

Section D

Has the Correct Format Been Used?

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Section D

Has the Correct Format Been Used?

1. Hierarchy of Formats: How to Select an Appropriate Nutrition Facts Table

Although the *Food and Drug Regulations* require the declaration of a Nutrition Facts table on most prepackaged products, the information may be presented in a variety of different formats. Industry has considerable flexibility in presentation, and may choose from several different format “families”. Within each format family, further choices of presentation style are available. For example, manufacturers may opt for separate French and English tables (including a narrow variation in the case of the Standard Format) or choose instead to use a single bilingual table.

The specific format chosen and the size of Nutrition Facts table are based on a combination of mandatory and voluntary considerations.

1st Consideration: Who will buy the product?

There are major differences in the nutrition labelling requirements depending upon who is consuming or buying the product. Basically, for the purposes of nutrition labelling there are three classes of foods:

- prepackaged foods for the consumer (including foods for children under two years of age and foods that will be repackaged for retail);
- prepackaged foods for use in manufacturing other foods; and
- multiple-serving, ready-to-eat prepackaged products served in a commercial or industrial enterprise or institution.

Foods not intended for the consumer

Prepackaged food for use in further manufacturing (i.e., ingredients) and multiple-serving, ready-to-eat prepackaged products served in a commercial or industrial enterprise or institution are not required to have the nutrition information presented in a table format. Manufacturers may present the information as a list or in another manner. The information need not appear on the package.

While the basic nutrition information must be provided, there are a number of other differences in how the information is presented, e.g., serving size, units, rounding. See Section H for further information.

Foods intended for the consumer

For prepackaged foods for consumers (including foods for children under two years of age), manufacturers must follow a step-by-step process to determine the appropriate way to supply required nutrition information.

2nd Consideration: On what basis will the information be presented?

In the majority of cases, nutrition information is presented on the basis of a serving of food as sold. Issues related to serving size are discussed in Section C of this Toolkit.

However, in certain circumstances, the manufacturer is provided with other presentation options. For example, nutrition information may be provided for a number of serving sizes (e.g., one cookie, two cookies); or for individual foods in a multi-pack (e.g., crackers and cheese). As well, information for the food as sold (such as a cold cereal) may differ from information about the food as prepared (cereal with milk).

Sections B.01.401(6), B.01.403(5) and B.01.406 of the *Food and Drug Regulations* outline the conditions under which the various options for the presentation of nutrition information may be used. In some cases the manner of presenting information is mandatory, while in other cases it is at the discretion of the manufacturer.

The manner of presenting nutrition information directly affects the choice of Nutrition Facts table format.

3rd Consideration: What format is required?

Sections B.01.454 to B.01.459 and Sections B.01.461 to B.01.467 of the Regulations set out “families” of formats. Each family provides format options for presenting nutrition information in a specific manner, as mentioned above. For example, the Standard/Horizontal/Linear family provides format options for presenting nutrition information for a single serving of food **as sold**, while the “Dual Format – Foods Requiring Preparation” family provides options for presenting nutrition information for the food **as sold and as prepared**. In each case, a Decision Tree is included to help manufacturers work through the options provided.

The families of formats for prepackaged food for consumers two years and older are:

- Standard/Horizontal/Linear Formats [B.01.454]
- Simplified Formats [B.01.455]
- Dual Format – Foods Requiring Preparation [B.01.456]
- Aggregate Format – Different Kinds of Foods [B.01.457]
- Dual Format – Different Amounts of Food [B.01.458]
- Aggregate Format – Different Amounts of Food [B.01.459].

There are similar families of formats for prepackaged foods for children under two years of age, except that there are no Dual Formats for food designed for this age group. These formats are outlined in Sections B.01.461 through B.01.467. (In this Toolkit, see Section G.)

The Decision Trees for each family of formats provide a stepwise strategy to determine an appropriate format and version (size) of the Nutrition Facts table. In each Decision Tree:

- the **1st level options** provide the most desirable alternatives – the largest and most readable formats;
- the **2nd and 3rd level options** provide decreasingly favourable options with respect to readability and size.

The manufacturer must start at the top of the tree and work his way down.

All selections in the 1st level options must be exhausted before 2nd level options may be considered. Likewise, all 2nd level options must be exhausted before proceeding to any 3rd level options.

At the 1st level, the manufacturer is provided with the choice of different options, such as separate French and English tables (including a narrow variation in the case of the Standard Format) or a single bilingual table. For each format variation a number of different sizes are provided.

For example, the Decision Tree for Standard/Horizontal/ Linear Formats begins by laying out the following 1st level options:

1st Level Options

<p style="text-align: center;">Standard</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: left;">Nutrition Facts</th> </tr> <tr> <td colspan="2">Per 125 mL (87 g)</td> </tr> <tr> <th style="text-align: left;">Amount</th> <th style="text-align: right;">% Daily Value</th> </tr> </thead> <tbody> <tr> <td>Calories 80</td> <td></td> </tr> <tr> <td>Fat 0.5 g</td> <td style="text-align: right;">1 %</td> </tr> <tr> <td>Saturated 0 g + Trans 0 g</td> <td style="text-align: right;">0 %</td> </tr> <tr> <td>Cholesterol 0 mg</td> <td></td> </tr> <tr> <td>Sodium 0 mg</td> <td style="text-align: right;">0 %</td> </tr> <tr> <td>Carbohydrate 18 g</td> <td style="text-align: right;">6 %</td> </tr> <tr> <td>Fibre 2 g</td> <td style="text-align: right;">8 %</td> </tr> <tr> <td>Sugars 2 g</td> <td></td> </tr> <tr> <td>Protein 3 g</td> <td></td> </tr> <tr> <td>Vitamin A 2 %</td> <td>Vitamin C 10 %</td> </tr> <tr> <td>Calcium 0 %</td> <td>Iron 2 %</td> </tr> </tbody> </table> <p style="text-align: center;">Figures 1.1 – 1.6</p>	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 %	<p>or</p> <p style="text-align: center;">Narrow Standard</p> <table border="1" style="width: 100%; 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Once the format variation has been chosen, the *largest version* of that format must be used unless:

- it requires more than 15% of the Available Display Surface (ADS) – the space available on the package to carry labelling information, or
- it does not fit on one continuous surface of the package.

If this is the case, then the next version should be used unless it also requires more than 15% of the ADS or does not fit on one continuous surface, and so on.

The largest version of the chosen format must be selected that meets these criteria.

For example, if the manufacturer chose the Standard Format (Format 1), he must choose the largest Nutrition Facts table variation that fits (Figure 1.1 is the largest variation; Figure 1.6 is the smallest.)

However, if none of the size variations (Figure 1.1 - 1.6) will work on the package, then the manufacturer must examine other 1st level options: the Narrow Standard Format (Format 2) and the Bilingual Standard (Format 3). The manufacturer **cannot** proceed to the next level in the Decision Tree until all 1st level options have been exhausted.

