

5. Rounding 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	"Free" declarations: <i>Fat free:</i> <0.5 g and meets "free of fat" <i>Saturated free:</i> <0.5 g and meets "sat free" <i>Trans free:</i> <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 %
Saturates + Trans (%DV only)	< 0.5 g, all other cases	nearest 0.1 g	nearest 1 %
	≥ 0.5 g to ≤ 5 g	nearest 0.5 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 sugar)
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 %



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	<i>For Calories from fat:</i> < 5 Calories <i>and</i> fat declared as 0 g	0 Calories	
	<i>For Calories from Saturates + Trans:</i> < 5 Calories <i>and</i> 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 %

6. Has the Correct Format and Version (Size) Been Chosen?

6A Decision Trees for the NFT Format Families



Standard, Horizontal, Linear Formats 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)		Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value	Amount	% 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 %		

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

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

Bilingual Standard
figures 3.5–3.7

Nutrition Facts		Amount / Teneur		% DV / % VQ*		Amount / Teneur		% DV / % VQ*	
Valeur nutritive		Fat / Lipides 13 g		20 %		Carbohydrate / Glucides 23 g		10 %	
Per 1 bar (40 g)		Saturated / saturés 5 g + Trans / trans 3.5 g		42 %		Fibre / Fibres 0 g		0 %	
Calories 220		Cholesterol / Cholestérol 10 mg		3 %		Sucres / Sugars 20 g			
		Sodium / Sodium 70 mg		3 %		Protein / Protéines 3 g			

or Bilingual Horizontal – figures 4.3–4.5

Nutrition Facts		Amount / Teneur		% DV / % VQ*	
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 %).	

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

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

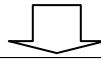
or

Nutrition Facts Valeur nutritive	
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	
Amount Teneur	% Daily Value % 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.



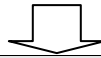
Level 2

Nutrition Facts Valeur nutritive		Amount Teneur	% Daily Value % valeur quotidienne
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)			
Calories 5		Fat / Lipides 0 g	0 %
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.		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.
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 Teneur	% Daily Value % 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 Valeur nutritive		Amount Teneur	% Daily Value % valeur quotidienne
Per 355 mL / par 355 mL			
Calories 152		Fat / Lipides 0 g	0 %
Not a significant source of other nutrients.		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.



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.
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.

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

Level 1

Nutrition Facts	Regular	Apple & Cinnamon	Maple & Brown Sugar
	(35 g)	(35 g)	(35 g)
Per 1 pouch			
Amount			
Calories	110		
Fat	2 g		
Saturated + Trans	0 g		
Cholesterol	0 mg		
Sodium	220 mg		
Carbohydrate	19 g		
Fibre	3 g		
Sugars	1 g		
Protein	4 g		
Vitamin A			
Vitamin C			
Calcium			
Iron			
* DV = Daily Value			

Nutrition Facts / Valeur nutritive	Regular Ordinaire	Apple & Cinnamon Pomme et cannelle	Maple & Brown Sugar Erable et cassonade
	(35 g)	(35 g)	(35 g)
Per 1 pouch pour 1 sachet			
Amount			
% DV*			
% VQ*			
Calories / Calories	110	140	130
Fat / Lipides	2 g	2 g	1 g
Saturated / saturés + Trans / trans	0 g	0 g	0 g
Cholesterol / Cholestérol	0 mg	0 mg	0 mg
Sodium / Sodium	220 mg	310 mg	200 mg
Carbohydrate / Glucides	19 g	26 g	27 g
Fibre / Fibres	3 g	3 g	3 g
Sugars / Sucres	1 g	8 g	9 g
Protein / Protéines	4 g	4 g	3 g
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	2 %	2 %	2 %
Iron / Fer	6 %	6 %	6 %
* DV = Daily Value / VQ = valeur quotidienne			

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.
3. All 1st level options must be exhausted before proceeding to next level.

Level 2

Nutrition Facts / Valeur nutritive	Regular Ordinaire	Apple & Cinnamon Pomme et cannelle	Maple & Brown Sugar Erable et cassonade
	(35 g)	(35 g)	(35 g)
Per 1 pouch pour 1 sachet			
Amount			
% DV*			
% VQ*			
Calories / Calories	110	140	130
Fat / Lipides	2 g	2 g	1 g
Saturated / saturés + Trans / trans	0 g	0 g	0 g
Cholesterol / Cholestérol	0 mg	0 mg	0 mg
Sodium / Sodium	220 mg	310 mg	200 mg
Carbohydrate / Glucides	19 g	26 g	27 g
Fibre / Fibres	3 g	3 g	3 g
Sugars / Sucres	1 g	8 g	9 g
Protein / Protéines	4 g	4 g	3 g
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	2 %	2 %	2 %
Iron / Fer	6 %	6 %	6 %
* DV = Daily Value / VQ = valeur quotidienne			

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



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.
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.

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.
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.

6B Evaluating the Format: Has the Correct Version Been Used?

[B.01.445 - B.01.464]

Step 1:

Identify the format and version of the NFT on the label.

Identify where on the Hierarchy of Formats (Decision Trees) the NFT is positioned.

Step 2:

If the NFT is the largest version (size) of any format, other than a Horizontal (4.1, 7.1) or Linear format (16.1, 17.1), then this requirement has been met. (The largest versions are numbered figures 1.1, 2.1, 3.1, 5.1, 6.1, 8.1, etc.)

