
		Carbides par gramme : Lipides 9 Glucides 4 Protéines 4	

Triggers: When additional information is mandatory

[B.01.402]

(Excerpt from the 2003 Guide to Food Labelling and Advertising, Section 5.4.2)

In the following cases, the declaration of “additional information”, which is generally optional, becomes mandatory:

- a) **omega-6, omega-3 and monounsaturated fatty acids** must **all** be declared when any one of these, either on the label or in any advertisement, is declared. Polyunsaturated fatty acids are not required to be declared, but when shown, trigger the three declarations previously mentioned. Any specifically named fatty acid, whether on the label outside the Nutrition Facts table or in an advertisement, also triggers the same three declarations. [B.01.402(3)];
- b) any nutrient set out in the table to B.01.402 must be declared when there is any **representation** (e.g., any mention, reference, indication, statement, claim, etc.) regarding the nutrient anywhere on the label or in any advertisement made or placed by the manufacturer of the product (does not include the declaration of food additives in the list of ingredients e.g., calcium chloride). [B.01.402(4)];
- c) **potassium** must be declared when the product contains added potassium salts and when there are claims relating to the salt or sodium content of the food [Items 31 - 36 of the table following B.01.513; B.01.402(5)];
- d) any **sugar alcohol***, **vitamin or mineral nutrient** (except for iodide added to salt and fluoride added to prepackaged water and ice) added to a prepackaged food must be declared [B.01.402(6)]; and
- e) **vitamin or mineral nutrients** must be declared when shown as a component of one of the ingredients (except flour) of a prepackaged product [B.01.402(7)].

* *Sugar alcohols* (also known as polyols) include erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, maltitol syrup, mannitol, sorbitol, sorbitol syrup, and xylitol.

4. Declaring Nutrients Outside the Nutrition Facts Table

[B.01.301(1)(e), B.01.008(1), B.01.014, B.01.016, B.01.019, B.01.305(2)(b)]

(Excerpt from the 2003 Guide to Food Labelling and Advertising, Section 5.4.3)

When the regulations require **mandatory declarations** of nutrients that are not permitted to be shown within the Nutrition Facts table, this information must be declared in the appropriate units (g, mg, etc.) per serving of stated size.

For example, a representation respecting an amino acid triggers the declaration of nine specific amino acids found in the food in grams per serving of stated size. This information must be displayed outside the Nutrition Facts table.

When any of the non-nutritive sweeteners (aspartame, sucralose or acesulfame-potassium) are added to a food, the content of these in the food **must be declared** in milligrams per serving of stated size outside the Nutrition Facts table adjacent to the ingredient list [B.01.008].

Information on the amounts of nutrients or food components not permitted within the Nutrition Facts table, such as boron or individually named fatty acids, may be displayed on a **voluntary basis** providing the information appears on any part of the label **other** than within the Nutrition Facts table and is declared in grams per serving of stated size.

Note that absolute amounts of vitamins and minerals – milligrams (mg), micrograms (μg), Retinol Equivalents (RE), Niacin Equivalents (NE) – even when required by regulation, may only be declared **outside** the Nutrition Facts table. These units are not permitted within the Nutrition Facts table as only the % Daily Value may be shown within the table. The % Daily Value may additionally be declared outside of the Nutrition Facts table per serving of stated size.

5. Tables

Table C1: Mandatory Nutrient Information – Rounding
(Column 4 of the table to B.01.401)

