



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

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

4.7 cm x 6.5 cm = 30.6 cm<sup>2</sup>

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

4.7 cm x 6.5 cm = 30.6 cm<sup>2</sup>

Total surface area: 61.2 cm<sup>2</sup>

**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

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

4.1 cm x 6.0 cm = 24.6 cm<sup>2</sup>

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

4.1 cm x 6.0 cm = 24.6 cm<sup>2</sup>

Total surface area: 49.2 cm<sup>2</sup>

**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

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

3.2 cm x 6.0 cm = 19.2 cm<sup>2</sup>

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

3.2 cm x 6.0 cm = 19.2 cm<sup>2</sup>

Total surface area: 38.4 cm<sup>2</sup>

# 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
<b>Calories 260</b>	
<b>Fat 13 g</b>	<b>20 %</b>
Saturated 3 g + Trans 2 g	<b>25 %</b>
<b>Cholesterol 30 mg</b>	
<b>Sodium 660 mg</b>	<b>28 %</b>
<b>Carbohydrate 31 g</b>	<b>10 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 5 g	
<b>Protein 5 g</b>	
Vit A 4 %	Vit C 2 %
Calcium 15 %	Iron 4 %

3.0 cm x 5.5 cm = 16.5 cm<sup>2</sup>

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

3.0 cm x 5.5 cm = 16.5 cm<sup>2</sup>

Total surface area: 33.0 cm<sup>2</sup>

**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
<b>Calories 260</b>	
<b>Fat 13 g</b>	<b>20 %</b>
Saturated 3 g + Trans 2 g	<b>25 %</b>
<b>Cholesterol 30 mg</b>	
<b>Sodium 660 mg</b>	<b>28 %</b>
<b>Carbohydrate 31 g</b>	<b>10 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 5 g	
<b>Protein 5 g</b>	
Vit A 4 %	Vit C 2 %
Calcium 15 %	Iron 4 %

2.9 cm x 5.5 cm = 16.0 cm<sup>2</sup>

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

2.9 cm x 5.5 cm = 16.0 cm<sup>2</sup>

Total surface area: 32.0 cm<sup>2</sup>

**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
<b>Calories 260</b>	
<b>Fat 13 g</b>	<b>20 %</b>
Saturated 3 g + Trans 2 g	<b>25 %</b>
<b>Cholesterol 30 mg</b>	
<b>Sodium 660 mg</b>	<b>28 %</b>
<b>Carbohydrate 31 g</b>	<b>10 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 5 g	
<b>Protein 5 g</b>	
Vit A 4 %	Vit C 2 %
Calcium 15 %	Iron 4 %

2.8 cm x 5.1 cm = 14.3 cm<sup>2</sup>

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

2.8 cm x 5.1 cm = 14.3 cm<sup>2</sup>

Total surface area: 28.6 cm<sup>2</sup>

# 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

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

\* DV = Daily Value

3.6 cm x 7.7 cm = 27.7 cm<sup>2</sup>

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

\* VQ = valeur quotidienne

3.6 cm x 7.7 cm = 27.7 cm<sup>2</sup>

Total surface area: 55.4 cm<sup>2</sup>

**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

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

\* DV = Daily Value

3.3 cm x 7.1 cm = 23.4 cm<sup>2</sup>

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

\* VQ = valeur quotidienne

3.3 cm x 7.1 cm = 23.4 cm<sup>2</sup>

Total surface area: 46.8 cm<sup>2</sup>



# 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

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

\* DV = Daily Value

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

\* VQ = valeur quotidienne

Total surface area: 39.8 cm<sup>2</sup>

2.8 cm x 7.1 cm = 19.9 cm<sup>2</sup>

2.8 cm x 7.1 cm = 19.9 cm<sup>2</sup>

**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

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

\* DV = Daily Value

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

\* VQ = valeur quotidienne

Total surface area: 32.6 cm<sup>2</sup>

2.5 cm x 6.5 cm = 16.3 cm<sup>2</sup>

2.5 cm x 6.5 cm = 16.3 cm<sup>2</sup>

# 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

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

5.2 cm x 8.1 cm = 42.1 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
<b>Calories / Calories 80</b>	
<b>Lipides / Fat 0,5 g</b>	<b>1 %</b>
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	
<b>Cholestérol / Cholesterol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Glucides / Carbohydrate 18 g</b>	<b>6 %</b>
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
<b>Protéines / Protein 3 g</b>	
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 cm<sup>2</sup>

**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

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

4.6 cm x 7.5 cm = 34.5 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
<b>Calories / Calories 80</b>	
<b>Lipides / Fat 0,5 g</b>	<b>1 %</b>
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	
<b>Cholestérol / Cholesterol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Glucides / Carbohydrate 19 g</b>	<b>6 %</b>
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
<b>Protéines / Protein 3 g</b>	
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 cm<sup>2</sup>

Total surface area: 34.5 cm<sup>2</sup>

# 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

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

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

Total surface area: 30.8 cm<sup>2</sup>

4.1 cm x 7.5 cm = 30.8 cm<sup>2</sup>

4.1 cm x 7.5 cm = 30.8 cm<sup>2</sup>

**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

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

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

Total surface area: 24.5 cm<sup>2</sup>

3.6 cm x 6.8 cm = 24.5 cm<sup>2</sup>

3.6 cm x 6.8 cm = 24.5 cm<sup>2</sup>

# 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)).

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 18 g</b>	<b>6 %</b>
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
<b>Protein / Protéines 3 g</b>	
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 cm<sup>2</sup>

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
<b>Calories / Calories 80</b>	
<b>Lipides / Fat 0,5 g</b>	<b>1 %</b>
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	
<b>Cholestérol / Cholesterol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Glucides / Carbohydrate 18 g</b>	<b>6 %</b>
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
<b>Protéines / Protein 3 g</b>	
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 cm<sup>2</sup>

Total surface area: 21.4 cm<sup>2</sup>

**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)).

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 19 g</b>	<b>6 %</b>
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
<b>Protein / Protéines 3 g</b>	
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 cm<sup>2</sup>

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
<b>Calories / Calories 80</b>	
<b>Lipides / Fat 0,5 g</b>	<b>1 %</b>
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	
<b>Cholestérol / Cholesterol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Glucides / Carbohydrate 19 g</b>	<b>6 %</b>
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
<b>Protéines / Protein 3 g</b>	
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 cm<sup>2</sup>

Total surface area: 20.0 cm<sup>2</sup>

**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)).

Nutrition Facts	
Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 19 g</b>	<b>6 %</b>
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
<b>Protein / Protéines 3 g</b>	
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 cm<sup>2</sup>

Valeur nutritive	
Nutrition Facts	
par 125 mL (87 g) / Per 125 mL (87 g)	
Teneur	% valeur quotidienne
Amount	% Daily Value
<b>Calories / Calories 80</b>	
<b>Lipides / Fat 0,5 g</b>	<b>1 %</b>
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	
<b>Cholestérol / Cholesterol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Glucides / Carbohydrate 19 g</b>	<b>6 %</b>
Fibres / Fibre 2 g	8 %
Sucres / Sugars 2 g	
<b>Protéines / Protein 3 g</b>	
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 cm<sup>2</sup>

Total surface area: 16.8 cm<sup>2</sup>

# 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

	Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 13 g	<b>20 %</b>	<b>Carbohydrate / Glucides</b> 23 g	<b>8 %</b>
	Saturated / saturés 5 g + Trans / trans 3.5 g	<b>42 %</b>	Fibre / Fibres 0 g	<b>0 %</b>
Per 1 bar (40 g) pour 1 tablette (40 g)	<b>Cholesterol / Cholestérol</b> 10 mg		<b>Sugars / Sucres</b> 20 g	
<b>Calories</b> 220	<b>Sodium / Sodium</b> 70 mg	<b>3 %</b>	<b>Protein / Protéines</b> 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 cm<sup>2</sup>

	Teneur / Amount	% VQ / % DV*	Teneur / Amount	% VQ / % DV*
<b>Valeur nutritive</b> <b>Nutrition Facts</b>	<b>Lipides / Fat</b> 13 g	<b>20 %</b>	<b>Glucides / Carbohydrate</b> 23 g	<b>8 %</b>
	saturés / Saturated 5 g + trans / Trans 3,5 g	<b>42 %</b>	Fibres / Fibre 0 g	<b>0 %</b>
pour 1 tablette (40 g) Per 1 bar (40 g))	<b>Cholestérol / Cholesterol</b> 10 mg		<b>Sucres / Sugars</b> 20 g	
<b>Calories</b> 220	<b>Sodium / Sodium</b> 70 mg	<b>3 %</b>	<b>Protéines / Protein</b> 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 cm<sup>2</sup>

Total surface area: 34.6 cm<sup>2</sup>

**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

	Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 13 g	<b>20 %</b>	<b>Carbohydrate / Glucides</b> 23 g	<b>10 %</b>
	Saturated / saturés 8 g + Trans / trans 0 g	<b>39 %</b>	Fibre / Fibres 0 g	<b>0 %</b>
Per 1 bar pour 1 tablette	<b>Cholesterol / Cholestérol</b> 10 mg		<b>Sugars / Sucres</b> 20 g	
<b>Calories</b> 220	<b>Sodium / Sodium</b> 70 mg	<b>3 %</b>	<b>Protein / Protéines</b> 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 cm<sup>2</sup>

	Quantité / Teneur	% VQ / % DV*	Quantité / Teneur	% VQ / % DV*
<b>Valeur nutritive</b> <b>Nutrition Facts</b>	<b>Lipides / Fat</b> 13 g	<b>20 %</b>	<b>Glucides / Carbohydrate</b> 23 g	<b>10 %</b>
	saturés / Saturated 8 g + trans / Trans 0 g	<b>39 %</b>	Fibres / Fibre 0 g	<b>0 %</b>
pour 1 tablette Per 1 bar	<b>Cholestérol / Cholesterol</b> 10 mg		<b>Sucres / Sugars</b> 20 g	
<b>Calories</b> 220	<b>Sodium / Sodium</b> 70 mg	<b>3 %</b>	<b>Protéines / Protein</b> 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 cm<sup>2</sup>

Total surface area: 27.8 cm<sup>2</sup>

# 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)).

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

9.3 cm x 2.5 cm = 23.3 cm<sup>2</sup>

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

9.3 cm x 2.5 cm = 23.3 cm<sup>2</sup>

Total surface area: 23.3 cm<sup>2</sup>

**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)).

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

9.7 cm x 2.3 cm = 22.3 cm<sup>2</sup>

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

9.7 cm x 2.3 cm = 22.3 cm<sup>2</sup>

Total surface area: 22.3 cm<sup>2</sup>

**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)).

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

10.9 cm x 1.9 cm = 20.7 cm<sup>2</sup>

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

10.9 cm x 1.9 cm = 20.7 cm<sup>2</sup>

Total surface area: 20.7 cm<sup>2</sup>

# 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 cm<sup>2</sup>

<b>Nutrition Facts</b>	
Per 1 stick (2.7 g)	
Amount	% Daily Value
<b>Calories 5</b>	
<b>Fat 0 g</b>	<b>0 %</b>
<b>Carbohydrate 2 g</b>	<b>1 %</b>
<b>Protein 0 g</b>	
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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
<b>Calories 5</b>	
<b>Lipides 0 g</b>	<b>0 %</b>
<b>Glucides 2 g</b>	<b>1 %</b>
<b>Protéines 0 g</b>	
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 cm<sup>2</sup>

