

# **Nutrition Labelling – Table of Permitted Nutrient Content Statements and Claims**

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Étiquetage nutritionnel – Tableau des mentions et des allégations autorisées concernant la teneur nutritive

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# A. Energy Related Statements and Claims

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
1	Free of energy	The food provides less than 5 Calories or 21 kilojoules per reference amount and serving of stated size.		“energy-free”, “free of energy”, “no energy”, “0 energy”, “zero energy”, “without energy”, “contains no energy”, “Calorie-free”, “free of Calories”, “no Calories”, “0 Calories”, “zero Calories”, “without Calories” or “contains no Calories”
2	Low in energy	The food provides  <b>(a)</b> 40 Calories or 167 kilojoules or less per reference amount and serving of stated size and, in the case of a food other than a table-top sweetener, if the reference amount is 30 g or 30 mL or less, per 50 g; or  <b>(b)</b> 120 Calories or 500 kilojoules or less per 100 g, if the food is a prepackaged meal.		“low energy”, “low in energy”, “low source of energy”, “little energy”, “low Calorie”, “low in Calories”, “low source of Calories”, “contains only (number) Calories per serving”, “contains less than (number) Calories per serving” or “few Calories”
3	Reduced in energy	<b>(1)</b> The food is processed, formulated, reformulated or otherwise modified so that it provides at least 25% less energy  <b>(a)</b> per reference amount of the food, than the reference amount of the similar reference food; or  <b>(b)</b> per 100 g, than 100 g of the similar reference food, if the food is a prepackaged meal.  <b>(2)</b> The similar reference food does not meet the conditions set out in column 2 of item 2 for the subject “low in energy” set out in column 1.	The following are identified:  <b>(a)</b> the similar reference food;  <b>(b)</b> the amounts of the food and the similar reference food being compared, if those amounts are not equal; and  <b>(c)</b> the difference in energy value compared to the similar reference food, per serving of stated size, expressed as a percentage or fraction or in Calories.	“reduced energy”, “reduced in energy”, “energy-reduced”, “less energy”, “lower energy”, “lower in energy”, “reduced Calorie”, “reduced in Calories”, “Calorie-reduced”, “less Calories”, “lower Calories”, “lower in Calories” or “fewer Calories”

A. ENERGY RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
4	Lower in energy	<p><b>(1)</b> The food provides at least 25% less energy</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the reference food of the same food group; or</p> <p><b>(b)</b> per 100 g, than 100 g of the reference food of the same food group, if the food is a prepackaged meal.</p> <p><b>(2)</b> The reference food of the same food group does not meet the conditions set out in column 2 of item 2 for the subject “low in energy” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the reference food of the same food group;</p> <p><b>(b)</b> the amounts of the food and the reference food of the same food group being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in energy value compared to the reference food of the same food group, per serving of stated size, expressed as a percentage or fraction or in Calories.</p>	<p>“less energy”, “lower energy”, “lower in energy”, “less Calories”, “lower Calorie”, “lower in Calories” or “fewer Calories”</p>
5	Source of energy	<p>The food provides at least 100 Calories or 420 kilojoules per reference amount and serving of stated size.</p>		<p>“source of energy”, “contains energy”, “provides energy”, “source of Calories”, “contains Calories” or “provides Calories”</p>
6	More energy	<p>The food provides at least 25% more energy, totalling at least 100 more Calories or 420 more kilojoules</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the reference food of the same food group or the similar reference food; or</p> <p><b>(b)</b> per 100 g, than 100 g of the reference food of the same food group or the similar reference food, if the food is a prepackaged meal.</p>	<p>The following are identified:</p> <p><b>(a)</b> the reference food of the same food group or the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the reference food of the same food group or the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in energy value compared to the reference food of the same food group or the similar reference food, per serving of stated size, expressed as a percentage or fraction or in Calories.</p>	<p>“more Calories”, “contains more Calories”, “higher Calories” or “higher in Calories”</p>

