New nutritional labelling requirements came into force in December 2016. There is a 5-year transition period for food producers to meet the new requirements. Don’t wait until it’s too late to make the required changes to your product labels.

Overview
Feedback from Canadians and stakeholders has led Health Canada to make improvements to nutrition labels, which include amendments to the nutrition facts table, list of ingredients, serving size and sugars information.

The new nutrition label regulatory requirements are significant for many reasons. Not only do nutrition labels provide information about the nutrient content of food in a standardized format, but they also help consumers make informed choices about what they choose to eat since it allows comparison among foods before purchase. The labels provide nutrition information to help people make food choices that may reduce the risk of chronic diseases, resulting in better management of these diseases.

Recent Changes
The nutrition food labelling changes include the following improvements:

Changes to Nutrition Facts Table
- More consistent and realistic serving size
- Bolded and increased font size of serving size and calories
- Revised and new percent daily value
- Updated list of nutrients

List of Ingredients
- Sugars-based ingredients grouped in brackets
- Food colours listed by their individual common names
- Text changes such as increased font size, bolding, punctuation, and consistent use of upper and lower case letters

Serving Size
- More accurately reflects the size an individual will eat in a sitting
- More consistency since serving sizes are based on regulated reference amounts
- Changes are different for single serve and multi-serving packages, including foods that can be measured, come in pieces or are divided and amounts typically eaten

Sugars
- Inclusion of percent daily value
- Sugars-based ingredients grouped in brackets by weight after the name ‘sugars’

Upcoming Deadline
The 5-year transition period ends on December 14, 2021, but it is currently being proposed to extend the transition to December 14, 2022.

Intertek Solutions
Our Food Services lab in Saskatoon, Saskatchewan, Canada conducts nutritional analysis and labelling reviews for all your pre-packaged food products.

We ensure you are always up-to-date with the latest regulations and methodologies so we can accurately guide you through your nutritional testing and labelling requirements.

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