



Health
Canada

Sant 
Canada

Nutrition Labelling — Directory of Nutrition Symbol Specifications

Health Canada is the federal department responsible for helping the people of Canada maintain and improve their health. Health Canada is committed to improving the lives of all of Canada's people and to making this country's population among the healthiest in the world as measured by longevity, lifestyle and effective use of the public health care system.

Également disponible en français sous le titre :
Étiquetage nutritionnel — Répertoire des spécifications des symboles nutritionnels

To obtain additional information, please contact:

Health Canada
Address Locator 0900C2
Ottawa, ON K1A 0K9
Tel.: 613-957-2991
Toll free: 1-866-225-0709
Fax: 613-941-5366
TTY: 1-800-465-7735
E-mail: publications-publications@hc-sc.gc.ca

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Health, 2022

Publication date: July 2022

This publication may be reproduced for personal or internal use only without permission provided the source is fully acknowledged.

Cat.: H164-254/2022E-PDF
ISBN: 978-0-660-28683-9
Pub.: 220094

Table of Contents

Reference Diagrams 4

TABLE 1

Unilingual Horizontal Format 5

TABLE 2

Unilingual Vertical Format..... 7

TABLE 3

Bilingual Horizontal Format 8

TABLE 4

Bilingual Vertical Format..... 10

Reference Diagrams

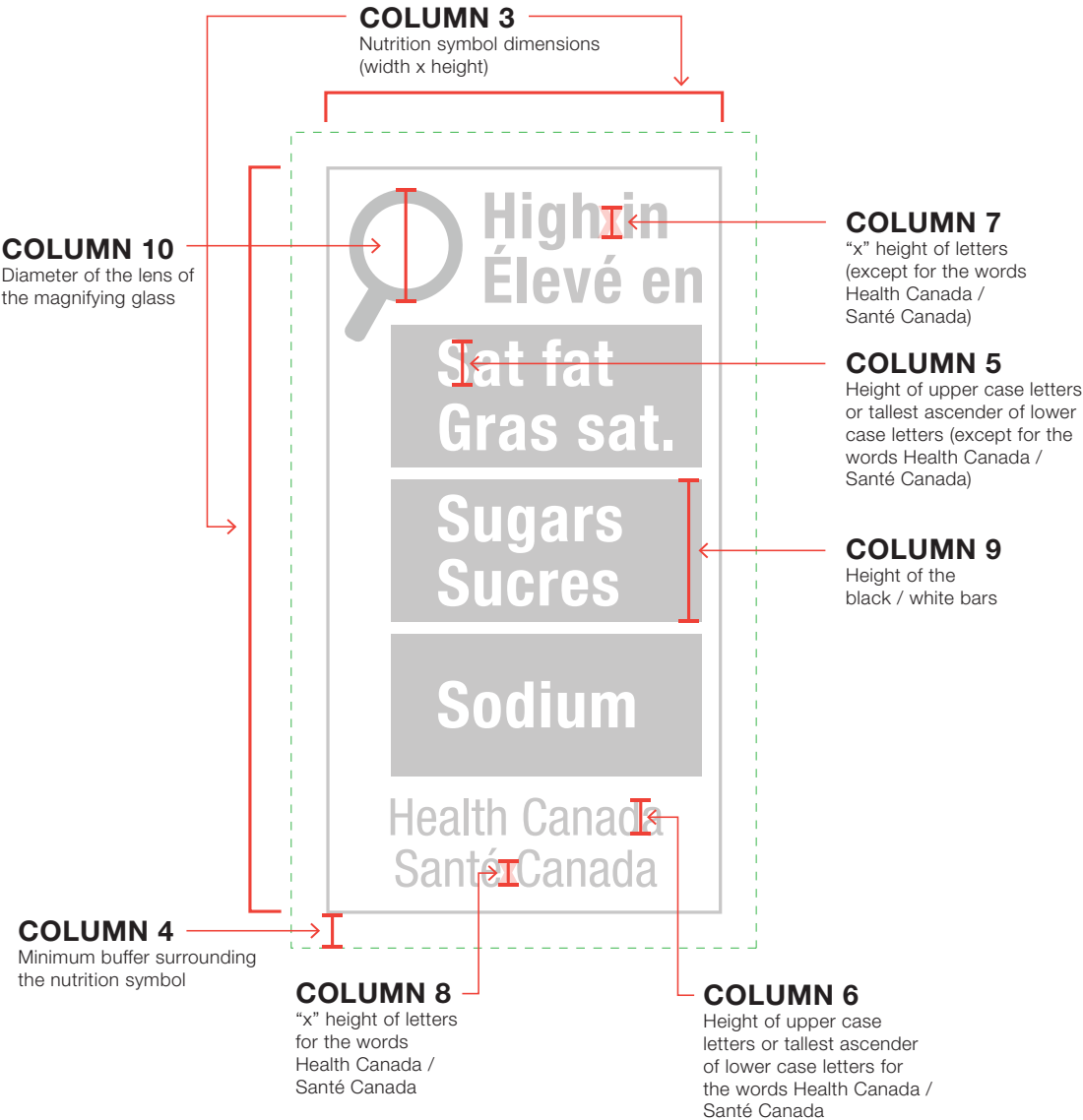
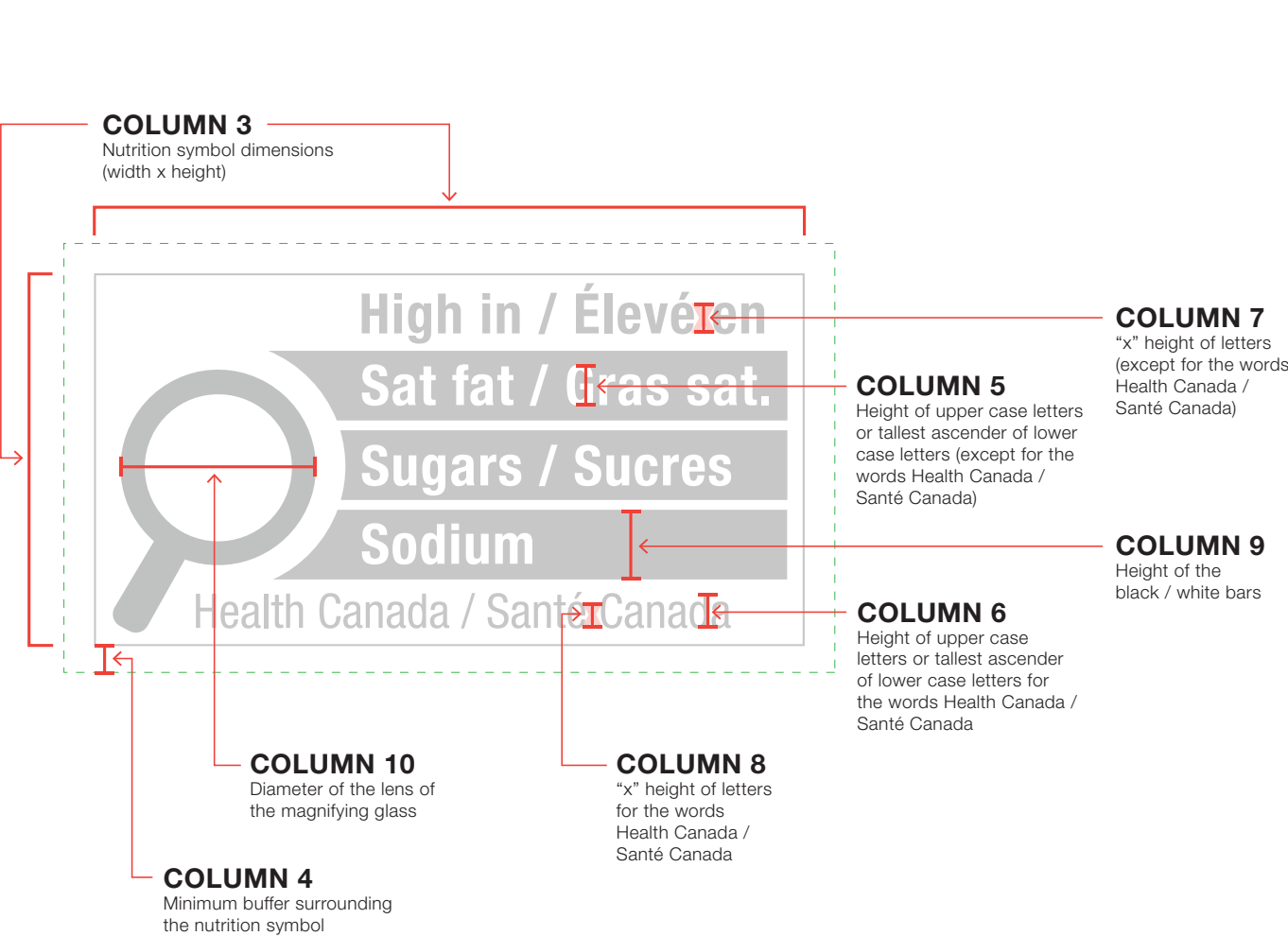


