

NUTRITION LABELLING REGULATIONS

AN OVERVIEW OF HOW THEY APPLY TO EGGS

NUTRITION LABELLING, NUTRITION CLAIMS AND HEALTH CLAIMS FOR EGG CARTONS

Health Canada has made amendments to regulations in the *Food and Drugs Act* in order to improve the nutrition information available on food labels on almost all prepackaged foods sold in Canada. There are three inter-related sets of amendments that you should be aware of:

Nutrition Facts

- Mandatory nutrition labelling on prepackaged foods.

Nutrient Claims

- Changes to criteria for nutrient content claims.

Health Claims

- Conditions and criteria for diet-related health claims.

Nutrition Facts	
Valeur nutritive	
Per 1 large egg (50 g) / pour 1 gros œuf (50 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 5 g	8 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Cholesterol / Cholestérol 190 mg	
Sodium / Sodium 55 mg	2 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

Nutrition Labelling Is Now Mandatory

The new regulations require most prepackaged foods, including eggs, to carry a mandatory Nutrition Facts table listing calories and 13 key nutrients. Specified formats in accordance with the regulations must be used to ensure a consistent look that can be easily recognized by consumers.

Transition Period

Health Canada is allowing a transition period for the implementation of these new regulations. Regulations came into force on **December 12, 2002** and industry had three years to comply (**December 12, 2005**). Small businesses, with less than a million dollars in sales in the 12-month period prior to the regulations coming into force, will have five years to comply (**December 12, 2007**.)

The complete regulatory amendments are available in a bilingual PDF file in the Canada Gazette Part II issue dated Wednesday, January 1, 2003; Vol. 137, No. 1 (pages 154-403) at:

<http://canadagazette.gc.ca/partII/index-e.html>

Note: These regulations apply to most prepackaged foods including eggs. There is no section specific to eggs in the Canada Gazette Part II PDF file. A detailed summary of the amendments is provided on pages 366-403.

See inside for details on how this affects labelling of egg cartons...

WHY WERE THE REGULATIONS AMENDED?

The purpose of these amendments is to encourage Canadians to take personal responsibility for their health. Nutrition information on food labels helps to do this by providing consumers with the means to select foods on an informed basis.

Moving from a voluntary system to the new mandatory nutrition labelling system will give consumers access to nutrition information on key nutrients in a standard format on almost all prepackaged foods. The new regulations also ensure that nutrient content claims and diet-related health claims on food labels are accurate, non-misleading and based on current science.

NUTRITION INFORMATION

All nutrition information must be based on the edible portion of the size of the eggs in the egg carton, box or tray. The appropriate values for eggs with no nutrition enhancement (e.g., vitamin enhanced, omega-3 enhanced, etc.) are displayed below. These values have been generated according to guidelines set by Health Canada and the Canadian Food Inspection Agency (CFIA) and are a part of the 2001 Canadian Nutrient File.

Note: Rounding rules for nutritional values can be found in the Canada Gazette Part II PDF file (see pages 163-165 for mandatory nutrients and pages 169-171 for optional nutrients).

NUTRITION FACTS FOR EGG CARTONS

Nutrient	Jumbo (65 g)	%DV	Extra Large (60 g)	%DV	Large (50 g)	%DV	Medium (46 g)	%DV	Small (40 g)	%DV	Peewee (36 g)	%DV
Calories	90		90		70		70		60		50	
Fat	7 g	10%	6 g	9%	5 g	8%	5 g	8%	3.5 g	6%	3.5 g	5%
Saturated Fat + Trans Fat	2 g + 0 g	10%	2 g + 0 g	10%	1.5 g + 0 g	8%	1.5 g + 0 g	8%	1.0 g + 0 g	5%	1.0 g + 0 g	5%
Cholesterol	245 mg		225 mg		190 mg		175 mg		150 mg		135 mg	
Sodium	75 mg	3%	75 mg	3%	55 mg	2%	55 mg	2%	50 mg	2%	40 mg	1%
Carbohydrate	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%
Fibre	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%
Sugars	0 g		0 g		0 g		0 g		0 g		0 g	
Protein	8 g		7 g		6 g		6 g		5 g		4 g	
Vitamin A		10%		10%		8%		8%		6%		6%
Vitamin C		0%		0%		0%		0%		0%		0%
Calcium		2%		2%		2%		2%		2%		2%
Iron		4%		4%		4%		4%		4%		2%

Note: The nutrient values are based on the edible portion of the egg only (not the shell).