Step 3:

Measure the ADS of the package.

Don't forget to subtract the UPC.

Step 4:

Calculate 15% of the ADS.

Step 5:

Measure the area of the NFT. When separate English & French tables are being used, include the area of both tables.

Note: Only core and triggered additional information should be included in the measurement.

Step 6:

If the following conditions have been fulfilled, the requirements have been met.

When the NFT is in the 1st level of the Hierarchy of Formats:

- Verify that the area of the NFT is 15% or more than the ADS of the package (Step 6).

OR

- Verify that the NFT is the closest version of the format to 15% of the ADS that does not exceed 15%.

When the NFT is a Bilingual Horizontal Format (Standard 4.1 or 4.2; Simplified 7.1 or 7.2):

- Verify that a 1st level NFT will not fit on one continuous surface of the package, or that the use of a 1st level format would result in damage to the product (e.g., if the product must be turned over to view the NFT.)
- Verify that the largest version of the NFT is used or if the smaller version is used (4.2 or 7.2), verify that the first version exceeds 15% of the ADS.

When the NFT is in the lowest level of Hierarchy of Formats:

- Verify that a 1st level NFT will not fit on 15% of the ADS and on one continuous surface.
- For the Standard, Horizontal, Linear and Simplified formats, verify that a 2nd level format will not fit on 15% ADS and on one continuous surface.

6C Calculating the Available Display Surface

Table E1: Definition of Available Display Surface (ADS) [B.01.001]

Package Type	Included in ADS	Excluded from ADS
All Packages	<ul style="list-style-type: none"> total area of package include bottom if product will not be damaged or leak if turned upside down 	<ul style="list-style-type: none"> bottom, if product leaks or is damaged if upside down area destroyed when opened (except for single serving containers) area where a label cannot be physically applied area where information cannot be legibly set out or easily viewed UPC
Ornamental Containers	<ul style="list-style-type: none"> total area of bottom or area of tag (both sides), whichever is bigger 	<ul style="list-style-type: none"> top sides UPC
Tags* <ul style="list-style-type: none"> for ornamental containers for packages to which a label cannot be applied for small packages to which alternate methods of presentation apply** 	<ul style="list-style-type: none"> both sides of tag (However, any version (size) of an appropriate format may be used.) 	<ul style="list-style-type: none"> UPC

* Note: If tags are used on other pre-packaged products (i.e., not ornamental containers, packages that cannot affix a label, or small packages), then this rule does not apply. See the Table E3: Summary of ADS for Different Packaging Types.

** Note: Use of alternate methods of presentation applies to products using the standard/horizontal/linear and simplified format families, and in some instances, on products displaying an aggregate format – different kinds of food. (See Decision Trees in Sections D and G.)



Guidance on Measuring ADS

Table E2: Summary – Guidance on Measuring ADS

Package Area	Included in ADS	Excluded from ADS
Areas Destroyed Upon Opening – e.g., tamper seals, tear strips		<ul style="list-style-type: none"> area destroyed
Bag Closures – e.g., zip lock, cut line, heat seal		<ul style="list-style-type: none"> bag closure area past bag closure (area usually cut off when opening)
Curves	<ul style="list-style-type: none"> gentle curves that may support a label 	<ul style="list-style-type: none"> sharp acute curves
Eye Spot		<ul style="list-style-type: none"> eye spot and area whole length of package, if not already labelled
Gable Ends		<ul style="list-style-type: none"> whole area unless already printed
Gathered Ends of Bags		<ul style="list-style-type: none"> excluded as information would not be legible the NFT should not be in this area
Gathered Ends Covered by a Sticker – e.g., roll of cookies	<ul style="list-style-type: none"> the total panel where the sticker appears, even if the sticker covers only a small portion of the gathered material 	
Label Info. on Non-ADS Surfaces – e.g., top of tin can	<ul style="list-style-type: none"> whole area labelled 	If labelling information is a public service message, e.g., Kids Help Phone, recycle information or opening instructions, then ADS is not triggered.
Lids – e.g., jars, tubs	<ul style="list-style-type: none"> both top and sides, except as indicated in the next column 	<ul style="list-style-type: none"> very small lids with no label information sides with spirals or groves that inhibit legibility sides <10 mm wide on tops: exclude raised ridges, unless already printed
Ridges	<ul style="list-style-type: none"> ridges that don't interfere with labelling tightly repetitive ridging that may support labelling 	<ul style="list-style-type: none"> ridges that will not support a label or interfere with legibility when label is printed directly on package
UPC code		<ul style="list-style-type: none"> entire box containing UPC code in the case of non-boxed UPC, only area covered by the UPC
Very Small Areas of Continuous Surface		<ul style="list-style-type: none"> whole area if not practical to be labelled, e.g., small caps, folded corners
Windows	<ul style="list-style-type: none"> plastic covered window 	<ul style="list-style-type: none"> open window

