

Learning
About

SUGARS LABELLING

New Nutrition
Information

Health Canada released **final regulations** for food labels in December 2016 with a five-year transition period provided for food industry to make these changes, which ended in December 2021. Due to COVID-19, the time for verifying compliance has been extended to December 2023. Changes related to sugars labelling can be found on the Nutrition Facts table and List of Ingredients.

ORIGINAL

Nutrition Facts
Valeur nutritive

Per 1 cup (55 g) / Par 1 tasse (55 g)

| Amount Teneur | % Daily Value % valeur quotidienne |
|---------------------------------------|---------------------------------------|
| Calories / Calories 180 | |
| Fat / Lipides 1 g | 2 % |
| Saturated / saturés 0.2 g | |
| Trans / trans 0 g | 1 % |
| Cholesterol / Cholestérol 0 mg | |
| Sodium / Sodium 240 mg | 10 % |
| Carbohydrate / Glucides 44 g | 15 % |
| Fibre / Fibres 6 g | 24 % |
| Sugars / Sucres 15 g | |
| Protein / Protéines 4 g | |
| Vitamin A / Vitamine A | 0 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 50 % |

NEW

Nutrition Facts
Valeur nutritive

Per 1 cup (55 g)
Par 1 tasse (55 g)

| Amount Teneur | % Daily Value % valeur quotidienne |
|---|---------------------------------------|
| Calories 180 | |
| Fat / Lipides 1 g | 2 % |
| Saturated / saturés 0.2 g | 1 % |
| Trans / trans 0 g | |
| Carbohydrate / Glucides 44 g | |
| Fibre / Fibres 6 g | 21 % |
| Sugars / Sucres 15 g | 15 % |
| Protein / Protéines 4 g | |
| Cholesterol / Cholestérol 0 mg | |
| Sodium 240 mg | 10 % |
| Potassium 350 mg | 8 % |
| Calcium 30 mg | 2 % |
| Iron / Fer 9 mg | 50 % |
| *5% or less is a little , 15% or more is a lot | |
| *5% ou moins c'est peu , 15% ou plus c'est beaucoup | |

Nutrition Facts table

Key Nutrient Changes:

Increased font size for Calories

Removal of %DV for Carbohydrate.
Addition of %DV for Sugars

Changes to micronutrients
that are included on labels

New %DV footnote



Did you know?

The % Daily Value (%DV) for Sugars is based on 100 g, which is close to the average level of consumption of total sugars in Canada. It is not a recommended level of intake.

ORIGINAL

INGREDIENTS: WHOLE GRAIN WHEAT, RAISINS, WHEAT BRAN, SUGAR, MALTED CORN AND BARLEY SYRUP, SALT, SUNFLOWER OIL, CALCIUM PANTOTHENATE, IRON
CONTAINS: WHEAT, BARLEY

NEW

Ingredients: Whole grain wheat • Raisins • Sugars (Sugar, malted corn and barley syrup) • Salt • Sunflower oil • Calcium Pantothenate • Iron
Contains: Wheat • Barley

List of Ingredients

Changes to the List of Ingredients include grouping added sugars in brackets after the name 'Sugars'. Functional substitutes that act as sweetening agents such as fruit juice concentrate and maltodextrin are also grouped under "Sugars". This will make it easier for consumers to identify all the sources of sugars added to a food or beverage. The table below lists some of the common types of sugars you may find in the ingredient listing.



Did you know?

While the term "Sugars" is used in both the Nutrition Facts table and List of Ingredients, it doesn't mean the same thing.

Nutrition Facts table: The "Sugars" value includes naturally occurring sugars from fruits, vegetables, and dairy sources, *plus* sugars added to foods and beverages.

List of Ingredients: Unlike in the Nutrition Facts table, the term "Sugars" includes only sugars-based ingredients (all added sugars and functional substitutes such as fruit juice concentrate and maltodextrin), but not sugars naturally occurring in fruits, vegetables and dairy sources.

Types of Sugars-Based Ingredients Found on the Label

| Sources | Sugar cane / beet | Corn sources | Other sources |
|---------|--|---|---|
| Types | Sugar Brown sugar, golden sugar Icing sugar Invert sugar Golden syrup Turbinado sugar, demerara sugar Molasses, fancy molasses | Glucose-fructose (high fructose corn syrup) Corn syrup Corn syrup solids Dextrose Glucose High maltose corn syrup | Agave syrup Coconut sugar Date sugar Fruit juice concentrate Honey Maple syrup Rice syrup Maltodextrin (without fibre) |

*Source: Canadian Food Inspection Agency. List of ingredients and allergens.
Annex 1: Examples of sugars-based ingredients that require grouping.

Remember

Sugars ingredients do not include high-intensity sweeteners, sugar alcohols, or dextrins.

- If added, you will find high intensity, zero calorie sweeteners such as aspartame and sucralose declared in the List of Ingredients.
- Sugar alcohols are food additives, and common examples include maltitol, sorbitol, and xylitol. Sugar alcohols must be listed on a separate line beneath Carbohydrate in the Nutrition Facts table. They contribute 0.2-3 Calories/g compared to sugar, which contributes 4 Calories/g.
- Dextrins are short-chain carbohydrates produced from starch and are often used as a thickener in foods. If used as an ingredient, they will be declared in the List of Ingredients. They contribute about the same number of Calories as sugars.

Because they also contribute Calories, replacing sugars with sugar alcohols or dextrins may not result in a reduction in overall carbohydrate or calorie content, or improved nutritional profile of the reformulated product.



For more information,
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Final thoughts

To maintain a balanced diet, choose a variety of nutrient-dense foods and beverages that fit your energy needs and lifestyle. Reading labels can help you compare products for their sugars and Calorie information.