Important Points

- In addition to the list of calories and 13 mandatory core nutrients, it is optional to include other specified nutrients in the Nutrition Facts table.
- Any nutrient that is added to a food or that is the subject of a claim must also be declared in the Nutrition Facts table.
- A declaration of any one of the three groups of fatty acids- monounsaturated, omega-6 or omega-3 polyunsaturates- triggers a declaration of all three.

Graders that market eggs with a nutrient content claim declaring nutrition enhancement such as omega-3 enhanced or vitamin enhanced, must have their own nutrient analysis conducted and display the appropriate values in the Nutrition Facts table according to the regulations.

Regulations for Omega-3 Enhanced Eggs

Omega-3 enhanced eggs have a different nutrient profile. Graders that market omega-3 enhanced eggs will need to have their own nutrient analysis done including cholesterol. The omega-3, omega-6 and monounsaturated fat content of these eggs must be declared in the Nutrition Facts table.

Graders no longer need a Temporary Market Authorization letter to market omega-3 eggs provided the eggs meet the proper compositional requirements.

What does the % Daily Value mean?

The % Daily Value indicates whether there is a lot or a little of a nutrient in a serving of the food. The % Daily Value is based on recommendations for a healthy diet and shows how a food fits into what you may eat over the course of a day. For example, Health Canada recommends that a healthy diet should not include more than 30% of calories from fat. For a 2000 calorie diet, this means 65 g of fat per day. This amount is the basis for the Daily Value for fat and the fat content in a serving of food is expressed as a percentage of 65 g.

Why is there no % Daily Value for some nutrients?

The % Daily Values are based on dietary guidance for healthy populations. In some cases, such as for sugar, there is no recognized guideline on the amount that should be consumed by healthy people. In the case of cholesterol, current scientific evidence does not support setting a limit on cholesterol intake by the general population. However, some individuals under medical care for heart disease are prescribed diets which recommend a reduced cholesterol intake. The amount of cholesterol must be listed in milligrams, but the % Daily Value for cholesterol is optional, so it may or may not be listed in the Nutrition Facts table. The reference value for calculating the % Daily Value for cholesterol is 300 mg per day.

FORMAT REQUIREMENTS

Available Display Surface

The “available display surface” on an egg carton includes the printable surface on the top of the egg carton, the front, back and side end panels on the lid, and may include the underside of the lid on flat top cartons. In the case of all egg cartons, the ends of the carton lids where the Best Before date and producer code are placed are included in the available display surface. The area occupied by the Universal Product Code is not included in the available display surface.

Currently, the paper label used in some clear plastic cartons covers only a small part of the front panel of the lid. It is important to note that the available display surface of a clear plastic carton includes the entire top, front, back and side end panels of the lid.

*Note: CFIA mandatory markings such as **Canada Grade A** and **Keep Refrigerated** do not change from current regulations.*

Bilingual Standard Format

Orientation of Nutrition Facts Table

When there is sufficient space to do so, the Nutrition Facts table must be oriented in the same manner as other information appearing on the package, otherwise it should be oriented in another manner that fits. For example if the Bilingual Standard Format will not fit vertically, it may be displayed horizontally as shown below.

Nutrition Facts Valeur nutritive	Per 1 large egg (50 g) / pour 1 gros œuf (50 g)	
	Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	70	
Fat / Lipides	5 g	8 %
Saturated / saturés + Trans / trans	1.5 g 0 g	8 %
Cholesterol / Cholestérol	190 mg	
Sodium / Sodium	55 mg	2 %
Carbohydrate / Glucides	0 g	0 %
Fibre / Fibres	0 g	0 %
Sugars / Sucres	0 g	
Protein / Protéines	6 g	
Vitamin A / Vitamine A		8 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		2 %
Iron / Fer		4 %

The Nutrition Facts table labelling requirements take precedence over any graphics or other non-mandatory text (e.g., company history, Dear Customer...) on packaging. However, mandatory labelling requirements currently enforced by the CFIA must still be followed. Packaging may need to be completely redesigned in order to make the nutrition labelling fit properly according to the new regulations. This must be a priority for all egg cartons.

