Section F
Presentation of the NFT – Graphic and Technical Requirements

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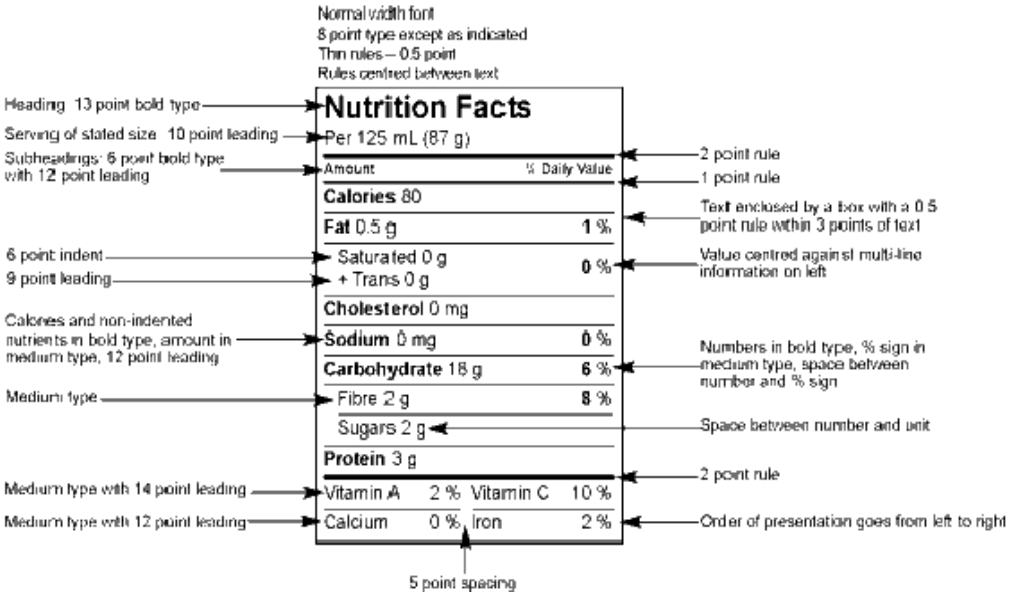
1. Definitions and Prescribed Elements

The Regulations refer to many technical terms used in the printing and graphic industry, such as *font* (the type of print), *leading* (the vertical spacing of lines of information), *point size* (a unit of measure for the size of the font) and *rules* (lines). These definitions and others may be found in the "Glossary of Terms" near the end of the Toolkit.

Presentation of information

To ensure legibility, the graphic and technical requirements of the NFT are highly prescriptive. Sections B.01.450, B.01.460 and Schedule L of the Regulations set specifications, with respect to:

- order of presentation of information;
- dimensions for type size (for different parts of the NFT), rules (lines forming the outer box, between nutrients and between sections of the NFT), and leading (for every line of information);
- spacing (between columns of information; between nutrients and the declaration of amounts; between the numerical declaration and the unit; and between the numerical declaration and % DV, etc.);
- use of bold type; and
- use of capital letters.



Note how prescriptive the Regulations are. Use of the templates in Section K is an easy way of evaluating the compliance of a label with the graphic and technical requirements of the Regulations.

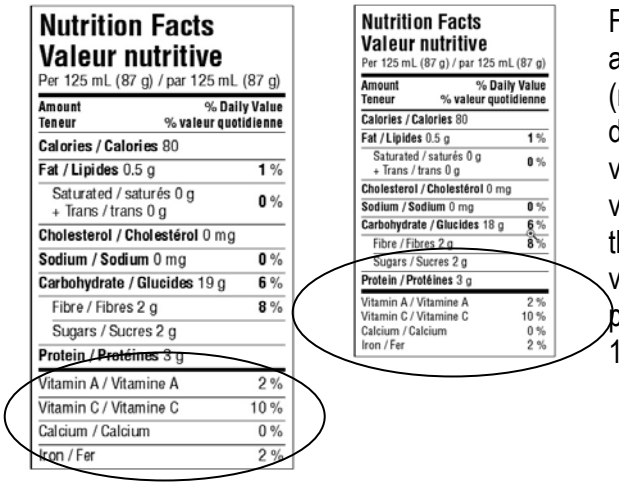
The NFT, characters, and the larger lines (1 and 2 point rules) may be made larger than those appearing in Schedule L, if enlarged in a uniform manner.

