Health Canada Santé Canada

Front-of-package nutrition symbol labelling guide for industry

Version 1

July 2022

Canada

Table of Contents

1. Introduction

1.1 Background

On July 20, 2022, Health Canada published the *Regulations Amending the Food and Drug Regulations (Nutrition Symbols, Other Labelling Provisions, Vitamin D and Hydrogenated Fats or Oils)* in the *Canada Gazette*, Part II (CGII). These regulations amend the *Food and Drug Regulations* (FDR) to add a new requirement for front-of-package (FOP) nutrition symbol labelling (FOP labelling) for most prepackaged products containing nutrients of public health concern (saturated fat, sugars and/or sodium) at or above specified thresholds. The FOP nutrition symbol (the symbol) will help Canadians to more easily identify foods high in these nutrients. Avoiding excess consumption of these nutrients can help reduce associated health risks.

1.2 About this document

This guide is intended for stakeholders in the Canadian food industry. This includes Canadian manufacturers and importers of foods for sale in Canada and foreign companies who export food to Canada. The guide provides the Government of Canada's interpretation of the new regulations related to FOP labelling that came into force on July 20, 2022. It is intended to help regulated parties become familiar with core elements of the regulations. The user is encouraged to consult the regulations including Schedule K.1, the Directory of Nutrition Symbol Specifications, the Compendium of Nutrition Symbol Formats, the Table of Daily Values, the Table of Reference Amounts, and Table of Permitted Nutrient Content Statements and Claims while using this guide.

While this guide provides interpretation of core elements of the symbol requirements, at the end of the transition period, the Canadian Food Inspection Agency's Industry Labelling Tool (ILT) will be updated with guidance on other components of the *Regulations Amending the Food and Drug Regulations (Nutrition Symbols, Other Labelling Provisions, Vitamin D and Hydrogenated Fats or Oils)* not covered in this guide, such as the addition of vitamin D to milks and margarine and the labelling requirements for foods containing high-intensity sweeteners.

1.3 Disclaimer

This is not a legal document. It is not intended to be used as legal advice about the requirements for FOP labelling as set out in the FDR. The user is encouraged to consult the official version of the applicable legislation and regulations in the *Food and Drugs Act* and FDR for the purposes of interpreting and applying the law.

The words “prepackaged product”, “product” and “food” are used interchangeably throughout this document as are “principal display panel” and “label”.

The images used in this guide are **not to scale** and are for illustrative purposes only. The nutrition symbols are not proportional to the principal display surface (PDS) of the mock-ups.

1.4 Send us your feedback

Health Canada is committed to providing all stakeholders with timely, accurate and reliable information. This includes providing information needed to comply with the requirements for FOP labelling as set out in the FDR. We would appreciate receiving your feedback on whether this guide was useful, and we welcome your suggestions for improvement. Email your feedback to us at nut.labelling-etiquetage@hc-sc.gc.ca and indicate in the subject line **Feedback on the FOP nutrition symbol labelling guide.**

2. Overview of the front-of-package (FOP) nutrition symbol labelling rules

The rules for FOP nutrition symbol labelling (FOP labelling) consist of four major parts, which are explained, in this guide:

i. Prohibitions from carrying the FOP nutrition symbol (the symbol)
ii. Nutrient thresholds for the symbol
iii. Exemptions from carrying the symbol
iv. Presentation of the symbol

2.1 When do the regulations come into force?

These regulations came into force on the date they were published in the *Canada Gazette*, Part II on July 20, 2022. The amendments related to FOP labelling, nutrient content claims, vitamin D fortification and high-intensity sweetener labelling are subject to a transition period that ends December 31, 2025. The transitional provisions for the different components of these amendments are independent of one another. This means that implementation of any requirement within a component (for example, applying the new high-intensity sweetener labelling requirements to prepackaged cookies that contain aspartame) during the transition period will trigger implementation of all requirements within that component but will not trigger implementation of requirements in other components (for example, FOP labelling). Manufacturers must comply with the requirements for all components of these amendments as of January 1, 2026. As of January 1, 2026, information presented in accordance with the former requirements will no longer be compliant. However, products imported, manufactured in Canada or packaged at retail before January 1, 2026 can remain in the warehouse and continue to be sold on store shelves.

2.2 Which foods are subject to the new FOP labelling rules?

The *Food and Drug Regulations* (FDR) state that the symbol is mandatory for most prepackaged foods sold in Canada, including those manufactured in Canada or imported for sale in Canada. When the symbol is required on a food label, it must be presented in the manner described in the FDR. These requirements are outlined in the Presentation section.

Certain foods or types of foods hold either prohibitions or exemptions from displaying the symbol. The symbol may be voluntarily displayed on labels of foods that have an exemption; however, when it is displayed, the symbol must be presented in the manner described in the FDR.

2.3 How will the regulations be enforced?

While it is Health Canada that develops regulations pertaining to FOP labelling, it is the Canadian Food Inspection Agency (CFIA) that is responsible for the enforcement of the regulations. Health Canada and the CFIA have developed an implementation plan for the transition period. This plan outlines CFIA's compliance and enforcement approach during the transition period.

2.4 Where can I submit my questions?

Health Canada and the CFIA share the responsibility for answering enquiries on the new regulations. Questions on the new requirements and their intent can be submitted to Health Canada at nut.labelling-etiquetage@hc-sc.gc.ca. For questions dealing with compliance and enforcement activities, please refer to the implementation plan on the CFIA website.

3. Foods prohibited from displaying the front-of-package (FOP) nutrition symbol

3.1 Are any foods prohibited from displaying the FOP nutrition symbol?

Yes. The following foods are prohibited from carrying the symbol on their label:

- Products intended solely for infants six months of age or older but less than one year of age
- Human milk fortifiers
- Human milk substitutes (infant formula)
- Foods represented as containing a human milk substitute
- Formulated liquid diets as defined in section B.24.001 of the *Food and Drug Regulations* (FDR)
- Meal replacements
- Nutritional supplements
- Foods represented for protein-restricted diets
- Foods represented for low (naming the amino acid) diets
- Foods represented for use in a very low energy diet as defined in section B.24.001 of the FDR

Reference: subsection B.01.350(15), FDR

4. Nutrient thresholds for the front-of-package (FOP) nutrition symbol

The *Food and Drug Regulations* (FDR) require that a nutrition symbol appear on the label (specifically, on the principal display panel (PDP)) of a prepackaged product when the amount of saturated fat, sugars and/or sodium is equal to or higher than the specified nutrient thresholds. The regulations specify the thresholds and the approach for determining whether the amount of one or more of these nutrients meets or exceeds them.

Reference: subsection B.01.350(1) to (4), FDR

4.1 What are the FOP nutrition symbol thresholds based on?

The thresholds for the FOP nutrition symbol (the symbol) are based on Daily Values (DVs). For some nutrients, such as fibre, potassium and calcium, the DV is the recommended amount that people in a specific age group should try to consume each day. For other nutrients, such as saturated fat, sugars and sodium, the DV is the amount that people should try **not to exceed**. The thresholds for the symbol are expressed as percentages of the DV (% DV).

The DVs are found in the Table of Daily Values, which is incorporated by reference into the FDR and available on the Government of Canada website.

4.2 What % DV triggers the FOP nutrition symbol?

For most prepackaged products, a symbol must appear on the label when the amount of saturated fat, sugars and/or sodium is ≥ (equal to or greater than) 15% of the applicable DV set out in column 2 or column 3 of Part 1 of the Table of Daily Values. The DVs in column 2 are the basis of the thresholds for foods intended solely for children one year of age or older but less than four years of age (children one to four years only). The DVs in column 3 are the basis of the thresholds for foods intended for children one to four years of age, or for children four years of age or older and adults (children and/or adults). This is the default requirement.

However, there are two exceptions:

- For prepackaged products with a reference amount ≤ (equal to or less than) 30 g or 30 mL, the symbol must appear when the amount of saturated fat, sugars and/or sodium is ≥ 10% of the applicable DV
- For prepackaged main dishes with a reference amount ≥ 170 g (when intended solely for children one to four years) or ≥ 200 g (when intended for children and/or adults), the symbol must appear when the amount of saturated fat, sugars and/or sodium is ≥ 30% of the applicable DV.

Reference: table to section B.01.350, FDR

Table 4.1. Thresholds for the FOP nutrition symbol

	Saturated fat	Sugars	Sodium
Prepackaged foods with a reference amount > 30 g or 30 mL that are not main dishes	≥ 15% DV[1]		
Prepackaged foods with a reference amount ≤ 30 g or 30 mL	≥ 10% DV		
Prepackaged main dishes with a reference amount ≥ 200 g or 170 g[2]	≥ 30% DV		

[1] Based on the Daily Values (DVs) set out in column 2 of Part 1 of the Table of Daily Values when the product is intended solely for children one to four years and in column 3 when the product is intended for children and/or adults
[2] 200 g for main dishes intended for children and/or adults and 170 g for main dishes intended solely for children one to four years

4.3 What quantity of a food must be used as the basis for determining whether the amount of saturated fat, sugars and/or sodium meets or exceeds the symbol threshold?

In order to determine whether a symbol is required, the amount of saturated fat, sugars and/or sodium in a specific quantity of a food must be assessed against the applicable % DV threshold. That quantity of food is either the serving of stated size (serving size) or the reference amount for the product, whichever quantity is greater. This is the default requirement.

However, there is one exception to this general rule:

- For prepackaged products that must be reconstituted with water (or other liquid) or prepared with an additional ingredient and that only have a reference amount for their prepared form, the **serving size** of the products **as sold** must be used as the basis when assessing the amount of saturated fat, sugars and/or sodium against the applicable % DV threshold. This exception applies to foods such as powdered hot chocolate mix, liquid non-alcoholic drink mix, cake mix and macaroni and cheese dinner mix.

Reference: subsection B.01.350(2) to (4) FDR

There are no prescribed rounding rules for determining whether the nutrient content meets or exceeds the applicable thresholds. However, manufacturers should apply rounding rules that exist for calculating the % DV declared in the NFt.

4.4 What % DV threshold applies to prepackaged products with a reference amount ≤ 30 g or 30 mL whose serving size is larger than the reference amount?

The 10% DV threshold always applies to a product with a small reference amount (more specifically, ≤ 30 g or 30 mL), even when the serving size is larger than 30 g or 30 mL and must be used as the basis when assessing the amount of saturated fat, sugars and/or sodium to determine if a symbol is required. For example, consider a dried meat, such as beef jerky, with a reference amount of 30 g and a serving size of 45 g. Given that the reference amount is 30 g, the applicable threshold is 10% DV. Given that the serving size of 45 g is greater than the reference amount, it must be used as the basis when assessing the amount of saturated fat, sugars and/or sodium against the 10% DV threshold.

5. Foods exempt from the front-of-package (FOP) nutrition symbol requirements

5.1 Are any foods exempt?

Yes, some foods are exempt from the FOP nutrition symbol requirements. An exemption means that a symbol is not required even if the product's saturated fat, sugars and/or sodium content meets or exceeds the applicable threshold, as described in the Thresholds section.

This section describes the foods that have a full exemption and those that have a conditional exemption.

- Full exemption
- Conditional exemption
    - Associated with the Nutrition Facts table (NFt)
    - Nutrient-specific and associated with ingredients

5.2 Which foods have a full exemption?

The products in this list are always exempt from the FOP requirement. In other words, they are always exempt from the need to assess the saturated fat, sugars and sodium content against the appropriate threshold and therefore they are never required to carry the symbol even if the nutrient content meets or exceeds the threshold. This is known as a full exemption.

- **Shipping containers, if the container and its contents are not sold as a single unit to a consumer at retail**
  Examples: a 4 kg box of frozen chicken strips to be served in a cafeteria; a large bag of mixed nuts to be repackaged from bulk by the retailer into smaller amounts; and a box of six 1.8 kg packages of alfredo sauce to be served in a restaurant. However, if a shipping container and its contents are sold as a single unit to a consumer at retail the shipping container is subject to the FOP labelling requirements. This includes examples such as a box of 6 x 948 mL tetra packs of chicken broth and 24 x 300 mL bottles of apple juice in shrink wrap that are sold as single units at the retail level.

- **Products with an available display surface < (less than) 15 cm^2**
  Examples: one-bite confections such as small individually wrapped candies and mints; multiple-serving prepackaged products such as very small packages of gum containing two to four pieces of gum; rolls of hard candy; and small packages of mints

- **Individual portions of food that are intended solely to be served by a restaurant or other commercial enterprise with meals or snacks**
  Examples: individually portioned crackers served with soup and creamers served with a cup of coffee

- **Ready-to-serve multiple-serving products intended only to be served in a commercial or industrial enterprise or an institution**
  Examples: frozen, pre-cooked lasagna; gravy; cooked seasoned fish fillets; fresh pasta; pasta sauce; fruit pies; bagels; breakfast cereals; jam; sliced processed meats; and condiments and salad dressings

- **Products intended only to be used as ingredients in other prepackaged products intended to be sold to consumers at retail or as ingredients in the preparation of food by a commercial or industrial enterprise or an institution**
  Examples: unbaked lasagna noodles; raw seasoned fish fillets; dried pasta noodles; frozen fries; unbaked fruit pies; canned pie filling; instant potato flakes; dried soup mix; and corn starch

- **Whole, partly skimmed and skimmed cow or goat's milk sold in refillable glass containers, flavoured whole, partly skimmed and skimmed cow's milk sold in refillable containers as well as cream sold in refillable glass containers**

- **Sweetening agents, including those listed in Division 18 of the *Food and Drug Regulations* (FDR) and sold as such**
  Examples: sugar; agave syrup; corn syrup; maple syrup, table syrup; honey; and molasses

- **Salt and seasoning salt that includes "salt" in its common name and sold as such**
  Examples: table salt; celery salt; garlic salt; and onion salt

- **Fats and oils referred to in Division 9 of the FDR, fish and other marine fats and oils, butter, ghee, margarine and other similar substitutes for butter and sold as such**

- **Individual rations intended for use by military personnel engaged in operations or exercises**

Reference: subsection B.01.350(5), FDR

5.3 Which foods have a conditional exemption?

Some products have a conditional exemption from the nutrition symbol requirements. In other words, specific conditions trigger the need to assess the saturated fat, sugars and/or sodium content of the product against the appropriate threshold to determine whether a symbol is required. Losing a conditional exemption does not necessarily mean a product will display the nutrition symbol. The symbol is required on the label only if the content of one or more of these nutrients meets or exceeds the threshold.

For some products, the conditional exemption is based on their conditional exemption from the NFt requirement and for other products it is nutrient-specific based on their ingredients.

5.3.1 Conditional exemption associated with the NFt

The following prepackaged products are conditionally exempt from the symbol requirements when they are conditionally exempt from carrying an NFt:

- Beverages with an alcohol content > (greater than) 0.5%
- Raw single ingredient meat, meat by-products, poultry meat or poultry meat by-products ("meats") that are not ground
    - Raw single ingredient meats that are ground are always required to carry the NFt, however, they are conditionally exempt from the FOP requirement.
- Raw single ingredient fish or seafood products
- Products sold only in the retail establishment where they are prepared and processed from their ingredients, including from a pre-mix to which an ingredient other than water is added during preparation or processing
- Products sold only at road-side stands, craft shows, flea markets, fairs, farmers' markets or sugar bushes by the individual who prepared or processed the products
- Individual servings of products sold for immediate consumption and that have not been subjected to a process to extend their durable life, including special packaging
- Products sold only in the retail establishment where they are packaged, if they are labelled with a sticker and have an available display surface < 200 cm^2
- Products that have an available display surface < 100 cm^2

Reference: subsection B.01.350(13), FDR

Loss of conditional exemption: As stated above, except for ground meats, the products lose their exemption from the symbol requirements if they lose their exemption from the NFt requirement and their label is required to carry an NFt. The products lose their exemption from

carrying an NFt if any of the triggers listed in subsection B.01.401(3) or section B.01.467 of the FDR are present. Ground meats lose their exemption from the FOP requirement if any of the triggers listed in paragraph B.01.401(3)(a), (b) or (e) are present. For more information, refer to Foods usually exempt from carrying a Nutrition Facts table on the Canadian Food Inspection Agency's (CFIA) Industry Labelling tool.

However, if a manufacturer chooses to voluntarily display an NFt on one of these otherwise exempt products, the product still maintains its conditional exemption from the symbol requirements.

5.3.2 Nutrient-specific conditional exemption associated with ingredients

For the foods exempt under this category, the conditional nature of the nutrient-specific exemption means that naturally occurring saturated fat, sugars and/or sodium does not trigger the need to assess whether the level of these nutrients meets or exceeds the threshold for the symbol.

5.3.2.1 Foods with health protection benefits

The products in this list are conditionally exempt from the symbol requirements:

- **Whole or cut fresh, frozen, canned or dried fruits or vegetables**
  Examples of eligible products: chopped, diced, grated, riced and shredded forms of fruits and vegetables
  Examples of products not eligible: juices, purées, pastes and powdered forms of fruits and vegetables and all forms of coconut

- **Milk from any animal, in liquid or powdered form, whether standardized or unstandardized**
  Examples of eligible products: cow, sheep and goat milk
  Examples of products not eligible: plant-based beverages, human milk

- **Whole eggs, fresh or in liquid, frozen, or dried form, or whole egg mixes, whether standardized or unstandardized**
  Examples of eligible products: hard boiled eggs, quail eggs, dried whole egg mix
  Examples of products not eligible: liquid egg whites, plant-based egg, dried yolk mix

- **Nuts, seeds or their butters that contain < 30% of their total fat content as saturated fat**

Examples of eligible products: almonds, cashews, sunflower seed butter
Examples of products not eligible: hazelnut spread, coconut

- **Vegetable or marine oils that contain < 30% of their total fat content as saturated fat**
  Examples of eligible products: olive oil, canola oil, sunflower oil
  Examples of products not eligible: animal fats and oils, coconut oil, palm oil

- **Marine or fresh water animal products referred to in Division 21 of the FDR that contain < 30% of their total fat content as saturated fat**
  Examples of eligible products: salmon, trout, sardines, shellfish
  Examples of products not eligible: none identified

- **Any combination of products above**
  Examples of eligible products: sardines packed in olive oil, trail mix of unsalted roasted nuts and unsweetened dried fruit, mixed cut fruit

However, the exemption does not apply when these foods are in combination with foods not in this list. For example, dried unsweetened raisins in a breakfast cereal are not eligible for the exemption.

Reference: subsection B.01.350(6) and (10), FDR

Loss of conditional exemption: The products lose their conditional exemption when:

- they contain an ingredient that contains saturated fat, sugars or sodium other than ingredients set out in subsection B.01.350(7) and (8) and shown in the lists below, **and**
- the total amount of the nutrient of concern in the products (from all ingredients) meets or exceeds the threshold for that nutrient.

This conditional exemption is nutrient-specific. This means that a product can lose the exemption for any or all nutrients of concern.

The nutrient-specific aspect of the exemption works as follows:

Consider a can of artichoke hearts with the following list of ingredients:

Ingredients: Artichoke hearts, Water, Salt, Citric acid, Ascorbic acid.