Normal width font
8 point type except as indicated
Thin rules - 0.5 point
Rules centred between text

Heading: 13 point bold type with 14 point leading	Nutrition Facts Valeur nutritive	
Serving of stated size: 10 point leading	Per 1 large egg (50 g) / pour 1 gros œuf (50 g)	
Subheadings: 6 point bold type with 12 point leading	Amount Teneur	% Daily Value % valeur quotidienne
7 point leading	Calories / Calories	70
6 point indent	Fat / Lipides	5 g 8 %
9 point leading	Saturated / saturés + Trans / trans	1.5 g 0 g 8 %
Calories and non-indented nutrients in bold type, amount in medium type, 12 point leading	Cholesterol / Cholestérol	190 mg
Medium type	Sodium / Sodium	55 mg 2 %
Space before and after forward slash	Carbohydrate / Glucides	0 g 0 %
Medium type with 14 point leading	Fibre / Fibres	0 g 0 %
Medium type with 12 point leading	Sugars / Sucres	0 g
	Protein / Protéines	6 g
	Vitamin A / Vitamine A	8 %
	Vitamin C / Vitamine C	0 %
	Calcium / Calcium	2 %
	Iron / Fer	4 %

Annotations for the table above:

- 2 point rule (between Amount/Teneur and % Daily Value/% valeur quotidienne)
- 1 point rule (between subheadings)
- Text enclosed by a box with a 0.5 point rule within 3 points of text (around the main table)
- Value centred against multi-line information on left (for Saturated/Trans)
- Numbers in bold type, % sign in medium type, space between number and % sign (for 8%, 2%, 0%, 4%)
- Space between number and unit (for 5 g, 1.5 g, 0 g, 190 mg, 55 mg, 6 g)
- 2 point rule (between Protein/Protéines and the vitamins/minerals)

Flat Top Cartons-Pulp, Foam, Clear Plastic -All Sizes

It is a normal practice for consumers to open egg cartons in the store to check the eggs. For this reason, the underside of the lid can be considered part of the available display surface of the egg carton.

If a company does not wish to use the underside of the lid, they do not have to count it as available display surface.

If a company wishes to put any print (including information on Health Check™, company history etc.) on the underside of the lid, the entire area will automatically be considered available display surface. Counting the underside of the lid as available display surface will increase the total available display surface and the required size of format of the Nutrition Facts table to be displayed. In other words, if a company wishes to print on the underside of the lid, there will most likely be enough available display surface to accommodate the Bilingual Standard Format in its largest size.

When the Nutrition Facts table is displayed on the underside of the lid, it is recommended that the outer side of the label of the package indicate where the Nutrition Facts table is located, in a type size of not less than 8 points. Acceptable wording would be: "Nutrition Facts inside lid" and "Valeur nutritive à l'intérieur."

Non-Flat Top and View Cartons:

DOUBLE 6, 6 AND 8 PACKS have an available label space of less than 100cm². Therefore the small package rules apply and companies are permitted to use a toll-free number in place of the Nutrition Facts table.

The toll-free number can be used for generic eggs only. It cannot be used if a claim is made, or if the Health Check™ symbol is displayed.

The toll-free number must appear in a bilingual format in a type size of not less than 8 points. The Canadian Egg Marketing Agency has prepared a toll-free number for national use. Any grader may use it for their generic 6 and 8 pack cartons.

For Nutrition Facts call: 1-866-850-7604
Pour obtenir les valeurs nutritives
téléphonez au : 1-866-850-7604

ONE DOZEN CARTONS

The available display surface of one dozen non-flat top and view cartons should be measured and the appropriate size and format of the Nutrition Facts table determined based on the available display surface. For these cartons, the linear format in English and French is the most feasible option. Claims for additional nutrients trigger the declaration of those nutrients in the Nutrition Facts table. Note that the toll-free number is not an acceptable option for the dozen pulp view carton.

