



Government of Canada

Gouvernement du Canada

CONSULTATION  
CANADA GAZETTE  
PART I

# Proposed food label changes to the Nutrition Facts table

## WHAT ARE THE PROPOSED CHANGES TO THE NUTRITION FACTS TABLE?

We are proposing the following changes to the Nutrition Facts table.

- Make the information on serving size and calories easier to find and read.
- Add a percent daily value (% DV) for sugars.
- Add a footnote at the bottom of the table about % DV. This will help consumers understand how much sugar and other nutrients (like sodium) are in their food. It explains that:
  - 5% or less is a little
  - 15% or more is a lot
- Add potassium because it is important for maintaining healthy blood pressure. Most Canadians are not getting enough of this nutrient.
- Remove vitamin A and vitamin C because most Canadians get enough of these nutrients in their diets.

**CURRENT**

Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 18 g</b>	<b>6 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 15 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

→

**PROPOSED**

Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)	
Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories 80</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Carbohydrate / Glucides 18 g</b>	
Fibre / Fibres 2 g	
Sugars / Sucres 15 g	<b>15 %</b>
<b>Protein / Protéines 3 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0 %</b>
<b>Potassium 200 mg</b>	<b>4 %</b>
Calcium 0 mg	<b>0 %</b>
Iron / Fer 0.3 mg	<b>2 %</b>

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

Increased size of Calories, with thick underline

Nutrients that provide Calories are listed below Calories

Sodium is moved down close to Potassium

Vitamin A and Vitamin C are removed; Potassium is added

Quick rule

Serving Size information increased

% Daily Value for Sugars is added

Amounts of Potassium, Calcium and Iron are shown

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