The presence of a sodium-containing ingredient that is not provided for in subsection B.01.350(7) (such as **salt** in this example) triggers the loss of the exemption for sodium and the need to assess the product's total sodium content against the threshold. Total sodium content includes the sodium from all ingredients.

If the total sodium content meets or exceeds the threshold, the product must carry a symbol indicating that it is "high in sodium".

However, the presence of such a sodium-containing ingredient does not trigger the need to assess total saturated fat or total sugars content against the applicable thresholds.

Ingredients that will not trigger the loss of the exemption in foods with health protection benefits

In relation to saturated fats and sodium, the following ingredients will not trigger a loss of the exemption when no saturated fat or sodium has been added to them:

- whole or cut fresh, frozen, canned or dried vegetables and fruits (other than coconut)
- milk from any animal, in liquid or powdered form, whether standardized or unstandardized
- whole eggs, fresh or in liquid, frozen, or dried form, or whole egg mixes, whether standardized or unstandardized
- nuts, seeds or their butters that contain < 30% of their total fat content as saturated fat
- vegetable or marine oils that contain < 30% of their total fat content as saturated fat
- marine or fresh water animal products referred to in Division 21 of the FDR that contain < 30% of their total fat content as saturated fat

Reference: subsection B.01.350(7), FDR

In relation to sugars, the following ingredients will not trigger a loss of the exemption when no sugars have been added to them:

- whole or cut fresh, frozen, canned or dried vegetables and fruits (other than coconut)
- dairy products, including milk from any animal, in liquid or powdered form, whether standardized or unstandardized
- nuts, seeds or their butters that contain < 30% of their total fat content as saturated fat

- grains
- legumes

Reference: subsection B.01.350(8), FDR

5.3.2.2 Foods that are important sources of calcium, a shortfall nutrient that is not readily available in other foods

The products in this list are conditionally exempt from the symbol requirements for saturated fats and sugars:

- Cheese that is made from dairy products, whether standardized or unstandardized
- Yogurt, including drinkable yogurt, that is made from dairy products
- Kefir
- Buttermilk

To benefit from the exemption, these products must contain: ≥ 10% DV calcium per serving or reference amount, whichever is greater, for products with a reference amount of 30 g or 30 mL or less and ≥ 15% DV calcium per serving size or reference amount, whichever is greater, for products with a larger reference amount.

Reference: subsection B.01.350(9) and (12), FDR

Loss of conditional exemption: The products lose their conditional exemption when:

- they contain an ingredient that contains saturated fat or sugars other than ingredients set out in subsection B.01.350(9) and shown in the lists below, **and**
- the total amount of the nutrient of concern in the products (from all ingredients) meets or exceeds the threshold for that nutrient.

As with foods that have a health protection benefit (see Section 5.3.2.1), this conditional exemption is nutrient specific. This means that a product can lose the exemption for saturated fat or sugars or both.

There is no conditional exemption from sodium for yogurt, kefir and buttermilk. Cheese that meets the calcium threshold, however, is always exempt from the requirement to assess sodium content against the threshold and will not have to display a "high in sodium" symbol.

Reference: subsection B.01.350(11), FDR

The nutrient-specific aspect of the exemption works as follows:

Consider a yogurt with the following list of ingredients:

Ingredients: Yogurt (skim milk, cream, bacterial culture) ● Milk chocolate chips (sugar, cocoa butter, unsweetened chocolate, milk ingredients, soy lecithin, vanilla extract) ● Shredded coconut preparation (sugar, water, shredded coconut, rice starch, natural flavour, pectin, citric acid).

Contains: Milk, Soy

The presence of one or more ingredients that contain sugars that is not provided for in paragraph B.01.350(9)(b) (such as the **milk chocolate chips** and the **shredded coconut preparation**) triggers the loss of the exemption for sugars and the need to assess the total sugars content of the product against the threshold. The presence of one or more ingredients that contain saturated fat that is not provided for in paragraph B.01.350(9)(a) (such as the **milk chocolate chips** and **shredded coconut preparation**) triggers the need to assess the total saturated fat content of the product against the threshold. Total nutrient content includes the amount in all ingredients.

If the total sugars content meets or exceeds the threshold, the product must carry a symbol indicating that it is "high in sugars".

Similarly, if the total saturated fat content meets or exceeds the threshold, the product must carry a symbol indicating that it is "high in sat fat".

Ingredients that will not trigger the loss of the exemption in cheese and yogurt, including drinkable yogurt, made from dairy products, kefir and buttermilk

In the case of saturated fat, the following ingredients will not trigger a loss of the exemption:

- milk ingredients
- modified milk ingredients
- nuts or seeds that contain < 30% of their total fat content as saturated fat
- vegetable or marine oils that contain < 30% of their total fat content as saturated fat
- marine or fresh water animal products referred to in Division 21 of the FDR that contain < 30% of their total fat content as saturated fat

Reference: paragraph B.01.350(9)(a), FDR

In the case of sugars, the following ingredients will not trigger a loss of the exemption when no sugars have been added to them:

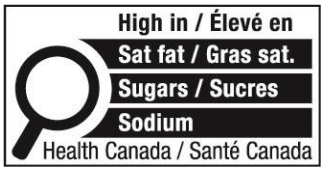
- whole or cut fresh, frozen, canned or dried vegetables and fruits
- dairy products
- grains
- legumes
- nuts or seeds

Reference: paragraph B.01.350(9)(b), FDR

6. Presentation of the front-of-package (FOP) nutrition symbol

The *Food and Drug Regulations* (FDR) prescribe where and how the FOP nutrition symbol (the symbol) must be displayed on the label of a prepackaged product that meets or exceeds established thresholds for saturated fat, sugars and/or sodium.

Figure 6.1. Examples of Health Canada's FOP nutrition symbol formats

a. 

b. 

c. 

d. 

Figure 6.1 illustrates four possible symbol formats. As shown, formats vary based on the nutrient(s) declared, number of bars, language and orientation. Schedule K.1 in the FDR contains images of the 78 unique symbol formats. However, all formats include the following mandatory design elements:

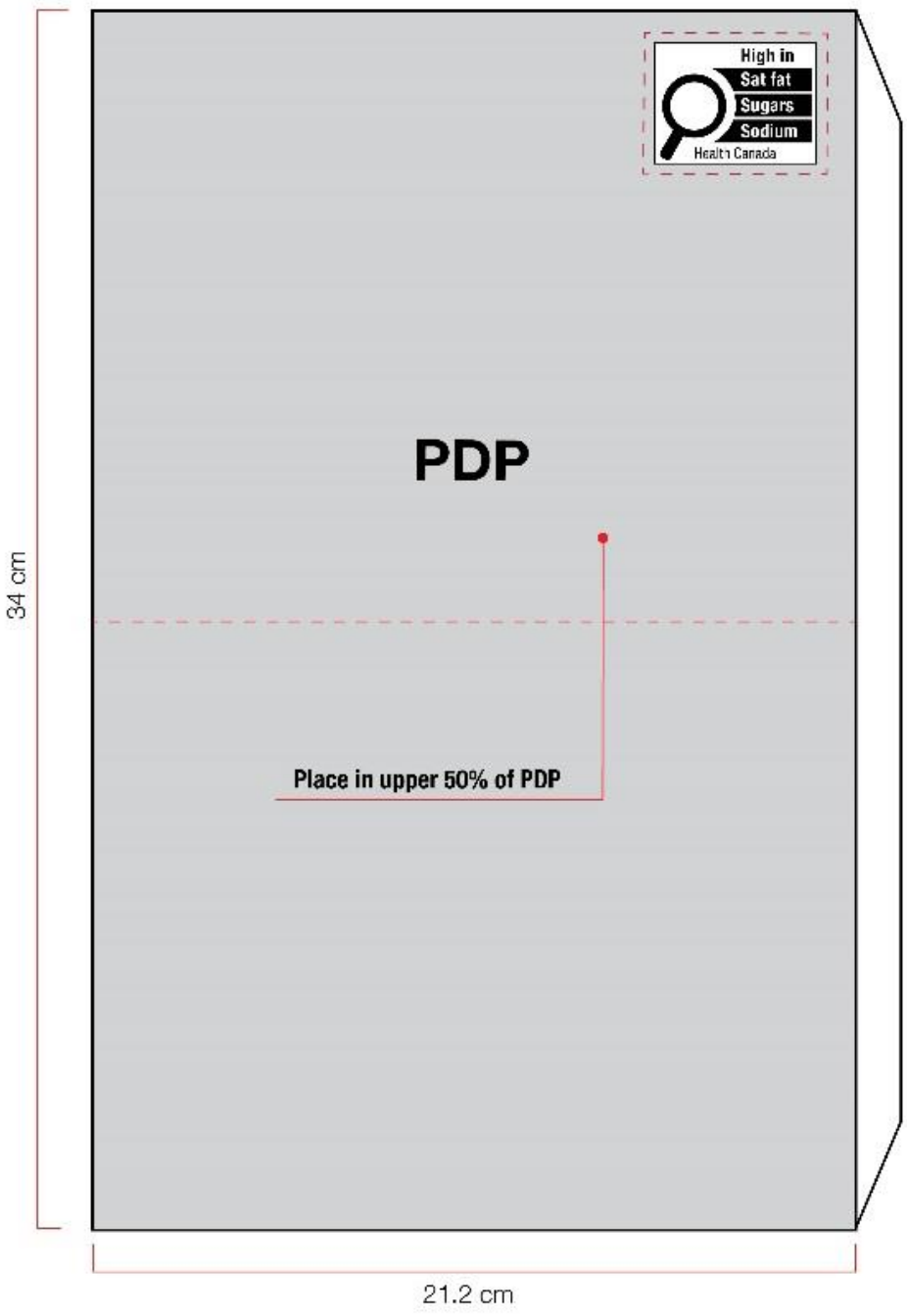
- The symbol is in black and white and consists of a solid white rectangular box with a thin black line border
- There is a black magnifying glass inside the box and it is left-justified
- The heading "High in" appears in bold black letters inside the box at the top
- There is at least one bar inside the box that identifies the product as "high in sat fat", "high in sugars" and/or "high in sodium", as applicable
- The symbol is attributed to Health Canada inside the box at the bottom
- The elements that make up the symbol design do not touch each other
- The symbol is surrounded by a minimum buffer that is free of text and other graphic material

6.1 Where on the labels of prepackaged products does the symbol have to be displayed?

The symbol must be displayed on the principal display panel (PDP) as follows:

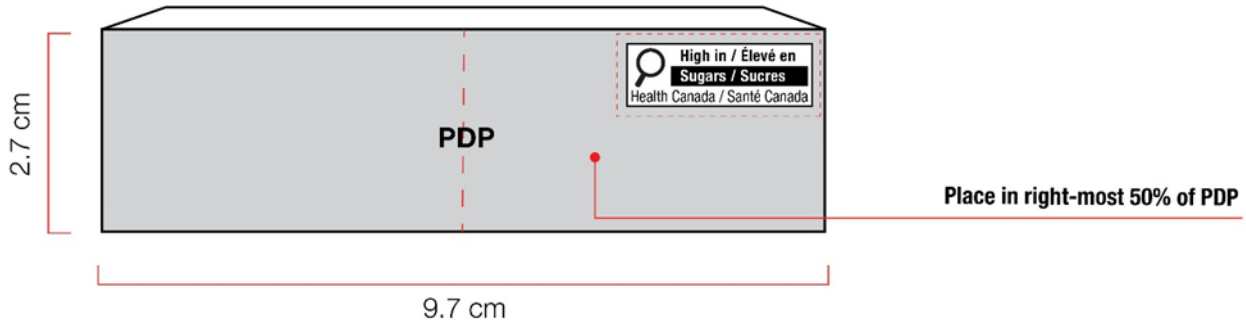
- When the height of the PDP is greater than the width of the PDP, the symbol must be displayed within the upper half (50%) of the PDP as shown in Figure 6.2. The PDP of the package is shaded in the figure.

Figure 6.2. Prepackaged product where the height of the PDP is greater than its width



- When the height of the PDP is less than the width of the PDP, the symbol must be displayed within the right half (50%) of the PDP as shown in Figure 6.3. The PDP of the package is shaded in the figure.

Figure 6.3. Prepackaged product where the height of the PDP is less than its width



Furthermore, on cylinder-shaped packages, the symbol cannot appear within the left-most and right-most 10% of the principal display surface (PDS). Consider a can with a PDS of 6 cm in diameter, which is equivalent to the width of the package when measured along the bottom and through the midpoint of the cylinder, or can in this example. Ten percent (10%) of the width of the PDS is equal to 0.6 cm. Therefore, the symbol must be displayed at least 0.6 cm from either the left or right edge of the PDS and within the upper half (50%) of the PDP (Figure 6.4). This requirement also applies to cylinder-shaped packages on which the symbol must be displayed in the right half (50%) of the PDP. In the latter case, if it is not possible to display the symbol entirely in the right half of the PDP due to the requirement to be at a minimum distance from the edge of the PDS, the symbol can appear in the left half but only to the extent necessary. This means the edge of the symbol is as close as possible to the 10% line as shown in Figure 6.5 so that there is minimal crossing over of the symbol into the left half of the PDP.

Reference: subsection B.01.355(1) to (4), FDR

Figure 6.4. Prepackaged product that is cylindrical in shape

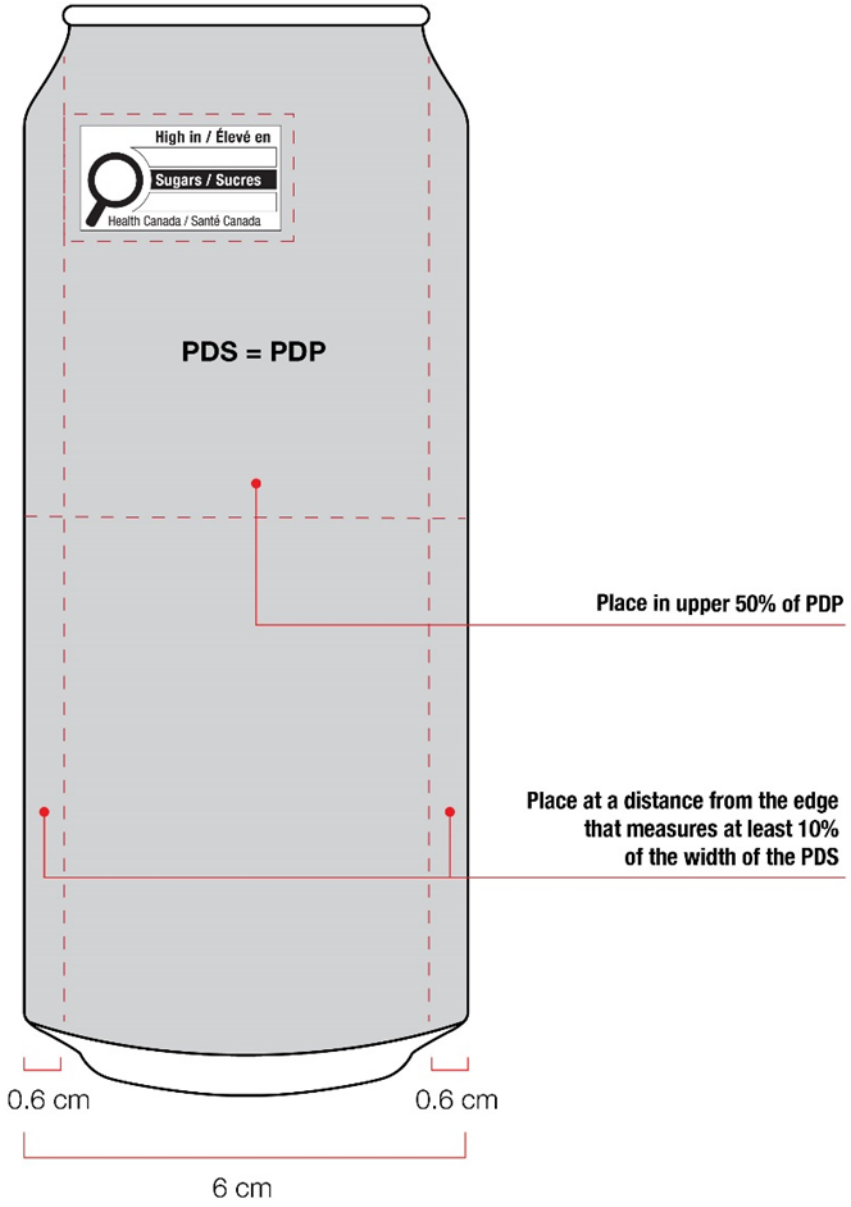
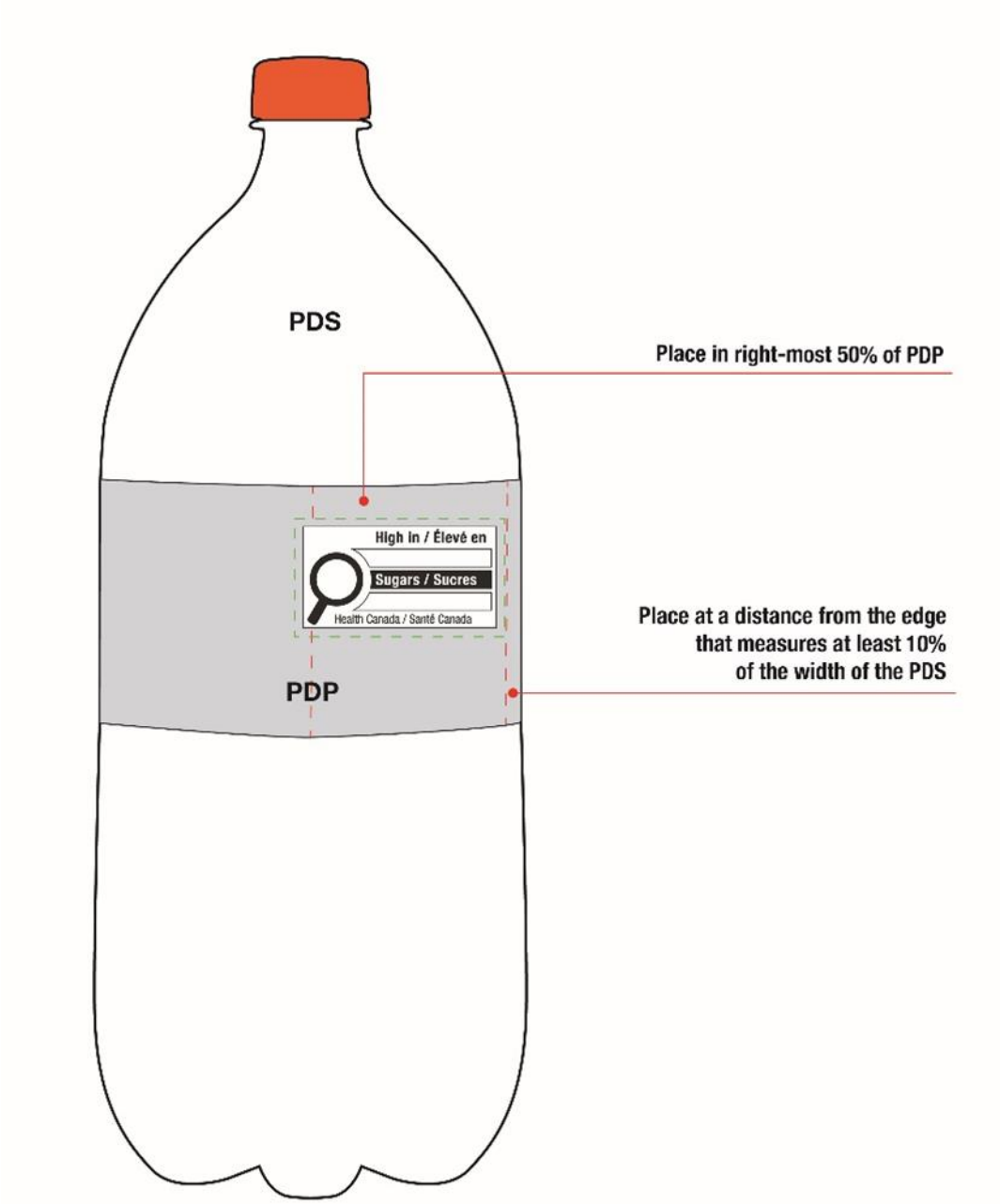


Figure 6.5. Prepackaged product where the FOP nutrition symbol slightly exceeds the designated area in which it must be displayed



6.2 How does the symbol have to be displayed on labels of prepackaged products?

There are requirements related to the symbol's visibility, language, orientation and graphic specifications. The nutrition symbol must be displayed in accordance with the applicable symbol set out in Schedule K.1.

