



Health
Canada

Santé
Canada

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

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

Nutrition Labelling

Directory of Nutrition Facts
Table Formats

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 – Répertoire des modèles de tableaux de la valeur nutritive

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@hc-sc.gc.ca

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Legend

Per HM (MM): a placeholder for the serving of stated size where HM is the household measure and MM is the metric measure. Note: In the case of a single-serving prepackaged product, the household measure is the entire package and the metric measure is the corresponding amount in grams or millilitres, as applicable.

##, ### and #### signs: a placeholder for the amount by weight, the number of Calories and, where applicable, the percentage of the daily value of nutrients per serving of stated size of the prepackaged product. The number of hashtags shown represents the number of numerals typically used for the value. These will vary depending on the manufacturer's specific product and its composition.

Standard Format

Figure 1.1(E)

Normal width font
8 point type except as indicated
Thin rules – 0.5 point
Rules centred between text

Nutrition Facts	
Per HM (MM)	
Calories #####	% Daily Value*
Fat ## g	## %
Saturated ## g + Trans ## g	## %
Carbohydrate ## g	
Fibre ## g	## %
Sugars ## g	## %
Protein ## g	
Cholesterol ### mg	
Sodium ##### mg	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Iron ## mg	## %
*5% or less is a little , 15% or more is a lot	

Heading: 13 point bold type
Serving of stated size: 9 point type with 11 point leading
Calories: 10 point bold type with 14.5 point leading
14.5 point leading
9 point leading
Non-indenteds nutrients in bold type, amount in regular type, with 12 point leading
Indented nutrients in regular type with 9 point leading indented 6 points
Regular type with 14.5 point leading
Regular type with 12 point leading
Asterisk in 9 point with -2 point baseline shift

1 point rule
6 point bold type with 9 point regular asterisk, asterisk with -2 point baseline shift
Value centred against saturated + trans information on left
Text enclosed by a box with a 0.5 point rule within 3 points of text
Numbers and % sign in regular type, space between number and % sign
Space between number and unit
Thick rules – 2.5 point
6.5 point condensed font with 13 point leading and with "a little" and "a lot" in bold
may be displayed in normal width font may appear on more than one line

Figure 1.1(F)

Valeur nutritive	
pour MD (MM)	
Calories #####	% valeur quotidienne*
Lipides ## g	## %
saturés ## g + trans ## g	## %
Glucides ## g	
Fibres ## g	## %
Sucres ## g	## %
Protéines ## g	
Cholestérol ### mg	
Sodium ##### mg	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Fer ## mg	## %
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Note: Same format specifications as in Figure 1.1(E).

Standard Format (*continued*)

Figures 1.2(E) and (F)

Follow Figures 1.1(E) and (F) except:

- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 12.5 point leading

Figures 1.3(E) and (F)

Follow Figures 1.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12.5 point leading

Figures 1.4(E) and (F)

Follow Figures 1.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point.

Standard Format (*continued*)

Figures 1.5(E) and (F)

Follow Figures 1.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.

Figures 1.6(E) and (F)

Follow Figures 1.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 6.5 point type with 8 point leading
- Calories: 7.5 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point.

Narrow Standard Format

Figure 2.1(E)

Nutrition Facts	
Per HM (MM)	
Calories #####	% Daily Value*
Fat ## g	## %
Saturated ## g	## %
+ Trans ## g	## %
Carbohydrate ## g	
Fibre ## g	## %
Sugars ## g	## %
Protein ## g	
Cholesterol ### mg	
Sodium ##### mg	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Iron ## mg	## %
*5% or less is a little ,	
15% or more is a lot	

6.5 point leading

13 point leading

7.5 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 2.1(F)

Valeur nutritive	
pour MD (MM)	
Calories #####	% valeur quotidienne*
Lipides ## g	## %
saturés ## g	## %
+ trans ## g	## %
Glucides ## g	
Fibres ## g	## %
Sucres ## g	## %
Protéines ## g	
Cholestérol ### mg	
Sodium ##### mg	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Fer ## mg	## %
*5% ou moins c'est peu ,	
15% ou plus c'est beaucoup	

6.5 point leading

13 point leading

7.5 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Narrow Standard Format (*continued*)

Figures 2.2(E) and (F)

Follow Figures 2.1(E) and (F) except:

- Heading: 11 point type
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

Figures 2.3(E) and (F)

Follow Figures 2.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

Figures 2.4(E) and (F)

Follow Figures 2.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

Bilingual Standard Format

Figure 3.1(B)

Nutrition Facts		Valeur nutritive	
Per HM (MM)		pour MD (MM)	
Calories #####		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides ## g		## %	
Saturated / saturés ## g		## %	
+ Trans / trans ## g		## %	
Carbohydrate / Glucides ## g			
Fibre / Fibres ## g		## %	
Sugars / Sucres ## g		## %	
Protein / Protéines ## g			
Cholesterol / Cholestérol ### mg			
Sodium ##### mg		## %	
Potassium ##### mg		## %	
Calcium ##### mg		## %	
Iron / Fer ## mg		## %	
*5% or less is a little , 15% or more is a lot		*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

Bilingual Standard Format (*continued*)

Figure 3.2(B)

Follow Figure 3.1(B) except:

- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- % Daily Value subheading: 6 point type with 6.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

Figure 3.3(B)

Follow Figure 3.1(B) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- % Daily Value subheading: 6 point type with 6.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

Figure 3.4(B)

Follow Figure 3.1(B) except:

- All text is in condensed font
- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 9 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 12.5 point leading
- % Daily Value subheading: 6 point type with 6.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.

Bilingual Standard Format (continued)

Figure 3.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts		
Valeur nutritive		
Per HM (MM)		
par MD (MM)		← 8 point leading
Calories #####	% Daily Value*	
	% valeur quotidienne*	← 6.5 point leading
Fat / Lipides ## g	## %	
Saturated / saturés ## g	## %	
+ Trans / trans ## g	## %	
Carbohydrate / Glucides ## g		
Fibre / Fibres ## g	## %	
Sugars / Sucres ## g	## %	
Protein / Protéines ## g		
Cholesterol / Cholestérol ### mg		
Sodium ### mg	## %	← Thick rules – 2 point
Potassium ### mg	## %	
Calcium ### mg	## %	
Iron / Fer ## mg	## %	
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup		← 6 point condensed font with 7 point leading and with "a little", "a lot", "peu" and "beaucoup" in bold

10 point bold type with 11 point leading →

7 point type with 9 point leading →

8 point bold type with 12 point leading →

11.5 point leading →

7 point leading →

9 point leading →

7 point leading →

11 point leading →

No rules, 7 point leading →

11 point leading →

Note: Same format specifications as in Figure 3.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 3.6(B)

Follow Figure 3.5(B) except:

- % Daily Value subheading: 6 point leading
- Nutrients: 8 point leading where there is a thin rule above; 10.5 point leading where there is a thick rule below the heading Calories above and 10 point leading if other thick rule above
- Footnote: 10 point leading on first line where there is a thick rule above

Figure 3.7(B)

Follow Figure 3.5(B) except:

- Heading: 9 point type with 9 point leading
- Serving of stated size: 8 point leading on first line and 7 point leading on second line (if needed).
- % Daily Value subheading: 6 point leading
- Nutrients: 6 point leading where there is no rule; 7 point leading where there is a thin rule above; 10 point leading where there is a thick rule below the heading Calories above and 9 point leading if other thick rule above
- Footnote: 6 point leading where there is no rule and 9 point leading where there is a thick rule above
- Top rule: reduced to 0.75 point.
- Thick rules: reduced to 1.5 point.
- Outer box: 0.25 point
- Text inset: 1 point

Bilingual Horizontal Format (continued)

Figure 4.3(B)

Nutrition Facts		% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive	Fat / Lipides ## g	## %	Protein / Protéines ## g
Per HM (MM)	Saturated / saturés ## g	## %	Cholesterol / Cholestérol ### mg
pour MD (MM)	+ Trans / trans ## g		Sodium ### mg
Calories #####	Carbohydrate / Glucides ## g		Potassium ### mg
* DV = Daily Value	Fibre / Fibres ## g	## %	Calcium ### mg
* VQ = valeur quotidienne	Sugars / Sucres ## g	## %	Iron / Fer ## mg
* 5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

Figure 4.4(B)

Follow Figure 4.3(B) except:

- Serving of stated size: 9 point leading on first line and 7 point leading on second line
- Calories: 9 point leading
- Daily Value note: 8 point leading on first line
- Nutrients in second column: 7.5 point leading where there is no rule; 10 point leading if %DV rule above and 11 point leading where there is a thin rule above
- Nutrients in third column: 9 point leading if %DV rule above and where there is a thin rule above; 10 point leading where there is a thick rule above

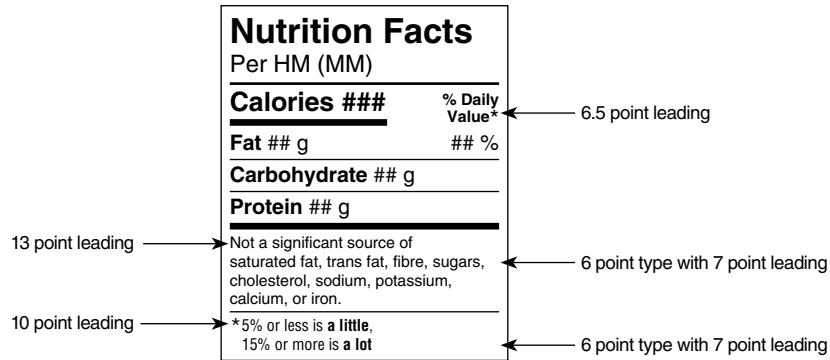
Figure 4.5(B)

Nutrition Facts		% Daily Value*	% Daily Value*	% DV* / % VQ*
Valeur nutritive	Fat / Lipides ## g	% valeur quotidienne*	Carbohydrate / Glucides ## g	Sodium ### mg
Per HM (MM)	Saturated / saturés ## g	## %	Fibre / Fibres ## g	Potassium ### mg
pour MD (MM)	+ Trans / trans ## g	## %	Sugars / Sucres ## g	Calcium ### mg
Calories #####	Protein / Protéines ## g		Cholesterol / Cholestérol ### mg	Iron / Fer ## mg
* 5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup				

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

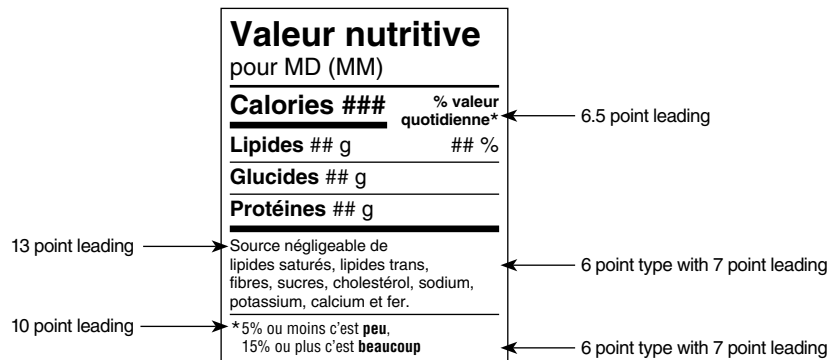
Simplified Standard Format

Figure 5.1(E)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 5.1(F)



Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Simplified Standard Format (*continued*)

Figures 5.2(E) and (F)

Follow Figures 5.1(E) and (F) except:

- Serving of stated size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 12 point leading where there is a thick rule above

Figures 5.3(E) and (F)

Follow Figures 5.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 12 point leading where there is a thick rule above

Figures 5.4(E) and (F)

Follow Figures 5.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 8 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

Simplified Standard Format (*continued*)

Figures 5.5(E) and (F)

Follow Figures 5.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above

Figures 5.6(E) and (F)

Follow Figures 5.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 6.5 point type with 8 point leading
- Calories: 7.5 point type with 12 point leading
- Nutrients: 6 point type with 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnotes: 9 point leading where there is a thin rule above and 10 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

Bilingual Simplified Standard Format

Figure 6.1(B)

14 point leading	Nutrition Facts	
	Valeur nutritive	
10 point leading	Per HM (MM)	
	pour MD (MM)	
	Calories ###	% Daily Value*
		% valeur quotidienne*
Space before and after forward slash	Fat / Lipides ## g	## %
	Carbohydrate / Glucides ## g	
	Protein / Protéines ## g	
13 point leading	Not a significant source of saturated fat, trans fat, fibre, sugars, cholesterol, sodium, potassium, calcium, or iron.	6 point type with 7 point leading
10 point leading	Source négligeable de lipides saturés, lipides trans, fibres, sucres, cholestérol, sodium, potassium, calcium et fer.	
10 point leading	*5% or less is a little , 15% or more is a lot	
	*5% ou moins c'est peu , 15% ou plus c'est beaucoup	6 point type with 7 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 6.2(B)

Follow Figure 6.1(B) except:

- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figure 6.3(B)

Follow Figure 6.1(B) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.