## B. Protein Related Statements and Claims

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
7	Low in protein	The food contains no more than 1 g of protein per 100 g of the food.		“low protein”, “low in protein”, “low source of protein”, “contains only (number) g of protein per serving” or “contains less than (number) g of protein per serving”
8	Source of protein	The food has a protein rating of 20 or more, as determined by official method FO-1, Determination of Protein Rating, October 15, 1981,  <b>(a)</b> per reasonable daily intake; or  <b>(b)</b> per 30 g combined with 125 mL of milk, if the food is a breakfast cereal.		“source of protein”, “contains protein”, “good source of protein”, “high protein”, “high in protein” or “provides protein”
9	Excellent source of protein	The food has a protein rating of 40 or more, as determined by official method FO-1, Determination of Protein Rating, October 15, 1981,  <b>(a)</b> per reasonable daily intake; or  <b>(b)</b> per 30 g combined with 125 mL of milk, if the food is a breakfast cereal.		“excellent source of protein”, “very high protein”, “very high in protein” or “rich in protein”
10	More protein	The food  <b>(a)</b> has a protein rating of 20 or more, as determined by official method FO-1, Determination of Protein Rating, October 15, 1981,  <b>i.</b> per reasonable daily intake, or  <b>ii.</b> per 30 g combined with 125 mL of milk, if the food is a breakfast cereal; and  <b>(b)</b> contains at least 25% more protein, totalling at least 7 g more, per reasonable daily intake than the reference food of the same food group or the similar reference food.	The following are identified:  <b>(a)</b> the reference food of the same food group or the similar reference food;  <b>(b)</b> the amounts of the food and the reference food of the same food group or the similar reference food being compared, if those amounts are not equal; and  <b>(c)</b> the difference in protein compared to the reference food of the same food group or the similar reference food, per serving of stated size, expressed as a percentage or fraction or in grams.	“more protein”, “higher protein” or “higher in protein”

## C. Fat, Fatty Acids, and Cholesterol Related Statements and Claims

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
11	Free of fat	<p>The food contains</p> <p><b>(a)</b> less than 0.5 g of fat per reference amount and serving of stated size; or</p> <p><b>(b)</b> less than 0.5 g of fat per serving of stated size, if the food is a prepackaged meal.</p>		<p>“fat-free”, “free of fat”, “no fat”, “0 fat”, “zero fat”, “without fat”, “contains no fat” or “non-fat”</p>
12	Low in fat	<p>The food contains</p> <p><b>(a)</b> 3 g or less of fat per reference amount and serving of stated size and, if the reference amount is 30 g or 30 mL or less, per 50 g; or</p> <p><b>(b)</b> 3 g or less of fat per 100 g with 30% or less of the energy from fat, if the food is a prepackaged meal.</p>		<p>“low fat”, “low in fat”, “low source of fat”, “little fat”, “contains only (number) g of fat per serving” or “contains less than (number) g of fat per serving”</p>
13	Reduced in fat	<p><b>(1)</b> The food is processed, formulated, reformulated or otherwise modified so that it contains at least 25% less fat</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the similar reference food; or</p> <p><b>(b)</b> per 100 g, than 100 g of the similar reference food, if the food is a prepackaged meal.</p> <p><b>(2)</b> The similar reference food does not meet the conditions set out in column 2 of item 12 for the subject “low in fat” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in fat compared to the similar reference food, per serving of stated size, expressed as a percentage or fraction or in grams.</p>	<p>“reduced fat”, “reduced in fat”, “fat-reduced”, “less fat”, “lower fat” or “lower in fat”</p>

C. FAT, FATTY ACIDS, AND CHOLESTEROL RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
14	Lower in fat	<p><b>(1)</b> The food contains at least 25% less fat</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the reference food of the same food group; or</p> <p><b>(b)</b> per 100 g, than 100 g of the reference food of the same food group, if the food is a prepackaged meal.</p> <p><b>(2)</b> The reference food of the same food group does not meet the conditions set out in column 2 of item 12 for the subject “low in fat” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the reference food of the same food group;</p> <p><b>(b)</b> the amounts of the food and the reference food of the same food group being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in fat compared to the reference food of the same food group, per serving of stated size, expressed as a percentage or fraction or in grams.</p>	“less fat”, “lower fat” or “lower in fat”
15	100% fat-free	<p>The food</p> <p><b>(a)</b> contains less than 0.5 g of fat per 100 g;</p> <p><b>(b)</b> contains no added fat; and</p> <p><b>(c)</b> meets the conditions set out in column 2 of item 11 for the subject “free of fat” set out in column 1.</p>		“100% fat-free” or “100% free of fat”
16	(Percentage) fat-free	The food meets the conditions set out in column 2 of item 12 for the subject “low in fat” set out in column 1.	One of the following statements or claims is stated: “low fat” or “low in fat”.	“(percentage) fat-free” or “(percentage) free of fat”
17	No added fat	<p><b>(1)</b> The food contains no added fats or oils set out in Division 9, or added butter or ghee, or ingredients that contain added fats or oils, or butter or ghee.</p> <p><b>(2)</b> The similar reference food contains added fats or oils set out in Division 9, or added butter or ghee.</p>		“no fat added”, “no added fat” or “without added fat”