Visibility

The symbol must be clearly visible and distinguishable from all other information appearing on the PDP of the product.

Reference: section A.01.016, FDR

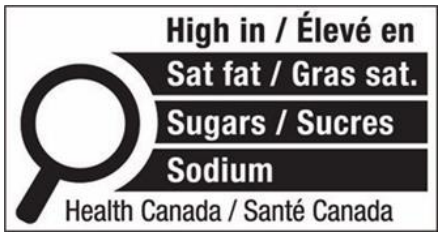
Language

The symbol must be presented in both official languages (English and French) unless otherwise exempt from bilingual labelling. For more information, refer to Bilingual food labelling requirements – Exemptions on the Canadian Food Inspection Agency's (CFIA) Industry Labelling tool.

Product labels can carry two separate unilingual symbols, one in French and one in English, or bilingual symbol(s). In a bilingual symbol, the order of languages may be reversed from the order shown in the applicable format (in other words, English before French or French before English).

Reference: subsection B.01.351(2) to (5), FDR

Figure 6.6. Examples of bilingual English first and French first horizontal FOP nutrition symbol formats



Orientation

The symbol must be oriented in the same manner as most of the other information that appears on the principal display panel. However, when the panel is displayed in the vertical

plane and most of the other information is not displayed parallel with the base of the package, the symbol must be oriented in such a manner that the words appearing in it are parallel with the base of the package.

Orientation also refers to either a horizontal symbol format (where its width is greater than its height) or a vertical symbol format (where its height is greater than its width).

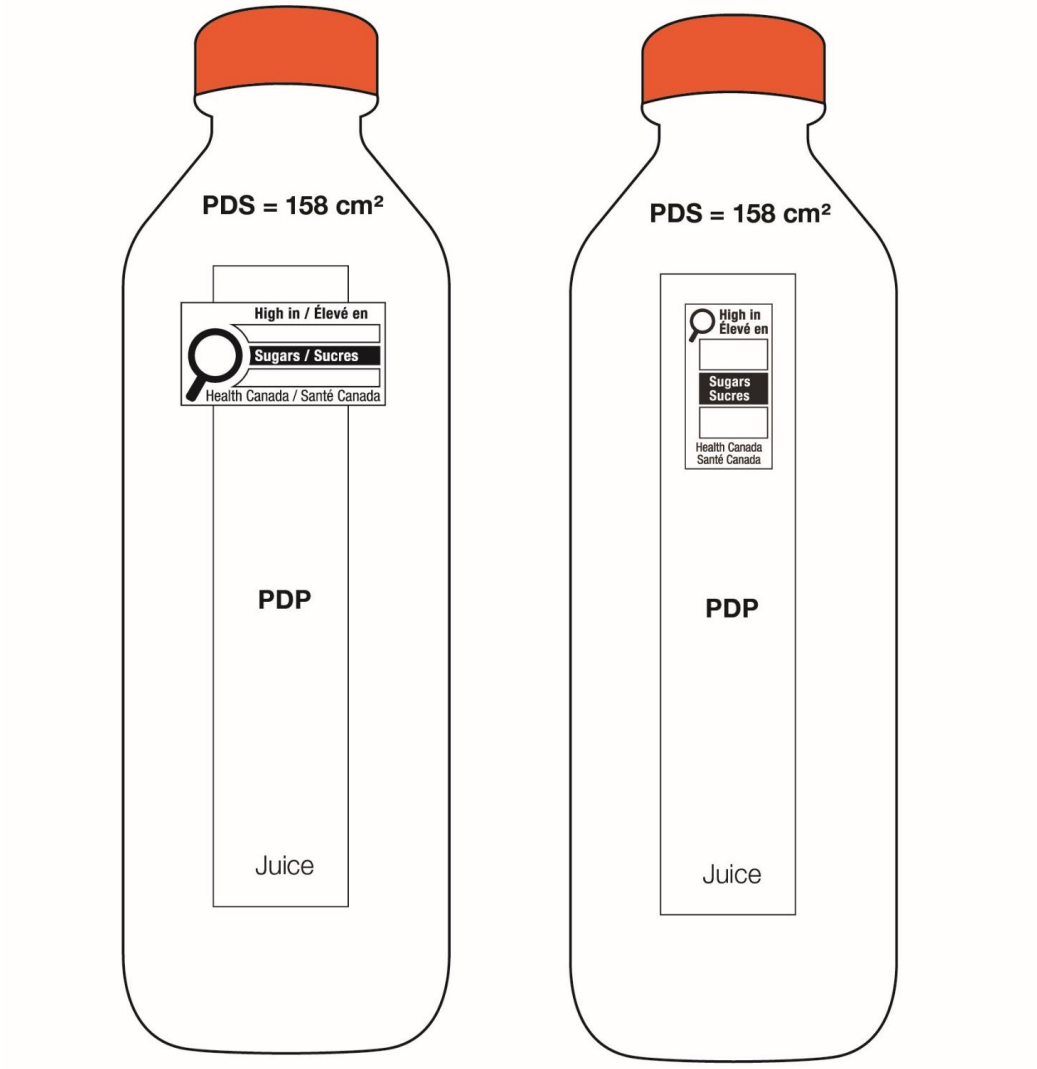
The horizontal format is the default orientation, therefore the majority of products that need to carry the symbol will display a horizontal format.

The use of the vertical format is required when:

- the product has a PDS ≤ 450 cm^2 and
- the horizontal format that would otherwise need to be used is wider than the PDP.

Reference: subsection B.01.351(2) and (3) and section B.01.356, FDR

Figure 6.7. Example where the vertical FOP nutrition symbol is required on the label



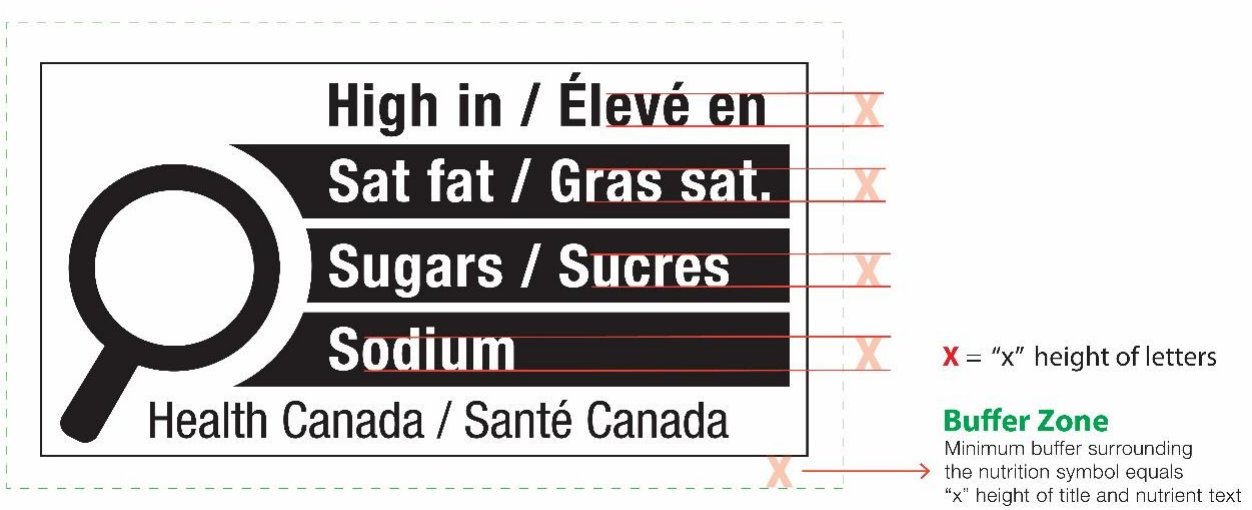
Specifications

The term "specifications" refers to the symbol size (height and width), the minimum buffer surrounding the symbol, the height of letters in the symbol, the height of nutrient bars in the symbol and the diameter of the lens of the magnifying glass in the symbol. The specifications for each format are set out in the Directory of Nutrition Symbol Specifications (the Directory), which is incorporated by reference into the FDR and available on the Government of Canada website.

6.3 What is the minimum buffer surrounding the symbol and how is it determined?

The buffer zone is the space surrounding the symbol in which no other text or graphic material can appear. The regulations set out the minimum dimension of this zone for each symbol format. It is equal to the size of the "x" height of text in the symbol (except for the words Health Canada / Santé Canada). The "x" height is the height of the lowercase "x" in the OpenType version of the font Helvetica Neue LT STD (Figure 6.8).

Figure 6.8. Minimum buffer surrounding the FOP nutrition symbol

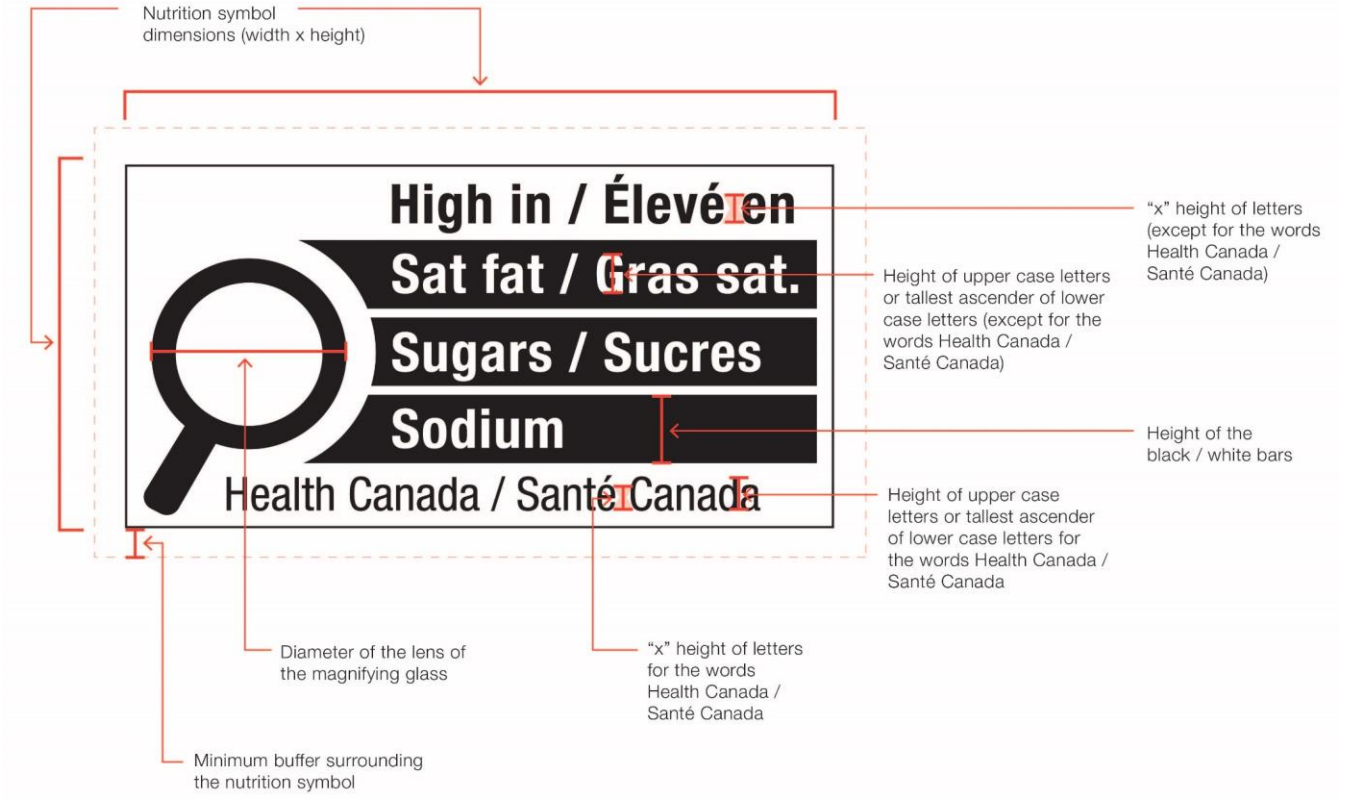


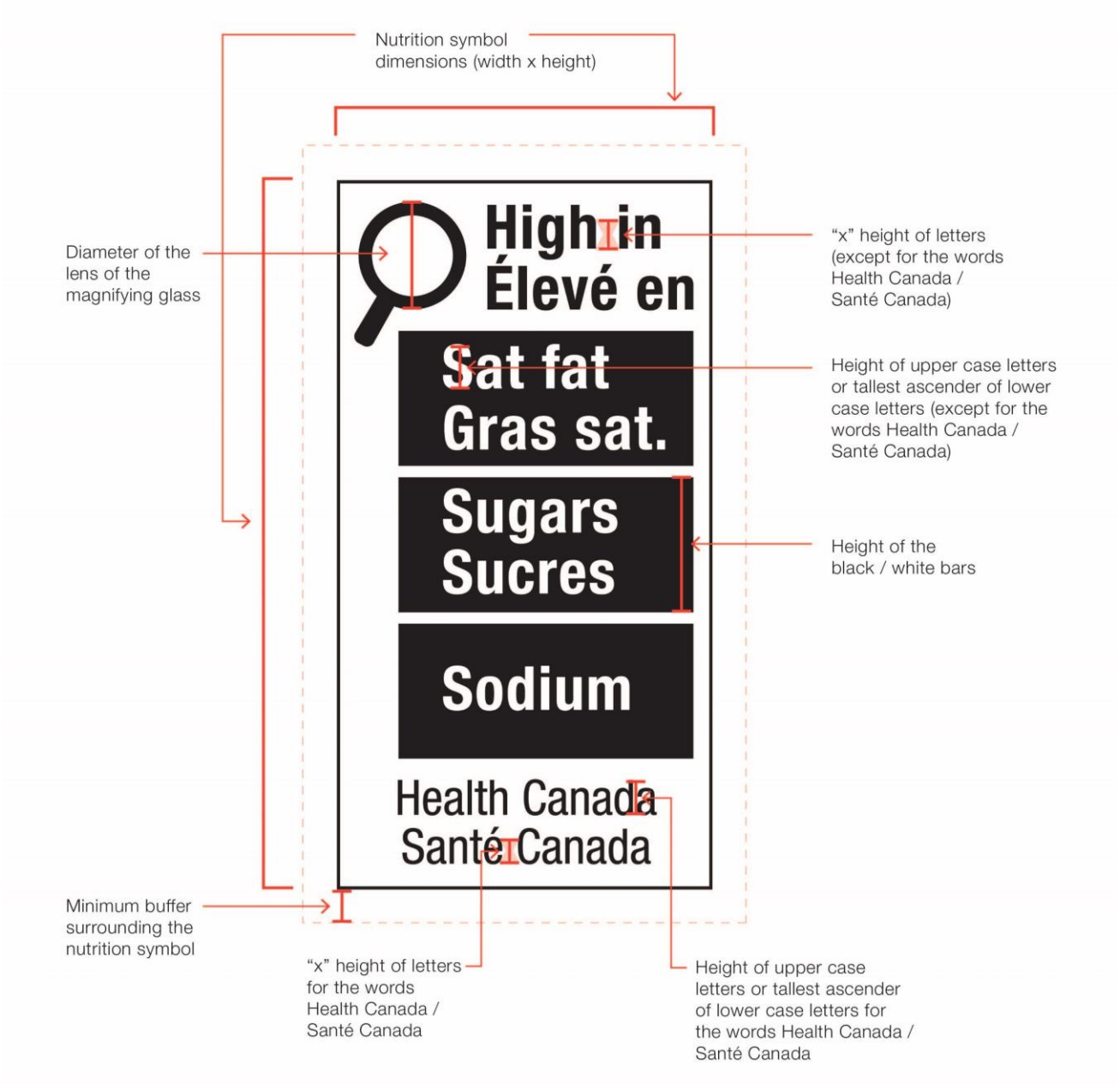
6.4 What is the symbol size based on?

The size of the symbol is proportional to the PDS of the package. In other words, the height and width of the symbol decreases as the PDS decreases.

For each format, the symbol specifications shown in Figure 6.9 are set out in the Directory according to a hierarchy based on the PDS. This is a similar approach to the existing hierarchies based on the available display surface for the Nutrition Facts table formats.

Figure 6.9. Reference diagrams showing FOP nutrition symbol specifications using a bilingual English first horizontal format and a bilingual English first vertical format





The hierarchy of symbol specifications is based on the following PDS ranges:

1. > 600 cm^2 (applies only to horizontal formats)
2. > 450 cm^2 to ≤ 600 cm^2 (applies only to horizontal formats)
3. > 250 cm^2 to ≤ 450 cm^2
4. > 100 cm^2 to ≤ 250 cm^2
5. > 30 cm^2 to ≤ 100 cm^2
6. ≤ 30 cm^2

The hierarchy of specifications (proportional to the PDS) applies in the majority of cases.

However, there is an exception for products with a PDS > 250 cm^2 that are sold only in the retail establishment where they are packaged and have labels printed using retail scales. These products can carry a smaller symbol than would otherwise be required. They can carry a horizontal symbol with the specifications set out for a PDS in the range of > 100 cm^2 to ≤ 250 cm^2. Furthermore, the FOP symbol can be applied as a sticker on the retail scale label or printed directly on the label.

The symbol may be displayed with larger dimensions than those set out in Column 3 of the applicable table in the Directory if it is scaled in a proportional manner vertically and horizontally.

Reference: Directory of Nutrition Symbol Specifications and section B.01.352, FDR

6.5 How many bars have to appear in the symbol?

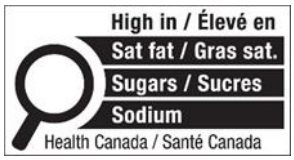
The number of bars that have to appear in the symbol depends on the PDS and the number of nutrients that must be declared.

