

OVERVIEW OF CANADIAN FOOD LABELLING REQUIREMENTS

Canadian Food Inspection Agency



Our vision:

To excel as a science-based regulator, trusted and respected by Canadians and the international community.

Our mission:

Dedicated to safeguarding food, animals and plants, which enhances the health and well-being of Canada's people, environment and economy.

Presented by:

Natacha Salehi

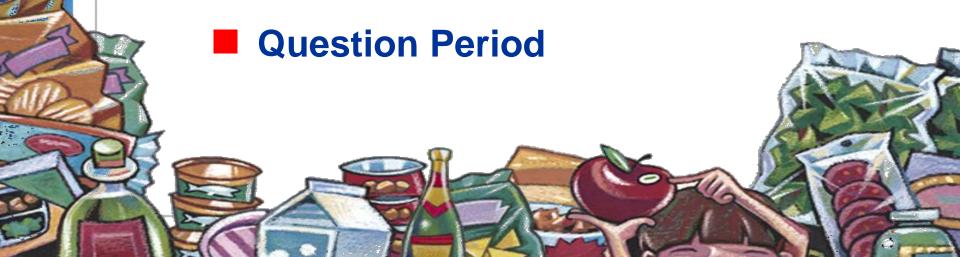
A/National Operational Specialist Operational Guidance and Expertise – Food Labelling and Composition

May 3, 2018



AGENDA

- Introduction to the CFIA
- Basic Labelling and composition Requirements
- Importing Food into Canada



Who Are We?

CFIA is the major scientific federal organization in Canada, mandated to regulate food, animals and plants

What We Do

Provide federal inspection services related to food safety, economic fraud, trade-related requirements, animal and plant diseases and pest programs



THE CFIA'S LEGISLATIVE AUTHORITY

- Food and Drugs Act*
- Consumer Packaging and Labelling Act*
- Canada Agricultural Products Act
- Fish Inspection Act
- Meat Inspection Act
- Health of Animals Act
- Plant Protection Act
- Agriculture and Agri-Food Administrative Monetary Penalties Act
- Seeds Act
- Feeds Act
- Fertilizers Act
- Canadian Food Inspection Agency Act
- Plant Breeders' Rights Act

* As it relates to food



CFIA's Legislative Authority – Food

Food and Drugs Act (FDA) & Regulations (FDR)

The **Safe Food for Canadians Act** (Nov. 2012) will consolidate the CAPA, MIA, FIA and CPLA (food provisions).

The SFCR has been pre-published (Canada Gazette 1) and formal consultations have been completed.

To learn more about the fundamentals of the proposed approach to the Safe Food for Canadians Regulations approach, visit www.inspection.gc.ca/safefood



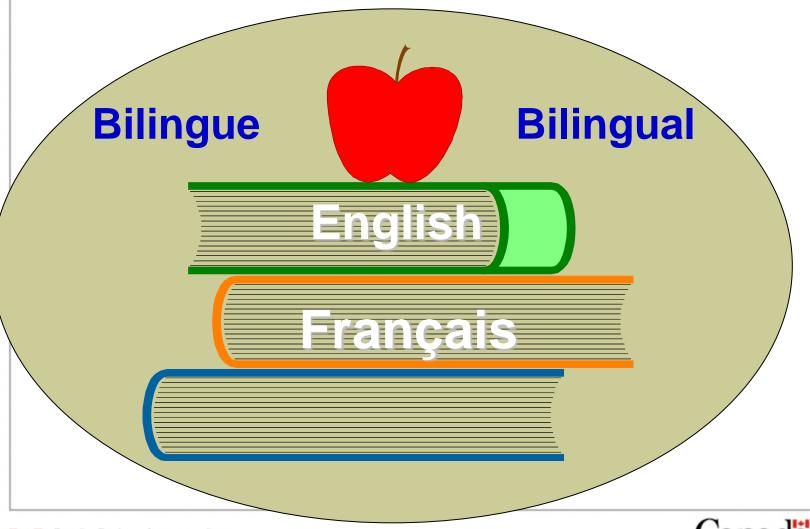
Mandatory Labelling Requirements

- Common Name
- Net Quantity
- Dealer Name and Address
- Durable life date, storage instructions
- List of Ingredients
- Nutrition Facts Table (NFT)

All mandatory label information must be clearly and prominently displayed and readily discernible to the purchaser or consumer under the customary conditions of purchase and use [A.01.016, FDR].