At the lowest level (where packages and Nutrition Facts tables are small), any format variation and any version in the family may be chosen provided that it fits on one continuous surface and that the characters printed in the table do not touch each other or the lines (rules).

Notes of Explanation:

This stepwise approach to choosing a Nutrition Facts table ensures that two basic premises are fulfilled.

1. Certain formats are more desirable than others because they are more legible. They must always be given first consideration. For example, variations of the Standard Format (Standard, Narrow Standard, Bilingual Standard) must always be considered before the Bilingual Horizontal Format.
2. The largest version of a designated format that will fit within 15 % of the ADS **and** on one continuous surface of the package must be chosen before proceeding to a smaller version and all options in one level must be exhausted before proceeding to the next level.

For information on calculating the ADS of the package, see Section E of this Toolkit, “Available Display Surface”. When calculating the space occupied by the Nutrition Facts table, remember the following three principles:

- The area occupied by the Nutrition Facts table is based on mandatory information **only**, that is, the core nutrients and triggered additional information.

- When calculating the area occupied by the table, do not consider the space occupied by voluntarily disclosed additional information.
- However, do consider the area of both the English and the French tables when separate unilingual tables are used.

2. Alternate Methods of Presentation

[B.01.466]

The Regulations provide for alternatives in the presentation of nutrition information. For many of the formats, **but not all formats**, small prepackaged products may use “Alternative Methods of Presentation”.

When the Regulations permit these alternative methods, the Nutrition Facts table may be set out on:

- a) a tag attached to the package;
- b) a package insert;
- c) the inner side of a label;
- d) a fold-out label; or
- e) an outer sleeve, overwrap or collar.

Any version (size) of the permitted formats of the Nutrition Facts table may be used. In the case of (b) or (c), the outer label of the prepackaged product shall indicate in a type size of not less than 8 points where the Nutrition Facts table is located.

3. Small Packages <100 cm² Available Display Surface

[B.01.467]

Small packages with an ADS of <100 cm² are exempt from carrying a Nutrition Facts table provided that an indication is present on the outer label indicating how the consumer or purchaser may obtain the nutrition information.

However, there are several requirements which the statement must meet:

- the print type size of the statement must not be less than 8 points;
- the statement must include a postal address or a toll-free telephone number; and
- the statement must be declared in both French and English.

The nutrition information shall be provided upon request:

- without charge, and
- in French or English, or both languages as requested.

Manufacturers must also ensure that:

- the Nutrition Facts table is in a format that would otherwise be used on the label in accordance with the regulations (as specified in sections B.01.454 to B.01.459 and B.01.461 to B.01.464). For example, a standard format is suitable to provide nutrition information based on one serving of food as sold.;
- Horizontal or Linear formats are not used;
- the largest version (size) of an appropriate format listed in the top level of the Decision Trees is used, e.g., Figure 1.1, 2.1, 3.1. (See Sections D and G of this Toolkit for Decision Trees.); and
- the Nutrition Facts table conforms to all requirements of the Regulations, e.g., content, format, etc..

The small package exemption does not apply when:

- the food contains an added vitamin or mineral;
- a vitamin or mineral is declared as a component of an ingredient (other than flour), in the list of ingredients;
- the product contains aspartame, sucralose or acesulfame-potassium; or
- the label or an advertisement for the product that was made or placed by the manufacturer, contains:
 - a nutritional reference or nutrient content claim;
 - a health claim;
 - a biological role claim for nutrients;
 - a health-related name, statement, logo, symbol, seal of approval or other propriety mark of a third party; or
 - the phrase “nutrition facts”, “valeur nutritive” or “valeurs nutritives”.
- A label cannot be applied to the prepackaged product. These products may use a tag to provide a NFT.

Note: When a small package loses its labelling exemption, it may use **alternate methods of presentation** (e.g., tag, package insert, inner label, a fold-out label, an outer sleeve, overwrap or collar). However, the format hierarchy must permit that option. (See above.)

Note: Exemptions from bilingual labelling exist for local foods, test market foods and specialty foods, under section B.01.012(3)&(7).

4. Retail Packaged Foods

Products produced and/or packaged at retail are treated in one of three manners.

Products exempt from declaring a NFT

- A product sold **only** in the retail establishment where it is *prepared and processed* is **exempt** from declaring an NFT [B.01.401(2)(b)(v)]. Note that products made from a premix are included, providing that an ingredient other than water is added.

- A product sold **only** in the retail establishments where it is *packaged*, when the package has an available display surface (ADS) of < 200 cm² and is labelled with a sticker, is **exempt** from declaring an NFT [B.01.401(2)(b)(viii)].

See Section B of this *Toolkit*, “Losing the Exemption”.

Products with special labelling requirements

A product sold **only** in the retail establishment where it is *packaged*, when the package has an **ADS of \geq 200 cm²** and is labelled with a sticker, **is not exempt** from declaring a NFT.

- For products using a Standard Format (i.e., providing nutrition information for 1 serving of food as sold) one of the following NFTs **must** be used: Standard (1.1 - 1.3), Narrow Standard (2.1 - 2.3) or the Bilingual Standard (3.1 - 3.3). [B.01.454(5)]
- When products qualify to use a Simplified Format (products that may declare “0” for 7 or more of Calories and core nutrients), the retailer has the option of using one of the following NFTs: Simplified Standard (5.1 - 5.3) or the Bilingual Simplified Standard (6.1 - 6.3). [B.01.455(4)]
- Products that display an aggregate or dual format must choose the version of the applicable format based on the ADS of the package.

Retail Tables

See Section K – Tools and Templates for Retail Tables. These tables outline the nutrition labelling requirements for foods sold in bulk, clerk served, prepared, processed and/or packaged at retail. For convenience of use, the information is presented on a department by department basis, e.g., bakery, deli, meat department, etc.

5. Nutrition Facts Tables for Prepackaged Products

The following subsections contain step-by-step guidance for each format family:

- Standard/Horizontal/Linear Formats
- Simplified Formats
- Dual Format – Foods Requiring Preparation
- Aggregate Format – Different Kinds of Foods
- Dual Format – Different Amounts of Food
- Aggregate Format – Different Amounts of Food

In each section, key questions are addressed:

- When may these formats be used?
- How is the appropriate format chosen?
- What are the main features of each format?

To verify format choices more easily, each section contains a **Decision Tree** diagram, which graphically illustrates the options within each family. The Decision Tree is followed by a list of the

major distinguishing features of each format, and when necessary, by notes on the use of the different formats.

How to use the Decision Trees

The Decision Tree is a step-by-step approach to choosing an appropriate Nutrition Facts table within a family of formats.

Each Decision Tree contains two or three levels of options. The manufacturer must first review all of the options within the first (preferred) level. All of those options must be exhausted before the manufacturer may move to the second level ... and so on. (See schematics.)

