



Health
Canada

Santé
Canada

Compendium of Templates for “Nutrition Facts” Tables

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Introductory Notes

1. The following requirements must be respected when creating a Figure:

- 1.1 The characters and rules in the nutrition facts table shall be displayed in a single colour that is a visual equivalent of 100% solid black type on a white background or on a uniform neutral background with a maximum 5% tint of colour (B.01.450(2)).
- 1.2 The characters in the nutrition facts table
 - Shall be displayed in a single standard sans serif font that is not decorative and in such a manner that the characters never touch each other or the rules (B.01.450(3)(a)); and
 - May be displayed with larger dimensions than those specified in the applicable figure in Schedule L if all the characters in the table are enlarged in a uniform manner (B.01.450(3)(b)).

2. Selection of the appropriate format:

2.1 Standard, Horizontal and Linear Formats (B.01.454 and B.01.461)

These are the three formats for the provision of nutrient information solely for the food as sold.

The standard format is the preferred format and is to be used when there is sufficient space. The manufacturer may choose between three different standard formats:

- Standard Format
- Narrow Standard Format
- Bilingual Standard Format

The horizontal and linear formats may only be used under the specified conditions.

2.2 Simplified Standard, Horizontal and Linear Formats (B.01.455 and B.01.462):

These are the three formats for the provision of nutrient information solely for the food as sold and when at least 7 of the calories and core nutrients may be expressed as zero (B.01.401(6)).

The simplified standard format is the preferred format to be used when there is sufficient space. The manufacturer may choose between two different simplified standard formats:

- Simplified Standard Format
- Bilingual Simplified Standard Format

The horizontal and linear formats may only be used under the specified conditions.

2.3 Dual Format - Foods Requiring Preparation (B.01.456):

This is the format for the provision of nutrient information for the food as sold and as consumed (B.01.406(5)).

The manufacturer may choose between two different dual formats:

- Dual Format – Foods Requiring Preparation
- Bilingual Dual Format – Foods Requiring Preparation

Introductory Notes

2.4 Aggregate Format – Different Kinds of Foods (B.01.457 and B.01.463):

This is the format allowed for the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods (B.01.406(2), B.01.406(3)(a) and B.01.406(4)).

The manufacturer may choose between two different aggregate formats:

- Aggregate Format – Different Kinds of Foods
- Bilingual Aggregate Format – Different Kinds of Foods

2.5 Dual Format – Different Amounts of Food and Aggregate Format – Different Amounts of Food (B.01.458, B.01.459 and B.01.464):

These are the 2 formats allowed for the provision of nutrient information on the basis of different amounts of food (B.01.406(7) and B.01.406(8)).

The manufacturer may choose between two different dual formats and two different aggregate formats:

- Dual Format – Different Amounts of Food
- Bilingual Dual Format – Different Amounts of Food
- Aggregate Format – Different Amounts of Food
- Bilingual Aggregate Format – Different Amounts of Food

3. Before selecting a version of the applicable format, it must be assured that:

- A larger version of the nutrition facts table cannot be accommodated in any orientation on:
 - 15% or less of the available display surface (ADS)
 - Any continuous surface of the package (B.01.451)
- The characters do not touch each other or the rules when printed (B.01.450(3)(a)).

4. Presentation of Additional Information

If the Nutrition Facts table includes other information than the core information, that information shall be displayed:

- In accordance with the order of presentation, the use of indents and the presentation of footnotes illustrated in Figures 18.1(E) and (F), 19.1(B), 33.1(E) and (F) or 34.1(B) (B.01.460(1)(a) and B.01.465(2)(a)).
- In respect of matters other than those referred to in paragraph above, in accordance with the format that is specified in the applicable figure (B.01.460(2)(a) and B.01.465(3)(a)).

Standard Format

- For the provision of nutrient information solely for the food as sold.

Figure 1.1

Normal width font
Heading in 13 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.1)
- If there is sufficient space

Nutrition Facts		
Per 125 mL (87 g)		
Amount	% Daily Value	
Calories 80		
Fat 0.5 g	1 %	
Saturated 0 g + Trans 0 g		
0 %		
Cholesterol 0 mg		
Sodium 0 mg		
0 %		
Carbohydrate 18 g		
6 %		
Fibre 2 g		
8 %		
Sugars 2 g		
Protein 3 g		
Vitamin A 2 %		
Vitamin C 10 %		
Calcium 0 %		
Iron 2 %		

4.7 cm x 6.5 cm = 30.6 cm²

Valeur nutritive		
par 125 mL (87 g)		
Teneur	% valeur quotidienne	
Calories 80		
Lipides 0,5 g	1 %	
saturés 0 g	0 %	
+ trans 0 g		
Cholestérol 0 mg		
Sodium 0 mg	0 %	
Glucides 18 g	6 %	
Fibres 2 g	8 %	
Sucres 2 g		
Protéines 3 g		
Vitamine A	2 %	Vitamine C 10 %
Calcium	0 %	Fer 2 %

4.7 cm x 6.5 cm = 30.6 cm²

Total surface area: 61.2 cm²

Figure 1.2

Normal width font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts		
Per 125 mL (87 g)		
Amount	% Daily Value	
Calories 80		
Fat 0.5 g	1 %	
Saturated 0 g + Trans 0 g	0 %	
Cholesterol 0 mg		
Sodium 0 mg	0 %	
Carbohydrate 19 g	6 %	
Fibre 2 g	8 %	
Sugars 2 g		
Protein 3 g		
Vitamin A	2 %	Vitamin C 8 %
Calcium	0 %	Iron 2 %

4.1 cm x 6.0 cm = 24.6 cm²

Valeur nutritive		
par 125 mL (87 g)		
Teneur	% valeur quotidienne	
Calories 80		
Lipides 0,5 g	1 %	
saturés 0 g	0 %	
+ trans 0 g		
Cholestérol 0 mg		
Sodium 0 mg	0 %	
Glucides 18 g	6 %	
Fibres 2 g	8 %	
Sucres 2 g		
Protéines 3 g		
Vitamine A	2 %	Vitamine C 8 %
Calcium	0 %	Fer 2 %

4.1 cm x 6.0 cm = 24.6 cm²

Total surface area: 49.2 cm²

Figure 1.3

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts			
Per 125 mL (87 g)			
Amount		% Daily Value	
Calories 80			
Fat 0.5 g		1 %	
Saturated 0 g + Trans 0 g		0 %	
Cholesterol 0 mg			
Sodium 0 mg		0 %	
Carbohydrate 18 g		6 %	
Fibre 2 g		8 %	
Sugars 2 g			
Protein 3 g			
Vit A		2 %	Vit C 10 %
Calcium		0 %	Iron 2 %

3.2 cm x 6.0 cm = 19.2 cm²

Valeur nutritive			
par 125 mL (87 g)			
Teneur		% valeur quotidienne	
Calories 80			
Lipides 0,5 g		1 %	
saturés 0 g + trans 0 g		0 %	
Cholestérol 0 mg			
Sodium 0 mg		0 %	
Glucides 18 g		6 %	
Fibres 2 g		8 %	
Sucres 2 g			
Protéines 3 g			
Vit A	2 %	Vit C	10 %
Calcium	0 %	Fer	2 %

3.2 cm x 6.0 cm = 19.2 cm²

Total surface area: 38.4 cm²

Standard Format

- For the provision of nutrient information solely for the food as sold.

Figure 1.4

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 10 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	
Per 1 cup (264 g)	
Amount	% Daily Value
Calories 260	
Fat 13 g	20 %
Saturated 3 g + Trans 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 %

3.0 cm x 5.5 cm = 16.5 cm²

Valeur nutritive	
par 1 tasse (264 g)	
Teneur	% valeur quotidienne
Calories 260	
Lipides 13 g	20 %
saturés 3 g + trans 2 g	25 %
Cholestérol 30 mg	
Sodium 660 mg	28 %
Glucides 31 g	10 %
Fibres 0 g	0 %
Sucres 5 g	
Protéines 5 g	
Vit A 4 %	Vit C 2 %
Calcium 15 %	Fer 4 %

3.0 cm x 5.5 cm = 16.5 cm²

Figure 1.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	
Per 1 cup (264 g)	
Amount	% Daily Value
Calories 260	
Fat 13 g	20 %
Saturated 3 g + Trans 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 %

2.9 cm x 5.5 cm = 16.0 cm²

Valeur nutritive	
par 1 tasse (264 g)	
Teneur	% valeur quotidienne
Calories 260	
Lipides 13 g	20 %
saturés 3 g + trans 2 g	25 %
Cholestérol 30 mg	
Sodium 660 mg	28 %
Glucides 31 g	10 %
Fibres 0 g	0 %
Sucres 5 g	
Protéines 5 g	
Vit A 4 %	Vit C 2 %
Calcium 15 %	Fer 4 %

2.9 cm x 5.5 cm = 16.0 cm²

Figure 1.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	
Per 1 cup (264 g)	
Amount	% Daily Value
Calories 260	
Fat 13 g	20 %
Saturated 3 g + Trans 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 %

2.8 cm x 5.1 cm = 14.3 cm²

Valeur nutritive	
par 1 tasse (264 g)	
Teneur	% valeur quotidienne
Calories 260	
Lipides 13 g	20 %
saturés 3 g + trans 2 g	25 %
Cholestérol 30 mg	
Sodium 660 mg	28 %
Glucides 31 g	10 %
Fibres 0 g	0 %
Sucres 5 g	
Protéines 5 g	
Vit A 4 %	Vit C 2 %
Calcium 15 %	Fer 4 %

2.8 cm x 5.1 cm = 14.3 cm²

Total surface area: 28.6 cm²

Narrow Standard Format

- For the provision of nutrient information solely for the food as sold.
- May be useful for packages with narrower side panels.

Figure 2.1

Normal width font
Heading in 12 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.1)
- If there is sufficient space

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% DV*
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A	2 %
Vitamin C	10 %
Calcium	0 %
Iron	2 %
* DV = Daily Value	

3.6 cm x 7.7 cm = 27.7 cm²

Valeur nutritive	
par 125 mL (87 g)	
Teneur	% VQ*
Calories 80	
Lipides 0,5 g	1 %
saturés 0 g + trans 0 g	0 %
Cholestérol 0 mg	
Sodium 0 mg	0 %
Glucides 18 g	6 %
Fibres 2 g	8 %
Sucres 2 g	
Protéines 3 g	
Vitamine A	2 %
Vitamine C	10 %
Calcium	0 %
Fer	2 %
* VQ = valeur quotidienne	

3.6 cm x 7.7 cm = 27.7 cm²

Figure 2.2

Normal width font
Heading in 11 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% DV*
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A	2 %
Vitamin C	10 %
Calcium	0 %
Iron	2 %
* DV = Daily Value	

3.3 cm x 7.1 cm = 23.4 cm²

Valeur nutritive	
par 125 mL (87 g)	
Teneur	% VQ*
Calories 80	
Lipides 0,5 g	1 %
saturés 0 g + trans 0 g	0 %
Cholestérol 0 mg	
Sodium 0 mg	0 %
Glucides 18 g	6 %
Fibres 2 g	8 %
Sucres 2 g	
Protéines 3 g	
Vitamine A	2 %
Vitamine C	10 %
Calcium	0 %
Fer	2 %
* VQ = valeur quotidienne	

3.3 cm x 7.1 cm = 23.4 cm²

Total surface area: 46.8 cm²

Narrow Standard Format

- For the provision of nutrient information solely for the food as sold.
- May be useful for packages with narrower side panels.

Figure 2.3

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% DV *
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A	2 %
Vitamin C	10 %
Calcium	0 %
Iron	2 %
* DV = Daily Value	

Valeur nutritive	
par 125 mL (87 g)	
Teneur	% VQ *
Calories 80	
Lipides 0.5 g	1 %
saturés 0 g + trans 0 g	0 %
Cholestérol 0 mg	
Sodium 0 mg	0 %
Glucides 18 g	6 %
Fibres 2 g	8 %
Sucres 2 g	
Protéines 3 g	
Vitamine A	2 %
Vitamine C	10 %
Calcium	0 %
Fer	2 %
* VQ = valeur quotidienne	

Total surface area: 39.8 cm²

2.8 cm x 7.1 cm = 19.9 cm²

2.8 cm x 7.1 cm = 19.9 cm²

Figure 2.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% DV *
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A	2 %
Vitamin C	10 %
Calcium	0 %
Iron	2 %
* DV = Daily Value	

Valeur nutritive	
par 125 mL (87 g)	
Teneur	% VQ *
Calories 80	
Lipides 0,5 g	1 %
saturés 0 g + trans 0 g	0 %
Cholestérol 0 mg	
Sodium 0 mg	0 %
Glucides 18 g	6 %
Fibres 2 g	8 %
Sucres 2 g	
Protéines 3 g	
Vitamine A	2 %
Vitamine C	10 %
Calcium	0 %
Fer	2 %
* VQ = valeur quotidienne	

Total surface area: 32.6 cm²

2.5 cm x 6.5 cm = 16.3 cm²

2.5 cm x 6.5 cm = 16.3 cm²

Bilingual Standard Format

- For the provision of nutrient information solely for the food as sold.
- May be useful when there is only one panel available for nutrition labelling.

Figure 3.1

Normal width font
Heading in 13 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.1)
- If there is sufficient space

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Total surface area: 42.1 cm²

5.2 cm x 8.1 cm = 42.1 cm²

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 80	
Lipides / Fat 0,5 g	1 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %
Cholestérol / Cholesterol 0 mg	
Sodium / Sodium 0 mg	0 %
Glucides / Carbohydrate 18 g	6 %
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
Protéines / Protein 3 g	
Vitamine A / Vitamin A	2 %
Vitamine C / Vitamin C	10 %
Calcium / Calcium	0 %
Fer / Iron	2 %

5.2 cm x 8.1 cm = 42.1 cm²

Figure 3.2

Normal width font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Total surface area: 34.5 cm²

4.6 cm x 7.5 cm = 34.5 cm²

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 80	
Lipides / Fat 0,5 g	1 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %
Cholestérol / Cholesterol 0 mg	
Sodium / Sodium 0 mg	0 %
Glucides / Carbohydrate 19 g	6 %
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
Protéines / Protein 3 g	
Vitamine A / Vitamin A	2 %
Vitamine C / Vitamin C	10 %
Calcium / Calcium	0 %
Fer / Iron	2 %

4.6 cm x 7.5 cm = 34.5 cm²

Bilingual Standard Format

- For the provision of nutrient information solely for the food as sold.
- May be useful when there is only one panel available for nutrition labelling.

Figure 3.3

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Total surface area: 30.8 cm²

4.1 cm x 7.5 cm = 30.8 cm²

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
Calories / Calories 80	
Lipides / Fat 0,5 g	1 %
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	0 %
Cholestérol / Cholesterol 0 mg	
Sodium / Sodium 0 mg	0 %
Glucides / Carbohydrate 19 g	6 %
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
Protéines / Protein 3 g	
Vitamine A / Vitamin A	2 %
Vitamine C / Vitamin C	10 %
Calcium / Calcium	0 %
Fer / Iron	2 %

4.1 cm x 7.5 cm = 30.8 cm²

Figure 3.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Total surface area: 24.5 cm²

3.6 cm x 6.8 cm = 24.5 cm²

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
Calories / Calories 80	
Lipides / Fat 0,5 g	1 %
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	0 %
Cholestérol / Cholesterol 0 mg	
Sodium / Sodium 0 mg	0 %
Glucides / Carbohydrate 19 g	6 %
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
Protéines / Protein 3 g	
Vitamine A / Vitamin A	2 %
Vitamine C / Vitamin C	10 %
Calcium / Calcium	0 %
Fer / Iron	2 %

3.6 cm x 6.8 cm = 24.5 cm²

Bilingual Standard Format

- For the provision of nutrient information solely for the food as sold.
- May be useful when there is only one panel available for nutrition labelling.

Figure 3.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 21.4 cm²

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

3.5 cm x 6.1 cm = 21.4 cm²

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
Calories / Calories 80	
Lipides / Fat 0.5 g	1 %
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	
Cholestérol / Cholesterol 0 mg	
Sodium / Sodium 0 mg	0 %
Glucides / Carbohydrate 18 g	6 %
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
Protéines / Protein 3 g	
Vitamine A / Vitamin A	2 %
Vitamine C / Vitamin C	10 %
Calcium / Calcium	0 %
Fer / Iron	2 %

3.5 cm x 6.1 cm = 21.4 cm²

Figure 3.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 20.0 cm²

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

3.5 cm x 5.7 cm = 20.0 cm²

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
Calories / Calories 80	
Lipides / Fat 0.5 g	1 %
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	
Cholestérol / Cholesterol 0 mg	
Sodium / Sodium 0 mg	0 %
Glucides / Carbohydrate 19 g	6 %
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
Protéines / Protein 3 g	
Vitamine A / Vitamin A	2 %
Vitamine C / Vitamin C	10 %
Calcium / Calcium	0 %
Fer / Iron	2 %

3.5 cm x 5.7 cm = 20.0 cm²

Figure 3.7

Condensed font
Heading in 9 point bold type
Nutrients in 6 point type
with 7 point leading
Thin rules – 0.25 point
Medium rules – 0.75 point
Thick rules – 1.5 point
Outer box – 0.25 point
Text inset – 1 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 16.8 cm²

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

3.3 cm x 5.1 cm = 16.8 cm²

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
Calories / Calories 80	
Lipides / Fat 0.5 g	1 %
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	
Cholestérol / Cholesterol 0 mg	
Sodium / Sodium 0 mg	0 %
Glucides / Carbohydrate 19 g	6 %
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
Protéines / Protein 3 g	
Vitamine A / Vitamin A	2 %
Vitamine C / Vitamin C	10 %
Calcium / Calcium	0 %
Fer / Iron	2 %

3.3 cm x 5.1 cm = 16.8 cm²

Bilingual Horizontal Format

- For the provision of nutrient information solely for the food as sold.
- If none of the versions of the standard and narrow standard formats and none of the figures 3.1(B), 3.2(B), 3.3(B) and 3.4(B) of the bilingual standard format can be accommodated without the content of the package leaking out or being damaged when turned over.

Figure 4.1

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See note at top of page)
- If there is sufficient space

Nutrition Facts	Amount / Teneur	% DV / % VQ *	Amount / Teneur	% DV / % VQ *
Valeur nutritive	Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 23 g	8 %
Per 1 bar (40 g) pour 1 tablette (40 g)	Saturated / saturés 5 g + Trans / trans 3.5 g	42 %	Fibre / Fibres 0 g	0 %
Calories 220	Cholesterol / Cholestérol 10 mg		Sugars / Sucres 20 g	
	Sodium / Sodium 70 mg	3 %	Protein / Protéines 3 g	
* DV = Daily Value VQ = valeur quotidienne	Vitamin A / Vitamine A	2 %	Vitamin C / Vitamine C	0 %
	Calcium / Calcium	6 %	Iron / Fer	4 %

10.8 cm x 3.2 cm = 34.6 cm²

Valeur nutritive	Teneur / Amount	% VQ / % DV *	Teneur / Amount	% VQ / % DV *
Nutrition Facts	Lipides / Fat 13 g	20 %	Glucides / Carbohydrate 23 g	8 %
pour 1 tablette (40 g) Per 1 bar (40 g))	saturés / Saturated 5 g + trans / Trans 3,5 g	42 %	Fibres / Fibre 0 g	0 %
Calories 220	Cholestérol / Cholesterol 10 mg		Sucres / Sugars 20 g	
	Sodium / Sodium 70 mg	3 %	Protéines / Protein 3 g	
* VQ = valeur quotidienne DV = Daily Value	Vitamine A / Vitamin A	2 %	Vitamine C / Vitamin C	0 %
	Calcium / Calcium	6 %	Fer / Iron	4 %

10.8 cm x 3.2 cm = 34.6 cm²

Total surface area: 34.6 cm²

Figure 4.2

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	Amount / Teneur	% DV / % VQ *	Amount / Teneur	% DV / % VQ *
Valeur nutritive	Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 23 g	10 %
Per 1 bar pour 1 tablette	Saturated / saturés 8 g + Trans / trans 0 g	39 %	Fibre / Fibres 0 g	0 %
Calories 220	Cholesterol / Cholestérol 10 mg		Sugars / Sucres 20 g	
	Sodium / Sodium 70 mg	3 %	Protein / Protéines 3 g	
* DV = Daily Value VQ = Valeur quotidienne	Vitamin A / Vitamine A	2 %	Calcium / Calcium	6 %
	Vitamin C / Vitamine C	0 %	Iron / Fer	4 %

9.6 cm x 2.9 cm = 27.8 cm²

Valeur nutritive	Quantité / Teneur	% VQ / % DV *	Quantité / Teneur	% VQ / % DV *
Nutrition Facts	Lipides / Fat 13 g	20 %	Glucides / Carbohydrate 23 g	10 %
pour 1 tablette Per 1 bar	saturés / Saturated 8 g + trans / Trans 0 g	39 %	Fibres / Fibre 0 g	0 %
Calories 220	Cholestérol / Cholesterol 10 mg		Sucres / Sugars 20 g	
	Sodium / Sodium 70 mg	3 %	Protéines / Protein 3 g	
* VQ = Valeur quotidienne DV = Daily Value	Vitamine A / Vitamin A	2 %	Calcium / Calcium	6 %
	Vitamine C / Vitamin C	0 %	Fer / Iron	4 %

9.6 cm x 2.9 cm = 27.8 cm²

Total surface area: 27.8 cm²

Bilingual Horizontal Format

- For the provision of nutrient information solely for the food as sold.
- If none of the versions of the standard and narrow standard formats and none of the figures 3.1(B), 3.2(B), 3.3(B) and 3.4(B) of the bilingual standard format can be accommodated without the content of the package leaking out or being damaged when turned over.