LANGUAGE REQUIREMENTS



Common Name

Definition

- Name prescribed by a regulation. E.g.: orange juice, sausage, chocolate, fish sticks, canned peas, wine, bread, mayonnaise, tomato paste
- ▶ If the name is not prescribed by a regulation, then the name by which the food is commonly known. E.g.: orange drink, chocolate cake, potato chips, oatmeal cookie
- Must be declared on the Principle Display Panel

Net Quantity Declaration

- The net quantity declaration must appear in metric units on the principal display panel. Minimum type heights apply.
- It should be in volume or in weight depending on the product
- Some products may carry only a count (ex. hot dog buns, dinner rolls)

*Standard container sizes may apply

Name and Address

- Can be in English or French
- May have country of origin requirements



May also have to indicate the plant where the product was manufactured







« Best Before » Date

- Must appear on foods with a durable life of 90 days or less
- Must be accompanied by the storage instructions, if different than the ambient conditions. E.g. "keep refrigerated"
- Prescribed format (B.01.007 FDR)

Best before

18 JN 28

Best before/ Meilleur avant

18 JN 28

Meilleur avant





List of Ingredients, Manner of Declaring

All ingredients and their components must be declared in decreasing order by weight, unless an exemption applies*

- B.01.009 FDR exempts some ingredients from component declaration, e.g. butter, flour, flavourings, etc.
- Some components must ALWAYS be declared,
- e.g. priority allergens, peanut oils, salt, glutamic acid and its salts, hydrolyzed plant protein, aspartame, potassium chloride etc.
- Some ingredients may appear at the end of the ingredient list, in any order
- e.g. spices, seasonings & herbs (except salt), flavours, food additives, vitamins and minerals etc.

Composition Requirements

Standards of Identity

- Composition, Strength, Potency, Quality, Other Property
- **Analytical Requirements, Limits for Ingredients & Food Additives**
- Standardized Foods

Food Additive Addition

- Prescribed by Regulation
- Policy for Differentiating Food Additives and Processing Aids
 - http://www.hc-sc.gc.ca/fn-an/pubs/policy_fa-pa-eng.php

Vitamin, Mineral Nutrient & Amino Acid Enrichment

- Prescribed by Regulation
- Mandatory vs. Optional

Novel Foods & Ingredients

- **⋄** New processes, never been used as foods, GM foods
- Require Pre-Market Assessment by Health Canada



Example of a Standardized Food:

B.11.201. [S]. (Naming the fruit) Jam

- (a) **shall** be the product obtained by processing fruit, fruit pulp, or canned fruit, by boiling to a suitable consistency with water and a sweetening ingredient;
- (b) shall contain not less than
 - (i) 45 per cent of the named fruit, and
 - (ii) 66 per cent water soluble solids as estimated by the refractometer;
- (c) may contain
 - (i) such amount of added pectin, pectinous preparation, or acid ingredient as reasonably compensates for any deficiency in the natural pectin content or acidity of the named fruit,
 - (ii) a Class II preservative,
 - (iii) a pH adjusting agent, and
 - (iv) an antifoaming agent; and
- (d) shall not contain apple or rhubarb.