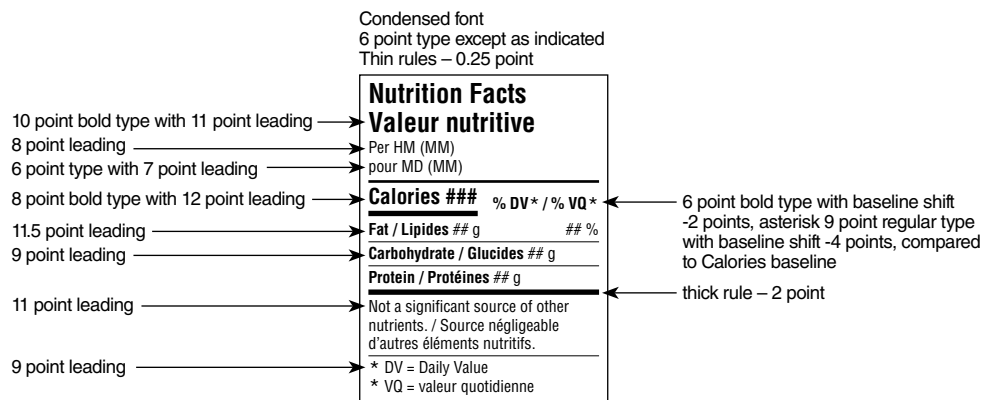
Bilingual Simplified Standard Format *(continued)*

Figure 6.4(B)

Follow Figure 6.1(B) except:

- All text is in condensed font
- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 9 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above

Figure 6.5(B)



Note: Same format specifications as in Figure 6.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 6.6(B)

Follow Figure 6.5(B) except:

- Serving of stated size: 6.5 point type with 8 point leading on first line and 7.5 point leading on second line
- Calories: 7.5 point type with 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule below the heading Calories above
- Footnote: 10.5 point leading where there is a thick rule above and 8 point leading where there is a thin rule above

Bilingual Simplified Standard Format – Single-serving Prepackaged Products

Figure 6.1.1(B)

14 point leading	→	Nutrition Facts		
		Valeur nutritive		
10 point leading	→	Per HM (MM)		
		pour MD (MM)		
		Calories ###	% Daily Value*	
			% valeur quotidienne*	← 6.5 point leading
		Fat / Lipides ## g	## %	
Space before and after forward slash	→	Carbohydrate / Glucides ## g		
		Protein / Protéines ## g		
13 point leading	→	* 5% or less is a little, 15% or more is a lot		
		* 5% ou moins c'est peu, 15% ou plus c'est beaucoup		← 6 point type with 7 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 6.2.1(B)

Follow Figure 6.1.1(B) except:

- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figure 6.3.1(B)

Follow Figure 6.1.1(B) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.

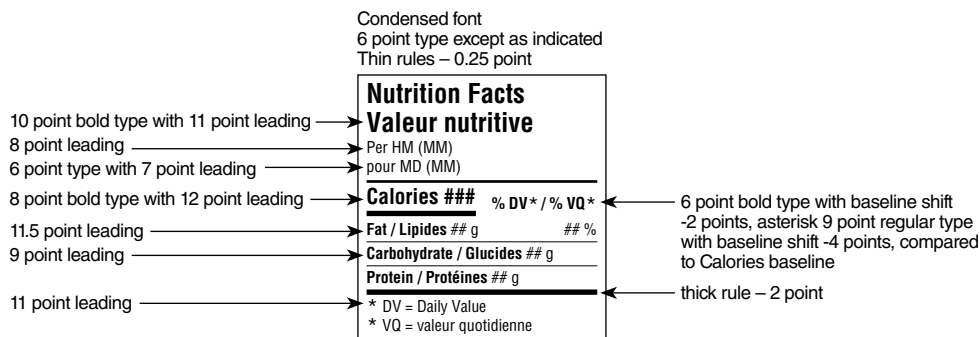
Bilingual Simplified Standard Format – Single-serving Prepackaged Products (*continued*)

Figure 6.4.1(B)

Follow Figure 6.1.1(B) except:

- All text is in condensed font
- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 9 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above

Figure 6.5.1(B)



Note: Same format specifications as in Figure 6.1.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 6.6.1(B)

Follow Figure 6.5.1(B) except:

- Serving of stated size: 6.5 point type with 8 point leading on first line and 7.5 point leading on second line
- Calories: 7.5 point type with 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick Calories rule above
- Footnote: 10.5 point leading where there is a thick rule above

Bilingual Simplified Horizontal Format

Figure 7.1(B)

Nutrition Facts		% Daily Value*
Valeur nutritive		% valeur quotidienne*
Per HM (MM) pour MD (MM)	Fat / Lipides ## g	## %
	Carbohydrate / Glucides ## g	
	Protein / Protéines ## g	
	Not a significant source of saturated fat, trans fat, fibre, sugars, cholesterol, sodium, potassium, calcium, or iron.	
	Source négligeable de lipides saturés, lipides trans, fibres, sucres, cholestérol, sodium, potassium, calcium et fer.	
Calories ###	* 5% or less is a little , 15% or more is a lot * 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

13 point leading →

← 7 point leading

← 10 point leading

← 11 point leading

← thick rule – 2.5 point

← 13 point leading

← 6 point type with 7 point leading

← 10 point leading

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

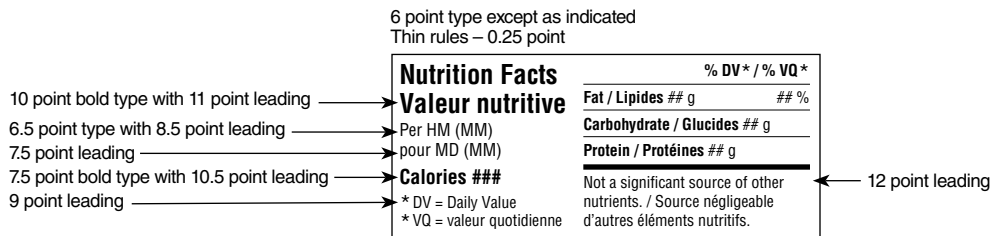
Figure 7.2(B)

Follow Figure 7.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 12 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 9 point leading where there is a thin rule below the % Daily Value subheading above and 10 point leading where there is a thin rule above
- Footnote: 12 point leading where there is a Calories heading or thick rule above and 9 point leading where there is a thin rule above

Bilingual Simplified Horizontal Format *(continued)*

Figure 7.3(B)



Note: Same format specifications as in Figure 7.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 7.4(B)

Follow Figure 7.3(B) except:

- Heading: 10.5 point leading
- Serving of stated size: 8 point leading on first line and 7 point leading on second line
- Calories: 9.5 point leading
- Daily Value note: 8 point leading on first line
- Nutrients: 9 point leading
- Footnote: 11 point leading where there is a thick rule above

Bilingual Simplified Horizontal Format – Single-serving Prepackaged Products

Figure 7.1.1(B)

	% Daily Value*	
	% valeur quotidienne*	
Nutrition Facts		
Valeur nutritive		
Per HM (MM)		Fat / Lipides ## g ## %
pour MD (MM)		Carbohydrate / Glucides ## g
Calories ###		Protein / Protéines ## g
	* 5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

Figure 7.2.1(B)

Follow Figure 7.1.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 12 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 9 point leading where there is a thin rule below the % Daily Value subheading above and 10 point leading where there is a thin rule above
- Footnote: 12 point leading where there is a thick rule above

Figure 7.3.1(B)

6 point type except as indicated
Thin rules – 0.25 point

	% DV* / % VQ*
Nutrition Facts	
Valeur nutritive	
Per HM (MM)	Fat / Lipides ## g ## %
pour MD (MM)	Carbohydrate / Glucides ## g
Calories ###	Protein / Protéines ## g
	* DV = Daily Value * VQ = valeur quotidienne

Note: Same format specifications as in Figure 7.1.1(B) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

Figure 7.4.1(B)

Follow Figure 7.3.1(B) except:

- Heading: 10.5 point leading
- Serving of stated size: 8 point leading on first line and 7 point leading on second line
- Calories: 9.5 point leading
- Nutrients: 9 point leading
- Footnote: 11 point leading where there is a thick rule above

Dual Format – Foods Requiring Preparation

Figure 8.1(E)

Nutrition Facts		
Per HM (MM) (about HM prepared)		
	As sold	Prepared [†]
Calories	####	####
	% Daily Value*	
Fat ## g [†]	## %	## %
Saturated ## g	## %	## %
+ Trans ## g		
Carbohydrate ## g		
Fibre ## g	## %	## %
Sugars ## g	## %	## %
Protein ## g		
Cholesterol ### mg		
Sodium #### mg	## %	## %
Potassium #### mg	## %	## %
Calcium #### mg	## %	## %
Iron ## mg	## %	## %
[†] Amount in food as sold. [‡] HM of the added food adds ### Calories, ## g fat (## g saturated fat, ## g trans fat), ## g carbohydrate (## g fibre, ## g sugars), ## g protein, ### mg cholesterol, #### mg sodium.		
* 5% or less is a little, 15% or more is a lot		

Optional footnote

e.g. 1/2 cup skim milk adds 40 Calories, 6 g carbohydrate (6 g sugars), 4 g protein and 65 mg sodium.

Constituents declared parenthetically

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 8.1(F)

Valeur nutritive		
pour MD (MM) (environ MD préparé)		
	Tel que vendu	Préparé [†]
Calories	####	####
	% valeur quotidienne*	
Lipides ## g [†]	## %	## %
saturés ## g	## %	## %
+ trans ## g		
Glucides ## g		
Fibres ## g	## %	## %
Sucres ## g	## %	## %
Protéines ## g		
Cholestérol ### mg		
Sodium #### mg	## %	## %
Potassium #### mg	## %	## %
Calcium #### mg	## %	## %
Fer ## mg	## %	## %
[†] Teneur de l'aliment tel que vendu. [‡] MD d'aliment ajouté ajoute ### Calories, ## g lipides (## g lipides saturés, ## g lipides trans), ## g glucides (## g fibres, ## g sucres), ## g protéines, ### mg cholestérol, #### mg sodium.		
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

Optional footnote

e.g. 1/2 tasse de lait écrémé ajoute 40 Calories, 6 g glucides (6 g sucres), 4 g protéines et 65 mg sodium.