**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 cm<sup>2</sup>

<b>Nutrition Facts</b>	
Per 1 stick (2.7 g)	
Amount	% Daily Value
<b>Calories 5</b>	
<b>Fat 0 g</b>	<b>0 %</b>
<b>Carbohydrate 2 g</b>	<b>1 %</b>
<b>Protein 0 g</b>	
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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
<b>Calories 5</b>	
<b>Lipides 0 g</b>	<b>0 %</b>
<b>Glucides 2 g</b>	<b>1 %</b>
<b>Protéines 0 g</b>	
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 cm<sup>2</sup>

**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 cm<sup>2</sup>

<b>Nutrition Facts</b>	
Per 1 stick (2.7 g)	
Amount	% Daily Value
<b>Calories 5</b>	
<b>Fat 0 g</b>	<b>0 %</b>
<b>Carbohydrate 2 g</b>	<b>1 %</b>
<b>Protein 0 g</b>	
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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
<b>Calories 5</b>	
<b>Lipides 0 g</b>	<b>0 %</b>
<b>Glucides 2 g</b>	<b>1 %</b>
<b>Protéines 0 g</b>	
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 cm<sup>2</sup>

# 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 cm<sup>2</sup>

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
<b>Calories 5</b>	
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 cm<sup>2</sup>

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
<b>Calories 5</b>	
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 cm<sup>2</sup>

**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 cm<sup>2</sup>

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
<b>Calories 5</b>	
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 cm<sup>2</sup>

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
<b>Calories 5</b>	
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 cm<sup>2</sup>

**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 cm<sup>2</sup>

Nutrition Facts	
Per 1 stick (2.7 g)	
Amount	% Daily Value
<b>Calories 5</b>	
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 cm<sup>2</sup>

Valeur nutritive	
pour 1 bâtonnet (2,7 g)	
Teneur	% valeur quotidienne
<b>Calories 5</b>	
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 cm<sup>2</sup>



# 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 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

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 5</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 2 g</b>	<b>1 %</b>
<b>Protein / Protéines 0 g</b>	
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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)	
Teneur Amount	% valeur quotidienne % Daily Value
<b>Calories / Calories 5</b>	
<b>Lipides / Fat 0 g</b>	<b>0 %</b>
<b>Glucides / Carbohydrate 2 g</b>	<b>1 %</b>
<b>Protéines / Protein 0 g</b>	
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 cm<sup>2</sup>

Total surface area: 27.7 cm<sup>2</sup>

**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

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 5</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 2 g</b>	<b>1 %</b>
<b>Protein / Protéines 0 g</b>	
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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)	
Teneur Amount	% valeur quotidienne % Daily Value
<b>Calories / Calories 5</b>	
<b>Lipides / Fat 0 g</b>	<b>0 %</b>
<b>Glucides / Carbohydrate 2 g</b>	<b>1 %</b>
<b>Protéines / Protein 0 g</b>	
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 cm<sup>2</sup>

Total surface area: 25.7 cm<sup>2</sup>

**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

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 stick (2.7 g) pour 1 bâtonnet (2,7 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 5</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 2 g</b>	<b>1 %</b>
<b>Protein / Protéines 0 g</b>	
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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)	
Teneur Amount	% valeur quotidienne % Daily Value
<b>Calories / Calories 5</b>	
<b>Lipides / Fat 0 g</b>	<b>0 %</b>
<b>Glucides / Carbohydrate 2 g</b>	<b>1 %</b>
<b>Protéines / Protein 0 g</b>	
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 cm<sup>2</sup>

Total surface area: 22.8 cm<sup>2</sup>

# 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
<b>Calories / Calories 5</b>			
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 cm<sup>2</sup>

Valeur nutritive		Nutrition Facts	
pour 1 bâtonnet (2,7 g) Per 1 stick (2.7 g)			
Teneur	% valeur quotidienne	Amount	% Daily Value
<b>Calories / Calories 5</b>			
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 cm<sup>2</sup>

Total surface area: 19.1 cm<sup>2</sup>

**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
<b>Calories / Calories 152</b>			
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 cm<sup>2</sup>

Valeur nutritive		Nutrition Facts	
par 355 mL / Per 355 mL			
Teneur	% valeur quotidienne	Amount	% Daily Value
<b>Calories / Calories 152</b>			
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 cm<sup>2</sup>

Total surface area: 14.5 cm<sup>2</sup>

**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
<b>Calories / Calories 152</b>			
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 cm<sup>2</sup>

Valeur nutritive		Nutrition Facts	
par 355 mL / Per 355 mL			
Teneur	% valeur quotidienne	Amount	% Daily Value
<b>Calories / Calories 152</b>			
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 cm<sup>2</sup>

Total surface area: 13.9 cm<sup>2</sup>

# 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

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

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

Total surface area: 24.0 cm<sup>2</sup>

**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

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

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

Total surface area: 21.6 cm<sup>2</sup>

# 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)).

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

5.8 cm x 2.3 cm = 13.3 cm<sup>2</sup>

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

5.8 cm x 2.3 cm = 13.3 cm<sup>2</sup>

Total surface area: 13.3 cm<sup>2</sup>

**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)).

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

5.8 cm x 2.3 cm = 13.3 cm<sup>2</sup>

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

5.8 cm x 2.3 cm = 13.3 cm<sup>2</sup>

Total surface area: 13.3 cm<sup>2</sup>

# 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

<b>Nutrition Facts</b>		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
<b>Calories</b>	100	140
% Daily Value		
<b>Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated 1 g + Trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholesterol 0 mg</b>		
<b>Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre 1 g	<b>4 %</b>	<b>4 %</b>
Sugars 14 g		
<b>Protein 4 g</b>		
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.

<b>Valeur nutritive</b>		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
<b>Calories</b>	100	140
% valeur quotidienne		
<b>Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés 1 g + trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholestérol 0 mg</b>		
<b>Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres 1 g	<b>4 %</b>	<b>4 %</b>
Sucres 14 g		
<b>Protéines 4 g</b>		
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 cm<sup>2</sup>

4.7 cm x 9.1 cm = 42.8 cm<sup>2</sup>

4.7 cm x 9.1 cm = 42.8 cm<sup>2</sup>

**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

<b>Nutrition Facts</b>		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
<b>Calories</b>	100	140
% Daily Value		
<b>Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated 1 g + Trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholesterol 0 mg</b>		
<b>Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre 1 g	<b>4 %</b>	<b>4 %</b>
Sugars 14 g		
<b>Protein 4 g</b>		
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.

<b>Valeur nutritive</b>		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
<b>Calories</b>	100	140
% valeur quotidienne		
<b>Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés 1 g + trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholestérol 0 mg</b>		
<b>Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres 1 g	<b>4 %</b>	<b>4 %</b>
Sucres 14 g		
<b>Protéines 4 g</b>		
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 cm<sup>2</sup>

4.3 cm x 8.5 cm = 36.6 cm<sup>2</sup>

4.3 cm x 8.5 cm = 36.6 cm<sup>2</sup>

# 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

<b>Nutrition Facts</b>		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
<b>Calories</b>	100	140
<b>% Daily Value</b>		
<b>Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated 1 g + Trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholesterol 0 mg</b>		
<b>Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre 1 g	<b>4 %</b>	<b>4 %</b>
Sugars 14 g		
<b>Protein 4 g</b>		
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.

Total surface area: 65.4 cm<sup>2</sup>

3.8 cm x 8.6 cm = 32.7 cm<sup>2</sup>

<b>Valeur nutritive</b>		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
<b>Calories</b>	100	140
<b>% valeur quotidienne</b>		
<b>Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés 1 g + trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholestérol 0 mg</b>		
<b>Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres 1 g	<b>4 %</b>	<b>4 %</b>
Sucres 14 g		
<b>Protéines 4 g</b>		
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.

3.8 cm x 8.6 cm = 32.7 cm<sup>2</sup>

**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)).

<b>Nutrition Facts</b>		
Per 1/4 package (22 g) (about 1/2 cup prepared)		
Amount	Dry Mix	Prepared†
<b>Calories</b>	100	140
<b>% Daily Value</b>		
<b>Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated 1 g + Trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholesterol 0 mg</b>		
<b>Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre 1 g	<b>4 %</b>	<b>4 %</b>
Sugars 14 g		
<b>Protein 4 g</b>		
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.

Total surface area: 60.8 cm<sup>2</sup>

3.8 cm x 8.0 cm = 30.4 cm<sup>2</sup>

<b>Valeur nutritive</b>		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
<b>Calories</b>	100	140
<b>% valeur quotidienne</b>		
<b>Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés 1 g + trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholestérol 0 mg</b>		
<b>Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres 1 g	<b>4 %</b>	<b>4 %</b>
Sucres 14 g		
<b>Protéines 4 g</b>		
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.

3.8 cm x 8.0 cm = 30.4 cm<sup>2</sup>

# 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†
<b>Calories</b>	100	140
<b>% Daily Value</b>		
<b>Fat</b> 2 g*	<b>3 %</b>	<b>3 %</b>
Saturated 1 g + Trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholesterol</b> 0 mg		
<b>Sodium</b> 80 mg	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate</b> 20 g	<b>7 %</b>	<b>9 %</b>
Fibre 1 g	<b>4 %</b>	<b>4 %</b>
Sugars 14 g		
<b>Protein</b> 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.

Total surface area: 55.0 cm<sup>2</sup>

3.4 cm x 8.1 cm = 27.5 cm<sup>2</sup>

Valeur nutritive		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
<b>Calories</b>	100	140
<b>% valeur quotidienne</b>		
<b>Lipides</b> 2 g*	<b>3 %</b>	<b>3 %</b>
saturés 1 g + trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholestérol</b> 0 mg		
<b>Sodium</b> 80 mg	<b>3 %</b>	<b>6 %</b>
<b>Glucides</b> 20 g	<b>7 %</b>	<b>9 %</b>
Fibres 1 g	<b>4 %</b>	<b>4 %</b>
Sucres 14 g		
<b>Protéines</b> 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 ajoutée  
 40 Calories, 65 mg sodium,  
 6 g glucides (6 g sucres)  
 et 4 g protéines.