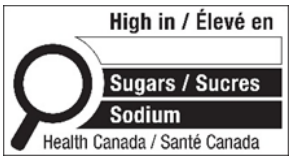
PDS > 30 cm^2

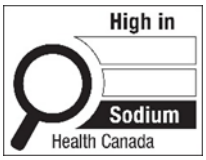
Three bars must always appear in the symbol on packages with a PDS > 30 cm^2. This includes the bars required to identify the product as "high in sat fat", "high in sugars" and/or "high in sodium" (nutrient bars), as applicable, and blank bars. This ensures the nutrients are always in the same order.

The following are examples of formats for use on packages with a PDS > 30 cm^2. Each has three bars in total; however, the number of nutrient bars and blank bars varies.

Figure 6.10. Examples of bilingual English first horizontal FOP nutrition symbol formats and unilingual English formats for use on prepackaged products with a PDS > 30 cm^2

a. 

b. 

c. 

d. 

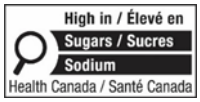
PDS ≤ 30 cm²

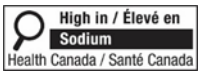
The only bars that must appear in the symbol on packages with a PDS of ≤ 30 cm² are the bars required to identify the product as "high in sat fat", "high in sugars" and/or "high in sodium", as applicable. Blank bars are not required to be shown. Therefore, some small packages may display symbols with fewer than three bars.

The following are examples of formats for use on packages with a PDS ≤ 30 cm².

Figure 6.11. Examples of bilingual English first horizontal FOP nutrition symbol formats and unilingual English formats for use on prepackaged products with a PDS ≤ 30 cm²

a. 

b. 

c. 

d. 

e. 

6.6 In what order do the nutrient bars have to appear in the symbol?

The order of the nutrient bars in the symbol is always:

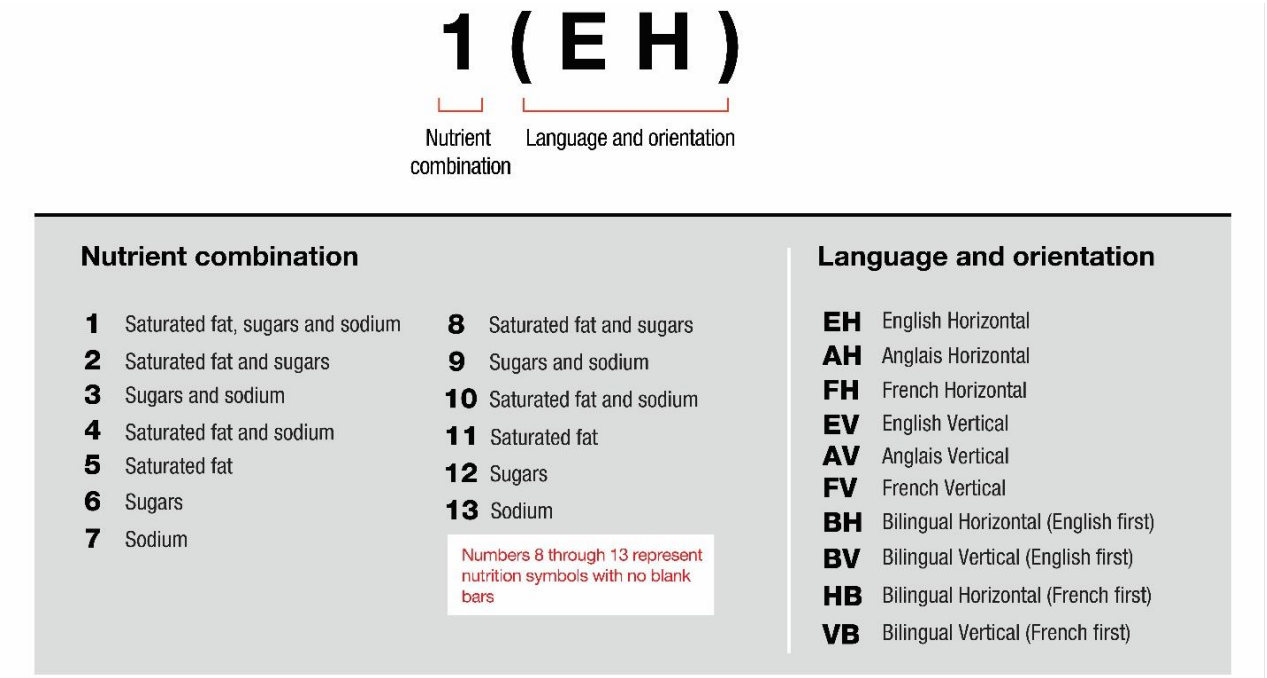
- Sat fat
- Sugars
- Sodium

In symbol formats with three bars, the top bar is always and only for saturated fat, the middle bar is always and only for sugars and the bottom bar is always and only for sodium. The order doesn't change because of blank bars.

6.7 How are the different symbol formats identified in the regulations?

Each symbol format is identified by the same unique number and letter combination in the table to B.01.352, Schedule K.1 and the Directory. Numbers distinguish formats based on nutrient combination and letters indicate language and symbol orientation. The diagram in Figure 6.12 further describes this naming convention.

Figure 6.12. FOP nutrition symbol format naming convention in the table to B.01.352, Schedule K.1 and the Directory of Nutrition Symbol Specifications of the FDR

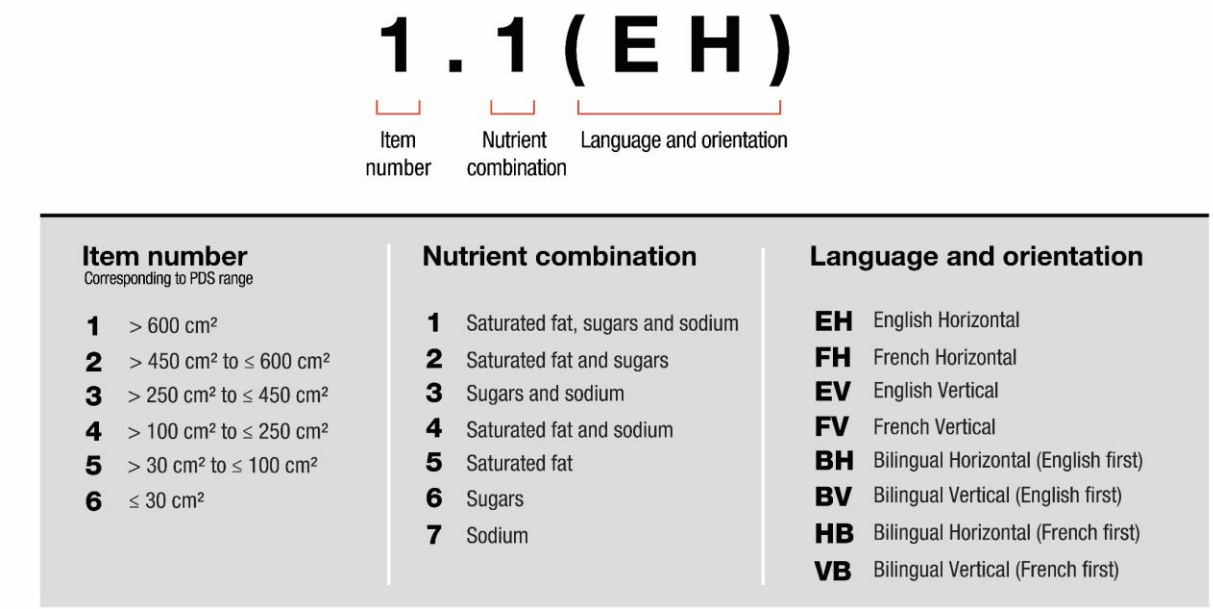


6.8 How can I obtain high resolution graphic files of all variations of the symbol?

A Compendium of Nutrition Symbol Formats (the Compendium) is available in PDF as a reference document for label designers and the food and packaging industry to comply with the format specifications set out in the FDR and in the Directory. Ready-to-use high resolution graphic files of all variations of the symbol are available in .EPS format. To obtain a copy of the Compendium and the graphic files, please send an e-mail to smiu-ugdi@hc-sc.gc.ca with the subject line "HPFB BNS Compendium of Nutrition Symbol Formats".

In addition to the number and letter combination used in the naming convention in the regulations, the Compendium includes a number to distinguish the figures based on the PDS (Figure 6.13). For example, consider a product with a PDS > 600 cm^2, which requires symbol format 6(BH) as per the naming convention used in the regulations. In the Compendium, this is the symbol format equivalent to Figure 1.6(BH). Appendix A in the Compendium shows how these different conventions align.

Figure 6.13. FOP nutrition symbol format naming convention in the Compendium of Nutrition Symbol Formats



7. Nutrient and health-related claims and the front-of-package (FOP) nutrition symbol

For the purposes of FOP nutrition labelling, in subsection B.01.357(3), the regulations define "health-related representation" as:

Health-related representation **means**	**Examples**
(a) a declaration referred to in subsection B.01.301(1) or (2)	Quantitative declarations outside of the Nutrition Facts table "360 mg of calcium per bar (40 g)"
(b) a statement or claim referred to in subsection B.01.311(2) or (3)	Nutrient function claims "Protein helps build strong muscles"
(c) a representation referred to in any of sections B.01.503 to B.01.513	Nutrient content claims "Reduced in sugar"
(d) a statement or claim referred to in subsection B.01.601(1)	Health claims "A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of heart disease."
(e) any other health-related statement, logo, symbol, seal of approval or mark	The use of a name, logo, symbol, seal of approval or other certification mark of a third party-organization Using a check mark to draw attention to good or healthy choices.

Nutrition and health-related statements and claims may be made on the label or in advertisements for foods on a voluntary basis. However, when they are made, they must comply with subsection 5(1) of the *Food and Drugs Act*, the food provisions of the FDR, and subsection 6(1) of the *Safe Food for Canadians Act* and should follow any applicable guidance.

7.1 Are health-related representations permitted on the principal display panel (PDP) when a food also carries the FOP nutrition symbol (the symbol)?

Yes. Most health-related representations are permitted on the PDP when it displays the symbol. This includes representations not related to saturated fat, sugars or sodium (for

example, protein, fibre or energy) and representations that are related to these nutrients of concern as long as there is no "high in" symbol for that nutrient on the PDP. For example, a "low sodium" claim is permitted on the PDP when the product carries a "high in sat fat" symbol. Statements or claims described in sections D.01.004 to D.01.007 and D.02.002 to D.02.005 are also permitted on the PDP when it carries a symbol. However, the "unsweetened" claim is prohibited on the PDP when it carries a symbol for "high in sugars" and the representation that a food is for use in a sodium-restricted diet is prohibited when the PDP carries a symbol for "high in sodium".

Furthermore, all nutrient content claims related to saturated fat, sugars or sodium, as set out in the incorporated by reference Table of Permitted Nutrient Content Statements and Claims (the Table), are prohibited on the PDP when it carries a symbol to identify the food as "high in" that particular nutrient, except for "reduced in" claims.

For instance, the claims related to saturated fat set out in item 18, 19 and 21 of the Table are prohibited on the PDP when it carries a symbol for "high in sat fat". The "reduced in saturated fatty acids" claim (item 20) is the only claim about saturated fat in the Table that is permitted on the PDP when it carries a symbol for "high in sat fat". The nutrient content claims "lean" and "extra lean" set out in item 46 and 47 of the Table are considered related to the total fat content of a meat or poultry that has not been ground, a marine or fresh water animal or a product of any of these. These claims are not considered related to saturated fat and are not prohibited on the PDP when it carries a symbol for "high in sat fat".

The same applies to claims about sugars and sodium set out in column 4 of the Table:

- The claims related to sugars set out in item 37, 37.1, 39 and 40 of the Table are prohibited on the PDP when it carries a symbol for "high in sugars". The "reduced in sugar" claim (item 38) is the only claim about sugars in the Table that is permitted on the PDP when it carries a symbol for "high in sugars".
- The claims related to sodium set out in item 31, 32, 34 and 35 of the Table are prohibited on the PDP when it carries a symbol for "high in sodium". The "reduced in sodium or salt" claim (item 33) is the only claim about sodium in the Table that is permitted on the PDP when it carries a symbol for "high in sodium".

Using a representation such as a word, phrase, illustration, sign, mark, symbol or design that could be mistaken for the symbol is also prohibited regardless of whether the food carries the symbol. Note that a representation does not include a supplemented food caution identifier.

Reference: subsection B.01.357(3), section B.01.358, subsection B.01.503(1.1), B.01.508(2) and B.01.509(2), FDR

7.2 Do restrictions apply to the size of health-related representations displayed on the PDP when a food also carries the symbol?

Yes. There are limits on the size (in other words, the height of letters) of any health-related representation defined in subsection B.01.357(3) and any statement or claim described in sections D.01.004 to D.01.007 and D.02.002 to D.02.005 displayed on a PDP that carries the symbol. The maximum permitted height of the letters in the claims, statements or representations depends on whether the nutrient they feature is declared in the symbol.

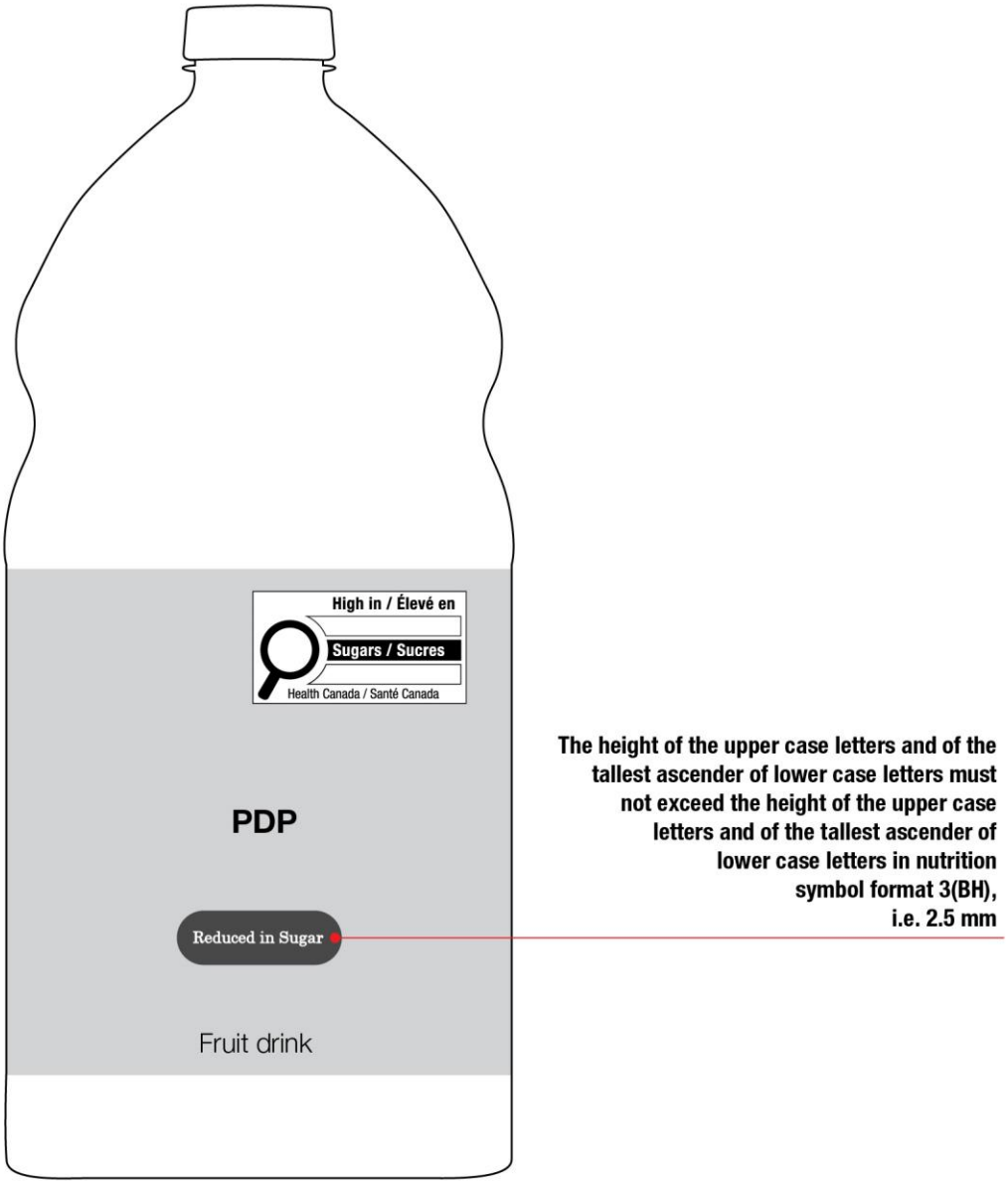
However, these size limits do not apply to the brand name or product name that appear on the PDP, such as those that include the name of a nutrient or nutritive substance, for example "fibre" or "probiotics".

When the nutrient featured in a health-related representation displayed on the PDP is also declared in the symbol:

- the height of the upper case letters in the claim, statement or representation must not exceed the prescribed height of the upper case letters (excluding any accents) in the applicable symbol format, other than in the words "Health Canada" and "Santé Canada"; and
- the height of the tallest ascender of the lower case letters in the claim, statement or representation must not exceed the prescribed height of the tallest ascender of the lower case letters in the applicable symbol, other than in the words "Health Canada" and "Santé Canada".

Figure 7.1. Height of upper case letter/tallest ascender of lower case letters

Figure 7.2. Jug of fruit drink with the symbol for "high in sugars" and the claim "reduced in sugar" on the PDP



When the nutrient featured in a health-related representation or a statement or claim referred to in any of sections D.01.004 to D.01.007 and D.02.002 to D.02.005 displayed on the PDP is not declared in the symbol:

- the height of the upper case letters in the claim, statement or representation must not exceed two times the prescribed height of the upper case letters (excluding any accents)

in the applicable symbol format, other than in the words “Health Canada” and “Santé Canada”; and

- the height of the tallest ascender of the lower case letters in the claim, statement or representation must not exceed two times the prescribed height of the tallest ascender of the lower case letters in the applicable symbol format, other than in the words “Health Canada” and “Santé Canada”.