Information	Quantity	Rounding Metric Unit	Rounding % DV
Serving Size	<10 g or ml	multiple of 0.1 g or ml	
	≥10 g or ml	multiple of 1 g or ml	
Energy	< 5 Calories, meets “Calorie-free”	0 Calories	
	< 5 Calories, all other cases	nearest 1 Calorie	
	≥ 5 to ≤ 50 Calories	nearest 5 Calories	
	> 50 Calories	nearest 10 Calories	
Fat (core list) Total Fat Saturated Fat Trans Fat Saturates + Trans (% DV only)	“Free” declarations: Fat free: <0.5 g and meets “free of fat” Saturated free: <0.5 g and meets “sat free” Trans free: <0.5 g and meets “trans free”	0 g	0 %
	< 0.5 g, all other cases	nearest 0.1 g	nearest 1 %
	≥ 0.5 g to ≤ 5 g	nearest 0.5 g	nearest 1 %
	> 5 g	nearest 1 g	nearest 1 %
Cholesterol (% DV optional info.)	< 2 mg, meets “free of cholesterol”	0 mg	0 %
	all other cases	nearest 5 mg	nearest 1 %
Sodium	< 5 mg, meets “free of sodium or salt”	0 mg	0 %
	< 5 mg, all other cases	nearest 1 mg	nearest 1 %
	≥ 5 mg to ≤ 140 mg	nearest 5 mg	nearest 1 %
	> 140 mg	nearest 10 mg	nearest 1 %
Carbohydrate Carbohydrate Fibre Sugars (no % DV declaration)	< 0.5 g	0 g	0 %
	≥ 0.5 g	nearest 1 g	nearest 1 % (no %DV for sugars)
Protein	< 0.5 g	nearest 0.1 g	
	≥ 0.5 g	nearest 1 g	
Amount Vitamins and Minerals Vitamin A Vitamin C Calcium Iron	< 1 % DV per serving and reference amount		0 %
	≥ 1 % to <2 %		2 %
	≥ 2 % to ≤ 10 %		nearest 2 %
	> 10 % to ≤ 50 %		nearest 5 %
	> 50 %		nearest 10 %

mg = milligram

Table C2: Additional Nutrient Information – Rounding
 (Column 4 of the table to B.01.402)

Information	Quantity	Rounding Metric Unit	Rounding % DV
Servings per container	< 2 servings or > 5 servings	multiple of 1	
	≥ 2 to ≤ 5 servings	multiple of 0.5	
Energy Calories from Fat Calories from Saturates + Trans	For Calories from fat: < 5 Calories and fat declared as 0 g	0 Calories	
	For Calories from Saturates + Trans: < 5 Calories and Saturates + Trans declared as 0 g		
	< 5 Calories, all other cases	nearest 1 Calorie	
	≥ 5 to ≤ 50 Calories	nearest 5 Calories	
	> 50 Calories	nearest 10 Calories	
Kilojoules (optional unit)	all cases	nearest 10 kilojoules	
Fat (additional info.) polyunsaturates omega-6 omega-3 monounsaturates	< 1 g	nearest 0.1 g	
	≥ 1 g to ≤ 5 g	nearest 0.5 g	
	> 5 g	nearest 1 g	
Potassium	< 5 mg, < 5 mg/serving and ref. amt.	0 mg	0 %
	< 5 mg, all other cases	nearest 1 mg	nearest 1 %
	≥ 5 mg to ≤ 140 mg	nearest 5 mg	nearest 1 %
	> 140 mg	nearest 10 mg	nearest 1 %
Carbohydrate Soluble Fibre Insoluble Fibre Sugar Alcohol Starch	< 0.5 g	0 g	
	≥ 0.5 g	nearest 1 g	
Amount Vitamins and Minerals	< 1% DV per serving and reference amt.		0 %
	≥ 1% - <2%		2 %
	≥ 2 % to ≤ 10 %		nearest 2 %
	> 10% to ≤ 50%		nearest 5 %
	> 50%		nearest 10 %

mg = milligram

Reference Tables (Daily Values, Alternate Expressions)

Table C3: Mandatory Nutrient Information: Core List [B.01.401]

Information	Alternative Expressions (Column 2, table to B.01.401)	Daily Value (= Reference Standards B.01.001.1)
"Serving Size (naming the size)"	"Serving (naming the serving size)" "Per (naming the serving size)"	
"Calories"	"Total Calories" "Calories, Total"	
"Fat"	"Total Fat" "Fat, Total"	65 g
"Saturated Fat"	"Saturated Fatty Acids" "Saturated" "Saturates"	
"Trans Fat"	"Trans Fatty Acids" "Trans"	
"Saturated Fat + Trans Fat"	"Saturated Fatty Acids + Trans Fatty Acids" "Saturated + Trans" "Saturates + Trans"	20 g
"Cholesterol"		300 mg
"Sodium"		2400 mg
"Carbohydrate"	"Total Carbohydrate" "Carbohydrate, Total"	300 g
"Fibre"	"Fiber" "Dietary Fibre" "Dietary Fiber"	25 g
"Sugars"		
"Protein"		
Vitamins and Minerals		
		Daily Value (= Recommended Daily Intakes, Tables to Divisions 1 & 2, Part D)
		≥ 2 yrs
		< 2 yrs
"Vitamin A"	"Vit A"	1000 RE
"Vitamin C"	"Vit C"	60 mg
"Calcium"		1100 mg
"Iron"		14 mg