3.4 cm x 8.1 cm = 27.5 cm<sup>2</sup>

**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†
<b>Calories</b>	100	140
<b>% Daily Value</b>		
<b>Fat</b> 2 g*	<b>3 %</b>	<b>3 %</b>
Saturated 1 g + Trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholesterol</b> 0 mg		
<b>Sodium</b> 80 mg	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate</b> 20 g	<b>7 %</b>	<b>9 %</b>
Fibre 1 g	<b>4 %</b>	<b>4 %</b>
Sugars 14 g		
<b>Protein</b> 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.

Total surface area: 51.6 cm<sup>2</sup>

3.4 cm x 7.6 cm = 25.8 cm<sup>2</sup>

Valeur nutritive		
pour 1/4 d'emballage (22 g) (environ 1/2 tasse préparé)		
Teneur	Poudre	Préparé†
<b>Calories</b>	100	140
<b>% valeur quotidienne</b>		
<b>Lipides</b> 2 g*	<b>3 %</b>	<b>3 %</b>
saturés 1 g + trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholestérol</b> 0 mg		
<b>Sodium</b> 80 mg	<b>3 %</b>	<b>6 %</b>
<b>Glucides</b> 20 g	<b>7 %</b>	<b>9 %</b>
Fibres 1 g	<b>4 %</b>	<b>4 %</b>
Sucres 14 g		
<b>Protéines</b> 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 ajoutée  
 40 Calories, 65 mg sodium,  
 6 g glucides (6 g sucres)  
 et 4 g protéines.

3.4 cm x 7.6 cm = 25.8 cm<sup>2</sup>

# 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

<b>Nutrition Facts / Valeur nutritive</b>		
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 <sup>†</sup> Préparé <sup>†</sup>
<b>Calories / Calories</b>	100	140
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
<b>Protein / Protéines 4 g</b>		
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  
<sup>†</sup> 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 cm<sup>2</sup>

7.2 cm x 9.4 cm = 67.7 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
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 <sup>†</sup> Prepared <sup>†</sup>
<b>Calories / Calories</b>	100	140
% valeur quotidienne / % Daily Value		
<b>Lipides / Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
<b>Cholestérol / Cholesterol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides / Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
<b>Protéines / Protein 4 g</b>		
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  
<sup>†</sup> 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 cm<sup>2</sup>

**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

<b>Nutrition Facts / Valeur nutritive</b>		
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 <sup>†</sup> Préparé <sup>†</sup>
<b>Calories / Calories</b>	100	140
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
<b>Protein / Protéines 4 g</b>		
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  
<sup>†</sup> 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 cm<sup>2</sup>

7.2 cm x 8.8 cm = 63.4 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
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 <sup>†</sup> Prepared <sup>†</sup>
<b>Calories / Calories</b>	100	140
% valeur quotidienne / % Daily Value		
<b>Lipides / Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
<b>Cholestérol / Cholesterol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides / Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
<b>Protéines / Protein 4 g</b>		
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  
<sup>†</sup> 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 cm<sup>2</sup>



# 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

<b>Nutrition Facts / Valeur nutritive</b>		
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†
<b>Calories / Calories</b>	100	140
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated / saturés 1 g + Trans / trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre / Fibres 1 g	<b>4 %</b>	<b>4 %</b>
Sugars / Sucres 14 g		
<b>Protein / Protéines 4 g</b>		
Vitamine A / Vitamine A	0 %	6 %
Vitamine 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 cm<sup>2</sup>

6.4 cm x 8.8 cm = 56.3 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
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†
<b>Calories / Calories</b>	100	140
% valeur quotidienne / % Daily Value		
<b>Lipides / Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés / Saturated 1 g + trans / Trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholestérol / Cholesterol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides / Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres / Fibre 1 g	<b>4 %</b>	<b>4 %</b>
Sucres / Sugars 14 g		
<b>Protéines / Protein 4 g</b>		
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 cm<sup>2</sup>

**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

<b>Nutrition Facts / Valeur nutritive</b>		
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†
<b>Calories / Calories</b>	100	140
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated / saturés 1 g + Trans / trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre / Fibres 1 g	<b>4 %</b>	<b>4 %</b>
Sugars / Sucres 14 g		
<b>Protein / Protéines 4 g</b>		
Vitamine A / Vitamine A	0 %	6 %
Vitamine 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 cm<sup>2</sup>

5.2 cm x 8.4 cm = 43.7 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
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†
<b>Calories / Calories</b>	100	140
% valeur quotidienne / % Daily Value		
<b>Lipides / Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés / Saturated 1 g + trans / Trans 1 g	<b>10 %</b>	<b>10 %</b>
<b>Cholestérol / Cholesterol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides / Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres / Fibre 1 g	<b>4 %</b>	<b>4 %</b>
Sucres / Sugars 14 g		
<b>Protéines / Protein 4 g</b>		
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 cm<sup>2</sup>

# 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)).

<b>Nutrition Facts / Valeur nutritive</b>		
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		
<b>Fat / Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
<b>Protein / Protéines 4 g</b>		
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 cm<sup>2</sup>

5.2 cm x 7.7 cm = 40.0 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
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		
<b>Lipides / Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
<b>Cholestérol / Cholesterol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides / Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
<b>Protéines / Protein 4 g</b>		
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 cm<sup>2</sup>

**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)).

<b>Nutrition Facts / Valeur nutritive</b>		
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		
<b>Fat / Lipides 2 g*</b>	<b>3 %</b>	<b>3 %</b>
Saturated / saturés 1 g + Trans / trans 1 g	10 %	10 %
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 14 g		
<b>Protein / Protéines 4 g</b>		
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 cm<sup>2</sup>

5.2 cm x 7.4 cm = 38.5 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
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		
<b>Lipides / Fat 2 g*</b>	<b>3 %</b>	<b>3 %</b>
saturés / Saturated 1 g + trans / Trans 1 g	10 %	10 %
<b>Cholestérol / Cholesterol 0 mg</b>		
<b>Sodium / Sodium 80 mg</b>	<b>3 %</b>	<b>6 %</b>
<b>Glucides / Carbohydrate 20 g</b>	<b>7 %</b>	<b>9 %</b>
Fibres / Fibre 1 g	4 %	4 %
Sucres / Sugars 14 g		
<b>Protéines / Protein 4 g</b>		
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 cm<sup>2</sup>

# 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 Per 1 pouch	Regular (35 g)		Apple & Cinnamon (35 g)		Maple & Brown Sugar (35 g)	
	Amount	% DV*	Amount	% DV*	Amount	% DV*
<b>Calories</b>	110		140		130	
<b>Fat</b>	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate</b>	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	
<b>Protein</b>	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 cm<sup>2</sup>

8.8 cm x 7.6 cm = 66.9 cm<sup>2</sup>

Valeur nutritive pour 1 sachet	Ordinaire (35 g)		Pomme et cannelle (35 g)		Érable et cassonade (35 g)	
	Teneur	% VQ*	Teneur	% VQ*	Teneur	% VQ*
<b>Calories</b>	110		140		130	
<b>Lipides</b>	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides</b>	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	
<b>Protéines</b>	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 cm<sup>2</sup>

# 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 (35 g)		Apple & Cinnamon (35 g)		Maple & Brown Sugar (35 g)	
	Amount	% DV*	Amount	% DV*	Amount	% DV*
Per 1 pouch						
<b>Calories</b>	110		140		130	
<b>Fat</b>	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate</b>	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	
<b>Protein</b>	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 cm<sup>2</sup>

8.8 cm x 7.1 cm = 62.5 cm<sup>2</sup>

Valeur nutritive	Ordinaire (35 g)		Pomme et cannelle (35 g)		Érable et cassonade (35 g)	
	Teneur	% VQ*	Teneur	% VQ*	Teneur	% VQ*
pour 1 sachet						
<b>Calories</b>	110		140		130	
<b>Lipides</b>	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides</b>	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	
<b>Protéines</b>	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 cm<sup>2</sup>

# 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 (35 g)		Apple & Cinnamon (35 g)		Maple & Brown Sugar (35 g)	
	Amount	% DV*	Amount	% DV*	Amount	% DV*
Per 1 pouch						
<b>Calories</b>	110		140		130	
<b>Fat</b>	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate</b>	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	
<b>Protein</b>	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 cm<sup>2</sup>

7.9 cm x 7.1 cm = 56.1 cm<sup>2</sup>

Valeur nutritive pour 1 sachet	Ordinaire (35 g)		Pomme et cannelle (35 g)		Érable et cassonade (35 g)	
	Teneur	% VQ*	Teneur	% VQ*	Teneur	% VQ*
<b>Calories</b>	110		140		130	
<b>Lipides</b>	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides</b>	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	
<b>Protéines</b>	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 cm<sup>2</sup>

# 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)).

<b>Nutrition Facts</b> Per 1 pouch	Regular (35 g)		Apple & Cinnamon (35 g)		Maple & Brown Sugar (35 g)	
	Amount	% DV*	Amount	% DV*	Amount	% DV*
<b>Calories</b>	110		140		130	
<b>Fat</b>	2 g	3 %	2 g	3 %	1 g	2 %
Saturated	0 g	0 %	0 g	0 %	0 g	0 %
+ Trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate</b>	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	
<b>Protein</b>	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 cm<sup>2</sup>

7.9 cm x 6.6 cm = 52.1 cm<sup>2</sup>

<b>Valeur nutritive</b> pour 1 sachet	Ordinaire (35 g)		Pomme et cannelle (35 g)		Érable et cassonade (35 g)	
	Teneur	% VQ*	Teneur	% VQ*	Teneur	% VQ*
<b>Calories</b>	110		140		130	
<b>Lipides</b>	2 g	3 %	2 g	3 %	1 g	2 %
saturés	0 g	0 %	0 g	0 %	0 g	0 %
+ trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides</b>	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	
<b>Protéines</b>	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 cm<sup>2</sup>

# 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 (35 g)		Apple & Cinnamon (35 g)		Maple & Brown Sugar (35 g)	
	Amount	% DV*	Amount	% DV*	Amount	% DV*
Per 1 pouch						
<b>Calories</b>	110		140		130	
<b>Fat</b>	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate</b>	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	
<b>Protein</b>	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 cm<sup>2</sup>

7.6 cm x 6.5 cm = 49.4 cm<sup>2</sup>

Valeur nutritive	Ordinaire (35 g)		Pomme et cannelle (35 g)		Érable et cassonade (35 g)	
	Teneur	% VQ*	Teneur	% VQ*	Teneur	% VQ*
pour 1 sachet						
<b>Calories</b>	110		140		130	
<b>Lipides</b>	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides</b>	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	
<b>Protéines</b>	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 cm<sup>2</sup>

# 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 (35 g)		Apple & Cinnamon (35 g)		Maple & Brown Sugar (35 g)	
	Amount	% DV*	Amount	% DV*	Amount	% DV*
Per 1 pouch						
<b>Calories</b>	110		140		130	
<b>Fat</b>	2 g	3 %	2 g	3 %	1 g	2 %
Saturated + Trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate</b>	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	
<b>Protein</b>	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 cm<sup>2</sup>

