



Health
Canada

Santé
Canada

*Your health and
safety... our priority.*

*Votre santé et votre
sécurité... notre priorité.*

Nutrition Labelling

Table of Daily Values

Health Canada is the federal department responsible for helping the people of Canada maintain and improve their health. We assess the safety of drugs and many consumer products, help improve the safety of food, and provide information to Canadians to help them make healthy decisions. We provide health services to First Nations people and to Inuit communities. We work with the provinces to ensure our health care system serves the needs of Canadians.

Également disponible en français sous le titre : Étiquetage nutritionnel – Tableau des valeurs quotidiennes

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Part 1 – Daily values for macronutrients and sodium

Item	Column 1	Daily Value	
		Column 2	Column 3
	Nutrient	Food intended solely for children one year of age or older but less than four years of age	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
1.	Fat	44 g	75 g
2.	Sum of saturated fatty acids and <i>trans</i> fatty acids	10 g	20 g
3.	Fibre	14 g	28 g
4.	Sugars	50 g	100 g
5.	Cholesterol	300 mg	300 mg
6.	Sodium	1500 mg	2300 mg

g = grams; mg = milligrams

Part 2 – Daily values for vitamin and mineral nutrients

Item	Column 1 Nutrient	Daily Value		
		Column 2	Column 3	Column 4
		Food intended solely for infants six months of age or older but less than one year of age	Food intended for infants six months of age or older but less than one year of age or children one year of age or older but less than four years of age	Any other case
1.	Potassium	700 mg	3000 mg	4700 mg
2.	Calcium	260 mg	700 mg	1300 mg
3.	Iron	11 mg	7 mg	18 mg
4.	Vitamin A	500 µg	300 µg	900 µg
5.	Vitamin C	50 mg	15 mg	90 mg
6.	Vitamin D	10 µg	15 µg	20 µg
7.	Vitamin E	5 mg	6 mg	15 mg
8.	Vitamin K	2.5 µg	30 µg	120 µg
9.	Thiamin, Thiamine or Vitamin B ₁	0.3 mg	0.5 mg	1.2 mg
10.	Riboflavin or Vitamin B ₂	0.4 mg	0.5 mg	1.3 mg
11.	Niacin	4 mg	6 mg	16 mg
12.	Vitamin B ₆	0.3 mg	0.5 mg	1.7 mg
13.	Folate	80 µg DFE	150 µg DFE	400 µg DFE
14.	Vitamin B ₁₂	0.5 µg	0.9 µg	2.4 µg
15.	Choline	150 mg	200 mg	550 mg
16.	Biotin	6 µg	8 µg	30 µg
17.	Pantothenic Acid or Pantothenate	1.8 mg	2 mg	5 mg
18.	Phosphorous	275 mg	460 mg	1250 mg
19.	Iodide	130 µg	90 µg	150 µg
20.	Magnesium	75 mg	80 mg	420 mg
21.	Zinc	3 mg	3 mg	11 mg
22.	Selenium	20 µg	20 µg	55 µg
23.	Copper	0.2 mg	0.3 mg	0.9 mg
24.	Manganese	0.6 mg	1.2 mg	2.3 mg
25.	Chromium	5.5 µg	11 µg	35 µg
26.	Molybdenum	3 µg	17 µg	45 µg
27.	Chloride	570 mg	1500 mg	2300 mg

mg = milligrams; µg = micrograms

DFE = Dietary Folate Equivalent

Calculations for vitamins are set out in Section D.01.003 of the *Food and Drug Regulations*.