



## 2016 Food and Drug Regulations Amendments

On December 14<sup>th</sup>, 2016 Health Canada published the 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 format Nutrition Facts Table when one is presented.**

**Important to note: during the five year transition period beginning on December 14, 2016, manufacturers must comply with either the former or the new labelling requirements. Manufacturers are not permitted to partially comply with both sets of labelling requirements. If a manufacturer chooses to implement one or more of the new labelling requirements, it is their responsibility to ensure that all new labelling requirements are followed as well (E.g. Nutrition Facts Table (NFt) , ingredient list etc.).**

Key amendments in the new regulations for the produce industry to note include:

- The exemption from the requirement for a Nutrition Facts Table (NFt) on packages of fresh fruits and vegetables, without added ingredients, when a permitted health or nutrient content claim is made; however voluntary declaration of a Canadian formatted NFt is still allowed. More information on **current and former** allowable Health Claims and Nutrient content claims for fresh fruits and vegetables can be found at: [CFIA Food Labelling for Industry](#)
- 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, manufacturers 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 manufacturer wishes to voluntarily include an NFt on a package with this claim, it must follow the requirements for the new format NFt set out in the new regulations.** In this case, the use of the new health claim would be the trigger for use of all new labelling requirements. (See [Food Labelling Changes](#) link below for more information)
- When a new NFt is presented, there are changes in the required core nutrients, changes in daily values for some nutrients, a % Daily Value (%DV) for sugars, table format changes and a footnote that explains how to use % DV. (See [Food Labelling Changes](#) link below for links to more information on these changes)
- Changes in the format and legibility for the list of ingredients for multiple ingredient products (See [Food Labelling Changes](#) link below for more information)

### Resources:

[Food Labelling Changes](#), Health Canada.

[Compendium of Templates: Nutrition Facts Tables and List of Ingredients](#)