TABLE 1
Unilingual Horizontal Format

Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the <i>Food and Drug Regulations</i>	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
2	> 450 cm ² to ≤ 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)	3.79 cm x 2.83 cm	2.3 mm	3.0 mm	2.5 mm	2.3 mm	1.9 mm	5.3 mm	14.8 mm
3	> 250 cm ² to ≤ 450 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)	3.10 cm x 2.36 cm	1.9 mm	2.5 mm	2.0 mm	1.9 mm	1.5 mm	4.3 mm	12.1 mm
4	> 100 cm ² to ≤ 250 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)	2.50 cm x 1.89 cm	1.5 mm	2.0 mm	1.8 mm	1.5 mm	1.3 mm	3.5 mm	9.8 mm

EH: English Horizontal
FH: French Horizontal

TABLE 1 UNILINGUAL HORIZONTAL FORMAT

Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the <i>Food and Drug Regulations</i>	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
5	> 30 cm² to ≤ 100 cm²	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)	1.87 cm x 1.42 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.6 mm	7.3 mm
6	≤ 30 cm²	1(EH) and 1(FH)	1.87 cm x 1.42 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.6 mm	7.3 mm
		8(EH) and 8(FH) 9(EH) and 9(FH) 10(EH) and 10(FH)	1.37 cm x 1.20 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.6 mm	2.9 mm
		11(EH) and 11(FH) 12(EH) and 12(FH) 13(EH) and 13(FH)	1.37 cm x 0.85 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.6 mm	2.9 mm

