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Health Canada's Proposed Revisions to Reference Amounts in Schedule M of the *Food and Drug Regulations*

Updating reference amounts to support proposed new serving size
guidelines

July 14, 2014

Bureau of Nutritional Sciences
Food Directorate
Health Products and Food Branch



Canada 

**Health Canada’s Proposed Revisions to
Reference Amounts in Schedule M of the *Food and Drug Regulations***

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Health Canada's Proposed Revisions to Reference Amounts in Schedule M of the *Food and Drug Regulations*

Purpose

The purpose of this consultation document is to outline Health Canada's proposed changes to the reference amounts set out in Schedule M of the *Food and Drug Regulations* (FDR), and to solicit feedback from stakeholders.

Current Context

On January 28, 2014, the Minister of Health announced the launch of a consultation with Canadian parents and consumers on ways to improve nutritional information on food labels, in response to a commitment identified in the [2013 Speech from the Throne](#). The initial phase of this consultative process, which closed April 30, 2014, focused on hearing the general views of Canadian parents and consumers with respect to nutrition labelling, and included an online questionnaire and face-to-face roundtable discussions in selected locations across Canada. A [What We Heard](#) report has been prepared to provide an overview of the feedback received.

Health Canada is now entering the second phase of consultations which focuses on various technical aspects of the Nutrition Facts table (NFt), including this technical consultation on proposed changes to the reference amounts set out in Schedule M of the FDR. Additional proposed changes to the NFt, such as changes to the [serving size declaration](#), [Daily Values](#), [core nutrients](#) and [format](#) are being consulted on as part of this phase. Input from all of these consultations will be used in conjunction with other data sources in the development of proposed changes to the NFt.

Background

Reference amounts represent the amounts of food typically eaten at one sitting, and are set out in Schedule M of the FDR for 153 categories of food. Presently, reference amounts are primarily used as the criterion to determine whether the package size of a food requires the nutrition information to be shown for the whole package (single serving package) and as a criterion for nutrient content claims and health claims.

As described in [Health Canada's Proposed Serving Size Guidance](#), Health Canada is proposing that reference amounts be used as the basis for setting the serving size declaration in the NFt for multi-serving packages of food. Specifically, two of the three guidelines outlined in the proposed serving size guidance use the reference amount as the basis for determining the serving size declared in the NFt. This proposed guidance will help bring consistency to serving size information, and is in line with Health Canada's intended approach that the information shown in the NFt reflect what an average Canadian eats.

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Proposed Updates to Schedule M Reference Amounts

With the finalization of Health Canada's proposed serving size guidance, food manufacturers will be further utilizing the list of reference amounts for the purpose of determining the appropriate serving sizes to be declared in the NfT of their products. The proposed changes to the reference amounts listed in Schedule M are necessary to ensure they are comprehensive and reflect the current consumption habits of Canadians.

Proposed changes to the reference amounts were developed based on market analysis (including the review of labels found in grocery stores and by searching Mintel Global New Products Database), consumption data from the 2004 Canadian Community Health Survey (CCHS), comments received since the introduction of the current nutrition labelling regulations in 2002, and consideration of the [United States Food and Drug Administration Proposed Changes to the Nutrition Facts Label](#).

Include Changes from 2005 Proposed Regulatory Amendment

A number of changes to Schedule M had been proposed in an earlier regulatory amendment proposal published in 2005 in the [Canada Gazette, Part I \(Vol. 139, No. 19 – May 7, 2005\)](#) and are included in the table below. New reference amount categories for foods for children under two years of age were proposed at that time.

Include Additional Examples of Foods

While the list of foods within the current 153 categories is not intended to specifically mention all foods, it would benefit from the inclusion of more examples of foods that fall within respective reference amount categories in order to facilitate use of the table by the food industry and the Canadian Food Inspection Agency (CFIA). For example, there have been a number of questions since the implementation of mandatory nutrition labelling as to which reference amount would apply to smoothies. Health Canada is proposing to add smoothies as an additional example in item 50 of Schedule M, within the Dairy Products and Substitutes category. This and other proposed additional examples have been included in the table below.

Update Reference Amounts to Reflect Amounts of Food Typically Eaten at One Sitting

In addition, there is a need to update certain reference amounts to more accurately represent the amount of food typically eaten by a person at one sitting. For example, Health Canada is proposing to change the reference amount of ice cream from 125 mL to 175 mL based on the most current CCHS consumption data. The table below shows proposed changes to a number of reference amounts where intake or market data indicate a change is warranted.