Within the first level, the manufacturer may choose between two options: the basic format and the bilingual format. In the case of the Standard/Horizontal/Linear family, a narrow standard option is also provided. Once an option is chosen, the manufacturer **must** select the largest size of the format that will fit:

- on 15 % or less of the ADS; **and**
- on one continuous surface of the package.

Larger versions of a format may always be used.

If there is no suitable fit in the 1st level, the manufacturer may proceed to the next level of options. In the case of the Standard/Horizontal/Linear family and the Simplified family, a middle level exists that provides Bilingual Horizontal formats. The same rules apply to choosing the appropriate size of NFT at this level.

However, in the lowest level options, level 2 for the Dual and Aggregate families and level 3 for the Standard/Horizontal/Linear and Simplified families, any format or any version of a format may be chosen.

Check Section K-1 – Templates!

The size of each version of the NFT is indicated on the templates. However, if additional information is included in the NFT or if a different font is used, then the dimensions no longer apply.

Standard, Horizontal and Linear Formats

Purpose

The Standard, Horizontal and Linear formats present nutrition information for one serving of food as sold.

When may these formats be used?

- These formats are appropriate for most foods.
- However, the Standard, Horizontal or Linear formats **may not** be used on a prepackaged product containing an **assortment of foods of the same type, when:**
 - a serving consists of only one of the foods, and
 - the information for the serving size, energy, or core nutrients is different for each food. In these cases (e.g., multi-pack of chocolate bars, multi-pack of granola bars, etc.), the nutrition information **must** be set out for each food using the Aggregate Format – Different Kinds of Foods [B.01.406(3)(a)].*
 - * Health Canada is proposing to amend the Regulations to allow these assortments of foods (e.g., multi-packs) to use not only an Aggregate Format but also individual Standard Formats for each food.
- Contrarily, the Standard, Horizontal or Linear format **must** be used on a prepackaged product containing an **assortment of similar foods, when:**
 - a serving consists of only one of the foods, and
 - the information for the serving size, energy, and core nutrients is the same for all the individual items [B.01.406(3)(b)].
Examples: multi-pack of frozen ices (freezie pops, popsicles).
- When a package contains an **assortment of foods and the typical serving consists of more than one food** (e.g., a box of variety chocolates, a tray of mixed nuts, etc.), the nutrition information may be presented either:
 - as a single composite value, using the Standard, Horizontal or Linear format, or
 - separately for each food, using the Aggregate Format – Different Kinds of Foods. [B.01.406(4)]



These products usually provide nutrition information for one serving of food as sold, using a Standard, Horizontal or Linear format.

Standard, Horizontal, Linear Hierarchy of Formats/Decision Tree (B.01.454)

Level 1

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	
Vit A 2 %	Vit C 10 %
Calcium 0 %	Iron 2 %

Standard
figures 1.1–1.6

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 %	

Narrow Standard
figures 2.1–2.4

or

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturés / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A 2 %	
Vitamin C / Vitamine C 10 %	
Calcium / Calcium 0 %	
Iron / Fer 2 %	

Bilingual Standard
figures 3.1–3.4

Steps:

1. Manufacturer may choose format 1, 2, or 3.
2. Within desired format, choose largest version that will fit on 15% ADS and 1 continuous surface.
3. All 1st level options must be exhausted before proceeding to next level.

Level 2

Nutrition Facts		Amount / Teneur	% DV / % VQ*	Nutrition Facts		Amount / Teneur	% DV / % VQ*
Valeur nutritive				Valeur nutritive			
Per 1 bar (40 g) pour 1 tablette (40 g)		Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 23 g	8 %		
Calories 220		Saturés / saturés 5 g + Trans / trans 3.5 g	42 %	Fibre / Fibres 0 g	0 %		
		Cholesterol / Cholestérol 10 mg		Sugars / Sucres 20 g			
		Sodium / Sodium 70 mg	3 %	Protein / Protéines 3 g			
* DV = Daily Value VQ = valeur quotidienne		Vitamin A / Vitamine A 2 %		Vitamin C / Vitamine C 0 %			
		Calcium / Calcium 6 %		Iron / Fer 4 %			

Bilingual Horizontal – figures 4.1–4.2

Steps:

1. Choose largest version of format that will fit on 15% ADS and 1 continuous surface of the package.
2. All 2nd level options must be exhausted before proceeding to next level.

Level 3

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

Bilingual Standard
figures 3.5–3.7

or

Nutrition Facts		Amount / Teneur	% DV / % VQ*	Nutrition Facts		Amount / Teneur	% DV / % VQ*
Valeur nutritive				Valeur nutritive			
Per 1 bar (40 g) pour 1 tablette (40 g)		Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 23 g	10 %		
Calories 220		Saturés / saturés 5 g + Trans / trans 3.5 g	42 %	Fibre / Fibres 0 g	0 %		
		Cholesterol / Cholestérol 10 mg		Sugars / Sucres 20 g			
		Sodium / Sodium 70 mg	3 %	Protein / Protéines 3 g			
* % Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %							

or Bilingual Horizontal – figures 4.3–4.5

Nutrition Facts	
per 1 cup (264 g):	
Calories 260	
Fat 13 g (20 %), Saturated Fat 3 g + Trans Fat 2 g (25 %), Cholesterol 30 mg,	
Sodium 660 mg (28 %), Carbohydrate 31 g (10 %), Fibre 0 g (0 %), Sugars 5 g,	
Protein 5 g, Vit A (4 %), Vit C (2 %), Calcium (15 %), Iron (4 %).	% = % Daily Value

Linear – figures 16.1–16.2

or Alternate Methods of Presentation

Tag, Package Insert*, Inner label*, Fold-out Label, Overwrap or collars

*For package inserts and inner labels, the outer label must indicate where to find the NFT.

Steps:

1. May choose any format, any version

Major Distinguishing Features of the Standard, Horizontal and Linear Formats

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	
Vit A 2 %	Vit C 10 %
Calcium 0 %	Iron 2 %

Standard Formats

- Vertical display of nutrition information.
- Unilingual French and English formats, narrow format and bilingual format.
- 1 serving size declaration for the food as sold, expressed in a consumer friendly measure (1st) and in metric units (2nd, in brackets).
- Complete nutrition information (absolute values (g, mg) and % DV) for 1 serving of food as sold.
- Core information is declared (Calories and 13 nutrients)
- Additional information is optional

Nutrition Facts	Amount / Teneur	% DV / % VQ*	Nutrition Facts	Amount / Teneur	% DV / % VQ*
Valeur nutritive	Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 23 g	8 %	
Per 1 bar (40 g) pour 1 tablette (40 g)	Saturated / saturés 5 g + Trans / trans 3.5 g	42 %	Fibre / Fibres 0 g	0 %	
Calories 220	Cholesterol / Cholestérol 10 mg		Sugars / Sucres 20 g		
	Sodium / Sodium 70 mg	3 %	Protein / Protéines 3 g		
* DV = Daily Value VQ = valeur quotidienne	Vitamin A / Vitamine A	2 %	Vitamin C / Vitamine C	0 %	
	Calcium / Calcium	6 %	Iron / Fer	4 %	

Bilingual Horizontal

- Horizontal display of nutrition information.
- Bilingual format only, no unilingual tables.
- Displays the same information as the Standard Formats.
- Use of the Horizontal Bilingual format is limited, see notes next page.