Overview of Different Packaging Types

Table E3: Summary – Calculating ADS for Different Packaging Types

Package Type	Included in ADS	Excluded from ADS	
		Surfaces	UPC
Bacon Packages	<ul style="list-style-type: none"> front back 	<ul style="list-style-type: none"> area width of 1 bacon strip the whole length of package 	✗
Bags – Flat, back central seam (e.g., chip bag)	<ul style="list-style-type: none"> front back 	<ul style="list-style-type: none"> top, bottom and back central seams the length of bag covered by eye mark 	✗
Bags – Bread	<ul style="list-style-type: none"> all sides + 1 end 	<ul style="list-style-type: none"> gathered end, (from crust to end of bag) 	✗
Bags – Cookie	<ul style="list-style-type: none"> front & back main panels – top wrap area to bottom sides bottom – largest panel only 	<ul style="list-style-type: none"> sides – gabled areas at top bottom – smaller panel 	✗
Bags – Flat pouch without gussets	<ul style="list-style-type: none"> front back 	<ul style="list-style-type: none"> glued areas see Table E2: Bag Closures 	✗
Bags – Stand-up with inset gusset	<ul style="list-style-type: none"> front back bottom, if inset gusset can support easily readable information. 	<ul style="list-style-type: none"> bottom, if inset gusset is deep and will not support easily readable information front & back – glued areas see Table E2: Bag Closures 	✗
Bags – Stand-up pouch with flat bottom	<ul style="list-style-type: none"> front back bottom 	<ul style="list-style-type: none"> glued seams see Table E2: Bag Closures 	✗
Baked Goods – Fresh, Not baked & packaged at retail (e.g., rigid clear plastic “Clam Shell” containers)	<ul style="list-style-type: none"> top sides bottom (providing turning the product over will not damage the product) 	<ul style="list-style-type: none"> bottom – if turning the product upside down will result in damage to the product. closure tamper seal ridging, etc. that will not support a label 	✗ (if on included area)
Bars – Foil wrapped (e.g., energy bar)	<ul style="list-style-type: none"> entire wrapper 	<ul style="list-style-type: none"> end seams central flap (both sides) unless already printed 	✗
Bars – Paper label over foil wrap (e.g., chocolate bar)	<ul style="list-style-type: none"> entire paper label 		✗
Bottles/Jars – Regular cylindrical, glass & plastic (e.g., stubby bottles, not bottles with long necks)	<ul style="list-style-type: none"> sides (full circumference) lid (unless exceptions apply) 	<ul style="list-style-type: none"> sides – curves at top and bottom some lids: See Table E2: Lids 	✗
Bottles/Jars – Irregular, sold by volume; glass or plastic	<ul style="list-style-type: none"> based on declared net quantity, no further deductions e.g., UPC <ul style="list-style-type: none"> ≤ 149 ml = less than 100 cm² = small package exemption 150 ml to 250 ml = 100 cm² > 250 ml = $\frac{\text{volume of container (ml)}}{250 \text{ ml}} \times 100 \text{ cm}^2$ 		
Bottles/Jars – Irregular, sold by weight; glass or plastic	<ul style="list-style-type: none"> empty container; measure volume and apply rules for irregular bottles/jars sold by volume no further deductions e.g., UPC 		



Package Type	Included in ADS	Excluded from ADS	
		Surfaces	UPC
Cans – Metal, paper label (round and oblong cans)	<ul style="list-style-type: none"> sides (full circumference) 	<ul style="list-style-type: none"> top (unless already labelled) bottom (unless already labelled) 	✘
Cans – Flat, print directly on can (e.g., sardine, herring, ham)	<ul style="list-style-type: none"> top bottom sides of larger cans 	<ul style="list-style-type: none"> top & bottom – ridges and/or keys that prevent legible printing sides of small cans, unless already printed (e.g., sardine cans) 	✘
Cans – Cardboard or metal with plastic lid (e.g., hot chocolate)	<ul style="list-style-type: none"> plastic lid sides (full circumference) 	<ul style="list-style-type: none"> lid – ridge, if present bottom 	✘
Cardboard Containers (e.g., milk, juice)	<ul style="list-style-type: none"> sides shoulder panels 	<ul style="list-style-type: none"> bottom gabled ends top glue seal (area for “best before” date) plastic cap (unless labelled) 	✘
Catch Weight Meat Products of similar weight and form e.g., pork hocks	<ul style="list-style-type: none"> front* back* <p>* ADS = area of largest rectangle that will fit on front or back, respectively, of 80% of packages produced.</p>	<ul style="list-style-type: none"> Sides 	✘
Egg Cartons	<ul style="list-style-type: none"> lid – flat areas sides of lid inner lid if already labelled 	<ul style="list-style-type: none"> bottom with dropped cups top – indented areas that will not support labeling inner label if no written information present 	✘
Frozen Foods – Foil container, plastic or cardboard lid (e.g., frozen cake, frozen lasagna)	<ul style="list-style-type: none"> top 	<ul style="list-style-type: none"> foil container 	✘ (if on included area)
Frozen Foods – Foil container, plastic or cardboard lid and overwrap (e.g., frozen cake)	<ul style="list-style-type: none"> top or overwrap, whichever is larger 	<ul style="list-style-type: none"> foil container 	✘ (if on included area)
Multi-Pack with dropped units (plastic cups) (e.g., multi pack of pudding, multi-pack of yogurt with common lid)	<ul style="list-style-type: none"> common area (top) visible area of dropped units 	<ul style="list-style-type: none"> open ended windows areas of dropped cups that are not visible at time of sale (facing inward) bottom of cups 	✘
Multi-Pack – Transparent cellophane wrapper over fully labelled individual units	<ul style="list-style-type: none"> If NFT is on outer packaging, ADS includes total outer package If NFT is on individual unit, ADS is based on surface of individual unit. Note, NFT and all mandatory information must be visible at time of sale 		✘