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Process for Future Updates to Schedule M

Over the past few years, the CFIA has made administrative changes to the table of reference amounts posted in their former *Guide to Food Labelling and Advertising* following agreement by Health Canada, as a means to help the food industry in complying with the regulatory requirements associated with nutrient content claims and health claims. This strategy was used given the challenges regarding the ease and timeliness in making regulatory changes to the FDR under the current system. Health Canada is exploring options for strengthening the efficiency and timeliness of the process for implementing reference amount decisions.

Table 1. Proposed Updates to Schedule M Reference Amounts

[Changes to the table are shown in bold and italicized text]

Item	Product Category	Reference Amount ¹
	<u>BAKERY PRODUCTS</u>	
1	Bread, excluding sweet quick-type rolls	<i>Proposing: 75 g instead of 50 g</i>
2	Tea biscuits, scones, rolls, buns, croissants, tortillas, soft bread sticks, soft pretzels and corn bread <i>Proposing: To remove 'Bagels' and to add 'English muffins'</i>	55 g
<i>new</i>	<i>Bagels, pita, naan, flat bread</i>	<i>Proposing: 85 g</i>
3	Brownies	40 g
4	Heavy weight cake: 10 g or more per 2.5 cm cube, such as cheese cake, pineapple upside-down, cake with at least 35% of the finished weight as fruit, nuts, or vegetables, or any of these combined <i>Proposing to add: Pound cake</i>	125 g
5	Medium weight cake: 4 g or more per 2.5 cm cube but less than 10 g per 2.5 cm cube, such as cake with or without icing or filling, cake with less than 35% of the finished weight as fruit, nuts or vegetables or any of these combined; light weight cake with icing; Boston cream pie, cupcakes, eclairs, or cream puffs	80 g
6	Light weight Cake: less than 4 g per 2.5 cm cube, such as angel food, chiffon, or sponge cake without icing or filling	55 g
7	<i>Proposing to combine with item 11 and to remove 'muffins'</i> Coffee cakes, doughnuts, danishes, sweet rolls, sweet quick-type breads and <i>flaky type pastries, with or without filling or icing</i>	55 g
<i>new</i>	<i>Muffins</i>	<i>Proposing: 115 g</i>
8	Cookies, with or without coating or filling; graham wafers	30 g
9	Crackers, hard bread sticks and melba toast	20 g

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Item	Product Category	Reference Amount ¹
<i>new</i>	<i>Cracker chips, crackers and cheese dip pack</i>	<i>Proposing:</i> 30 g
10	Dry breads, matzo, and rusks	30 g
11	<i>Proposing to combine with item 7: Flaky type pastries, with or without filling or icing</i>	55 g
12	Toaster pastries	55 g
13	Ice cream cones	5 g
14	Croutons	7 g
15	French toast, pancakes, and waffles	75 g
16	Grain-based bars with filling or partial or full coating	40 g
17	Grain-based bars, without filling or coating	30 g
18	Rice cakes and corn cakes	15 g
19	Pies, tarts, cobblers, turnovers, other pastries	110 g
20	Pie crust	1/6 of 20 cm crust or 1/8 of 23 cm crust
21	Pizza crust	55 g
22	Taco shell, hard	30 g
	BEVERAGES	
23	Carbonated and non-carbonated beverages <i>Proposing: To remove 'wine coolers (provided they contain < 0.5% or less of alcohol)'</i> <i>and to add 'iced tea, flavoured and sweetened and iced coffee and specialty coffee'</i>	355 mL
<i>new</i>	<i>Alcoholic beverages:</i> <i>a. wine</i> <i>b. beer</i> <i>c. wine coolers</i>	<i>Proposing:</i> <i>175 mL</i> <i>341 mL</i> <i>341 mL</i>
24	Sports drinks and water <i>Proposing to add: Energy drinks</i>	500 mL
25	Coffee: <i>a. regular, instant and specialty, including café au lait, flavoured and sweetened</i> <i>b. espresso</i>	<i>Proposing:</i> <i>250 mL</i> <i>175 mL</i>
26	Tea and herbal tea, <i>including regular and instant (hot), and flavoured and sweetened, prepared from mixes</i> <i>Proposing to remove:</i> <i>(a) regular and instant (hot)</i> <i>(b) flavoured and sweetened, prepared from mixes, such as iced tea</i>	250 mL <i>Proposing to remove: 175 mL</i>