7.6 cm x 6.0 cm = 45.6 cm<sup>2</sup>

Valeur nutritive	Ordinaire (35 g)		Pomme et cannelle (35 g)		Érable et cassonade (35 g)	
	Teneur	% VQ*	Teneur	% VQ*	Teneur	% VQ*
pour 1 sachet						
<b>Calories</b>	110		140		130	
<b>Lipides</b>	2 g	3 %	2 g	3 %	1 g	2 %
saturés + trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides</b>	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	
<b>Protéines</b>	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 cm<sup>2</sup>



# 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

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*
<b>Calories / Calories</b>	110		140		130	
<b>Fat / Lipides</b>	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 %
<b>Cholesterol / Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate / Glucides</b>	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	
<b>Protein / Protéines</b>	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: 87.4 cm<sup>2</sup>

10.4 cm x 8.4 cm = 87.4 cm<sup>2</sup>

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*
<b>Calories / Calories</b>	110		140		130	
<b>Lipides / Fat</b>	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 %
<b>Cholestérol / Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides / Carbohydrate</b>	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	
<b>Protéines / Protein</b>	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

10.4 cm x 8.4 cm = 87.4 cm<sup>2</sup>

# 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

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*
<b>Calories / Calories</b>	110		140		130	
<b>Fat / Lipides</b>	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 %
<b>Cholesterol / Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate / Glucides</b>	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	
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

9.9 cm x 7.8 cm = 77.2 cm<sup>2</sup>

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*
<b>Calories / Calories</b>	110		140		130	
<b>Lipides / Fat</b>	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 %
<b>Cholestérol / Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides / Carbohydrate</b>	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	
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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

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*
<b>Calories / Calories</b>	110		140		130	
<b>Fat / Lipides</b>	2 g	<b>3 %</b>	2 g	<b>3 %</b>	1 g	<b>2 %</b>
Saturated / saturés + Trans / trans	0 g 0 g	<b>0 %</b>	0 g 0 g	<b>0 %</b>	0 g 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	<b>9 %</b>	310 mg	<b>13 %</b>	200 mg	<b>8 %</b>
<b>Carbohydrate / Glucides</b>	19 g	<b>6 %</b>	26 g	<b>9 %</b>	27 g	<b>9 %</b>
Fibre / Fibres	3 g	<b>12 %</b>	3 g	<b>12 %</b>	3 g	<b>12 %</b>
Sugars / Sucres	1 g		8 g		9 g	
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

8.9 cm x 7.9 cm = 70.3 cm<sup>2</sup>

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*
<b>Calories / Calories</b>	110		140		130	
<b>Lipides / Fat</b>	2 g	<b>3 %</b>	2 g	<b>3 %</b>	1 g	<b>2 %</b>
saturés / Saturated + trans / Trans	0 g 0 g	<b>0 %</b>	0 g 0 g	<b>0 %</b>	0 g 0 g	<b>0 %</b>
<b>Cholestérol / Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	<b>9 %</b>	310 mg	<b>13 %</b>	200 mg	<b>8 %</b>
<b>Glucides / Carbohydrate</b>	19 g	<b>6 %</b>	26 g	<b>9 %</b>	27 g	<b>9 %</b>
Fibres / Fibre	3 g	<b>12 %</b>	3 g	<b>12 %</b>	3 g	<b>12 %</b>
Sucres / Sugars	1 g		8 g		9 g	
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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

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

8.4 cm x 7.3 cm = 61.3 cm<sup>2</sup>

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

# 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)).

<b>Nutrition Facts / Valeur nutritive</b>						
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*
<b>Calories / Calories</b>	110		140		130	
<b>Fat / Lipides</b>	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholesterol / Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate / Glucides</b>	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	
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

8.1 cm x 6.5 cm = 52.7 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>						
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*
<b>Calories / Calories</b>	110		140		130	
<b>Lipides / Fat</b>	2 g	3 %	2 g	3 %	1 g	2 %
saturés / Saturate + trans / Trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholestérol / Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides / Carbohydrate</b>	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	
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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)).

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*
<b>Calories / Calories</b>	110		140		130	
<b>Fat / Lipides</b>	2 g	3 %	2 g	3 %	1 g	2 %
Saturated / saturés + Trans / trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholesterol / Cholestérol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Carbohydrate / Glucides</b>	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	
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

8.1 cm x 6.3 cm = 51.0 cm<sup>2</sup>

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*
<b>Calories / Calories</b>	110		140		130	
<b>Lipides / Fat</b>	2 g	3 %	2 g	3 %	1 g	2 %
saturés / Saturated + trans / Trans	0 g	0 %	0 g	0 %	0 g	0 %
<b>Cholestérol / Cholesterol</b>	0 mg		0 mg		0 mg	
<b>Sodium / Sodium</b>	220 mg	9 %	310 mg	13 %	200 mg	8 %
<b>Glucides / Carbohydrate</b>	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	
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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

<b>Nutrition Facts</b>		
Per 1 tablespoon (15 mL)		
Amount	15 mL	125 mL
<b>Calories</b>	15	120
% Daily Value		
<b>Fat 0 g*</b>	<b>0 %</b>	<b>4 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholesterol 0 mg</b>		
<b>Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Carbohydrate 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibre 0 g	<b>0 %</b>	<b>0 %</b>
Sugars 2 g		
<b>Protein 1 g</b>		
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 cm<sup>2</sup>

<b>Valeur nutritive</b>		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
<b>Calories</b>	15	120
% valeur quotidienne		
<b>Lipides 0 g*</b>	<b>0 %</b>	<b>4 %</b>
saturés 0 g + trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholestérol 0 mg</b>		
<b>Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Glucides 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibres 0 g	<b>0 %</b>	<b>0 %</b>
Sucres 2 g		
<b>Protéines 1 g</b>		
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 cm<sup>2</sup>

Total surface area: 70.4 cm<sup>2</sup>

**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

<b>Nutrition Facts</b>		
Per 1 tablespoon (15 mL)		
Amount	15 mL	125 mL
<b>Calories</b>	15	120
% Daily Value		
<b>Fat 0 g*</b>	<b>0 %</b>	<b>4 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholesterol 0 mg</b>		
<b>Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Carbohydrate 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibre 0 g	<b>0 %</b>	<b>0 %</b>
Sugars 2 g		
<b>Protein 1 g</b>		
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 cm<sup>2</sup>

<b>Valeur nutritive</b>		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
<b>Calories</b>	15	120
% valeur quotidienne		
<b>Lipides 0 g*</b>	<b>0 %</b>	<b>4 %</b>
saturés 0 g + trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholestérol 0 mg</b>		
<b>Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Glucides 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibres 0 g	<b>0 %</b>	<b>0 %</b>
Sucres 2 g		
<b>Protéines 1 g</b>		
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 cm<sup>2</sup>

Total surface area: 59.2 cm<sup>2</sup>

# 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

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

\* Amount in 15 mL

3.5 cm x 7.5 cm = 26.3 cm<sup>2</sup>

<b>Valeur nutritive</b>		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
<b>Calories</b>	15	120
<b>% valeur quotidienne</b>		
<b>Lipides</b> 0 g*	<b>0 %</b>	<b>4 %</b>
saturés 0 g + trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholestérol</b> 0 mg		
<b>Sodium</b> 17 mg	<b>1 %</b>	<b>6 %</b>
<b>Glucides</b> 2 g	<b>1 %</b>	<b>5 %</b>
Fibres 0 g	<b>0 %</b>	<b>0 %</b>
Sucres 2 g		
<b>Protéines</b> 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 cm<sup>2</sup>

Total surface area: 52.6 cm<sup>2</sup>

**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)).

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

\* Amount in 15 mL

3.5 cm x 7.1 cm = 24.8 cm<sup>2</sup>

<b>Valeur nutritive</b>		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
<b>Calories</b>	15	120
<b>% valeur quotidienne</b>		
<b>Lipides</b> 0 g*	<b>0 %</b>	<b>4 %</b>
saturés 0 g + trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholestérol</b> 0 mg		
<b>Sodium</b> 17 mg	<b>1 %</b>	<b>6 %</b>
<b>Glucides</b> 2 g	<b>1 %</b>	<b>5 %</b>
Fibres 0 g	<b>0 %</b>	<b>0 %</b>
Sucres 2 g		
<b>Protéines</b> 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 cm<sup>2</sup>

Total surface area: 49.6 cm<sup>2</sup>



# 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

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

\* Amount in 15 mL

<b>Valeur nutritive</b>		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
<b>Calories</b>	15	120
<b>% valeur quotidienne</b>		
<b>Lipides</b> 0 g*	0 %	4 %
saturés 0 g + trans 0 g	0 %	8 %
<b>Cholestérol</b> 0 mg		
<b>Sodium</b> 17 mg	1 %	6 %
<b>Glucides</b> 2 g	1 %	5 %
Fibres 0 g	0 %	0 %
Sucres 2 g		
<b>Protéines</b> 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 cm<sup>2</sup>

3.0 cm x 6.9 cm = 20.7 cm<sup>2</sup>

3.0 cm x 6.9 cm = 20.7 cm<sup>2</sup>

**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)).

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

\* Amount in 15 mL

<b>Valeur nutritive</b>		
pour 1 cuillère à soupe (15 mL)		
Teneur	15 mL	125 mL
<b>Calories</b>	15	120
<b>% valeur quotidienne</b>		
<b>Lipides</b> 0 g*	0 %	4 %
saturés 0 g + trans 0 g	0 %	8 %
<b>Cholestérol</b> 0 mg		
<b>Sodium</b> 17 mg	1 %	6 %
<b>Glucides</b> 2 g	1 %	5 %
Fibres 0 g	0 %	0 %
Sucres 2 g		
<b>Protéines</b> 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 cm<sup>2</sup>

3.0 cm x 6.4 cm = 19.2 cm<sup>2</sup>

3.0 cm x 6.4 cm = 19.2 cm<sup>2</sup>

# 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

<b>Nutrition Facts / Valeur nutritive</b>		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
<b>Calories / Calories</b>	15	120
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides 0 g*</b>	<b>0 %</b>	<b>4 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibre / Fibres 0 g	<b>0 %</b>	<b>0 %</b>
Sugars / Sucres 2 g		
<b>Protein / Protéines 1 g</b>		
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 cm<sup>2</sup>

7.5 cm x 8.0 cm = 60.0 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
pour 1 cuillère à soupe (15 mL) / Per 1 tablespoon (15 mL)		
Teneur / Amount	15 mL	125 mL
<b>Calories / Calories</b>	15	120
% valeur quotidienne / % Daily Value		
<b>Lipides / Fat 0 g*</b>	<b>0 %</b>	<b>4 %</b>
saturés / Saturated 0 g + trans / Trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholestérol / Cholesterol 0 mg</b>		
<b>Sodium / Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Glucides / Carbohydrate 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibres / Fibre 0 g	<b>0 %</b>	<b>0 %</b>
Sucres / Sugars 2 g		
<b>Protéines / Protein 1 g</b>		
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 cm<sup>2</sup>