Constituents declared parenthetically

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Dual Format – Foods Requiring Preparation (*continued*)

Figures 8.2(E) and (F)

Follow Figures 8.1(E) and (F) except:

- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figures 8.3(E) and (F)

Follow Figures 8.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figures 8.4(E) and (F)

Follow Figures 8.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- As sold/prepared subheading: 11 point leading
- Calories: 9 point type with 12.5 point leading
- % Daily Value subheading: 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnotes: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

Dual Format – Foods Requiring Preparation (*continued*)

Figures 8.5(E) and (F)

Follow Figures 8.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 9 point leading on first line and 8 point leading on second line
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnotes: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above

Figures 8.6(E) and (F)

Follow Figures 8.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 6.5 point type with 8 point leading on first line and 7.5 point leading on second line
- As sold/prepared subheading: 11 point leading
- Calories: 7.5 point type with 10 point leading
- % Daily Value subheading: 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnotes: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

Bilingual Dual Format – Foods Requiring Preparation

Figure 9.1(B)

Nutrition Facts / Valeur nutritive			
Per HM (MM) / pour MD (MM)			
About HM prepared / environ MD préparé		As sold	Prepared[†]
		Tel que vendu	Préparé[†]
Calories		####	####
% Daily Value* / % valeur quotidienne*			
Fat / Lipides ## g[†]		## %	## %
Saturated / saturés ## g		## %	## %
+ Trans / trans ## g		## %	## %
Carbohydrate / Glucides ## g			
Fibre / Fibres ## g		## %	## %
Sugars / Sucres ## g		## %	## %
Protein / Protéines ## g			
Cholesterol / Cholestérol ### mg			
Sodium ##### mg		## %	## %
Potassium ##### mg		## %	## %
Calcium ##### mg		## %	## %
Iron / Fer ## mg		## %	## %
[†] Amount in food as sold. / Teneur de l'aliment tel que vendu. [‡] HM of the added food adds ### Calories, ## g fat (## g saturated fat, ## g trans fat), ## g carbohydrate (## g fibre, ## g sugars), ## g protein, ### mg cholesterol, ##### mg sodium. / MD d'aliment ajouté ajoute ### Calories, ## g lipides (## g lipides saturés, ## g lipides trans), ## g glucides (## g fibres, ## g sucres), ## g protéines, ### mg cholestérol, ##### mg sodium.			
* 5% or less is a little , 15% or more is a lot * 5% ou moins c'est peu , 15% ou plus c'est beaucoup			

10 point leading →

6 point bold type with 12 point leading →

7 point leading →

14 point leading →

12 point leading →

9 point leading →

13 point leading →

6 point type with 7 point leading →

6 point type with 10 point leading →

Does not apply in the case of combined foods (B.01.406(5)(a)(ii))

Subheadings describe the different forms of the food for which information is provided

Replace "Prepared[†]" and "Préparé[†]" with the amount of added food in the case of combined foods (e.g. **With ½ cup skim milk and Avec ½ tasse de lait écrémé**)

All dagger and double dagger symbols in regular type, same point size as other text on same line, but in superscript position

Optional footnote

e.g. 1/2 cup skim milk adds 40 Calories, 6 g carbohydrate (6 g sugars), 4 g protein and 65 mg sodium. / 1/2 tasse de lait écrémé ajoute 40 Calories, 6 g glucides (6 g sucres), 4 g protéines et 65 mg sodium.

Constituents declared parenthetically

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Bilingual Dual Format – Foods Requiring Preparation (continued)

Figure 9.2(B)

Follow Figure 9.1(B) except:

- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figure 9.3(B)

Follow Figure 9.1(B) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figure 9.4(B)

Follow Figure 9.1(B) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above

Bilingual Dual Format – Foods Requiring Preparation (continued)

Figure 9.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

10 point bold type	Nutrition Facts / Valeur nutritive			
7 point type with 9 point leading	Per HM (MM) / pour MD (MM)			
8 point leading	About HM prepared / environ MD préparé			
11 point leading	<table border="1"> <tr> <td></td> <td>As sold Tel que vendu</td> <td>Prepared† Préparé‡</td> </tr> </table>		As sold Tel que vendu	Prepared† Préparé‡
	As sold Tel que vendu	Prepared† Préparé‡		
8 point bold type with 12.5 point leading	Calories #### ####			
thick rules – 2 point	% Daily Value* / % valeur quotidienne*			
7 point leading	Fat / Lipides ## g† ## % ## % Saturated / saturés ## g ## % ## % + Trans / trans ## g ## % ## %			
9 point leading	Carbohydrate / Glucides ## g Fibre / Fibres ## g ## % ## % Sugars / Sucres ## g ## % ## %			
	Protein / Protéines ## g			
	Cholesterol / Cholestérol ### mg			
	Sodium #### mg ## % ## %			
11.5 point leading	Potassium #### mg ## % ## %			
No rules, 7 point leading	Calcium #### mg ## % ## %			
12 point leading	Iron / Fer ## mg ## % ## %			
	† Amount in food as sold. / Teneur de l'aliment tel que vendu. ‡ HM of the added food adds ### Calories, ## g fat (## g saturated fat, ## g trans fat), ## g carbohydrate (## g fibre, ## g sugars), ## g protein, ### mg cholesterol, ### mg sodium. / MD d'aliment ajouté ajoute ## Calories, ## g lipides (## g lipides saturés, ## g lipides trans), ## g glucides (## g fibres, ## g sucres), ## g protéines, ### mg cholestérol, ### mg sodium.			
	* 5% or less is a little , 15% or more is a lot * 5% ou moins c'est peu , 15% ou plus c'est beaucoup			

e.g. 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. / 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.

Note: Same format specifications as in Figure 9.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 9.6(B)

Follow Figure 9.5(B) except:

- As sold/prepared subheading: 10 point leading where there is a rule above
- Calories: 11.5 point leading
- % Daily Value subheading: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnotes: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above

Aggregate Format – Different Kinds of Foods (*continued*)

Figures 10.2(E) and (F)

Follow Figures 10.1(E) and (F) except:

- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 13 point leading

Figures 10.3(E) and (F)

Follow Figures 10.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 13 point leading

Figures 10.4(E) and (F)

Follow Figures 10.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12 point leading
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Aggregate Format – Different Kinds of Foods (*continued*)

Figures 10.5(E) and (F)

Follow Figures 10.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12 point leading

Figures 10.6(E) and (F)

Follow Figures 10.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Bilingual Aggregate Format – Different Kinds of Foods (continued)

Figure 11.2(B)

Follow Figure 11.1(B) except:

- Serving of stated size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line
- Calories: 8 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 13 point leading where there is a thick rule above

Figure 11.3(B)

Follow Figure 11.1(B) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line
- Calories: 8 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 13 point leading where there is a thick rule above

Figure 11.4(B)

Follow Figure 11.1(B) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line
- Calories: 8 point type with 13.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 12 point leading where there is a thick rule above

Bilingual Aggregate Format – Different Kinds of Foods (continued)

Figure 11.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts / Valeur nutritive		Food 1	Food 2	Food 3
Per HM		Aliment 1	Aliment 2	Aliment 3
pour MD		(MM)	(MM)	(MM)
Calories		####	####	####
		Amount	Amount	Amount
		Teneur	Teneur	Teneur
		% DV*	% DV*	% DV*
		% VQ*	% VQ*	% VQ*
Fat / Lipides		## g	## g	## g
Saturated / saturés		## g	## g	## g
+ Trans / trans		## g	## g	## g
Carbohydrate / Glucides		## g	## g	## g
Fibre / Fibres		## g	## g	## g
Sugars / Sucres		## g	## g	## g
Protein / Protéines		## g	## g	## g
Cholesterol / Cholestérol		### mg	### mg	### mg
Sodium		### mg	### mg	### mg
Potassium		### mg	### mg	### mg
Calcium		### mg	### mg	### mg
Iron / Fer		## mg	## mg	## mg
*DV = Daily Value		*5% or less is a little , 15% or more is a lot		
*VQ = valeur quotidienne		*5% ou moins c'est peu , 15% ou plus c'est beaucoup		

7 point type with 7 point leading → Per HM
8 point leading → pour MD
8 point bold type with 13 point leading → **Calories**
9 point leading → **Fat / Lipides**
11.5 point leading → Potassium
No rules, 7 point leading → Calcium
6 point type with 11 point leading → *DV = Daily Value
7 point leading → *VQ = valeur quotidienne

← thick rules – 2 point

Note: Same format specifications as in Figure 11.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 11.6(B)

Follow Figure 11.5(B) except:

- Serving of stated size: 7.5 point type
- Calories: 12 point leading
- Amount/% DV subheading: 11 point leading where there is a thick rule above
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 10 point leading where there is a thick rule above

Dual Format – Different Amounts of Food

Figure 12.1(E)

Nutrition Facts			
Per HM1 (MM1)			
	HM1 (MM1)	HM2 (MM2)	
Calories	####	####	
	% Daily Value*		
Fat ## g [†]	## %	## %	
Saturated ## g	## %	## %	
+ Trans ## g	## %	## %	
Carbohydrate ## g			
Fibre ## g	## %	## %	
Sugars ## g	## %	## %	
Protein ## g			
Cholesterol ### mg			
Sodium #### mg	## %	## %	
Potassium #### mg	## %	## %	
Calcium #### mg	## %	## %	
Iron ## mg	## %	## %	
[†] Amount in HM1			
* 5% or less is a little , 15% or more is a lot			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 12.1(F)

Valeur nutritive			
pour MD1 (MM1)			
	MD1 (MM1)	MD2 (MM2)	
Calories	####	####	
	% valeur quotidienne*		
Lipides ## g [†]	## %	## %	
saturés ## g	## %	## %	
+ trans ## g	## %	## %	
Glucides ## g			
Fibres ## g	## %	## %	
Sucres ## g	## %	## %	
Protéines ## g			
Cholestérol ### mg			
Sodium #### mg	## %	## %	
Potassium #### mg	## %	## %	
Calcium #### mg	## %	## %	
Fer ## mg	## %	## %	
[†] Teneur pour MD1			
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Dual Format – Different Amounts of Food (*continued*)

Figures 12.2(E) and (F)

Follow Figures 12.1(E) and (F) except:

- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figures 12.3(E) and (F)

Follow Figures 12.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figures 12.4(E) and (F)

Follow Figures 12.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 9 point leading
- Household measure subheading [HM1 (MM1) HM2 (MM2)]: 10 point leading
- Calories: 8 point type with 12 point leading
- % Daily Value subheading: 11 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above and 10 point leading where there is a thin rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Dual Format – Different Amounts of Food (*continued*)

Figures 12.5(E) and (F)

Follow Figures 12.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 9 point leading
- Household measure subheading [HM1 (MM1) HM2 (MM2)]: 10 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above and 10 point leading where there is a thin rule above

Figures 12.6(E) and (F)

Follow Figures 12.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 9 point leading
- Household measure subheading [HM1 (MM1) HM2 (MM2)]: 10 point leading
- Calories: 8 point type with 11 point leading
- % Daily Value subheading: 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above and 9 point leading where there is a thin rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Bilingual Dual Format – Different Amounts of Food

Figure 13.1(B)