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Item	Product Category	Reference Amount ¹
27	Cocoa and chocolate beverages (hot)	<i>Proposing:</i> <i>250 mL</i> <i>instead of</i> <i>175 mL</i>
CEREALS AND OTHER GRAIN PRODUCTS		
28	Hot breakfast cereals, such as oatmeal, or cream of wheat	40 g dry, 250 mL prepared
29	Ready-to-eat breakfast cereals, puffed and uncoated (less than 20 g per 250 ml)	15 g
30	Ready-to-eat breakfast cereals, puffed and coated, flaked, extruded, without fruit or nuts (20 g to 42 g per 250 ml), very high fibre cereals (with 28 g or more fibre per 100 g)	30 g
31	Ready-to-eat breakfast cereals, fruit and nut type, granola (weighing 43 g or more per 250 mL) and biscuit type cereals	55 g
32	Bran and wheat germ <i>Proposing to add: Milled flax seeds and milled hemp seeds</i>	15 g
33	Flours, including cornmeal	30 g
34	Grains, such as rice or barley	45 g dry 140 g cooked
35	Pastas without sauce <i>Proposing to add: Gnocchi</i>	85 g dry 215 g cooked
36	Pastas, dry and ready-to-eat, such as fried canned chow mein noodles	25 g
37	Starch, such as cornstarch, potato starch, tapioca starch or wheat starch	10 g
38	Stuffing	100 g
DAIRY PRODUCTS AND SUBSTITUTES		
39	Cheese, including cream cheese and cheese spread, except those listed as a separate item	30 g
40	Cottage cheese	125 g
41	Cheese used as an ingredient, such as dry cottage cheese or ricotta cheese	55 g
42	Hard cheese, grated, such as parmesan or romano	15 g
43	Quark, fresh cheese and fresh dairy desserts	100 g
44	Cream and cream substitute, except those listed as separate item	15 mL
45	Cream and cream substitute, powder	2 g
46	Cream and cream substitute, aerosol or whipped	15 g
47	Eggnog	125 mL
48	Milk, evaporated or condensed	15 mL

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Item	Product Category	Reference Amount ¹
49	Plant-based beverages, milk, buttermilk and milk-based drinks, such as chocolate milk <i>Proposing to add: Drinkable yogurt</i>	250 mL
50	Shakes and shake substitutes such as dairy shake mix <i>Proposing to add: Smoothies (if whey/dairy or plant-based beverage is a main ingredient), including those with coffee or juice</i>	250 mL
51	Sour cream	30 mL
52	Yogurt	175 g
	DESSERTS	
53	Ice cream, ice milk, frozen yogurt, sherbet <i>Proposing to add: Non-dairy desserts, frozen, sold in tubs</i>	<i>Proposing: 175 mL instead of 125 mL</i>
54	Dairy desserts, frozen, such as cakes, bars, sandwiches or cones	125 mL
55	Non-dairy desserts, frozen, such as flavoured and sweetened ice or pops, frozen fruit juices in bars or cups	75 mL
56	Sundaes	250 mL
57	Custard, gelatin and pudding	125 mL
	DESSERT TOPPINGS AND FILLINGS	
58	Dessert toppings, such as maple butter and marshmallow cream	30 g
59	Cake frostings and icings <i>Proposing to add: Streusal topping</i>	35 g
60	Pie fillings	75 mL
	EGG AND EGG SUBSTITUTES	
61	Egg mixtures, such as egg foo young, scrambled eggs, omelets	110 g
62	Eggs <i>Proposing to add: including eggs in the shell, liquid eggs and liquid egg whites</i>	<i>Proposing: 100 g instead of 50 g</i>
63	Egg substitutes	50 g
	FATS AND OILS	
64	Butter, margarine, shortening, lard <i>Proposing to add: Butter-flavoured spread</i>	10 g
65	Vegetable oil	10 mL
66	Butter replacement, powder	2 g
67	Dressings for salad	30 mL
68	Mayonnaise, sandwich spread and mayonnaise-type dressing	15 mL
69	Oil, spray type	0.5 g
	MARINE AND FRESH WATER ANIMALS	