Figure 4.3

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	Amount / Teneur	% DV / % VQ *	Amount / Teneur	% DV / % VQ *
Valeur nutritive	Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 23 g	10 %
Per 1 bar (40 g)	Saturated / saturés 5 g	42 %	Fibre / Fibres 0 g	0 %
pour 1 tablette (40 g)	+ Trans / trans 3.5 g		Sugars / Sucres 20 g	
Calories 220	Cholesterol / Cholestérol 10 mg		Protein / Protéines 3 g	
	Sodium / Sodium 70 mg	3 %		
* % Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %				

9.3 cm x 2.5 cm = 23.3 cm²

Valeur nutritive	Teneur / Amount	% VQ / % DV *	Teneur / Amount	% VQ / % DV *
Nutrition Facts	Lipides / Fat 13 g	20 %	Glucides / Carbohydrate 23 g	10 %
pour 1 tablette (40 g)	saturés / Saturated 5 g	42 %	Fibres / Fibre 0 g	0 %
Per 1 bar (40 g)	+ trans / Trans 3.5 g		Sucres / Sugars 20 g	
Calories 220	Cholestérol / Cholesterol 10 mg		Protéines / Protein 3 g	
	Sodium / Sodium 70 mg	3 %		
* % valeur quotidienne / % Daily Value : Vit A 2 % • Vit C 0 % • Calcium 6 % • Fer / Iron 4 %				

9.3 cm x 2.5 cm = 23.3 cm²

Total surface area: 23.3 cm²

Figure 4.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	Amount / Teneur	% DV / % VQ *	Amount / Teneur	% DV / % VQ *
Valeur nutritive	Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 23 g	10 %
Per 1 bar	Saturated / saturés 5 g	42 %	Fibre / Fibres 0 g	0 %
pour 1 tablette	+ Trans / trans 3.5 g		Sugars / Sucres 20 g	
Calories 220	Cholesterol / Cholestérol 10 mg		Protein / Protéines 3 g	
	Sodium / Sodium 70 mg	3 %		
* % Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %				

9.7 cm x 2.3 cm = 22.3 cm²

Valeur nutritive	Teneur / Amount	% VQ / % DV *	Teneur / Amount	% VQ / % DV *
Nutrition Facts	Lipides / Fat 13 g	20 %	Glucides / Carbohydrate 23 g	10 %
pour 1 tablette	saturés / Saturated 5 g	42 %	Fibres / Fibre 0 g	0 %
Per 1 bar	+ trans / Trans 3.5 g		Sucres / Sugars 20 g	
Calories 220	Cholestérol / Cholesterol 10 mg		Protéines / Protein 3 g	
	Sodium / Sodium 70 mg	3 %		
* % valeur quotidienne / % Daily Value : Vit A 2 % • Vit C 0 % • Calcium 6 % • Fer / Iron 4 %				

9.7 cm x 2.3 cm = 22.3 cm²

Total surface area: 22.3 cm²

Figure 4.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	Amount / Teneur	% DV / % VQ *	Amount / Teneur	% DV / % VQ *	% DV / % VQ *
Valeur nutritive	Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 23 g	10 %	Vit A 2 %
Per 1 bar (40 g)	Saturated / saturés 5 g	42 %	Fibre / Fibres 0 g	0 %	Vit C 0 %
pour 1 tablette (40 g)	+ Trans / trans 3.5 g		Sugars / Sucres 20 g		Calcium 6 %
Calories 220	Cholesterol / Cholestérol 10 mg		Protein / Protéines 3 g		Iron / Fer 4 %
	Sodium / Sodium 70 mg	3 %			
* DV = Daily Value / VQ = valeur quotidienne					

10.9 cm x 1.9 cm = 20.7 cm²

Valeur nutritive	Teneur / Amount	% VQ / % DV *	Teneur / Amount	% VQ / % DV *	% VQ / % DV *
Nutrition Facts	Lipides / Fat 13 g	20 %	Glucides / Carbohydrate 23 g	10 %	Vit A 2 %
pour 1 tablette (40 g)	saturés / Saturated 5 g	42 %	Fibres / Fibre 0 g	0 %	Vit C 0 %
Per 1 bar (40 g)	+ trans / Trans 3.5 g		Sucres / Sugars 20 g		Calcium 6 %
Calories 220	Cholestérol / Cholesterol 10 mg		Protéines / Protein 3 g		Fer / Iron 4 %
	Sodium / Sodium 70 mg	3 %			
* VQ = valeur quotidienne / DV = Daily Value					

10.9 cm x 1.9 cm = 20.7 cm²

Total surface area: 20.7 cm²

Simplified Standard Format

- For the provision of nutrient information solely for the food as sold.
- If at least 7 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.401(6)).

Figure 5.1

Normal width font
Heading in 13 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.2)
- If there is sufficient space

Total surface area: 31.0 cm²

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
Calories 5	
Fat 0 g	0 %
Carbohydrate 2 g	1 %
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

3.6 cm x 4.3 cm = 15.5 cm²

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
Calories 5	
Lipides 0 g	0 %
Glucides 2 g	1 %
Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

3.6 cm x 4.3 cm = 15.5 cm²

Figure 5.2

Normal width font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Total surface area: 29.6 cm²

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
Calories 5	
Fat 0 g	0 %
Carbohydrate 2 g	1 %
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

3.6 cm x 4.1 cm = 14.8 cm²

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
Calories 5	
Lipides 0 g	0 %
Glucides 2 g	1 %
Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

3.6 cm x 4.1 cm = 14.8 cm²

Figure 5.3

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Total surface area: 26.2 cm²

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
Calories 5	
Fat 0 g	0 %
Carbohydrate 2 g	1 %
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

3.2 cm x 4.1 cm = 13.1 cm²

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
Calories 5	
Lipides 0 g	0 %
Glucides 2 g	1 %
Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

3.2 cm x 4.1 cm = 13.1 cm²

Simplified Standard Format

- For the provision of nutrient information solely for the food as sold.
- If at least 7 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.401(6)).

Figure 5.4

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 10 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 25.0 cm²

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
Calories 5	
Fat 0 g	0 %
Carbohydrate 2 g	1 %
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

3.2 cm x 3.9 cm = 12.5 cm²

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
Calories 5	
Lipides 0 g	0 %
Glucides 2 g	1 %
Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

3.2 cm x 3.9 cm = 12.5 cm²

Figure 5.5

Condensed width font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Total surface area: 23.8 cm²

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
Calories 5	
Fat 0 g	0 %
Carbohydrate 2 g	1 %
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

2.9 cm x 4.1 cm = 11.9 cm²

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
Calories 5	
Lipides 0 g	0 %
Glucides 2 g	1 %
Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

2.9 cm x 4.1 cm = 11.9 cm²

Figure 5.6

Condensed width font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 22.6 cm²

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
Calories 5	
Fat 0 g	0 %
Carbohydrate 2 g	1 %
Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

2.9 cm x 3.9 cm = 11.3 cm²

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
Calories 5	
Lipides 0 g	0 %
Glucides 2 g	1 %
Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

2.9 cm x 3.9 cm = 11.3 cm²

Bilingual Simplified Standard Format

- For the provision of nutrient information solely for the food as sold.
- If at least 7 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.401(6)).
- May be useful when there is only one panel available for nutrition labelling.

Figure 6.1

Normal width font
Heading in 13 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.2)
- If there is sufficient space

Nutrition Facts Valeur nutritive	
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 5	
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 2 g	1 %
Protein / Protéines 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

4.7 cm x 5.9 cm = 27.7 cm²

Valeur nutritive Nutrition Facts	
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)	
Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 5	
Lipides / Fat 0 g	0 %
Glucides / Carbohydrate 2 g	1 %
Protéines / Protein 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

4.7 cm x 5.9 cm = 27.7 cm²

Figure 6.2

Normal width font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 5	
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 2 g	1 %
Protein / Protéines 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

4.5 cm x 5.7 cm = 25.7 cm²

Valeur nutritive Nutrition Facts	
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)	
Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 5	
Lipides / Fat 0 g	0 %
Glucides / Carbohydrate 2 g	1 %
Protéines / Protein 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

4.5 cm x 5.7 cm = 25.7 cm²

Figure 6.3

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 5	
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 2 g	1 %
Protein / Protéines 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

4.0 cm x 5.7 cm = 22.8 cm²

Valeur nutritive Nutrition Facts	
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)	
Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 5	
Lipides / Fat 0 g	0 %
Glucides / Carbohydrate 2 g	1 %
Protéines / Protein 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

4.0 cm x 5.7 cm = 22.8 cm²

Total surface area: 22.8 cm²

Bilingual Simplified Standard Format

- For the provision of nutrient information solely for the food as sold.
- If at least 7 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.401(6)).
- May be useful when there is only one panel available for nutrition labelling.

Figure 6.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	
Valeur nutritive	
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 5	
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 2 g	1 %
Protein / Protéines 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

3.3 cm x 5.8 cm = 19.1 cm²

Valeur nutritive	
Nutrition Facts	
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
Calories / Calories 5	
Lipides / Fat 0 g	0 %
Glucides / Carbohydrate 2 g	1 %
Protéines / Protein 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

3.3 cm x 5.8 cm = 19.1 cm²

Figure 6.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	
Valeur nutritive	
Per 355 mL / par 355 mL	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 152	
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 39 g	13 %
Protein / Protéines 0 g	
Not a significant source of other nutrients.	
Source négligeable d'autres éléments nutritifs.	

3.3 cm x 4.4 cm = 14.5 cm²

Valeur nutritive	
Nutrition Facts	
par 355 mL / Per 355 mL	
Teneur	% valeur quotidienne
Amount	% Daily Value
Calories / Calories 152	
Lipides / Fat 0 g	0 %
Glucides / Carbohydrate 39 g	13 %
Protéines / Protein 0 g	
Source négligeable d'autres éléments nutritifs.	
Not a significant source of other nutrients.	

3.3 cm x 4.4 cm = 14.5 cm²

Figure 6.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	
Valeur nutritive	
Per 355 mL / par 355 mL	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 152	
Fat / Lipides 0 g	0 %
Carbohydrate / Glucides 39 g	13 %
Protein / Protéines 0 g	
Not a significant source of other nutrients.	
Source négligeable d'autres éléments nutritifs.	

3.3 cm x 4.2 cm = 13.9 cm²

Valeur nutritive	
Nutrition Facts	
par 355 mL / Per 355 mL	
Teneur	% valeur quotidienne
Amount	% Daily Value
Calories / Calories 152	
Lipides / Fat 0 g	0 %
Glucides / Carbohydrate 39 g	13 %
Protéines / Protein 0 g	
Source négligeable d'autres éléments nutritifs.	
Not a significant source of other nutrients.	

3.3 cm x 4.2 cm = 13.9 cm²

Total surface area: 13.9 cm²

Bilingual Simplified Horizontal Format

- For the provision of nutrient information solely for the food as sold.
- If at least 7 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.401(6)).
- If none of the versions of the simplified standard format and none of the figures 6.1(B), 6.2(B), 6.3(B) and 6.4(B) of the bilingual simplified standard format can be accommodated without the content of the package leaking out or being damaged when turned over.

Figure 7.1

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See note at top of page)
- If there is sufficient space

Nutrition Facts Valeur nutritive	Amount Teneur	% Daily Value % valeur quotidienne
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	Fat / Lipides 0 g	0 %
Calories 5	Carbohydrate / Glucides 2 g	1 %
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	Protein / Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.		

8.0 cm x 3.0 cm = 24.0 cm²

Valeur nutritive Nutrition Facts	Teneur Amount	% valeur quotidienne % Daily Value
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)	Lipides / Fat 0 g	0 %
Calories 5	Glucides / Carbohydrate 2 g	1 %
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	Protéines / Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.		

8.0 cm x 3.0 cm = 24.0 cm²

Total surface area: 24.0 cm²

Figure 7.2

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	Amount Teneur	% Daily Value % valeur quotidienne
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	Fat / Lipides 0 g	0 %
Calories 5	Carbohydrate / Glucides 2 g	1 %
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	Protein / Protéines 0 g	
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.		

8.0 cm x 2.7 cm = 21.6 cm²

Valeur nutritive Nutrition Facts	Teneur Amount	% valeur quotidienne % Daily Value
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)	Lipides / Fat 0 g	0 %
Calories 5	Glucides / Carbohydrate 2 g	1 %
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	Protéines / Protein 0 g	
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.		

8.0 cm x 2.7 cm = 21.6 cm²

Total surface area: 21.6 cm²

Bilingual Simplified Horizontal Format

- For the provision of nutrient information solely for the food as sold.
- If at least 7 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.401(6)).
- If none of the versions of the simplified standard format and none of the figures 6.1(B), 6.2(B), 6.3(B) and 6.4(B) of the bilingual simplified standard format can be accommodated without the content of the package leaking out or being damaged when turned over.

Figure 7.3

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 13.3 cm²

Nutrition Facts Valeur nutritive	Amount Teneur	% Daily Value % valeur quotidienne
Per 355 mL / par 355 mL	Fat / Lipides 0 g	0 %
Calories 152	Carbohydrate / Glucides 39 g	13 %
Not a significant source of other nutrients.	Protein / Protéines 0 g	
Source négligeable d'autres éléments nutritifs.		

5.8 cm x 2.3 cm = 13.3 cm²

Valeur nutritive Nutrition Facts	Teneur Amount	% valeur quotidienne % Daily Value
par 355 mL / Per 355 mL	Lipides / Fat 0 g	0 %
Calories 152	Glucides / Carbohydrate 39 g	13 %
Source négligeable d'autres éléments nutritifs.	Protéines / Protein 0 g	
	Not a significant source of other nutrients.	

5.8 cm x 2.3 cm = 13.3 cm²

Figure 7.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 13.3 cm²

Nutrition Facts Valeur nutritive	Amount Teneur	% Daily Value % valeur quotidienne
Per 355 mL / par 355 mL	Fat / Lipides 0 g	0 %
Calories 152	Carbohydrate / Glucides 39 g	13 %
Not a significant source of other nutrients.	Protein / Protéines 0 g	
Source négligeable d'autres éléments nutritifs.		

5.8 cm x 2.3 cm = 13.3 cm²

Valeur nutritive Nutrition Facts	Teneur Amount	% valeur quotidienne % Daily Value
par 355 mL / Per 355 mL	Lipides / Fat 0 g	0 %
Calories 152	Glucides / Carbohydrate 39 g	13 %
Source négligeable d'autres éléments nutritifs.	Protéines / Protein 0 g	
	Not a significant source of other nutrients.	

5.8 cm x 2.3 cm = 13.3 cm²

Dual Format – Foods Requiring Preparation

- For the provision of nutrient information both for the food as sold and for the food as consumed.

Figure 8.1

Normal width font
Heading in 13 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.3)
- If there is sufficient space

Nutrition Facts		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
Calories	100	140
% Daily Value		
Fat 2 g*	3 %	3 %
Saturated 1 g + Trans 1 g	10 %	10 %
Cholesterol 0 mg		
Sodium 80 mg	3 %	6 %
Carbohydrate 20 g	7 %	9 %
Fibre 1 g	4 %	4 %
Sugars 14 g		
Protein 4 g		
Vitamin A	0 %	6 %
Vitamin C	0 %	2 %
Calcium	0 %	15 %
Iron	2 %	2 %
* Amount in dry mix † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

Valeur nutritive		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
Calories	100	140
% valeur quotidienne		
Lipides 2 g*	3 %	3 %
saturés 1 g + trans 1 g	10 %	10 %
Cholestérol 0 mg		
Sodium 80 mg	3 %	6 %
Glucides 20 g	7 %	9 %
Fibres 1 g	4 %	4 %
Sucres 14 g		
Protéines 4 g		
Vitamine A	0 %	6 %
Vitamine C	0 %	2 %
Calcium	0 %	15 %
Fer	2 %	2 %
* Teneur de la poudre † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 85.6 cm²

4.7 cm x 9.1 cm = 42.8 cm²

4.7 cm x 9.1 cm = 42.8 cm²

Figure 8.2

Normal width font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
Calories	100	140
% Daily Value		
Fat 2 g*	3 %	3 %
Saturated 1 g + Trans 1 g	10 %	10 %
Cholesterol 0 mg		
Sodium 80 mg	3 %	6 %
Carbohydrate 20 g	7 %	9 %
Fibre 1 g	4 %	4 %
Sugars 14 g		
Protein 4 g		
Vitamin A	0 %	6 %
Vitamin C	0 %	2 %
Calcium	0 %	15 %
Iron	2 %	2 %
* Amount in dry mix † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

Valeur nutritive		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
Calories	100	140
% valeur quotidienne		
Lipides 2 g*	3 %	3 %
saturés 1 g + trans 1 g	10 %	10 %
Cholestérol 0 mg		
Sodium 80 mg	3 %	6 %
Glucides 20 g	7 %	9 %
Fibres 1 g	4 %	4 %
Sucres 14 g		
Protéines 4 g		
Vitamine A	0 %	6 %
Vitamine C	0 %	2 %
Calcium	0 %	15 %
Fer	2 %	2 %
* Teneur de la poudre † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 73.2 cm²

4.3 cm x 8.5 cm = 36.6 cm²

4.3 cm x 8.5 cm = 36.6 cm²

Dual Format – Foods Requiring Preparation

- For the provision of nutrient information both for the food as sold and for the food as consumed.

Figure 8.3

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
Calories	100	140
% Daily Value		
Fat 2 g*	3 %	3 %
Saturated 1 g + Trans 1 g	10 %	10 %
Cholesterol 0 mg		
Sodium 80 mg	3 %	6 %
Carbohydrate 20 g	7 %	9 %
Fibre 1 g	4 %	4 %
Sugars 14 g		
Protein 4 g		
Vitamine A	0 %	6 %
Vitamine C	0 %	2 %
Calcium	0 %	15 %
Iron	2 %	2 %
* Amount in dry mix † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

Valeur nutritive		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
Calories	100	140
% valeur quotidienne		
Lipides 2 g*	3 %	3 %
saturés 1 g + trans 1 g	10 %	10 %
Cholestérol 0 mg		
Sodium 80 mg	3 %	6 %
Glucides 20 g	7 %	9 %
Fibres 1 g	4 %	4 %
Sucres 14 g		
Protéines 4 g		
Vitamine A	0 %	6 %
Vitamine C	0 %	2 %
Calcium	0 %	15 %
Fer	2 %	2 %
* Teneur de la poudre † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 65.4 cm²

3.8 cm x 8.6 cm = 32.7 cm²

3.8 cm x 8.6 cm = 32.7 cm²

Figure 8.4

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 10 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
Calories	100	140
% Daily Value		
Fat 2 g*	3 %	3 %
Saturated 1 g + Trans 1 g	10 %	10 %
Cholesterol 0 mg		
Sodium 80 mg	3 %	6 %
Carbohydrate 20 g	7 %	9 %
Fibre 1 g	4 %	4 %
Sugars 14 g		
Protein 4 g		
Vitamine A	0 %	6 %
Vitamine C	0 %	2 %
Calcium	0 %	15 %
Iron	2 %	2 %
* Amount in dry mix † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

Valeur nutritive		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
Calories	100	140
% valeur quotidienne		
Lipides 2 g*	3 %	3 %
saturés 1 g + trans 1 g	10 %	10 %
Cholestérol 0 mg		
Sodium 80 mg	3 %	6 %
Glucides 20 g	7 %	9 %
Fibres 1 g	4 %	4 %
Sucres 14 g		
Protéines 4 g		
Vitamine A	0 %	6 %
Vitamine C	0 %	2 %
Calcium	0 %	15 %
Fer	2 %	2 %
* Teneur de la poudre † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 60.8 cm²

3.8 cm x 8.0 cm = 30.4 cm²

3.8 cm x 8.0 cm = 30.4 cm²

Dual Format – Foods Requiring Preparation

- For the provision of nutrient information both for the food as sold and for the food as consumed.

Figure 8.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
Calories	100	140
% Daily Value		
Fat 2 g*	3 %	3 %
Saturated 1 g + Trans 1 g	10 %	10 %
Cholesterol 0 mg		
Sodium 80 mg	3 %	6 %
Carbohydrate 20 g	7 %	9 %
Fibre 1 g	4 %	4 %
Sugars 14 g		
Protein 4 g		
Vitamin A	0 %	6 %
Vitamin C	0 %	2 %
Calcium	0 %	15 %
Iron	2 %	2 %
* Amount in dry mix † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

Valeur nutritive		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
Calories	100	140
% valeur quotidienne		
Lipides 2 g*	3 %	3 %
saturés 1 g + trans 1 g	10 %	10 %
Cholestérol 0 mg		
Sodium 80 mg	3 %	6 %
Glucides 20 g	7 %	9 %
Fibres 1 g	4 %	4 %
Sucres 14 g		
Protéines 4 g		
Vitamine A	0 %	6 %
Vitamine C	0 %	2 %
Calcium	0 %	15 %
Fer	2 %	2 %
* Teneur de la poudre † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 55.0 cm²

3.4 cm x 8.1 cm = 27.5 cm²

3.4 cm x 8.1 cm = 27.5 cm²

Figure 8.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
Calories	100	140
% Daily Value		
Fat 2 g*	3 %	3 %
Saturated 1 g + Trans 1 g	10 %	10 %
Cholesterol 0 mg		
Sodium 80 mg	3 %	6 %
Carbohydrate 20 g	7 %	9 %
Fibre 1 g	4 %	4 %
Sugars 14 g		
Protein 4 g		
Vitamin A	0 %	6 %
Vitamin C	0 %	2 %
Calcium	0 %	15 %
Iron	2 %	2 %
* Amount in dry mix † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

Valeur nutritive		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
Calories	100	140
% valeur quotidienne		
Lipides 2 g*	3 %	3 %
saturés 1 g + trans 1 g	10 %	10 %
Cholestérol 0 mg		
Sodium 80 mg	3 %	6 %
Glucides 20 g	7 %	9 %
Fibres 1 g	4 %	4 %
Sucres 14 g		
Protéines 4 g		
Vitamine A	0 %	6 %
Vitamine C	0 %	2 %
Calcium	0 %	15 %
Fer	2 %	2 %
* Teneur de la poudre † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 51.6 cm²

3.4 cm x 7.6 cm = 25.8 cm²

3.4 cm x 7.6 cm = 25.8 cm²

Bilingual Dual Format – Foods Requiring Preparation

- For the provision of nutrient information both for the food as sold and for the food as consumed.
- May be useful when there is only one panel available for nutrition labelling.