Some notes on presentation

The following notes highlight some of the peculiarities of the presentation rules.

All formats:

Absence of lines (rules) in smaller formats



Nutrition Facts
Valeur nutritive
Per 125 mL (87 g) / par 125 mL (87 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	**1 %**
Saturated / 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 %

Nutrition Facts
Valeur nutritive
Per 125 mL (87 g) / par 125 mL (87 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	**1 %**
Saturated / 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 %

For most formats, other than the horizontal and linear formats, there are thin lines (rules) between the vitamin and mineral declarations. However, with the smallest versions of most bilingual formats, those versions that appear in the bottom level of the decision trees, the lines between the vitamin and mineral declarations are not present. (Figures 3.5-3.7, 9.5 - 9.6, 11.5 - 11.6, 13.5 - 13.6, 15.5 - 15.6)

Declaration of omega-3 and omega-6 fatty acids:

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 %

Nutrition Facts
Valeur nutritive
Serving Size 125 mL (35 g) / Portion 125 mL (35 g)
Servings Per Container 13
Portions par contenant 13

Amount Per Serving / Teneur par portion	
Calories / Calories 90 (380 kJ)	
Calories from fat / Calories des lipides 9	
Calories from Saturated + Trans 0	
Calories des lipides saturés et trans 0	
	% Daily Value / % valeur quotidienne*
Total Fat / Lipides 1 g	**2 %**
Saturated / saturés 0 g + Trans / trans 0 g	**0 %**
Polyunsaturated / polyinsaturés 0.5 g	
Omega-6 / oméga-6 0.5 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 0.2 g	
Cholesterol / Cholestérol 0 mg	**0 %**
Sodium / Sodium 300 mg	**12 %**
Potassium / Potassium 410 mg	**12 %**
Total Carbohydrate / Glucides 27 g	**9 %**
Dietary Fibre / Fibres alimentaires 12 g	**48 %**
Soluble Fibre / Fibres solubles 0 g	
Insoluble Fibre / Fibres insolubles 11 g	
Sugars / Sucres 6 g	
Sugar Alcohols / Polyalcools 0 g	
Starch / Amidon 9 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %

Note, that when omega-3, omega-6 and monounsaturates are declared, they line up with the "saturated & trans" declaration. However, when polyunsaturates are also declared the omega-3 and omega-6 are further indented.

Notice the nomenclature of the omega-6 and omega-3 fatty acids. When polyunsaturates are declared, the expressions "Omega-6" and Omega-3" may be used. However, when polyunsaturates are not declared, one of the following expressions must be used: Omega-6 Polyunsaturated Fat, Omega-6 Polyunsaturated Fatty Acids, Omega-6 Polyunsaturated, Omega-6 Polyunsaturates. Similar expressions exist for omega-3 fatty acids.

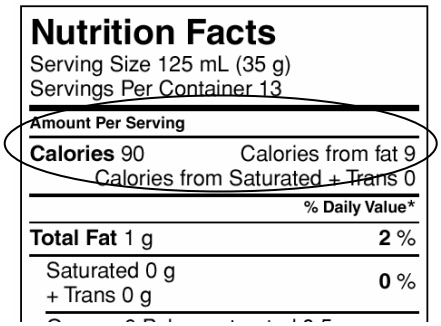
Standard formats:

Additional information:

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** %

Note that when additional information is declared, the sub-heading "% Daily Value/ % valeur quotidienne" may follow the declaration of Calories, Calories from fat, and Calories from Saturated & Trans. This is permitted as these energy declarations may extend to the far right side of the NFT and would otherwise interfere in the % DV column if the heading was placed above these declarations.