EH: English Horizontal
FH: French Horizontal

TABLE 2
Unilingual Vertical Format

Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the <i>Food and Drug Regulations</i>	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
3	> 250 cm ² to ≤ 450 cm ²	1(EV) and 1(FV) 2(EV) and 2(FV) 3(EV) and 3(FV) 4(EV) and 4(FV) 5(EV) and 5(FV) 6(EV) and 6(FV) 7(EV) and 7(FV)	2.17 cm x 2.75 cm	1.9 mm	2.5 mm	2.0 mm	1.9 mm	1.5 mm	4.4 mm	6.2 mm
4	> 100 cm ² to ≤ 250 cm ²	1(EV) and 1(FV) 2(EV) and 2(FV) 3(EV) and 3(FV) 4(EV) and 4(FV) 5(EV) and 5(FV) 6(EV) and 6(FV) 7(EV) and 7(FV)	1.75 cm x 2.19 cm	1.5 mm	2.0 mm	1.8 mm	1.5 mm	1.3 mm	3.5 mm	5.0 mm
5	> 30 cm ² to ≤ 100 cm ²	1(EV) and 1(FV) 2(EV) and 2(FV) 3(EV) and 3(FV) 4(EV) and 4(FV) 5(EV) and 5(FV) 6(EV) and 6(FV) 7(EV) and 7(FV)	1.37 cm x 1.80 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.9 mm	3.9 mm
6	≤ 30 cm ²	1(EV) and 1(FV)	1.37 cm x 1.80 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.9 mm	3.9 mm
		8(EV) and 8(FV) 9(EV) and 9(FV) 10(EV) and 10(FV)	1.37 cm x 1.40 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.9 mm	3.3 mm
		11(EV) and 11(FV) 12(EV) and 12(FV) 13(EV) and 13(FV)	1.37 cm x 0.85 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.9 mm	2.9 mm

EV: English Vertical
FV: French Vertical

TABLE 3
Bilingual Horizontal Format

Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the <i>Food and Drug Regulations</i>	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 cm²	1(BH) 2(BH) 3(BH) 4(BH) 5(BH) 6(BH) 7(BH)	6.29 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
2	> 450 cm² to ≤ 600 cm²	1(BH) 2(BH) 3(BH) 4(BH) 5(BH) 6(BH) 7(BH)	5.40 cm x 2.83 cm	2.3 mm	3.0 mm	2.5 mm	2.3 mm	1.9 mm	5.3 mm	14.8 mm
3	> 250 cm² to ≤ 450 cm²	1(BH) 2(BH) 3(BH) 4(BH) 5(BH) 6(BH) 7(BH)	4.50 cm x 2.36 cm	1.9 mm	2.5 mm	2.0 mm	1.9 mm	1.5 mm	4.3 mm	12.4 mm
4	> 100 cm² to ≤ 250 cm²	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

BH: Bilingual Horizontal

TABLE 3 BILINGUAL HORIZONTAL FORMAT

Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the <i>Food and Drug Regulations</i>	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
5	> 30 cm² to ≤ 100 cm²	1(BH) 2(BH) 3(BH) 4(BH) 5(BH) 6(BH) 7(BH)	2.80 cm x 1.42 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.6 mm	7.4 mm
6	≤ 30 cm²	1(BH)	2.80 cm x 1.42 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.6 mm	7.4 mm
		8(BH) 9(BH) 10(BH)	2.50 cm x 1.20 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.6 mm	4.2 mm
		11(BH) 12(BH) 13(BH)	2.50 cm x 0.85 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	2.6 mm	3.9 mm

BH: Bilingual Horizontal

TABLE 4
Bilingual Vertical Format

Item	COLUMN 1 Range of principal display surface	COLUMN 2 Nutrition symbol in Schedule K.1 of the <i>Food and Drug Regulation</i> s	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
3	> 250 cm ² to ≤ 450 cm ²	1(BV) 2(BV) 3(BV) 4(BV) 5(BV) 6(BV) 7(BV)	2.17 cm x 4.10 cm	1.9 mm	2.5 mm	2.0 mm	1.9 mm	1.5 mm	7.8 mm	6.2 mm
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
5	> 30 cm ² to ≤ 100 cm ²	1(BV) 2(BV) 3(BV) 4(BV) 5(BV) 6(BV) 7(BV)	1.37 cm x 2.60 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	4.9 mm	3.9 mm
6	≤ 30 cm ²	1(BV)	1.37 cm x 2.60 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	4.9 mm	3.9 mm
		8(BV) 9(BV) 10(BV)	1.37 cm x 2.05 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	4.9 mm	3.3 mm
		11(BV) 12(BV) 13(BV)	1.37 cm x 1.50 cm	1.1 mm	1.5 mm	1.5 mm	1.1 mm	1.1 mm	4.9 mm	3.3 mm

BV: Bilingual Vertical