Nutrition Facts / Valeur nutritive			
Per HM1 (MM1) / pour MD1 (MM1)			
	HM1 (MM1)	HM2 (MM2)	
	MD1 (MM1)	MD2 (MM2)	
Calories	####	####	
	% Daily Value* / % valeur quotidienne*		
Fat / Lipides ## g [†]	## %	## %	
Saturated / saturés ## g	## %	## %	
+ Trans / trans ## g			
Carbohydrate / Glucides ## g			
Fibre / Fibres ## g	## %	## %	
Sugars / Sucres ## g	## %	## %	
Protein / Protéines ## g			
Cholesterol / Cholestérol ### mg			
Sodium #### mg	## %	## %	
Potassium #### mg	## %	## %	
Calcium #### mg	## %	## %	
Iron / Fer ## mg	## %	## %	
[†] Amount in HM1 / Teneur pour MD1			
* 5% or less is a little , 15% or more is a lot			
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

Figure 13.2(B)

Follow Figure 13.1(B) except:

- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figure 13.3(B)

Follow Figure 13.1(B) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Bilingual Dual Format – Different Amounts of Food (continued)

Figure 13.4(B)

Follow Figure 13.1(B) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13 point leading
- % Daily Value subheading: 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnotes: 12 point leading where there is a thick rule above and 10 point leading where there is a thin rule above

Figure 13.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts / Valeur nutritive			
Per HM1 (MM1) / pour MD1 (MM1)			
	HM1 (MM1) MD1 (MM1)	HM2 (MM2) MD2 (MM2)	
Calories	####	####	
% Daily Value* / % valeur quotidienne*			
Fat / Lipides ## g [†]	## %	## %	
Saturated / saturés ## g	## %	## %	
+ Trans / trans ## g	## %	## %	
Carbohydrate / Glucides ## g			
Fibre / Fibres ## g	## %	## %	
Sugars / Sucres ## g	## %	## %	
Protein / Protéines ## g			
Cholesterol / Cholestérol ### mg			
Sodium ### mg	## %	## %	
Potassium ### mg	## %	## %	
Calcium ### mg	## %	## %	
Iron / Fer ## mg	## %	## %	
† Amount in HM1 / Teneur pour MD1			
* 5% or less is a little, 15% or more is a lot			
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

Annotations for Figure 13.5(B):

- 10 point bold type → Nutrition Facts / Valeur nutritive
- 7 point type with 9 point leading → Per HM1 (MM1) / pour MD1 (MM1)
- 8 point bold type with 12 point leading → Calories
- 7 point leading → Fat / Lipides ## g[†]
- 9 point leading → Carbohydrate / Glucides ## g
- 11.5 point leading → Potassium ### mg
- No rules, 7 point leading → Calcium ### mg
- 11.5 point leading → † Amount in HM1 / Teneur pour MD1
- 9.5 point leading → * 5% or less is a little, 15% or more is a lot

Additional annotations:

- 11 point leading → HM1 (MM1) MD1 (MM1) and HM2 (MM2) MD2 (MM2) columns
- 12 point leading → % Daily Value* / % valeur quotidienne*
- All dagger symbols in regular type, same point size as other text on same line, but in superscript position

Note: Same format specifications as in Figure 13.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 13.6(B)

Follow Figure 13.5(B) except:

- Household measure subheading [HM1 (MM1) HM2 (MM2)]: 10 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnotes: 10.5 point leading where there is a thick rule above and 8.5 point leading where there is a thin rule above

Aggregate Format – Different Amounts of Food

Figure 14.1(E)

Nutrition Facts	Per HM1 (MM1)	Per HM2 (MM2)
Calories	####	####
	Amount % DV*	Amount % DV*
Fat	## g ## %	## g ## %
Saturated + Trans	## g ## %	## g ## %
Carbohydrate	## g	## g
Fibre	## g ## %	## g ## %
Sugars	## g ## %	## g ## %
Protein	## g	## g
Cholesterol	### g	### g
Sodium	#### mg ## %	#### mg ## %
Potassium	#### mg ## %	#### mg ## %
Calcium	#### mg ## %	#### mg ## %
Iron	## mg ## %	## mg ## %

* DV = Daily Value
* 5% or less is a little, 15% or more is a lot

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 14.1(F)

Valeur nutritive	pour MD1 (MM1)	pour MD2 (MM2)
Calories	####	####
	Teneur % VQ*	Teneur % VQ*
Lipides saturés + trans	## g ## %	## g ## %
Glucides	## g	## g
Fibres	## g ## %	## g ## %
Sucres	## g ## %	## g ## %
Protéines	## g	## g
Cholestérol	### g	### g
Sodium	#### mg ## %	#### mg ## %
Potassium	#### mg ## %	#### mg ## %
Calcium	#### mg ## %	#### mg ## %
Fer	## mg ## %	## mg ## %

* VQ = valeur quotidienne
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Aggregate Format – Different Amounts of Food (continued)

Figures 14.2(E) and (F)

Follow Figures 14.1(E) and (F) except:

- Serving of stated size: 7 point type with 8 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figures 14.3(E) and (F)

Follow Figures 14.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figures 14.4(E) and (F)

Follow Figures 14.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7 point type with 8 point leading
- Amount/% DV subheading: 11 point leading where there is a thick rule above
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Aggregate Format – Different Amounts of Food (continued)

Figures 14.5(E) and (F)

Follow Figures 14.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7 point type with 8 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above

Figures 14.6(E) and (F)

Follow Figures 14.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7 point type with 8 point leading
- Amount/% DV subheading: 11 point leading where there is a thick rule above
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Bilingual Aggregate Format – Different Amounts of Food

Figure 15.1(B)

Nutrition Facts	Per	HM1 (MM1)	HM2 (MM2)
Valeur nutritive	par	MD1 (MM1)	MD2 (MM2)
Calories		####	####
		Amount	Amount
		Teneur	Teneur
		% DV*	% DV*
		% VQ*	% VQ*
Fat / Lipides		## g	## g
Saturated / saturés		## g	## g
+ Trans / trans		## g	## g
Carbohydrate / Glucides		## g	## g
Fibre / Fibres		## g	## g
Sugars / Sucres		## g	## g
Protein / Protéines		## g	## g
Cholesterol / Cholestérol		### mg	### mg
Sodium		#### mg	#### mg
		## %	## %
Potassium		#### mg	#### mg
		## %	## %
Calcium		#### mg	#### mg
		## %	## %
Iron / Fer		## mg	## mg
		## %	## %
* DV = Daily Value		*5% or less is a little, 15% or more is a lot	
* VQ = valeur quotidienne		*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

Figure 15.2(B)

Follow Figure 15.1(B) except:

- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is thick rule above
- Footnote: 12 point leading where there is a thick rule above

Figure 15.3(B)

Follow Figure 15.1(B) except:

- All text is in condensed font
- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is thick rule above
- Footnote: 12 point leading where there is a thick rule above

Bilingual Aggregate Format – Different Amounts of Food (continued)

Figure 15.4(B)

Follow Figure 15.1(B) except:

- All text is in condensed font
- Serving of stated size: 6 point type with 8 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is thick rule above
- Footnote: 11 point leading where there is a thick rule above

Figure 15.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts		Per	HM1 (MM1)	HM2 (MM2)
Valeur nutritive		par	MD1 (MM1)	MD2 (MM2)
Calories		####	####	####
		Amount	% DV*	Amount
		Teneur	% VQ*	Teneur
Fat / Lipides		## g	## %	## g
Saturated / saturés		## g	## %	## g
+ Trans / trans		## g	## %	## g
Carbohydrate / Glucides		## g	## %	## g
Fibre / Fibres		## g	## %	## g
Sugars / Sucres		## g	## %	## g
Protein / Protéines		## g		## g
Cholesterol / Cholestérol		### mg		### mg
Sodium		### mg	## %	### mg
Potassium		### mg	## %	### mg
Calcium		### mg	## %	### mg
Iron / Fer		## mg	## %	## mg

* DV = Daily Value / *VQ = valeur quotidienne
* 5% or less is **a little**, 15% or more is **a lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Note: Same format specifications as in Figure 15.1(B) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

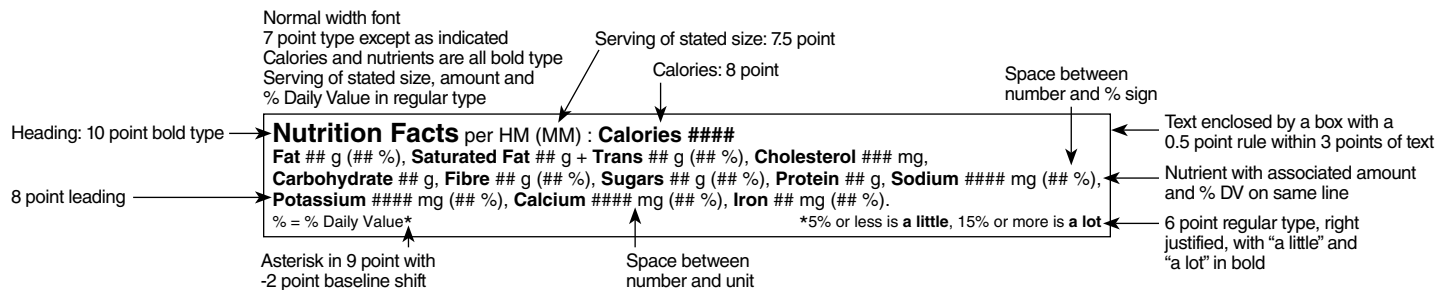
Figure 15.6(B)

Follow Figure 15.5(B) except:

- Amount/% DV subheading: 10 point leading where there is a thick rule above
- Calories: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is thick rule above

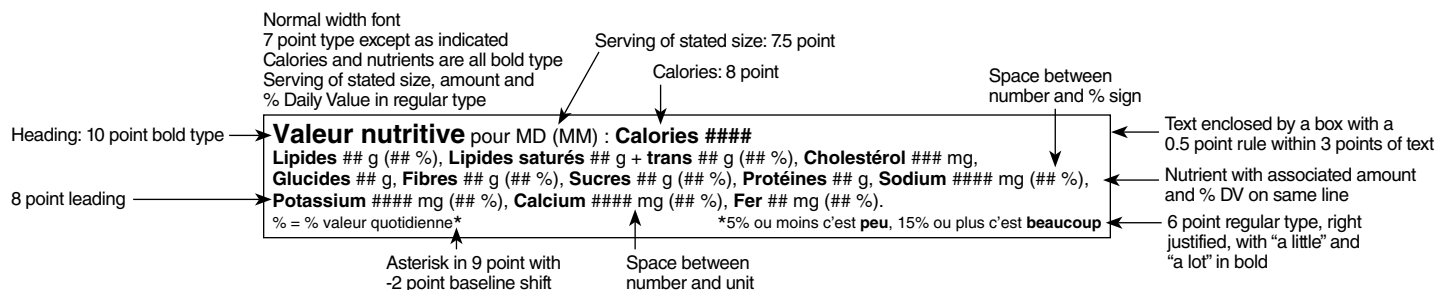
Linear Format

Figure 16.1(E)



Note: Number of lines of text may vary according to available display surface.
Texts of Figures 16.1(E) and (F) may be displayed adjacent to one another within the same box.

Figure 16.1(F)



Note: Number of lines of text may vary according to available display surface.
Texts of Figures 16.1(E) and (F) may be displayed adjacent to one another within the same box.