Bilingual Linear Format

<p>Nutrition Facts Per 1 large egg (50 g) : Calories 70 Fat 5 g (8 %), Saturated Fat 1.5 g + Trans Fat 0 g (8 %), Cholesterol 190 mg, Sodium 55 mg (2 %), Carbohydrate 0 g (0 %), Fibre 0 g (0 %), Sugars 0 g, Protein 6 g, Vit A (8 %), Vit C (0 %), Calcium (2 %), Iron (4 %). % = % Daily Value</p> <p>Valeur nutritive Pour 1 gros œuf (50 g) : Calories 70 Lipides 5 g (8 %), Lipides saturés 1,5 g + Lipides trans 0 g (8 %), Cholestérol 190 mg, Sodium 55 mg (2 %), Glucides 0 g (0 %), Fibres 0 g (0 %), Sucres 0 g, Protéines 6 g, Vit A (8 %), Vit C (0 %), Calcium (2 %), Fer (4 %). % = % valeur quotidienne</p>

Eggs for HRI:

These regulations apply to eggs sold to hotels, restaurants and institutions. For these products, written nutrition information must accompany the product when it is delivered to the purchaser. The information can be displayed on the package (e.g. box) or it can accompany the product by other means (e.g. pamphlet or leaflet). If the information is displayed on an egg box, it may be displayed in the Bilingual Aggregate Format. Additional sizes can be added to this format in order to be all inclusive.

BILINGUAL AGGREGATE FORMAT

Nutrition Facts / Valeur nutritive	Large Grand (50 g)		Medium Moyen (46 g)		Small Petit (40 g)	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Per 1 egg pour 1 œuf						
Calories / Calories	70		70		60	
Fat / Lipides	5 g	8 %	5 g	8 %	4.0 g	6 %
Saturated / saturés	1.5 g	8 %	1.5	8 %	1.0 g	5 %
+ Trans / trans	0 g		0 g		0 g	
Cholesterol / Cholestérol	190 mg		170 mg		150 mg	
Sodium / Sodium	55 mg	2 %	55 mg	2 %	50 mg	2 %
Carbohydrate / Glucides	0 g	0 %	0 g	0 %	0 g	0 %
Fibre / Fibres	0 g	0 %	0 g	0 %	0 g	0 %
Sugars / Sucres	0 g		0 g		0 g	
Protein / Protéines	6 g		6 g		5 g	
Vitamin A / Vitamine A		8 %		8 %		7 %
Vitamin C / Vitamine C		0 %		0 %		0 %
Calcium / Calcium		2 %		2 %		2 %
Iron / Fer		4 %		4 %		4 %

*DV = Daily Value / VQ = valeur quotidienne

There are specific provisions for foods that are shipped to a purchaser on a continual basis, with no change to the formulation. In some cases the information can be provided with the first shipment only, provided the purchaser agrees to the arrangement in writing. For more information please consult the CFIA's Nutrition Labelling Toolkit, Section H.

www.inspection.gc.ca/english/fssa/labeli/nutrikit/secthe.shtml

The accompanying information for eggs used in the manufacturing of other foods must be expressed in a specific way. Please consult section H of the Nutrition Labelling Toolkit for more information.

NUTRIENT CONTENT CLAIMS

What are nutrient content claims?

Nutrient content claims are claims that highlight a specific nutrient in a food such as "excellent source of protein". The new regulations specify the exact conditions for a food to qualify for a nutrient content claim. Only the nutrient content claims set out in the regulations are allowed. Specific claims are limited in accordance with criteria outlined in the regulations. The following table highlights the nutrient content claims that can be used on egg cartons.

Nutrient Values and Permissible Claims for Whole Eggs

NUTRIENT	1 LARGE EGG (50 g)	PERMISSIBLE CLAIMS
Protein	6 g	<ul style="list-style-type: none"> • excellent source of protein • very high protein • very high in protein • rich in protein
Sodium	55 mg	<ul style="list-style-type: none"> • low sodium • low in sodium
Vitamin A	8% RDI*	<ul style="list-style-type: none"> • a source of vitamin A • contains vitamin A
Vitamin E**	10% RDI	<ul style="list-style-type: none"> • a source of vitamin E • contains vitamin E
Folate**	15% RDI	<ul style="list-style-type: none"> • a good source of folate • high in folate
Vitamin B ₁₂ **	30% RDI	<ul style="list-style-type: none"> • excellent source of vitamin B₁₂ • very high in vitamin B₁₂
Niacin**	6% RDI	<ul style="list-style-type: none"> • a source of niacin • contains niacin
Riboflavin**	15% RDI	<ul style="list-style-type: none"> • a good source of riboflavin • high in riboflavin
Zinc**	5% RDI	<ul style="list-style-type: none"> • a source of zinc • contains zinc
Pantothenic Acid**	15% RDI	<ul style="list-style-type: none"> • a good source of pantothenic acid • high in pantothenic acid
Phosphorous**	6% RDI	<ul style="list-style-type: none"> • a source of phosphorous • contains phosphorous

* % RDI reflects the amount of a nutrient in an egg based on the Recommended Daily Intakes for Canadians.