C. FAT, FATTY ACIDS, AND CHOLESTEROL RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
18	Free of saturated fatty acids	<p>The food contains</p> <p><b>(a)</b> less than 0.2 g saturated fatty acids and less than 0.2 g <i>trans</i> fatty acids per reference amount and serving of stated size; or</p> <p><b>(b)</b> less than 0.2 g saturated fatty acids and less than 0.2 g <i>trans</i> fatty acids per serving of stated size, if the food is a prepackaged meal.</p>		<p>“saturated fatty acids-free”, “free of saturated fatty acids”, “no saturated fatty acids”, “0 saturated fatty acids”, “zero saturated fatty acids”, “without saturated fatty acids”, “saturated fat-free”, “free of saturated fat”, “no saturated fat”, “0 saturated fat”, “zero saturated fat”, “without saturated fat”, “saturates-free”, “free of saturates”, “no saturates”, “0 saturates”, “zero saturates”, “without saturates”, “0 g saturated fatty acids”, “zero g saturated fatty acids”, “0 gram saturated fatty acids”, “zero gram saturated fatty acids”, “0 g saturated fat”, “zero g saturated fat”, “0 gram saturated fat”, “zero gram saturated fat”, “0 g saturates”, “zero g saturates”, “0 gram saturates” or “zero gram saturates”</p>
19	Low in saturated fatty acids	<p><b>(1)</b> The food contains 2 g or less of saturated fatty acids and <i>trans</i> fatty acids combined</p> <p><b>(a)</b> per reference amount and serving of stated size; or</p> <p><b>(b)</b> per 100 g, if the food is a prepackaged meal.</p> <p><b>(2)</b> The food provides 15% or less energy from the sum of saturated fatty acids and <i>trans</i> fatty acids.</p>		<p>“low saturated fatty acids”, “low in saturated fatty acids”, “low source of saturated fatty acids”, “little saturated fatty acids”, “contains only (number) g of saturated fatty acids per serving”, “contains less than (number) g of saturated fatty acids per serving”, “low saturated fat”, “low in saturated fat”, “low source of saturated fat”, “little saturated fat”, “contains only (number) g of saturated fat per serving”, “contains less than (number) g of saturated fat per serving”, “low saturates”, “low in saturates”, “low source of saturates”, “little saturates”, “contains only (number) g of saturates per serving” or “contains less than (number) g of saturates per serving”</p>

C. FAT, FATTY ACIDS, AND CHOLESTEROL RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
20	Reduced in saturated fatty acids	<p><b>(1)</b> The food is processed, formulated, reformulated or otherwise modified, without increasing the content of <i>trans</i> fatty acids, so that it contains at least 25% less saturated fatty acids</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the similar reference food; or</p> <p><b>(b)</b> per 100 g, than 100 g of the similar reference food, if the food is a prepackaged meal.</p> <p><b>(2)</b> The similar reference food does not meet the conditions set out in column 2 of item 19 for the subject “low in saturated fatty acids” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in saturated fatty acids compared to the similar reference food, per serving of stated size, expressed as a percentage or fraction or in grams.</p>	<p>“reduced saturated fatty acids”, “reduced in saturated fatty acids”, “saturated fatty acids-reduced”, “less saturated fatty acids”, “lower saturated fatty acids”, “lower in saturated fatty acids”, “fewer saturated fatty acids”, “reduced saturated fat”, “reduced in saturated fat”, “saturated fat-reduced”, “less saturated fat”, “lower saturated fat”, “lower in saturated fat”, “reduced saturates”, “reduced in saturates”, “saturates-reduced”, “less saturates”, “lower saturates”, “lower in saturates” or “fewer saturates”</p>
21	Lower in saturated fatty acids	<p><b>(1)</b> The food contains at least 25% less saturated fatty acids and the content of <i>trans</i> fatty acids is not higher</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the reference food of the same food group; or</p> <p><b>(b)</b> per 100 g, than 100 g of the reference food of the same food group, if the food is a prepackaged meal.</p> <p><b>(2)</b> The reference food of the same food group does not meet the conditions set out in column 2 of item 19 for the subject “low in saturated fatty acids” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the reference food of the same food group;</p> <p><b>(b)</b> the amounts of the food and the reference food of the same food group being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in saturated fatty acids compared to the reference food of the same food group, per serving of stated size, expressed as a percentage or fraction or in grams.</p>	<p>“less saturated fatty acids”, “lower saturated fatty acids”, “lower in saturated fatty acids”, “fewer saturated fatty acids”, “less saturated fat”, “lower saturated fat”, “lower in saturated fat”, “less saturates”, “lower saturates”, “lower in saturates” or “fewer saturates”</p>