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Item	Product Category	Reference Amount ¹
70	Canned anchovies, anchovy paste and caviar	15 g ²
71	Marine and fresh water animals with sauce, such as fish with cream sauce or shrimp with lobster sauce	140 g cooked
72	Marine and fresh water animals without sauce, such as plain or fried fish or shellfish, or fish or shellfish cakes, with or without breading or batter	125 g raw 100 g cooked
73	Marine and fresh water animals, canned	<i>Proposing: 85 g² instead of 55 g</i>
74	Marine and fresh water animals, smoked or pickled, or spreads	55 g ²
	FRUITS AND FRUIT JUICES	
75	Fruit, fresh, canned or frozen, coated or uncoated, except those listed as a separate item <i>Proposing to add: Apple sauce</i>	140 g 150 mL canned ²
<i>new</i>	<i>Blueberries, raspberries, blackberries</i>	<i>Proposing: 80 g</i>
76	Candied or pickled fruit	30 g ²
77	Dried fruit, such as raisins, dates or figs	40 g
78	Fruit for garnish or flavour, such as maraschino cherries	4 g ²
79	Fruit relishes	60 mL
80	Avocado, used as an ingredient	30 g
81	Cranberries, lemons and limes, used as ingredients	55 g
82	Watermelon, cantaloupe, honeydew and other melons	150 g
83	Juices, nectars and fruit drinks represented for use as substitutes for fruit juices <i>Proposing to add: Juice-based smoothies</i>	250 mL
84	Juices, used as ingredients, such as lemon juice or lime juice	5 mL
	LEGUMES	
85	Bean curd (tofu) or tempeh	85 g ²
86	Beans, peas and lentils, such as white beans, kidney beans, romano beans, soybeans or chick peas	100 g dry, 250 mL cooked or canned ²
	MEAT, POULTRY, THEIR PRODUCTS AND SUBSTITUTES³	
87	Pork rinds and bacon	54 g uncooked 15 g cooked

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Item	Product Category	Reference Amount ¹
88	Beef, pork and poultry breakfast strips	30 g uncooked 15 g cooked
89	Dried meat and poultry, such as jerky, dried beef or parma ham, as well as sausage products with a water activity of 0.90 or less, such as salami, dried thuringer or cervelat	30 g
90	Luncheon meats such as bologna, blood pudding, minced luncheon roll, liver sausage, mortadella, ham and cheese loaf or headcheese; pâté, sandwich spread, potted meat food product; taco fillings; meat pie fillings and cretons	75 g uncooked, 55 g cooked
91	Sausage products, such as linked sausage, Vienna sausage, wieners, breakfast sausage, frankfurters, pork sausage, bratwurst, kielbasa, Polish sausage, summer sausage, smoked sausage, smoked country sausage, pepperoni, knackwurst, thuringer and cervelat <i>Proposing to add: Sausage made with combination of seafood and pork</i>	75 g uncooked, 55 g cooked
92	Cuts of meat and poultry without sauce, and ready-to-cook cuts, with or without breading or batter, including marinated, tenderized and injected cuts <i>Proposing to add: Shish kebab (only marinated meat, no vegetables), whole chicken (no stuffing), turkey roast (no stuffing)</i>	125 g raw, 100 g cooked
93	Patties (<i>including veggie burger patties</i>), cutlettes, chopettes, steakettes, meatballs, sausage meat and ground meat, with or without breading or batter <i>Proposing to add: Corn dog on a stick (breaded), falafels</i>	100 g raw, 60 g cooked
94	Cured meat products such as cured ham, dry cured ham, back bacon, cured pork back, dry cured cappiccolo, corned beef, pastrami, country ham, cured pork shoulder picnic, cured poultry ham products, smoked meat or pickled meat	85 g raw, 55 g cooked
95	Canned meat and poultry	55 g ²
96	Meat and poultry with sauce, such as meat in barbecue sauce or turkey with gravy, but excluding combination dishes	140 g
	MISCELLANEOUS CATEGORY	
97	Baking powder, baking soda and pectin <i>Proposing to add: Yeast</i>	0.6 g
98	Baking decorations, such as coloured sugars or sprinkles for cookies	4 g
99	Bread crumbs and batter mixes	30 g
100	Cooking wine	30 mL
101	Cocoa powder	5 g
102	Non-alcoholic drink mixers, such as pina colada or daiquiri	250 mL
103	Chewing gum	3 g