Nutrition Facts per 1 cup (264 g): Calories 260	
Fat 13 g (20 %), Saturated Fat 3 g + Trans Fat 2 g (25 %), Cholesterol 30 mg,	
Sodium 660 mg (28 %), Carbohydrate 31 g (10 %), Fibre 0 g (0 %), Sugars 5 g,	
Protein 5 g, Vit A (4 %), Vit C (2 %), Calcium (15 %), Iron (4 %). % = % Daily Value	

Linear Format

- Linear display of information. (No columns of information.)
- Unilingual formats only.
- Displays the same information as the Standard formats.
- Limited use, generally small packages and packages with very small areas of continuous available display surface.

Notes on the use of the different formats

Second level options – use of the Bilingual Horizontal Format:

The 2nd level options, Bilingual Horizontal Format Figures 4.1 and 4.2, are in the same size range as some of the 1st level options. Consequently, these formats may **only** be used when:

- there is no continuous panel on the label that would accommodate any NFT listed among the 1st level options (Standard 1.1 - 1.6, Narrow Standard 2.1 - 2.4, or Bilingual Standard 3.1 - 3.4), **and/or**
- manipulating the container to read a 1st level option printed sideways on the side panel or bottom of the package would result in leakage or damage to the product.



This open-window pie box is a candidate for the Bilingual Horizontal Format, as placing a Standard Format on the side or bottom of the package would result in the product being damaged when the consumer turned the package over or sideways to view the NFT.



✗ This product illustrates incorrect use of the Bilingual Horizontal Format. This box will accommodate a 1st level option, i.e., Standard, Narrow Standard or Bilingual Standard formats.

Linear format:

The linear format has limited use as it falls in level 3 of the Decision Tree (lowest level). Generally it is used only on small packages. However, it may also be used when the package configuration prevents the use of larger NFTs as only small areas of continuous space exist.



While the total ADS of this package is significant, because of the configuration, only level 3 formats will fit, e.g., linear, alternate methods of presentation.

Simplified Formats

Purpose

The simplified formats are designed for foods that contain a limited number of nutrients. These formats provide nutrient information for 1 serving of food as sold. However, they do not declare all 13 nutrients in the core list and, consequently, are smaller than standard format NFTs.

When may these formats be used?

The simplified formats *may* be used on foods whose nutrient value is “0”, as reported in the NFT, for seven or more of the Calories and core nutrients [B.01.401(6)].

What nutrients must be declared in the Simplified Formats?

[B.01.401(6)]

- Calories;
- fat;
- carbohydrate;
- protein;
- any other nutrient in the core list that cannot be expressed as “0”;
- any nutrient that is the subject of a statement, claim or representation;
- any sugar alcohol, vitamin or mineral added to the product (other than iodine added to salt or fluoride to water or ice);
- any vitamin or mineral nutrient declared as a component of the product’s ingredients other than flour; and
- a footnote: “Not a significant source of (naming the excluded core nutrients)” or for NFTs in the 3rd Level of Options in the Decision Tree, “Not a significant source of other nutrients”.



Some jams, jellies, fruit flavoured drinks, drink mix powders, and diet soft drinks meet the criteria for the simplified format.

Simplified Formats

Hierarchy of Formats/Decision Tree (B.01.455)

Level 1

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
Calories 5	
Fat 0 g	0 %
Carbohydrate 2 g	1 %
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

Simplified Standard
figures 5.1–5.6

or

Nutrition Facts	
Valeur nutritive	
Per 1 stick (2.7 g) pour 1 bâtonnet (2.7 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 5	
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 2 g	1 %
Protein / Protéines 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

Bilingual Simplified Standard
figures 6.1–6.4

Steps:

1. Manufacturer may choose format 5 or 6.
2. Within desired format, choose largest version that will fit on 15% ADS and 1 continuous surface.
3. All 1st level options must be exhausted before proceeding to next level.



Level 2

Nutrition Facts		Amount	% Daily Value
Valeur nutritive		Teneur	% valeur quotidienne
Per 1 stick (2.7 g) pour 1 bâtonnet (2.7 g)			
Calories 5			
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.			
		Fat / Lipides 0 g	0 %
		Carbohydrate / Glucides 2 g	1 %
		Protein / Protéines 0 g	
		Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

Bilingual Simplified Horizontal
figures 7.1–7.2

Steps:

1. Choose largest version of format that will fit on 15% ADS and 1 continuous surface of the package.
2. All 2nd level options must be exhausted before proceeding to next level.



Level 3

Nutrition Facts	
Valeur nutritive	
Per 355 mL / par 355 mL	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 152	
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 39 g	13 %
Protein / Protéines 0 g	
Not a significant source of other nutrients.	
Source négligeable d'autres éléments nutritifs.	

Bilingual Simplified
Standard
figures 6.5–6.6

or

Nutrition Facts		Amount	% Daily Value
Valeur nutritive		Teneur	% valeur quotidienne
Per 355 mL / par 355 mL			
Calories 152			
Not a significant source of other nutrients.			
		Fat / Lipides 0 g	0 %
		Carbohydrate / Glucides 39 g	13 %
		Protein / Protéines 0 g	
		Source négligeable d'autres éléments nutritifs.	

or Bilingual Simplified Horizontal
figures 7.3–7.4

Nutrition Facts		per 1 stick (2.7 g):	Calories 5	% = % Daily Value
Fat 0 g (0 %),		Carbohydrate 2 g (1 %),	Protein 0 g.	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vit A, vit C, calcium or iron.				

Simplified Linear – figures 17.1–17.2

or Alternate Methods of Presentation

Tags, package inserts*, inner labels*, fold-out labels, overwraps or collars

*For package inserts and inner labels, the outer label must indicate where to find the NFT.

Major Distinguishing Features of the Simplified Formats:

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
Calories 5	
Fat 0 g	0 %
Carbohydrate 2 g	1 %
Protein 0 g	
<small>Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.</small>	

Simplified Standard Formats

- Vertical display of nutrition information.
 - Unilingual French and English formats and bilingual format.
 - 1 serving size declaration for the food as sold, expressed in a consumer friendly measure (1st) and in metric units (2nd, in brackets).
 - Nutrition information presented for 1 serving of food as sold
 - Not all core information is required to be declared. Only Calories, fat, carbohydrates, protein and triggered core and additional information must be declared.
- Footnote: “Not a significant source of (naming the core nutrients not declared)” or “Not a significant source of other nutrients.” The second, abbreviated footnote may be used on smaller versions of the Bilingual Simplified Standard Format (figures 6.5 - 6.6).
 - Additional information is optional.