Food Additives

- Any chemical substance that is added to food during preparation or storage and either becomes a part of the food or affects its characteristics for the purpose of achieving a particular technical effect
 - E.g.: anticaking agents, dough conditioners, preservatives, colouring agents, etc.
- Must be in the Lists of Permitted Food Additives posted on Health Canada's website (allowed through Marketing Authorization)

www.hc-sc.gc.ca/fn-an/securit/addit/list/index-eng.php

List of Permitted Colouring Agents (excerpt)

Item No	Column I Additive	Column 2 Permitted in or Upon	Column 3 Maximum Level of Use and Other Conditions
3	Allura Red; Amaranth; Erythrosine; Indigotine; Sunset Yellow FCF;	(1) Apple (or rhubarb) and (naming the fruit) jam; Bread; Butter; Relishes; Sherbet; Smoked fish; Tomato catsup (2) Unstandardized foods	(1) 300 p.p.m. singly or in combination in accordance with section B.06.002(2) 300 p.p.m. singly or in combination in
	Tartrazine	(3) A blend of prepared fish and prepared meat referred to in paragraph B.21.006(<i>n</i>)	accordance with section B.06.002 (3) 300 p.p.m. singly or in combination in accordance with section B.06.002
3.1	Allura Red	Lumpfish caviar	1300 p.p.m. used singly
3.2	Allura Red; Sunset Yellow FCF	Longaniza sausage	80 p.p.m. allura red in accordance with the requirements of clause B.14.032(d)(xvi)(B) and 20 p.p.m. sunset yellow FCF in accordance with the requirements of clause B.14.032(d)(xvi)(C)
3.3		Salted Anchovy; Salted scad; Salted shrimp	125 p.p.m. in accordance with the requirements of paragraph B.21.021(d)
			18

inspection agency d'inspection des aliments

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Vitamin, Mineral and Amino Acid Enrichment

The enrichment of food with vitamins, minerals and amino acids is only permitted in those foods listed in Section D.03.002 FDR

Examples:

- **♥Vitamin C in apple juice**
- Fluoride in bottled water
- **♥Vitamin D in milk**
- **♥**Folic acid in flour







"Food Allergen" Definition

Any protein from any of the following foods or any modified protein, including any protein fraction (e.g. hydrolyzed protein), that is derived from the following foods:B.01.010.1(1) FDR

- Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts
- Peanuts
- Sesame seeds
- Wheat or triticale
- Eggs
- Milk
- Soybeans
- Fish, crustaceans and shellfish
- Mustard seeds



Other: Sulphites:





"Gluten" Definition

Any gluten protein, modified protein or protein fractions from the grain of any of the following cereals or the grain of a hybridized strain created from at least one of the following cereals:

- Barley
- Oats
- Rye
- Triticale
- Wheat (all species, including kamut & spelt)

[B.01.010.1(1), FDR]







Labelling of Priority Allergens, Gluten Sources and Sulphites

For most pre-packaged products:

Added priority food allergens and gluten must be declared by their prescribed source names

and

Added sulphites when present at levels of 10 ppm or more

must be declared either:

- □ in the list of ingredients, **OR**
- in the statement: "Contains:"

*For sulphites, this means if added directly as food additives or are components of an ingredient, not exempt from component declaration, they must be declared regardless of the level.



Examples of Allergen Labelling for:



Cookies made with spelt flour, oatmeal, sugar, butter, salt, dried apricot with sulphites, baking soda, malted flavour

Example #1

Ingredients: Spelt flour (wheat), oatmeal, sugar, butter (milk), salt, dried apricots, baking soda, flavour (barley), sulphites.

Example #2

Ingredients: Spelt flour, oatmeal, sugar, butter, salt, dried apricot with sulphites, baking soda, flavour.