C. FAT, FATTY ACIDS, AND CHOLESTEROL RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
22	Free of <i>trans</i> fatty acids	<p>The food</p> <p><b>(a)</b> contains less than 0.2 g of <i>trans</i> fatty acids</p> <p><b>i.</b> per reference amount and serving of stated size, or</p> <p><b>ii.</b> per serving of stated size, if the food is a prepackaged meal; and</p> <p><b>(b)</b> meets the conditions set out in column 2 of item 19 for the subject “low in saturated fatty acids” set out in column 1.</p>		<p>“trans fatty acids-free”, “free of trans fatty acids”, “no trans fatty acids”, “0 trans fatty acids”, “zero trans fatty acids”, “without trans fatty acids”, “contains no trans fatty acids”, “trans fat-free”, “free of trans fat”, “no trans fat”, “0 trans fat”, “zero trans fat”, “without trans fat”, “contains no trans fat”, “trans-free”, “free of trans”, “no trans”, “0 trans”, “zero trans”, “without trans”, “0 g trans fatty acids”, “zero g trans fatty acids”, “0 gram trans fatty acids”, “zero gram trans fatty acids”, “0 g trans fat”, “zero g trans fat”, “0 gram trans fat”, “zero gram trans fat”, “0 g trans”, “zero g trans”, “0 gram trans” or “zero gram trans”</p>
23	Reduced in <i>trans</i> fatty acids	<p><b>(1)</b> The food is processed, formulated, reformulated or otherwise modified, without increasing the content of saturated fatty acids, so that it contains at least 25% less <i>trans</i> fatty acids</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the similar reference food; or</p> <p><b>(b)</b> per 100 g, than 100 g of the similar reference food, if the food is a prepackaged meal.</p> <p><b>(2)</b> The similar reference food does not meet the conditions set out in column 2 of item 19 for the subject “low in saturated fatty acids” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in <i>trans</i> fatty acids compared to the similar reference food, per serving of stated size, expressed as a percentage or fraction or in grams.</p>	<p>“reduced trans”, “reduced in trans”, “trans-reduced”, “reduced trans fatty acids”, “reduced in trans fatty acids”, “trans fatty acids-reduced”, “less trans fatty acids”, “lower trans fatty acids”, “lower in trans fatty acids”, “fewer trans fatty acids”, “reduced trans fat”, “reduced in trans fat”, “trans fat-reduced”, “less trans fat”, “lower trans fat” or “lower in trans fat”</p>

C. FAT, FATTY ACIDS, AND CHOLESTEROL RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
24	Lower in <i>trans</i> fatty acids	<p><b>(1)</b> The food contains at least 25% less <i>trans</i> fatty acids and the content of saturated fatty acids is not higher</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the reference food of the same food group; or</p> <p><b>(b)</b> per 100 g, than 100 g of the reference food of the same food group, if the food is a prepackaged meal.</p> <p><b>(2)</b> The reference food of the same food group does not meet the conditions set out in column 2 of item 19 for the subject “low in saturated fatty acids” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the reference food of the same food group;</p> <p><b>(b)</b> the amounts of the food and the reference food of the same food group being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in <i>trans</i> fatty acids compared to the reference food of the same food group, per serving of stated size, expressed as a percentage or fraction or in grams.</p>	<p>“less <i>trans</i> fatty acids”, “lower <i>trans</i> fatty acids”, “lower in <i>trans</i> fatty acids”, “fewer <i>trans</i> fatty acids”, “less <i>trans</i> fat”, “lower <i>trans</i> fat”, “lower in <i>trans</i> fat”, “less <i>trans</i>”, “lower <i>trans</i>” or “lower in <i>trans</i>”</p>
25	Source of omega-3 polyunsaturated fatty acids	<p>The food contains</p> <p><b>(a)</b> 0.3 g or more of omega-3 polyunsaturated fatty acids per reference amount and serving of stated size; or</p> <p><b>(b)</b> 0.3 g or more of omega-3 polyunsaturated fatty acids per 100 g, if the food is a prepackaged meal.</p>		<p>“source of omega-3 polyunsaturated fatty acids”, “contains omega-3 polyunsaturated fatty acids”, “provides omega-3 polyunsaturated fatty acids”, “source of omega-3 polyunsaturated fat”, “contains omega-3 polyunsaturated fat”, “provides omega-3 polyunsaturated fat”, “source of omega-3 polyunsaturates”, “contains omega-3 polyunsaturates” or “provides omega-3 polyunsaturates”</p>
26	Source of omega-6 polyunsaturated fatty acids	<p>The food contains</p> <p><b>(a)</b> 2 g or more of omega-6 polyunsaturated fatty acids per reference amount and serving of stated size; or</p> <p><b>(b)</b> 2 g or more of omega-6 polyunsaturated fatty acids per 100 g, if the food is a prepackaged meal.</p>		<p>“source of omega-6 polyunsaturated fatty acids”, “contains omega-6 polyunsaturated fatty acids”, “provides omega-6 polyunsaturated fatty acids”, “source of omega-6 polyunsaturated fat”, “contains omega-6 polyunsaturated fat”, “provides omega-6 polyunsaturated fat”, “source of omega-6 polyunsaturates”, “contains omega-6 polyunsaturates” or “provides omega-6 polyunsaturates”</p>