Table C4: Additional Information with a Daily Value that is a Reference Amount

Information	Alternative Expressions	Daily Value (= Reference Amount, B.01.001.1)
"Potassium"		3500 mg

g = gram; mg = milligram; µg = microgram; RE = Retinol Equivalent

Table C5: Additional Information [B.01.402]

Information	Alternative Expressions (Column 2, Table to B.01.402)	Trigger for Inclusion in Nutrition Facts
All additional nutrients: must be declared if any representation (any mention, reference, indication, statement, claim, etc.) regarding the nutrient is on the label or in any advertisement made or placed by the manufacturer of the product (does not include declaration of food additives in the list of ingredients e.g., calcium chloride).[B.01.402(4)]		
"Servings per Container"	"(Number of Units) per Container"	
"kilojoules"	"kJ"	
"Calories from Fat"	"Calories from Total Fat"	
"Calories from Saturated + Trans Fat"	"Calories from Saturated + Trans Fatty Acids"; "Calories from Saturated + Trans"; "Calories from Saturates + Trans"	
"Polyunsaturated Fat"	"Polyunsaturated Fatty Acids"; "Polyunsaturated"; "Polyunsaturates"	NOTE: Omega-6, omega-3 and monounsaturated fatty acids declaration does not trigger the declaration of polyunsaturates.
"Omega-6 Polyunsaturated Fat"	"Omega-6 Polyunsaturated Fatty Acids"; "Omega-6 Polyunsaturated"; "Omega-6 Polyunsaturates" - If the Nutrition Facts table includes the amount of polyunsaturated fatty acids: "Omega-6"	omega-6, omega-3 and monounsaturated fatty acids must all be declared when: <ul style="list-style-type: none"> ▪ any one of these is declared; ▪ polyunsaturates are declared in the NFT; ▪ any specific fatty acid is declared on the label outside the NFT or in advertising (e.g., DHA, EPA). [B.01.402(3)]
"Omega-3 Polyunsaturated Fat"	as for Omega-6	
"Monounsaturated Fat"	as for Polyunsaturates	
"Potassium"		product contains added potassium salts <i>and</i> when there are claims relating to the salt or sodium content of the food [Items 31 - 36 of the table following B.01.513], [B.01.402(5)]
"Soluble Fibre"	"Soluble Fiber"	
"Insoluble Fibre"	"Insoluble Fiber"	
"Starch"		
"Sugar Alcohol(s)"	"Polyol" If the food contains only one type of sugar alcohol: "(naming the sugar alcohol)"	any sugar alcohol is added to the product
Additional vitamin and mineral nutrient	see vitamin and mineral nutrient reference table	any vitamin or mineral (except for iodide in salt or fluoride in prepackaged water and ice) is added to the product [B.01.402(6)]. any vitamin or mineral nutrient is declared as a component of one of the ingredients (except flour) of a prepackaged product [B.01.402(7)].
"Percent Daily Values Are Based on a 2,000 Calorie Diet"	"Based on a 2,000 Calorie Diet" "Percent Daily Values Are Based on a 2,000 Calorie Diet. Your Daily Values May Be Higher or Lower Depending on Your Caloric Needs."	
"Calories per gram.", "Fat 9", "Carbohydrate 4" and "Protein 4"		

Table C6: Additional Vitamin and Mineral Nutrients [B.01.402]

- Notes:**
- 1) **All additional nutrients:** must be declared in the Nutrition Facts table if any representation (any mention, reference, indication, statement, claim, etc.) regarding the nutrient is on the label or in any advertisement made or placed by the manufacturer of the product (does not include declaration of food additives in the list of ingredients, e.g., calcium chloride). [B.01.402(4)]
 - 2) Any vitamin or mineral (except for iodide in salt or fluoride in prepackaged water and ice) must be declared in the nutrition facts table when added to the product. [B.01.402(6)]
 - 3) Any vitamin or mineral nutrient declared as a component of one of the ingredients (except flour) of a prepackaged product [B.01.402(7)] must be declared in the Nutrition Facts table.