Figure 9.1

Normal width font
Heading in 13 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.3)
- If there is sufficient space

Nutrition Facts / Valeur nutritive		
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g)		
About 1/2 cup prepared / environ 1/2 tasse préparé		
Amount Teneur	Dry Mix Poudre	Prepared† Préparé†
Calories / Calories	100	140
% Daily Value / % valeur quotidienne		
Fat / Lipides 2 g*	3 %	3 %
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Carbohydrate / Glucides 20 g	7 %	9 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	2 %
Calcium / Calcium	0 %	15 %
Iron / Fer	2 %	2 %
* Amount in dry mix / Teneur de la poudre		
† 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. / 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 67.7 cm²

7.2 cm x 9.4 cm = 67.7 cm²

Valeur nutritive / Nutrition Facts		
pour 1/4 d'emballage (22 g) / Per 1/4 package (22 g)		
environ 1/2 tasse préparé / About 1/2 cup prepared		
Teneur Amount	Poudre Dry Mix	Préparé† Prepared†
Calories / Calories	100	140
% valeur quotidienne / % Daily Value		
Lipides / Fat 2 g*	3 %	3 %
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Glucides / Carbohydrate 20 g	7 %	9 %
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
Protéines / Protein 4 g		
Vitamine A / Vitamin A	0 %	6 %
Vitamine C / Vitamin C	0 %	2 %
Calcium / Calcium	0 %	15 %
Fer / Iron	2 %	2 %
* Teneur de la poudre / Amount in dry mix		
† 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines. / 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

7.2 cm x 9.4 cm = 67.7 cm²

Figure 9.2

Normal width font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive		
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g)		
About 1/2 cup prepared / environ 1/2 tasse préparé		
Amount Teneur	Dry Mix Poudre	Prepared† Préparé†
Calories / Calories	100	140
% Daily Value / % valeur quotidienne		
Fat / Lipides 2 g*	3 %	3 %
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Carbohydrate / Glucides 20 g	7 %	9 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	2 %
Calcium / Calcium	0 %	15 %
Iron / Fer	2 %	2 %
* Amount in dry mix / Teneur de la poudre		
† 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. / 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 63.4 cm²

7.2 cm x 8.8 cm = 63.4 cm²

Valeur nutritive / Nutrition Facts		
pour 1/4 d'emballage (22 g) / Per 1/4 package (22 g)		
environ 1/2 tasse préparé / About 1/2 cup prepared		
Teneur Amount	Poudre Dry Mix	Préparé† Prepared†
Calories / Calories	100	140
% valeur quotidienne / % Daily Value		
Lipides / Fat 2 g*	3 %	3 %
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Glucides / Carbohydrate 20 g	7 %	9 %
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
Protéines / Protein 4 g		
Vitamine A / Vitamin A	0 %	6 %
Vitamine C / Vitamin C	0 %	2 %
Calcium / Calcium	0 %	15 %
Fer / Iron	2 %	2 %
* Teneur de la poudre / Amount in dry mix		
† 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines. / 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

7.2 cm x 8.8 cm = 63.4 cm²

Bilingual Dual Format – Foods Requiring Preparation

- For the provision of nutrient information both for the food as sold and for the food as consumed.
- May be useful when there is only one panel available for nutrition labelling.

Figure 9.3

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive		
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g) About 1/2 cup prepared / environ 1/2 tasse préparé		
Amount Teneur	Dry Mix Poudre	Prepared† Préparé†
Calories / Calories	100	140
% Daily Value / % valeur quotidienne		
Fat / Lipides 2 g*	3 %	3 %
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Carbohydrate / Glucides 20 g	7 %	9 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	2 %
Calcium / Calcium	0 %	15 %
Iron / Fer	2 %	2 %
* Amount in dry mix / Teneur de la poudre † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. / 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 56.3 cm²

6.4 cm x 8.8 cm = 56.3 cm²

Valeur nutritive / Nutrition Facts		
pour 1/4 d'emballage (22 g) / Per 1/4 package (22 g) environ 1/2 tasse préparé / About 1/2 cup prepared		
Teneur Amount	Poudre Dry Mix	Préparé† Prepared†
Calories / Calories	100	140
% valeur quotidienne / % Daily Value		
Lipides / Fat 2 g*	3 %	3 %
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Glucides / Carbohydrate 20 g	7 %	9 %
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
Protéines / Protein 4 g		
Vitamine A / Vitamin A	0 %	6 %
Vitamine C / Vitamin C	0 %	2 %
Calcium / Calcium	0 %	15 %
Fer / Iron	2 %	2 %
* Teneur de la poudre / Amount in dry mix † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines. / 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

6.4 cm x 8.8 cm = 56.3 cm²

Figure 9.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive		
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g) About 1/2 cup prepared / environ 1/2 tasse préparé		
Amount Teneur	Dry Mix Poudre	Prepared† Préparé†
Calories / Calories	100	140
% Daily Value / % valeur quotidienne		
Fat / Lipides 2 g*	3 %	3 %
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Carbohydrate / Glucides 20 g	7 %	9 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	2 %
Calcium / Calcium	0 %	15 %
Iron / Fer	2 %	2 %
* Amount in dry mix / Teneur de la poudre † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 43.7 cm²

5.2 cm x 8.4 cm = 43.7 cm²

Valeur nutritive / Nutrition Facts		
pour 1/4 d'emballage (22 g) / Per 1/4 package (22 g) environ 1/2 tasse préparé / About 1/2 cup prepared		
Teneur Amount	Poudre Dry Mix	Préparé† Prepared†
Calories / Calories	100	140
% valeur quotidienne / % Daily Value		
Lipides / Fat 2 g*	3 %	3 %
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Glucides / Carbohydrate 20 g	7 %	9 %
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
Protéines / Protein 4 g		
Vitamine A / Vitamin A	0 %	6 %
Vitamine C / Vitamin C	0 %	2 %
Calcium / Calcium	0 %	15 %
Fer / Iron	2 %	2 %
* Teneur de la poudre / Amount in dry mix † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines. 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

5.2 cm x 8.4 cm = 43.7 cm²

Bilingual Dual Format – Foods Requiring Preparation

- For the provision of nutrient information both for the food as sold and for the food as consumed.
- May be useful when there is only one panel available for nutrition labelling.

Figure 9.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive		
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g) About 1/2 cup prepared / environ 1/2 tasse préparé		
Amount Teneur	Dry Mix Poudre	Prepared† Préparé†
Calories	100	140
% Daily Value / % valeur quotidienne		
Fat / Lipides 2 g*	3 %	3 %
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Carbohydrate / Glucides 20 g	7 %	9 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	2 %
Calcium / Calcium	0 %	15 %
Iron / Fer	2 %	2 %
* Amount in dry mix / Teneur de la poudre † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 40.0 cm²

5.2 cm x 7.7 cm = 40.0 cm²

Valeur nutritive / Nutrition Facts		
pour 1/4 d'emballage (22 g) / Per 1/4 package (22 g) environ 1/2 tasse préparé / About 1/2 cup prepared		
Teneur Amount	Poudre Dry Mix	Préparé† Prepared†
Calories	100	140
% valeur quotidienne / % Daily Value		
Lipides / Fat 2 g*	3 %	3 %
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Glucides / Carbohydrate 20 g	7 %	9 %
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
Protéines / Protein 4 g		
Vitamine A / Vitamin A	0 %	6 %
Vitamine C / Vitamin C	0 %	2 %
Calcium / Calcium	0 %	15 %
Fer / Iron	2 %	2 %
* Teneur de la poudre / Amount in dry mix † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines. 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

5.2 cm x 7.7 cm = 40.0 cm²

Figure 9.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive		
Per 1/4 package (22 g) / pour 1/4 d'emballage (22 g) About 1/2 cup prepared / environ 1/2 tasse préparé		
Amount Teneur	Dry Mix Poudre	Prepared† Préparé†
Calories	100	140
% Daily Value / % valeur quotidienne		
Fat / Lipides 2 g*	3 %	3 %
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Carbohydrate / Glucides 20 g	7 %	9 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	2 %
Calcium / Calcium	0 %	15 %
Iron / Fer	2 %	2 %
* Amount in dry mix / Teneur de la poudre † 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein. 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines.		

Total surface area: 38.5 cm²

5.2 cm x 7.4 cm = 38.5 cm²

Valeur nutritive / Nutrition Facts		
pour 1/4 d'emballage (22 g) / Per 1/4 package (22 g) environ 1/2 tasse préparé / About 1/2 cup prepared		
Teneur Amount	Poudre Dry Mix	Préparé† Prepared†
Calories	100	140
% valeur quotidienne / % Daily Value		
Lipides / Fat 2 g*	3 %	3 %
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 80 mg	3 %	6 %
Glucides / Carbohydrate 20 g	7 %	9 %
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
Protéines / Protein 4 g		
Vitamine A / Vitamin A	0 %	6 %
Vitamine C / Vitamin C	0 %	2 %
Calcium / Calcium	0 %	15 %
Fer / Iron	2 %	2 %
* Teneur de la poudre / Amount in dry mix † 1/2 tasse de lait écrémé ajoute 40 Calories, 65 mg sodium, 6 g glucides (6 g sucres) et 4 g protéines. 1/2 cup skim milk adds 40 Calories, 65 mg sodium, 6 g carbohydrate (6 g sugars) and 4 g protein.		

5.2 cm x 7.4 cm = 38.5 cm²

Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.

Figure 10.1

Normal width font
Heading in 10 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.4)
- If there is sufficient space

Nutrition Facts	Regular		Apple & Cinnamon		Maple & Brown Sugar	
	(35 g)		(35 g)		(35 g)	
Per 1 pouch	Amount	% DV*	Amount	% DV*	Amount	% DV*
Calories	110		140		130	
Fat	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholesterol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sugars	1 g		8 g		9 g	
Protein	4 g		4 g		3 g	
Vitamin A		0 %		0 %		0 %
Vitamin C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Iron		6 %		6 %		6 %

* DV = Daily Value

Total surface area: 133.8 cm²

8.8 cm x 7.6 cm = 66.9 cm²

Valeur nutritive	Ordinaire		Pomme et cannelle		Érable et cassonade	
	(35 g)		(35 g)		(35 g)	
pour 1 sachet	Teneur	% VQ*	Teneur	% VQ*	Teneur	% VQ*
Calories	110		140		130	
Lipides	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholestérol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sucres	1 g		8 g		9 g	
Protéines	4 g		4 g		3 g	
Vitamine A		0 %		0 %		0 %
Vitamine C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Fer		6 %		6 %		6 %

* VQ = valeur quotidienne

8.8 cm x 7.6 cm = 66.9 cm²

Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.

Figure 10.2

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use
• See introductory note 3

Nutrition Facts		Regular		Apple & Cinnamon		Maple & Brown Sugar	
Per 1 pouch		(35 g)		(35 g)		(35 g)	
		Amount	% DV*	Amount	% DV*	Amount	% DV*
Calories		110		140		130	
Fat		2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans		0 g	0 %	0 g	0 %	0 g	0 %
Cholesterol		0 mg		0 mg		0 mg	
Sodium		220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate		19 g	6 %	26 g	9 %	27 g	9 %
Fibre		3 g	12 %	3 g	12 %	3 g	12 %
Sugars		1 g		8 g		9 g	
Protein		4 g		4 g		3 g	
Vitamin A			0 %		0 %		0 %
Vitamin C			0 %		0 %		0 %
Calcium			2 %		2 %		2 %
Iron			6 %		6 %		6 %
* DV = Daily Value							

Total surface area: 125.0 cm²

8.8 cm x 7.1 cm = 62.5 cm²

Valeur nutritive		Ordinaire		Pomme et cannelle		Érable et cassonade	
pour 1 sachet		(35 g)		(35 g)		(35 g)	
		Teneur	% VQ*	Teneur	% VQ*	Teneur	% VQ*
Calories		110		140		130	
Lipides		2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans		0 g	0 %	0 g	0 %	0 g	0 %
Cholestérol		0 mg		0 mg		0 mg	
Sodium		220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides		19 g	6 %	26 g	9 %	27 g	9 %
Fibres		3 g	12 %	3 g	12 %	3 g	12 %
Sucres		1 g		8 g		9 g	
Protéines		4 g		4 g		3 g	
Vitamine A			0 %		0 %		0 %
Vitamine C			0 %		0 %		0 %
Calcium			2 %		2 %		2 %
Fer			6 %		6 %		6 %
* VQ = valeur quotidienne							

8.8 cm x 7.1 cm = 62.5 cm²

Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.

Figure 10.3

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	Regular		Apple & Cinnamon		Maple & Brown Sugar	
	(35 g)		(35 g)		(35 g)	
Per 1 pouch	Amount	% DV *	Amount	% DV *	Amount	% DV *
Calories	110		140		130	
Fat	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholesterol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sugars	1 g		8 g		9 g	
Protein	4 g		4 g		3 g	
Vitamin A		0 %		0 %		0 %
Vitamin C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Iron		6 %		6 %		6 %

* DV = Daily Value

Total surface area: 112.2 cm²

7.9 cm x 7.1 cm = 56.1 cm²

Valeur nutritive	Ordinaire		Pomme et cannelle		Érable et cassonade	
	(35 g)		(35 g)		(35 g)	
pour 1 sachet	Teneur	% VQ *	Teneur	% VQ *	Teneur	% VQ *
Calories	110		140		130	
Lipides	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholestérol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sucres	1 g		8 g		9 g	
Protéines	4 g		4 g		3 g	
Vitamine A		0 %		0 %		0 %
Vitamine C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Fer		6 %		6 %		6 %

* VQ = valeur quotidienne

7.9 cm x 7.1 cm = 56.1 cm²

Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.

Figure 10.4

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 10 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	Regular		Apple & Cinnamon		Maple & Brown Sugar	
Per 1 pouch	(35 g)		(35 g)		(35 g)	
	Amount	% DV *	Amount	% DV *	Amount	% DV *
Calories	110		140		130	
Fat	2 g	3 %	2 g	3 %	1 g	2 %
Saturated	0 g	0 %	0 g	0 %	0 g	0 %
+ Trans	0 g		0 g		0 g	
Cholesterol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sugars	1 g		8 g		9 g	
Protein	4 g		4 g		3 g	
Vitamin A		0 %		0 %		0 %
Vitamin C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Iron		6 %		6 %		6 %

* DV = Daily Value

Total surface area: 104.2 cm²

7.9 cm x 6.6 cm = 52.1 cm²

Valeur nutritive	Ordinaire		Pomme et cannelle		Érable et cassonade	
pour 1 sachet	(35 g)		(35 g)		(35 g)	
	Teneur	% VQ *	Teneur	% VQ *	Teneur	% VQ *
Calories	110		140		130	
Lipides	2 g	3 %	2 g	3 %	1 g	2 %
saturés	0 g	0 %	0 g	0 %	0 g	0 %
+ trans	0 g		0 g		0 g	
Cholestérol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sucres	1 g		8 g		9 g	
Protéines	4 g		4 g		3 g	
Vitamine A		0 %		0 %		0 %
Vitamine C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Fer		6 %		6 %		6 %

* VQ = valeur quotidienne

7.9 cm x 6.6 cm = 52.1 cm²

Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.

Figure 10.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	Regular		Apple & Cinnamon		Maple & Brown Sugar	
	(35 g)		(35 g)		(35 g)	
	Amount	% DV *	Amount	% DV *	Amount	% DV *
Calories	110		140		130	
Fat	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholesterol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sugars	1 g		8 g		9 g	
Protein	4 g		4 g		3 g	
Vitamin A		0 %		0 %		0 %
Vitamin C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Iron		6 %		6 %		6 %
* DV = Daily Value						

Total surface area: 98.8 cm²

7.6 cm x 6.5 cm = 49.4 cm²

Valeur nutritive	Ordinaire		Pomme et cannelle		Érable et cassonade	
	(35 g)		(35 g)		(35 g)	
	Teneur	% VQ *	Teneur	% VQ *	Teneur	% VQ *
Calories	110		140		130	
Lipides	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholestérol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sucres	1 g		8 g		9 g	
Protéines	4 g		4 g		3 g	
Vitamine A		0 %		0 %		0 %
Vitamine C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Fer		6 %		6 %		6 %
* VQ = valeur quotidienne						

7.6 cm x 6.5 cm = 49.4 cm²

Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.

Figure 10.6

- Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text
- When to Use**
- See introductory note 3
 - More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	Regular		Apple & Cinnamon		Maple & Brown Sugar	
	(35 g)		(35 g)		(35 g)	
	Amount	% DV *	Amount	% DV *	Amount	% DV *
Calories	110		140		130	
Fat	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholesterol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sugars	1 g		8 g		9 g	
Protein	4 g		4 g		3 g	
Vitamin A		0 %		0 %		0 %
Vitamin C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Iron		6 %		6 %		6 %
* DV = Daily Value						

Total surface area: 91.2 cm²

7.6 cm x 6.0 cm = 45.6 cm²

Valeur nutritive	Ordinaire		Pomme et cannelle		Érable et cassonade	
	(35 g)		(35 g)		(35 g)	
	Teneur	% VQ *	Teneur	% VQ *	Teneur	% VQ *
Calories	110		140		130	
Lipides	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholestérol	0 mg		0 mg		0 mg	
Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sucres	1 g		8 g		9 g	
Protéines	4 g		4 g		3 g	
Vitamine A		0 %		0 %		0 %
Vitamine C		0 %		0 %		0 %
Calcium		2 %		2 %		2 %
Fer		6 %		6 %		6 %
* VQ = valeur quotidienne						

7.6 cm x 6.0 cm = 45.6 cm²

Bilingual Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 11.1

Normal width font
Heading in 10 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.4)
- If there is sufficient space

Nutrition Facts / Valeur nutritive						
Per 1 pouch pour 1 sachet	Regular Ordinaire (35 g)		Apple & Cinnamon Pomme et cannelle (35 g)		Maple & Brown Sugar Érable et cassonade (35 g)	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	110		140		130	
Fat / Lipides	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans	0 g 0 g	0 %	0 g 0 g	0 %	0 g 0 g	0 %
Cholesterol / Cholestérol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate / Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibre / Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sugars / Sucres	1 g		8 g		9 g	
Protein / Protéines	4 g		4 g		3 g	
Vitamin A / Vitamine A		0 %		0 %		0 %
Vitamin C / Vitamine C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Iron / Fer		6 %		6 %		6 %
* DV = Daily Value / VQ = valeur quotidienne						

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 87.4 cm²

10.4 cm x 8.4 cm = 87.4 cm²

Valeur nutritive / Nutrition Facts							
pour 1 sachet Per 1 pouch		Ordinaire Regular (35 g)		Pomme et cannelle Apple & Cinnamon (35 g)		Érable et cassonade Maple & Brown Sugar (35 g)	
		Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
Calories / Calories		110		140		130	
Lipides / Fat		2 g	3 %	2 g	3 %	1 g	2 %
saturés / Saturated + trans / Trans		0 g 0 g	0 %	0 g 0 g	0 %	0 g 0 g	0 %
Cholestérol / Cholesterol		0 mg		0 mg		0 mg	
Sodium / Sodium		220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides / Carbohydrate		19 g	6 %	26 g	9 %	27 g	9 %
Fibres / Fibre		3 g	12 %	3 g	12 %	3 g	12 %
Sucres / Sugars		1 g		8 g		9 g	
Protéines / Protein		4 g		4 g		3 g	
Vitamine A / Vitamin A			0 %		0 %		0 %
Vitamine C / Vitamin C			0 %		0 %		0 %
Calcium / Calcium			2 %		2 %		2 %
Fer / Iron			6 %		6 %		6 %
* VQ = valeur quotidienne / DV = Daily Value							

* VQ = valeur quotidienne / DV = Daily Value

10.4 cm x 8.4 cm = 87.4 cm²

Bilingual Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 11.2

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive						
Per 1 pouch pour 1 sachet	Regular Ordinaire (35 g)		Apple & Cinnamon Pomme et cannelle (35 g)		Maple & Brown Sugar Érable et cassonade (35 g)	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	110		140		130	
Fat / Lipides	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans	0 g 0 g	0 %	0 g 0 g	0 %	0 g 0 g	0 %
Cholesterol / Cholestérol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate / Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibre / Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sugars / Sucres	1 g		8 g		9 g	
Protein / Protéines	4 g		4 g		3 g	
Vitamin A / Vitamine A		0 %		0 %		0 %
Vitamin C / Vitamine C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Iron / Fer		6 %		6 %		6 %
* DV = Daily Value / VQ = valeur quotidienne						