C. FAT, FATTY ACIDS, AND CHOLESTEROL RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
27	Free of cholesterol	<p>The food</p> <p><b>(a)</b> contains less than 2 mg of cholesterol</p> <p><b>i.</b> per reference amount and serving of stated size, or</p> <p><b>ii.</b> per serving of stated size, if the food is a prepackaged meal; and</p> <p><b>(b)</b> meets the conditions set out in column 2 of item 19 for the subject “low in saturated fatty acids” set out in column 1.</p>		<p>“cholesterol-free”, “free of cholesterol”, “no cholesterol”, “0 cholesterol”, “zero cholesterol”, “without cholesterol” or “contains no cholesterol”</p>
28	Low in cholesterol	<p>The food</p> <p><b>(a)</b> contains 20 mg or less of cholesterol per</p> <p><b>i.</b> reference amount and serving of stated size and, if the reference amount is 30 g or 30 mL or less, per 50 g, or</p> <p><b>ii.</b> per 100 g, if the food is a prepackaged meal; and</p> <p><b>(b)</b> meets the conditions set out in column 2 of item 19 for the subject “low in saturated fatty acids” set out in column 1.</p>		<p>“low cholesterol”, “low in cholesterol”, “low source of cholesterol”, “little cholesterol”, “contains only (number) mg of cholesterol per serving” or “contains less than (number) mg of cholesterol per serving”</p>

C. FAT, FATTY ACIDS, AND CHOLESTEROL RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
29	Reduced in cholesterol	<p><b>(1)</b> The food is processed, formulated, reformulated or otherwise modified so that it contains at least 25% less cholesterol</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the similar reference food; or</p> <p><b>(b)</b> per 100 g, than 100 g of the similar reference food, if the food is a prepackaged meal.</p> <p><b>(2)</b> The similar reference food does not meet the conditions set out in column 2 of item 28 for the subject “low in cholesterol” set out in column 1.</p> <p><b>(3)</b> The food meets the conditions set out in column 2 of item 19 for the subject “low in saturated fatty acids” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in cholesterol compared to the similar reference food, per serving of stated size, expressed as a percentage or fraction or in milligrams.</p>	<p>“reduced cholesterol”, “reduced in cholesterol”, “cholesterol-reduced”, “less cholesterol”, “lower cholesterol” or “lower in cholesterol”</p>
30	Lower in cholesterol	<p><b>(1)</b> The food contains at least 25% less cholesterol</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the reference food of the same food group; or</p> <p><b>(b)</b> per 100 g, than 100 g of the reference food of the same food group, if the food is a prepackaged meal.</p> <p><b>(2)</b> The reference food of the same food group does not meet the conditions set out in column 2 of item 28 for the subject “low in cholesterol” set out in column 1.</p> <p><b>(3)</b> The food meets the conditions set out in column 2 of item 19 for the subject “low in saturated fatty acids” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the reference food of the same food group;</p> <p><b>(b)</b> the amounts of the food and the reference food of the same food group being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in cholesterol compared to the reference food of the same food group, per serving of stated size, expressed as a percentage or fraction or in milligrams.</p>	<p>“less cholesterol”, “lower cholesterol” or “lower in cholesterol”</p>