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** %

Nutrition Facts
Serving Size 125 mL (35 g)
Servings Per Container 13

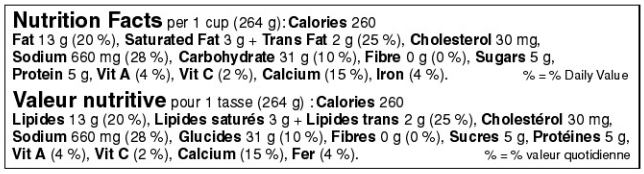
Amount Per Serving	
Calories 90 (380kJ)	
Calories from fat 9	
Calories from Saturated + Trans 0	
	% Daily Value*
Total Fat 1 g	**2** %
Saturated 0 g + Trans 0 g	**0** %

Notice the different manners of declaring the additional energy declarations. Both manners are acceptable.

Linear format (Standard and Simplified, figures 16 and 17)

The Linear Format is a rectangle. However, it may be tailored to the available space on the label and the outer dimensions of the package. Depending on the amount of information presented and the configuration of the label, the Linear Format may appear in different shapes, e.g., rectangle or square. Consequently, use of the templates for the Linear Format is limited.

Both the English and French information may be in one box. However, all the information in one language must precede all the information in the second language. Languages may not be mixed.



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

Valeur nutritive pour 1 tasse (264 g) : **Calories** 260
Lipides 13 g (20 %), **Lipides saturés** 3 g + **Lipides trans** 2 g (25 %), **Cholestérol** 30 mg, **Sodium** 660 mg (28 %), **Glucides** 31 g (10 %), **Fibres** 0 g (0 %), **Sucres** 5 g, **Protéines** 5 g, **Vit A** (4 %), **Vit C** (2 %), **Calcium** (15 %), **Fer** (4 %). % = % valeur quotidienne

✓ It is acceptable to place both the English and the French Linear NFT in one single box, as shown.

Nutrition Facts/ Valeur nutritive

per 1 can (85 g)/par 1 boîte (85 g); Calories 140
Fat / Lipides 7 g (41 %), Sat Fat/Lip sat 1 g + Trans/trans 0 g (4 %), Cholest 45 mg, Sodium 390 mg (14 %), Carb/Glucides 2 g (1 %), Fibre(s) 0 g (0 %), Sugars/Sucres 0 g, Protein/Protéines 18 g, Vit A (0 %), Vit C (8%), Calcium (0 %), Iron/Fer (0 %).

% = % Daily Value/% Valeur quotidienne

✗ This example is incorrect: languages cannot be mixed in the Linear Format.

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

✓ Note the form of this Linear Format. It is acceptable to have square-shaped linear NFTs.

Dividing the NFT

In some cases, the manufacturer may wish to divide the NFT into two parts. This is allowed **only** when additional information is provided: the table may be divided only after the declaration of iron, as set out in Figure 19 of Schedule L. No other manipulations or variations are allowed.

A basic NFT with core information cannot be divided into two parts. When it is absolutely impossible to fit a Standard Format (Standard, Narrow Standard or Bilingual Standard) that contains only core and triggered additional information on 15 % of the ADS and on one continuous surface in a manner that will not cause damage to the product when the package is manipulated to view the NFT, then a Bilingual Horizontal Format may be used.