Total surface area: 77.2 cm²

9.9 cm x 7.8 cm = 77.2 cm²

Valeur nutritive / Nutrition Facts							
pour 1 sachet Per 1 pouch		Ordinaire Regular (35 g)		Pomme et cannelle Apple & Cinnamon (35 g)		Érable et cassonade Maple & Brown Sugar (35 g)	
		Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
Calories / Calories		110		140		130	
Lipides / Fat		2 g	3 %	2 g	3 %	1 g	2 %
saturés / Saturated + trans / Trans		0 g 0 g	0 %	0 g 0 g	0 %	0 g 0 g	0 %
Cholestérol / Cholesterol		0 mg		0 mg		0 mg	
Sodium / Sodium		220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides / Carbohydrate		19 g	6 %	26 g	9 %	27 g	9 %
Fibres / Fibre		3 g	12 %	3 g	12 %	3 g	12 %
Sucres / Sugars		1 g		8 g		9 g	
Protéines / Protein		4 g		4 g		3 g	
Vitamine A / Vitamin A			0 %		0 %		0 %
Vitamine C / Vitamin C			0 %		0 %		0 %
Calcium / Calcium			2 %		2 %		2 %
Fer / Iron			6 %		6 %		6 %
* VQ = valeur quotidienne / DV = Daily Value							

9.9 cm x 7.8 cm = 77.2 cm²

Bilingual Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 11.3

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive						
Per 1 pouch pour 1 sachet	Regular Ordinaire (35 g)		Apple & Cinnamon Pomme et cannelle (35 g)		Maple & Brown Sugar Érable et cassonade (35 g)	
	Amount Teneur	% DV * % VQ *	Amount Teneur	% DV * % VQ *	Amount Teneur	% DV * % VQ *
Calories / Calories	110		140		130	
Fat / Lipides	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans	0 g 0 g	0 %	0 g 0 g	0 %	0 g 0 g	0 %
Cholesterol / Cholestérol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate / Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibre / Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sugars / Sucres	1 g		8 g		9 g	
Protein / Protéines	4 g		4 g		3 g	
Vitamin A / Vitamine A		0 %		0 %		0 %
Vitamin C / Vitamine C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Iron / Fer		6 %		6 %		6 %
* DV = Daily Value / VQ = valeur quotidienne						

Total surface area: 70.3 cm²

8.9 cm x 7.9 cm = 70.3 cm²

Valeur nutritive / Nutrition Facts						
Per 1 pouch pour 1 sachet	Ordinaire Regular (35 g)		Pomme et cannelle Apple & Cinnamon (35 g)		Érable et cassonade Maple & Brown Sugar (35 g)	
	Teneur Amount	% VQ * % DV *	Teneur Amount	% VQ * % DV *	Teneur Amount	% VQ * % DV *
Calories / Calories	110		140		130	
Lipides / Fat	2 g	3 %	2 g	3 %	1 g	2 %
saturés / Saturated + trans / Trans	0 g 0 g	0 %	0 g 0 g	0 %	0 g 0 g	0 %
Cholestérol / Cholesterol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides / Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibres / Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sucres / Sugars	1 g		8 g		9 g	
Protéines / Protein	4 g		4 g		3 g	
Vitamine A / Vitamin A		0 %		0 %		0 %
Vitamine C / Vitamin C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Fer / Iron		6 %		6 %		6 %
* VQ = valeur quotidienne / DV = Daily Value						

8.9 cm x 7.9 cm = 70.3 cm²

Bilingual Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 11.4

Condensed font
 Heading in 10 point bold type
 Nutrients in 6 point type
 with 10 point leading
 Thin rules – 0.5 point
 Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive						
Per 1 pouch pour 1 sachet	Regular Ordinaire		Apple & Cinnamon Pomme et cannelle		Maple & Brown Sugar Érable et cassonade	
	(35 g)		(35 g)		(35 g)	
	Amount Teneur	% DV * % VQ *	Amount Teneur	% DV * % VQ *	Amount Teneur	% DV * % VQ *
Calories / Calories	110		140		130	
Fat / Lipides	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans	0 g 0 g	0 %	0 g 0 g	0 %	0 g 0 g	0 %
Cholesterol / Cholestérol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate / Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibre / Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sugars / Sucres	1 g		8 g		9 g	
Protein / Protéines	4 g		4 g		3 g	
Vitamin A / Vitamine A		0 %		0 %		0 %
Vitamin C / Vitamine C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Iron / Fer		6 %		6 %		6 %
* DV = Daily Value / VQ = valeur quotidienne						

Total surface area: 61.3 cm²

8.4 cm x 7.3 cm = 61.3 cm²

Valeur nutritive / Nutrition Facts						
pour 1 sachet Per 1 pouch	Ordinaire Regular		Pomme et cannelle Apple & Cinnamon		Érable et cassonade Maple & Brown Sugar	
	(35 g)		(35 g)		(35 g)	
	Teneur Amount	% VQ * % DV *	Teneur Amount	% VQ * % DV *	Teneur Amount	% VQ * % DV *
Calories / Calories	110		140		130	
Lipides / Fat	2 g	3 %	2 g	3 %	1 g	2 %
saturés / Saturated + trans / Trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholestérol / Cholesterol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides / Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibres / Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sucres / Sugars	1 g		8 g		9 g	
Protéines / Protein	4 g		4 g		3 g	
Vitamine A / Vitamin A		0 %		0 %		0 %
Vitamine C / Vitamin C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Fer / Iron		6 %		6 %		6 %
* VQ = valeur quotidienne / DV = Daily Value						

8.4 cm x 7.3 cm = 61.3 cm²

Bilingual Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 11.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive						
Per 1 pouch pour 1 sachet	Regular Ordinaire		Apple & Cinnamon Pomme et cannelle		Maple & Brown Sugar Érable et cassonade	
	(35 g)		(35 g)		(35 g)	
	Amount Teneur	% DV* % VQ *	Amount Teneur	% DV* % VQ *	Amount Teneur	% DV* % VQ *
Calories / Calories	110		140		130	
Fat / Lipides	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans	0 g	0 %	0 g	0 %	0 g	0 %
Cholesterol / Cholestérol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate / Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibre / Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sugars / Sucres	1 g		8 g		9 g	
Protein / Protéines	4 g		4 g		3 g	
Vitamin A / Vitamine A		0 %		0 %		0 %
Vitamin C / Vitamine C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Iron / Fer		6 %		6 %		6 %
* DV = Daily Value / VQ = valeur quotidienne						

Total surface area: 52.7 cm²

8.1 cm x 6.5 cm = 52.7 cm²

Valeur nutritive / Nutrition Facts							
pour 1 sachet Per 1 pouch		Ordinaire Regular (35 g)		Pomme et cannelle Apple & Cinnamon (35 g)		Érable et cassonade Maple & Brown Sugar (35 g)	
	Teneur Amount	% VQ * % DV *		Teneur Amount	% VQ * % DV *	Teneur Amount	% VQ * % DV *
Calories / Calories	110			140		130	
Lipides / Fat	2 g	3 %		2 g	3 %	1 g	2 %
saturés / Saturate + trans / Trans	0 g	0 %		0 g	0 %	0 g	0 %
Cholestérol / Cholesterol	0 mg			0 mg		0 mg	
Sodium / Sodium	220 mg	9 %		310 mg	13 %	200 mg	8 %
Glucides / Carbohydrate	19 g	6 %		26 g	9 %	27 g	9 %
Fibres / Fibre	3 g	12 %		3 g	12 %	3 g	12 %
Sucres / Sugars	1 g			8 g		9 g	
Protéines / Protein	4 g			4 g		3 g	
Vitamine A / Vitamin A		0 %			0 %		0 %
Vitamine C / Vitamin C		0 %			0 %		0 %
Calcium / Calcium		2 %			2 %		2 %
Fer / Iron		6 %			6 %		6 %
* VQ = valeur quotidienne / DV = Daily Value							

8.1 cm x 6.5 cm = 52.7 cm²

Bilingual Aggregate Format – Different Kinds of Foods

- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 11.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive						
Per 1 pouch pour 1 sachet	Regular Ordinaire (35 g)		Apple & Cinnamon Pomme et cannelle (35 g)		Maple & Brown Sugar Érable et cassonade (35 g)	
	Amount Teneur	% DV * % VQ *	Amount Teneur	% DV * % VQ *	Amount Teneur	% DV * % VQ *
Calories / Calories	110		140		130	
Fat / Lipides	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés	0 g	0 %	0 g	0 %	0 g	0 %
+ Trans / trans	0 g		0 g		0 g	
Cholesterol / Cholestérol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Carbohydrate / Glucides	19 g	6 %	26 g	9 %	27 g	9 %
Fibre / Fibres	3 g	12 %	3 g	12 %	3 g	12 %
Sugars / Sucres	1 g		8 g		9 g	
Protein / Protéines	4 g		4 g		3 g	
Vitamin A / Vitamine A		0 %		0 %		0 %
Vitamin C / Vitamine C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Iron / Fer		6 %		6 %		6 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 51.0 cm²

8.1 cm x 6.3 cm = 51.0 cm²

Valeur nutritive / Nutrition Facts						
Per 1 pouch pour 1 sachet	Ordinaire Regular (35 g)		Pomme et cannelle Apple & Cinnamon (35 g)		Érable et cassonade Maple & Brown Sugar (35 g)	
	Teneur Amount	% VQ * % DV *	Teneur Amount	% VQ * % DV *	Teneur Amount	% VQ * % DV *
Calories / Calories	110		140		130	
Lipides / Fat	2 g	3 %	2 g	3 %	1 g	2 %
saturés / Saturated	0 g	0 %	0 g	0 %	0 g	0 %
+ trans / Trans	0 g		0 g		0 g	
Cholestérol / Cholesterol	0 mg		0 mg		0 mg	
Sodium / Sodium	220 mg	9 %	310 mg	13 %	200 mg	8 %
Glucides / Carbohydrate	19 g	6 %	26 g	9 %	27 g	9 %
Fibres / Fibre	3 g	12 %	3 g	12 %	3 g	12 %
Sucres / Sugars	1 g		8 g		9 g	
Protéines / Protein	4 g		4 g		3 g	
Vitamine A / Vitamin A		0 %		0 %		0 %
Vitamine C / Vitamin C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Fer / Iron		6 %		6 %		6 %

* VQ = valeur quotidienne / DV = Daily Value

8.1 cm x 6.3 cm = 51.0 cm²

Dual Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.

Figure 12.1

Normal width font
Heading in 13 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.5)
- If there is sufficient space

Nutrition Facts			
Per 1 tablespoon (15 mL)			
Amount	15 mL	125 mL	
Calories	15	120	
% Daily Value			
Fat 0 g*	0 %	4 %	
Saturated 0 g + Trans 0 g	0 %	8 %	
Cholesterol 0 mg			
Sodium 17 mg	1 %	6 %	
Carbohydrate 2 g	1 %	5 %	
Fibre 0 g	0 %	0 %	
Sugars 2 g			
Protein 1 g			
Vitamin A	2 %	10 %	
Vitamin C	4 %	35 %	
Calcium	4 %	35 %	
Iron	0 %	2 %	
* Amount in 15 mL			

4.4 cm x 8.0 cm = 35.2 cm²

Valeur nutritive			
pour 1 cuillère à soupe (15 mL)			
Teneur	15 mL	125 mL	
Calories	15	120	
% valeur quotidienne			
Lipides 0 g*	0 %	4 %	
saturés 0 g + trans 0 g	0 %	8 %	
Cholestérol 0 mg			
Sodium 17 mg	1 %	6 %	
Glucides 2 g	1 %	5 %	
Fibres 0 g	0 %	0 %	
Sucres 2 g			
Protéines 1 g			
Vitamine A	2 %	10 %	
Vitamine C	4 %	35 %	
Calcium	4 %	35 %	
Fer	0 %	2 %	
* Teneur pour 15 mL			

4.4 cm x 8.0 cm = 35.2 cm²

Figure 12.2

Normal width font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts			
Per 1 tablespoon (15 mL)			
Amount	15 mL	125 mL	
Calories	15	120	
% Daily Value			
Fat 0 g*	0 %	4 %	
Saturated 0 g + Trans 0 g	0 %	8 %	
Cholesterol 0 mg			
Sodium 17 mg	1 %	6 %	
Carbohydrate 2 g	1 %	5 %	
Fibre 0 g	0 %	0 %	
Sugars 2 g			
Protein 1 g			
Vitamin A	2 %	10 %	
Vitamin C	4 %	35 %	
Calcium	4 %	35 %	
Iron	0 %	2 %	
* Amount in 15 mL			

3.9 cm x 7.6 cm = 29.6 cm²

Valeur nutritive			
pour 1 cuillère à soupe (15 mL)			
Teneur	15 mL	125 mL	
Calories	15	120	
% valeur quotidienne			
Lipides 0 g*	0 %	4 %	
saturés 0 g + trans 0 g	0 %	8 %	
Cholestérol 0 mg			
Sodium 17 mg	1 %	6 %	
Glucides 2 g	1 %	5 %	
Fibres 0 g	0 %	0 %	
Sucres 2 g			
Protéines 1 g			
Vitamine A	2 %	10 %	
Vitamine C	4 %	35 %	
Calcium	4 %	35 %	
Fer	0 %	2 %	
* Teneur pour 15 mL			

3.9 cm x 7.6 cm = 29.6 cm²

Total surface area: 59.2 cm²

Dual Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.

Figure 12.3

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts		
Per 1 tablespoon (15 mL)		
Amount	15 mL	125 mL
Calories	15	120
% Daily Value		
Fat 0 g*	0 %	4 %
Saturated 0 g + Trans 0 g	0 %	8 %
Cholesterol 0 mg		
Sodium 17 mg	1 %	6 %
Carbohydrate 2 g	1 %	5 %
Fibre 0 g	0 %	0 %
Sugars 2 g		
Protein 1 g		
Vitamine A	2 %	10 %
Vitamine C	4 %	35 %
Calcium	4 %	35 %
Iron	0 %	2 %
* Amount in 15 mL		

Total surface area: 52.6 cm²

3.5 cm x 7.5 cm = 26.3 cm²

Valeur nutritive		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
Calories	15	120
% valeur quotidienne		
Lipides 0 g*	0 %	4 %
saturés 0 g + trans 0 g	0 %	8 %
Cholestérol 0 mg		
Sodium 17 mg	1 %	6 %
Glucides 2 g	1 %	5 %
Fibres 0 g	0 %	0 %
Sucres 2 g		
Protéines 1 g		
Vitamine A	2 %	10 %
Vitamine C	4 %	35 %
Calcium	4 %	35 %
Fer	0 %	2 %
* Teneur pour 15 mL		

3.5 cm x 7.5 cm = 26.3 cm²

Figure 12.4

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 10 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts		
Per 1 tablespoon (15 mL)		
Amount	15 mL	125 mL
Calories	15	120
% Daily Value		
Fat 0 g*	0 %	4 %
Saturated 0 g + Trans 0 g	0 %	8 %
Cholesterol 0 mg		
Sodium 17 mg	1 %	6 %
Carbohydrate 2 g	1 %	5 %
Fibre 0 g	0 %	0 %
Sugars 2 g		
Protein 1 g		
Vitamine A	2 %	10 %
Vitamine C	4 %	35 %
Calcium	4 %	35 %
Iron	0 %	2 %
* Amount in 15 mL		

Total surface area: 49.6 cm²

3.5 cm x 7.1 cm = 24.8 cm²

Valeur nutritive		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
Calories	15	120
% valeur quotidienne		
Lipides 0 g*	0 %	4 %
saturés 0 g + trans 0 g	0 %	8 %
Cholestérol 0 mg		
Sodium 17 mg	1 %	6 %
Glucides 2 g	1 %	5 %
Fibres 0 g	0 %	0 %
Sucres 2 g		
Protéines 1 g		
Vitamine A	2 %	10 %
Vitamine C	4 %	35 %
Calcium	4 %	35 %
Fer	0 %	2 %
* Teneur pour 15 mL		

3.5 cm x 7.1 cm = 24.8 cm²

Dual Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.

Figure 12.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts		
Per 1 tablespoon (15 mL)		
Amount	15 mL	125 mL
Calories	15	120
% Daily Value		
Fat 0 g*	0 %	4 %
Saturated 0 g + Trans 0 g	0 %	8 %
Cholesterol 0 mg		
Sodium 17 mg	1 %	6 %
Carbohydrate 2 g	1 %	5 %
Fibre 0 g	0 %	0 %
Sugars 2 g		
Protein 1 g		
Vitamin A	2 %	10 %
Vitamin C	4 %	35 %
Calcium	4 %	35 %
Iron	0 %	2 %
* Amount in 15 mL		

Valeur nutritive		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
Calories	15	120
% valeur quotidienne		
Lipides 0 g*	0 %	4 %
saturés 0 g + trans 0 g	0 %	8 %
Cholestérol 0 mg		
Sodium 17 mg	1 %	6 %
Glucides 2 g	1 %	5 %
Fibres 0 g	0 %	0 %
Sucres 2 g		
Protéines 1 g		
Vitamine A	2 %	10 %
Vitamine C	4 %	35 %
Calcium	4 %	35 %
Fer	0 %	2 %
* Teneur pour 15 mL		

Total surface area: 41.4 cm²

3.0 cm x 6.9 cm = 20.7 cm²

3.0 cm x 6.9 cm = 20.7 cm²

Figure 12.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts		
Per 1 tablespoon (15 mL)		
Amount	15 mL	125 mL
Calories	15	120
% Daily Value		
Fat 0 g*	0 %	4 %
Saturated 0 g + Trans 0 g	0 %	8 %
Cholesterol 0 mg		
Sodium 17 mg	1 %	6 %
Carbohydrate 2 g	1 %	5 %
Fibre 0 g	0 %	0 %
Sugars 2 g		
Protein 1 g		
Vitamin A	2 %	10 %
Vitamin C	4 %	35 %
Calcium	4 %	35 %
Iron	0 %	2 %
* Amount in 15 mL		

Valeur nutritive		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
Calories	15	120
% valeur quotidienne		
Lipides 0 g*	0 %	4 %
saturés 0 g + trans 0 g	0 %	8 %
Cholestérol 0 mg		
Sodium 17 mg	1 %	6 %
Glucides 2 g	1 %	5 %
Fibres 0 g	0 %	0 %
Sucres 2 g		
Protéines 1 g		
Vitamine A	2 %	10 %
Vitamine C	4 %	35 %
Calcium	4 %	35 %
Fer	0 %	2 %
* Teneur pour 15 mL		

Total surface area: 38.4 cm²

3.0 cm x 6.4 cm = 19.2 cm²

3.0 cm x 6.4 cm = 19.2 cm²

Bilingual Dual Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 13.1

Normal width font
Heading in 13 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.5)
- If there is sufficient space

Nutrition Facts / Valeur nutritive		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
Calories / Calories	15	120
% Daily Value / % valeur quotidienne		
Fat / Lipides 0 g*	0 %	4 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %	8 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Carbohydrate / Glucides 2 g	1 %	5 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A	2 %	10 %
Vitamin C / Vitamine C	4 %	35 %
Calcium / Calcium	4 %	35 %
Iron / Fer	2 %	2 %
* Amount in 15 mL / Teneur pour 15 mL		

Total surface area: 60.0 cm²

7.5 cm x 8.0 cm = 60.0 cm²

Valeur nutritive / Nutrition Facts		
pour 1 cuillère à soupe (15 mL) / Per 1 tablespoon (15 mL)		
Teneur / Amount	15 mL	125 mL
Calories / Calories	15	120
% valeur quotidienne / % Daily Value		
Lipides / Fat 0 g*	0 %	4 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %	8 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Glucides / Carbohydrate 2 g	1 %	5 %
Fibres / Fibre 0 g	0 %	0 %
Sucres / Sugars 2 g		
Protéines / Protein 1 g		
Vitamine A / Vitamin A	2 %	10 %
Vitamine C / Vitamin C	4 %	35 %
Calcium / Calcium	4 %	35 %
Fer / Iron	2 %	2 %
* Teneur pour 15 mL / Amount in 15 mL		

7.5 cm x 8.0 cm = 60.0 cm²

Bilingual Dual Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 13.2

Normal width font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
Calories / Calories	15	120
% Daily Value / % valeur quotidienne		
Fat / Lipides 0 g*	0 %	4 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %	8 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Carbohydrate / Glucides 2 g	1 %	5 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A	2 %	10 %
Vitamin C / Vitamine C	4 %	35 %
Calcium / Calcium	4 %	35 %
Iron / Fer	2 %	2 %
* Amount in 15 mL / Teneur pour 15 mL		

Total surface area: 53.3 cm²

7.1 cm x 7.5 cm = 53.3 cm²

Valeur nutritive / Nutrition Facts		
pour 1 cuillère à soupe (15 mL) / Per 1 tablespoon (15 mL)		
Teneur / Amount	15 mL	125 mL
Calories / Calories	15	120
% valeur quotidienne / % Daily Value		
Lipides / Fat 0 g*	0 %	4 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %	8 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Glucides / Carbohydrate 2 g	1 %	5 %
Fibres / Fibre 0 g	0 %	0 %
Sucres / Sugars 2 g		
Protéines / Protein 1 g		
Vitamine A / Vitamin A	2 %	10 %
Vitamine C / Vitamin C	4 %	35 %
Calcium / Calcium	4 %	35 %
Fer / Iron	2 %	2 %
* Teneur pour 15 mL / Amount in 15 mL		

7.1 cm x 7.5 cm = 53.3 cm²

Bilingual Dual Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 13.3

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
Calories / Calories	15	120
% Daily Value / % valeur quotidienne		
Fat / Lipides 0 g*	0 %	4 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %	8 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Carbohydrate / Glucides 2 g	1 %	5 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A	2 %	10 %
Vitamin C / Vitamine C	4 %	35 %
Calcium / Calcium	4 %	35 %
Iron / Fer	2 %	2 %
* Amount in 15 mL / Teneur pour 15 mL		

Valeur nutritive / Nutrition Facts		
pour 1 cuillère à soupe (15 mL) / Per 1 tablespoon (15 mL)		
Teneur / Amount	15 mL	125 mL
Calories / Calories	15	120
% valeur quotidienne / % Daily Value		
Lipides / Fat 0 g*	0 %	4 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %	8 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Glucides / Carbohydrate 2 g	1 %	5 %
Fibres / Fibre 0 g	0 %	0 %
Sucres / Sugars 2 g		
Protéines / Protein 1 g		
Vitamine A / Vitamin A	2 %	10 %
Vitamine C / Vitamin C	4 %	35 %
Calcium / Calcium	4 %	35 %
Fer / Iron	2 %	2 %
* Teneur pour 15 mL / Amount in 15 mL		