## D. Sodium/Salt Related Statements and Claims

Item	Column 1 Subject	Column 2 Conditions - Food	Column 3 Conditions - Label or Advertisement	Column 4 Statement or Claim
31	Free of sodium or salt	<p>The food contains</p> <p><b>(a)</b> less than 5 mg of sodium per reference amount and serving of stated size; or</p> <p><b>(b)</b> less than 5 mg of sodium per serving of stated size, if the food is a prepackaged meal.</p>		<p>“sodium-free”, “free of sodium”, “no sodium”, “0 sodium”, “zero sodium”, “without sodium”, “contains no sodium”, “salt-free”, “free of salt”, “no salt”, “0 salt”, “zero salt”, “without salt” or “contains no salt”</p>
32	Low in sodium or salt	<p>The food contains</p> <p><b>(a)</b> 140 mg or less of sodium per reference amount and serving of stated size and, if the reference amount is 30 g or 30 mL or less, per 50 g; or</p> <p><b>(b)</b> 140 mg or less of sodium per 100 g, if the food is a prepackaged meal.</p>		<p>“low sodium”, “low in sodium”, “low source of sodium”, “little sodium”, “contains only (number) mg of sodium per serving”, “contains less than (number) mg of sodium per serving”, “low salt”, “low in salt”, “low source of salt”, “little salt”, “contains only (number) mg of salt per serving” or “contains less than (number) mg salt per serving”</p>
33	Reduced in sodium or salt	<p><b>(1)</b> The food is processed, formulated, reformulated or otherwise modified so that it contains at least 25% less sodium</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the similar reference food; or</p> <p><b>(b)</b> per 100 g, than 100 g of the similar reference food, if the food is a prepackaged meal.</p> <p><b>(2)</b> The similar reference food does not meet the conditions set out in column 2 of item 32 for the subject “low in sodium or salt” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in sodium content compared to the similar reference food, per serving of stated size, expressed as a percentage or fraction or in milligrams.</p>	<p>“reduced sodium”, “reduced in sodium”, “sodium-reduced”, “less sodium”, “lower sodium”, “lower in sodium”, “reduced salt”, “reduced in salt”, “salt-reduced”, “less salt”, “lower salt” or “lower in salt”</p>

D. SODIUM/SALT RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions - Food	Column 3 Conditions - Label or Advertisement	Column 4 Statement or Claim
34	Lower in sodium or salt	<p><b>(1)</b> The food contains at least 25% less sodium</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the reference food of the same food group; or</p> <p><b>(b)</b> per 100 g, than 100 g of the reference food of the same food group, if the food is a prepackaged meal.</p> <p><b>(2)</b> The reference food of the same food group does not meet the conditions set out in column 2 of item 32 for the subject “low in sodium or salt” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the reference food of the same food group;</p> <p><b>(b)</b> the amounts of the food and the reference food of the same food group being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in sodium content compared to the reference food of the same food group, per serving of stated size, expressed as a percentage or fraction or in milligrams.</p>	<p>“less sodium”, “lower sodium”, “lower in sodium”, “less salt”, “lower salt” or “lower in salt”</p>
35	No added sodium or salt	<p><b>(1)</b> The food contains no added salt, other sodium salts or ingredients that contain sodium that functionally substitute for added salt.</p> <p><b>(2)</b> The similar reference food does not meet the conditions set out in column 2 of item 32 for the subject “low in sodium or salt” set out in column 1 and contains added salt or other sodium salts.</p>		<p>“unsalted”, “without added salt”, “no salt added”, “no added salt”, “without added sodium”, “no sodium added” or “no added sodium”</p>
36	Lightly salted	<p><b>(1)</b> The food contains at least 50% less added sodium than the sodium added to the similar reference food.</p> <p><b>(2)</b> The similar reference food does not meet the conditions set out in column 2 of item 32 for the subject “low in sodium or salt” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in sodium content compared to the similar reference food, per serving of stated size, expressed as a percentage or fraction or in milligrams.</p>	<p>“lightly salted” or “salted lightly”</p>