Figure 7.3. Granola cereal with the symbol for “high in sat fat and sugars” and the claim “Source of fibre” and “Low in sodium” on the PDP

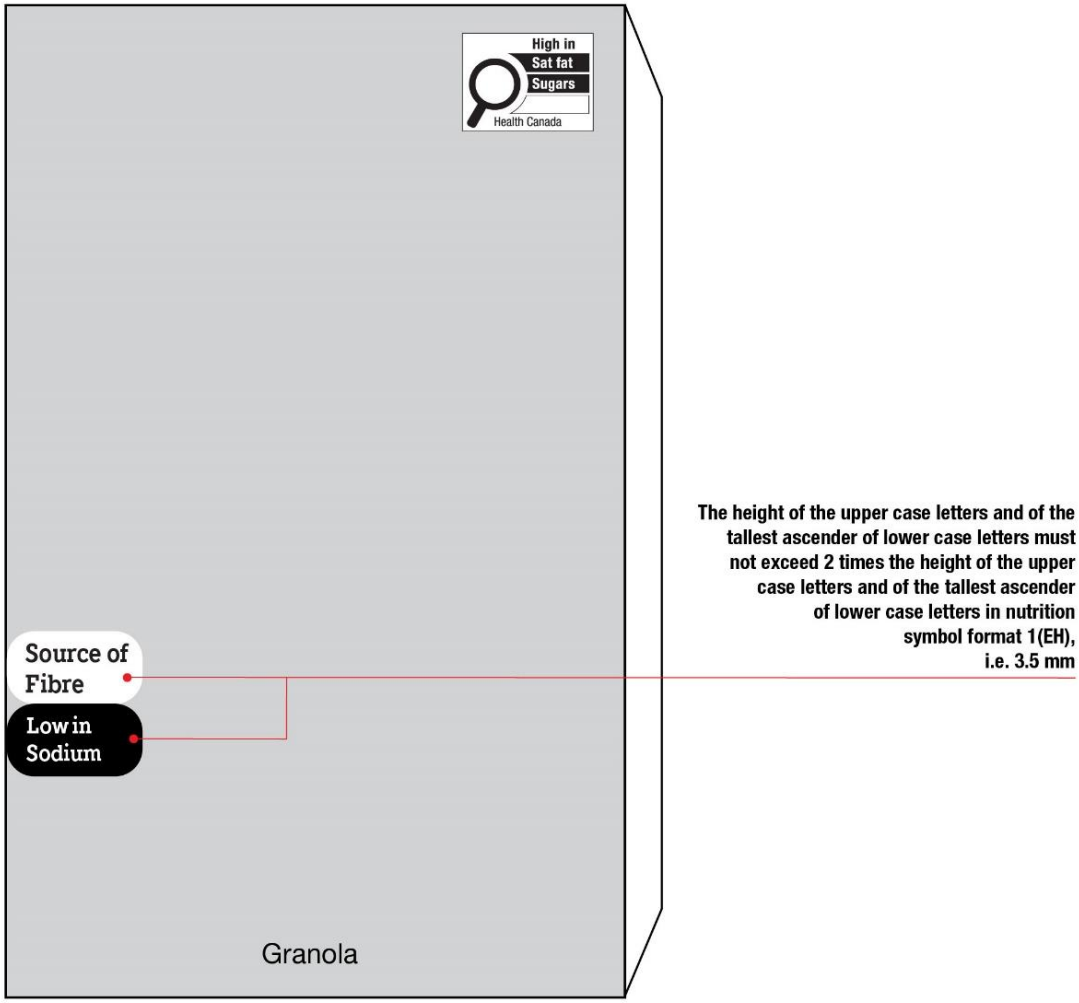
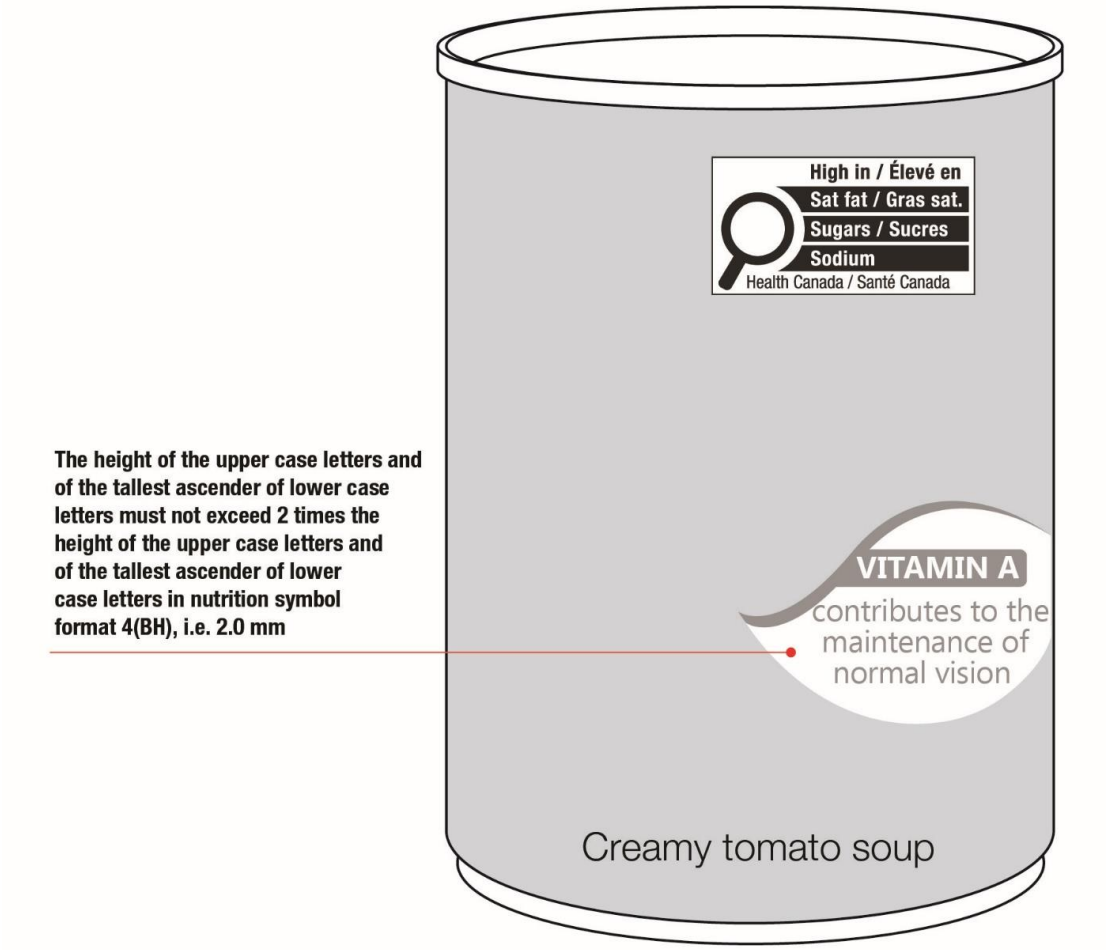


Figure 7.4. Creamy tomato soup with the symbol for "high in sat fat, sugars and sodium" and the nutrient function claim "Vitamin A contributes to maintenance of normal vision" on the PDP



The Directory of Nutrition Symbol Specifications (the Directory) sets out the height of upper case letters and tallest ascender of lower case letters that must be used in each symbol format. The information is in column 5 of each table in the Directory. See the Presentation section for more information on how to identify which symbol format must appear on the PDP.

Reference: section B.01.357 and D.01.001.2, FDR

8. Definitions

The *Food and Drug Regulations* (FDR) should be referred to for definitions. The definitions in this section are provided for ease of reference only.

Daily value: As defined in subsection B.01.001(1) of the FDR, means, in respect of a nutrient, the quantity applicable to the nutrient according to subsection B.01.001.1(2).

Main dish: As defined in subsection B.01.001(1) of the FDR, means a combination dish, as set out in the Table of Reference Amounts, that does not require the addition of ingredients, other than water, for its preparation and that contains food from at least two of the following categories:

- **(a)** dairy products and their alternatives, except butter, cream, sour cream, ice cream, ice milk, sherbet and alternatives for those foods;
- **(b)** meat products, poultry products, marine and fresh water animal products referred to in Division 21, and their alternatives such as eggs, tofu, legumes, nuts, seeds, nut or seed butters and spreads made from legumes;
- **(c)** fruits and vegetables except pickles, relishes, olives and garnishes; and
- **(d)** breads, breakfast cereals, rice and other grains, and alimentary pastes.

Milk ingredients: As defined in item 7 of Table 2 in the Common Names for Ingredients and Components Document, which is incorporated by reference into the FDR, means any of the following in liquid, concentrated, dry, frozen or reconstituted form, namely, butter, buttermilk, butter oil, milk fat, cream, milk, partly skimmed milk, skim milk and any other component of milk the chemical composition of which has not been altered and that exists in the food in the same chemical state in which it is found in milk.

Modified milk ingredients: As defined in item 7.1 of Table 2 in the Common Names for Ingredients and Components Document, which is incorporated by reference into the FDR, means any of the following in liquid, concentrated, dry, frozen or reconstituted form, namely, calcium-reduced skim milk (obtained by the ion-exchange process), casein, caseinates, cultured milk products, milk serum proteins, ultrafiltered milk, whey, whey butter, whey cream and any other component of milk the chemical state of which has been altered from that in which it is found in milk. As defined in item 7.2 of the Common Names for Ingredients and Components Document, which is incorporated by reference into the FDR, it also means one or more ingredients or components set out in item 7 combined with any one or more ingredients or components set out in item 7.1.

Nutrition symbol: As defined in subsection B.01.001(1) of the FDR, means a symbol set out in Schedule K.1 that is carried on the principal display panel (PDP) of a prepackaged product.

Principal display panel (PDP): As defined subsection B.01.001(1) of the FDR, means, despite the meaning assigned to that term in section A.01.010:

(a) in the case of a label that is applied to a *consumer prepackaged* food within the meaning of section 1 of the *Safe Food for Canadians Regulations*, the *principal display panel* as described in paragraphs (a) to (c) of the definition of that term in that section;

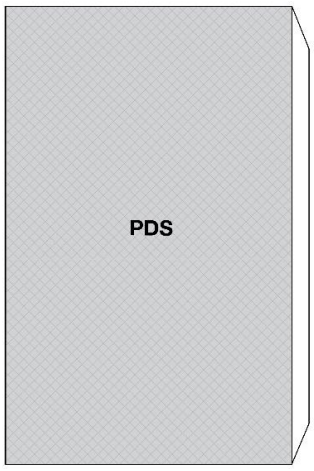
(b) in the case of a label that is applied to a prepackaged product other than a consumer prepackaged food subject to the *Safe Food for Canadians Regulations*, the part of the label that is applied to all or part of any side or surface of the container that is displayed or visible under normal or customary conditions of sale or use and, if the container does not have such a side or surface, the part of the label that is applied to any part of the container except on the bottom; or

(c) in the case of a label that is applied to a food that is not a prepackaged product, the part of the label that is applied to all or part of the side or surface of the food that is displayed or visible under normal or customary conditions of sale or use.

Principal display surface (PDS): As defined in subsection B.01.001(1) of the FDR and in respect of a prepackaged product, means:

(a) if the package has a surface that is displayed or visible under customary conditions of sale or use, the total area of that surface, excluding any surface that is the top of the package;

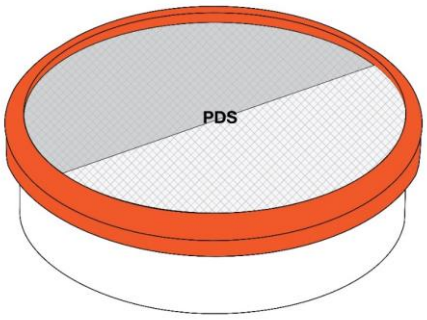
Figure 8.1. PDS of cereal box



For example, the front panel of this cereal box, is usually visible when the product is displayed for sale. Therefore, the **total area of that panel** is considered the PDS, which is the area shown here with crosshatching. The grey shaded area is considered the PDP.

(b) if the package has a lid that is the part of the package that is displayed or visible under customary conditions of sale or use, the total area of the top surface of the lid;

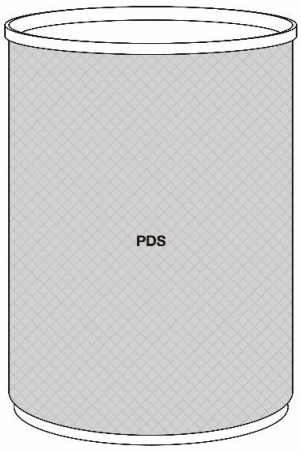
Figure 8.2. PDS of hummus container



For example, the lid of this hummus container is usually visible when displayed for sale. Therefore, the **total area of the lid** is considered the PDS, which is the area shown here with crosshatching. The grey shaded area is considered the PDP.

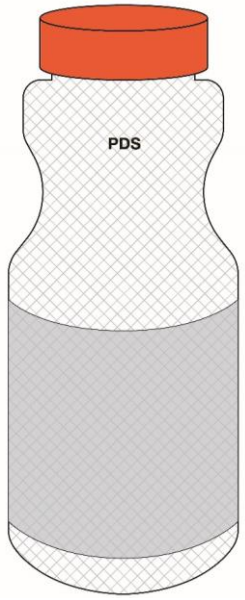
(c) if the package does not have a particular surface that is displayed or visible under customary conditions of sale or use, 40% of the total surface area of the package, excluding any surface area that is its top and bottom, if it is possible for that proportion of the total surface area to be displayed or visible under customary conditions of sale or use;

Figure 8.3. PDS of soup can



For example, cylindrical shaped packages, such as this soup can, don't have a particular surface that is usually visible when displayed for sale. Therefore, **40% of the package's total surface area**, **excluding the top and bottom** is considered the PDS. It is the area shown here with crosshatching. The grey shaded area is considered the PDP.

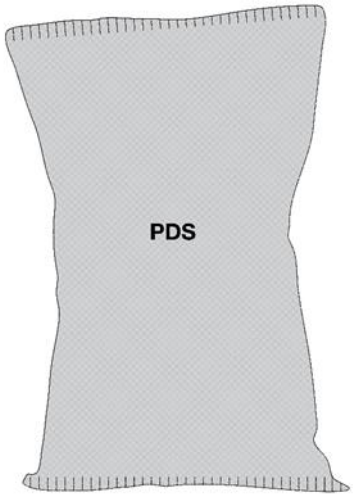
Figure 8.4. PDS of jar of toffee peanuts



This definition also applies to cylindrical containers that do not have a constant diameter such as this jar of toffee peanuts, in which the PDS is shown here with crosshatching. The grey shaded area is considered the PDP.

(d) if the package is a bag with surfaces of equal dimensions, the total area of one of the surfaces;

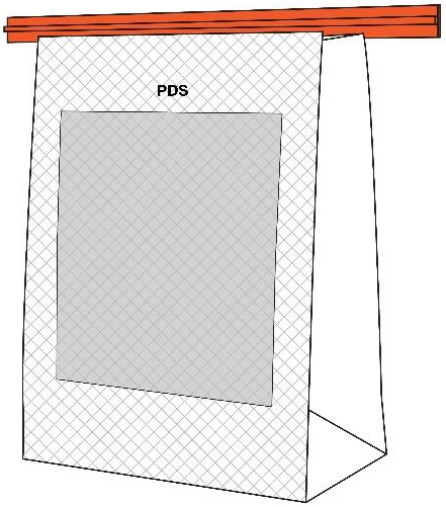
Figure 8.5. PDS of bag of popcorn



For example, the surfaces of this bag of popcorn are the same size. Therefore, the **total area of one surface** is considered the PDS. It is the area shown here with crosshatching. The grey shaded area is considered the PDP.

(e) if the package is a bag with surfaces of different dimensions, the total area of one of the largest surfaces;

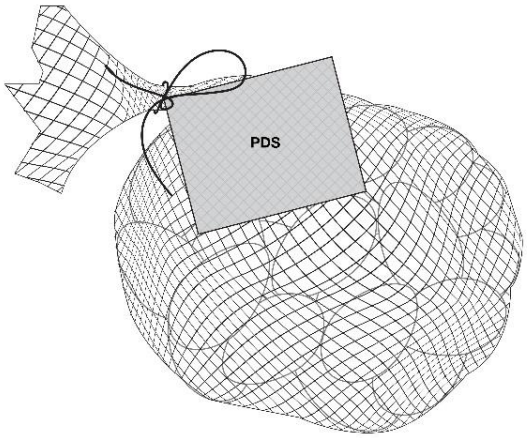
Figure 8.6. PDS of bag of mini brownies



For example, the surfaces of this bag of mini brownies are different sizes. Therefore, the **total area of the largest surface** is considered the PDS. It is the area shown here with crosshatching. The grey shaded area is considered the PDP.

(f) despite paragraphs (a) to (e), if the package does not have a surface that is displayed or visible under customary conditions of sale or use to which a label can be applied, the total area of one side of a tag that is attached to the package;

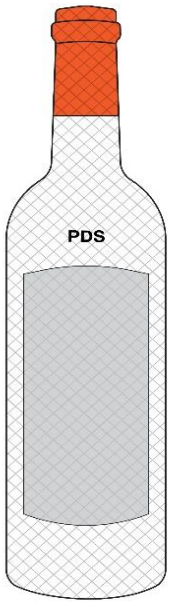
Figure 8.7. PDS of mesh bag with individually-wrapped chocolates



For example, given that a mesh bag such as this one containing individually wrapped chocolates doesn't have a surface on which a label can be applied, the **total area of one side of the tag** attached to the bag is considered the PDS. It is the area shown here with crosshatching. The grey shaded area is considered the PDP.

(g) despite paragraphs (a) to (e), if the package contains wine that is exposed for sale, any part of the surface of the package, excluding its top and bottom, that can be seen without having to turn the package; and

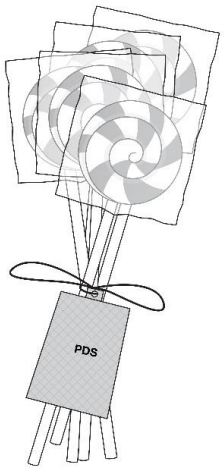
Figure 8.8. PDS of dealcoholized wine bottle



For example, **any part of this dealcoholized wine bottle's surface, excluding its top and bottom, that is visible without having to turn the bottle** is considered the PDS. It is the area shown here with crosshatching. The grey shaded area is considered the PDP.

(h) if the package is a wrapper or confining band that is so narrow in relation to the size of the food it contains that it cannot reasonably be considered to have any surface that is displayed or visible under customary conditions of sale or use, the total area of one side of a tag that is attached to the package.

Figure 8.9. PDS of bundle of lollipops



For example, the surface of the wrapper on this bundle of lollipops is too narrow to be considered visible. Therefore, the **total area of one side of the tag** attached to it is considered the PDS. It is the area shown here with crosshatching. The grey shaded area is considered the PDP.

Reference amount: As defined in subsection B.01.001(1) of the FDR, means, in respect of a food set out in column 1 of the Table of Reference Amounts, the amount of that food set out in column 2.

Serving of stated size: The serving size is a specific amount of food upon which the nutrient information presented in the nutrition facts table is based. The serving size is a quantity of food that can be reasonably consumed at a single eating occasion.

Sweetening agent: As defined in subsection B.01.001(1) of the FDR, includes any food for which a standard is provided in Division 18, but does not include those food additives listed in the tables to Division 16.

Appendix 1: Steps for determining whether the amount of saturated fat, sugars and/or sodium in a prepackaged product meets or exceeds the FOP nutrition symbol thresholds

These instructions describe the steps to determine whether the amount of saturated fat, sugars and/or sodium in a food meets or exceeds the applicable thresholds and triggers the need to display the FOP nutrition symbol (the symbol) on the label. Although most prepackaged products are subject to the FOP nutrition symbol labelling requirements, some foods are exempted from carrying the symbol, and in some cases, the symbol is prohibited on the label of certain foods. See the Exemptions and Prohibitions sections for more information.

Examples A to E illustrate the following scenarios:

- **Example A:** the serving of stated size (serving size) is greater than the reference amount
- **Example B:** the reference amount is greater than the serving size
- **Example C:** the food requires preparation and only has a reference amount for its prepared form
- **Example D:** the serving size is greater than the reference amount and the product is intended solely for children one year or older but less than four years of age
- **Example E:** the serving size and reference amount are equal and the food has a reference amount ≤ (less than or equal to) 30 g or 30 mL

Example A – the serving size is greater than the reference amount

This example illustrates a scenario in which the serving of stated size (serving size) declared in the Nutrition Facts table (NFt) is larger than the reference amount set out for the food in the Table of Reference Amounts.