Total surface area: 46.5 cm²

6.2 cm x 7.5 cm = 46.5 cm²

6.2 cm x 7.5 cm = 46.5 cm²

Figure 13.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
Calories / Calories	15	120
% Daily Value / % valeur quotidienne		
Fat / Lipides 0 g*	0 %	4 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %	8 %
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Carbohydrate / Glucides 2 g	1 %	5 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A	2 %	10 %
Vitamin C / Vitamine C	4 %	35 %
Calcium / Calcium	4 %	35 %
Iron / Fer	2 %	2 %
* Amount in 15 mL / Teneur pour 15 mL		

Valeur nutritive / Nutrition Facts		
pour 1 cuillère à soupe (15 mL) / Per 1 tablespoon (15 mL)		
Teneur / Amount	15 mL	125 mL
Calories / Calories	15	120
% valeur quotidienne / % Daily Value		
Lipides / Fat 0 g*	0 %	4 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %	8 %
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Glucides / Carbohydrate 2 g	1 %	5 %
Fibres / Fibre 0 g	0 %	0 %
Sucres / Sugars 2 g		
Protéines / Protein 1 g		
Vitamine A / Vitamine	2 %	10 %
Vitamine C / Vitamine	4 %	35 %
Calcium / Calcium	4 %	35 %
Fer / Iron	2 %	2 %
* Teneur pour 15 mL / Amount in 15 mL		

Total surface area: 35.9 cm²

5.2 cm x 6.9 cm = 35.9 cm²

5.2 cm x 6.9 cm = 35.9 cm²

Bilingual Dual Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 13.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
Calories / Calories	15	120
% Daily Value / % valeur quotidienne		
Fat / Lipides 0 g*	0 %	4 %
Saturated / saturés 0 g	0 %	8 %
+ Trans / trans 0 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Carbohydrate / Glucides 2 g	1 %	5 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A	2 %	10 %
Vitamin C / Vitamine C	4 %	35 %
Calcium / Calcium	4 %	35 %
Iron / Fer	2 %	2 %
* Amount in 15 mL / Teneur pour 15 mL		

Total surface area: 31.7 cm²

5.2 cm x 6.1 cm = 31.7 cm²

Valeur nutritive / Nutrition Facts		
pour 1 cuillère à soupe (15 mL) / Per 1 tablespoon (15 mL)		
Teneur / Amount	15 mL	125 mL
Calories / Calories	15	120
% valeur quotidienne / % Daily Value		
Lipides / Fat 0 g*	0 %	4 %
saturés / Saturated 0 g	0 %	8 %
+ trans / Trans 0 g		
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Glucides / Carbohydrate 2 g	1 %	5 %
Fibres / Fibre 0 g	0 %	0 %
Sucres / Sugars 2 g		
Protéines / Protein 1 g		
Vitamine A / Vitamin A	2 %	10 %
Vitamine C / Vitamin C	4 %	35 %
Calcium / Calcium	4 %	35 %
Fer / Iron	2 %	2 %
* Teneur pour 15 mL / Amount in 15 mL		

5.2 cm x 6.1 cm = 31.7 cm²

Figure 13.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
Calories / Calories	15	120
% Daily Value / % valeur quotidienne		
Fat / Lipides 0 g*	0 %	4 %
Saturated / saturés 0 g	0 %	8 %
+ Trans / trans 0 g		
Cholesterol / Cholestérol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Carbohydrate / Glucides 2 g	1 %	5 %
Fibre / Fibres 0 g	0 %	0 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A	2 %	10 %
Vitamin C / Vitamine C	4 %	35 %
Calcium / Calcium	4 %	35 %
Iron / Fer	2 %	2 %
* Amount in 15 mL / Teneur pour 15 mL		

Total surface area: 29.6 cm²

5.2 cm x 5.7 cm = 29.6 cm²

Valeur nutritive / Nutrition Facts		
pour 1 cuillère à soupe (15 mL) / Per 1 tablespoon (15 mL)		
Teneur / Amount	15 mL	125 mL
Calories / Calories	15	120
% valeur quotidienne / % Daily Value		
Lipides / Fat 0 g*	0 %	4 %
saturés / Saturated 0 g	0 %	8 %
+ trans / Trans 0 g		
Cholestérol / Cholesterol 0 mg		
Sodium / Sodium 17 mg	1 %	6 %
Glucides / Carbohydrate 2 g	1 %	5 %
Fibres / Fibre 0 g	0 %	0 %
Sucres / Sugars 2 g		
Protéines / Protein 1 g		
Vitamine A / Vitamin A	2 %	10 %
Vitamine C / Vitamin C	4 %	35 %
Calcium / Calcium	4 %	35 %
Fer / Iron	2 %	2 %
* Teneur pour 15 mL / Amount in 15 mL		

5.2 cm x 5.7 cm = 29.6 cm²

Aggregate Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.

Figure 14.1

Normal width font
Heading in 10 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.5)
- If there is sufficient space

Nutrition Facts	Per 15 mL		Per 125 mL	
	Amount	% DV*	Amount	% DV*
Calories	15		120	
Fat	0 g	0 %	2.5 g	4 %
Saturated	0 g	0 %	1.5 g	8 %
+ Trans	0 g		1.5 g	
Cholesterol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Carbohydrate	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
Protein	1 g		10 g	
Vitamin A		2 %		10 %
Vitamin C		4 %		35 %
Calcium		4 %		35 %
Iron		0 %		2 %

* DV = Daily Value

Total surface area: 97.8 cm²

6.7 cm x 7.3 cm = 48.9 cm²

Valeur nutritive	par 15 mL		par 125 mL	
	Teneur	% VQ*	Teneur	% VQ*
Calories	15		120	
Lipides	0 g	0 %	2,5 g	4 %
saturés	0 g	0 %	1,5 g	8 %
+ trans	0 g		1,5 g	
Cholestérol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Glucides	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
Protéines	1 g		10 g	
Vitamine A		2 %		10 %
Vitamine C		4 %		35 %
Calcium		4 %		35 %
Fer		0 %		2 %

* VQ = valeur quotidienne

6.7 cm x 7.3 cm = 48.9 cm²

Aggregate Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.

Figure 14.2

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	Per 15 mL		Per 125 mL	
	Amount	% DV*	Amount	% DV*
Calories	15		120	
Fat	0 g	0 %	2.5 g	4 %
Saturated	0 g	0 %	1.5 g	8 %
+ Trans	0 g		1.5 g	
Cholesterol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Carbohydrate	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
Protein	1 g		10 g	
Vitamin A		2 %		10 %
Vitamin C		4 %		35 %
Calcium		4 %		35 %
Iron		0 %		2 %

* DV = Daily Value

Total surface area: 89.8 cm²

6.6 cm x 6.8 cm = 44.9 cm²

Valeur nutritive	par 15 mL		par 125 mL	
	Teneur	% VQ*	Teneur	% VQ*
Calories	15		120	
Lipides	0 g	0 %	2,5 g	4 %
saturés	0 g	0 %	1,5 g	8 %
+ trans	0 g		1,5 g	
Cholestérol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Glucides	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
Protéines	1 g		10 g	
Vitamine A		2 %		10 %
Vitamine C		4 %		35 %
Calcium		4 %		35 %
Fer		0 %		2 %

* VQ = valeur quotidienne

6.6 cm x 6.8 cm = 44.9 cm²

Aggregate Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.

Figure 14.3

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	Per 15 mL		Per 125 mL	
	Amount	% DV *	Amount	% DV *
Calories	15		120	
Fat	0 g	0 %	2.5 g	4 %
Saturated + Trans	0 g	0 %	1.5 g	8 %
Cholesterol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Carbohydrate	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
Protein	1 g		10 g	
Vitamin A		2 %		10 %
Vitamin C		4 %		35 %
Calcium		4 %		35 %
Iron		0 %		2 %

* DV = Daily Value

Total surface area: 81.6 cm²

6.0 cm x 6.8 cm = 40.8 cm²

Valeur nutritive	par 15 mL		par 125 mL	
	Teneur	% VQ *	Teneur	% VQ *
Calories	15		120	
Lipides	0 g	0 %	2,5 g	4 %
saturés + trans	0 g	0 %	1,5 g	8 %
Cholestérol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Glucides	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
Protéines	1 g		10 g	
Vitamine A		2 %		10 %
Vitamine C		4 %		35 %
Calcium		4 %		35 %
Fer		0 %		2 %

* VQ = valeur quotidienne

6.0 cm x 6.8 cm = 40.8 cm²

Figure 14.4

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 10 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	Per 15 mL		Per 125 mL	
	Amount	% DV *	Amount	% DV *
Calories	15		120	
Fat	0 g	0 %	2.5 g	4 %
Saturated + Trans	0 g	0 %	1.5 g	8 %
Cholesterol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Carbohydrate	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
Protein	1 g		10 g	
Vitamin A		2 %		10 %
Vitamin C		4 %		35 %
Calcium		4 %		35 %
Iron		0 %		2 %

* DV = Daily Value

Total surface area: 75.6 cm²

6.0 cm x 6.3 cm = 37.8 cm²

Valeur nutritive	par 15 mL		par 125 mL	
	Teneur	% VQ *	Teneur	% VQ *
Calories	15		120	
Lipides	0 g	0 %	2,5 g	4 %
saturés + trans	0 g	0 %	1,5 g	8 %
Cholestérol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Glucides	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
Protéines	1 g		10 g	
Vitamine A		2 %		10 %
Vitamine C		4 %		35 %
Calcium		4 %		35 %
Fer		0 %		2 %

* VQ = valeur quotidienne

6.0 cm x 6.3 cm = 37.8 cm²

Aggregate Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.

Figure 14.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts	Per 15 mL		Per 125 mL	
	Amount	% DV *	Amount	% DV *
Calories	15		120	
Fat	0 g	0 %	2.5 g	4 %
Saturated + Trans	0 g	0 %	1.5 g	8 %
Cholesterol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Carbohydrate	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
Protein	1 g		10 g	
Vitamin A		2 %		10 %
Vitamin C		4 %		35 %
Calcium		4 %		35 %
Iron		0 %		2 %

* DV = Daily Value

Total surface area: 73.2 cm²

5.9 cm x 6.2 cm = 36.6 cm²

Valeur nutritive	par 15 mL		par 125 mL	
	Teneur	% VQ *	Teneur	% VQ *
Calories	15		120	
Lipides	0 g	0 %	2,5 g	4 %
saturés + trans	0 g	0 %	1,5 g	8 %
Cholestérol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Glucides	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
Protéines	1 g		10 g	
Vitamine A		2 %		10 %
Vitamine C		4 %		35 %
Calcium		4 %		35 %
Fer		0 %		2 %

* VQ = valeur quotidienne

5.9 cm x 6.2 cm = 36.6 cm²

Figure 14.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts	Per 15 mL		Per 125 mL	
	Amount	% DV *	Amount	% DV *
Calories	15		120	
Fat	0 g	0 %	2.5 g	4 %
Saturated + Trans	0 g	0 %	1.5 g	8 %
Cholesterol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Carbohydrate	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
Protein	1 g		10 g	
Vitamin A		2 %		10 %
Vitamin C		4 %		35 %
Calcium		4 %		35 %
Iron		0 %		2 %

* DV = Daily Value

Total surface area: 67.2 cm²

5.9 cm x 5.7 cm = 33.6 cm²

Valeur nutritive	par 15 mL		par 125 mL	
	Teneur	% VQ *	Teneur	% VQ *
Calories	15		120	
Lipides	0 g	0 %	2,5 g	4 %
saturés + trans	0 g	0 %	1,5 g	8 %
Cholestérol	0 mg		10 mg	
Sodium	20 mg	1 %	150 mg	6 %
Glucides	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
Protéines	1 g		10 g	
Vitamine A		2 %		10 %
Vitamine C		4 %		35 %
Calcium		4 %		35 %
Fer		0 %		2 %

* VQ = valeur quotidienne

5.9 cm x 5.7 cm = 33.6 cm²

Bilingual Aggregate Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different sizes or amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 15.1

Normal width font
Heading in 10 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.5)
- If there is sufficient space

Nutrition Facts / Valeur nutritive				
	Per / par 15 mL		Per / par 125 mL	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	15		120	
Fat / Lipides	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g 0 g	0 %	1.5 g 1.5 g	8 %
Cholesterol / Cholestérol	0 mg		10 mg	
Sodium / Sodium	20 mg	11 %	150 mg	6 %
Carbohydrate / Glucides	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
Protein / Protéines	1 g		10 g	
Vitamin A / Vitamine A		2 %		10 %
Vitamin C / Vitamine C		4 %		35 %
Calcium / Calcium		4 %		35 %
Iron / Fer		0 %		2 %
* DV = Daily Value / VQ = valeur quotidienne				

Total surface area: 63.2 cm²

8.1 cm x 7.8 cm = 63.2 cm²

Valeur nutritive / Nutrition Facts				
	par / Per 15 mL		par / Per 125 mL	
	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
Calories / Calories	15		120	
Lipides / Fat	0 g	0 %	2,5 g	4 %
saturés / Saturated + trans / Trans	0 g 0 g	0 %	1,5 g 1,5 g	8 %
Cholestérol / Cholesterol	0 mg		10 mg	
Sodium / Sodium	20 mg	11 %	150 mg	6 %
Glucides / Carbohydrate	2 g	1 %	15 g	5 %
Fibres / Fibre	0 g	0 %	0 g	0 %
Sucres / Sugars	2 g		15 g	
Protéines / Protein	1 g		10 g	
Vitamine A / Vitamin A		2 %		10 %
Vitamine C / Vitamin C		4 %		35 %
Calcium / Calcium		4 %		35 %
Fer / Iron		0 %		2 %
* VQ = valeur quotidienne / DV = Daily Value				

8.1 cm x 7.8 cm = 63.2 cm²

Bilingual Aggregate Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 15.2

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive				
	Per / par 15 mL		Per / par 125 mL	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Calories / Calories	15		120	
Fat / Lipides	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g 0 g	0 %	1.5 g 1.5 g	8 %
Cholesterol / Cholestérol	0 mg		10 mg	
Sodium / Sodium	20 mg	11 %	150 mg	6 %
Carbohydrate / Glucides	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
Protein / Protéines	1 g		10 g	
Vitamin A / Vitamine A		2 %		10 %
Vitamin C / Vitamine C		4 %		35 %
Calcium / Calcium		4 %		35 %
Iron / Fer		0 %		2 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 52.6 cm²

7.2 cm x 7.3 cm = 52.6 cm²

Valeur nutritive / Nutrition Facts				
	par / Per 15 mL		par / Per 125 mL	
	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
Calories / Calories	15		120	
Lipides / Fat	0 g	0 %	2,5 g	4 %
saturés / Saturated + trans / Trans	0 g 0 g	0 %	1,5 g 1,5 g	8 %
Cholestérol / Cholesterol	0 mg		10 mg	
Sodium / Sodium	20 mg	11 %	150 mg	6 %
Glucides / Carbohydrate	2 g	1 %	15 g	5 %
Fibres / Fibre	0 g	0 %	0 g	0 %
Sucres / Sugars	2 g		15 g	
Protéines / Protein	1 g		10 g	
Vitamine A / Vitamin A		2 %		10 %
Vitamine C / Vitamin C		4 %		35 %
Calcium / Calcium		4 %		35 %
Fer / Iron		0 %		2 %

* VQ = valeur quotidienne / DV = Daily Value

7.2 cm x 7.3 cm = 52.6 cm²

Bilingual Aggregate Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 15.3

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive					
	Per / par 15 mL		Per / par 125 mL		
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ	
Calories / Calories	15		120		
Fat / Lipides	0 g	0 %	2.5 g	4 %	
Saturated / saturés	0 g		1.5 g		
+ Trans / trans	0 g	0 %	1.5 g	8 %	
Cholesterol / Cholestérol	0 mg		10 mg		
Sodium / Sodium	20 mg	11 %	150 mg	6 %	
Carbohydrate / Glucides	2 g	1 %	15 g	5 %	
Fibre / Fibres	0 g	0 %	0 g	0 %	
Sugars / Sucres	2 g		15 g		
Protein / Protéines	1 g		10 g		
Vitamin A / Vitamine A		2 %		10 %	
Vitamin C / Vitamine C		4 %		35 %	
Calcium / Calcium		4 %		35 %	
Iron / Fer		0 %		2 %	

* DV = Daily Value / VQ = valeur quotidienne

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 46.7 cm²

6.4 cm x 7.3 cm = 46.7 cm²

Valeur nutritive / Nutrition Facts					
	par / Per 15 mL		par / Per 125 mL		
	Teneur Amount	% VQ * % DV *	Teneur Amount	% VQ * % DV *	
Calories / Calories	15		120		
Lipides / Fat	0 g	0 %	2,5 g	4 %	
saturés / Saturated	0 g		1,5 g		
+ trans / Trans	0 g	0 %	1,5 g	8 %	
Cholestérol / Cholesterol	0 mg		10 mg		
Sodium / Sodium	20 mg	11 %	150 mg	6 %	
Glucides / Carbohydrate	2 g	1 %	15 g	5 %	
Fibres / Fibre	0 g	0 %	0 g	0 %	
Sucres / Sugars	2 g		15 g		
Protéines / Protein	1 g		10 g		
Vitamine A / Vitamin A		2 %		10 %	
Vitamine C / Vitamin C		4 %		35 %	
Calcium / Calcium		4 %		35 %	
Fer / Iron		0 %		2 %	

* VQ = valeur quotidienne / DV = Daily Value

* VQ = valeur quotidienne / DV = Daily Value

6.4 cm x 7.3 cm = 46.7 cm²

Figure 15.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive					
	Per / par 15 mL		Per / par 125 mL		
	Amount Teneur	% DV * % VQ *	Amount Teneur	% DV * % VQ *	
Calories / Calories	15		120		
Fat / Lipides	0 g	0 %	2.5 g	4 %	
Saturated / saturés	0 g		1.5 g		
+ Trans / trans	0 g	0 %	1.5 g	8 %	
Cholesterol / Cholestérol	0 mg		10 mg		
Sodium / Sodium	20 mg	11 %	150 mg	6 %	
Carbohydrate / Glucides	2 g	1 %	15 g	5 %	
Fibre / Fibres	0 g	0 %	0 g	0 %	
Sugars / Sucres	2 g		15 g		
Protein / Protéines	1 g		10 g		
Vitamin A / Vitamine A		2 %		10 %	
Vitamin C / Vitamine C		4 %		35 %	
Calcium / Calcium		4 %		35 %	
Iron / Fer		0 %		2 %	

* DV = Daily Value / VQ = valeur quotidienne

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 39.4 cm²

5.8 cm x 6.8 cm = 39.4 cm²

Valeur nutritive / Nutrition Facts						
	par / Per 15 mL			par / Per 125 mL		
	Teneur Amount	% VQ * % DV *		Teneur Amount	% VQ * % DV *	
Calories / Calories	15			120		
Lipides / Fat	0 g	0 %		2,5 g	4 %	
saturés / Saturated	0 g			1,5 g		
+ trans / Trans	0 g	0 %		1,5 g	8 %	
Cholestérol / Cholesterol	0 mg			10 mg		
Sodium / Sodium	20 mg	11 %		150 mg	6 %	
Glucides / Carbohydrate	2 g	1 %		15 g	5 %	
Fibres / Fibre	0 g	0 %		0 g	0 %	
Sucres / Sugars	2 g			15 g		
Protéines / Protein	1 g			10 g		
Vitamine A / Vitamin A		2 %			10 %	
Vitamine C / Vitamin C		4 %			35 %	
Calcium / Calcium		4 %			35 %	
Fer / Iron		0 %			2 %	

* VQ = valeur quotidienne / DV = Daily Value

* VQ = valeur quotidienne / DV = Daily Value

5.8 cm x 6.8 cm = 39.4 cm²

Bilingual Aggregate Format – Different Amounts of Food

- For the provision of nutrient information on the basis of different sizes or amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 15.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive					
	Per / par 15 mL		Per / par 125 mL		
	Amount Teneur	% DV * % VQ *	Amount Teneur	% DV * % VQ *	
Calories / Calories	15		120		
Fat / Lipides	0 g	0 %	2.5 g	4 %	
Saturated / saturés	0 g	0 %	1.5 g	8 %	
+ Trans / trans	0 g		1.5 g		
Cholesterol / Cholestérol	0 mg		10 mg		
Sodium / Sodium	20 mg	11 %	150 mg	6 %	
Carbohydrate / Glucides	2 g	1 %	15 g	5 %	
Fibre / Fibres	0 g	0 %	0 g	0 %	
Sugars / Sucres	2 g		15 g		
Protein / Protéines	1 g		10 g		
Vitamin A / Vitamine A		2 %		10 %	
Vitamin C / Vitamine C		4 %		35 %	
Calcium / Calcium		4 %		35 %	
Iron / Fer		0 %		2 %	

* DV = Daily Value / VQ = valeur quotidienne

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 34.8 cm²

5.8 cm x 6.0 cm = 34.8 cm²

Valeur nutritive / Nutrition Facts						
	par / Per 15 mL			par / Per 125 mL		
	Teneur	% VQ *		Teneur	% VQ *	
	Amount	% DV *		Amount	% DV *	
Calories / Calories	15			120		
Lipides / Fat	0 g	0 %		2,5 g	4 %	
saturés / Saturated	0 g	0 %		1,5 g	8 %	
+ trans / Trans	0 g			1,5 g		
Cholestérol / Cholesterol	0 mg			10 mg		
Sodium / Sodium	20 mg	11 %		150 mg	6 %	
Glucides / Carbohydrate	2 g	1 %		15 g	5 %	
Fibres / Fibre	0 g	0 %		0 g	0 %	
Sucres / Sugars	2 g			15 g		
Protéines / Protein	1 g			10 g		
Vitamine A / Vitamin A		2 %			10 %	
Vitamine C / Vitamin C		4 %			35 %	
Calcium / Calcium		4 %			35 %	
Fer / Iron		0 %			2 %	

* VQ = valeur quotidienne / DV = Daily Value

* VQ = valeur quotidienne / DV = Daily Value

5.8 cm x 6.0 cm = 34.8 cm²

Figure 15.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive					
	Per / par 15 mL		Per / par 125 mL		
	Amount Teneur	% DV * % VQ *	Amount Teneur	% DV * % VQ *	
Calories / Calories	15		120		
Fat / Lipides	0 g	0 %	2.5 g	4 %	
Saturated / saturés + Trans / trans	0 g 0 g	0 %	1.5 g 1.5 g	8 %	
Cholesterol / Cholestérol	0 mg		10 mg		
Sodium / Sodium	20 mg	11 %	150 mg	6 %	
Carbohydrate / Glucides	2 g	1 %	15 g	5 %	
Fibre / Fibres Sugars / Sucres	0 g 2 g	0 %	0 g 15 g	0 %	
Protein / Protéines	1 g		10 g		
Vitamin A / Vitamine A		2 %		10 %	
Vitamin C / Vitamine C		4 %		35 %	
Calcium / Calcium		4 %		35 %	
Iron / Fer		0 %		2 %	
* DV = Daily Value / VQ = valeur quotidienne					

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 33.1 cm²

5.8 cm x 5.7 cm = 33.1 cm²

Valeur nutritive / Nutrition Facts						
	par / Per 15 mL			par / Per 125 mL		
	Teneur Amount	% VQ * % DV *		Teneur Amount	% VQ * % DV *	
Calories / Calories	15			120		
Lipides / Fat	0 g	0 %		2.5 g	4 %	
saturés / Saturated	0 g	0 %		1.5 g	8 %	
+ trans / Trans	0 g			1.5 g		
Cholestérol / Cholesterol	0 mg			10 mg		
Sodium / Sodium	20 mg	11 %		150 mg	6 %	
Glucides / Carbohydrate	2 g	1 %		15 g	5 %	
Fibres / Fibre	0 g	0 %		0 g	0 %	
Sucres / Sugars	2 g			15 g		
Protéines / Protein	1 g			10 g		
Vitamine A / Vitamin A		2 %			10 %	
Vitamine C / Vitamin C		4 %			35 %	
Calcium / Calcium		4 %			35 %	
Fer / Iron		0 %			2 %	

* VQ = valeur quotidienne / DV = Daily Value

* VQ = valeur quotidienne / DV = Daily Value

5.8 cm x 5.7 cm = 33.1 cm²

Linear Format

- For the provision of nutrient information solely for the food as sold.
- If none of the versions of the standard and narrow standard formats, none of the figures 3.1(B), 3.2(B), 3.3(B) and 3.4(B) of the bilingual standard format and none of the figures 4.1(B) and 4.2(B) of the bilingual horizontal format.