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Item	Product Category	Reference Amount ¹
104	Salad and potato toppers, such as salad crunchies, salad crispins or substitutes for bacon bits	7 g
105	Salt and salt substitutes, as well as seasoned salts such as garlic salt <i>Proposing to add: Seasoning products with salt (e.g. vegetarian seasoning)</i>	1 g
106	Spices and herbs (no salt)	0.5 g
	COMBINATION DISHES	
107	<p><i>Proposing to combine items 107 and 108^a and remove reference to 'Measurable with a cup':</i></p> <p>Combination dishes, such as casserole, hash, macaroni and cheese with or without meat, pot pie, spaghetti with sauce, stir fry, meat or poultry casserole, baked or refried beans, wieners and beans, meat chili, chili with beans, creamed chipped beef, beef or poultry ravioli in sauce, beef stroganoff, poultry à la king, Brunswick stew, goulash, stew, ragout or poutine, burritos, enchiladas, pizza (considered to be "without sauce"), pizza rolls, sausage rolls, pastry rolls, cabbage rolls, quiche, sandwiches, crackers and meat or poultry lunch-type packages, gyros, burger on a bun, frank on a bun, calzones, tacos, pockets stuffed with meat, lasagna, chicken cordon bleu, stuffed vegetables with meat or poultry, shish kabobs (if combination of meat and vegetables), empanadas, fajitas, souvlaki (if combination of meat and vegetables), meat pie or tourtière</p> <p><i>Proposing to add as examples: rice and vegetables, butter chicken with rice, shepherd's pie, meat-filled cannelloni (no sauce), stuffed turkey roast, stuffed chicken</i></p> <p>^aA decision was made to combine these two groups in order to put them on an equal basis. It was not always easy or practical to determine which combination dishes were "(not) measurable with a cup".</p>	<p>300 g without gravy or sauce, 355 g with gravy or sauce</p> <p>Proposing to remove: 250 mL</p>
108	<i>Proposing to remove item 108:</i> Not measurable with a cup, such as burritos, egg rolls, enchiladas, pizza (considered to be "without sauce"), pizza rolls, sausage rolls, pastry rolls, cabbage rolls, quiche, sandwiches, crackers and meat or poultry lunch-type packages, gyros, burger on a bun, frank on a bun, calzones, tacos, pockets stuffed with meat, lasagna, chicken cordon bleu, stuffed vegetables with meat or poultry, shish kabobs empanadas, fajitas, souvlaki, meat pie or tourtière	140 g without gravy or sauce, 195 g with gravy or sauce
109	Hors d'oeuvre <i>Proposing to add: sushi, egg rolls</i>	<i>Proposing: 85 g instead of 50g, add 35 g for sauce</i>
	NUTS AND SEEDS	
110	Nuts and seeds, not for use as snacks: whole, chopped, sliced, slivered or ground	30 g shelled
111	Butters, pastes and creams, other than peanut butter	30 g

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Item	Product Category	Reference Amount ¹
112	Peanut butter	15 g
113	Flours, such as coconut flour	15 g
	POTATOES, SWEET POTATOES AND YAMS	
114	French fries, hash browns, skins and pancakes	85 g frozen French fries, 70 g prepared
115	Mashed, candied, stuffed, or with sauce <i>Proposing to add: Instant potatoes</i>	140 g
116	Plain, fresh, canned or frozen	110 g fresh or frozen, 125 g vacuum- packed, 150 mL canned² instead of 160 g
	SALADS	
117	Salads, such as egg, fish, shellfish, bean, fruit, vegetable, meat, ham or poultry salad, except those listed as a separate item	100 g
118	Gelatin salad	120 g
119	Pasta or potato salad	140 g
	SAUCES, DIPS, GRAVIES AND CONDIMENTS	
120	Sauces for dipping, such as barbecue, hollandaise, tartar, mustard or sweet and sour sauce	30 mL
121	Dips, such as legume or dairy-based	30 g
122	Major main entrée sauce, such as spaghetti sauce	125 mL
123	Minor main entrée sauce such as pizza sauce, pesto sauce, or other sauces used as toppings such as white sauce, cheese sauce, salsa, cocktail sauce or gravy	60 mL
124	Major condiments, such as ketchup, steak sauce, soy sauce, vinegar, teriyaki sauce or marinades	15 mL
125	Minor condiments, such as horseradish, hot sauce, mustard, or Worcestershire sauce Liquid smoke	5 mL