Bilingual Simplified Horizontal

Nutrition Facts		Amount		% Daily Value	
Valeur nutritive		Teneur		% valeur quotidienne	
Per 1 stick (2.7 g) pour 1 bâtonnet (2.7 g)					
Calories 5					
<small>Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.</small>					
		Fat / Lipides 0 g		0 %	
		Carbohydrate / Glucides 2 g		1 %	
		Protein / Protéines 0 g			
		<small>Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.</small>			

- Horizontal display of nutrition information.
- Bilingual format only, no unilingual tables
- Displays the same information as the Simplified Standard formats.
- Smaller versions of the Bilingual Simplified Horizontal format, figures 7.3 - 7.4, may declare the abbreviated footnote: “Not a significant source of other nutrients.”

Nutrition Facts per 1 stick (2.7 g): Calories 5 Fat 0 g (0 %), Carbohydrate 2 g (1 %), Protein 0 g. <small>Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vit A, vit C, calcium or iron.</small>	<small>% = % Daily Value</small>
--	----------------------------------

Simplified Linear Format

- Linear Display of information. (No columns of information.)
- Unilingual formats only.
- Displays the same information as the Simplified Standard formats.
- Linear formats may declare the abbreviated footnote: “Not a significant source of other nutrients.”

Notes on the use of the different formats

Second level options – use of the Bilingual Horizontal Format: The 2nd level options, Bilingual Simplified Horizontal Format Figures 7.1 and 7.2, may **only** be used when:

- there is no continuous panel on the label that would accommodate any NFT listed among the 1st level options (Simplified Standard 5.1 - 5.6, or Bilingual Simplified Standard 6.1 - 6.4), **and/or**
- manipulating the container to read a 1st level option printed sideways on the side panel or bottom would result in leakage or damage to the product.

Dual Format – Foods Requiring Preparation

Purpose:

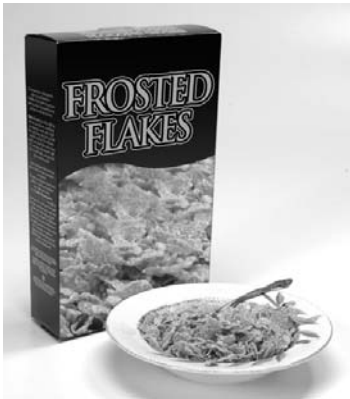
The Dual Format – Foods Requiring Preparation provides nutrition information for both the food as sold and for the food as it is usually consumed.

When may this format be used?

This format is suitable for **foods requiring preparation prior to consumption** or **foods that are customarily served combined with other foods**. Examples include dry noodle and spice mix to be added to ground meat, chocolate drink mix to be added to milk, raw meat to be cooked or dry breakfast cereal to be served with milk.

This format is *always* optional.

In cases where the nutrition information for the food *is not altered* by the preparation – where the nutrition information is **the same** for the food as sold and for the food as prepared – a Standard, Bilingual Horizontal, Linear or Simplified formats *may* be used. Note that in these cases, the serving size declaration is modified to include a declaration for the food as sold. Examples include frozen concentrated juice or drink crystals to be prepared with added water, some popping corn, etc.



This box of cereal may use the Dual Format – Foods Requiring Preparation to provide nutrition information for the cereal as sold, as well as for the cereal as consumed with milk.



This powder based mix may use the Dual Format – Foods Requiring Preparation to provide nutrition information for the food as sold (i.e., powder mix) and for the food as prepared.

Dual Format – Foods Requiring Preparation Hierarchy of Formats/Decision Tree (B.01.456)

Level 1

Nutrition Facts		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
Calories	100	140
% Daily Value		
Fat 2 g*	3 %	3 %
Saturated 1 g + Trans 1 g	10 %	10 %
Cholesterol 0 mg		
Sodium 80 mg	3 %	6 %
Carbohydrate 20 g	7 %	9 %
Fibre 1 g	4 %	4 %
Sugars 14 g		
Protein 4 g		
Vitamin A	0 %	6 %
Vitamin C	0 %	2 %
Calcium	0 %	15 %
Iron	2 %	2 %

* Amount in dry mix
† 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.

Dual Format
Food Requiring Preparation
figures 8.1–8.6

or

Nutrition Facts / Valeur nutritive		
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g) About 1/2 cup prepared / environ 1/2 tasse préparé		
Amount Teneur	Dry Mix Poudre	Prepared† Préparé
Calories / Calories	100	140
% Daily Value / % valeur quotidienne		
Fat / Lipides 2 g*	3 %	3 %
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Carbohydrate / Glucides 20 g	7 %	9 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	2 %
Calcium / Calcium	0 %	15 %
Iron / Fer	2 %	2 %

* Amount in dry mix / Teneur de la poudre
† 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. / 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.

Bilingual Dual Format
Foods Requiring Preparation
figures 9.1–9.4

Steps:

1. Manufacturer may choose format 8 or 9.
2. Within desired format, choose largest version of format that will fit on 15% ADS and 1 continuous surface of the package.
3. All 1st level options must be exhausted before proceeding to next level.



Level 2

Nutrition Facts / Valeur nutritive		
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g) About 1/2 cup prepared / environ 1/2 tasse préparé		
Amount Teneur	Dry Mix Poudre	Prepared† Préparé
Calories	100	140
% Daily Value / % valeur quotidienne		
Fat / Lipides 2 g*	3 %	3 %
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Carbohydrate / Glucides 20 g	7 %	9 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	2 %
Calcium / Calcium	0 %	15 %
Iron / Fer	2 %	2 %

* Amount in dry mix / Teneur de la poudre
† 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. / 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.

Bilingual Dual Format
Foods Requiring Preparation
figures 9.5–9.6

Steps:

1. May choose either version.
2. If no version fits, return to hierarchy of format for standard/horizontal/linear formats.

Major Distinguishing Features of the Dual Format – Foods Requiring Preparation

The format of the *Dual Format – Foods Requiring Preparation* is modified slightly depending on whether the food is a **prepared food** (e.g., cake mix) or a **combined food** (e.g., cereal and milk). Examples of both variations are provided.

Prepared Food e.g., cake mix

Nutrition Facts		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
Calories	100	140
% Daily Value		
Fat 2 g*	3 %	3 %
Saturated 1 g + Trans 1 g	10 %	10 %
Cholesterol 0 mg		
Sodium 80 mg	3 %	6 %
Carbohydrate 20 g	7 %	9 %
Fibre 1 g	4 %	4 %
Sugars 14 g		
Protein 4 g		
Vitamin A	0 %	6 %
Vitamin C	0 %	2 %
Calcium	0 %	15 %
Iron	2 %	2 %
* Amount in dry mix		
† 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

- Vertical display of nutrition information.
- Unilingual French and English formats and bilingual format.