Nutrition Facts
Valeur nutritive
Serving Size 125 mL (35 g) / Portion 125 mL (35 g)
Servings Per Container 13
Portions par contenant 13

Amount Per Serving / Teneur par portion	
Calories / Calories 90 (380 kJ) Calories from fat / Calories des lipides 9 Calories from Saturated + Trans 0 Calories des lipides saturés et trans 0	
	% Daily Value / % valeur quotidienne*
Total Fat / Lipides 1 g	2 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Polyunsaturated / polyinsaturés 0.5 g	
Omega-6 / oméga-6 0.5 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 300 mg	12 %
Potassium / Potassium 410 mg	12 %
Total Carbohydrate / Glucides 27 g	9 %
Dietary Fibre / Fibres alimentaires 12 g	48 %
Soluble Fibre / Fibres solubles 0 g	
Insoluble Fibre / Fibres insolubles 11 g	
Sugars / Sucres 6 g	
Sugar Alcohols / Polyalcools 0 g	
Starch / Amidon 9 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	35 %

% Daily Value / % valeur quotidienne*	
Vitamin D / Vitamine D	0 %
Vitamin E / Vitamine E	6 %
Vitamin K / Vitamine K	10 %
Thiamine / Thiamine	55 %
Riboflavin / Riboflavine	4 %
Niacin / Niacine	25 %
Vitamin B_6 / Vitamine B_6	10 %
Folate / Folate	10 %
Vitamin B_{12} / Vitamine B_{12}	0 %
Biotin / Biotine	30 %
Pantothenate / Pantothénate	8 %
Phosphorus / Phosphore	30 %
Iodide / Iodure	0 %
Magnesium / Magnésium	50 %
Zinc / Zinc	25 %

✓ This NFT is correctly divided, after the Iron declaration.

Nutrition Facts
Valeur nutritive
Serving Size 125 mL (35 g) / Portion 125 mL (35 g)
Servings Per Container 13
Portions par contenant 13

Amount Per Serving / Teneur par portion	
Calories / Calories 90 (380 kJ) Calories from fat / Calories des lipides 9 Calories from Saturated + Trans 0 Calories des lipides saturés et trans 0	
	% Daily Value / % valeur quotidienne*
Total Fat / Lipides 1 g	2 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Polyunsaturated / polyinsaturés 0.5 g	
Omega-6 / oméga-6 0.5 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 300 mg	12 %
Potassium / Potassium 410 mg	12 %
Total Carbohydrate / Glucides 27 g	9 %
Dietary Fibre / Fibres alimentaires 12 g	48 %
Soluble Fibre / Fibres solubles 0 g	
Insoluble Fibre / Fibres insolubles 11 g	
Sugars / Sucres 6 g	
Sugar Alcohols / Polyalcools 0 g	
Starch / Amidon 9 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	35 %
Vitamin D / Vitamine D	0 %
Vitamin E / Vitamine E	6 %
Vitamin K / Vitamine K	10 %

% Daily Value / % valeur quotidienne*	
Thiamine / Thiamine	55 %
Riboflavin / Riboflavine	4 %
Niacin / Niacine	25 %
Vitamin B_6 / Vitamine B_6	10 %
Folate / Folate	10 %
Vitamin B_{12} / Vitamine B_{12}	0 %
Biotin / Biotine	30 %
Pantothenate / Pantothénate	8 %
Phosphorus / Phosphore	30 %
Iodide / Iodure	0 %
Magnesium / Magnésium	50 %
Zinc / Zinc	25 %

✗ This NFT is incorrectly divided.

2. Colour

Colour of type

Both characters and lines (rules) must be displayed in a single colour that is equivalent to 100 % black on a white or neutral background. Backgrounds may have a maximum 5 % tint [B.01.450(2)].

Interpretation of this requirement is that black type should always be used if black ink has been used in the printing process. However, another dark colour will suffice when black has not been used. Dark blue, dark brown and dark green are acceptable. Light green, red, orange, yellow, silver and reverse printing (white printing on a dark background) are **not** acceptable.

Note that with some printing processes, dots of colour are printed on the edge of the packaging. These dots indicate the colours that have been used in printing the label. If black has been used, the NFT should be printed in black.

✗ This example of an NFT printed in blue is not acceptable, as black ink has been used in the printing process.