# 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

<b>Nutrition Facts / Valeur nutritive</b>		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
<b>Calories / Calories</b>	15	120
<b>% Daily Value / % valeur quotidienne</b>		
<b>Fat / Lipides 0 g*</b>	<b>0 %</b>	<b>4 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibre / Fibres 0 g	<b>0 %</b>	<b>0 %</b>
Sugars / Sucres 2 g		
<b>Protein / Protéines 1 g</b>		
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 cm<sup>2</sup>

7.1 cm x 7.5 cm = 53.3 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
pour 1 cuillère à soupe (15 mL) / Per 1 tablespoon (15 mL)		
Teneur / Amount	15 mL	125 mL
<b>Calories / Calories</b>	15	120
<b>% valeur quotidienne / % Daily Value</b>		
<b>Lipides / Fat 0 g*</b>	<b>0 %</b>	<b>4 %</b>
saturés / Saturated 0 g + trans / Trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholestérol / Cholesterol 0 mg</b>		
<b>Sodium / Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Glucides / Carbohydrate 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibres / Fibre 0 g	<b>0 %</b>	<b>0 %</b>
Sucres / Sugars 2 g		
<b>Protéines / Protein 1 g</b>		
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 cm<sup>2</sup>

# 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

<b>Nutrition Facts / Valeur nutritive</b>		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
<b>Calories / Calories</b>	15	120
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides 0 g*</b>	<b>0 %</b>	<b>4 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibre / Fibres 0 g	<b>0 %</b>	<b>0 %</b>
Sugars / Sucres 2 g		
<b>Protein / Protéines 1 g</b>		
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: 46.5 cm<sup>2</sup>

6.2 cm x 7.5 cm = 46.5 cm<sup>2</sup>

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

6.2 cm x 7.5 cm = 46.5 cm<sup>2</sup>

**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

<b>Nutrition Facts / Valeur nutritive</b>		
Per 1 tablespoon (15 mL) / pour 1 cuillère à soupe (15 mL)		
Amount / Teneur	15 mL	125 mL
<b>Calories / Calories</b>	15	120
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides 0 g*</b>	<b>0 %</b>	<b>4 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>	<b>8 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 17 mg</b>	<b>1 %</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 2 g</b>	<b>1 %</b>	<b>5 %</b>
Fibre / Fibres 0 g	<b>0 %</b>	<b>0 %</b>
Sugars / Sucres 2 g		
<b>Protein / Protéines 1 g</b>		
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: 35.9 cm<sup>2</sup>

5.2 cm x 6.9 cm = 35.9 cm<sup>2</sup>

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

5.2 cm x 6.9 cm = 35.9 cm<sup>2</sup>

# 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)).

<b>Nutrition Facts / Valeur nutritive</b>		
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		
Vitamine A / Vitamine A	2 %	10 %
Vitamine 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 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
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

**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)).

<b>Nutrition Facts / Valeur nutritive</b>		
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		
Vitamine A / Vitamine A	2 %	10 %
Vitamine 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 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>		
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

# 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

<b>Nutrition Facts</b>	Per 15 mL		Per 125 mL	
	Amount	% DV*	Amount	% DV*
<b>Calories</b>	15		120	
<b>Fat</b>	0 g	0 %	2.5 g	4 %
Saturated	0 g	0 %	1.5 g	8 %
+ Trans	0 g		1.5 g	
<b>Cholesterol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
<b>Protein</b>	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 cm<sup>2</sup>

6.7 cm x 7.3 cm = 48.9 cm<sup>2</sup>

<b>Valeur nutritive</b>	par 15 mL		par 125 mL	
	Teneur	% VQ*	Teneur	% VQ*
<b>Calories</b>	15		120	
<b>Lipides</b>	0 g	0 %	2,5 g	4 %
saturés	0 g	0 %	1,5 g	8 %
+ trans	0 g		1,5 g	
<b>Cholestérol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Glucides</b>	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
<b>Protéines</b>	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 cm<sup>2</sup>

# 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

<b>Nutrition Facts</b>	Per 15 mL		Per 125 mL	
	Amount	% DV*	Amount	% DV*
<b>Calories</b>	15		120	
<b>Fat</b>	0 g	0 %	2.5 g	4 %
Saturated	0 g	0 %	1.5 g	8 %
+ Trans	0 g		1.5 g	
<b>Cholesterol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
<b>Protein</b>	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 cm<sup>2</sup>

6.6 cm x 6.8 cm = 44.9 cm<sup>2</sup>

<b>Valeur nutritive</b>	par 15 mL		par 125 mL	
	Teneur	% VQ*	Teneur	% VQ*
<b>Calories</b>	15		120	
<b>Lipides</b>	0 g	0 %	2,5 g	4 %
saturés	0 g	0 %	1,5 g	8 %
+ trans	0 g		1,5 g	
<b>Cholestérol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Glucides</b>	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
<b>Protéines</b>	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 cm<sup>2</sup>

# 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

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

\* DV = Daily Value

Total surface area: 81.6 cm<sup>2</sup>

6.0 cm x 6.8 cm = 40.8 cm<sup>2</sup>

<b>Valeur nutritive</b>	par 15 mL		par 125 mL	
	Teneur	% VQ *	Teneur	% VQ *
<b>Calories</b>	15		120	
<b>Lipides</b>	0 g	0 %	2,5 g	4 %
saturés + trans	0 g	0 %	1,5 g	8 %
<b>Cholestérol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Glucides</b>	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
<b>Protéines</b>	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 cm<sup>2</sup>

**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)).

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

\* DV = Daily Value

Total surface area: 75.6 cm<sup>2</sup>

6.0 cm x 6.3 cm = 37.8 cm<sup>2</sup>

<b>Valeur nutritive</b>	par 15 mL		par 125 mL	
	Teneur	% VQ *	Teneur	% VQ *
<b>Calories</b>	15		120	
<b>Lipides</b>	0 g	0 %	2,5 g	4 %
saturés + trans	0 g	0 %	1,5 g	8 %
<b>Cholestérol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Glucides</b>	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
<b>Protéines</b>	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 cm<sup>2</sup>



# 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*
<b>Calories</b>	15		120	
<b>Fat</b>	0 g	0 %	2.5 g	4 %
Saturated	0 g	0 %	1.5 g	8 %
+ Trans	0 g		1.5 g	
<b>Cholesterol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
<b>Protein</b>	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 cm<sup>2</sup>

5.9 cm x 6.2 cm = 36.6 cm<sup>2</sup>

Valeur nutritive	par 15 mL		par 125 mL	
	Teneur	% VQ*	Teneur	% VQ*
<b>Calories</b>	15		120	
<b>Lipides</b>	0 g	0 %	2,5 g	4 %
saturés	0 g	0 %	1,5 g	8 %
+ trans	0 g		1,5 g	
<b>Cholestérol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Glucides</b>	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
<b>Protéines</b>	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 cm<sup>2</sup>

**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*
<b>Calories</b>	15		120	
<b>Fat</b>	0 g	0 %	2.5 g	4 %
Saturated	0 g	0 %	1.5 g	8 %
+ Trans	0 g		1.5 g	
<b>Cholesterol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibre	0 g	0 %	0 g	0 %
Sugars	2 g		15 g	
<b>Protein</b>	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 cm<sup>2</sup>

5.9 cm x 5.7 cm = 33.6 cm<sup>2</sup>

Valeur nutritive	par 15 mL		par 125 mL	
	Teneur	% VQ*	Teneur	% VQ*
<b>Calories</b>	15		120	
<b>Lipides</b>	0 g	0 %	2,5 g	4 %
saturés	0 g	0 %	1,5 g	8 %
+ trans	0 g		1,5 g	
<b>Cholestérol</b>	0 mg		10 mg	
<b>Sodium</b>	20 mg	1 %	150 mg	6 %
<b>Glucides</b>	2 g	1 %	15 g	5 %
Fibres	0 g	0 %	0 g	0 %
Sucres	2 g		15 g	
<b>Protéines</b>	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 cm<sup>2</sup>

# 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

	Per / par 15 mL		Per / par 125 mL	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
<b>Calories / Calories</b>	15		120	
<b>Fat / Lipides</b>	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g	0 %	1.5 g 1.5 g	8 %
<b>Cholesterol / Cholestérol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Carbohydrate / Glucides</b>	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

8.1 cm x 7.8 cm = 63.2 cm<sup>2</sup>

	par / Per 15 mL		par / Per 125 mL	
	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
<b>Calories / Calories</b>	15		120	
<b>Lipides / Fat</b>	0 g	0 %	2,5 g	4 %
saturés / Saturated + trans / Trans	0 g	0 %	1,5 g 1,5 g	8 %
<b>Cholestérol / Cholesterol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Glucides / Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibres / Fibre	0 g	0 %	0 g	0 %
Sucres / Sugars	2 g		15 g	
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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

	Per / par 15 mL		Per / par 125 mL	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
<b>Calories / Calories</b>	15		120	
<b>Fat / Lipides</b>	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g 0 g	0 % 0 %	1.5 g 1.5 g	8 % 8 %
<b>Cholesterol / Cholestérol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Carbohydrate / Glucides</b>	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

7.2 cm x 7.3 cm = 52.6 cm<sup>2</sup>

	par / Per 15 mL		par / Per 125 mL	
	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
<b>Calories / Calories</b>	15		120	
<b>Lipides / Fat</b>	0 g	0 %	2,5 g	4 %
saturés / Saturated + trans / Trans	0 g 0 g	0 % 0 %	1,5 g 1,5 g	8 % 8 %
<b>Cholestérol / Cholesterol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Glucides / Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibres / Fibre	0 g	0 %	0 g	0 %
Sucres / Sugars	2 g		15 g	
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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

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

\* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 46.7 cm<sup>2</sup>

6.4 cm x 7.3 cm = 46.7 cm<sup>2</sup>

	par / Per 15 mL		par / Per 125 mL	
	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
<b>Calories / Calories</b>	15		120	
<b>Lipides / Fat</b>	0 g	0 %	2,5 g	4 %
saturés / Saturated + trans / Trans	0 g 0 g	0 % 0 %	1,5 g 1,5 g	8 % 8 %
<b>Cholestérol / Cholesterol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Glucides / Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibres / Fibre	0 g	0 %	0 g	0 %
Sucres / Sugars	2 g		15 g	
<b>Protéines / Protein</b>	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

6.4 cm x 7.3 cm = 46.7 cm<sup>2</sup>

**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

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

\* DV = Daily Value / VQ = valeur quotidienne

Total surface area: 39.4 cm<sup>2</sup>

5.8 cm x 6.8 cm = 39.4 cm<sup>2</sup>

	par / Per 15 mL		par / Per 125 mL	
	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
<b>Calories / Calories</b>	15		120	
<b>Lipides / Fat</b>	0 g	0 %	2,5 g	4 %
saturés / Saturated + trans / Trans	0 g 0 g	0 % 0 %	1,5 g 1,5 g	8 % 8 %
<b>Cholestérol / Cholesterol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Glucides / Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibres / Fibre	0 g	0 %	0 g	0 %
Sucres / Sugars	2 g		15 g	
<b>Protéines / Protein</b>	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

