



Proposed food label changes to sugars information

WHAT ARE THE PROPOSED CHANGES TO SUGARS INFORMATION?

To make it easier to identify foods high in sugars, we are proposing the following changes.

HOW TO KNOW IF FOOD CONTAINS A LOT OF SUGARS

The proposed changes to the Nutrition Facts table would require a percent daily value (% DV) for sugars. This will make it easy to see if a food has a lot of sugars.

We will include a footnote at the bottom of the table that lets Canadians know that:

- 5% DV or less is a little
- 15% DV or more is a lot

CURRENT		PROPOSED	
Nutrition Facts Valeur nutritive Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)		Nutrition Facts Valeur nutritive Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)	
Amount	% Daily Value	Amount	% Daily Value*
Teneur	% valeur quotidienne	Teneur	% valeur quotidienne
Calories / Calories 80		Calories 80	
Fat / Lipides 0.5 g	1 %	Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %	Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %	+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg		Carbohydrate / Glucides 18 g	
Sodium / Sodium 0 mg	0 %	Fibre / Fibres 2 g	2 %
Carbohydrate / Glucides 18 g	6 %	Sugars / Sucres 15 g	15 %
Fibre / Fibres 2 g	8 %	Protein / Protéines 3 g	6 %
Sugars / Sucres 15 g	30 %	Cholesterol / Cholestérol 0 mg	0 %
Protein / Protéines 3 g	6 %	Sodium 0 mg	0 %
Vitamin A / Vitamine A	2 %	Potassium 200 mg	4 %
Vitamin C / Vitamine C	10 %	Calcium 0 mg	0 %
Calcium / Calcium	0 %	Iron / Fer 0.3 mg	2 %
Iron / Fer	2 %	*5% or less is a little / 5% ou moins c'est peu 15% or more is a lot / 15% ou plus c'est beaucoup	

← New % DV for Sugars

← Quick rule

The % DV for sugars will allow consumers to compare 2 food products so they can make informed food choices. This is shown in the example below.

Common food items with less than 15% DV of sugars	Common food items with more than 15% DV of sugars
• Milk (13% DV)	• Chocolate milk (26% DV)
• Plain yogurt (12% DV)	• Flavoured yogurt (31% DV)
• Unsweetened oat cereal (1% DV)	• Frosted oat cereal (18% DV)
• Canned fruit in water (10% DV)	• Canned fruit in light syrup (21% DV)
• Mineral water (0% DV)	• Soft drink (39% DV)
• Unsweetened frozen fruit (6% DV)	• Fruit juice (25% DV)

The % DV for sugars will help Canadians make food choices that are consistent with the World Health Organization’s recommendations. In terms of the sugars content in their food, this change will allow consumers to choose healthier food options.

HOW TO IDENTIFY THE SOURCES OF SUGARS ADDED TO FOOD

Changes to the list of ingredients will help consumers quickly find sources of sugars added to their food.

Currently, ingredients that are sugar-based and added directly to a food are listed separately in the list of ingredients. Ingredients are listed by weight from most to least.

We are proposing that all ingredients that are sugar-based be grouped in brackets after the common name “sugars.” Sugars can include:

- sugar
- glucose-fructose
- honey
- malted barley
- fancy molasses
- fruit juice, concentrates and purées that are added to replace sugars in foods

Under the “sugars” grouping, sources of sugars will appear by weight from most to least. This will be based on their contribution to the total weight of the sugar-based ingredients in the food. With this approach, consumers will be able to tell how much added sugars a food has compared to the other ingredients.

CURRENT

INGREDIENTS: WHEAT FLOUR, FANCY MOLASSES, VEGETABLE OIL SHORTENING (SOYBEAN AND/OR CANOLA AND MODIFIED PALM OIL), BROWN SUGAR, LIQUID WHOLE EGG, SUGAR, SALT, SODIUM BICARBONATE, SPICES, COLOUR
CONTAINS: WHEAT, EGG, SOY

PROPOSED

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