Information	Alternative Expressions (Column 2, Table to B.01.402)	Daily Value (=Recommended Daily Intake)*	
		≥ 2 yrs	< 2 yrs
"Vitamin D"	"Vit D"	5 µg	10 µg
"Vitamin E"	"Vit E"	10 mg	3 mg
"Vitamin K"	"Vit K"	80 µg	30 µg
"Thiamine"	"Thiamin" "Thiamine (Vitamin B ₁)" "Thiamine (Vit B ₁)" "Thiamin (Vitamin B ₁)" "Thiamin (Vit B ₁)"	1.3 mg	0.45 mg
"Riboflavin"	"Riboflavin (Vitamin B ₂)" "Riboflavin (Vit B ₂)"	1.6 mg	0.55 mg
"Niacin"		23 NE	8 NE
"Vitamin B ₆ "	"Vit B ₆ "	1.8 mg	0.7 mg
"Folate"		220 µg	65 µg
"Vitamin B ₁₂ "	"Vit B ₁₂ "	2 µg	0.3 µg
"Biotin"		30 µg	8 µg
"Pantothenic Acid"	"Pantothenate"	7 mg	2 mg
"Phosphorus"		1100 mg	500 mg
"Iodide"	"Iodine"	160 µg	55 µg
"Magnesium"		250 mg	55 mg
"Zinc"		9 mg	4 mg
"Selenium"		50 µg	15 µg
"Copper"		2 mg	0.5 mg
"Manganese"		2 mg	1.2 mg
"Chromium"		120 µg	12 µg
"Molybdenum"		75 µg	15 µg
"Chloride"		3400 mg	1000 mg

mg = milligram; µg = microgram; NE = Niacin Equivalents

French Reference Tables (Daily Values, Alternate Expressions)
Tableau C3 : Renseignements obligatoires sur les éléments nutritifs : Liste des éléments de base [B.01.401]

Information	Autres expressions (colonne 2, tableau suivant B.01.401)	Valeur quotidienne (= quantité de référence B.01.001.1)	
« Portion déterminée (mention de la taille) »	« Portion (portion déterminée) », « Pour ou Par (portion déterminée) »		
« Calories »	« Calories totales »		
« Lipides »	« Total des lipides »	65 g	
« Acides gras saturés »	« Lipides saturés » « Saturés »		
« Acides gras trans »	« Lipides trans » « trans »		
« Acides gras saturés + acides gras trans »	« Lipides saturés + lipides trans » « Saturés + trans »	20 g	
« Cholestérol »		300 mg	
« Sodium »		2400 mg	
« Glucides »	« Total des glucides »	300 g	
« Fibre »	« Fibres alimentaires »	25 g	
« Sucres »			
« Protéines »			
Vitamines et minéraux nutritifs			
		Valeur quotidienne (= apport quotidien recommandés, Tableaux des sections 1 et 2, de la partie D)	
		≥ 2 ans	< 2 ans
« Vitamine A »	« Vit A »	1000 ER	400 ER
« Vitamine C »	« Vit C »	60 mg	20 mg
« Calcium »		1100 mg	500 mg
« Fer »		14 mg	7 mg

Tableau C4 : Renseignements complémentaires - lorsque la valeur quotidienne est également une quantité de référence

Information	Autres expressions	Valeur quotidienne (= quantité de référence, B.01.001.1)
« Potassium »		3 500 mg

g = gramme; mg = milligramme; µg = microgramme; ER = équivalents rétinol

Tableau C5 : Renseignements complémentaires [B.01.402]