5.8 cm x 6.8 cm = 39.4 cm<sup>2</sup>

# 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)).

	Per / par 15 mL		Per / par 125 mL	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
<b>Calories / Calories</b>	15		120	
<b>Fat / Lipides</b>	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g	0 %	1.5 g	8 %
<b>Cholesterol / Cholestérol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Carbohydrate / Glucides</b>	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
<b>Protein / Protéines</b>	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: 34.8 cm<sup>2</sup>

5.8 cm x 6.0 cm = 34.8 cm<sup>2</sup>

	par / Per 15 mL		par / Per 125 mL	
	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
<b>Calories / Calories</b>	15		120	
<b>Lipides / Fat</b>	0 g	0 %	2,5 g	4 %
saturés / Saturated + trans / Trans	0 g	0 %	1,5 g	8 %
<b>Cholestérol / Cholesterol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Glucides / Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibres / Fibre	0 g	0 %	0 g	0 %
Sucres / Sugars	2 g		15 g	
<b>Protéines / Protein</b>	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

5.8 cm x 6.0 cm = 34.8 cm<sup>2</sup>

**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)).

	Per / par 15 mL		Per / par 125 mL	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
<b>Calories / Calories</b>	15		120	
<b>Fat / Lipides</b>	0 g	0 %	2.5 g	4 %
Saturated / saturés + Trans / trans	0 g	0 %	1.5 g	8 %
<b>Cholesterol / Cholestérol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Carbohydrate / Glucides</b>	2 g	1 %	15 g	5 %
Fibre / Fibres	0 g	0 %	0 g	0 %
Sugars / Sucres	2 g		15 g	
<b>Protein / Protéines</b>	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: 33.1 cm<sup>2</sup>

5.8 cm x 5.7 cm = 33.1 cm<sup>2</sup>

	par / Per 15 mL		par / Per 125 mL	
	Teneur Amount	% VQ* % DV*	Teneur Amount	% VQ* % DV*
<b>Calories / Calories</b>	15		120	
<b>Lipides / Fat</b>	0 g	0 %	2,5 g	4 %
saturés / Saturated + trans / Trans	0 g	0 %	1,5 g	8 %
<b>Cholestérol / Cholesterol</b>	0 mg		10 mg	
<b>Sodium / Sodium</b>	20 mg	11 %	150 mg	6 %
<b>Glucides / Carbohydrate</b>	2 g	1 %	15 g	5 %
Fibres / Fibre	0 g	0 %	0 g	0 %
Sucres / Sugars	2 g		15 g	
<b>Protéines / Protein</b>	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

5.8 cm x 5.7 cm = 33.1 cm<sup>2</sup>

# 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 cm<sup>2</sup>

**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 cm<sup>2</sup>

**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 cm<sup>2</sup>

## 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 cm<sup>2</sup>

**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 cm<sup>2</sup>

**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 cm<sup>2</sup>

# 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 cm<sup>2</sup>

**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 cm<sup>2</sup>

**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 cm<sup>2</sup>

## 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 cm<sup>2</sup>

**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 other nutrients.

6.5 cm x 1.0 cm = 6.5 cm<sup>2</sup>

**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 d'autres éléments nutritifs.

6.5 cm x 1.0 cm = 6.5 cm<sup>2</sup>

# Presentation of Additional Information

**Figure 18.1**

**When to Use**

- See introductory note 4

<b>Nutrition Facts</b>			
Serving Size 125 mL (35 g)			
Servings Per Container 13			
<b>Amount Per Serving</b>			
<b>Calories 90</b>		Calories from fat 9	
		Calories from Saturated + Trans 0	
		% Daily Value*	
<b>Total Fat</b> 1 g			<b>2 %</b>
Saturated 0 g			<b>0 %</b>
+ Trans 0 g			
Omega-6 Polyunsaturated 0.5 g			
Omega-3 Polyunsaturated 0 g			
Monounsaturated 0.2 g			
<b>Cholesterol</b> 0 mg			<b>0 %</b>
<b>Sodium</b> 300 mg			<b>12 %</b>
<b>Potassium</b> 410 mg			<b>12 %</b>
<b>Total Carbohydrate</b> 27 g			<b>9 %</b>
Dietary Fibre 12 g			<b>48 %</b>
Soluble Fibre 0 g			
Insoluble Fibre 11 g			
Sugars 6 g			
Sugar Alcohols 0 g			
Starch 9 g			
<b>Protein</b> 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 <sub>6</sub> 10 %	Folate 10 %		
Vitamin B <sub>12</sub> 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

<b>Valeur nutritive</b>			
Portion 125 mL (35 g)			
Portions par contenant 13			
<b>Teneur par portion</b>			
<b>Calories 90</b>		Calories des lipides 9	
		Calories des saturés et des trans 0	
		% valeur quotidienne*	
<b>Total des lipides</b> 1 g			<b>2 %</b>
saturés 0 g			<b>0 %</b>
+ trans 0 g			
polyinsaturés oméga-6 0,5 g			
polyinsaturés oméga-3 0 g			
monoinsaturés 0,2 g			
<b>Cholestérol</b> 0 mg			<b>0 %</b>
<b>Sodium</b> 300 mg			<b>12 %</b>
<b>Potassium</b> 410 mg			<b>12 %</b>
<b>Total des glucides</b> 27 g			<b>9 %</b>
Fibres alimentaires 12 g			<b>48 %</b>
Fibres solubles 0 g			
Fibres insolubles 11 g			
Sucres 6 g			
Polyalcools 0 g			
Amidon 9 g			
<b>Protéines</b> 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 <sub>6</sub> 10 %	Folate 10 %		
Vitamine B <sub>12</sub> 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

<b>Nutrition Facts</b>		<b>% Daily Value / % valeur quotidienne*</b>	
<b>Valeur nutritive</b>		Vitamin D / Vitamine D	0 %
Serving Size 125 mL (35 g) / Portion 125 mL (35 g)		Vitamin E / Vitamine E	6 %
Servings Per Container 13		Vitamin K / Vitamine K	10 %
Portions par contenant 13		Thiamine / Thiamine	55 %
<b>Amount Per Serving / Teneur par portion</b>		Riboflavin / Riboflavine	4 %
<b>Calories / Calories</b> 90 (380 kJ)		Niacin / Niacine	25 %
Calories from fat / Calories des lipides 9		Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	10 %
Calories from Saturated + Trans 0		Folate / Folate	10 %
Calories des lipides saturés et trans 0		Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub>	0 %
<b>% Daily Value / % valeur quotidienne*</b>		Biotin / Biotine	30 %
<b>Total Fat / Lipides</b> 1 g	<b>2 %</b>	Pantothenate / Pantothénate	8 %
Saturated / saturés 0 g	<b>0 %</b>	Phosphorus / Phosphore	30 %
+ Trans / trans 0 g		Iodide / Iodure	0 %
Polyunsaturated / polyinsaturés 0.5 g		Magnesium / Magnésium	50 %
Omega-6 / oméga-6 0.5 g		Zinc / Zinc	25 %
Omega-3 / oméga-3 0 g		Selenium / Sélénium	6 %
Monounsaturated / monoinsaturés 0.2 g		Copper / Cuivre	20 %
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>	Manganese / Manganèse	10 %
<b>Sodium / Sodium</b> 300 mg	<b>12 %</b>	Chromium / Chrome	10 %
<b>Potassium / Potassium</b> 410 mg	<b>12 %</b>	Molybdenum / Molybdène	10 %
<b>Total Carbohydrate / Glucides</b> 27 g	<b>9 %</b>	Chloride / Chlorure	10 %
Dietary Fibre / Fibres alimentaires 12 g	<b>48 %</b>	* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs:	
Soluble Fibre / Fibres solubles 0 g		Calories:	2,000      2,500
Insoluble Fibre / Fibres insolubles 11 g		Total Fat	Less than 65 g      80 g
Sugars / Sucres 6 g		Saturated + Trans	Less than 20 g      25 g
Sugar Alcohols / Polyalcools 0 g		Cholesterol	Less than 300 mg      300 mg
Starch / Amidon 9 g		Sodium	Less than 2,400 mg      2,400 mg
<b>Protein / Protéines</b> 4 g		Potassium	3,500 mg      3,500 mg
Vitamin A / Vitamine A	0 %	Total Carbohydrate	300 g      375 g
Vitamin C / Vitamine C	0 %	Dietary Fibre	25 g      30 g
Calcium / Calcium	2 %	Calories per gram:	
Iron / Fer	35 %	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