## E. Sugars Related Statements and Claims

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
37	Free of sugars	<p>The food</p> <p><b>(a)</b> contains less than 0.5 g of sugars per reference amount and serving of stated size; and</p> <p><b>(b)</b> meets the conditions set out in column 2 of item 2 for the subject “low in energy” set out in column 1.</p>		<p>“sugar-free”, “free of sugar”, “no sugar”, “0 sugar”, “zero sugar”, “without sugar”, “contains no sugar”, “sugarless”, “0 g sugar”, “zero g sugar”, “0 gram sugar” or “zero gram sugar”</p>
37.1	Low in sugars	<p>The food contains</p> <p><b>(a)</b> 5 g or less of sugars per reference amount and serving of stated size and, if the reference amount is 30 g or 30 mL or less, per 50 g; or</p> <p><b>(b)</b> 5 g or less of sugars per 100 g if the food is a prepackaged meal.</p>		<p>“low sugar”, “low in sugar”, “low source of sugar”, “little sugar”, “contains only (number) g of sugar per serving” or “contains less than (number) g of sugar per serving”</p>
38	Reduced in sugars	<p>The food is processed, formulated, reformulated or otherwise modified so that it contains at least 25% less sugars, totalling at least 5 g less,</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the similar reference food; or</p> <p><b>(b)</b> per 100 g, than 100 g of the similar reference food, if the food is a prepackaged meal.</p>	<p>The following are identified:</p> <p><b>(a)</b> the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in sugars compared to the similar reference food, per serving of stated size, expressed as a percentage or fraction or in grams.</p>	<p>“reduced sugar”, “reduced in sugar”, “sugar-reduced”, “less sugar”, “lower sugar” or “lower in sugar”</p>

E. SUGARS RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
39	Lower in sugars	<p>The food contains at least 25% less sugars, totalling at least 5 g less,</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the reference food of the same food group; or</p> <p><b>(b)</b> per 100 g, than 100 g of the reference food of the same food group, if the food is a prepackaged meal.</p>	<p>The following are identified:</p> <p><b>(a)</b> the reference food of the same food group;</p> <p><b>(b)</b> the amounts of the food and the reference food of the same food group being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in sugars compared to the reference food of the same food group, per serving of stated size, expressed as a percentage or fraction or in grams.</p>	<p>“lower sugar”, “lower in sugar” or “less sugar”</p>
40	No added sugars	<p><b>(1)</b> The food contains no added sugars-based ingredients or ingredients containing sugars-based ingredients.</p> <p><b>(2)</b> The sugars content is not increased through some other means except if the functional effect is not to increase the sugars content of the food.</p> <p><b>(3)</b> The similar reference food</p> <p><b>(a)</b> contains an added sugars-based ingredient or an ingredient containing a sugars-based ingredient; and</p> <p><b>(b)</b> does not meet the conditions set out in column 2 of item 37.1 for the subject “low in sugars” set out in column 1.</p>		<p>“no sugar added”, “no added sugar” or “without added sugar”</p>

## F. Fibre Related Statements and Claims

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
41	Source of fibre	<p><b>(1)</b> The food contains 2 g or more</p> <p><b>(a)</b> of fibre per reference amount and serving of stated size, if no fibre or fibre source is identified in the statement or claim; or</p> <p><b>(b)</b> of each identified fibre or fibre from an identified fibre source per reference amount and serving of stated size, if a fibre or fibre source is identified in the statement or claim.</p> <p><b>(2)</b> The food contains at least one ingredient that meets one of the conditions set out in subsection (1), if the food is a prepackaged meal.</p>		<p>“source of fibre”, “contains fibre”, “provides fibre”, “made with fibre”, “source of (naming the fibre)”, “contains (naming the fibre)”, “provides (naming the fibre)”, “made with (naming the fibre)”, “source of (naming the fibre source)”, “contains (naming the fibre source)”, “provides (naming the fibre source)”, “made with (naming the fibre source)”, “source of dietary fibre”, “contains dietary fibre”, “provides dietary fibre” or “made with dietary fibre”</p>
42	High source of fibre	<p><b>(1)</b> The food contains 4 g or more</p> <p><b>(a)</b> of fibre per reference amount and serving of stated size, if no fibre or fibre source is identified in the statement or claim; or</p> <p><b>(b)</b> of each identified fibre or fibre from an identified fibre source per reference amount and serving of stated size, if a fibre or fibre source is identified in the statement or claim.</p> <p><b>(2)</b> The food contains at least one ingredient that meets one of the conditions set out in subsection (1), if the food is a prepackaged meal.</p>		<p>“high source of fibre”, “high fibre”, “high in fibre”, “high source of (naming the fibre)”, “high (naming the fibre)”, “high in (naming the fibre)”, “high source of (naming the fibre source)”, “high (naming the fibre source)”, “high in (naming the fibre source)”, “high source of dietary fibre”, “high dietary fibre” or “high in dietary fibre”</p>