Contains: wheat, oats, milk, barley, sulphites





Nutrition Facts Regulations

3 PARTS :

- Diet-related Health Claims:
 - Provision for 6 claims
- Nutrient Content Claims
 - Consolidation of 47 claims in the Food and Drug Regulations
- Nutrition Labelling :
 - Requirements for availability, content and format

Health **Claims Nutrient Content Claims Nutrition Labelling**



Nutrition information

Nutrition Labelling



Nutrition Labelling

Mandatory on prepackaged foods with a few exemptions



Nutrition Labelling

Mandatory for most pre-packaged products except for: [B.01.401, FDR]

Conditional Exemption

- All nutrient & energy values may be expressed as "0"
- Beverages with more than 0.5% alc./vol.
- Raw, single-ingredient meat, poultry, fish and by-products (except ground meat and poultry)

Complete Exemption

- One bite confections sold Individually
- Milks and creams in refillable glass bottles
- prepackaged portions to be served with meals
- ***NEW fresh fruit and vegetables



NFt Loss of Conditional Exemption

- Nutritional reference, nutrient function claim, health claim, health logo/symbol/name
- "Nutrition Facts" or "Valeur(s) nutritive(s)"
- Artificial sweeteners added (aspartame, sucralose, etc.)
- Added vitamins and mineral nutrients
- Vitamins & minerals declared as components in the list of ingredients (except flour)

Nutrition Facts Table

The nutrient information is based on a specified quantity of food as sold

It includes the list of Calories and 13 nutrients

The value = the amount of the nutrient in the serving

Regulations include full size graphic representations of formats



The % Daily Value :

indicates if there is a lot or a little of the nutrient in the stated serving

Horizontal Format

Nutrition Facts Valeur nutritive

Per 1 bar (40 g) pour 1 tablette (40 g)

Calories 220

* DV = Daily Value VQ = valeur quotidienne

Amount / Teneur	% DV /% VQ*
Fat / Lipides 13 g	20 %
Saturated / saturés 5 g + Trans / trans 3.5 g	42 %
Cholesterol / Cholestéro	I 10 mg
Sodium / Sodium 70 mg	3 %
Vitamin A / Vitamine A Calcium / Calcium	2 % 6 %

Amount / Teneur %	DV / % VQ *
Carbohydrate / Glucides 2	23 g 8 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 20 g	
Protein / Protéines 3 g	
Vitamin C / Vitamine C Iron / Fer	0 % 4 %

Linear

Nutrition Facts per 1 cup (264 g): Calories 260

Fat 13 g (20 %), Saturated Fat 3 g + Trans Fat 2 g (25 %), Cholesterol 30 mg, Sodium 660 mg (28 %), Carbohydrate 31 g (10 %), Fibre 0 g (0 %), Sugars 5 g, Protein 5 g, Vit A (4 %), Vit C (2 %), Calcium (15 %), Iron (4 %). % = % Daily Value





Canada

Nutrition Facts

Serving Size 1 cup (228g) Servings Per Container 2

Amount	Per	Serving

Calories 260 Calories from Fat 120

	, o daily talled
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	

 Cholesterol 30mg
 10%

 Sodium 660mg
 28%

Total Carbohydrate 31g 10%

0%

Sugars 5g

Dietary Fiber 0g

Protein 5g

Vitamin A 4%	•	Vitamin C 2%
Calcium 15%	•	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

your carone meeta.	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 *	Carbohydrat	e4 *	Protein 4

Nutrition Facts Valeur nutritive

Per 1 cup (264g) pour 1 tasse (264g)

Amount	% Daily Value
Quantité	% valeur quotidienne

Calories / Calories 260

Fat / Lipides 13g	20%
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Saturated / saturés 3g + Trans / trans 2g 25%

Cholesterol / Cholestérol 30mg

Sodium /	Sodium	660mg	28%
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Carbohydrate / Glucides 31g 10%

Fibre / Fibres 0g	0%

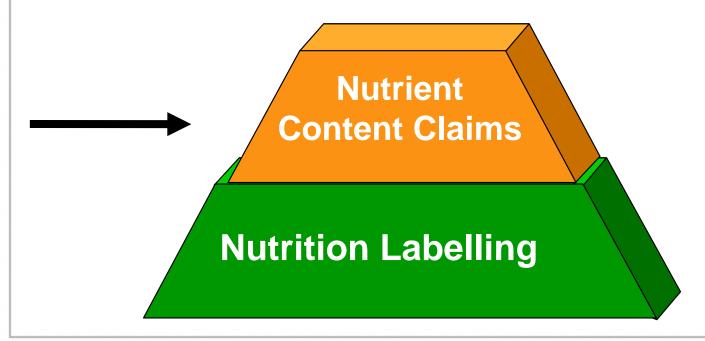
Sugars / Sucres 5g

Protein / Protéines 5g

Vitamin A / Vitamine A	4%
Vitamin C / Vitamine C	2%
Calcium / Calcium	15%
Iron / Fer	4%