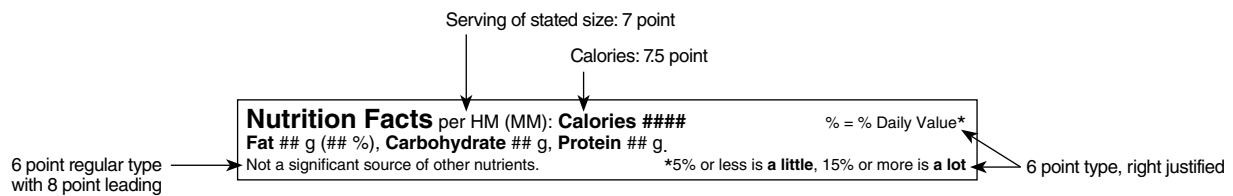
Figure 16.2(E) and (F)

Follow Figures 16.1(E) and (F) except:

- Serving of stated size: 6.5 point type
- Calories: 7 point type
- Nutrients: 6 point type
- Leading for all: 7 point

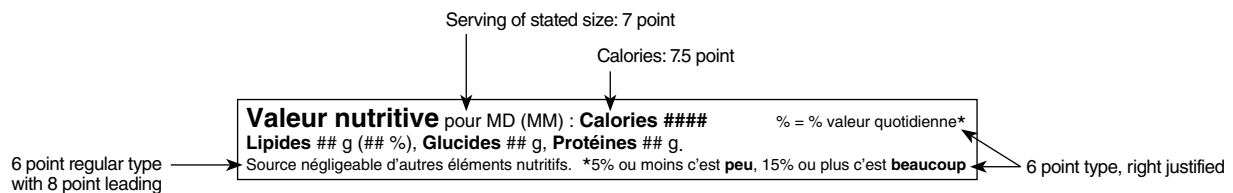
Simplified Linear Format

Figure 17.1(E)



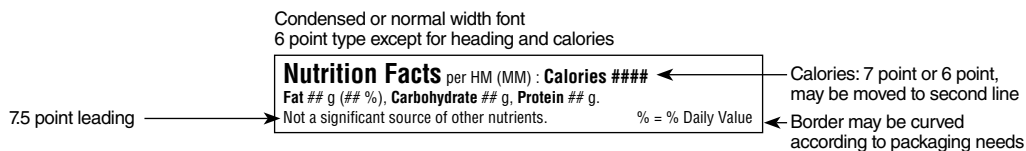
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 17.1(F)



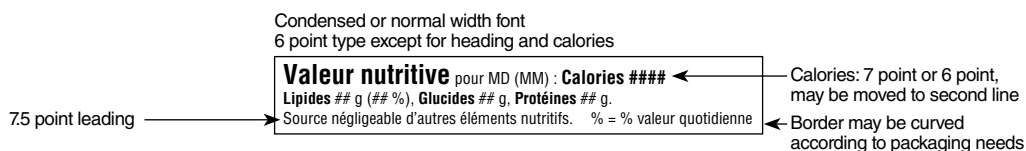
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 17.2(E)



Note: Same format specifications as in Figure 17.1(E) except as otherwise indicated.

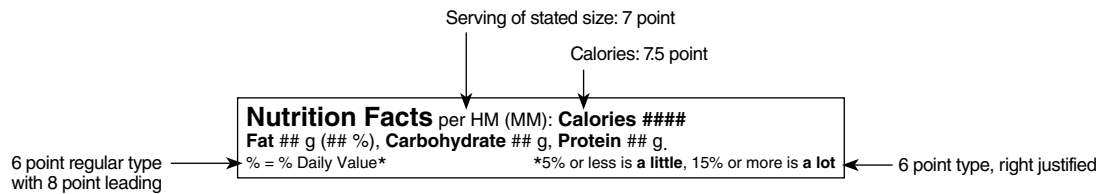
Figure 17.2(F)



Note: Same format specifications as in Figure 17.1(E) except as otherwise indicated.

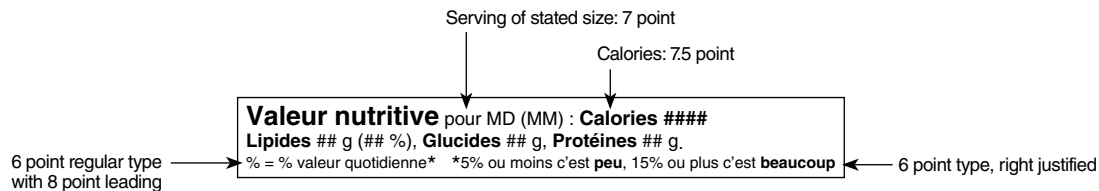
Simplified Linear Format – Single-serving Prepackaged Products

Figure 17.1.1(E)



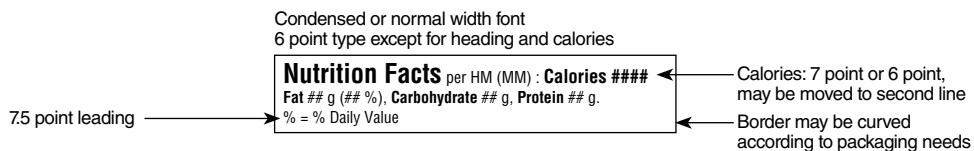
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 17.1.1(F)



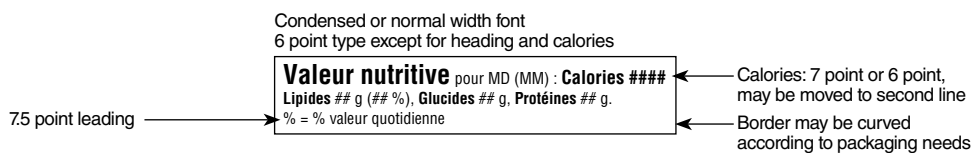
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 17.2.1(E)



Note: Same format specifications as in Figure 17.1.1(E) except as otherwise indicated.

Figure 17.2.1(F)



Note: Same format specifications as in Figure 17.1.1(E) except as otherwise indicated.

Presentation of Additional Information

Including all optional elements that may be declared in the Nutrition Facts table

Figure 18.1(E) See tables to sections B.01.401 and B.01.402 for wording alternatives

Nutrition Facts	
Serving Size HM (MM)	
Servings Per Container ##	
Calories ##### (#### kJ)	% Daily Value*
Total Fat ## g	## %
Saturated ## g	## %
+ Trans ## g	## %
Omega-6 Polyunsaturated ## g	
Omega-3 Polyunsaturated ## g	
Monounsaturated ## g	
Total Carbohydrate ## g	
Dietary Fibre ## g	## %
Soluble Fibre ## g	
Insoluble Fibre ## g	
Sugars ## g	## %
Sugar Alcohols ## g	
Starch ## g	
Protein ## g	
Cholesterol ### mg	## %
Sodium ##### mg	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Iron ## mg	## %
Vitamin A ### µg	## %
Vitamin C ## mg	## %
Vitamin D ## µg	## %
Vitamin E ## mg	## %
Vitamin K ## µg	## %
Thiamine ## mg	## %
Riboflavin ## mg	## %
Niacin ## mg	## %
Vitamin B₆ ## mg	## %
Folate ### µg DFE	## %
Vitamin B₁₂ ## µg	## %
Biotin ## µg	## %
Pantothenate ## mg	## %
Choline ### mg	## %
Phosphorous ##### mg	## %
Iodide ### µg	## %
Magnesium ### mg	## %
Zinc ## mg	## %
Selenium ## µg	## %
Copper ### mg	## %
Manganese ## mg	## %
Chromium ## µg	## %
Molybdenum ## µg	## %
Chloride ##### mg	## %
*5% or less is a little , 15% or more is a lot	

6 point indent

↓ Polyunsaturated ## g

 Omega-6 ## g

 ↑ Omega-3 ## g

12 point indent

← If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of potassium, calcium and iron, the remaining information may be moved to the upper right corner, enclosed by a box with a 0.5 point rule that shares its left rule with the table

Note: Other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Directory.

Presentation of Additional Information (*continued*)

Including all optional elements that may be declared in the Nutrition Facts table

Figure 18.1(F) See tables to sections B.01.401 and B.01.402 for wording alternatives

Valeur nutritive	
Portion MD (MM)	
Portions par contenant ##	
Calories ##### (#### kJ)	% valeur quotidienne*
Total des lipides ## g	## %
saturés ## g	## %
+ trans ## g	## %
polyinsaturés oméga-6 ## g	} or
polyinsaturés oméga-3 ## g	
monoinsaturés ## g	
Total des glucides ## g	
Fibres alimentaires ## g	## %
Fibres solubles ## g	
Fibres insolubles ## g	
Sucres ## g	## %
Polyalcools ## g	
Amidon ## g	
Protéines ## g	
Cholestérol ### mg	## %
Sodium ##### mg	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Fer ## mg	## %
Vitamine A ### µg	## %
Vitamine C ## mg	## %
Vitamine D ## µg	## %
Vitamine E ## mg	## %
Vitamine K ## µg	## %
Thiamine ## mg	## %
Riboflavine ## mg	## %
Niacine ## mg	## %
Vitamine B₆ ## mg	## %
Folate ### µg ÉFA	## %
Vitamine B₁₂ ## µg	## %
Biotine ## µg	## %
Pantothénate ## mg	## %
Choline ### mg	## %
Phosphore ##### mg	## %
Iode ### µg	## %
Magnésium ### mg	## %
Zinc ## mg	## %
Sélénium ## µg	## %
Cuivre ### mg	## %
Manganèse ## mg	## %
Chrome ## µg	## %
Molybdène ## µg	## %
Chlorure ##### mg	## %
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

6 point indent
 ↓ Polyinsaturés ## g
 oméga-6 ## g
 ↑ oméga-3 ## g

6 point indent
 12 point indent

If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of potassium, calcium and iron, the remaining information may be moved to the upper right corner, enclosed by a box with a 0.5 point rule that shares its left rule with the table

Note: Other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Directory.

Bilingual Presentation of Additional Information

Including all optional elements that may be declared in the Nutrition Facts table

Figure 19.1(B)

See tables to sections B.01.401 and B.01.402 for wording alternatives

Nutrition Facts		
Valeur nutritive		
Serving Size HM (MM) / Portion MD (MM)		
Servings Per Container ##		
Portions par contenant ##		
Calories ##### (##### kJ)		% Daily Value* % valeur quotidienne*
Total Fat / Lipides ## g		## %
Saturated / saturés ## g		## %
+ Trans / trans ## g		## %
6 point indent → Polyunsaturated / polyinsaturés ## g		
12 point indent → Omega-6 / oméga-6 ## g		
Omega-3 / oméga-3 ## g		
Monounsaturated / monoinsaturés ## g		
Total Carbohydrate / Glucides ## g		
Dietary Fibre / Fibres alimentaires ## g		## %
Space before and after forward slash → Soluble Fibre / Fibres solubles ## g		
Insoluble Fibre / Fibres insolubles ## g		
Sugars / Sucres ## g		## %
Sugar Alcohols / Polyalcools ## g		
Starch / Amidon ## g		
Protein / Protéines ## g		
Cholesterol / Cholestérol ### mg		## %
Sodium ##### mg		## %
Potassium ##### mg		## %
Calcium ##### mg		## %
Iron / Fer ## mg		## %
Vitamin A / Vitamine A ### µg		## %
Vitamin C / Vitamine C ## mg		## %
Vitamin D / Vitamine D ## µg		## %
Vitamin E / Vitamine E ## mg		## %
Vitamin K / Vitamine K ## µg		## %
Thiamine ## mg		## %
Riboflavin / Riboflavine ## mg		## %
Niacin / Niacine ## mg		## %
Vitamin B ₆ / Vitamine B ₆ ## mg		## %
Folate ### µg DFE / ÉFA		## %
Vitamin B ₁₂ / Vitamine B ₁₂ ## µg		## %
Biotin / Biotine ## µg		## %
Pantothenate / Pantothénate ## mg		## %
Choline ### mg		## %
Phosphorous / Phosphore ##### mg		## %
Iodide / Iode ### µg		## %
Magnesium / Magnésium ### mg		## %
Zinc ## mg		## %
Selenium / Sélénium ## µg		## %
Copper / Cuivre ### mg		## %
Manganese / Manganèse ## mg		## %
Chromium / Chrome ## µg		## %
Molybdenum / Molybdène ## µg		## %
Chloride / Chlorure ##### mg		## %
*5% or less is a little , 15% or more is a lot		
*5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Note: Other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Directory. The order of languages may be reversed from the order shown in this Figure.

Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 20.1(E)

Nutrition Facts	
Per HM (MM)	
Calories ###	
Fat	## g
Carbohydrate	## g
Fibre	## g
Sugars	## g
Protein	## g
Sodium	### mg
% Daily Value*	
Potassium ### mg	## %
Calcium ### mg	## %
Iron ## mg	## %
*5% or less is a little , 15% or more is a lot	

← 13 point leading (to % Daily Value*)
← 9 point leading (to Potassium ### mg ## %)

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 20.1(F)

Valeur nutritive	
pour MD (MM)	
Calories ###	
Lipides	## g
Glucides	## g
Fibres	## g
Sucres	## g
Protéines	## g
Sodium	### mg
% valeur quotidienne*	
Potassium ### mg	## %
Calcium ### mg	## %
Fer ## mg	## %
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

← 13 point leading (to % valeur quotidienne*)
← 9 point leading (to Potassium ### mg ## %)

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figures 20.2(E) and (F)

Follow Figures 20.1(E) and (F) except:

- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

Figures 20.3(E) and (F)

Follow Figures 20.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

Figures 20.4(E) and (F)

Follow Figures 20.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point.

Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figures 20.5(E) and (F)

Follow Figures 20.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above.

Figures 20.6(E) and (F)

Follow Figures 20.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 6.5 point type with 8 point leading
- Calories: 7.5 point type with 12 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above.
- % Daily Value subheading: 11 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 10.5 point leading where there is a thick rule above.
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point.

Narrow Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 21.1(E)

Nutrition Facts	
Per HM (MM)	
Calories ###	
Fat	## g
Carbohydrate	## g
Fibre	## g
Sugars	## g
Protein	## g
Sodium	### mg
	% DV*
Potassium ### mg	## %
Calcium ### mg	## %
Iron ## mg	## %
*DV = Daily Value	
*5% or less is a little .	
15% or more is a lot	

← 13 point leading (to % DV*)
← 9 point leading (to Potassium ## %)
← 7.5 point leading (to *5% or less is a little.)

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 21.1(F)

Valeur nutritive	
pour MD (MM)	
Calories ###	
Lipides	## g
Glucides	## g
Fibres	## g
Sucres	## g
Protéines	## g
Sodium	### mg
	% VQ*
Potassium ### mg	## %
Calcium ### mg	## %
Fer ## mg	## %
*VQ = valeur quotidienne	
*5% ou moins c'est peu .	
15% ou plus c'est beaucoup	

← 13 point leading (to % VQ*)
← 9 point leading (to Potassium ## %)
← 7.5 point leading (to *5% ou moins c'est peu.)

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Narrow Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figures 21.2(E) and (F)

Follow Figures 21.1(E) and (F) except:

- Heading: 11 point type
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

Figures 21.3(E) and (F)

Follow Figures 21.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 8 point type with 10 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

Figures 21.4(E) and (F)

Follow Figures 21.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

Bilingual Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 22.1(B)

14 point leading	→	Nutrition Facts	
	→	Valeur nutritive	
11 point leading	→	Per HM (MM)	
10 point leading	→	pour MD (MM)	
		Calories ###	
		Fat / Lipides	## g
		Carbohydrate / Glucides	## g
		Fibre / Fibres	## g
Space before and after forward slash	→	Sugars / Sucres	## g
		Protein / Protéines	## g
		Sodium	### mg
		% Daily Value* / % valeur quotidienne*	
		Potassium ### mg	## %
		Calcium ### mg	## %
		Iron / Fer ## mg	## %
13 point leading	→	*5% or less is a little , 15% or more is a lot	
7.5 point leading	→	*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Bilingual Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figure 22.2(B)

Follow Figure 22.1(B) except:

- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above

Figure 22.3(B)

Follow Figure 22.1(B) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 12.5 point leading where there is a thick rule above.

Figure 22.4(B)

Follow Figure 22.1(B) except:

- All text is in condensed font
- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 9 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above.
- % Daily Value subheading: 12 point leading
- Footnote: 6 point type with 7 point leading where there is no rule and 11.5 point leading where there is a thick rule above

Bilingual Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figure 22.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

10 point bold type with 11 point leading	Nutrition Facts	
7 point type with 9 point leading	Valeur nutritive	
	Per HM (MM)	
	par MD (MM)	8 point leading
8 point bold type with 12 point leading	Calories ###	
11.5 point leading	Fat / Lipides	## g
9 point leading	Carbohydrate / Glucides	## g
	Fibre / Fibres	## g
7 point leading	Sugars / Sucres	## g
	Protein / Protéines	## g
	Sodium	## mg
11 point leading	% Daily Value* / % valeur quotidienne*	
	Potassium ### mg	## %
7 point leading	Calcium ### mg	## %
	Iron / Fer ## mg	## %
11 point leading	*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	6 point regular type with 7 point leading and with "a little," "a lot," "peu" and "beaucoup" in bold

Thick rules – 2 point

Note: Same format specifications as in Figure 22.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 22.6(B)

Follow Figure 22.5(B) except:

- Calories: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above; 10.5 point leading where there is a thick rule below the heading Calories above
- % Daily Value subheading: 10 point leading
- Footnote: 10 point leading on first line where there is a thick rule above

Figure 22.7(B)

Follow Figure 22.5(B) except:

- Heading: 9 point type with 9 point leading
- Serving of stated size: 8 point leading on first line and 7 point leading on second line (if needed).
- Calories: 10 point leading
- Nutrients: 6 point leading where there is no rule; 7 point leading where there is a thin rule above; 10 point leading where there is a thick rule below the heading Calories above
- % Daily Value subheading: 9 point leading
- Footnote: 6 point leading where there is no rule and 9 point leading on first line where there is a thick rule above
- Top rule: reduced to 0.75 point.
- Thick rules: reduced to 1.5 point.
- Outer box: 0.25 point
- Text inset: 1 point

Bilingual Horizontal Format – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 23.1(B)

	11 point leading ↓			
	Nutrition Facts	Fat / Lipides	## g	Carbohydrate / Glucides
	Valeur nutritive	Protein / Protéines	## g	Fibre / Fibres
		Sodium	### mg	Sugars / Sucres
11 point leading →	Per HM (MM)	Potassium ### mg (## %)	• Calcium ### mg (## %)	• Iron / Fer ## mg (## %)
	pour MD (MM)	*5% or less is a little , 15% or more is a lot		
12 point leading →	Calories ###	*5% ou moins c'est peu , 15% ou plus c'est beaucoup		
		Bullet separating mineral nutrients, space before and after bullet		

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 23.2(B)

Follow Figure 23.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 10 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 11 point leading
- Nutrients: 6 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12 point leading where there is a thick rule above

Figure 23.3(B)

Follow Figure 23.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 10 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 12 point leading where there is a thick rule above
- Thin rules: reduced to 0.25 point

Figure 23.4(B)

Follow Figure 23.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving of stated size: 6.5 point type with 9 point leading on first line and 7 point leading on second line
- Calories: 7.5 point type with 9 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 8 point leading where there is a thin rule above and 12 point leading where there is a thick rule above
- Footnote: 6 point leading where there is no rule and 9 point leading where there is a thin rule above
- Thin rules: reduced to 0.25 point

Simplified Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 24.1(E)

12 point bold type →	Nutrition Facts	
	Per HM (MM)	
	Calories ###	
	Fat	## g
	Carbohydrate	## g
	Protein	## g
13 point leading →	Not a significant source of fibre, sugars, sodium, potassium, calcium or iron.	
		← 6 point type with 7 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 24.1(F)

12 point bold type →	Valeur nutritive	
	pour MD (MM)	
	Calories ###	
	Lipides	## g
	Glucides	## g
	Protéines	## g
13 point leading →	Source négligeable de fibres, sucres, sodium, potassium, calcium et fer.	
		← 6 point type with 7 point leading

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figures 24.2(E) and (F)

Follow Figures 24.1(E) and (F) except:

- Serving of stated size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 12 point leading where there is a thick rule above

Simplified Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figures 24.3(E) and (F)

Follow Figures 24.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.
- Footnote: 12 point leading where there is a thick rule above

Figures 24.4(E) and (F)

Follow Figures 24.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 8 point type with 9 point leading
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

Figures 24.5(E) and (F)

Follow Figures 24.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 8 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above

Figures 24.6(E) and (F)

Follow Figures 24.1(E) and (F) except:

- All text is in condensed font
- Heading: 10 point type
- Serving of stated size: 7 point type with 8 point leading
- Calories: 8 point type with 11.5 point leading
- Nutrients: 6 point type with 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 10 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules are reduced to 0.25 point

Bilingual Simplified Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 25.1(B)

The diagram shows a nutrition facts table with the following structure and annotations:

- 14 point leading** points to the heading **Nutrition Facts** and **Valeur nutritive**.
- 10 point leading** points to the serving size information: **Per HM (MM)** and **pour MD (MM)**.
- A horizontal line separates the serving size from the **Calories ###** section.
- Space before and after forward slash** points to the nutrient names: **Fat / Lipides** and **Carbohydrate / Glucides**.
- 13 point leading** points to the nutrient names: **Fat / Lipides** and **Protein / Protéines**.
- 10 point leading** points to the nutrient amounts: **## g** for Fat, Carbohydrate, and Protein.
- 6 point type with 7 point leading** points to the footnote text: **Not a significant source of fibre, sugars, sodium, potassium, calcium, or iron.** and **Source négligeable de fibres, sucres, sodium, potassium, calcium et fer.**

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 25.2(B)

Follow Figure 25.1(B) except:

- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figure 25.3(B)

Follow Figure 25.1(B) except:

- All text is in condensed font
- Serving of stated size: 8 point type with 10 point leading on first line and 9 point leading on second line
- Calories: 9 point type with 13.5 point leading
- Nutrients: 7 point type with 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above.

