



Government  
of Canada

Gouvernement  
du Canada

CONSULTATION  
CANADA GAZETTE  
PART I

# Commitment to consult with Canadians on improving food labels

Canada committed to consult with consumers, especially parents, on ways to improve nutrition information on food labels. Based on the commitment outlined in the October 2013 [Speech from the Throne](#), we took action to get feedback from Canadians. The consultation process is outlined below.

- **January to April 2014**

- The Minister of Health met with parents and consumers and launched an online questionnaire on food labels.

- **June 2014**

- Health Canada published a [What We Heard report](#) that outlined the feedback from these consultations. This report also included feedback from the Canadian Food Inspection Agency's Food Labelling Modernization Initiative.

- **July to September 2014**

- Health Canada held consultations with consumers and stakeholders on proposed changes to food labels. These included changes to serving sizes, sugar labelling and the list of ingredients.

- **Winter 2014 to spring 2015**

- Health Canada analyzed the feedback and made changes to the proposals for further consultation.

- **June 2015**

- *Canada Gazette*, Part I publication and consultation begins.

[Canada.ca/Health](http://Canada.ca/Health)

Canada

## Summary of proposed changes to food labels

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The proposed changes for packaged food labels reflect the latest science and eating habits of Canadians. They also take into consideration feedback obtained from Canadians and stakeholders throughout 2014.

In general, the proposed changes are as follows.

- Regulate serving sizes to make them consistent and realistic. This change will make it easier for Canadians to compare similar foods. It will also help them make informed food choices for themselves and their families.
- Make it easier to find information on serving size and calories.
- Add a footnote at the bottom of the Nutrition Facts table to explain how to use percent daily value (% DV). This footnote will help consumers know how much of a nutrient a serving of food contains. It explains that:
  - 5% or less is a little
  - 15% or more is a lot
- Improve the labelling of sugars. A new % DV for sugars will tell Canadians whether a food has a little or a lot of sugars. In the list of ingredients, sugars will be grouped. This will help consumers see how much added sugars are included compared to other ingredients. It will also help consumers identify unfamiliar sources of sugars, such as:
  - fancy molasses
  - malted barley
  - fruit juice concentrate
- Make the ingredient list and information on allergens easier to find and read.
- Identify food colours by their common name in the list of ingredients. This will help consumers who have sensitivities to certain food colours to avoid those ingredients when shopping for food.
- Allow the use of a new health claim: “A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of heart disease.”

# Proposed Nutrition Facts table

<b>Nutrition Facts</b>		<b>Valeur nutritive</b>	
Per 1/2 cup (125 mL)		pour 1/2 tasse (125 mL)	
<b>Calories 80</b>	<b>% Daily Value*</b>		
	<b>% valeur quotidienne</b>		
<b>Fat / Lipides</b> 0.5 g	1 %		
Saturated / saturés 0 g	0 %		
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 18 g			
Fibre / Fibres 2 g			
Sugars / Sucres 15 g	15 %		
<b>Protein / Protéines</b> 3 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg	0 %		
<b>Potassium</b> 200 mg	4 %		
<b>Calcium</b> 0 mg	0 %		
<b>Iron / Fer</b> 0.3 mg	2 %		
*5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b>			
15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>			

Increased size of Calories, with thick underline

Nutrients that provide Calories are listed below Calories

Sodium is moved down close to Potassium

Vitamin A and Vitamin C are removed; Potassium is added

Quick rule

Serving Size information increased

% Daily Value for Sugars is added

Amounts of Potassium, Calcium and Iron are shown

# Proposed list of ingredients

**Ingredients:** Sugars (fancy molasses, brown sugar, sugar)  
 • Wheat flour • Vegetable oil shortening (soybean and/or canola and modified palm oil) • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red  
**Contains:** Wheat • Egg • Soy

Black font: upper and lower case

Grouping of sugars-based ingredients

Bullets to separate ingredients

Food colours listed by name

White or neutral background

Minimum font size required