Nutrition information





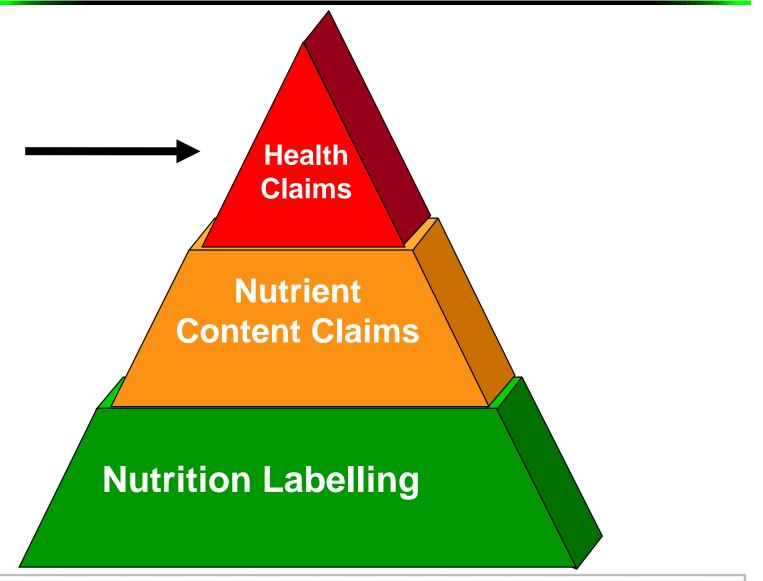


Nutrient Content Claims

Regulations:

- Consolidate 47 permitted claims in Food and Drug Regulations
- Specifies the product compositional criteria and package labelling requirements, e.g.: fat free, calorie reduced, low cholesterol
- Prohibits all other claims (expressed or implied) that characterize the level of a nutrient

Nutrition information







Health Claims

- Any representation in labelling or advertising that states, suggests or implies that a relationship exists between the consumption of a food, or an ingredient in the food, and health
- Words, Symbols, Graphics, Logos or Other Means (Name, Trade-Mark, Seal of Approval)
- Health Claim
 - Disease Risk Reduction Claims, Therapeutic Claims
 - **4** Function Claims Probiotic Claims, Nutrient Function Claims
 - General Health Claims
- Truthful, Not Misleading, Substantiated by Scientific Evidence
 - Health Canada's Guidance Document for Preparing a Submission for Food Health Claims
 - Pre-market Assessment by Health Canada
 - Some U.S. Health Claims not permitted in Canada



Organic Regulations

All organic products under the Canada Organic Regime must be certified for interprovincial and international trade by a CFIA accredited certification body

Canada has **Equivalency Agreements** with;

European Union, United States, Switzerland and Costa Rica and Japan

- Different Standards but through different means achieve the same result
- Recognized in Canada



Natural

Considers composition AND significance of processing the food has undergone

Composition:

A natural food or ingredient of a food is not expected to contain, or to ever have contained, an added vitamin, added mineral nutrient, artificial flavouring agent or food additive

Natural, cont'd

Processing:

Foods which have been significantly altered from their original physical, chemical or biological state are <u>not</u> considered to be natural (e.g. hydrogenation, removal of caffeine, fermentation-with chemical added)

List of processes that have a minimum (Annex 1) or maximum (Annex 2) effect on the natural status of foods available on the CFIA's Industry Labelling Tool