Package Type	Included in ADS	Excluded from ADS	
		Surfaces	UPC
Paper Label Inside Clear Packaging	<ul style="list-style-type: none"> ▪ whole length of panels ▪ all panels that may support inner paper label 	<ul style="list-style-type: none"> ▪ areas where inner paper label may not be supported (e.g., cup area of egg carton) 	✘
Pillow Packs	<ul style="list-style-type: none"> ▪ front ▪ back ▪ sides > 4 cm wide 	<ul style="list-style-type: none"> ▪ sealed seams ▪ sides < 4 cm wide 	✘
Tags – Applied to containers other than: ornamental containers, products to which a label cannot be affixed, and small packages to which alternate methods of presentation apply. (See table E-1 for tags attached to ornamental containers, etc.)	<ul style="list-style-type: none"> ▪ container 	<ul style="list-style-type: none"> • tag – the NFT must not appear on the tag 	✘
Tetra-Pack	<ul style="list-style-type: none"> ▪ top ▪ front ▪ back ▪ sides 	<ul style="list-style-type: none"> ▪ bottom ▪ sides – folded corners (folded from the top panel) ▪ top – foil or plastic covered spout or straw insertion area ▪ top and back seams, unless printed information exists in these areas ▪ cellophane covering for straw 	✘
Tubs – Printed plastic (e.g., yogurt, margarine)	<ul style="list-style-type: none"> ▪ lid (see next column) ▪ sides (full circumference) 	<ul style="list-style-type: none"> ▪ lid – ridge on edge; see Table E2: Lids ▪ sides – top ridge, where lid covers side ▪ bottom 	✘
Tubs – Clear plastic, labelled with paper label (e.g., deli tubs)	<ul style="list-style-type: none"> ▪ lid (see next column) ▪ sides (full circumference) ▪ bottom 	<ul style="list-style-type: none"> ▪ lid – ridge on edge; see Table E2: Lids ▪ sides – top ridge, where lid covers side ▪ bottom – inner ridge 	✘
Tubs – Cardboard (e.g., ice cream)	<ul style="list-style-type: none"> ▪ sides (full circumference) ▪ lid 	<ul style="list-style-type: none"> ▪ sides – area covered by rim of lid ▪ lid – plastic rim, unless already labelled ▪ bottom 	✘
Wrappers, Tube Shapes	<ul style="list-style-type: none"> ▪ all sides 	<ul style="list-style-type: none"> ▪ gathered ends unless covered by a sticker ▪ central seam 	✘

6D Notes on Measurement and the Use of Templates

(See Section K-1 Templates (last page))

The templates contain only mandatory information.
If additional information is included in the NFT the templates will not fit.

Measuring the table

- The outer measurements of the NFT, as listed on the templates, may change if additional information is declared or if fonts other than Helvetica or Arial are used.
- The tables may be widened or narrowed providing that the information is clear and legible and there is no crowding of information.
- A ruler is included in the Toolkit that measures point size for fonts, rules and leading.

Indents

- Indents are measured from the edge of column of information, not from the box enclosing the NFT.

Font

- The templates use Helvetica font. If the NFT being evaluated uses fonts other than Helvetica or Arial, the templates may not fit.

Leading

- When measuring the leading, the measurement goes from the bottom of one line to the bottom of the line above it. The rules (lines) do not affect this measurement.

Measurement When Templates Cannot Be Used

Schedule L sets out all measurements for the NFT. For convenience, the following tables based on Schedule L have been included. (Numbers reflect Schedule L numbering.)

The tables, organized into the six format family groups, provide measurements that may be used to evaluate a NFT when the use of templates is not appropriate. For example, the NFT may contain additional information or it may utilize a sans serif font other than Helvetica or Arial. These measurements may be used to verify different elements of the NFT.

Type Height

The *Consumer Packaging and Labelling Regulations* have provisions for the minimum type height of mandatory information and for the numerical portion of the net quantity declaration. Type height is the height of an upper case letter when words appear in upper case and the height of the lower case "o" when words appear in lower case or a mixture of upper and lower case letters.

Information	Size PDP*	Type Height
Mandatory Information		1.6 mm (1/16 inch)
Numerical Portion Net Quantity	$\leq 32 \text{ cm}^2$ ($\leq 5 \text{ in}^2$)	1.6 mm (1/16 inch)
Numerical Portion Net Quantity	$> 32 \text{ to } \leq 258 \text{ cm}^2$ ($> 5 \text{ to } \leq 40 \text{ in}^2$)	3.2 mm (1/8 inch)
Numerical Portion Net Quantity	$> 258 \text{ to } \leq 645 \text{ cm}^2$ ($> 40 \text{ to } \leq 100 \text{ in}^2$)	6.4 mm (1/4 inch)
Numerical Portion Net Quantity	$> 645 \text{ to } \leq 2580 \text{ cm}^2$ ($> 100 \text{ to } \leq 400 \text{ in}^2$)	9.5 mm (3/8 inch)
Numerical Portion Net Quantity	$> 2580 \text{ cm}^2$ ($> 400 \text{ in}^2$)	12.7 mm (1/2 inch)

* PDP = principal display panel



Measurements:

Standard, Narrow Standard and Linear Formats

Standard Format, Figure 1								
Point Size (Type size unless otherwise stated)								
Version	Total Area NFT * Eng & Fr (cm ²)	Dimensions of Table (w x l) cm	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading - Sodium	**Thin Rules	Approximate increase in figure length for every extra line of information
1.1	61.2	4.7 x 6.5	Normal	13	8	12	0.5	4.2 mm
1.2	49.2	4.1 x 6.0	Normal	13	7	11	0.5	3.9 mm
1.3	38.4	3.2 x 6.0	Condensed	13	7	11	0.5	3.9 mm
1.4	33	3.0 x 5.5	Condensed	10	7	10	0.25	3.5 mm
1.5	31.3	2.9 x 5.4	Condensed	10	6	10	0.5	3.5 mm
1.6	28.6	2.8 x 5.1	Condensed	10	6	9	0.25	3.2 mm

Narrow Standard Format, Figure 2								
Point Size (Type size unless otherwise stated)								
Version	Total Area NFT * Eng & Fr (cm ²)	Dimensions of Table (w x l) cm	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading - Sodium	**Thin Rules	Approximate increase in figure length for every extra line of information
2.1	55.4	3.6 x 7.7	Normal	12	8	12	0.5	4.2 mm
2.2	47.6	3.3 x 7.2	Normal	11	7	11	0.5	3.9 mm
2.3	40.4	2.8 x 7.2	Condensed	10	7	11	0.5	3.9 mm
2.4	33.0	2.5 x 6.6	Condensed	10	6	10	0.5	3.5 mm

Bilingual Standard Format, Figure 3								
Point Size (Type size unless otherwise stated)								
Version	Total Area NFT* (cm ²)	Dimensions of Table (w x l) cm	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading - Sodium	**Thin Rules	Approximate increase in figure length for every extra line of information
3.1	41.6	5.2 x 8.0	Normal	13	8	12	0.5	4.2 mm
3.2	34.5	4.6 x 7.5	Normal	13	7	11	0.5	3.9 mm
3.3	30.8	4.1 x 7.5	Condensed	13	7	11	0.5	3.9 mm
3.4	24.5	3.6 x 6.8	Condensed	10	6	10	0.5	3.5 mm
***3.5	21.4	3.5 x 6.1	Condensed	10	6	9	0.25	
***3.6	20	3.5 x 5.7	Condensed	10	6	8	0.25	
***3.7	16.2	3.3 x 4.9	Condensed	9	6	7	0.25	

Bilingual Horizontal Standard Format, Figure 4 Point Size (Type size unless otherwise stated)							
Version	Total Area NFT *	Dimensions of Table in cm (width x Length)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading - Sodium	**Thin Rules
4.1	34.9	10.9 x 3.2	Condensed	13	7	11	0.5
4.2	27.8	9.6 x 2.9	Condensed	10	6	10	0.5
4.3	24.0	9.6 x 2.5	Condensed	10	6	9	0.25
4.4	22.1	9.6 x 2.3	Condensed	10	6	8	0.25
****4.5	20.7	10.9 x 1.9	Condensed	10	6	8	0.25

Linear Format, Figure 16 Point Size (Type size unless otherwise stated)					
Version	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – between lines of type	Thin Rules *****
16.1	Normal	10	7	8	N.A.
16.2	Normal	10	6	7	N.A.

Bold Type:

Nutrition Facts, Subheadings (Amount, %Daily Value), Calories, Fat, Cholesterol, Sodium, Potassium, Carbohydrate, Protein.

- * Total area of NFT is based on a NFT containing only core nutrients and the serving size occupying one line of type (2 lines for the Bilingual Horizontal formats).
- ** Thin rules are the thin horizontal lines between the nutrient declarations.
- *** In versions 3.5, 3.6 and 3.7 of the Bilingual Standard Format there are no rules between vitamin and mineral declarations.
- **** Version 4.5 of the Bilingual Horizontal Standard Format is wider and shorter than the other versions because the vitamins and minerals have been moved to form a third column
- ***** There are no rules in the linear formats.



Measurements: Simplified Format

Simplified Standard Format, Figure 5 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * Eng & Fr (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Fat	**Thin Rules
5.1	31	Normal	13	8	12	0.5
5.2	29.6	Normal	13	7	11	0.5
5.3	26.2	Condensed	13	7	11	0.5
5.4	24.4	Condensed	10	7	10	0.25
5.5	23.8	Condensed	10	6	10	0.5
5.6	22.6	Condensed	10	6	9	0.25

Bilingual Simplified Format, Figure 6 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Fat	**Thin Rules
6.1	27.7	Normal	13	8	12	0.5
6.2	25.7	Normal	13	7	11	0.5
6.3	22.8	Condensed	13	7	11	0.5
6.4	19.1	Condensed	10	6	10	0.5
***6.5	14.5	Condensed	10	6	9	0.25
***6.6	13.9	Condensed	10	6	8	0.25

Bilingual Simplified Horizontal Format, Figure 7 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Sodium	**Thin Rules
7.1	23.2	Condensed	13	7	11	0.5
7.2	21.6	Condensed	10	6	10	0.5
7.3	13.3	Condensed	10	6	9	0.25
7.4	13.3	Condensed	10	6	8	0.25

Simplified Linear Format, Figure 17 Point Size (Type size unless otherwise stated)					
Version	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – between lines of type	Thin Rules ****
17.1	Normal	10	7	8	N.A.
17.2	Normal or Condensed	10	6	7	N.A.