Serving Size and Sub-Headings

- There are two serving size declarations: for the food as sold, and for the prepared food.
- Food as sold* is declared in a consumer friendly measure (1st) and in a metric unit (2nd, in brackets).
- Food as prepared* is declared in a consumer friendly measure, with the statement “about (naming the serving size)” or “about (naming the serving size) prepared”.
- Sub-Headings* (next line of information) – “Amount”, “(description of product as sold)”, “(‘Prepared’ or a description of the food as prepared)”

Nutrient Declarations

Food as sold:

- Complete nutrition information, absolute values (g, mg) and % DV,
- Core information is declared (Calories and 13 nutrients), and
- Additional nutrients may be declared.

Prepared or combined food:

- Calories,
- Calories from fat (if declared for the food as sold),
- % DV for any nutrient that is declared as a % DV for the food as sold, and
- Absolute values are **not** declared for the prepared or combined food.

Footnotes

- A mandatory footnote links the absolute values (g, mg) declared in the NFT to the product as sold, e.g., “*Amount in dry mix”. See the asterisk attached to the “fat” declaration.
- A voluntary footnote presents the amount of nutrients provided by the *added* ingredients in absolute values (g, mg). Note that these values represent the nutrient content of the *added* foods only, not the total nutrient value of the prepared product. For example, in the case of a cake mix, this footnote sets out the nutrient value of the added eggs and milk, not the nutrient value of the final prepared cake.

Combined Food, e.g., cereal and milk

Nutrition Facts

Per 1 cup (30 g)

Amount	Cereal Only	Plus 1/2 cup 2% P.S. Milk*
Calories	110	180
% Daily Value		
Fat 2 g*	3 %	7 %
Saturated 0.4 g + Trans 0 g	2 %	9 %
Cholesterol 0 mg		
Sodium 270 mg	11 %	14 %
Carbohydrate 22 g	7 %	9 %
Fibre 3 g	11 %	11 %
Sugars 1 g		
Protein 4 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	2 %
Calcium	4 %	20 %
Iron	30 %	30 %

*Amount in cereal

Serving Size

- There is *one* serving size for the *food as sold*, declared in a consumer friendly measure (1st) *and* in a metric unit (2nd, in brackets).
- The *combined food* is declared as a heading of a column of information, in a consumer friendly measure only, e.g., "With ½ cup skim milk". (Note – It is not part of the serving size declaration.)

Nutrients and Footnotes

- Same as Dual Format – Foods Requiring Preparation for prepared foods.

Aggregate Format – Different Kinds of Foods

Purpose:

The Aggregate format provides nutrition information for two or more foods or ingredients in a prepackaged product.

When may this format be used?

The Aggregate Format – Different Kinds of Foods **is mandatory** for a prepackaged product containing an assortment of foods of the same type, for which:

1. a serving consists of only one of the foods, and
2. the information for the serving size, energy, or core nutrients **is different** for each food [B.01.406(3)(a)].

Examples include a variety pack of granola bars or chocolate bars.*

- * Health Canada is proposing to amend the Regulations to allow these assortments of foods (e.g., multi-packs) to use not only an Aggregate Format but also individual Standard Formats for each food.

When must this format NOT be used?

Contrarily, this format **may not** be used for an assortment of similar foods for which a serving consists of only one of the foods, and the information for the serving size, energy, and core nutrients is the same for each food. Examples include frozen ices, such as freezie pops and popsicles.

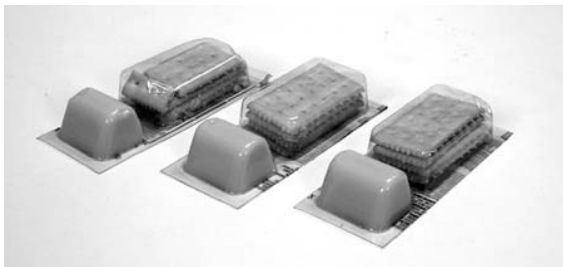
In these cases, the nutrition information *shall be* set out as for one food using the Standard, Horizontal or Linear Formats [B.01.406(3)(b)].

When is this format optional?

1. The Aggregate Format – Different Kinds of Foods **MAY** be used for a prepackaged product containing an **assortment of foods of the same type, when a typical serving consists of more than one food**. Examples include a box of variety chocolates or a tray of mixed nuts. The nutrition information *may* be set out for each food using the Aggregate Format – Different Kinds of Foods but the format is **not** mandatory in these cases, as the nutrition information may also be presented as a single composite value using the Standard, Horizontal or Linear Formats [B.01.406(4)].
2. The Aggregate Format – Different Kinds of Foods **MAY** be used for a package containing **separately packaged ingredients or foods that are intended to be eaten together**. Examples include a cheese and cracker snack kit. The nutrition information may be set out for each ingredient or food using the Aggregate Format – Different Kinds of Food, but the format is **not** mandatory, as the nutrition information may also be set out for the entire product using the Standard, Horizontal or Linear Formats [B.01.406(2)].



The Aggregate Format – Different Kinds of Foods is suitable for this multi-pack of granola bars. Each bar is a single serving and has a unique nutrient profile.



This snack ensemble may use the Aggregate Format – Different Kinds of Foods to present the nutrition information for the individual foods. Use of the Aggregate Format – Different Kinds of Foods is optional.



The Aggregate Format – Different Kinds of Foods may be used to provide nutrition information for each type of chocolate. Use of the Aggregate Format – Different Kinds of Foods is optional.



X The Aggregate Format – Different Kinds of Foods may **not** be used for this multi-pack of frozen ices, where each frozen ice is one serving of food and the nutrient information for all the frozen ices is the same.

Aggregate Format – Different Kinds of Food Hierarchy of Formats/Decision Tree (B.01.457)

Level 1

Nutrition Facts Per 1 pouch	Regular	Apple & Cinnamon (35 g)	Maple & Brown Sugar (35 g)
	Amount	Nutrition Facts / Valeur nutritive	
Calories	110	Regular Ordinaire (35 g)	Apple & Cinnamon Pomme et cannelle (35 g)
Fat	2 g	Amount Teneur	Amount Teneur
Saturated + Trans	0 g	% DV* % VQ*	% DV* % VQ*
Cholesterol	0 mg	Calories / Calories	110 140
Sodium	220 mg	Fat / Lipides	2 g 3% 2 g 3%
Carbohydrate	19 g	Saturated / saturés + Trans / trans	0 g 0% 0 g 0%
Fibre	3 g	Cholesterol / Cholestérol	0 mg 0 mg
Sugars	1 g	Sodium / Sodium	220 mg 9% 310 mg 13%
Protein	4 g	Carbohydrate / Glucides	19 g 6% 26 g 9%
Vitamin A		Fibre / Fibres	3 g 12% 3 g 12%
Vitamin C		Sugars / Sucres	1 g 8 g
Calcium		Protein / Protéines	4 g 4 g
Iron		Vitamin A / Vitamine A	0% 0%
* DV = Daily Value		Vitamin C / Vitamine C	0% 0%
		Calcium / Calcium	2% 2%
		Iron / Fer	6% 6%

Aggregate Format
Different Kinds of Food
figures 10.1–10.6

or

Bilingual Aggregate Format
Different Kinds of Food
figures 11.1–11.4

Steps:

1. Manufacturer may choose format 10 or 11.
2. Within desired format, choose largest version of format that will fit on 15% ADS and 1 continuous surface of the package.
3. All 1st level options must be exhausted before proceeding to next level.