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Item	Product Category	Reference Amount ¹
	SNACKS	
126	Chips, pretzels, popcorn, extruded snacks, grain-based snack mixes and fruit-based snacks, such as fruit chips <i>Proposing to add: Pita chips</i>	50 g
127	Nuts or seeds for use as snacks	50 g shelled
128	Meat or poultry snack food sticks	20 g
	SOUPS	
129	All varieties	250 mL
	SUGARS AND SWEETS	
130	Candies, including chocolate bars and other chocolate products, except those listed as a separate item	40 g
131	Hard candies, except those listed as a separate item	15 g
132	Baking candies, such as chocolate chips	15 g
133	Breath mints	2 g
134	Roll-type hard candies and mini size hard candies in dispenser packages	5 g
135	Confectioner's or icing sugar	30 g
136	Bread spreads, except those listed as a separate item, honey and molasses	20 g
137	Jams, jellies, marmalades, fruit butters and spreads	15 mL
138	Marshmallows	30 g
139	Sugars, except those listed as a separate item	4 g
140	Sugar substitute	amount equivalent in sweetness to 4 g sugar
141	Syrups <i>used as toppings</i> , including chocolate and maple syrups <i>Proposing to remove: 'and corn syrup'</i>	60 mL <i>Proposing to remove: 'other uses' from 60 mL and '30 mL as ingredient'</i>
<i>new</i>	<i>Corn syrup, as ingredient</i>	30 mL

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Item	Product Category	Reference Amount ¹
	VEGETABLES	
142	Vegetables without sauce, including cream style corn and stewed tomatoes, but not including vegetables without sauce listed as a separate item <i>Proposing to add: Lettuce, all varieties</i>	85 g fresh or frozen, 125 mL canned ²
143	Vegetables with sauce <i>Proposing to add: or with breading, such as onion rings and breaded zucchini sticks</i>	110 g fresh or frozen, 125 mL canned
144	Vegetables primarily used for garnish or flavouring, fresh, canned or frozen, but not dried, such as parsley or garlic	4 g <i>Proposing to add: fresh or frozen, 5 mL canned</i>
145	Chili pepper and green onion	30 g
146	Seaweed <i>Proposing to add: Dehydrated mushrooms</i>	15 g
147	Sprouts <i>Proposing to remove lettuce and add to item 142</i>	65 g
148	Vegetable juice and vegetable drink	250 mL
149	Olives <i>Proposing to add: Sun-dried tomato packed in oil, artichoke hearts, pickled vegetables</i>	15 g ²
150	Pickles	30 g
151	Relish	15 mL
152	Vegetable pastes, such as tomato paste	30 mL
153	Vegetable sauce or purée, such as tomato sauce or tomato purée	60 mL
	<i>Proposed new food category: FOODS FOR CHILDREN UNDER TWO YEARS OF AGE</i>	<i>Proposing</i>
<i>new</i>	<i>Combination dishes, meat, desserts, fruit, vegetables that are strained</i>	<i>60 mL</i>
<i>new</i>	<i>Cereals, dry, instant</i>	<i>15 g</i>
<i>new</i>	<i>Juices, all varieties</i>	<i>125 mL</i>
<i>new</i>	<i>Combination dishes represented for toddlers</i>	<i>170 g</i>
<i>new</i>	<i>Combination dishes represented for juniors</i>	<i>110 g</i>
<i>new</i>	<i>Desserts, fruit, vegetables represented for juniors</i>	<i>110 mL</i>

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Item	Product Category	Reference Amount ¹
<i>new</i>	<i>Ready-to-eat cereal, represented for toddlers</i>	20 g
<i>new</i>	<i>Cookies, teething biscuits and toasts</i>	7 g

¹ Unless otherwise noted, the reference amounts are for the ready-to-serve or almost ready-to-serve form of the food. If not listed separately, the reference amount for the unprepared form, such as dry mixes, concentrates, dough, batter, and fresh or frozen pasta, is the amount required to make one reference amount of the prepared form.

² Excludes any liquid in which the solid food may be packed or canned, unless the liquid is customarily consumed with the solid food.

³ Meat and poultry substitutes include extended and simulated meat and poultry products.

Submitting Comments to Health Canada

Comments on this consultation may be submitted in writing by regular mail or electronically at the address indicated below. If you are submitting your comments electronically, please use the title “**Proposed Revisions to Reference Amounts**” in the subject box of your email.

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Submissions must be received by 11:59 p.m. EST on September 12, 2014.