Bold Type:

Nutrition Facts, Subheadings (Amount, % Daily Value), Calories, Fat, Carbohydrate, Protein. (Based on minimum requirements, i.e., no triggered nutrients.)

- * Total area of NFT is based on a NFT containing only core nutrients for simplified formats and the serving size as set out in Schedule L.
- ** Thin rules are the horizontal lines separating the nutrient declarations.
- *** Versions 6.4 and 6.6 of the Bilingual Simplified Standard Format may declare the shortened modified footnote.
- **** There are no rules in the Simplified Linear Format.



Measurements: Dual Format – Foods Requiring Preparation

Dual Format – Foods Requiring Preparation, Figure 8 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * Eng & Fr (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Sodium	**Thin Rules
8.1	85.6	Normal	13	8	12	0.5
8.2	73.2	Normal	13	7	11	0.5
8.3	65.4	Condensed	13	7	11	0.5
8.4	60.0	Condensed	10	7	10	0.25
8.5	55	Condensed	10	6	10	0.5
8.6	51.6	Condensed	10	6	9	0.25

Bilingual Dual Format - Foods Requiring Preparation, Figure 9 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Sodium	**Thin Rules
9.1	67.7	Normal	13	8	12	0.5
9.2	63.4	Normal	13	7	11	0.5
9.3	56.3	Condensed	13	7	11	0.5
9.4	43.7	Condensed	10	6	10	0.5
***9.5	40	Condensed	10	6	9	0.25
***9.6	37.4	Condensed	10	6	8	0.25

Bold Type:

Nutrition Facts, Subheadings (Amount, Product as Sold, Product as Prepared, % Daily Value), Calories, Fat, Cholesterol, Sodium, Potassium, Carbohydrate, Protein.

* Total area of NFT is based on a NFT containing only core nutrients and displaying 2 sets of information; i.e., for the food as sold and for the food as prepared or combined.

** Thin rules are the thin horizontal lines between the nutrient declarations.

*** In versions 9.5 and 9.6 of the Bilingual Dual Format – Foods Requiring Preparation there are no rules between vitamin and mineral declarations.

Measurements: Aggregate Format – Different Kinds of Foods

Aggregate Format – Different Kinds of Foods, Figure 10 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * Eng & Fr (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Sodium	**Thin Rules
10.1	135.6	Normal	10	8	12	0.5
10.2	126.8	Normal	10	7	11	0.5
10.3	113.8	Condensed	10	7	11	0.5
10.4	105.9	Condensed	10	7	10	0.25
10.5	100.4	Condensed	10	6	10	0.5
10.6	92.7	Condensed	10	6	9	0.25

Bilingual Aggregate Format – Different Kinds of Foods, Figure 11 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Sodium	**Thin Rules
11.1	88.4	Normal	10	8	12	0.5
11.2	78.2	Normal	10	7	11	0.5
11.3	70.3	Condensed	10	7	11	0.5
11.4	62.2	Condensed	10	6	10	0.5
***11.5	53.4	Condensed	10	6	9	0.25
***11.6	51	Condensed	10	6	8	0.25

Bold Type:

Nutrition Facts, Subheadings (names of products, Amount, % Daily Value), Calories, Fat, Cholesterol, Sodium, Potassium, Carbohydrate, Protein.

* Total area of NFT is based on a NFT containing only core nutrients and displaying information for **3 different foods**.

** Thin rules are the thin horizontal lines between the nutrient declarations.

*** In versions 11.5 and 11.6 of the Bilingual Aggregate Format – Different Kinds of Foods, there are no rules between vitamin and mineral declarations.



Measurements: Dual Format – Different Amounts of Food

Dual Format – Different Amounts of Food, Figure 12 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * Eng & Fr (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Sodium	**Thin Rules
12.1	71.2	Normal	13	8	12	0.5
12.2	59.2	Normal	13	7	11	0.5
12.3	53.2	Condensed	13	7	11	0.5
12.4	49.6	Condensed	10	7	10	0.25
12.5	41.4	Condensed	10	6	10	0.5
12.6	38.4	Condensed	10	6	9	0.25

Bilingual Dual Format – Different Amounts of Food, Figure 13 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading - Sodium	**Thin Rules
13.1	60.7	Normal	13	8	12	0.5
13.2	54.0	Normal	13	7	11	0.5
13.3	47.1	Condensed	13	7	11	0.5
13.4	36.4	Condensed	10	6	10	0.5
***13.5	32.2	Condensed	10	6	9	0.25
***13.6	30.2	Condensed	10	6	8	0.25

Bold Type:

Nutrition Facts, Subheadings (Amount, Different Amounts of Food, % Daily Value), Calories, Fat, Cholesterol, Sodium, Potassium, Carbohydrate, Protein.

* Total area of NFT is based on a NFT containing only core nutrients and displaying information for 2 amounts of food.

** Thin rules are the thin horizontal lines between the nutrient declarations.

*** In versions 13.5 and 13.6 of the Bilingual Dual Format – Different Amounts of Food there are no rules between vitamin and mineral declarations.