Industry Labelling Tool

Industry Labelling Tool

The Industry Labelling Tool is the food labelling reference for all food inspectors and stakeholders in Canada. It replaces the Guide to Food Labelling and Advertising, and the Decisions page to provide consolidated, reorganized and expanded labelling information. This tool provides:

- Food Products that Require a Label
- · General Principles for Labelling and Advertising
- Labelling Requirements Checklist
- Frequently Asked Questions: Industry Labelling Tool (ILT)

Core Labelling Requirements



	Bilingual Labelling
	Common Name
	Country of Origin
Date	Markings and Storage Instructions
	Identity and Principal Place
	of Business

	Irradiated Foods
	Legibility and Location
Lis	t of Ingredients and Allergens
	Net Quantity
	Nutrition Labelling
	Sweeteners

Claims and Statements



Advertising
Allergens and Gluten
Composition and Quality
Health Claims
Method of Production

Pictures, Vignettes, Logos
and Trade-marks
Organic
Origin
Nutrient Content

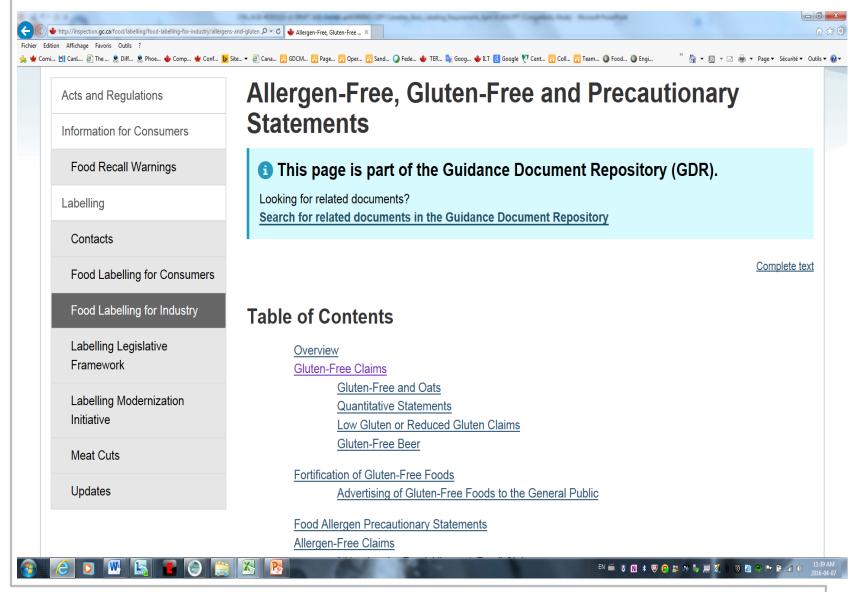
Food-Specific Labelling Requirements



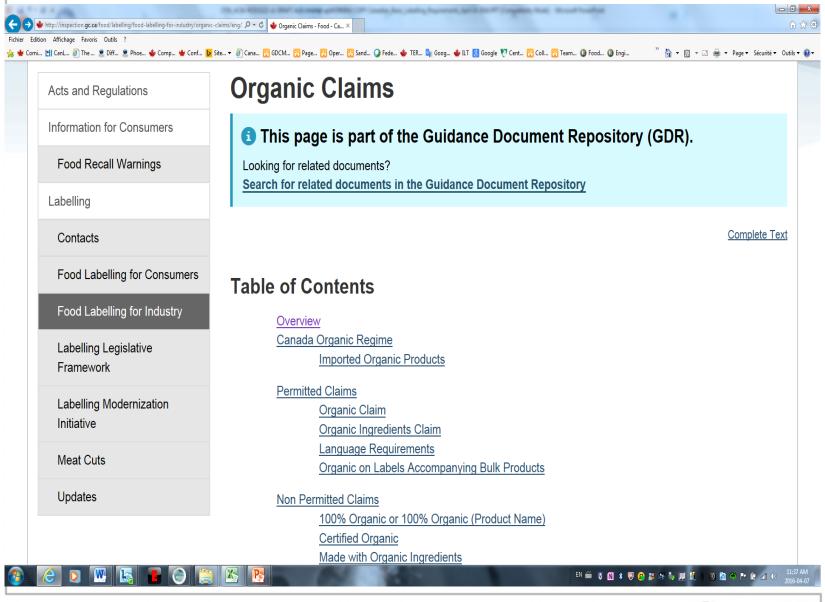
	Alcohol
	Chocolate and Cocoa
	Dairy
	Eggs-Processed
	Eggs-Shelled
	Fats and Oils
	Fish and Seafood
33	Foods for Special Dietary
F	Fresh Fruit and Vegetables