Figure 25.4(B)

Follow Figure 25.1(B) except:

- All text is in condensed font
- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 9 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above

Bilingual Simplified Standard Format – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figure 25.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

10 point bold type with 11 point leading	Nutrition Facts	
8 point leading	Valeur nutritive	
6 point type with 7 point leading	Per HM (MM)	
6 point type with 7 point leading	pour MD (MM)	
8 point bold type with 12 point leading	Calories ###	
11.5 point leading	Fat / Lipides	## g
9 point leading	Carbohydrate / Glucides	## g
9 point leading	Protein / Protéines	## g
11 point leading	Not a significant source of other nutrients.	
9 point leading	Source négligeable d'autres éléments nutritifs.	

thick rule – 2 point

Note: Same format specifications as in Figure 25.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 25.6(B)

Follow Figure 25.5(B) except:

- Calories: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule below the heading Calories above
- Footnote: 10 point leading where there is a thick rule above and 8 point leading where there is a thin rule above

Bilingual Simplified Horizontal Format – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 26.1(B)

Nutrition Facts	Fat / Lipides	## g	
	Carbohydrate / Glucides	## g	← 11 point leading
Valeur nutritive	Protein / Protéines	## g	← thick rule – 2.5 point
Per HM (MM) pour MD (MM)	Not a significant source of fibre, sugars, sodium, potassium, calcium, or iron.		← 13 point leading
	Source négligeable de fibres, sucres, sodium, potassium, calcium et fer.		← 6 point type with 7 point leading
← 14 point leading →	Calories ###		← 10 point leading

Note: Same format specifications as in Figure 4.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 26.2(B)

Follow Figure 26.1(B) except:

- Heading: 10 point type with 11 point leading
- Serving of stated size: 7 point type with 12 point leading on first line and 8 point leading on second line
- Calories: 8 point type with 12 point leading
- Nutrients: 6 point type with 10 point leading
- Footnote: 12 point leading where there is a thick rule above and 9 point leading where there is a thin rule above

Figure 26.3(B)

6 point type except as indicated
Thin rules – 0.25 point

← 10 point bold type with 11 point leading →	Nutrition Facts	Fat / Lipides	## g	
← 6.5 point type with 10.5 point leading →	Valeur nutritive	Carbohydrate / Glucides	## g	← 10 point leading
← 7.5 point leading →	Per HM (MM) pour MD (MM)	Protein / Protéines	## g	
← 7.5 point bold type with 11.5 point leading →	Calories ###	Not a significant source of other nutrients. / Source négligeable d'autres éléments nutritifs.		← 12 point leading

Note: Same format specifications as in Figure 26.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 26.4(B)

Follow Figure 26.3(B) except:

- Serving of stated size: 9.5 point leading on first line
- Calories: 10.5 point leading

Aggregate Format – Different Kinds of Foods – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 27.1(E)

Nutrition Facts	Food 1	Food 2	Food 3
Per HM	(MM)	(MM)	(MM)
Calories	###	###	###
	Amount % DV*	Amount % DV*	Amount % DV*
Fat	## g	## g	## g
Carbohydrate	## g	## g	## g
Fibre	## g	## g	## g
Sugars	## g	## g	## g
Protein	## g	## g	## g
Sodium	### mg	### mg	### mg
Potassium	### mg ## %	### mg ## %	### mg ## %
Calcium	### mg ## %	### mg ## %	### mg ## %
Iron	## mg ## %	## mg ## %	## mg ## %
*DV = Daily Value *5% or less is a little, 15% or more is a lot			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 27.1(F)

Valeur nutritive	Aliment 1	Aliment 2	Aliment 3
pour MD	(MM)	(MM)	(MM)
Calories	###	###	###
	Teneur % VQ*	Teneur % VQ*	Teneur % VQ*
Lipides	## g	## g	## g
Glucides	## g	## g	## g
Fibres	## g	## g	## g
Sucres	## g	## g	## g
Protéines	## g	## g	## g
Sodium	### mg	### mg	### mg
Potassium	### mg ## %	### mg ## %	### mg ## %
Calcium	### mg ## %	### mg ## %	### mg ## %
Fer	## mg ## %	## mg ## %	## mg ## %
*VQ = valeur quotidienne *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Aggregate Format – Different Kinds of Foods – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figures 27.2(E) and (F)

Follow Figures 27.1(E) and (F) except:

- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 13 point leading

Figures 27.3(E) and (F)

Follow Figures 27.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 13 point leading

Figures 27.4(E) and (F)

Follow Figures 27.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 11.5 point leading
- Amount/% DV subheading: 11 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12 point leading
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Aggregate Format – Different Kinds of Foods – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figures 27.5(E) and (F)

Follow Figures 27.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 12 point leading

Figures 27.6(E) and (F)

Follow Figures 27.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Amount/% DV subheading: 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 6 point type with 11 point leading
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Bilingual Aggregate Format – Different Kinds of Foods – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 28.1(B)

Nutrition Facts / Valeur nutritive						
Per HM pour MD	Food 1 Aliment 1 (MM)	Food 2 Aliment 2 (MM)	Food 3 Aliment 3 (MM)			
Calories	###	###	###			
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Fat / Lipides	## g		## g		## g	
Carbohydrate / Glucides	## g		## g		## g	
Fibre / Fibres	## g		## g		## g	
Sugars / Sucres	## g		## g		## g	
Protein / Protéines	## g		## g		## g	
Sodium	### mg		### mg		### mg	
Potassium	### mg	## %	### mg	## %	### mg	## %
Calcium	### mg	## %	### mg	## %	### mg	## %
Iron / Fer	## mg	## %	## mg	## %	## mg	## %

* DV = Daily Value
* VQ = valeur quotidienne

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

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

Figure 28.2(B)

Follow Figure 28.1(B) except:

- Serving of stated size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line
- Calories: 8 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 12 point leading where there is a thick rule above

Figure 28.3(B)

Follow Figure 28.1(B) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line
- Calories: 8 point type with 13.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 12 point leading where there is a thick rule above

Bilingual Aggregate Format – Different Kinds of Foods – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figure 28.4(B)

Follow Figure 28.1(B) except:

- All text is in condensed font
- Serving of stated size: 7.5 point type with 7 point leading on the first line and 8 point leading on the second line
- Calories: 8 point type with 13.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 6 point type with 7 point leading where there is no rule and 12 point leading where there is a thick rule above

Figure 28.5(B)

Condensed font
6 point type except as indicated
Thin rules – 0.25 point

Nutrition Facts / Valeur nutritive						
Per HM pour MD	Food 1 Aliment 1 (MM)	Food 2 Aliment 2 (MM)	Food 3 Aliment 3 (MM)			
Calories	###	###	###			
	Amount % DV* Teneur % VQ*	Amount % DV* Teneur % VQ*	Amount % DV* Teneur % VQ*	Amount % DV* Teneur % VQ*	Amount % DV* Teneur % VQ*	Amount % DV* Teneur % VQ*
Fat / Lipides	## g	## g	## g			
Carbohydrate / Glucides	## g	## g	## g			
Fibre / Fibres	## g	## g	## g			
Sugars / Sucres	## g	## g	## g			
Protein / Protéines	## g	## g	## g			
Sodium	### mg	### mg	### mg			
Potassium	### mg ## %	### mg ## %	### mg ## %	### mg ## %	### mg ## %	### mg ## %
Calcium	### mg ## %	### mg ## %	### mg ## %	### mg ## %	### mg ## %	### mg ## %
Iron / Fer	## mg ## %	## mg ## %	## mg ## %	## mg ## %	## mg ## %	## mg ## %
* DV = Daily Value * 5% or less is a little, 15% or more is a lot						
* VQ = valeur quotidienne * 5% ou moins c'est peu, 15% ou plus c'est beaucoup						

Annotations for Figure 28.5(B):

- 7 point type with 8 point leading → Per HM / pour MD
- 8 point bold type with 13 point leading → **Calories**
- 9 point leading → **Fat / Lipides**
- 11.5 point leading → Potassium
- No rules, 7 point leading → Calcium
- 6 point type with 11 point leading → * DV = Daily Value
- 7 point leading → * VQ = valeur quotidienne
- thick rules – 2 point → **Calories**, **Fat / Lipides**, **Carbohydrate / Glucides**, **Protein / Protéines**, **Sodium**

Note: Same format specifications as in Figure 28.1(B) except as otherwise indicated.
The order of languages may be reversed from the order shown in this Figure.

Figure 28.6(B)

Follow Figure 28.5(B) except:

- Serving of stated size: 7 point leading on the first line and 8 point leading on the second line
- Calories: 12 point leading
- Amount/% DV subheading: 11 point leading where there is a thick rule above
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 10 point leading where there is a thick rule above

Aggregate Format – Different Amounts of Food – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 29.1(E)

Nutrition Facts	Per HM1 (MM1)	Per HM2 (MM2)
Calories	###	###
	Amount % DV*	Amount % DV*
Fat	## g	## g
Carbohydrate	## g	## g
Fibre	## g	## g
Sugars	## g	## g
Protein	## g	## g
Sodium	### mg	### mg
Potassium	### mg ## %	### mg ## %
Calcium	### mg ## %	### mg ## %
Iron	## mg ## %	## mg ## %
*DV = Daily Value		
*5% or less is a little , 15% or more is a lot		

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figure 29.1(F)

Valeur nutritive	pour MD1 (MM1)	pour MD2 (MM2)
Calories	###	###
	Teneur % VQ*	Teneur % VQ*
Lipides	## g	## g
Glucides	## g	## g
Fibres	## g	## g
Sucres	## g	## g
Protéines	## g	## g
Sodium	### mg	### mg
Potassium	### mg ## %	### mg ## %
Calcium	### mg ## %	### mg ## %
Fer	## mg ## %	## mg ## %
*VQ = valeur quotidienne		
*5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated.

Figures 29.2(E) and (F)

Follow Figures 29.1(E) and (F) except:

- Serving of stated size: 7 point type with 8 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Aggregate Format – Different Amounts of Food – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figures 29.3(E) and (F)

Follow Figures 29.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is a thick rule above

Figures 29.4(E) and (F)

Follow Figures 29.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 7 point type with 8 point leading
- Calories: 8 point type with 12 point leading
- Amount/% DV subheading : 11 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Figures 29.5(E) and (F)

Follow Figures 29.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 6 point type with 8 point leading
- Calories: 7 point type with 11.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is a thick rule above
- Footnote: 12 point leading where there is a thick rule above

Figures 29.6(E) and (F)

Follow Figures 29.1(E) and (F) except:

- All text is in condensed font
- Serving of stated size: 6 point type with 8 point leading
- Calories: 7 point type with 10.5 point leading
- Amount/% DV subheading : 11 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 9 point leading where there is a thin rule above and 11.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is a thick rule above
- Thick rules are reduced to 2 point and thin rules to 0.25 point

Bilingual Aggregate Format – Different Amounts of Food – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 30.1(B)

Nutrition Facts Valeur nutritive	Per par	HM1 (MM1) MD1 (MM1)	HM2 (MM2) MD2 (MM2)	or	Per / par	HM1 / MD1 (MM1)	HM2 / MD2 (MM2)
Calories		###	###				
		Amount Teneur	% DV* % VQ*			Amount Teneur	% DV* % VQ*
Fat / Lipides		## g				## g	
Carbohydrate / Glucides		## g				## g	
Fibre / Fibres		## g				## g	
Sugars / Sucres		## g				## g	
Protein / Protéines		## g				## g	
Sodium		### mg				### mg	
Potassium		### mg ## %				### mg ## %	
Calcium		### mg ## %				### mg ## %	
Iron / Fer		## mg ## %				## mg ## %	

* DV = Daily Value *5% or less is **a little**, 15% or more is **a lot**
 * VQ = valeur quotidienne *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Note: Same format specifications as in Figure 1.1(E) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

Figure 30.2(B)

Follow Figure 30.1(B) except:

- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is thick rule above
- Footnote: 12 point leading where there is a thick rule above

Figure 30.3(B)

Follow Figure 30.1(B) except:

- All text is in condensed font
- Serving of stated size: 7 point type with 9 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 7 point type with 8 point leading where there is no rule; 11 point leading where there is a thin rule above and 13.5 point leading where there is thick rule above
- Footnote: 12 point leading where there is a thick rule above

Bilingual Aggregate Format – Different Amounts of Food – Infants Six Months of Age or Older but Less Than One Year of Age (continued)

Figure 30.4(B)

Follow Figure 30.1(B) except:

- All text is in condensed font
- Serving of stated size: 6 point type with 8 point leading
- Calories: 8 point type with 12.5 point leading
- Nutrients: 6 point type with 7 point leading where there is no rule; 10 point leading where there is a thin rule above and 12.5 point leading where there is thick rule above
- Footnote: 11 point leading where there is a thick rule above

Figure 30.5(B)

	Per par	HM1 (MM1) MD1 (MM1)	HM2 (MM2) MD2 (MM2)	or	Per / par	HM1 / MD1 (MM1)	HM2 / MD2 (MM2)
Nutrition Facts Valeur nutritive							
Calories		###	###				
		Amount % DV* Teneur % VQ*	Amount % DV* Teneur % VQ*				
Fat / Lipides		## g	## g				
Carbohydrate / Glucides		## g	## g				
Fibre / Fibres		## g	## g				
Sugars / Sucres		## g	## g				
Protein / Protéines		## g	## g				
Sodium		## mg	## mg				
Potassium		## mg ## %	## mg ## %				
Calcium		## mg ## %	## mg ## %				
Iron / Fer		## mg ## %	## mg ## %				
* DV = Daily Value / *VQ = valeur quotidienne * 5% or less is a little , 15% or more is a lot * 5% ou moins c'est peu , 15% ou plus c'est beaucoup							

Note: Same format specifications as in Figure 30.1(B) except as otherwise indicated. The order of languages may be reversed from the order shown in this Figure.