Figure 16.1

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 8 point leading

When to Use

- If selected format
(See note at top of page)
- If there is sufficient space

Total surface area: 29.2 cm²

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

10.4 cm x 1.4 cm = 14.6 cm²

Valeur nutritive pour 1 tasse (264 g) : **Calories** 260
Lipides 13 g (20 %), **Lipides saturés** 3 g + **Lipides trans** 2 g (25 %), **Cholestérol** 30 mg,
Sodium 660 mg (28 %), **Glucides** 31 g (10 %), **Fibres** 0 g (0 %), **Sucres** 5 g, **Protéines** 5 g,
Vit A (4 %), **Vit C** (2 %), **Calcium** (15 %), **Fer** (4 %). % = % valeur quotidienne

10.4 cm x 1.4 cm = 14.6 cm²

Figure 16.2

Normal width font
Heading in 10 point bold type
Nutrients in 6 point type
with 7 point leading

When to Use

- See introductory note 3

Total surface area: 23.2 cm²

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

8.9 cm x 1.3 cm = 11.6 cm²

Valeur nutritive pour 1 tasse (264 g) : **Calories** 260
Lipides 13 g (20 %), **Lipides saturés** 3 g + **Lipides trans** 2 g (25 %), **Cholestérol** 30 mg,
Sodium 660 mg (28 %), **Glucides** 31 g (10 %), **Fibres** 0 g (0 %), **Sucres** 5 g, **Protéines** 5 g,
Vit A (4 %), **Vit C** (2 %), **Calcium** (15 %), **Fer** (4 %). % = % valeur quotidienne

8.9 cm x 1.3 cm = 11.6 cm²

Simplified Linear Format

- For the provision of nutrient information solely for the food as sold.
- If none of the versions of the simplified standard format, none of the figures 6.1(B), 6.2(B), 6.3(B) and 6.4(B) of the simplified bilingual standard format and none of the figures 7.1(B) and 7.2(B) of the simplified bilingual horizontal format.
- If at least 7 the caloric value and core nutrient amounts may be expressed as “0” (B.01.401(6)).

Figure 17.1

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 8 point leading

When to Use

- If selected format
(See note at top of page)
- If there is sufficient space

Total surface area: 23.8 cm²

Nutrition Facts per 1 stick (2.7 g): **Calories** 5 % = % Daily Value
Fat 0 g (0 %), **Carbohydrate** 2 g (1 %), **Protein** 0 g.
Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vit A, vit C, calcium or iron.

10.8 cm x 1.1 cm = 11.9 cm²

Valeur nutritive pour 1 bâtonnet (2,7 g) : **Calories** 5 % = % valeur quotidienne
Lipides 0 g (0 %), **Glucides** 2 g (1 %), **Protéines** 0 g.
Source négligeable de lipides saturés, lipides trans, cholestérol, sodium, fibres, sucres, vit A, vit C, calcium et fer.

10.8 cm x 1.1 cm = 11.9 cm²

Figure 17.2

Condensed or
normal width font
Heading in 10 point bold type
Nutrients in 6 point type
with 7 point leading

When to Use

- See introductory note 3

Total surface area: 13.0 cm²

Nutrition Facts per 1 stick (2.7 g): **Calories** 5
Fat 0 g (0 %), **Carbohydrate** 2 g (1 %), **Protein** 0 g.
Not a significant source of other nutrients. % = % Daily Value

6.5 cm x 1.0 cm = 6.5 cm²

Valeur nutritive pour 1 bâtonnet (2,7 g) : **Calories** 5
Lipides 0 g (0 %), **Glucides** 2 g (1 %), **Protéines** 0 g.
Source négligeable d'autres éléments nutritifs. % = % valeur quotidienne

6.5 cm x 1.0 cm = 6.5 cm²

Presentation of Additional Information

Figure 18.1

When to Use

- See introductory note 4

Nutrition Facts			
Serving Size 125 mL (35 g)			
Servings Per Container 13			
Amount Per Serving			
Calories 90		Calories from fat 9	
Calories from Saturated + Trans 0			
		% Daily Value*	
Total Fat 1 g		2 %	
Saturated 0 g		0 %	
+ Trans 0 g			
Omega-6 Polyunsaturated 0.5 g			
Omega-3 Polyunsaturated 0 g			
Monounsaturated 0.2 g			
Cholesterol 0 mg		0 %	
Sodium 300 mg		12 %	
Potassium 410 mg		12 %	
Total Carbohydrate 27 g		9 %	
Dietary Fibre 12 g		48 %	
Soluble Fibre 0 g			
Insoluble Fibre 11 g			
Sugars 6 g			
Sugar Alcohols 0 g			
Starch 9 g			
Protein 4 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	35 %
Vitamin D	0 %	Vitamin E	6 %
Vitamin K	10 %	Thiamine	55 %
Riboflavin	4 %	Niacin	25 %
Vitamin B ₆	10 %	Folate	10 %
Vitamin B ₁₂	0 %	Biotin	30 %
Pantothenate	8 %	Phosphorus	30 %
Iodide	0 %	Magnesium	50 %
Zinc	25 %	Selenium	6 %
Copper	20 %	Manganese	10 %
Chromium	10 %	Molybdenum	10 %
Chloride	10 %		
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated + Trans	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fibre		25 g	30 g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Valeur nutritive			
Portion 125 mL (35 g)			
Portions par contenant 13			
Teneur par portion			
Calories 90		Calories des lipides 9	
Calories des saturés et des trans 0			
		% valeur quotidienne*	
Total des lipides 1 g		2 %	
saturés 0 g		0 %	
+ trans 0 g			
polyinsaturés oméga-6 0,5 g			
polyinsaturés oméga-3 0 g			
monoinsaturés 0,2 g			
Cholestérol 0 mg		0 %	
Sodium 300 mg		12 %	
Potassium 410 mg		12 %	
Total des glucides 27 g		9 %	
Fibres alimentaires 12 g		48 %	
Fibres solubles 0 g			
Fibres insolubles 11 g			
Sucres 6 g			
Polyalcools 0 g			
Amidon 9 g			
Protéines 4 g			
Vitamine A	0 %	Vitamine C	0 %
Calcium	2 %	Fer	35 %
Vitamine D	0 %	Vitamine E	6 %
Vitamine K	10 %	Thiamine	55 %
Riboflavine	4 %	Niacine	25 %
Vitamine B ₆	10 %	Folate	10 %
Vitamine B ₁₂	0 %	Biotine	30 %
Pantothénate	8 %	Phosphore	30 %
Iodure	0 %	Magnésium	50 %
Zinc	25 %	Sélénium	6 %
Cuivre	20 %	Manganèse	10 %
Chrome	10 %	Molybdène	10 %
Chlorure	10 %		
* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques :			
	Calories :	2 000	2 500
Total des lipides	moins de	65 g	80 g
saturés + trans	moins de	20 g	25 g
Cholestérol	moins de	300 mg	300 mg
Sodium	moins de	2 400 mg	2 400 mg
Potassium		3 500 mg	3 500 mg
Total des glucides		300 g	375 g
Fibres alimentaires		25 g	30 g
Calories par gramme :			
Lipides 9	Glucides 4	Protéines 4	

Bilingual Presentation of Additional Information

Figure 19.1

When to Use
• See introductory note 4

Nutrition Facts Valeur nutritive		% Daily Value / % valeur quotidienne*	
Serving Size 125 mL (35 g) / Portion 125 mL (35 g) Servings Per Container 13 Portions par contenant 13			
Amount Per Serving / Teneur par portion			
Calories / Calories 90 (380 kJ) Calories from fat / Calories des lipides 9 Calories from Saturated + Trans 0 Calories des lipides saturés et trans 0			
% Daily Value / % valeur quotidienne*			
Total Fat / Lipides 1 g	2 %	Vitamin D / Vitamine D	0 %
Saturated / saturés 0 g	0 %	Vitamin E / Vitamine E	6 %
+ Trans / trans 0 g		Vitamin K / Vitamine K	10 %
Polyunsaturated / polyinsaturés 0.5 g		Thiamine / Thiamine	55 %
Omega-6 / oméga-6 0.5 g		Riboflavin / Riboflavine	4 %
Omega-3 / oméga-3 0 g		Niacin / Niacine	25 %
Monounsaturated / monoinsaturés 0.2 g		Vitamin B ₆ / Vitamine B ₆	10 %
Cholesterol / Cholestérol 0 mg	0 %	Folate / Folate	10 %
Sodium / Sodium 300 mg	12 %	Vitamin B ₁₂ / Vitamine B ₁₂	0 %
Potassium / Potassium 410 mg	12 %	Biotin / Biotine	30 %
Total Carbohydrate / Glucides 27 g	9 %	Pantothenate / Pantothénate	8 %
Dietary Fibre / Fibres alimentaires 12 g	48 %	Phosphorus / Phosphore	30 %
Soluble Fibre / Fibres solubles 0 g		Iodide / Iodure	0 %
Insoluble Fibre / Fibres insolubles 11 g		Magnesium / Magnésium	50 %
Sugars / Sucres 6 g		Zinc / Zinc	25 %
Sugar Alcohols / Polyalcools 0 g		Selenium / Sélénium	6 %
Starch / Amidon 9 g		Copper / Cuivre	20 %
Protein / Protéines 4 g		Manganese / Manganèse	10 %
Vitamin A / Vitamine A	0 %	Chromium / Chrome	10 %
Vitamin C / Vitamine C	0 %	Molybdenum / Molybdène	10 %
Calcium / Calcium	2 %	Chloride / Chlorure	10 %
Iron / Fer	35 %	* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs:	

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated + Trans	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fibre		25 g	30 g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques :

	Calories :	2 000	2 500
Lipides	moins de	65 g	80 g
saturés + trans	moins de	20 g	25 g
Cholestérol	moins de	300 mg	300 mg
Sodium	moins de	2 400 mg	2 400 mg
Potassium		3 500 mg	3 500 mg
Glucides		300 g	375 g
Fibres alimentaires		25 g	30 g
Calories par gramme :			
Lipides	9	Glucides	4
		Protéines	4

Bilingual Presentation of Additional Information

Figure 19.1

When to Use
• See introductory note 4

Valeur nutritive		% valeur quotidienne / % Daily Value*	
Nutrition Facts			
Portion 125 mL (35 g) / Serving Size 125 mL (35 g)		Vitamine D / Vitamin D	
Portions par contenant 13		Vitamine E / Vitamin E	
Servings Per Container 13		Vitamine K / Vitamin K	
Teneur par portion / Amount Per Serving		Thiamine / Thiamine	
Calories / Calories 90 (380 kJ)		Riboflavine / Riboflavin	
Calories des lipides / Calories from fat 9		Niacine / Niacin	
Calories des lipides saturés et trans 0		Vitamine B ₆ / Vitamin B ₆	
Calories from Saturated + Trans 0		Folate / Folate	
% valeur quotidienne / % Daily Value*		Vitamine B ₁₂ / Vitamin B ₁₂	
Lipides / Total Fat 1 g	2 %	Biotine / Biotin	
saturés / Saturated 0 g	0 %	Pantothénate / Pantothenate	
+ trans / Trans 0 g		Phosphore / Phosphorus	
polyinsaturés / Polyunsaturated 0,5 g		Iodure / Iodide	
oméga-6 / Omega-6 0,5 g		Magnésium / Magnesium	
oméga-3 / Omega-3 0 g		Zinc / Zinc	
monoinsaturés / Monounsaturated 0,2 g		Sélénium / Selenium	
Cholestérol / Cholesterol 0 mg	0 %	Cuivre / Copper	
Sodium / Sodium 300 mg	12 %	Manganèse / Manganese	
Potassium / Potassium 410 mg	12 %	Chrome / Chromium	
Glucides / Total Carbohydrate 27 g	9 %	Molybdène / Molybdenum	
Fibres alimentaires / Dietary Fibre 12 g	48 %	Chlorure / Chloride	
Fibres solubles / Soluble Fibre 0 g		* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques :	
Fibres insolubles / Insoluble Fibre 11 g			
Sucres / Sugars 6 g		Calories :	
Polyalcools / Sugar Alcohols 0 g		2 000	
Amidon / Starch 9 g		2 500	
Protéines / Protein 4 g		Lipides	
Vitamine A / Vitamin A	0 %	moins de	
Vitamine C / Vitamin C	0 %	65 g	
Calcium / Calcium	2 %	80 g	
Fer / Iron	35 %	Lipides saturés + trans	
		moins de	
		20 g	
		25 g	
		Cholestérol	
		moins de	
		300 mg	
		300 mg	
		Sodium	
		moins de	
		2 400 mg	
		2 400 mg	
		Potassium	
		3 500 mg	
		3 500 mg	
		Glucides	
		300 g	
		375 g	
		Fibres alimentaires	
		25 g	
		30 g	
		Calories par gramme :	
		Lipides 9	
		Glucides 4	
		Protéines 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:	
		Calories:	
		2,000	
		2,500	
		Total Fat	
		Less than	
		65 g	
		80 g	
		Saturated + Trans	
		Less than	
		20 g	
		25 g	
		Cholesterol	
		Less than	
		300 mg	
		300 mg	
		Sodium	
		Less than	
		2,400 mg	
		2,400 mg	
		Potassium	
		3,500 mg	
		3,500 mg	
		Total Carbohydrate	
		300 g	
		375 g	
		Dietary Fibre	
		25 g	
		30 g	
		Calories per gram:	
		Fat 9	
		Carbohydrate 4	
		Protein 4	

Children Under Two Years of Age

Standard Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.

Figure 20.1

Normal width font
 Heading in 13 point bold type
 Nutrients in 8 point type
 with 12 point leading
 Thin rules – 0.5 point
 Rules centred between text

When to Use

- If selected format
 (See introductory note 2.1)
- If there is sufficient space

Nutrition Facts	
Per 1 jar (128 mL)	
	Amount
Calories	110
Fat	0 g
Sodium	10 mg
Carbohydrate	27 g
Fibre	4 g
Sugars	18 g
Protein	0 g
% Daily Value	
Vitamin A	6 %
Vitamin C	45 %
Calcium	2 %
Iron	2 %

4.7 cm x 5.6 cm = 26.3 cm²

Valeur nutritive	
pour 1 pot (128 mL)	
	Teneur
Calories	110
Lipides	0 g
Sodium	10 mg
Glucides	27 g
Fibres	4 g
Sucres	18 g
Protéines	0 g
% valeur quotidienne	
Vitamine A	6 %
Vitamine C	45 %
Calcium	2 %
Fer	2 %

4.7 cm x 5.6 cm = 26.3 cm²

Total surface area: 52.6 cm²

Narrow Standard Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- May be useful for packages with narrower side panels

Figure 21.1

Normal width font
 Heading in 12 point bold type
 Nutrients in 8 point type
 with 12 point leading
 Thin rules – 0.5 point
 Rules centred between text

When to Use

- If selected format
 (See introductory note 2.1)
- If there is sufficient space

Nutrition Facts	
Per 1 jar (128 mL)	
	Amount
Calories	110
Fat	0 g
Sodium	10 mg
Carbohydrate	27 g
Fibre	4 g
Sugars	18 g
Protein	0 g
% Daily Value	
Vitamin A	6 %
Vitamin C	45 %
Calcium	2 %
Iron	2 %

3.6 cm x 6.5 cm = 23.4 cm²

Valeur nutritive	
pour 1 pot (128 mL)	
	Teneur
Calories	110
Lipides	0 g
Sodium	10 mg
Glucides	27 g
Fibres	4 g
Sucres	18 g
Protéines	0 g
% valeur quotidienne	
Vitamine A	6 %
Vitamine C	45 %
Calcium	2 %
Fer	2 %

3.6 cm x 6.5 cm = 23.4 cm²

Total surface area: 46.8 cm²

Children Under Two Years of Age

Bilingual Standard Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- May be useful when there is only one panel available for nutrition labelling.

Figure 22.1

Normal width font
Heading in 13 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.1)
- If there is sufficient space

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

4.2 cm x 7.3 cm = 30.7 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	110
Lipides / Fat	0 g
Sodium / Sodium	10 mg
Glucides / Carbohydrate	27 g
Fibres / Fibre	4 g
Sucres / Sugars	18 g
Protéines / Protein	0 g
% valeur quotidienne / % Daily Value	
Vitamine A / Vitamin A	6 %
Vitamine C / Vitamin C	45 %
Calcium / Calcium	2 %
Fer / Iron	2 %

4.2 cm x 7.3 cm = 30.7 cm²

Figure 22.2

Normal width font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

4.0 cm x 6.8 cm = 27.2 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	110
Lipides / Fat	0 g
Sodium / Sodium	10 mg
Glucides / Carbohydrate	27 g
Fibres / Fibre	4 g
Sucres / Sugars /	18 g
Protéines / Protein	0 g
% valeur quotidienne / % Daily Value	
Vitamine A / Vitamin A	6 %
Vitamine C / Vitamin C	45 %
Calcium / Calcium	2 %
Fer / Iron	2 %

4.0 cm x 6.8 cm = 27.2 cm²

Total surface area: 27.2 cm²

Children Under Two Years of Age

Bilingual Standard Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- May be useful when there is only one panel available for nutrition labelling.

Figure 22.3

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

Total surface area: 24.5 cm²

3.6 cm x 6.8 cm = 24.5 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	110
Lipides / Fat	0 g
Sodium / Sodium	10 mg
Glucides / Carbohydrate	27 g
Fibres / Fibre	4 g
Sucres / Sugars	18 g
Protéines / Protein	0 g
% valeur quotidienne / % Daily Value	
Vitamine A / Vitamin A	6 %
Vitamine C / Vitamin C	45 %
Calcium / Calcium	2 %
Fer / Iron	2 %

3.6 cm x 6.8 cm = 24.5 cm²

Figure 22.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) / pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

Total surface area: 21.8 cm²

3.7 cm x 5.9 cm = 21.8 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) / Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	110
Lipides / Fat	0 g
Sodium / Sodium	10 mg
Glucides / Carbohydrate	27 g
Fibres / Fibre	4 g
Sucres / Sugars	18 g
Protéines / Protein	0 g
% valeur quotidienne / % Daily Value	
Vitamine A / Vitamin A	6 %
Vitamine C / Vitamin C	45 %
Calcium / Calcium	2 %
Fer / Iron	2 %

3.7 cm x 5.9 cm = 21.8 cm²

Children Under Two Years of Age

Bilingual Standard Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- May be useful when there is only one panel available for nutrition labelling.