<b>Valeur nutritive</b>		<b>% valeur quotidienne / % Daily Value*</b>																																	
<b>Nutrition Facts</b>																																			
Portion 125 mL (35 g) / Serving Size 125 mL (35 g)																																			
Portions par contenant 13																																			
Servings Per Container 13																																			
<b>Teneur par portion / Amount Per Serving</b>																																			
<b>Calories / Calories</b> 90 (380 kJ)																																			
Calories des lipides / Calories from fat 9																																			
Calories des lipides saturés et trans 0																																			
Calories from Saturated + Trans 0																																			
<b>% valeur quotidienne / % Daily Value*</b>																																			
<b>Lipides / Total Fat</b> 1 g	<b>2 %</b>	Vitamine D / Vitamin D	0 %																																
saturés / Saturated 0 g	<b>0 %</b>	Vitamine E / Vitamin E	6 %																																
+ trans / Trans 0 g		Vitamine K / Vitamin K	10 %																																
polyinsaturés / Polyunsaturated 0,5 g		Thiamine / Thiamine	55 %																																
oméga-6 / Omega-6 0,5 g		Riboflavine / Riboflavin	4 %																																
oméga-3 / Omega-3 0 g		Niacine / Niacin	25 %																																
monoinsaturés / Monounsaturated 0,2 g		Vitamine B <sub>6</sub> / Vitamin B <sub>6</sub>	10 %																																
<b>Cholestérol / Cholesterol</b> 0 mg	<b>0 %</b>	Folate / Folate	10 %																																
<b>Sodium / Sodium</b> 300 mg	<b>12 %</b>	Vitamine B <sub>12</sub> / Vitamin B <sub>12</sub>	0 %																																
<b>Potassium / Potassium</b> 410 mg	<b>12 %</b>	Biotine / Biotin	30 %																																
<b>Glucides / Total Carbohydrate</b> 27 g	<b>9 %</b>	Pantothénate / Pantothenate	8 %																																
Fibres alimentaires / Dietary Fibre 12 g	<b>48 %</b>	Phosphore / Phosphorus	30 %																																
Fibres solubles / Soluble Fibre 0 g		Iodure / Iodide	0 %																																
Fibres insolubles / Insoluble Fibre 11 g		Magnésium / Magnesium	50 %																																
Sucres / Sugars 6 g		Zinc / Zinc	25 %																																
Polyalcools / Sugar Alcohols 0 g		Sélénium / Selenium	6 %																																
Amidon / Starch 9 g		Cuivre / Copper	20 %																																
<b>Protéines / Protein</b> 4 g		Manganèse / Manganese	10 %																																
Vitamine A / Vitamin A	0 %	Chrome / Chromium	10 %																																
Vitamine C / Vitamin C	0 %	Molybdène / Molybdenum	10 %																																
Calcium / Calcium	2 %	Chlorure / Chloride	10 %																																
Fer / Iron	35 %	* 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 :																																	
		<table border="1"> <thead> <tr> <th></th> <th>Calories :</th> <th>2 000</th> <th>2 500</th> </tr> </thead> <tbody> <tr> <td>Lipides</td> <td>moins de</td> <td>65 g</td> <td>80 g</td> </tr> <tr> <td>saturés + trans</td> <td>moins de</td> <td>20 g</td> <td>25 g</td> </tr> <tr> <td>Cholestérol</td> <td>moins de</td> <td>300 mg</td> <td>300 mg</td> </tr> <tr> <td>Sodium</td> <td>moins de</td> <td>2 400 mg</td> <td>2 400 mg</td> </tr> <tr> <td>Potassium</td> <td></td> <td>3 500 mg</td> <td>3 500 mg</td> </tr> <tr> <td>Glucides</td> <td></td> <td>300 g</td> <td>375 g</td> </tr> <tr> <td>Fibres alimentaires</td> <td></td> <td>25 g</td> <td>30 g</td> </tr> </tbody> </table>			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 :	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																																
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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:																																	
		<table border="1"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65 g</td> <td>80 g</td> </tr> <tr> <td>Saturated + Trans</td> <td>Less than</td> <td>20 g</td> <td>25 g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300 mg</td> <td>300 mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400 mg</td> <td>2,400 mg</td> </tr> <tr> <td>Potassium</td> <td></td> <td>3,500 mg</td> <td>3,500 mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300 g</td> <td>375 g</td> </tr> <tr> <td>Dietary Fibre</td> <td></td> <td>25 g</td> <td>30 g</td> </tr> </tbody> </table>			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:	2,000	2,500																																
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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

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

4.7 cm x 5.6 cm = 26.3 cm<sup>2</sup>

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

4.7 cm x 5.6 cm = 26.3 cm<sup>2</sup>

Total surface area: 52.6 cm<sup>2</sup>

## 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

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

3.6 cm x 6.5 cm = 23.4 cm<sup>2</sup>

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

3.6 cm x 6.5 cm = 23.4 cm<sup>2</sup>

Total surface area: 46.8 cm<sup>2</sup>

# 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

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

4.2 cm x 7.3 cm = 30.7 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
<b>Calories / Calories</b>	110
<b>Lipides / Fat</b>	0 g
<b>Sodium / Sodium</b>	10 mg
<b>Glucides / Carbohydrate</b>	27 g
Fibres / Fibre	4 g
Sucres / Sugars	18 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

**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

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

4.0 cm x 6.8 cm = 27.2 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
<b>Calories / Calories</b>	110
<b>Lipides / Fat</b>	0 g
<b>Sodium / Sodium</b>	10 mg
<b>Glucides / Carbohydrate</b>	27 g
Fibres / Fibre	4 g
Sucres / Sugars /	18 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

Total surface area: 27.2 cm<sup>2</sup>

# 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

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

3.6 cm x 6.8 cm = 24.5 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
<b>Calories / Calories</b>	110
<b>Lipides / Fat</b>	0 g
<b>Sodium / Sodium</b>	10 mg
<b>Glucides / Carbohydrate</b>	27 g
Fibres / Fibre	4 g
Sucres / Sugars /	18 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

Total surface area: 24.5 cm<sup>2</sup>

**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

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 jar (128 mL) / pour 1 pot (128 mL)	
Amount / Teneur	
<b>Calories / Calories</b>	110
<b>Fat / Lipides</b>	0 g
<b>Sodium / Sodium</b>	10 mg
<b>Carbohydrate / Glucides</b>	27 g
Fibre / Fibres	4 g
Sugars / Sucres	18 g
<b>Protein / Protéines</b>	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 5.9 cm = 21.8 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 pot (128 mL) / Per 1 jar (128 mL)	
Teneur / Amount	
<b>Calories / Calories</b>	110
<b>Lipides / Fat</b>	0 g
<b>Sodium / Sodium</b>	10 mg
<b>Glucides / Carbohydrate</b>	27 g
Fibres / Fibre	4 g
Sucres / Sugars	18 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

Total surface area: 21.8 cm<sup>2</sup>

# 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)).

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 cm<sup>2</sup>

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 cm<sup>2</sup>

Total surface area: 20.1 cm<sup>2</sup>

**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)).

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 cm<sup>2</sup>

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 cm<sup>2</sup>

Total surface area: 18.9 cm<sup>2</sup>

**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)).

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 cm<sup>2</sup>

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 cm<sup>2</sup>

Total surface area: 17.4 cm<sup>2</sup>

# 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

	Amount / Teneur	Amount / Teneur
<b>Nutrition Facts</b>	<b>Calories / Calories</b> 110	<b>Carbohydrate / Glucides</b> 27 g
<b>Valeur nutritive</b>	<b>Fat / Lipides</b> 0 g	<b>Fibre / Fibres</b> 4 g
Per 1 jar (128 mL) pour 1 pot (128 mL)	<b>Sodium / Sodium</b> 10 mg	<b>Sugars / Sucres</b> 18 g
		<b>Protein / Protéines</b> 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 cm<sup>2</sup>

	Teneur / Amount	Teneur / Amount
<b>Valeur nutritive</b>	<b>Calories / Calories</b> 110	<b>Glucides / Carbohydrate</b> 27 g
<b>Nutrition Facts</b>	<b>Lipides / Fat</b> 0 g	<b>Fibres / Fibre</b> 4 g
pour 1 pot (128 mL) Per 1 jar (128 mL)	<b>Sodium / Sodium</b> 10 mg	<b>Sucres / Sugars</b> 18 g
		<b>Protéines / Protein</b> 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 cm<sup>2</sup>

Total surface area: 23.0 cm<sup>2</sup>

**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

	Amount / Teneur	Amount / Teneur
<b>Nutrition Facts</b>	<b>Calories / Calories</b> 110	<b>Carbohydrate / Glucides</b> 27 g
<b>Valeur nutritive</b>	<b>Fat / Lipides</b> 0 g	<b>Fibre / Fibres</b> 4 g
Per 1 jar (128 mL) pour 1 pot (128 mL)	<b>Sodium / Sodium</b> 10 mg	<b>Sugars / Sucres</b> 18 g
		<b>Protein / Protéines</b> 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 cm<sup>2</sup>

	Teneur / Amount	Teneur / Amount
<b>Valeur nutritive</b>	<b>Calories / Calories</b> 110	<b>Glucides / Carbohydrate</b> 27 g
<b>Nutrition Facts</b>	<b>Lipides / Fat</b> 0 g	<b>Fibres / Fibre</b> 4 g
pour 1 pot (128 mL) Per 1 jar (128 mL)	<b>Sodium / Sodium</b> 10 mg	<b>Sucres / Sugars</b> 18 g
		<b>Protéines / Protein</b> 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 cm<sup>2</sup>

Total surface area: 18.2 cm<sup>2</sup>

# 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 cm<sup>2</sup>

	Amount / Teneur	Amount / Teneur
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Calories / Calories	110	Carbohydrate / Glucides
Fat / Lipides	0 g	Fibre / Fibres
Sodium / Sodium	10 mg	Sugars / Sucres
		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 cm<sup>2</sup>

	Teneur / Amount	Teneur / Amount
<b>Valeur nutritive</b>		
<b>Nutrition Facts</b>		
Calories / Calories	110	Glucides / Carbohydrate
Lipides / Fat	0 g	Fibres / Fibre
Sodium / Sodium	10 mg	Sucres / Sugars
		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 cm<sup>2</sup>

**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 cm<sup>2</sup>

	Amount / Teneur	Amount / Teneur
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Calories / Calories	110	Carbohydrate / Glucides
Fat / Lipides	0 g	Fibre / Fibres
Sodium / Sodium	10 mg	Sugars / Sucres
		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 cm<sup>2</sup>

	Teneur / Amount	Teneur / Amount
<b>Valeur nutritive</b>		
<b>Nutrition Facts</b>		
Calories / Calories	110	Glucides / Carbohydrate
Lipides / Fat	0 g	Fibres / Fibre
Sodium / Sodium	10 mg	Sucres / Sugars
		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 cm<sup>2</sup>



# 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 cm<sup>2</sup>

<b>Nutrition Facts</b>	
Per 1 jar (128 mL)	
	Amount
<b>Calories</b>	60
<b>Fat</b>	0 g
<b>Carbohydrate</b>	16 g
<b>Protein</b>	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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
pour 1 pot (128 mL)	
	Teneur
<b>Calories</b>	60
<b>Lipides</b>	0 g
<b>Glucides</b>	16 g
<b>Protéines</b>	0 g

Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.

3.3 cm x 4.0 cm = 13.2 cm<sup>2</sup>

## 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 cm<sup>2</sup>

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 jar (128 mL)	
pour 1 pot (128 mL)	
	Amount / Teneur
<b>Calories / Calories</b>	60
<b>Fat / Lipides</b>	0 g
<b>Carbohydrate / Glucides</b>	16 g
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 pot (128 mL)	
Per 1 jar (128 mL)	
	Teneur / Amount
<b>Calories / Calories</b>	60
<b>Lipides / Fat</b>	0 g
<b>Glucides / Carbohydrate</b>	16 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
<b>Calories / Calories</b>	60
<b>Fat / Lipides</b>	0 g
<b>Carbohydrate / Glucides</b>	16 g
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
<b>Calories / Calories</b>	60
<b>Lipides / Fat</b>	0 g
<b>Glucides / Carbohydrate</b>	16 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

Total surface area: 20.5 cm<sup>2</sup>

**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

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 jar (128 mL) pour 1 pot (128 mL)	
Amount / Teneur	
<b>Calories / Calories</b>	60
<b>Fat / Lipides</b>	0 g
<b>Carbohydrate / Glucides</b>	16 g
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 pot (128 mL) Per 1 jar (128 mL)	
Teneur / Amount	
<b>Calories / Calories</b>	60
<b>Lipides / Fat</b>	0 g
<b>Glucides / Carbohydrate</b>	16 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

