

Annex 7-1
Foods to Which Vitamins, Mineral Nutrients and Amino Acids
May or Must be Added
 [D.03.002]

Note: In the second column of this table, “mandatory” refers to nutrients that **must** be present in the food at levels specified in the *Food and Drug Regulations* (FDR). For some mandatory requirements, nutrients may not have to be added to achieve the levels identified in the regulations. “Voluntary” refers to nutrients that **may** be added to the products listed, also subject to levels specified in the FDR. The third column, “FDR Reference”, refers to the sections of the Regulations where nutrient levels and other specific requirements are found.

COLUMN 1 Food	COLUMN 2 Vitamin, Mineral Nutrient or Amino Acid	FDR Reference
1. Breakfast cereals	Voluntary: Thiamine, niacin, vitamin B ₆ , folic acid, pantothenic acid, magnesium, iron, zinc	B.13.060
2. Fruit nectars, vegetable drinks, bases and mixes for vegetable drinks and a mixture of vegetable juices	Voluntary: Vitamin C	B.11.134 D.01.009 to D.01.011
2.1 Fruit-flavoured drinks that meet all the requirements of Section B.11.150	Mandatory: Vitamin C Voluntary: Folic acid, thiamine, iron, potassium	B.11.150
2.2 Bases, concentrates and mixes that are used for making fruit-flavoured drinks and meet all the requirements of Section B.11.151	Mandatory: Vitamin C Voluntary: Folic acid, thiamine, iron, potassium	B.11.151
3. Infant cereal products	Voluntary: Thiamine, riboflavin, niacin or niacinamide, calcium, phosphorus, iron, iodine	D.01.010 D.01.011 D.02.009
4. Margarine and other similar substitutes for butter	Mandatory: Vitamin A, vitamin D Voluntary: Alpha-tocopherol	B.09.016 D.01.011
5. Alimentary pastes	Voluntary: Thiamine, riboflavin, niacin or niacinamide, folic acid, pantothenic acid, vitamin B ₆ , iron, magnesium	B.13.052(1)
“Enriched” alimentary pastes	Mandatory: Thiamine, riboflavin, niacin, folic acid, iron Voluntary: Pantothenic acid, vitamin B ₆ , magnesium	B.13.052 (2)

COLUMN 1 Food	COLUMN 2 Vitamin, Mineral Nutrient or Amino Acid	FDR Reference
6. Infant formulas and formulated liquid diets	<p>Mandatory: Vitamins - Alpha-tocopherol, biotin, d-pantothenic acid, folic acid, niacin, riboflavin, thiamine, vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin K Minerals - calcium, chloride, copper, chromium, iodide, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, zinc; Amino Acids - alanine, arginine, aspartic acid, cystine, glutamic acid, glycine, histidine, hydroxyproline, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, taurine, threonine, tryptophan, tyrosine, valine (to improve the quality of the protein) Also - other nutritional substances at the same levels found in human milk (for infant formula)</p>	B.25.052 B.25.054 B.24.101 B.24.102
6.1 Food represented for use in a very low-energy diet	<p>Mandatory: Vitamins - Alpha-tocopherol, biotin, d-pantothenic acid, folic acid, niacin, riboflavin, thiamine, vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin K Minerals - Calcium, chloride, chromium, copper, iodine, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, zinc</p>	B.24.303 D.01.011
7. Flavoured beverage mixes and bases recommended for addition to milk	<p>Voluntary: Vitamin A, thiamine, niacin or niacinamide, vitamin C, iron</p>	D.01.009 to D.01.011 D.02.009
8. Simulated meat products, simulated poultry meat products, meat product extenders and poultry product extenders	<p>Mandatory: Thiamine, riboflavin, niacin, pyridoxine, d-pantothenic acid, folic acid, vitamin B₁₂, iron, magnesium, potassium, zinc, copper Amino Acids - Histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine</p>	B.14.073 B.14.085 to B.14.090 B.22.027 B.22.029 D.01.011
9. Meal replacements and nutritional supplements	<p>Mandatory: Vitamins -- alpha-tocopherol, biotin, d-pantothenic acid, folic acid, niacin, riboflavin, thiamine, vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D Minerals -- calcium, chloride, chromium, copper, iodine, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, zinc</p>	B.24.200 B.24.201
9.1 Ready breakfast, instant breakfast and other similar breakfast replacement foods however described	<p>Mandatory: Vitamin A, thiamine, riboflavin, niacin or niacinamide, vitamin C, iron</p>	B.01.053 D.01.009 D.01.011
10. Milk, milk powder, sterilized milk, (naming the flavour) milk	<p>Mandatory: Vitamin D</p>	B.08.003 B.08.007 B.08.013 B.08.016
..... Condensed milk	<p>Voluntary: Vitamin D</p>	B.08.009 D.01.009 D.01.011