Level 2

Nutrition Facts / Valeur nutritive Per 1 pouch pour 1 sachet	Regular Ordinaire (35 g)	Apple & Cinnamon Pomme et cannelle (35 g)	Maple & Brown Sugar Érable et cassonade (35 g)
	Amount Teneur	% DV* % VQ*	Amount Teneur
Calories / Calories	110		140
Fat / Lipides	2 g	3%	2 g 3%
Saturated / saturés + Trans / trans	0 g	0%	0 g 0%
Cholesterol / Cholestérol	0 mg		0 mg
Sodium / Sodium	220 mg	9%	310 mg 13%
Carbohydrate / Glucides	19 g	6%	26 g 9%
Fibre / Fibres	3 g	12%	3 g 12%
Sugars / Sucres	1 g		8 g
Protein / Protéines	4 g		4 g
Vitamin A / Vitamine A		0%	0%
Vitamin C / Vitamine C		0%	0%
Calcium / Calcium		2%	2%
Iron / Fer		6%	6%

Bilingual Aggregate Format – Different Kinds of Food
figures 11.5–11.6

or

Alternative Methods of Presentation*

Steps:

1. May choose any version.

* Alternative Methods of Presentation may be used **only** for prepackaged products containing an assortment of foods of the same type, when:

- a serving consists of only one of the foods, and
- the information for the serving size, energy or core nutrients is **different** for the individual foods

Major Features of the Aggregate Format – Different Kinds of Foods

Nutrition Facts Per 1 pouch	Regular (35 g)		Apple & Cinnamon (35 g)		Maple & Brown Sugar (35 g)	
	Amount	% DV*	Amount	% DV*	Amount	% DV*
Calories	110		140		130	
Fat	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholesterol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sugars	1 g		8 g		9 g	
Protein	4 g		4 g		3 g	
Vitamin A		0 %		0 %		0 %
Vitamin C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Iron		6 %		6 %		6 %

* DV = Daily Value

- Vertical presentation of information.
- Unilingual French and English formats and bilingual format
- Presentation of nutrition information for more than 1 food.
- The serving sizes are expressed as consumer friendly measures (1st **and** in metric units (2nd; in brackets; same units as net quantity declaration). Notice how the serving sizes are set out in the two examples.
- Complete nutrient information is given for 2 or more foods (absolute values (g, mg) and % DV)
- Core information is declared (Calories and 13 nutrients)
- Additional information may be declared.
- All nutrition information provided for the first food must also be provided for all food(s) in the same units.

Nutrition Facts	4 crackers (28 g)		1 piece of cheese (30 g)	
	Amount	% DV*	Amount	% DV*
Calories	110		80	
Fat	1 g	1 %	4 g	6 %
Saturated + Trans	0 g	0 %	2.5 g	13 %
Cholesterol	0 mg		20 mg	7 %
Sodium	70 mg	3 %	240 mg	10 %
Carbohydrate	22 g	7 %	1 g	0 %
Fibre	1 g	7 %	0 g	0 %
Sugars	0 g		0 g	
Protein	2 g		10 g	
Vitamin A		0 %		4 %
Vitamin C		0 %		0 %
Calcium		2 %		30 %
Iron		6 %		0 %

* DV = Daily Value

Simplified Aggregate Format

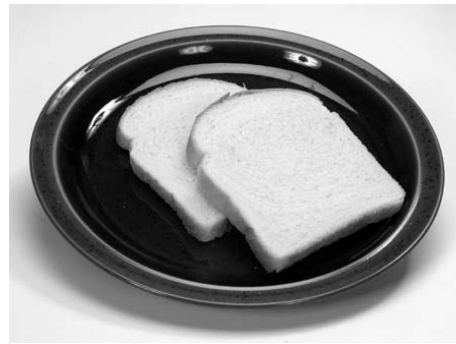
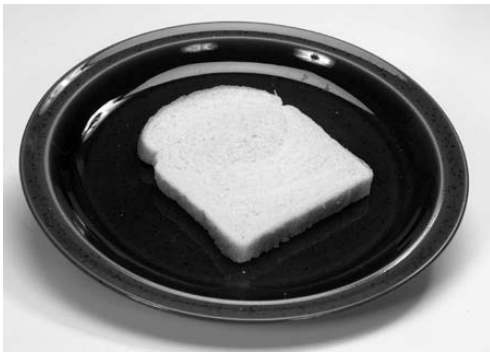
Prepackaged foods that meet the criteria for both the Aggregate Format – Different Kinds of Foods (prepackaged foods containing an assortment of foods or separately packaged ingredients) and the Simplified Format (foods that may declare “0” for 7 or more of Calories and nutrients), may use a **Simplified Aggregate Format – Different Kinds of Foods**.

Dual Format – Different Amounts of Food

When may these formats be used?

These formats may be used whenever it is suitable to provide nutrition information for a food in more than one amount or serving size. For instance, foods may have different uses or different units of measurement. For example, applesauce may be used as both a condiment and as a dessert: 1 tablespoon (15 ml), ½ cup (125 ml).

The use of these formats is always optional.



The Dual Format – Different Amounts of Food may be used to provide information for 1 and 2 slices of bread or for 1 tablespoon and ½ cup of applesauce.

Dual Format – Different Amounts of Food Hierarchy of Formats / Decision Tree (B.01.458)

Level 1

Nutrition Facts		
Per 1 tablespoon (15 mL)		
Amount	15 mL	125 mL
Calories	15	120
% Daily Value		
Fat 0 g*	0 %	4 %
Saturated 0 g + Trans 0 g	0 %	8 %
Cholesterol 0 mg		
Sodium 17 mg	1 %	6 %
Carbohydrate 2 g	1 %	5 %
Fibre 0 g	0 %	0 %
Sugars 2 g		
Protein 1 g		
Vitamin A	2 %	10 %
Vitamin C	4 %	35 %
Calcium	4 %	35 %
Iron	0 %	2 %

* Amount in 15 mL

Dual Format
Different Amounts of
Foods
figures 12.1–12.6

OR

Nutrition Facts / Valeur nutritive		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
Calories / Calories	15	120
% Daily Value / % valeur quotidienne		
Fat / Lipides 0 g*	0 %	4 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %	8 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Carbohydrate / Glucides 2 g	1 %	5 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A	2 %	10 %
Vitamin C / Vitamine C	4 %	35 %
Calcium / Calcium	4 %	35 %
Iron / Fer	2 %	2 %

* Amount in 15 mL / Teneur pour 15 mL

Bilingual Dual Format
Different Amounts of Foods
figures 13.1–13.4

Steps:

1. Manufacturers may choose format 12 or 13.
2. Within desired format, choose largest version of format that will fit on 15% ADS and 1 continuous surface of the package.
3. All 1st level options must be exhausted before proceeding to next level.