Figure 30.6(B)

Follow Figure 30.5(B) except:

- Amount/% DV subheading: 10 point leading where there is a rule above
- Calories: 11 point leading
- Nutrients: 8 point leading where there is a thin rule above and 10.5 point leading where there is a thick rule above
- Footnote: 11 point leading where there is thick rule above

Linear Format – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 31.1(E)

Nutrition Facts per HM (MM): Calories ### % = % Daily Value* Fat ## g, Carbohydrate ## g, Fibre ## g, Sugars ## g, Protein ## g, Sodium ### mg, Potassium ### mg (## %), Calcium ### mg (## %), Iron ## mg (## %). *5% or less is a little , 15% or more is a lot	← 6 point type, right justified
---	---------------------------------

Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 31.1(F)

Valeur nutritive pour MD (MM) : Calories ### % = % valeur quotidienne* Lipides ## g, Glucides ## g, Fibres ## g, Sucres ## g, Protéines ## g, Sodium ### mg, Potassium ### mg (## %), Calcium ### mg (## %), Fer ## mg (## %). *5% ou moins c'est peu , 15% ou plus c'est beaucoup	← 6 point type, right justified
--	---------------------------------

Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

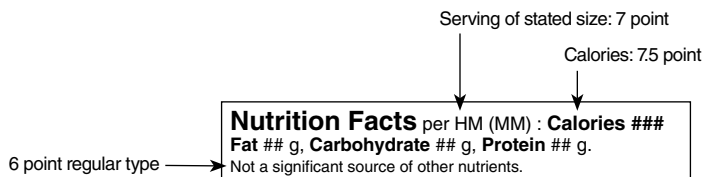
Figure 31.2(E) and (F)

Follow Figures 31.1(E) and (F) except:

- Serving of stated size: 6.5 point type
- Calories: 7 point type
- Nutrients: 6 point type
- Leading for all: 7 point

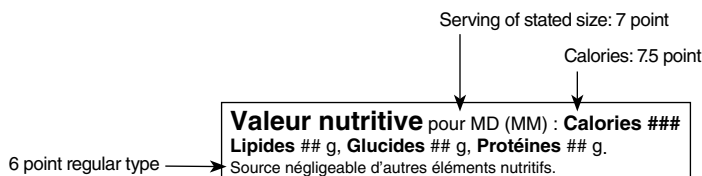
Simplified Linear Format – Infants Six Months of Age or Older but Less Than One Year of Age

Figure 32.1(E)



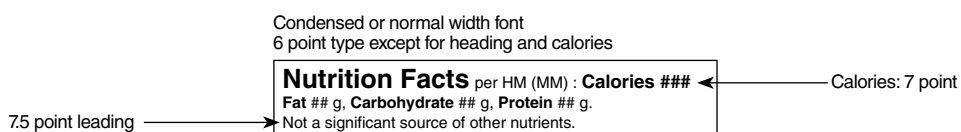
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 32.1(F)



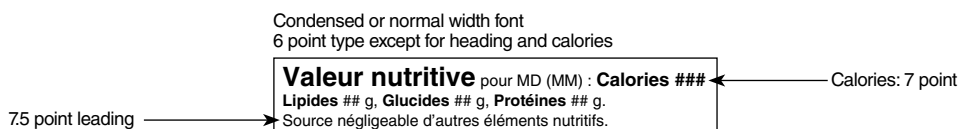
Note: Same format specifications as in Figure 16.1(E) except as otherwise indicated.

Figure 32.2(E)



Note: Same format specifications as in Figure 32.1(E) except as otherwise indicated.

Figure 32.2(F)

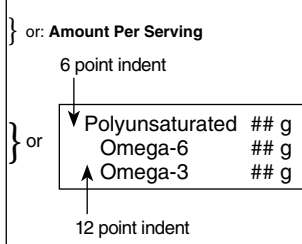


Note: Same format specifications as in Figure 32.1(E) except as otherwise indicated.

Presentation of Additional Information – Infants Six Months of Age or Older but Less Than One Year of Age Including all optional elements that may be declared in the Nutrition Facts table

Figure 33.1(E) See tables to sections B.01.401 and B.01.402 for wording alternatives

Nutrition Facts	
Serving Size HM (MM)	
Servings Per Container ##	
Calories ##### (#### kJ)	
	Amount
Total Fat	## g
Saturated	## g
+ Trans	## g
Omega-6 Polyunsaturated	## g
Omega-3 Polyunsaturated	## g
Monounsaturated	## g
Total Carbohydrate	## g
Dietary Fibre	## g
Soluble Fibre	## g
Insoluble Fibre	## g
Sugars	## g
Sugar Alcohols	## g
Starch	## g
Protein	## g
Cholesterol	### mg
Sodium	#### mg
Amount	% Daily Value*
Potassium ##### mg	## %
Calcium ##### mg	## %
Iron ## mg	## %
Vitamin A ### µg	## %
Vitamin C ## mg	## %
Vitamin D ## µg	## %
Vitamin E ## mg	## %
Vitamin K ## µg	## %
Thiamine ## mg	## %
Riboflavin ## mg	## %
Niacin ## mg	## %
Vitamin B ₆ ## mg	## %
Folate ### µg DFE	## %
Vitamin B ₁₂ ## µg	## %
Biotin ## µg	## %
Pantothenate ## mg	## %
Choline ### mg	## %
Phosphorous ##### mg	## %
Iodide ### µg	## %
Magnesium ### mg	## %
Zinc ## mg	## %
Selenium ## µg	## %
Copper ### mg	## %
Manganese ## mg	## %
Chromium ## µg	## %
Molybdenum ## µg	## %
Chloride ##### mg	## %
*5% or less is a little, 15% or more is a lot	



If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of potassium, calcium and iron, the remaining information may be moved to the upper right corner, enclosed by a box with a 0.5 point rule that shares its left rule with the table

Note: Other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Directory.

Presentation of Additional Information – (continued)

Infants Six Months of Age or Older but Less Than One Year of Age

Including all optional elements that may be declared in the Nutrition Facts table

Figure 33.1(F) See tables to sections B.01.401 and B.01.402 for wording alternatives

Valeur nutritive	
Portion MD (MM)	
Portions par contenant ##	
Calories ##### (#### kJ)	
Teneur	or: Teneur par portion
Total des lipides	## g
saturés	## g
+ trans	## g
polyinsaturés oméga-6	## g
polyinsaturés oméga-3	## g
monoinsaturés	## g
Total des glucides	## g
Fibres alimentaires	## g
Fibres solubles	## g
Fibres insolubles	## g
Sucres	## g
Polyalcools	## g
Amidon	## g
Protéines	## g
Cholestérol	### mg
Sodium	#### mg
Teneur	% valeur quotidienne*
Potassium ##### mg	## %
Calcium ##### mg	## %
Fer ## mg	## %
Vitamine A ### µg	## %
Vitamine C ## mg	## %
Vitamine D ## µg	## %
Vitamine E ## mg	## %
Vitamine K ## µg	## %
Thiamine ## mg	## %
Riboflavine ## mg	## %
Niacine ## mg	## %
Vitamine B ₆ ## mg	## %
Folate ### µg ÉFA	## %
Vitamine B ₁₂ ## µg	## %
Biotine ## µg	## %
Pantothénate ## mg	## %
Choline ### mg	## %
Phosphore ##### mg	## %
Iode ### µg	## %
Magnésium ### mg	## %
Zinc ## mg	## %
Sélénium ## µg	## %
Cuivre ### mg	## %
Manganèse ## mg	## %
Chrome ## µg	## %
Molybdène ## µg	## %
Chlorure ##### mg	## %
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

6 point indent

↓

Polyinsaturés ## g

oméga-6 ## g

↑

oméga-3 ## g

12 point indent

If the available display surface is not adequate to accommodate any additional information beneath the mandatory declaration of potassium, calcium and iron, the remaining information may be moved to the upper right corner, enclosed by a box with a 0.5 point rule that shares its left rule with the table

Note: Other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Directory.

Bilingual Presentation of Additional Information – Infants Six Months of Age or Older but Less Than One Year of Age Including all optional elements that may be declared in the Nutrition Facts table

Figure 34.1(B)

See tables to sections
 B.01.401 and B.01.402 for
 wording alternatives

Nutrition Facts		
Valeur nutritive		
Serving Size HM (MM) / Portion MD (MM)		
Servings Per Container ##		
Portions par contenant ##		
Calories ##### (#### kJ)		Amount
		Teneur
Total Fat / Lipides		## g
Saturated / saturés		## g
+ Trans / trans		## g
6 point indent	→ Polyunsaturated / polyinsaturés	## g
12 point indent	→ Omega-6 / oméga-6	## g
	Omega-3 / oméga-3	## g
Monounsaturated / monoinsaturés		## g
Total Carbohydrate / Glucides		## g
Dietary Fibre / Fibres alimentaires		## g
Space before and after forward slash	→ Soluble Fibre / Fibres solubles	## g
	Insoluble Fibre / Fibres insolubles	## g
Sugars / Sucres		## g
Sugar Alcohols / Polyalcools		## g
Starch / Amidon		## g
Protein / Protéines		## g
Cholesterol / Cholestérol		### mg
Sodium		#### mg
or:	Amount	% Daily Value*
Amount Per Serving	Teneur	% valeur quotidienne*
Teneur par portion		
	Potassium ##### mg	## %
	Calcium ##### mg	## %
	Iron / Fer ## mg	## %
	Vitamin A / Vitamine A ### µg	## %
	Vitamin C / Vitamine C ## mg	## %
	Vitamin D / Vitamine D ## µg	## %
	Vitamin E / Vitamine E ## mg	## %
	Vitamin K / Vitamine K ## µg	## %
	Thiamine ## mg	## %
	Riboflavin / Riboflavine ## mg	## %
	Niacin / Niacine ## mg	## %
	Vitamin B ₆ / Vitamine B ₆ ## mg	## %
	Folate ### µg DFE / ÉFA	## %
	Vitamin B ₁₂ / Vitamine B ₁₂ ## µg	## %
	Biotin / Biotine ## µg	## %
	Pantothenate / Pantothénate ## mg	## %
	Choline ### mg	## %
	Phosphorous / Phosphore ##### mg	## %
	Iodide / Iode ### µg	## %
	Magnesium / Magnésium ### mg	## %
	Zinc ## mg	## %
	Selenium / Sélénium ## µg	## %
	Copper / Cuivre ### mg	## %
	Manganese / Manganèse ## mg	## %
	Chromium / Chrome ## µg	## %
	Molybdenum / Molybdène ## µg	## %
	Chloride / Chlorure ##### mg	## %
*5% or less is a little, 15% or more is a lot		
*5% ou moins c'est peu, 15% ou plus c'est beaucoup		

Note: Other than the order of presentation, the use of indents and the presentation of footnotes, follow the format that is specified in the applicable figure of this Directory. The order of languages may be reversed from the order shown in this Figure.