Figure 22.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 20.1 cm²

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) / pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

3.8 cm x 5.3 cm = 20.1 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) / Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	110
Lipides / Fat	0 g
Sodium / Sodium	10 mg
Glucides / Carbohydrate	27 g
Fibres / Fibre	4 g
Sucres / Sugars	18 g
Protéines / Protein	0 g
% valeur quotidienne / % Daily Value	
Vitamine A / Vitamin A	6 %
Vitamine C / Vitamin C	45 %
Calcium / Calcium	2 %
Fer / Iron	2 %

3.8 cm x 5.3 cm = 20.1 cm²

Figure 22.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 18.9 cm²

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) / pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

3.7 cm x 5.1 cm = 18.9 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) / Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	110
Lipides / Fat	0 g
Sodium / Sodium	10 mg
Glucides / Carbohydrate	27 g
Fibres / Fibre	4 g
Sucres / Sugars	18 g
Protéines / Protein	0 g
% valeur quotidienne / % Daily Value	
Vitamine A / Vitamin A	6 %
Vitamine C / Vitamin C	45 %
Calcium / Calcium	2 %
Fer / Iron	2 %

3.7 cm x 5.1 cm = 18.9 cm²

Figure 22.7

Condensed font
Heading in 9 point bold type
Nutrients in 6 point type
with 7 point leading
Thin rules – 0.25 point
Medium rules – 0.75 point
Thick rules – 1.5 point
Outer box – 0.25 point
Text inset – 1 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 17.4 cm²

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) / pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	110
Fat / Lipides	0 g
Sodium / Sodium	10 mg
Carbohydrate / Glucides	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
Protein / Protéines	0 g
% Daily Value / % valeur quotidienne	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	2 %

3.7 cm x 4.7 cm = 17.4 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) / Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	110
Lipides / Fat	0 g
Sodium / Sodium	10 mg
Glucides / Carbohydrate	27 g
Fibres / Fibre	4 g
Sucres / Sugars	18 g
Protéines / Protein	0 g
% valeur quotidienne / % Daily Value	
Vitamine A / Vitamin A	6 %
Vitamine C / Vitamin C	45 %
Calcium / Calcium	2 %
Fer / Iron	2 %

3.7 cm x 4.7 cm = 17.4 cm²

Children Under Two Years of Age

Bilingual Horizontal Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If none of the versions of the standard and narrow standard formats and none of the figures 22.1(B), 22.2(B), 22.3(B) and 22.4(B) of the bilingual standard format can be accommodated without the content of the package leaking out or being damaged when turn over.

Figure 23.1

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See note at top of page)
- If there is sufficient space

Nutrition Facts		Amount / Teneur		Amount / Teneur	
Valeur nutritive		Calories / Calories		Carbohydrate / Glucides	
Per 1 jar (128 mL)		110		27 g	
pour 1 pot (128 mL)		Fat / Lipides		Fibre / Fibres	
		0 g		4 g	
		Sodium / Sodium		Sugars / Sucres	
		10 mg		18 g	
				Protein / Protéines	
				0 g	
% Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %					

9.2 cm x 2.5 cm = 23.0 cm²

Valeur nutritive Nutrition Facts	Teneur / Amount		Teneur / Amount	
	Calories / Calories	110	Glucides / Carbohydrate	27 g
	Lipides / Fat	0 g	Fibres / Fibre	4 g
	Sodium / Sodium	10 mg	Sucres / Sugars	18 g
			Protéines / Protein	0 g
% valeur quotidienne / % Daily Value : Vit A 2 % • Vit C 0 % • Calcium 6 % • Fer / Iron 4 %				

9.2 cm x 2.5 cm = 23.0 cm²

Total surface area: 23.0 cm²

Figure 23.2

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts		Amount / Teneur		Amount / Teneur	
Valeur nutritive		Calories / Calories	110	Carbohydrate / Glucides	27 g
Per 1 jar (128 mL) pour 1 pot (128 mL)		Fat / Lipides	0 g	Fibre / Fibres	4 g
		Sodium / Sodium	10 mg	Sugars / Sucres	18 g
		Protein / Protéines		0 g	
% Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %					

7.9 cm x 2.3 cm = 18.2 cm²

Valeur nutritive Nutrition Facts pour 1 pot (128 mL) Per 1 jar (128 mL)	Teneur / Amount		Teneur / Amount	
	Calories / Calories	110	Glucides / Carbohydrate	27 g
	Lipides / Fat	0 g	Fibres / Fibre	4 g
	Sodium / Sodium	10 mg	Sucres / Sugars	18 g
			Protéines / Protein	0 g
% valeur quotidienne / % Daily Value : Vit A 2 % • Vit C 0 % • Calcium 6 % • Fer / Iron 4 %				

7.9 cm x 2.3 cm = 18.2 cm²

Total surface area: 18.2 cm²

Children Under Two Years of Age

Bilingual Horizontal Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If none of the versions of the standard and narrow standard formats and none of the figures 22.1(B), 22.2(B), 22.3(B) and 22.4(B) of the bilingual standard format can be accommodated without the content of the package leaking out or being damaged when turn over.

Figure 23.3

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 17.4 cm²

Nutrition Facts		Amount / Teneur		Amount / Teneur	
Valeur nutritive					
Per 1 jar (128 mL) pour 1 pot (128 mL)	Calories / Calories	110	Carbohydrate / Glucides	27 g	
	Fat / Lipides	0 g	Fibre / Fibres	4 g	
	Sodium / Sodium	10 mg	Sugars / Sucres	18 g	
			Protein / Protéines	0 g	
% Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %					

7.9 cm x 2.2 cm = 17.4 cm²

Valeur nutritive		Teneur / Amount		Teneur / Amount	
Nutrition Facts					
pour 1 pot (128 mL) Per 1 jar (128 mL)	Calories / Calories	110	Glucides / Carbohydrate	27 g	
	Lipides / Fat	0 g	Fibres / Fibre	4 g	
	Sodium / Sodium	10 mg	Sucres / Sugars	18 g	
			Protéines / Protein	0 g	
% valeur quotidienne / % Daily Value : Vit A 2 % • Vit C 0 % • Calcium 6 % • Fer / Iron 4 %					

7.9 cm x 2.2 cm = 17.4 cm²

Figure 23.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 15.8 cm²

Nutrition Facts		Amount / Teneur		Amount / Teneur	
Valeur nutritive					
Per 1 jar (128 mL) pour 1 pot (128 mL)	Calories / Calories	110		Carbohydrate / Glucides	27 g
	Fat / Lipides	0 g		Fibre / Fibres	4 g
	Sodium / Sodium	10 mg		Sugars / Sucres	18 g
				Protein / Protéines	0 g
% Daily Value / % valeur quotidienne: Vit A 2 % • Vit C 0 % • Calcium 6 % • Iron / Fer 4 %					

7.9 cm x 2.0 cm = 15.8 cm²

Valeur nutritive		Teneur / Amount		Teneur / Amount	
Nutrition Facts					
pour 1 pot (128 mL) Per 1 jar (128 mL)	Calories / Calories	110	Glucides / Carbohydrate	27 g	
	Lipides / Fat	0 g	Fibres / Fibre	4 g	
	Sodium / Sodium	10 mg	Sucres / Sugars	18 g	
			Protéines / Protein	0 g	
% valeur quotidienne / % Daily Value : Vit A 2 % • Vit C 0 % • Calcium 6 % • Fer / Iron 4 %					

7.9 cm x 2.0 cm = 15.8 cm²

Children Under Two Years of Age

Simplified Standard Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If at least 6 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.403(5)).

Figure 24.1

Normal width font
Heading in 12 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.2)
- If there is sufficient space

Total surface area: 26.4 cm²

Nutrition Facts	
Per 1 jar (128 mL)	
	Amount
Calories	60
Fat	0 g
Carbohydrate	16 g
Protein	0 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

3.3 cm x 4.0 cm = 13.2 cm²

Valeur nutritive	
pour 1 pot (128 mL)	
	Teneur
Calories	60
Lipides	0 g
Glucides	16 g
Protéines	0 g
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

3.3 cm x 4.0 cm = 13.2 cm²

Bilingual Simplified Standard Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If at least 6 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.403(5)).
- May be useful when there is only one panel available for nutrition labelling

Figure 25.1

Normal width font
Heading in 12 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.2)
- If there is sufficient space

Total surface area: 23.5 cm²

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
	Amount / Teneur
Calories / Calories	60
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

4.2 cm x 5.6 cm = 23.5 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
	Teneur / Amount
Calories / Calories	60
Lipides / Fat	0 g
Glucides / Carbohydrate	16 g
Protéines / Protein	0 g
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

4.2 cm x 5.6 cm = 23.5 cm²

Bilingual Simplified Standard Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If at least 6 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.403(5)).
- May be useful when there is only one panel available for nutrition labelling

Figure 25.2

Normal width font
Heading in 12 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	60
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

3.8 cm x 5.4 cm = 20.5 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	60
Lipides / Fat	0 g
Glucides / Carbohydrate	16 g
Protéines / Protein	0 g
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

3.8 cm x 5.4 cm = 20.5 cm²

Total surface area: 20.5 cm²

Figure 25.3

Condensed font
Heading in 12 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	60
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

3.4 cm x 5.4 cm = 18.4 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	60
Lipides / Fat	0 g
Glucides / Carbohydrate	16 g
Protéines / Protein	0 g
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

3.4 cm x 5.4 cm = 18.4 cm²

Total surface area: 22.8 cm²

Children Under Two Years of Age

Bilingual Simplified Standard Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If at least 6 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.403(5)).
- May be useful when there is only one panel available for nutrition labelling.

Figure 25.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	60
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	60
Lipides / Fat	0 g
Glucides / Carbohydrate	16 g
Protéines / Protein	0 g
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	

Total surface area: 15.3 cm²

3.0 cm x 5.1 cm = 15.3 cm²

3.0 cm x 5.1 cm = 15.3 cm²

Figure 25.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	60
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g
Not a significant source of other nutrients.	
Source négligeable d'autres éléments nutritifs.	

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	60
Lipides / Fat	0 g
Glucides / Carbohydrate	16 g
Protéines / Protein	0 g
Source négligeable d'autres éléments nutritifs.	
Not a significant source of other nutrients.	

Total surface area: 12.0 cm²

2.8 cm x 4.3 cm = 12.0 cm²

2.8 cm x 4.3 cm = 12.0 cm²

Figure 25.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
Calories / Calories	60
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g
Not a significant source of other nutrients.	
Source négligeable d'autres éléments nutritifs.	

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
Calories / Calories	60
Lipides / Fat	0 g
Glucides / Carbohydrate	16 g
Protéines / Protein	0 g
Source négligeable d'autres éléments nutritifs.	
Not a significant source of other nutrients.	

Total surface area: 11.8 cm²

2.8 cm x 4.2 cm = 11.8 cm²

2.8 cm x 4.2 cm = 11.8 cm²

Children Under Two Years of Age

Bilingual Simplified Horizontal Format

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If at least 6 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.403(5)).
- If none of the versions of the simplified standard format and none of the figures 25.1(B), 25.2(B), 25.3(B) and 25.4(B) of the bilingual simplified standard format can be accommodated without the content of the package leaking out or being damaged when turn over.

Figure 26.1

Condensed font
Heading in 13 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See note at top of page)
- If there is sufficient space

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Calories 60	
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Amount / Teneur	
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g

7.9 cm x 2.5 cm = 19.8 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Calories 60	
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Teneur / Amount	
Lipides / Fat	0 g
Glucides / Carbohydrate	16 g
Protéines / Protein	0 g

7.9 cm x 2.5 cm = 19.8 cm²

Total surface area: 19.8 cm²

Figure 26.2

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Calories 60	
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Amount / Teneur	
Fat / Lipides	0 g
Carbohydrate / Glucides	16 g
Protein / Protéines	0 g

7.9 cm x 2.3 cm = 18.2 cm²

Valeur nutritive Nutrition Facts	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Calories 60	
Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.	
Not a significant source of sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.	
Teneur / Amount	
Lipides / Fat	0 g
Glucides / Carbohydrate	16 g
Protéines / Protein	0 g

7.9 cm x 2.3 cm = 18.2 cm²

Total surface area: 18.2 cm²

Children Under Two Years of Age

Bilingual Simplified Horizontal Format

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If at least 6 of the caloric value and core nutrient amounts may be expressed as “0” (B.01.403(5)).
- If none of the versions of the simplified standard format and none of the figures 25.1(B), 25.2(B), 25.3(B) and 25.4(B) of the bilingual simplified standard format can be accommodated without the content of the package leaking out or being damaged when turn over.

Figure 26.3

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 12.2 cm²

Nutrition Facts	
Valeur nutritive	
Per 1 jar (128 mL)	
pour 1 pot (128 mL)	
Calories 60	
Not a significant source of other nutrients.	Source négligeable d'autres éléments nutritifs.

5.3 cm x 2.3 cm = 12.2 cm²

Valeur nutritive	
Nutrition Facts	
pour 1 pot (128 mL)	
Per 1 jar (128 mL)	
Calories 60	
Source négligeable d'autres éléments nutritifs.	Not a significant source of other nutrients.

5.3 cm x 2.3 cm = 12.2 cm²

Figure 26.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Total surface area: 11.7 cm²

Nutrition Facts	
Valeur nutritive	
Per 1 jar (128 mL)	
pour 1 pot (128 mL)	
Calories 60	
Not a significant source of other nutrients.	Source négligeable d'autres éléments nutritifs.

5.3 cm x 2.2 cm = 11.7 cm²

Valeur nutritive	
Nutrition Facts	
pour 1 pot (128 mL)	
Per 1 jar (128 mL)	
Calories 60	
Source négligeable d'autres éléments nutritifs.	Not a significant source of other nutrients.

5.3 cm x 2.2 cm = 11.7 cm²

Children Under Two Years of Age

Aggregate Format – Different Kinds of Foods

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.

Figure 27.1

Normal width font
Heading in 10 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.4)
- If there is sufficient space

Nutrition Facts	Barley	Mixed	Mixed with fruits
Per 10 tablespoons	(28 g)	(28 g)	(28 g)
	Amount	Amount	Amount
Calories	100	100	100
Fat	1 g	1 g	1 g
Sodium	5 mg	15 mg	10 mg
Carbohydrate	21 g	20 g	20 g
Fibre	0 g	1 g	1 g
Sugars	3 g	4 g	7 g
Protein	3 g	4 g	3 g
	% DV*	% DV*	% DV*
Vitamin A	0 %	0 %	0 %
Vitamin C	0 %	0 %	0 %
Calcium	60 %	60 %	60 %
Iron	120 %	120 %	120 %

* DV = Daily Value

Total surface area: 96.6 cm²

7.1 cm x 6.8 cm = 48.3 cm²

Valeur nutritive	Orge	Mélangées	Mélangées avec
pour 10 cuil. à soupe	(28 g)	(28 g)	fruits (28 g)
	Teneur	Teneur	Teneur
Calories	100	100	100
Lipides	1 g	1 g	1 g
Sodium	5 mg	15 mg	10 mg
Glucides	21 g	20 g	20 g
Fibres	0 g	1 g	1 g
Sucres	3 g	4 g	7 g
Protéines	3 g	4 g	3 g
	% VQ*	% VQ*	% VQ*
Vitamine A	0 %	0 %	0 %
Vitamine C	0 %	0 %	0 %
Calcium	60 %	60 %	60 %
Fer	120 %	120 %	120 %

* VQ = valeur quotidienne

7.1 cm x 6.8 cm = 48.3 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Kinds of Foods

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 28.1

Normal width font
Heading in 10 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.4)
- If there is sufficient space

Nutrition Facts / Valeur nutritive			
Per 10 tablespoons pour 10 cuil. à soupe	Barley Orge (28 g)	Mixed Mélangées (28 g)	Mixed with fruits Mélangées avec fruits (28 g)
	Amount / Teneur	Amount / Teneur	Amount / Teneur
Calories / Calories	100	100	100
Fat / Lipides	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Carbohydrate / Glucides	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
Protein / Protéines	3 g	4 g	3 g
	% DV / % VQ*	% DV / % VQ*	% DV / % VQ*
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Iron / Fer	120 %	120 %	120 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 72.3 cm²

9.9 cm x 7.3 cm = 72.3 cm²

Valeur nutritive / Nutrition Facts			
pour 10 cuil. à soupe Per 10 tablespoons	Orge Barley (28 g)	Mélangées Mixed (28 g)	Mélangées avec fruits Mixed with fruits (28 g)
	Teneur / Amount	Teneur / Amount	Teneur / Amount
Calories / Calories	100	100	100
Lipides / Fat	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Glucides / Carbohydrate	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
Protéines / Protein	3 g	4 g	3 g
	% VQ / % DV*	% VQ / % DV*	% VQ / % DV*
Vitamine A / Vitamin A	0 %	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Fer / Iron	120 %	120 %	120 %

* VQ = valeur quotidienne / DV = Daily Value

9.9 cm x 7.3 cm = 72.3 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Kinds of Foods

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 28.2

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive			
Per 10 tablespoons pour 10 cuil. à soupe	Barley Orge (28 g)	Mixed Mélangées (28 g)	Mixed with fruits Mélangées avec fruits (28 g)
	Amount / Teneur	Amount / Teneur	Amount / Teneur
Calories / Calories	100	100	100
Fat / Lipides	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Carbohydrate / Glucides	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
Protein / Protéines	3 g	4 g	3 g
	% DV / % VQ*	% DV / % VQ*	% DV / % VQ*
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Iron / Fer	120 %	120 %	120 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 63.9 cm²

9.4 cm x 6.8 cm = 63.9 cm²

Valeur nutritive / Nutrition Facts			
pour 10 cuil. à soupe Per 10 tablespoons	Orge Barley (28 g)	Mélangées Mixed (28 g)	Mélangées avec fruits Mixed with fruits (28 g)
	Teneur / Amount	Teneur / Amount	Teneur / Amount
Calories / Calories	100	100	100
Lipides / Fat	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Glucides / Carbohydrate	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
Protéines / Protein	3 g	4 g	3 g
	% VQ / % DV*	% VQ / % DV*	% VQ / % DV*
Vitamine A / Vitamin A	0 %	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Fer / Iron	120 %	120 %	120 %

* VQ = valeur quotidienne / DV = Daily Value

9.4 cm x 6.8 cm = 63.9 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Kinds of Foods

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 28.3

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive			
Per 10 tablespoons pour 10 cuil. à soupe	Barley Orge (28 g)	Mixed Mélangées (28 g)	Mixed with fruits Mélangées avec fruits (28 g)
	Amount / Teneur	Amount / Teneur	Amount / Teneur
Calories / Calories	100	100	100
Fat / Lipides	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Carbohydrate / Glucides	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
Protein / Protéines	3 g	4 g	3 g
	% DV / % VQ *	% DV / % VQ *	% DV / % VQ *
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Iron / Fer	120 %	120 %	120 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 57.1 cm²

8.4 cm x 6.8 cm = 57.1 cm²

Valeur nutritive / Nutrition Facts			
pour 10 cuil. à soupe Per 10 tablespoons	Orge Barley (28 g)	Mélangées Mixed (28 g)	Mélangées avec fruits Mixed with fruits (28 g)
	Teneur / Amount	Teneur / Amount	Teneur / Amount
Calories / Calories	100	100	100
Lipides / Fat	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Glucides / Carbohydrate	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
Protéines / Protein	3 g	4 g	3 g
	% VQ / % DV *	% VQ / % DV *	% VQ / % DV *
Vitamine A / Vitamin A	0 %	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Fer / Iron	120 %	120 %	120 %

* VQ = valeur quotidienne / DV = Daily Value

8.4 cm x 6.8 cm = 57.1 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Kinds of Foods

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 28.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts / Valeur nutritive			
Per 10 tablespoons pour 10 cuill. à soupe	Barley Orge (28 g)	Mixed Mélangées (28 g)	Mixed with fruits Mélangées avec fruits (28 g)
	Amount / Teneur	Amount / Teneur	Amount / Teneur
Calories / Calories	100	100	100
Fat / Lipides	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Carbohydrate / Glucides	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
Protein / Protéines	3 g	4 g	3 g
	% DV / % VQ *	% DV / % VQ *	% DV / % VQ *
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Iron / Fer	120 %	120 %	120 %
* DV = Daily Value / VQ = valeur quotidienne			

Total surface area: 50.6 cm²

7.9 cm x 6.4 cm = 50.6 cm²

Valeur nutritive / Nutrition Facts			
pour 10 cuill. à soupe Per 10 tablespoons	Orge Barley (28 g)	Mélangées Mixed (28 g)	Mélangées avec fruits Mixed with fruits (28 g)
	Teneur / Amount	Teneur / Amount	Teneur / Amount
Calories / Calories	100	100	100
Lipides / Fat	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Glucides / Carbohydrate	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
Protéines / Protein	3 g	4 g	3 g
	% VQ / % DV *	% VQ / % DV *	% VQ / % DV *
Vitamine A / Vitamin A	0 %	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Fer / Iron	120 %	120 %	120 %
* VQ = valeur quotidienne / DV = Daily Value			

7.9 cm x 6.4 cm = 50.6 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Kinds of Foods

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 28.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive			
Per 10 tablespoons pour 10 cuil. à soupe	Barley Orge (28 g)	Mixed Mélangées (28 g)	Mixed with fruits Mélangées avec fruits (28 g)
	Amount / Teneur	Amount / Teneur	Amount / Teneur
Calories / Calories	100	100	100
Fat / Lipides	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Carbohydrate / Glucides	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
Protein / Protéines	3 g	4 g	3 g
	% DV / % VQ *	% DV / % VQ *	% DV / % VQ *
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Iron / Fer	120 %	120 %	120 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 48.2 cm²

7.9 cm x 6.1 cm = 48.2 cm²

Valeur nutritive / Nutrition Facts			
pour 10 cuil. à soupe Per 10 tablespoons	Orge Barley (28 g)	Mélangées Mixed (28 g)	Mélangées avec fruits Mixed with fruits (28 g)
	Teneur / Amount	Teneur / Amount	Teneur / Amount
Calories / Calories	100	100	100
Lipides / Fat	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Glucides / Carbohydrate	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
Protéines / Protein	3 g	4 g	3 g
	% VQ / % DV *	% VQ / % DV *	% VQ / % DV *
Vitamine A / Vitamin A	0 %	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Fer / Iron	120 %	120 %	120 %

* VQ = valeur quotidienne / DV = Daily Value

7.9 cm x 6.1 cm = 48.2 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Kinds of Foods

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on prepackaged products containing separately packaged ingredients or assortment of foods.
- May be useful when there is only one panel available for nutrition labelling.