Information	Autres expressions (colonne 2, tableau suivant B.01.402)	Déclencheur pour inclusion dans le tableau de la valeur nutritive
Tous les éléments nutritifs complémentaires: doivent être mentionnés s'ils ont fait l'objet d'une déclaration (toute mention, référence, indication, allégation, etc.) sur l'étiquette, quel que soit l'endroit, ou dans une annonce faite par le fabricant du produit ou sous ses ordres (n'inclut pas la déclaration des additifs alimentaires dans la liste des ingrédients, par exemple le chlorure de calcium) [B.01.402(4)].		
« Portions par contenant »	« (nombre d'unités) par contenant »	
« kilojoules »	« kJ »	
« Calories provenant des lipides »	« Calories provenant du total des lipides » « Calories des lipides »	
« Calories des acides gras saturés et trans »	« Calories des lipides saturés et trans » « Calories des saturés et trans »	
« Acides gras polyinsaturés »	« Lipides polyinsaturés » « Polyinsaturés »	NOTA : la mention des acides gras monoinsaturés, d'oméga-6 et d'oméga-3 ne requière pas la mention des polyinsaturés.
« Acides gras polyinsaturés oméga-6 »	« Lipides polyinsaturés oméga-6 » « Polyinsaturés oméga-6 » - si le tableau de la valeur nutritive comprend la teneur en acides gras polyinsaturés « oméga-6 »	oméga-6, oméga-3 et les acides gras polyinsaturés doivent être mentionnés lorsque : <ul style="list-style-type: none"> • l'un d'eux est mentionné; • les gras polyinsaturés sont mentionnés dans le tableau; • un acide gras est mentionné sur l'étiquette hors du tableau ou dans une annonce (p. ex., DHA, EPA). [B.01.402(3)]
« Acides gras polyinsaturés oméga-3 »	voir oméga-6, substituer oméga-6 par oméga-3	
« Acides gras monoinsaturés »	voir polyinsaturés, substituer polyinsaturés par monoinsaturés	
« Potassium »		• le produit contient des sels de potassium ajoutés et des allégations relatives à la teneur en sel ou en sodium de l'aliment sont présentes. [articles 31 - 36 du tableau après B.01.513], [B.01.402(5)]
« Fibres solubles »		
« Fibres insolubles »		
« Amidon »		
« Polyalcool(s) »	« Polyol(s) » Si l'aliment contient un seul type de polyalcool: « (nom du polyalcool) »	si un alcool de sucre est ajouté au produit
Vitamines et minéraux nutritifs ajoutés	voir le tableau de référence des vitamines et éléments nutritifs	toute vitamine ou tout minéral nutritif (sauf l'iode dans le sel ou le fluorure dans l'eau et la glace préemballées) qui est ajouté au produit [B.01.402(6)]. toute vitamine ou tout minéral nutritif qui est mentionné comme constituant d'un ingrédient (sauf la farine) d'un produit préemballé [B.01.402(7)].
« Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories.»	« En fonction d'un régime alimentaire de 2 000 Calories » « Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories » Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques Calories.	
« Calories par gramme : », « Lipides 9 », « Glucides 4 » et « Protéines 4 »		

Tableau C6: Vitamines et minéraux nutritifs ajoutés [B.01.402]

- Nota :**
- 1) **Tous les éléments nutritifs complémentaires** doivent être mentionnés s'ils ont fait l'objet d'une déclaration (toute mention, référence, indication, allégation, etc.) sur l'étiquette, quel que soit l'endroit, ou dans une annonce faite par le fabricant du produit ou sous ses ordres (n'inclut pas la déclaration des additifs alimentaires dans la liste des ingrédients, par exemple le chlorure de calcium). [B.01.402(4)]
 - 2) Toute vitamine ou tout minéral nutritif (sauf l'iode dans le sel ou le fluorure dans l'eau et la glace préemballées) qui est ajouté au produit. [B.01.402(6)]
 - 3) Toute vitamine ou tout minéral nutritif, mentionné comme composante d'un des ingrédients (sauf la farine) d'un produit préemballé [B.01.402(7)], doit être mentionné dans le tableau de la valeur nutritive.

Information	Autres expressions (colonne 2, jusqu'à B.01.402)	Valeur quotidienne (= apport quotidien recommandé)*	
		≥ 2 ans	< 2 ans
« Vitamine D »	« Vit D »	5 µg	10 µg
« Vitamine E »	« Vit E »	10 mg	3 mg
« Vitamine K »	« Vit K »	80 µg	30 µg
« Thiamine »	« Thiamine (Vitamine B ₁) » « Thiamine (Vit B ₁) »	1,3 mg	0,45 mg
« Riboflavine »	« Riboflavine (Vitamine B ₂) » « Riboflavine (Vit B ₂) »	1,6 mg	0,55 mg
« Niacine »		23 EN	8 EN
« Vitamine B ₆ »	« Vit B ₆ »	1,8 mg	0,7 mg
« Folate »		220 µg	65 µg
« Vitamine B ₁₂ »	« Vit B ₁₂ »	2 µg	0,3 µg
« Biotine »		30 µg	8 µg
« Pantothénate »	« Acide pantothénique »	7 mg	2 mg
« Phosphore »		1100 mg	500 mg
« Iodure »	« Iode »	160 µg	55 µg
« Magnésium »		250 mg	55 mg
« Zinc »		9 mg	4 mg
« Sélénium »		50 µg	15 µg
« Cuivre »		2 mg	0,5 mg
« Manganèse »		2 mg	1,2 mg
« Chrome »		120 µg	12 µg
« Molybdène »		75 µg	15 µg
« Chlorure »		3400 mg	1000 mg

mg = milligramme; µg = microgramme; EN = équivalents niacine