COLUMN 1 Food	COLUMN 2 Vitamin, Mineral Nutrient or Amino Acid	FDR Reference
11. Skim milk with added milk solids, partly skimmed milk with added milk solids, (naming the flavour) skim milk, (naming the flavour) partly skimmed milk, (naming the flavour) skim milk with added milk solids, (naming the flavour) partly skimmed milk with added milk solids, skim milk, partly skimmed milk, skim milk powder	Mandatory: Vitamin A, vitamin D	B.08.004 B.08.005 B.08.014 B.08.017 B.08.018 B.08.019 B.08.020 B.08.026
12. Evaporated milk	Mandatory: Vitamin C, vitamin D	B.08.010
13. Evaporated skim milk, concentrated skim milk, evaporated partly skim milk, concentrated partly skimmed milk	Mandatory: Vitamin A, vitamin C, vitamin D	B.08.011 B.08.012
14. Apple juice, reconstituted apple juice, grape juice, reconstituted grape juice, pineapple juice, reconstituted pineapple juice, apple and (naming the fruit) juice as described in Section B.11.132, concentrated fruit juice except frozen concentrated orange juice	Voluntary: Vitamin C	B.11.123 B.11.124 B.11.128A B.11.130 B.11.132 B.11.133 D.01.009 to D.01.011
15. Flour, white flour, enriched flour or enriched white flour	Mandatory: Thiamine, riboflavin, niacin, folic acid, iron Voluntary: Vitamin B ₆ , d-pantothenic acid, calcium, magnesium	B.13.001
16. Revoked		
17. Table salt, table salt substitutes	Mandatory: Iodine	B.17.003
18. Dehydrated potatoes	Voluntary: Vitamin C	D.01.009 D.01.011
19. Products simulating whole egg	Mandatory: Vitamin A, thiamine, riboflavin, niacin or niacinamide, vitamin B ₆ , d-pantothenic acid, folic acid, vitamin B ₁₂ , alpha-tocopherol, calcium, iron, zinc, potassium	B.22.032 D.01.011
20. Revoked		
21. Goat's milk, goat's milk powder	Voluntary: Vitamin D (see also the IMA table below)	B.08.029 (1)
22. Partly skimmed goat's milk, skimmed goat's milk, partly skimmed goat's milk powder, skimmed goat's milk powder	Voluntary: Vitamins A and D (see also the IMA table below)	B.08.029 (2)
23. Evaporated goat's milk	Voluntary: Vitamins C, D, folic acid	B.08.029 (3)

COLUMN 1 Food	COLUMN 2 Vitamin, Mineral Nutrient or Amino Acid	FDR Reference
24. Evaporated partly skimmed goat's milk, evaporated skimmed goat's milk	Voluntary: Vitamins A, C, D, folic acid	B.08.029 (4)
25. Pre-cooked rice as defined in subsection B.13.010.1(1)	Voluntary: Thiamine, niacin, vitamin B ₆ , folic acid, pantothenic acid, iron	B.13.010 (1)
26. Mineral water, spring water, water in sealed containers, prepackaged ice	Voluntary: Fluorine	B.12.001 B.12.004 B.12.005
27. Liquid whole egg, dried whole egg, frozen whole egg, liquid yolk, dried yolk, frozen yolk, liquid egg white (liquid albumen), dried egg white (dried albumen), liquid whole egg mix, dried whole egg mix, frozen whole egg mix, liquid yolk mix, dried yolk mix, frozen yolk mix	Mandatory if there is a reduction in the vitamin and/or mineral content: Vitamin A, vitamin D, vitamin E, thiamine, riboflavin, niacin, vitamin B ₆ , folacin, vitamin B ₁₂ , pantothenic acid, calcium, phosphorus, magnesium, potassium, iron, zinc	B.22.038

In addition, **Interim Marketing Authorizations (IMA)** have been issued by Health Canada to permit the addition of vitamins and minerals to certain foods, as summarized below. The IMA process [B.01.056] bridges the time between the completion of the scientific evaluation supporting certain amendments (e.g., expansion of the list of foods to which certain vitamins and mineral nutrients may be added) and publication of the approved amendments in the *Canada Gazette, Part II*. The criteria that must be met in order to request an IMA are set out in B.01.056. See 2.18 of this Guide.

Food	Vitamin, Mineral Nutrient or Amino Acid	Date in Canada Gazette, Part I
1. Beverages derived from legumes, nuts, cereal grains or potatoes to which a vitamin or mineral nutrient has been added	Mandatory: Vitamin A, vitamin D, vitamin B ₁₂ , riboflavin, calcium, zinc Voluntary: Vitamin B ₆ , vitamin C, thiamine, niacin, folic acid, pantothenic acid, phosphorus, potassium, magnesium	29-11-1997
2. Corn meal	Voluntary: Thiamine, riboflavin, niacin, folic acid, iron, calcium	25-04-1998
"Enriched" corn meal	Mandatory: Thiamine, riboflavin, niacin, folic acid, iron Voluntary: Calcium	25-04-1998
3. Fluid or dried whole, skimmed or partly skimmed goat's milk	Voluntary: Folic acid (addition triggers mandatory addition of vitamins indicated in subsections B.08.029 (1) and (2) at the prescribed levels)	25-04-1998