F. FIBRE RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
43	Very high source of fibre	<p><b>(1)</b> The food contains 6 g or more</p> <p><b>(a)</b> of fibre per reference amount and serving of stated size, if no fibre or fibre source is identified in the statement or claim; or</p> <p><b>(b)</b> of each identified fibre or fibre from an identified fibre source per reference amount and serving of stated size, if a fibre or fibre source is identified in the statement or claim.</p> <p><b>(2)</b> The food contains at least one ingredient that meets one of the conditions set out in subsection (1), if the food is a prepackaged meal.</p>		<p>“very high source of fibre”, “very high fibre”, “very high in fibre”, “fibre rich”, “rich in fibre”, “very high source of (naming the fibre)”, “very high (naming the fibre)”, “very high in (naming the fibre)”, “(naming the fibre) rich”, “rich in (naming the fibre)”, “very high source of (naming the fibre source)”, “very high (naming the fibre source)”, “very high in (naming the fibre source)”, “(naming the fibre source) rich”, “rich in (naming the fibre source)”, “very high source of dietary fibre”, “very high dietary fibre”, “very high in dietary fibre”, “dietary fibre rich” or “rich in dietary fibre”</p>

F. FIBRE RELATED STATEMENTS AND CLAIMS

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
44	More fibre	<p><b>(1)</b> The food contains at least 25% more fibre, totalling at least 1 g more, if no fibre or fibre source is identified in the statement or claim, or at least 25% more of an identified fibre or fibre from an identified fibre source, totalling at least 1 g more, if a fibre or fibre source is identified in the statement or claim</p> <p><b>(a)</b> per reference amount of the food, than the reference amount of the reference food of the same food group or the similar reference food; or</p> <p><b>(b)</b> per 100 g, than 100 g of the reference food of the same food group or the similar reference food, if the food is a prepackaged meal.</p> <p><b>(2)</b> The food contains</p> <p><b>(a)</b> at least 2 g of fibre per reference amount and serving of stated size if no fibre or fibre source is identified in the statement or claim, or at least 2 g of identified fibre or fibre from an identified fibre source per reference amount and serving of stated size if a fibre or fibre source is identified in the statement or claim; or</p> <p><b>(b)</b> at least one ingredient that meets the conditions set out in column 2 of item 41 for the subject “source of fibre” set out in column 1, if the food is a prepackaged meal.</p>	<p>The following are identified:</p> <p><b>(a)</b> the reference food of the same food group or the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the reference food of the same food group or the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in fibre compared to the reference food of the same food group or the similar reference food, per serving of stated size, expressed as a percentage or fraction or in grams.</p>	<p>“more fibre”, “higher fibre”, “higher in fibre”, “more (naming the fibre)”, “higher (naming the fibre)”, “higher in (naming the fibre)”, “more (naming the fibre source)”, “higher (naming the fibre source)”, “higher in (naming the fibre source)”, “more dietary fibre”, “higher dietary fibre” or “higher in dietary fibre”</p>

## G. Light (in Energy or Fat) and Lean Related Statements and Claims

Item	Column 1 Subject	Column 2 Conditions – Food	Column 3 Conditions – Label or Advertisement	Column 4 Statement or Claim
45	Light in energy or fat	<p>The food meets the conditions set out in column 2</p> <p><b>(a)</b> of item 3 for the subject “reduced in energy” set out in column 1; or</p> <p><b>(b)</b> of item 13 for the subject “reduced in fat” set out in column 1.</p>	<p>The following are identified:</p> <p><b>(a)</b> the similar reference food;</p> <p><b>(b)</b> the amounts of the food and the similar reference food being compared, if those amounts are not equal; and</p> <p><b>(c)</b> the difference in energy or fat value compared to the similar reference food, per serving of stated size, expressed as a percentage or fraction or in Calories or grams.</p>	“light” or “lite”
46	Lean	<p>The food</p> <p><b>(a)</b> is meat or poultry that has not been ground, a marine or fresh water animal or a product of any of these; and</p> <p><b>(b)</b> contains 10% or less fat.</p>		“lean”
47	Extra lean	<p>The food</p> <p><b>(a)</b> is meat or poultry that has not been ground, a marine or fresh water animal or a product of any of these; and</p> <p><b>(b)</b> contains 7.5% or less fat.</p>		“extra lean”