Consider lemon-flavoured iced tea sold in a bottle. The serving size declared in the NFt is 1 bottle (547 mL). These instructions describe the steps to follow to determine whether the amount of saturated fat, sugars and/or sodium meets or exceeds the applicable threshold and therefore, triggers the need to carry the front-of-package (FOP) nutrition symbol (the symbol) on the label.

Figure A1.1. NFt for lemon-flavoured iced tea

Nutrition Facts
Valeur nutritive
Per bottle (547 mL)
par bouteille (547 mL)

Calories 170	% Daily Value* / % valeur quotidienne*
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 43 g	
Sugars / Sucres 43 g	43 %
Protein / Protéines 0.1 g	
Sodium 40 mg	2 %

Not a significant source of saturated fat, trans fat, fibre, cholesterol, potassium, calcium and iron.

Source négligeable de lipides saturés, lipides trans, fibres, cholestérol, potassium, calcium et fer.

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

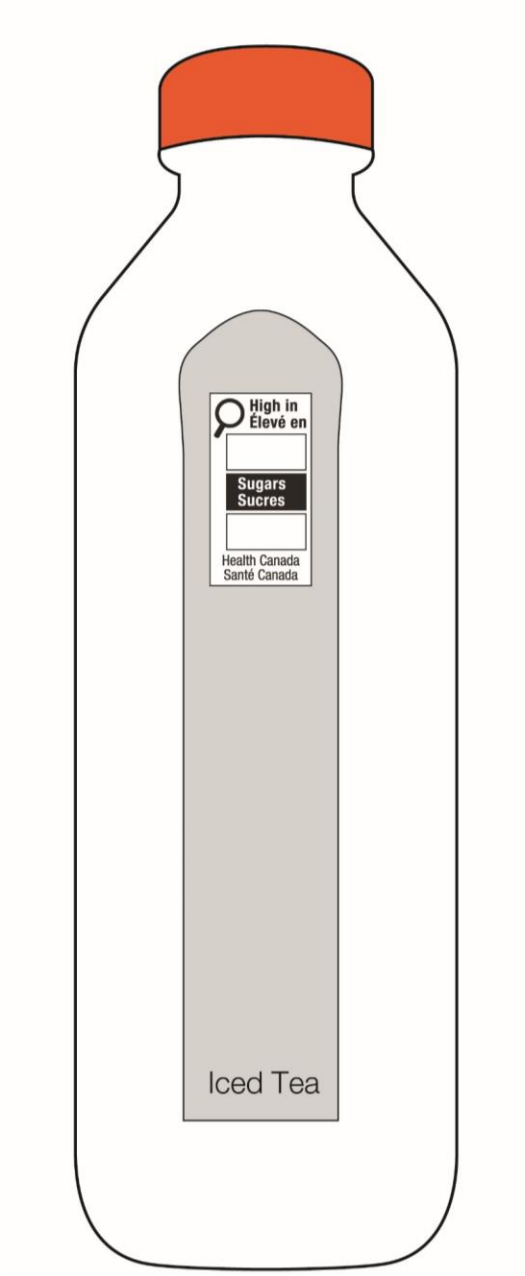
1. **Identify for whom the product is intended.**
   Determine which of the following 2 categories applies to the food:
   - A food intended solely for children one year of age or older, but less than four years of age (children one to four years only).
   - A food intended for children one year of age or older, but less than four years of age **or** for children four years of age or older and adults (children and/or adults).
     - In this example, the product is intended for children and/or adults. Therefore, the thresholds in columns 2 to 4 of the table to section B.01.350 (Thresholds Requiring a Nutrition Symbol) apply.

2. **Identify the quantity of food that must be used to assess the amount of saturated fat, sugars and/or sodium against the symbol threshold.**
    a. Consult the Table of Reference Amounts to identify the amount applicable to the product.
        - The reference amount for iced tea is 375 mL; it is set out in Item B.1, Column 2, of the Table of Reference Amounts.
    b. Compare the product's reference amount and the serving size declared in the NFt. The larger quantity must be used as the base quantity for the nutrient content assessment.
        - In this example, the serving size (547 mL) is greater than the reference amount. Therefore, the serving size is the base quantity that must be used for the assessment.

3. **Identify the applicable % Daily Value (% DV) threshold.**
    Determine in which of the following classes the product belongs:
    - Prepackaged products with a reference amount ≤ (less than or equal to) 30 g or 30 mL: threshold of ≥ (greater than or equal to) 10% DV
    - Prepackaged main dishes with a reference amount ≥ 170 g (when intended solely for children one to four years) or ≥ 200 g (when intended for children and/or adults): threshold of ≥ 30% DV
    - Prepackaged products with a reference amount > 30 g or 30 mL other than main dishes: threshold of ≥ 15% DV
        - In this example, the applicable threshold is ≥ 15% DV given that iced tea has a reference amount > (greater than) 30 g or 30 mL and is not a main dish.

4. **Determine whether the amount of saturated fat, sugars and/or sodium in the base quantity meets or exceeds the threshold.**
    Compare the % DV for saturated fat, sugars and sodium declared in the NFt and the applicable % DV threshold identified in Step 3. If the % DV declared in the NFt for one or more of the nutrients is equal to or greater than the % DV threshold, a symbol for the nutrient or nutrients is required.
    - In this example, only the % DV for sugars declared in the NFt (43%) is equal to or greater than the 15% DV threshold. Therefore, the label must carry a symbol for "high in sugars".
    - See the Presentation section for more information on the symbol location and presentation requirements.

Figure A1.2. Lemon-flavoured iced tea that requires a symbol for "high in sugars". The nutrient content per serving size was assessed against the thresholds because the serving size declared in the NFt is greater than the reference amount for the product.



Nutrition Facts
Valeur nutritive

Per bottle (547 mL)
par bouteille (547 mL)

Calories 170	**% Daily Value*** **% valeur quotidienne***
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 43 g	
Sugars / Sucres 43 g	43 %
Protein / Protéines 0.1 g	
Sodium 40 mg	2 %

Not a significant source of saturated fat, trans fat, fibre, cholesterol, potassium, calcium and iron.

Source négligeable de lipides saturés, lipides trans, fibres, cholestérol, potassium, calcium et fer.

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

Example B – the reference amount is greater than the serving size

This example illustrates a scenario in which the reference amount set out for the food in the Table of Reference Amounts is larger than the serving of stated size (serving size) declared in the Nutrition Facts table (NFt).

Consider a lasagna sold in a 907 g tray. The serving size declared in the NFt is ¼ tray lasagna (227 g). These instructions describe the steps to follow to determine whether the amount of saturated fat, sugars and/or sodium meets or exceeds the applicable threshold and therefore, triggers the need to display the front-of-package (FOP) nutrition symbol (the symbol) on the label.

Figure A1.3. NFt for lasagna

Nutrition Facts
Valeur nutritive
Per 1/4 tray (227 g)
par 1/4 plateau (227 g)

Calories 290	% Daily Value* / % valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 5 g + Trans / trans 0 g	25 %
Carbohydrate / Glucides 34 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 35 mg	
Sodium 580 mg	25 %
Potassium 75 mg	2 %
Calcium 225 mg	17 %
Iron / Fer 3.5 mg	19 %

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

1. **Identify for whom the product is intended.**
   Determine which of the following 2 categories applies to the food:
   - A food intended solely for children one year of age or older, but less than four years of age (children one to four years only).
   - A food intended for children one year of age or older, but less than four years of age **or** for children four years of age or older and adults (children and/or adults).
     - In this example, the product is intended for children and/or adults. Therefore, the thresholds in columns 2 to 4 of the table to section B.01.350 (Thresholds Requiring a Nutrition Symbol) apply.

2. **Identify the quantity of food that must be used to assess the amount of saturated fat, sugars and/or sodium against the symbol threshold.**
    - **a.** Consult the Table of Reference Amounts to identify the amount applicable to the product.
        - The reference amount for lasagna is 300 g; it is set out in Item N.1, Column 2, of the Table of Reference Amounts.
    - **b.** Compare the product's reference amount and the serving size declared in the NFt. The larger quantity must be used as the base quantity for the nutrient content assessment.
        - In this example, the reference amount is greater than the serving size (227 g). Therefore, the reference amount is the base quantity that must be used for the assessment.

3. **Identify the applicable % Daily Value (% DV) threshold.**
   Determine in which of the following classes the product belongs:
    - Prepackaged products with a reference amount ≤ 30 g or 30 mL: threshold of ≥ 10% DV
    - Prepackaged main dishes with a reference amount ≥ 170 g (when intended solely for children one to four years) or ≥ 200 g (when intended for children and/or adults): threshold of ≥ 30% DV
    - Prepackaged products with a reference amount > 30 g or 30 mL other than main dishes: threshold of ≥ 15% DV
        - In this example, the applicable % DV threshold is ≥ 30% DV given that lasagna is a main dish with a reference amount ≥ 200 g.

4. **Determine the amount of saturated fat, sugars and sodium in the base quantity of the food.**
   Convert the saturated fat, sugars and sodium content declared per serving size in the NFt into content per reference amount. The following formula could be used: (Nutrient content per serving size / Serving size) x Reference amount = Nutrient content per reference amount.
    - The nutrient content per reference amount of lasagna is shown below :

Table A1.1. Nutrient content per reference amount of lasagna

Nutrient	Content per serving size declared in NFt (227 g)	Content per reference amount (300 g)
Saturated fat	5 g	6.61 g
Sugars	1 g	1.32 g
Sodium	580 mg	766.52 mg

5. **Identify the applicable Daily Value for saturated fat, sugars and sodium.**
   Consult Part 1 of the Table of Daily Values and determine in which column the applicable DVs are specified based on the intended consumers identified in Step 1:
   - Column 2: DVs used for thresholds applicable to prepackaged products intended solely for children one to four years or
   - Column 3: DVs used for thresholds applicable to prepackaged products intended for children and/or adults
     - In this example, the applicable DVs are in column 3. They are 20 g for saturated fat and trans fat, 100 g for sugars and 2300 mg for sodium.

6. **Determine whether the amount of saturated fat, sugars and/or sodium in the base quantity of the food meets or exceeds the threshold.**
   a. Calculate the % DV for the saturated fat, sugars and sodium content per reference amount using values calculated in Step 4 and the DV identified in Step 5.
     - In this example, the % DVs for the nutrient content per reference amount are shown below:

Table A1.2. % DVs for the nutrient content per reference amount

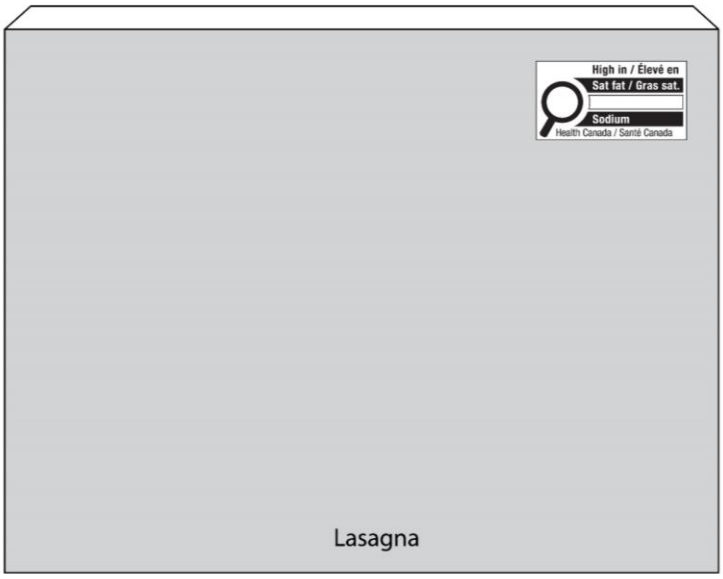
Nutrient	Content per reference amount (300 g)	Daily Value	% DV calculation[1] [(Nutrient content per reference amount/DV for the nutrient) x 100]	% DV threshold
Saturated fat	6.61 g	20 g	33.05% [(6.61 g / 20 g)*100]	≥ 30%
Sugars	1.32 g	100 g	1.32% [(1.32 g / 100 g)*100]	≥ 30%
Sodium	766.52 mg	2300 mg	33.47% [(770 mg / 2300 mg)*100]	≥ 30%

[1]There are no prescribed rounding rules for determining whether the nutrient content per reference amount meets or exceeds the applicable thresholds. However, manufacturers should apply similar rounding rules that exist for calculating the % DV declared in the NFt. In this example, the unrounded content of saturated fat and of sugars per reference amount were used for the calculation, however rounded content is also permitted. The rounded content of sodium was used in accordance with the NFt rounding rules.

b. Compare the % DV calculated for each nutrient and the % DV threshold. If the calculated % DV is equal to or greater than the % DV threshold for one or more of the three nutrients, a symbol for the nutrient or nutrients is required.

- In this example, the % DV for the saturated fat and sodium content per reference amount of lasagna meet or exceed the 30% DV threshold. Therefore, the label must carry a symbol for "high in sat fat and sodium".
- See the Presentation section for more information on the symbol location and presentation requirements.

Figure A1.4. Prepackaged lasagna that requires a symbol for "high in sat fat and sodium". The nutrient content per reference amount was assessed against the thresholds because the reference amount is greater than the serving size declared in the NFt.



Nutrition Facts
Valeur nutritive

Per 1/4 tray (227 g)
par 1/4 plateau (227 g)

	% Daily Value* / % valeur quotidienne*
Calories 290	
Fat / Lipides 8 g	11 %
Saturated / saturés 5 g + Trans / trans 0 g	25 %
Carbohydrate / Glucides 34 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 35 mg	
Sodium 580 mg	25 %
Potassium 75 mg	2 %
Calcium 225 mg	17 %
Iron / Fer 3.5 mg	19 %

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

Example C – the food requires preparation and only has a reference amount for its prepared form

This example illustrates a scenario in which the prepackaged product is sold in its unprepared form. In other words, it either needs to be reconstituted with water (or other liquid) or combined with another ingredient and it has only a reference amount for its prepared form in the Table of Reference Amounts.

Consider hot chocolate mix sold in a canister. The serving of stated size (serving size) declared in the Nutrition Facts Table (NFt) is 2 tbsp. (25 g), since this is the quantity required to prepare a reference amount of 250 mL. These instructions describe the steps to follow to determine whether the amount of saturated fat, sugars and/or sodium meets or exceeds the applicable threshold and therefore, triggers the need to display the front-of-package (FOP) nutrition symbol (the symbol) on the label.

Figure A1.5. NFt for powdered hot chocolate mix

Nutrition Facts
Valeur nutritive
Per 2 tbsp (25 g)
pour 2 c. à soupe (25 g)

Calories 100	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Carbohydrate / Glucides 20 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 17 g	17 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 115 mg	5 %
Potassium 175 mg	4 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

1. **Identify for whom the product is intended.**
   Determine which of the following 2 categories applies to the food:
   - A food intended solely for children one year of age or older, but less than four years of age (children one to four years only).

- A food intended for children one year of age or older, but less than four years of age **or** for children four years of age or older and adults (children and/or adults).
    - In this example, the product is intended for children and/or adults. Therefore, the thresholds in columns 2 to 4 of the table to section B.01.350 (Thresholds Requiring a Nutrition Symbol) apply.

2. **Identify the quantity of food that must be used to assess the amount of saturated fat, sugars and/or sodium content against the symbol threshold.**
    - **a.** Consult the Table of Reference Amounts to identify the amount applicable to the product.
        - The reference amount for hot chocolate mix is 250 mL prepared; it is set out in Item B.5, Column 2, of the Table of Reference Amounts.
    - **b.** Compare the product's reference amount and the serving size declared in the NFt. The regulations prescribe the use of the larger quantity between serving size and reference amount as the base quantity when assessing the nutrient content against the threshold. This is the default requirement. However, there is one exception to this general rule. For prepackaged products that must be reconstituted with water (or other liquid) or prepared with an additional ingredient and that only have a reference amount for their prepared form, the **serving size** of the products **as sold** must be used as the basis when assessing the amount of saturated fat, sugars and/or sodium against the applicable % DV threshold. This exception applies to foods such as powdered hot chocolate mix, liquid non-alcoholic drink mix, cake mix and macaroni and cheese dinner mix.
        - In this example, the product is sold unprepared and has only a reference amount of 250 mL for its prepared form. Therefore, the serving size of 2 tbsp. (25 g) of the unprepared product is the base quantity that must be used for the assessment.

3. **Identify the applicable % Daily Value (% DV) threshold.**

    Determine in which of the following classes the product belongs:
    - Prepackaged products with a reference amount ≤ 30 g or 30 mL: threshold of ≥ 10% DV
    - Prepackaged products with a reference amount > 30 g or 30 mL other than main dishes: threshold of ≥ 15% DV
    - Prepackaged main dishes with a reference amount ≥ 170 g (when intended solely for children one to four years) or ≥ 200 g (when intended for children and/or adults): threshold of ≥ 30% DV

- In this example, the applicable % DV threshold is determined according to the serving size of the unprepared product rather than the reference amount of the prepared form. Therefore, the applicable threshold is ≥ 10% DV given that hot chocolate mix has a serving size ≤ 30 g or 30 mL.

4. Determine whether the amount of saturated fat, sugars or sodium in the base quantity of the food meets or exceeds the threshold.

Compare the % DV of saturated fat, sugars and sodium declared in the NFt and the applicable % DV threshold identified in Step 3. If the % DV declared in the NFt for one or more of the nutrients is equal to or greater than the % DV threshold, a symbol for the nutrient or nutrients is required.

- In this example, only the % DV for sugars declared in the NFt is equal to or greater than the 10% DV threshold. Therefore, the label must carry a symbol for "high in sugars".
- See the Presentation section for more information on the symbol location and presentation requirements.

Figure A1.6. Powdered hot chocolate mix that requires a symbol for "high in sugars". The nutrient content per serving size was assessed against the thresholds because the product is sold unprepared and has only a reference amount for the prepared form.

Nutrition Facts
Valeur nutritive

Per 2 tbsp (25 g)
pour 2 c. à soupe (25 g)

Calories 100	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Carbohydrate / Glucides 20 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 17 g	17 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 115 mg	5 %
Potassium 175 mg	4 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

Example D – the serving size is greater than the reference amount and the product is intended solely for children one to four years of age

This example illustrates a scenario in which the serving of stated size (serving size) declared in the Nutrition Facts table (NFt) is larger than the reference amount set out for the food in the Table of Reference Amounts and the food is intended to be consumed by young children only.

Consider toddler biscuits sold in a box. The serving size declared in the NFt is 1 biscuit (10 g). These instructions describe the steps to follow to determine whether the amount of saturated fat, sugars and/or sodium meets or exceeds the applicable threshold and therefore, triggers the need to display the front-of-package (FOP) nutrition symbol (the symbol) on the label.