Level 2

Nutrition Facts / Valeur nutritive		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
Calories / Calories	15	120
% Daily Value / % valeur quotidienne		
Fat / Lipides 0 g*	0 %	4 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %	8 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Carbohydrate / Glucides 2 g	1 %	5 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A	2 %	10 %
Vitamin C / Vitamine C	4 %	35 %
Calcium / Calcium	4 %	35 %
Iron / Fer	2 %	2 %

* Amount in 15 mL / Teneur pour 15 mL

Bilingual Dual Format
Different Amounts of Food
figures 13.5–13.6

Steps:

1. May choose either version.
2. If no version fits, return to Hierarchy of Format for Standard/Horizontal/Linear Formats.

Major Features of the Dual Format – Different Amounts of Food

Nutrition Facts		
Per 1 tablespoon (15 mL)		
Amount	1 tbsp.	1/2 cup
Calories	15	120
% Daily Value		
Fat 0 g*	0 %	4 %
Saturated 0 g + Trans 0 g	0 %	8 %
Cholesterol 0 mg		
Sodium 17 mg	1 %	6 %
Carbohydrate 2 g	1 %	5 %
Fibre 0 g	0 %	0 %
Sugars 2 g		
Protein 1 g		
Vitamin A	2 %	10 %
Vitamin C	4 %	35 %
Calcium	4 %	35 %
Iron	0 %	2 %
* Amount in 15 mL		

- **For other amounts of food:**

- Calories,
- Calories from fat (if declared for the food as sold),
- % DV for any nutrient that is declared as a % DV for the food as sold.

- Vertical display of nutrition information.
- Unilingual French and English formats and bilingual format.

Serving Size and Headings

- There is 1 serving size declaration for the *primary* serving of food, declared as a consumer friendly measure (1st) *and* in a metric unit (2nd, in brackets). (The primary serving corresponds to the first serving of food declared.)
- Sub-Headings: Include all servings of food declared in consumer friendly measures.
- Metric measures *may* also be provided in the headings.

Nutrient Declarations

- **First amount of Food:** Complete nutrition information, absolute values (g, mg) and % DV, are provided for the first amount of food.
- Core information is declared (Calories and 13 nutrients)
- Additional information may be declared.

Aggregate Format – Different Amounts of Food

When may these formats be used?

These formats may be used whenever it is suitable to provide nutrition information for a food in more than one amount, to reflect different uses or different units of measure of a food. For example, evaporated milk may be used in small quantities to whiten coffee or may be reconstituted and used as a beverage, e.g., 1 tablespoon (15 ml), ½ cup (125 ml).

The use of these formats is always optional.



The Aggregate Format – Different Amounts of Food may be used to provide information for 1 and 2 slices of bread or 1 tablespoon and ½ cup of condensed milk.

Aggregate Format – Different Amounts of Food Hierarchy of Formats/Decision Tree (B.01.459)

Level 1

Nutrition Facts	Per 15 mL		Per 125 mL	
	Amount	% DV*	Amount	% DV*
Calories	15		120	
Fat	0 g	0 %	2.5 g	4 %
Saturated + Trans	0 g	0 %	1.5 g	8 %
Cholesterol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Carbohydrate	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
Protein	1 g		10 g	
Vitamin A		2 %		10 %
Vitamin C		4 %		35 %
Calcium		4 %		35 %
Iron		0 %		2 %

* DV = Daily Value

Aggregate Format
Different Amounts of Foods
figures 14.1–14.6

or

Nutrition Facts / Valeur nutritive	Per / par 15 mL		Per / par 125 mL	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	15		120	
Fat / Lipides	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g	0 %	1.5 g	8 %
Cholesterol / Cholestérol	0 mg		10 mg	
Sodium / Sodium	20 mg	11 %	150 mg	6 %
Carbohydrate / Glucides	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
Protein / Protéines	1 g		10 g	
Vitamin A / Vitamine A		2 %		10 %
Vitamin C / Vitamine C		4 %		35 %
Calcium / Calcium		4 %		35 %
Iron / Fer		0 %		2 %

* DV = Daily Value / VQ = valeur quotidienne

Bilingual Aggregate Format
Different Amounts of Food
figures 15.1–15.4

Steps:

1. Manufacturer may choose format 14 or 15.
2. Within desired format, choose largest version of format that will fit on 15% ADS and 1 continuous surface of the package.
3. All 1st level options must be exhausted before proceeding to next level.



Level 2

Nutrition Facts / Valeur nutritive	Per / par 15 mL		Per / par 125 mL	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	15		120	
Fat / Lipides	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g	0 %	1.5 g	8 %
Cholesterol / Cholestérol	0 mg		10 mg	
Sodium / Sodium	20 mg	11 %	150 mg	6 %
Carbohydrate / Glucides	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
Protein / Protéines	1 g		10 g	
Vitamin A / Vitamine A		2 %		10 %
Vitamin C / Vitamine C		4 %		35 %
Calcium / Calcium		4 %		35 %
Iron / Fer		0 %		2 %

* DV = Daily Value / VQ = valeur quotidienne

Bilingual Aggregate Format
Different Amounts of Food
figures 15.5–15.6

Steps:

1. May choose either version.
2. If no version fits, return to Hierarchy of Format for Standard/ Horizontal/ Linear Formats.

Major Features of the Aggregate Format – Different Amounts of Food

Nutrition Facts / Valeur nutritive	Per 1 tbsp. (15 mL) par 1 c. à soupe (15 mL)		Per 1/2 cup (125 mL) par 1/2 tasse (125 mL)	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	15		120	
Fat / Lipides	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g	0 %	1.5 g 1.5 g	8 %
Cholesterol / Cholestérol	0 mg		10 mg	
Sodium / Sodium	20 mg	11 %	150 mg	6 %
Carbohydrate / Glucides	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
Protein / Protéines	1 g		10 g	
Vitamin A / Vitamine A		2 %		10 %
Vitamin C / Vitamine C		4 %		35 %
Calcium / Calcium		4 %		35 %
Iron / Fer		0 %		2 %

* DV = Daily Value / VQ = valeur quotidienne

- Presentation of nutrition information for more than 1 serving size of a food.
- Unilingual English and French tables and bilingual table.

Serving Size and Headings

- The serving size for all amounts of foods appear as headings to the appropriate columns of information.
- The serving size for all amounts of food is expressed as a consumer friendly measure (1st **and** in metric units (2nd; in brackets).

Nutrients

- Complete nutrient information is given for all foods (absolute values (g, mg) and % DV)
- Core information is declared (Calories and 13 nutrients)
- Additional information may be declared.
- All nutrition information provided for the first food must also be provided for all food(s) in the same units.