** note that claims for these nutrients trigger their declaration in the Nutrition Facts table.

Omega-3 Claim

Omega-3 enhanced eggs are eligible to claim “source of omega-3 polyunsaturates”, when they contain 0.3g or more of omega-3 polyunsaturated fatty acids per serving size and reference amount.

Where the omega-3 nutrient content claim is used as described above, the word “omega-3” may also appear on the label, on the condition that it directly proceeds or follows the claim. The claim “omega-3” on its own is not permitted on an egg label without the nutrient content claim.

HEALTH CLAIMS

Diet-related health claims are new in Canada

For the first time in Canada, a number of messages about how diet affects health will be permitted on food labels and advertisements. These optional health claims highlight the characteristics of a diet that reduces the risk of developing a disease such as cancer or heart disease. They also reinforce how the food fits into a healthy diet.

Which health claims are currently permitted?

Only health claims supported by sound scientific evidence are permitted. The regulations specify the wording to ensure consistency and accuracy. They also specify the criteria that a food must meet to qualify for a health claim. For example, a food with a health claim related to heart disease must be low in saturated and *trans* fat. The regulations also set limits on other nutrients that may play a role in developing heart disease, such as cholesterol and sodium.

The permitted claims are about the following diet/health relationships:

Diet	Risk reduction
Low in saturated and <i>trans</i> fat	Heart disease
High in calcium and vitamin D	Osteoporosis
Rich in vegetables and fruit	Cancer
Low in sodium and high in potassium	Blood pressure
Low in sugar alcohols/fermentable carbohydrates	Dental caries

Can Health Claims Be Used On Egg Cartons?

Currently, eggs do not meet the conditions for any of the permitted health claims. In order to qualify for the heart health claim for foods low in saturated and *trans* fat, a food must also contain no more than 100 mg of cholesterol per 100 g. Therefore, although eggs contain little saturated fat and no *trans* fat, they may not make this health claim.

HEALTH CHECK™

Egg cartons that display the Health Check™ logo, must display the nutrition information in a format consistent with the new regulations as outlined in this document. The explanatory message shown below must also be displayed.



Health Check™ Explanatory Message

Health Check™

† Enjoying a variety of foods is part of healthy eating. Eggs are a nutritious food and, like many foods, should be eaten in moderation. Canadian egg producers financially support the Health Check™ education program. This is not an endorsement. See www.healthcheck.org

Visez santé^{MC}

† Savourer une variété d'aliments fait partie d'une alimentation saine. Les œufs sont nutritifs et devraient, comme plusieurs aliments, être consommés avec modération. Les producteurs d'œufs du Canada appuient financièrement le programme éducatif Visez santé^{MC}. La fondation ne privilégie aucun produit. Voir www.visezsante.org

All Canadian shell eggs are eligible to participate in the Health Check™ program. Health Check™ is a national food information program developed by the Heart and Stroke Foundation of Canada to help consumers make healthy food choices.

For more information on how to implement the Health Check™ program on your egg cartons, contact Kim Kessler, Nutrition Officer, at 613-238-2514 ext. 247, or kkessler@canadaegg.ca.

ENFORCEMENT

The CFIA will enforce the new regulations

The Canadian Food Inspection Agency (CFIA) is responsible for enforcing these new regulations. Inspectors from the CFIA will be trained on the new regulations to enable them to encourage and verify industry compliance. Inspection manuals for each of the current food programs will be updated with the new regulations. For more information call your CFIA representative.

Industry is responsible for complying with the new regulatory requirements.

Visit the CFIA web site for more information

Detailed information on the new regulatory requirements is available in the publication 2003 Guide to Food Labelling and Advertising, found on the CFIA website:
<http://www.inspection.gc.ca/english/fssa/labeli/guide/toce.shtml>

FOR MORE INFORMATION

For general information on these new regulations visit Health Canada at:
www.healthcanada.ca/nutritionlabelling



CANADIAN EGG
MARKETING AGENCY
OFFICE CANADIEN DE
COMMERCIALISATION
DES OEUFS

Canadian Egg Marketing Agency
112 Kent Street, Suite 1501
Ottawa, Ontario
K1P 5P2
www.canadaegg.ca