Grain and Bakery
Honey
Infant Food and Infant Formula
Maple
Meat and Poultry
Processed Products
Salt
Shipping Containers
Water and Ice

Industry Labelling Tool



Industry Labelling Tool



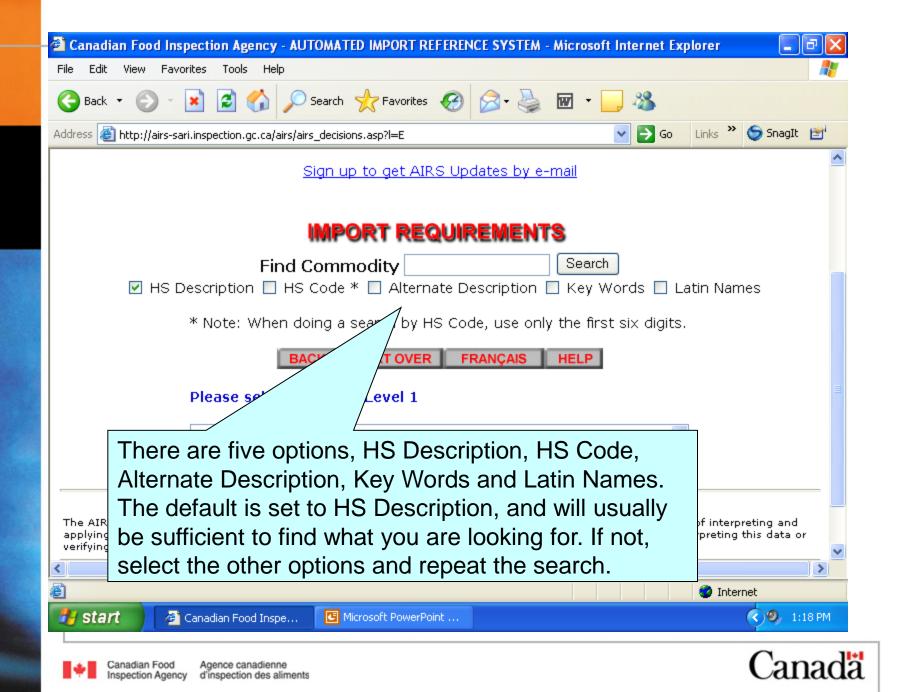
Automated Import Reference System (AIRS)

Airs is a comprehensive reference system that provides detailed information on import requirements for all Canadian Food Inspection Agency commodities

Weblink: www.inspection.gc.ca

Direct link:

http://inspection.gc.ca/food/imports/airs/eng/130 0127512994/1326599324773



Guide to Importing Foods Commercially

- Canadian Food Legislation
- Government Bodies Responsible for Imported Foods
- Importer's Responsibilities
- General Requirements for Foods
 - Health and Safety, Good Importing Practices, Composition and Labelling Requirements
- Import Requirements of Various Food Commodities
- Import Procedures and Documents
- Tariff Rate Quotas
- Contact Information
 - Government and Non-Government

http://www.inspection.gc.ca/english/fssa/imp/guide1e.shtml



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CFIA National Import Service Centres (NISC)

 Single Window of Service for import information for all food commodities

1-800-835-4486 (Canada & U.S.A.)