Total surface area: 22.8 cm<sup>2</sup>

# 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 cm<sup>2</sup>

3.0 cm x 5.1 cm = 15.3 cm<sup>2</sup>

3.0 cm x 5.1 cm = 15.3 cm<sup>2</sup>

**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 cm<sup>2</sup>

2.8 cm x 4.3 cm = 12.0 cm<sup>2</sup>

2.8 cm x 4.3 cm = 12.0 cm<sup>2</sup>

**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 cm<sup>2</sup>

2.8 cm x 4.2 cm = 11.8 cm<sup>2</sup>

2.8 cm x 4.2 cm = 11.8 cm<sup>2</sup>

# 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

<b>Nutrition Facts</b>		<b>Amount / Teneur</b>
<b>Valeur nutritive</b>		
Per 1 jar (128 mL) pour 1 pot (128 mL)		
<b>Calories 60</b>		
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.
		<b>Fat / Lipides</b> 0 g
		<b>Carbohydrate / Glucides</b> 16 g
		<b>Protein / Protéines</b> 0 g

7.9 cm x 2.5 cm = 19.8 cm<sup>2</sup>

<b>Valeur nutritive</b>		<b>Teneur / Amount</b>
<b>Nutrition Facts</b>		
pour 1 pot (128 mL) Per 1 jar (128 mL)		
<b>Calories 60</b>		
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.
		<b>Lipides / Fat</b> 0 g
		<b>Glucides / Carbohydrate</b> 16 g
		<b>Protéines / Protein</b> 0 g

7.9 cm x 2.5 cm = 19.8 cm<sup>2</sup>

Total surface area: 19.8 cm<sup>2</sup>

**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

<b>Nutrition Facts</b>		<b>Amount / Teneur</b>
<b>Valeur nutritive</b>		
Per 1 jar (128 mL) pour 1 pot (128 mL)		
<b>Calories 60</b>		
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.
		<b>Fat / Lipides</b> 0 g
		<b>Carbohydrate / Glucides</b> 16 g
		<b>Protein / Protéines</b> 0 g

7.9 cm x 2.3 cm = 18.2 cm<sup>2</sup>

<b>Valeur nutritive</b>		<b>Teneur / Amount</b>
<b>Nutrition Facts</b>		
pour 1 pot (128 mL) Per 1 jar (128 mL)		
<b>Calories 60</b>		
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.
		<b>Lipides / Fat</b> 0 g
		<b>Glucides / Carbohydrate</b> 16 g
		<b>Protéines / Protein</b> 0 g

7.9 cm x 2.3 cm = 18.2 cm<sup>2</sup>

Total surface area: 18.2 cm<sup>2</sup>

# 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)).

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

5.3 cm x 2.3 cm = 12.2 cm<sup>2</sup>

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

5.3 cm x 2.3 cm = 12.2 cm<sup>2</sup>

Total surface area: 12.2 cm<sup>2</sup>

**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)).

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

5.3 cm x 2.2 cm = 11.7 cm<sup>2</sup>

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

5.3 cm x 2.2 cm = 11.7 cm<sup>2</sup>

Total surface area: 11.7 cm<sup>2</sup>

# 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

<b>Nutrition Facts</b>	Barley (28 g)	Mixed (28 g)	Mixed with fruits (28 g)
	Amount	Amount	Amount
<b>Calories</b>	100	100	100
<b>Fat</b>	1 g	1 g	1 g
<b>Sodium</b>	5 mg	15 mg	10 mg
<b>Carbohydrate</b>	21 g	20 g	20 g
Fibre	0 g	1 g	1 g
Sugars	3 g	4 g	7 g
<b>Protein</b>	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 cm<sup>2</sup>

7.1 cm x 6.8 cm = 48.3 cm<sup>2</sup>

<b>Valeur nutritive</b> pour 10 cuil. à soupe	Orge (28 g)	Mélangées (28 g)	Mélangées avec fruits (28 g)
	Teneur	Teneur	Teneur
<b>Calories</b>	100	100	100
<b>Lipides</b>	1 g	1 g	1 g
<b>Sodium</b>	5 mg	15 mg	10 mg
<b>Glucides</b>	21 g	20 g	20 g
Fibres	0 g	1 g	1 g
Sucres	3 g	4 g	7 g
<b>Protéines</b>	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 cm<sup>2</sup>

# 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

<b>Nutrition Facts / Valeur nutritive</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Fat / Lipides</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Carbohydrate / Glucides</b>	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

9.9 cm x 7.3 cm = 72.3 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Lipides / Fat</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Glucides / Carbohydrate</b>	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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

<b>Nutrition Facts / Valeur nutritive</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Fat / Lipides</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Carbohydrate / Glucides</b>	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

9.4 cm x 6.8 cm = 63.9 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Lipides / Fat</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Glucides / Carbohydrate</b>	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>



# 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

<b>Nutrition Facts / Valeur nutritive</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Fat / Lipides</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Carbohydrate / Glucides</b>	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

8.4 cm x 6.8 cm = 57.1 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Lipides / Fat</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Glucides / Carbohydrate</b>	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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

<b>Nutrition Facts / Valeur nutritive</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Fat / Lipides</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Carbohydrate / Glucides</b>	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

7.9 cm x 6.4 cm = 50.6 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Lipides / Fat</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Glucides / Carbohydrate</b>	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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)).

<b>Nutrition Facts / Valeur nutritive</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Fat / Lipides</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Carbohydrate / Glucides</b>	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

7.9 cm x 6.1 cm = 48.2 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Lipides / Fat</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Glucides / Carbohydrate</b>	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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)).

<b>Nutrition Facts / Valeur nutritive</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Fat / Lipides</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Carbohydrate / Glucides</b>	21 g	20 g	20 g
Fibre / Fibres	0 g	1 g	1 g
Sugars / Sucres	3 g	4 g	7 g
<b>Protein / Protéines</b>	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 cm<sup>2</sup>

7.9 cm x 5.6 cm = 44.2 cm<sup>2</sup>

<b>Valeur nutritive / Nutrition Facts</b>			
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
<b>Calories / Calories</b>	100	100	100
<b>Lipides / Fat</b>	1 g	1 g	1 g
<b>Sodium / Sodium</b>	5 mg	15 mg	10 mg
<b>Glucides / Carbohydrate</b>	21 g	20 g	20 g
Fibres / Fibre	0 g	1 g	1 g
Sucres / Sugars	3 g	4 g	7 g
<b>Protéines / Protein</b>	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 cm<sup>2</sup>

# 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

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

\* DV = Daily Value

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

\* VQ = valeur quotidienne

Total surface area: 68.0 cm<sup>2</sup>

5.0 cm x 6.8 cm = 34.0 cm<sup>2</sup>

5.0 cm x 6.8 cm = 34.0 cm<sup>2</sup>

# 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

<b>Nutrition Facts</b> <b>Valeur nutritive</b>	2 cookies / biscuits (10 g)	1 cookie / biscuit (5 g)
	<b>Amount / Teneur</b>	<b>Amount / Teneur</b>
<b>Calories / Calories</b>	40	20
<b>Fat / Lipides</b>	1 g	0 g
<b>Sodium / Sodium</b>	60 mg	30 mg
<b>Carbohydrate / Glucides</b>	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
<b>Protein / Protéines</b>	1 g	0 g
	<b>% DV / % VQ*</b>	<b>% DV / % VQ*</b>
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 cm<sup>2</sup>

7.5 cm x 6.8 cm = 51.0 cm<sup>2</sup>

<b>Valeur nutritive</b> <b>Nutrition Facts</b>	2 biscuits / cookies (10 g)	1 biscuit / cookie (5 g)
	<b>Teneur / Amount</b>	<b>Teneur / Amount</b>
<b>Calories / Calories</b>	40	20
<b>Lipides / Fat</b>	1 g	0 g
<b>Sodium / Sodium</b>	60 mg	30 mg
<b>Glucides / Carbohydrate</b>	8 g	4 g
Fibres / Fibre	0 g	0 g
Sucres / Sugars	2 g	1 g
<b>Protéines / Protein</b>	1 g	0 g
	<b>% VQ / % DV*</b>	<b>% VQ / % DV*</b>
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 cm<sup>2</sup>

# 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

<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>2 cookies / biscuits</b>	<b>1 cookie / biscuit</b>
	(10 g)	(5 g)
	<b>Amount / Teneur</b>	<b>Amount / Teneur</b>
<b>Calories / Calories</b>	40	20
<b>Fat / Lipides</b>	1 g	0 g
<b>Sodium / Sodium</b>	60 mg	30 mg
<b>Carbohydrate / Glucides</b>	8 g	4 g
Fibre / Fibres	0 g	0 g
Sugars / Sucres	2 g	1 g
<b>Protein / Protéines</b>	1 g	0 g
	<b>% DV / % VQ*</b>	<b>% DV / % VQ*</b>
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 cm<sup>2</sup>

7.2 cm x 6.5 cm = 46.8 cm<sup>2</sup>

<b>Valeur nutritive</b> <b>Nutrition Facts</b>	<b>2 biscuits / cookies</b>	<b>1 biscuit / cookie</b>
	(10 g)	(5 g)
	<b>Teneur / Amount</b>	<b>Teneur / Amount</b>
<b>Calories / Calories</b>	40	20
<b>Lipides / Fat</b>	1 g	0 g
<b>Sodium / Sodium</b>	60 mg	30 mg
<b>Glucides / Carbohydrate</b>	8 g	4 g
Fibres / Fibre	0 g	0 g
Sucres / Sugars	2 g	1 g
<b>Protéines / Protein</b>	1 g	0 g
	<b>% VQ / % DV*</b>	<b>% VQ / % DV*</b>
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 cm<sup>2</sup>

# 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

Total surface area: 42.2 cm<sup>2</sup>

6.5 cm x 6.5 cm = 42.2 cm<sup>2</sup>

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 cm<sup>2</sup>

**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

Total surface area: 37.2 cm<sup>2</sup>

6.2 cm x 6.0 cm = 37.2 cm<sup>2</sup>

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 cm<sup>2</sup>



# 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 cm<sup>2</sup>

6.0 cm x 5.4 cm = 32.4 cm<sup>2</sup>

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 cm<sup>2</sup>

**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 cm<sup>2</sup>

5.9 cm x 5.1 cm = 30.1 cm<sup>2</sup>

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 cm<sup>2</sup>

# 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 cm<sup>2</sup>

**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 cm<sup>2</sup>

**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 cm<sup>2</sup>

### 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 cm<sup>2</sup>

**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 cm<sup>2</sup>

**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 cm<sup>2</sup>

# 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 cm<sup>2</sup>

**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 cm<sup>2</sup>

**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 cm<sup>2</sup>

### 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 cm<sup>2</sup>

**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 cm<sup>2</sup>

**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 cm<sup>2</sup>

# Children Under Two Years of Age

## Presentation of Additional Information

**Figure 33.1**

**When to Use**

- See introductory note 4

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

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

# Children Under Two Years of Age

## Bilingual Presentation of Additional Information

**Figure 34.1**

**When to Use**

- See introductory note 4

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

# Children Under Two Years of Age

## Bilingual Presentation of Additional Information

**Figure 34.1**

**When to Use**

- See introductory note 4

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