✗ Light green print for the NFT is not acceptable.

Background colour

The background colour in the NFT should be white or neutral, with a maximum 5 % tint. This level of tint provides only a slight colour to a background.

5% tint background	10% tint background	20% tint background	30% tint background

The examples here are for illustration purposes only: photocopying may distort colour. It should be noted that evaluation of colour tint by eye is very subjective and often inaccurate.

Dark backgrounds are not permitted, such as in reverse print (white print on a dark background). In general, neither are clear backgrounds, where the colour is provided by the product underneath the clear packaging.

Nutrition Facts
Valeur nutritive
Per 125 mL (87 g) / par 125 mL (87 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	**1** %
Saturated / 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 %

✗ Reverse print: white print on a dark background is not permitted

Nutrition Facts
Valeur nutritive
Per 125 mL (87 g) / par 125 mL (87 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	**1** %
Saturated / 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 %

✗ Backgrounds with more than 5% tint are not permitted.

However, some exceptions do occur. Because of the nature of the packaging material, fibre and Styrofoam egg cartons and brown paper bread bags are not required to have a white background. The NFT may be printed directly onto these surfaces without the application of a background colour.

✓ These exceptions to the rules are acceptable.

3. Type Requirements

Font

An NFT must use a single non-decorative "sans serif" font [B.01.450(3)(a)]. "Serif" is a slight finishing stroke or projection off the main stroke of a letter, for example "S" contrasted with "S". Sans serif fonts are those fonts that *do not* have finishing strokes on the letters. Decorative fonts are also not permitted.

Examples:

Sans Serif Font: Arial and Helvetica are sans serif fonts.

Serif Font: Times New Roman is a serif font.

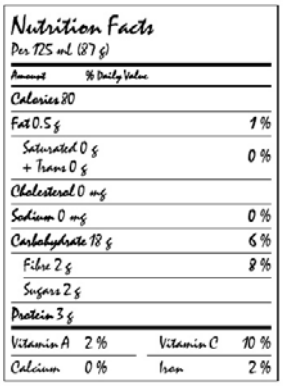
Decorative font: This decorative font is not permitted in the NFT.

While the Regulations do not prescribe the specific font that must be employed, there is a provision that not more than one font may be used in a NFT. The figures in Schedule L use Helvetica font. However, other sans serif fonts are permitted.

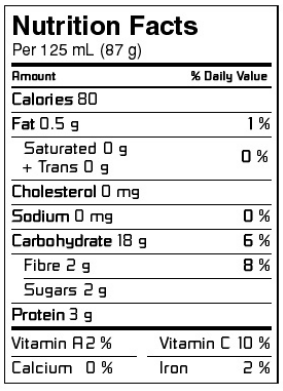
Schedule L sets out font size and font width for all versions of all NFT formats. Larger versions of the formats require normal width font while many smaller versions are required to use condensed width fonts. However, fonts may not be reduced beyond a condensed width. Characters may not touch each other or the lines [B.01.450(3)(a)].

Normal width font: This is a 12 point Arial normal width font.

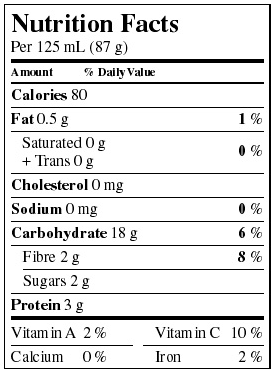
Condensed font: This is 12 point Arial condensed font.



✗ Decorative fonts are not permitted.



✗ May not use more than one font. -- Notice that the title "Nutrition Facts" and the serving size are in a different font from the rest of the NFT



✗ "Serif" fonts are not permitted.

Font variation to highlight nutrients

It is not permitted to highlight nutrients by using larger or smaller print than prescribed or by italicising or changing font.