Figure A1.7. NFt for toddler biscuits

Nutrition Facts Valeur nutritive	
Per 1 biscuit (10 g) pour 1 biscuit (10 g)	
Calories 40	% Daily Value* % valeur quotidienne*
Fat / Lipides 1.5 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 7 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	6 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 35 mg	2 %
Potassium 20 mg	1 %
Calcium 75 mg	11 %
Iron / Fer 1 mg	14 %
*5% or less is **a little**, 15% or more is **a lot** *5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**	

1. **Identify for whom the product is intended**
   Determine which of the following 2 categories applies to the food:
   - A food intended solely for children one year of age or older, but less than four years of age (children one to four years only).
   - A food intended for children one year of age or older, but less than four years of age **or** for children four years of age or older and adults (children and/or adults).
     - In this example, the product is intended for children one to four years only. Therefore, the thresholds in columns 5 to 7 of the table to section B.01.350 (Thresholds Requiring a Nutrition Symbol) apply.

2. **Identify the quantity of food that must be used to assess the amount of saturated fat, sugars and/or sodium against the symbol threshold.**
    - **a.** Consult the Table of Reference Amounts to identify the amount applicable to the product.
        - The reference amount for biscuits for children under four years of age is 7 g; it is set out in Item W.3, Column 2, of the Table of Reference Amounts.
    - **b.** Compare the product's reference amount and the serving size declared in the NFt. The larger quantity must be used as the base quantity for the nutrient content assessment.
        - In this example, the serving size (10 g) is greater than the reference amount. Therefore, the serving size is the base quantity that must be used for the assessment.

3. **Identify the applicable % Daily Value (% DV) threshold.**
   Determine in which of the following classes the product belongs:
    - Prepackaged products with a reference amount ≤ 30 g or 30 mL: threshold of ≥ 10% DV
    - Prepackaged products with a reference amount > 30 g or 30 mL other than main dishes: threshold of ≥ 15% DV
    - Prepackaged main dishes with a reference amount ≥ 170 g (when intended solely for children one to four years) or ≥ 200 g (when intended for children and/or adults): threshold of ≥ 30% DV
        - In this example, the applicable threshold is ≥ 10% DV given that the biscuits have a reference amount ≤ 30 g or 30 mL.

4. **Determine whether the amount of saturated fat, sugars and/or sodium in the base quantity of the food meets or exceeds the threshold.**
   Compare the % DV for saturated fat, sugars and sodium declared in the NFt and the applicable % DV threshold identified in Step 3. If the % DV declared in the NFt for one or more of the nutrients is equal to or greater than the % DV threshold, a symbol for the nutrient or nutrients is required.
    - In this example, the % DV for all three nutrients are below the threshold. Therefore, no symbol is required on the label.

Example E – the serving size and reference amount are equal and the food has a reference amount ≤ 30 g or 30 mL

This example illustrates a scenario in which the serving of stated size (serving size) declared in the Nutrition Facts table (NFt) is equal to the reference amount for the food in the Table of Reference Amounts and the food has a reference amount of ≤ 30 mL.

Consider soy sauce sold in a bottle. The serving size declared in the NFt is 1 tbsp. (15 mL). These instructions describe the steps to follow to determine whether the amount of saturated fat, sugars and/or sodium meets or exceeds the applicable threshold and therefore, triggers the need to display the front-of-package (FOP) nutrition symbol (the symbol) on the label.

Figure A1.8. NFt for soy sauce

Nutrition Facts
Valeur nutritive

Per 1 tbsp (15 mL)
pour 1 c. à soupe (15 mL)

Calories 10	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 1 g	
Protein / Protéines 1 g	
Sodium 1160 mg	50 %
Potassium 75 mg	2 %

Not a significant source of saturated fat, trans fat, fibre, sugars, cholesterol, calcium and iron.

Source négligeable de lipides saturés, lipides trans, fibres, sucres, cholestérol, calcium et fer.

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

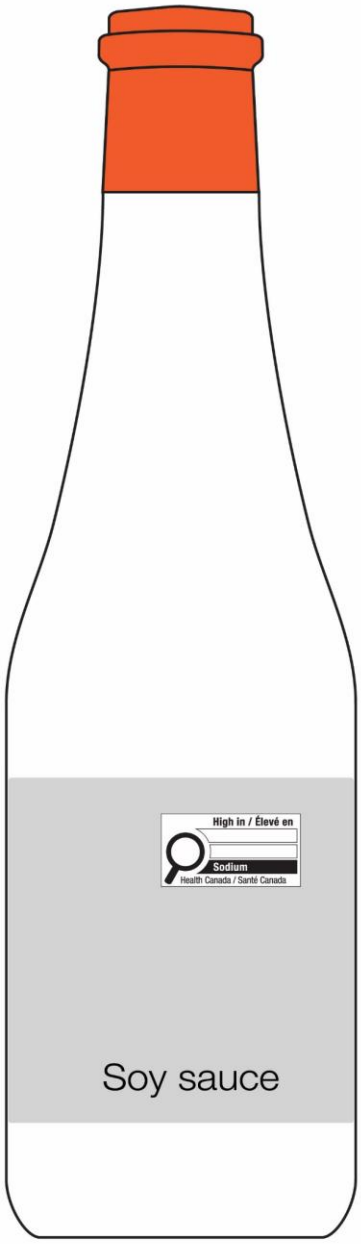
1. **Identify for whom the product is intended.**
   Determine which of the following 2 categories applies to the food:
   - A food intended solely for children one year of age or older, but less than four years of age (children one to four years only).
   - A food intended for children one year of age or older, but less than four years of age **or** for children four years of age or older and adults (children and/or adults).
     - In this example, the product is intended for children and/or adults. Therefore, the thresholds in columns 2 to 4 of the table to section B.01.350 (Thresholds Requiring a Nutrition Symbol) apply.

2. **Identify the quantity of food that must be used to assess the amount of saturated fat, sugars and/or sodium against the symbol threshold.**
    a. Consult the Table of Reference Amounts to identify the amount applicable to the product.
        - The reference amount for soy sauce is 15 mL; it is set out in Item R.5, Column 2, of the Table of Reference Amounts.
    b. Compare the product's reference amount and the serving size declared in the NFt. The larger quantity must be used as the base quantity for the nutrient content assessment.
        - In this example, the serving size and reference amount are equal. Therefore, the serving size can be used as the base quantity for the assessment.

3. **Identify the applicable % Daily Value (% DV) threshold.**
   Determine in which of the following classes the product belongs:
    - Prepackaged products with a reference amount ≤ 30 g or 30 mL: threshold of ≥ 10% DV
    - Prepackaged products with a reference amount > 30 g or 30 mL other than main dishes: threshold of ≥ 15% DV
    - Prepackaged main dishes with a reference amount ≥ 170 g (when intended solely for children one to four years) or ≥ 200 g (when intended for children and/or adults): threshold of ≥ 30% DV
        - In this example, the applicable threshold is ≥ 10% DV given that soy sauce has a reference amount ≤ 30 g or 30 mL.

4. **Determine whether the amount of saturated fat, sugars and/or sodium in the base quantity meets or exceeds the threshold.**
   Compare the % DV for saturated fat, sugars and sodium declared in the NFt and the applicable % DV threshold identified in Step 3. If the % DV declared in the NFt for one or more of the nutrients is equal to or greater than the % DV threshold, a symbol for the nutrient or nutrients is required.
    - In this example, only the % DV for sodium declared in the NFt (50%) is equal to or greater than the 10% DV threshold. Therefore, the label must carry a symbol for "high in sodium".
    - See the Presentation section for more information on the symbol location and presentation requirements.

Figure A1.9. Soy sauce that requires a symbol for "high in sodium". The nutrient content per serving size was assessed against the thresholds because the serving size declared in the NFt is the same as the reference amount for the product.



Nutrition Facts
Valeur nutritive

Per 1 tbsp (15 mL)
pour 1 c. à soupe (15 mL)

Calories 10	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 1 g	
Protein / Protéines 1 g	
Sodium 1160 mg	50 %
Potassium 75 mg	2 %

Not a significant source of saturated fat, trans fat, fibre, sugars, cholesterol, calcium and iron.

Source négligeable de lipides saturés, lipides trans, fibres, sucres, cholestérol, calcium et fer.

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

Appendix 2: Steps for choosing a FOP nutrition symbol format

These instructions describe steps to follow to identify the FOP nutrition symbol (the symbol) format required on the label of different prepackaged products.

Example A: general rules of application for symbol presentation
Example B: required use of a vertical symbol

Example A – general rules of application for symbol presentation

This example illustrates a typical scenario in which the general rules of application apply.

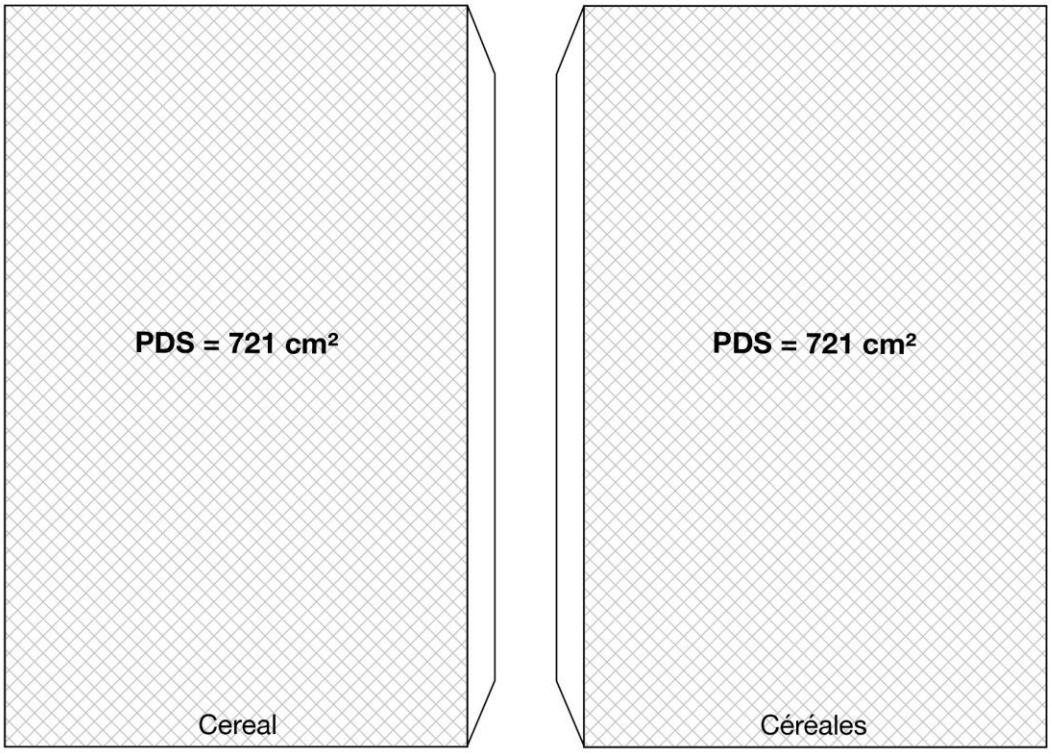
Consider a box of granola-type breakfast cereal, for which it has been determined that the saturated fat and sugars content exceeds the thresholds (see the Thresholds section for more information). Therefore, a symbol must appear on the label to indicate that the cereal is "high in" these two nutrients.

These instructions describe the steps to follow to identify the symbol format required on the label.

1. **Identify the product's principal display surface (PDS).**
   Refer to the PDS definition to determine which surface of the package is considered the PDS.
   - The **front panel of the box of cereal** is displayed under normal conditions of sale. Therefore, it is considered the PDS. In this example, the package is labelled in English on one of the two large panels. It is labelled in French on the other large panel. Either one of the larger panels could be considered the PDS. Both are included in this example.

2. **Calculate the PDS (size).**
   - The PDS is equal to **721 cm^2**. The PDS is crosshatched on both large panels of the cereal box in Figure A2.1.

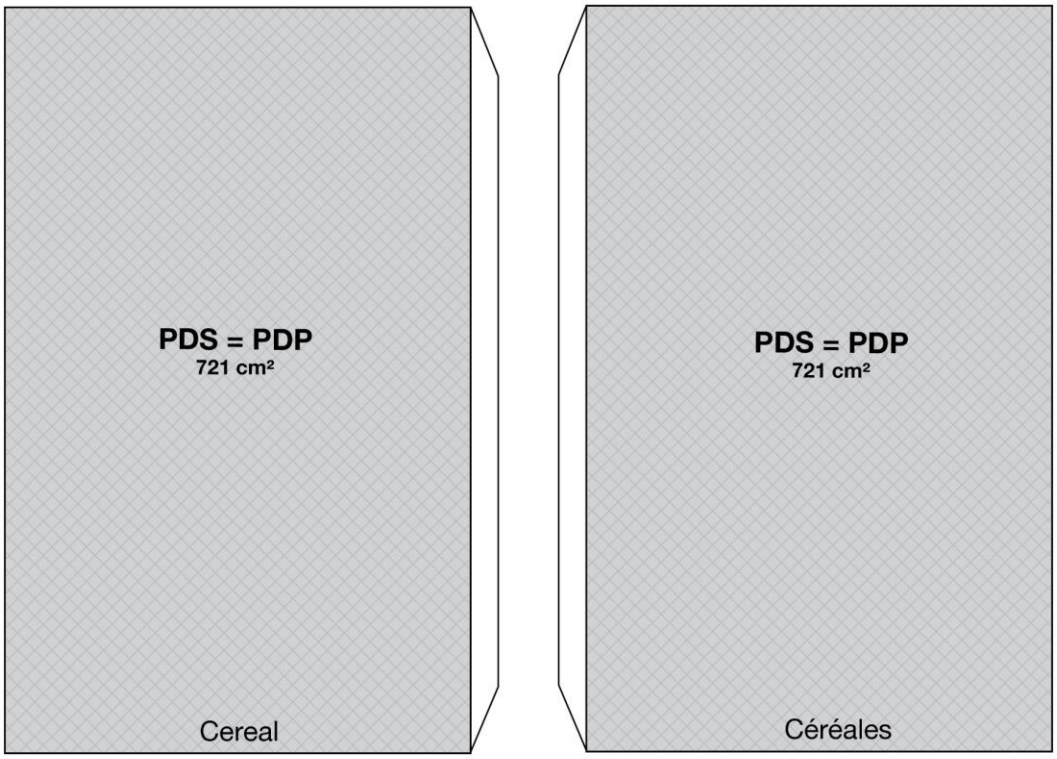
Figure A2.1. Unilingual English and unilingual French PDS of the box of cereal



Did you know? The size of the symbol is proportional to the PDS. In most cases, the larger the PDS the larger the symbol on the label.

3. **Identify the product's principal display panel (PDP).**
   Refer to the PDP definition to determine which part of the label is considered the PDP. The dimensions of the PDP determine where to place the symbol and validate which symbol orientation must be used.
   - In this example, the PDP of the box of cereal is the same part of the label as the PDS. The PDP is shaded on both large panels of the cereal box in Figure A2.2. The shading overlaps with the crosshatching used to identify the PDS because the areas are the same part of the label.

Figure A2.2. Unilingual English and unilingual French PDS and PDP of the box of cereal



Did you know? The symbol must appear on the PDP.

4. **Consult the table to section B.01.352 of the *Food and Drug Regulations* (FDR) (Nutrition Symbols and Formats table) to identify the symbol format that must appear on the label.**
    - **a.** Refer to **Column 1 (Range of principal display surface)** to determine whether the PDS calculated in Step 2 corresponds to **Item 1 (> 30 cm²) or Item 2 (≤ 30 cm²)**.
        - The PDS of 721 cm² corresponds to **Item 1 (> 30 cm²)**.
    - **b.** Within that item, refer to **Column 2 (Nutrients that meet or exceed threshold […])** to find the "high in" nutrient combination that applies to the product.
        - The cereal is "high in sat fat" and "high in sugars". Therefore, the applicable combination is **Saturated fat (Sat fat) and sugars**.
    - **c.** Choose a language option (unilingual or bilingual) to determine which column sets out the applicable format: **Column 3, 4, 5 or 6**.

- In this example, unilingual symbols are the language option used. This narrows down the relevant columns to **Column 3 (Nutrition symbol in unilingual horizontal format) or 4 (Nutrition symbol in unilingual vertical format)**.

d. Validate the symbol orientation (horizontal or vertical).
The regulations set out the horizontal format as the default orientation. The vertical format is required only if the product has a PDS ≤ 450 cm^2 and the horizontal format that would otherwise need to be used on the label is wider than the PDP (see the Presentation section for more information).

- In this example, the PDS is larger than 450 cm^2, therefore vertical symbols **are not permitted**. Horizontal symbols must be used. This eliminates **Column 4** and means that the applicable symbol format is set out in **Column 3 (Nutrition symbol in unilingual horizontal format)**.

e. Identify the symbol format that must appear on the label.
Given that:

- ✓ the PDS falls within Item 1 of the table to B.01.352 of the FDR
- ✓ the cereal is "high in sat fat" and "high in sugars"
- ✓ the language option chosen is unilingual and
- ✓ the default horizontal orientation applies

symbol formats **2(EH) and 2(FH)** set out **in Column 3** must be displayed on the English label and French label, respectively. Refer to Schedule K.1 of the FDR to see an image of these two formats.

Table A2.1. Excerpt from the table to section B.01.352 of the FDR

Item	Column 1 Range of principal display surface	Column 2 Nutrients that meet or exceed threshold in subsection B.01.350(1)	Column 3 Nutrition symbol in unilingual horizontal format	Column 4 Nutrition symbol in unilingual vertical format	Column 5 Nutrition symbol in bilingual horizontal format	Column 6 Nutrition symbol in bilingual vertical format
1	> 30 cm^2	Saturated fat (Sat fat), sugars and sodium	1(EH) and 1(FH)	1(EV) and 1(FV)	1(BH)	1(BV)
		Saturated fat (Sat fat) and sugars	2(EH) and 2(FH)	2(EV) and 2(FV)	2(BH)	2(BV)

5. **Consult the Compendium of Nutrition Symbol Formats and associated graphic files to find the symbol that must appear on the label (refer to section 6.8 for how to obtain these documents).**
    a. Refer to the **Table of Contents** to identify the section with the language and symbol orientation that matches the symbol formats identified in Step 4.
        - In this example, the applicable section is **Unilingual Horizontal Format**.
    b. Within that section, find the relevant PDS range.
        - In this example, the relevant range is **> 600 cm²**.
    c. Within that PDS range, find the symbol with the nutrient combination that applies to the product.
        - In this example, the relevant symbols are **Figures 1.2(EH) and 1.2(FH)**.
    d. Find the appropriate .EPS graphic files in the package.

Did you know? Different naming conventions are used to identify a given symbol format in the regulations and in the Compendium of Nutrition Symbol Formats. Appendix A in the Compendium shows how these different conventions align.

6. **Determine where to place the symbol on the label.**
   Compare the height and width of the PDP to determine whether the symbol must appear in the upper half (50%) or in the right half (50%) of the PDP.
    - In this example, the height of the PDP is greater than the width. Therefore, the symbol must be placed in the **upper half (50%) of the PDP** (see the Presentation section for more information).