Measurements: Aggregate Format – Different Amounts of Food

Aggregate Format – Different Amounts of Food, Figure 14 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * Eng & Fr (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Sodium	**Thin Rules
14.1	97.8	Normal	10	8	12	0.5
14.2	91.0	Normal	10	7	11	0.5
14.3	82.8	Condensed	10	7	11	0.5
14.4	75.6	Condensed	10	7	10	0.25
14.5	74.4	Condensed	10	6	10	0.5
14.6	68.4	Condensed	10	6	9	0.25

Bilingual Aggregate Format – Different Amounts of Food, Figure 15 Point Size (Type size unless otherwise stated)						
Version	Total Area NFT * (cm ²)	Font Width	Nutrition Facts (Title)	Calories & Bolded Nutrients	Leading – Sodium	**Thin Rules
15.1	64.0	Normal	10	8	12	0.5
15.2	53.3	Normal	10	7	11	0.5
15.3	47.4	Condensed	10	7	11	0.5
15.4	40.0	Condensed	10	6	10	0.5
***15.5	35.4	Condensed	10	6	9	0.25
***15.6	33.1	Condensed	10	6	8	0.25

Bold Type:

Nutrition Facts, Subheadings (names of products, Amount, % Daily Value), Calories, Fat, Cholesterol, Sodium, Potassium, Carbohydrate, Protein.

- * Total area of NFT is based on a NFT containing only core nutrients and displaying information for 2 amounts of food.
- ** Thin rules are the thin horizontal lines between the nutrient declarations.
- *** In versions 15.5 and 15.6 of the Bilingual Aggregate Format – Different Amounts of Food, there are no rules between vitamin and mineral declarations.

7. Other Tables

Weighted Recommended Nutrient Intakes

Nutrient	Amount
Biotin	90 μ g
Folacin	195 μ g
Niacin	16 NE
Pantothenic Acid	5.0 mg
Riboflavin	1.2 mg
Thiamine	1.0 mg
Vitamin A	870 RE
Vitamin B6	1.0 mg
Vitamin B12	1.0 μ g
Vitamin C	34 mg
Vitamin D	3.0 μ g
Vitamin E	7.0 mg
Calcium	780 mg
Iodide	155 μ g
Iron	10 mg
Phosphorus	885 mg
Magnesium	210 mg
Zinc	10 mg

mg = milligrams

μ g = micrograms

NE = niacin equivalents

RE = retinol equivalents

Table H1: Units for Declaration of Vitamins and Minerals, for Foods for Use in Manufacturing Other Foods

Vitamin	Unit	Mineral	Unit
Vitamin A	RE	Calcium	mg
Vitamin D	µg	Phosphorus	mg
Vitamin E	mg	Magnesium	mg
Vitamin C	mg	Iron	mg
Thiamin, Thiamine, or Vitamin B ₁	mg	Zinc	mg
Riboflavin or Vitamin B ₂	mg	Iodide	µg
Niacin	NE	Selenium	µg
Vitamin B ₆	mg	Copper	mg
Folacin or Folate	µg	Manganese	mg
Vitamin B ₁₂	µg	Chromium	µg
Pantothenic acid or pantothenate	mg	Molybdenum	µg
Vitamin K	µg	Chloride	mg
Biotin	µg		

mg = milligrams

µg = micrograms

NE = niacin equivalents

RE = retinol equivalents

REFERENCE TABLE FOR NUTRIENT CONTENT CLAIMS

CLAIM	FDR REFERENCE	<i>GUIDE TO FOOD LABELLING AND ADVERTISING</i>
ENERGY		
Free of Energy	Item 1, table following B.01.513	Table 7-3
Low in Energy	Item 2, table following B.01.513	Table 7-3
Reduced in Energy	Item 3, table following B.01.513	Table 7-3
Light (in Energy)	Item 45, table following B.01.513	Table 7-3
Lower in Energy	Item 4, table following B.01.513	Table 7-3
Source in Energy	Item 5, table following B.01.513	Table 7-3
More Energy	Item 6, table following B.01.513	Table 7-3
Food is for an energy reduced diet	B.01.507	Table 7-3
Food is for special dietary use	B.24.003(1.1)	Table 7-3
Food is represented as "diet" or "dietetic"	B.24.003(4)	Table 7-3
PROTEIN		
Low in Protein	Item 7, table following B.01.513	Table 7-4
Source of Protein	Item 8, table following B.01.513	Table 7-4
Excellent source of Protein	Item 9, table following B.01.513	Table 7-4
More Protein	Item 10, table following B.01.513	Table 7-4
FAT		
Free of Fat	Item 11, table following B.01.513	Table 7-5
100% Fat-free	Item 15, table following B.01.513	Table 7-5
(Percentage) Fat-free	Item 16, table following B.01.513	Table 7-5
Low in Fat	Item 12, table following B.01.513	Table 7-5
Reduced in Fat	Item 13, table following B.01.513	Table 7-5
Light (in Fat)	Item 45, table following B.01.513	Table 7-5
Lower in Fat	Item 14, table following B.01.513	Table 7-5
Lean	Item 46, table following B.01.513	Table 7-5
Extra-Lean	Item 47, table following B.01.513	Table 7-5