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 0.5 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 %

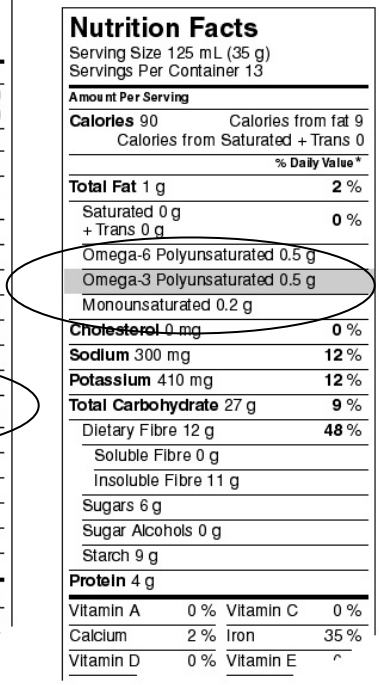
✗ Nutrients may not be italicised to highlight their presence.

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 0.5 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	

✗ Font size may not be manipulated to draw attention to a nutrient.



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 0.5 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	

✗ Highlighting of nutrients is not permitted.

Clarity and legibility of type

The Nutrition Facts table as printed on the label is expected to meet all technical requirements set out by the *Food and Drug Regulations*. Characters (letters and numbers) must not touch each other or the lines [B.01.450(3)(a)].

It is unacceptable to have fuzzy print within the NFT. However, label print may expand, or bleed, during some printing processes (such as the "flexo" process) and on some packaging materials (such as carton).

Therefore, label designers, printers and manufacturers must take these factors into consideration when designing a label. When bleed may be a problem, larger versions of the NFT should be used. Or when necessary, lines and print should be reduced on the design or printing plates, to ensure that the final product is compliant with the Regulations.

✗ Fuzzy printing where characters touch is not permitted.

4. Crowding of Information and/or Narrowing the NFT

While the width of the NFT is not prescribed by the Regulations, the information must remain clear and legible at all times. Consequently, while the narrowing of the NFT is not prohibited, care must be taken to ensure that information does not become overcrowded. The columns for "Amount" and "% Daily Value" should not touch or overlap. This may also become a concern when normal width NFTs use fonts that have wider, more rounded characters than those of the Helvetica or Arial fonts. Although not set out in Schedule L, there should be a minimum of 2 spaces separating the "Amount" column (the farthest left on the label) and the "% Daily Value" column as shown below.

Nutrition Facts
Valeur nutritive
Per 125 mL (87 g) / par 125 mL (87 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	**1** %
Saturated / 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 %

✓ This NFT is not overcrowded.

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✗ Notice that the cholesterol declaration is less than 2 spaces from the % DV column.

5. Adjusting the NFT Rectangle

Widening the NFT

The NFT may be widened. However, care should be taken not to widen the table so much that it becomes difficult to read. Readers must be able to visibly follow a line of information from the nutrient name to the % DV column.

When labels are widened to improve their appearance on the container (e.g., to fit the side of a package), it may be advisable to choose a larger version of the NFT, to facilitate legibility. Spacing between letters should not be distorted to widen the table.

Care should be taken to ensure that legibility is not compromised when widening the NFT.

Tapering the NFT to follow the form of the container

Schedule L clearly sets out the form of the NFT – a rectangle with straight sides and right angled corners. The shape of the NFT *may not* be modified to follow the shape of the container, as shown below.

6. Destruction of the NFT Upon Opening of Package

The NFT must not be placed in an area where it will be destroyed when the package is opened.

Note: This prohibition does not apply to *single serving containers* of food, such as a can of soft drink or a single frozen entree

The NFT **must not** be printed on the tear strip or on the neck of these bottles as in all cases the NFT is destroyed when the bottle is opened.

If the NFT is placed on the top of the yogurt six-pack, care must be taken that it will not be destroyed upon opening. The NFT should not exceed the lid of one individual container.