7. **Consult the Directory of Nutrition Symbol Specifications to determine the dimension of the buffer surrounding the symbols.**
   There must be a buffer zone around the symbol without any text or other graphic material.
    a. Refer to the **Table of Contents** to identify the table with the language and symbol orientation that matches the symbol formats identified in Step 4.
        - In this example, the relevant table is **Table 1 - Unilingual Horizontal Format**.
    b. Within that table, refer to **Column 1** to identify the relevant PDS range.
        - In this example, the relevant PDS range is **> 600 cm²**.

c. Within that PDS range, refer to **Column 4** to identify the minimum buffer dimension required.

- In this example, the minimum buffer dimension is **2.7 mm**.

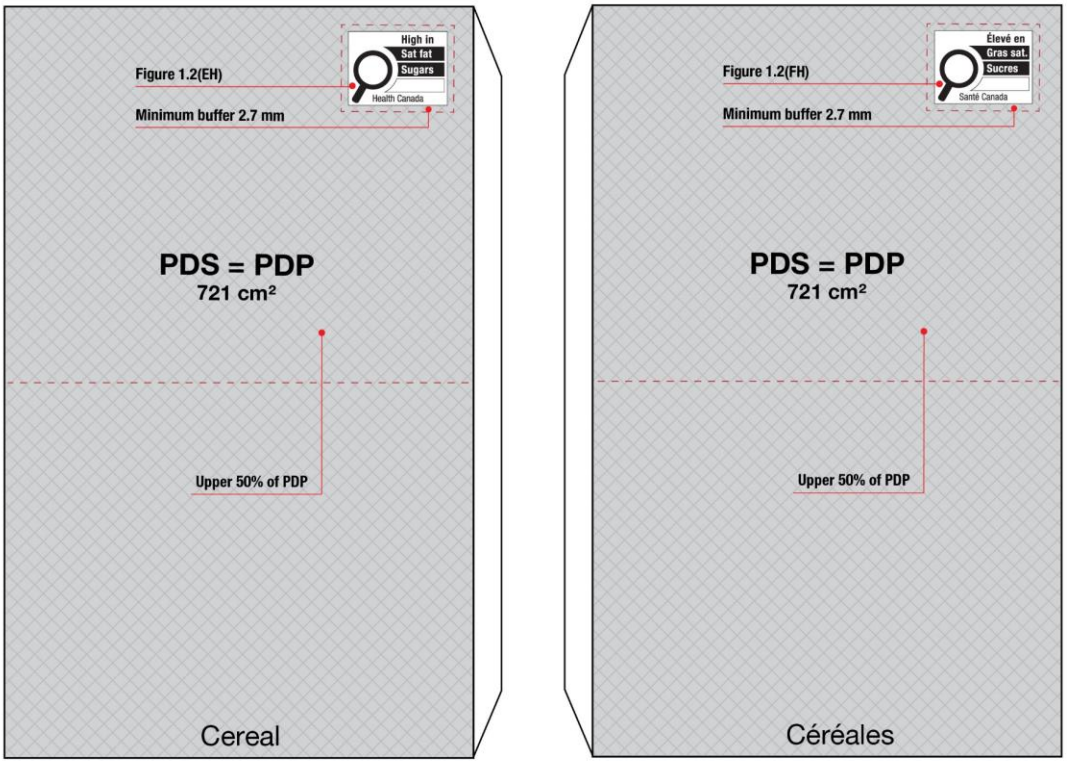
Table A2.2. Excerpt of Table 1 from the Directory of Nutrition Symbol Specifications of the FDR

TABLE 1

Unilingual Horizontal Format

Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the *Food and Drug Regulations*	COLUMN 3 Nutrition symbol dimensions (width x height)	COLUMN 4 Minimum buffer surrounding the nutrition symbol	COLUMN 5 Height of upper case letters or tallest ascender of lower case letters (except for the words Health Canada / Santé Canada)	COLUMN 6 Height of upper case letters or tallest ascender of lower case letters for the words Health Canada / Santé Canada	COLUMN 7 "x" height of letters (except for the words Health Canada / Santé Canada)	COLUMN 8 "x" height of letters for the words Health Canada / Santé Canada	COLUMN 9 Height of the black / white bars	COLUMN 10 Diameter of the lens of the magnifying glass
1	> 600 cm^2	1(EH) and 1(FH) 2(EH) and 2(FH) 3(EH) and 3(FH) 4(EH) and 4(FH) 5(EH) and 5(FH) 6(EH) and 6(FH) 7(EH) and 7(FH)	4.42 cm x 3.30 cm	2.7 mm	3.5 mm	3.0 mm	2.7 mm	2.3 mm	6.2 mm	17.3 mm

Figure A2.3. Box of cereal with an English and a French unilingual FOP nutrition symbol for "high in sat fat and sugars" displayed on the label in the corresponding language



Example B – required use of a vertical symbol

This example illustrates a scenario where the use of a vertical symbol is assessed and determined to be required.

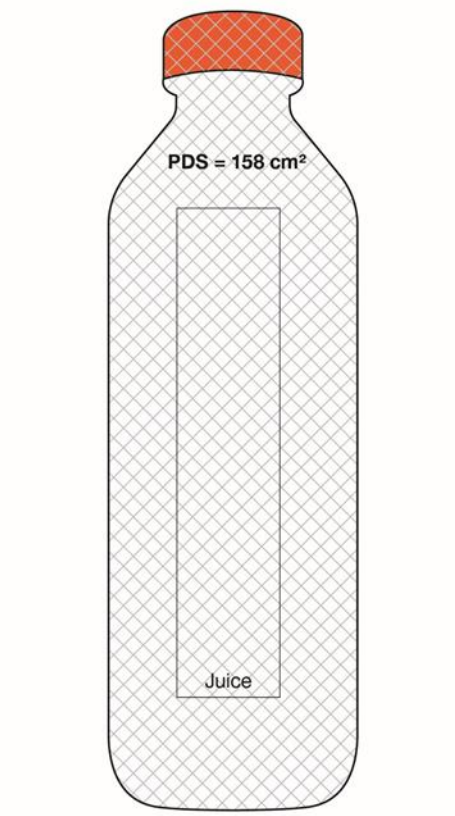
Consider a bottle of juice for which it has been determined that the sugars content exceeds the threshold (see the Thresholds section for more information). Therefore, a symbol must appear on the label to indicate that the juice is "high in sugars".

These instructions describe the steps to follow to identify the symbol format required on the label.

1. **Identify the product's principal display surface (PDS).**
   Refer to the PDS definition to determine which surface of the package is considered the PDS.
   - The **entire front of the bottle** is displayed under normal conditions of sale. Therefore, it is considered the PDS.

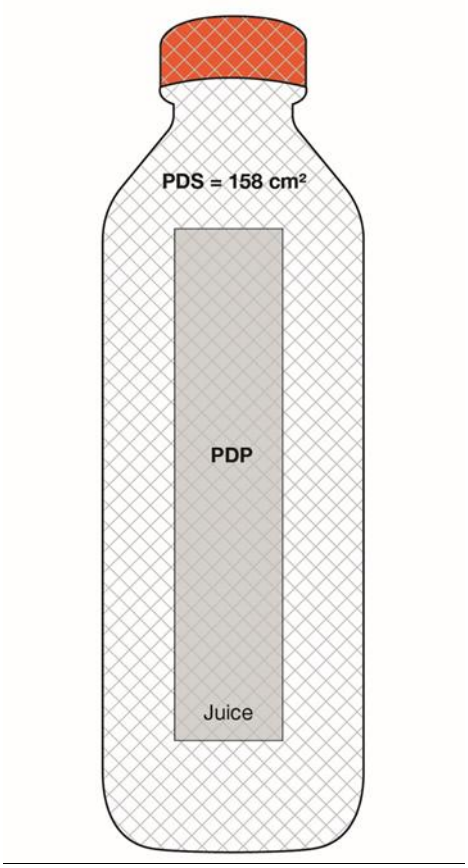
2. **Calculate the PDS (size).**
   - The PDS is equal to **158 cm²**. The PDS is crosshatched on the juice bottle in Figure A2.4.

Figure A2.4. PDS of the bottle of juice



3. **Identify the product's principal display panel (PDP).**
   Refer to the PDP definition to determine which part of the label is considered the PDP. The dimensions of the PDP determine where to place the symbol and validate which symbol orientation must be used.
   - In this example, the PDP of the bottle is the part of the label that is applied to the PDS. The PDP is shaded on the bottle of juice in Figure A2.5. The shading overlaps with the crosshatching used to identify the PDS because the PDP covers a portion of the PDS.

Figure A2.5. PDS and PDP of the bottle of juice



4. **Consult the table to section B.01.352 of the *Food and Drug Regulations* (FDR) (Nutrition Symbols and Formats table) to identify the applicable nutrition symbol format.**
    a. Refer to **Column 1** (**Range of principal display surface**) to determine whether the PDS calculated in Step 2 corresponds to **Item 1 (> 30 cm²) or Item 2 (≤ 30 cm²)**.
        - The PDS of 158 cm² corresponds to **Item 1 (> 30 cm²)**.
    b. Within that item, refer to **Column 2 (Nutrients that meet or exceed threshold […])** to find the "high in" nutrient combination that applies to the product.
        - The juice is "high in sugars". Therefore, the applicable combination in **Column 2** is **Sugars**.
    c. Choose a language option (unilingual or bilingual) to determine which column sets out the applicable format: **Column 3, 4, 5 or 6**.

- In this example, a bilingual symbol (with English text shown first) is used as the language option. This narrows down the relevant columns to **Column 5 (Nutrition symbol in bilingual horizontal format) or 6 (Nutrition symbol in bilingual vertical format)**.

d. Validate the symbol orientation (horizontal or vertical).
The regulations set out the horizontal format as the default orientation. The vertical format is required only if the product has a PDS ≤ 450 cm^2 and the horizontal format that would otherwise need to be used on the label is wider than the PDP (see the Presentation section for more information).

- The PDS of this product is < 450 cm^2, therefore it is relevant to compare the width of the horizontal symbol and the width of the PDP to determine whether a vertical symbol must be used.

e. First, identify the symbol format in the default horizontal orientation.
Given that:

- ✓ the PDS falls within Item 1 of the table to B.01.352 of the FDR
- ✓ the juice is "high in sugars" and
- ✓ the language option chosen is bilingual

symbol format **6(BH)** set out in **Column 5** is the format in the default horizontal orientation.

Table A2.3. Excerpt from the table to section B.01.352 of the FDR

Item	Column 1 Range of principal display surface	Column 2 Nutrients that meet or exceed threshold in subsection B.01.350(1)	Column 3 Nutrition symbol in unilingual horizontal format	Column 4 Nutrition symbol in unilingual vertical format	Column 5 Nutrition symbol in bilingual horizontal format	Column 6 Nutrition symbol in bilingual vertical format
1	> 30 cm^2	Saturated fat (Sat fat), sugars and sodium	1(EH) and 1(FH)	1(EV) and 1(FV)	1(BH)	1(BV)
		Sugars	6(EH) and 6(FH)	6(EV) and 6(FV)	6(BH)	6(BV)

f. Next, consult the Directory of Nutrition Symbol Specifications to find the width of the horizontal symbol. Refer to the **Table of Contents** to identify the table with the applicable language option in the horizontal orientation.

- In this example, the language option is bilingual. Therefore, the relevant table is **Table 3 - Bilingual Horizontal Format**.

g. Within that table, refer to **Column 1** to identify the relevant PDS range.

- In this example, the relevant PDS range is **> 100 cm^2 to ≤ 250 cm^2**.

h. Within that PDS range, refer to **Column 3** to find the width of the symbol in the default horizontal orientation.

- In this example, the width of the horizontal symbol (that is, format 6(BH)) is **3.60 cm**.

Table A2.4. Excerpt of Table 3 from the Directory of Nutrition Symbol Specifications of the FDR

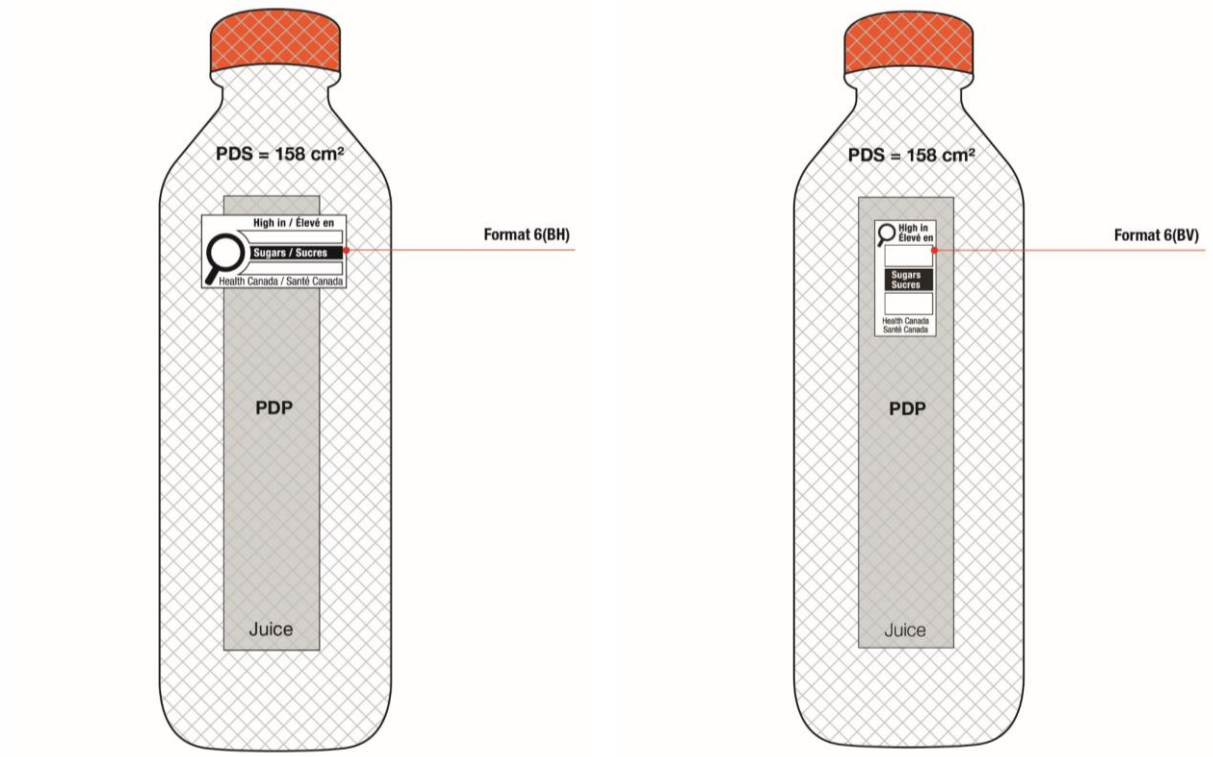
TABLE 3

Bilingual Horizontal Format

Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the *Food and Drug Regulations*	COLUMN 3 Nutrition symbol dimensions (width x height)	COLUMN 4 Minimum buffer surrounding the nutrition symbol	COLUMN 5 Height of upper case letters or tallest ascender of lower case letters (except for the words Health Canada / Santé Canada)	COLUMN 6 Height of upper case letters or tallest ascender of lower case letters for the words Health Canada / Santé Canada	COLUMN 7 "x" height of letters (except for the words Health Canada / Santé Canada)	COLUMN 8 "x" height of letters for the words Health Canada / Santé Canada	COLUMN 9 Height of the black / white bars	COLUMN 10 Diameter of the lens of the magnifying glass
4	> 100 cm^2 to ≤ 250 cm^2	1(BH) 2(BH) 3(BH) 4(BH) 5(BH) 6(BH) 7(BH)	3.60 cm x 1.89 cm	1.5 mm	2.0 mm	1.8 mm	1.5 mm	1.3 mm	3.5 mm	9.9 mm

5. **Compare the width of the PDP and the width of the symbol in the default horizontal orientation to determine whether the vertical orientation must be used.**
    a. In this example, the **width of symbol 6(BH) is greater than the width of the PDP**. Therefore, **the vertical orientation must be used** on the label.
    b. This eliminates Column 5 and means that the vertical symbol format set out in **Column 6 (Nutrition symbol in bilingual vertical format)** of the table to B.01.352 of the FDR must be used on the label. In this example, the applicable symbol in the vertical orientation is format **6(BV)**. Refer to Schedule K.1 of the FDR to see an image of this format.

Figure A2.6. Example where the vertical FOP nutrition symbol is required on the label: PDS is < 450 cm^2 and the width of horizontal symbol exceeds the width of the PDP



6. **Consult the Compendium of Nutrition Symbol Formats and associated graphic files to find the symbol that must appear on the label (refer to section 6.8 for how to obtain these documents).**
    a. Refer to the **Table of Contents** to identify the section with the language and symbol orientation that matches the symbol format identified in Step 4.
        - In this example, the applicable section is **Bilingual Vertical Format**.
    b. Within that section, find the relevant PDS range.
        - In this example, the relevant range is **> 100 cm² to ≤ 250 cm²**.
    c. Within that PDS range, find the symbol with the applicable nutrient combination.
        - In this example, the relevant symbol is **Figure 4.6(BV)**.
    d. Find the appropriate .EPS graphic file in the package.

7. **Determine where to place the symbol on the label.**
   Compare the height and width of the PDP to determine whether the symbol must appear in the upper half (50%) or in the right half (50%) of the PDP.
    - In this example, the height of the PDP is greater than the width. Therefore, the symbol must be placed in the **upper half (50%) of the PDP** (see the Presentation section for more information).

8. **Consult the Directory of Nutrition Symbol Specifications to determine the dimension of the buffer surrounding the symbol.**
   There must be a buffer zone around the symbol without any text.
    a. Refer to the **Table of Contents** to identify the table with the language and symbol orientation that matches the symbol format identified in Step 4.
        - In this example, the relevant table is **Table 4 - Bilingual Vertical Format**.
    b. Within that table, refer to **Column 1** to find the relevant PDS range.
        - In this example, the relevant range is **> 100 cm² to ≤ 250 cm²**.
    c. Within that PDS range, refer to **Column 4** to identify the minimum buffer dimension required.
        - In this example, the minimum buffer dimension required is **1.5 mm**.

Table A2.5. Excerpt of Table 4 from the Directory of Nutrition Symbol Specifications of the *Food and Drug Regulations*

TABLE 4

Bilingual Vertical Format

Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the *Food and Drug Regulations*	COLUMN 3 Nutrition symbol dimensions (width x height)	COLUMN 4 Minimum buffer surrounding the nutrition symbol	COLUMN 5 Height of upper case letters or tallest ascender of lower case letters (except for the words Health Canada / Santé Canada)	COLUMN 6 Height of upper case letters or tallest ascender of lower case letters for the words Health Canada / Santé Canada	COLUMN 7 "x" height of letters (except for the words Health Canada / Santé Canada)	COLUMN 8 "x" height of letters for the words Health Canada / Santé Canada	COLUMN 9 Height of the black / white bars	COLUMN 10 Diameter of the lens of the magnifying glass
4	> 100 cm^2 to ≤ 250 cm^2	1(BV) 2(BV) 3(BV) 4(BV) 5(BV) 6(BV) 7(BV)	1.75 cm x 3.31 cm	1.5 mm	2.0 mm	1.8 mm	1.5 mm	1.3 mm	6.3 mm	5.0 mm

Figure A2.7. Bottle of juice with a vertical bilingual FOP nutrition symbol