

## How to tell different types of foods and health products apart

	Conventional foods	Fortified foods	Supplemented foods	Foods for special dietary use	Natural health products	
What they are	Foods without added vitamins, minerals, amino acids or caffeine, usually consumed as much or as often as desired	Conventional foods usually consumed as desired with added vitamins, minerals or amino acids for nutritional purposes such as:  restoring levels of nutrients lost during processing  preventing or correcting a nutrient deficiency in the population  ensuring substitute foods are the same nutritionally as the food they are meant to replace	Foods with added vitamins, minerals, amino acids, caffeine or other ingredients for purposes other than nutrition  Supplemented foods:  may require a limit for consumption  may not be suitable for some individuals  may not be suitable to consume with other supplemented foods or supplements that contain the same ingredients	Foods specially made for individuals:  with a physical or physiological condition as a result of a disease, disorder or injury  seeking a particular effect, such as weight loss, by a controlled intake of foods  Foods for special dietary use have requirements for:  energy  all vitamins and minerals  macronutrients (carbohydrates, fats and protein)	Products in dosage formats that aren't typical of foods (for example, capsules, tablets, powders, tinctures, etc.)  Natural health products:  must carry directions for use  may require a recommended dose  may not be suitable for some individuals	
Examples	> cheese > crackers > cooking oils > canned beans	<ul> <li>milk</li> <li>table salt</li> <li>white flour</li> <li>fortified plant-based beverages</li> </ul>	beverages or bars with added vitamins and minerals     beverages with added caffeine (for example, caffeinated energy drinks)	<ul> <li>meal replacements</li> <li>nutritional supplements</li> <li>formulated liquid diets (for example, tube feeding products)</li> </ul>	<ul> <li>multi-vitamin tablets</li> <li>homeopathic remedies</li> <li>some cough and cold treatments</li> <li>probiotics and ginseng in dosage formats</li> </ul>	
Information you could see on the label	ould  > nutrition facts table > claims > front-of-package nutrition symbol  > nutrition facts table > claims > front-of-package nutrition symbol		<ul> <li>supplemented food facts table</li> <li>supplemented food caution identifier</li> <li>cautionary statements</li> <li>front-of-package nutrition symbol</li> <li>claims</li> </ul>	<ul> <li>nutrition information that may be displayed in a table</li> <li>directions for use</li> <li>cautionary statements</li> <li>claims</li> </ul>	<ul> <li>product facts table which includes the medicinal ingredients, uses, warnings and directions for use</li> <li>NPN or DIN-HM number</li> <li>claims</li> </ul>	







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	Nutrition facts table  Nutrition Facts Valeur nutritive Per 1/2 cup (125 mL) pour 1/2 tasses (125 mL) Calories 80 "5 bally Value" Sy valeur quodidences*	Supplemented food facts table  Supplemented Food Facts Info-aliment supplementé Per 1 can (500 mL) pour 1 canette (500 mL) Calories 160 % valeur quotidiennex	Nutrition information that may be displayed in a table    Nutrition Information autitionalis   Prz 25a L Seving (1 bind) / Prz 25a L Seving (1	Product facts table  Product Facts  Medicinal ingredients in each x x xt. ingredient A ingredient A source material X xt. ingredient B (ingredient A source material) X xt. ingredient B (ingredient B source material) X xt. ingredient B ingredient B source material) X xt. ingredient B ingredient B source material X xt. ingredient B ingredient B source in the source	Front-of-package nutrition symbol  High in / Élevé en Sat fat / Gras sat.  Sodium  Health Canada / Santé Canada	Claims  Good source of calcium	Cautionary statements  Caution: Not recommended for those under 14 years old, pregnant or breastleeding women or individuals sarialities to califatine + Do not drink more that same days a large with the same supplemental ingredients.  Attention: Déconseillé aux individus de moiss de 14 ans, aux fermes encointes ou qui altellent ou aux presonnes ou qui altellent ou aux presonnes de la protrion par jour - No pas boire le même jour que d'autres aliments supplémentés ou supplém	Supplemented food caution identifier  Supplemented / Supplémenté Health Canada / Santé Canada	Directions for use  ORECTIONS FOR USE: Garrily shake the carester prior to use as contents may settle. Mix core tablespoon (15%) of prouder with 25% off. of odd. jurity datement mink (1 or 2 % fail or water.	NPN or DIN-HM number
Conventional foods	<b>Ø</b>				<b>Ø</b>	<b>Ø</b>				
Fortified foods	<b>Ø</b>				<b>Ø</b>	<b>Ø</b>				
Supplemented foods		<b>Ø</b>			•	•	<b>Ø</b>	<b>Ø</b>		
Foods for special dietary use			•			•	•		•	
Natural health products				<b>Ø</b>		•	<b>Ø</b>		<b>Ø</b>	<b>Ø</b>

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## **Related links**

Supplemented foods: https://www.canada.ca/en/health-canada/services/food-nutrition/supplemented-foods.html

Fortified foods: https://www.canada.ca/en/health-canada/services/fortified-food.html

Foods for special dietary use: https://inspection.canada.ca/food-labels/labelling/industry/foods-for-special-dietary-use/eng/1393627685223/1393637610720

Natural health products: https://www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription.html

Report a concern: https://inspection.canada.ca/food-safety-for-consumers/where-to-report-a-complaint/eng/1364500149016/1364500195684