1-289-247-4099 (local calls and all other countries)



1-613-773-9999



www.inspection.gc.ca/english/imp/importe.shtml

Resources

Follow us on social media:



CFIA Listserv E-mail Notification Services:

www.inspection.gc.ca/stayconnected

Industry Labelling Tool:

http://inspection.gc.ca/food/labelling/food-labelling-for-industry/eng/1383607266489/1383607344939

CFIA Regional Offices (contact info):

http://inspection.gc.ca/about-thecfia/offices/eng/1313255382836/1313256130232



ONLINE SERVICES - Ask CFIA

- Information service
- One point of entry to ask questions
- Consistent, written answers to questions
- Frequently asked questions; answers on policies, programs and regulations

www.inspection.gc.ca/AskCFIA

Have a regulatory question?

Ask

CFIA

inspection.gc.ca/AskCFIA

Canadian Food Inspection Agency

Agence canadienne d'inspection des aliments Canada

Vous avez une question d'ordre réglementaire?



inspection.gc.ca/DemandezACIA



Agence canadienne

Canadian Food Inspection Agend Canada





Health Canada contacts:

- 1) Bureau of Nutritional Sciences (Nutrition Labelling, claims, proposed changes to NFT & LOI)
- 2) Bureau of Chemical Safety (Allergens, Food Additive Submissions, chemical contaminants)
- 3) Bureau of Microbial Hazards (Food Safety, Novel, GM Foods)

Food Directorate
251 Sir Frederick Banting Driveway
Tunney's Pasture
Ottawa, Ontario, K1A 0K9
Canada

Electronic Mailing Lists

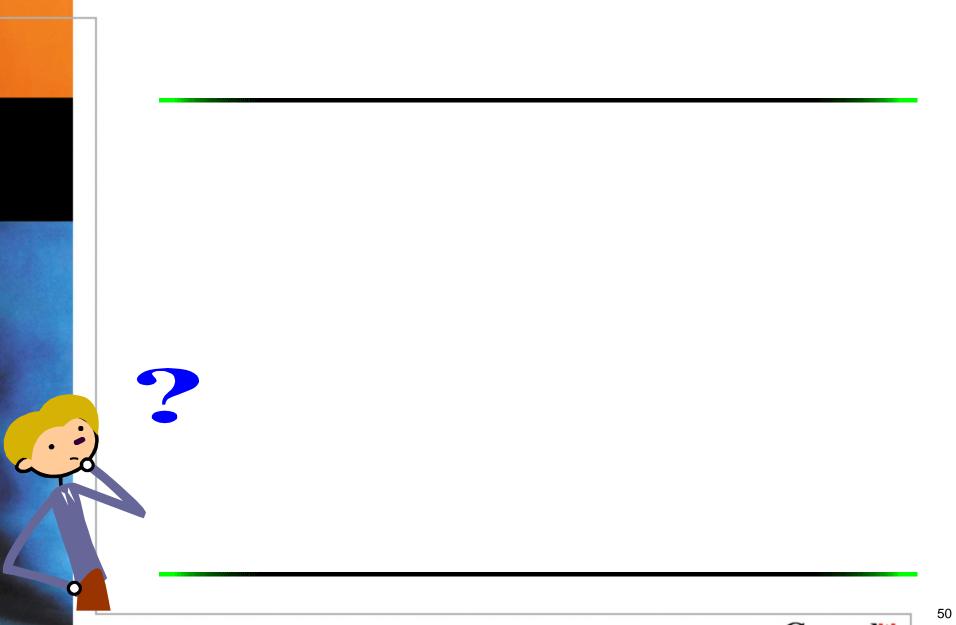
Nutrition http://www.hc-sc.gc.ca/fn-an/nutrition/listserv-eng.php

Food Additives http://www.hc-sc.gc.ca/fn-an/securit/addit/enot-add-avise-eng.php

Food Allergies http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/allergen_e-

notice_avis-eng.php





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