Single use containers

Certain containers are considered *single use containers*. These containers are ***always*** discarded after opening and are never used to store the left over contents, e.g., fish or meat cans that are opened with a key, cake mixes. As these packages are thrown away after opening, the NFT may be placed over the metal tear strip, even though the NFT will be destroyed upon opening.

If manufacturers choose to place the NFT over the tear strip, then each side of the can is considered as one continuous surface of ADS and the size of the NFT is determined accordingly (i.e., choose the largest version of the NFT that will fit on 15% of the ADS and one continuous surface).

There is no objection to the NFT being destroyed when a single use container is opened.

What constitutes "one continuous surface"?

Note, however, that containers such as the meat can illustrated here require careful treatment. While the ADS of the can does not change, there are two acceptable methods of assessing the area that constitutes "one continuous surface", because the metal strip that opens the can essentially divides large continuous surfaces of ADS into smaller areas of ADS.

- If the NFT is placed over the tear strip (the manufacturer has chosen to ignore the tear strip), the product is treated as if it has four large continuous panels. That is, each side of the can is considered as one continuous surface. The size of the NFT is determined accordingly.

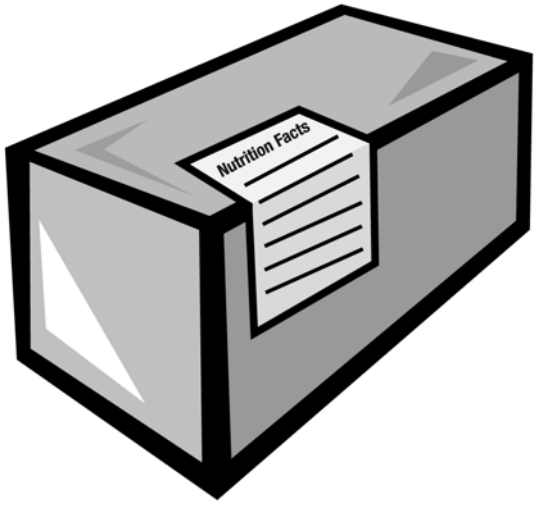
- If, however, the manufacturer chooses to place the NFT elsewhere on the can (**not** over the tear strip), then the metal tear strip divides the sides of the can into eight smaller areas of continuous ADS. The size of the NFT is determined accordingly. In this scenario, a smaller NFT may be acceptable. (See Section D, Decision Trees.)

7. Continuous Surfaces [B.01.451]

The NFT must be on one continuous surface. It is not allowed to continue over edges and corners onto a second surface or panel.

However, with multi-sided containers where the angles are obtuse and a consumer can easily visually follow the labelling information across the angles, two or more panels may be considered a "continuous surface" of ADS. For example, on an eight-sided Tetra Pak container, three panels may be considered one continuous surface of ADS. The sides of cylindrical containers are considered to be one continuous surface.

✗ NFT crossing corners is not permitted.



✓ Multi-sided container, with obtuse angles: 3 panels would be considered one single continuous surface.

8. Visibility Under Customary Conditions of Sale

The NFT must be visible under customary conditions of sale. For example, the outer packaging must not be destroyed or individual units manipulated in order to view the NFT(s). This applies to such packages as multi-packs of yogurt with individual units sharing a common lid. In addition, the NFT should not be printed on the inner side of a label affixed to a bottle of clear liquid, such as vegetable oil, forcing the consumer to view the NFT through the contents of the container.

The NFT must be on an exterior facing surface at the time of sale, where the consumer can see the information. It may not be hidden on an interior facing surface as shown.

Since the product is sold as one unit, a NFT is not required on each cup.

9. Orientation of the NFT

It is preferable that the NFT be orientated in the same manner as other labelling information [B.01.452]. However, no objection is taken to placing the NFT in another manner that fits, providing that the product does not leak or is not damaged when the product is manipulated to view the NFT.