Figure 28.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts / Valeur nutritive			
Per 10 tablespoons pour 10 cuil. à soupe	Barley Orge (28 g)	Mixed Mélangées (28 g)	Mixed with fruits Mélangées avec fruits (28 g)
	Amount / Teneur	Amount / Teneur	Amount / Teneur
Calories / Calories	100	100	100
Fat / Lipides	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Carbohydrate / Glucides	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
Protein / Protéines	3 g	4 g	3 g
	% DV / % VQ *	% DV / % VQ *	% DV / % VQ *
Vitamin A / Vitamine A	0 %	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Iron / Fer	120 %	120 %	120 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 44.2 cm²

7.9 cm x 5.6 cm = 44.2 cm²

Valeur nutritive / Nutrition Facts			
pour 10 cuil. à soupe Per 10 tablespoons	Orge Barley (28 g)	Mélangées Mixed (28 g)	Mélangées avec fruits Mixed with fruits (28 g)
	Teneur / Amount	Teneur / Amount	Teneur / Amount
Calories / Calories	100	100	100
Lipides / Fat	1 g	1 g	1 g
Sodium / Sodium	5 mg	15 mg	10 mg
Glucides / Carbohydrate	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
Protéines / Protein	3 g	4 g	3 g
	% VQ / % DV *	% VQ / % DV *	% VQ / % DV *
Vitamine A / Vitamin A	0 %	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %	0 %
Calcium / Calcium	60 %	60 %	60 %
Fer / Iron	120 %	120 %	120 %

* VQ = valeur quotidienne / DV = Daily Value

7.9 cm x 5.6 cm = 44.2 cm²

Children Under Two Years of Age

Aggregate Format – Different Amounts of Food

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on the basis of different amounts of food.

Figure 29.1

Normal width font
 Heading in 10 point bold type
 Nutrients in 8 point type
 with 12 point leading
 Thin rules – 0.5 point
 Rules centred between text

When to Use

- If selected format
 (See introductory note 2.5)
- If there is sufficient space

Nutrition Facts	2 cookies (10 g)	1 cookie (5 g)
	Amount	Amount
Calories	40	20
Fat	1 g	0 g
Sodium	60 mg	30 mg
Carbohydrate	8 g	4 g
Fibre	0 g	0 g
Sugars	2 g	1 g
Protein	1 g	0 g
	% DV*	% DV*
Vitamin A	0 %	0 %
Vitamin C	0 %	0 %
Calcium	2 %	0 %
Iron	0 %	0 %
* DV = Daily Value		

5.0 cm x 6.8 cm = 34.0 cm²

Valeur nutritive	2 biscuits (10 g)	1 biscuit (5 g)
	Teneur	Teneur
Calories	40	20
Lipides	1 g	0 g
Sodium	60 mg	30 mg
Glucides	8 g	4 g
Fibres	0 g	0 g
Sucres	2 g	1 g
Protéines	1 g	0 g
	% VQ*	% VQ*
Vitamine A	0 %	0 %
Vitamine C	0 %	0 %
Calcium	2 %	0 %
Fer	0 %	0 %
* VQ = valeur quotidienne		

5.0 cm x 6.8 cm = 34.0 cm²

Total surface area: 68.0 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Amounts of Food

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 30.1

Normal width font
Heading in 10 point bold type
Nutrients in 8 point type
with 12 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- If selected format
(See introductory note 2.5)
- If there is sufficient space

Nutrition Facts Valeur nutritive	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ*	% DV / % VQ*
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 51.0 cm²

7.5 cm x 6.8 cm = 51.0 cm²

Valeur nutritive Nutrition Facts	2 biscuits / cookies (10 g)	1 biscuit / cookie (5 g)
	Teneur / Amount	Teneur / Amount
Calories / Calories	40	20
Lipides / Fat	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Glucides / Carbohydrate	8 g	4 g
Fibres / Fibre	0 g	0 g
Sucres / Sugars	2 g	1 g
Protéines / Protein	1 g	0 g
	% VQ / % DV*	% VQ / % DV*
Vitamine A / Vitamin A	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %
Calcium / Calcium	2 %	0 %
Fer / Iron	0 %	0 %

* VQ = valeur quotidienne / DV = Daily Value

7.5 cm x 6.8 cm = 51.0 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Amounts of Food

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 30.2

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ*	% DV / % VQ*
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 46.8 cm²

7.2 cm x 6.5 cm = 46.8 cm²

Valeur nutritive Nutrition Facts	2 biscuits / cookies (10 g)	1 biscuit / cookie (5 g)
	Teneur / Amount	Teneur / Amount
Calories / Calories	40	20
Lipides / Fat	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Glucides / Carbohydrate	8 g	4 g
Fibres / Fibre	0 g	0 g
Sucres / Sugars	2 g	1 g
Protéines / Protein	1 g	0 g
	% VQ / % DV*	% VQ / % DV*
Vitamine A / Vitamin A	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %
Calcium / Calcium	2 %	0 %
Fer / Iron	0 %	0 %

* VQ = valeur quotidienne / DV = Daily Value

7.2 cm x 6.5 cm = 46.8 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Amounts of Food

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 30.3

Condensed font
Heading in 10 point bold type
Nutrients in 7 point type
with 11 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ *	% DV / % VQ *
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %

* DV = Daily Value / VQ = valeur quotidienne

6.5 cm x 6.5 cm = 42.2 cm²

Valeur nutritive Nutrition Facts	2 biscuits / cookies (10 g)	1 biscuit / cookie (5 g)
	Teneur / Amount	Teneur / Amount
Calories / Calories	40	20
Lipides / Fat	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Glucides / Carbohydrate	8 g	4 g
Fibres / Fibre	0 g	0 g
Sucres / Sugars	2 g	1 g
Protéines / Protein	1 g	0 g
	% VQ / % DV *	% VQ / % DV *
Vitamine A / Vitamin A	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %
Calcium / Calcium	2 %	0 %
Fer / Iron	0 %	0 %

* VQ = valeur quotidienne / DV = Daily Value

6.5 cm x 6.5 cm = 42.2 cm²

Figure 30.4

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 10 point leading
Thin rules – 0.5 point
Rules centred between text

When to Use

- See introductory note 3

Nutrition Facts Valeur nutritive	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ *	% DV / % VQ *
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %

* DV = Daily Value / VQ = valeur quotidienne

6.2 cm x 6.0 cm = 37.2 cm²

Valeur nutritive Nutrition Facts	2 biscuits / cookies (10 g)	1 biscuit / cookie (5 g)
	Teneur / Amount	Teneur / Amount
Calories / Calories	40	20
Lipides / Fat	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Glucides / Carbohydrate	8 g	4 g
Fibres / Fibre	0 g	0 g
Sucres / Sugars	2 g	1 g
Protéines / Protein	1 g	0 g
	% VQ / % DV *	% VQ / % DV *
Vitamine A / Vitamin A	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %
Calcium / Calcium	2 %	0 %
Fer / Iron	0 %	0 %

* VQ = valeur quotidienne / DV = Daily Value

6.2 cm x 6.0 cm = 37.2 cm²

Total surface area: 37.2 cm²

Children Under Two Years of Age

Bilingual Aggregate Format – Different Amounts of Food

- If a prepackaged product is intended solely for children under two years of age. (B.01.403).
- For the provision of nutrient information on the basis of different amounts of food.
- May be useful when there is only one panel available for nutrition labelling.

Figure 30.5

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 9 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts Valeur nutritive	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ *	% DV / % VQ *
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 32.4 cm²

6.0 cm x 5.4 cm = 32.4 cm²

Valeur nutritive Nutrition Facts	2 biscuits / cookies (10 g)	1 biscuit / cookie (5 g)
	Teneur / Amount	Teneur / Amount
Calories / Calories	40	20
Lipides / Fat	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Glucides / Carbohydrate	8 g	4 g
Fibres / Fibre	0 g	0 g
Sucres / Sugars	2 g	1 g
Protéines / Protein	1 g	0 g
	% VQ / % DV *	% VQ / % DV *
Vitamine A / Vitamin A	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %
Calcium / Calcium	2 %	0 %
Fer / Iron	0 %	0 %

* VQ = valeur quotidienne / DV = Daily Value

6.0 cm x 5.4 cm = 32.4 cm²

Figure 30.6

Condensed font
Heading in 10 point bold type
Nutrients in 6 point type
with 8 point leading
Thin rules – 0.25 point
Rules centred between text

When to Use

- See introductory note 3
- More sophisticated printing process may be required to meet the legibility criteria (B.01.450(3)(a)).

Nutrition Facts Valeur nutritive	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	Amount / Teneur	Amount / Teneur
Calories / Calories	40	20
Fat / Lipides	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Carbohydrate / Glucides	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
Protein / Protéines	1 g	0 g
	% DV / % VQ *	% DV / % VQ *
Vitamin A / Vitamine A	0 %	0 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	2 %	0 %
Iron / Fer	0 %	0 %

* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 30.1 cm²

5.9 cm x 5.1 cm = 30.1 cm²

Valeur nutritive Nutrition Facts	2 biscuits / cookies (10 g)	1 biscuit / cookie (5 g)
	Teneur / Amount	Teneur / Amount
Calories / Calories	40	20
Lipides / Fat	1 g	0 g
Sodium / Sodium	60 mg	30 mg
Glucides / Carbohydrate	8 g	4 g
Fibres / Fibre	0 g	0 g
Sucres / Sugars	2 g	1 g
Protéines / Protein	1 g	0 g
	% VQ / % DV *	% VQ / % DV *
Vitamine A / Vitamin A	0 %	0 %
Vitamine C / Vitamin C	0 %	0 %
Calcium / Calcium	2 %	0 %
Fer / Iron	0 %	0 %

* VQ = valeur quotidienne / DV = Daily Value

5.9 cm x 5.1 cm = 30.1 cm²

Children Under Two Years of Age

Linear Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If none of the versions of the standard and narrow standard formats, none of the figures 22.1(B), 22.2(B), 22.3(B) and 22.4(B) of the bilingual standard format and none of the figures 23.1(B) and 23.2(B) of the bilingual horizontal format.

Figure 31.1

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 8 point leading

When to Use

- If selected format
(See note at top of page)
- If there is sufficient space

Total surface area: 21.0 cm²

Nutrition Facts per 1 jar (128 mL): **Calories** 110
Fat 0 g, **Sodium** 10 mg, **Carbohydrate** 27 g, **Fibre** 4 g, **Sugars** 18 g, **Protein** 0 g,
Vit A (6 %), **Vit C** (45 %), **Calcium** (2 %), **Iron** (2 %). % = % Daily Value

9.5 cm x 1.1 cm = 10.5 cm²

Valeur nutritive pour 1 pot (128 mL) : **Calories** 110
Lipides 0 g, **Sodium** 10 mg, **Glucides** 27 g, **Fibres** 4 g, **Sucres** 18 g, **Protéines** 0 g,
Vit A (6 %), **Vit C** (45 %), **Calcium** (2 %), **Fer** (2 %). % = % valeur quotidienne

9.5 cm x 1.1 cm = 10.5 cm²

Figure 31.2

Normal width font
Heading in 10 point bold type
Nutrients in 6 point type
with 7 point leading

When to Use

- See introductory note 3

Total surface area: 16.4 cm²

Nutrition Facts per 1 jar (128 mL): **Calories** 110
Fat 0 g, **Sodium** 10 mg, **Carbohydrate** 27 g, **Fibre** 4 g, **Sugars** 18 g, **Protein** 0 g,
Vit A (6 %), **Vit C** (45 %), **Calcium** (2 %), **Iron** (2 %). % = % Daily Value

8.2 cm x 1.0 cm = 8.2 cm²

Valeur nutritive pour 1 pot (128 mL) : **Calories** 110
Lipides 0 g, **Sodium** 10 mg, **Glucides** 27 g, **Fibres** 4 g, **Sucres** 18 g, **Protéines** 0 g,
Vit A (6 %), **Vit C** (45 %), **Calcium** (2 %), **Fer** (2 %). % = % valeur quotidienne

8.2 cm x 1.0 cm = 8.2 cm²

Children Under Two Years of Age

Simplified Linear Format

- If a prepackaged product is intended solely for children under two years of age (B.01.403).
- For the provision of nutrient information solely for the food as sold.
- If at least 6 or less of the Calories value and core nutrients may be expressed as “0” (B.01.403(5)).
- If none of the versions of the simplified standard format, none of the figures 25.1(B), 25.2(B), 25.3(B) and 25.4(B) of the bilingual simplified standard format and none of the figures 26.1(B) and 26.2(B) of the bilingual simplified horizontal format.

Figure 32.1

Normal width font
Heading in 10 point bold type
Nutrients in 7 point type
with 8 point leading

When to Use

- If selected format
(See note at top of page)
- If there is sufficient space

Total surface area: 16.0 cm²

Nutrition Facts per 1 jar (128 mL):
Calories 60, **Fat** 0 g, **Carbohydrate** 16 g, **Protein** 0 g.
Not a significant source of sodium, fibre, sugars, vit A, vit C, calcium or iron.

7.3 cm x 1.1 cm = 8.0 cm²

Valeur nutritive pour 1 pot (128 mL) :
Calories 60, **Lipides** 0 g, **Glucides** 16 g, **Protéines** 0 g.
Source négligeable de sodium, fibres, sucres, vit A, vit C, calcium et fer.

7.3 cm x 1.1 cm = 8.0 cm²

Figure 32.2

Normal width font
Heading in 10 point bold type
Nutrients in 6 point type
with 7 point leading

When to Use

- See introductory note 3

Total surface area: 14.6 cm²

Nutrition Facts per 1 jar (128 mL):
Calories 60, **Fat** 0 g, **Carbohydrate** 16 g, **Protein** 0 g.
Not a significant source of sodium, fibre, sugars, vit A, vit C, calcium or iron.

7.3 cm x 1.0 cm = 7.3 cm²

Valeur nutritive pour 1 pot (128 mL) :
Calories 60, **Lipides** 0 g, **Glucides** 16 g, **Protéines** 0 g.
Source négligeable de sodium, fibres, sucres, vit A, vit C, calcium et fer.

7.3 cm x 1.0 cm = 7.3 cm²

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Presentation of Additional Information

Figure 33.1

When to Use
• See introductory note 4

Nutrition Facts			
Serving Size 125 mL (26 g)			
Servings Per Container 8			
Amount Per Serving			
Calories 100 (400 kJ)			
Total Fat		1 g	
Saturated		0 g	
Trans		0 g	
Omega-6 Polyunsaturated		0.5 g	
Omega-3 Polyunsaturated		0 g	
Monounsaturated		0.2 g	
Cholesterol		0 mg	
Sodium		5 mg	
Potassium		80 mg	
Total Carbohydrate		20 g	
Dietary Fibre		2 g	
Soluble Fibre		1 g	
Insoluble Fibre		1 g	
Sugars		3 g	
Sugar Alcohols		0 g	
Starch		16 g	
Protein		3 g	
% Daily Value			
Vitamin A	0 %	Vitamin C	0 %
Calcium	60 %	Iron	120 %
Vitamin D	0 %	Vitamin E	0 %
Vitamin K	0 %	Thiamine	100 %
Riboflavin	100 %	Niacin	100 %
Vitamin B ₆	4 %	Folate	4 %
Vitamin B ₁₂	0 %	Biotin	0 %
Pantothenate	0 %	Phosphorus	60 %
Iodide	0 %	Magnesium	10 %
Zinc	4 %	Selenium	20 %
Copper	4 %	Manganese	10 %
Chromium	0 %	Molybdenum	0 %
Chloride	0 %		

Valeur nutritive			
Portion 125 mL (26 g)			
Portions par contenant 8			
Teneur par portion			
Calories 100 (400 kJ)			
Total des lipides		1 g	
saturés		0 g	
trans		0 g	
polyinsaturés oméga-6		0,5 g	
polyinsaturés oméga-3		0 g	
monoinsaturés		0,2 g	
Cholestérol		0 mg	
Sodium		5 mg	
Potassium		80 mg	
Total des glucides		20 g	
Fibres alimentaires		2 g	
Fibres solubles		1 g	
Fibres insolubles		1 g	
Sucres		3 g	
Polyalcools		0 g	
Amidon		16 g	
Protéines		3 g	
% valeur quotidienne			
Vitamine A	0 %	Vitamine C	0 %
Calcium	60 %	Fer	120 %
Vitamine D	0 %	Vitamine E	0 %
Vitamine K	0 %	Thiamine	100 %
Riboflavine	100 %	Niacine	100 %
Vitamine B ₆	4 %	Folate	4 %
Vitamine B ₁₂	0 %	Biotine	0 %
Pantothénate	0 %	Phosphore	60 %
Iodure	0 %	Magnésium	10 %
Zinc	4 %	Sélénium	20 %
Cuivre	4 %	Manganèse	10 %
Chrome	0 %	Molybdène	0 %
Chlorure	0 %		

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Bilingual Presentation of Additional Information

Figure 34.1

When to Use

- See introductory note 4

Nutrition Facts Valeur nutritive		% Daily Value / % valeur quotidienne	
Serving Size 125 mL (26 g) Portion 125 mL (26 g) Servings Per Container 8 Portions par contenant 8			
Amount Per Serving / Teneur par portion			
Calories / Calories 100 (400 kJ)			
Total Fat / Lipides	1 g	Vitamin D / Vitamine D	0 %
Saturated / saturés	0 g	Vitamin E / Vitamine E	0 %
Trans / trans	0 g	Vitamin K / Vitamine K	0 %
Polyunsaturated / polyinsaturés	0.5 g	Thiamine / Thiamine	100 %
Omega-6 / oméga-6	0.5 g	Riboflavin / Riboflavine	100 %
Omega-3 / oméga-3	0 g	Niacin / Niacine	100 %
Monounsaturated / monoinsaturés	0.2 g	Vitamin B ₆ / Vitamine B ₆	4 %
Cholesterol / Cholestérol	0 mg	Folate / Folate	4 %
Sodium / Sodium	5 mg	Vitamin B ₁₂ / Vitamine B ₁₂	0 %
Potassium / Potassium	80 mg	Biotin / Biotine	0 %
Total Carbohydrate / Glucides	21 g	Pantothenate / Pantothénate	0 %
Dietary Fibre / Fibres	2 g	Phosphorus / Phosphore	60 %
Soluble Fibre / Fibres solubles	1 g	Iodide / Iodure	0 %
Insoluble Fibre / Fibres insolubles	1 g	Magnesium / Magnésium	10 %
Sugars / Sucres	3 g	Zinc / Zinc	4 %
Sugar Alcohols / Polyalcools	0 g	Selenium / Sélénium	20 %
Starch / Amidon	16 g	Copper / Cuivre	4 %
Protein / Protéines	3 g	Manganese / Manganèse	10 %
% Daily Value / % valeur quotidienne		Chromium / Chrome	0 %
Vitamin A / Vitamine A	0 %	Molybdenum / Molybdène	0 %
Vitamin C / Vitamine C	0 %	Chloride / Chlorure	0 %
Calcium / Calcium	60 %		
Iron / Fer	120 %		

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Bilingual Presentation of Additional Information

Figure 34.1

When to Use

- See introductory note 4

Valeur nutritive		% valeur quotidienne / % Daily Value	
Nutrition Facts			
Portion 125 mL (26 g)		Vitamine D / Vitamin D	
Serving Size 125 mL (26 g)		Vitamine E / Vitamin E	
Portions par contenant 8		Vitamine K / Vitamin K	
Servings Per Container 8		Thiamine / Thiamine	
Teneur par portion / Amount Per Serving		Riboflavine / Riboflavin	
Calories / Calories 100 (400 kJ)		Niacine / Niacin	
Lipides / Total Fat 1 g		Vitamine B ₆ / Vitamin B ₆	
saturés / Saturated	0 g	Folate / Folate	
trans / Trans	0 g	Vitamine B ₁₂ / Vitamin B ₁₂	
polyinsaturés / Polyunsaturated	0,5 g	Biotine / Biotin	
oméga-6 / Omega-6	0,5 g	Pantothénate / Pantothenate	
oméga-3 / Omega-3	0 g	Phosphore / Phosphorus	
monoinsaturés / Monounsaturated	0,2 g	Iodure / Iodide	
Cholestérol / Cholesterol 0 mg		Magnésium / Magnesium	
Sodium / Sodium 5 mg		Zinc / Zinc	
Potassium / Potassium 80 mg		Sélénium / Selenium	
Glucides / Total Carbohydrate 20 g		Cuivre / Copper	
Fibres / Dietary Fibre	2 g	Manganèse / Manganese	
Fibres solubles / Soluble Fibre	1 g	Chrome / Chromium	
Fibres insolubles / Insoluble Fibre	1 g	Molybdène / Molybdenum	
Sucres / Sugars	3 g	Chlorure / Chloride	
Polyalcools / Sugar Alcohols	0 g		
Amidon / Starch	16 g		
Protéines / Protein 3 g			
% valeur quotidienne / % Daily Value			
Vitamine A / Vitamin A		0 %	
Vitamine C / Vitamin C		0 %	
Calcium / Calcium		60 %	
Fer / Iron		120 %	