CLAIM	FDR REFERENCE	GUIDE TO FOOD LABELLING AND ADVERTISING
No Added Fat	Item 17, table following B.01.513	Table 7-5
SATURATED FATTY ACIDS		
Free of Saturated Fatty Acids	Item 18, table following B.01.513	Table 7-6
Low in Saturated Fatty Acids	Item 19, table following B.01.513	Table 7-6
Reduced in Saturated Fatty Acids	Item 20, table following B.01.513	Table 7-6
Lower in Saturated Fatty Acids	Item 21, table following B.01.513	Table 7-6
TRANS FATTY ACIDS		
Free of <i>Trans</i> Fatty Acids	Item 22, table following B.01.513	Table 7-7
Reduced in <i>Trans</i> Fatty Acids	Item 23, table following B.01.513	Table 7-7
Lower in <i>Trans</i> Fatty Acids	Item 24, table following B.01.513	Table 7-7
OMEGA FATTY ACIDS		
Source of Omega-3 Polyunsaturated Fatty Acids	Item 25, table following B.01.513	Table 7-8
Source of Omega-6 Polyunsaturated Fatty Acids	Item 26, table following B.01.513	Table 7-8
CHOLESTEROL		
Free of Cholesterol	Item 27, table following B.01.513	Table 7-9
Low in Cholesterol	Item 28, table following B.01.513	Table 7-9
Reduced in Cholesterol	Item 29, table following B.01.513	Table 7-9
Lower in Cholesterol	Item 30, table following B.01.513	Table 7-9
SODIUM / SALT		
Free of Sodium or Salt	Item 31, table following B.01.513	Table 7-10
Low in Sodium or Salt	Item 32, table following B.01.513	Table 7-10
Reduced in Sodium or Salt	Item 33, table following B.01.513	Table 7-10
Lower in Sodium or Salt	Item 34, table following B.01.513	Table 7-10
No Added Sodium or Salt	Item 35, table following B.01.513	Table 7-10
Lightly Salted	Item 36, table following B.01.513	Table 7-10
Light Salted (on fish)	B.01.502(2)(k)	7.21.1
Salted	B.01.502(2)(e)	7.21.1

CLAIM	FDR REFERENCE	GUIDE TO FOOD LABELLING AND ADVERTISING
Food for use in a Sodium Restricted Diet	B.01.508	Table 7-10
Food for Special Dietary Use	B.24.003(1.1)	Table 7-10
POTASSIUM		
Source of Potassium	N/A	Table 7-11
Good Source of Potassium	N/A	Table 7-11
Excellent Source of Potassium	N/A	Table 7-11
SUGARS		
Free of Sugars	Item 37, table following B.01.513	Table 7-12
Reduced in Sugars	Item 38, table following B.01.513	Table 7-12
Lower in Sugars	Item 39, table following B.01.513	Table 7-12
No Added Sugars	Item 40, table following B.01.513	Table 7-12
Unsweetened	B.01.509	Table 7-12
Sweetened	B.01.502(2)(f)	Table 7-12
Food for use in energy-reduced diet	B.01.507	Table 7-12
Food for special dietary use	B.24.003(1.1)	Table 7-12
Food represented as "diet" or "dietetic"	B.24.003(4)	Table 7-12
Addition of Starch	B.01.502(2)(g)	Table 7-12
Presence/Absence of Lactose	B.01.502(2)(d)	Table 7-12
FIBRE		
Source of Fibre	Item 41, table following B.01.513	Table 7-13
High Source of Fibre	Item 42, table following B.01.513	Table 7-13
Very High Source of Fibre	Item 43, table following B.01.513	Table 7-13
More Fibre	Item 44, table following B.01.513	Table 7-13
VITAMIN AND MINERAL NUTRIENTS		
Source of	D.01.004, D.02.002	Table 7-14
Good Source of	D.01.004, D.02.002	Table 7-14
Excellent Source of	D.01.004, D.02.002	Table 7-14

CLAIM	FDR REFERENCE	<i>GUIDE TO FOOD LABELLING AND ADVERTISING</i>
Fortified/Enriched with	Part D	Table 7-14
Higher in	D.01.004, D.02.002	Table 7-14

K-1 Templates

Compendium of Templates for Nutrition Facts Tables

The graphics for Schedule L, *FDR*, as originally published in *Canada Gazette* Part II, do not illustrate actual-size Nutrition Facts tables. In most cases, the tables are shown larger than required.

Health Canada has developed a Compendium of Templates for Nutrition Facts Tables which includes 270 templates. These correspond to actual-size graphic illustrations of the various versions of the Nutrition Facts table permitted by the *Food and Drug Regulations*. These templates will assist label designers and members of the food and packaging industries in complying with the format specifications of the Regulations.

The **Compendium of Templates for Nutrition Facts Tables** was created in QuarkXPress 4.1 and is available upon request from your local Canadian Food Inspection Agency office (www.inspection.gc.ca/english/fssa/labeti/guide/ch1e.shtml#a1_6).

If the Acrobat (pdf) files are printed using Acrobat Reader or opened in commonly used artwork software packages such as Adobe Illustrator or Micromedia Freehand, the conversion will cause alterations in the graphic elements. Consequently, before using the converted templates, it is important to check them against the graphic specifications in Schedule L of the Regulations which can be found in *Canada Gazette* Part II (SOR/2003-11, Vol. 137, No. 5).

The Compendium is only partly available in web page (HTML) format since the images included in the document may not conform to the specifications in the Regulations. Do not use images from the HTML document for generating (e.g., copying, importing, printing) the Nutrition Facts table.

Graphics software (e.g., QuarkXPress, Adobe Illustrator) will calculate the dimensions and surface area for the largest version of the selected format version when appropriate data is entered in the program. When separate English and French versions of the Nutrition Facts table are used, the surface areas of both tables must be added together.