



2016 Food and Drug Regulations Amendments

On December 14th, 2016 Health Canada published final regulatory amendments to the [Food and Drug Regulations](#) in [Canada Gazette, Part II](#). The regulatory amendments came into force immediately and there will be a **transition period of 5 years from the date of this publication** to enable compliance. By **December 14, 2021**, all regulatory amendments will be required, including the use of a new Nutrition Facts Table format, when one is presented.

Important to note:

- During the five year transition period beginning on December 14, 2016, regulated parties must comply with **either** all the former **or** all the new labelling requirements; which to use is at the discretion of the user.
- It is **not** permitted to partially comply with both sets of labelling requirements.
- If a regulated party chooses to implement one or more of the new labelling requirements, it is their responsibility to ensure that all new labelling requirements are followed (E.g. Nutrition Facts Table (NFt), ingredient list, etc.)

Key amendments impacting the produce industry:

1. The exemption from the requirement for a Nutrition Facts Table (NFt) on packages of fresh fruits and vegetables, without added ingredients, when any permitted health or nutrient content claim is made.
 - Voluntary declaration of a Canadian formatted NFt is still allowed.
 - More information on current **and** former allowable health claims, nutrient content claims for fresh fruits and vegetables, and nutrition facts tables can be found at: [CFIA Food Labelling for Industry](#).
2. The addition of the following health claim for qualifying fruits and vegetables: "A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of heart disease."
 - Under the new regulations, regulated parties can include the new health claim above on all [qualifying](#) fresh fruit and vegetables, without added ingredients, without triggering any accompanying nutrition information. However, if a regulated party wishes to voluntarily include an NFt on a package **with this claim**, it must follow the requirements for the **new** format NFt. In this case, the use of the new health claim would be the trigger for use of all new labelling requirements.
3. When a **new** format NFt is presented, please note that there are changes from the previous format including:
 - Changes in the required core nutrients and required serving sizes
 - Greater emphasis on calories
 - Changes in daily values for some nutrients
 - A % Daily Value (%DV) for sugars
 - Table format changes
 - A footnote that explains how to use % DV
4. Changes in the format and legibility for the list of ingredients for multiple ingredient products

See [Food Labelling Changes](#) for more information.

Resources:

Food Labelling Changes

- [Food Labelling Changes](#), Health Canada
- [Amendments to the Food and Drug Regulations Related to Nutrition Labelling, List of Ingredients and Food Colours \(CFIA\)](#)

Nutrition Facts Tables

- **New** [Compendium of Templates: Nutrition Facts Tables and List of Ingredients](#) – Available to order
- **Former** [Compendium of Templates for Nutrition Facts Tables](#)
- [Nutrition labelling: Regulations and compliance](#)
- [Table of Reference Amounts for Food](#)
- [Directory of Nutrition Facts Table Formats](#)
- [Table of Daily Values](#)
- [CFIA Labelling for Industry – Nutrition Labelling](#)
- [CFIA Labelling for Industry – Nutrition and Health Claims](#)