Nutrition Labelling in Canada
Best Practices for Implementation
Objectives

• To provide an overview of
  – the Canadian nutrition labelling regulatory framework
  – how Canada includes considerations of trade into regulatory development
  – how Canada has provided tools to the industry, including food importers to assist in complying with the regulations
Canadian Regulatory Context

• Food and Drugs Act and Regulations

• Two partners:
  – Health Canada is responsible for setting health and safety related policy and regulatory requirements
  – The Canadian Food Inspection Agency (CFIA) is responsible for setting non-health and safety policy and regulatory requirements AND for enforcing both the health and safety and non-health and safety requirements.

• Nutrition labelling regulations had the objectives of:
  – Enabling consumers to make appropriate food choices in relation to reducing the risk of developing chronic diseases and permitting dietary management of chronic diseases of public health significance
  – To encourage availability of foods with compositional characteristics that contribute to diets that reduce the risk of developing chronic diseases
  – To advance compatibility with the US system
  – To provide a system for conveying information about the nutrient content of food in a standardized format which allows for comparisons among foods.
What do we look to internationally?

- **Codex Alimentarius**
  - *Guidelines for Nutrition Labelling*
  - *Guidelines for the Use of Nutrition and Health Claims*

- **Major Trading Partners**
  - USA
  - Mexico
  - European Union
  - Australia/New Zealand

- **Scientific References**
  - Institutes of Medicine (IOM)
  - World Health Organization
  - World Health Assembly
  - Pan American Health Organization

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**What is the Codex Alimentarius?**

The Codex Alimentarius or "Food Code" was established by FAO and the World Health Organization in 1963 to develop harmonised international food standards, which protect consumer health and promote fair practices in food trade.
2002 Regulatory Requirements

- Mandatory nutrition labelling on most prepackaged foods was introduced in 2002.
- 3 and 5 year transition period
- Compendium of Templates
- Guide to Food Labelling and Advertising
- Inspector’s Toolkit
- Online Labelling Tool

**Nutrition Facts Valeur nutritive**

Per 125 mL (87 g) / par 125 mL (87 g)

<table>
<thead>
<tr>
<th>Amount</th>
<th>% Daily Value</th>
<th>% valeur quotidienne</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories / Calories 80</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat / Lipides 0.5 g</td>
<td>1 %</td>
<td></td>
</tr>
<tr>
<td>Saturated / saturés 0 g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>+ Trans / trans 0 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol / Cholestérol 0 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium / Sodium 0 mg</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate / Glucides 18 g</td>
<td>6 %</td>
<td></td>
</tr>
<tr>
<td>Fibre / Fibres 2 g</td>
<td>8 %</td>
<td></td>
</tr>
<tr>
<td>Sugars / Sucres 2 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein / Protéines 3 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A / Vitamine A 2 %</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C / Vitamine C 10 %</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium / Calcium 0 %</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron / Fer 2 %</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CFIA: Industry Labelling Tool

http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/eng
Proposed Changes in 2014-2015

- In 2014, Canada began pre-consultations on updating the nutrition labelling requirements

- Proposed updates to the regulations were published in 2015 in Part I of the Canada Gazette.

- Cabinet Directive on Regulatory Management
  - Regulatory Impact Analysis includes an assessment of potential impacts of Canada’s foreign affairs
  - Proposed regulatory consultations which may affect international trade are required to be consulted on for a minimum of 75 days

- Opportunity for all interested stakeholders to provide comments
- Notification through TBT
Proposed Changes in 2015

• Scientific updates & Harmonization with US
  • List of nutrients to be declared
  • Basis of Daily Values

• What doesn’t change
  • Requirement for information in English and French (official languages in Canada)
  • Use of metric system
  • Different format of presentation than US

• Improved legibility of list of ingredients

• Intent to
  • Update the Compendium of Templates to current design and software
  • Update Industry Labelling Tool

Nutrition Facts
Valeur nutritive
Per 1/2 cup (125 mL)
pour 1/2 tasse (125 mL)

<table>
<thead>
<tr>
<th>Calories 80</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat / Lipides 0.5 g</td>
<td>% valeur quotidienne</td>
</tr>
<tr>
<td>Saturated / saturés 0 g</td>
<td>1 %</td>
</tr>
<tr>
<td>+ Trans / trans 0 g</td>
<td>0 %</td>
</tr>
<tr>
<td>Carbohydrate / Glucides 18 g</td>
<td>15 %</td>
</tr>
<tr>
<td>Fibre / Fibres 2 g</td>
<td></td>
</tr>
<tr>
<td>Sugars / Sucres 15 g</td>
<td></td>
</tr>
<tr>
<td>Protein / Protéines 3 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol / Cholestérol 0 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium 0 mg</td>
<td>0 %</td>
</tr>
<tr>
<td>Potassium 200 mg</td>
<td>4 %</td>
</tr>
<tr>
<td>Calcium 0 mg</td>
<td>0 %</td>
</tr>
<tr>
<td>Iron / Fer 0.3 mg</td>
<td>2 %</td>
</tr>
</tbody>
</table>

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

Ingredients: Tomatoes (tomatoes, salt, citric acid) • Onion • Garlic puree
• Olive oil • Spices • Fresh basil • Sugar
• Salt • White pepper.

Ingrédients: Tomates (tomates, sel, acide citrique) • Oignon • Purée d’ail
• Huile d’olive • Épices • Basilic frais • Sucre • Sel • Poivre blanc.
Key Messages: Considering Trade with Regulatory Changes

- Science based regulations with legitimate public health outcomes

- Consultation with interested stakeholders
  - Both domestically and internationally

- Looking to international standards – Codex Alimentarius

- Looking at requirements of close trading partners where objectives are similar

- Considering internationally recognised science

- Transition periods to allow for adequate time to implement changes, while minimising undue costs

- Developing tools for industry to implement changes as easily as possible
  - Graphic design templates
  - Guidance to follow the regulatory requirements
  - User friendly
Where to Find More Information

- Health Canada: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- Canadian Food Inspection Agency: [www.inspection.gc.ca](http://www.inspection.gc.ca)
- Government of Canada: [www.canada.ca](http://www.canada.ca)

- Codex Alimentarius: [www.codexalimentarius.org](http://www.codexalimentarius.org)
- Institute of Medicine: [www.nationalacademies.org](http://www.nationalacademies.org)
- World Health Organization: [www.who.int](http://www.who.int)
- Pan America Health Organization: [www.paho.org](http://www.paho.org)